

**BERRY COLLEGE  
AND  
THE BERRY SCHOOLS**

**TRUSTEES**

**ESTABLISHED 1902**

**INCORPORATED 1903**

**TRUSTEES**

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

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TRUSTEE

**February 14, 1941.**

Miss Estil,  
Sec. to Dr. Kellogg,  
Battle Creek San.,  
Miami Springs, Florida.

Dear Miss Estil:

I so often think of you and of Dr. Kellogg and all our dear Battle Creek friends. Do hope that you are having a wonderful season down there and wish you would stop by and see us on your way to Michigan.

Have been having some trouble with bronchitis again this winter and feel that a trip to Florida and a little stay with you, at Battle Creek, would help me more than anything. If I should come down do you think you could find a sunny, little room for me to spend a few days there with you? I just feel that would do me more good than anything, and I would appreciate a line from you as to how you are situated about rooms.

Trusting that all goes well with you, and with affectionate regards to all my Battle Creek friends,

Faithfully yours,



# **School of Health To Repeat Courses**

## **New Students Invited for Next Session; Study Foods, Nu- trition, Exercise, Etc.**

All four courses taught during the first eight-week instructional period of the Battle Creek School of Health will be repeated during the second period, starting Tuesday, with students of the first period being given the opportunity to gain further knowledge on health-related subjects.

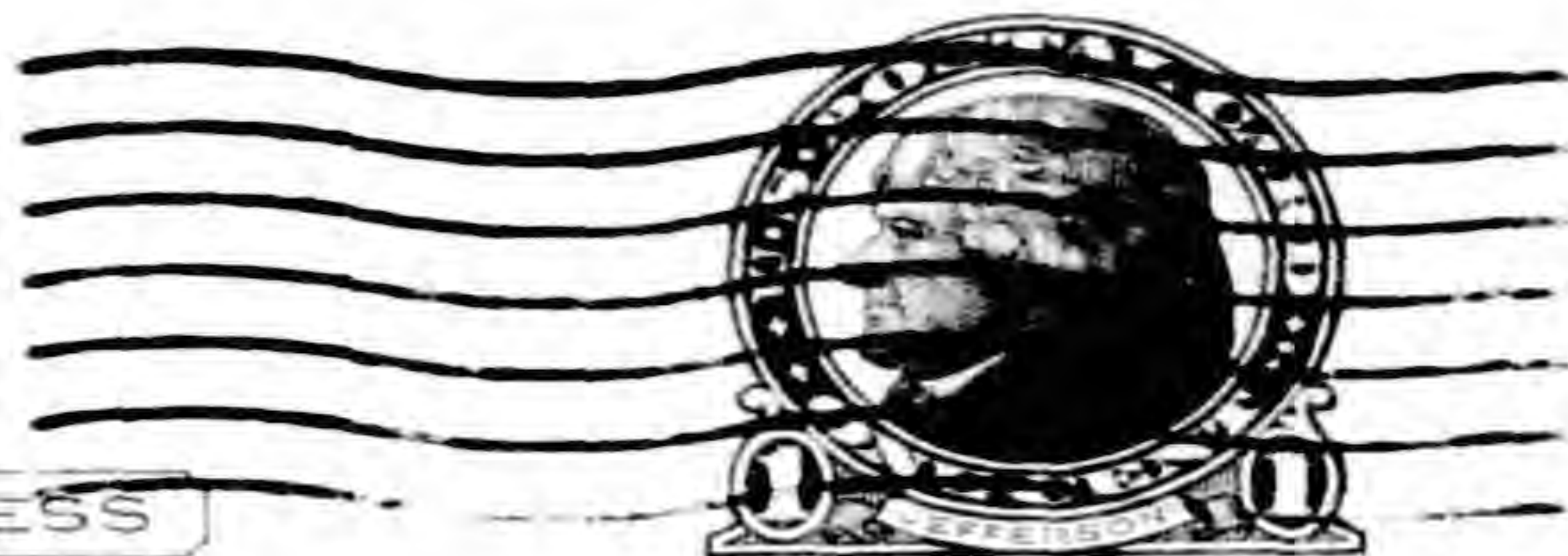
The course and their teachers are as follows: Food and nutrition, Mrs. Claire Kendrick, dietitian at the Sanitarium; home nursing and home hygiene, Edward F. Boehm, anesthetist at the Sanitarium; corrective posture, relaxation and rhythmic movements, Miss Mathilde Messner, director of the Sanitarium's women's gymnasium, and how to have good health, Dr. Paul Roth, physician at the Sanitarium.

The courses will be arranged so that instruction will be given to new students as well as those who were enrolled during the first period. Student enrollments will be taken from 3:30 to 5 p. m. and 7:30 to 8:30 p. m. Tuesday in the Battle Creek college building, where classes will meet once a week on Tuesday and Thursday afternoons and evenings.

The School of Health, an adult education project sponsored by the Race Betterment Foundation, is conducted without charge to the students. Dr. John Harvey Kellogg is the founder and patron of the Foundation.

In addition to the regular teachers for the second period, physicians and special lecturers will appear before the classes at various times to give the students the benefit of specialized knowledge and experience. The classes will include demonstrations and individualized instruction as well as lectures. To properly accommodate all students who enroll, classes will be divided into sections small enough to insure maximum benefits.

Information about the courses may be obtained Monday and Tuesday by calling the Battle Creek college office, No. 7121—extension 789.



THIS SIDE OF CARD IS FOR ADDRESS

Mr. John H. Haas

152 Ann Ave.

Battle Creek, Mich.

## IMPORTANT ANNOUNCEMENT

Registration for the new courses to be offered by the Battle Creek School of Health will be held in the Battle Creek College Library Building on Tuesday afternoon February 18, from 3:30 to 5:00, and from 7:30 to 8:30 in the evening.

Full details will be announced in the Battle Creek Enquirer-News for Sunday, February 16. You are cordially invited to investigate these courses and avail yourself of their unusual opportunities.

Gertrude Estill  
Secretary

February 14, 1941

Mr. Haas:

I am enclosing herewith the suggested wording for the post-card announcement of the new health classes. There is hardly room enough to give any detailed statement on the card, so I thought it best not to attempt it. If, on talking it over, you and Mrs. Allard feel that it would be more desirable to specifically enumerate the classes, feel perfectly free to make any changes which you think necessary.

I am sorry I was not able to get in touch with you so that we might have talked this thing over. I would have felt a bit better about it. I hope, however, that things will work out satisfactorily.

I am enclosing the material which I am going to submit to the newspaper and would suggest that if you have any anticipated changes in mind that you jot them down and I will try and find some time to discuss the matter with you Saturday morning before the newspaper office sends the copy on to the linotypist.

I am also enclosing a carbon of a letter which I have just written to Mrs. Kendrick. If either Mrs. Allard or you would find time and the opportunity to drop over at registration time, I believe it would be encouraging and helpful.

Emil Leffler

1:1

The Battle Creek School of Health is pleased to announce a series of new classes to be offered for the next 8 weeks at the Battle Creek College Library Building, according to the following schedule:

**Tuesdays** - Food and Nutrition, Mrs. Claire Kendrick  
Home Nursing and Home Hygiene, E. F. Boehm

**Thursdays** - Corrective Posture, Relaxation & Rhythmic Movements,  
How To Have Good Health, Mathilde Messner  
Dr. Paul Roth

These class offerings will include lectures, demonstrations, practical and individualized instruction to insure a well-balanced presentation suitable to the needs of those enrolled in the several courses.

Afternoon and evening sections will be offered, with the time adapted to the needs of those interested. The probable hours are 3:00 and 7:30 o'clock. If it should prove necessary, additional sections will be offered, so that all who may be interested can be accommodated in small enough class sections to insure maximum benefits. In addition to the assigned instructors other physicians and special lecturers will appear from time to time, making available specialized knowledge and experience.

Those who have attended the first series of classes are welcome back, and it is to be hoped that others who have expressed their desire to join these classes will take advantage of this opportunity to do so. Registration for these new classes will be held in the Battle Creek College Library Building on Tuesday afternoon, February 18, from 3:30 to 5:00, and 7:30 to 8:30 in the evening. All persons interested are urged to investigate these courses and to avail themselves of their unusual opportunities.

The program is being sponsored by the Race Betterment Foundation, of which Dr. John Harvey Kellogg is the founder and patron.

February 14, 1941

Mrs. James Kendrick  
18 Hill Street  
Battle Creek, Michigan

Dear Mrs. Kendrick:

I have before me a copy of the letter which Miss Gertrude addressed to you. I am sure that there are many suggestions there which will be of value to you as you plan your work for the coming period.

In order that we may have someone available to answer questions on the registration day, I would appreciate if you would plan to take charge of the registration work and to enroll the people in the courses of their choice.

I have sent out a number of post cards, advising people that registration will be on Tuesday afternoon, February 18, from 3:30 to 5:00, and 7:30 to 8:30 in the evening. Be sure to say that the hours announced for the classes are subject to change on popular demand. Assure people that even though they may have been in the previous courses, the work will be different enough so that they will profit from enrolling, and yet at the same time new people will be able to join and take advantage of the same work. If there is a sufficient enrollment, we may find it advantageous to split the sections to take care of the needs of the different types of individuals who are enrolled.

I hope to contact you before registration day and will be glad to discuss these matters with you further at that time. You might call the College office and leave word if there are any specific questions which demand immediate attention.

