

**MAYO CLINIC  
ROCHESTER, MINNESOTA**

**SECTION ON  
PHYSICAL THERAPY  
DR. FRANK H. KRUSEN  
DR. EARL C. ELKINS**

January 3, 1940

Dr. John H. Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Fla.

Dear Doctor Kellogg:

Thanks for your kind note. I am glad that you found the articles interesting.

I shall be looking forward to a visit from you next summer. I do not expect to get to Florida this winter, but hope at some time in the future to have the privilege of seeing your institution.

Sincerely yours,

*Frank H. Krusen*  
Frank H. Krusen, M. D.

FHK:McD ✓

C O P Y

ROLLINS COLLEGE  
Winter Park, Florida

January 4, 1940

Dr. John Harvey Kellogg  
Miami Springs  
Florida

Dear Dr. Kellogg:

Greetings and all good wishes for this and coming years. Amen.

It seems a million years since you were up here and served Doctor Dabney and myself that delicious soy bean milk, which looked like milk, smelled like milk, and tasted like milk tho with a very extra-faint taste of fried bamboo fishpoles!!! Isn't it about time for you to come up to Winter Park and renew your youth? There are all sorts and sundry things going on. I might even let you go and hear John Martin lecture.

By the way, John has told me of the delightful visit he and his wife had with you and the talks you had on health education and eugenics. He even said that you were going to help stop the extinction of the human race by doing your bit, which with you is a large bit. John thot there might be some possible cooperation between you and Rollins and that you even went so far as to say you would be willing to talk with me on the subject.

I have got to be in New York from the 15th of this month until February first and I have more things to do before I leave than the law allows, but I think I could come down in early February or March and talk over with you past, present and future. If you can come up here, there are five guest rooms divided between the College and my home, any one of which would make you comfortable.

I am glad that John reports you are still fighting the good fight and keeping the faith.

All good wishes for the New Year.

Very sincerely yours,

(Signed) Hamilton Holt

January 5, 1940

Professor A. Besredka,  
Pasteur Institute,  
Paris, France.

Dear Professor Besredka:

I am very anxious to obtain a complete set of Dr. Tissier's writings on the intestinal bacteria. I am willing to pay handsomely for this literature even though it might not be quite complete. I shall appreciate the favor very greatly and shall be glad to pay liberally for the service rendered me in getting it.

I had correspondence with Dr. Tissier in the years 1912 to 1913. Most of his letters I find have disappeared from my files and I am anxious to replace them. It occurred to me that possibly his wife might have copies of his letters. I shall be glad to obtain these if they exist and to pay handsomely for them. If you can have an inquiry about this matter made for me and send me information, I will greatly appreciate the favor. I enclose a small check to meet any expense which may be involved.

Hoping to have the pleasure of hearing from you, I am

Sincerely yours,

January 5, 1940

Professor A. Besredka,  
Pasteur Institute,  
Paris, France.

Dear Professor Besredka:

Possibly you remember me, having visited your laboratory some twelve years ago. I am especially interested in Tissier's work with acidophilus and have read with great interest your paper giving an account of his work with this organism.

There is a prevalent idea in this country that *B. coli* is a normal resident of the colon and many doctors are actually inoculating their patients with cultures of *B. coli*.

I have seen many hundreds, even thousands, of persons benefited by making a practical application of the idea of Tissier and Metchnikoff to change the intestinal flora by promoting the development of *L. acidophilus*. It is easy to drive out *Cl. welchii* with cultures of acidophilus, and by free feeding with lactose or dextrin and by proper regulation of the diet and keeping the colon well cleared out to cause the almost complete disappearance of *B. coli* and to maintain this condition.

In a recent study of the stools of the big apes, chimpanzee, gorilla and gibbon I have repeatedly

Professor A. Besredka, No. 2.

found 100 percent acidophilus and very frequently 96 to 98 percent.

I saved the lives of the Dionne quintuplets when they were four months old by sending a culture of acidophilus to Dr. Dafoe to stop the diarrhea after it had resisted all other measures, who gave them a tea-spoonful of soy acidophilus daily (a culture of the organism in milk prepared from the soybean which grows with remarkable vigor) and they have been kept in good health ever since by the daily use of this culture. Dr. Dafoe finds that when he discontinues the use of the acidophilus culture the old bowel trouble returns within a few days. They never nurse their mother and so did not get an implantation of bifidus or acidophilus.

It occurred to me that possibly some competent person in your laboratory would like to undertake a special research having for its purpose to settle the question whether *B. coli* is a normal resident of the mammal colon or whether its general presence there is an infection. The fact that it makes toxins and readily becomes pathogenic while acidophilus is never pathogenic and under favorable conditions drives out *B. coli* and the further fact that the introduction of the aciduric organism seems to be provided for by Nature, whereas the *B. coli* is an accidental contaminant seems to indicate very clearly that these organisms are normal residents of the colon and have a beneficent function as protectors.

Professor A. Besredka, No. 3

I shall be very glad to have your views on this subject and to know whether you have any competent person who would like to take up a study of the subject with the idea of making special studies in an effort to throw light upon the subject.

I will be willing to pay a modest salary and any incidental expense that might be incurred during a period of two or three months or longer if necessary for securing decisive data by which the question might be settled.

I shall be glad to hear from you at your convenience.

Here are two inquiries I should like to make:

1. Can you refer me to any work done by Tissier, Metchnikoff or other competent observers which throw definite light upon the subject?

2. Do you know of anyone who has made extensive studies of the flora of other mammals than man? If so, could you send me references.

I have no right to be making a demand upon your time to answer my inquiries without compensation and hence enclose a check for a modest amount which I trust you will accept.

Remember with much appreciation the courtesies shown me by you and your colleagues when I made several calls at the Institute and for favors since received, I am

Sincerely yours,

Professor A. Besredka, No. 4.

P. S. I have written this letter with the supposition that your work is still going on notwithstanding the terrible war with Germany, a world affliction which fills us all with horror and apprehension of the future. The United States is not yet involved in the conflict, but I do not doubt that if there is any danger of a victory for Germany or Germany and Russia, America will do her share in defending democratic principles, in the gallant defense of which your country has won the plaudits of the world.

b

January 5, 1940

Professor Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have your letter of December 30th.

I will be glad to see the specimens to which you refer, but I must tell you frankly that the principal involved in the treatment of colitis by antiseptics is radically wrong. Nature's method of maintaining health in the colon is not to maintain a sterile condition, that is, to exclude bacteria, but to protect the area by the vigorous growth of a harmless organism, the *B. acidophilus*. This makes a harmless acid which prevents the growth of diseased organisms. An antiseptic drug of any sort kills the protective organism as well as the disease germs, and this leaves the area unprotected and gives the diseased organism a chance to get a new start.

I am glad to report that your brother seems to be getting a little better, and I am really beginning to get a little hope that we may effect a cure by keeping the area covered with pabulum which will promote the growth of acidophilus and hinder the growth of any diseased organism. By the time you arrive three weeks from now I hope we shall be able to see some progress



Professor Irving Fisher, No. 2.

toward recovery.

I am interested in what you say about the new preparation derived from the coconut. I shall look into it with interest.

The method of dealing with colitis which I have above outlined is by no means an experiment. It has proved its merit in hundreds of cases and most definitely of all in my own case.

I have several interesting things to talk with you about when you come.

Sincerely yours,

b

# New York Zoological Park

UNDER THE MANAGEMENT OF THE

## NEW YORK ZOOLOGICAL SOCIETY

185TH STREET & SOUTHERN BOULEVARD, NEW YORK CITY

DR. W. REID BLAIR, DIRECTOR

LABORATORY AND HOSPITAL

~~QUARTERS - QUINCY STREET, N. Y. C.~~

LEONARD J. GOSS, D. V. M., PH. D.

January 5, 1940

Dr. John Harvey Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Florida

Dear Dr. Kellogg:

I hope you did not misunderstand my remark about the manuscript you sent us. We were indeed very pleased to have an article by you for "Zoologica", but were planning on holding it for the issue in which all the reports from the hospital would be published. However, at your request I am returning the manuscript to you and do sincerely hope that by the time the "hospital issue" of "Zoologica" is ready you will have a more complete paper ready.

As I mentioned before, we will be ready and glad to cooperate with you and Dr. Kopeloff to the fullest extent, whenever the occasion arises.

The results obtained by Dr. Kopeloff were of interest though most disconcerting; perhaps the following "bill of fare" for the animals checked will throw some light on the matter.

The samples were collected on the mornings of October 4 and October 19.

Orang-utan - Feed for October 2, 1939 -

1 slice rye bread with cod liver oil, 1 apple, 1 orange, 1 pear, 1 small bunch of grapes, 5 bananas,  $1\frac{1}{2}$  pints Grade A pasteurized milk, 3 raw potatoes, 1 raw egg.

October 3, 1939 - 1 slice rye bread with cod liver oil, 2 carrots, 1 pear, 1 apple, 1 orange, 1 small bunch of grapes, 5 bananas,  $1\frac{1}{2}$  pints Grade A pasteurized milk, 1 raw egg.

Sample taken October 4.

Feed for October 17 same as October 3.

Feed for October 18, 1 slice rye bread with cod liver oil, 2 cups full of boiled rice with raisins, 1 apple, 1 orange, 5 bananas, 1 pear, 1 small bunch of grapes,  $1\frac{1}{2}$  pint Grade A pasteurized milk.

Sample taken October 19.

Chimpanzee - Feed for October 2, 1939 -

1 slice rye bread with cod liver oil, 3 apples, 3 oranges, 6 potatoes, 10 bananas, 2 cups Dryco\* (irradiated dry milk) and eggs.

October 3, 1939 -

1 slice rye bread with cod liver oil, 3 apples, 3 oranges, 4 carrots, 10 bananas, 2 cups Dryco and eggs.

Sample October 4.

Feed for October 17 same as October 3.

Feed for October 18 -

1 slice rye bread with cod liver oil, 3 oranges, 3 apples, 4 cups boiled rice with raisins, 10 bananas, 2 cups Dryco with eggs.

Gorilla - Feed for October 2, 1939 -

2 slices rye bread with cod liver oil, 3 apples, 3 oranges, 8 potatoes, 15 bananas, 5 cups Dryco with eggs.

Feed for October 3 - 2 slices rye bread with cod liver oil, 6 carrots, 15 bananas, 3 apples, 3 oranges, 5 cups Dryco with eggs.

Sample taken October 4.

Feed for October 17 same as October 3.

Feed for October 18 - 2 slices rye bread with cod liver oil, 3 apples, 3 oranges, 5 cups boiled rice with raisins, 15 bananas, 5 cups of Dryco with eggs.

Sample taken October 19.

\*The Dryco and eggs are prepared as follows -

A 1 quart measure of the powdered milk is added to 1 dozen eggs and made up with water to a volume of 2 gallons. The animals are fed this mixture as indicated in the above list - i.e. chimpanzee 2 cups a day, which is equal to about 1 pint of the mixture.

As a clue to the discrepancies in the analysis I might suggest this possibility. October 2, 1939 was Monday and the samples were taken on Wednesday the 4th. As you know, we do not feed the animals on Sunday anything but a few bananas because of the tremendous amount of candy, plain and sugared popcorn, lump sugar and what not that the large number of Sunday visitors throw to them.

The second sample was taken on October 19 which was a Thursday. Is it not possible that the sample taken on October 4 (Wednesday) might have been affected by some of the miscellaneous Sunday feed, while by Thursday the effects of Sunday feeding would have passed on?


Dr. John Harvey Kellogg

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Please excuse me for being so tardy with this reply. Things have been happening so fast around here that it has been impossible for me to get out this data before now.

With best wishes for the New Year, I am,

Sincerely yours,

  
Leonard J. Goss

LJG:EGW  
Enc.

January 5, 1940

Miss Ida M. Tarbell,  
120 East Nineteenth Street,  
New York City.

Dear Miss Tarbell:

I have your letter of December 6.

I am sorry to know that you are suffering from Parkinson's disease. This is one of the most mysterious of all human maladies. The seat of the diseased process is the corpus striatum, an important mass of brain matter at the base of the brain. Degeneration takes place in this structure which produces paralysis, muscular rigidity and tremor. The cause of the disease is not quite understood and there are no specific remedies. However, in the treatment of a large number of cases of this disorder at Battle Creek I have been able to show that it can be controlled, arrested and in some cases improved.

The late Professor Bowditch of Yale University was under my care at Battle Creek for several months and was very considerably helped. In some cases the disease can be controlled to such a degree that the patient's life may be prolonged as much as 15 or 20 years.

Although there is no specific treatment, there are several measures that are highly useful in mitigating symptoms and arresting the progress of the disease. The most important of all of these is keeping the blood stream free from toxins of every description. Tea and

Miss Ida M. Tarbell, No. 2.

coffee are particularly harmful. These drugs greatly increase the tremor and encourage the morbid process which destroys the corpus striatum. Building up the general vital resistance and vigor of the body by out-of-door living, tanning the skin, special training of the muscles to antagonize rigidity, automatic muscular exercise to combat paralysis, change of the intestinal flora to protect the blood stream from poisons are all measures of great value and when employed simultaneously exercise a remarkable control of the disease, arresting the progress and sometimes securing noticeable improvement.

Smoking and the use of alcohol are exceedingly harmful practices. Sedentary life, fatigue and nerve strain are also exceedingly harmful influences.

A change to a warmer climate for the winter season would be very wise.

I am glad to know that you are interested in the question of healthful living and I hope you will some time think it worth while to make a practical trial of regimen therapy.

Dr. Will Durant is with us and gave a splendid address Sunday afternoon to a huge audience gathered in our patio who came to meet him and to hear his most interesting discussion of the world situation and prospects.

Sincerely yours,

January 12, 1940

Miss G. E. Klein,  
Instructor in Biology,  
Port Huron Junior College,  
Port Huron, Michigan.

Dear Madam:

I have your letter of December 30.

I am glad to see that you have had the courage to tell the truth about Coca-Cola. It belongs to a class of exceedingly harmful beverages. The evidence against it is not necessarily based on experiment, but on the fact that it contains as much caffeine as does coffee as prepared for use. The caffeine that is taken out of coffee to make Kaffee Hag and Sanka, to prevent the well-known harmful effects of coffee, is put into cola drinks. People generally do not know this, and so children whose parents would not permit them to take coffee, because of its harmful effects, allow them to take cola drinks as freely as they like.

It is exceedingly important that schoolteachers everywhere should warn students, young and old, against the use of these highly pernicious beverages.

I enclose a note I have written for my journal, Good Health, in which you will find an account of observations made by the secretary of the State Board of Health of Louisiana respecting the evil effects of Coca-Cola.

I am sending you with this a copy of a report of Dr. Wiley's legal contest with the Coca-Cola Company. Kindly return it to me.

Sincerely yours,

K:B



MIAMI 2-4155



HOTEL DALLAS PARK



MIAMI, Florida

I have acknowledged this, and it  
need not be returned to you.

W.D.

January 13<sup>th</sup> 1940

Mr. Will Durant  
 Battle Creek Sanitarium  
 Miami Springs, Florida

My dear Mr. Durant.

It was my  
 privilege and pleasure  
 to be a guest, in the beautiful  
 garden of Mr. Kellogg's, to hear  
 you give your lecture on "Can  
 Civilization Survive?"

I was very much interested  
 in many things you had to say



certainly agree with you on your part of the lecture devoted to birth control.

I have purchased several of your books and would very much like to have you autograph them, as I wish to give them away as gifts and an autographed copy of a book means so much to the recipient.

Mr. Durant, I wish you could write a book, small or large, as so few people, have, or take the time to read a 500 page book these ~~few~~ days.

on just what you spoke on  
that Sunday afternoon,  
December 31<sup>st</sup> 1939 and  
perhaps give the same title to it  
as your lecture. I believe it  
would be a good seller.

The decline of religion and  
morality is appalling, in these  
so called days of advanced  
civilization.

I believe a book of this kind  
might appeal to the younger  
generation.

With kindest regards,

I remain

Sincerely,  
Mrs. Gertrude R. Taylor  
(Mrs. John Taylor)

TERRE HAUTE HOUSE  
TERRE HAUTE, INDIANA



HOTEL McCURDY  
EVANSVILLE, INDIANA



HOTEL ORLANDO  
DECATUR, ILLINOIS



HOTEL NELSON  
ROCKFORD, ILLINOIS

VAN ORMAN HOTELS

HOTEL  
*McCurdy*

EVANSVILLE, INDIANA

1-14-40

Dear Dr. Kellogg: Now that I have a free day between lectures I can find time to tell you how grateful I am for your hospitality. You are not like other hosts; you feed us as generously as they, and more wisely; but in addition you give us, as a parting gift, the boon of health. I am feeling so well that I could jump over the moon. The pain in my hip and shoulder has disappeared; and though the fingers are as before, I am confident that your regimen of diet and exercise and sun will cure me. I have hardly seen any sun these last few days, but I hope to find some when I leave misty Chicago for the clearer air of Iowa, Nebraska, Idaho, and California.

I have put more about health into my lecture, and am in every city a lecture naming you as my ideal member for that National Advisory Council which I am

The Fontenelle Hotel, Evanston, Ill. to 29<sup>th</sup>, The Davenport Hotel, Spokane, Ill. Feb. 13<sup>th</sup> 1919.

Thank you again, and God bless you.

Sincerely,

Will Durant

2

suggesting as a means of strengthening democracy. Your words about democracy, in my last moments with you, were quite startling, and challenging. I wish you would arrange to speak on the radio once a week to a national audience; & not only about diet; I find your views on every subject illuminating and profound; and I marvel that with so two great institutions to attend to you can find time to keep yourself so well informed about world affairs.

I was particularly impressed by the quiet efficiency with which your beautiful home of health is managed. All the staff is not only courteous but kindly, and not only conscientious, but competent. I have never seen a better managed and operated place. You have accomplished another miracle in selecting your staff; every one on it is a fine human being. I liked Dr. Jeffrey, & Maddox, and his charming wife, and Mr. & Mrs. Giberson, and the splendid fellow who takes care of the men's sun gym. I was loath to leave them. I think that you put me on the right track, and did me a world of good.

Would you - or Dr. Jeffrey - send me an answer to these questions? - (1) Is it all right for me to eat two eggs daily? (2) Are tomatoes to be avoided in arthritis? (3) Should I continue to drink (as I am doing) 3 glasses of buttermilk daily despite its high calcium content? I can be reached care the Auditorium Hotel, Chicago, till Jan. 19<sup>th</sup>,

PAPER  
ATTACHED

January 15, 1940

Dr. Leonard J. Goss,  
New York Zoological Park,  
185th Street & Southern Boulevard,  
New York City.

Dear Doctor:

I have been making observations on some chimpanzees, of which there are half a dozen in this neighborhood, and a gibbon. The stools for two chimpanzees showed for one chimpanzee 98 acidophilus and for the other chimpanzee and the gibbon 100 per cent.

It has occurred to me that possibly the specimen stool in which Dr. Kopeloff found no acidophilus may have happened to consist chiefly of residues from the raw egg, the albumen of which is notably difficult of digestion and which furnishes a medium in which the acidophilus will not grow. It must have carbohydrate of some sort. I am convinced that the usual finding in the anthropoids is a nearly pure culture of acidophilus, and the animal thrives under such a flora, whereas the total absence of acidophilus is characteristic of diarrhea and other colon troubles, and the total absence of the colon germ is on the contrary characteristic of a state of unusual health with the absence of gas, putrefaction and all other untoward symptoms.

Dr. Kopeloff tells me that he has never been

Dr. Leonard J. Goss, No. 2.

convinced that the colon germ has a protective function. So long as available carbohydrates are supplied in abundance, the colon germ does not seem to produce much injury, but when protein dominates it becomes virulent and attacks the mucous membrane and causes a hypertonic state of the colon with spastic contractions and constipation. I believe it to be the chief cause of constipation.

A scientific analysis of the situation definitely points to a dietary for man essentially like that of the anthropoids, and on such a dietary acidophilus dominates the colon as it does with the anthropoids.

My own flora is 90 percent acidophilus and my stools are odorless like those of the chimpanzee and the orilla.

In two instances I have seen troublesome bowel troubles in the chimpanzee disappear quickly after administration of an artificial culture of acidophilus. I think a large dose of milk sugar would have probably accomplished the same result.

I saved the lives of the quintuplets by sending them a supply of soy acidophilus when at the age of four months they were attacked by very virulent bowel trouble. They never nursed their mother and so never received the protective acidophilus. The quintuplets continue the use of acidophilus regularly. Dr.

Dr. Leonard J. Goss, No. 3.

Dafoe finds that they do not thrive without it. Each quintuplet takes a pint of soy acidophilus milk every day. I think they would not need to do this if Dr. Dafoe did not insist upon re-inoculating them with germs by feeding them calves' liver every two or three weeks. They had such a frightful attack of bowel trouble after one of his feedings that he sent specimens to me for examination and asked for help. I wired him, "Double the dose of the acidophilus culture," which he did and they quickly recovered. He keeps their intestinal flora at 85 percent.

This question is one of a good deal of practical importance and I am very grateful for your interest and assistance, in cooperation with Dr. Kopeloff, in an effort to get at the fundamental facts, which I think we are on the right track to find.

Thanking you, I am

Sincerely yours,

January 16, 1940

Dr. Leonard J. Goss,  
New York Zoological Park,  
185th Street & Southern Boulevard,  
New York City.

Dear Doctor:

Thank you very much for your kind letter.

I am going forward with the study of the anthropoid stools and hope I may have a more worthwhile paper ready for you by spring. I have seven anthropoids here, six chimpanzees and one gibbon, and am having examinations made both here and by Dr. Kopeloff in New York so as to discover any otherwise unexplainable differences in count which might possibly arise from differences in laboratory methods.

Thus far the examinations made here confirm the first observations made by Dr. Kopeloff. One chimpanzee and a gibbon had 100 percent and another chimpanzee 98 percent acidophilus.

Thank you very much for giving me so full an account of your feeding programs. I think it quite possible that the miscellaneous feedings on Sunday by the public might so disturb the digestion of the animals as to affect the composition of the flora.

When last in London about a dozen years ago I visited the London Zoo and made inquiry about the stools of the animals and found the number of bowel movements to be four for the large apes, as with you, and 10 to 14 for the



Dr. Leonard J. Goss, No. 2.

small monkeys. On inquiry respecting the feeding program, I found that the large apes were fed regularly and allowed nothing between meals. Fruits and peanuts were sold at a small stand near by for feeding the small monkeys, which the keeper said were eating nearly all the time from morning until night.

I am confident that the changes in the flora are due to variations in the dietary or some disturbance of the intestinal motility. Stasis always results in lowering of the acidophilus count because of the disappearance of carbohydrates on which they depend for their sustenance. *B. coli* flourishes under carbohydrate feeding and produces carbon dioxide gas but no toxins. When carbohydrates fail, *B. coli* feeds on proteins, which in some form are always present in the intestinal tract in the form of mucus, residues of digestive fluids and other secretions even when food remnants are not present. When feeding upon protein, *B. coli* becomes an active pathogenic organism, though harmless when feeding on carbohydrates except for the inconvenience of the great quantities of gas which it may produce, especially when its favorite colleague *Cl. Welchii*, the gas bacillus, is present.

Escherich, the discoverer of *B. coli*, considered it a parasite and its presence in the intestine due to infection.

Bienstock suggested that it might be protective because it makes the flora aciduric while feeding on carbohydrates. This view has somehow become current in recent years.

Dr. Leonard J. Goss, No. 5.

Some doctors have even recommended implantation in the intestine of fresh B. coli cultures. I am quite confident that this is an error. I am glad to hear Dr. Kopeloff say that he had never been convinced that B. coli is protective.

I will send you in a day or two a little paper I have recently written on this subject which I expect to publish shortly.

Thanking you heartily for your cooperation and willingness to continue the research, an opportunity which I highly value, I am

Sincerely yours,

January 17, 1940

Dr. Hamilton Holt,  
Rollins College,  
Winter Park, Florida.

Dear Doctor Holt:

Your letter of January 4th reached me when I was so busy getting out copy for my monthly magazine Good Health and with the institution duties I have to look after that I shamefully neglected my correspondence, your letter with the rest, for which I apologize.

Your racy letter and pleasant recollection of my visit to your wonderful college, together with the delightful visit from Professor Martin and his wife has suggested to me the idea that your college ought to be one of the great centers for the beginning of a new system of education in which the development of a strong and healthy body, not simply average health but super health and physical rectitude, shall be the major aims rather than skill in mental gymnastics and technics, obsolete learning and mysticism.

The majority of students who graduate from college make little or no use of their college education. Very few, in fact, get even a sufficient amount of knowledge of the English language to be able to use it effectively as speakers or writers. Kultur has led the

Dr. Hamilton Holt, No. 2.

human race off the track and civilization has perverted man's instincts, tastes and appetites until he has become denatured and so out of gear with his environment that his constitution is broken down both mentally and physically. He cannot provide buildings fast enough for the internment of his lunatics, and depopulation has set in at such a rate that within the near future the yellow races will dominate the world and Christian civilization will be superseded by that of the Asiatics, and within two centuries or less the white nations of the world will become extinct unless something is done to prevent the chaos into which the world is rapidly hastening.

The faults in our educational system are largely, if not chiefly, responsible for this situation. The only hope for the future of the white race lies in a radical change in our educational system, and the time has come for this needed reform to begin, and there is an opportunity for Rollins as a free lance in education to take the lead in this movement, which in my opinion will certainly start somewhere and very soon. I do not know any man in America who is better equipped with the necessary experience, intellectual power, open mindedness and moral courage, qualities needed for leadership, than yourself.

When you come down to Miami in February or March, I hope you will save time for a little chat about

Dr. Hamilton Holt, No. 3.

this. If your soul is stirred to start something worth while, I shall be glad to cooperate with you.

We enjoyed immensely the visit of Professor Martin and his wife, particularly Mrs. Martin, one of the brightest women I know. I read her book, Can Civilization Be Saved? many years ago, though when she was here I had forgotten about it. In looking over my papers on the subject, I found that I had her book in my library, had read it and had made use of quotations from it. I am anxious to see more of these good people. I hope Mrs. Martin will come back. I am writing her and hope she will come. She will meet here during the winter a great number of interesting and influential people.

Will Durant and his wife left us only a day or two ago. We will have him back again later after he finishes an extensive lecture tour. His history of Greece, which I am reading, I find a great book. I am sure his story of philosophy did a great deal of good.

As soon as you set the date for your coming to Miami let me know. I want you to come and stay with us. I think you will find it a pleasant place. Perhaps you will be willing to submit to a thorough checking up. Notwithstanding your wonderful physique and good constitution inherited from your wonderful grandfather, it is

Dr. Hamilton Holt, No. 4.

quite possible that you may have some weak spots that ought to have attention.

With much admiration and respect, I remain

Sincerely and cordially yours,

b

200.165

W. J. 13

January 17, 1940

Dr. Will Durant,  
The Fonteville,  
Omaha, Nebraska.

Dear Doctor Durant:

Thank you very much for your wonderful letter of January 14th.

I am so glad to know that notwithstanding your stay with us was so short you are finding substantial results in health betterment. I must attribute it in liberal part, however, not only to what you got when you were here but to the benefit that you are receiving from continuing the regimen since leaving. This is of primary importance.

The results of biologic living are slow in developing but are cumulative, and if you will persevere in your efforts to give your liver and kidneys as little work as possible to do and to supply your physiologic needs in the best possible manner, your physical condition will continue to improve until you find yourself enjoying not what you now consider good health, even excellent health, but real super health, which means that you may not only greatly increase your efficiency, especially your endurance, but may easily double your longevity.

You have fortunately reached your present mature age without a breakdown in any basic function, which

Dr. Will Durant, No. 2.

indicates that you have inherited a good constitution, and if in spite of your intensive pursuit of literary lore, which naturally involves a sedentary life, you will take time to give your body the attention which it definitely requires and faithfully observe the whole biologic code, you may prolong your wonderfully useful life and activity not only to a century but far beyond.

There is no reason why the well developed man of sound constitution and good heredity may not live easily to 125 or 130 or perhaps 150 years, and I am certain that it is within the power of man to attain two centuries of life by five or six generations of correct breeding and strict conformity to the rules of biologic living.

I appreciate very much your kindly words, of which I do not feel at all deserving. I was really ill when you were here, as I had not yet recovered from a very sharp attack of flu-pneumonia just before leaving Battle Creek. I fled to Florida the moment I got my temperature down to normal without waiting for convalescence, and when you were here I was just beginning to get on my feet a little, although I really ought to have been in bed. In my illness I lost nearly half of my blood. When you were here I had less than 60 percent the normal blood count. My normal level is 100 to 107 percent. But I am rapidly building up, thanks to Florida sunshine and a properly



Dr. Will Durant, No. 34.

balanced diet and few colon germs. My acidophilus percentage is 90.

I greatly appreciate the opportunity for contact with you because you have always at command such a great fund of choicest information and of the sort that other men do not possess.

I have always been interested in history and philosophy, although the detail of my professional work has left me very little time for other than strictly professional reading, greatly to my regret. I entered a printing office when I was twelve years old and worked my way up from printer's devil to the editorial department. The very first money I earned in the print shop I expended in the purchase of a set of Farr's Ancient History, four beautiful calf bound volumes which I bought at a low price second hand, though fortunately perfectly preserved as they had never been read. I found them a great treat. When a few years later I found access to a copy of the American Encyclopedia, I started at the beginning to read it straight through so that I might become possessed of all knowledge. For a few months I enjoyed a great feast.

Your books I have enjoyed more than any others I have ever read because they deal with the basic ideas and do not smother them with verbiage. Your conversation is always illuminating and informing.

Dr. Will Durant, No. 5.

I am certainly delighted that your improvement has continued and believe it will continue and show a gain from month to month if you will adhere closely to the program which you found helpful.

I am delighted to know that you are putting health, race betterment and some eugenic ideas into your lectures. Coming from you, a philosopher of international fame, such public teaching will be of great value and will arrest the attention of many people who will not listen to me or to any other doctor even though their remarks were heard through a radio broadcast. I am tremendously interested in the spread of information about the world's future and the need of a great return-to-nature movement.

I was very glad today to receive a letter from Hamilton Holt, President of Rollins College, so I am going to make an effort to get him to initiate the reform in education which must be made in order to save the white races from utter extinction which is today predicted by the majority of eugenicists and statisticians, a catastrophe which I am sure may be averted by the saving of a remnant which may be developed into a new and better type of genus homo. I sent him a message by friends of his who were here a few weeks ago, the Martins. His letter shows such a real interest in my suggestion that I am hopeful that he will really do something worth

Dr. Will Durant, No. 6.

while. I am willing to sponsor such an effort if he is willing to undertake it. I am enclosing a copy of his racy letter and a copy of my reply, which I think may interest you.

If you think it worth while to say a word about the need of a radical reform in educational aims, which I believe is one of your convictions, it may do a great deal of good. For my part I see no hope at all for the world except through the teachers. It seems to me that educational reform is the place to begin the world-wide agitation necessary to waken the intelligentsia of the world to the need of prompt and thoroughgoing action for even a fraction of the white races to be saved from the tornadoes of destruction which the future is sure to bring.

Here are are one or two suggestions which may be of service to you and then I must close:

In discarding meats you sometimes find meals that do not supply a sufficient amount of protein. The amount of protein needed is small, but that little is highly essential. Not more than a third of the amount ordinarily eaten is really required. Certainly one ounce of dried protein a day would be ample. A quart of milk will supply this amount and so will a couple of ounces of Malted Nuts. My suggestion is that you carry with you a supply of Malted Nuts, cashew nuts or roasted

Dr. Will Durant, No. 7.

soybeans. The latter is one of the finest sources of protein there is. Roasted soybeans taste very much like roasted peanuts but are better and contain twice the amount of protein.

I am going to have sent you a couple of bottles of Malted Nuts and a couple of pounds of roasted soybeans which you can put in your bag, and when you feel a meal is not quite satisfactory, supplement it with a glassful of hot Malted Nuts or a handful of cashew nuts. The cashew nuts you will find on sale everywhere. You should buy them freshly prepared while they are still hot. Keep them in a tight jar like a Malted Nuts jar and they will keep crisp and good until used up even though the jar is opened several times a day provided the cover is returned quickly and secured on tight.

Be sure to keep the colon well emptied. If your bowels do not move well through the day or there is a full and heavy feeling in the bowels, especially low down either on the right or the left side, by all means clear the colon out by taking an enema before retiring. The juice of a lemon added to the enema will secure a thorough movement. The lemon is needed only when the water is slow in returning or is in large part retained.

If you are broadcasting the splendid lecture

Dr. Will Durant, No. 8.

you gave here it will certainly do a vast amount of good. Your subject is such a fine introduction for race betterment through biologic living and educational reform, I am very glad to know that you are adding these features because I believe it will double the benefit derived by your auditors.

I am glad to have your questions and think you will find the answers satisfactory.

1. It will be all right to eat eggs, but eat only the yolks. The whites are not worth eating and are not well digested. If eaten raw, the whites decay and are often toxic. If well boiled, large chunks of the yolk reach the colon undigested and promote putrefaction by feeding *B. coli* which results in the production of indican and other toxic substances. The white of the egg represents the embryo part of the egg. It is the portion that develops into the chicken and is altogether lacking in food minerals and contains little or no vitamins. The yolk of the egg, on the other hand, is intended as food for the young chick while in the shell. It is consequently a carefully selected and well balanced dietary, containing the food minerals and vitamins needed for complete nutrition. It is the only part of the egg worth eating.

Hard boiling is the proper method of cooking. This puts the yolk of the egg into a mealy state so that it is easily broken up into minute particles and is

Dr. Will Durant, No. 9.

quickly and completely digested. If the yolk is taken raw or half cooked, some of the albumen when it comes in contact with the acid gastric juice is coagulated into a hardened mass which is less easily and less completely digested. Besides, French authorities have shown that the uncooked egg contains toxic substances which sometimes produce harmful reactions in the body.

3. There is no reason whatever for avoiding tomatoes in arthritis. Years ago before the tomato had been carefully studied, its acid was supposed to be oxalic. Now it is known that the acid of the tomato is citric, the same as that of the orange and the lemon, and besides, it contains vitamin C, half as much as does the orange. It is one of the most wholesome of fruits. A glass of tomato juice or a liberal serving of tomatoes or two or three fresh tomatoes daily is one very good way of insuring a good supply of vitamin C and also vitamins B and G. Eat tomatoes as freely as you like.

3. Three glasses of buttermilk a day will do no harm. The amount of calcium which it contains will not be more than the body can appropriate and a little surplus will do no possible harm. An ounce of buttermilk contains about three-fourths of a grain of calcium. Fifteen grains a day is the normal requirement. Twice that amount will do no harm, for the body will appropriate only as much as it requires. I have never met a case in which a person was suffering from an excessive intake of

Dr. Will Durant, No. 10.

calcium through the use of milk or any other normal food.

If any question arises to which you wish an answer, I shall be glad to have you write me and to do anything I can to help you to walk as uprightly as possible in the straight and narrow way which leads to health, comfort, efficiency and long life.

This letter is so long I fear it may bore you. I assure you I am greatly interested in the great work that you are doing, and I do not know any way I could render greater service to the public than by helping keep you on your feet and sounding a voice of warning to the great multitude of uninformed men and women who are perishing for lack of knowledge.

With great esteem and admiration, I am

Sincerely and cordially yours,

January 17, 1940

Mr. J. H. Haas:

Please send to Dr. Will Durant, The Fonteville, Omaha Nebraska, two bottle of Malted Nuts, 1 pound size, and 2 pounds of roasted soybeans. Please make certain that the beans are not overroasted.

Charge to advertising.

J. H. K.

P. S. Dr. Durant is on a lecture tour; therefore it will be necessary to send the foods at once as he will be in Omaha shortly.



**ROLLINS COLLEGE**  
**WINTER PARK, FLORIDA**  
**HAMILTON HOLT, PRESIDENT**

OFFICE OF THE PRESIDENT

January 22, 1940

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

Dear Doctor Kellogg:

Your letter of the 17th was a delight to receive and it whets my mental appetite to make you a visit and talk over with you past, present and future.

Just as soon as I can find the best date to migrate Southward, I will let you know to see if that time is agreeable to you. It may be any time. I didn't go to New York after all as I found there were more duties here than the law allows. So you will hear from me shortly.

In the meantime I will talk over with some of my colleagues the possibility of making Rollins add to its present academic path-breaking some path-breaking in health.

Under separate cover I am sending you a booklet which we have just published and which will bring you up to date on Rollins.

Very sincerely yours,

*Hamilton Holt*

HH:VW

Club Officers:  
Pres.-Mrs. Ellen Barkley  
Vice-Pres., L. K. Patterson  
Sec.-Treas.-Mrs. W. A. Krenerick

## THE THREE-QUARTERS-CENTURY CLUB

"Let's Live a Little Longer"

ALBION, MICHIGAN

Jan. 24, 1940

Dr. John H. Kellogg

Battle Creek, Michigan

Our club member--JACOB H. PERINE, (charter member), ONE HUNDRED YEARS old,  
Dear Dr. Kellogg: on Monday, Jan. 29, 1940

The All-Member Birthday Party of the Albion Three-Quarters-Century Club will be held in honor and at the home of Mr. Jacob H. Perine, and his daughter, Mrs. H. O. Ellerby, on Jackson Road, Saturday, Jan. 27, from two to five o'clock. Special guests are the federated clubs which helped to organize the Albion Three-Quarters-Century Club ten years ago, also the presidents and heads of several civic, church, community and patriotic organizations.

You are cordially invited to attend. Please send Mr. Perine a birthday card: address, Mr. Jacob H. Perine, Jackson Road, Albion.

A special honorary service for Mr. Perine will be given next Sunday morning, Jan. 28, at the Albion Presbyterian Church, of which Mr. Perine is a member. This will be in charge of the pastor, Rev. John Kitching, and various organizations of the church will participate.

Two family birthday dinners are to be given by Mr. and Mrs. H. O. Ellerby for Mr. Perine; one for Mr. Perine's relatives will be on Sunday, Jan. 28, and the other for his wife's relatives, ~~xxxxxxx~~ (Parnelee family), will be on Monday, Jan. 29.

\* Jacob H. Perine, Albion, Michigan, will be ONE HUNDRED YEARS old, Monday, Jan. 29. He is the last surviving member of the E. W. Hollingsworth Post 210, G.A.R., of Albion, the oldest member of the Albion Three-Quarters-Century Club, and the oldest resident of Albion, also the oldest member, (in chronological years), of the Albion Presbyterian Church.

We have not heard from the Battle Creek Three-Quarters-Century Club since the days when Mr. Wheelock and Mr. Gibson were alive, nor from you in a long time. We hope you are still interested in our organization and would be pleased to have a letter from you.

Sincerely yours,  
*Miriam C. Krenerick*  
Mrs. W. A. Krenerick, Secretary  
Albion Three-Quarters-Century Club

Address:  
200 North Berrien St.  
Albion, Michigan

SIR WILFRED GRENFELL  
K.C.M.G., M.D.  
156 FIFTH AVENUE  
NEW YORK

Jan. 26. 40

Dear Doctor Kellogg

I want to put on record my gratitude for all your generous sympathy & help given me over many years - and also for the order you gave your office to regard me as a guest for this week - making it your excuse that I gave a lecture that attracted a large intelligent audience to the Sanitorium on Sunday. I regarded the effort as part of the treatment, endeavouring to

enable me to return to  
some of my former ability  
to do something of value  
during the remaining years  
that I cumber this earth

I want to assure you  
I have improved in my  
physical ability to react  
normally, and that I  
regard my ability to return  
to labor last summer as  
largely due to you, and  
your treatment -

With very much  
gratitude yours ever

Wilfred. Greer

January 26, 1940

Professor Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have just learned of Mrs. Fisher's death. Every one who knew her will, I am sure, feel, as do I, a deep sense of bereavement. She was one of the finest characters I have ever known. Be assured I deeply deplore your irreparable loss.

With sincere sympathy, I am

Sincerely yours,

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

To Prof. Irving Fisher,

January 26, 1940 1919

Street and No. Box 1825,

Place New Haven, Conn.

I have just learned of the death of your wife. Be assured of my most sincere sympathy.

John Harvey Kellogg

b

Sender's address for reference

Sender's telephone number

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OFFICE OF THE  
SURGEON GENERAL

UNITED STATES  
PUBLIC HEALTH SERVICE

WASHINGTON

January 26, 1940.

Dear Dr. Kellogg:

Your very kind invitation to come to Florida some time this winter is deeply appreciated. Your invitation is doubly attractive in view of the weather conditions which we are experiencing here.

Just at this time when Congress is in session and appropriation bills are pending, however, it is almost impossible for me to get away from Washington. If, however, a respite should come, I should be very glad to avail myself of your cordial invitation.

What you say concerning the mental disease problem interests me very much. Certainly any measures which will reduce the present terrific load for the care of the mentally unfit is a welcomed addition to our present meager knowledge, and I should be glad to learn at first hand of the methods to which you refer.

This whole subject of mental disease has concerned me greatly. As one approach to the problem, I have suggested the desirability of establishing in the Public Health Service an institute for the study of neuropsychiatric conditions which would be comparable with our present National Cancer Institute.

I should be very glad to have the opportunity of making your acquaintance because I have followed with interest your contributions to public health and medical care through the Kellogg Foundation and otherwise. I am gratified that my efforts have come to your favorable attention.

Very sincerely yours,

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

  
Surgeon General.

Dr. Henry F. Vaughan, Mr. R.

hoping that you and your folks will enjoy the  
fruit I am sending you, and wish mine  
all, I am

Dr. Henry F. Vaughan,  
City of Detroit,  
Department of Health,  
3919 John R. Street,  
Detroit, Michigan.

Sincerely yours,

My dear Doctor Vaughan:

I am often thinking of you when I am reading in the newspapers of the terrible weather you are having in the North this winter and wish you were down here in this summer land where even the worst weather we have is not so bad as an ordinary April cold snap in the North. It does no harm except to a few of the tenderest vegetables such as string beans and tomatoes. I hope old Boreas has spent his fury for this season at least.

If you migrate South in the near future do not forget that the Miami-Battle Creek is in this vicinity and that you will be a very welcome visitor. Possibly you may find Dr. Parran here as I have an intimation from him that he may be coming this way this winter some time. I do not know of any two men I would rather see that you and Dr. Parran.

Your splendid accomplishments have put the world under obligations to you that will never be forgotten.



January 29, 1940

Miss Hollowell:

Please send to Dr. Henry F. Vaughan, Department of Health, 3919 John R. Street, Detroit, Michigan, one half dozen avocados and one dozen each of King oranges, tangerines, kumquats and other oranges.

A. F. Bloese

# La fonda



The Inn at the End of the Trail

Santa Fe, New Mexico

1-30-40

Dear Dr. Kellogg:

It was characteristically kind of you to take so much pains to clear up the points I inquired about in my letter of Jan. 14<sup>th</sup>. I shall treasure your reply not only for the expert information it gives me but for its generous and philosophical spirit. I am surprised to hear that you were ill when I saw you; I found you in your usual state of mental clarity, alertness, and vigor. I wish we could have talked more, for your ideas are fundamental and conspicuous in every field.

I have received the malted nuts and the soy beans; thank you again and again for



An All Year Round Resort Hotel  
The Harvey Company

your thoughtfulness. Tell me how I  
can repay you.

I shall keep you informed  
about my little trouble when any definite  
change takes place for better or for worse.  
I am keeping strictly to the Kellogg diet,  
am sedulously practicing the exercises  
which Mrs. Westbrooke formulated for  
me (I think they have helped my  
shoulder and hip), and am massaging  
my hands for 15 minutes every night  
while lying in a hot bath.

Don't bother to acknowledge  
this letter. I shall write again later.

I wish you could be spared to  
us for another hundred years.

Sincerely

Will Durant

# The Miami Battle Creek

JOHN HARVEY KELLOGG, M.D., LL.D., F.A.C.S., MEDICAL DIRECTOR

MIAMI SPRINGS (MIAMI), FLORIDA

January 31, 1949

Dr. Pedro Vincente  
Havana, Cuba

My dear Dr. Vincente:

I want to send my congratulations and felicitations to you and your medical colleagues in Cuba for the very excellent work the medical profession is accomplishing in the Cuban Republic. Recent information brought to me by my one-time associate, Dr. James T. Case, professor of radiology, in Northwestern University, Chicago, indicates that you men are ~~doing~~ outstanding work. Both you and the people of your Republic are to be most heartily congratulated. My wish is that someday soon all Latin countries may come up to the high level of medical research and practice that you have in Cuba.

I am anxious to cooperate with you and aid you in every way possible. The greatest hope for civilization is in the improving of the health and racial stock of ~~us~~ our peoples, particularly in this Western Hemisphere. In our institution here we are putting great emphasis on change of habits necessary to good health, on a diet which ~~includes~~ is built upon the latest findings of nutritionists, on the fundamental principles of physiotherapy, etc.

It would make me very happy indeed, to have you and Mrs. Vincente be my guests here at Miami-Battle Creek for a week when it is convenient to you. I sure you would enjoy the beauties of Southern Florida, as well as the cuisine and the regimen of our health institution here. It would be a great privilege too, for me to become personally acquainted with one of the leaders of the medical profession in Cuba. ~~and to~~ I shall esteem it an honor for you and ~~and~~ Mrs. Vincente to be my guests.

Very sincerely yours,

---

John Harvey Kellogg, M. D.

February 1, 1940

Dr. Jean Saidman,  
Revolving Solarium,  
Jannagar,  
Kathiawar, India.

My dear Doctor Saidman:

I am glad to have your kind letter of December 30.

I am glad that you carried away pleasant impressions of your visit here notwithstanding the fact that I was ill and at the same time preoccupied with many difficult problems which made it impossible for me to give you the attention which I otherwise would have been very glad to give, both as assurance to you of my appreciation and to obtain the benefits which I might have received from your instruction.

While I was a pioneer in light therapy, I have in recent years been so much occupied with race betterment problems that I have not found it possible to keep up, as I otherwise should have done, with the advances made through new discoveries and improved technic to which you have made such large contributions.

I have the ultraviolet indicator and other appliances in use and they are giving satisfaction. I shall have pictures taken to send you shortly.

We are having a very pleasant winter and much more sunshine than when you were here, which was the worst season of the whole year for light therapy. There are several places in Florida, including Miami, where a long series of days,

Dr. Jean Saidman, No. 2.

sometimes stretching out to four or five hundred, have passed in succession with sunshine every day without exception.

I note that you are visiting British India. That I should think would be a splendid field for your appliances because of the long rainless periods.

By the way, it just occurs to me that perhaps I ought to send you two or three items in relation to my interest in light therapy. I began the systematic use of sun bathing as a therapeutic measure in the summer of 1877, and in the building which I erected that year had constructed a series of apartments especially suited for sun bathing, of which I have steadily made use ever since.

In the early nineties, now some 50 years ago, I started a series of researches to ascertain the extent to which heat applied to the surface penetrated the tissues. I soon discovered that heat communicated to the surface by conduction penetrated the body only a very minute distance, the heat which was being slowly carried in by conduction being rapidly carried off by the blood stream. The penetration was too slow and the removal by the blood stream too rapid to permit any pronounced degree of concentration. I was greatly disappointed at this for the reason that in biologic studies I had observed the highly stimulating effect of heat upon the white blood cells and other living cells. I felt that it would be exceedingly desirable if

Dr. Jean Saidman, No. 3.

heat stimulation could be applied directly to the liver, various internal glands and other tissues.

In the eighties of the last century I discovered the penetrating power of the radiation from an incandescent body and began the use of this form of heat, now called infra-red. I perfected various appliances for local and general application of both the incandescent radiation and radiation from arc lamps, a study of which I began in 1875, in connection with projection apparatus, using zircon and also lime for electrodes.

I published papers about my light experiences in the nineties and published the first edition of Light Therapeutics in 1910 after nearly 20 years' use of light therapy, within which time I had employed it in the treatment of some tens of thousands of patients.

I introduced the method of utilizing penetrating heat radiation to Winternitz in            and exhibited the method in identically the same form in which it is now used in the infra-red at the Quadri-Centennial Exhibition in Chicago in 1893, at which time it was seen by the German Gebhardt, who made sketches of the appliances and got the Sanitas Company interested to manufacture them, so that when I visited Berlin in 1899 the Sanitas Company had manufactured more than a dozen cabinets and had established more than 300 light institutes in various parts of Germany and also sent cabinets to England and to Sweden. Smaller appliances and arc light apparatus were also made by the Sanitas

Dr. Jean Saidman, No. 4.

Company. In those days intense ultraviolet rays were produced by using iron electrodes.

But I must stop for fear this long dissertation may weary you.

With very best wishes for the success of your trip to India and your safe return, and assuring you of the deep sympathy we Americans feel for your country in its struggle to resist the encroachments of that lunatic Hitler, I am

Very sincerely yours,

b



February 2, 1940

Dr. Will Durant,  
Davenport Hotel,  
Spokane, Washington.

My dear Doctor Durant:

I have your letter of January 30.

It was extremely kind of you to write me such a nice letter. I assure you whatever I have had an opportunity to do for you has been a great pleasure. I have derived such satisfaction and pleasure and instruction from the reading of your splendid books that I feel that anything I can do to increase your vital stamina and your ability to continue your great work as a public instructor in sound philosophy and to assure to you the greatest span of maximum activity will be one of the best contributions I can possibly make toward human betterment, which I am sure you will agree with me is about the only thing that makes life worth while.

The knowledge that my work, imperfect as it is and small as it is, has your approval gives me great joy and encouragement, for of all men I know of no one so well qualified as you by extraordinary breadth of vision and penetrating insight to evaluate the influence of philosophies bearing upon human affairs.

The present seems an opportune moment for persuading people to give serious thought to the great matters

Dr. Will Durant, No. 2.

which affect humanity profoundly and especially to awaken thinking people to the necessity for a radical change in our attitude toward the health and training of our physical bodies. Your exhaustive knowledge of history I am sure enables you to appreciate this more than any other living man can do, and you command such an immense audience that a few words from your pen or spoken on the lecture platform will do more to open the minds of thinking people to the world's situation and the need of radical reforms than can be done by any other living man. Your wonderful books and the soundness of your philosophy have made you one of the few great leaders of the thinking public, and now that the public mind seems to be becoming more plastic and less fettered by prejudice, every work that you utter which tends to direct the minds of sober men and women toward the need of returning to sane and orderly living will command the attention of multitudes and show them the way out of darkness into light.

For many years I have been making a study of longevity. A good many years ago, by the aid of clipping bureaus I collected the names and addresses of more than 600 centenarians and nonogenerians. In visiting Washington, Dr. Graham Bell, whose daughter had been my patient at Battle Creek, invited me to dine with him, and when I incidentally mentioned my collection, he remarked that he would be glad to make a careful study of these cases of

Dr. Will Durant, No. 3.

advanced age so see if he could find any clue to the cause of longevity. I gladly turned them over to him and he studied them in connection with a list of names he had himself collected and proved most conclusively that the chief factor in longevity is heredity. In other words, it is the property of the germ plasm.

For more than 50 years I have been making a study of longevity in relation to nationality and habits of life. During my 18 years' service on the Michigan State Board of Health I had special opportunities for the study of statistics and made the discovery that the rapid increase in the average length of life which has occurred within the last 75 years was not at all due to increase in maximum longevity but had occurred in spite of a decrease in the number of persons attaining great age.

Last night I woke about four o'clock with the thought in mind that the science and art of civilization had contributed nothing toward increasing the maximum length of life. I wrote a few lines which I am enclosing on another sheet and will be glad if you would glance at them when you have time and tell me whether what I have written agrees with your findings in the great study you have made of human life during all the ages.

Thanking you for your kind letter and hoping this will find you well and prospering, and with kindest regards to Mrs. Durant, I remain

Faithfully yours,

Dr. Will Durant, No. 4.

P. S. Do not hesitate to call on me at any time that  
I can be of the least service to you.

b

February 5, 1940

Dr. G. M. Brown,  
"Inveravon,"  
Loanhead,  
Edinburgh, England.

Dear Doctor Brown:

Thank you very much for the beautiful picture. I had not heard from you in so long I began to be afraid that you had been kidnapped and carried off by professional ambitions or some other worldly things and lost the missionary impulse for which I thought you possessed an irrepressible enthusiasm. I shall be glad to know what you are doing, how you are getting along and what you have accomplished. Has your husband received his degree yet? When did you finish?

I am still on the job seeking truth and trying to do what good I can, though my best efforts seem only like a small drop in the ocean of human need.

With best wishes, I am

Sincerely yours,

P. S. Our work is growing apace. I am sending you a few postcard pictures.

# The New Gladstone Hotel

"AN HOTEL WITH A PERSONALITY"

STRICTLY FIREPROOF  
EUROPEAN PLAN

Casper, Wyoming

2-5-40

Dear Dr. Kellogg: I am writing to introduce Mr. Dan Coombs, an old friend of mine, a man of the greatest generosity and sincerity, and a brilliant inventor. I hope you can give him an interview.

With warmest good wishes,

Sincerely,  
Will Durant

February 5, 1940

Dr. Thomas Parran, Surgeon General,  
United States Public Health Service,  
Washington, D. C.

Dear Doctor Parran:

Thank you very much indeed for your fine letter of January 26th.

I shall look forward with great anticipation to an opportunity for a conference with you. I am sure that you will enjoy a little respite from the climatic asperities from which the North is this year suffering so severely.

Jack Frost has snapped at us once or twice, but the temperature has not dropped below 27 degrees above zero, and this only for a few hours, enough to affect a few tender vegetables such as tomatoes and string beans, but doing no permanent damage to our palms and other tropical shrubbery.

