

JOHN HARVEY KELLOGG (1852-1943)

SUBJECT FILES, CA. 1885-1920
(PRIMARYLY CONCERNING TOPIC OF
MEDICAL MISSIONARIES)

INTERNATIONAL HEALTH ASSOCIATION

SCHOOL OF HEALTH.

Under the Auspices of the International Health Association

This will be conducted under the auspices of the International Health Association by physicians and nurses trained at the Battle Creek Sanitarium. The course will include ten days' instruction and two lessons each day, with additional hours to devote to private instruction and practice classes. Special attention will be given this year to two subjects: Rational Diet and Scientific Cookery; The Home Care of the Sick, or How to Have a Sanitarium at Home.

The following subjects are announced with the understanding that the program may be varied somewhat to suit the wishes of the majority of the members of the classes after they have been formed.

RATIONAL DIET AND SCIENTIFIC COOKERY.

These lessons will consist of a short illustrated lecture, occupying twenty or thirty minutes, followed by a demonstration of methods of preparing the dishes discussed.

1. Chemistry of Foods.-- Food elements, chemical differences between green fruits and ripe fruits, raw foods and cooked foods, physiological relation of cookery, microscopical and chemical illustrations and demonstrations.

2. Bread Making.--Ancient methods, modern methods, and the new methods without yeast or baking powder; crisps, sticks, puffs, beaten biscuit.

3. Pastry.-- Yankee pie and indigestion; wholesome and toothsome pies and cakes; apple pie, prune pie, pumpkin pie.

4. Desserts. --A dozen delightful, delicious, attractive,

add perfectly wholesome as well as novel and simple desserts, such as granut pudding, granose short cake, etc.

5. A dozen delicious soups prepared without greasy meats, simple, wholesome, and palatable. Cream of corn, tomato bisque, cream rice; celery soup, vegetable, Swiss lentil.

6. Legumes.-- Peas, beans, lentils prepared in a variety of new and attractive forms.

7. Nut Cookery.-- Meat substitutes, nut broths, nut soup stock, best illustrating culinary effects.

8. Nursery Cookery.-- How to prepare a dozen infant foods at home, just as good as anything that can be purchased and better than most.

9. Diet Kitchen.-- Howds for the invalid, how to prepare them. Twenty tasty and wholesome dishes for the sick.

10/ How to Make a Scientific and Artistic Bill of Fare.-- Seasonable foods for spring, summer, or winter. Simple breakfast, simple dinner. Suggestions for Christmas, New Years, and weddings; school lunches, traveler's lunch bag.

HOME CARE OF THE SICK? OR HOW TO HAVE A SANITARIUM AT HOME.

1. What is Health? What is Disease? Why disease is catching, Health more contagious than disease. Causes of diseases. Treatments, how to conduct them. How the body combats disease. Microscopical exhibition of typhoid germs, cholera germs, tuberculosis, pneumonia, and diptheria, malarial fever parasite, trichina, and other parasites.

2. Brain and Nerves.-- How we think, how we remember.

Pain--Headache, backache, sideache, neuralgia, colic, itching, burning, and other strange sensations. Simple methods of relieving it: Fomentations, compresses, hot-blanket pack, hot bath, etc.

3. Indigestion. Causes: Regimen for dilated stomach, prolapsed stomach, intestinal catarrh, constipation. Hot water drinking, cold water drinking, enema, wet gridle, hot and cold drunk pack.

4. Nervous Exhaustion--Neurasthenia-- Non-medicinal tonics; cold bath, cold mitten friction, cold-towel rub, and wet-sheet rub.

5. How to Get Lean. Diet for Fat People. Baths to reduce flesh: Sweating baths, cold baths. Exercise.

6. Fever Nursing-- Typhoid and malarial fever, measles, smallpox.

7. Uric Acid Disease, How to Prevent and Cure-- Diet, baths, and exercise.

8. Diseases of Children-- Measles, whooping-cough, croup, indigestion, worms, and other common maladies.

9. Common Deformities. How to Cure Them. Flat chest, spinal curvature, prolapsed stomach, etc.

10. Consumption: the White Plague. How to prevent: cautions necessary; diet, exercise, out-of-door life.

SUGGESTIONS TO MOTHERS.