Very sincerely yours,

Emil Leffler

February 6, 1941

Mr. Haas:

First let me thank you for your note relative to the Missouri situation. I will plan to contact you before I leave and will be glad to discuss with you the Leo Johnson oil lease.

Last night I talked with Mrs. Kendrick and Mr. Boehm in regard to the Health School. There seems to be a rather lively demand for a class in Red Cross, and yet I somewhat sensed from Doctor's last letter that he would much prefer that the work be in hydrotherapy and massage, rather than in the first aid and Red Cross work. I talked with Miss Garrison, who is general chairman for the Red Cross in this part of the world, and have arranged for Mr. Boehm to see her and fill out an application in anticipation of being qualified, if possible, as an instructor in Red Cross nursing. If this can be done, it will certainly solve our problem. We shall have to await developments for the application has to be acted upon by the St. Louis office of the American Red Cross.

I presume that the work of addressing the post cards is going on so that when the material is ready, and I shall try to have it in your hands Friday morning, we can run the cards and have them in the mail by Friday night. Should this not be feasible, we will have to wait until Monday; but I hope that we need not delay beyond this. I find that it is rather difficult to get satisfactory material for the newspaper story for Sunday. However, I shall do the best I can and will let you read the copy on Friday morning, before I turn it over to the newspaper.

There was no meeting of the Sanitarium Board last night due to the fact that a quorum could not be gotten together.

Emil Leffler

l:l

750 Cards  
mailed out 2/14/41  
EL



February 20th, 1941.

Miss Martha Berry,  
Mount Berry, Georgia.

Dear Miss Berry:

Your letter of February 14th received.

We are delighted at the prospects of your coming here to be one of our guests. When would you like to come down? If you will let us know a week or two in advance we will hold a room for you. At the present time our rooms are all filled up but there is a continual change and we can just hold one of our rooms for you when we know you are coming.

We are sorry to learn that you are having trouble with bronchitis. I am sure that you will find that Florida sunshine and Miami-BattleCreek treatment will help you out of your troubles.

Everyone thinks that Dr. Kellogg seems much better this year than last year. He has been taking exercise out in the sunbath from vigorous walking to running. He runs from one-eighth to one-fourth of a mile at a stretch and you may remember that he is celebrating his 89th birthday the 26th of this month. He is still having many battles to fight which is most trying and wearing on him, in his endeavor to save the situation in Battle Creek. If it was not for that I am sure he would be more vigorous than he is.

Angie is still in New York, getting training for her voice. She will be back here about the middle of March.

Mrs. Butler is fine.

We have had a number of compliments on the improvement in the appearance of our place here. We had a lot of painting done inside the building and waterproofing on the outside. I am dictating this letter out in the sunbath. It is beautiful out here.

Everyone will be delighted to see you and we shall look forward with a great deal of pleasure to your coming.

Cordially yours,

CHARLES W. DABNEY  
2376 MADISON ROAD  
CINCINNATI, OHIO

March 24, 1941

Professor John Harvey Kellogg  
Miami-Battle Creek  
Near Miami, Florida

My dear friend:

I cannot tell you how much I appreciate your kind and beautiful letter. It makes me regret all the more that I have not seen you this past season. I thank you very much for sending me samples of your new bottles. I shall try them with great interest.

It makes me happy to hear that you are so well and can still run a quarter of a mile. I could not do this to save my life, although I can walk slowly for a few blocks.

Spring seems to be opening up here, and I hope soon to get out of doors and get some sunlight on my body as you recommended and as I have always found very beneficial. With sincere affection,

Faithfully yours,

*Charles W. Dabney*

CHARLES W. DABNEY  
2376 MADISON ROAD  
CINCINNATI, OHIO

April 10, 1941

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

My dear friend, Dr. Kellogg:

I have been eating the wheatmeal, and find it very good. It seems to be just the thing I want. I wish you would tell your company to make the Spatz Health Foods Company, 607 Main Street, Cincinnati, stock wheatmeal so I can get it whenever I want it. They have most of the Battle Creek products and many imitations.

I hope the Easter will bring you health, peace, and happiness. My daughter, who has been south for a few weeks, will return Saturday. I had to send her away to cheer her up after her severe trial and labors. You will remember that I told you the Government took her country estate for an ordnance testing-field, and she had to move all her things out of there, including her stock, machines, and what was most difficult of all, her people. She had seven families, in whom she was very much interested. She will return here, however, to get to work for her children and grandchildren. She has two married sons and four grandchildren--two boys and two girls.

Your affectionate friend,

*Charles W. Dabney*

CHARLES W. DABNEY  
2376 MADISON ROAD  
CINCINNATI, OHIO

April 19, 1941

Dr. John Harvey Kellogg  
Battle Creek, Michigan

My dear friend:

I have hunted up and gotten a copy of a photograph of myself of about the period that you wanted, that is, about the period that we got acquainted, 1903 or 1904, and send it to you herewith. Now I want a photograph of you of about the same time.

With all good wishes for your health and success this summer and thanking you again for your last letter, I am

Sincerely yours,

*Charles W. Dabney*

April 11, 1941

Dr. Charles W. Dabney,  
2376 Madison Road,  
Cincinnati, Ohio.

Dear Doctor Dabney:

I have your note of March 24th.

As you see, I am now in Battle Creek. Since writing you I have kept on improving. Old Father Time is still retreating. I have found myself so much improved that I made up my mind that it is possible to get above the weather so that one never need mind the weather. I had a rather severe test of this shortly after arriving. The east wind was blowing and an epidemic of sore throat was victimizing a great number of people. I got the sore throat. My throat felt as though it had a plum in it or something of about equal size which interfered with swallowing. When I drank liquid of any sort it went through the posterior nares into my nasal cavity as well as in the opposite direction. Nevertheless I had no rise of temperature as other people were having and in two or three days had it completely whipped.

The throat specialist who attended me asked me to keep indoors and to be very careful to avoid the east wind, but I found myself actually shivering and sweating indoors and made up my mind that I would challenge the east wind and defeat it, and so took off my clothes, dressed myself in shorts and went out on the roof for a run clothed a la Aphrodite. I ran and walked up and down the roof of our 15-story building facing a cold northeast wind with the

temperature at 42 degrees and was surprised to find that my sun browned skin had acquired ability to take care of itself as my old pale and anemic skin had not been able to do. It quickly warmed up to the occasion so I did not suffer a bit while traveling around on the roof to the extent of more than one sixth of a mile. On coming back to my room I did not load myself down with clothing as before, but with the temperature of the room at 70 degrees spent the rest of the day clad in sleeping pajamas with a little extra covering for my feet while I worked at dictating letters hour after hour.

The northeast wind still blows. It has been blowing steadily since I arrived. The sun shines occasionally and then I take my work out on the roof, sometimes several hours at a time, with the temperature in the sixties or fifties and have no trouble at all in keeping myself comfortable lying on a cot if the sun shines or moving about when the sky is clouded.

I recovered from my sore throat in three days, with no rise of temperature, and made such rapid improvement that the specialist who attended me said that he had never before seen so complete a comeback in so short a time. Instead of hiding myself in the house I went right out on the roof and faced the wind and mastered it and now am no longer afraid of old Boreas and my voice is improving and getting better constantly. Everybody tells me that I am looking younger than at any time in several years. My face had begun to drop last year a little, but this has entirely disappeared. I have no wrinkles and am feeling better than in a good many years. I find no trouble at all in keeping my flora changed to 85 to 90 percent, the standard of perfect health for an infant. It is odorless except for suggestive

odors of food and sometimes a little sour odor which is an indication of entire absence of putrefaction.

I am thoroughly convinced that putrefaction in the colon is one of the chief causes of human degeneracy. It is absolutely abnormal. Putrefaction is a digestive process of an alkaline character provided as a means of restoring to the soil the dead carcasses of animal and vegetable organisms while the normal acid digestion of animals is a marvelous process by means of which living vegetable structures may be transfigured into living animal structures and so lifted in the scale of life. In the case of warm blooded animals at least, provision is made for complete prevention of putrefaction in the alimentary canal by maintaining an acid state by means of hydrochloric acid in the stomach and lactic acid throughout the rest of the alimentary tract. The infant gets from its mother's breast lactic acid forming bacteria which under normal conditions, that is, with a proper diet and proper elimination maintains a slightly acid condition of the alimentary tract from stomach to anus.

Unfortunately the use of flesh foods introduces an excess of protein together with the bacteria which cause putrefaction as most meats are practically always more or less advanced in putrefaction when eaten. Ordinary cooking does not destroy the spore bearing proteolytic organisms which cause putrefaction.

This is one of the things that the people need education about and I am hoping to be able to make some progress in this direction through the help of Dr. Kendall of Northwestern University and a Race Betterment Conference which I am hoping we may be able to hold next year.

I am here to negotiate with the bondholders for taking over

Dr. Charles W. Dabney

the management of the Sanitarium and hope to be able to make an agreement with them on very favorable terms so that we will be able to get the Sanitarium in hand again and running in the old grooves.

I am expecting to return to Florida in a few days. If I come back again soon, as I am expecting to do, I will hope to see you some time during the summer.

Always with best wishes, I am

As ever very sincerely and cordially yours,

P. S. I am pleased to note that you are getting along as well as you are, but you can be marvelously improved by careful application of the same measures that have given me such a boost. I think my friends are considerably surprised to see me looking younger instead of older, and when I get enough sleep, plenty of exercise, sunshine and exposure of my skin to fresh air I find myself feeling as fit as ever for mental work and am daily escaping more and more from the shackles of senility which were fast reducing me to a crippled condition.