If you have never visited this region you will certainly meet with a delightful surprise. Two medical friends, Dr. Arbuthnot Lane, of London, and Dr. Lorand, of Carlsbad, when visiting us two years ago on a travel ship returning from a visit to the South and Central Americas declared that none of the places they had visited presented so tropical an appearance as does Miami.

Dr. Thomas Parran, No. 2.

When you come I shall be glad to improve the opportunity to present to you several public health projects which I feel will contribute very substantially toward the public welfare and to which I am willing to give financial backing. I shall be very glad not only to make you my guest while you are here but to meet the expense of transportation either by train or by plane as you may choose, if this is a matter of any consideration.

Your broad view of public health needs and opportunities and your courage in attacking public health problems make me eager to lay before you some accredited facts which I am sure you will consider worthy of consideration.

Anticipating greatly the pleasure and honor of meeting you, I remain, dear Doctor, with great admiration,

Very sincerely yours,

P. S. I note you have confused me with my younger brother, Mr. W. K. Kellogg. I should perhaps explain that I am the founder of the Race Betterment Foundation and sponsor of the several Race Betterment Conferences which have been held. I am very anxious to have a conference with you with reference to the best ways of using the funds at the disposal of the foundation.



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February 6, 1940

Dr. John Harvey Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Florida

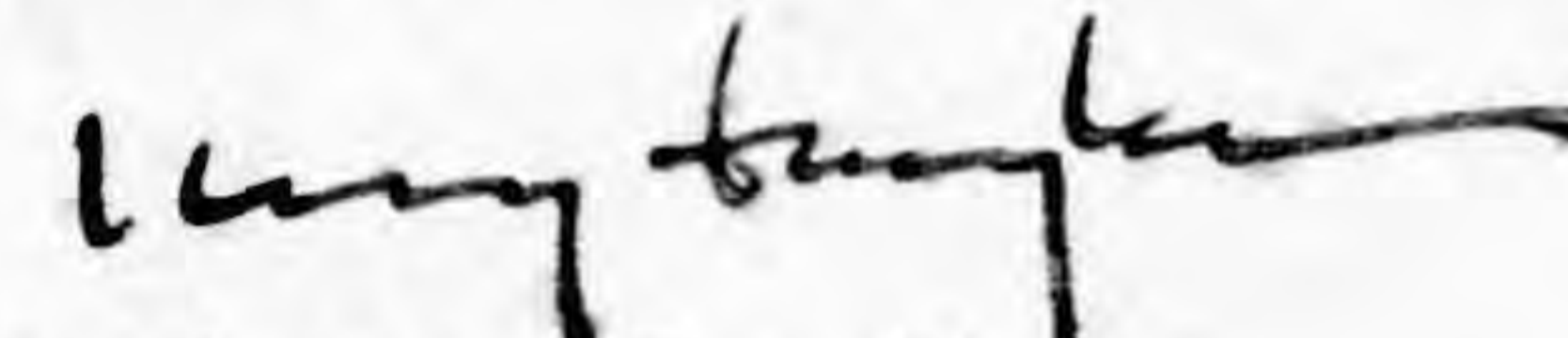
Dear Dr. Kellogg:

Yesterday evening we received a fine box of fruit from the Miami-Battle Creek. Needless to say, both Mrs. Vaughan and I greatly appreciate having this reminder of the sunny days of Florida. We will especially enjoy the alligator pears; I have never seen any larger ones.

Again, I wish that we might be able to travel southward but will have to take a rain-check for the moment at least.

Many thanks for your many courtesies.

Sincerely yours,



Henry F. Vaughan, Dr.P.H.

HFV-Mc

# ALLIED YOUTH

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February 6, 1940

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

Dear Dr. Kellogg:

Because of your great interest in health and your sincere effort to develop youth, we are writing to ask your advice and assistance in a matter that concerns us greatly.

Many of our young people are not convinced that such drinks as beer, champagne or sherry are of enough alcoholic content to in any way affect their bodies or minds, in fact, they believe that only a really hard liquor should be called an alcoholic stimulant.

We should like to prepare, or have prepared for us, a pamphlet that we could distribute freely, giving them detailed facts and information. Would you advise us as to where we could secure this information; how it could be written to their interest; and do you think the Kellogg Foundation would be at all interested in financing such a project?

Trusting you are enjoying the best of health, and thanking you for any courtesy that you may show us in this matter, I am

Cordially yours,

*Charles J. Burgess*  
Mrs. Charles J. Burgess  
Executive Secretary

IB:MG

February 10, 1940

Mrs. Ida B. Wise Smith,  
1730 Chicago Avenue,  
Evanston, Illinois.

Dear Mrs. Smith:

I wonder how the work of the W. C. T. U. is prospering in these dizzy days. I wonder if there is anything which I can do to help your good work along. The Race Betterment Foundation, which I founded and have been carrying on for a good many years, is of course especially interested in the work of the W. C. T. U., although in general its activities are chiefly in lines which are not covered by other organizations. While I am interested in every phase of human welfare, I think it most worth while to give special attention to the things that are not being done by others or those which are receiving least attention.

The tobacco problem is really as big a problem as the liquor question, although perhaps not so obvious. Tobacco is a leading string to alcohol and is doing more physical injury to the race than is alcohol.

Statistics published by Raymond Pearl, Professor of Biology of Johns Hopkins, prove beyond any possibility of question that more than one-third of all smokers die prematurely because of the effects of tobacco. The mortality rate he found per thousand during a period of

Mrs. Ida B. Wise Smith, No. 2.

30 years was 27 for non-smokers, 36 for light smokers, and 52 for heavy smokers, and 44 for all smokers.

The Race Betterment Foundation will be glad to cooperate with you in every way possible. I shall be glad to have a chat with you about this and am wondering if you would like to spend a couple of weeks with us a little later after our crowd is gone,-- we are brimful just now,-- say in April or May. We will be pleased to have you as an honored guest. I have no doubt that you are needing the opportunity this will afford you for rest and perhaps recuperative treatment. The constant strain of such large work as you are conducting is very exhausting.

Sincerely yours,

b

February 10, 1940

Mrs. Charles J. Burgess,  
Allied Youth,  
Central Branch Y. W. C. A.,  
2230 Witherell St.,  
Detroit, Michigan.

Dear Mrs. Burgess:

I have your letter of February 6.

Certainly I will be glad to help you in the matter to which you refer. I think as you do that the erroneous ideas to which you refer are doing a vast deal of harm and this error ought to be squarely met. I will prepare an article covering the subject and publish it in my journal Good Health and then make a reprint of it. There is abundance of scientific evidence to show the evils of so-called lighter alcoholic beverages. It is almost entirely a matter of the amount of alcohol swallowed. It takes a larger quantity of beer than of rum, whisky or brandy to make a man drunk. It is not uncommon for beer drinkers to drink from 20 to 40 glasses a day and in the aggregate swallow more alcohol than a man who takes a cocktail once or twice a day. The same is true of wine, which contains two to five times the amount of alcohol usually found in beer.

Within a month or two you will find an article in my journal Good Health, which I think you receive regu-

Mrs. Charles J. Burgess, No. 2.

larly. If not, I will send it to you.

We have a new lecturer, a Mr. Baker, who is a splendid speaker and greatly in demand. He is now here in Florida. He will be in Battle Creek next summer, perhaps sooner, and then I will be glad to arrange for him to give some addresses for you.

I shall be glad to know how your work is prospering. What is your present membership? What have you been able to accomplish? What are your future prospects?

Sincerely yours,

b

ONE OF AMERICAS EXCEPTIONAL HOTELS

# Davenport Hotel

LOUIS M. DAVENPORT, PRESIDENT.

Spokane, Washington

2 - 11 - 40

Dear Doern: Thank you for your letter of Feb. 2<sup>nd</sup>, and the illuminating paper about our false notion of increased longevity. A statistical presentation of your conclusions would stabilize America. Perhaps the Life Extension Institute would undertake to formulate the evidence for public consumption.

It is very generous of you to take so personal an interest in my case. I have been following all your instructions with the following exceptions: (1) I have not worn the gloves, for after a month's experience I found the fingers stiffer after a night in the gloves than when kept loose under the covering.

(2) I have taken only one enema since Jan-7<sup>th</sup>,  
for the L-D Lax has given me three mov-  
ements per day, and I find that an enema  
~~on return~~ weakens me appreciably, and  
reduces my energy in lecturing. I have  
spoken six times a week since I left you,  
and must continue till Mar-16<sup>th</sup>; it  
is a hard schedule, but it is the only, or  
briefest, way in which I can finance my  
family, my writing, and save dependents,  
during the year. I take care not to  
carry my bags. I have walked an hour  
a day, usually in the sun. I have  
followed carefully the exercises prescribed  
for me. I have eaten no meat or fish,  
very little bread or cereals, and (since  
your last letter) only the yolk of eggs.  
Indeed, I may have gone to excess in  
the matter of diet; for I make two  
meals a day on oranges, apples,  
bananas, dates, figs, cashew nuts,



# Davenport Hotel

LOUIS M. DAVENPORT, PRESIDENT.



COVERS AN ENTIRE CITY BLOCK

Spokane, Washington

-3-

lettuce, and raw carrots; while the third meal is confined to vegetable and alkaline-ash foods except for an occasional piece of bread, and a rare piece of pie. The only liquids I have taken are water and butter-milk (one glass of this per day); plus a drink of the malted nuts you send me — they are delicious.

I can't report any improvement yet, but I am not impatient. The fingers are as before, & give me no pain; the hip is worse, and worries me. ~~About~~ I am not sure that walking is good for it; it seems weaker on the after an hour's walk.

I shall of course continue with the regimen laid out for me by yourself and your staff; for I am sure that it improves my general health.

Certainly possibilities occur to me: (1) that my pancreas is not functioning properly, and fails to produce the secretion necessary to the absorption of calcium; (2) that five years' use, on and off, of mineral oil has coated my intestines with a gum that may be impeding the action of the glandular secretions on the contents of the bowels.

I am much encouraged by your own success in fighting off this disease, and in general by your physical strength and health, and your mental power.

With warmest good wishes,

Sincerely,

Will Durant

J. H. Feb. 28:  
Biltmore Hotel,  
Los Angeles.



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February 14, 1940

Dr. John Harvey Kellogg  
The Miami Battle Creek  
Miami Springs, Miami, Florida

Dear Dr. Kellogg:

Your excellent likeness appearing in the January-February number of Good Health reminds me that I do not have a picture of you in the collection of photographs which I started about a year ago of men prominent in the founding of the work of this Association. This group of pictures is hung in my office and ultimately I hope will do justice to all the men to whose early ideals this work is an active memorial. May I, therefore, ask you for a copy of the picture, inscribed as you may think best, but above all with your own personal signature?

I fear that the Werles will not be having the fun of spending any time with you this winter. Nevertheless, the lessons learned a year ago are still effective with us.

With hearty, good wishes,

Sincerely,

  
Theodore J. Werle

TJW:AF

*Health for All—  
All for Health*

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Evanston, Illinois

For God and Home and Every Land

# National Woman's Christian Temperance Union

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1730 CHICAGO AVE., EVANSTON, ILLINOIS

OFFICE OF PRESIDENT

EVANSTON, ILLINOIS

February 15, 1940

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377 Parkside Ave.  
Brooklyn, N. Y.

John Harvey Kellogg, M.D.  
Miami Battle Creek  
Miami Springs (Miami)  
Florida

My dear Friend:

I think your letter comes in answer to prayer. Last fall at the National W.C.T.U. Convention I recommended that there be held this year a series of twenty-five conferences, two states sending representatives to each, with the objective of planning definite things for Local Unions to do in reference to the present liquor situation and other moral issues as well.

I made a slow recovery from the serious situation which Dr. Norman thought I was in last spring, but have really, - after about July, - been most remarkably well. My friends say I do not have the tired look I have had for so many years and on the whole, I have been in good form, although I do not quite have my normal strength and I have some "hangovers", not the kind the alcoholics have.

So it seemed that when I went to the southwest, which it seemed I would better do to get away from Evanston's cold rains in the spring, that I should go about the first of March and have two weeks rest in that warm climate before my conferences began, returning here about the first week of April.

I find, however, I am not going to be able to get my work in shape to leave March 1st, with a quiet mind, and I couldn't rest otherwise. I have thought several times with longing of the loveliness of the Sanitarium, which I didn't get to see last spring, because I was so largely confined in my room. I would like to take the sun baths outside instead of in the treatment rooms, and most of all, I would like to go over the very things of which you write in regard to Race Betterment. However, I had been thinking of going to the southwest and the last few days had been trying to devise some way by which I could rearrange my route so that I could begin from this end and finish the last conference out there so that I could stay the two weeks after instead of before the conferences, but that cannot be done. Now comes your letter with its dual objective, - of conferring with you about these things which nobody else as yet has seen the need of in our social order, and I am quite inclined to regard this Providential. I think, therefore, I shall fill my dates and return here

New Haven Conn.

Box 1825

Feb. 16, 40

My dear Dr. Kellogg

This is what I got at a  
drug store when I asked for  
Savouryest!

as ever

Leaving Fisher



The ROGER SMITH,	STAMFORD, CONN.
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The New York World's Fair  
Let a Roger Smith Hotel be your home in the World of Tomorrow!

February 16, 1940

Dr. Will Durant,  
Biltmore Hotel,  
Los Angeles, Calif.

Dear Doctor Durant:

I am glad to have your letter and to know that on the whole you are doing well, considering the amount of work that you are doing and the hardships of travel that you are enduring. If you are not getting much worse under the circumstances you are really doing well.

I fear that you may be walking too much. The exercise should not be sufficient to cause discomfort in your hip. Rheumatism is aggravated by over use and by anything which produces pain. Pain is an indication for rest. In rheumatism it is necessary that the joints should be used sufficiently every day to maintain the full range of movement. In extreme cases the exercise will be limited to one flexion and extension daily, that is, when the movement produces pain. If exercise is not painful then it will be beneficial rather than harmful. It may be better, however, to take the exercise in two or three times a day and for shorter periods, say 15 to 30 minutes, instead of an hour.

It is best to discontinue wearing the wet gloves. I fear the trouble is that the fingers become chilled during the night. I suggest that you try rubbing the hands at

Dr. Will Durant, No. 2.

night with warm oil. Any sort of oil will do or cold cream provided it is warm. If you were here I should have you rub the fingers simultaneously with an application of infra-red heat. The rubbing should be taken at bedtime, and after the rubbing put on waterproof gloves to wear over night. This will keep the hands warm and supple. In the morning give them a vigorous rub with hot water as I showed you and apply a little oil afterward. Carefully protect the hands during the day and wear gloves if necessary.

Maybe you are restricting your cereals too much. You may use rice freely without injury. Rice Krispies will be very good. I think you can find these on the market. They are all ready to eat from the package. They are excellent with Malted Nuts, either dry or moist. They promote chewing, which is useful. Your dietary is wholesome and could hardly be improved.

I suggest that you come back here for another month after you have finished your lecture tour. We will make your rates very low so your expense will probably be no more than though you were at home, say twenty-five or thirty dollars a week. The winter in the North will be too cold for you. If you will stay here until the first of June it will be greatly to your advantage. You need the sun and the Florida air and avoidance of the cold spells which continue in the North often until after June 1. I do not intend to return North until June 15th so as

Dr. Will Durant, No. 3.

to avoid the risk of the chilly damp weather that often comes in the first week of June.

I want to have some more talks with you and to get your help in planning for a Race Betterment Conference next year.

By the way, here is a favor I am going to ask of you. I find now and then some paragraphs in your History of Greece about the habits of those ancient people that I should like to quote in my journal Good Health if you will give me permission to do this. The splendid examples of biologic living and the wonderful results attained in producing within a couple of centuries more great men than any other country has produced in all the centuries since is a wonderful demonstration of the value of physiologic living.

I am preparing to open Battle Creek College early in June for a summer course for teachers. We expect to have several hundred with us. I want to talk with you about this also.

If you accomplish the work ahead of you, you must do training for it the same as a prize fighter does for his contests. It is a tremendous task that you have on hand and will require a tremendous amount of physical as well as mental endurance. A sturdy body is needed to back up such a brain as yours and to endure such tremendous drafts as you make upon your physical resources. The world needs the safe philosophy which you expound and I consider it to be a great



**Dr. Will Durant, No. 4.**

**privilege to be of every possible service to you in your effort to prepare yourself for your great task.**

**With very sincere regards and appreciation,**

**I am**

**Always at your service,**

**P. S. Rice Krispies is made by the Kellogg Company. It is the best of all the cereal products and contains less of the acid element than any other cereal.**

**b**

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

February 17, 1940

My dear Dr. Kellogg:

Thank you for your comforting letter.

It is good to hear the many tributes which still pour in. In that way her loveliness which radiated to so many others is reflected back to me.

Of course my grief will ever be with me but I also have a new happiness in feeling that she is in me as never before and in the memories of nearly a half century of life and love together.

I am still hoping to come to Miami.

Sincerely,

A handwritten signature in cursive script that reads "Irving Fisher". The signature is written in dark ink and is positioned to the right of the typed name.

Dr. J.H. Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Fla.

February 18, 1940

Mrs. Ida B. Wise Smith,  
National Woman's Christian Temperance Union,  
1730 Chicago Ave.,  
Evanston, Illinois.

Dear Mrs. Smith:

I have your letter of February 15.

I am delighted to know that you are going to be with us in April. It is a delightful month here and I am sure you will find the experience profitable. I am especially pleased to know that you are so much improved. I judge by this fact that you are following with some care the biologic program with which you became acquainted here.

I will have some literature sent you as you suggest. I have not yet, however, anything in print which will give a detailed account of plans I am developing.

The W. C. T. U. has been a great power for good and has been carrying on a campaign which covers much the same field as that of our Race Betterment Foundation.

I shall be glad to know something about the circulation of the Union Signal. How large is it now? Are agents canvassing for it? I am sure that we can cooperate advantageously. When you come we will have an opportunity to discuss matters in detail.

Mrs. Ida B. Wise Smith, No. 2.

With very best wishes and congratulations on  
your substantial improvement, I am

Very sincerely and cordially yours,

b

February 19, 1940

Prof. Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have your letter of February 16th.

Fastyeast is something new. I had not heard of it before. I suspect the manufacturers got their suggestion from our SavorYeast. This can hardly be called a yeast product as it has so many other things added to it. Our Savoryeast is nothing but yeast combined with our Savita Table Sauce, which is a solution of amino acids prepared from glycine, the protein of soy beans, and a high vitamin yeast.

In liberal doses (one ounce or more a day) yeast has produced some very remarkable results. Cases have been reported to us as cured with SavorYeast, and recently a report has appeared of the cure of 15 cases of pernicious anemia. I think it much better to use as a source of vitamins of the B complex class rather than the synthetic vitamins for the reason that in all probability the synthetic vitamins in all probability lack elements which are found in the original products which are highly complex substances, the exact

Prof. Irving Fisher, No. 2.

composition of which has not yet been fully determined.

Another important thing to consider is the sylogistic effect which relates to the combined influence of several vitamins which differ greatly from that of either one alone.

I doubt seriously whether the Tastyeast contains enough of a really potent yeast to produce any decided yeast effect.

Sincerely yours,

b

# DUTCH TEA RUSK COMPANY

Makers of HEKMAN'S DUTCH TEA RUSK  
"The Rusk Supreme"



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REGISTERED

HOLLAND, MICH.

February 23, 1940

Dr. J. Harvey Kellogg  
Miami-Battle Creek Sanatorium  
Miami Springs, Florida

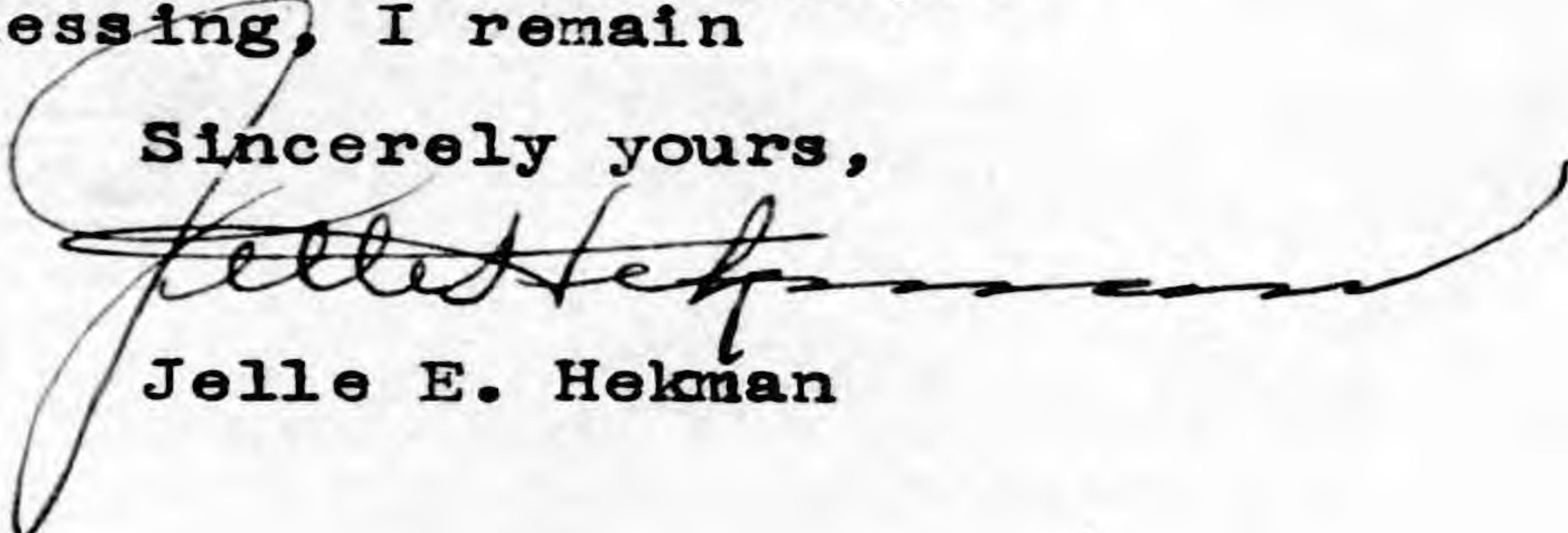
Dear Dr. Kellogg:

It is a great deal of pleasure to extend to you our congratulations on your 88th birthday which Mr. Haas of Battle Creek advised us you are celebrating on Monday the 26th.

It is marvelous to maintain such fine health such as you are enjoying at this age and if people would only listen a little more to your method of living, we feel that many of them would enjoy and live their lives just that much better. I know it has been a great deal of pleasure for me to make your acquaintance and to follow many of the suggestions you have offered from time to time.

With every good wish and particularly the Lord's blessing, I remain

Sincerely yours,

  
Jelle E. Hekman

JEH:MG



CHASE S. OSBORN—'POSSUM POKE IN 'POSSUM LANE—POULAN, WORTH COUNTY, GEORGIA

February 24, 1940.

Dear Dr. Kellogg:

What a remarkable man you are! And what a grand example to the world of so many good things! Your eighty-eighth birthday is one to be celebrated by believers in temperance around the world. Happy days and years, and Immortality!

Best wishes forever.

*Lovingly,*

Your Friend,

*Chase S. Osborn*  
Chase S. Osborn

Dr. John Harvey Kellogg,

Battle Creek in Miami, Miami, Florida.



# T H E B L A D E

Vol. 2, No. 4

February 26, 1940

*We Are Happy  
to  
Dedicate  
This Issue of The Blade  
to  
Doctor Kellogg  
on  
His Eighty-eighth Birthday  
February 26, 1940*

*Wickers  
Hickens*

## Happy Birthday to You

**B**IRTHDAYS are like milestones along life's highway. When first you start out the procession moves slowly and the marks are far apart. As life's tempo is stepped up and each moment is crowded with activity the recurring anniversaries flash by faster and faster. What was once a happy celebration becomes a sober reminder of life's passing span. But, still they come — and we must mark them down as Father Time dictates.

This month has many memorable birthdays. Today, the 26th of February, is that of our leader and friend, our inspiration and example, Dr. John Harvey Kellogg. Today marks his 88th anniversary of life — and his 64th anniversary of leadership in the Battle Creek Sanitarium. We are sure he is not at all interested in the first but is intensely grateful for the latter. One of his greatest joys is his work, his keenest inspiration is his vision of what is just ahead.

Doctor Kellogg graduated from Bellevue Hospital Medical College in 1875, and assumed charge of the Sanitarium a year later. His outstanding characteristics have been an insatiable curiosity that is always demanding why and how as well as why not; and an indomitable will that reckons not with that which is but drives ever on to that which shall be. These have led him to many a new development in medicine, surgery, dietetics and physical therapy. These have kept his mental muscle limber throughout the years. These have kept him aware of the new discov-

eries in medicine and have made him a leader and a teacher. One of the greatest factors in his own development and the growth of the Battle Creek Idea, not only at home, but throughout the world has been his obsession to educate, educate, educate. This resistless drive has developed in the fields of medicine, nursing, dietetics, home economics, physical education,



*Dr. John Harvey Kellogg  
88 Years Young*

the chautauqua and extension through the printed page.

Doctor Kellogg early joined the Calhoun County Medical Society and in due time various State, National and International Medical Societies. He has always been interested in and enthusiastic over the advances of scientific medicine. He has served during two periods, a total of sixteen years, as a member of the Michigan State Board of Health.

To him the Sanitarium owes its very life and its expansion. To him the city of Battle Creek owes a great deal more than many realize. He was unquestionably the inspiration of the whole food industry.

Among his developments are various surgical instruments and other medical apparatus. He pointed out the value of the use of electric light as an agency for treating disease. He developed the electric light cabinet, the application of the sinusoidal electric current, various food innovations and improvements. He has edited and published the Good Health Magazine "all the days of his life." He has written various scientific papers and is the author of many medical books, the earliest in 1877, the latest, but probably by no means the last, within the recent past.

A final word as to our friend and his untiring wish for mankind cannot be written without reference to his beloved wife, Ella Eaton Kellogg, who from their marriage in 1879 to the end of her life, was an inspiration and true partner in his aspirations and activities.

Some years ago Doctor Kellogg established the Battle Creek "Three Quarter Century Club," whose members exemplify the art of growing old gracefully, healthfully and happily. The Society has numerous branches whose members are inspired by the vigorous and active life of Doctor Kellogg.

We wish for you, Doctor Kellogg, a tranquil birthday and an outlook commensurate with your desires.

## Milestones in the Busy Life of Doctor Kellogg

**As a Physician** — Has practiced medicine since 1875.

**As a Surgeon** — Has performed approximately 50,000 major and minor operations. (Fellow of the American College of Surgeons.)

**As an Author** — Has written over forty-five books on various health subjects, as well as hundreds of medical papers and health booklets.

**As an Editor** — Has edited Good Health Magazine continuously for over half a century.

**As a Lecturer** — Has given health lectures and read medical papers in all parts of the United States, as well as weekly lectures to the patients of the Sanitarium, for over half a century.

**As an Inventor** — Numerous inventions of medical appliances, the electric light bath; various instruments for use in abdominal surgery; an apparatus for producing "Sinusoidal" current; an electrograph; an pneu-

mograph; a vibratory chair; the Universal Dynamometer used by the U. S. Army and Navy, and several other well-known inventions.

**As an Educator and Philanthropist** — Established through his Race Betterment Foundation and in connection with the Battle Creek Sanitarium, the Battle Creek College for the training of nurses, dietitians, physical directors, health inspectors, lecturers and teachers, and for the promotion of the principles of biologic living.

**As an Industrialist** — The father of the entire breakfast food industry.

**As a Humanitarian** — Volumes might be written.

**Travels** — Studied in Europe in 1883, 1889, 1899, 1902, 1907, 1911 and 1925.

**Hobbies** — Collecting curios from far-away lands; rare books; old coins; rare orchids (wild); studying new and tropical fruits and vegetables; soy bean research; creating new foods; bicycling.

### PERSONALS

Mr. Lyle Ashton has been promoted from the janitor staff to night elevator operator and call boy. This arrangement gives Lyle added opportunity for study, and to further his ambitions to ultimately study medicine.

\* \* \*

Have you read "Dr. Hudson's Secret Journal" by Lloyd Douglas? This new book by the author of the famous "Magnificent Obsession," refers to the Sanitarium in several places — specifically on pages 120, 174, 186. The heroine of the story is supposed to have been a patient here during the World War.

\* \* \*

Dr. and Mrs. Charles Batten are spending a few weeks in Chicago where Doctor Batten is taking post graduate work.

\* \* \*

We are happy to say that Mr. Frank Geer of the Mason Department is improving after a three months' illness.

\* \* \*

The magazine "Psychology" called Doctor Kellogg one of the ten greatest men America has ever produced.

Congratulations to Mr. Dixner, whose medical gymnasium department, has shown a steady increase every year, in spite of the decline in patronage experienced in the past few years.

\* \* \*

Dr. and Mrs. Charles E. Stewart are taking a several weeks vacation trip through the South, and then on to California. Dr. and Mrs. Stewart plan to visit their daughter in Tennessee, and their daughters in California. Our best wishes for a happy and enjoyable trip follow them along the way.

### ANNOUNCEMENT

Due to the interest shown in forming a Men's Glee Club composed of S. M. B. A. members, Leslie Iles has persuaded Frank Foote to take over the directorship. The first get-together will be in the Cafeteria Wednesday evening, February 28th at 7:30 p.m.

Remember fellows spring will soon be here. Let everybody sing.

### BASEBALL

#### Wings Fly Over Aces

The Aces slid further away from the Cubs and now are deadlocked with the Wings in second place. Manager Wilson's and LeFevre's cohorts were just definitely ON and Diz had plenty on the apple.

SCORE: Wings 11; Aces 3.

Second Game:

#### Cubs Turn Heat on Jays

Old General Cox and the Cubs united power were too much for the Jays. When the smoke had cleared the score board read: Cubs 12, Jays 5.

The Cubs now enjoy a two game lead with only three more games to play.

#### STANDINGS

	W	L	Points
Cubs	5	1	.835
Wings	3	3	.500
Aces	3	3	.500
Jays	1	5	.167

#### CUBS IN A FRANK MERRIWELL

At one of our recent ball games a loyal group of Cub fans (all two of them) sat huddled in the North stands, shivering and shaking with frigid expectancy for three snow-bound innings, waiting for their polar bears to come out of hibernation.

The Cubs, apparently chilled to the marrow, were finally aroused from their lethargy by a blast from Father Time Bayley, whose roar of, "When are you going to turn on the heat?" suddenly kindled a spark of fire that soon spread into a four-alarm conflagration. Yep, you guessed it, the Cubs won another ball game. It was a six run rally in the last inning to defeat the Wings 10-9.

#### GOING TO TOWN WITH VOLLEY BALL

##### Kalamazoo, Ann Arbor and Battle Creek

##### Three Way Conference

Kalamazoo and Sanitarium

1st Game 6-15

2nd Game 15-13

3rd Game 6-15

4th Game 11-15

Ann Arbor and Kalamazoo

1st Game 15-3

2nd Game 15-13

Ann Arbor and Sanitarium

1st Game 15-11

2nd Game 15-17

3rd Game 15-12

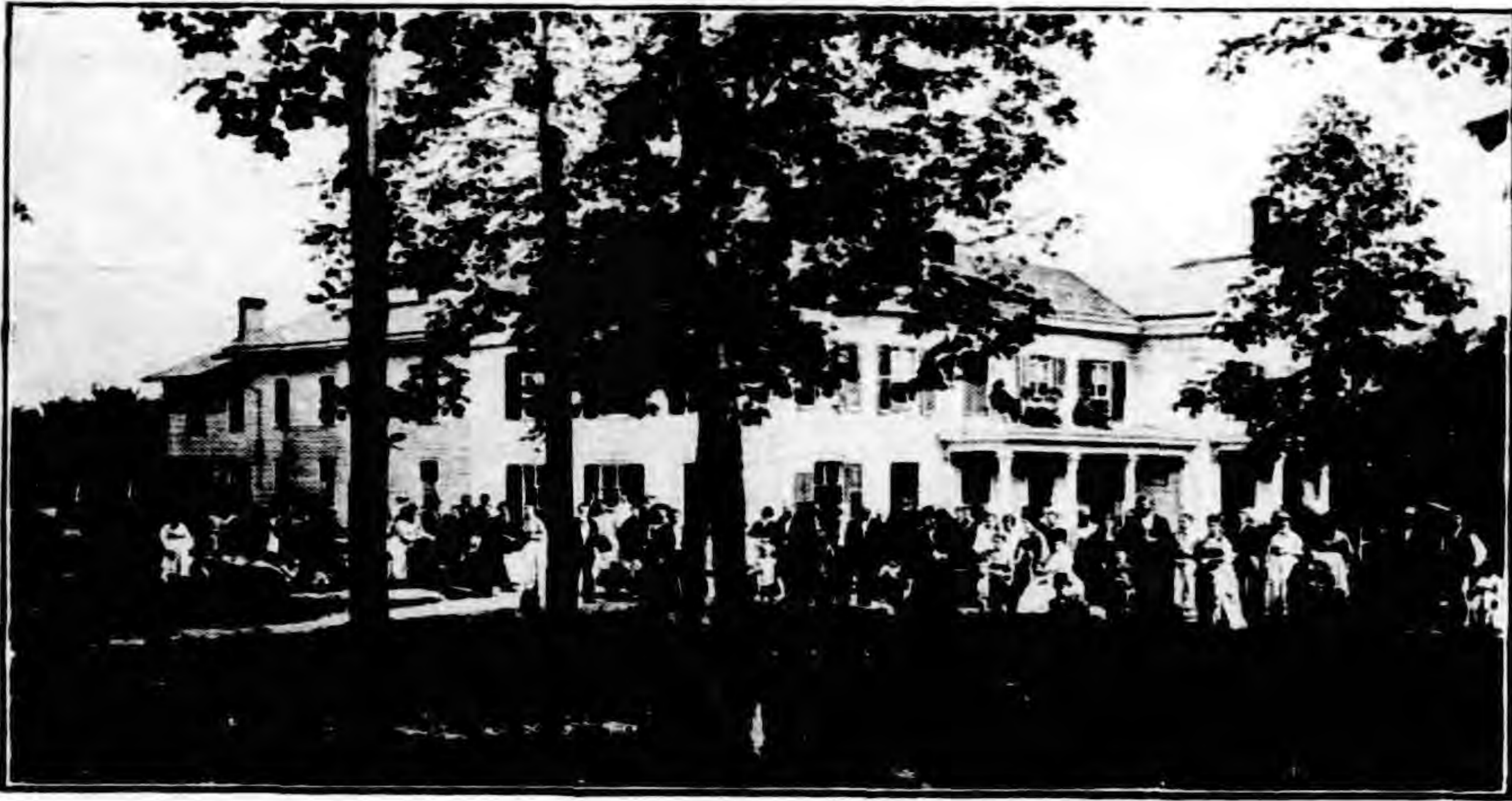
4th Game 15-17

5th Game 15-13

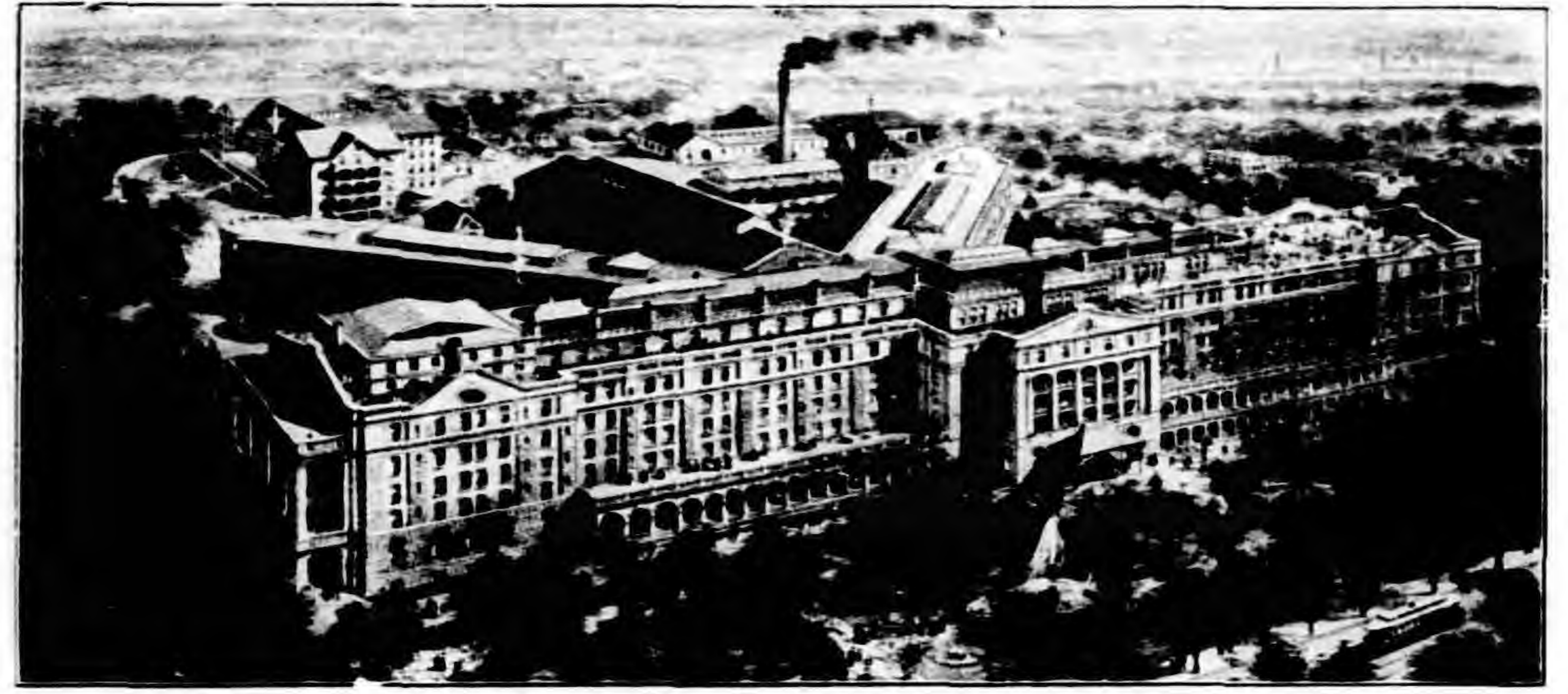
Ann Arbor has been state champion team for three successive years. Their captain said that the Sanitarium gave them the stiffest competition since they had been champions.

Watch for posters announcing future games.

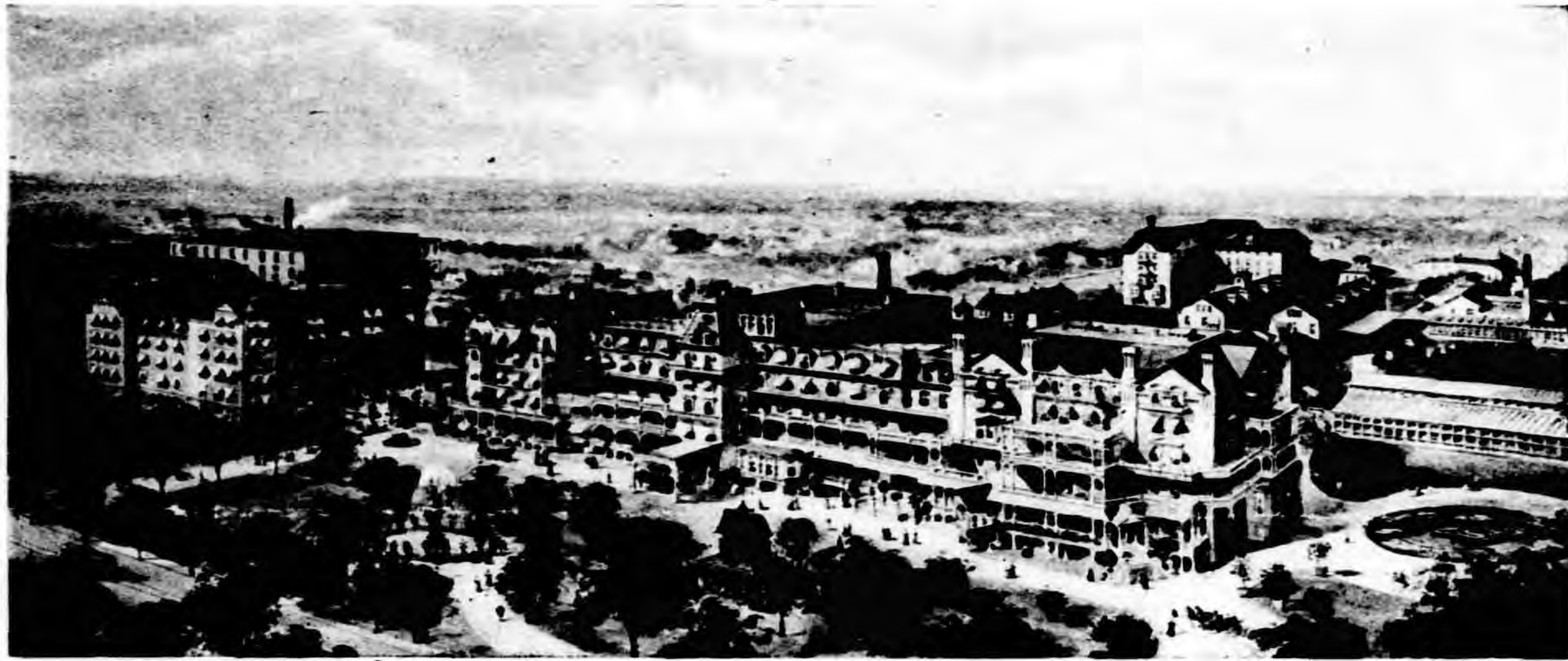
# The Growth of an Idea



1876



1903



1891



1928

**CLASS OF SERVICE**

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R. B. WHITE  
PRESIDENT

BY DIRECT WIRE FROM  
**WESTERN  
UNION**

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. C. WILLEVER  
FIRST VICE-PRESIDENT

1223

**SYMBOLS**

DL = Day Letter

NL = Night Letter

LC = Deferred Cable

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Ship Radiogram

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MZU87 62 DL= RK NEWYORK NY FEB 26 1230P

[2-26-1980]

DR JOHN HARVEY KELLOGG= THE MIAMI BATTLECREEK=

THE NATIONAL TUBERCULOSIS ASSOCIATION SENDS YOU ITS WARMEST CONGRATULATIONS ON YOUR EIGHTY-EIGHTH BIRTHDAY. YOU ARE AMONG THE THREE OLDEST MEMBERS OF THE NATIONAL ASSOCIATION HOLDING CONTINUOUS MEMBERSHIP PRACTICALLY FROM THE DAY OF ITS ORGANIZATION. YOUR CONTRIBUTIONS TO THE PROGRESS OF OUR WORK ARE PROFOUNDLY APPRECIATED. IT IS OUR HOPE THAT YOU MAY

BY DIRECT WIRE FROM

# WESTERN UNION

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BE SPARED FOR MANY MORE YEARS OF USEFUL SERVICE =

KENDALL E. EMERSON MANAGING DIRECTOR.

February 21, 1940

Mrs. Henry Ford,  
Dearborn, Michigan.

Dear Mrs. Ford:

I thank you very much indeed for the beautiful picture of Mr. Ford you had sent me. I am very much flattered that you should have taken the pains to remember my request.

I esteem Mr. Ford as one of the greatest men this country has produced. His contributions to industry and especially to the welfare of the average man are inestimable, and most of all I admire his sound philosophy and broad vision and unbiased common sense attitude toward fundamentals.

Since I had the pleasure of meeting you I have entertained the very definite feeling that he has the good fortune to enjoy the advantage of a home background that is no small factor in his success.

I am greatly interested in Mr. Ford's food researches and am confident that he is going to make a great contribution to human nutrition. His fine health and wonderful vigor notwithstanding his advancing years I interpret as evidence that he is still following the biologic mode of life to which I have myself adhered for 75 years, and which still keeps me on the job although I am 88 this month.

Mrs. Henry Ford, No. 2.

If you and Mr. Ford visit Miami this winter, we shall be very glad to have you as guests at The Miami-Battle Creek, and if you should think it worth while to send your Japanese cook to us for a few days our culinary experts would be very glad to show him a few new things which you might think valuable aids to health security.

I am enclosing notes I have recently made about a mischievous germ, B. coli, which may interest you.

Hoping kind Heaven will permit you and Mr. Ford to continue for many years your splendid leadership in American life and business, which are regarded as one of the greatest uplifting influences in this country, and again thanking you for your consideration and with kindest regards to Mr. Ford, I am

Sincerely yours,



February 26, 1940

Sir Wilfred Grenfell,  
The Miami-Battle Creek.

My Beloved and Honored Friend:

I congratulate you most sincerely and heartily that after 50 years of hardship and perilous adventure you find yourself at 75 still alive and brimful of initiative, enthusiasm and overflowing with the milk of human sympathy and goodwill and with the appearance of a man of 50 years instead of 75.

You found Labrador a semi-barbarous country wholly lacking in the blessings of Christian civilization, an unorganized group of ignorant, unmoral, besotted disease ridden fisherman groveling in the very depths of degredation and bestial immorality and in many respects below the level of savages.

You saw their misery, their suffering and their wretchedness and you turned your back upon the advantages, pleasures and emoluments of a successful professional career ~~in~~ a highly civilized land and chose instead a life of hardship, peril and privation far removed from the culture and refinement of a civilized land, relinquishing the joys of a domestic life in a cultured environment and plunged into a veritable quagmire of human degredation and sin that you might rescue the unhappy victims of neglect that <sup>d</sup>have been left to sink to the lowest depths of sin and infamy and drive out the demonds which haunted their huts and infested

**Sir Wilfred Grenfell, No. 2**

**their fields and lift them to the level of orderly civilized Christian communities.**

**Your life has been one long battle, not for personal ends or for worldly achievement, but to set men free from the shackles of ignorance, poverty and sin. Like Caesar, you may say, "Vini, vidi, vici."**

**You found Labrador a wild, almost unknown wilderness without an established government, roamed by wild and savage tribes, with not one modern town or civilized community and present it to the world today a well organized state with numerous modern towns and villages, fully established courts of justice and communities which for order, peace and security fully equal the most exemplary communities in any country.**

**Sir Wilfred, you have won the world's respect and admiration. You have most worthily received from your King the honor of knighthood. Your deeds have made you the world's hero. With all who know you and your great achievements in human service, I delight to do you homage.**



**MICHIGAN UNEMPLOYMENT COMPENSATION COMMISSION**

14320 WOODWARD AVENUE

DETROIT, MICHIGAN

February 28, 1940

OFFICE OF COMMISSIONER

**JAMES C. McCABE**  
712 GRISWOLD BLDG.  
DETROIT, MICH.

Dr. John H. Kellogg  
Battle Creek, Inc.  
Miami Springs, Florida

Dear Dr. Kellogg:

Congratulations on your eighty-eighth birthday!

The Free Press in Detroit gave you a fine and most worthy write-up, which proved not only interesting but informative too.

With best wishes, I hope to be able to congratulate you on your hundredth birthday.

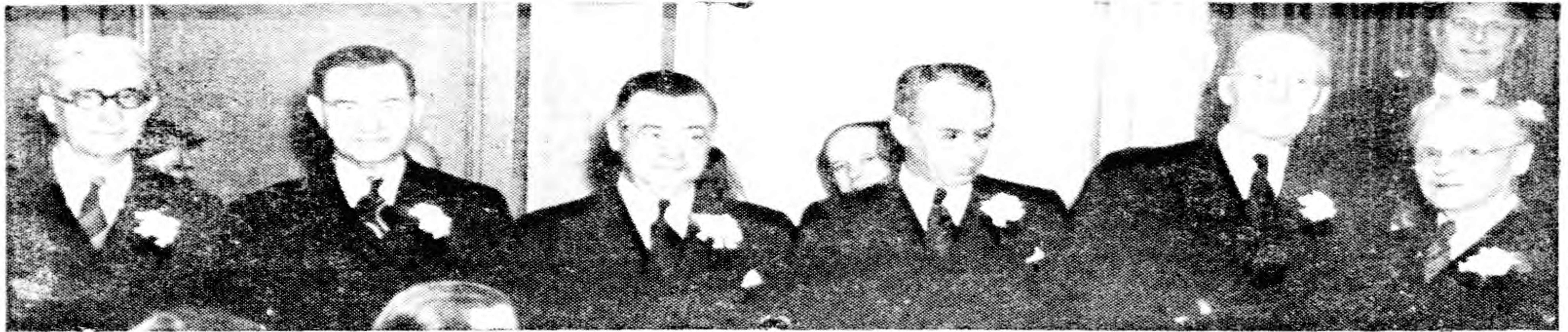
Sincerely yours,

*James C. McCabe*  
JAMES C. McCABE

JCMc:p

P. S. It happens to be a close friend of Fred Sage of your town, also John Winship.

## Quarter-Century Members of Rotary Luncheon Club Are Feted



Rotary luncheon club members, quarter-century members of the club, were feted with a party with the assist of one person at the Wrentham hotel. The party was given when the organization observed its

quarter-century. The gentlemen shown above are, left to right, John P. Greenwood, James C. McCabe, Carroll Wendt, Harry J. Deane, T. F. Matson, John A. Johnson, and W. S. R. Ransom, behind Johnson.

### What Others Say of James C. McCabe

Last in the bundle—down Wayne County was rolls James C. McCabe, efficient member of Michigan Unemployment Compensation Commission, who serves under the general oversight of Harold A. McDonald, chairman of that important unit of public service. The State Digest has a letter of current date from Commissioner McCabe. Its message may appear commonplace. Its highlight is its unmistakable expanse of goodwill and memories. The letter:

Dear Fellow: This is the season of the year when the spirit of man seems to become enlivened with the instincts implanted in our souls by our Creator. Be it in word or deed, the people of our own United States, forgetting during this gracious season the possible selfishness of business, revel in the doing of kindly acts and in exchanging heart-warming greetings. In that spirit it is my wish that the present and future shall bring to you full measure of health, happiness, and prosperity. Cordially,  
JAMES C. McCABE

Back few minutes, in 1910 James C. ("Jim") McCabe was business manager, stockholder and director of the old Bay City Tribune, daily newspaper. He was a director of his city's Chamber of Commerce, manufacturer was in numerous business enterprises. A big and sound influence in his city. That was before our State newspapers in Michigan had undergone consolidation, as he saw the case later in numerous prosperous years of the State.

This writer at that time was a young reporter on the staff of that newspaper. And it was Jim McCabe, newspaper manager, now State public insurance commissioner, who gave this writer an upward boost in the news business. It is unimportant to say precisely how he did it. Sufficient that it was done. It considerably enhanced prestige through a blend of responsibility and did much to pave the way to better things.

That early formed friendship has endured these twenty-nine years. Commissioner McCabe, who later went to live in Detroit, has kept his record clean and exemplary. He has been, and is, forward looking, enterprising, devoted to his engagements, true to high ideals, loyal in his friendships. Around his preside he is lovable and is loved. He is human, practical, has fine sense of humor, sees the luminous side, a dependable man and neighbor, an able public servant.

In this country the goodwill season is, of course, all the time, as Commissioner McCabe plainly says. In this period when "Silent Night, Holy Night," becomes the national anthem, the generous American spirit seeks expression, before the year closes. May Commissioner McCabe's years of usefulness and exemplification of citizen worth be multiplied—Michigan State Digest.



OFFICE OF THE  
SURGEON GENERAL

UNITED STATES  
PUBLIC HEALTH SERVICE

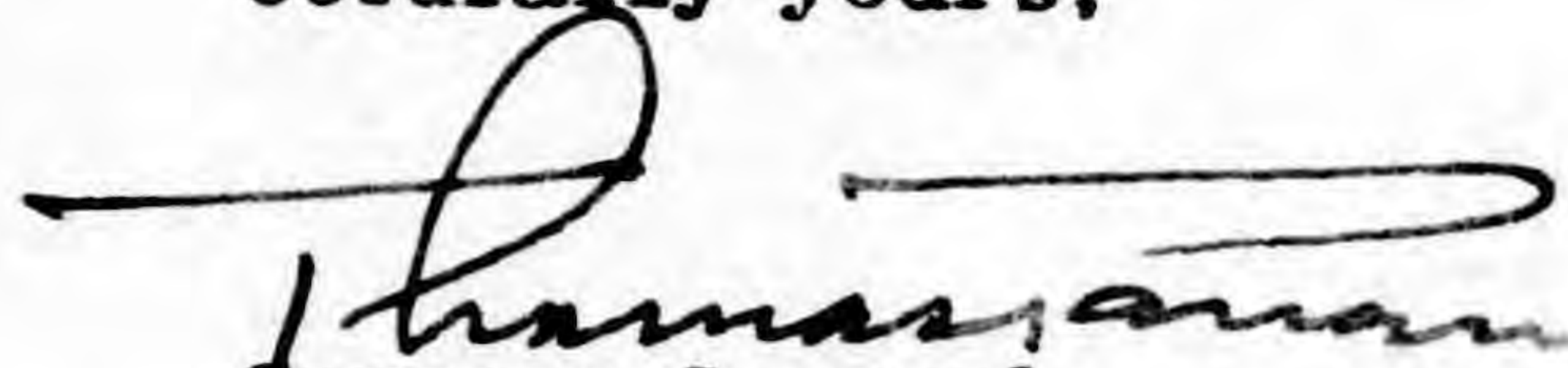
WASHINGTON

February 29, 1940

Dear Doctor Kellogg:

I have held your kind letter of February 5 in the hope that I would find time to come to Florida this winter. Unfortunately, that does not seem possible. I do appreciate very deeply, however, your kind invitation and should be interested in discussing with you the most profitable ways in which the funds at the disposal of the Race Betterment Foundation can be used. I hope that there will be an opportunity to see you before too long.

