

Dr. Clara Barrus
The Nest at Riverby
West Park, N. Y.

brew? I cannot drink Postum. Please
send it ~~to~~ Roxbury, N. Y.

I am quite sure to accept your invita-
tion sometime but not this summer. I expect my
native hills will set me up greatly. I have
been using my brain too steadily and must give
it a long rest. It robs my body.

With cordial thanks and good wishes,
Faithfully yours,

John Burroughs

From John Nayler J.P.

CURRAGHMORE,
EAST COWES,
ISLE OF WIGHT.
TELEPHONE: COWES 211.

Wed

Mr J. W. Nayler, a life vegetarian, teetotaler & non smoker, is the national champion small bore rifleman at Bisley this year - a position he achieved by winning the Earl Roberts Memorial Challenge cup. The contest was between some 250 picked riflemen from all parts of the United Kingdom. Mr Nayler also shot in a team representing England for international honours, England winning by fourteen points Mr Nayler in this contest being one point only below the top score. We have pleasure in recording that Mr J. W. Nayler is the son of a vice president of the Vegetarian Society, Manchester, England, namely Mr John Nayler, Justice of the Peace, residing at East Cowes, the Isle of Wight - a confirmed opponent of strong drinks & tobacco, & a vegetarian of some 45 years standing.

N. Y. City.

(Copy)

Dear Dr. Kellogg:--

I delayed sending an answer to your letter because I did not know whether to send it South or West. By this time I suppose you are back at Battle Creek so I shall send it there.

I was much pleased with your letter and your approval of my suggestions, as well as your kind invitation to be your guest for a fortnight. Nothing would give me more pleasure as I long to meet the man who has given me back my youth and interest in life; and I should enjoy also seeing "how the wheels go round" at your Battle Creek Sanitarium. It is not likely that I can come this year as we all migrate to Bethel, Maine as soon as the musical season is over, but the next time my wife and I go to Oregon and California to visit my relatives, we shall certainly stop over a few days to see you.

My wife says that for months I have devoted all my spare time to reading and re-reading your books--I have four of them; and that's literally true. If you should send me a bill for \$1000 to pay for what you have done for me I should feel bound to pay it; but please don't.

There is another way in which we can get even. I have arranged with the editor of our Saturday magazine section to write a page about "How Most People Commit Suicide" which will be a popular exposition of your doctrines. I'll do my darndest to make it the best thing I have ever written and the most useful, helping you to save or make happy tens of thousands of mere men and women.

The Editor wants your picture to go with this article. May we have one? (I received the books for reviews)

I tell everybody I know--and everybody wonders at the change from a man of 64 to one of 44--about your Laxa and Paramels and

CLASS OF SERVICE

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BY DIRECT WIRE FROM

WESTERN UNION

1223

SYMBOLS

DL - Day Letter

NL - Night Letter

LC - Deferred Cable

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PRESIDENTNEWCOMB CARLTON
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FIRST VICE-PRESIDENT

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MZU57 26 DL COLLECT CLEVELAND OHIO MAR 27 916A

DR JOHN H KELLOGG

MIAMI SPRINGS

**KEENLY REGRET THAT MY OVER CROWDED SCHEDULE HERE PREVENT
ACCEPTING YOUR GRACIOUS INVITATION TO JOIN YOU AND
PROFESSOR FISHER MOST CORDIAL GREETINGS TO YOU BOTH:**

WESTON A PRICE.

113
Dr J. G. Kegglog
Battle Creek

Mich.
Box 159

Dear Sir;

Having heard from a' Friend of mine about your
Remedy for Nervous Trouble so kindly send me a' sample
Box of the same, because I' am very nervous at times so i cant
sit still at tall and also your Phamplet for me to radd,

Thanking you very kindly
Respecttfully yours

Mrs. May Keene
138 North Glover Street
Baltimore Maryland

:P.S.

My dear Sir

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MZU1 51 NT COLLECT=CLEVELAND OHIO MAY 3

CHG 77
 PLUS
 TAX

JOHN HARVEY KELLOGG=MIAMI BATTLECREEK=
 YOUR CORDIAL INVITATION DEEPLY APPRECIATED I HAVE ENGAGEMENTS
 FOR FOURTEEN ADDRESSES DURING NEXT THIRTY DAYS AND SEVEN
 MANUSCRIPTS TO PREPARE BESIDES PROFESSIONAL DUTIES AND
 PREPARATION OF LECTURE ILLUSTRATIONS I ACCORDINGLY DO NOT SEE
 HOW MRS PRICE AND I CAN ACCEPT YOUR GRACIOUS INVITATION AT
 THIS TIME WHICH WE REGRET CORDIALLY=

:WESTON A PRICE.703A MAY 4=

Mr. T. J. Cornelius, Y. M. C. A. of Madura, India.

JHK

Many thanks for your kind letter of the 16th of February and the enclosures.

1. I agree with you about bran and Kaba. Please let me know where I can obtain Kaba in India.
2. I am afraid your explanation about Hay diet is not correct. I have read Dr. Hay's recent book, "A New Health Era" and find that he does not condemn starchy foods or advocate disuse of meat. He advises that we should eat proteins in one meal and carbohydrates in another meal and never mix the two. Further he does not condemn meat.
3. May I request your advice on another point? For a week at a time I suffer from extra salivation in the mouth and lack of appetite. There is nothing organically wrong as I have been examined recently by an American doctor, but these attacks come once in 3 or 4 months, last for a week or so and then disappear after a dose of epsom salts. This time the attack is persisting for a month.

4. Is it true that people should not lie down on the left side as the heart is likely to be affected by continuous pressure.

5. I have a copy of your "New Dietetics" in the Y. M. C. A. library. I have just now ordered your "How to Have Good Health." As we cannot afford to buy any more of your publications as the exchange rate is so high, I shall be grateful if you will kindly present some of your other books to our library; even old editions and shop soiled books will do. About 300 officials and students frequent our reading room and library and your books will be a valuable addition. If you can send back number of your magazine Good Health we can bind them and keep them for reference in our library. At present the only health magazine we have is "Physical Culture." Unfortunately it is not a health magazine in the strict sense of the word.

Any help you can render us to improve the health of the Indian people will be greatly appreciated by the Board of Directors of the Madura Y. M. C. A. I need not tell you that our people's health is very badly neglected and such books as yours are very rare and costly.

President:
E. B. COBBALD ESQ., I.C.S.

Vice-President:
PETER ISAAC, ESQ., B.A., L.T.

Hon. Treasurer:
K. B. SUNDARAM, ESQ.

YOUNG MEN'S CHRISTIAN ASSOCIATION OF MADURA - India

Telegrams:
"MANHOOD"



General Secretary:
T. J. CORNELIUS, M.A.

Dear Sirs,

many thanks for your kind letter of the 16th Feb and the enclosures. So far a copy of your journal Good Health you sent me has not come but I hope it is on the way.

1) I agree with you about Bran and Kalia. Please let me know where I can obtain Kalia in India

2) I am afraid your explanation about Hay Diet is not correct. I have read Dr. Hay's recent book "A New Health Era" & find that he does not condemn Starveling food or advocate disuse of meat. He advises that we should ^{eat} proteins in one meal and carbohydrates in another meal & never mix the two. Further he does not condemn meat

(3) May I request your advice on another point. For a week at a time I suffer from intra-salvation in the month and lack of appetite. There is nothing organically wrong, as I have been examined recently by an

Letter to be sent out on Battle Creek Food Company letterhead.

Dr. Julius Schalein,
Genovis-Werke,
Munich, Germany.

Dear Dr. Schalein:

You have undoubtedly heard of Admiral Byrd who explored the Antarctic. He is going again in the fall and is making up his outfit. He has become interested in Savita Yeast and wants to take it along but has not funds to pay for it. A large part of the foods they take are donated. If you would like to donate some yeast for the expedition, Admiral Byrd will not object to your using the fact for publicity purposes as freely as you please. I am sure a couple of hundred pounds would be greatly appreciated by the expedition. We will do our part in putting the material in good shape for them to use.

Trusting that you are in good health and prospering, I am

Sincerely yours,

John Harvey Kellogg

Mrs. Mary J. Fay
Sanitarium
Battle Creek

Much

Excuse every word
and helper of my best
wishes for the New Year
and congratulations that ~~you~~
Providence has given ~~you~~
such a noble mission. in
the world appreciates your
loyal and faithful service
under difficulties. better days
are coming

John Harvey Kellogg

Hirova

Not used

Lower Hutt.

Wellington N.Z.

Dear W. Kellogg

Thank you so much for
your letter of October 31st which
I received just before leaving to
spend Xmas with my son -

Also very many thanks for

the enclosed post card showing

you in the foreground of the beauti-
ful building & palms - the copy of

Good Health, & Good Health & Health Digest
also arrived before Xmas. So I was

able to take them up & give them to
Linn - in which he is very inter-
ested & considers himself most

fortunate being the happy possessor

November 29th. I held a Maori Bayes

in aid of the Maori mission. which
meant a great deal of work to get
up & then so much afterwards to
settle. on top of that I had all the
hospitals to visit before I was
with I was cheer. I happen to be
the chair woman of the Maori
women's welfare Com. & Chairwoman
Maori mission com.

The Maoris are all poor mostly
on relief. but really wonderful how
the poor help the poor. we all
live some distances apart. I live
12 miles out of town - & others live
in various directions. I'm helping
to work up Maori arts & crafts.
It is all very slow work. & I must
do all these things then there will
follow. My daughter is married &
is very happy with a lovely
baby son. My son is still in the
Cidborne district. He met me at
Napier I was Eve. & he drove me

island to Taupo - the Spa - & Wairakei
 the centre of the thermal regions -
 enjoyed the rest & he enjoyed all
 the doing of the young folks all
 away holiday making - so many
 His old Waikanae school friends
 where he was prefect for several
 years & eventually head prefect.
 & Captain of first 15. off. & cricket.
 We were there a week then he
 took me around the coast to show
 me where he is working - including
 & many places he has to ride -
 crossing the rivers in places many
 times for eight or ten miles. The
 weather was perfect. & the scenery
 beautiful - a week in Gisborne with
 him & seeing many old friends
 returned on the 12th.