I am sure old age can be successfully combated and old Father Time can be held at a comfortable distance for a long period. One can go a great distance on thin ice if he walks carefully.

I am going to start a rejuvenation department in the insti-



tution as I am doing in Miami. I have a group of old people, all over 90 years of age, and they are flourishing wonderfully. I am thinking of organizing a juvenile group of nonagenarians with a few centenarians and believe it possible to create a very interesting, even entertaining and highly informative exhibition which will present most convincing evidence of the possibility of combating senility by biologic living which will enable a great number of very elderly people who have retired to the chimney corner to break loose from their prison house and make a lively sprint back toward youth.

You will perhaps be hearing from me again on this subject before the summer is over.

b

~~Dr.~~ CHARLES W. DABNEY  
2376 Madison Road  
Cincinnati

April 14, 1941

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

Dear Dr. Kellogg:

I must write immediately to thank you for your letter of the 11th and express my great pleasure at hearing that you have overcome your cold and are now well again. Your narrative of how you did this and your fresh statement of your theory with regard to putrefaction in the colon is most instructive and helpful. Yours is the most important contribution ever made to the theory of aging and the methods of preventing it. I wrote you a letter the other day which you have not yet received, so you will excuse a short one this time.

With grateful and affectionate regards,

*Charles W. Dabney*

April 26, 1941

Dr. Charles W. Dabney,  
2376 Madison Road,  
Cincinnati, Ohio.

Dear Doctor Dabney:

I have your letters of the 10th and 19th.

I am sorry to hear of the great annoyance the war has caused your daughter. What a terrible disrupter war is, and it looks just now as though the whole world will soon be in it. Hitler has certainly up to date been able to over-ride everything that has confronted him, and when he gets all the rest of Europe under his thumb I doubt not that he will be able to overrun England unless some new way of checking his destructive onward march is discovered. If his success continues I suspect he will next make an attack upon this continent, and it looks to me that he is likely to start in at some point in South America where he has already developed a considerable constituency and where German industrial products are popular because of their cheapness as compared with American agricultural implements, etc.

We have been having March weather here in Battle Creek ever since I arrived. Nevertheless I am taking my daily exercise on the roof a la Aphrodite plus an athlete's girdle every morning regardless of the temperature, which has been as low as 38 degrees. I find this is the only way of meeting the constantly changing

Dr. Charles W. Dabney

2

weather conditions of this region safely at this time of the year. Coddling makes the situation worse. The only thing to do is to challenge old Boreas and vanquish him in a hand to hand conflict. So far I have been able to do this and have not had a knockdown as has usually happened heretofore.

I am glad that you liked the Wheatmet. It has not yet been put on the market as there are a few things to do waiting for me to give the attention required. I have ordered a case sent to your address, which please accept with my compliments, and I will make a note of your request to have the new product stocked at the Spatz Health Foods Company, 607 Main Street, Cincinnati.

The present prospect is very favorable for a settlement with the bondholders which will make possible the resumption of the old regime at the Sanitarium. When this is accomplished, which I trust it will be within the next few weeks, you will receive a very cordial invitation from me to make us a visit.

Thanks for the fine picture, which I shall be very proud to place in my gallery of the most notable people I have known. I happen to have a photograph taken about the same time yours was and will send it shortly.

I congratulate you on the satisfaction you must feel in being so happily surrounded with three generations of descendants who will carry on and help to found the new and better human race which I trust the future will develop.

As ever your friend,

April 27, 1941

Mr. J. H. Haas:

Please send to Dr. Charles W. Dabney, 2376  
Madison Road, Cincinnati, Ohio, one dozen cans of  
Wheatmet with my compliments. He asked to have it  
stocked by the Spatz Health Foods Company, 607 Main  
Street, Cincinnati, Ohio. Please see that this is  
done as soon as we put this product on the market.

J. H. K.

b

April 27, 1941

Miss Gertrude Estill:

Doctor wants to send to Dr. Charles W. Dabney, 2376 Madison Road, Cincinnati, Ohio, a picture of himself he had taken about 40 years ago. I think a copy of the picture he has in mind was sent to the folks at Loma Linda for publication in their new booklet.

A. F. Bloese

202 Manchester Street,  
Battle Creek, Michigan,  
June 20, 1941.

Dr. S. L. Boothroyd,  
Warley Place,  
Ithaca, New York.

Dear Dr. Boothroyd:

Several years have elapsed since I saw you last. I am not certain whether you are at Ithaca or not, for I know astronomers roam in such vast fields sometimes, but I often think of you, and especially your wife, who was such a martyr to headaches. If she is still, I want to send her something that I am sure will be of service to her, as I thought when she was here that her troubles were due to intestinal infection, and especially to putrefaction in the colon.

After many years of research, in which I was engaged at the time she was here, I have at last perfected means by which this putrefaction can be chiefly controlled, and generally with results which - to a sufferer - seem almost miraculous.

If this reaches you, I hope you will write and tell me how you are, and where you are, so that I may send you information which may be of use to you, and especially to Mrs. Boothroyd.

Hoping this will find you prosperous and in good health, with kindest regards to Mrs. Boothroyd and other members of your family, I am

Sincerely and cordially yours,

**CLASS OF SERVICE**

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

# WESTERN UNION (32)

1201

**SYMBOLS**

DL = Day Letter

NT = Overnight Telegram

LC = Deferred Cable

NLT = Cable Night Letter

Ship Radiogram

R. B. WHITE  
PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. C. WILLEVER  
FIRST VICE-PRESIDENT

The filing time shown in the date line on telegrams and day letters is STANDARD TIME at point of origin. Time of receipt is STANDARD TIME at point of destination

:Z52 15=CINCINNATI OHIO 29 355P

DR JOHN HARVEY KELLOGG=

BATTLECREEK SANITARIUM

1941 JUN 20 PM 4 32

*2376 Madison Rd*

:CAN SANITARIUM RECEIVED ME WITH YOUNG DOCTOR COMPANION  
THURSDAY OR FRIDAY I AM WRITING PARTICULARS=

:CHARLES WILLIAM DABNEY

*Still be glad to see you - JHK  
Sent. 6-29-41*



CHARLES W. DABNEY  
2376 MADISON ROAD  
CINCINNATI, OHIO

June 29, 1941.

Dr. John Harvey Kellogg  
Battle Creek, Mich.

My dear Dr. Kellogg: I have just sent a telegram asking whether the Sanitarium can receive <sup>me</sup> and a son (assistant) on Thursday or Friday evening. Let me explain: I will bring Dr. Colter Rule with me who is a graduate of Johns Hopkins ('39) and has just completed his term as an interne here and passed the Ohio State examinations with the highest grades. Rule is like one of my boys to me. My son-in-law and my daughter (Thomson) took the boy when a pitiful infantile paralysis victim (12 yrs.) on crutches, and educated and trained him. — had him treated and separated on ~~to~~ so he walked <sup>now</sup> with a cane. He can even play tennis a little. He did freely in High School

and College from medical course here,  
and <sup>in</sup> the first two years of the medical  
course.

Thinking he would have to be  
a laboratory technician or research  
man, my son sent him for the last  
two years to the Johns Hopkins where  
he did very fine work (He acted as  
an assistant intern in vacations).

He has made an equally fine record here  
and has been appointed for September <sup>1st</sup>  
as assistant-resident for Internal  
Medicine at the new Hospital College of  
Salmon N.C. just being opened. There  
he will be under Dr. Finley Harrison, a  
distinguished heart-specialist, who hap-  
pens to be my second cousin.

Rub desires very much to make your  
acquaintance and get started in learn-  
ing your doctrines and methods, and  
I join in this. He is a very attractive  
and promising fellow. I hope we can  
at least see you some. And hoping  
you are very well. I am your friend,  
Charles H. DeWay

CLASS OF SERVICE DESIRED	
DOMESTIC	CABLE
TELEGRAM	<input checked="" type="checkbox"/> ORDINARY
DAY LETTER	<input type="checkbox"/> URGENT RATE
SERIAL	<input type="checkbox"/> DEFERRED
NIGHT LETTER	<input type="checkbox"/> NIGHT LETTER
SPECIAL SERVICE	<input type="checkbox"/> SHIP RADIOGRAM

Patrons should check class of service desired. otherwise the message will be transmitted as a telegram or ordinary cablegram.

# WESTERN UNION

1207-B

CHECK
ACCOUNTING INFORMATION
TIME FILED

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. Charles W. Dabney

June 29, 1941 19

Street and No. 2376 Madison Road,

Place Cincinnati, Ohio.

WILL BE GLAD TO SEE YOU.

John Harvey Kellogg

GE

Sender's address  
for reference

Sender's telephone  
number

**CLASS OF SERVICE**

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

# WESTERN UNION

1201

(37)

**SYMBOLS**

- DL = Day Letter
- NT = Overnight Telegram
- LC = Deferred Cable
- NLT = Cable Night Letter
- Ship Radiogram

R. S. WHITE  
PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. C. WILLEVER  
FIRST VICE-PRESIDENT

The filing time shown in the date line on telegrams and day letters is STANDARD TIME at point of origin. Time of receipt is STANDARD TIME at point of destination

Z100 9 = CINCINNATI OHIO 30 608P

DR JOHN H KELLOGG =

1941 JUN 30 PM 6 48

BATTLECREEK SAN

MANY THANKS FOR YOUR KIND MESSAGE ARRIVING WEDNESDAY EVENING =

CHARLES W DABNEY

*22  
946*

CLASS OF SERVICE DESIRED	
DOMESTIC	CABLE
TELEGRAM <input checked="" type="checkbox"/>	ORDINARY
DAY LETTER	URGENT RATE
SERIAL	DEFERRED
NIGHT LETTER	NIGHT LETTER
SPECIAL SERVICE	SHIP RADIOGRAM

Patrons should check class of service desired; otherwise the message will be transmitted as a telegram or ordinary cablegram.