Cordially yours,



Surgeon General

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

**HOTEL ADOLPHUS**

A TEXAS INSTITUTION SINCE 1912

DALLAS, TEXAS

Ralph Hitz, President

3-2-40

Dear Dr. Kellogg: Thank you for your letter of Feb. 26, and the enclosed paper on B. coli; I have read every word, with profit and great interest.

We shall arrive at Miami Battle Creek about 6 p.m. April 12<sup>th</sup>, and will leave early on the 27<sup>th</sup>. We warmly appreciate your generosity, and look forward to sharing the sunshine with you.

Meanwhile I shall be happy to have you use the enclosed statement.

My condition remains unchanged, but my general health is excellent, and I am in good spirits.

Sincerely,  
Will Durant





## HOTEL ADOLPHUS

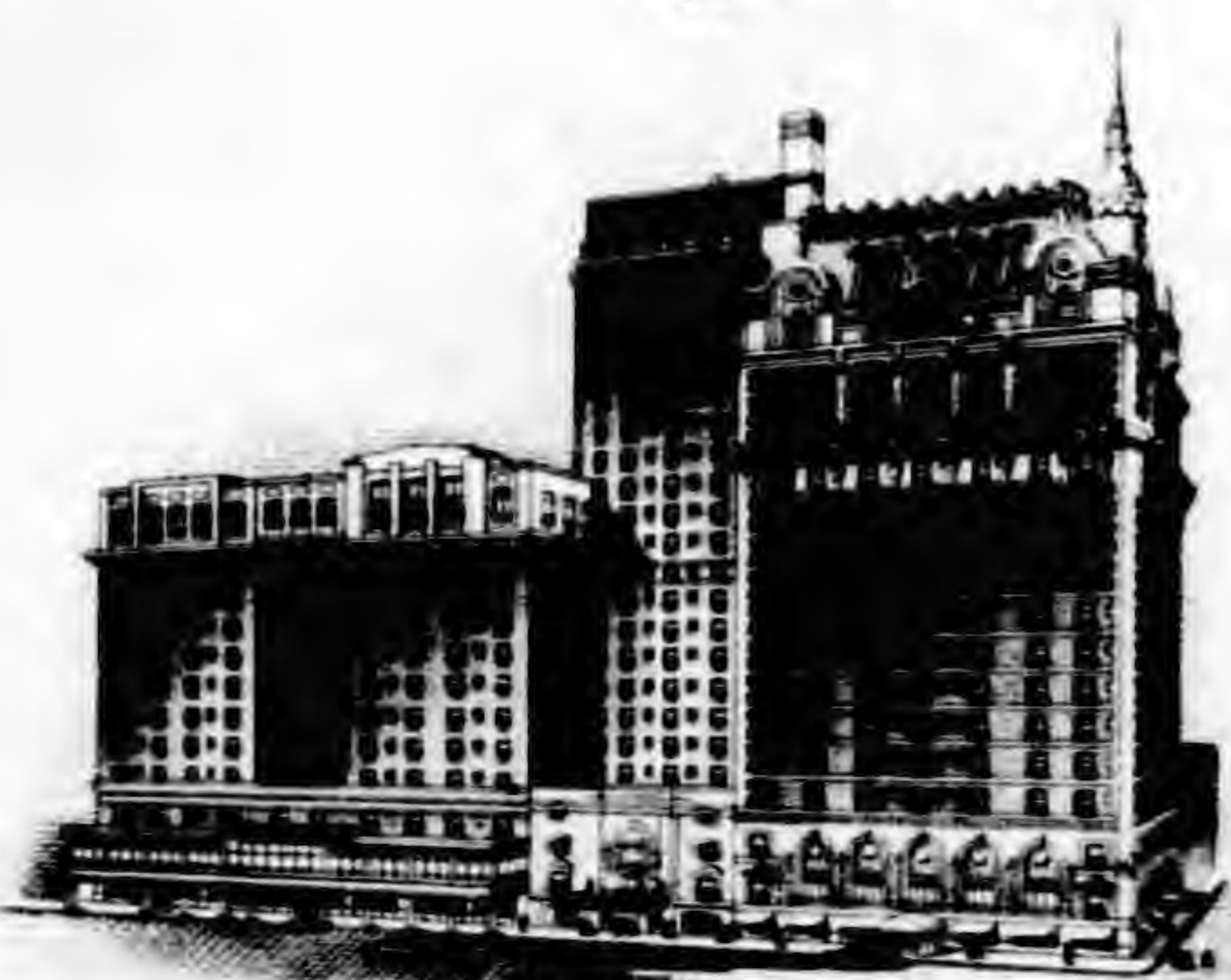
A TEXAS INSTITUTION SINCE 1912

DALLAS, TEXAS

Ralph Hitz, President

My two weeks at Miami Battle Creek were a revelation and a delight. The town itself, Miami Springs, is a lovely spot, and I found a ~~deep~~ profound pleasure in strolling along its palm-shaded lanes. I had expected to find Battle Creek a sanitarium, darkened with sick bodies and sad faces; instead, I found it a temple of health, everybody radiating the good cheer that comes from clean living.

I know too little about dietetics to pass judgment on the dietary system used at both Battle Creeks; I can only say that when I live on that diet my health is perfect, my tongue and skin are clean, and my sense of well-being so exuberant that I soon doff all the dignity that goes with Ph. D.'s. I



has never known this diet to lead to sickness of any kind; and I can hardly say as much for any other mode of subsistence. Dr. Kellogg's own physical health and mental vigor at eighty-eight constitute a strong argument for the system which he has been teaching Americans for half a century.

But Dr. Kellogg's system is not merely a diet of attractively prepared vegetables, fruits, nuts, and dairy products; it is a way of living - a love of the sun and of activity in the sun, and such respect for one's own body as scorns all narcotics or intoxicants; the healthy body does not need or crave any artificial stimulation.

In my part I am living on ~~that~~ the Kellogg plan, and find it a source of health and delight.

Will Durant



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# WESTERN UNION

1201

**SYMBOLS**

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PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. C. V. (50)  
FIRST VICE-PRESIDENT

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MZT7 12= ROME GA 2 219P

GERTRUDE ESTELLE=

1940 MAR 2 PM 3 53

MIAMISPRINGS=

POSITIVELY LEAVING SUNDAY AFTERNOON PLEASE MEET -ME -

MONDAY MORNING PLEASE SAVE ROOM=

MARTHA BERRY.

*Time ?*

*Get action*  
by **TELEGRAPH**

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J. C. WILLEVER  
FIRST VICE-PRESIDENT

(04)

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MZA18 15=ROME GA 3 941A

GERTRUDE ESTELLE=

1940 MAR 3 AM 11 05

MIAMISPINGS FLO=

RESERVATIONS ON TRAIN MADE MONDAY. AFTERNOON WILL ARRIVE

TUESDAY MORNING 1130. PLEASE MEET THAT TRAIN=

MARTHA BERRY.

1130.



THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE

**BEREA COLLEGE**  
**BEREA, KENTUCKY**

**OFFICE OF THE PRESIDENT**  
**FRANCIS S. HUTCHINS**

March 2, 1940

Dr. John Harvey Kellogg,  
The Miami Battle Creek,  
Miami Springs, Florida.

Dear Dr. Kellogg:

I wish to thank you very much for your kind and careful attention to the needs of Mr. Harry White while he was with you a few days ago. When he was taken ill, I was quite disturbed until I learned that it would be possible for him to receive the care of your physician.

Thank you very much indeed. I trust that if you are driving north, you will give us the pleasure of entertaining you in Berea.

Yours sincerely,

*Francis S. Hutchins*

BEREA COLLEGE  
BEREA, KENTUCKY

OFFICE OF THE PRESIDENT  
FRANCIS S. HUTCHINS

March 2, 1940

Dr. John Harvey Kellogg,  
The Miami Battle Creek,  
Miami Springs, Florida

Dear Mr. Kellogg:

Your letter was mailed before I came upon  
the post script which President Hutchins had dictated.  
I am therefore sending it separately.

Sincerely yours,

*Clara M. Klippel*  
Secretary to the President

P.S. I am sending under separate cover several folders  
regarding our Boone Tavern Hotel, which is a very com-  
fortable place for visitors. I hope that you will have  
your desk clerk give these to people who may be driving  
North by route 25. I am also sending for your special  
use at a tea party, a box of our decorated tea sugars  
which are made by students who are earning all or part  
of their way through Berea.

*F. S. H.*  
r.

March 5, 1940

Prof. Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have your letter of March 3rd.

We have been full for some time, with a waiting list, and I just a few moments ago learned that nine new people are applying for rooms today. The present prospect is that we will be full until after the first or middle of April. Hotels and apartment houses-- everything has been filled up this winter, so that several people have come to us because they could not get places anywhere else. I think by the last of the month, however, the pressure will diminish sufficiently so we will find a chance to squeeze you in somewhere if you should time your visit about the first of April or possibly a few days before. I am sure the hotels will be less crowded two or three weeks hence than they are at the present time as the present date is usually the peak of the season. If your plans make it necessary for you to come at that time, I should say come along and if we are still full we will look up a comfortable place for you.

I doubt whether you need to be worried about the blood in the stools. The matter should be looked into,

Prof. Irving Fisher, No. 2.

however. If it is bright fresh blood it doubtless comes from the rectum and is probably due to internal hemorrhoids and the trouble may be easily remedied. If it is dark clots of blood, the indication is more serious and is a matter which should be carefully investigated. We will look into the matter when you come.

Sincerely yours,

P. S. I am sorry your Sonotone people have fallen down on their new hearing aid. I liked it with the exception of the regulation. This was so defective because of short range and bad working of the regulating device that I could not accept it and have it replace my Telex. I have two of these so as always to have one ready in perfect working order.

A patient here now has an instrument which looks very much like the Sonotone instrument and he seems very much pleased with it. I have not yet tried it. I think you ought to see this if he is here when you come, as I believe he will be, so that you may get an idea that will assist in overcoming the defect of the Sonotone.

Box 1825, New Haven, Conn

Mar. 3, '40

Dear Dr. Kellogg

I'm now hoping to start for Miami about March 20<sup>th</sup> by boat. Would that be O.K. with you?

Thank you for your good letters.

I suppose you have seen the book of Price on Nutrition and Regeneration published by Haaber. It's "right up your alley" - except as to vegetarianism. It's full of new evidence.

I wonder if you couldn't get Price to come to Miami when I'm there. inviting him after my own dates are fixed?

I hope things are going well at Miami.

I understand things at B.C. turned out badly for you.

As ever

Irving Fisher

My bowels have bled as a year ago and have throughout the year - but no more and very little. But the Sta-o-gen has helped a lot.

If I could remedy the bleeding I think I'd be in A.C. order.

March 5, 1940

Dr. Will Durant,  
Hotel Adolphus,  
Dallas, Texas.

Dear Doctor Durant:

I have your letter of March 2nd.

I am most of all delighted to know that you are enjoying good health and are in fine spirits. That is splendid. When you get down here we will go after those troublesome fingers and cure them up. April will be a most delightful time to be here and we will not be so crowded. We will have plenty of sunshine and you will have a chance to enjoy life. I shall be glad to put one of my Lincoln cars at your disposal and we will make some trips into the everglades and have a little fun if it suits your fancy and convenience to do so.

I can not thank you enough for your splendid tribute to biologic living. I am sure it will induce a lot of thinking people to change their habits and thereby enhance their joy in living and prolong their lives. The longer experience you have in this good way the more faith you will have in it. How strange it never occurs to most people that they ought to take as good care of themselves as they do of their horses, cows and animal pets and even their automobiles, which



Dr. Will Durant, No. 2.

they take care to feed and water in the most meticulous manner while treating themselves in an incredulously reckless senseless manner.

Anticipating the pleasure of welcoming you here on April 12th, and with kindest regards to you and Mrs. Durant, I am

Sincerely and cordially yours,

b

My two weeks at Miami-Battle Creek were a revelation and a delight. The town itself, Miami Springs, is a lovely spot, and I found profound pleasure in strolling along its palm-shaded lanes. I had expected to find Battle Creek a sanitarium, darkened with sick bodies and sad faces; instead, I found it a temple of health, everybody radiating the good cheer that comes from clean living.

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For my part I am living on the Kellogg plan, and find it a source of health and delight.

Will Durant

**OFFICERS**  
THOMAS S. MEEK  
PRESIDENT  
W. E. JOHNSON  
FIRST VICE-PRESIDENT  
MRS. MARY L. RACEY  
SECOND VICE-PRESIDENT  
MRS. EVA BROWN DAVIS  
REC. AND COR. SECRETARY  
J. KENNETH STULTS  
FINANCIAL SECRETARY  
JOHN P. LITTS  
TREASURER  
DR. A. H. BURR  
FIELD SECRETARY  
MRS. LAURA W. DILLIN  
LIBRARIAN  
ISAAC N. TODD  
SERGEANT-AT-ARMS



## THE THREE SCORE-AND-TEN CLUB

COMPOSED OF MEN AND WOMEN 70 YEARS AND OVER

*150 Southeast First Street*

*Miami, Florida*

**TRUSTEES**  
OLAF J. OHLSON  
CHAIRMAN  
ALFRED ANDERSON  
MRS. ANNIE A. CORNELIUS  
DR. CYRUS HUMMON  
MRS. EMMA S. IRWIN  
J. E. JUNKIN  
MRS. THERESE ROWLANDS  
JOHN L. SCOTT  
GEORGE H. SHELLEY

TELEPHONE  
2-9950

March 6, 1940

Special Delivery

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

Dear Dr. Kellogg:

Mr. Meek informs us that you  
have consented to address us tomorrow afternoon  
from twenty to thirty minutes at 3 'o'clock.

We are delighted to know you  
can do so and have scheduled you accordingly.

Most respectfully, in the bonds of

THE THREE SCORE AND TEN CLUB

  
Mary L. Racey, Chairman of  
Indoor Entertainment Committee

PROFESSOR IRVING FISHER

460 PROSPECT STREET

NEW HAVEN, CONNECTICUT Box 1825, New Haven, Conn.

March 9, 1940

Dr. J.H. Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Fla.

My dear Dr. Kellogg:

I have yours of March 5.

I have made a reservation on the steamer Shawnee of the Clyde Mallory Line, leaving New York on Saturday, March 23, and arriving at Miami on Tuesday, March 26 about 8:00 a.m.

I fully expect to come by that boat and will be glad, in case the Sanitarium would sacrifice getting a regular paying guest by taking me in, if you will find a place for me outside.

Looking forward to seeing you, I am

As ever,

*Irving Fisher*

P.S. I doubt if you have seen the latest Sonotone. If I am not greatly mistaken, it is for most people definitely ahead of any other hearing aid although it seems that some do better with one machine and others with another.

IFs

OFFICERS  
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## THE THREE SCORE-AND-TEN CLUB

COMPOSED OF MEN AND WOMEN 70 YEARS AND OVER

*150 Southeast First Street*

*Miami, Florida*

TRUSTEES  
OLAF J. OHLSON  
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ALFRED ANDERSON  
MRS. ANNIE A. CORNELIUS  
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MRS. EMMA S. IRWIN  
J. E. JUNKIN  
MRS. THERESE ROWLANDS  
JOHN L. SCOTT  
GEORGE H. SHELLEY

TELEPHONE  
2-9950

March 9, 1940

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

Dear Dr. Kellogg:

This is to thank you for your splendid talk on Thursday, many of our people are quite interested in the matter of living 100 years. I think we will have no trouble in organizing in what we might call the Century Circle or group, or some other better name, of 15 or 20 members, as you suggested.

If it will be agreeable to you, I think I can bring out from 4 to 6 of our members who are now in their 90s. I would like some of them to meet you personally.

Our people enjoyed your address on Thursday very much, as they did also that of Mr. Baker who addressed us recently. We shall be pleased to see you or him at any of our meetings, -at our Round Table on Tuesday or our Thursday afternoon entertainment. You are a member, therefore, can come in your own right, but Mr. Baker being a younger man, we hereby officially extend to him a free for all invitation. Few men have spoken to us who have entertained our members as much as his address as "The man of Tomorrow".

I am coming out to Dr. Jefferies on Mondays, Wednesdays and Fridays and on any of these occasions it would be quite convenient for me to see you if you will state the time that I might come to your office without inconvenience to you.

Most cordially yours, in the bonds of

THE THREE SCORE AND TEN CLUB

*T. S. Meek*  
T. S. MEEK PRESIDENT

March 10, 1940

Professor Eugene B. Elliott,  
Superintendent of Public Instruction,  
Lansing, Michigan.

Dear Professor Elliott:

I read this morning with very great pleasure indeed in the Detroit Evening Times a report of your views respecting the necessity for a reform in our public school system whereby the school would be made a place for learning how to live in a democratic way. I am sure this is a sound principle, and if our school system can be remodeled in accordance with it, in a single generation will produce a veritable revolution in politics, society, business and morals and particularly in health. Half the doctors would starve to death for lack of patients or go into some other business.

Our present school system gives exceedingly inadequate attention to the body. Students should not only be thoroughly taught about health but should be trained in health habits. Mens sana in corpore sano is as true today as when the Greeks inscribed it over the portals of their temples of learning.

Such a revolution as might result from such a reform as your idea would create, if put in operation might save the white races from the extinction which the statisticians tell us is impending in the not distant

Professor Eugene B. Elliott, No. 2.

future.

If you have written anything on this subject, I shall be very glad to receive it and to know of any plans that you may have for an educational reform movement in Michigan. The Race Betterment Foundation, which I established some years ago, will be very glad to cooperate with you and help to support such a movement not only in Michigan but throughout the entire country.

Hoping to have the pleasure of hearing from you at your convenience, I remain, dear Doctor,

Very sincerely yours,

b

March 12, 1940

Professor Irving Fisher,  
Box 1825,  
New Haven, Connecticut.

Dear Professor Fisher:

I have your letter of March 9th.

I will be glad to see you and think it probable that by the time you get here we will have a place for you.

I shall be glad to see the new Sonotone. The Telex has one fault that I do not like, which is that it becomes irregular, going on and off without any change of any sort that I can discover. If the Sonotone is free from this difficulty and equal to the Telex in other respects, I shall be very glad to invest in it.

Hoping you will have a pleasant journey here, and with best regards, I am

Sincerely yours,



and he isn't anywhere  
near as big as they are.  
Also please let me  
know where I could  
buy this sort  
of audophiles.

Very truly yours,

Mrs. H. J. Schaeffer  
Pleasant St.,  
East Longmeadow  
Massachusetts.  
U. S. A.

do not seem to know  
what it is: I would  
appreciate it very much  
if you would let me  
know just how this  
acts on the system.  
I know that any thing  
connected with the  
soy bean is highly  
nutritious. We have  
a little boy that was  
born on June 1st,  
3 days after the quins

Pleasant St.,  
East Longmeadow,  
Massachusetts  
March 14, 1940.

Dr. Rafael  
Callander, Ont.

Dear Sir:-

In our newspaper  
last week, they had the  
whole routine, of lining  
of the quintuplets, outlined.  
I noticed at 10. a.m. + and  
at 3. p.m. They are given  
4 oz. of say acidophilus.  
I have made inquiries  
about it in several of our  
drug stores but they

III

and he isn't anywhere  
near so big as they are.  
Also please let me  
know where I could  
buy this sort  
acodophiles.

Very truly yours,

Mrs. H. G. Schaeffer  
Pleasant St.,  
East Longmeadow  
Massachusetts.  
U. S. A.

II

do not seem to know  
what it is: I would  
appreciate it very much  
if you would let me  
know just how this  
acts on the system.  
I know that anything  
connected with the  
soy bean is highly  
nutritious. We have  
a little boy that was  
born on June 1st,  
3 days after the queen

March 14, 1940

Mr. K. G. Crutcher,  
The Rockefeller Institute for  
Medical Research,  
68th Street and York Avenue,  
New York City.

Dear Sir:

I have your letter of February 28th.

As regards the publication of Dr. Carrel's address, "The Immortality of Animal Tissue and Its Significance," in a work to be entitled "Order and Possibility in Social Life" by Mr. Douglas G. Haring and Miss Mary E. Johnson, I see no reason for objecting to the publication of the article as requested, permission for which, so far as the Race Betterment Foundation is concerned, is hereby granted.

Sincerely yours,

b

THE ROCKEFELLER INSTITUTE  
FOR MEDICAL RESEARCH

66TH STREET AND YORK AVENUE  
NEW YORK

February twenty-eighth,  
1 9 4 0.

My dear Doctor Kellogg:

On February fourteenth, a letter was written to Doctor Carrel by Mr. Douglas G. Haring, of the Staff of Instruction of Syracuse University, Maxwell Graduate School of Citizenship and Public Affairs, asking permission to reprint "The Immortality of Animal Tissue, and its Significance" in a book, "Order and Possibility in Social Life," which he and Miss Mary E. Johnson expect to publish soon. Doctor Carrel went to France as usual last summer, and since late September has been engaged upon a special mission for the French Ministry of Public Health, connected with the war. His return is most uncertain, and the mails are so delayed that it seemed rather useless to transmit this request to him. In previous instances of a like nature, where the publication was a serious one and of good standing, Doctor Carrel has given permission for his addresses to be reprinted, provided the society before which he had spoken was also willing.

On February sixteenth, I wrote to Mr. Cass Canfield, President of Harper & Brothers, who published Doctor Carrel's book, "Man, the Unknown," to ask him if he would tell me whether the book by Mr. Haring and Miss Johnson was one in which Doctor Carrel should allow his paper to be reprinted. A letter just received from Mr. Canfield says:

THE ROCKEFELLER INSTITUTE  
FOR MEDICAL RESEARCH

66TH STREET AND YORK AVENUE  
NEW YORK

Doctor Kellogg, page two.

"With regard to the request for the use of material from Dr. Carrel's published papers in ORDER AND POSSIBILITY IN SOCIAL LIFE by Haring and Johnson, I should not think that there was any objection to granting the necessary permission, as far as Dr. Carrel is concerned. While I understand that the Haring-Johnson book will probably not be a volume of great significance, it is written by apparently competent scholars, and will reflect no discredit upon Dr. Carrel."

Now that Mr. Canfield has been kind enough to give an opinion on the standing of the authors and the caliber of the book, I am writing to ask if you would be willing to give permission for the reprinting of the address that Doctor Carrel delivered at the Third Race Betterment Conference, in Battle Creek, in 1928. I did not wish to trouble you in this matter if the volume by Mr. Haring and Miss Johnson did not merit your consideration of their request. In the light of Mr. Canfield's letter, I am sure Doctor Carrel would be willing to have Mr. Haring and Miss Johnson reprint "The Immortality of Animal Tissue, and its Significance," the title of his address at the Third Race Betterment Conference, if you also approve.

With apologies for troubling you, I am

Yours sincerely,

*K. J. Bratcher*  
Secretary to Doctor Carrel.

Doctor John Harvey Kellogg, Medical Director,  
The Miami Battle Creek,  
Miami Springs,  
Miami,  
Florida.

Box 1825-

~~HOTEL DUNCAN~~ A.~

~~1161 CHAPEL STREET~~  
NEW HAVEN, CONNECTICUT



Mar. 16, '40

Dear Dr. Kellogg

I wonder if you considered my suggestion to get Dr. Price to come to Miami when I'm there.

I enclose his reply to my letter re his "Nutrition and Physical Degeneration" (Hoeber)

• Thanks for your invitation. My book "Shawnee" of Clyde Malloy Line arrives Tues. Mar. 26 early in a.m. I'd be glad if you can have me met - by a taxi if not convenient to send your own car.

Please don't sacrifice space which you could rent, but, instead, reserve a room and bath outside, if not too much trouble.

But I can attend to this on arrival as ever  
Drummond Fisher

# Oglethorpe University

MANU DEI RESURREXIT

*Good minds, good morals, and good manners*

Oglethorpe University, Ga.

March 18, 1940.

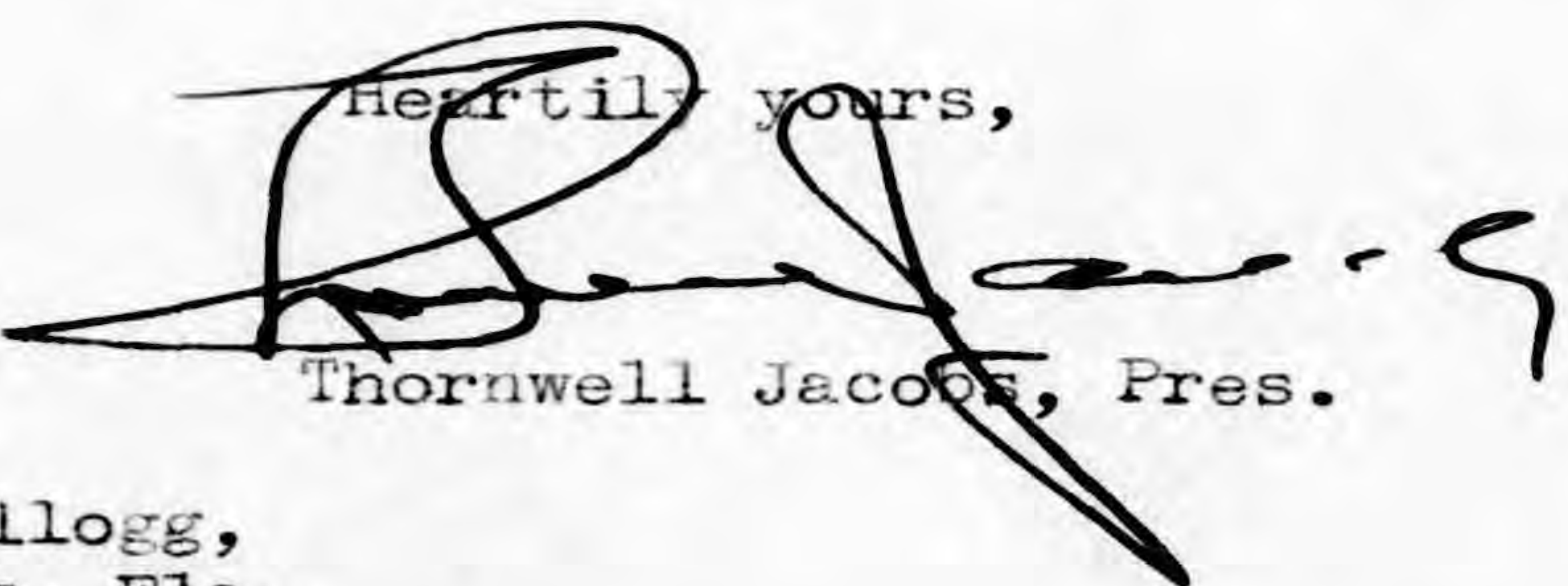
Dear Dr. Kellogg:

On my way back to Atlanta and since returning, I have been thinking over the plan which you suggested and I have about concluded that the best way for us to handle the matter would be to go at it in earnest by the establishment of either a lectureship or preferably a professorship of good health at Oglethorpe. I doubt whether the kind of thing that we have both agreed should be done in our American colleges could be done by any temporary appropriation or by the organization of clubs for that specific purpose. It seems to me that the wisest way to go at it would be to treat the subject as of equal dignity with others taught at the University, such as science, literature, education. There should be a competent man in charge of it, a physician who had made a study of dietetics and of human health in general and a physical examination should be made of every student in the college. Having that point specifically in mind, it might even be wise for us to require that the courses which he offers should be taken by all freshmen or by all students upon the basis of the physical examination. This man should be in general charge of the general health of the student body and by cooperating with our cafeteria, could furnish them with the proper foods and hygienic and dietetic advice.

We should need an endowment to pay his salary but this endowment need not be large.

I should like very much for you to write me your reaction to these thoughts.

Heartily yours,



Thornwell Jacobs, Pres.

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



**THE ROCKEFELLER INSTITUTE  
FOR MEDICAL RESEARCH**

66TH STREET AND YORK AVENUE  
NEW YORK

March eighteenth,  
1 9 4 0.

Dear Sir:

Your letter of March fourteenth came late Saturday morning. I thank you very much, on Doctor Carrel's behalf, for your permission allowing Mr. Haring and Miss Johnson to reprint in their forthcoming book the address Doctor Carrel gave before your Third Race Betterment Conference. A copy of your letter was sent at once to the joint authors.

Yours sincerely,

*T. G. Bratcher*

Doctor John Harvey Kellogg, Medical Director,  
The Miami Battle Creek,  
Miami Springs,  
Miami, Florida.



*The Dafee Nursery*

**THE DIONNE QUINTUPLET GUARDIANSHIP**

OFFICIAL GUARDIAN FOR THE PROVINCE OF ONTARIO - P. D. WILSON, K. C. ACTIVE GUARDIANS - HIS HONOUR JUDGE J. A. VALIN, ALLAN ROY DAFOE, O. B. E., M. D., OLIVA DIONNE  
F. K. MUNRO, BUSINESS MANAGER. W. M. FLANNERY, SECRETARY - TREASURER

Callander, Ontario,  
March 21st, 1940.

Dr. John Harvey Kellogg,  
The Miami Battle Creek,  
Miami, Florida.

Dear Dr. Kellogg:-

Possibly you might be able to send a little folder  
about soy acidophilus to the writer of the attached  
letter.

Very truly yours,

*99 Sinclair*

Personal Secretary  
Allan Roy Dafee O. B. E., M. D.

OFFICERS  
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DR. A. H. BURR  
FIELD SECRETARY  
MRS. LAURA W. DILLIN  
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SERGEANT-AT-ARMS



## THE THREE SCORE-AND-TEN CLUB

COMPOSED OF MEN AND WOMEN 70 YEARS AND OVER

*150 Southeast First Street*

*Miami, Florida*

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DR. CYRUS HUMMON  
MRS. EMMA S. IRWIN  
J. E. JUNKIN  
MRS. THERESE ROWLANDS  
JOHN L. SCOTT  
GEORGE H. SHELLEY

TELEPHONE  
2-9950

March 21, 1940

Dr. John Harvey Kellogg,  
Miami-Battle Creek Sanatarium,  
Miami, Florida.

Dear Dr. Kellogg:

This is to extend my and others whom you entertained at the luncheon last Friday, thanks for a very delightful day. We all enjoyed not only the luncheon but also your lecture and that of Dr. Norman. We appreciated greatly the courtesies shown the party by everyone at Miami Battle-Creek.

The following are the members attending who were past 90 years of age:

Club No. 194. Cap. G. J. Rose, age 97; 1837 S.W. 23rd Terrace  
Miami  
Club No. 2506 Stephen Cantoni Age 95; 531 N.E. 2nd Ave., Miami  
Club #515 Mrs. Mary A. Moulton, Age 95; 848 N.W. 22nd St. Miami  
Club #1007 Mrs. Hattie Munson, Age 92; 144 N.E. 84th St. Miami  
Club #1574 Mrs. Belle Clem, Age 91, R. 2 Box 498, Co. Grove, Fla.  
Club #922 Captain Thos J. Stevens, 90 yrs., 420 N.E. 29th St. Miami

All of the above, as you remember, expressed their willingness to undertake, under your guidance and instruction, to live 100 years. I suggest that you communicate with each of them at the addresses given above, any instructions or suggestions. It is our desire to leave this century circle as nearly as possible, entirely in your hands. The Club will do what it can to add others and as many others as possible. But, first I want to suggest that you write out your instructions or suggestions, in order that we may observe the same in all of our announcements to the Club. We have started you above with the 6 oldest available ones and would suggest that you confine it to people 80 years and over but if you wish to admit younger ones, that will be perfectly agreeable to us.

Hoping to hear from you with a written plan or instructions, I remain  
YOURS IN THE BONDS OF THE  
THREE SCORE AND TEN CLUB

*T. S. Meek,*  
President

March 25, 1940

Dr. Hamilton Holt, President,  
Rollins College,  
Winter Park, Florida.

Dear Doctor Holt:

I should have written you sooner and apologized for disturbing you about a visit from Mr. Baker. I was very anxious for you to meet him as I am sure your students would be glad to listen to some lectures from him. He presents very important facts in a highly interesting way. An unexpected message from the North upset his plans and prevented his calling on you as I had hoped he might do and as I trust that he may be able to do at some future time.

Our mutual friend Irving Fisher is coming tomorrow to spend a week with me, and next month I will have a three weeks' visit from Dr. Will Durant, both of whom are interested in the matter which I hope to have an opportunity to discuss with you when you come down next April.

I am glad to hear of the success of the new educational methods that you are pioneering.

Sincerely yours,

March 25, 1940

Dr. Thornwell Jacobs, Pres.,  
Oglethorpe University,  
Oglethorpe University, Ga.

Dear Doctor Jacobs:

I have your letter of March 18th.

I quite agree with you in your view that the most substantial method of introducing health ideals into a college is through a professorship devoted to the subject, with such general requirements as you mention.

I would be interested in such a program for your college if it were made a prominent feature of the college curriculum and health habits made a part of the school discipline and given the same credit standing as liberal arts and other branches.

I shall be glad to hear from you in greater detail with reference to plans you have in mind for a professorship. Perhaps I may be able to arrange to stop over for a few hours to discuss the matter on my way North a few weeks hence.

Sincerely yours,

March 25, 1940

Captain C. J. Rose,  
1837 S. W. 23rd Terrace,  
Miami, Florida.

Dear Sir:

We are ready to begin the program for helping you to reach the century mark. The first step will be an interview with you for a preliminary survey of your general health conditions and to make you acquainted with the part of the program which you will be expected to carry out and to enable us to gain sufficient information about you to make it possible to arrange a program suited to your particular case. Later it may be necessary for you to spend a day or two here for certain of the tests required.

The examination will not involve you in any expense as I intend to make you my guest.

Kindly inform me by letter or telephone when will be the most suitable time for you to make such a visit and whether or not you have a convenient way of getting here. If you have not, I will send my car for you.

Assuring you that I shall esteem it a great pleasure to be of every possible service to you, and with best wishes, I am

Sincerely yours,

b

March 25, 1940

Mrs. Hattie Munson,  
144 N. E. 84th St.,  
Miami, Florida.

Dear Madam:

We are ready to begin the program for helping you to reach the century mark. The first step will be an interview with you for a preliminary survey of your general health conditions and to make you acquainted with the part of the program which you will be expected to carry out and to enable us to gain sufficient information about you to make it possible to arrange a program suited to your particular case. Later it may be necessary for you to spend a day or two here for certain of the tests required.

The examination will not involve you in any expense as I intend to make you my guest.

Kindly inform me by letter or telephone when will be the most suitable time for you to make such a visit and whether or not you have a convenient way of getting here. If you have not, I will send my car for you.

Assuring you that I shall esteem it a great pleasure to be of every possible service to you, and with best wishes, I am

Sincerely yours,

b

March 25, 1940

Mrs. Mary A. Moulton,  
848 N. W. 22nd St.,  
Miami, Florida.

Dear Madam:

We are ready to begin the program for helping you to reach the century mark. The first step will be an interview with you for a preliminary survey of your general health conditions and to make you acquainted with the part of the program which you will be expected to carry out and to enable us to gain sufficient information about you to make it possible to arrange a program suited to your particular case. Later it may be necessary for you to spend a day or two here for certain of the tests required.

The examination will not involve you in any expense as I intend to make you my guest.

Kindly inform me by letter or telephone when will be the most suitable time for you to make such a visit and whether or not you have a convenient way of getting here. If you have not, I will send my car for you.

Assuring you that I shall esteem it a great pleasure to be of every possible service to you, and with best wishes, I am

Sincerely yours,

b



March 25, 1940

Captain Thos. J. Stevens,  
420 N. E. 29th St.,  
Miami, Florida.

Dear Sir:

We are ready to begin the program for helping you to reach the century mark. The first step will be an interview with you for a preliminary survey of your general health conditions and to make you acquainted with the part of the program which you will be expected to carry out and to enable us to gain sufficient information about you to make it possible to arrange a program suited to your particular case. Later it may be necessary for you to spend a day or two here for certain of the tests required.

The examinations will not involve you in any expense as I intend to make you my guest.

Kindly inform me by letter or telephone when will be the most suitable time for you to make such a visit and whether or not you have a convenient way of getting here. If you have not, I will send my car for you.

Assuring you that I shall esteem it a great pleasure to be of every possible service to you, and with best wishes, I am

Sincerely yours,

b

March 25, 1940

Mr. Stephen Cantoni,  
531 N. E. 2nd Ave.,  
Miami, Florida.

Dear Sir:

We are ready to begin the program for helping you to reach the century mark. The first step will be an interview with you for a preliminary survey of your general health conditions and to make you acquainted with the part of the program which you will be expected to carry out and to enable us to gain sufficient information about you to make it possible to arrange a program suited to your particular case. Later it may be necessary for you to spend a day or two here for certain of the tests required.

The examination will not involve you in any expense as I intend to make you my guest.

Kindly inform me by letter or telephone when will be the most suitable time for you to make such a visit and whether or not you have a convenient way of getting here. If you have not, I will send my car for you.

Assuring you that I shall esteem it a great pleasure to be of every possible service to you, and with best wishes, I am

Sincerely yours,

March 25, 1940

Mrs. Belle Clem,  
R. 2, Box 498,  
Coconut Grove, Fla.

Dear Madam:

We are ready to begin the program for helping you to reach the century mark. The first step will be an interview with you for a preliminary survey of your general health conditions and to make you acquainted with the part of the program which you will be expected to carry out and to enable us to gain sufficient information about you to make it possible to arrange a program suited to your particular case. Later it may be necessary for you to spend a day or two here for certain of the tests required.

The examinations will not involve you in any expense as I intend to make you my guest.

Kindly inform me by letter or telephone when will be the most suitable time for you to make such a visit and whether or not you have a convenient way of getting here. If you have not, I will send my car for you.

Assuring you that I shall esteem it a very great pleasure to be of every possible service to you, and with best wishes, I am

Sincerely yours,

March 26th, 1940.

Mr. Jelle E. Hekman,  
Dutch Tea Rusk Company,  
Holland, Mich.

Dear Mr. Hekman:

Thank you very much for your kind birthday greeting.

Kind messages from friends and the pleasant memories which they evoke are the one redeeming feature of the unwelcome birthday anniversaries which come to one in his fourth quarter century when one can no longer conceal from himself the fact that the old man with the sickle is close at his heels notwithstanding the assurance of his commiserating friends that he is growing younger every day.

Again thanking you for your kind remembrance, I am

Sincerely yours,

b-k

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DAY LETTER	URGENT RATE
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# WESTERN UNION

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TIME FILED
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R. B. WHITE  
PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. C. WILLEVER  
FIRST VICE-PRESIDENT

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

To Dr. Weston A. Price

Tuesday, March 26th 1940

Street and No. 8926 Euclid Avenue

Place Cleveland Ohio

Professor Irving Fisher is here for a fortnight or so.

We would both greatly appreciate an opportunity for a conference with you if you can spend a few days with us while he is here. Will be pleased to make you my guest including traveling expenses. Kindly wire my expense.

John Harvey Kellogg

Day letter-paid-50 words

Chg. Dr. Kellogg

Sender's address  
for reference

HK

Sender's telephone  
number

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**WESTERN UNION**  
**TOURATE**  
**TELEGRAMS**

**35¢** ANYWHERE  
for first 15 words

Additional words for  
a few cents more

March 27th, 1940.

Dr. Weston A. Price,  
8923 Euclid Avenue,  
Cleveland, Ohio.

Dear Doctor:

Dr. Fisher and I are very much disappointed that you cannot come here. I have just had the pleasure of reading your letter to Dr. Fisher and was greatly delighted to find that you have prepared such an elaborate means of illustration for disseminating the valuable information you have collected.

Your method of getting information direct from Nature is the right one. It is the method I have pursued for more than fifty years with great profit. I have made this method, in fact, the basis of all my work.

I have been for sometime preparing for a broad campaign of the country in behalf of biologic living, not in diet only, but in carrying out a thoroughgoing program for a thoroughly biologic life, more biologic, in fact, than that which many savages pursue since the knowledge and inventions with which civilization has provided us make it possible to meet the body's physiologic requirements in a thoroughgoing manner, which is not always possible for primitives.

I was glad to note in the pictorial section of last Sunday's News extensive and very striking illustrations with explanatory texts relating to your work.

There are probably at this season of the year more people in Miami interested in progressive health ideas than could be found in almost

any other town. The population more than doubles in the winter season. We could secure for you a splendid audience if you were here.

I am much interested in your illustrated material and from the account you give of it in your letter to Professor Fisher, I think we might make good use of all of it. I should be glad to have an opportunity to look it over and to know your prices. I think it would fit admirably into the educational campaign which I am starting through the Race Betterment Foundation. I have two lecturers already in the field and am expecting to start others, and also to re-open my Battle Creek College as a school for educating people in the technic of biologic living. The teaching will be adapted to different classes. There will be post-graduate work in dietetics, in which special attention will be given to advanced work in subjects that are not generally treated in an adequate and up-to-date way. There will also be classes for invalids and semi-invalids and intelligent people who wish to adopt the most up-to-date measures of prophylaxis, not only in relation to the teeth, but everything else pertaining to physical and mental health and especially the development of superhealth through particular attention to physiologic requirements.

I have at Battle Creek a biologic laboratory and have been preparing with the aid of Dr. Carrel for the continuance of the work that he has been doing with chicken heart cultures and more recently by the aid of the Lindbergh pump. Dr. Carrel's laboratory at the Rockefeller Institute, as you doubtless know, has been discontinued because of his retirement on account of age. He has developed a method for determining the physiologic age.

I found out more than forty years ago that decay of the teeth was a systemic condition and not due primarily to faulty dental hygiene.

The conclusions which you have reached agree entirely with the observations I made and reported to the Dental Society of Michigan in a paper which was read in April, 1915. Your conclusions, I think, agree substantially with those of Mrs. Mellanby of England.

I am so thoroughly in accord with the splendid work that you are doing that I am anxious to have a conference with you because I believe that I might be able to render some worth while service in promoting the valuable educational work which you have so courageously and fruitfully conducted.

Dr. Will Durant, author of The History of Philosophy and The History of Greece and other important works, will be with us a few weeks next month. If you are unable to get away at the present time perhaps you will think it worth while to run down here then and bring along your illustrated material and give a lecture or two and give us the pleasure of introducing you through a reception to several hundred of the distinguished people of Miami. The local papers here are very friendly. The Evening News, which published your illustrations a few days ago, will back the program.

Professor Bussey, of New York University, called my attention to your book last fall and I read it with very great interest. I greatly admire the thoroughness with which you have pursued your inquiries. The same method should be applied to all <sup>branches of</sup> eugenics, personal hygiene, and eugenics, race hygiene.

The world must be waked up to apply the health findings of science to human beings as conscientiously as they have been applied to fruits, flowers, field crops and domestic animals. I do not doubt that Galton's prediction that eugenics may sometime become a religion will in time become a fact.



Dr. Weston A. Price:

- 4 -

3-27-40

Hoping to have the pleasure of meeting you in the near  
future, I am

Sincerely yours,

b-k

**ROLLINS COLLEGE**

**WINTER PARK, FLORIDA  
HAMILTON HOLT, PRESIDENT**

OFFICE OF THE PRESIDENT

March 28, 1940

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

Dear Dr. Kellogg:

It was certainly good to get your letter. I wondered <sup>too</sup> what had become of Mr. Baker but your letter explains it.

I have been a little under the weather the last few days and it is only now that I have been able to set an approximate date when I can go for a very few days to Miami. I rather plan now to leave on Sunday, the 7th, and be in Miami the first part of the week. I have business appointments to make while there. I should like to come to you and accept your delightful proffered hospitality for a day or two if it is agreeable. It will be good to see you again.

Irving Fisher was my old teacher. I hope he will be there when I am. Dr. Will Durant I am afraid I do not know.

Very sincerely yours,



HH:VW

# 531 - W. E. Judson  
Main Fla <sup>apt 210-</sup>

March 28 - 1940 -

Dr Harney Kellogg.

Dear Sir:

In relative to your  
letter writing me as your guest  
I wish to thank you. I appreciate  
this invitation just as the present  
time I am at home gradually  
sitting on the porch out doors - as I  
have rested my legs - walking and  
by resting they I will be able to  
fulfill it. You will hear from me  
soon. Thanking you Dr Kellogg

I remain

Yours truly

Stephan Cantoni

Brother member of the Three Stars & Ten Club.

**STANDARD OIL COMPANY OF NEW JERSEY**  
**30 ROCKEFELLER PLAZA**

**NEW YORK**, March 28, 1940

Dr. John Harvey Kellogg  
Battle Creek, Inc.  
Miami Springs, Florida

Dear Dr. Kellogg:

I am writing in behalf of Mrs. Frederick J. Wolfe who has recently arrived from England and who is interested in spending several weeks in a sanitarium simply to rest and to build up some reserve strength.

Mrs. Wolfe is especially desirous of visiting a Battle Creek sanitarium because of her mother's very pleasant and beneficial association at Battle Creek, Michigan.

Some confusion has arisen in regard to the selection of the sanitarium because of reasons which I will explain:

Mrs. Wolfe is primarily interested in a sanitarium of the highest reputation but would naturally like to have it located in a sunny spot. With this in mind, I wrote to Battle Creek, Michigan asking about what I thought was their branch in Miami Springs. The answer was that Battle Creek, Michigan had no branches whatsoever but that, if I got in touch with you, you could give full particulars about Battle Creek, Inc.

As I understand that you are the head of Battle Creek, Michigan, the facts given seem to be conflicting. Could you throw some light on this?

Would you also give me some data on Battle Creek, Inc. as regards the rates; whether they include any kind of treatment. If not, would you advise the cost of various treatments, baths, massages, special diets, etc. What is the length of your season?

Could Mrs. Wolfe be given comfortable accommodations in April?

I also would like to know the easiest way to reach the Sanitarium after arriving in Miami by train.

I would greatly appreciate your kindness in answering by airmail as Mrs. Wolfe is very anxious to carry out her plans within a week or ten days.

Very truly yours,

*L. K. Blood*  
L. K. BLOOD

THOMAS J. STEVENS  
422 NORTHEAST 29TH STREET  
MIAMI, FLORIDA

March 28-1940

Dear Dr. Kellogg,

Your communication  
received Wednesday March 27th.  
Extended an invitation to me to  
visit your Sanitarium,  
in order that you would give me a  
preliminary survey of my health  
condition. I have Dr. Starnitz  
express my gratitude to you  
in extending this invitation to me  
and do appreciate your kind thought-  
fulness.  
I may say now at this time I  
feel very well. But -

THOMAS J. STEVENS  
422 NORTHEAST 29TH STREET  
MIAMI, FLORIDA

In the future there may be a  
time that it will be necessary  
for us to consider your kind &  
invitation

Yours Very truly

(Capt.) Thomas J. Stevens.

March 30, 1940

Mr. L. K. Blood,  
Standard Oil Company of New Jersey,  
50 Rockefeller Plaza,  
New York City.

Dear Sir:

I have your letter of March 28.

Thank you for writing me so that I may have an opportunity to give you the facts with reference to the institution. I am officially Medical Director of the Battle Creek Sanitarium, but have for the last ten years been spending my winters in Florida where I have built up an institution which is not legally a branch of Battle Creek as it is an independent institution which I have built up and placed upon the same ethical and professional foundation as the Battle Creek institution, but made it independent financially and placed it under its own board of management, although I am chairman of both boards. Of this institution I am both chairman of the board and General Director as well as Medical Director and so have complete control of the institution.

My purpose in developing the institution here was because the sunny and highly salubrious winter climate of South Florida makes possible the more successful treatment of persons who require rejuvenation and the general building up influence of weather which permits an almost continuous out-of-door life with the beneficial effect of air bathing,

Mr. L. K. Blood, No. 3.

southern state line of California and a little south of that of Egypt.

The summer at Battle Creek and southern Michigan is usually pleasant, but, like other northern points, has some hot spells during which the temperature may rise to 105 degrees.

One of the special advantages of this place is the rejuvenating regimen which combines with the out-of-door life, sun bathing, air bathing, corrective exercises, and, perhaps most important of all, a change of the intestinal flora.

We shall be happy to have Mrs. Wolfe with us and trust the very superior advantages we are now able to offer will secure at least equally as good results as those obtained in her mother's case.

If Mrs. Wolfe decides to come here and will kindly wire us the hour of her expected arrival, I will send my car and an attendant to meet her and bring her to the Sanitarium, which is about 15 minutes' drive from the depot.

Mrs. Wolfe will find here a very attractive place and every condition favorable for health rebuilding and re-invigoration.

The rates vary according to the accommodations required from \$16 to \$20 a day. This includes in addition to room, board and medical attention of physicians the services of both attendants, trained dietitians and a very



Mr. L. K. Blood, No. 2.

exercise, out-of-door sports and surf bathing combined with the special advantages of systematized regimen therapy, corrective exercises and physical training.

I am using this institution for standardizing and correlating various forms of physiotherapy, including dietetics and nutrition together with the various methods comprised in what has come to be quite widely known as the Battle Creek System of Physiotherapy.

The weather of April and May here is the finest of the whole year. There are no cold days and the temperature is remarkably uniform. The weather here of April is fully equal to that of Honolulu at its best. The warm months of the year here differ from those of the North in the remarkable fact that the extreme heat of the North is never experienced here. There is no such thing known here as hot spells for the reason that South Florida is continually bathed by the southeast trade winds which strike about one hundred miles on the coast of this part of Florida and then turn back into the ocean in a great cyclonic air movement which continually sweeps in a great circle between Florida and North Africa.

The latitude here is a little south of that of Egypt, but the temperature has never been known to reach higher than 94 degrees. Sultry weather is never experienced because of a constant sea breeze. The last year's meteorological record showed only seven days when for short periods the sea breeze was not active. Sunstroke is unknown here. The latitude is 7 degrees, nearly 500 miles, south of the

Mr. L. K. Blood, No. 4.

meticulous house service. A modest charge is made for a very thoroughgoing examination, which includes in addition to the ordinary examination of blood, excretions, etc., metabolism tests, X-ray fluoroscopic examinations and other special tests, some of which are not yet in current use.

Spring is already well opened here, being about two months ahead of the latitude of New York.

Sincerely yours,

b

The Miami Battle Creek.  
Miami Springs Miami.  
Florida.

Mrs Belle Clem.  
RR # 2 bx 498.  
Coconut Grove  
Florida.

Kind Sir I rec your. March 30.  
Very kind invitation.  
of March 25 and wish to notify you at the  
Present time I have fixed the time the 3rd  
of April next Wednesday morning.  
if that suits you and thank you

I also wish to state my way of coming  
in I go into 3 score and 10 club with one  
of our neighbours who goes in every day  
leaves here before 8 o'clock & en:gets there before  
9 o'clock am: alright. if that holds good could  
meet your car at the 3 score & 10 Club.  
150 S.E. 1st St

will state I am here with my son Ray Clem  
12 miles this side of Home stead we leave the  
high way at Perrin and come west 4 miles then  
turn to the Right a 2 story white house at your  
Right of our mail route but will say would  
rather meet your car at the 3 score & 10 club  
150 S.E. 1st St <sup>you</sup> Thanking I am Mrs Belle Clem.  
Miami

**JAMES T. CASE, M. D.**  
55 EAST WASHINGTON STREET  
CHICAGO

March 30, 1940

Dr. John Harvey Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Florida

Dear Dr. Kellogg:

On receipt of your article entitled "Is B. Coli a Protective Organism or a Menace?" I sent out copies to three pathologists. Two have failed to give me any answer or have rather evaded the answer by saying that it wasn't a thing they were personally interested in. Dr. Kendall, however, gave me a very considerate interview. I am enclosing it herewith.

I am sorry I have been a few days in getting this out. I had this interview with Dr. Kendall last Thursday. I am sending it by air mail so that you will have it Sunday morning.

I suppose Helena and Margaret are with you by now, and I hope they find you much better than when I saw you last and that you are going to have a real joy out of the

Dr. John Harvey Kellogg

-2-

little visit from my girls.

I hope they will take the opportunity to make as much of an advance in health as possible while down there. We've had a fairly mild winter, on the whole. I only wish I could be down there with them, but I have to stay on here. I hope to see you before so very long when you come back.

Cordially yours,

James T. Case

jtc erm

encl.

As for a "ghost" writer, if you want to try me on one of your articles, I will see what I can do.  
JTC

WESTON A. PRICE, D. D. S., M. S.  
DENTAL RESEARCH LABORATORIES  
8926 EUCLID AVENUE  
CLEVELAND, OHIO

RICHARD C. SPAYDE, D. D. S., B. S.  
ASSOCIATE

April 1, 1940

Dr. John Harvey Kellogg, Medical Director,  
The Miami-Battle Creek,  
Miami Springs, Miami, Florida.

My dear Doctor Kellogg:

Your letter of March twenty-seventh is received and studied carefully. While my program is extremely crowded it may be that it can be adjusted to make a hurried trip to Florida possible.

My problems are as follows: I have seventeen lectures and broadcasts scheduled for the next six weeks. The broadcasts occur on Sunday afternoon at five o'clock over station W T A M. Most of my lectures are out of the city. It is possible that one of my broadcasts could be taken care of by electrical transcription of a record that I will prepare in advance. Another problem that is involved is that Mrs. Price is suffering from a type of herpes which I am able to keep under control with daily treatments. If I go I will wish to take her with me, otherwise she will be alone.

I note with interest the splendid educational campaign that you are starting through the Race Betterment Foundation.

My material deals directly with details that seem to be necessary for improving the physical, mental and moral qualities of the people at large. My approach is through wisdom that I have gathered from primitive races and from animal experimentation together with clinical demonstrations of the efficiency of the procedures.