This is the first time I have been
 able to sit quietly & try to do some
 writing. For there have been several

4

and cases to attend to - when one has
to do ones own work. Telephone to answer
friends coming & going one is too
tired to try & write at night.

yes / I can't remember whether I posted
you a photo of my son. I will try
& remember & get photos to send
you it is a long time since I was
taken.

Sir Aubrey King is the man who is credit-
ed with reducing the infantile mortality
rate during the first year. Mann
worked with him & was eventually
his Minister of Health. Mann wrote
a pamphlet in massie & it was re-
vised last year - I will see if I can
get a copy for you - when Mann
was working as a health officer he
wrote the booklet & also demonstrated
to the mothers wherever he went.
& my son is doing the same.

Yes nothing I would enjoy more
than return to America & see the

of the various things he enjoyed.
To enable him to do more for his
subjects, he is surely a wonder-
ful example for us all to try to
follow, in helping our less fortu-
nate fellow subjects.

Ull today we have had warm
beautiful fine days, but today we
are suddenly plunged into the
depth of winter - teaching with
rain - blowing a gale & very
cold.

Again thanking you for
kind Russ greetings & gifts
which we deeply appreciate
kindly accept our very
best wishes for the New Year
Yours very sincerely,
Miria Woodbine Pomeroy

The folks again who were so wonder
fully kind to a stranger. - wonderful
memories of your beautiful country
yes there are times when I long to
go back. + wish I had not been
so tired, so much to see + learn.

How happy main was to get
amongst his friends again. he
was always longing to go back
+ hoping for them. too late.

Duty. - yes it takes it toll. +
his son will do likewise -
he says it is better to die young
in the attempt than live old like

some folks never having attempted
anything. - My son Ra was my sup.
posed to stay up there while V. Turbot
was away in Samoa. they
are working together on J. B. records

amongst the Maoris - V. Turbot is
expected back this month. yes

I wish you could see my son he

is so keen with the work + full of life
+ energy. Going very like his
father.

Since my return as a matter
of fact last week your Times Card
+ poem. "The flowers at Evening
Prayer" arrived which I deeply
appreciate + shall treasure the
letter + another copy of Good Health
for which many many thanks.
I'm reading it first before sending
it on.

We are all very sad over the
death of our dearly beloved King.
Mauri knew him. Met him several
times when he was in charge of the
Mexican camp at Potomac - when the
present King was out. We saw quite
a lot of him, he danced several dances
with my daughter. + she has his
autograph. + he sent Mauri a signed
photo of himself + pr. of gold sleeve links
with his crest.

It is wonderful how this King has
given up first one thing + then
another

Miria Woodbine Pomare, Hingiroa, Lower Hutt, Wellington, N. Z.

JHK

Thank you so much for your letter of October 31 which I received just before leaving to spend Xmas with my son. Also very many thanks for the enclosed post card showing you in the foreground of the beautiful building and palms, the copy of Good Health and Health Digest which also arrived before Christmas, so I was able to take them up and give them to him in which he is very interested and considers himself most fortunate being the happy possessor.

November 29th I held a Maori bazar in aid of the Maori mission which meant a great deal of work to get up and then so much afterwards to settle. On top of that I had all the hospitals to visit before Xmas with Xmas cheer. I happen to be the chairwoman of the Maori Women's Welfare Co. and Chairwoman of the Maori Mission Co.

The Maoris are all poor, mostly on relief, but really wonderful how

the poor help the poor. We all live some distances apart. I am 12 miles out of town and others live in various directions. I am hoping to work up Maori arts and crafts. It is all very slow work and I must do all these things then others will follow. My daughter is married and is very happy with a lovely baby son. My son met me at Napier Xmas even and he drove me inland to Taupa, the spa and Wawiakoi, the center of the thermal regions. Enjoyed the rest and he enjoyed all the doings of the young folks all away holiday making-- so many of his old school friends there. We were there a week and then he took me around the coast to show me where he is working. The weather was perfect and the scenery beautiful.

This is the first time I have been able to sit quietly and try to do some writing, for there have been several sad cases to attend to. When one has to do one's own work, telephone to answer friends coming and going one is too tired to try to write at night.

I cannot remember whether I posted you a photo of my son. I will try and remember and get photos to send you. It is a long time since I was taken.

(Photo received).

Sir King is the man who is credited with reducing the infantile mortality rate during the first year. Maui worked with him and was eventually his Minister of Health. Maui wrote a pamphlet in Maori and it was revised last year. I will see if I can get a copy for you. When Maui was working as a health officer he wrote the booklet and also demonstrated to the mothers wherever he went and my son is doing the same.

Nothing I would enjoy more than return to America and see the folks again who were so wonderfully kind to a stranger. How happy Maui was to get amongst his friends again. He was always long to go back and hoping and then too late. Duty, yes it takes its toll and his son will do likewise. He says it is better to die young in the attempt than live old like some folks never having attempted

I wish you could see my son. He is so keen with the work and full of life and energy, growing very like his father.

Since my return your Xmas card and poem "The Flowers at Evening Prayer" arrived which I deeply appreciate and shall treasure.

We are all very sad over the death of our dearly beloved king. Maui knew him. When the present king was out we saw quite a lot of him. He danced several dances with my daughter and she has his autograph and he sent Maui a signed photo of himself and a pair of gold sleeve links with his crest. It is wonderful how this king has given up first one thing and then another of the various things he enjoyed to enable him to do more for his subjects. He is surely a wonderful example for us all to try to follow in helping our less fortunate fellow subjects.

• *The Miami-Battle Creek*

MIAMI SPRINGS (MIAMI), FLORIDA

Dr Kellogg:

I think Mr Ripley must have been inspired by our publicity about Mr Shaw when you and he called attention to this same fact.

L.H.M.

•

Don't Miss the Funny Page

BELIEVE IT OR NOT—

By RIPLEY

11 x 101 = 1111

11 x 111 = 1221

11 x 121 = 1331

11 x 131 = 1441

11 x 141 = 1551

ETC.



EDDIE O'NEIL OF RICHMOND, VA. MADE A HOLE-IN-ONE ON THE FLY Glenwood 1928



The LARGEST AND STRONGEST ANIMALS ON EARTH ARE VEGETARIANS!

ELEPHANT, GORILLA, HIPPOPOTAMUS, GIRAFFE, RHINO, WATER-BUFFALO, MUSK-OX, ETC.,



ANXIOUS FISH of VENEZUELA

EVERY YEAR IN AUGUST ALL KINDS OF FISH LEAP FROM THE OCEAN AT CARUPANO, NATIVES GATHER THEM IN BASKETS.

Caused by sulphur emanations from the ocean floor

MRS. EFFIE TYREL, TREASURER
BATTLE CREEK COLLEGE
BATTLE CREEK, MICH.

MRS. MARY STAINES FOY, COR. SEC.
SANITARIUM
BATTLE CREEK, MICH.

OFFICERS

~~MISS MARY STAINES FOY, PRES.~~
~~MISS MARY STAINES FOY, VICE PRES.~~
~~MISS MARY STAINES FOY, COR. SEC.~~
~~MISS MARY STAINES FOY, TREASURER.~~

THE ALUMNI ASSOCIATION
OF THE BATTLE CREEK SANITARIUM AND HOSPITAL
SCHOOL OF NURSING
BATTLE CREEK, MICH.

DIRECTORS

~~MISS MARY STAINES FOY~~
~~MISS MARY STAINES FOY~~
~~MISS MARY STAINES FOY~~
~~MISS MARY STAINES FOY~~
~~MISS MARY STAINES FOY~~

Mr. Bloese.

Please call Dr. Kellogg's attention to the fact that he is going to write a statement for me as to the length of time he has known me and what he understood my age to be at that time.--- I began work at the Sanitarium April first 1878. 62 years ago and was 15 years old that month. This makes me 77 years old last April, 1940.

I need this statement as a substitute for a birth certificate to prove my present age.

Mary Staines Foy.

THE COMMUNISTIC SYSTEM ESTABLISHED IN THE
UNITED STATES by
JOSEPH W. LATIMER, AN ILLINOIS LAWYER.

COPY

"OUR INDIAN BUREAU SYSTEM"

There is much public opinion believing that certain of our Washington "Brain-Trusters" are seriously attempting to establish in this country principles of the Russian Communism. However, the one law already in existence for over one year (The Wheeler-Howard-Collier Bill), and which law clearly and effectively establishes in the United States communities governed by the Russian Communistic System has received little, if any, public attention. This Bill was forced through at the close of the last Congress, and is a most flagrant example of the use of Congress as a "rubber stamp".

The reason for this lack of public attention is because a Bureau in Washington has for so many years autocratically ruled the lives of some 350,000 of our citizens that the propaganda of such Bureau is taken as fact instead of "moonshine", which most of it is. Again, the public hears little of the facts which establish the tyranny in which our Government has held the American Indian, and now is proceeding to isolate him into "Indian-Community-Centres", with the life and all the daily affairs of the Indian dictated and ruled "by and with the consent" of our Secretary of the Interior - with immediate supervision by our Commissioner of Indian Affairs with his some 6,000 employees.

And the joke, if it was not such a tragedy, is that our tax-payers last year were charged some Fifty-five Million Dollars, and, to establish these Communistic experiments, will cost many millions more of the tax-payers' money for years to come.

Imagine us trying to segregate our Irish, German, Italian, Jewish or any other race of our citizens into Community Centres - making all their property Community-owned; their daily lives, personal and business, isolated and separated from the life and business of all other citizens! Then, above all this Community-owned property, to have the regulation of your life and business all to be subject to "by and with the consent" of a Washington Bureau! Keep in mind, that to keep this Bureau running our tax-payers have been taxed some Twenty-five Million Dollars each year - though this was more than doubled last year.

History admits that our treatment of the American Indian for the past One Hundred years has been a National disgrace. The present Indian "Centres", to be governed under a like system as Communistic Russia, will be, if not stopped by public opinion, the greatest National disgrace and dishonor we have ever before heaped upon the heads of our conquered and now mostly a helpless race - "helpless", thanks to the mighty influence of our Bureau of Indian Affairs.