Accidents and emergencies; what to do until the doctor comes; burns, sprains, fractures, hemorrhages. How to apply simple bandages; how to carry helpless or injured persons. An extra lecture especially for ladies will be given when desired.

INTERNATIONAL HEALTH ASSOCIATION

SCHOOL OF HEALTH.

SEASON 1904 - 1905.

..... Secy.

Battle Creek, Mich.

Everyone wants health, but how to get it is the problem.

The International Health Association is organized for the express purpose of promulgating the principles of perfect health in mind and body. A diseased body is the result of breaking natural laws, while obedience to the same laws causes health. Pure, healthy blood will heal every diseased condition that is curable.

For the encouragement and assistance of those who wish health and strength, a corps of trained Battle Creek Sanitarium physicians and nurses can be secured on moderate terms, to conduct a School of Health, and give practical demonstrations by lectures, illustrations, *demonstrations* practice work, &c., how to get well and *health* stay well. *to keep it.*

and in various These lecturers are men and women of years of successful experience, both as practitioners and speakers, in the United States, as well as before European audiences.

These Schools of Health have been very popular at the many Chautauqua Assemblies where they have been held. Applications from private citizens or local organizations for a School of Health may be made to *Secretary of the* The International Health Association Secretary. An advance agent has been secured to visit the fields, and make contracts for Schools of Health.

The *necessary* School of Health expenses may be *met* raised either by subscriptions, sale of tickets, or otherwise. ~~Three or more physicians or~~ *a full corps of experienced physicians and trained* nurses may be engaged to conduct the course of instruction. They will at all times, while in the city, be ready and willing to answer questions, and render whatever practical assistance *may be* in their power. A School of Health may be conducted from two to ten days.

The following are some of the leading lecturers who have been engaged for this work.
The Lecturers and Instructors in the School of Health are:

John Morse, M.D. ^{Prof. Pathology, A.M.} A.M. J. H. Kellogg, M.D. ^{Supt. P.O. San}
A. J. Reed, M.D. ^{Prof. Pathology, A.M.} A.M. David Paulson, M.D., ~~B.A.~~ ^{Prof. Pathology, A.M.}
W. H. Riley, M.D. ^{Prof. Pathology, A.M.} Abbie Winegar Simpson, M.D. ^{Prof. Pathology, A.M.}
Mrs. H. E. Ward. Miss Lena Cooper. ^{Chautauque Lecturer}
John W. Hopkins. Mr. Wineberg.
Tell Bergeron. Miss Delphine Sing.

Miss Fredericks.

The following is merely a suggested outline for a program.

Sample Program.

7:30 P.M. Sunday, November 30th, 1904, in Union Church.

Stereopticon and Moving Picture Lecture.

"God in Nature".

Monday, December 1st, 1904, in Central Hall.

3:00 P.M. Cooking Lesson, Practice Class.
"Soups": Cream Pea Soup, Nut Boullion, Tomato Bisque, &c.

3:40 P.M. Physical Culture. Practice work in correct attitude in sitting, standing and walking.

4:20 P.M. Simple Treatments: "The Home care of winter disease", coughs, colds, pneumonia, &c.

7:30 P.M. Cooking School: "Chafing-Dish Dishes", Fruit Soups, Hygenic Rarebit, Malted Nuts, &c.

8:00 P.M. Physical Culture: "In every-day employment". Audience taking part.

8:15 P.M. Stereopticon and Moving Picture Lecture.
"How to live a century".

Tuesday, December 2nd, 1904, in Central Hall.

3:00 P.M. Cooking Lesson: Practice Class.
"Breads": Puffs, Zwiback, Cream Sticks, &c.