As I indicated in my letter to Dr. Fisher the material has been developed in a series of illustrated lectures in which the pictures can be provided in any of several forms; namely, 35 millimeter film strips, single frame used vertically, single frame used horizontally, double frame used horizontally, two by two glass slides and three-and-a-quarter by four glass slides. Descriptive data are provided in printed accompanying manuals synchronized to numbered pictures. Records are also provided for supplying the descriptive matter by electrical transcription. I have in printing an extended outline of the lecture material, about a ten thousand word booklet, which can accompany the lecture series and prepare the lecturer for answering questions and expand in considerable length the illustrated material provided in the film strips and glass slides.

The problem of public education concerns directly the potential parenthood of future generations. I find high school audiences keenly concerned to know their responsibility. A lecture title that I frequently use for them is "Light from Primitives on What This Generation Could Do to Improve the Next". Parent-teacher Associations, child welfare organizations and health workers are also keenly interested. I am interested, accordingly, in your Race Betterment Foundation and its program and organization.

The meeting of the American College of Physicians which is in session in Cleveland at this time, emphasized strongly in its symposium yesterday the incompleteness of our present knowledge regarding vitamins and the inadequacy of pills and concentrates which are flooding the market. They especially stressed the necessity for going back to Nature's foods, where both the known and unknown are provided.

I am glad to know that you have arranged to continue Dr. Carrel's work. I have had the great pleasure of a personal acquaintance with him. I will be interested to know who will have charge of that work.

It must be a great satisfaction to you that through several decades you have been conscious of an advanced viewpoint with regard to health problems.

As I see my personal situation there is a possibility that I could arrange to go to Florida for a few days or a week about the 18th of this month. Mrs. Price will accompany me if I go. I would adapt myself to such a program as you would arrange in accordance with your suggestion. If I should give an illustrated public address I will use the title LIGHT FROM PRIMITIVE RACES ON MODERN PHYSICAL, MENTAL AND MORAL DEGENERATION. If such a program was arranged it would be fortunate if welfare workers and principals of schools, particularly high schools would have an opportunity to be present. I might in addition address the juniors and seniors of a large high school on the topic LIGHT FROM PRIMITIVES ON WHAT THIS GENERATION COULD DO TO IMPROVE THE NEXT.

If I go I will, of course, take with me the film slide lectures and a set of three-and-a-quarter by four lantern slides for any addresses I give personally.

Yours very sincerely,

*Weston A. Price*  
Weston A. Price

WAP:RWM

Postscript: Since dictating the above I have made arrangements for providing, if necessary, my broadcast for the date of Sunday, the 21st, in the form of a record to be broadcast by electrical transcription. My broadcasts are being reproduced in records by two concerns for educational uses.

W.A.P.

✓  
April 1, 1940

Miss Martha Berry,  
Mount Berry, Georgia.

My dear Miss Berry:

I am very sorry to learn that you have to return to your home today. I am very anxious for you to stop long enough to give your heart a real rest. I was anxious to see you, fearing that you did not realize the importance of giving your heart a chance for recovery before the cardiac trouble was so far advanced as to make this impossible.

I have been hoping to have an interview with you at an early date ever since you came, but emergencies have followed one another so rapidly that I have failed to get a chance to see you, and now for several days I have been shut up in the dark as the result of a serious accident to one of my eyes. Both of my eyes are extremely sensitive to light as the result of an injury to one. I am inclined to believe that I may in time recover without entire loss of vision.

I am very glad to hear from Dr. Jeffrey that your heart has improved considerably since the first examination, but you ought to have a rest of at least another month. You ought not to wait until you are compelled to rest because this may make recovery impossible,



Miss Martha Berry, No. 2.

and there can be no doubt that improvement based on your present status would be much greater and results more permanent than could be reasonably expected later.

I am exceedingly sorry to have you leave without seeing you and hope when you come again I will be in much better shape.

I wanted to tell you about the work of our Race Betterment Foundation and the recent grave reports of the statisticians respecting race decay and the early passing of the white races.

If you desire, I can have our new lecturer, Mr. Baker, stop off to give your students a lecture or two which I am sure they would find very interesting as well as instructive.

Hoping that we may some time have a better opportunity to do all we can for you, I am

Very sincerely and respectfully yours,

b

[9.2.90]

Dear Dr Kellogg.

Thank you sincerely  
for the beautiful tribute you  
paid to my brother in your  
letter to Mrs; and to you  
and the Sanitarium friends  
I send my thanks for the  
wreath of flowers  
sent the day he left him.

During this, the greatest  
tragedy of my life, which I  
am battling I appreciate

greatly such evidences  
of friendship.

Very sincerely  
A. Anthonetta Foster

1020 Venetia Ave  
Coral Gables

4/2/40

April 3, 1940

Mr. John A. Widtsoe,  
Church of Jesus Christ of Latter Day Saints,  
47 E. South Temple Street,  
Salt Lake City, Utah.

Dear Mr. Widtsoe:

Recalling your letter of October 7, 1938, in which you expressed appreciation of the efforts I have made to diffuse information about health betterment and race betterment, it has occurred to me that you might like to hear a lecture from the field ~~secretary~~ secretary of the Race Betterment Foundation, Mr. Alonzo Baker, on the present outlook for the human race, on which I think the great biologic experiment which your people have made in Utah, with its notable results from a health standpoint, has a very important bearing.

Mr. Baker is a very interesting and stirring speaker and is prepared to present to your people some new and highly important data. <sup>Bob, etc.</sup> He is going to visit California to address some national meetings early in June and it occurred to me that you might possibly like to have him give your people an address or two. There will be no charge except entertainment. If you are interested, write me and I will have Mr. Baker communicate with you with reference to a date, etc.

Mr. John A. Widtsoe, No. 2.

I might add that Mr. Baker is an unusually entertaining and interesting lecturer. He lifts his audience to a high pitch of enthusiasm.

Trusting that you are meeting with success in promoting health ideas among your people, I am

Very sincerely and cordially yours,

b

CHARLES WILLIAM DABNEY  
P. O. BOX 236  
WINTER PARK, FLORIDA

April 4, 1940

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

Dear Dr. Kellogg:

Recalling your delightful invitation to visit you some time, I asked Dr. Mallory who has charge of me here, if he thought it was well for me to undertake to drive down to see you and stay a few days. He said it would be fine, enthusiastically.

I first had one of my daughters and then the other with me for a time. I might come down to see you whenever it is convenient. Some time in the last two weeks in April or the first week in May.

I hope that you had an interesting and prosperous season and that you are very well. I have had a very busy time but seem to be holding my own.

With cordial greetings to Dr. Jeffries and all my friends and warmest regards and best wishes to you, I am

Very cordially yours,

*Charles W. Dabney*

CWD:w

**ROLLINS COLLEGE**

**WINTER PARK, FLORIDA  
HAMILTON HOLT, PRESIDENT**

**OFFICE OF THE PRESIDENT**

April 5, 1940

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

Dear Dr. Kellogg:

I am able now definitely to plan for my Miami trip, but, alas, it must be a much shorter one than I had hoped.

I am leaving with my cousins, Dr. Franklin Warren White and his wife, this Sunday and will probably arrive in Miami late in the afternoon. I shall try to stop in passing to make an appointment to have a talk with you some time Tuesday. My cousin, who is one of Boston's best known stomach specialists, is a great fisherman but he has never done any sail fishing so I plan to take him out in the Gulf Stream all day Monday. I shall be in Miami making several calls on Tuesday and that would be the time to have a talk with you if convenient.

I am not sure yet which hotel we shall stay in Miami but I will let you know when I see you. Of course if I am delayed in coming down and arrive late, I will not stop in the afternoon but will telephone you in the evening or early Tuesday morning.

We are over what the students call our "hectic" days and I now have a little leisure, but I sometimes think leisure for me is electric speed for some of these winter visitors.

Anticipating seeing you so soon, I am

Very sincerely yours,



April 5, 1940

Mr. G. G. Sinclair,  
The Dionne Quintuplet Guardianship,  
Callander,  
Ontario, Canada.

Dear Sir:

Thank you very much for your  
letter of March 21 with letter enclosed  
from Mrs. Schaenemon. I have sent her  
full information about soy acidophilus.

Sincerely yours,

Secretary to Dr. Kellogg

b



April 4, 1940

Miss Martha Berry,  
Mount Berry, Georgia.

Dear Miss Berry:

Your daffodils arrived safe and fresh and lovely as ever last night and have given delight to some scores of sick people whose welfare and happiness we are seeking to promote. I assure you we appreciate your thoughtfulness and kindness in sending us such a gracious gift. The daffodil is really a very wonderful flower. I have always greatly admired it.

I was sorry to learn that you had suddenly been called home. I hope that you will be able to get back soon, for it is of the utmost importance that you should fortify yourself against a return of the trouble with your heart, which I was very glad to have Dr. Jeffrey assure me has greatly improved.

I have been greatly distressed by the unfortunate illness you have had in visiting Battle Creek and thereby missing much of the benefit which I hope you will receive to strengthen you for your wonderful work for the underprivileged of the mountain region who are probably fundamentally the most worth while and most deserving of Americans.

I exceedingly regret that I did not get a chance

Miss Martha Berry, No. 2.

to see you as I had planned, but was prevented by an unfortunate accident that has shut me up in the dark for a week and until the last two days in doubt whether I should ever be able to see again with the injured eye, and indeed ran the risk of complete loss of both eyes, but now, thank God, I am at last assured by my skilled ophthalmic surgeon, Dr. Palmer, I am nearly certain of recovery. He told me this morning, however, that I had been a great worry to him, but that he found such evidence of improvement this morning that he felt certain that I would recover. I certainly have had a week of torture and distress as well as hindrance in my work.

I am glad to be assured by Dr. Jeffrey that you made considerable improvement while you were with us, and I hope that you have got such a good start healthward that the progress will continue.

I want very much to have an opportunity to talk with you about a great campaign for race improvement which I am just launching and in which I am sure that you will be greatly interested and I believe will like to participate. I hope that you will be coming back soon and I shall be very glad to tell you about it.

I greatly enjoyed meeting your sister Mrs. Campbell and your other wonderful sister who I do not remember to have previously met.

I remain as always with great respect and admiration,

Cordially yours,

✓ 7498  
v.l.

April 5, 1940

Dr. Weston A. Price,  
8926 Euclid Avenue,  
Cleveland, Ohio.

Dear Doctor Price:

The Field Secretary and lecturer of the Race Betterment Foundation has returned to Battle Creek, and since it seems so difficult for you to get away from your work, I will ask him to visit you and obtain the information I am seeking. You are pushing your work on such broad lines that it is likely to cover the whole field in a short time.

One of the most vital features of your work appears to me to be the lesson it teaches of turning to Nature for information and guidance in the great battle which must be made to save the race from extinction through degeneracy and depopulation.

The Field Secretary's name is Mr. Alonzo Baker. I am asking him to get in touch with you and to arrange for an interview. I am forwarding to him your letter.

With best wishes and congratulations, I am

Sincerely yours,

April 7, 1940

Dr. Thornwell Jacobs, President,  
Oglethorpe University,  
Oglethorpe University, Ga.

Dear Doctor Jacobs:

I am delighted to have your letter of March 29th and to note your interest in the idea that I presented to you. This idea of health education is one of the newest features of educational work and has not yet proceeded far enough to create any considerable number of real experts. The great problem in developing such a well rounded project as you propose will be to find a competent leader to head the work.

In a new field like this, I should think it would be necessary to begin in a rather elementary way to develop a demand for health knowledge and training as a contribution to race improvement and the arrest of race degeneracy, and in the course of time, as interest grows, extend and develop the work.

Mr. Baker, of whom I wrote you, has recently returned from New York where he gave several lectures in New York University, being sponsored by the department of hygiene, under the direction of Professor Hussey, who wrote me that the enthusiasm created by his lectures was very great. She said, in fact, that the enthusiasm of the students as manifested by their continuous and repeated applause exceeded anything previously associated

Dr. Thornwell Jacobs, No. 2.

with lectures in the University. New York University, with its forty thousand students, has a professorship of personal hygiene of which Dr. Hussey is the head and is preparing to enlarge its department of hygiene.

April 15, 1940

You will note I began this letter on April 7th. Its completion was interrupted by a serious accident to my eyes which shut me up in the dark with an excellent prospect of losing my sight altogether. The accident was in one eye, but the other suffered sympathetically, and until two or three days ago the oculist could give me no positive assurance of recovery. I am just getting out and beginning to use my eyes and can bear very little light.

As regards the endowment of a complete department of hygiene at your university by the Race Betterment Foundation, I doubt whether the board of management of the Foundation would think it best to undertake this responsibility at the present time because of the large program it has undertaken to promote the interest in health education in all the great educational centers of the country. The present plan is to establish short lecture courses as a part of the regular yearly curriculum as a means of creating an interest which may lead to individual efforts by colleges to give much larger attention to health in the arranging of their educational programs.

Battle Creek College is reorganizing its program

Dr. Thornwell Jacobs, No. 3.

so that hereafter its efforts will be chiefly devoted to the training of teachers and directors for just such health education programs as you outline. There are at present very few persons prepared to head such a work, and I think it will be necessary that the work should be begun in a rather modest way and gradually develop as the interest grows.

Professor Irving Fisher, of Yale, is spending two or three weeks with me now discussing one important phase of the educational campaign which the Race Betterment Foundation is promoting. Other prominent educators are coming a little later, including Dr. Hamilton Holt. I am planning a conference at Battle Creek this summer and another here next winter and an international Race Betterment Conference next year, three of which have already been held.

The result of these various conferences I hope will be to initiate an intensive effort among scientific men to develop a new way in education which will make health, physical, mental and moral, the basis of all educational effort.

I assure you it will afford me great pleasure to cooperate with you in your effort to develop a health educational effort as a prominent feature in your university.

When the opportune moment arrives, if it does, we will, if you desire, have Mr. Baker give the student

Dr. Thornwell Jacobs, No. 4.

body a few lectures which I am sure will arouse tremendous interest.

I will be delighted to have you come down and spend a week with us and make you acquainted with the wonderful advantages of a thoroughly biologic mode of life.

Dr. Hamilton Holt is very much interested in a health program and is going to add it and will add a course of ten lectures to his health program for next year. I shall be glad to see Oglethorpe do something similar. The great prestige and established leadership of your great educational institution are special qualifications for leadership among the educational institutions of the South.

If you cannot leave your work earlier, why not come down for a week or two after your commencement for a good rest, physical recuperation and a discussion of health ideals and health education. The biggest question before the world at the present time is how to prevent the human race from destroying itself.

Sincerely yours,

**BERRY COLLEGE  
AND  
THE BERRY SCHOOLS**

**TRUSTEES**

**J. BULOW CAMPBELL,  
CHAIRMAN  
SAM FINLEY  
S. F. BOYKIN  
JOHN A. SIDLEY  
DR. ALBERT SNAW  
ROBERT W. WOODRUFF  
GEORGE LISTER CARLISLE**

**ESTABLISHED 1902**

**MARTHA BERRY, FOUNDER AND DIRECTOR**

**CHRISTIAN INDUSTRIAL SCHOOLS FOR  
COUNTRY BOYS AND GIRLS**

**EXPRESS AND TELEGRAPH OFFICES: ROME, GEORGIA**

**INCORPORATED 1903**

**TRUSTEES**

**ROBERT F. MADDOX,  
TREASURER  
E. W. NOISE  
W. L. MCKEE  
MARTHA BERRY  
GEORGE WINSHIP  
DR. H. A. MORGAN  
M. G. KEOWN, ALUMNI  
TRUSTEE**

**MOUNT BERRY, GEORGIA**

**April 8, 1940**

**Dr. John H. Kellogg  
Miami Battle Creek  
Miami Springs, Fla.**

**Dear Dr. Kellogg:**

I was sorry not to see you before leaving, but a telegram I received made it necessary for me to hurry home.

I appreciate all that you and your dear, splendid co-workers did for me. Everyone thinks I have improved greatly and I am most anxious to do all that I can to keep up my strength.

Just to tell you how much I appreciate my visit at the sanitarium and to send you affectionate regards from everyone at Berry,

**Faithfully yours,**

*Martha Berry*



**BERRY COLLEGE  
AND  
THE BERRY SCHOOLS**

**TRUSTEES**

**J. BULOW CAMPBELL,  
CHAIRMAN  
SAM FINLEY  
S. F. BOYKIN  
JOHN A. SIDLEY  
DR. ALBERT SNAW  
ROBERT W. WOODRUFF  
GEORGE LISTER CARLISLE**

**ESTABLISHED 1902**

**MARTHA BERRY, FOUNDER AND DIRECTOR**

**CHRISTIAN INDUSTRIAL SCHOOLS FOR  
COUNTRY BOYS AND GIRLS**

**EXPRESS AND TELEGRAPH OFFICES: ROME, GEORGIA**

**INCORPORATED 1903**

**TRUSTEES**

**ROBERT F. MADDOX,  
TREASURER  
E. W. MOISE  
W. L. MCKEE  
MARTHA BERRY  
GEORGE WINSHIP  
DR. H. A. MORGAN  
M. G. KEOWN, ALUMNI  
TRUSTEE**

**MOUNT BERRY, GEORGIA**

**April 8, 1940.**

**Dr. John H. Kellogg,  
Miami-Battle Creek Sanitarium,  
Miami Springs, Fla.**

**Dear Dr. Kellogg:**

I appreciate your kind letter so much, and I shall be so happy to have Mr. Baker stop over and give the students some lectures on race betterment. We shall expect him whenever he comes this way.

I am so glad to have anyone from the Miami-Battle Creek stop over at Berry. We can take care of them very comfortably in our little guest house and it is a great inspiration to us to have anyone from your place come to see us.

I am still feeling very much better since my stay at your wonderful institution, and I deeply regret not being able to stay long enough for a complete cure. Perhaps I will be able to come another time and stay longer, and I do appreciate your kind invitation.

It is so hard not to do things when there is so much to be done and, without realizing it, I keep working a little harder each day.

I am telling everybody what a delightfully interesting and attractive place you have, and what wonderful service you give at Miami Springs. I think it is going to be of the greatest benefit to humanity.

I am so glad that your eye is better. I know what it is to have trouble with your eyes. I could not see for two years because of cataracts on both eyes.

With deep appreciation for all that you have done for me,

Faithfully yours,

*Martha Berry*

April 10, 1940

Dr. Charles Wm. Dabney,  
P. O. Box 236,  
Winter Park, Florida.

My dear Doctor Dabney:

I am delighted to have your letter of April 4th and to know that you so graciously accept my invitation to spend a week here as my guest. Come at any time. Our patients are falling off now, the height of the season being past, and we have plenty of room.

We will give you your choice of the best rooms in the house.

I have a lot of things I want to talk to you about, and I will not be so busy as I was when you have been here before.

Kindly wire me a day or two in advance of your coming so that I may be sure to be on hand to welcome you when you arrive.

With very best regards and anticipating many pleasant chats while you are here, I am

Very sincerely and cordially yours,

P. S. I had a nice visit from Dr. Hamilton Holt

Dr. Charles Wm. Dabney, No. 2.

yesterday. I hope he will spend a day or two with us  
and he is coming later for a longer visit.

b

WESTON A. PRICE, D. D. S., M. S.  
DENTAL RESEARCH LABORATORIES  
8926 EUCLID AVENUE  
CLEVELAND, OHIO

RICHARD C. SPAYDE, D. D. S., B. S.  
ASSOCIATE

April 10, 1940

Dr. John H. Kellogg, Medical Director,  
The Miami-Battle Creek,  
Miami Springs, Miami, Florida.

My dear Doctor Kellogg:

Your letter of the 5th is received and also a letter from  
Mr. Alonzo Baker.

It is a pleasure to make an appointment with Mr. Baker that  
will be mutually convenient. I have suggested Wednesday and  
Thursday of next week, the 17th and 18th of April. I am en-  
closing with this a copy of my letter to Mr. Baker.

I will be glad to be of any assistance that I can.

Yours very sincerely,

*Weston A. Price.*

Weston A. Price

WAP:RWM  
Encl.

COPY

WESTON A. PRICE, D. D. S., M. S.

DENTAL RESEARCH LABORATORIES

8926 EUCLID AVENUE

CLEVELAND, OHIO

RICHARD C. SPAYDE, D. D. S., B. S.

ASSOCIATE

April 10, 1940

Mr. Alense Baker, Field Secretary,  
Race Betterment Foundation,  
165 N. Washington Avenue,  
Battle Creek, Michigan.

My dear Mr. Baker:

Your letter of April 8th is received and also a letter from Dr. Kellogg dated April 5th, advising that he had asked you to get in touch with me. It is a pleasure to cooperate in every way that I can.

It would be fortunate if we could have several hours for you to become familiar with both the nature of my work and the new material available for educational purposes.

On next Wednesday afternoon, the 17th, I will be addressing the teachers of one of our Junior High Schools and illustrating for them the type of material that is available for their use for various age groups. This would seem to be a particularly opportune time for you to both become familiar with the material and to note the reaction of the teachers to it as may be disclosed in the question period. You would go with me to the lecture. If, after getting that general viewpoint of the work, you could come to my laboratories the next forenoon and spend a few hours studying the details of the material and possible methods of application, it would be quite helpful.

This would permit you to return in the afternoon of Thursday, if you so desired, and allow you to come in the forenoon on Wednesday. If you find this convenient I will plan accordingly. If the arrangement suggested is not entirely convenient for you kindly let me know and I will suggest another.

Yours very sincerely,

Weston A. Price

WAP:RWM

April 10th, 1940.

Miss Martha Berry,  
Mount Berry, Ga.

Dear Miss Berry:

Enclosed you will find four recipes which I understand you asked the kitchen to have written up for you.

We trust you had a pleasant trip home and that you are feeling much better.

We bought a two-quart electric sprayer from the Biscayne Chemical Company, for \$24.00, which we will use in our storerooms, kitchen, dining room and all the first floor rooms. This saves filling the sprayer so often and is only \$3.00 more than the one-quart size. The West Disinfecting Company sprayer has a nozzle that directs the spray so that one can spray closely to cracks and crevices but it holds only a little over a pint. We have three sprayers here now, one for each floor. Termites were swarming today so we had to get out all our sprayers.

Dr. Kellogg received your lovely box of jonquils. We made up a big bouquet for the lobby so that all the patients could enjoy them. Doctor's eye is recovering rapidly now.

With best wishes for your speedy recovery, I remain

Sincerely yours,

GE:K-Enc.

BEREA COLLEGE  
BEREA, KENTUCKY

OFFICE OF THE PRESIDENT  
FRANCIS S. HUTCHINS

April 11, 1940

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

Dear Dr. Kellogg:

After leaving the hospitality of Miami Battle Creek some weeks ago, I took a rather extended trip for Berea College in the states to the South and the Southwest part of our country, getting back to Berea only recently.

I cannot tell you how much I appreciated your very great kindness when I was at Miami Battle Creek. It was a joy to be with you on the night they celebrated your eighty-eighth birthday. In telling my wife about the celebration, the other day, she reminded me that you operated on her at Battle Creek Sanitarium on your seventy-fifth birthday.

It would have been a joy to have had a good visit with you, but I was feeling so wretched, and then I rather kept by myself for I did not want to give anybody, least of all a good friend like you, any chance of getting any of the miserable cold that I had contracted while enroute to Florida.

You will be interested to know that here at Berea College, we now raise thirty-two different kinds of vegetables on the seventy acre garden plot. A canning factory takes care of the surplus vegetables which we use during the winter season.

I am enclosing two copies of a recent study which Dr. Steinhaus, one of the professors of the Y.M.C.A. College at Chicago, now called the George William College, 5315 Drexel Avenue, Chicago, has made regarding the effects of smoking. He gave some of this address before the National Education Association recently, and they asked him to permit them to publish it in one of their National Education folders. This they have done and seem to be broadcasting it quite generally among the teachers and professors of the United States. We greatly need to conduct a very active campaign against the tobacco habit.

Under separate cover I am sending you some decorated sugars which are made by the mountain girls here at Berea.

We sincerely hope that you will find an opportunity to stop at Berea sometime in the near future. I trust that

Dr. J. H. Kellogg  
#2

I will be able to meet you up at Battle Creek this summer. Mrs. White and I usually visit the Sanitarium for at least a short period each year for an annual check-up. We both feel greatly indebted to you for all of your kindness during the year. You have helped us to live and work more happily and efficiently than we could have possibly done without the knowledge of health you have given.

With every good wish, I am

Cordially yours,

*Harry W. White*



**CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**

**THE COUNCIL OF THE TWELVE**

47 E. SOUTH TEMPLE STREET

**SALT LAKE CITY, UTAH**

April 11, 1940

Dr. John Harvey Kellogg  
The Miami--Battle Creek  
Miami Springs  
Florida

My dear Dr. Kellogg:

Thank you for your letter of April 3 regarding the possibility of securing a lecture or two from Mr. Alonzo Baker. I am not acquainted with him or his work but your recommendation is a sufficient guarantee.

The young people's associations known at the Mutual Improvement Associations of the Church meet in general conference on the 7th, 8th and 9th of the coming June. Thousands of young people assemble on those days to discuss matters pertaining to the many phases of human welfare. I have just telephoned Superintendent George Q. Morris, 50 North Main Street, Salt Lake City, who, with the president of the young women's branch of the Church, ~~are~~ in charge of the program for the conference. This gathering will give an extraordinarily fine opportunity for the presentation of Mr. Baker's message since those gathered come from all parts of the west and some from the eastern part of the country as well.

Superintendent Morris tells me that he thinks arrangements can be made to place Mr. Baker on the program. He desires, of course, to know something more about Mr. Baker, the subject of his lectures, etc., etc., which probably could be sent on to him.

I have sent your letter to Mr. Morris and he will follow up the matter I am sure. I should be glad to do the work myself except for the fact that I am leaving tomorrow for a five or six weeks' visit to one of our missions in the southwest. Upon my return I shall make inquiry as to what has been done.

Please accept our very sincere thanks for your courteous letter and the suggestion which it contained.

May I say that with my family and many friends I enjoy the messages in "Good Health". Nothing more wholesome, sound and stimulating in its field reaches me, and there is, as you know, a flood of health periodicals moving towards every desk these days.

With all good wishes and again thanking you,

Cordially yours,



John A. Widtsoe

C O P Y

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS  
THE COUNCIL OF THE TWELVE  
47 E. South Temple St.  
SALT LAKE CITY, UTAH

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The Miami-Battle Creek,  
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John A Widtsoe

JAW: vs

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SALT LAKE CITY, UTAH

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John A Widtsoe

JAW: vs

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With all good wishes and again thanking you,

Cordially yours,

John A. Widtsoe

JAW:vs

April 15th, 1940.

Miss Martha Berry,  
Mount Berry, Georgia.

Dear Miss Berry:

Your letter of April 8th received.

The address for the shredder or food chopper is  
Griseer Industries, Fort Wayne, Indiana.

The address for the juice extractor is The Waring  
Corporation, 1697 Broadway, New York City, N. Y.

We hope that you will continue to improve and we  
shall look forward with great pleasure to seeing you next winter.

Sincerely yours,

GE:K

**BERRY COLLEGE  
AND  
THE BERRY SCHOOLS**

TRUSTEES

J. BULOW CAMPBELL,  
CHAIRMAN  
SAM FINLEY  
S. F. BOYKIN  
JOHN A. SIDLEY  
DR. ALBERT SHAW  
ROBERT W. WOODRUFF  
GEORGE LISTER CARLISLE

ESTABLISHED 1902

MARTHA BERRY, FOUNDER AND DIRECTOR

CHRISTIAN INDUSTRIAL SCHOOLS FOR  
COUNTRY BOYS AND GIRLS

EXPRESS AND TELEGRAPH OFFICES: ROME, GEORGIA

INCORPORATED 1903

TRUSTEES

ROBERT F. MADDOX,  
TREASURER  
E. W. MOISE  
W. L. MCKEE  
MARTHA BERRY  
GEORGE WINSHIP  
DR. H. A. MORGAN  
M. G. KEOWN, ALUMNI  
TRUSTEE

MOUNT BERRY, GEORGIA

April 8, 1940

Miss Gertrude Estill  
Miami Battle Creek  
Miami Springs, Fla.

Dear Miss Estill:

I was sorry to leave without seeing you, but I had a telegram calling me home and I took a plane to Atlanta.

The trip was so short and I enjoyed it very much. Everyone thinks I have improved greatly and I am so appreciative of the splendid care and attention that was given me while there.

Won't you please write me and send me the name of the company from which I can order the juice extractor and the food chopper? I am so anxious to have these at Berry.

With affectionate regards,

Sincerely yours,

*Martha Berry*

shredder } Sisco Industries  
              } Ft Wayne Ind

Juice  
Extractor } Waring Mixer

The Waring Corporation  
1697 Broadway  
New York N.Y.



CHARLES WILLIAM DABNEY  
P. O. BOX 236  
WINTER PARK, FLORIDA

April 15, 1940

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

My dear Dr. Kellogg:

Your good letter of the tenth has just been received and I hope to have the pleasure of meeting you before many days. I have so much business on hand now that I can not name the date but I will write or telegraph you later.

I am looking forward with great pleasure to seeing and talking with you. I am very much delighted to hear from your friends that you are in such excellent health.

Very sincerely and  
gratefully yours,

A handwritten signature in cursive script that reads "Charles W. Dabney". The signature is written in dark ink and is positioned below the typed closing of the letter.

CWD:w

April 15, 1940

Mr. Frederick M. Smith,  
Church of Jesus Christ of Latter Day Saints,  
The Auditorium,  
Independence, Missouri.

Dear Mr. Smith:

Recalling your letter of October 21, 1938, in which you expressed appreciation of the efforts I have made to diffuse information about health betterment and race betterment, it has occurred to me that you might like to hear a lecture from the field secretary of the Race Betterment Foundation, Mr. Alonzo Baker, on the present outlook for the human race.

Mr. Baker is a very interesting and stirring speaker and is prepared to present to your people some new and highly important data. He lifts his audience to a high pitch of enthusiasm. He is going to visit California to address some national meetings early in June and it occurred to me that you might possibly like to have him give your people an address or two. There will be no charge except entertainment. If you are interested, write me and I will have Mr. Baker communicate with you with reference to a date, etc.

**Mr. Frederick M. Smith, No. 2.**

**Trusting that you are meeting with success  
in promoting health ideas among your people, I am**

**Very sincerely and cordially yours,**

**b**

April 17, 1940

Dr. Will Durant,  
The Miami Battle Creek.

Dear Doctor Durant:

Thank you very much for your note.

I hope to be able to make definite plans for the summer within a week or two and I will keep in mind the dates and especially the dates you prefer.

Mr. Baker will be in California most of June.

Thanks for your kind words. I appreciate more than I can tell you the honor of having you with us. I only wish that you could stay a longer time.

May I hope that you will come to Battle Creek next summer to be my guest there for a couple of weeks at least? If you will do so what will be the most convenient time for you to come after June?

I have a letter from a Mormon official which I think will interest you. I dare say you have lectured for them.

Cordially yours,

# The Miami-Battle Creek

MIAMI SPRINGS (MIAMI), FLORIDA

4-18-40

Dear Dr. Kelley:

I have a speaking engagement at Bay View, Mich., on August 7<sup>th</sup>. Perhaps my address at Battle Creek can be arranged near that date; but if not, I shall be glad to come on any of the dates mentioned in my previous note.

It is good of you to offer us your hospitality at Battle Creek. It means much to me, for a week with you always makes me exuberant with health. Mrs. Durant and I will take advantage of you and will stay at Battle Creek for a week after or before my address there.

Engagements in New York and en route  
will compel us to leave here on the 27<sup>th</sup>.  
After May 1<sup>st</sup> I shall be home, at 51  
Deepdale Drive, Great Neck, N. Y.

Sincerely,  
Will Durant

April 20, 1940

Dr. Will Durant,  
The Miami-Battle Creek.

Dear Doctor Durant:

I have your note of April 18th.

By all means plan your address at Battle Creek at such a date as to avoid making a special trip. I know of no reason at the present time why the date you name, August 7th, will not be as suitable as any.

My plans for the summer are not yet entirely matured as I am waiting for a visit from Dr. Gorrell, the present superintendent, who is being sent down here by the board for some instruction, with whom I am expecting to arrange plans for cooperation in the summer program.

It is a great satisfaction to see the rapid improvement you make when you have a chance to rest a little and give Nature an opportunity for rebuilding your reserve.

I hope to get a chance to see you before long for another chat.

Sincerely yours,

ent  
SE SMITH  
go Ave.  
r, Illinois  
Vice-President-at-Large  
MRS. D. LEIGH COLVIN  
605 W. 184th Street  
New York, N. Y.  
Corresponding Secretary  
MRS. ANNA MARDEN DEYO  
Evanston, Illinois

For God and Home and Every Land

# National Woman's Christian Temperance Union

HEADQUARTERS  
1730 CHICAGO AVE., EVANSTON, ILLINOIS

OFFICE OF PRESIDENT

EVANSTON, ILLINOIS

April 27, 1934.

Treasurer  
MRS. MARGARET C. MUNNS  
Evanston, Illinois

Recording Secretary  
MRS. NELLE G. BURGER  
312 McDaniel Bldg.  
Springfield, Mo.

Honorary President  
MRS. ELLA A. BOOLE  
377 Parkside Ave.  
Brooklyn, N. Y.

Dear Friend: Having in mind your kind invitation to come to Miami for a couple of weeks, I have been trying to work toward that end in April, the time you specified. However the exigencies of this work have seemed to demand my presence here.

This morning our National Secy. Mrs. De Yo returning from Battle Creek where a N.C.T.U. Conference was held the past two days, tells me that you are there.

I am therefore writing to say that if you still wish to talk with me I could come over to B-Creek at your convenience during the next two weeks I could come. I must go to Detroit the last of May so if you are to be there so long I could stop on May 24.

I am so very sorry I cannot accept the invitation for a rest at Miami. I have had a remarkable year. Never. Love I worked so hard. I have not had the



strength I had before my long illness but the  
Lord has given me what I needed. I know I would  
be much better for a period of relaxation but  
I cannot see when I can take it.

I hope you are well. I do not fail to invoke  
the blessing of God on you and your work.

Sincerely your friend  
Ida B. West Smith

Winter Park, Fla.  
April 29, 1940

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

My dear friend Kellogg:

You are exceedingly kind.  
I do wish I could come immediately but am under-  
going some treatment by my doctor which he wants  
me to continue some days longer. I will come to  
see you just as soon as he sets me free.

write you later.

I will telegraph you or

Very sincerely yours,

*Charles Stone DeBney*

CWD:w

May 1, 1940

Dr. Weston A. Price,  
8928 Euclid Avenue,  
Cleveland, Ohio.

Dear Doctor:

I am very anxious to see you and to talk with you about some of your experiences and to tell you about some of my own observations in relation to decay of the teeth which I discovered more than 50 years ago is not fundamentally due to lack of use of the tooth-brush but to systemic conditions.

I read a paper on this subject more than 40 years ago presenting evidence which I felt proved that dental decay was due to systemic conditions. My paper was received with laughter and ridicule at the time, but 20 years later the head of the dental college at Ann Arbor and another leading member of the faculty came to Battle Creek and apologized both privately and publicly for their opposition, having themselves become convinced that dental decay was due to systemic conditions. They had been led to this conclusion by finding a deficiency of lime in the saliva, which was of course associated with a deficiency of lime in the blood and the observation that decay of the teeth was often greatly accelerated during pregnancy, conditions which of course were the natural result of a deficiency of minerals and vitamins

MADE IN U.S.A.

Dr. Weston A. Price, No. 2.

in the food supply. I will tell you of the observations which led me to my conclusions when I have the pleasure of meeting you a few days hence.

I have read your book with great interest. I am sure that you are right in your conclusions, but I also am confident that there are other factors besides diet that are worthy of consideration in the question of dental pathology. I am also convinced that the same pathogenic factors which promote dental disease are concerned in other equally important morbid conditions. In other words, dental decay is associated with general lowering of physical stamina in which the whole body is concerned.

My purpose in establishing the Race Betterment Foundation was to combat race degeneracy by advocating in every possible way and promoting a physiologic mode of life, that is, to induce men and women to live in harmony with biologic law. This does not require that a man should live like a savage, for the savage, because of his lack of knowledge, is subjected to many hardships which science enables civilized man to avoid. The savage is hardy and physically superior to the civilized man not simply because his conditions of life are more healthful, but because of the operation of the law of the survival of the fittest, which has for so many generations weeded out the weak and feeble and in this way prevented among the better class of savages degeneration and race degeneration.

By the practical application of up-to-date scien-

Dr. Weston A Price, No. 3.

tific knowledge it is entirely possible for a man to make every one of the conditions which favor health and longevity superior to those which the savage enjoys. Air conditioning makes it possible for him to enjoy at all times the purest air and air of the temperature best adapted to his needs and containing just the right amount of oxygen and of just the right humidity, which of course the savage cannot do. The same may be said of every one of the conditions essential to the most healthful, comfortable and highly efficient life and for the greatest longevity.

Biologic living is simply living in a manner suited to the species homo sapiens and to satisfy his physiologic needs which he possesses in common with other primates, such as the gorilla, chimpanzee, orang-utan, and the gibbon.

I am quite sure from many thousands of observations that we can learn a great number of valuable lessons concerning physiologic living by the study of the physical habits of primitives as well as the mores of the better organized groups of savage tribes. I am anxious to talk with you about observations you may have made on these points, especially about the bowel habits of the uncorrupted aborigines whom you have studied. I shall greatly enjoy the opportunity of asking you a great number of questions about how the primitives order their lives in many particulars.

I shall be very happy to make you and Mrs. Price my guests for a week or two and to pay your car fare

Dr. Weston A. Price, No. 3.

to Miami and return and shall feel more than generously repaid by the educational opportunity your visit will afford me and the people of this section. If you will kindly wire me at my expense a few days in advance of your arrival here, it will enable me to make advance announcements of your lectures.

There are six hundred schools teachers in this county, more than half of whom are on our list. Many of them have been patients and others have taken health examinations. We also have a university here with whose president as well as many members of the faculty I am very well acquainted.

I am sure the people of Miami will appreciate their opportunity to hear your lectures. I will give you large and intelligent audiences.

Greatly anticipating the pleasure of meeting you and of hearing your interesting account of the primitives you have studied, and with best wishes, I am

Sincerely yours,

P. S. Mr. Baker gave me a most enthusiastic account of his visit to your laboratory and his talks with you, and he assures me that he has made a review of your book from

Dr. Weston A Price, No. 4.

which I am sure he has made a careful study of your observations, and he will, I am sure, contribute all he can to your campaign in behalf of natural diet for preservation of the teeth, the almost universal decay of which among civilized people is one of the most definite and positive stigmata of race decay.

b

Vijaya Vilas.

Mandvi.

2nd May 1940.

Dr. John Harvey Kellogg,  
The Miami Battle Creek,  
Miami Springs (Miami),  
Florida. U.S.A.

My dear Doctor Kellogg,

I was very glad to receive your letter of the 1st February. It came a little later than usual, owing to the great distance and the various delays of the war.

I am very glad to hear that your health is better and that you have no more pre-occupations with important programs, which took all your time during my last stay in America.

I had an opportunity to write in India an important book on light therapy, which will be printed in English and will probably appear at the end of this year. I will be too pleased to send it as soon as possible. You shall see that in the ~~first~~ chapter devoted to the history of Light, in physics, biology and therapeutics, where only names of the most prominent pioneers are mentioned since Newton, your name has a very important place. The whole book is written in an elementary style in order to diffuse it among the medical men of this country who know so little about Physio-Therapy.

I am very glad to know that ~~an~~ ultra-violet sensito-



Vijaya Vilas.  
Mandvi.

sensitometer and the sun rays totalizator are in use in your institutions and that they are giving satisfaction. I shall be very pleased to see the pictures that you so kindly promise to send me shortly.

Please note that I intend to leave India on the 20th May by plane for France. I hope that I would not be delayed by the bellicose attitude of Italy, as my way is through Italian Africa. I intend to return to India in November and carry out some more researches and to introduce some new Solariums for the use of hospitals in this country. I am sorry that the way to India is not through the U.S.A. as I should be very pleased to meet you again.

I am glad that you had a very pleasant winter and sunshine that you expected everyday.

Thank you very much for the remembrance of the interesting work on sun-bathing that you carried out since 1877. The explanation that you suggest after your ~~present~~ researches is certainly a very good one. I think that by <sup>concentrating</sup> ~~good~~ ultra-violet and some part of the red, and ~~infra-red~~ and short infra-red of the sun, one should be able to give enough of important amount of energy to the body.

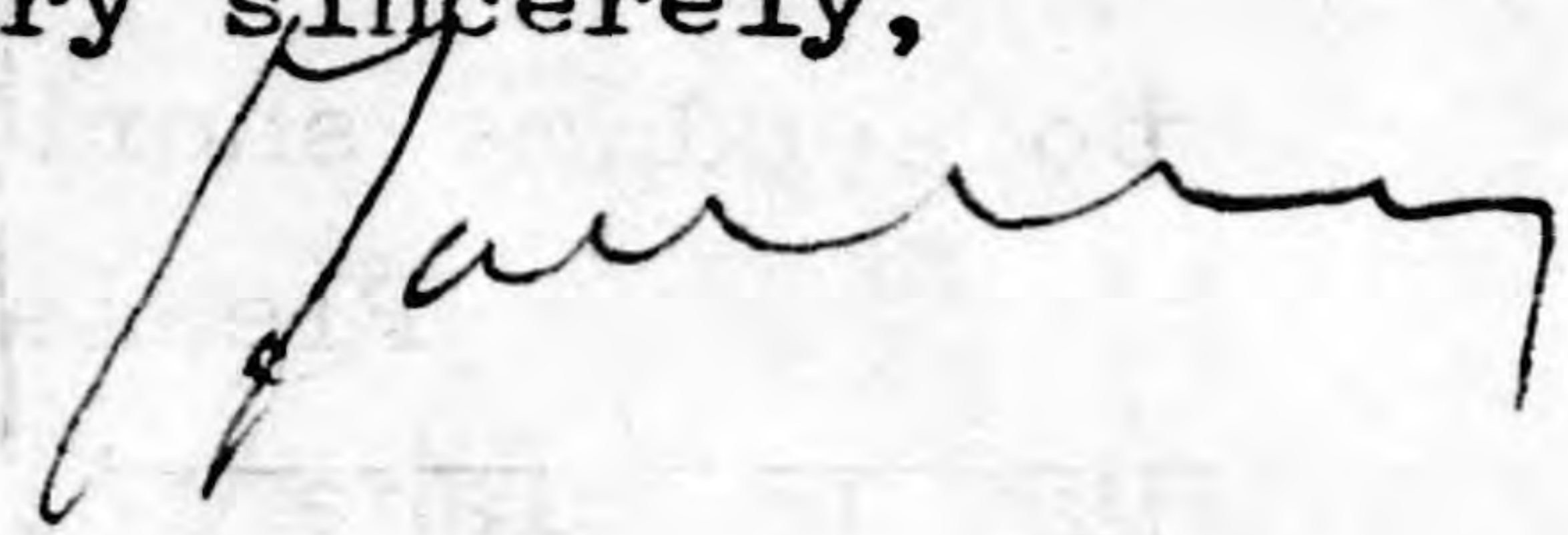
Thank you also for your very kind wishes and for the  
Please turn over.

Yours truly,  
Member

sympathy that you Americans feel for our struggle to resist the brutal forces of Nazism.

With kindest regards,

Yours very sincerely,



P.S. Please address your reply to my summer address,  
Solarium, Aix-les-Bains.

88 MORNINGSIDE DRIVE  
NEW YORK

May 3, 1940.

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

Dear Dr. Kellogg:

Your article in the January-February issue of Good Health magazine was excellent and I want you to know that it was appreciated. I was particularly interested in the fact that you intend to publish a list of eminent leaders in the search for the better way of life and that future numbers of Good Health may contain articles on related subjects.

It also may interest you to know that I feel that the Readers Digest and Good Health are the two best magazines in America and I am not sure but that I find more interest and useful information in the latter.

I have seen several scientific reports in the last few months on the excellent laboratory results obtained from rice polishings. If this is suitable for human nutrition, I would think the subject would make an excellent article for some future issue of Good Health.

I missed my usual visit to Florida this winter but hope that I may possibly see you in Battle Creek some time this summer.

With very best wishes,

Yours truly,

*Edward F. Moore*

May 4th, 1940.

Mrs. Ida B. Wise Smith,  
National President,  
W. C. T. U.,  
Chicago Avenue,  
Evanston, Ills.

Dear Mrs. Smith:

I have your letter of April 27 and I am sorry that you will not be able to come down to Florida.

You have been misinformed as regards my visit to Battle Creek. I may be at the Sanitarium this summer, but am not just certain, as I am hoping to be able to spend at least a large part of the summer here for health-building, on my own account. I need an opportunity for more out-of-door life. At any rate, I have no expectation of being in Battle Creek before June, but I will arrange for your visit there. I am writing about this today.

I shall be greatly pleased to make you my guest there for a couple of weeks, and under the care of good Dr. Radabaugh, who I am sure will make your visit very profitable. Dr. Radabaugh has had long experience as a Sanitarium physician and is a wise and highly successful physician, on the whole, I think, the ablest member of our staff as an internist. She is a fellow of the American College of Physicians. She has been an active member of our staff nearly forty years. When you go to the Sanitarium insist on your being put under her care. I am writing her a note.

I wanted especially to see you this year so as to arrange for active cooperation between your organization and the Race Betterment

Mrs. Ida B. Wise Smith:

- 2 -

5-4-40

Foundation. The ideals of the W. C. T. U. are so closely allied to those of the Race Betterment Foundation that I am more than willing to cooperate with you in any way which will assist you in your good work.

You will find at the Sanitarium, if you go there within a month, the field secretary of the Foundation, Mr. Alonzo L. Baker, who is a very gifted lecturer and greatly impresses his audiences, and I have asked him to interview you if you visit Battle Creek and to plan his itinerary so as to meet as many of your members as possible, in your large convention, if you desire him to do so. I have written him and he will be on the lookout for you.

Hoping that you will accept my invitation to be my guest at Battle Creek, and with best wishes for you and your good work, I am

Sincerely yours,

Yk

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

Box 1825, New Haven, Conn.

May 4, 1940

Dr. J.H. Kellogg  
The Mismi-Battle Creek  
Miami Springs (Miami), Fla.

My dear Dr. Kellogg:

I arrived safely home a few days ago after several stops on the way for lectures, business, etc.

My lecture before the colored normal school at Albany, Ga. made quite an impression and there were on the platform two white medical men who were evidently extremely interested.

I spoke of you and your work and I have no doubt there *is* ~~will be~~ a fertile field there.

I want to thank you again for the very generous hospitality which you and your organization extended to me and which has been helpful to me in more ways than one.

I feel a lot better than when I went and I received a better picture of my condition.

You kindly offered to have me a week or two at Battle Creek, Michigan later in the summer and I shall carefully consider this. I have some lecture engagements in July *in Indiana and Colorado* and might stop over on my way to and back. I shall hope a little later to write you if I can find time further in regard to the book by Weston A. Price on Nutrition and Physical Degeneration which I have at last finished and with which I am more and more favorably impressed.

As ever,

*Irving Fisher*

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

Box 1825, New Haven, Conn.

May 4, 1940

Dr. J.H. Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Fla.

My dear Dr. Kellogg:

On arriving in New Haven I saw the secretary to the late Professor Henry W. Farnam, in accordance with our conversation, to find out the state of <sup>the</sup> ~~his~~ case as to his tobacco manuscript.

I find that it is practically complete except for bringing statistics down to date and perhaps adding a summary, making an index, etc., etc. such as are needed to put the finishing touches on any book.

You kindly offered, as I remember it, to put in a couple of hundred dollars to complete this work and I offered to submit to the members of the Tobacco Committee the proposition of utilizing the money now in the treasury, amounting to \$320.25 for the same purpose.

It would be my guess that the latter sum would suffice and that it would be unnecessary for you to put in any money at all.

However, I would like to have a written word from you to the effect that you stand ready to send the \$200 if needed and also that you approve of the plan of using the balance in the treasury for this purpose.

As soon as I hear from you as to these two points I shall be ready to get the votes of the rest and shall assume that I am

authorized to go ahead and make whatever arrangements are necessary for an editor.

If Mr. Cohrssen is still available I would choose him. If he is not I would ask Professor Roman if he has someone to suggest.

It seems to me that when a book is so nearly completed and has involved such an immense amount of work as was done by Professor Farnam that it would be extremely foolish not to use the funds of the Tobacco Committee which he established for the purpose of publishing his book if there is no other way.

It is quite possible, Miss Timm, the secretary, tells me, that the Department of Agriculture may want to make some use of the manuscript. This possibility is discussed in the enclosed memorandum but I do not think we should count upon this or wait upon it. Nevertheless I am asking Miss Timm to try to get some definite word in regard to this. If they wish to publish it I should expect to favor it.

I think it would be worth your while to go through the memorandum rather carefully. As you see, there is in Mr. Farnam's collection some material on the hygienic side.

Sincerely,



IFs  
Enc.



May 7th, 1940.

Professor Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have your two letters of May 4th.

As regards the Farnam book it is a most excellent treatise, fully equal in value to the book published by the Committee, and since Professor Farnam held an official position with the Government it will have great weight and ought certainly to be published. I am quite willing to invest \$200.00 or \$250.00 and the money in the hands of the Committee.

I think it will be an excellent idea to strengthen the prestige of the book by revising the Committee of Fifty to Study the Tobacco Problem, making yourself the head of it. The Race Betterment Foundation will sponsor it. Call it the Yale University Committee for the Study of the Tobacco Problem.

I know Mr. Brett, head of the MacMillan Company, and am acquainted with Mr. Myers. They are good book sellers. I furnished them six books on physiology and hygiene for which they made out royalty checks for about \$8,000 a year for more than twenty years. I am under contract with them to furnish them with a book, which I fear I shall not have time to finish. I am quite sure that I can work this tobacco book in instead. I will write Myers about the matter today. I should like to make arrangements for the publishing because I understand the printing business from A to Z, and besides I think I can get the MacMillans to publish the book at their own expense by guaranteeing

the costs. Their name as publishers of scientific works will have some value.

Cohrssen would be a good man for the work.

I was surprised to see how thoroughly Professor Farnam had gone into the matter. If I had known of his work I should have applied to him for an outline of a plan for a survey of the tobacco question, which I believe I could have gotten Mr. Rockefeller to take up some years ago when I broached the matter to him. He asked for a plan which I asked the Committee to prepare for him, but it was never done and he is not now interested in the matter.

I think Dr. Farnam's book will take the place of the preliminary survey which I have had in mind.

If Cohrssen takes the matter up, the salary should be placed at \$50.00 a week, and the time should be limited to six weeks, which should be ample. It is my experience that people who are looking for a job are much inclined to hang on to the job they have and stretch it out until they have another in sight.

As regards lectures at Battle Creek this summer, as I told you, I am trying to work out a plan for a summer school in connection with the Sanitarium. For nearly two months I have been expecting a visit from Dr. Gorrell at which this matter will be discussed and probably settled. I will try to arrange with Dr. Gorrell to make you a guest for a week in return for lectures you may give.

The members of the Board, with one exception, have lost faith in Stewart and have accepted his resignation. Dr. Gorrell has had a hard time getting along with him and is appealing to me for help. Dr. Common has been here a week and I hope he will remain two or three weeks longer. He is a fine man. I am very glad to make his acquaintance.

Professor Irving Fisher:

- 3 -

5-7-40

Would it not be a good thing to get him on the Tobacco Committee? He seems to be entirely cured of his liking for it, and a little article from him would have a great influence among his old students. He is a very lovable character.

I am disappointed that you made no report on the new cure for athlete's foot. Perhaps it failed in your case. Its use in a limited way has proved wonderfully successful, but of course every new remedy has to be thoroughly tested before it can be offered to the public with confidence.

Kindly write me on what date you are likely to visit Battle Creek.

Sincerely yours,

b-k

# Oglethorpe University

MANU DEI RESURREXIT

*Good minds, good morals, and good manners*

Oglethorpe University, Ga.

May 6, 1940

Dear Dr. Kellogg:

At our commencement season this year we are celebrating the closing of our Crypt of Civilization, a brochure concerning which we sent you some time ago and descriptions of which you must have seen in our newspapers and magazines. This would seem to be a suitable occasion for the return to the campus of those members of our honorary alumni group who find it possible to do so. Especially would I like to have the pleasure of welcoming you back to our luncheons and baccalaureate exercises.

The dates for the specially interesting exercises begin with the introductory luncheon on Saturday, May 25th at one thirty o'clock, Biltmore Hotel; exercises incident to the closing of the Crypt at approximately four thirty; Glee Club and Players Club programs immediately following; On Sunday, May 26th at one o'clock, luncheon at the Piedmont Driving Club and the baccalaureate exercises that evening, Erlanger Theatre, at eight o'clock.

It would give all of us the greatest pleasure if you could be with us on any or all of these occasions. I shall hope to hear from you in the affirmative.

Heartily yours,

A handwritten signature in black ink, appearing to read "Thornwell Jacobs", written over the typed name and title.

Thornwell Jacobs,  
President

Professor Irving Fisher:

- 3 -

5-7-40

Would it not be a good thing to get him on the Tobacco Committee? He seems to be entirely cured of his liking for it, and a little article from him would have a great influence among his old students. He is a very lovable character.

I am disappointed that you made no report on the new cure for athlete's foot. Perhaps it failed in your case. Its use in a limited way has proved wonderfully successful, but of course every new remedy has to be thoroughly tested before it can be offered to the public with confidence.

Kindly write me on what date you are likely to visit Battle Creek.

Sincerely yours,

D-k

May 8th, 1940.

Miss Martha Berry,  
Mount Berry, Georgia.

Dear Miss Berry:

Your letter of May 2nd received.