We cannot preserve liberty in this country, if we stand idly by and permit liberty to be taken away from any race. We cannot afford to have the establishment of any racial centre in this country segregated, isolated and ruled under the system now in Russia!

We urge our readers to wake up to this un-American menace before it becomes too late. Wake up, because of the Millions in taxes which it will cost you. Wake up, because you cannot stand idly by and see 350,000 of your fellow-citizens deprived of their liberty. Wake up to the

(For Mr. Thompson)

Dr. W. Arbuthnot Lane, who for many years has been recognised as the dean of British surgeons, and one of the leading surgeons of the world, has probably made more profound study of the relation of conditions of the human colon to chronic disease of other parts of the body than any other living authority.

For some years, Doctor Lane followed the suggestion of Metchnikoff who found in putrefactions taking place in the colon the cause of premature old age and the shortening of human life by removal of the colon, an operation which he successfully performed in hundreds of cases. Gradually, however, Doctor Lane reached the conclusion from close observations that removal of the colon did not wholly remove the disturbing factors and that the primary fault in most cases after all was in the diet. He has accordingly become an ardent advocate of simplicity in diet and the avoidance of excess of protein, and especially prompt elimination of food residues, undue attention to which encourages intestinal putrefactions and developments which favor cancer and other grave disorders.

Doctor Lane has recently created in Great Britain a health organization which is known as The New Health Society, which has already acquired thousands of members. This movement has the support of such men as Sir Ramsey MacDonald, Sir Henry Lloyd George and many prominent physicians, and is already noticeably influencing the health habits of great masses of English people.

Doctor Lane would like much to attend the Conference but was unable to do so and has sent an interesting paper.

(Add here extracts from the paper if it arrives in time).

602 26th St.,
Bradenton Fla

Dear Doctor =
Congratulations and all
good wishes! Sorry we
could not be there to help
you celebrate your 83rd
birthday! Of course you
are claiming too much
for orange-juice - but let
it pass - you are good
"booster" for Florida

Cordially

J. A. DeWeese

Dr. John Harvey Kellogg

1st Introduction of Dr. Kellogg

Question: Dr. Kellogg, is your life's work connected with hay, grain and feed and when did you first start feeling your wild oats?

Answer: I was raised on oats and I have been feeding animals for the last (60) years.

Question: We all know that you have been an outstanding factor in the health of the nation and tens of thousands of your patients are today thanking you for the splendid treatments given them. How many do you estimate have actually passed through and are benefitted by your great Sanitariums?

Answer: Well, about 10% escaped alive.

Question: Why do you insist that the sick may smoke themselves back to health if they smoke enough tobacco and what are your grounds for the statement that 'coffee is poison'?

(Gong)

Hanson Emerson
for appendix to
How to Live

It was not until 1888-1899 that the modern medical knowledge about the effects of alcohol upon man began to be so exactly explained and made clear by the methods of scientific experiment and statistical records that education of the laity could be undertaken without resort to emotional, religious or other appeals which depended more upon fanaticism than upon reason.

Schmiedeberg, the pioneer in modern pharmacology, observed in Stuttgart in 1885 in the course of his studies upon such narcotics as ~~e~~ther and chloroform, that alcohol was also a depressant narcotic drug and that its reputation as a stimulant was based on error and tradition. Soon after this the great psychiatrist, Kraepelin of Heidelberg, declared that the chief if not the only effects of importance due to the drinking of alcohol were those from its toxic, or poisonous, effect on the nervous system, the brain and the spinal cord and that the changes in human conduct and behavior were the result of depression in those qualities of the human mind upon which self-control, judgment, discretion and inhibition depend.

In the United States at about this same time the studies of Atwater, Benedict, and their colleagues who reported upon the physiological aspects of the liquor problem, made evident for the first time that although alcohol is oxidized in the human body and in some respects serves as a fuel it cannot be properly classed or used as a food since in the first place it cannot be stored or used for tissue building, or repair, and secondly because its toxic effect ~~is~~ such that it cannot be used to replace any substantial amount of the carbohydrates or fats of a suitable diet.

Since 1900 other important additions by the medical sciences to our knowledge of the effects of alcohol on man, have been made particularly in the field of psychology and psychiatry, the more notable of these being the new classical monographs by Benedict and Dodge, and by Miles in 1915 and 1924, published by the Carnegie Institution ~~of~~ Washington.

So firmly established are these contributions from the medical sciences that they are not only universally taught in all our medical schools as a part of the exact knowledge of the cause, diagnosis and treatment of disease, but modern nations and states (e.g. Great Britain and New York) have published official documents summarizing for the lay public the facts upon which persons may base an intelligent choice and decision in the use of or abstinence from alcoholic beverages.

There are three main sources of information from which a thoughtful person can make his opinion as to the suitability of the use of alcohol in health or in disease, first the verified facts of the experimental sciences, of physiology, pharmacology, toxicology and pathology, second, the accumulated experiences of clinical medicine, particularly that of the specialists in diseases of the mind and nervous system, the psychiatrists and neurologists, and lastly the overwhelming evidence of vital statistics, the long time experience of insurance companies, and of registration offices of government where the causes of death are analyzed and interpreted.

The laboratory and clinical sciences teach us the following:

Alcohol in beverage form is absorbed quickly and without intermediate digestive process directly from the empty stomach, and can be identified in the blood of any part of the body a few moments later.

The rate of absorption depends upon the concentration, i.e., the percentage of alcohol in the drink, the amount taken in a given period of time and the presence of other, especially fatty foods, in the stomach. Oily and fatty substances, butter, milk, meat fats, etc., delay absorption of alcohol from the stomach.

When alcohol is in the blood it is consumed in the body by oxidation at about the rate of 10% an hour until it is practically all burned, not more than two percent being eliminated in the breath and urine. The process of oxidation of alcohol goes on in the body with the production of energy, i.e., heat and physical exertion, regardless of the needs of the body for either, and the alcohol when absorbed is not stored away until energy or heat are needed as is the case with starchy or carbohydrate and fatty foods.

The symptoms of drug or poison effect, whether these be pleasant, favorable or harmful, depend entirely upon the amount of alcohol in the tissues of the brain and

and spinal cord, and this in turn depends upon the amount absorbed and the amount eliminated. Since elimination of alcohol is always at a much slower rate than its absorption, the severity of the symptoms which follow the concentration of alcohol in the blood varies with the amount consumed, the rate at which it is taken, the size or bulk of the person, and the concentration of the alcohol in the beverage used, but it is always greatest two hours after drinking. If a succeeding drink is taken before elimination of the first one, a higher percentage of alcohol is reached in the blood than was the case after the first drink.

Habitual use of alcohol in some persons develops a slower rate of absorption. The tissues of the digestive tract and possibly of the liver acquire an ability to retard to some degree the absorption of alcohol, so that the habitual hard drinker will be found to have a lower concentration of alcohol in his blood than will the person under otherwise similar conditions, and of the same weight, who takes alcohol rarely or in but small amounts. This fact is part of the explanation for the common observation that a beginner in the use of alcohol shows symptoms and effects out of proportion to those of the habitué from the same amounts and concentrations.

Alcohol absorbed into the blood in two hours usually requires twelve hours for its complete disposal.

During the period of time in which alcohol throughout the body is being disposed of by metabolic combustion it is exerting its definite and characteristic effects upon the various organs and their functions.

It is a matter of popular belief, quite unsupported by scientific evidence and not admitted or acted upon by physicians in the care of the sick, that alcohol, in addition to its energy-forming capacity, exerts some beneficial particular action on nutrition which may help the tuberculous or convalescent patient. Alcohol has no such nutritional property. Nutrition is not improved by the addition of alcohol to a suitably balanced diet of food in a healthy person. Alcohol may spare proteins and fats to be stored, but its chief value when added to the diet of convalescent or fever patients comes from its drug effect, which tends to make the patient comfortable and contented.

It is well to repeat that alcohol burned with energy production in the body serves a harmless purpose under certain conditions of moderation of dosage, dilution of form, and ingestion of food, especially for persons engaged in vigorous physical exertion. This limited food value, however, cannot be accepted as a good reason for an individual's taking alcohol, because of the offsetting disadvantages of the drug action of alcohol as a depressant, a narcotic, and, where large amounts are used, a poison, the effects of which continue as long as alcohol remains unburned in the blood.

The following statement in the UNITED STATES BREWERS YEAR BOOK for 1913 expresses substantially the facts about the food value of beer: "Chemists and brewers admit that practically the food value of alcohol and even beer is inconsiderable. The quantity necessary to nourish the system would be so large as to act as a poison".

How inconsiderable the so-called food value of beer really is can be judged from an analysis made by Prof. Walter H. Eddy of Columbia University of six leading brands of beer sold under the law in New York City in the summer of 1933. These six bottled beers contained from 4.04 per cent to 6.14 per cent of solids by volume. The alcohol content varied from 2.78 per cent to 3.82 per cent. The carbohydrate or starch amounted to 3.22 per cent to 5.12 per cent, and the protein or albuminous substance from .39 per cent to .66 per cent. The total calories, both those of the alcohol and the nutrient calories of starch and protein, averaged 191 per pint for the six varieties of beer (three light, 194; three dark, 188), of which 85 were nutrient calories. Even including the alcohol calories in beer, which are not available for growth and nutrition as the nutrient calories are, a pint of beer averages less than two-thirds the calorie value of milk. The really available nutriment in a pint of beer that the body can use as food amount to between one-half and four-fifths of an ounce. Beer contains a small amount of sugar and gum and a trace of protein, but no fat or vitamins.

The amount of alcohol in a two-ounce glass (four tablespoons) of the usual wine, containing 10 per cent of alcohol, is the same as that in an eight-ounce glass of 3.2 per cent beer.

The energy or calorie value of fresh grape-juice is much greater than that of an equal volume of the wine made from it. Unfermented grape-juice contains a little Vitamin C and a little Vitamin B₂. Wine made from such a grape-juice by the ordinary process of fermentation contains no Vitamin C but some Vitamin B₂.