- 3:40 P.M. Physical Culture: Practice work in chest expansion.
- 4:20 P.M. Home Cure of Fevers: Typhoid, Malarial, Catarrhal, &c.
- 7:30 P.M. Household Sanitation: Location, construction, drainage, &c. Care of cellar, pantry, nursery and sleeping-room. Fumigation and microscopical demonstration of germs.
- 8:00 P.M. Physical Culture: For correction of common deformities. Audience taking part.
- 8:15 P.M. Demonstrative Lecture.
- "What to do until the Doctor comes".
In case of fire, drowning, broken bones, poison, hemorrhage, &c.

Wednesday, December 3rd, 1904, in Central Hall.

- 3:00 P.M. Cooking Lesson. Practice Class.
"Meat Substitutes": Roast Protose, Nuttolene, Cutlets, Vegetable Patties, &c.
- 3:40 P.M. Physical Culture. Practice work.
For development of waist and abdominal muscles.
- 4:20 P.M. Simple Treatments in the Home care of contagious diseases: Diphtheria, Scarlet-Fever, Measles, &c.
- 7:30 P.M. Cooking School.
"Ideal winter foods": Protose Hash, Lentil Roast, Bean Loaf, &c.
- 8:00 P.M. Physical Culture.
"Household Gymnastics". Audience taking part.
- 8:15 P.M. Illustrated Lecture.
"Light, a remedy for Disease".
Radium, The Finzen-Ray, Sunshine, Radiant Heat, Electric Light, &c.

Thursday, December 4th, 1904, in Central Hall.

- 3:00 P.M. Cooking School. Practice Class.
"Hygienic Deserts": Vegetable Gelatine, Pies with Granola Crust, Wholesome Confections, &c.

- 3:40 P.M. Physical Culture. Practice work in Household Gymnastics and every-day employment.
- 4:20 P.M. Home Treatments for Prevention of Disease.
Nature Tonics: Cold Mitten Friction, Salt Glow, &c.
Eliminative Treatments: Hot blanket pack, Electric-Light Bath, &c.
- 7:30 P.M. The Twentieth Century Dress, with numerous illustrations.
- 8.00 P.M. *Physical Culture, "For Uniform Development", Audience taking part.*
- 8:15 P.M. Stereopticon and Moving Picture Lecture.
"The Battle Creek Idea".

Any of the following topics may be substituted for those suggested:

- Question Box.
- How to live on a dime a day.
- Food Combinations.
- From pepper to punch.
- Some common errors in diet.
- The perils of pork.
- Foods which make good blood.
- Diet for aged persons.
- Delicacies for an invalid.
- How to feed a baby.
- What the brain-worker should eat.
- What the muscle-worker should eat.
- The cure of obesity.
- Uric acid poisoning.
- Hygienic dress for women.
- Germs: What they are, how they grow and how to combat them.

Consumption, The White Plague.

How to have a sanitarium at home.

The **Tyranny of Fashion.**

What is the matter with **Young America?**

Temples of God.

Why people have typhoid fever.

Infection and disinfection.

Food reform. Home "Hygiene".

Christian help work. Gospel of Health.

Anti-Rheumatic diet.

The house we live in.

How to be strong.

Parental obligations.

Our American Nervousness.

Adulterations of Foods.

The Art of Dining.

A Neglected Duty.

The Mystery of Life.

Body-Building.

Good Living and High Thinking.

INTERNATIONAL HEALTH ASSOCIATION.

(March 19, 1909.)

Meeting called to order at 7 P.M.

Opening Prayer.

J. W. Kellogg (Chairman) The purpose of this meeting to-night is a much greater thing than anything we have done for a good while. The purpose of the meeting is to inaugurate the International Health Association. Now while it is true that we have in this country a Health Reform Association, we have no Health Association. It is just like the Board of Public Health, taking care of the health of the general public, but the health of the people may take care of itself.