We are giving a 20% discount during this month for our full Medical Service, making the minimum rate \$12.80 per day. However, if this is more than your friend can pay, kindly let us know. If we know something of her circumstances, perhaps we can make some financial arrangements that she can meet. The entrance examination, which would be extra, is \$60.00, and covers the following:

General office examination and history; blood count; blood chemistry; serology; differential; CO<sub>2</sub> alveolar air; metabolism test; urine test; stool test; undulant fever test; gastric motility test; fluoroscopic examination of the chest; x-ray of the colon (barium enema); two-meter heart film; electrocardiograph tracing of the heart; biophotometer test; strength graphic; shadowgraph.

We would be very happy to do anything we can for any of your friends.

Nothing would give us greater pleasure than to stop off to see you on the way North. Angie and Mabel may drive up and if they do not go East first I am sure they will be happy to make your place one of their stopping points. I shall have to travel with Doctor when he goes.

I trust you are continuing to improve. Mother Nature pays big dividends when she gets full cooperation.

Trusting that we may have an opportunity to be of help to your friend, I remain

Sincerely yours,

GE:K

**BERRY COLLEGE  
AND  
THE BERRY SCHOOLS**

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**CHRISTIAN INDUSTRIAL SCHOOLS FOR  
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**EXPRESS AND TELEGRAPH OFFICES: ROME, GEORGIA**

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TRUSTEE**

**MOUNT BERRY, GEORGIA**

**May 2, 1940.**

**Miss Gertrude Estill,  
The Miami-Battle Creek,  
Miami Springs, Fla.**

**Dear Miss Estill:**

**I appreciate so much your sending me  
the addresses and I do thank you for them.**

**I have someone that I want to have go  
to the Miami-Battle Creek for a while and I would  
like to know what the rates are at this time. I  
know they are less in May. She is not a person  
of means and could not afford a great deal but I  
feel that it would mean so much to her. She would  
make a delightful patient for you, and I hope you  
will let me know soon what her expenses would be.**

**I hope whenever you come this way that  
you will stop over at Berry, also your sisters  
and Dr. Kellogg. I would be so happy to have any  
of you as our guests.**

**With deep appreciation for all that you  
have done for me,**

**Sincerely yours,**

*Martha Berry*

# MICHIGAN TUBERCULOSIS ASSOCIATION

THEO. J. WERLE  
EXECUTIVE SECRETARY



535 South Capitol Avenue

LANSING

May 11, 1940

Dr. John Harvey Kellogg  
Battle Creek, Michigan

Dear Dr. Kellogg:

When men reach certain years in life which justify their thinking of the disposition of their wealth after they pass on, it occasionally, perhaps, becomes difficult to be assured that highest values will accrue to what is left. The Michigan Tuberculosis Association should like respectfully to encourage your thought in its field of endeavor as an outlet for your funds in a modest bequest. I know of no one who is better qualified to evaluate the work of this agency and to understand its future potentialities in other fields of human health than are you.

However, if you should like to have your own information brought more definitely up to include recent endeavors, I should be delighted to be given that opportunity.

May I extend my warmest, personal greetings and assurance of high regard? My family joins me in extending good wishes.

Sincerely,

  
Executive Secretary

TJW:AF



AMERICAN EUGENICS SOCIETY

I should like to have you become a member of our Society.

Eugenics is an essential phase of human progress, especially in a democracy. The development of eugenic theory requires the cooperation of biological and social scientists and social philosophers. The development of eugenic programs also requires the cooperation of statesmen, of professional workers and of public spirited leaders in all walks of life.

The American Eugenics Society, a representative group of thoughtful citizens especially organized for this purpose, is taking primary responsibility for the guidance and furtherance of eugenic theory and policy in the United States.

I feel sure you will be interested in the enclosed booklet "People--What Else Matters." In it you will find, in addition to a brief history of the Society, statements of many specialized viewpoints including: Public Opinion, Population, Public Health, The Sciences, Education, The Family, Social Welfare and The Church.

The Society needs more members like you.

Sincerely yours,

# AMERICAN EUGENICS SOCIETY

INCORPORATED 1926

RCA Building, 50 West 50th Street, New York City, N. Y.

Tel. Circle 5-8000

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## Address

RUDOLF C. BERTHEAU  
*Secretary*  
50 West 50th Street  
New York, N. Y.

May 11, 1940

Dr. John H. Kellogg  
Miami Springs, Florida

Dear Dr. Kellogg:

In accordance with the announcement by the Board of Directors in EUGENICAL NEWS the Society is now starting a determined effort to enlarge its membership in 1940 by asking all present members to send out over their signature a number of letters to individuals who are likely to join.

### If you will -

- (1) Please add on the enclosed prospect list, the names and addresses of individuals you will address
  - (2) Approve ( or remove) the names with which we have started your prospect list
- and
- (3) Approve or modify the enclosed draft of the membership letter which is to be sent by you to those on your list: -

We will - as soon as you have returned your list and letter - send you individual letters, addressed, typed, pre-dated and stamped, ready to be mailed by you after you have signed them. "People - What Else Matters" - will be enclosed in every letter to prospective new members.

If you prefer to send personal letters on your own stationary, or have them typed yourself, we should, of course, be glad to have you do so. Our main reason for asking you to return the enclosed prospect list is to save you from all details. Moreover, it is important that we be advised whom you address so that there will be no duplication of letters to prospective new members from our members.

An early reply will be appreciated.

Sincerely yours,

*Rudolf Bertheau*  
Secretary

Enclosures: PEOPLE - WHAT ELSE MATTERS - to be sent with your letter.  
Draft of your letter. Form for your prospect list.

DR. JOHN HARVEY KELLOGG, Miami Springs, Florida  
NAME ADDRESS

SALUTATION:  
Dear Bill  
Dear Mr., or  
Dear Dr.

COMPLIMENTARY  
CLOSE:  
Sincerely yours,  
Regards, etc.

Dr. Paul T. Miller

Professor of History, Battle Creek College  
Battle Creek, Michigan

May 20th, 1940.

Mrs. Ida B. Wise Smith, President,  
National Women's Christian Temperance Union,  
1730 Chicago Avenue,  
Evanston, Illinois.

My dear Mrs. Smith:

I have a letter from Mr. Judd which gives me the impression that he has written you a letter which I fear may discourage your visit to Battle Creek. I am writing this to assure you that I shall be greatly disappointed if you do not accept my invitation to spend a week or a month at Battle Creek.

Mr. Baker, our Field Secretary and lecturer is there, and is very anxious to have a talk with you. He is an able temperance lecturer and has a number of splendid lectures on health and race betterment, and I am anxious to have him cooperate with you as much as possible in the brave effort that you are making to carry on the work which dear Frances Willard so nobly pioneered. Mr. Baker will be leaving soon for the Pacific Coast.

I hope to hear from you in a few days that you are in Battle Creek and under the wise care of Dr. Radabaugh, laying up a store of health and strength to carry you through your heavy summer campaign.

With best wishes, I am, as ever,

Sincerely yours,

LAW OFFICES  
HAMILTON, CLEARY, STORKAN & VANDERVOORT  
SECURITY NATIONAL BANK BUILDING  
BATTLE CREEK, MICHIGAN

BURRITT HAMILTON  
JAMES CLEARY  
EMIL E. STORKAN  
MILLARD VANDERVOORT

May 22, 1940

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

Dear Dr. Kellogg:

Receipt of your letter of May 20, 1940, enclosing circular issued in behalf of one Olmstead, is acknowledged.

It is quite possible that by a careful approach we may be able to lead these people to voluntarily abandon the pretended quotation from you. With your permission, I would be glad to send to "Professor" Olmstead's manager a letter in the following form:

"Mr. Don D. Orput,  
305 Equitable Bldg.,  
Hollywood, California.

Dear Sir:

Please give us the date on which it is claimed that Dr. J.H. Kellogg said of and concerning "Professor" Olmstead: 'Olmstead is the personification of fitness. I'd give a million dollars for his physique. He is doing a glorious work'.

I am making this inquiry in behalf of Dr. Kellogg.

Yours very truly,"

The reply, or want of reply, will give us our cue as to future steps.

With kindest regards, I remain

Yours very truly,



BH:FC

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

Box 1825, New Haven, Conn.

May 23, 1940

Dr. J.H. Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Fla.

My dear Dr. Kellogg:

I have yours of May 7 and wrote an answer to it sometime ago but held it in order, first, to get Mrs. Farnam's final decision regarding your and my offer to bring about the publication of her husband's book.

Much to my regret she has finally decided not to accept any offer. I went and called on her day before yesterday. She is old and not very strong and so far as I can understand does not want to have the bother of some investigator rummaging through Professor Farnam's materials until his and her secretary, Miss Timm, has finished the work of sorting and cataloguing his large library and deciding what part shall go to Yale University and what shall be done with the rest. This work will undoubtedly take more than a year.

Another reason for her wanting postponement is that the manuscript is now in the hands of the Department of Agriculture at Washington and she thinks is of use to students there.

At any rate, she is quite decided that she will make no committal for the present.

This being the case we must take a new survey of the situation. Mr. Cohrssen is still discussing with Mr. Weber the question of a position with him. But Mr. Weber isn't yet clear

in his mind as to whether he wants to have the work done at all. It is an elaborate survey of the assets and liabilities, income and expenses of the people of the United States and other countries. Much work has already been done on it but it looks to me now as though under present conditions he is probably going to drop it. In case the plan goes through Cohrssen would probably get \$300 a month and I consider him fully worth that.

If the plan does not go through Mr. Cohrssen would still be available for doing the work which you originally had in mind of making a survey of the tobacco problem on its hygienic side, letting Mr. Farnam's work wait for the present.

You have, I think, acquired a mistaken idea of Cohrssen. To help revise it I am sending you under separate cover a copy of my book, "Stable Money, a History of the Movement" which Cohrssen very largely wrote under my direction. As you notice, I have given him credit for this on the title page. He also did much of the work on my book "Stamp Scrip" which I have acknowledged on the title page and referred to in the foreword. I do not have a copy of this book at hand to send you.

This book will, I think, show you his efficiency. I think you would be very lucky to get a man of his calibre even if you had to pay much more than what he would work for.

Among other things, if you wish, he could further put in shape the manuscript which you had somewhat condensed for me and which I was to send again to Readers Digest. You may recall that I made a mistake, some years ago, in taking them <sup>(the editors)</sup> literally when

they said that I could write the article as long as I chose and they would condense it. I wrote practically a book with the result that they were unable to condense it. You then tried your hand through your assistant (was it Baker?) but it is still not condensed enough.

Meantime the Life Extension Institute has, as you know, made some studies on the tobacco problem which are important and also Raymond Pearl. These should be incorporated.

I would be glad to have this work done by Cohrssen but I can not now afford to employ him myself.

Should you wish to have it done I should be glad to have the article published under your name or in any way that you prefer.

As regards the Committee, it seems to me it ought to be wound up unless someone can take it up in an energetic manner. I can not do this and while Cohrssen could I do not think he is as good at that as in writing and I would not think of asking him to divert much of his energy in organization work if you employed him on this tobacco work.

Therefore, I would recommend, in case you wish to employ Cohrssen, as you originally practically offered (I would suggest \$60 a week, certainly not less than \$55), that the Committee be wound up and that the \$320.25 be used toward your survey, whether Cohrssen is employed for it or not.

Of course, this should be done only with the written consent of a decided majority of the members of the Committee.

The first step is to know your own wishes and if you agree I will write the rest. <sup>97</sup>I wonder whether Dr. Gorrell has



yet visited you from Battle Creek? Also, in case he has, whether you secured the funds from him which you were hoping to use and to devote to the Vitality Records. If this can be effected and you agree I would much prefer to have Cohrssen work on that problem instead of on the tobacco problem, although the latter could be regarded as a part of the former and a certain amount of work could be carried along on that if you so wished. It would be better, however, to get someone if you can to devote all his time to the tobacco problem and let Cohrssen devote all his time to the Vitality Records.

In short, my program would be, if you approve, that you secure funds from Gorrell which could be used for the general work of the Vitality Records.

I have not shown you all the various lines of work which I had in mind <sup>for V.R.</sup> but if you are ready to go ahead with it and wish me to, I will prepare a syllabus and submit to you.

As I said, I think we should <sup>first</sup> finish the work already started and which we expected to pursue with the co-operation offered by the Metropolitan Life and the Life Extension Institute but which would now be modified.

I do not regard this as <sup>the</sup> most important work. <sup>But</sup> I think having started it I should go on with it first; but I will be guided by your wishes.

Second, in case the above program can not be carried out because Gorrell will not co-operate or for any other reason then I would suggest that you employ Cohrssen on your tobacco work and have the tobacco committee wound up.

In fact, I would wind up the committee in any case unless you have some way of keeping it alive.

As I have explained to you, I am not planning to put a great deal of time myself on either the Vitality Records or the tobacco problem but I can get the work started as I did that of the Life Extension Institute, the Gaylord Farm Sanitarium, the Committee of One Hundred on National Health, etc. and continue helping by advice and guidance.

But you would have the main say if you supplied <sup>the</sup> money. I would be glad to help financially if I were able but I explained to you that I could not.

I am trying to help the circulation of Weston Price's book and later I would like to write you some thoughts about it and its agreement with and disagreement with your own studies.

In regard to my going to Battle Creek it would probably be July 1 as I have an engagement at the University of Indiana at Bloomington on July 10 and 11 and would like to spend a week at Battle Creek, the week of July 1-7, and another week on the way back from Colorado Springs where I expect to get through on July 26. That week would be July 29-August 4.

I note that Dr. Stewart has resigned.

I am glad that Dr. Commons has finally arrived and that you have found out what a fine man he is. It is too bad he has shortened his life with tobacco, etc. as he is such a useful citizen.

I hear also from Hemphill who seems to be very much pleased with what you have done for him and thanks me profusely for making a contact with you.

Your suggestion that Commons should be on the Tobacco Committee is startling! It can be seriously considered, if course, if we are to go on with the committee at all.

You ask in regard to your remedy for athlete's foot. It has worked all right apparently. It seemed to take about two weeks, the same time that the remedy of Dr. Coles of Cleveland took.

Sta-o-gen is apparently making quite a hit in the treatment of athlete's foot and it is supposed to be superior to any other remedy when the athlete's foot gets under the first layer of the skin and cannot be reached as well by anything else.

Very sincerely yours,

Dwight Fisher

IFs Hans has a wife and two young children. His father was a well to do merchant in Germany but was robbed by Hitler. He his wife and another son are now here as refugees - all fine people. The son is a photographer and seems now on the way to earn his living here. The father has started a second hand book store and expects to be self supporting soon. In the meantime Hans is giving home space to these kin folk.

So if you do decide to employ Hans the sooner the better for him and his people.

May 31st, 1940.

**Battle Creek Food Company:**

Please send to Dr. Charles W. Dabney,  
Winter Park, Florida, one-half case of one-half pound cans of  
Protose, and charge to advertising.

J. H. K.

**B-k** Send 1/2 oz. box chocolates to -  
Mr. Harry H. White  
Berea College, Berea, Ky  
Chg. J.H.K. Enclosed card

May 27th, 1940.

Professor Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have your letter of May 23rd.

As I told you, my plans for the present and immediate future were being held in suspense for a visit from Dr. Gorrell and Mr. Kenney, a member of the board, who informed me that they would be here by the week-end. They have not yet arrived, but I had a letter stating that the board member would be here about the first of June, so the situation remains as it was when you were here.

I did not mean to give the impression that I thought anything might be gotten from the Sanitarium. I am sure they would not do this, for the bondholders, most of whom are, I understand, bankers, who gathered up the bonds as a speculation, are anxious to get every dollar they can for their own pockets, and they have even suspended all research work of the institution. What I did suggest was that they might be willing to make use of your questionnaire in connection with their examinations, paying \$1.00 for your work on the questionnaire in standardizing it. Whether I can succeed in this or not I cannot guarantee, but I thought it quite possible I might, for they are anxious for suggestions which will increase the value of their service and thus increase their business. That is the principal reason that Dr. Gorrell is coming to see me, and I thought

I would add this to my other suggestion. Whether I make any suggestions at all or not will depend, of course, on whether or not they are willing to do something to facilitate the return of the institution to its old management or cooperation in a way that will facilitate the work of the Race Betterment Foundation. It is an awfully complicated problem and it will probably take a year or two more to work it out, but I have no doubt that ultimately it can be worked out. In fact, the bondholders are calling very loudly for help. The chairman of the old Bondholders' Committee, told me by telephone a few days ago that they were in great need of help and said he believed that a plan could be worked out which would meet my demand. That he had made arrangements for a member of the board who represents the bondholders to call on me on June 1st, and I learned by a letter today that I may expect him to come at that time.

I have written Cohrssen a letter offering him a position at \$50.00 a week for the first month, \$55.00 the next month if the first month's work proved satisfactory, \$60.00 the third month and further raises later on if he likes the work and I find he is qualified for it.

The man for my work really needs not only medical knowledge but a general knowledge of chemistry and other sciences which a modern physician gets in his four years of college preceding his medical course. I confess I have some misgivings about Cohrssen's qualifications, but I am willing to give him a trial. If he is ready to accept my proposition I shall be glad to see him here very soon. If he is able to do for me what I want to have done he will <sup>be</sup> worth considerably more than \$60.00 a week to me and I shall be glad to pay it to him, but I shall have to see his ability proved by accomplishment before I can pay more than the sum which I have named.

Professor Irving Fisher:

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5-27-40

As regards the several propositions you make in your letter, I shall have to hold them <sup>in</sup> abeyance at least until after matters at Battle Creek are settled and the situation will depend largely on how they are settled. The plans I have in mind for correlating the different phases of my very diversified work can be carried out either with or without their cooperation, as I am prepared for either alternative.

Always with best wishes and appreciating your interest and co-operation, I am, as ever

Sincerely yours,

b-k

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

Box 1825, New Haven, Conn.

May 27, 1940

Dr. J.H. Kellogg  
The Miami-Battle Creek  
Miami Springs (Miami), Fla.

My dear Dr. Kellogg:

Enclosed please find a sample which came in today of the mail originated through Vitality Records.

This man, a professor emeritus of biology, had written me suggesting that he continue his data for the Vitality Records. These with some 3,000 other cases are on file in New York but I, of course, had no personal knowledge until his reminder letter came to me here.

I answered telling him we were marking time but asking for his data none the less. In reply came the enclosed letter with enclosures all of which are of great interest to me and at least two of which will be to you, particularly that on tobacco in high schools.

This little half page I regard as important evidence.

I mention this to supplement my last letter and also to illustrate how hard it would be without money even to indicate to you the various lines of evidence which I would organize if I had the money.

It occurs to me to remind you of one line of evidence. I would like to get from the various universities data similar to those from my own class which, on its fiftieth anniversary, I divided



into three groups, the first group those who had died first, 36 in number, and the second group, also 36, those who had died next. These two groups comprising all those who had died, the third group those still living who will therefore die third.

The whole number in the class, 124 in all, were individually listed by two physicians in the class and myself according as they were known to be what we labeled "U" (unhygienic), being noticeably drinkers, <sup>or</sup> notably smokers, <sup>or</sup> notably overweight, and the remainder marked "H" (hygienic). We found in the group of 36 of those who died first 14 "unhygienic", in the second group 7, in the third group <sup>three</sup> (which as this <sup>was a</sup> group of 52 and therefore 50% greater than each of the other groups should be recorded as 2. In other words, <sup>of the 20</sup> 14 per 36 who first died were unhygienic, 7 per 36 who died in the second group were unhygienic and 2 per 36 who died last were unhygienic. This was a startling revelation and remarkably self-consistent for so small a number.

Perhaps the results were purely fortuitous but I am inclined to think no. However, most people would not accept this as great evidence unless confirmed by a larger number. This could easily be done by correspondence which could be so organized as to be purely mechanical. Probably in the end thousands of cases could be gathered together in this way. These three characteristics, drinking, smoking, being overweight, are so far as I can find, the only unhygienic characteristics which are known to <sup>all</sup> a man's friends. A man's friends cannot even tell how many teeth are missing, nor about constipation, exercise, etc. without a questionnaire but anyone can tell whether his friend is noticeably a drinker, smoker or

overweight.

If, as I imagine is the truth, the results are significant we ought to get much more marked results by studying groups with questionnaires which include tooth condition, constipation, etc.

As I said in my last letter, I would be glad, if the expenses were paid, to put into a fuller form the various projects which I can see might prove fruitful. So far only one has been so organized and that only because the Metropolitan had tentatively agreed to help, a promise which they afterward withdrew because of the trouble with the government, as I told you. — *tho they will still cooperate on the side.*

Please return the enclosed at your convenience as I do not want to lose them.

Very sincerely,

*Irving Fisher*

IFs  
Encs.

There are half a dozen colleges in Michigan and a lot more in Ohio and Indiana.

Do not forget about the organization of the oldest citizens, the Three quartersCentury Club. We let into this club any old person who wants to come in, and those below 75 as probationers to be admitted when they reach the eligible age. Everyone who comes into the club must promise to do his best to live a hundred years. We never had but one smoker in the club and we reformed him. I had an amusing experience with him. He was the oldest member of the club and it was my duty to present him, at our annual picnic, with a big bouquet. When he came up to accept the bouquet, to my amazement he came up with an old pipe in his mouth. I found he had been an incessant smoker for many years.

These Three quartersCentury Clubs are greatly needed and will be the finest opening wedge we can have in any community for introducing biologic ideals. The matter of diet must not be made so prominent as to give ground for the suspicion that the effort is in any way commercial, which, of course, it is not, for you know the purpose of making the foods is not money-making but purely to facilitate the biologic life by making it easy to dispense with meat and so aid in the adoption of the new dietary. Meats are so highly deficient in vitamins, in lime, copper and manganese, that they are amply condemnable on these grounds. This puts them under a common ban with white flour and other foods which are generally recognized as belonging to a deficiency diet. Solid scientific facts have more weight with most people, I have learned from experience, than humanitarian or moral considerations.

Another thing I should like to have you thinking about is the organization of neighborhood instruction in health ideals. With Miss Gertrude Estill's assistance we have for a dozen years or more been carrying on in the building back of my house this kind of work in what we call

May 29, 1940

Professor Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

From a letter I received yesterday, I doubt whether Dr. Gorrell will be coming here. I think Dr. Stewart is probably maneuvering to hinder him.

I will write Dr. Gorrell that it will be a very profitable thing to entertain you in return for a lecture that you may give.

As regards the several propositions, I have thus far not been able to get hold of any data that lead me to any more definite or different views than I have already given.

Mr. Kenney, a member of the Board and of the Finance Committee, sent me word that he expects to be here about the first of June. If Dr. Gorrell does not come, I will discuss the matter with Mr. Kenny and I will write you at once if I accomplish anything definitely favorable.

I am very strongly urged by my Sanitarium colleagues to make an effort just at this time to buy the bonds, which I am told can be obtained for 50 percent of their face value. To do this will require \$750,000. If I undertake this it will require every dollar I can rake and scrape for the purpose and I shall have to concentrate all my resources

Professor Irving Fisher, No. 2.

on that one thing. Be assured I will give the matter serious consideration, and when Cohrssen comes, if he does, I will go over the whole matter with him and see if we can not find some plan for helping you out in the matter of the biologic survey. I ought, however, to tell you that the researches which I mentioned to you I am already committed to and have the laboratory animals and experts already at work as they have been for some months. I naturally feel that my project which I have started should have first consideration. However, your Vitality Records Office is so closely affiliated to the things I have been doing for many years that I feel I can not but be deeply interested in it.

Cordially and sincerely yours,

b

May 30th, 1940.

Dr. Will Durant,  
51 Deepdale Drive,  
Great Neck, New York.

My dear Dr. Durant:

I have your letter of recent date.

I am glad to see that you are persevering in the biologic way. The fact that you suffer from stiffness in your hip when you take exercise is evidence that it needs rest in connection with carefully graduated exercise, always stopping just a little short of creating unpleasant effects. Troubles of this sort are usually due to toxins, and the colon is one of the great avenues through which the disturbing poisons enter the body. The poison may originate in some focal infection like a diseased tonsil or a diseased tooth, but it is far more likely to come from the colon than from any other source.

Examination of the stools when you were here indicated that you had a pronounced B.coli infection and this despite the care you have given to your diet for some months back. This indicates that there is a need for something further than has been done to change the flora, that is, to get rid of the infection. The one thing most effective in accomplishing this is washing out of the colon the remnants which remain after the last movement of the day, so that it does not remain to multiply and become more virulent during the hours of sleep.

A question of great importance is the amount and condition

of the evacuation after the evening enema. If there is odorous fecal matter this fact is evidence that the enema is necessary and the enema should be taken because the retention of this poisonous material in the colon overnight will result in the absorption of a sufficient amount of toxic matter to produce the symptoms from which you are suffering. I wish you would let me know about this and also send a specimen of what you get in an enema taken at night.

This rheumatic poison is a widespread evil. More than six million people in the United States are suffering from it, and the evidence to me is becoming more and more convincing that B.coli and its affiliates are the chief causes.

Rest is generally the best of all remedies for pain. Its benefits are negative in that the protection against traumatism afforded by rest gives Nature a chance for carrying on a restorative work. Every movement which causes pain is damaging and produces an injury that must be repaired. Heat is a definitely positive remedy because it fills the suffering part with blood which brings restorative action. Fresh clean blood is healing. Rest should be accompanied by massage and passive movement. There is an excellent Swedish masseur who works in connection with the Biltmore Hotel. I had him give me massage when I was in New York, not because I needed it, but to test his ability so that I would know whether I could safely recommend him. I am sure you will find him a well trained man. He is a Swede and was trained at the Central Institute in Stockholm. You will find it worth while to employ him. Get <sup>rid</sup> rid of the toxins of colon poisons, avoiding things which aggravate the trouble with your hip, and massage and passive movement of your joints will be beneficial. A short very hot sitz bath at night -

Dr. Will Durant:

- 3 -

5-30-40

not more than three minutes duration - will be very helpful.

After examining the specimen which you will send, I  
will be writing you again.

Sincerely yours,

B-k



May 30th, 1940.

Mr. Burritt Hamilton,  
Security National Bank Bldg.,  
Battle Creek, Mich.

My dear Judge:

I have your letter of May 22nd.

I think <sup>your method</sup> of handling the matter is excellent. The fellow is really a remarkable athlete. He has developed his neck muscles until he is able, while lying on his back, to lift his whole body with the exception of his head, straight up into the air and supported by his neck muscles alone. If he were teaching gymnastics I should have no objection to the use of my name, but he is using his athletic ability simply for publicity purposes and lecturing on all sorts of subjects from indigestion to matrimony as you see by his circular. He is a man of very meager education.

I shall await with interest the reply to your letter.

In this case my understanding is that he would have no right to make use of any statement I may have made, for publicity purposes, without my permission. I should like to know if I am correct in this.

Sincerely yours,

B-k

May 31st, 1940.

Dr. Hamilton Holt,  
Rollins College,  
Winter Park, Fla.

My dear Dr. Holt:

I was very much disappointed because I did not see more of you when you were here. I am anxious to get hold of you long enough to initiate you into up-to-date methods of combating **Old Father Time**. I have made some interesting discoveries about B.coli which fully confirm the original discovery of Metchnikoff that B.coli is, if not as Metchnikoff thought, the particular germ of old age, it is at least the leading member of a family of germs which is chiefly responsible for the senile changes which come with advancing years, and one is old when these changes occur not matter what the number of years he has lived.

I have been pursuing investigations along this line for more than fifty years and have made and published a number of discoveries which have proved of very great service in our work at Battle Creek and here and have come to be widely accepted by the profession. Best of all, I have within the last ten years perfected methods for arresting the inroads of B.coli on the vital organs of the body and thus holding old age at bay. Of course I do not mean that I have discovered the secret of immortality, but the degree of rejuvenation that is often found possible sometimes is really almost unbelievable. It is largely a matter of regimen and is something which can be carried out at home when the requirements of an individual case have been determined by proper tests, and the indicated program arranged.

I am looking forward to your promised visit with the

hope of having the pleasure of meeting you again and the satisfaction of making a worth while contribution to your welfare and to the prosperity of your splendid enterprise by showing you how to walk back as did Benjamin Franklin.

I am hoping to have another visit from Professor John Martin and Mrs. Martin. They are wonderful people and I hope they will become important factors in the campaign for race betterment.

Hoping that you will be with us soon, and with best wishes, I am

Sincerely yours,

B-k

May 31st, 1940.

Mr. Leland Hyzer, Treasurer,  
Fairchild Tropical Garden,  
Coconut Grove, Fla.

Dear Sir:

I have your letter of recent date.

From the beginning of your enterprise I have intended to become a life member of your organization, but have been hindered from carrying out my plans by very heavy responsibilities at Battle Creek in connection with the Battle Creek Sanitarium. I want to talk with Dr. Fairchild about my plan, and if he approves of the suggestion I have in mind I shall be ready to make a contribution of \$500.00 or \$1000.00, at the time he returns, and shall be glad to do so.

Assuring you of my great interest in your splendid enterprise, I am

Very sincerely yours,

B-k

May 31st, 1940.

Mr. Harry W. White,  
Berea College,  
Berea, Ky.

Dear Friend:

I have your letter of April 11th.

I am glad to know that you find yourself safe at home after the many perils of travel, and I trust that you find yourself much refreshed by your rest and recreation. I enjoyed seeing you here and I hope that we shall have the pleasure of seeing you again.

I am sending you a box of chocolates.

Thanks for the interesting decorated sugar you sent me. The decorative work indicates that your mountain girls have very skilled fingers.

I have always been very much interested in Berea. I was well acquainted with one of the pioneer teachers of Berea, a professor of mathematics. I knew him when he was a patient at Battle Creek in the 1860's. I think his name was Professor Dodge. He was with us again as a patient after he retired from his activities as a teacher. A little later a president of Berea was with us for some months a year or two before he retired.

Your school has made great history as an educational institution.

Trusting that you are prospering as the result of  
biologic living and hoping to have the pleasure of seeing you again,

I am

Sincerely yours,

B-k

May 31st, 1940.

Mr. Rudolph Bartheau, Secretary,  
American Eugenics Society,  
RCA Building,  
50 West 50th Street,  
New York City.

Dear Sir:

I have your circular letter of May 11th by which I see that the Eugenics Society is making a drive for a larger membership. I am glad to see this and am glad that the Society is still alive and threatening to do something. It ought to be a great power for good.

I established many years ago the Race Betterment Foundation. The purposes of the organization are to study and combat the causes of race degeneracy and to promote race improvement through eugenics or individual hygiene, and eugenics, or racial hygiene. Several very successful race betterment conferences have been held, two in Battle Creek and one in connection with the Panama-Pacific Exposition. Several hundred thousand dollars have been expended by the Foundation in promoting race betterment ideals, chiefly through education, in the direction of biologic living.

Of course eugenics is the fundamental factor in race betterment but a livestock breeder would make little if any progress in improving his herd unless he took proper care of his animals after they were born, and I am sure little progress can be made toward creating a general interest in eugenics unless at the same time an

interest is awakened in eugenics. A person who is not interested in his own health is likely to take less interest in the health of people who are to live several hundred years after him. On the other hand, people who are interested in health and super-health from an idealistic as well as a personal standpoint are almost certain to be interested in racial hygiene.

The Race Betterment Foundation is prepared to spend twenty-five to fifty thousand dollars a year in promoting race betterment ideals in any line that seems to be most profitable. Plans have been in preparation for a lecture campaign and an able lecturer, Mr. Alonzo Baker, has been employed and is already in the field and meeting with great success. At present is an opportune moment because of the recognition of the statistical facts respecting race degeneracy and depopulation and the many evidences of physical decline among white nations.

Mr. Baker gave a few weeks ago a series of lectures in the University of New York. I am informed by Professor Hussey, head of the department of hygiene, that much interest was shown in the lectures, and the same has been true everywhere he has lectured. Mr. Baker is a very forceful speaker and keeps his audiences in a state of almost breathless attention.

Since receiving your circular it has occurred to me that Mr. Baker might render some substantial assistance in the effort to enlarge your membership. He is lecturing several times a week, sometimes more than once a day for several weeks in succession, and he can easily gather in hundreds of just the sort of people you want for the Society, as he speaks almost altogether before dinner clubs,



teachers' associations and other organizations made up of the better class of citizens. Mr. Baker is also Field Secretary of the Race Betterment Foundation. Mr. Baker will be glad to become a member of your organization and to help you as opportunity offers.

The Secretary of the Foundation, Professor Emil Leffler, is visiting New York shortly, and I will ask him to call on you for a conference if you think this would be desirable.

The Foundation has always avoided duplicating work, being undertaken by other organizations and desires to continue the policy of giving its attention especially to special lines of work which are not being undertaken by other organizations.

I shall be visiting New York later in the season and shall try to improve the opportunity to call on you and to discuss further other lines of work that we are undertaking in promoting race betterment. I have in mind a plan by which I think the Society might acquire a large and very influential membership, for the promotion of which I could give some financial assistance. This I will discuss with you when I come to New York, if you think it worth while to give the matter consideration.

Sincerely yours,

P. S. I have not had the pleasure of meeting you but am well acquainted with Irving Fisher, Paul Popenoe, Dr. Davenport, and Mr. McLaughlin, all of whom have visited Battle Creek, and also Madison Grant, who was under my medical supervision for several months on different occasions.

Dr. Leffler, the Secretary of the Foundation, also lectures on race betterment and has for years been one of the most popular lecturers on social and scientific topics in Southern Michigan. As Secretary, his

work with the Foundation will afford him very large opportunities for promoting the work of the American Eugenics Society. Both Dr. Leffler and Mr. Baker will be very useful members of the Eugenics Society and will be glad to join if invited to do so.

Be assured I shall be glad to do anything I can at any time to help your good work by contact through the two institutions, Battle Creek, Michigan, and the Miami-BattleCreek, where I spend my winters.

May 31st, 1940.

Mr. Theo J. Werle,  
Michigan Tuberculosis Association,  
535 South Capitol Avenue,  
Lansing, Mich.

Dear Friend Werle:

I have your letter of May 11th.

I greatly appreciate the work that you and other members of the Tuberculosis Association have done and I have not forgotten the survey which I initiated a good many years ago, and I wonder whether you know of any tangible results that were obtained from this effort. The state appropriated \$100,000.00, \$50,000.00 each for two successive years. Due to lack of enterprise on the part of the person in charge of the survey, the money appropriated was not all used. It was a matter of much chagrin to me. One thing done I have always thought was of real and permanent value, was the education of doctors in up-to-date methods of diagnosis. In this our Dr. Pritchard was particularly instrumental.

As regards a legacy for the Tuberculosis Association, I have the impression that it was now pretty well taken care of by the Christmas Seal sale. I will give the matter thought, however.

Hoping that you and your family are in good health,  
I am, as always,

Sincerely and cordially yours,

May 31st, 1940.

Dr. Charles W. Dabney,  
Winter Park, Florida.

My dear Doctor:

I have your letter of May 24th.

I am sorry to know that you have the urinary trouble still. If your doctor is helping it, by all means stick to him because it is not an easy thing to cure, especially when it becomes chronic. In some cases the best that can be done is to keep it under control and to prevent it from becoming worse. Unfortunately it is like a wild beast that is chained. If it breaks loose it is likely to do mischief.

Do not forget our latch string is always out for you. Come when you find it convenient. If I am not here there will always be a good doctor here who will see that you have a good thorough check-up.

By the way, I have made an improvement in our Protose. I have ordered some sent you. I think you will notice that its flavor is improved, not, however, by adding flavoring but simply by improving the process. It contains nothing but wheat gluten and peanuts.

As a protection against piratical imitators, whose name has become legion, we keep a careful record of the history of all our products. An unfortunate fire at the Sanitarium sometime ago destroyed some of the correspondence I had with you with reference to the production of Protose. I shall prepare a little statement which I think might be used to take the place of the original correspondence if necessary, as

Dr. Charles W. Dabney:

- 2 -

5-31-40

evidence, and am enclosing it herewith. If you feel perfectly free to sign this, I shall appreciate it very highly indeed. It might sometime prove very useful.

If you like Protose, I will be very glad to see that you are kept supplied with it. I have ordered half a case sent you which you will receive shortly.

I am not going home this year the first of June as I have been in the habit of doing, but will remain until August.

With best regards and great appreciation of your friendship during many years, I am, as ever,

Faithfully yours,

B-k

May 31st, 1940.

Professor Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have your letter of May 27th.

I am returning herewith the letter from the Professor of Biology and the other material which you enclosed. His observation that the weather seems to repeat itself once in ninety years is certainly very interesting.

I think there is an increasing number of vegetarians in the country. I had an invitation this morning to accept honorary membership in a vegetarian society recently organized in New York, but, as I have been doing for many years, I declined the honor, as I have never considered vegetarianism as the supreme virtue.

Sincerely yours,

B-k  
Enc.

BRADSHAW, L. W. (1900-1970)  
DIRECTOR, FAIRCHILD TROPICAL GARDEN  
UNIVERSITY OF HARVARD  
DEPARTMENT OF BOTANICAL  
UNIVERSITY OF HARVARD UNIVERSITY;  
DIRECTOR, ARNOLD ARBORETUM

TREASURER  
LELAND HYZER  
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FAIRCHILD TROPICAL GARDEN  
COL. P. J. O'SHAUGHNESSY  
CITY COMMISSIONER, CORAL GABLES

**FAIRCHILD TROPICAL GARDEN**  
INCORPORATED UNDER THE LAWS OF THE STATE OF FLORIDA  
COCONUT GROVE, FLORIDA

SUPERINTENDENT  
DR. K. DAHLBERG  
ASSOCIATE SUPERINTENDENT  
A. C. JORDAHN

BIG TREES

[May, 1940]

We are in need of a number of large trees principally palms. Many old places will look much better if certain trees are removed. Crowding spoils a landscape. If you have any big trees you can spare or if you know of anything available, please telephone the office 4-7100 and give us a chance. We may not be able to use them all, but who knows?

IF NO BIG TREES WOULD YOU LIKE TO HELP PLANT THE ONES OTHERS GIVE?

We are determined to make a good showing next winter. All we need is the money to prepare the ground, buy fertilizer, employ labor and plant the trees. Our budget did not provide sufficient funds to do more than a small part of what should be done. If you approve the suggestion, that we accelerate our planting this summer, will you help us with a check?

Leland Hyzer,  
Treasurer.

**ROLLINS COLLEGE**  
WINTER PARK, FLORIDA  
HAMILTON HOLT, PRESIDENT

*file*

OFFICE OF THE PRESIDENT

June 3, 1940

Dr. John Harvey Kellogg  
The Miami - Battle Creek  
Miami Springs (Miami) Florida

Dear Doctor Kellogg:

It was good of you to write me your nice letter and I certainly am going to avail myself of your invitation to come and make you a visit and have you go over me. It is very generous of you to be willing to do this.

College closes today and after I "clean the dishes", which will take me a few days, I must go North immediately. But next fall I shall hope to avail myself of your kind invitation.

I am also looking forward to having the lecture that you said we could have next year some time in the winter term, for our Adult Education program.

Very sincerely yours,

*Hamilton Holt*

HH:VW



WILL DURANT  
51 DEEPDALE DRIVE  
GREAT NECK, N.Y.  
TELEPHONE GREAT NECK 1991

6-5-40

Dear Doctor:

Thank you for your letter of May 30<sup>th</sup>. I shall, of course, follow your instructions, and from now on I shall take an enema nightly.

I have had difficulties with the diet: the lacto-dextrine gave me a blotched face, with persistent pimples; I substituted B-Lac for lacto-dextrine, but am still bothered. I have discontinued the use of malted nuts for the same reason; but I am Savory Yeast regularly. I shall continue with B-Lac, relying on the enemas to clear the skin.

I have adhered to your diet 100% since seeing you, & indeed, since Dec-1<sup>st</sup>. I take a half hour of exercise daily, and spend two hours, nearly nude, under the sun, daily; but there was practically no sun <sup>here</sup> in the latter half of May.

I have had an egg a day, sometimes  
two; I wonder if this may be delaying the  
change of flora. I drink a glass of  
acidophilus milk twice a day. I have  
a pint of ordinary milk daily.

Nevertheless, my middle finger is worse  
— more swollen, & stiffer — than it was eight  
months ago: The other fingers have not become  
worse, but they are not better. I seem to have  
retrogressed in the last 3 weeks. I am  
wondering whether I should not try the  
Ertrom treatment (high Vitamin-D).  
I have been taking Vitamin B capsules as  
directed by Dr. Jeffrey, but they seem useless.

I shall send Dr. Jeffrey another  
sample of my stools soon. I sent one two  
weeks ago, in which he found more B. Coli  
than when I left you.

In an article I hope to read has not  
made life unpleasant in Florida, and that your  
own health is still a high mark for us to  
aim at.

Sincerely,  
Will Durant

My address after June 7<sup>th</sup> will be Lake Hill, N.Y.

**June 24th, 1940.**

**Good Health Publishing Co:**

**Please send Good Health for one year to**

**Dr. Will Durant,**

**51 Deepdale Drive,**

**Great Neck, Long Island, New York.**

**Start with the July issue. This is to be sent with Dr. Kellogg compliments.**

**THE MIAMI-BATTLECREEK**

**HK**

June 5th, 1940.

Dr. Hamilton Holt,  
Rollins College,  
Winter Park, Fla.

My dear Dr. Holt:

I have yours of June 3rd.

I am sorry you are delaying your visit until next fall. Meantime the things that are doing you harm and eating up your youth are making accelerating progress. I want to go over your case myself and have some talks with you about racial problems, philosophy, etc. I shall not be here and possibly Dr. Jeffrey may be gone if you come early in the fall. I am very unlikely to be here until November. Of course you would get good attention any time you come and much better any time than no time and you are always welcome, but I thought I would let you know just what the situation is.

You will not be disappointed in Mr. Baker. He creates tremendous enthusiasm not by his manner but by the deluge of facts he pours out in a most interesting and impressive way. He is, I think, on the whole, the most impressive speaker I ever listened to. He keeps his audiences on the very tip top of interest from the moment he starts until the end of his discourse and there is not a moment of relaxation in the interest created.

We had Professor Commons with us for two or three weeks and he got such a wonderful uplift that he has resumed work on the interesting book he is writing and which he had to abandon sometime ago because of his feebleness. He is really making a remarkable comeback.

The benefits of rejuvenating treatment are far greater if the recuperative measures are applied before marked impairment develops, because the vital resources are not so greatly reduced. Your college ought to become one of the great centers of race betterment and recognized as such throughout the whole United States and I think Florida has every advantage for promoting individual health betterment. Rollins might become a potent factor in the great revolution in education which is certainly coming, and in the promotion of which I hope you are going to become a great leader. I am sure that the great white race is not going to lie down and perish in a century or two and allow the yellow race to take its place, without making a tremendous effort to prevent such a calamity.

I was a reader of the Independent when Tilton was with it and so long as you were the publisher. Some years ago I read the book "Beecher's Defense," by the son of Harriet Beecher Stowe. It impressed me as a poor attempt to defend a bad cause. I have often wondered if it was received with favor by the public. I used to like his sermons which I often heard when a medical student living in New York in 1875, but some years later I heard him on a public lecture platform make a very unsuccessful and rather repulsive attempt to ridicule people who believed in and practiced simple living and frugality.

Well, I must stop this gossip so you can "wash the dishes."

With great admiration for your splendid work, which I have followed with interest for many years, I am

Very sincerely yours,

388 E. Lyman  
Winter Park, Fla.  
June, 6, 1940

Dr. John Harvey Kellogg  
Miami Springs  
Miami, Fla.

My dear friend Dr. Kellogg;

I thank you very much for the letter of May, 31st,  
and the case of Protose. You are always very kind to me.

I am interested to know that you have improved your  
Protose and that it still contains my old friend, the  
peanut. Would you send me some nice recipes for preparing  
it.

I am returning the sheet inclosed after correcting one  
word.

E Ever gratefully yours,



P. S. I will be in Cincinnati, Ohio beginning next week  
at 5907 Belmont Ave. College Hill.

Some forty years ago when serving as Assistant Secretary of Agriculture, I <sup>suggested</sup> requested Dr. John Harvey Kellogg to prepare a vegetable substitute for meat. This was then regarded as necessary because of the settling up of the western prairies by dry farmers was rapidly causing the disappearance of the great cattle ranges of the West and so seriously menacing the livestock industry that beef was likely to become scarce and high in price.

The Protose which under Dr. Kellogg's instructions you produced was examined by the Government chemist, Dr. <sup>at my request</sup> Dr. Wiley and found to contain as many food units and as much protein as meat. In flavor, texture and appearance, as well as in culinary and dietetic uses, it greatly exceeded our expectations and merited our entire approval, which in the intervening years been fully justified by its increasing popularity and extension of its manufacture and use to other countries.

Charles D. DeBary

Wm. W. Keeney  
June 20th 1940.

The Chief Chemist of my time & the great champion of pure foods and drinks —

June 7th, 1940.

Mr. Garland E. Tichenyer,  
Assistant to Presidency in Zion  
The Auditorium,  
Independence, Missouri.

Dear Sir:

I am glad to have your letter of June 5th and find that you are interested in hearing Mr. Baker's lectures. You will find him an exceedingly interesting speaker and his message a matter of the most serious moment.

He is already on his way to the Coast but will be coming back in the course of a month. I will forward your letter to him, requesting him to get in touch with you and arrange for one or more lectures as he may find desirable. When your people have heard him once they will be glad to hear him again and he is prepared to give them a half-dozen lectures, each one of which will be most informative and profitable.

Hoping sometime to have the pleasure of meeting you and your President, and learning more about your work, I am,

Sincerely yours,

P. S. Mr. Baker thinks very highly of your people and has a sympathetic interest in the splendid work you are doing in health lines and race betterment. You will doubtless hear from him shortly.



June 7th, 1940.

Professor Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have yours of June 7th.

I am surprised that I gave you the impression that I was to receive a salary from the Battle Creek Sanitarium. Most of the time I have worked for the institution without salary, for instance, in forty-five years no pecuniary compensation was given me, not even my board or free medical service. I have paid for everything and for everything I have asked for my friends, also, and if I lend my services to the present organization I do not expect to receive any compensation, as I do not want to put myself under their orders. If I become responsible for the conduct of the institution again I shall receive no compensation for the reason that the institution will need all the help that can be given it.

I have been getting along without compensation and as my wants are very few and the institution will need all the help I can possibly give it, I am turning my resources over to the Race Betterment Foundation.

The world is sitting in darkness with a prospect of accumulated catastrophes. The light of information is needed everywhere and I am trying to do what I can to send light where it is most needed by the most effective means.

In regard to the Vitality Record, it seems to me the most effective way to get that started is to make use of what you have already gathered. Three thousand is quite a large number and ought to be enough to show something; amply enough to determine whether it is valid scientific matter

and will be accepted as such by scientific men. If it should not be, and I confess I have grave fears that it would not be, you will not be disappointed. It lacks a recognized scientific health authority to check it up.

If you can get General Parron of the Public Health Service to sponsor it that would help a lot, or if the American Public Health would sponsor it that would strengthen it greatly, but as an individual effort I doubt very much that it would carry sufficient weight to be a real addition to present knowledge.

An analysis of what matter you have gathered will doubtless present such a jumble of evidence that it cannot be put into such definite form as to secure recognition for there will be so many factors involved in every case that it will be impossible to say with certainty which one is the leading factor. The fact that behind the answer to the questionnaire there is nothing but an individual opinion or an unverified observation greatly weakens the value of the evidence.

As suggestive or confirmatory evidence they will, of course, have some value, but it is a great question how much.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

Box 1825, New Haven, Conn.

June 7, 1940

Dr. J.H. Kellogg  
The Miami Battle Creek  
Miami Springs (Miami), Fla.

My dear Dr. Kellogg:

I have letters from you dated May 27, 29 and 31.

Thank you for writing Gorrell regarding my possibly lecturing at Battle Creek.

I am sorry that you are probably not to see him, chiefly because of your suggestion that when you did see him you would, as I understood you, try to arrange for salary to yourself as cooperator, with the intention of turning it or some of it over to the Vitality Records Office. This was quite <sup>separate</sup> ~~tentative~~ from your suggestion that they might be willing in Battle Creek to make use of my questionnaire, paying \$1 for each.

I did not, however, regard what you said as anything binding and I now understand from yours of May 29 that any such money, <sup>which</sup> you might receive ought to be used to help you purchase the bonds which I hope you may be successful in doing.

I note that you have offered Cohrssen a job and he tells me he has accepted it subject to waiting on the possible engagement of which he told you and which is still a possibility. I would also like, between now and the end of the month, to have him finish up odds and ends for me if this delay will not embarrass you.

IFs

As ever,

Irving Fisher

June 7th, 1940.

Dr. Charles W. Dabney,  
5907 Belmont Avenue,  
College Hill,  
Cincinnati, Ohio.

My dear Dr. Dabney:

Thank you very much for your note of June 6th.

I am sorry you got away North before we had an opportunity to see you, but I hope you will drop in early next fall so as not to put your check-up off for too long a time. I know from my own personal experience that it is necessary to have these check-ups quite frequently in order to be able to catch something that is starting in the wrong direction in time to correct it by some change of regimen before it gets beyond control.

Thank you very much indeed for signing the little note which I enclosed, and also for your corrections. It was Dr. Atwater who made the analysis in connection with the analyses of a great number of other foods, practically everything found in the market, which was published as a bulletin and is still the standard for information concerning the composition of foods. I have had prepared a new statement with these corrections, and would be greatly obliged if you will have this copied on your own letterhead before signing it. I am also having sent to you a number of recipes for the preparation of Protose. In general, however, it may be prepared in just the same way as beef and other ordinary meats.

With my very best wishes and thanks for your great

Dr. Charles W. Dabney:

- 2 -

6-7-40

courtesy, and hoping to have the pleasure of seeing you here before  
the cold weather sets in, or a few weeks later, I am

Sincerely and cordially yours,

ck

Enc.

Some forty years ago, when serving as Assistant Secretary of Agriculture, I suggested to Dr. John Harvey Kellogg to prepare a vegetable substitute for meat. This was then regarded as necessary because of the settling up of the western prairies by dry farmers was rapidly causing the disappearance of the great cattle ranges of the West and so seriously menacing the livestock industry that beef was likely to become scarce and high in price.

The Protose which under Dr. Kellogg's instructions you produced was examined by the Government chemist, Dr. Atwater, and found to contain as many food units and as much protein as meat. In flavor, texture, and appearance, as well as in culinary and dietetic uses, it greatly exceeded our expectations and merited our entire approval, which in the intervening years has been fully justified by its increasing popularity and extension of its manufacture and use to other countries.

**June 7th, 1940.**

**Battle Creek Food Company:**

**Kindly send recipes for preparing Protose to**

**Dr. Charles W. Dabney,**

**5000 Belmont Avenue, College Hill,**

**Cincinnati, Ohio.**

**J. H. K.**

**ROLLINS COLLEGE**  
**WINTER PARK, FLORIDA**  
**HAMILTON HOLT, PRESIDENT**

OFFICE OF THE PRESIDENT

June 8, 1940

Dr. John Harvey Kellogg  
The Miami - Battle Creek  
Miami Springs (Miami) Florida

Dear Doctor Kellogg:

I cannot tell you how much I appreciated your letter just received.

I, too, wish I could drop everything and go down today and see you, but it is simply out of the question. The clouds are so black in Europe that I have got to keep my nose so close to the grindstone this summer that the sparks will fly and I have got to wait until I can take time off. But I would like to come down next fall unless the skies fall.

I am so interested in Mr. Baker's coming here next year. Dean Winslow S. Anderson has charge of our Adult Education program and I am asking him to get in touch with you.

John R. Commons is an old friend of mine. Frankly, he "looked like the Devil" when he was up here last spring. If you can rejuvenate him, you are a double distilled, super A-1 magician, and I hope you can.

Very sincerely yours,

*Hamilton Holt*

HH:VW



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DR JOHN HARVEY KELLOGG

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MIAMI BATTLECREEK MIAMISPRINGS FLO

CONDITIONS GENERALLY GRADUALLY LESS GOOD FAILING

COMPENSATION EVIDENCED BY EDEMO OF FEET RESPIRATION ALMOST

CONTINUOUSLY CHEYNE-STOKES. I SUGGEST YOU WORK ON PREPARATION

OF YOUR TRIBUTE FOR READING. I WILL BE GLAD TO CARRY OUT ANY REQUESTS

OR TO COOPERATE WITH JACK HANS AS YOUR PERSONAL

REPRESENTATIVE

BEN.

NO. [ ]

CHARGE

TELEPHONED 12:20 PM  
BY [initials] TO [initials]

mail

PRESIDENT EMERITUS  
DR. DAVID FAIRCHILD

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DR. E. D. MERRILL  
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## FAIRCHILD TROPICAL GARDEN

INCORPORATED UNDER THE LAWS OF THE STATE OF FLORIDA  
COCONUT GROVE, FLORIDA

SUPERINTENDENT  
DR. K. DAHLBERG  
ASSOCIATE SUPERINTENDENT  
A. C. JORDAHN

June 18, 1940

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COL. P. J. O'SHAUGHNESSY  
CITY COMMISSIONER, CORAL GABLES

Dr. John H. Kellogg  
c/o The Miami Battle Creek  
Miami Springs, Florida

Dear Dr. Kellogg:

I appreciate your letter of recent date. Dr. Fairchild will soon return to this country from his trip into the South Seas. I am sure that he will be glad to discuss with you any plan that you may have.