The average American man of one hundred and fifty pounds requires from 2500 to 3000 calories of energy from his food each day, of which about 10% to 15% should be from protein or so-called meat foods.

A comparison of the total calorie value of a pint (or pound) of beer (191, of which 85 are nutrient calories) with that of representative foods may be seen in the following table.

Calorie Value of Representative Foods.

A pound of	white home-made bread provides	1,199	calories
" "	" chuck steak	(E.P.)	978 "
" "	" full cream cheese		1,890 "
" "	" Swiss cheese		1,945 "
" "	" salt codfish	(E.P.)	473 "
" "	" chocolate (30 per cent sugar)		2,763 "
" "	" graham crackers		1,905 "
" "	" dried dates		1,575 "
" "	" grapes	(E.P.)	437 "
" "	" ham, fresh lean		1,042 "
" "	" beef liver	(E.P.)	583 "
" "	" macaroni		1,625 "
" "	" mackerel	(E.P.)	629 "
" "	" oranges	(E.P.)	233 "
" "	" canned pea soup		232 "
" "	" peanuts	(E.P.)	2,490 "
" "	" fresh pineapple	(E.P.)	196 "
" "	" bananas	(E.P.)	447 "
" "	" pork chops	(E.P.)	1,530 "
" "	" sausage		2,030 "
" "	" breast of veal	(E.P.)	817 "
" "	" whitefish	(E.P.)	680 "
" "	" zweiback		1,915 "

When comparing the food value of beer with that of milk, it is well to remember that milk is in itself almost a complete balanced food, containing all the food elements the human body needs, including essential vitamins, while beer contains only water, alcohol, starch, a very small amount of protein, some minerals, and no vitamins. The poisonous effects of the alcohol in beer make even its narrow nutritional uses strictly

limited and of little value even to an adult.

At prevailing prices for milk and for bottled beer in our cities today, the calories in beer, such as they are, cost about four and one-half times as much as an equivalent number of calories of a better quality in milk. Alcohol in its least expensive form of beer in Bavaria is eight times dearer than bread from the point of view of the amount of heat units yielded in the human body.

From the foregoing statements it can be readily understood that alcoholic beverages cannot be used instead of the usual foods that make up the dietary of healthy persons, and that their food value is narrowly limited, of small amount, and can in no sense be considered equivalent to the nutrient value of the foods taken at any ordinary meal.

The chief effect of alcohol in whatever doses or concentration it may be ingested is upon the functions of the brain -- those functions which express the will, the emotions, memory, attention, thought, intelligence, and judgment, as well as those which control muscular and sensory functions and the coordination of one with the other. The degree and character of the depressant or narcotic action of alcohol is determined by the percentage taken up by the tissues of the brain and spinal cord from the blood that supplies them and their enveloping membranes and fluids.

Alcohol in amounts ordinarily used by man has no effect upon the muscles of the body. Even highly toxic doses tried experimentally upon isolated muscles show no effect on the contractile or other functions of this tissue. Those changes in muscular work occurring in persons affected by alcohol even in small and moderate doses are due wholly to the action of the drug on the nervous system.

Alcohol cannot be used in transformation of energy in the body or in the performance of muscular work.

The saliva and gastric juice are both increased in amount on taking moderate doses of alcohol, but the increase of saliva is of little importance and is not different in kind from that produced by chewing on an inert substance. The increase in gastric juice is considerable in amount but of abnormal quality, little of the pepsin ferment

which digests proteins being present, while the usual dilute hydrochloric acid is found in abundance. This increased flow of juice, although wasteful and profitless so far as digestion is concerned, is not harmful. These effects are obtained with small doses of alcohol and with alcohol of not more than 10 percent concentration. With higher concentrations and larger doses, an increase in the production of mucus occurs and the secretion of gastric juice decreases. Also when dilute alcoholic beverages are used frequently, the mucous secretion becomes more marked and the increase in secretion of the gastric juice less.

* * *

Summarizing the evidence of exact experimental and clinical studies upon man, it is quite plain that moderate doses of alcohol do not appreciably affect the organs of digestion except by increasing the gastric fluid and mucous secretion. Alcohol in immoderate amounts and in the alcoholic habitus causes a gastritis characterized by excessive production of mucus and hydrochloric acid.

Alcohol in moderate doses has no effect on respiration of practical importance for the ~~is~~ sick or the well, but large doses of alcohol cause paralysis of the respiratory center, leading to death.

The first and universally observed effect of moderate doses of alcohol on the circulation is a relaxation of the blood vessels of the skin, which is flushed and gives a sensation of warmth. This is accompanied by a drop in the blood pressure, and this is partly or entirely corrected by an increased rapidity of the heart-beat ^{which} ~~which~~ may last for an hour or longer. Increase in the pulse rate is the rule after a moderate dose of alcohol; only rarely is a stationary rate obtained.

The alcohol in drinks intended to cool a person in hot weather tends to raise body temperature without increasing appreciably the loss of heat through radiation. When a person is cold the drinking of alcohol will give a skin sensation of warmth while heat is being lost at a more rapid rate through dilated blood vessels at the surface of the body. For these reasons its use is advised against in tropical and arctic conditions and in summer heat and extreme cold of the temperate zones.

Alcohol reduces acuteness of the special senses, sight, hearing, and touch, and delays the reflexes involving these senses and the use of the body muscles.

Persistent alcoholic excess, whether in father or mother, reduces fecundity and increases the probability of still-births and the production of defective young. These effects on the germ-plasm may be transmitted by heredity to later generations not alcoholized.

It is legitimate to conclude from the very convincing experiments of Stockard and others with laboratory animals that any excess beyond the strictest moderation in the use of alcohol by parents may cause danger to the survival of offspring and their descendants for several generations.

There is no evidence that alcohol in small, moderate, or large doses has or can create any favorable effect in the body for resistance to infection, to increase the body's means of recovery from infection when once invaded, or to make the body less susceptible to non-infective poisons introduced from without or developed in the body itself.

Much of the medicinal use for alcohol and alcoholic beverages of the past no longer exists, for better therapeutic measures have replaced them. It seems a fact that in both private and hospital practice the utilization of alcohol and alcoholic beverages by the better trained physician has decreased greatly and is continuing to decrease.

* * *

About ten per cent of all first admissions to hospitals for mental disease are for patients suffering from the more serious and enduring results of chronic alcoholism. Alcohol is the direct and principal cause of much mental disease of several distinct types; the drink habit leading to these mental diseases is usually formed early in life, and the mental disease is preceded usually by states of intoxication and progressive loss of health; the drink habit is not due mainly to constitutional inferiority or mental abnormality in the great majority of cases; the incidence of alcoholic mental disease in a population unit depends directly upon the extent of the general use of alcoholic

beverages in the communities involved as well as upon the racial elements concerned.

The use of alcohol in moderation or otherwise does not prevent tuberculosis, does not modify favorably the course of the disease, and plays no part in the present day successful treatment of tuberculosis patients.

The most successful artificial or drug excitant to sexual excess is alcohol. More instances of syphilis and gonorrhoea in youths of both sexes, whose sober and good intentions are to avoid extramarital sexual connection, have been due to alcoholic abuse than to any other cause.

Alcohol in moderate amounts suffices commonly to lower self-restraint and self-control in situations of sex temptation so that exposure to hazards of sexual diseases is undertaken thoughtlessly and without care of the consequences.

The following quotation from an eminent specialist¹ in venereal diseases expresses the usual opinion of observant physicians:

"Alcohol paralyzes the inhibitions, renders the physical urges more obvious, disarms the critical faculty, breaks down reasonableness and prudence, blurs fineness of perception and taste, without necessarily creating the state socially recognized as intoxication.

"Alcohol is the best salesman and procurer known and is a constant, and essential stock in trade for the promotion of prostitution."

Sexual irresponsibility is a not uncommon result of the unrestricted use of alcohol in mixed company. Syphilis and gonorrhoea are, in a large proportion of cases, acquired by persons whose sober self-control has been reduced by alcohol to the point of sexual indulgence.

* * *

The evidence of morbidity and mortality statistics is convincing to the effect that alcohol unfavorably affects the frequency and character of illness and reduces the ex-

1. John W. Churchman, "Prevention of Venereal Diseases", Preventive Medicine and Public Health, vol.VII of Nelson Loose-Leaf Living Medicine (Thos.Nelson and Sons, New York) p.260.

pectancy of life substantially in proportion to the amount consumed and the duration of its use by the individual.

Experience with millions of lives insured by companies in England, Scotland, Canada, and the United States leaves no doubt in a critical mind that persons who have always been total abstainers are on the whole longer-lived than non-abstainers. Those persons who use alcohol only occasionally, and then in moderation, are probably as long-lived as total abstainers.

But persons who drink regularly and moderately, that is, to the extent of two or three glasses of beer or one glass of whiskey daily, have a higher mortality than the average of abstainers and non-abstainers taken together. This is in part due to the fact that some moderate drinkers sometimes exceed their moderate use of alcohol.

There is always the risk, though seldom realized until it is too late, that the moderate drinker will become chronically immoderate. Every "excessive" user of alcohol started out with the intention of being and staying moderate. The trouble was that the strong will which they rightly believed they perhaps possessed at the start became progressively weakened by the use of alcohol itself. For that is one of its most important effects.

Those who, though not regular drinkers even in moderate amounts, indulge in excess from time to time or have several protracted sprees each year are distinctly shorter lived than the average.

The reduction in the per-capita consumption of alcohol in beverages of all strengths in Great Britain in the past thirty years has been paralleled by a marked reduction in the difference between the average longevity of total abstainers and the average longevity of insured persons not so designated.

Typical is the experience of insurance companies of New England and the Northwest, which report as follows: New England Mutual (1844-1905), considering the mortality among total abstainers to be 100, or the best recorded, that of infrequent users was 122, and that of temperate users was 142, that of persons describing themselves as moderate users was 212; Northwest Mutual (1885-1924), with total abstainer

rate at 100, the moderate-users rate is 111, that of regular beer drinkers is 130, and that of regular spirit drinkers is 181.