Now what is the public health? We talk about a city being a healthy city. We hear of a country or a place being a healthy place--but you never heard of the ~~sick~~ country or the city being sick, did you? I do not know of any disease that a city could suffer from. We hear of the people having the measles and the chickenpox etc., but I never have heard of a city having these diseases. It is the people who get sick.

What we want is not a public health association to attend to the health of the general public. ~~but~~ we want the individual health of the people looked after. We want the people to be interested in their own present health. We hear about a healthy community. The community is sure to be a healthy community if everybody who is in that community is healthy.

So we are organizing this association, not for the purpose of enforcing quarantine laws and regulations, but for the purpose of associating together men and women for the purpose of learning how to live long and live well. It is to associate together men and women who believe in the principles of physical righteousness, who believe in living up to the laws

of health, and who wish to assist one another in finding out the best ways of promoting general health.

Attention to the public health alone has resulted in a long step toward the extermination of the race. This is due to this fact, that before the laying down of these quarantine laws, they used to come along every little while an epidemic of cholera, smallpox, or something of the kind, and this epidemic would carry away the puny, and the feeble and the persons who were constitutionally weak, and was thus a means of security, as it were, the survival of the fittest. Those who remained would be the people who were strong, vigorous and healthy. This is the same rule that the farmer applies when he is working among his plants. He picks out the feeble plants to make room for the large hardy thrifty plants. This is actually what the epidemic does. It leaves those who are strong and enduring, and have a thoroughly well organized constitution, with that fighting ability that nature endows all with, and who are strong and can resist the attacks of disease..

Now the quarantine laws have had the effect of keeping all these epidemics away. Cholera does not come any more, smallpox does not come any more, etc., and the consequence is that all these feeble ^{puny} plants are kept alive and the persons with weak constitutions, and whose nerves are all unstrung, etc., are all kept alive, and although keeping these people alive increases the average length of life, yet the race is weakened by the intermarriage of these poor consumptives with those who are healthy and strong, and the diseases are transmitted and the vitality of the whole race is lowered, even though the average length of life is raised.

so you see so much attention to the public health is actually a means

of deteriorating the race. If we want to preserve the vitality of the race we have got to go a little further than public health laws and regulations. We have got to go beyond the parlors, we have got to go into the kitchens and see what is being done there; we have got to see what is on the shelves of the kitchens, and see what the cook is doing in the dining-room, and see how the bill of fare is constructed, and we must see how the clothing is constructed, and then we must go into the schoolrooms and see what sort of air our children have to breathe, and what kind of teaching they have, and whether their eyes are properly taken care of, and whether there is a proper amount of light admitted, and all of these other problems that relate to the physical well being of individuals, and in this way we will do in other ways what the epidemics have done before, and we will exterminate disease as well.

Take a boy for example that was born of two consumptive parents: He would be carried off by consumption himself at an early age if something was not done for him, or if he was not killed off by the consumption before a cholera epidemic came along, that would kill him. We won't go to that boy's home and say that his condition is caused by some neglect but we will take that boy and we will broaden out his lungs; we will make his lungs deeper and broader and enable him to breathe deeper and fuller and make him a strong vigorous man, able to live above the consumption. That puny girl growing up to be a hysterical invalid or a victim to scarlet fever or paralysis typhoid fever or some other malady, we will take that girl and teach her how to dress, teach her how to breathe,-- we will teach her how to expand her lungs to their full limit, and we will make her a strong and vigorous woman, and in this way the

race will be improved,, and i stead of exterminating the w ak people in order to strengthen the race, we will exterminate the disease. We will stamp our heredity. Heredity is a thing which can be exterminated and tamped out by attention to the individual habits of life.

Now the purpose of this association is to do this neglected work, to go from town to town, from city to city, and from house to house, from man to man and from woman to woman, and teach the laws of health as they relate to the individual; not those general laws which relate to communities, which are well known and understood at the present time, but we will preach the matters pertaining to the individual health and hygiene.