Sincerely yours,



LH:B

# MICHIGAN TUBERCULOSIS ASSOCIATION

THEO. J. WERLE  
EXECUTIVE SECRETARY



535 South Capitol Avenue

LANSING

June 20, 1940

Dr. John Harvey Kellogg  
The Miami Battle Creek  
Miami Springs (Miami), Florida

Dear Dr. Kellogg:

Your letter of May 31st, received here June 5th, encourages me to suggest a possible mutual interest which some day in the not far distant future should be expanded into a definite activity. The mutual interest to which I refer has to do with the problems of advanced years in human life. These problems involve not alone the diseases of old age, but also the social and economic problems of which in this country we shall likely see more with the coming years. I have had some correspondence on this subject with Louis Dublin of the Metropolitan Life Insurance Company and with some others who have expressed an interest.

While it is true that tuberculosis is still an important problem, it is equally true that the public conscience now permits public health departments to devote a considerable and ever increasing part of their budgets to the control of this disease. The tuberculosis associations the country over are interesting themselves in other health problems. Some are trying to do something about heart disease, others are helping with venereal diseases, cancer and the like. So far as I know no one has yet undertaken to approach the problems of human life in the years above fifty or sixty as one whole opportunity for service.

It is true that the Christmas seal sale in Michigan supplies a fairly good sum for the volunteer work in tuberculosis, and it also is true that

Dr. John Harvey Kellogg

June 20, 1940

for the time being it would probably be quite against the convictions of our tuberculosis men, who control the expenditure of Christmas seal funds, to permit any of the seal sale money to be diverted to any other cause. They do acknowledge that we as a voluntary health agency soon must enter new fields if we would continue as an active organization. All of this leads me to the suggestion that a fund, established and made available to us for the purpose suggested above, could easily become the stimulous for developing a great new human service enterprise.

There is no other voluntary group in this nation so well organized and so able to touch the interest and elicit the response of the common people, as the tuberculosis association. The Christmas seal sale could some day be swung toward asking for support to help solve the problems of "your father" and "your mother". To you I need not enlarge upon the potentialities for service and usefulness in this field. If there might be made available, in any manner, sufficient money to put one able worker with imagination, energy and ability to work on arousing and organizing interest in these problems, I feel the nucleous for a great purpose will have been formed. I should be delighted to be permitted a further exchange with you on this matter.

With cordial, personal greetings and good wishes,

Sincerely,

  
Executive Secretary

TJW:AF

**IDAHO WOMEN'S CHRISTIAN TEMPERANCE UNION**

**President  
Mrs. Margaret Palmer,  
1002 Fifth St.,  
Coeur D'Alene.**

**June 24th, 1940.**

**Dr. John Harvey Kellogg,  
Miami-BattleCreek,  
Miami Springs, Fla.**

**Dear Dr. Kellogg:**

I understand that it is through your generosity that we have been given the supreme privilege of having in our state Mr. Alonzo L. Baker. This is one of the most fortunate things that has happened in Idaho in a number of years. Mr. Baker so completely carries his public with him in his address that no one fails to be convinced of the truths which he presents. Although in some cases there were not large groups to hear him, still those who did come were so profoundly aroused that the indelible impression has been made on the class of people who form public opinion.

The business men who heard him at the service clubs and other places were eloquent in praise and in gratitude. The newspapers were most generous in commending the work of the Race Betterment Foundation for making such help possible. Every day I receive letters - some badly scrawled, some beautifully written - but letters of vast appreciation for Mr. Baker's coming. All say, "He's the best we have ever heard."

The truths about alcohol, about tobacco, and about other problems which have been made evident through your research Foundation have been a great source of help to us in carrying on our work. Our director of Temperance Instruction, who has spoken before nearly every high school and teacher's group in the state, freely quotes from your findings and claims your works as some of her best source of material.

We are deeply grateful that the Lord has led you to do such a great work. We pay His richest blessing on you and most humbly thank you for letting us have this superb help for the State of Idaho.

**Very gratefully yours,**

**Margaret Palmer**

**(Mrs. Dan W. Palmer)  
President, Idaho W. C. T. U.**

June 24th, 1940.

Dr. Will Durant,  
51 Deepdale Drive,  
Great Neck, Long Island, New York.

My dear Dr. Durant:

I am sorry to have to tell you that through the oversight of my secretary your letter has just come to my notice. I hope such a thing will never happen again. I have gotten behind in my correspondence and your letter somehow got out of sight with other letters that were really not urgent, and so escaped the prompt attention that I should have given it, for your health is a matter which gives me a great deal of concern.

Rheumatism is so much a climatic affair that it is sometimes persistent in spite of the greatest attention to the dietary. I have found this to be true in my own personal experience, as I think I explained to you. However, after much experimenting I made the discovery that the most important thing of all is keeping the colon poisons down to the lowest possible level. When the acidophilus drops to 40 or 50, the rheumatism trouble is pretty certain to be worse. When it is kept up to 75 to 90 the trouble subsides. As a result of some experiments I was conducting, my own acidophilus dropped to 50 a few weeks ago, and at once the middle finger of my right hand swelled up and became very sensitive. This caused me to stop my experiments and give attention to changing the intestinal flora and it now has been holding at 85 to 90 for sometime and my finger is rapidly improving. I must give the sun baths some credit, also. I have been roasting myself to a nice brown color and find great benefit from doing so.

You refer to the hot weather. I wish you were here to enjoy this delightful summer weather. The highest temperature that has been reached this year is 90 degrees and this is the hottest month. The temperature was 90 this morning and not at all uncomfortable, for a pleasant cool breeze prevents the least discomfort in the shade. I have always gone home heretofore on June 1st. This year I have stayed on, partly for the purpose of testing the climate, but really for the purpose of experiencing the benefit which I am glad to say I am getting from the potent sunshine and exposure of the skin many hours every day to light and air. The temperature is rarely below 80 and the day and night temperatures differ in not more than two to five degrees most of the time. One, therefore, feels the need of a little covering at night. The government meteorological officer of Miami informed me that during the fifteen years he had been located here he had not spent a single night when covers were not needed. The southeastern trade winds blow practically all the time, day and night. This is, I think, one of the best climates in the world for a person suffering from rheumatism. Acute inflammatory rheumatism, the worst form of the disease, is almost unknown in the tropics and is very rare here.

You inquire about vitamin D. You are getting so little sunshine it certainly would do no harm to take this vitamin in liberal doses, but it is not to be forgotten that the form of rheumatism from which you are suffering is really an infection and must be mastered by building up the resistance of your body. I am very certain that this disease is often perpetuated by a continued infection from the colon.

I cured one very bad case of rheumatism many years ago by making an opening in a man's cecum and introducing a permanent drain, through which he washed his colon out thoroughly once or twice a day for a year. At the end of that time the patient came back and I closed the opening in the colon and have never heard of any return of the rheumatism since. I do not drain colons any more because I am satisfied that the same result can be obtained by chang-

ing the intestinal flora in a thoroughgoing way and keeping it changed.

At the present time heat, protection from injuries and freeing the body from poisons are in my opinion the very best remedies we have against rheumatism. Hot baths of any sort are useful, local heat is of great value to the hands. Recent researches indicate that rheumatism is a self-limited disease. If left to itself it is likely to produce great deformity before it ends its career in an individual case. Such a patient was brought to me a few weeks ago. The poor man was suffering from the disease in almost every joint in his body. His muscles had almost entirely disappeared, and many of his joints were ossified. He had to depend on a rolling chair for transportation and often had to be lifted and carried around. But he was an active business man and carried on a very successful business and was really very comfortable except for his greatly curtailed motility. There was not the slightest pain in any of his joints. The disease had burned itself out. The discovery of this tendency toward ultimate termination is an encouraging factor which inspires hope that the disease would finally be conquered by means of physiologic measures which will hasten the natural curative processes and abbreviate the cycles through which morbid processes pass.

In your case, the disease has not yet gotten into the bones to any serious degree but is almost wholly confined to the parts about the joints and can and will be conquered by the persevering efforts which you are making. The process will be very greatly shortened by keeping the acidophilus at a high level, because this will greatly lessen the production of toxins in the colon, the absorption of which lowers vital resistance, lessens the work of the kidneys and so greatly promotes the curative process. My observations have convinced me that in such cases as yours the affected parts should be kept warm continuously, never allowed to get cold, and kept from injuries, that is, never allowed to be hurt by usual or accidental contacts, and in addition, by way of treatment,



bathe in hot water at 113 to 115 degrees temperature for fifteen to twenty minutes two or three times a day, with rubbing and care to make the flexing of the hands complete so as to put the joints through their whole range of motion at least twice a day. Recovery will be rapid.

We often see cases in which, when ideal conditions can be maintained, recovery is very rapid indeed. I have seen symptoms almost wholly disappear within three or four weeks. In other cases I have seen persons who were very badly crippled in knees, toes, ankles, hands and shoulders, make complete recovery within a year or a year and a half, but these cases were those in which very favorable circumstances permitted the most thoroughgoing treatment and complete protection of the joints from the little hurts sure to occur occasionally which the ordinary use of the hands naturally involved.

A heating compress at night I have used in hundreds of cases and always with benefit. Still greater benefit is the result of constant use of the heating compress day and night, interrupting the treatment only for the very hot applications, hot baths and rubbing, two or three times a day. The benefits received from the hot bathing is always evident during the treatment. Often the rubbing, painful at first, becomes painless before the treatment is ended. The stiffness also lessens, often disappears entirely, but is likely to return again rather quickly when the hands are exposed to a chill. This makes the successful treatment of rheumatism difficult and tedious in places subject to pronounced vicissitudes of temperature.

If you could devote yourself unreservedly to the treatment of your rheumatism trouble for a few weeks you could probably conquer it completely. If, however, you must continue your work, the process will of course be slower but I have the utmost faith that you will conquer in the end.

There are certain remedies which now and then give remarkable and very quick results. I have seen cases of rheumatism of many months standing make complete recovery in a very short time after the removal of a diseased tonsil and know of a number of cases in which the injection of bee venom has caused quick disappearance of severe rheumatic symptoms. Success also some times follows the injection of certain serums. It would do no harm to try some of these measures sometime, although I think it a far more promising outlook is in the cultivating and maintaining of a high acidophilus level. The fact that the B.coli count has increased is an indication that there is need for greater diligence in combating this bad germ, which is probably responsible for more misery and physical incompetency than any other known to man. It is a veritable Dr. Jekyll and Mr. Hyde - Jekyll when plenty of carbohydrates are available and Hyde when it feeds on protein. I think I wrote you about the paper I was preparing on B.coli, and perhaps sent you a copy, but not being quite sure that I gave you the paper I am sending you a copy with this letter to be sure that you have it. Since writing this paper I have submitted it to several eminent bacteriologists and have their okeh on it.

The vicious character of this organism seems to have been generally overlooked by practitioners; because of the fact that it is so universally present in the human colon it is quite frequently referred to as a normal resident of the colon. I have proved that this is not the case by showing that it is often wholly absent from the colons of the higher apes which are the nearest relatives of man, in the animal kingdom. Numerous cases have been reported in which the rheumatism has disappeared after removal of a large part of the colon, evidently as the result of getting rid of the poisons which result from carrying about in this great reservoir, large quantities of refuse, with trillions of poison-making germs and feeding thereon.

I am glad to learn you are adhering closely to the biologic code. It is the most profitable thing any person can do who desires to live a long and efficient life.

I hope you receive Good Health regularly. It has been my aim always to publish in every issue of this journal some outstanding evidence of the value of the biologic life. I have ordered the journal sent to you regularly and hope you will find it worth while to glance through it occasionally.

With very best wishes to Mrs. Durant, I am

Sincerely yours,

P. S. The facial pimples are often the result of the absorption of colon poisons. I have rarely known this condition to persist after the intestinal flora was thoroughly changed. The regimen you are following at present with the evening enema should cause them to soon disappear. I have never known pimples to appear as the result of the use of carbohydrates. They do sometimes result from the free use of fats, especially animal fats. They usually indicate low resistance. Bathing the face with very hot water or hot and cold applications is a method that very often results in the disappearance of the pimples by improving the circulation of the skin through raising its resistance. If the pimples do not disappear it would be well to consult a skin specialist. Sun bathing, especially a good sunburn of the face is often a most effective measure. My late lamented friend and colleague, Dr. Martin, once became very susceptible to the germ which causes pimples. After suffering very much from the infection for a long time and using many other remedies, he was permanently cured by taking my advice to take his dinner out in the sun bath and getting his whole skin well tanned. In a very short time the infection disappeared and never returned.

# Oglethorpe University

MANU DEI RESURREXIT

*Good minds, good morals, and good manners*

Oglethorpe University, Ga.

June 26, 1940

Dear Dr. Kellogg:

We should like very much indeed to have a framed and autographed photograph of yourself to hang on our walls in the corner set aside for photographs of our distinguished honorary alumni. The size of the photograph and the style of framing are immaterial. Just use your own judgement.

Looking forward to receiving this photograph and with very best wishes, I am

Heartily yours,

  
Hornwell Jacobs,  
President





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**MZA1 25 NT=BATTLECREEK MICH JUN 26 333**

**DR J H KELLOGG=MIAMI BATTLECREEK=**

**GORRELL WILL GIVE FISHER ONLY ONE QUARTER OFF ROOM AND BOARD**

**ONE HALF OFF EXAMINATIONS. FISHER WANTS TO COME JULY FIRST**

**WHAT CAN YOU SUGGEST=**

**RICHARD (05)805A JUN 27 33**

June 27, 1940.

Doctor:

Perhaps I should remind you that you have never used for Good Health yet the two reprints of the chapters that you added to "How to Live," the latest edition. If you are going to publish some more articles on Nutrition, as already promised in Good Health, perhaps you can make use of them.

C. K. B.

From "Public Health Reports," Washington, D. C.,  
55:667-710 (April 19), 1940.

### CANCER MORTALITY IN THE UNITED STATES

91 Statistics recently issued by the U. S. Bureau of Census record a total of 149,214 deaths from cancer in this country in 1938; 69,857, or 47 per cent, of these occurred in men and 79,357, or 53 per cent, in women. During the four years 1934-1938 the increase in recorded mortality from cancer amounted to 10.5 per cent, as compared with an estimated increase of 2.8 per cent in the population. An increase of 13 per cent is shown for men as compared with 9 per cent for women. The largest percentage increase was recorded for cancer of the respiratory system (52 and 39 per cent for men and women respectively), while broad classification groups showed a decrease for cancer of the buccal cavity and pharynx (for both sexes) and cancer of the skin (for men only). Cancer of the digestive tract and peritoneum caused 47 per cent of the total cancer mortality in 1938. The number of deaths from cancer of the various sites in this classification increased 9.3 per cent for men and 6.8 per cent for women during the four years. Deaths from cancer of the genito-urinary organs (uterus excluded) increased by about 20 per cent for both sexes. Cancer of the uterus (which caused 20 per cent of all cancer mortality in women in 1938) increased 4 per cent, while cancer of the breast increased 10 per cent during the four years. Of the 149,214 deaths from cancer 719 were of patients less than 10 years of age, and respectively for the following decades: 743, 1,985, 6,296, 17,477, 31,541, 41,244, 35,871, 12,289, 1,000, and the age of forty-nine patients at death was not stated.

June 28th, 1940.

Mrs. Clara K. Butler,  
The Inn,  
Battle Creek, Mich.

Dear Sister Clara:

Thank you very much for your note of June 27th,  
reminding me of the papers promised for Good Health on "How to  
Live."

Your brother,

hk



June 28th, 1940.

Professor Irving Fisher,  
c/o Vitality Records,  
26 West 44th Street,  
New York, N. Y.

Dear Professor Fisher:

I moment ago I happened to recall a statement you made to me sometime ago to the effect that a revised edition of your book How to Live was not selling as well as it formerly had done. Of course the book has been so long on the market as How to Live that it has naturally slowed down in its sales, but your book is so practical, so complete and comprehensive it seems to me it ought to continue to be a good seller for an unlimited time, like the bible, the dictionary, and other standard books.

It also occurred to me that I might do something to help its sales. I have been so busy with my multifarious duties and tribulations that I have not thought of this before, as I otherwise would have done.

I am sending Baker all about the country. He is talking to dinner clubs and various other organizations and he is everywhere finding lively interest relating to health. Besides that we have here several hundred patients every winter and at Battle Creek several thousand in the course of a year, everyone of whom ought to be a purchaser of How to Live. To whom shall I write for terms? Have you gotten out a new edition? If a new edition has been issued does it contain the papers on alcohol, tobacco, meat and bowel rhythm?

I hope you are keeping well.

Sincerely yours,

hk

P. S. I suppose you will be in Battle Creek soon. I wrote a strong letter to Dr. Correll, telling him you were going to be in Battle Creek and suggesting that you would be willing to give a lecture or two which would be strongly in favor of Battle Creek ideas. One of your lectures there would be worth ten times, likely a hundred times, its cost to the institution and it would be very shortsighted policy if they do not improve the opportunity to let the patients hear your testimony in favor of biologic living. I am writing Mr. Judd again, urging him to call Dr. Correll's attention to my letter, although I feel somewhat apprehensive that they will interpret my interest as being prompted by some personal objective.

Dr. Correll is finding his situation rather precarious because he is not a member of the Board and is wholly subject to their domination.

Copy to Prof. Fisher,  
Battle Creek Sanitarium,  
Battle Creek, Mich.

May 29, 1940

Dr. John Gorrell,  
The Battle Creek Sanitarium,  
Battle Creek, Michigan.

Dear Doctor:

Professor Fisher was here a few days ago. He tells me that he is going to be passing through Battle Creek twice during the summer, July 1 and July 29. He will be glad to stop off a few days on each occasion and give you a lecture or two on his experience in battling for health, the successful part of which has been along lines parallel with our own, in fact, our own methods which he learned by making a visit to Battle Creek about 35 years ago. He speaks most emphatically in favor of Battle Creek ideals and principles.

Sincerely yours,

b

June 29th, 1940.

Mr. Theo J. Werle,  
Executive Secretary,  
Michigan Tuberculosis Association,  
535 South Capitol Avenue,  
Lansing, Michigan.

Dear Werle:

I have received your letter of June 20th with reference to work that you think should be done for elderly people. I am much interested in what you write about this, as I have been awake to the importance of this line of work for many years. Fully twenty years ago I started the Three-Quarter-Century Club. Clubs have been organized in other places than Battle Creek and have been very successful indeed. They always arouse interest in a community and do a world of good. The large club organized at Battle Creek has met regularly every week now for many years, and their meetings are always interesting and profitable. I am preparing to spread the work out over the whole country. Not long ago I created a trust in which I gave practically all of my remaining resources, the rest having been disposed of to different trusts which I have established with specific purposes, and in my last trust I instructed my trustees to organize a vigorous campaign for the establishment of the Three-Quarter-Century Club, and the general aim should be amelioration of the condition of elderly people, both physically and socially. The old age pensions that are now provided and the public welfare organizations will greatly help in the work, and if the Tuberculosis Association will take it up a vast amount of good can be accomplished.

I started a few years ago a bulletin for circulation among the elderly people and am arranging to revive it shortly, and also to

put a number of people in the field organizing clubs which are needed in almost every town, even those that number not more than two or three thousand inhabitants, because the proportion of old people is rapidly increasing on account of the low birth rate.

I am glad to find that, contrary to my expectations, tuberculosis is decreasing so rapidly that the Tuberculosis Association is so richly endowed by the ~~real~~ sale that it is finding it necessary to look around for new fields of activity to make use of its funds.

Undoubtedly a considerable part of the lowered tuberculosis morbidity is the result of the activities of the Association, but I think a considerable percentage, perhaps the greater part of it, in fact, may be due to the lowered birth rate, which has greatly decreased the proportion of persons who are susceptible to this infection.

I hope to have the pleasure of meeting you sometime when in Battle Creek this summer.

With best wishes and kind regards to your family, I am

Sincerely yours,

P. S. I am spending part of the summer here this year and greatly enjoying this lovely Florida summer weather. It is simply delightful. Never a day too hot and never one so cool as to be uncomfortable. The temperature never rises above 90 and rarely falls below 80. There is on the whole very little difference between day and night temperatures. It is two or three degrees cooler at night than in the daytime, but never uncomfortable because of the fine seabreeze that continually sweeps over the south end of the state. It is really an insular temperature. When the advantages of this southern

Florida climate become known to the public there will be a great migration to this part of the world.

hk

June 30, 1940

Mrs. Clara K. Butler,  
The Inn,  
Battle Creek, Michigan.

Dear sister Clara:

I am sending you copy which I think will finish Good Health. With this you will have everything except the Chats for Readers. You have not sent me any questions, so I have no material for this. If there are any questions, send them down and I will prepare the material you require.

I am sending Mr. Baker's article, which is so long it had probably better go in General. He might arrive in Battle Creek before time for publication. In that case you might suggest to him to put in a few heads. If you need any more material let me know and I will send it along.

The weather is fine. The temperature runs along between 80 and 90 day and night. There is usually a nice breeze, and if one takes care to dress very lightly it prevents discomfort, at least for me. I have heard no complaints from patients of excessive heat. Once in a while there will be a short calm, but with a fan one can have as much breeze as he likes and so there is no occasion for complaint. I like the climate exceedingly. We have frequent rains which keep the air cool and a good many clouds which hide the sun part of the time.

I do a good deal of my work in the sun bath. I seem to

Mrs. Clara K. Butler, No. 2.

be getting rested. My brain works better.

I have employed Mr. Cohrrsen, who will arrive Tuesday morning. I think he will be quite a help to me. He has been working with Fisher for quite a long time. Fisher said that he has been the best help he has ever had and that he has one of the greatest minds that he has ever encountered. I feel most of the time that I am in need of the help of a great mind, so I hope he will prove to be just the kind of help I need.

I will try to send you another box of fruit in a day or two. The season started with a fair prospect for mangos, but a very heavy rain caused them to drop off the trees before they were ripe and so most of the crop is ruined. There will be a few Brooks mangos soon and I will send you some of these. The little peach and apple mango crop failed entirely. The failure was due to the cold spell which I am sure that you will remember.

Mr. Bailey complains some about the heat and so I have had the air conditioning apparatus which was in your room transferred to his. I really feel no need of it. I spent several hours yesterday in the shade in the sun bath and to my surprise found one half of my body as red as a beet, with almost no exposure to the sun's rays; in other words, the result of skyshine. The sun is almost exactly overhead and the ultraviolet rays are evidently very active.

Patients are much reduced (less than 20), so there is



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Mrs. Clara K. Butler, No. 3.

not very much to do, but the number is about 50 percent more than last year.

With best wishes, I am

Your loving Brother,

b

June 30th, 1940.

Dr. Hamilton Holt,  
Rollins College,  
Winter Park, Fla.

My dear Dr. Holt:

I have your kind note of June 8th.

I am sorry that you cannot come soon, as I am anxious to get you started on the upward road.

Professor Commons came down from Fort Lauderdale today to report progress, and he certainly is climbing up wonderfully. The wrinkles have smoothed out of his face amazingly. The elasticity of his skin is returning and he looks and is feeling better. He is working hard on his book. He is very happy indeed to find himself undergoing such remarkable rejuvenation. He is a very delightful man and has doubtless done a world of good. It is a pleasure to be of service to him. He was unable to work at all when he came here a few weeks ago and was very much discouraged, fearing that he should never be able to finish the book in which he has summarized the work of his lifetime.

Hoping that I may have the pleasure of seeing you in the fall, I remain

Sincerely and cordially yours,

P. S. I do not claim any magical powers at all. The thing is very simple. It is only to follow the instructions of the Good Book, which is "To cease to do evil and learn to do well." What good I have been able to do in the

world is much less than I wish it was, but I am sure is due to giving attention to a few simple things which are generally considered of little importance.

Professor Commons has smoked too long to make a real rejuvenation possible, but he certainly already has more than doubled his life expectation, and if he keeps on improving the way he has been doing in the last few weeks, within a few months he will begin to feel some youthful oats sprouting. He is delighted with the improvement he has made and has become a bitter enemy of the tobacco habit which held him in bondage the greater portion of his life.

Mr. Baker is on his way back from the West, where he has been most enthusiastically received. He has lectured nearly every day he has been away and not infrequently two or three times daily. I am sure that your people will be glad to meet and hear him. I am receiving most appreciative letters from those who have listened to his addresses.

hk

July 1st, 1940.

Dr. Jean Saidman,  
49 Avenue Victor-Emanuel III,  
Paris, France.

Dear Dr. Saidman:

I have your letter of May 2nd.

I am writing you to assure you of my most sincere sympathy. I know that you must be in great distress over the outcome of the war with Germany, and it certainly must be a great calamity to the whole world. I do not know how profoundly it may affect your professional work. I am hoping that the outcome of this world struggle may be somehow better than it looks at the present time and that your people may find a solution of their problems which now looks like an almost irreparable collapse. I cannot find words to express my feelings in relation to this situation. I hope that I may hear from you later and that your personal situation may prove to be better than I fear.

I thank you very much for your kind thought of me in the book that you are preparing, a project which may possibly be hindered by the disastrous end of your country's heroic struggle. I am sorry that England did not succeed in giving you the help you ought to have had. I fear the strength of the German military force was not appreciated as it might have been. But I suppose we will know more about these matters later on when the final outcome of this terrible struggle has been reached.

Hoping that you have reached your journey's end safely and that you find the situation better than I fear, I am, with very sincere and hearty sympathy,

Your confrere,

WILL DURANT  
LAKE HILL, N. Y.

7-2-40

Dear Doctor:

Thank you for your fine letter of June 24<sup>th</sup>. I have added to nightly enema to the regimen you prescribed for me, and have been a faithful patient except for impatient abbreviation of the hand-bathing and massaging process in the morning and the evening — so eager to get to work in the morning, & so tired at night.

I will report to you later on about any progress I may make. Recent rainy & cold weather has made my fingers worse, but I'm sure that is temporary. Perhaps will move to Miami Beach after my obligations to my parents have been completed.

Sincerely  
Will Durant

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MRS. EMMA S. IRWIN

—  
TELEPHONE  
2-9950

July 3, 1940

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

My dear Dr. Kellogg:

I take this method of thanking you on behalf of THE THREE SCORE AND TEN CLUB and also of myself personally, for the many courtesies and great favors which you have contributed to our members and myself. Your generous liberality and kindness is esteemed only in comparison with our appreciation of the fact that you have been a member with us for more than ten years.

In looking back over our records, we find that you delivered three valuable lectures to us when we were holding our meetings in the auditorium of the First Christian Church and you have also favored us with four health lectures in our own auditorium since we moved in here, nearly seven years ago.

In addition you have invited us on seven different occasions, as your guests at the Miami-Battle Creek Sanatorium where you entertained us with luncheons and health instructions yourself and your staff joining in the same. The last two of these occasions were in April of this year when you had about a dozen of our 90 year olds, present at a banquet, and again in May when there were 56 of us, 80 years old and over, partook of a splendid dinner, followed by both indoor and outdoor entertainment in which you and the Battle Creek staff participated to our great pleasure and amusement.

Your doctors have rendered most helpful and beneficial services to many of our needy and thankful members whose health have thereby been greatly improved.

The moving pictures which you had taken by your staff at our May dinner, have been brought to our Club rooms and shown to an enthusiastic audience of our membership. Many have expressed their great appreciation of this generous exhibition on the part of your efficient moving picture staff, led by Mr. and Mrs. Lloyd Buller, for whom we cannot express too much esteem.

We have spoken to Mr. Buller concerning the use of some of these pictures in our next year-book which we hope to get out within a few months. In that book, with your permission, we should also like to use a portrait of yourself and your immediate official staff, all of whom have contributed to the health and happiness of the  
THREE SCORE AND TEN CLUB MEMBERS.

We shall always be glad to see you or any of the Miami-Battle Creek Staff, at the meetings of our Club. We are open every day from 9 a.m. until 6 p.m. except Sunday, and we have three public entertainments every week, Tuesdays from 2 to 4 p.m., a Round Table discussion; Thursdays from 2 to 4 p.m., a general entertainment; and on Saturday evenings from 8 to 11 p.m., the Club's weekly social.

Most cordially and respectfully yours,



THE THREE SCORE AND TEN CLUB

T. S. MEEK PRESIDENT

Material

July 3rd, 1940.

Professor Irving Fisher,  
P. O. Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

Cohrssen is here. I am glad that he finished the work that he was doing for you before leaving and hope that he will prove as helpful to me as he has been to you. I am very greatly in need of help. He will have to have a good deal of coaching. He impresses me as being the kind of man who will be a pleasant associate, as well as an efficient helper. Thank you very much for calling my attention to him and facilitating my efforts to employ him.

I have suggested a plan by which I hope we may begin very soon a practical application of your Vitality Records scheme by making it a part of my study of a thousand patients who have come under my supervision at Battle Creek and the Miami-BattleCreek, if it will be agreeable to you for me to do this. I should, of course, expect to bear all the expense involved in printing, postage, clerical work, etc. I will write further about this or have Mr. Cohrssen do so after I have had an opportunity to look over the questionnaire in its new form.

By the way, I have found a fabric which I am using for a bed gown, in place of a covering sheet, when I find it necessary to avoid unpleasant effects from drafts during the warm nights. The temperature is often 90. It seems to be warmer down here than usual but so far as I know the mercury has not risen above 90. I tried serge cloth, but it was too frail. This cloth is generally used for window curtains. I under-



stand the cost is 25¢ per yard here in Miami, the price may be different elsewhere. I am sorry that I did not get to see the fabric you were using, as I hoped to do, but the steady hurricane of things requiring attention which I live under prevented me.

This fabric is quite satisfactory. It can be handled like any other kind of cloth, though the edge must be turned over at the seams on account of the open weave. It prevents currents of air striking the body and the rapid evaporation which produces chilling and holds a layer of dead air in the open spaces just sufficient to produce a slight sensation of warmth and protection.

I think your idea of sleeping with the skin exposed to the air as much as possible is a good one and have recommended it for many years, but have generally been so thoroughly tired out when I went to bed that I have not paid much attention to it personally until now when I am having a better chance to give attention to these details of hygiene in which I thoroughly believe as potent health promoters. I think the very porous material I am sending you, which may be the same that you are using, is going to be very valuable for us here because when the temperature gets up to 90 the moving air will chill an exposed part while the covered part will sweat and discomfort will cause removal of the cover and then comes greater chilling. Neuritic or rheumatic pain is likely to follow in people who have an arthritic disposition. The open mesh cloth prevents this by allowing sufficiently rapid escape of skin moisture to prevent perspiration, while at the same time preventing unpleasant cooling by drafts.

Thank you very much for your persistence in calling my attention to good ideas, notwithstanding my seeming obtuseness and apparent lack of appreciation, which, however, is not so great as it appears to be.

Sincerely yours,

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

P. O. Box 1825

New Haven, Conn.  
July 3rd, 1940

Dr. John H. Kellogg  
Miami Battle Creek  
Miami Springs, Florida

My dear Dr. Kellogg:

Thank you for yours of June 28th / "How to Live"  
has been selling somewhat better since I spoke to you.

I should be, of course, delighted to have you help  
stimulate the sales and I am writing Mr. Neisel of Funk & Wagnalls  
to get in touch with you. There has been no new edition since the  
one to which you contributed, which does contain the papers on  
alcohol, tobacco, meat and bowel rhythm.

I expect to arrive in Battle Creek on the 12th and  
to leave there on the 15th.

Dr. Richard Kellogg wired me in accordance with a talk  
we had here stating that Dr. Gorrell told him he had written me in-  
viting me there. I replied that I received no such letter but as-  
suming I was invited would arrive on the 12th.

Sincerely yours,

*Irving Fisher*

IF:M

July 4th, 1940.

Mrs. Dan W. Palmer,  
President, Idaho W. C. T. U.,  
1002 Fifth Street,  
Coeur D'Alene, Idaho.

My dear Mrs. Palmer:

I thank you most heartily for your very kind letter of June 24th.

I knew Mr. Baker would help your cause and that is one of the chief reasons I thought it worth while to incur the expense of sending him West. His work is greatly needed here in the East and he is kept busy every moment, but the W. C. T. U. work has always been very near my heart. Mrs. Kellogg organized and directed for many years the National Health Department of the W. C. T. U. work. Frances Willard and her associates were frequent visitors to Battle Creek. I have myself been an honorary member of the association for more than fifty years.

The few splendid years when we enjoyed a very pronounced mitigation of the terrible evils of intemperance the world owed chiefly to the educational work of the W. C. T. U., and great honor is due the noble women who have sturdily stood by their standards during the long struggle against alcohol. Prohibition failed because the self-seeking politicians and the whiskey mongers joined hands in deceiving the honest people of the country by false statistics and plausible but meretricious arguments and so succeeded in robbing the country of the greatest blessing ever conferred upon it by the voluntary action of a great nation. This great boon was lost because the great educational campaign started by Frances Willard and

her colleagues was considered no longer necessary since the victory had been won and the sale and the manufacture of alcohol was forbidden by law.

And so the battle must be fought again and possibly victory may be achieved once more by a campaign of education. The Race Betterment Foundation is going to do what it can to help. I have put all the resources I possess in this world behind it, and I am anxious to cooperate with every organization which with similar aims is working for human betterment through social and civil means.

And so if the Race Betterment has helped you it was because you were helping the Race Betterment Foundation. We are both working for the same great cause, human welfare, and there is certainly grounds for hope that if National Prohibition is not again achieved we may at least have the greater part of America protected by making alcohol an outlaw, which was in my opinion the chief benefit derived from prohibition.

With best wishes for your good work, and thanking you for your kind expression, and hoping that we may have many more opportunities for cooperating with you and your colleagues in the splendid work of the W. C. T. U., I am

Sincerely and cordially yours,

hk

July 4th, 1940.

Mr. Thomas S. Meek,  
The Three Score-and-Ten Club,  
150 Southeast First St.,  
Miami, Fla.

Dear Mr. Meek:

I have your kind note of July 3rd, and I hasten to assure you that I am not entitled to any share at all in the thanks you expressed because you have found pleasure in your visits here. It may all be attributed to the efforts of my colleagues, and I am sure they experienced great pleasure in entertaining and serving to their best ability the splendid people you brought out here, whom we hope to have the pleasure of meeting again and many times.

Our job in the world is human service, and we would feel quite out of place and most unhappy to be occupied in any other way.

It has always been a very great pleasure to meet you and to witness the splendid results of your work in behalf of a class of citizens to whom this and every other community is most of all indebted and yet who are most of all neglected, one of the most anomalous and unaccountable neglects and yet one that is found in every long established community. I am glad to see that the world is just beginning to awaken to a recognition of this great oversight in organized communities.

A day or two ago I had a letter from Mr. Werle, Secretary of the Tuberculosis Association of Michigan, in which he disclosed to me the interesting fact that the Tuberculosis Association was in danger of getting out of work because its labors have been so successful that tuberculosis instead of being so far ahead of other diseases in destroying

human beings that it was referred to as the Great White Plague, the chief destroyer of human beings in America, it had fallen to sixth place in the mortality lists, and they were looking around for new jobs which needed to be done and which would afford opportunity for use of some of the surplus funds which they are getting from the enormous Christmas sale of their seals, which now brings into their treasury \$11,000,000.00 every Christmas season. In looking about he had discovered the same great need that you and I have recognized for many years, and he was writing me to get my opinion of the advisability of taking on this type of community work as one of the activities of the great anti-tuberculosis association now one of the most active and successful welfare organizations in America.

I am waiting for a chance to talk with you to get your views on this subject. I had been wondering what had become of you. I have not seen you at all. Why don't you come out for treatment at least several times a week? Old Father Time is an inexorable enemy and never agrees to an armistice, but just keeps right on incessantly in his efforts to mow us down. Do come along and let us have a chance to keep you alive as long as possible. "Salvation is free" up this way, at least to splendid old heroes like you, one who has fought a great battle all his life for the promotion of truth and the subjugation of evil and is devoting the last precious moments of his existence to helping and blessing his fellows. When you come to pass off, I am sure the hundreds of beneficiaries of your generous efforts in this community will build a monument in your memory, and if I am still hanging around here I will beg for the privilege of dropping a tear on the foundation stone.

Mr. Thomas S. Meek:

- 3 -

7-4-40

Do come out and see us. We are getting lonesome for the  
sight of you. Your friend and colleague in human service,

As always, sincerely and cordially yours,

hk

Fidelity Union Trust

SALEBOOK MFG. CO.

MADE IN U.S.A.

**ROLLINS COLLEGE**  
**WINTER PARK, FLORIDA**  
**HAMILTON HOLT, PRESIDENT**

**OFFICE OF THE PRESIDENT**

Summer Address  
Woodstock, Connecticut  
July 6, 1940

Dr. John Harvey Kellogg  
Medical Director  
The Miami - Battle Creek  
Miami Springs, Florida

Dear Dr. Kellogg:

It was certainly good to get your letter. Don't think for a moment that I have forgotten you.

As to Professor Commons when he came up to Rollins last winter I thought he was at the point of transfiguration he looked so old and wrinkled. If you can make him feel some of his, as you say, youthful oats sprouting and can do it by the simple process of following the instructions of the Good Book I say bless your heart. Perhaps you and Ed Howe, the late Editor of the Atchison "Globe", would agree, for he gave the three rules for a successful life as "Work hard, eat less, behave."

Sincerely yours,

*Hamilton Holt*

hh:onp



July 6th, 1940.

Dr. Will Durant,  
Lake Hill, N. Y.

My dear Dr. Durant:

I have your letter of July 2nd.

I am sure the enemas will be useful in helping you to get your flora changed. I recommend also the free use of bananas. If you will put into the enema a heaping dessertspoonful of lactose it will greatly help toward changing the flora.

If you will send down a specimen once a week, we will keep close track of this, and if we can keep you from getting worse until you get down here into Florida, especially in the summer sunshine, your rheumatism will rapidly evaporate.

I confessed to you that I had trouble with my fingers, I think as much as you have. It worries me because I know that sooner or later there will be an extension to other parts, and when I have this in spite of my biologic living, I know it means that the disease is making a blitzkreig upon me.

I have remained in Florida a few weeks later than usual this year, in order to give the sunshine and equable temperature a chance to do something for me, and the disease is rapidly melting away. The enemy is retreating rapidly. But I am taking good care to protect my fingers from the cold and am roasting them in the sun as well as my whole body.

I have just been playing badminton with my secretary, which I could not have done a week ago without experiencing pain.

Cold and traumatism, as I have explained to you, are

the two great promoters of rheumatism and arthritis. If you can keep from getting any worse than you are, when you get down to Florida, with such help as we can give you, you will soon master this trouble. I am greatly relieved to know that you are coming.

No one has very great success in the treatment of rheumatism in the northern states because of the irregular weather, making complete protection against cold impossible unless a person is confined in an air conditioned room.

Thanking you for writing me, and with best wishes, I am,

Sincerely yours,

P. S. Kind regards to Mrs. Durant.

It is a good idea to eat carrots and to drink plenty of carrot juice. The carrot is very rich in vitamin A.

I am continuing experiments with grass which I began several years ago at the suggestion of a non-professional man who noted the beneficial effects of grass on the production of eggs by hens. I hope soon to get ready for use a preparation of grass which will be superior to any other as a source of vitamins in their natural state.

Copy sent to Battle Creek

July 9th, 1940.

Professor Irving Fisher,  
P. O. Box 1335,  
New Haven, Conn.

Dear Professor Fisher:

I have your letter of July 3rd.

I hasten to write to suggest that when you arrive at Battle Creek you inquire for Dr. Gorrell and tell him that you are there in acceptance of his invitation and are ready to give a lecture if he desires that you should do so.

I had a chat with your brother a day or two ago and I was glad to find that he is apparently in excellent health. If he will exclude meats from his dietary altogether, even "fried chicken," I see no reason why he should not remain in good health some years to come.

Hoping that you will have a pleasant visit and secure some benefit from your stay at the institution, I am, with best wishes,

Sincerely yours,

hk

FUNK & WAGNALLS COMPANY  
PUBLISHERS  
354-360 FOURTH AVENUE  
NEW YORK

July 9, 1940

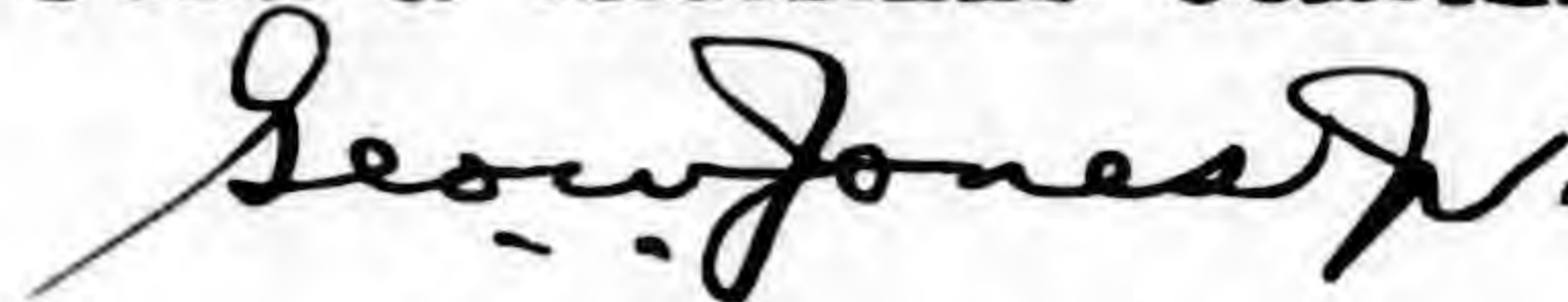
Dr. John H. Kellogg  
Miami Battle Creek  
Miami Springs, Fla.

Dear Doctor Kellogg:

Professor Irving Fisher informs us that you are interested in having HOW TO LIVE offered for sale by your travelling lecturers and possibly at your sanitariums. If so, we can quote you our very best trade discount of forty per cent on all orders. The new revised edition of HOW TO LIVE retails for \$2.50, which would make the cost to you \$1.50, plus postage.

Yours very truly,

FUNK & WAGNALLS COMPANY



Geo. W. Jones, Jr.

GWJ:CG

July 12th, 1940.

Dr. Thornwell Jacobs, President,  
Oglethorpe University,  
Oglethorpe University, Ga.

Dear Sir:

Thank you very much for your kind letter of June 26th.

I am highly honored that you desire to put my photograph in the corner with other of your honorary alumni. I will be sending you in a few days a copy of a photograph taken about a year ago which I hope will reach you safely.

Trusting that your work is progressing satisfactorily under your inspiring leadership, I am

Very sincerely and cordially yours,

hk



*The* BATTLE CREEK SANITARIUM  
BATTLE CREEK, MICHIGAN

GUEST STATIONERY



July 15, '40

My dear Dr. Kellogg

It's 4 a. m. and I'm about to  
leave for Colorado.

I had hoped to write you  
a long letter in reply to your several  
letters; but that will have to wait.

This is just to tell you that  
I'm feeling splendidly, that I dined  
last night with Dr & Mrs Richard Kellogg  
and young Richard, and that I was  
pleased to find very little change here  
away from the traditions which you  
established.

I had a good talk with Mr. Gorell

and also with Dr. Watson who was  
much interested in what I told him  
of you and is very desirous of seeing  
you. (He is sceptical re intermind phenomena)

I lectured last night and got a good  
response.

I may stop over on my return  
the last week of July.

My address meanwhile will be  
Case Cowles Conference on Economic Research  
Magrison Hall, Colorado College,  
Colorado.

as ever

Leving Fiske

Of course I can always be reached  
Box 1825 New Haven Conn. or  
simply New Haven

# Cragmor Sanatorium

FOR THE TREATMENT OF TUBERCULOSIS

Colorado Springs  
Colorado

July 19, 1940

ALEXIUS M. FORSTER, M. D.  
PHYSICIAN-IN-CHIEF

Mr. Basil G. Eaves  
Battle Creek Food Company  
Maplewood, N. J.

Dear Mr. Eaves:

You will recall that sometime ago you sent us a supply of LD-Lax for a clinical test. We have now used this material for approximately three months, and below you will find a resume of the results in several cases.

Case (1): Far advanced bilateral pulmonary tuberculosis, with clinical and X-ray evidence of tuberculous enteritis.

This patient has taken one-eighth of an ounce of LD-Lax three times a day after meals. Symptoms such as griping pains, marked flatulence, diarrhea responded very promptly following the initiation of treatment. There have been occasional attacks, but on the whole the symptoms are definitely better.

Case (2): Far advanced bilateral pulmonary tuberculosis, with clinical signs of tuberculous enteritis. (X-rays not taken because patient is not able to pay for them.)

This patient has taken the same dosage of LD-Lax as Case (1). The symptoms such as loss of appetite, diarrhea, flatulence, and pain were promptly relieved and remain under control.

Case (3): Far advanced bilateral pulmonary tuberculosis.

This patient had attempted to take mineral oil for relief of constipation, but following its use complained of nausea and poor appetite. Later she was compelled to take milk of magnesia daily. Following the use of LD-Lax, she has had regular formed stools without any laxative.

You may rest assured we will continue the use of LD-Lax in suitable cases, and will continue to send you our results.

With very best regards, I am,

Sincerely yours,



Alexius M. Forster

AMF/c



# VALLEY VIEW SANATORIUM

FOR THE TREATMENT OF TUBERCULOSIS  
COUNTY OF PASSAIC  
PATERSON, NEW JERSEY

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SUPERINTENDENT AND  
MEDICAL DIRECTOR

July 1, 1940

Mr. Basil G. Eaves  
The Battle Creek Food Company  
11 Oakland Road  
Maplewood, N. J.

Dear Mr. Eaves:

Our clinical experience with your mucil-  
aginous product known as LD-Lax is summarized  
in the enclosed memorandum submitted by my as-  
sistant, Dr. Homer Cherry.

We are reluctant to experiment with new  
remedies, but since Dr. Cherry has reached the  
conclusion your product meets a definite need  
in the treatment of patients suffering from in-  
testinal tuberculosis, spastic colon and con-  
stipation, we are sending an order for an addi-  
tional supply of LD-Lax.

You are at liberty to make our experience  
as submitted herewith known to physicians inter-  
ested in the treatment of various colon conditions.  
The product should be of special interest to the  
superintendents of institutions for the treatment  
of tuberculosis, and physicians in private practice  
who frequently require a bland remedy, free from  
irritating drugs and chemicals, for the treatment  
of conditions which cause faulty elimination.

With all good wishes,

Very truly yours,



S. A. Douglass, M.D.  
Superintendent and Medical Director

July 1, 1940

Valley View Sanatorium

Paterson, N. J.

Summary of case reports on the use of LD-Lax orally for the treatment of intestinal tuberculosis. These cases had diarrhea or very loose movements several times each day. Normal motility was established in all cases within 48-72 hours. This clinical data is based on experience extending over a period of more than four months.

- Case (1): Far advanced pulmonary tuberculosis with clinical and X-ray signs of chronic intestinal tuberculosis with some spastic colitis (distal).  $\frac{1}{4}$  ounce of LD-Lax morning and night relieved abdominal distress to some extent. Constipation, which had been severe, was corrected and appetite improved. Improvement sustained for three months.
- Case (2): Far advanced pulmonary tuberculosis with clinical and X-ray signs of chronic intestinal tuberculosis.  $\frac{1}{4}$  ounce LD-Lax given morning and night produced a formed stool, reduced stools to one per day, relieved tenesmus and generalized abdominal pain moderately. The patient never became free of all symptoms. Improvement continued for six weeks.
- Case (3): Far advanced case of pulmonary tuberculosis with typical X-ray and symptomatic tuberculosis of the ileo-caecal region.  $\frac{1}{4}$  ounce LD-Lax two to three times per day produced formed stools, reduced stool frequency and relieved tenesmus. Definite improvement for ten days.
- Case (4): Far advanced pulmonary tuberculosis with symptomatic signs of small intestinal tuberculosis received  $\frac{1}{2}$  to one ounce LD-Lax twice daily with improvement of generalized abdominal discomfort, appetite and general feeling of well being. Improvement sustained for three months.

Patients without symptoms of intestinal tuberculosis

- Case (1): Far advanced pulmonary tuberculosis. Simple constipation unassociated with tuberculosis of the intestinal tract.  $\frac{1}{4}$  to  $\frac{1}{2}$  ounce of LD-Lax twice daily has resulted in improvement of constipation abdominal distress and appetite. The patient prefers to add  $\frac{1}{2}$  ounce of liquid petrolatum to his daily dose for the best results. Soy Acidophilus is being given instead of mineral oil now, with satisfactory results.
- Case (2): A five year old child with a chest diagnosis of pleurisy with effusion developed putrefactive diarrhea. Heaping teaspoonful twice per day corrected it.

# The BATTLE CREEK FOOD COMPANY

BATTLE CREEK SANITARIUM SPECIAL PURPOSE FOODS *Battle Creek, Michigan*

## Information for physicians re: LD-LAX

Indicated: In the treatment of constipation, spastic colon, and colitis.

Composition: A mucilaginous gum derived from psyllium. This material is cleaned and sterilized, and blended with lactose and dextrans, and reduced to soluble flakes. LD-Lax absorbs about twenty times its dry weight of moisture. In the presence of sufficient water, the material immediately swells into a large, smooth, slippery bulkage. It is free from roughage and contains no drugs or chemicals.

Dosage: One hour after each meal, mix one to three teaspoonfuls in  $\frac{3}{4}$  to one glass of cool water and drink immediately. (If allowed to stand, mixture will become too thick to drink.) Each dose should be followed by a second glass of water, or as much as the patient is able to drink without discomfort. Patients should drink one or more glasses of water between meals, as LD-Lax requires a large amount of moisture to form lubricating bulkage in the colon. LD-Lax may be mixed with fruit or tomato juice. Number and size of doses will vary in accordance with individual requirements. Some patients secure best results with one large dose taken at night, others require more. Later the dose may be reduced in many cases.

Clinical experience suggests: LD-Lax is not a laxative in the ordinary sense. If there is hardened fecal matter in the colon, treatment should start with an enema at night, to be repeated if necessary. Patients may report increase in gas in colon after first few doses. This will subside in three or four days. As a rule patients will pass large soft stools after taking three to four doses, but should not expect to correct spastic colon, chronic constipation, or colitis until treatment has been continued for time required to restore colon to normal condition.

Persons whose colon dysfunction is of recent origin soon recover regular bowel habits under the proper use of LD-Lax. In chronic cases where the colon is permanently crippled, a careful colon regimen should be maintained including regulated diet, lubricating bulkage and regular bowel habits.

For permanent relief of the irritability of the colon which leads to constipation and stasis, acute, chronic and ulcerative colitis, it is desirable to supply an extra amount of special nutrients required to produce an aciduric flora in the lower colon where dysfunction of the colon begins. For this reason improvement is greatly accelerated by the addition of  $\frac{1}{4}$  oz. (a large dessert spoonful) of Lacto Dextrin to each dose of LD-Lax.

July 20, 1940.

Sir W. Arbuthnot Lane,  
c/o Guy's Hospital,  
London, England.

My dear Doctor Lane:

I have just returned to Battle Creek from Florida, and discovered here a fine booklet entitled, "Bibliography of the Published Writings of Sir William Arbuthnot Lane," and enclosing a card bearing your own characteristically neat handwriting. The booklet was received some time ago, but did not catch up with me until half an hour ago or I should have acknowledged it sooner. I have glanced it through and find something interesting on every page.

At the same time I received your pamphlet, I was looking over a bibliography of my own writings, which I found, including 46 bound volumes, numbered only 310, while yours numbered 334.

Your writings have made for you a permanent place in medical history - one which will always remain as a monument to your infatigable industry and your penetrating genius.

I have not had a word about the war - a terrible reality to you - too awful for words. My heart aches for you and all the English people. I watch the papers narrowly, and the suspense of these days is terrible. I am waiting to see what that monster, Hitler, is going to try to do to your lovely island, which for so many years has held up the banner of our advancing Christian civilization. It seems as though all the powers of evil and darkness have broken loose upon the world and are making havoc of all that is fine and sweet and lovely. May Heaven help you and your countrymen to bring to an end the fiendish activity of the horrible demon from the pit who has lighted again the flame of war which threatens to swell into a world conflagration.

The hearts of all true Americans are with you and if we were prepared, as we shall be two or three years hence, now that we know what unprecedented dangers hell-inspired furies like Hitler and his minions are threatening to launch upon the world, America would doubtless be battling by your side.

Unfortunately, we are unprepared, and if we were attacked at the present moment by Germany, Italy and Japan, we would very likely suffer the fate of France. But America

Sir W. Arbuthnot Lane - No. 2

is aroused, and, in the not distant future, will be prepared not only to defend its own institutions but to help defend right and truth and justice when assaulted in other parts of the world.

Please give my best regards to your wife and daughter and her husband, and assure them of our deep sympathy and warmest regards.

Faithfully yours,

K.B

July 22, 1940

Dr. Will Durant,  
Lake Hill, N. Y.

Dear Doctor Durant:

I have received your letter introducing Mr. Dan Coombs. I am sorry that the evidence he presented in support of his fantastic theories was entirely inadequate. He evidently thinks of the colon as a metallic structure of fixed form and position, whereas it is a living structure which is constantly changing in shape and to some extent its position also. He has an instrument which he says he will bring to me within ten days which will do things which appear to be incredible.

He appears to be a very wide awake energetic man, but is in need of a great deal of information which he does not now possess. If his demonstration proves me to be in error, I will write you.

I hope that you are prospering in health by getting sunshine.

Sincerely yours,

DR. JOHN HARVEY KELLOGG  
BATTLE CREEK, MICHIGAN

July 29, 1940

Miss Leta Browning,  
Sanitarium.

Dear Miss Browning:

I am extremely sorry that my voice is so husky that I should make a very bad impression if I undertook to introduce Professor Fisher this evening, so I have written a little note which, if you approve, you may read for me. If you prefer, you may introduce him yourself and hand him my note, which contains what I would have said if I had been present.

I am improving and hope to be much better in a few days.