# WESTERN UNION

1207-B

CHECK
ACCOUNTING INFORMATION
Charge JHK
TIME FILED

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. Charles W. Dabney,

June 30, 1941 19

Street and No. 2376 Madison Road,

Place Cincinnati, Ohio.

GLAD TO SEE YOU AND DR. RULE WEDNESDAY EVENING.

John Harvey Kellogg

b

Sender's address  
for reference

Sender's telephone  
number

CHARLES W. DABNEY  
2376 MADISON ROAD  
CINCINNATI, OHIO

July 1<sup>st</sup> 1941

Dear Doctor Kellogg:

I telegraphed you  
thanking you for your message of yester-  
day and said I would arrive Wednesday  
evening. Now I will have to postpone  
my arrival. Dr. Rule, who was to ac-  
company me, has received a call to  
come at once and take up his work  
at Salem N.C. and will leave here  
tomorrow. So I will postpone my  
coming to you until I can make  
some other arrangements. Probably  
I will come to you alone and try to  
get a young man at the Sanatorium  
keep me at times.

Again thanking you and looking  
forward with great pleasure to see-  
-ing you soon.  
Your sincere friend  
Charles W. Dabney

**CLASS OF SERVICE**

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

# WESTERN UNION (30)

1201

**SYMBOLS**

- DL = Day Letter
- NT = Overnight Telegram
- LC = Deferred Cable
- NLT = Cable Night Letter
- Ship Radiogram

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ZC451 13=CINCINNATI OHIO 1 307P

1941 JUL 1 PM 3 28

DR JOHN HARVEY KELLOGG=

SANITARIUM

RULE CALLED TO PERMANENT POSITION AND I WAIT ON OTHER  
ARRANGEMENT HAVE WRITTEN=  
CHARLES W DABNEY.

July 12, 1941.

Mr. Bloese:

Doctor wants to see the last letter he wrote to Dr. Dabney before he arrives on Monday night.

CKB



July 12, 1941

Dr. Charles W. Dabney,  
2376 Madison Road,  
Cincinnati, Ohio.

Dear Doctor Dabney:

I am very glad indeed to have your letter telling me that I shall have the pleasure of seeing you next Monday evening. If I knew just the hour when you would arrive, I would be at the Sanitarium to meet you, but I will arrange for accommodations for you and your grandson, and will leave instructions at the desk which will give you the best the place affords.

Your grandson will be very welcome to stop a few days with you if you desire him to do so.

Ask the clerk to phone me at my home on your arrival, and I will run over to greet you and arrange about such assistance as you may require. I hope you will have a pleasant journey.

Anticipating greatly pleasant rides and converse with you while you are here,

Most cordially yours,

K:B

WILLIAM L. FREYHOF, M. D.  
2804 UNION CENTRAL BUILDING  
CINCINNATI, OHIO

July 14, 1941.

Dr. John Harvey Kellogg,  
Battlecreek Sanatorium,  
Battlecreek, Michigan.

My dear Dr. Kellogg:

Dr. Charles Dabney has asked me to drop you a line concerning his past medical record. Briefly, Dr. Dabney has enjoyed remarkable health, in spite of his generalized arteriosclerosis involving the coronary and peripheral arteries.

I am certain that his visit with you will be stimulating and beneficial.

Yours very truly,

Wm L Freyhof

WLF/m

July 25, 1941

Dr. Charles W. Dabney,  
Sanitarium.

Dear Doctor Dabney:

I shall be very proud to have you become a member of the Aristocracy of Health, which was founded by the Race Betterment Foundation and endowed by Mrs. Mary Henderson with whom you doubtless became well acquainted when in Washington as Assistant Secretary of Agriculture.

Sincerely yours,

b



R  
THE BATTLE CREEK SANITARIUM  
*Battle Creek, Michigan.*

July 28, 1941

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

My dear Doctor Kellogg:

I appreciate very much the honor you do me in inviting me to join the Artistocracy of Health.

I have for fifty years profited by your teachings of biologic living and am greatly indebted to you for your personal advice on my various visits ~~to you~~ I am, moreover convinced that, though not able to follow your plan fully, I have profited greatly by your teaching.

Unfortunately, not having a domestic establishment of my own and having to live with others and visit frequently with friends, I cannot follow your rules strictly and therefore do not consider myself eligible for the honor you do me. I have to have due regard for others in my manner of living and frequently I have to obey the injunction of my grandmother that "Children should eat what is set before them".

I thank you very much for sending Dixner to me and giving him instructions. I thank you also for that very delicious fruit you sent me. I hope you are getting along comfortably with this hot weather.

Every your grateful friend,

1866 - SEVENTY-FIFTH ANNIVERSARY - 1941

*Charles D. Balony*



August 4, 1941

Dr. Charles Dabney,  
Sanitarium.

Dear Doctor Dabney:

When I saw you last I arranged for a little ride. Shortly after I left you a perfect hurricane of very perplexing matters connected with the Sanitarium came down on me and I saw it was going to be necessary to postpone the ride and to notify you to that effect, which I was very sorry indeed to do.

I hoped to have a chance to see you before this, but did not get out of the storm until this morning. I tried to get you by 'phone two or three times, but did not succeed, and this morning failed again and am sending you this note.

I am having important board meetings today and tomorrow, but shall try hard to find an opportunity for a little chat with your foster grandson, in whose work I am much interested, especially as it bears very closely on physiologic questions in which I have been very greatly interested for many years.

Very sincerely yours,

b

August 4, 1941

William L. Freyhof, M. D.,  
2304 Union Central Building,  
Cincinnati, Ohio.

Dear Doctor:

I have your letter of July 14.

Thank you very much for the information concerning Dr. Dabney's case, especially the condition of his heart. He seems to be getting very much restricted in his movements and very much bent in posture. From what I have seen of him in previous years, it seems to me to be not justified by his general physical condition due to his extremely sedentary life. I hope we shall be able to help him in this and also to check to some degree at least the progress of the arteriosclerosis.

It is indeed a pleasure to be of every possible service to a man of such distinction as Dr. Dabney and one who has been of such great public service.

Again thanking you, I am

Sincerely yours,

August 5, 1941

Dr. Charles W. Dabney,  
2376 Madison Road,  
Cincinnati, Ohio.

Dear Doctor Dabney:

After getting your message this morning that you were suddenly called away I made every effort to get to see you before you left, but did not succeed. I wanted very much to have a further talk with you and to have you meet Dr. Case who was here yesterday.

I think Dr. Rule has a brilliant future. His nervous system has survived a very severe shock which will handicap him somewhat and necessitate great care to protect this part of his organism. I hope association with the tobacco company will not entrap him in the smoking habit. I should like to have told him a little story about the elder Duke of the American Tobacco Company who was a patient with us several times. He did not smoke. When asked how it happened that he had not acquired the habit, he replied, "When I invented Duke's Mixture I tried it myself and it made me so awful sick I have never smoked since, and I think I should have some credit for having prepared a product which sickened a beginner so severely that he would not continue its use and so have prevented a great many persons from getting the habit."

I am very sorry indeed I have not had the opportunity for a number of chats I hoped to have had with you while you were here on account of the complicated situation of affairs here and the emergencies which have arisen on account of a strike and various other complications.

One thing in particular I wanted to talk with you about was fighting old age. In a letter I received from your doctor he tells me that you have arteriosclerosis. It is especially important to fight

this, and the most efficient method of doing it is to suppress intestinal putrefaction, which is undoubtedly, though not the only cause of this degenerative change in the arteries, is certainly one of the most definite and common causes.

From a lifelong study and clinical observations I am thoroughly convinced that suppression of putrefactive changes in the colon is one of the most important and effective of all measures for combating senile changes. Biologic living is one way of doing this. This is not simply abstaining from meat. In fact, the disuse of meat is not the most important. The important thing is to keep the intestine free from putrefactive material and to maintain a sufficient amount of carbohydrate of which Lacto-Dextrin is the most efficient for reasons which appear in the two papers which I handed you relating to B. coli. The greatest objection to the use of meat is the excess protein which it introduces and in such form as is likely to be most productive of harm for the reason that 14 to 16 percent of the meat eaten reaches the colon undigested, and unless a sufficient amount of available carbohydrate is present to maintain an acid medium, infection will very quickly develop. So if you happen to eat lean meat at any time, the smaller the quantity the better, and it is highly important to take an extra quantity of Lacto-Dextrin, one or two heaping dessert-spoonfuls.

Dr. Ard, a graduate of Cambridge, England, and a very popular skindoctor who visited me a few days ago, told me that he takes regularly



three ounces of Lacto-Dextrin twice daily and a glass of soy acidophilus at each meal. He uses it not only for himself but for his patients. Cottage cheese is his chief source of protein. He has odorless stools. He prohibits the use of meat to his patients and has had such remarkable success that he has become very popular (75 to 100 cases daily).

But other things are almost equally important; namely, posture and exercise. An aged person needs more exercise than a young person, but he lacks facility for taking it, yielding to the sense of apathy due to failing strength, and with the habits becoming more and more sedentary exercise requires an effort which should be earnestly and systematically combated.