These differences are so considerable and are based on experience of such duration and magnitude that they cannot reasonably be explained away by the theory, commonly advanced but nowhere supported by factual proof, that abstainers constitute a class of persons whose vitality and manner of life are superior as measured by life expectancy to the general run of people who report themselves as temperate, moderate, or regular users of alcohol.

Mortality from alcoholism is particularly high among those employed persons who are generally liberal users of alcohol, as can be seen from the following table of rates for employed males (25-65 years of age) in England and Wales.

Employed Males, Aged 25-65 Years	Comparative Mortality from Alcoholism per 100,000
Railway enginemen, guards, etc.	2
Agriculturists	3
Building trades	5
All occupied males	7
Shop-keepers	8
Cab and bus drivers	12
Seamen and merchant service	18
General laborers	26
Publicans, inn-keepers, etc.	50

Alcohol is a direct and indirect cause of a large amount of avoidable illness and of many preventable causes of death.

The following sources of reliable information as to the effects of alcohol as a beverage are readily available and many of them are included in lists issued through the official channels of federal, state and local educational authorities.

Emerson, Haven, editor. Alcohol: Its Effect on Man, D. Appleton-Century Co., New York, N.Y. 1934. (This is a simplified text for teachers and school children of "Alcohol & Man".

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Kelynack, T.N., editor, The Drink Problem of Today, E. P. Dutton & Co., New York, N.Y., 1916.

Transeau, E.L.B., editor, "Effects of Alcoholic drinks: A Review," Boston, Mass. 1933, Scientific Temperance Federation.

Bogen, Emil and Hisey, L.W.S. What about Alcohol? Scientific Education Publishers Los Angeles, 1934.

Fisk, Eugene Lyman. Alcohol: Its Relation to Human Efficiency and Longevity, Funk and Wagnalls Co., New York, 1917.

Physiological Aspects of the Liquor Problem (A Report of the Committee of Fifty to Investigate the Liquor Problem), Houghton Mifflin Company, Boston and New York, 1903, 2 vols.

Dodge, Raymond and Benedict, F.G. The Physiological Effects of Alcohol, Carnegie Institution of Washington, 1915, No. 232.

Miles, Walter R. Effect of Alcohol on Psycho-Physiological Functions, Carnegie Institution of Washington, 1918, No. 266.

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BIRTHDAY GREETING

MZAE 101 32=RK NEWYORK NY FEB 26 204P

DR JOHN HARVEY KELLOGG=MIAMI BATTLE CREEK MIAMI SPRINGS=
THE AMERICAN PUBLIC HEALTH ASSOCIATION EXTENDS HEARTY
CONGRATULATIONS TO YOU ON YOUR BIRTHDAY. AS OUR MEMBER
OF LONGEST STANDING WE SALUTE YOU ON THIS HAPPY OCCASION
AND WISH FOR YOU USEFUL YEARS=

REGINALD M ATWATER M D.

THE AMERICAN PUBLIC HEALTH

Association

1790 Broadway, New York, N. Y.

Allen W. Freeman, M. D.
President

Abel Wolman, Dr. Eng.
Chairman of Exec. Board

Louis I. Dublin, PH.D.
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Felix J. Underwood, M. D.
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Carl E. Buck, Dr. P.H.
Field Director

Reginald M. Atwater, M. D.
Executive Secretary

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

Dear Dr. Kellogg:

We have just completed the 72nd Annual Meeting of the American Public Health Association and our Wartime Conference and it has been a notable affair. In spite of the restrictions that were put upon it, it turned out to be the largest Annual Meeting that we have ever held and by far the largest number of bona fide health workers were this year in attendance, there being very few wives and other registrants.

Among the pleasures which we had were the presentations of three certificates covering forty years of membership in the Association. When Dr. Allen W. Freeman, the President, announced the awards this year, he called the attention of a large gathering to the fact that you were the first person to receive this award and that you are this year completing 65 years of continuous membership in the Association. That is indeed a notable record and there were many who expressed admiration for the way you have survived the years. You must have joined the Association when it was less than 7 years old and you must have been a young man at that time. I can look back on 30 years of acquaintance with the Association, since it met in my home town of Colorado Springs in 1913, but your acquaintance goes back more than twice as far and I salute you and congratulate you on arriving at such a record. It will be many a year before anyone surpasses your record in this respect.

With your long interest in the Association you will be glad to know that we have now passed the 8000 membership mark. In 1913 there were just over 1000 members. The Journal is now being issued in editions over 10,000.

I write you just to remind you of our continuing interest and our hope that the long and distinguished record you have had in the Association may be reflected in good service from those of us who are privileged to be members of the staff.

Faithfully yours,

(Signed) Reginald M. Atwater, M. D.
Executive Secretary.

TO THE MEMBERS OF THE FAIRCHILD TROPICAL GARDEN:

In accordance with our policy to grow and distribute plants and palms which are rare in this section, we have ready for distribution the plants listed below. Small plants are ready for delivery to members only at the garden, not more than three plants to any one person:

Hours for delivery: 10 A.M. to 12 NOON, April 10th, 11th, 12th.

In order to facilitate delivery lists must be plainly marked in advance indicating which plants are wanted. As quantities are limited mark 4th, 5th and 6th choices. Please remember that we only have a few employees and that cooperation is necessary to insure success.

Members who have received plants in prior years, as well as those who receive them this year are requested to make a postal-card report of what happens to them.

PALMS

ACANTHORHIZA ACULEATA

Desirable Central American palm of moderate growth

ACTINOPHLEOUS SPECIES

Medium growing cluster palm from Northern Australia

A RENGA SACCHARIFERA

Tall pinnate palm from Java. Produces the Jaggary sugar

COPERNICIA - several species

Fine Cuban fan palms of slow growth in their young state

CORYPHA UMBRACULIFERA

Fan palm from India. Large leaves

DESMONCUS SPECIES

Thorny climbing palm from Central America

ERYTHEA BRANDEGEEI

Tall fan palm from lower California. Related to the Washingtonia

JUBAEA SPECTABILIS

Pinnate leaved palm with a robust trunk. Honey palm of Chili

LIVISTONA CRUSTACEA

Promising new palm. One of the Archbold Expedition introductions

OPSIANDRA MAYA

Medium size single stemmed palm from Guatemala. Red fruits.

PHOENIX HUMILIS

Dwarf date palm of India

THRINAX PUNCTULATA - Native in Cuba

THRINAX SPECIES - from Honduras

TREES

AGATHIS ALBA - Dammar pine. Tall evergreen from Australia

BLIGHIA SAPIDA - The Akee. Has edible fruits

BOMBAX MALABARICUM. Large tree with numerous large red flowers

CEDRELA ODORATA - Large fast growing tree used for shade

CORDIA MYXA - From Australia. Bears white flowers

EUGENIA GRANDIS - Recommended as one of the best Eugenias

PACHIRA FASTUOSA HYBRID

A locally produced hybrid between the pink and white flowered varieties of this handsome flowering tree

PLUMERIA SPECIES- Frangipani. A fine flowered variety

RHEEDIA MACROPHYLLA - Foliage tree

SCHLEICHERIA TRIJUGA - Commonly known as Ceylon oak

SPATHODEA CAMPANULATA - Well known red flowered tulip tree

SYZYGIVM CUMINI - Tall handsome shade tree with edible fruits

SYZYGIVM SMITHII - Resembles the preceding. Somewhat larger fruits

VINES - SHRUBS -

COMBRETUM MICROPHYLLUM

DERRIS SCANDENS. Pinnate foliage and numerous small white flowers

ELEAGNUS PHILIPPENSIS. Very fragrant flowers followed by numerous edible berries

JASMINE TORTUOSUM - from Cuba

MARSDENIA VERUCOSA - Twining shrub

ARTOBOTRYS UNCINATUS. Rambling shrub with greenish yellow fragrant flowers

DENDROCALAMUS STRICTUS. Tall upright growing bamboo.

Postal Telegraph

THE INTERNATIONAL SYSTEM



CLASS OF SERVICE DESIRED	
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Send the following message, subject to the terms on back hereof, which are hereby agreed to

Form 3-C

Miami Battle Creek,
Miami Springs, Fla.

Mrs. Johnston occupied all to-day and to-morrow with public engagements and necessity to rest but will try coming out to your place Monday. Stopping at Everglades hotel meantime.

Clark H. Getts



HAMBURG-AMERIKA LINIE

An Bord _____

den _____

Dear D. Kellogg

We are just leaving
Nassau where we spent a few
hours. It was dreadfully dull
after Miami where we enjoyed
your most charming hospitality,
but will again love home
and always remain a very happy
memory. It was a great plea-
sure seeing you in such
dear health & spirits & so well
able to carry on the work for

humanity - which you are doing it
well. I only hope I shall live long
enough to pay you over this visit in
Miami. Your house & its surround-
ings seemed to us a perfect paradise.
I met an old friend of mine at New
York - I ~~thought~~ took the liberty of
telling him he must make you
a request. I hope you will
take him, indeed I am sure you
will. Perhaps you will come to
London at no distant date,
with our best wishes & our warm
personal appreciation of your de-
lightful country. Love
from always
Elizabeth Law

LADY GRENFELL

KINLOCH HOUSE

CHARLOTTE, VERMONT

Dear Dr. Kellogg ,

How awfully kind of you to send the splendid gift of Savita . I am just off for Labrador in the morning , and the Savita is safely stowed in my trunk . It is a most welcome and most useful gift , and will mean much to the patients . Thank you so much for the thought and for the Savita.

Forgive a very hasty note. It is none the less heartfelt for that.

With our very best wishes,

Yours ever sincerely ,

Anne Grenfell

July 12th.

HOLIDAY GREETING *by* Western Union

702



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DR JOHN HARVEY KELLOGG=

MIAMI BATTLE CREEK MIAMISPRINGS FLO=

AT CHRISTMAS WE ARE THANKFUL FOR YOUR GREAT SOUL AND PRAY
MORE YEARS OF USEFULNESS=

MARTHA BERRY.