Yours,

John Harvey Kellogg

b

July 29, 1940

Being prevented by circumstances beyond my control from enjoying this occasion with you, I am sending you this note to introduce my greatly esteemed and highly honored friend of many years, Professor Irving Fisher, a world renowned economist, for many years head of the Department of Economics of Yale University, for which he has won world wide distinction and brought to himself tokens of high recognition from the world's greatest economists.

A lecture by Professor Fisher is always regarded at the Sanitarium by both patients and managers of the institution as an honor and a special privilege, for there is no other living man associated with the institution who has studied its ideals and its methods so carefully and subjected them to such searching criticism as has Professor Fisher. He has not only made himself familiar with the scientific data upon which Sanitarium ideas are based, but has instituted independent researches as the result of which new and highly important physiologic facts were discovered, especially in relation to the difference between strength and endurance. He found that while strength, as is well known, depends upon large and vigorous muscles, endurance depends upon cleanliness of blood, and thus made one of the most important contributions to the support of the principles of biologic living ever made.

Professor Fisher has not only tested the principles of biologic living by his own personal experience, but has shown a loyalty and devotion to truth not too common even



among great scientists, which has led him to brave that greatest enemy of progress, the established <sup>customs</sup> mores, and made him a world leader in the advocacy of biologic living, that is, regimenting our habits of eating, drinking, sleeping-- everything that relates to our physical well being-- in accordance with the teachings of science, the behest of biology and human physiology and the dictates of common sense, that is, that a man should treat himself at least as well as he would treat a fine blooded horse, a cow with a world record, or a dog with a pedigree.

Professor Fisher has shown his appreciation of personal benefits received through obedience to biologic principles by adding to the great labor as an author, teacher and public lecturer in his profession numerous notable activities and achievements as a champion of regimen reform based upon the established principles of the science of human life to which in recent years such marvelous additions have been made by the nutrition laboratory, largely through the efforts of his colleagues, Chittenden, Mendel and Osborne of Yale, with others working in similar lines in different parts of the world, a great new chapter of newer knowledge about human living, greater in volume than all that was known before, has within the last half century been added to the world's fund of information about how to live, and so great has been his desire to spread this knowledge that others might profit by it, he snatched from his busy life the time to survey the whole great field of old and new information and summarize it in a wonderful book, "How to Live," which

within a few years has passed through more than 20 editions and totaled a circulation of nearly half a million.

At the request of President Theodore Roosevelt he made an intensive study of the information gathered by the Census Bureau in relation to morbidity and proved that the national losses through drouths, tornadoes, blizzards, floods and all other natural causes are small compared with the enormous losses resulting from disease and death that are easily preventable by the application of the known facts of science.

His work on national vitality helped to open the eyes of our great public leaders and led to advances in health and life conservation of national importance.

The development of the Life Extension Institute of New York, chiefly through the efforts of Professor Fisher, awakened the great life insurance companies to an appreciation of their obligation to safeguard the lives of their policyholders as well as to make provision for pecuniary assistance of their survivors.

Professor Fisher's influence has been impressed upon more than a million persons who have submitted themselves for examination by the Life Extension Institute, which has also engaged in conducting researches intended to show the evil effects of alcohol and tobacco.

The Vitality Records Office, another outgrowth of Professor Fisher's personal researches, opened the way for a successful attack upon the most destructive enemies of human health which may be designated under the general

head faulty individual hygiene.

But although I have only begun to tell you of Professor Fisher's avocation activities, which have made him one of the world's great leaders in race betterment, I must stop right here so that Miss Browning may present to you one of the best examples of biologic living with which I am acquainted among the world's greatest leaders in health promotion through right living, my beloved friend, Professor Irving Fisher.



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 4.  $\frac{1}{x^5} = x^{-5}$   
 $\frac{d}{dx} x^{-5} = -5x^{-6} = -\frac{5}{x^6}$   
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 6.  $\frac{1}{x^7} = x^{-7}$   
 $\frac{d}{dx} x^{-7} = -7x^{-8} = -\frac{7}{x^8}$   
 $\frac{d}{dx} \frac{1}{x^7} = -\frac{7}{x^8}$   
 7.  $\frac{1}{x^8} = x^{-8}$   
 $\frac{d}{dx} x^{-8} = -8x^{-9} = -\frac{8}{x^9}$   
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 $\frac{d}{dx} \frac{1}{x^9} = -\frac{9}{x^{10}}$   
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1.  $\frac{1}{x^2} = x^{-2}$   
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2)  $\int_{0}^{2\pi} \sin^2(x) dx$   
 $\int_{0}^{2\pi} \frac{1 - \cos(2x)}{2} dx$   
 $= \frac{1}{2} \int_{0}^{2\pi} (1 - \cos(2x)) dx$   
 $= \frac{1}{2} [x - \frac{1}{2} \sin(2x)]_{0}^{2\pi}$   
 $= \frac{1}{2} (2\pi - \frac{1}{2} \sin(4\pi) - (0 - \frac{1}{2} \sin(0)))$   
 $= \frac{1}{2} (2\pi - 0 - 0)$   
 $= \pi$   
  
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 $= \sin(x) \Big|_{0}^{\pi}$   
 $= \sin(\pi) - \sin(0)$   
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 $\int_{0}^{\pi} \sin(x) dx$   
 $= -\cos(x) \Big|_{0}^{\pi}$   
 $= -\cos(\pi) + \cos(0)$   
 $= -(-1) + 1 = 1 + 1 = 2$   
  
 $\int_{0}^{2\pi} \cos(x) dx$   
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 $\int_{0}^{\pi} \sin(x) dx$   
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August 4, 1940.

Mrs. S. A. Knopf,  
16 W. 95th Street,  
New York, N. Y.

Dear Mrs. Knopf:

My attention has just been called to the announcement of Dr. Knopf's death, which appeared in a recent issue of the National Tuberculosis Association.

I hasten to tender to you my sincere sympathy. The world has lost one of its most earnest and talented promoters of human service enterprise. He probably did more important service in the world-wide battle against tuberculosis than any other man who has lived in the past century. His name is indelibly written on the roll of great benefactors. Those who knew him will always miss him. Although his great brain is resting from its labors, the fruits of his activities will never perish, and the results of his great labors will endure to the end of time.

It has always been a matter of deep regret to me that I was hindered from getting to Florida in time to administer to your comfort and happiness while you were there, and to renew once more the acquaintance of many years since we first met.

Again assuring you of my deep sympathy, and feeling keenly the loss of one of my oldest and best friends  
I am

Most sincerely yours,

John Harvey Kellogg

MRS. S. ADOLPHUS KNOPF  
16 WEST 95TH STREET  
NEW YORK CITY

Aug 7/40

Dear Dr. Kellogg;

Your very sympathetic letter with the very lovely sentiments expressed in behalf of my dear husband, has been deeply appreciated. Altho dear Doctor suffered six days after an operation for an hernia, his passing in seems now to have been so sudden. I cannot realize that

2

he has really gone. The pain must have been very acute to have made him decide so quickly on an operation, for previous to that, he once in a while stated that on our way to California, he would stop at the Mayo institution and have it attended to.

But dear Doctor could not take himself away from his desk to go to California, for before his passing he was preparing an article on poliomyelitis.

Yes, it was too, too bad that you were not able to be at Miami while

were there. Doctor did so regret that you and he were not permitted the little visits together to which he looked forward to with such pleasure in spite of his pain in his head.

We had planned to attend the Public Health meeting at Detroit this coming Oct. when we intended to spend a week at Battle Creek, Mich. Alas! that plan can now not be carried out!

You stated that you saw the announcement of Doctor's passing on in a recent issue of the National Tuberculosis Association. Would you kindly ask your secretary to let me know <sup>in</sup> what issue



it appeared? I do not wish to trouble you,  
for I know how very busy you are.

With reiterated thanks for your very  
sympathetic message, I am,

Very sincerely yours,

Julia M. Knapp.

# MICHIGAN TUBERCULOSIS ASSOCIATION

THEO. WERLE  
EXECUTIVE SECRETARY



535 South Capitol Avenue

LANSING

August 7, 1940

Dr. John Harvey Kellogg  
The Miami Battle Creek  
Miami Springs (Miami), Florida

Dear Dr. Kellogg:

I was much interested in what you have to say about furthering the establishment of Three-Quarter Century Clubs.

One of the specific activities for which I should like some help has to do with the preparation of a popular lecture for Rotary and other men's clubs where men over fifty years of age predominate. I have already received one request to present such a lecture. I know of no better source for information on health habits for men over fifty than you. I think, however, that there would be enough interest in the subject to warrant assigning a full-time lecturer with movies and slides to this project.

This is the kind of activity for which I cannot at present use Christmas seal money, and for which I had hoped to be able to get some small financial encouragement from you. If the latter is not available, perhaps you will be good enough to send me a bibliography from which I could prepare something in lieu of having a speaker devote full-time to the subject.

With cordial, good wishes,

Sincerely,

Executive Secretary

TJW:AF

August 9<sup>th</sup>

THE ELKINS TAVERN  
PEACHAM, VERMONT

[1990]

Dear Dr. Kellogg,

My Father (Dr. Oscar H  
Rogers) is here on a  
visit and asked me  
to thank you for your  
kindly thought of him  
and for the mangoes.

He keeps well but  
finds it difficult to

write. As he expresses  
it, he finds himself  
in the sere and yellow  
leaf and prefers to be  
a lazy dog.

He sends his kindest  
remembrances

Faithfully yours

Isobel Rogers Kulesi

✓  
August 11, 1940

Mrs. S. Adolphus Knopf,  
16 West 95th Street,  
New York City.

Dear Mrs. Knopf:

With reference to your letter of August 7th, addressed to Dr. Kellogg, the announcement appeared in the August number of the Bulletin of the National Tuberculosis Association. As you may be glad to have an extra copy of this number of the Bulletin, I am sending it under separate cover.

I had the pleasure of accompanying Dr. Kellogg on his visit to your home when he was last in New York and it was a real pleasure to see Dr. Knopf again and to learn more of his work which has been a great blessing to mankind.

Assuring you of my sympathy and with best wishes, I am

Sincerely yours,

Secretary to Dr. Kellogg

August 14, 1940

Mrs. Isobel Rogers Krulsi,  
The Elkins Tavern,  
Peacham, Vermont.

My dear Madam:

Thank you very much for the kind  
note you have sent me about your father.  
I am very glad indeed to hear from you.  
Please tell him I know how to sympathize  
with him. I am writing him a little note in  
your care.

Again thanking you, I am

Very respectfully yours,

b

August 14, 1940

Dr. Oscar H. Rogers,  
The Elkins Tavern,  
Peacham, Vermont.

My dear Doctor Rogers:

Thank you very much for the little message sent through your daughter. I am glad the mangos reached you and that you enjoyed them.

As I am approaching my ninetieth birthday I begin to know how to sympathize with you about the sere and yellow leaf experience. I do feel sometimes as though I would like to be a lazy dog for at least a day or two, but I am still on the towpath and have a bigger load to pull than ever and am making a hard struggle to get my tow into port before the frazzled towline breaks in two.

I often think of you and shall never forget the many courtesies and kindnesses for which I am indebted to you.

I was ashamed to send you such a small parcel of mangos. The crop was almost a total failure this year on account of a cold snap just at blossoming time. A few trees perseveringly bloomed a second time, but the crop in general was a total failure. Next year I will send you a bigger package and I hope that you will be able to enjoy them.

Dr. Oscar H. Rogers, No. 2.

With a German blitzkrieg of Great Britain and a presidential election on at the same time we are having plenty of excitement these days.

Hoping that you are comfortable and enjoying the lovely Vermont climate, I am

Sincerely and cordially yours,

b



August 14, 1940

Mrs. Mary L. J. Akeley,  
77th Street and Central Park West,  
New York City.

Dear Mrs. Akeley:

Some years ago, shortly before his last trip to Africa, I had the unusual pleasure of spending a portion of an afternoon with Professor Akeley in his laboratory at the Natural History Museum. He told me much about the gorilla which interested me greatly. Among other things he mentioned was that he was able to locate the place where the gorilla spent the night by a ring of large evacuations. I asked him about the odor, a matter of great significance, and he told me that there was no odor at all. The stools were not in the least degree offensive and added that he dissected the alimentary canal of the gorilla from mouth to anus and found not one parasite and nothing in the slightest degree offensive, and then said, "The gorilla is the cleanest thing I have ever encountered. It has no parasites either externally or internally notwithstanding the fact that other wild animals in the same region are greatly infested with parasites."

I am preparing a paper about the intestinal bacterial flora and need all the information I can get about the intestinal flora of the anthropoids.

I have several bacteriologists studying the flora of

Mrs. Mary L. J. Akeley, No. 2.

anthropoids in captivity, the chimpanzee, the orang-utan and the gibbon. I need more information about the diet of the anthropoids in a wild state. I should be very glad to know if your attention was called to the same points observed by your husband or if you made any other observations along the same line. I will appreciate very much any suggestions you may be able to offer me which will help me in arranging a dietary of such foods as are available in this country which will make a bill of fare similar to that of the big apes in their native African haunts. I shall be glad to have any reference you can give me to your own observations or to those of others who have written about the habits of the anthropoids. Since Professor Akeley has passed away, I am very anxious to know whether or not you have made the same observations with reference to the stools of the gorilla.

If you are in Miami next winter I hope you will not forget to visit us. If you happen to be near us at any time, please remember that you will be a very welcome guest if you would enjoy a few days rest.

Hoping that you are in good health and that your work is prospering, and with best wishes, I am

Very sincerely yours,

November 22, 1940

Dr. Francis G. Benedict,  
29 Vila St.,  
Boston, Mass.

Dear Dr. Benedict:

Your kind letter of August 22 should have been answered long ago, but I have been in such a whirl of perplexities and difficulties, and crippled by the unexpected illness of my secretary, that my correspondence has been sadly neglected.

I am delighted to know that you are getting on so well in recovering from your accident, and I hope by this time you are getting ready for that southern trip. It will be such a pleasure to have you and Mrs. Benedict with us. I am hopeful that you will be able to spend a week or two with us at least. You will find our place one of the most delightful and comfortable in all Florida. It is just far enough back from the Beach to escape the ocean mist and dampness, and we have most lovely and salubrious surroundings.

Be assured I have not forgotten the pleasure I had in meeting you at St. Petersburg. I found it one of the most lonesome places that I ever visited in my life. I remember that Dr. Pavlov remarked that we were among the first Americans to visit the place in several years.

We were highly honored with a week's visit from Dr. Pavlov the first time he came to America. As you remember, he was robbed when he was taking the train for New Haven. He abandoned the trip and declared that he would take the first ship for home as America was too dangerous a place for him. I saw the announcement in a newspaper and wired the Rockefeller Institute to learn how I could reach him. They answered that he was on the way to Battle Creek. We had a most delightful visit with him. His chief attraction here was his former chief assistant, Dr. Boldyreff.

Dr. Pavlov's work was highly important, but yours has been of vastly greater influence from a practical standpoint. Certainly, no man in America has done so much for the promotion of basic principles of nutrition as you have accomplished--a great work, in which I am sure Mrs. Benedict has rendered much material assistance. Kindly thank her for her message, and be assured that your promise to visit us

Dr. Benedict - #2

will be greatly appreciated.

Our work has proved so much greater by the meticulously exact <sup>and indisputable</sup> scientific work you have done that I and my colleagues will feel that we are entertaining a prince among scientists.

With sincere homage and kindest regards and my best respects to Mrs. Benedict, I am

Sincerely yours,

K:B

"Loveliest Village of the Coast"

FRANCIS G. BENEDICT  
MACHIASPORT, MAINE

*Frank  
Machiasport*

August 22 1940

Dr John Harvey Kellogg  
Battle Creek Mich.

My dear Dr Kellogg

I have had the happiness of being here in our lovely home for two weeks but must return to Boston a day or so after Labor Day. Due to the extraordinary good aid of Mrs Benedict I am making splendid progress.

Your kind letter brought up many recollections of our long established friendly relations. I often ~~think~~ think of our unexpected meeting at that dear soul Pawlow in St Petersburg.

Our plans for the fall and winter are of course wholly dependent on the decisions of Dr Smith-Petersen whose extraordinary surgical skill is putting me back into shape. If we do start from here about Dec 1st for a auto tour of the south you may be sure that if we go through Miami we will with very great pleasure call upon you.

We both appreciate greatly your kindness in asking you to be your guests and if we are there before your rush season sets in we will gladly accept such an invitation. However you may be sure that if our time is delayed we will not in any sense impose on you but we will not consider a trip through Miami perfect with out a short call on you. Mrs Benedict joins me in warmest regards

My right hand is ~~still~~ still slowly recovering from the auto hitting me but all is going well. I have a check up and new X rays of the whole she-bang a little after Labor Day.

Very sincerely yours

*Francis G. Benedict*

August 30, 1940

Mr. Theodore Werle,  
Michigan Tuberculosis Association,  
535 South Capitol Avenue,  
Lansing, Michigan.

Dear Mr. Werle:

I have your letter of August 7th.

I am glad to see that you are interested in the idea of three quarters century clubs. This is a much needed work. Literature on the subject is exceedingly scarce. I have been surprised that the subject should have been so almost completely ignored and neglected.

I have some lecturers who are doing excellent work in this and other social lines, one of whom is giving all his time to the work. He is pretty well swamped with engagements just now, but later might come to Lansing and give a lecture.

I am very busy just now getting Sanitarium affairs straightened out.

Poor Pritchard is gone. Few people will be more missed from our community than Pritchard. He was a live man, a real and inspiring leader.

Sincerely yours,

b

En route to Battle Creek  
from New York City

August 30, 1940

Rev. Patrick V. Maveety,  
398 Main St.,  
Battle Creek, Michigan.

Dear Friend:

I have been baffled in my plans for the Three Quarters Century Club because of Sanitarium affairs and matters that have overwhelmed me with problems, but I am very anxious to carry out all the suggestions I have made and will be very glad if you will help me by reminding me and giving me suggestions. I want to get this work started and get it extending throughout the country. I am sure that you can give me many valuable suggestions which will be much appreciated.

I should like to have a conference with you.

The Three Quarters Century Club can be built into a most useful enterprise and extended throughout the country and bring relief and comfort to a great multitude of people who are now much neglected in all classes of society.

I am writing this on the train returning from New York. I shall try to drop in a moment at the meeting today and if possible have a little chat with you after the meeting. My train is behind time and I may not be able to carry out my plan because of other things I have in hand to do.

I am anxious to find some suitable person, either a man or a woman, preferably the latter, who will be willing to

Rev. Patrick V. Maveety, No. 2.

devote full time to an attempt to ameliorate the condition of the older portion of our population who are steadily increasing in proportion as the trend to depopulation increases with rapid lowering of the birth rate.

Very sincerely yours,

b



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

August 30th, 1940

P.O.Box 1825  
New Haven, Conn.

Dr. John H. Kellogg  
Hotel Victoria  
New York, N.Y.

My dear Dr. Kellogg:

I was very glad to have the talk with you. I am sure that you must understand better my point of view.

The fact that no substantial group of people on this planet can be pointed out as yet by you, or anyone else, who have good teeth and use no animal foods is a challenge.

The fact that Vitamin D is not known in vegetable foods (unless onions) is also a challenge.

The fact that anthropoid apes living exclusively on vegetable foods is important, if it is a fact. I would like to have a reference to any study which establishes this fact. Those I have seen which nearest approach it make exceptions stating that these animals use eggs and eat small animals. It is an important matter to establish the fact, if it is a fact. The inference that man must also naturally have a diet of anthropoid apes, whatever it is, is good theory but needs to be checked up. I am wondering whether the chimpanzee, gorilla, orangutan and gibbon have identical diets and whether they are exclusively of vegetables, also whether monkeys which are not quite anthropoids, do the same.

All these facts as to these questions ought to be available and very likely are, but I should like to know the sources.

One obvious reason why man's best diet now may not be identical with the anthropoid's is the use of clothing which cuts off the sunshine and may require sunshine vitamins from animal sources. The question of what, if any, animal foods are necessary or desirable **still** is to be solved whether it is only milk, eggs and honey or includes "flesh" foods and whether these flesh foods includes muscle cuts as well as liver and other glands. I am more and more convinced that one's cravings are important indications. I do not consider Dr. Rogers as authority because of his passing remark on lobster a la Newburg, especially for two reasons. His liking for it may not have been due to the lobster itself but to the dressing. Our food mixtures make it almost impossible to really taste many of the foods, they are so smothered with condiments, sugar, salt, gravies, etc. The other reason is that his lobster even if it did itself really "taste good" may have been putrefying when eaten (and should have been broiled alive!)

I would like, if only as an experiment in my own case, to find whether or not it is possible for me to be satisfied with a diet of purely vegetable origin. I think I will try the experiment covering several years and beginning as follows: First, I will use a perfectly satisfying diet including milk and eggs and your wheat germ and savory yeast. Then I will try, adding, one by one, various flesh foods, mostly canned to avoid putrefaction, and see whether they go to the "right spot". Yesterday I tried this with canned tongue which, in times past, tasted very delicious. I found that I did not care for it and almost loathed it before I had eaten very much. I shall try the same with canned chicken.

Dr. Kellogg

-3-

August 30th, 1940

Apparently there is no canned liver available. If, as I expect and think quite possible, I find no flesh foods now "go to the right spot" while I am having plenty of the savory yeast, wheat germ, milk and eggs, I will consider that, for myself and under these conditions, no flesh foods are needed.

Then I will try to eliminate eggs and then milk; all the time trying to have the rest of the diet as complete and satisfying as possible. If that goes alright I shall try to so arrange my diet as to eliminate all artificial foods including the wheat germ and the savory yeast.

By that time perhaps I will have learned a lot more about vegetable foods and what they contain in mineral salts, vitamins, etc., and also especially regarding sunshine and how to get along without Vitamin D without being a nudist!

I have, I think, gone far toward restoring a nearly lost food instinct and think now I can generally tell what is good for me by taste. I know you do not have the same faith in this as I.

I have felt that if your position is sound, you ought to be able to go a great deal further than you have so that your followers can eliminate the can protose, nuttiline and other artificial substitutes for meat, if more fruits, nuts and greens are used.

In some respects, while you have been trying to wean people from meat by supplying substitutes, food faddists have been going you one better and developing food stores which have cultivated a public demand for purely natural foods -- nuts, dried fruits, etc.

I find that Benedict Lust has very attractive foods in his store on Lexington Avenue. Since I first made his acquaint-

ance, before I ever met you, and when I was studying "quacks" I visited him and called at his place in Caldwell, New Jersey, with Dr. Richard Newton, then Health Officer of New Jersey - a very broad gauge man. There we found Professor Piffard of Columbia, noted for his prosecution of quacks, calmly taking a sun-light cure and making friends with Benedict Lust who had been prosecuted by the medical profession. He was even teaching him how to make Bulgarian bacillus milk which then was a fad because of Metchnikoff's recommendations. Sunshine was then "quackery". The other day I met Benedict Lust in his store and he was quite astonished to see how little I had changed since about 1902. He told me that he now had a medical degree, obtained in Florida! He also said he was surprised how little there was of importance in medicine compared with what there is in diet. I find nut stores almost everywhere and of course you have heard of the chain called "Chock-full-o-Nuts".

The medical profession is at last waking up to nutrition and it seems to me that you now have a golden opportunity to get more influence with them. But you cannot do this by such articles as "Shall We Slay to Eat" but only by the cold-blooded consideration of all foods, irrespective of how revolting the use of some of them may be to you. Any reference to that should be as a reference to an idiosyncrasy. You are suspect with medical and scientific men whenever you talk of flesh foods and what you say does not have the full effect it would have if you had the same viewpoints that they do.

Dr. Kellogg

-5-

August 30th, 1940

The fact that you have not made more converts is due partly to this mixture of science and sentiment (however theoretically right this may be, or you may think it is) and still more to the fact that so many of those who have tried what you advocate have found it did not seem to work.

I believe the majority, especially those who have visited Battle Creek, have not concluded that your diet does not work but there is a large minority who have so concluded.

I think a conference with Dr. Price, getting his point of view, would help. His book struck me as very fine but where he differed from you he threw a new and important light on the problem.

I think you will make a mistake if you do not accept some of the above challenges, especially that contained in Price's book which is sure to make a deep impression and which will be regarded as many as disproving your main theory. He states that the few religious orders which are strictly vegetarian have, so far as he has been able to observe, very bad teeth. And I think with few exceptions this has been true among your Battle Creek colony.

In this connection I think I ought to say that I imagine you are not fully aware of how many "back-sliders" there are among your ostensible followers. These "back-slidings" I think is primarily due to these people not being fully satisfied or being convinced because of medical tests that something is wrong in their nutrition. In fact in some cases they have been cured of anemia, if not other ailments, by giving up "vegetarianism".

I have had many confidential talks with people who told me their tales of woe on condition that I would not tell you, because it might hurt your feelings or hurt them in your estimation.

You feel so strongly on the meat question that those in your own retinue who do not feel so strongly and who break away at times, or totally, keep it to themselves.

You have heard the aphorism that the king can never know the truth. It applies to our president, it is applying now to Willkie as I find, and it has long applied to you. I seem to be almost your only friend who can unblushingly tell you when I don't follow you fully.

Those who break away feel that in your eyes they are doing something morally wrong instead of merely making a scientific experiment or adjustment; so that we come back again to the problem of sentiment. I am not suggesting that you should try to give up sentiment nor even conceal it, but think you should at least split your personality into a scientific man on the one hand and a sentimental humanitarian on the other. In the former capacity discuss the meat problem as you would discuss the tobacco problem or the problem of cocoanuts or any other foods.

I have, in my correspondence with Rubner in Germany and my contacts everywhere, found that the vegetarian sentiment is one of the biggest obstacles in the way of acceptance of the vegetarian thesis. It made it difficult even for people to accept my studies on endurance which have been regarded as too extreme to be true and looked at, I think, as not worth repeating by many who ought to have pricked up their ears.

Dr. Kellogg

-7-

August 30th, 1940

As to Richard Kellogg, I wonder whether he was entirely without milk and eggs. I did not mean to write at such length.

As ever,

*Loring Fisher*

IF:McK

August 30, 1940

Mr. Bernard Gimbel,  
C/o Gimbel Brothers,  
New York City.

My dear Sir:

I appreciate very much the courtesy shown me during my visit to you this afternoon. I should apologize for taking so much of your time as I know you were pressed with problems.

I greatly appreciate your advice with reference to the business matter, and while I can probably get a better proposition by waiting some months, I may decide sooner. I think, however, I can get some better terms.

Again thanking you, I am

Sincerely yours,

b



New York City  
August 30, 1940

Dr. Frederick Osborn,  
60 E. 42nd St.,  
New York City.

Dear Doctor Osborn:

I am leaving for home this evening, so I shall not have an opportunity to meet you again. Mr. Baker and Dr. Leffler will call on you in the morning and tell you something of the plans that we have been discussing with Dr. Hussey.

I want to assure you again that I am anxious to cooperate with you and the American Eugenics Society in every possible way. I hope the check I ordered sent you has arrived by this time. I have asked both Mr. Baker and Dr. Leffler to take care to tell their audiences about the work of the Society and to mention the Journal of Heredity. I have particularly asked them to get as full information as possible as to how they can cooperate with you in promoting the circulation of the Journal and of your other projects.

If you are down in Miami in December or the Christmas holidays, we shall be greatly pleased to have you and your wife or any other member of your family spend a week with us. After the first week in January and until April we generally are brimful with sick people, and we have a waiting list.

Dr. Frederick Osborn, No. 2.

With very best wishes and thanking you for your courtesies and hoping that Dr. Leffler and Mr. Baker will return home brimful of enthusiasm for encouraging the work of the Eugenics Society, I am

Sincerely yours,

b

**"UNDER HIS BLOOD"**

(Words and music by F. E. Belden in his eighty-third year)  
(August 1940)

1. Children of God, He does not remember

Sins that His grace hid under Christ's Blood;

Think of His Blood and fan the faith ember

N'er it die out, forgetting that Flood.

Looking at self, defeat is the story,

Looking to Christ is victory glory, —

Trust in the Blood!

Calvary Blood.

2. Love from the heart of God the Love-Father,

Life from the heart of Christ the Life-Son,

Holy transfusion! there is no other

Giving true life in place of our own.

Calvary Cross, that great "Reek of Ages",

This is the place where hell's fury rages, —

Hating the Blood!

Slighting the Blood!

3. Counterfeit bleed of self-flagellation

Flows in "dead-works", theology-framed;

Slighting Life-Words for human salvation,

Fallible creeds of humans are named.

"Spirit and life"! - Christ-promise unbroken;

No other words infallibly spoken, —

LIFE in His Blood!

Heeding His words

4. **Sacrifice love,-- God's Gift to transgressors,**

**Advocate love,-- the patience of God.**

**Holding the first means victory possessors,--**

**Less of Christ-pleas to spare us the rod.**

**Jesus MY LAMB, Thy Blood do I honor**

**Shunning the sins that made Thee my Donor,**

**Life in Thy Blood,--**

**Sin-hating Word.**



The  
BATTLE CREEK SANTARIUM  
INCORPORATED

BATTLE CREEK SANITARIUM AND BENEVOLENT ASSN.

BATTLE CREEK, MICHIGAN

September 6. '40

Very dear Dr. Kellogg:

Dr. Barnhart thinks I am under good headway on ulcer treatments. Also blood count has risen from 82% to 96% of normal.

Dr. Jordan invites me to preach Sunday night in the vestry room at 7:40. Barnhart approves. Subject: "A Lawyer's plea for Christian Testimony" How happy all would be if you could be present!

Your prayer of Baker is a clear answer to prayer! I realize, Devolente, how a very rapid reorganization can be achieved. The Churches will be revitalized for a rapid "Come-back." Baker fits in exactly in a plan God has inspired for Wauwau Temperance rallies in the populous cities of the whole country! Praying with you for this, - praying too, for length of days for ~~both~~ you and Baker and myself that we may see the desires of our hearts. Your constant friend, Wm. H. Russell

FREDERICK OSBORN  
60 EAST 42<sup>ND</sup> STREET  
NEW YORK

TELEPHONE MURRAY HILL 2-5860

September 6, 1940

Dr. John Harvey Kellogg,  
Battle Creek, Michigan

Dear Dr. Kellogg:

Your check arrived safely and has been deposited to the account of the American Eugenics Society. It means a great deal to the Society just at this time when it is carrying on a campaign to increase its membership. In behalf of the Directors and of the members, let me express again my deep personal appreciation.

Many thanks too for your fine letter of August 30th. We will take every opportunity to work with Mr. Baker and Dr. Leffler, and I know they will be of great help to us in every way.

Let me tell you again what a pleasure it was to me to have an opportunity to meet you and talk with you at my office here. May you have the finest sort of a winter.

With warm personal regards,

Yours very sincerely,

*Frederick Osborn*  
H

Mr. Osborn had to leave the office before this was typed and was sorry not to sign it personally.

September 8, 1940

Prof. Irving Fisher,  
Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

I have your letter of August 30th.

I will not trouble you with an extended reply, for I see very clearly that you do not attach the importance to scientific facts and scientific testimony that I do. For example, when I mentioned my conversation with Dr. Cattell, a very eminent biologist and a former professor of psychology in Columbia University, you seemed to attach little weight to the fact that when I asked him, "Don't all horses eat the same diet?" he said, "Of course all horses eat the same diet," and when I called his attention to the fact that I abstained from meat he sought to evade the challenge by asking whether it was not possible that man had been eating meat for so many hundreds of thousands of years that it had become a necessity.

When I showed him the Heidelberg jaw, which was believed to have belonged to a man who lived 200,000 years ago, and asked him to see if he could see any difference between his teeth and those of the ancient man, he admitted that he could not. When I further asked him if he knew any primate that lived now or ever had lived that was an eater of meat, he admitted he did

Prof. Irving Fisher, No. 2.

not.

The facts regarding the teeth of primates are well known. Many years ago, I published in Good Health a report of an extensive study of the skulls and teeth of apes which had been made and it was shown that dental decay was very rare.

In a paper which by your request I read before a sanitary convention in New Haven, I called attention to the fact that the plague pits in which the victims of the great plague which occurred in London at the time Pepys wrote his diary were extensively used as quarries which provided skeletons for students studying anatomy in the London medical schools and were considered superior to the skeletons obtained from persons recently deceased, especially for the reason that, with rare exceptions, the teeth were complete and free from caries.

I think you would be interested in looking over the report of the commission appointed by the English Parliament many years ago to study the causes of the deterioration of the English people. This report was published in two or three large volumes a short time before I read my paper at New Haven and in which I made reference to this report.

I have never taken any stand at all against the use of eggs and milk, although Dr. Tissier told me that he had renounced the use of eggs because they were almost universally infected with<sup>a</sup> paracoli germ which gives rise to putrefaction of eggs. The fact that practically all



Prof. Irving Fisher, No. 3.

eggs putrefy and show evidence of infection within a few days in warm weather is evidence that they probably become infected in passing through the oviduct of the hen which is closely associated with the animal's colon.

The yolk of eggs is a balanced food prepared in advance for the sustenance of the young chick while it is still in the shell. So long as the egg is alive, germs within it do not develop; but when the egg has been chilled or otherwise subjected to conditions which destroy the life of the embryo, putrefaction begins and it becomes unfit for food.

Meat is so deficient in lime and vitamins that milk is almost essential for completing the bill of fare of meat eaters.

McCollum called attention several years ago to the fact that meat eating nations are more advanced in civilization than are the vegetarian feeders of India and China and most Asiatic countries, not for the reason that they eat meat, but for the reason that they are milk eaters. He stated in the same address that a diet consisting of fruits, grains, fresh vegetables and milk, completely excluding meat, was the very best diet a human being could take.

The international commission that met in London during the World War, attended by the most eminent scientific men in Italy, England, America and France, in preparing tables to be used in rationing the populations of these four countries omitted meat entirely,

Prof. Irving Fisher, No. 4.

stating that it was not necessary that meat should be included for the reason that the proteins of vegetable foods as well as eggs and milk provided for all nutrition requirements so that meat was not needed.

Sir William Roberts, the eminent English historian, many years ago experimented with rats fed exclusively on meat, and he found that the bones deteriorated rapidly, the teeth along with the other hard parts.

I visited a lion farm out in California where lions are bred and found that the young lions are raised on cereals and milk and that they were remarkably gentle while fed on this diet. I also learned that tigers in India which are often raised as pets are allowed to run loose until they are quite large and are found to be harmless so long as they are kept on a bread and milk diet. There is plenty of well substantiated evidence of this sort.

As regards sentiment in relation to the slaying of animals and eating them, I think this is just as legitimate and scientific as any other argument.

Dr. Akeley told me that the gorilla in his native jungle is afraid of nothing and other animals are not afraid of the gorilla so long as they do not trample on its rights. It fights fiercely, and Akeley assured me was the master of every animal that lives in the forest with it. It showed no fear of man and neither did it

Prof. Irving Fisher, No. 5.

offer to attack him as does a tiger or a lion. It simply walked slowly and quietly away, looking back over its shoulder occasionally to see if it was being followed.

In one case a gorilla killed a native who undertook to drive it out of his garden with a fork. The animal paid no attention to the native until it was struck with the fork and then it flew at him and literally tore him to pieces, pulling off first one arm and then another and then a leg until he was completely dismembered, but the gorilla did not eat the man but quietly walked away.

It is known that the small monkeys eat insects. I have tested a number of chimpanzees and find that they will not eat flesh. They smell of it at a distance of several inches and then withdraw.

I am going to be in Florida in a few weeks and shall visit Professor Yerkes at his anthropoid experiment station a few miles from Jacksonville and shall take with me a letter of introduction from Professor Davenport, who was his teacher at Harvard.

I am going to make some further researches along this line and will give you such facts as I secure. I am certain, however, that Dr. Price is wrong in saying that there are no people who have good teeth who do not eat meat. If meat contains anything which they need they can get it from milk or the yolk of eggs, so there is no occasion for the use of meat. I have met in the course

Prof. Irving Fisher, No. 6.

of years some scores of people who had never tasted meat. We have a lady living in this town who has never eaten meat. I know her very well and will inquire about her teeth, but I would consider such evidence to have no decisive value as regards dental decay, for there are so many other factors, especially vitamins, which have a bearing on the subject.

So far as meat is concerned, I know of no scientific reason whatever that would attach to meat any importance as a protection for the teeth. Meat is not included in the list of protective foods recognized by Sherman, Rose, McCollum and other nutrition experts. There is experimental proof that the use of orange juice and other substances rich in vitamins which are known to promote the growth and health of teeth will arrest the process of dental decay in children, but I have never heard of any experiments in which meat was used and which showed improvement through its use.

A word further with reference to sentiment. The first writer I know of who condemned the use of meat was Plutarch, the author of "Plutarch's Lives." He gave the natural reluctance to the taking of life manifested by human beings as the reason for not eating meat. Dr. Campbell, an eminent English writer on the diet of children, called attention to the fact that young children have a repugnance to the taste of meat and are only led to eat it through training by their mothers. Horses, cows, sheep and

Prof. Irving Fisher, No. 7.

goats have all been trained to eat meat. I am not making these statements at random or on hearsay evidence, but am prepared to back them by eminent scientific authority.

But I see I have written a rather long letter in spite of my intimation that I should not do so.

I think the experiments to which you refer might be interesting, but of course they would not be considered conclusive evidence by a scientific man, a dietetic expert, because there are other factors beside diet involved in the question of dental health.

Some years ago when spending a few weeks in Biskra among the Arabs studying their habits, I asked a woman who was in charge of the culinary department of a large government hospital what she fed her Arab patients, and in her answer she did not mention meat. Observing this, I asked her if she gave them no meat, and she said, "Very little, indeed." Her patients did not care for it.

Dr. Lucas Championniere when Surgeon General of the French army in Algiers observed that appendicitis was extremely rare among his native soldiers while a leading cause of death among his French soldiers. He became convinced that the cause was a difference in diet. The Arab soldiers ate little or no meat.

When in Biskra among the Arabs I had occasion to examine the teeth of a number of young Arabs and found

Prof. Irving Fisher, No. 8.

wonderfully sound and beautiful teeth.

Many years ago, we had a young Persian girl from Persia who was sent to us by a relative who was a representative of his government in New York. She was a fine splendidly developed young woman and had a splendid set of the most perfect teeth and no evidence of decay whatever. She was with us several years and graduated. She visited me in Miami some 20 years later and her teeth were still perfect. I inquired carefully about her diet. She told me she was reared on fresh vegetables and cereals and did not eat meat.

I thought in my talk with you you rather discounted the evidence I presented of the good health of animals like cows, horses, etc. which get along very well without flesh eating. I might also have mentioned rats and mice, experiments on which are the chief source of information concerning human nutrition. Sherman and other writers on this subject do not hesitate to draw conclusions respecting the influence of food on human nutrition based entirely on observations made on lower animals, and it is taken for granted that protoplasm is protoplasm whether found in a man or a horse, and the same is true of protein, fat, carbohydrates, mineral salts and vitamins. Certain fundamental principles are identical in their relation to both man and animals.

Prof. Irving Fisher, No. 9.

I am glad that you are going to make some original studies on this subject and I think you should prepare yourself for the proper estimation of the results by a review of the general facts of zoology and biology. In talking with eminent biologists like Davenport and the authors of textbooks on biology and even such men as Stefansson, who might be supposed to be strongly prejudiced in favor of meat, I have found a ready acknowledgment to every argument I have offered in defense of a non-flesh dietary. I would suggest that before building too much on the theory that a craving for certain specific foods experienced by a sophisticated human being necessarily has biologic significance you should discuss the matter with some well recognized authority in human and animal physiology such as Davenport, Sherman or McCollum.

A couple of years ago, I invited Professor Sherman of Columbia to come here and make a professional study of our dietary. I paid him a hundred dollars and his expenses for making the journey. At the end of his visit I called the whole faculty together to hear his verdict. He said, "My advice is that you should continue right on exactly as you have been doing for many years and as you are doing now, with one exception that you make larger use of greens and uncooked foods," which was quite in accordance with my own feeling.

One of the principal objections to flesh food is

Prof. Irving Fisher, No. 10.

that as commonly eaten it is in a state of well advanced putrefaction and encourages putrefaction in the intestine because it contains colon germs and other putrefying organisms and at the same time supplying a considerable amount of food for them, both because it is in addition to an already sufficient supply of protein if one is living on a vegetable diet and also because it is not completely absorbed as are carbohydrates but leaves a residue, 12 to 14 percent, but also because it putrefies much more readily than vegetable proteins as shown by Tissier's elaborate researches.

I am not such a rabid vegetarian as to overlook the fact that one must be open minded in relation to every question that can be settled by scientific evidence, and I have held myself in this attitude all my life. While in writing or talking on the subject I endeavor to present all the arguments which I think will appeal to the different classes of minds in my audiences, my own faith is based on the scientific evidence presented. For more than half my life I have held my mind open to conviction on the subject of meat eating, not feeling assured that there might have been some argument which has been overlooked, but when I find such men as Sherman, McCollum and others who have delved deep into the subject of nutrition and are familiar with the scientific evidence which can be presented on this subject thoroughly convinced and ready to say without qualification that a non-flesh diet is



Prof. Irving Fisher, No. 11.

the natural and original diet for man, I have come to the point where I feel fully established in the belief that the anthropologists are right and that Professor Elliot of Oxford University is right in the statement that primitive man ate only plant foods, and, in fact, that there was a time in the world's history when there were no carnivorous animals and that the natural order is for plants to store up the energy of the sun in the form of food and fuel and that animals are intended to be eaters and plant products eatables and that when animals eat other animals it is contrary to the order of Nature.

Milk is an animal product but differs in many important ways from meat. It does not putrefy as does meat because it contains milk sugar which encourages the growth of the protective acid-forming germs which inhibit the action of putrefactive organisms. The yolk of the egg is the only part which is prepared for food and the only portion which is worth eating because the white contains practically nothing at all but albumen and totally lacks nearly all the rest of the many food essentials.

I feel really ashamed to have written such a long letter and hope I will not fall into this error again.

Sincerely yours, .

P. S. I found a double electric Remington razor the

Prof. Irving Fisher, No. 12.

other day in the Sanitarium pharmacy and I find it a great improvement. It is a very smart idea and I think would readily take the lead of all others. I like the Remington appliance better than any other electric razor I have tried. I have tried a number of them, including the original. Thank you very much for calling my attention to it. My valet shaves me very easily in two and a half or three minutes and saves fully half the time required when the single style razor was used.

b

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

P. O. Box 1825, New Haven, Conn.

September 8th, 1940

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

My dear Dr. Kellogg:

I thank you for your telegram saying you had no objection to my employing Mr. Cohrssen in accordance with my telegram which asked for "a few days". I hope I can do what I have in mind within a week and if you need him at any time please don't hesitate to wire and <sup>as</sup> I will wind matters up/quickly as possible. He will begin work for me Monday, day after tomorrow.

Sincerely yours,

*Irving Fisher*

IF:MCK

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

P. O. Box 1825, New Haven, Conn.

September 10, 1940

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

My dear Dr. Kellogg:

You will be much interested in the copy of the enclosed letter from Dr. Miller and in my reply. I am still wondering however. Miller is not a dentist, has not taken photographs and whether he really can be sure of his observations as to teeth is a question.

Sincerely yours,

*Irving Fisher*

IF:M

Encl.

P. O. Box 1825, New Haven, Conn.

September 10, 1940

Dr. Harry W. Miller  
International Nutrition Laboratory  
P. O. Box 326  
Mount Vernon, Ohio

My dear Dr. Miller:

I have yours of September 6th and am surprised that you say "the people there [in all parts of the Orient] have wonderful teeth. Many at 70 and 80 years of age have well preserved teeth."

Dr. Price's work is confined to places which he has visited and so far as I know he never made any statement about people in the Orient. You must have misunderstood my letter. His statement was that he had not been able to find any group who lived on a strict vegetarian diet and had good teeth; that he had examined some religious groups who were living on a strict vegetarian diet and they had bad teeth.

I am taking the liberty of sending him a copy of your letter and this reply and very much hope that you and he may get together. I think you would be much interested in his book.

I use some soy bean products and would be glad if you would send me particulars and samples of what you have.

I am wondering if you can be right in thinking that vegetarianism here is lacking of protein. Under the influence of Chittenden I have tentatively concluded that few people, vegetarians or others, have too much protein although they may be lacking in certain mineral salts or vitamins. At any rate, we should meet some evidence of a positive

Dr. Miller

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September 10, 1940

nature before being sure that the quantity of protein as such is  
the secret. I am particularly interested in your statement that  
people in port cities of China, where the larger proportion of meat  
is eaten, require dentists attention <sup>more</sup> ~~some~~.

Sincerely,

IF:McK

Encl.

Harry W. Miller, M.D. President

James W. Osborn, Sec'y-Treas.

Harry W. Miller, Jr.,  
Factory Superintendent

INTERNATIONAL NUTRITION LABORATORY  
Manufacturers of Soya Bean Products  
Mount Vernon, Ohio  
P. O. Box 326

Phone 1195  
Cable Address  
Internulab

Sept. 6, 1940

Soya Lac  
Sya Pimento Curd  
Soya Sandwich  
Spread  
Mien Jing  
(Cutlets)

Professor Irving Fisher  
P. O. Box 1825  
New Haven, Conn.

My dear Professor Fisher:

I was pleased to receive your letter of August 30th. In reply, I would say that I have often heard of you and have great admiration for you and your work and for what you have given to us on human nutrition.

In reference to the question which you raise, as to the condition of the teeth of the people of China, I would say firstly, that the people of China are practically a vegetarian people. I cannot conceive that the little amount of meat that they eat, perhaps at one or two of their festivals during the year, would have any particular effect upon their preserving of their teeth. For, from their birth, they are practically on a vegetarian diet ~~excepting~~ excepting the period of maternal nursing.

In the port cities, they use a larger proportion of meat, and where they do, we find that more dentists are in demand.

I have traveled very extensively in all parts of the Orient, and of course to some extent in European countries. But of the Orient in particular, I believe I am about as well informed about the general physical condition of the people there as any one. They have wonderful teeth. Many at 70 and 80 years of age have well preserved teeth. I think the difficulty that many have in this country in carrying out a vegetarian diet, is that they have had an inadequate protein supply.

There has never been a well balanced protein dietary arranged by most vegetarian people. The soybean has a protein that biologically compares favorably with that of the animal protein. People did develop a craving for flesh. But I have not seen this craving present in individuals that that taken in their daily program a portion of soybeans in one of the many very tasty preparations now available.

I must feel that Dr. Weston Price has not made a real study of conditions of the Oriental people, or he would not be credited with such a statement as he is reported to have made relative to vegetarianism and physical decadence.

I hope I may have the pleasure of meeting you and thanks for your letter. With my best regards, I am

Very sincerely,

(Signed) H. W. Miller  
H.W.Miller, M.D.

September 10, 1940

John Harvey Kellogg, M.D., LL.D., F.A.C.S.  
202 Manchester Street  
Battle Creek, Michigan

Friend Beloved:

At the fall meeting of Battle Creek teachers yesterday, I heard again Alonzo Baker. At 200 words per minute Baker urged the instructors to teach this year the principles of democracy. He put special emphasis on the lack of adequate health teaching in our American school system. There was hearty applause, long-continued!

In 1915, Henry Leland, founder of Cadillac and Lincoln cars, furnished our National League with transportation for a campaign from New York to San Francisco. With a male quartette from Ohio Wesleyan and two expert workmen from Cadillac shops, I held 125 meetings over the Lincoln Highway in 12 wet states. Standing room was taken; the trip was a big success! Then in 1919, for four months at different periods, spring and fall, William Jennings Bryan and I visited the largest cities, East and South. Again standing room needed everywhere!

For a long time I have looked forward to an even more influential campaign, to start a National Reorganization of the Anti-Saloon League. This can now be done by Mammoth Temperance Rallies in the 150 or 200 largest cities. They can be reached by four Trans-Continental Trips from East Coast to West and back, and from "Lakes to Gulf" and return. Frank Gannett, Rochester publisher of 20 dry newspapers, urges me to conduct this great campaign by the regular airplane lines. He says truly: "This will give the finest publicity and fill the largest auditoriums."

With Alonzo's voice at our big National Convention in November, we can start this greatest of all campaigns next spring, 1941.

Hoping this will look to you and other "Race Betterment" officers as a call for cooperation, and thanking you for the invitation to your home tonight,

Your long-time constant friend,

  
Howard Hyde Russell



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

P. O. Box 1825, New Haven, Conn.

September 10, 1940

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

My dear Dr. Kellogg:

Thank you for your long letter of September 4th.

Toward the end you say: "I hope you will not be annoyed by this rather lengthy dissertation." On the contrary, I am greatly pleased as always with your willingness to devote so much time to trying to save my soul and body, so to speak! As a matter of fact, you have done more than anyone else in that respect. I am glad that I seem to look well to you and I myself think I am in better health in a lot of respects than at any time since I was a boy. It is really marvelous to think I should have achieved as much health as I have after having had tuberculosis and after following a wrong treatment for so long.

This improvement I owe to you more than anyone else. Had I had real faith in the efficacy of what I did following your advice I would have planned my life differently but I was always thinking that my life expectation was short. I have more optimism now as to life expectation than I did forty or fifty years ago. (Very likely I may be as badly fooled in the opposite direction!)

I am glad to know of your own health and the splendid examination you passed as to your heart. This brings me back again

Dr. Kellogg

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September 10, 1940

as to my ambition for you and me as <sup>long-lived</sup> "specimens" like the "horrible examples" of reformed drunkards in the olden days! Nevertheless, not everything you have suggested has worked and indeed you have changed your views greatly since I first met you. This has not diminished but increased my respect for you and I will not be surprised if you make important modifications in your views in the future.

Your problem with me is not primarily to convince me in regard to meat eating. That problem is ~~the~~ personally important to be sure. But I am much concerned lest you continue to do a modicum of harm by getting people to so restrict their diet that, even though you can theoretically pin the blame on them, they, as a consequence of your advice, become anemic or lacking in Vitamin D, or have other shortcomings manifested by bad teeth or otherwise. I have several other suspicions about the occasional harm that you do with all the good.

Your argumentation about the natural diet of man appeals to me as perfectly sound but it must confront several facts which as yet it has not satisfactorily met. I repeat what I said in my last letter that no considerable group of strict vegetarians have been exhibited and proved to exist with good teeth whereas numerous groups have been found with good teeth who are not strict vegetarians.

Nothing would please me better than to have you prove your case fully and I hope you may live to do it. But meantime, you may continue to do a certain modicum of harm as I have observed

September 10, 1940

even in my own case by having your followers thinking they are following you going into somewhat wrong paths.

The experiment which I outlined in my last letter escapes largely, at any rate, your arguments because I shall expect to use wholly sterile flesh foods. Moreover, the amounts will not be large. They will be used after I have supplied myself with as satisfying a diet as possible without these foods and after all it will be a more or less temporary experiment for I am already almost practically convinced that flesh foods are not necessary even though some of them, particularly liver, may "go to the right spot" at times.

You have spoken as though you believed/<sup>there are</sup> groups of people existing with good teeth who are strict vegetarians. I have written in regard to the island off China (Dr. <sup>Miller</sup> Wood) but have not yet heard as there has not been time. I hope that you will, in time, solve these riddles. It is altogether wrong to depend solely on theoretical evidence. It needs always to be checked up experimentally. You, I believe, accept this in other lines even to the extent of believing that sun-burn is beneficial, a conclusion on which I am skeptical, on purely theoretical grounds without having gone over the evidence.

I am glad that you found the Sonotone instrument improved as <sup>was</sup> I ~~am~~ sure you would. If you have not yet got one I hope you will try it the next time you buy another instrument. The objections you mentioned in your letter, I suppose you gave to the man. You do not say that you met Scheibler.

I am glad to know that you are optimistic about concluding a

deal with those who now handle the San.

In regard to my own financial situation, I agree that life is far more valuable than money. I am anxious, of course, to get back <sup>financially</sup> in order to add to my usefulness and to pay my creditors and <sup>I</sup> have <sup>^</sup> high hopes. What caught me is exactly what caught the San and 99 per cent of the business men. I got a good dose because I had been assured by Benjamin Strong that his policies which would have prevented a depression would be followed after he died. But they were not. Nor has proper legislation been passed. If it is not, the same cycle will come again and not many years hence in all probability.

Incidentally your last page speaks of Dr. Jacobs<sup>"</sup> when you were referring to Dr. Jacobson, very likely this was a misprint.

I am glad you are going to have an instrument for measuring tension. I believe the lack of that and the treatment of that subject has been one of the chief shortcomings of Battle Creek Sanitarium.

With best wishes.

As ever,



IF:M

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

P. O. Box 1825, New Haven, Connecticut

September 13th, 1940

Dr. John H. Kellogg  
Battle Creek, Michigan

My dear Dr. Kellogg:

Thank you for yours of September 8th.

I am very glad always to have you cite your facts in regard to meat eating. But you are evidently laboring under several wrong impressions. There is very little in what you say to which I take exception or have any very serious doubts.

But there are certain specific problems which I put up to you, none of which you mention in your letter. You simply review what you have written and said many times and what with few reservations I fully accept. There is one statement to which I take exception very decidedly. You say: "You do not attach <sup>the</sup> importance to scientific facts and scientific testimony" which I do."

It is my search for facts which led me to ask you the questions I did and in the expectation that it would, in the end, very likely result in new facts to support your conclusions which appeal to me.

I do not think you have quoted correctly several of your authorities including McCollum.

In regard to Price, perhaps I mis-stated it by inadvertence in my letter which led you to your mis-statement concerning him. You say he says that there are no people who eat meat who have good teeth. I know of no <sup>such</sup> statement from him and if I so stated it I was entirely wrong. He would certainly not dogmatize in that

way, for no one can prove a negative.