William Cullen Bryant when he was 80 years of age used to walk 14 miles every day to the Post building and then would climb all the way to the top of that tall building. Another morning exercise was to teeter up and down on his toes 300 times. Another was what he called dipping. He placed himself between two chairs and supported his body by his arms, his hands resting on the backs of the chairs, and he would draw up his feet and raise himself up and down with his arms 40 times. He was a strict flesh abstainer, and I have no doubt would have been living today if he had not been run down by a vehicle in the streets of New York.

The exercises I have mentioned are too severe for you, of course, but you ought to do at least the equivalent of two or three miles walking daily. Systematic exercise is of the utmost importance in maintaining the strength of the heart muscle.

Posture is a matter of almost equal importance. Weakness of the back muscles and wrong posture in sitting causes drooping of the head and shoulders which causes dropping of the diaphragm and restriction of

the heart movements, both because of the contracted and form of the chest and the immobility of the upper portion of the thorax. Care must be taken in sitting to avoid relaxing unless the back is supported in such a way as to keep the chest raised and the trunk supported in such a way that the weight of the head, arms and shoulders will not fall upon the spine and throw it out of shape. The back of the seat should have a strong forward curve and a prominence of at least an inch between the shoulders. This form may be attained by cushions.

Exercise in your case should be kept within very moderate limits.

A year or two ago I found myself falling into the habit of walking with the head carried forward and taking very short steps, what is commonly called doddering. This was after my very severe attack of shingles which kept me in bed much of the time for nearly a year, with a night nurse to combat the pain which prevented sleep. I set to work to correct this by walking and wearing a shoulder brace. I was compelled to begin with very short walks, 200 feet, which I gradually increased to a mile, sometimes two miles, not at one stretch, but at intervals. After having a careful examination of my heart by specialists, I began trotting short distances and increased this until I could trot a quarter of a mile on a level surface without getting out of breath.

From what the Doctor tells me about your heart I would certainly not advise running for you, but walking at a moderate rate, making your stride not over 30 inches, perhaps 26 or 27 inches at first and never getting out of breath or incurring acceleration of your heart beat which does not subside in four or five minutes.

A day or two ago I trotted a tenth of a mile in a minute and a half, or a mile in 15 minutes. My pulse increased to 120. It was back to 94 in five minutes. Eighty-eight to 90 is my ordinary pulse rate when moving about.

Since you have been here I have been hunting the town over for a supporter like the one I wear. I thought I had succeeded in finding it once or twice and failed after spending a half hour yesterday making a personal search of the drug stores and other places in the town and have written to Miami to the place where I obtained mine and will send it on to you as soon as it comes and you can have your doctor adjust it if he approves of it. It is a very comfortable appliance and you will soon become unconscious of it except that it will afford you great comfort and help by helping to hold you erect.

I would strongly advise that you adhere to as low protein a diet as you can. It is the quality of protein taken that is of most importance. The objections which apply to meat protein, however, do not apply to milk to anything like the same degree or vegetable proteins. Egg whites, especially raw, are very objectionable. It is well to discard the whites either raw or cooked. They contain no vitamins and when raw contain a poison which neutralizes vitamin A and when boiled are likely to escape thorough chewing and often appear in the stools and promote putrefaction. Hard boiled yolks are the safest way in which to use eggs, and the yolk represents by far the greater part of the total nutrient value of the egg.

I confine myself to proteins of plant origin, rarely tasting dairy milk as the soy milk is so much better. We use both the soy acidophilus milk and the fresh soy milk. I am having sent you a half

dozen pints of each together with a half dozen pounds of Protose and some samples of our new Wheatmeal.

I strongly recommend the constant use of one or more vitamin preparations which will supply all the essential vitamins. Vitamin deficiency greatly encourages the advance of senile changes. We are now making such a preparation in our factory but have not yet put it on the market. We are delaying putting it on the market until we find a suitable name. I will ask the office to send you a sample of this and write you about it as soon as it is ready, which I hope will be very soon.

Do not fail to call on me whenever I can be of any service to you. You ought to have six months of such training as it is possible for you to receive to combat old Father Time. We have developed at Miami a regular anti-senile program which we find has a marvelous rejuvenating effect. I think you ought to spend your winters in a warmer climate.

I count you as one of my dearest friends and one of the few people I have met in my life who command my unstinted admiration and esteem and to whom I am greatly indebted for numerous ideas and suggestions in the line of food improvement which have been of great service to multitudes.

Regretting that I did not have a chance to see more of you and hoping next time to have things settled in such a way that I shall have more time at my disposal, and with kindest regards to Dr. Ryle, I am

Always your devoted friend,

(From The N. Y. Times, Aug. 17, 1941.)

BERNARD SHAW, THE DOCTOR'S DILEMMA

Rumors having got about that Bernard Shaw, the celebrated vegetarian, had eaten a piece of meat, Syman Gould of the American Library Service, wrote to headquarters to find out. Mr. Shaw's reply follows:

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July 8, 1941.

Dear Mr. Gould:

It is entirely untrue that I have changed my diet in any respect, or that if I had to live my life over again, I would alter it in any direction except that of a stricter avoidance of animal products.

However, since I became a vegetarian, sixty years ago, I have eaten a good deal of protein in the form of cow's milk and the butter and cheese made from it, and hen's eggs. I do not believe that I have ever been dependent on them; but as a matter of fact I have never excluded them from my table.

Except for headaches every month or six weeks, disabling me for from a few hours to a couple of days (these headaches ceased fifteen years ago), I had no illnesses until 1938, when, at the age of 82, I was unexpectedly weakened by a deficiency of hemoglobin in my blood, called pernicious by the doctors. It certainly was quite pernicious enough for me. They injected the liver extract which is a specific in such cases. I had no more scruple about trying it than I have about eggs and butter. It succeeded for a time; and then I terrified them by flopping in a dead faint three times, once very sensationally at a lunch

in Londonderry House. That is what comes of too much protein. The injections were hastily stopped and diluted spoonfuls of the stuff by mouth were substituted. My blood regained its hemoglobin; and I am claimed as a cure for liver extract--if it really was liver extract and not pig's gastric juice: there are about sixty varieties.

Forty years ago, when I had an accident and was kept on crutches for eighteen months by the Listerian treatment of a sinus that would not heal until an old doctor insisted on pipe water instead of iodoform gauze, which healed it in a fortnight, a bevy of doctors assembled round my bed and told me in the most impressive manner that my life was at stake, and that I should die unless I gave up my foolish vegetarianism. I said I would take on the experiment, and would expect them to become vegetarians if I did not die. In 1938, to my amazement, they started the same game and ordered me a diet of lean beef and whisky. But this time they gave it up when I only laughed at them.

Mr. Gaines is wrong about my alleged change of diet, and very wrong indeed about my alleged statement that vegetarianism has done me more harm than good. The doctors admit that I am unusually well preserved. Mr. Gaines can hardly be <sup>un</sup>aware that the victims of pernicious anemia are for the most part flesh eaters.

At all events, you are now in a position to let him know exactly how far he may go with my story without shaking his credit for strict veracity.

G. Bernard Shaw.

Ayot St. Lawrence, Welwyn, Herts, England.

Aug. 18<sup>th</sup>

[1941.3]

My very dear friend:

I regretted extremely to

leave the Sanitarium without seeing you  
again to thank for your great kindness  
to me. My granddaughter who was  
alone with her two babies in her home  
in the Catskills had written and tele-  
graphed me begging me to come on  
immediately for my namesake's first  
birth day, and I had to leave early to  
catch the boat at Detroit and get

My car aboard. I spent a week with  
Charles & about Thomson's  
little family and then came <sup>home</sup>.

I received your very kind and  
helpful letter and thank you for it  
most heartily. I am keeping it as  
a guide for my leaving and show  
it to some friends who need your  
counsel. I appreciate beyond  
words the expressions of your friend-  
ship contained in it.

I am here to visit my other  
daughter's husband's parents, viz.

Dr. John Harvey Kellogg.  
Belle Greedy, Mich.

Mr and Mrs Ingle senior, now both  
approaching my age. I was pleased  
to find them both better than when with  
us in Cincinnati last winter. I have  
read them your letter on Right Living  
(Eating, posture and exercise) and  
they have made careful notes of your  
advice on how to live biologically.

I am spreading your teachings  
constantly wherever I have the op-  
portunity.

Dr. Rale has gone on to Martha's  
Vineyard in Mass. to visit some  
friends — one lady in particular,  
I think, — and will return here  
to drive me to Cincinnati, probably  
breaking the journey by stopping a  
day with my Cousin, Henry W.  
Prentiss, President of the Honesstrong  
Book Co. at Lancaster, Penna.  
I shall be here at least a week longer.

Again with affectionate greetings  
and thanks, I am

I am well as usual.

Your devoted friend  
Charleston Fabney



August 19, 1941

Dr. Charles Wm. Dabney,  
C/o Mrs. Charles D. Thomson,  
Vlyvaal,  
Seager, Ulster County,  
New York.

Dear Doctor Dabney:

I have your letter of August 10th.

This is the first word I have had from you since your elopement. I was most unhappy that you got away without my seeing you again. I had so many things I very much desired to talk with you about, and I wanted Mr. Baker, the Field Secretary of the Race Betterment Foundation and lecturer to meet you and to have a little talk with you.