"How to Have Good Health," by Dr. John Harvey Kellogg, is a practical and inspiring guide to right living. It arouses the reader's ambition to live biologically, and in plain, convincing style points the way to fulness of life. This invaluable book should be in every home for study and frequent reference.

Gerrill Kleiser.

Geo E Bruner
Everglades Fla
Hallow Lake Mich
May to Oct

Henry B. Smith
Tampa
St. Louis
Albion Mich

Admiral R. E. Byrd, No. 2.

neglected one for whom I entertain such high regard and admire so greatly as I do you.

I am glad that you are coming down this way again. Be sure to call. I will not be so busy next time and will find time for a good chat.

With kind regards to Mrs. Byrd, I am

Sincerely yours,

P. S. I have a letter from Mr. MacDonald speaking about a display of our foods on your food shelf for which he suggests a fee of five hundred dollars. I have written for further information which will enable the advertising budget committee to form some sort of opinion as to whether the advertising value of such an exhibit justifies the expenditure.

On inquiry I find that copies of all the reports have already been sent you.

As regards the program for Mrs. Byrd to follow at home, in addition to the suggestions made by Miss Estill respecting diet, I suggest the following:

I fear she is overtaxing herself. Until she has added to her weight at least twelve or fifteen pounds and improved her hemoglobin ten or fifteen percent she should reduce her physical and nervous activity by resting several hours a day more than she has been doing.

Admiral R. E. Byrd, No. 3.

There is a pronounced degree of hypothyroidism, 17 percent below the normal. This may be improved by taking dried thyroid or thyroxin, but instead of doing this it will be decidedly better to secure the improvement by improving the nutrition.

The presence of toxins in the urine indicates a marked degree of intestinal putrefaction which should be suppressed by thorough changing of the intestinal flora.

Mrs. Byrd really ought to have a couple months' vacation with entire relief from domestic duties and responsibilities and a short rest cure followed by graduated corrective exercises to build up her metabolism. The use of thyroid is not safe without careful regulation and checking by frequent metabolism tests. Otherwise more harm may be done than good.

Her blood pressure, systolic and diastolic, is high for a person of her age.

A cool morning bath, followed by vigorous rubbing of the skin, sun bathing often enough to brown the skin and keep it brown and regulation of the colon to two or three bowel movements daily, with care to see that the colon is always empty on retiring at night and careful observance of the rules of health tabulated in the little blue book entitled "Rules for Right Living" are essential for betterment of her health. A couple of months' training at Battle Creek would be a splendid experience for her.

I am glad that you find the new products useful.

Admiral R. E. Byrd, No. 4.

I make use of them myself daily.

The erosion of the cervix to which Dr. Norman called your wife's attention is a matter of much importance. It should have the attention of a good gynecologist. When neglected these troubles have a tendency to become malignant, especially in women of your wife's age. In an incipient stage these erosions are readily cured, but they should not be neglected.

b

~~Wmsd~~

Pontiac Outland Co
Mich - Dr. J. H. Kellogg

My Dear Sir,

Yours of May

I received,

In answer I
would say, I am not past the
four score line I must write
with a pencil. I have been acquainted
with some 400 of my relatives, I
never know one of them who drinks
alcohol in any form, I never
drank - I do not know ~~the~~
taste of any kind of substance.
I have been in the active ministry
over 53 years - I studied medicine
and as the country was new - I
practiced medicine about 10 years.

without taking any pay - I never
gave any alcoholic medicines,
My long studies & observations
satisfy me that alcohol should
not be used,

I have two Brothers who have
also been in the active ministry
so that the aggregate of our
ministerial service is 147 years,
I have never had a head ache
one minute in my life, and
never knew any of my relations
to have head ache,

If you wish to ask me any
questions I will answer them,
I had a Rail Road accident

about one year ago, and last
winter I fell on the ice & in
consequence I cannot write very
well,

Most Respectfully

Yours,

D. C. Jackson

Holiday Greetings



LMF249 YTG=BATTLECREEK MICH
DR JOHN HARVEY KELLOGG=
CARE MIAMISPRINGS FLO=

THOUGH FAR AWAY OUR THOUGHTS ARE CONSTANTLY WITH YOU THIS
CHRISTMAS SEASON=
BATTLECREEK FOOD CO EMPLOYEES.



Holiday Greetings

LMF379 25 NL YTG=BATLECREEK MICH

DR JOHN HARVEY KELLOGG=

MIAMI BATTLECREEK MIAMISPRINGS FLO=

GREETINGS TO OUR DEAR DOCTOR. MAY YOUR CHRISTMAS BE A HAPPY ONE.

AND THE NEW YEAR BRING YOU ALL THE BLESSINGS YOU SO RICHLY

DESERVE=

THE SANITARIUM WOMANS CLUB.



COPY

*original
letter sent
to Lucy Furman*

105 Mount Street,

London, W.1.

My dear Dr. Kellogg:

I have to thank you for two kind letters of December 4th and January 4th. Naturally I am immensely gratified that my friends at Battle Creek, with whom I am in such whole-hearted accord upon most subjects, are now in general agreement with my views upon the great issues of the war. I do not for a moment argue that they were wrong in their former pacifist attitude. If peace- permanent peace- could have come through any other means than the barbaric arbitrament of war, you were all right to insist that the horrid thing should be excluded absolutely from the civilization you are building up. But God willed it otherwise. With all their greatness in certain lines of progress, the Prussians have made what I hope they will come to see is a fatal blunder. Humanity must submit to discipline and control. More than ever will this be necessary in the reconstruction days after the war, but the control must have the sanction of the democracy and not be that of a caste. It may be that the work of your Mr. Pyper could have been done as efficiently and much earlier by a Hindenburg if he had happened to be interested in such things. But, on the whole, it is better to wait until a real servant of the people gets his orders from his proper masters.

To turn to a more normal aspect of your activities, what you say about Miss Furman and what she also tells me is a wonderful illustration of the Battle Creek idea. Why not suggest to her that she should write, anonymously or under her own name - for the sincerity of her pen would carry conviction in either case - the story of her rejuvenation after fifteen years of suffering. It would make an admirable Battle Creek idea pamphlet.

Dr. Kellogg---2

COPY

What would heighten the interest to the general reader would be the fact that she wanted health for no purpose of selfish enjoyment, but for the improvement and extension of her fine service to the people she loves.

I got to-day a letter from Dr. Ramos of the General Public Hospital, St. John, N.B., who reminded me of our meeting at Battle Creek and sent me New Year greetings. I certainly widened my acquaintance very considerably, and all in good directions, by my stays at the Sanitarium.

With all good wishes,

Believe me,

Horace Plunkett

LM

Our dear Mr. Kellogg - Henry Helen Lee & I
sent you our love & good wishes
and would love to

Mr. and Mrs. Henry Latham Doherty
request the pleasure of your company
at a dance in honour of their daughter
Miss Helen Lee Frances Doherty
Friday, the twenty-sixth of December
at ten o'clock
The Mayflower
Washington

have you
with us for
the party.
We are waiting -

R.S.V.P.

You a letter soon as
the party is over -
Grace Frances Doherty

At Home
after April the fifteenth
Valparaiso, Chile

Mr. and Mrs. Henry Latham Doherty
announce the marriage of their daughter

Helen Lee

to

Mr. Theodore William Wessel
on Saturday, the twenty-ninth of February
nineteen hundred and thirty-six

Managua, Nicaragua

HOLIDAY GREETING *by* Western Union

702



BTG NA145 10 SC=NEWYORK NY

DR JOHN HARVEY KELLOGG=

MIAMI SPRINGS FLO=

WISHING YOU AND YOURS CONTENTMENT, GOOD HEALTH AND HAPPINESS
ALWAYS.=

HENRY L AND GRACE DOHERTY.

A
PRAYER FOR YOU
at this
Sad Time



"Cast thy burden upon the Lord, and
he shall sustain thee: he shall never
suffer the righteous to be moved."

-- PS. 55:22



The Father's love sustain you,-
His peace make of each day
A restful sanctuary
That shuts the world away.
The Arm Almighty guide you,
Your own strength fortify,-
That you may hear His promise:
"Farewell is not goodbye."

(Over)

Miss Lotta Burden
Dr. and Mrs. Sanford Edwards
Drs. W.A. and Lyra George
Mr. and Mrs. Frank E. Howard
Mr. and Mrs. Charles Johnson
Mr. and Mrs. S. S. Merrill
Dr. Mary Paulson-Neall
Mrs. Naomi Risley
Dr. and Mrs. Alfred Shryock
Mr. and Mrs. O. R. Staines
Mr. and Mrs. C. F. West
Mr. and Mrs. O. E. Yingling

Loma Linda, California

With Sympathy



I wish I knew just what to say,
The greatest good to do,
What thoughts to send to you today
To cheer and comfort you;
But I shall send an earnest prayer
To our true Friend above,
And hope that He will comfort you
And cheer you with His love.

J. H. Hatfield

Waldorf Astoria Hotel

N. Y. City

AN EXPRESSION OF SYMPATHY

In your hour of great trial
I wish to assure you
of my sincerest sympathy

Margaret Alderman

NORMAL SCHOOL OF PHYSICAL EDUCATION

BATTLE CREEK, MICHIGAN

OFFICE OF
DEAN
C. WARD CRAMPTON, M. D.

70

Doctors and Mrs. Crampton wish to express
to Doctor Kellogg their sincere sympathy
for him in his bereavement.

My dear doctor:

We sympathize with you in this hour of sorrow and bereavement.

Your sorrow is ours. We loved and admired Mrs.

Holloz. She spent her life for the betterment of humanity.

Your home, the Sanitarium indeed the world has lost a great and good woman. Her steadfastness is her

Dear Doctor:

Though I never had the privilege of knowing Mrs. Kellogg, I, like many others, learned of her useful life and splendid achievements and admired her. Her work was constructive and beautiful.

You have had many battles to fight and you have always come through them so

courageously, that I know you are
equal to this one, though it has
meant giving up the companion
whom you cared more for than
for any one else in the world. If
it helps any, please remember
that you have many friends
who think of you often and
understand what you are
going through. I beg to be
numbered among those friends.

Most sincerely yours,

Miss

Mary Jo Lazarus

June fifteenth.