In the first place he was not talking about meat. He was talking about foods of animal origin and he was not <sup>even</sup> making any assertions that there were no people with good teeth who used food from animal origin. What he said was he found none in his own observations. He was disappointed and doubtless would be exceedingly interested to have you, or Dr. Miller, show him cases which he may inspect of a different character. The first instance in his book is that of Swiss in a certain valley who practically eat no meat. But they do use dairy products and live chiefly on them. What he has been trying to find is a specimen of a considerable group who eat no food of animal origin and yet have good teeth. Those which he has found (certain religious orders and strict vegetarians) that ~~is~~ did not use food of animal origin, have bad teeth. I put up to ~~him~~ <sup>you</sup> this specific problem of finding a group on this planet of people who are strict vegetarians, that is, eat no food of animal origin and yet have good teeth. I thought you understood this when I talked with you and you gave me what you believed to be one case namely, Richard Kellogg, the dentist.

Of course, I am also interested in the specific meat problem and particularly as to the value of liver. I am searching for <sup>more</sup> scientific facts.

As to my own experiment -- I am doing that not as a scientific experiment but merely to find my own best dietary. I am already practically convinced that this does not include any flesh foods except possibly liver. But I want to find out whether the craving

which I used to have when I went without meat for a long time still exists now that I know how to supply from other sources whatever meat, ~~however, at least~~ <sup>is supposed to</sup> containing.

I fear you did not read carefully the plan which I tried to express of what I propose to do.

But this personal experimentation was primarily for my own benefit and should not be confused with specific scientific problems which I put up to you and which you seem to ignore in your letter in your attempt to ~~apostatize~~ <sup>proselytize</sup> me. I scarcely need any ~~apostatization~~ <sup>proselytization</sup> now. I do not wish to take up your time to ~~comment~~ on your various points, especially because in almost every case I would say "Amen" or that I know nothing whatever, <sup>to the contrary</sup>. I have been over almost all the authorities you mentioned and know what they contributed. Most of them wrote before the days of vitamins, mineral salts and so-called "little things" which are now apparently the big things, so that they contribute nothing to the problems which I tried to put up to you.

Let me emphasize that I did this not because I had any <sup>special</sup> opposition but because I wanted to point out, as a friend, your weak points in your armor now that the whole scientific world is becoming suddenly interested in nutrition, a subject which has hitherto been almost universally neglected, but certainly not by you.

I do think I made some good suggestions to you and I would again suggest that you re-read what I wrote.

I am glad that you are going to see Professor Yerkes. He is a Yale professor, you know, and I have seen him and also his anthropoids.

I agree that there is some scientific value in the aversion to meat eating to which you refer. That is another point on which

Dr. Kellogg

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September 13, 1940

I wish there were some specific collection of facts. I do not know whether anyone has made observations to show how universal that aversion is. I rather think I would lay more stress on this than you. But I cannot brush aside the opposite situation where so many people crave meat. I have no doubt, or very little, that it represents a deficiency in other parts of the diet which can be avoided. *But that is only a guess.*

But the problem of the sunshine vitamin, which is another specific problem I put up to you, is to be considered. I think you should find out whether onions have this vitamin and also whether other vegetable products do too. It seems to me almost inconceivable that this vitamin is lacking in the whole vegetable kingdom when so much of <sup>that kingdom</sup> it is exposed to the sunshine and yet this is <sup>said to be</sup> the present opinion.

I have long ago looked up Elliot to whom you <sup>had already</sup> referred me but was much disappointed. Not only did <sup>his book</sup> ~~it~~ not fully substantiate what you said he said but it did not seem to have as certain a foundation of facts as I should have liked.

I think Price's book is an excellent start for you, for it will be used by your opponents and I think you should get in touch with him personally and spend hours with him, listening as well as giving him the benefits of your own wide knowledge.

Sincerely,

*Irving Fisher*

IF:M



Dr. Kellogg

-5-

September 13, 1940

P.S. I am glad you find the double-headed electric shaver satisfactory. But I am sorry that I could not have told you before you bought it of a "triple"-headed one, the third head being a clipper for cutting long hairs, mustaches, sideburns, etc. It was only put on the market last week.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

P. O. Box 1825, New Haven, Conn.

September 18, 1940

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

My dear Dr. Kellogg:

Enclosed is a little article by a Dr. Frederick N. Sperry  
of New Haven, quite an authority on the nose and throat. I  
have marked passages which you may care to read.

Sincerely,

*Irving Fisher*

IF:M

Encl.

# Therapeutic Aids in Otolaryngology\*

FREDERICK N. SPERRY, M.D.,  
New Haven, Conn.

When Dr. Ryder asked me to write a paper for this meeting the thought came that you might be interested in a few therapeutic suggestions which came from considering why the upper air passages are so frequently the location of symptoms of disease. To get a true picture all angles must be studied. It is for the purpose of developing some new angles without discarding any treatment of value that this paper is presented. If your thoughts can be turned from the surgical aspect of treatment to a consideration of the causes of disease and to the possibilities of relief by aiding nature in the processes of repair, my desire will have been accomplished.

About fifteen years ago Dr. J. A. Stucky of Kentucky read a paper at a meeting of the Triological Society detailing his work among the poor mountain whites. In this paper he linked the occurrence of many diseases to the poverty of the people. His treatment consisted largely of simple remedies and appropriate foods. Since that time he and others have presented papers on nose and throat conditions caused by food deficiencies and a group of our members, led by Dr. D. C. Jarvis of Vermont, have become deeply interested in searching for more exact knowledge of the causes, treatment and prevention of these conditions. In order to give this study a wide view, leaders in the field of Biochemistry are cooperating and some of the thoughts I am to present are from the writings of this group.

You may have read of experiments conducted by the manufacturers of Vigero, a plant fertilizer containing eleven elements. Twelve petunia plants started with apparently equal strength. The one given all eleven elements continued to thrive. Each of the others are deprived of a single different element. Some of them died and of those that lived each had marked defects. This illustration of growth and lack of growth in plant life is similar in some respects to what we

find in our patients. Our patients require small quantities of vitamins and mineral foods. Perhaps they are necessary to activate the endocrine glands to produce the hormones which control cell activity or influence the autonomic nervous system.

We cannot hope to be cytologists, endocrinologists or specialists in the behavior of the autonomic nervous system but we should recognize manifestations of dysfunction. Dysfunction of the endocrine glands and of the autonomic nervous system do produce symptoms in our fields. As rhinologists we have spread out before us the nasal mucous membrane which often shows dysfunction of the autonomic system.

In the large majority of individuals the nasal mucosa is a normal pink, but there may be marked variations in color and, if one has the habit of recording color, it is surprising how frequently it is found abnormal.

For many years I have noted the pale mucosa found in cases of hay fever and also in the presence of nasal polypi. Several years ago my attention was called to the fact that the color depends upon the action of the sympathetic and parasympathetic nerves. These parts of the autonomic system merit detailed consideration but here we can only refresh our memories with a few elementary facts. Omitting the meta-sympathetic which innervates viscera such as the heart having their own ganglionic centers, we have the remainder of the autonomic system divided into the sympathetic and parasympathetic. The sympathetic is connected with the cervical, dorsal and lumbar nerves while the parasympathetic has cranio-sacral anastomoses. With balanced action of the autonomic nerves we have health but with domination of one branch there are manifestations which show in the skin, mucous membranes, endocrine glands and other parts of the body. While not an accurate indicator of the action of nerves, the color of the

\*Read at 147th Annual Meeting, Connecticut State Medical Society, New Haven, May 25 and 26, 1939.

nasal mucosa is a guide that if looked for cannot be missed.

For convenience we record the normal pink as zero, the red as one, two and three plus, the pale as one, two and three minus, three plus being bright red and three minus white. The red denotes a dominance of the sympathetic and among the symptoms the patient may show are nervous tension, high blood pressure, rapid pulse, high metabolic rate, warm extremities and a tendency to inflammatory attacks. The pale membrane denotes dominance of the parasympathetic and among the findings are debility, tired most of the time, cold extremities, low metabolic rate, low blood pressure, slow pulse, migraine, hay fever, asthma and other allergic symptoms. It is of interest to note that as a class allergic individuals are less subject to colds.

All patients do not fit into this classification for I have seen athletes with almost white mucous membranes, allergic patients with high pulse rate, and high metabolic rate associated with slow pulse. Among the questions to be solved are why patients with unstable autonomic nerves show these irregular manifestations and why they fluctuate as to classification. Perhaps it would be well to repeat that the autonomic system functions normally in most people and that most mucous membranes are pink.

Treatment of inflammatory conditions, especially head colds, should vary according to the nasal findings and systemic symptoms. From the many plans and therapeutic agents used for treatment in the presence of dysfunction of the autonomic nerves we shall have time today to consider only the use of two glandular preparations and two chemicals. Not even vitamins nor the usual treatment of the allergies, important as they are, can be considered. Insufficient experience prevents the including of potassium, which has been extolled recently for its value, in the treatment of hay fever.

Of late many papers have appeared in rhinological literature citing the use of insulin in non-diabetic cases. In nasal conditions with a dominant sympathetic, the red membrane, it is of aid in lessening the severity of the inflammatory invasion. Even with pink and pale membranes it is of some aid. In three unit doses daily or two or three times a week it stimulates the appetite and often gives the patient a feeling of well being. In an acute cold it may be the

influence that halts the interference with nervous mechanism of the nose and turns the tide towards recovery.

The earliest reports on the use of insulin in small doses come from the writing of Dr. S. H. Beele, of Massachusetts. He has used three unit doses for over ten years and reports many spectacular cures of inflammatory conditions of the skin and mucous membranes in non-diabetic individuals.

During the past four years in my hands insulin has not given the brilliant results reported by Dr. Beele, but in cases of head colds and acute sinusitis it has been seemingly of great value. The absolute proof that any treatment has aborted an inflammatory invasion, of necessity, is lacking for there is always the thought that the cold might not have developed anyway but, when this happens frequently, it becomes at least circumstantial evidence.

In other hands insulin in small doses has been employed with much benefit for many conditions, mostly conditions affecting epithelial tissue.

Laboratory experiments on rats prove that insulin in doses comparable, according to weight, to three units in man has a marked effect in lessening oxygen metabolism. When given to patients with an oncoming head cold, insulin has a retarding or aborting effect similar to the influence of the derivatives of opium which also lessen oxygen metabolism. Another theory of the action of insulin in small doses is that it may have the so-called throw-back action that we are familiar with in the use of vaccines where, after the antigen is introduced, there is a negative phase, a let down. Then nature overneutralizes the antigen creating a surplus of antibodies. Another theory is that it acts as a catalist. Whatever the theory, in practice insulin is a help and might be tried in a wide variety of cases. Soon we may hope to learn its true value and its limitations.

The uses of epinephrin are too well known to be discussed here but there is another suprarenal preparation that merits consideration.

It was about five years ago that Dr. F. B. Blackmar of Georgia prepared a powder that is now marketed by Armour and Company under the name of Suprarenal Concentrate. It is composed of all of the suprarenal gland except epinephrin and is sold in two grain capsules. Its pharmacological properties are the same as those

of the whole gland when given by mouth except the absence of pyloric spasm. Armour and Company market the whole gland also, and there are reports of its use but my experience has been with the Concentrate.

It is of service for patients with pale mucous membranes, especially those with hay fever. Three years ago I had six cases of hay fever that became symptom free using suprarenal concentrate alone. Two years ago the treatment was less successful but all of the patients were fairly comfortable. This past year, in addition to the concentrate, dilute hydrochloric acid was given and all of my fever cases were comfortable. In asthma and in other allergic conditions it is also of value. The beginning dose is one capsule after each meal, increasing if necessary to three after each meal. I know of no disagreeable effects but have not given larger amounts.

Of the chemicals affecting the color of the nasal mucosa, when administered internally, and therefore of service in the treatment of nasal conditions, iodine and sulfanilamide are helpful when the membrane is red and hydrochloric acid when the membrane is pale.

The cytologists tell us that the metals in the body exist in colloid form. The manufacturing chemists have seized this apparent fact and are marketing many colloid preparations. Just how much more useful iodine is in colloid form, I do not know, but I suspect it is a real improvement and am using the preparation known as Amends Solution. Five drops or less in a glassful of water an hour before meals is beneficial in conditions associated with red swollen turbinates and is also useful in the treatment of lymphoid hypertrophies. Iodine internally seems of much greater benefit than local treatment with silver albuminates or other antiseptics.

Dilute hydrochloric acid in five drop doses in a glassful of water an hour before meals appears to help hay fever and nasal hydrohoea. It seems foolish to put into a stomach that secretes an abundance of hydrochloric acid a few drops of that same acid. Several explanations have been offered to account for its action. They involve the same questions and theories that have been proposed in explaining its action when it is introduced into the blood stream. These theories are too controversial and the conclusions too uncertain for us to consider, but there can be no doubt that it is of benefit in appropriate cases.

I have had a number of cases with so-called wet nose, using several handkerchiefs a day, become normal and remain so as long as they take five drops of dilute hydrochloric acid in a glassful of water an hour before meals. With this treatment we also have failures which probably means that as yet we do not know how to select our cases.

Therapy should be directed not only towards the relief of symptoms but should attack the cause, and this brings us back to the beginning of our paper.

Recently I came across the statement known as Liebig's Law of the minimum. The law states "The body is regulated by the food least bountifully provided."

Our cells take from the surrounding fluids only such food as they need. There may be a superabundance of food but if some needful vitamin or metal is missing, the cells will not function normally. We are complex organisms needing food for energy and for tissue rebuilding which brings us to the thought that disease is often caused by food deficiency.

White flour and white sugar produce energy but, as the vitamins and minerals have been removed, are supposed to have no tissue rebuilding food value and we have some evidence of harmful effects. Dr. H. L. Stitt of Cincinnati, in a paper, stated that for a year at the Children's Hospital he deprived his patients, as far as possible of all refined carbohydrates. He and other pediatricians noted the great benefit of this routine. Many chronic discharging ears, antrums and ethmoid infections cleared up. Patient discharged did not return except when they digressed from the prescribed routine. No doubt most of you have noted the value of curtailing carbohydrates. One patient from whom I had taken refined carbohydrates because of sinus infection remarked "Its all my own fault. Every time I break over and eat sweets I get sinus trouble."

At present it is popular to condemn refined carbohydrates. Is this another food fad or is there something in it more than just common sense. Our patients with thick mucoid nasopharyngeal discharge often are relieved by dropping refined carbohydrates, but I am not sure as to whether it is because of less carbohydrate or less refined carbohydrate or because

of the substitution of fresh vegetables and the minerals they contain.

There is seldom carbohydrate food deficiency but there is frequent need of the minerals that activate oxygen metabolism. The minerals are iodine, iron, copper, manganese and arsenic. Most of these are to be found in garden vegetables, cranberries, kelp, seafood, honey and other garden, orchard and dairy foods. It seems certain that foods as prepared by nature will fulfill the needs for metals better than given in medicinal form, but on this question laboratory work remains to be done.

Deficient diet, without doubt, causes many diseases. It may be, and indeed it is quite probable, that the inheriting of an unstable nervous system may be due to one or more generations of feeding on deficiency diets.

The United States Department of Agriculture investigated the "Diets of families of employed wage earners and clerical workers in cities" and

found that in families of four members with an average annual income of \$1200. only 1% had an adequate diet. When the income was \$1800 9% were properly fed and when the income was \$2800 23% had satisfactory food, showing how general the lack of knowledge as to feeding must be.

In this paper the lack of balance of the autonomic nervous system has been stressed but the chemical viewpoint is also important, especially the study of the hydrogen iron concentration in relation to disease. The biochemists are busy gathering knowledge for us to use clinically and we, as medical men, must be conversant with this scientific progress. The investigators of the endocrine glands and the autonomic nervous system are opening for us opportunities to recognize bio-chemical needs compelling us to view the patient as a whole. We may be specialists but this special knowledge should be grafted on our ever widening knowledge of general medicine.

EXECUTIVE OFFICE OF THE PRESIDENT  
BUREAU OF THE BUDGET  
WASHINGTON, D. C.

September 28, 1940

Dr. John Harvey Kellogg  
New York City  
New York

Dear Dr. Kellogg:

My unexpected appointment as Chairman of the Advisory Committee on Selective Service has tied me up so badly that I did not even get into the Cosmos Club for a week. Yesterday I was there and received your good letter of September 20 advising me that you were then at the Willard. I am so sorry that I did not received your letter earlier. I had gone that day to New York to meet a member of our committee and on Sunday to Hyde Park to see the President, so I would not have been in Washington, but at least I could have let you know I was away.

I understand that you are now in Florida where I hope you will have the finest sort of winter. My work here in no way diminishes my interest in eugenics. I hope to get in touch with you and tell you what the American Eugenics Society is doing as I will be at that office each week.

With warm personal regards,

Sincerely,



Frederick Osborn  
Consultant on Population Problems  
Division of Statistical Standards

September 30, 1940

Prof. Irving Fisher,  
P. O. Box 1825,  
New Haven, Conn.

Dear Professor Fisher:

Thank you very much for your kind note of September 18th enclosing the excellent paper by Dr. Sperry. His suggestions are quite in line with the raw food idea which is interesting me more and more as the years have gone by. I am confident that the closer we keep to the diet of primitive man and the diet still adhered to by the anthropoids the better for health and longevity.

Sincerely yours,

b



DR. R. A. MORTER  
MEDICAL SUPERINTENDENT

KALAMAZOO STATE HOSPITAL  
KALAMAZOO, MICHIGAN

October 5, 1940

1988 file  
VISITORS NOT ADMITTED ON SUNDAYS  
OR HOLIDAYS  
VISITING HOURS 9 TO 11 A. M..  
2 TO 4 P. M.

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

Dear Doctor Kellogg:

It gives me pleasure to report favorably on the results of L D Lax for the relief of constipation. We selected a small group of patients and have administered L D Lax for several weeks and it has proved a very effective bulk-producing laxative and, being fortified with lactodextrin, it has relieved symptoms of intestinal toxemia which were present in this group of patients. I am deeply grateful for your interest in our mentally afflicted patients and for your generosity in furnishing us preparations for clinical use.

I had a lengthy interview with one of your representatives, Mrs. Walter, yesterday and discussed the possibility of an experiment wherein vitamin rich diets in selected psychotic patients with hypogonadal function might be studied by urinary assays for specific hormones. It would be interesting to know if diet alone would increase the output of urinary androgen and estrogen in these hypogonadal types.

Again thanking you for your interest and assistance, I am

Very truly yours,

  
Medical Superintendent

HAS/lm

October 7th, 1940

Mr. Alonse L. Baker,  
Battle Creek, Michigan.

Dear Alonse:

Speaking upon the question of a change of name for the Anti-Saloon League of America, I have been so well assured from the spiritual and practical standpoints that this proposed cooperation of the Race Betterment Foundation with the national temperance movement founded by myself in 1893 has been divinely planned that I feel quite certain all that is necessary will be done at or soon after our National Convention at Washington, November 24, 25 and 26 and I take it for granted that will come to pass.

Meanwhile, there is not much left to be said between us, that is to say between Doctor Kellogg and you as parties of the first part and myself as party of the second part, except to go on and arrange the details carefully for your presence and your entertainment while present at Washington at the forthcoming convention.

The Sunday services now projected far enough to promise a general cooperation by the churches of Washington make that phase of your coming to assist us very important. Mr. O. G. Christgau will be our manager of all details relating to the enlistment of the churches for either morning or evening services and the assignment of speakers who will visit the churches on behalf of our League. I wish it were possible for you to plan to be at Washington Saturday morning instead of arriving late Saturday night or Sunday morning. In late November there is so much hazard about the weather and the possible tardiness of trains in travel that we are taking chances about your presence with us on Sunday, at two of the most important churches in Washington Sunday morning and Sunday evening.

I am writing at once to settle the question as to which hotel you will be booked. It will be either the New Ebbitt, Tenth and H Streets; or the Grafton, Connecticut Avenue and DeSales Street, both of which are dry hotels which advertise their dryness in order to draw that special kind of customers.

Please give me two or three of your next addresses so that I can get this information to you in ample time. The holding of services of our National League at the biennial sessions at Washington and the visiting of the churches at the same time has been our custom during the life of the League

which began in 1895. Several bishops of the Methodist Church and other churches have already promised to speak for us that day.

This much I shall write today, and I may follow this letter before long with another giving some facts about the name as it was first planned and finally adopted in its present national League form, but this is not an essential need today and I shall go on and dictate a letter about our hotels at Washington.

Am I right in assuming that one room with a double bed or twin beds will be necessary for your own accommodation? If you have in mind a second room for your daughter as being important or essential, please let me know this fact. Since I plan to go with you to your assignments both morning and evening, I shall also plan for a room at the hotel with yourself so that we may meet as early as possible to go over the day's work on Sunday, November 24th.

With salutations of affection to both Doctor Kellogg and yourself,

Your friend,

Howard Hyde Russell

HHR/b

October 7, 1940

Dr. Frederick Osborn,  
Executive Office of the President,  
Bureau of the Budget,  
Washington, D. C.

Dear Doctor Osborn:

I have your letter of September 28th and am pleased to know that eugenics is to have such an able representative in the important office assigned you as adviser of the government. Your position will enable you to render a very great service to the country.

I am not yet in Florida but I hope to be there within a few weeks. If you visit South Florida during the winter, please do not forget my address is Miami-Battle Creek, Miami. We are located at Miami Springs in the northwest corner of greater Miami. It will be a joy to see you again, and we will be glad to welcome with you your wife or any other member of your family whom you may have with you.

Madison Grant visited us often when he was alive and Professor Townsend never fails to call when he is in the vicinity. I am expecting Dr. Davenport for a month in December.

I will be glad to know when your book, "The Family Tree," will be on the market. I want to put it on sale in several places and believe we will be able to dispose of a good many. When it is ready we will ask Mr. Baker to mention it in his lectures. Next spring he

Dr. Frederick Osborn, No. 2.

will start on a several weeks' lecture campaign on which he will reach the most important points of the entire country.

Very sincerely yours,

b

October 8, 1940

Dr. E. Wollman,  
C/o Pasteur Institute,  
Paris, France.

Dear Doctor Wollman:

It has been some years since I met you, but I have by no means forgotten your numerous courtesies during my last visit to Paris in 1926. You have gone through a terrible experience since that time, but I hope that the work that you and your colleagues are doing in your famous institution is permitted to continue without any serious interruption.

The purpose of my writing you is to know how you have fared, and to ask if there is any way in which I can be of service to you in this country in return for the favors shown me.

I also wish to mention to you a new strain of acidophilus which I have developed by cultivating the *L. acidophilus* of Moro and Tissier in milk prepared from the soybean. When a week old, it gives counts of three to five billion per c.c. If this letter finds you and you are interested, I shall be glad to send you a sample of it.

I enclose a copy of a statement made by Dr. Kopeloff, of the Medical Center of New York, who tells me that he spent a year at the Institute a little time before the death of Dr. Tissier. He was much surprised to find the culture was much richer in organisms than anything he had ever seen before.

If you should find the matter of interest, I would like you to make a little research. I will be glad to send you liberal compensation for doing the work and will be pleased to receive from you a suggestion as to what will be satisfactory compensation for such a research, which would consist of such a study of the soy acidophilus strain as would enable you to verify Dr. Kopeloff's work, with such additional observations as you might yourself make.

Hoping this letter will find you safe and well, notwithstanding the experiences through which you have passed, and your famous institution flourishing as ever, I am

Very cordially yours,

Dr. E. Wollman, No. 2.

P. S. Our mutual friend, Dr. Boldyreff, who has been in charge of our laboratory for some years, is now visiting his son in Arizona, who is professor of chemistry in the University of Arizona, and has shown very unusual talent in his profession.

Another item which occurs to me is this: I had some correspondence with Dr. Tissier. If the letters are still in existence, I shall be very glad indeed to have copies of the letters he wrote me, and shall be glad to pay well for them.

I should also prize highly any small thing from him that I could keep as a token of remembrance.

If Mrs. Tissier is still alive, please remember me to her.

b



Book-Cadillac Hotel

DETROIT, MICHIGAN

Oct 8/40

Dear Dr. Kellogg:

After arriving here, I learned that Battle Creek is only a little over 2 hours from here, and so I have decided to leave with the early morning train at 7<sup>30</sup> on Saturday. On arrival there, I will visit the Kellogg plant after which I



would like to visit the Battle Creek  
Sanitarium and if you are still  
there, it would be a pleasure to meet  
you. I will return here on the  
evening train.

I am attending some of the  
American Public Health meetings,  
where the Kellogg Food Co. has an  
exhibit.

Looking forward to seeing you,

I am,

Sincerely yours,

Julia M. Knopf

(Mrs. J. Adolphus Knopf)

I have always wanted to visit the  
Kellogg Sanitarium so very much.



# The LINCOLN-LEE LEGION, Inc.

Abstinence Department of the Anti-Saloon League of America

HEADQUARTERS: WESTERVILLE, OHIO

And 151 B Street, S. E., Washington, D. C.

HOWARD HYDE RUSSELL  
*National Secretary*

"RUSSELL'S REGISTER"  
*Semi-Annual Report*

VIRGIL P. BROCK  
*National Director*

BLANCHE KERR BLOCK  
*Music and Drama*



Presenting the COURT TRIAL OF "CHURCH *versus* BOOZE" — "SAFETY *versus* TRAGEDY"

Always Sponsored In City And County By The Ministerial Association

Westerville, Ohio,  
October 8th, 1940

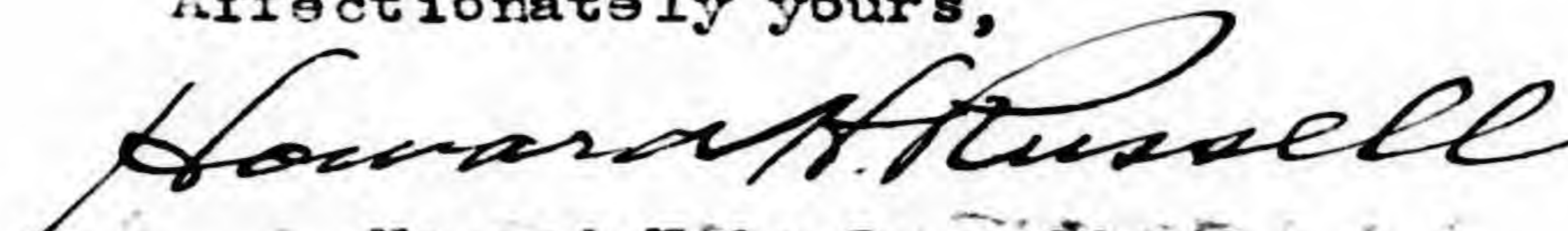
Doctor John Harvey Kellogg,  
Battle Creek, Michigan.

Dear Doctor Kellogg:

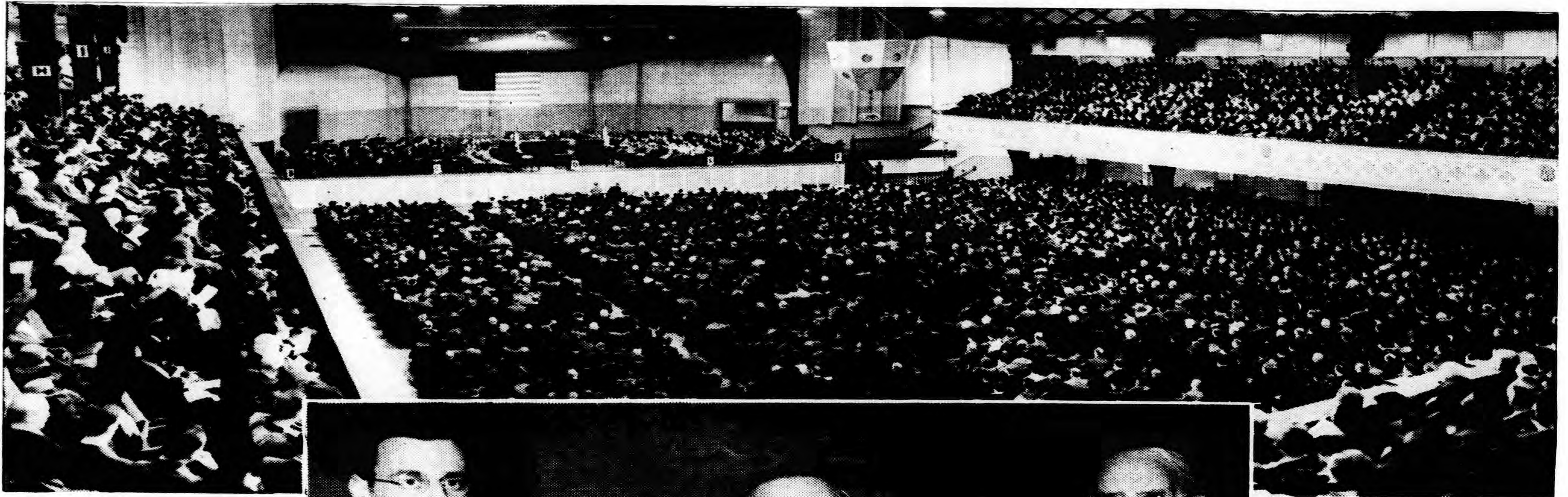
That you may have your file a little more complete in connection with the interesting correspondence which we have had upon the subject of cooperation between the Race Betterment Foundation and the temperance organization founded by myself and carried forward for nearly fifty years, I therefore enclose a copy of my letter mailed upon yesterday, October 7th, to Alonzo L. Baker.

With constant and grateful regard,

Affectionately yours,

  
Howard Hyde Russell

HHR/b  
Enc.



**The Five Year "Come Back"**  
*"Booze," alias Barley-corn guilty of many murders.*

A skilful reporter of the Christian Science Monitor at this thrilling court trial of "Booze" in Mechanics Hall, Boston, on Sunday afternoon, Jan. 16, included the following facts:

The case of Beverage Alcohol was tried in the "Court of Public Sentiment" before five thousand people yesterday afternoon at Mechanics Hall, in the new Five Year Plan of the Lincoln-Lee Legion, Inc. to organize the public against the use of liquor. Like Paul Revere riding through the country to arouse the citizenry against the enemy so the Legion is marching through the land to warn of the more subtle



**THE REV. H. J. OCKENGA**

**THE REV. DR. C. GORDON BROWNVILLE**  
*The three Judges who presided at the hearing*

**DR. HOWARD HYDE RUSSELL**

enemy Alcohol, Dr. Howard Hyde Russell, founder of the Anti-Saloon League and the Lincoln-Lee Legion declared as the trial opened.

After several preliminary try-outs in smaller communities, the first metropolitan trial was staged with great success in Philadelphia on Oct. 25, 1937. Arrangement was begun soon after to present the program next in Boston with all its associations in the struggle against Political Tyranny and against Slavery.

"The Five-Year Come-Back" of the Lincoln-Lee Legion, Inc. launched in Philadelphia and Boston will follow up the campaign by multiplying abstainers in churches and communities in all the states.

October 10, 1940

Dr. R. A. Morter,  
The State Hospital,  
Kalamazoo, Michigan.

Dear Doctor:

Thank you very much for your kind note. I am very glad that you think it worth while to make a test of some of our therapeutic foods. I am sure that we have some foods the results of which in use will please you very much.

Our experience in dealing with quite a considerable number of persons who had been long confined in insane asylums where they received the ordinary routine treatment leads me to believe that there is great opportunity for very definite progress to be secured by skilled use of dietetic measures which are not in general use in these institutions. I am especially confident that more attention to the colon will be found very profitable.

I am enclosing with this some memoranda for a paper which I hope to find time to write after getting back to Florida where business and professional demands are not quite so heavy as here.

I will be glad to run over for a little chat with you if you have the time and will indicate the most convenient time.

Anticipating the pleasure of meeting you again, I am

Sincerely yours,

**Dr. R. A. Morter, No. 2.**

**P. S. I have instructed the office at the factory to send you a liberal supply of any food or foods which you wish to study.**

b

(COPY)

WAR DEPARTMENT

The Adjutant General's Office      ESA

Washington

In reply  
refer to

AG 680.1  
(10-2-40) M-D

October 22, 1940.

Mr. John Harvey Kellogg,  
Chairman, The Battle Creek Sanitarium and  
Benevolent Association,  
Battle Creek, Michigan.

Dear Sir:

Reference is made to your letter of September 13 concerning the sale of Battle Creek Sanitarium to the Government for use as a military hospital.

Pursuant to your proposal, representatives of the War Department have made a careful survey of the institution. As a result of this survey, however, the conclusion has been reached that it is not advisable for the Department to accept your offer.

Your interest in national defense is appreciated and it is regretted that a more favorable reply cannot be made in the premises.

Very truly yours,

E. S. Adams,  
Major General  
The Adjutant General

*Jac.*

1 Incl.  
Appraisal report.

C O P Y

WAR DEPARTMENT

The Adjutant General's Office      ESA  
Washington

In reply      AG 680.1  
refer to      (10-2-40) M-D

October 22, 1940

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Very truly yours,

E. S. Adams  
Major General,  
The Adjutant General.

JBC

1 Incl.  
Appraisal report

October 25, 1940

Dr. Arthur I. Kendall,  
Northwestern School of Medicine,  
Chicago, Illinois.

Dear Doctor Kendall:

I have recently been reading the splendid paper which you read at the Race Betterment Conference some years ago, entitled Bacteria and Human Welfare. I think this is one of the most important papers ever written. It deals in a most interesting and convincing way with the relation of B. coli to human health and efficiency.

There has been in recent years such a marked change in the attitude of doctors toward the colon and its dysfunctions, I think your paper would be read by every intelligent physician with great interest and profit if put in their hands, and with your permission the Race Betterment Foundation, which sponsored the Race Betterment Conference, will be glad to make a reprint of the paper and send a copy of it to five or ten thousand or more leading physicians throughout the country.

I hope to have the pleasure of a short interview with you before returning to Florida.

Hoping that we may have the privilege of giving your highly important paper a wide circulation and feeling sure that it will be appreciated by the profession and will be the means of great benefit to both doctors and their patients, I am

Very sincerely yours,



President  
MRS. IDA B. WISE SMITH  
1730 Chicago Ave.  
Evanston, Illinois

Vice-President-at-Large  
MRS. D. LEIGH COLVIN  
605 W. 184th Street  
New York, N. Y.

Corresponding Secretary  
MRS. ANNA MARDEN DEYO  
Evanston, Illinois

For God and Home and Every Land

# National Woman's Christian Temperance Union

HEADQUARTERS  
1730 CHICAGO AVE., EVANSTON, ILLINOIS

OFFICE OF PRESIDENT

EVANSTON, ILLINOIS

December 2, 1937

Treasurer  
MRS. MARGARET C. MUNNS  
Evanston, Illinois

Recording Secretary  
MRS. NELLE G. BURGER  
312 McDaniel Bldg.  
Springfield, Mo.

Honorary President  
MRS. ELLA A. BOOLE  
377 Parkside Ave.  
Brooklyn, N. Y.

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

Dear Dr. Kellogg:

Your letter of November twenty-ninth has just been received, and I wish to thank you for the information.

Mrs. Smith is in the East at this time, attending meetings and conferences of various groups the W.C.T.U. is affiliated with, and immediately upon her return to this office I will call it to her attention.

Very truly yours,

*Frances Bernick*  
Secretary to  
IDA B. WISE SMITH.

FB-p

**NORTHWESTERN UNIVERSITY MEDICAL SCHOOL**

**WARD MEMORIAL BUILDING**

**303 EAST CHICAGO AVENUE**

**CHICAGO, ILLINOIS** December 20, 1940

**DEPARTMENT OF RESEARCH BACTERIOLOGY**

Dear Dr Kellogg:

Thank you very much for your very laudatory letter of December 12. Praise from one who knows the implications of the Dr J and Mr H of bacteriology, and who then is willing to accept them is pleasing indeed.

I do hope you will be able to obtain a copy of Civilization and the Microbe. So far as I am aware it is about the first and only book which attempts to present the bacteria in their true light. I still believe that some such book would be a useful introduction to the presentation of the main facts about bacteria to the lay reader. And also I believe that the lay reader is quite as capable of grasping the main currents of bacteriology as the medical or scientific reader. The book was written primarily for my daughter when she was a student in high school. She came home one day saying that she had had two lessons on bacteria. Upon careful questioning I found out that she got two items of information and only two out of the two lectures: to wit: - all bacteria are harmful and one must not expectorate on the side walk or in public places. It is very terrible to have a bright young mind believe that all of any group of living things are a menace. And if the lay public is to be educated in public health and personal health lines they must first have some working knowledge about bacteria. It is I am afraid rather futile to attempt to build up a procedure without some foundation. The people simply are not interested. And after all how can they be? And it is such a pity when there is so much romance connected with bacteriology. The story of the heavens and even that some what elusive theory of relativity have been popularized by Sir James Jeans and people sit up nights reading about them. Bacteria are much nearer and in some ways much more real and entertaining.

During the time between Christmas and New Years, if I can get some papers out of the way, I am going to try to repay in a very small measure the pleasure you gave me, talking about theology and ethics, by presenting you with the back ground for my belief. And I shall hope you will comment very freely upon it: your comments always are very close to the heart of things.

I am very glad you did not take cold the day you came to the train to see me safely aboard: I was afraid you might become chilled and wet from the drizzle. Being in the sun shine in Florida you will evade the period of sunless days we have had here. However it happens usually that with lengthening of the days the sun more and more overcomes the darkness.

With the very best wishes of the holidays I am  
Ever sincerely yours



December 23rd, 1940.

Dr. Arthur I. Kendall,  
Northwestern University Medical School,  
Ward Memorial Building,  
303 East Chicago Avenue,  
Chicago, Ills.

Dear Dr. Kendall:

I am very glad to have your letter of December 20th. I think you are the promptest and most inspiring correspondent I have ever had and your letters are always so full of helpful suggestions.

I thank you very much for reminding me of that little book of yours which I have thus far been unable to get. It has occurred to me that as the author of the book your publishers might make a special effort to get a copy for you, and if you will permit me to do so I will send them an order through you, to be sent to me C. O. D. at whatever price they may see fit to charge me. You might suggest to them, as an added incentive, that there might be a demand for a new edition. Your suggestions might be very favorable.

The facts of bacteriology are fundamental. The discoveries of Metchnikoff, Tissier, Moro, and especially your discoveries concerning the influence of diet, or rather of foods upon the character of microbes, and through them upon the health and character of human beings, are of fundamental importance and must play a large part in any campaign for human betterment.

I am eager to see the book and think it should be just the thing to make lay people microbe-conscious, to use a trite phrase, or rather, a common method of making a new term, and making them appreciate

the fact that safety in this world of disorder and destruction is to be found only by seeking and discovery and then closely following the natural order which the old Greek philosopher Pythagoras called "The music of the spheres," and millions have contemplated the divine harmony.

I am glad you are going to write me something about your philosophy. I was afraid I had more than disgusted you with the humbled ideas I hurriedly expressed. I can imagine nothing that could interest me more than to know of the conclusions you have reached in your thinking in philosophic lines. Your visit was a red letter occasion which I shall never forget. It cleared up a lot of obscurities which had troubled me very much.

I note you are going to have a little vacation. Why not bring your work down here? Establish your office under a palm tree, in a bougainvillea bower in this American tropica. There is not a suggestion of winter down here but plenty of sunshine and purest air. It would be a joy to have you with us, to make you our guest for as long as you can stay. I am sure you love Nature, as do I. I know you would enjoy the luxuriant tropical growths which are all about us here. Dr. Arbuthnot Lane of London and Dr. Lorand of Carlsbad, who visited us two years ago, after a sightseeing trip in South America, told me that our surroundings here are more tropical than anything they saw in South America, and from my observations in Mexico and Puerto Rico, the Bahamas and Cuba, I do not doubt that statement. We, I am sure, do not fully realize the fact that Miami is five hundred miles farther south than Los Angeles and three hundred miles nearer the tropics than is Cairo, Egypt. We have a monkey jungle here with nearly a hundred of these clownish human caricatures living in it,

including several anthropoids. They live out of doors, with no better shelter than the trees and bushes and the coldest weather we have had has done them no harm greater than the loss of a few tail tips.

With cordial Holiday Greetings, I am

Sincerely and cordially yours,

lk

# The Miami-Battle Creek

JOHN HARVEY KELLOGG, M. D., LL.D., F.A.C.S., MEDICAL DIRECTOR

MIAMI SPRINGS (MIAMI), FLORIDA

December 24, 1940

Mr. Kenneth C. Hogate,  
c/o The Wall Street Journal,  
New York, N. Y.

My dear Friend:

Your letter of December 13th touched me very deeply. It was indeed like a ray of light to a man wandering in a wilderness on a dark night, surrounded with pitfalls and venomous serpents and other dangers, trying to find his way out.

The Sanitarium has been going through deep waters now for nearly ten years. I have spent many thousands of dollars in efforts to salvage it, and have nearly a dozen times thought that I had attained the solution of our financial problems, and was about to triumph; then some new scheme on the part of some member of the group of enemies now in possession of the place would cause them to withdraw the proposition that had been agreed upon, and efforts to which I had devoted thousands of dollars and much time, with the assurance of success, would be thwarted.

I wish I could have a conversation with you to let you know all about it, because the situation is such that the place can be salvaged and the work saved from the destruction it is undergoing, with proper management. The thought that I might possibly have the benefit of the wise counsel that a man of your experience can give has given me great cheer.

I am well acquainted with the situation there as I keep

in close touch with it. Weekly and almost daily reports with reference to the administration of affairs are sent me; and, as you say, there is every evidence of approaching collapse to utter inability to carry on the work in the way which has built it up from the small beginning with which I started 64 years ago last October with 12 patients. The institution has been built up solely by its own efforts and by the concentration of all my resources on its development.

The plan you suggest might solve the problem if it were feasible, but my brother, who is a generous man and interested like myself in human welfare, has already, some years ago, established a Kellogg Foundation, and has entered upon a great and much needed work--something new in education in which some of the greatest educators and health promoters in the United States have become interested, having been brought together in a large committee of advisement and management. He has given nearly all his fortune to this work and has himself suffered large financial depletion in the shrinking of the market values of his stock; so he has his hands full at the present time as the result of mistakes made by a new manager whom he confided in on account of his own health impairment, which has made him a great sufferer for several years.

The bankers, who have adopted most unscrupulous methods and brought themselves into control and are rapidly demoralizing the institution, are not themselves bondholders, and are not working in the interest of the bankers, but against their interests as well as the interest of the Sanitarium. They are wholly intent on getting by unrighteous means every dollar they can out of the institution.

out of the institution. At the time of the reorganization, they put \$100,000 into their own pockets for which they rendered no equivalent; and since they wormed themselves into the organization by unfair means, they have thrown away another hundred thousand by the very worst sort of management. Their leader, the former chairman of the bondholders' committee, said to me a few months ago, "We have found out that we are schoolboys in this work, and know nothing about how to manage the Sanitarium. We want you to take it off our hands. How much must we reduce our claims to induce you to take it off our hands?"

After further talk, I became satisfied that they would accept a discount of 50 per cent, and later made arrangements for the purchase of the bonds, which I was then prepared to finance at 50 per cent. Then, at the last moment, just before I came down here in the first week in December, they withdrew their offer, evidently because they had discovered a way in which they thought they could personally get more money out of the institution.

So I am compelled to wait for another opportunity, which is certain to come at the next payment, July 1, when there is every reason to believe they will be driven to default. This summer will cause the loss of another year, which will be a great loss indeed. We ought, as you say, to get control as speedily as possible to prevent further damage.

I received word today that the present number of patients there is only 68, less than half the number two weeks ago. The lowest level reached in more than 50 years. In fact, 40 years ago, we had five or six hundred patients at this sea-



son of the year. They are running behind at the rate of three or four thousand dollars a week. After the January payment, they will have little more than \$60,000 left in the bank to pay losses between now and next August, which will not suffice - to say nothing about earning something to meet the July payment.

Before these men took charge, two years ago next February, we had gotten through every year with but small loss, and one year with no loss at all even during the winter months, covering a period of five years, or during the entire receivership. But this year, there was a loss every month from December 1, 1939, to the third week in July, 1940. And there is at the present time no prospect that the institution will earn expenses for more than one month (August) during the entire year.

I wish very much I could have a talk with you and present to you exactly the financial situation and my plans for meeting it, which I think you would approve. In fact, last year I had an offer from a New York banker of \$1,000,000 on my personal note, with the understanding that I would buy up all the bonds of the institution and place them up as collateral security.

The bonds can be secured at the present time for less than \$1,000,000. I own bonds myself to the amount of \$232,000, which is one-fifth of the total amount outstanding. I have my Food Company, which is not in debt, and is clearing approximately \$75,000 to \$100,000 a year, which I am willing to put in trust to back the institution and to help it out of its present embarrassment; but I do not want to dispose of this, because it will be a valuable means of protecting the institution for the future.

I have a trust known as ~~the~~ Race Betterment trust, which

controls property which cost more than a million, besides a tract of nearly 2,000 acres of oil land in Missouri, which Mr. Doherty told me is nearly adjacent to producing oil territory, and has many indications of oil and coal mines on it.

Briefly told, my plan is for the Race Betterment Foundation to buy the bonds, putting up the Sanitarium bonds in addition for a loan sufficient to pay for the bonds being held in escrow on adoption.

The bond situation is this: There are B bonds 180,000, which are a first lien. These must be paid 100 per cent. There are 1, 250,000 A bonds which can be bought for 40 to 50 per cent - probably less after certainty of default becomes generally known. The bonds are being sold on the market at present at 35 per cent. The total is 805,000.

If the present management hang on until next July, there will be no funds in the treasury. One million dollars would put us in fine shape for recovery. I am prepared to put new life into the institution which will raise it to a higher level than ever before. I am sure you would readily concede this if you will come down and see what we are doing here.

I started this place ten years ago when I became convinced that the institution would ultimately go into the hands of a receiver and default. I have an institution free from debt representing an investment of nearly \$500,000, doing a very flourishing business during the season. After January, our earnings will be four or five thousand dollars a week, although we have but 100 beds. Ha Have added \$250,000 improvements since starting ten years ago. I owned it until three or four years ago, when I put it in the hands of trustees to be carried on as an eleemosynary institution. Our

guests pay us \$16 to \$22 a day during the season and about half that during the rest of the year.

Why not come down here during the holiday season or later and inspect a really up-to-date sanitarium, far ahead of Battle Creek, where I have been spending the last ten winters, introducing better methods and having brilliant success in a large number of cases of high blood pressure, insomnia, nervous and mental exhaustion, gastric ulcer, constipation, chronic colitis, intestinal toxemia. Heretofore, we have improved these cases; now we cure them.

We have treated cases of peptic ulcer the last three or four years which the Mayos had turned down as hopeless and inoperable, with most complete success. We are doing for sick people more than has ever been done before anywhere and with such success as we have never seen before. I am prepared to install the same methods at Battle Creek and to put the work there on a higher level than ever.

For ten years, I have had almost no opportunity to do anything at Battle Creek because of an uncoöperative, mercenary receivership and a collusion on the part of court receiver and attorney, all of whom were selfishly profiting by their opportunities to better themselves at the expense of the institution.

It is really a very sordid story I could tell you along this line if I thought it wise to do so. I greatly wish that you would run down here if only for a day or two, and let me submit to you a complete outline of my plans, in which I shall have the coöperation of some of the most eminent physicians in the country and any number of my old students, who are now carrying on successful work elsewhere, and who are ready to fall in line in the new and more successful methods which I have developed here.

The world needs the Sanitarium more than ever. There are thousands of people who look there as a place of refuge where they can escape from the noise and bustle and temptations of the reckless world and devote a period to health-building, rehabilitation and rejuvenation. Battle Creek is not serving them well at the present time, but down here we are keeping close to the old paths and making new and better ones. And this is all in readiness to be transferred to Battle Creek when we have an opportunity.

The bondholders have urged me very strongly to come there and to keep my name on their literature. It is against my protest, since they leave me in "The Plan" of reorganization no function but to exercise a quieting influence and hold myself in readiness to give advice when asked, and to act as chairman of the board. I declined to take any active part unless the bonds were cut down to a reasonable figure. They have been trying to make us pay 90 per cent of the original debt of \$3,000,000, which we can never do, with the depression which has come and which I fear will never depart from the country before the era of great prosperity is closed, and so far as the future now looks, is closed forever. Hoover was wrong when he said, "Prosperity has come to stay." This statement led my colleagues, much against my very strong objection and pleading, to make a \$4,000,000 addition to the Sanitarium.

We paid this off rapidly for two years besides adding \$200,000 to depreciation. Then came the bank closures. The patients fled for home and our business declined to less than one-half, - in fact, to a little more than one-third. Our earning power dropped to one-eighth what it was in predepression days.

Our appraisal when we made the loan was  $12\frac{1}{2}$  million dollars (including the money borrowed), all produced by ourselves in 50 years. At the present time, our appraisal is  $6\frac{1}{2}$  millions.

Eight hundred thousand to nine hundred thousand dollars will buy all the bonds. To back that, we have the total assets of the Sanitarium - at the lowest, \$6,000,000; the Battle Creek Food Company; the Race Betterment Foundation, which are worth at a very low estimate, \$2,000,000.

We need a million dollars ready cash, and with it can salvage the Sanitarium completely and eliminate the bondholders. I am ready to put all I possess behind this plan, but I have my hands brimful of professional work and need the help of a skilled and really interested financier who is not looking for a chance to profit at my expense or the institution. Of course I would expect to pay a reasonable commission for any service rendered, but the Sanitarium debacle has cost me several hundred thousand dollars. I have suffered theft to the extent of a million dollars and racketeering by bankers who have enriched themselves at the expense of myself and the bondholders whom they have pretended to represent but do not.

I control besides the Food Company over a million dollars worth of property consisting of buildings across the road from the Sanitarium, all of which I have purchased and paid for with money earned by the Battle Creek Food Company.

Your letter showed so much interest in the Sanitarium, such a penetrating insight into the situation, it will hearten me greatly and help me to determine the best steps to take after I have made the whole situation clear to you, and thus lead to the salvage of the work in which you know Mr. Barron was interested. If Mr. Barron had been alive, I should have sought his

counsel long ago. I remember you very well. He introduced you to me on one occasion. After he died and his successor died, I lost track of the management and did not know that you were now connected with the institution. Your letter was, as I said, like a ray of light to a man in a very dark place, and I hope you will accept the invitation to come down here at my expense, to help me arrange a plan for putting the Sanitarium on its feet. You will be my guest from the day you leave New York until you get back.

Hope you will be prepared to stop a week or two so as to get well acquainted with the new plans which I have developed, the practical character of which I am sure you will approve.

I should have answered your letter sooner but I was completely worn out when I arrived here and disheartened by the perfidy of the bankers who, up to almost the very last minute before I left had been agreeable to a plan of settlement which they themselves proposed, but from which they at the last moment withdrew, not because it was impracticable or impossible, but because they thought they saw an opportunity by another plan to catch me in a situation which would enable them to racketeer to the extent of a good many thousand dollars.

The last word I had from my associates on the ground was that the bankers are as anxious as ever for a settlement as they see everything tending more and more strongly toward default in July. But they are hoping that I will make another proposition which will give them a chance for profiteering.

I hope I have made it clear to you that we really have a good foundation for getting the institution once more on a

solid basis, so that its usefulness may be continued for many years to come. My one ambition is that I may be able to do this before I die.

Dr. Groedel of Nauheim, in New York, told me a few weeks ago, after a careful examination, that I was amazingly well for a man of my age; that my heart was normal and I was in excellent condition. I take a rapid walk or a run every morning before breakfast. I sometimes ride a bicycle five to fifteen miles instead of walking. The other morning I ran a tenth of a mile in fifty seconds. It was not a record rate, but I think pretty good for a man who expects to celebrate his ninetieth birthday next February.

I fear I have worried you with this long letter. It certainly did me good to get your kindly letter. I should have answered it sooner if it had not been that your letter arrived soon after I arrived here, and I was really compelled to rest a few days before buckling down to work again --My first vacation for many years.

Thanking you most heartily for your interest, and hoping you will find it possible to accept my invitation sometime within the next few weeks, I am

Sincerely and hopefully yours,

K:B

The Miami-Battle Creek

MIAMI SPRINGS (MIAMI), FLORIDA

[1940?]

Memo for Dr. Kellogg

I could speak at Battle Creek, Mich., on any one or two of the following dates: June 15-22, July 1-2, Aug. 5-6, and Aug. 8. My preference would be June 15-22; second choice, July 1-2; but if these are ~~too~~ too early, I will come in August.

I enjoyed intensely every minute of your conversation today.

Sincerely,

Will Durant



[19902]

WILL DURANT  
51 DEERDALE DRIVE  
GREAT NECK, N.Y.  
TELEPHONE GREAT NECK 1991

Dear Dr. Kellogg:

Just a word to report to you that I am making due progress with the treatments that you prescribed for me. I have been faithful to the diet, I have eaten plentifully of raw vegetables and fruit, I have exposed myself to the sun three or four hours of each day when he was available, I have taken lacto-dextrin and savita yeast three times a day, and LD-Lax twice a day since seeing you, and have even carried out Dr Jeffrey's recommendation of ~~crackles~~ taking two Vitamin B tablets morning and evening. The fingers seem slightly better, but the stiffness in the neck has reappeared, and the hip pains me when I do any physical work for more than a few minutes at a time. The only recommendation that I have not followed was the one for a nightly enema; I have two or three good movements every day, and find that an enema in addition to these tends to leave me weak the following afternoon. I propose to keep on resolutely, and will let you know later if any change appears for better or for worse.

Meanwhile I hope your own health is completely restored, and that you are getting a plentiful supply of the Vitamin D that pours down from the sky upon your enviable paradise. I need not tell you that our stay with you was one of complete well-being and happiness.

Sincerely,

Will Durant