I am glad that you are so pleasantly located and especially that you are taking sun baths and doing a lot of sleeping. I am especially anxious that you should become posture conscious so as to hold up your magnificent figure in a way that will give your heart a good chance to do its work. A compressed chest and relaxed abdomen are very hard on the heart in exercising. Erect carriage and avoidance of short stepping are very important for health maintenance as well as for good appearance, and so a bowed head and tottering walk not only give one an oldish appearance but actually make one older, whereas good posture, permitting full breathing and the absorption of an adequate amount of oxygen and normal walking combat old age and promote health and vigor.

I regret very much I did not have a chance to have another

chat with Dr. Rule. He is certainly a very talented young man and has a great future before him. Since seeing him I have read an extended account of the work that is being done by Dr. Harrison and his associates, and it is certainly very interesting and much worth while and will mark a great step of progress. He is fortunate in having a hand in such an important matter. I hope he will enjoy his work and climb to the high place in science which his character and his talents promise.

I wrote you a letter immediately after I learned you had left which I judge has not yet reached you. If it does not, I will send you another copy, as I am anxious you should receive the several suggestions I have made. I am quite encouraged to know that you are going to try to follow closely the suggestions about the intestinal flora as that is a matter of so much importance because the poisons produced in the colon are eliminated through the kidneys and unnecessarily use up the small residue left there, which is most undesirable because the state of your arteries show it to be of the highest importance to reduce the kidney work to the lowest possible limit.

With best wishes and unbounded respect and admiration, I  
am

Very sincerely and appreciatively yours,

P. S. It is always such an encouragement to me when I see you that

Dr. Charles Wm. Dabney

3

I shall be very happy indeed if you will spend a few weeks with us next winter in Miami so that you may dodge the pneumonia germs of the North and enjoy the Florida sunshine.

b

and sleeping a lot.

They have two lovely children who  
give me delightful entertainment.

I regret for Dr. Rule's sake, as well as  
my own, that we did not have another talk  
with you. I cannot express fully to you  
my gratitude for your great kindness, or  
my appreciation of your teachings and  
your advice. I shall try to follow  
your counsels better and hope to report  
progress from time to time. I hope to  
get to Kowida next winter and to see you  
there. In the meantime, my dear friend,

'Take care of yourself.' You are still so  
valuable to your friends and the  
world of humanity. I shall write to  
Dr. Bauer soon to thank him and his

colleagues. Please give my warm

regards to Mrs. Gertrude.

Will be here 10 days -  
longer

Your ever grateful friend

Charles W. DeBree

immediately on Tuesday morning  
to catch the boat at  
Detroit. Rule and I had  
a mostful night on the boat  
and a beautiful ~~drive~~ drive  
the lake region, the upper  
Susquehanna & Delaware  
cross valleys — also saw  
Villie and Glenira, to  
this place — 360 miles —  
where we arrived at 6.30  
P.M. on Wednesday. My  
grandson Charles DeBry  
Thomson and his wife  
have a delightful place  
here where I am resting  
and taking treatments

Permanent Address is  
2376 Madison Road  
Dept 8<sup>th</sup> 1941.

My dear friend, Doctor Kellogg -  
I received your very kind  
letter of the 19<sup>th</sup> August today.  
I regretted to have to leave you  
the way I did; but we had to  
reach Detroit early in order to  
get our car on the boat for  
Buffalo. Dr. Rule and I  
enjoyed the visit with you  
immensely and certainly profit-  
ed greatly from it.

Rule was in a hurry to get  
to Boston to see some patients  
in the hospital there, and visit  
the laboratories there. So I let

Dr. Rule is here now on his way to  
Salem N.C. where he will take up these  
interesting experiments with the kidney  
extracts in hypertension. I wish you  
might get in contact with Dr. Harrison,  
his chief, and please tell him to try  
and see you. Harrison is intensely  
busy now getting a new hospital and  
laboratory started.

I have been telling my doctor and  
friends here about the work you did for  
me and your great kindness, urging  
them to get in touch with you, too.

I appreciate greatly your invitation  
to visit you in Florida this winter. As  
I have to have a companion, it is dif-  
ficult and expensive for me to visit any  
where. If I can manage it, I shall  
try to get to Florida this winter. I am  
sure it would be most helpful as well  
as delightful, to visit you a few weeks.

With renewed thanks for your great  
help and your most valuable advice,

I am your devoted friend

Charles Tom Dabney

Dr. Rule tells me he is writing to you.

2 him go on while I visited with  
my great-granddaughter, Mrs  
Charles DeBary. Thomson and her  
two splendid children, the boy  
named for me, in Ulster Co., N.Y.

I wrote you about my meeting  
Mrs. Kingdon Gould, her father, and  
my talks with him. After a visit  
with the parents of my son-in-law  
Ingle at his beautiful place on  
the Hudson, opposite West Point,  
and to my niece Mrs. John Baber,  
of Dutchess Co., where I also found  
her mother, the widow of my  
brother, I came directly back here  
by train, leaving Hale to go to  
Baltimore to visit some of his  
friends and see the results of  
some experiments which they  
were carrying on together in 1939.



CHARLES W. DABNEY  
2376 MADISON ROAD  
CINCINNATI, OHIO

Sept. 19, 1941

Dr. John Harvey Kellogg,  
Battle Creek, Mich.

My dear Dr. Kellogg -  
The shipment of  
Protose, Soy acidophiles, Soy milk  
which you kindly sent me  
on August 5<sup>th</sup> has I fear not  
been properly acknowledged. I  
was absent when it came and  
did not commence using them  
until later. I still have some  
of all of these, and am using  
them daily. The Protose and the  
Soy milk are especially tasty.  
How long can I safely keep  
the Soy milk & Acidophilus  
Salutosa, in the cold? With  
ever renewed affection & gratitude  
Your friend,  
Charles W. Dabney

CHARLES W. DABNEY  
2376 MADISON ROAD  
CINCINNATI, OHIO

October 20, 1941

My very dear friend and doctor:-

I just received the beautiful braces that you sent me. Please accept my most sincere thanks.

I had obtained a pair from ~~W~~<sup>W. A. Her</sup>~~ker~~ and Sons here in Cincinnati, but they are rather uncomfortable. I shall immediately try yours, and expect them to do me good.

At the end of this month we shall move to Glendale, Ohio, where my daughter will have two married sons and two grandchildren, and where she will be nearer to Oxford, the location of her college. I remember you constantly and think of you most faithfully. Always, with affectionate regards,

Yours,

*Charles W. Dabney*

CWD/ct

Glendale, Cal.

Doctor John Harvey Kellogg.  
Franklin Creek, Mich.

Nov. 25th 1911

[19412]

My dear friends:

It is delightful to hear how well you are! You are the living demonstration of the scientific truth of your scientific theories of health. I congratulate you again.

I see too that other scientists are producing more and more proofs of the truth of your teachings. Probably you have seen Dr. J. M. Stein's book "Your Heart" (Reliance Book Corp. N.Y.) and know of the work of Dr. H. Goldblatt in reducing the blood flow to the kidneys by putting clamps on the artery feeding blood to the animal's kidneys, causing them to secrete into the blood stream some element which increases hypertension. This suggests that the normal kidney tissue must contain another substance to counteract this one. Nature always carries the balance. Dr. Harrison and others think they have found this counteracting substance which reduces blood pressure.

Moreover Goldblatt teaches that "too much protein causes increased size of the kidneys and so in the amount of waste protein and urea secreted."

Though little of the total energy of the kidneys is required in the excretion of the normal amount of urea, excessive amounts put a strain on it, just as rapid running puts a strain on the heart. The kidney reacts thus in much as the heart does by enlarging itself. Here is where your teaching comes in! Excessive protein foods make excessive work for the kidneys.

I am much interested to find how this latest scientific investigation bears out your work of forty years ago. This statement of the matter is of course, very poor. You will get Goldblatt's & Stern's books and read them.

More recent studies of the effect of diet in establishing the unprovoked blood supply. covering nephritis has been made at Stanford in Calif. But I have not followed this through. It is kind of you to invite me to the Race Betterment Conference, it would be a pleasure; but I would have little to contribute. Meanwhile I hope I may see you.

We have just removed to Glendale and have a very delightful house, in

which my daughter has installed me  
most comfortably. She is much oppo-  
sed to my going to Florida, but my  
doctor says I should go to you for  
February at least. We will see!

Again wishing you continued  
good and pleasure in your good  
works

I am your devoted friend,  
Charles W. DeBroy

I am returning you the books you  
sent me so kindly.  
Please excuse this scrawl. I have not  
gotten a typist yet.