San.

AT NINETY SEVEN

Stephen Smith

Oh stalwart Soul at Ninety-Seven!
What Spirit doth thy life secure?
Why linger at the gate of Heaven?
Do earthly pleasures still allure?
My Spirit Guide is Hygeia,
Sweet Goddess of Longevity,
Her every precept I obey,
And Earth is Heaven to me.

Why did you pass the Three-Score year,
Life's proper end as fixed by man?
Did Euthansia not appear,
And tempt you with sweet Lethean?
Ah yes, but Hygeia, faithful Guide,
Forewarned me of her base design
And bade me in her care abide,
And untold years would still be mine.

But when you came to Three-Score-Ten,
The end of life by law Divine,
Did not your Guide advise you then
That all her care she must resign?
No law, she said, did Heaven indite,
'Twas writ by Moses in despair,
When Zipperah, the Midianite,
Met him with her every care.

By strength you reached the year Four Score,
Were toil and sorrow waited you,
Did Hygeia still your trust implore,
And promise length of life anew?
She bade me Moses imitate,
Live with the Lord as friend with friend,
Eyes would not dim nor strength abate,
Though life to six score years extend.

AT NINETY SEVEN

Stephen Smith

Oh stalwart Soul at Ninety-Seven!
What Spirit doth thy life secure?
Why linger at the gate of Heaven?
Do earthly pleasures still allure?
My Spirit Guide is Hygeia,
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Her every precept I obey,
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Did Euthanasia not appear,
And tempt you with sweet Lethean?
Ah yes, but Hygeia, faithful Guide,
Forewarned me of her base design
And bade me in her care abide,
And untold years would still be mine.

But when you came to Three-Score-Ten,
The end of life by law Divine,
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That all her care she must resign?
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'Twas writ by Moses in despair,
When Zipperah, the Midianite,
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Did Hygeia still your trust implore,
And promise length of life anew?
She bade me Moses imitate,
Live with the Lord as friend with friend,
Eyes would not dim nor strength abate,
Though life to six score years extend.

From Dr. A. L. Thomas, Chicago, Ills.:

"In reply to your kind invitation, I regret that circumstances do not permit me to be present at your exercises on Sept. 5th. Ever since I became acquainted with your institution I have felt that it was doing a great deal of good, both philanthropic and for the advancement of science."

Miss

M. Isabelle Boyce 244 North Fifth, Corvallis, Ore. (Postmarked) July 28.

J.H.K.

30
25
Through Mrs. Calvin with whom I had luncheon today, and who, you remember was recently at the San., I learned of the death of Mrs. Kellogg. Please accept my deepest sympathy for your very great loss. I shall miss the cordial greeting of Mrs. Kellogg when I come to B. C. this summer and yet I know that my loss of a friend can in no degree compare with yours.

LH

From Dr. R. Matas, New Orleans, La.:

"I have the pleasure of acknowledging the receipt of your kind invitation to attend the celebration of the thirty-second anniversary of the opening of the Battle Creek Sanitarium, and to express to you my sincere regrets and those of my wife at our inability to be in attendance on this most interesting occasion. I avail myself of this opportunity to express to the management and yourself my genuine appreciation of the great and good work that has been accomplished by you beneficent institution throughout its long existence."

Abstract of letter from Dr. C. G. Slagle, of Minneapolis:

"Please accept thanks for your kind invitation. I regret that it is impossible for me to attend. I desire to congratulate the management and yourself on the splendid success that your scientific benevolent institution has achieved in the past, and express the earnest wish and expectation for your continued prosperity and usefulness in the future."

from Wm. Penn Alcott, Boxford, Mass :

"Your very kind invitation to myself and family to attend the anniversary on Sept. 5th, must be declined with thanks. It would give us the greatest of pleasure to be present. Surely the seal of divine approval is upon the Battle Creek Sanitarium in the enlargement of her work. She has become the mother of many children. All of us who know her 'rise up and call her blessed.' We pray for the continued prosperity, growth and fruitfulness of the work. We ask God's richest benediction to rest on the management, the physicians, the nurses, helpers, guests, and not the least on Dr. Kellogg himself. Gratefully and affectionately yours, Wm. Penn Alcott."

From Dr. Henry R. Burdett, of St. Paul, Minn.:

"I regret exceedingly that I am unable to accept the very kind invitation extended to myself and wife. I cannot let this opportunity slip by without expressing to you my admiration of your good institution and the work done there. May you live long and prosper."

From Dr. H. S. Lay, Petoskey, Mich.:

"Your invitation of recent date received. In reply will say that it would afford me the greatest pleasure to be present on that interesting occasion. I deeply regret that I am unavoidably prevented from enjoying the privilege. I assure you that I have not been an indifferent observer of the marvelous growth of the institution and the extensive diffusion of its noble and underlying principle. May continued success attend it in its varied fields of usefulness. Yours in the interest of larger reform, H. S. Lay."

From Prof. Albert B. Prescott, of the Michigan University:

"I regret that I am unable to be present, in response to your invitation to the exercises of the thirty-second anniversary. With confident good wishes for the future of your re-organized association, and with many thanks for your invitation to be present on the 5th, I am, Very sincerely yours, Albert B. Prescott."

A letter of congratulations and regrets is received from
Hon. W. N. Heldman, of the Louisville Courier-Journal.

From O. M. Peck, of Wm. R. Moore & Co., Memphis, Tenn.:

"Your kind invitation to be present at the exercises on the 5th of September, received. I very much regret that previous engagements will prevent my enjoying the pleasure of being with you on that occasion. I have only the very kindest feelings for such a noble institution as you are conducting, and I feel that I owe you a debt of gratitude that I never can pay for benefits received while at your Sanitarium."

From Hugh B. Ruford, Marine Hospital ~~Building~~, Brunswick, Ga.:

"I regret most profoundly my inability to be present as one of your guests upon the anniversary of your Sanitarium. My regret is the more intense from my knowledge of the widespread good done for humanity by your grand and successful work. Accept my best wishes for your continued success, anticipating a visit in the future to gain information and suggestions for improving my own field of usefulness. May the mantle of success which has enfolded the Battle Creek Sanitarium, extend its folds as successfully to the Michigan Benevolent Association."

From Dr. H. Arnett, London Ontario:

"I regret that I shall not be able to enjoy the pleasure of attending the anniversary of the Battle Creek Sanitarium. I rejoice in the grand work for God and humanity in which you are engaged, and pray that the divine blessing may attend the future as manifestly as it has the past."

With appreciation of your kind thought

and expression of sympathy

Mrs. Henry Latham Doherty

Mrs. Theodore William Wessel

From Dr. N. S. Davis, Chicago, Ills.:

"Your kind invitation for Mrs. Davis and myself to attend the thirty-second anniversary of the Battle Creek Sanitarium on the 5th of September, is received. I regret that we are unable to accept of your kind invitation."

From Dr. Chas. Hitchcock, Detroit, Mich.:

"I regret my inability to accept of the hospitable invitation so kindly sent me. Wishing you all success in your ministrations to the sick and afflicted, I am, Very truly yours, Chas. Hitchcock."

From Dr. J. H. Musser, Philadelphia, Pa.:

"I beg to acknowledge the kind invitation to Mrs. Musser and myself to the anniversary of the Battle Creek Sanitarium. It would give us pleasure to attend, if we were not at our summer home so far away."

From Bishop Geo. D. Gillespie, Grand Rapids, Mich.

I thank you for your very courteous invitation. So many matters require attention after two months' absence that it will not be practicable for me to be with you on the interesting occasion.

Permit me to congratulate you on the success of your undertaking, and the attentions and skill you have been able to render to the needy. This feature of your institution strikes me very favorably.



Happiest Christmas Wishes

The more good wishes that I wish,
The happier they get,
And so I leave yours till the last
To be the happiest yet.



POST CARD

For
CORRESPONDENCE

For
ADDRESS ONLY



Dear Dr. Kellogg: A simple little card
which carries to you my Christmas
Greeting. You will miss me while
you are away, and shall be look-
ing forward to your return.
Always gratefully
Abbie K. Carter

THE WESTERN UNION TELEGRAPH COMPANY.

INCORPORATED
24,000 OFFICES IN AMERICA. CABLE SERVICE TO ALL THE WORLD.

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This is an **UNREPEATED MESSAGE**, and is delivered by request of the sender, under the conditions named above.

ROBERT C. CLOWRY, President and General Manager.

RECEIVED at 25 East Main St.
Battle Creek, Mich.

33DE FN C 13paid 235p 4ex

Saginaw, Mich. May 28th,

Mrs. E. E. Kellogg,

Care Sanitarium,

Battle Creek, Mich.

SN 50312 PM
TELEPHONED
Time 3:50 PM
Receiver Gile
Sender M.

Greetings to our newly elected honorary president Mrs. Kellogg.

Carrie E. Bassett, Secy Mich. Womens Press
Assn.

MONEY TRANSFERRED BY TELEGRAPH.

CABLE OFFICE.



Battle Creek SANITARIUM

MEDICAL STAFF.

J. H. Kellogg, M. D.	W. H. Riley, M. D.	Julia White, M. D.
C. E. Stewart, M. D.	J. F. Morse, M. D.	Lillian Eshleman, M. D.
J. F. Byington, M. D.	E. L. Eggleston, M. D.	Sarah Etta Kerby, M. D.
F. J. Otis, M. D.	Geo. Thomason, M. D.	Carrie S. Staines, M. D.
R. H. Harris, M. D.	E. F. Otis, M. D.	Newton Evans, M. D.

LONG DISTANCE 'PHONES, Nos. 135 and 45.

BATTLE CREEK, MICH.

J. H. Kellogg
Grand Rapids, Mich.

Dear Doctor:--

We are just putting the finishing touches on the new main building. We expect to dedicate it May 31 and June 1. We are going to have a grand banquet on Monday evening. Enclosed find a copy of our preliminary program.

Remembering the courtesies you have shown us in the past, it will afford us special pleasure to have you with us on this occasion. Come and be our guest for a week, and take a little rest. We will treat you well, feed you well, and will show you some things that may interest you. We expect quite a gathering of our medical friends.

The enclosed card presented at our business office will settle all bills here for one week. Bring your wife or friend with you if you desire to do so. We shall be glad to have you see what we have been doing the last year in the interest of physiologic therapeutics.

Your friend and colleague,

2 encls.

To Agnes - on her 24th Birthday ①
Birthdays are landmarks on the road of life
We note them as they pass amidst the strife
of toil and struggle in life's busy street;
We pause to mark them as reminders sweet
of natal day rejoicing, and we think
of other birthdays coming, as we drink
to health and wealth and happiness and more
In cups of crystal water brimming o'er.
And birthday seems last but not the least
Of all the good things at a birthday feast.
Are gentle means by which we rhythmically say
Those sweet things which oft are hid away
In stupid prose which serves but to conceal
The sweetest tenderest sentiments we feel.

And now for Agnes, eldest of our flock
We mark the hour on father Time's old clock
We note it twenty; surely 'tis no more;
We look again, and count another four.
Old Time's great clock is ticking years too fast
And speeding on too quickly towards the last.
Thrice welcome was the sweet inquiring face
Which by this ample hearthstone found a place
When Agnes, blossom sweet, by Heaven sent
A budding flower to this our home was lent
A thousand times still welcome is the face
Matured by years and crowned with woman's grace.
With eyes of blue and cheeks that vie the rose,
Luxuriant tresses and a queenly pose,
A sunny spirit and a merry smile,
Invariable in temper, just a touch of quill -
less roquetry when fun is in place.
A genial presence and a winsome face. -
Agnes, my daughter, Queen of the Lake today,
My heart lies with you though I'm far away.
We greet you, proud, on birthday Twenty-four,
May Heaven grant you yet a hundred more.

To A — On Her Twenty-Fourth Birthday.

Birthdays are landmarks on the road of life
We note them as they pass amidst the strife
Of toil and struggle in life's busy street;
We pause to mark them as reminders
Of natal day rejoicings, and we think
Of other birthdays coming as we drink
To health and wealth and happiness and more
In cups of crystal water brimming o'er.

And birthday poems, last but not the least
Of all the good things at a birthday feast
Are gentle means by which we rhythmic say
Those sweetest things which get hid away
In stupid prose which serves but to conceal
The purest, tenderest sentiments we feel.

And now for A—, eldest of our flock
 We mark the hour on Father Time's old clock,
 We note it twenty; surely 'tis no more;
 We look again, and count another four,
 Old Time's great clock is ticking years too fast,
 And speeding on too quickly toward the last

Thrice welcome was the sweet inquiring face,
 Which by the ample hearthstone found a place
 When A— blossom sweet, by Heaven sent
 A budding flower to this one home was lent,
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 Matured by years and crowned with woman's
 grace.

3

With eyes of blue and cheeks that vie the
rose,
Luxuriant tresses and a greenly pore,
A sunny spirit and a merry smile,
Amiable in temper, just a touch of quill-
less roquetry when fun is in place,
A genial presence and a winsome face.

— my daughter, Queen of The Oaks Today
My heart is with you though I'm far away,
We greet you, friend, on birthday twenty-four
May Heaven grant you yet a hundred more.

[Composed while riding on horseback
through the wild mountains of tropical
Mexico, near Colima, early in the morning
by star light.]

The Roycrofters

MAKERS of DE LUXE BOOKS, HAND-MADE FURNITURE and THINGS.
Printers and Publishers of THE FRA, THE PHILISTINE & LITTLE JOURNEYS

East Aurora, Erie County, New York

Oct 2

YEAR FOURTEEN

From founding of The Roycroft Shop

Dear Dr. Kellogg:

I have just
read your fine
address on the subject
of "Fasting". You surely
have stated a deal
of good plain truth
here. I am going
to pass it along.

Love & blessings
Oscar Hubbard

D I A R Y -- September 27, 1911.

New York.--I intend to write a page or two every day so as to make a complete record of my trip, not because I expect to make any extraordinary history during my wanderings, but in order that I may be able to prove my whereabouts and give a true account of myself when I get home. On the occasion of one of my trips abroad, it was reported that I had gone insane. Some of the people who made this report are still alive and are probably more anxious than ever that I should verify their prophecies by becoming a lunatic; so I must take every precaution.

I began the day with a visit to Bronx Park, where I met my old friend, Professor Hornaday, who is now the superintendent of the Park. He very kindly showed me about and took particular interest in showing me his collection of apes, which is the finest in the world. The Bronx Zoological Garden as a whole now stands at the head of all the zoological gardens on earth, which I suppose means also in the universe, as one cannot imagine that any other world can boast such extraordinary monkeys and men as people this earth. Bronx Park comprises 640 acres of natural primitive forest which has never been occupied by human habitation. It has very rugged and picturesque hills, dales, brooks, meadows, every variety of scenery. In the center are the animal houses. Grouped about are the large fields, in which may be seen various groups of animals, antelopes in one, buffaloes in another, all with surroundings and accomodations as natural as possible. The Park contains a thousand more animals than any other park in the world.

My special purpose in visiting the Park this morning was to see the

gorilla which arrived a day or two ago. This is the only young lady of this nationality in captivity anywhere in the world, and as her health was reported rather delicate I was afraid the young lady would die before I got back from Europe, and as I was very anxious to have an introduction to her I thought it best to run no chances of her dying while I was abroad. I found the young woman still in bed. The professor remarked that according to Professor Garner's observations the gorillas are late sleepers. They do not usually make their appearance until about 10 o'clock in the forenoon, and are most active in the afternoon. The young woman was sleeping in a box with a gunnysack for a mattress. She did not like to be disturbed, and when the professor tickled one of her feet she immediately indicated her displeasure at being disturbed by reaching down and scratching the back of his hand with her finger nails. She is jet black. Her hands and feet are remarkably like those of the negro. Her face is smooth and not bristling with hair like the faces of some monkeys, and is very black and human-like. Her brows are rather projecting; nose broad and round, but much more human-like than that of the chimpanzee. The cranium, however, is small, showing a small brain. The gorilla seems to be inferior to the chimpanzee in intelligence. It has a large, powerful body.

This gorilla I understand to be about six years old. It has been in captivity only two months. She was brought to the country by Professor Garner, who was sent to Africa by the authorities of Bronx Park for the purpose of getting and bringing home a gorilla. The gorilla had a very hard time on shipboard and was quite ill when she arrived, suffering from diarrhea. She refused to eat for three days, but for the last few days has begun to eat. For the last three or four days she has begun to eat plantains and is improving. She would not eat anything else. This evidently

was good for her. The professor seemed very much delighted this morning when the keeper reported to him that she had had this morning a good movement of the bowels and a well-formed stool.

The other big apes at the Bronx are extremely interesting. The big black chimpanzee was especially entertaining. He went tearing about his cage in a most terrific fashion; did many amusing stunts such as heeling over and rolling about like a ballet dancer, besides a lot of trapeze and horizontal bar tricks which would baffle the skill of a circus performer. He had a great trick of striking the floor with his feet, always two strokes in succession, in such a way as to make a very loud noise. When the professor made a certain sound, he instantly replied in very vociferous fashion. The professor never tires watching these queer little forest men. They are so wonderfully like us in so many ways that it is not surprising that many scientists have come to believe that the higher apes and man are derived from a common ancestor. The most puzzling problem to make good this theory is the absence of intermediate forms.

My time was short in the Bronx, as I had an appointment with Dr. Rogers, medical superintendent of the New York Life. I reached the Doctor a little before 11 o'clock. He dismissed everything and everybody from his office very soon after I arrived, and gave me his entire time until eighteen minutes to one and wanted me to stay longer, but I had promised Professor Fisher to run over to New Haven to spend part of the afternoon with him. From 346 Broadway I had to reach the Grand Central Depot before one o'clock, but just made it by hard running at the last end.

Had a couple of very pleasant and profitable hours with Professor Fisher and family. They spent the whole summer abroad and told me they had been good vegetarians during the whole time and they all thrived under

it. They got hungry for a little meat at the last thing, but were satisfied with a little and did not think they would want any more for a long time. I have long noted that in giving up the use of meat such an experience as this is quite common among those who give up the use of meat. Professor Fisher gave me useful information about the Dresden exhibition and how to see it best, and also gave me several books which I could study on the way there. I find that the studies that he has made while abroad, especially at the Dresden exhibition, have greatly confirmed his faith in the low protein diet and in the principles of reform which I have advocated for many years.

I came back on the 5 o'clock train from New Haven and met Dr. Case in the Murray Hill Hotel just after he had registered. His train had been late.

I should have stated further that in the conversation with Dr. Rogers we discussed the question of the low protein diet and auto-intoxication in relation to high blood pressure. He showed me some of the results of a very exhaustive research which he has been making respecting the relation of build or body physique to health. He has found, among a number of things, that the mortality of persons who are under what is recorded as the average weight is less than that of those who are over average weight. For example, he found that in persons sixty years of age who are 30 per cent. over weight the mortality is 155 as compared with 100, the average mortality for persons sixty years of age. The mortality of an over weight person becomes steadily greater as the weight increases and as the individual advances in age. Dr. Rogers regards over weight as a form of degeneration. He spoke with much force and condemnation of the statement made sometime ago by Professor Vaughan that starches were particularly injurious and

productive of disease. He believed Professor Vaughan was absolutely wrong in this and that the danger is in the use of an excess of protein. Dr. Rogers seemed to know considerable of our work. When told of the Health and Efficiency League, he expressed a willingness to co-operate with the league, and suggested that a set of health rules and suggestions might be sent out printed on the back side of the notice which is sent to policy-holders. A million of these are sent out every year. He said he would print a set of rules of this sort, stating that they were the rules of the Health and Efficiency League. When asked if we could obtain a list of rejected applicants, he thought the matter over for a moment and said he thought they ought to be able to find some way to co-operate with us in reaching such people. He states he was the chairman of the controlling committee of what is known as the library bureau, where the names are collated and marked in harmony with the system of the Dewey library system, so that the cause of rejection is recorded with the name by means of figures and letters which may be explained by a table.