HARRY H. LAUGHLIN  
KIRKSVILLE, MISSOURI

December 17, 1941

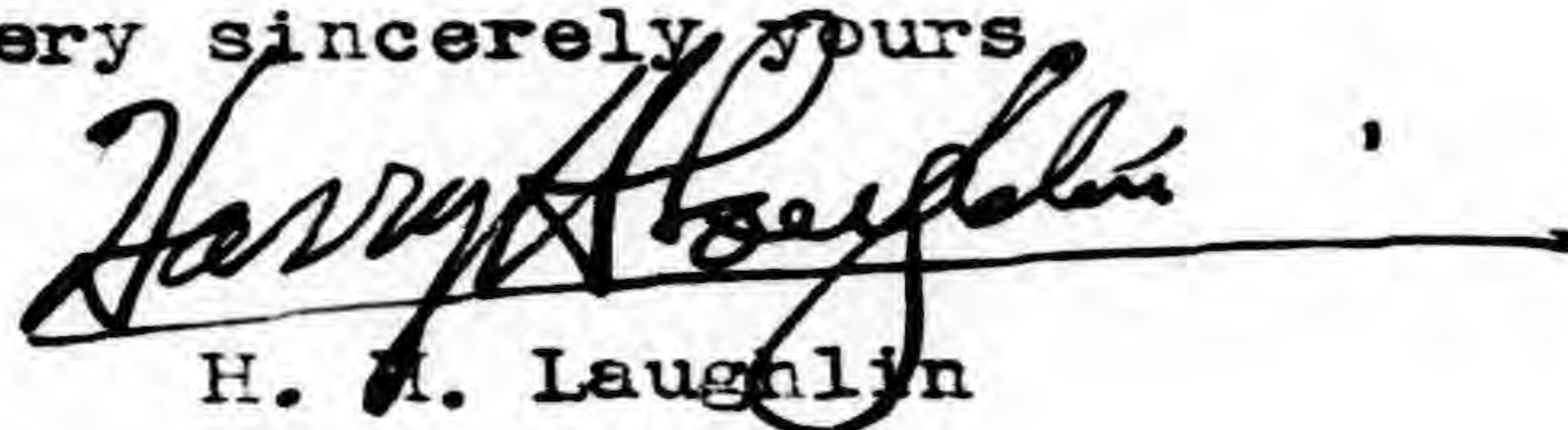
Dr. John Harvey Kellogg  
Miami-Battle Creek  
Miami Spring, Florida

Dear Dr. Kellogg:

This letter concerns the exhibit for the forth-coming conference. I have just written Dr. Davenport that the ground seems well set, and that the exhibit committee should be able to go ahead, depending upon how much money the finance committee could appropriate for the purpose. I prepared the last general exhibit of this nature which was in connection with the last International Congress of Eugenics and was held in New York in 1932--in the American Museum of Natural History. This exhibit cost \$6000., not counting my time and the facilities of the Eugenics Record Office as headquarters. For the forth-coming exhibit we can spend with profit to the purpose of the conference any sum between one and six thousand dollars.

If as a minimum I can have one stenographer and one draftsman from now until time for the exhibit and can have funds for current supplies and express charges, we can have a good exhibit. It will serve as a mile post in tracing the development of Race Betterment studies and in making them available for practice. A decision by the finance committee as to how much it is able to spend for the exhibit will enable me, as chairman of the exhibit committee, to lay my plans accordingly. There will be no more traveling expenses for the exhibit until the time for the Battle Creek meeting, when it will be necessary to transfer the accumulated exhibits from Kirksville to the Battle Creek exhibit rooms.

Very sincerely yours



H. H. Laughlin

DE

COPY

ROCKEFELLER CENTER

New York

Room 5600  
30 Rockefeller Plaza

December 11, 1941

Dear Dr. Kellogg:

I am most appreciative of your friendly and interesting letter of November 16th, which I found awaiting me recently on my return from a prolonged absence in Virginia. Thank you both for the letter and for the boxes of milk sugar. What you say about this sugar, I have read with care; I shall be glad to use it for a while on your recommendation.

I do not forget my visit to Battle Creek many years ago or the interesting things I there learned and the help that I derived. The memory of your personal consideration and the opportunity to come to know one who has given himself so generously for the well-being of his fellow men will always warm my heart.

I appreciate your invitation to come to the Miami Battle Creek Center and will be glad to do so should I ever be in that part of Florida. However, since my father passed away, we have not gone to Florida in the winter nor have we any plans for so doing.

Hoping that you are well and thanking you warmly for your friendly interest and helpful advice, I am

Very sincerely,

(Signed) John D. Rockefeller, Jr.

Dr. John Harvey Kellogg  
Battle Creek  
Michigan

Ithaca, N.Y. Dec. 15, 1941.

Dr. John Harvey Kellogg,  
Battle Creek, Michigan,

My dear Dr. Kellogg:-

Your good letter of June 30 answering my letter of June 24 was much appreciated by Mrs. Boothroyd and myself. I am sorry we were not able to attend the Yerkes Observatory meeting of the American Astronomical Society at Williams Bay, Wisconsin and hence also missed the pleasure of seeing you as we had expected.

To answer your question about our ages, Mrs. Boothroyd was 67 last January 31 and I was 67 last August 10.

You remember correctly about my mountain climbing but, as I never used tobacco and as most of my mountain climbing activities had been in Alaska and the Pacific Northwest, when I last saw you, and as there are no snakes in that region, I am not the man who told you the snake incident. I do remember your telling us that incident when we were at your home on New Years 1923 but I do not remember the name of the man who told you about it.

I had a physical examination last June, electrocardiogram, metabolism and all the rest, and the doctor told me my heart and arteries were those of a healthy man in his early twenties. Mrs. Boothroyd also had the same physical examination and the doctor said he tried hard to find some-



thing the matter with her but failed to do so.

I am, however, sorry to say that Mrs. Boothroyd is only now really beginning to be herself again after a severe attack of pneumonitis which she caught early last October. We think she caught it from our elder daughter's baby, who had a severe case of what the doctor in Minneapolis who attended him last winter called flu. At least the child coughed a great deal and was very miserable for some weeks soon after they arrived here about the middle of September.

We thank you for the literature and the samples you sent us. We have used LD Lax and  $\beta$  Lactose for some time and also at several different times have used Soy Acidophilus milk for several months. All of these have been very helpful in keeping the alimentary tract regular and in good condition.

Normally I should retire and become Emeritus Professor next July, but the emergency which is now upon us may make it necessary for me to teach for another year or two. In any case I shall find plenty to do for I have several scientific projects under way and I still have lots of energy and ambition to carry on my scientific work, even when they do not let me teach any more.

Just now Mrs. Boothroyd seems to be gaining strength rapidly but if her condition does not continue as it should, she may go to Battle Creek in Florida for a change.

You will be interested to know that ten years ago next spring I established a meteor observing station at 10500 ft. altitude on a mountain near Flagstaff, Arizona. There was some pretty strenuous climbing to get all the equipment up to the station. I had a young man of 20 to assist me and he had to admit that I was physically more fit than he for the job.

During the fall of 1933 we established an observing station at 11500 ft. on another mountain near Flagstaff and I was able to do my share of the strenuous physical work required as well as the exacting observing program we carried on as efficiently as the three other men who were then between 20 and 30.

I presume you are in Florida, so I am sending this there.

Mrs. Boothroyd and I often think most gratefully of all you have done to enrich our lives. We regard your friendship as one of the greatest of our many blessings.

May your coming ninetieth birthday be a very happy one for you and may you have many more years in which to carry on the fine work you are doing and to bless and encourage the innumerable friends you have, scattered all over the earth.

We always enjoy your contributions to "Good Health" which we have taken for 35 years or more. May this Christmas season bring you much happiness.

Very sincerely yours,

*S. L. and Alice B. Boothroyd*

HARRY H. LAUGHLIN  
KIRKSVILLE, MISSOURI

December 19, 1941

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

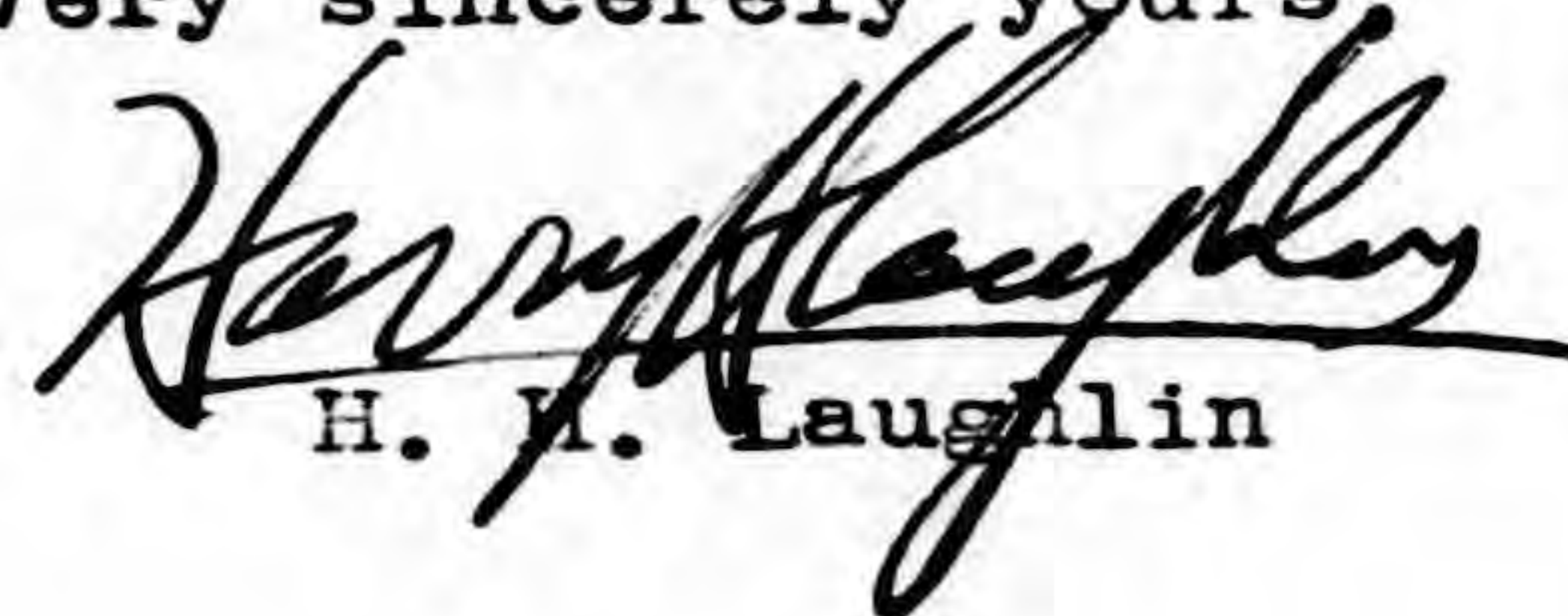
Dear Dr. Kellogg:

I take this occasion to refer to and to thank you for your interest in my health which you showed when I was in Battle Creek in October. I followed your advise as nearly as possible and, take it all through, I am in pretty good shape.

I tried the medicine dilltin under the instructions of a local doctor. It seemed to stay off attacks but seemed also to pile up trouble at the end rather than cure it. Good diet, sound exercise, and habits so far seem better than any specific medicine which can be found. What other suggestion can you make?

To sum up, I am in pretty good shape and count on ten or fifteen years of active and useful work yet.

Very sincerely yours,

  
H. H. Laughlin

HARRY H. LAUGHLIN  
KIRKSVILLE, MISSOURI

December 19, 1941

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

Dear Dr. Kellogg:

After my recent trip around the eastern United States, during which I found much interest in the forth-coming Race Betterment Conference and Exhibit and made many new contacts which will, I believe, help in preparation for the Battle Creek meeting, I returned to Kirksville at the end of October. Since that time, on account of good building weather, we have had carpenters and bricklayers busy on our new house. We now have the building under cover and can go ahead in finishing it despite the weather. This also gives me more room in our old house, and I now have a place to work and can spread out and classify the material which comes to hand for the Exhibit.

I have just had a note from Dr. Davenport calling for the reactions of the committee chairmen to the proposition of postponing the conference and exhibit on account of the outbreak of war. I responded that my feeling is that, while the war calls for the best that is in each of us to insure final victory, still this calls only for giving the Government priorities and not in suspending our normal activities entirely, unless specifically called for. Of all types of scientific study and its application or practice, calling for good timing, I feel that the Race Betterment Conference is most timely if held as planned--June, 1942. This makes it sure that the results of the conference will be ready for use when the war is over. There will doubtlessly be a real demand at that time for new facts and the reemphasis of old principles concerning the manner in which such factors as immigration, mates selection, economic standards, public health, food supply, employment, and many other factors work out in a race betterment program. It is also true that a young science like Race Betterment needs to review its development very frequently and clearly. The conference as planned would make a summary for the present critical period. If at any future time during the next few months it is found necessary or desirable to postpone the conference this could be done, and the work of the preparation would not be lost; it would only be postponed.

Let me take this occasion to say that if Race Betterment develops into a science and a practical art, it must progress along the lines laid down by its founder, Sir Francis Galton and the few Americans who belong to his group. Among these Americans I would name Charles B. Davenport, Alexander Graham Bell, David Starr Jordan, and John Harvey Kellogg. These men all had the biological view point and held firmly that in the welfare and development of any individual his heredity endowment counts for at least half of his character and achievements. Opportunity and environment, of course, furnish the other half, but the basic half which can not be changed in a generation or so is supplied by heredity. Bad environment can be present for several successive generations, but if the heredity endowment is good, good environment will restore the good qualities and successes of these individuals who make up the particular family stock.

With high regards --

Very sincerely yours,

  
H. H. Laughlin

December 25, 1941.

Dr. Harry H. Laughlin,  
Kirksville, Missouri.

Dear Dr. Laughlin:

I have just arrived in Florida and find your three letters. I have been delayed in getting here.

I am glad you have not yet begun work on the exhibit as it is still uncertain as to when the conference will be held, so I think we will have to hold the questions you raise in suspense until Dr. Davenport is heard from. He visited me at Battle Creek shortly before I left, and, at my suggestion, has probably visited Washington since. He may be there now in consultation with Dr. Parran and others concerning future plans. I will write you shortly after hearing from him.

Sincerely yours,

K:B

P. S. I should perhaps tell you that there have been some changes in the situation at Battle Creek which bear strongly on the conference--not as regards its being held, but as regards matters which influence the emphasis to be given to certain features, especially the matter of the exhibit.

It is very important, also, that we should know definitely about the plans of the A. A. A. S.

December 28, 1941

Dr. S. L. Boothroyd,  
Warley Place,  
Ithaca, New York.

Dear Dr. Boothroyd:

Your letter found me in Florida, having been forwarded from Battle Creek. I have been so much engaged with difficult problems that I have been compelled to neglect my correspondence somewhat for some days. I have greatly enjoyed reading your letter.

I was sorry to learn of Mrs. Boothroyd's illness. The flu is still a very mysterious as well as highly insidious and tricky disease. It seems to be a group of associated maladies which travel about the world and develop with varying intensities in different localities.

I have had bronchial pneumonia twice since my unfortunate knockout with an unnecessary anesthetic, which was given me in overdose, and left me apparently dead for a time, and was followed by simultaneous vomiting and inspiratory respiration, which filled my lungs with vomit. But, fortunately, it was decent vomit and had no pernicious lobar pneumonia germs in it.

I am very proud of you and Mrs. Boothroyd. You are such fine examples of the results of sincere and sensible biologic living.

I am collecting a little volume of tributes to physiologic rectitude in living habits, and would be very glad indeed if I might have a little statement from you as to your opinion of the worthwhileness of adopting a biologic mode of life.

I enclose a copy of a tribute received not long ago from Dr. Will Durant, the author of several volumes of philosophy and history. He has been living a strictly biologic way for several years, and with great profit. He spent the summer in New Hampshire writing on a new history. He is a man of sterling quality.

Now about Mrs. Boothroyd: She ought to come down here right away and let us build her up. Such an attack as she has had often proves very dangerous by starting tuberculous disease. I want an opportunity to put her in possession of a lot of progress we have made in recent years in finding the safe road in diet and in other matters of regimen.

I appreciate very much what you say with reference to Good Health. There is at the present time so much indifference

Dr. S. L. Boothroyd--#2

in regard to serious matters on the part of the average reader who is looking for diversion rather than instruction, that I have sometimes feared that I was making the journal too prosy, and find much satisfaction in the fact that people of superior intelligence find the journal worthwhile to give some thought to what I write.

I ought to tell you that I have been for some time planning to have a Race Betterment Conference to be held at Battle Creek n next year. Dr. Davenport has been helping me prepare a program, and we have now 116 scientific men of high standing who are preparing addresses for the occasion. The outbreak of the Japanese war has raised the question whether it should be held next year or later, but it will be held, even if postponed, and I want you and Mrs. Boothroyd to be there. It is now planned for from June 17 to 20, just before the meeting of the A. A. A. S. at Ann Arbor. The outbreak of the war may change the whole program.

I am very happy indeed to know that you are so well. The fact that you and Mrs. Boothroyd are so free from evidence of senescence is a splendid testimony of the advantage of a wholesome diet which registers intestinal toxemia to the lowest level.

I have demonstrated within the last year that it is easily possible to completely suppress intestinal putrefaction. All that is necessary is to supply a sufficient amount of available carbohydrate to prevent the activity of B. coli and other proteolytic bacteria in producing toxins from proteins.

I am not sure whether or not I sent you Dr. Kendall's paper, "The Relation of Intestinal Bacteria to Human Welfare," and my own paper on B. coli. I am anxious that you should see these papers, so am sending copies herewith.

Please so not forget my professional order to send Mrs. Boothroyd down here at once. We will make the charge to suit the situation. It will be nothing at all if you still have that mortgage on your house.

I am surprised to find that you are still young folks--about two thirds of my age. I had the impression that you were at least 15 or 20 years older. How fortunate you are. The 30 or 40 years you have in prospect will be the most interesting in all the world's history.

I would like much to have a chat with you both. Why not come along with Mrs. Boothroyd? You would be welcome, and I am sure would find it very profitable. The weather here is like summer--palms flowers, and a thoroughly tropical setting.

I would love to have your photographs. I hope you can come here soon, because we are usually crowded to the limit by the middle of January, or sometimes a little earlier. Two or three weeks here will do Mrs. Boothroyd a world of good, and insure her against chronic injury from the flu.

Faithfully yours,

P. S. Please give my regards to those of your children whom I have met.



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

To DR. S. L. BOOTHROYD

DECEMBER 27 1941

Street and No. WARLEY PLACE

Place ITHACA NEW YORK

LETTER JUST RECEIVED. YOUR WIFE'S ILLNESS MAY BECOME  
SERIOUS. SHE SHOULD COME HERE AT ONCE. TWO WEEKS AT LEAST  
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EXAMINATION. BOTH COME. WILL MAKE ONE OR TWO WEEKS HIGHLY  
PROFITABLE. AM PROUD OF YOUR HEALTH ACHIEVEMENTS. EVEN  
GREATER POSSIBILITIES. LETTER FOLLOWS.

JOHN HARVEY KELLOGG.

Sender's address  
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BUREAU OF VITAL STATISTICS



## 1941

No 2627

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JOHN HARVEY KELLOGG, M. D.

(DOCTOR OF MEDICINE) . MIAMI SPRINGS . Florida

who has met the requirements of Chapter 12005 (Senate No. 75) Laws of 1927

**THIS CERTIFICATE EXPIRES DECEMBER 31, 1941**

Ernest M. Kuffel, M.D.  
DIRECTOR, BUREAU OF VITAL STATISTICS

A. B. Cress, M.D.  
SECRETARY, STATE BOARD OF HEALTH