Now I hope I have convinced you that the matter of individual hygiene is a matter of greater importance than is public hygiene. Every man and woman has the power of living so far above the power of germs and disease that no germ or disease can touch him. He need not be afraid of the typhoid fever, cholera or anything else; he can eat typhoid fever germs and get fat on them, and drink infected water and thrive on it, for a perfectly sound stomach will digest germs just as it will digest a vegetable, because the germ is a vegetable. It is only because the stomach is not in a state where ~~it is~~ it is capable of perfect digestion, that germs are able to remain in it and develop.

The organization of this Association has been under contemplation for a long time, and we propose to make the basis of it a declaration of principles, which everyone who joins this society is supposed to be prepared to sign. It is as follows:

DECLARATION OF PRINCIPLES.

Each person who desires to become a member of the International Health Association, should sign the following Declaration of Principles, and send the same, with \$1.00, to the

International Health Association, Battle Creek, Mich.

1. I recognize, as a moral obligation resting upon every intelligent being, the duty to care for, protect, and develop the body to the highest degree of activity and usefulness.

2. I regard the use of flesh food as harmful from a hygienic standpoint, and wrong from an ethical standpoint, in that it not only disregards the rights of the lower animals, but does violence to and blunts the moral sensibilities of human beings, and injures the health.

3. I regard the use of alcohol as a beverage as both harmful and sinful. I believe it to have no value as a food, and that its use as a medicine is unnecessary and dangerous.

4. I regard the use of tobacco in any form as a filthy, disgusting, and most injurious practise which should be earnestly opposed, together with the use of opium, cocaine, and other narcotic drugs.

5. I believe tea and coffee to be narcotic drugs, the use of which is unwholesome, and the practise of which tends to the development of the appetite for alcohol, tobacco, and other poisonous drugs.

6. I consider the use of mustard, cayenne, ginger, and other irritating condiments as not only wholly unnecessary, but highly pernicious, and tending, not only to produce bodily disease, but to the development of other unnatural and harmful appetites.

7. I believe a radical reform in the dress ordinarily worn by women is essential, not only to the health of civilized woman, but to the welfare of the race.

8. I believe the scrupulous observance of the law of purity is essential to the health and happiness of the race, that this law is binding upon all men and women, and that the same standard of purity should be maintained for men as for women.

9. I desire to learn and to follow the perfect way of life in all that pertains to the physical, mental, and moral well-being of man.

10. I consider it both a duty and a privilege to respect in my daily life the principles above declared, and to extend a knowledge of these principles to my fellow men so far as my opportunities will permit.

NAME.....

ADDRESS.....

DATE..... 1899.

We would like to see how many here are in sympathy with this movement, and who would subscribe to these principles, and we will vote on them separately. (Voting on each section.)

How many of the people here think it would be a privilege to sign this Declaration. (Hands raised.)

Now see what it says in the first place about meat. It says that the body is the temple of the Holy Ghost, and that it is our duty to respect this temple, to care for it and preserve it. It is our duty to stand as witnesses of God's handiwork. Then we naturally recognize the effects of those ~~xxxxxx~~ things which the world does not recognize in tea and coffee, flesh foods, the evils of alcohol tobacco, etc.--evils that are weighing down the human race like a tremendous incubus--we will recognize these awful evils that have been crushing the vitality out of the human race.

Then when we have acquired a knowledge of these things, we shall desire to extend that knowledge to our fellowmen as far as we are able to do so.

Here are some of the objects of the Association:

1. To promulgate the principles of physical righteousness in relation to human life, as revealed by the Bible and science, and confirmed by experience.

2. To associate together for mutual encouragement and assistance those whose aim is the most perfect obedience to the requirements of the divine order of life and conduct.

It is proposed to make the ~~enclosed~~ Declaration the basis of membership. Each person will be expected to pay \$1.00, annual dues. The work of the Association will be largely carried on by standing Committees and Bureaus. It is proposed that there shall be standing Committees upon the following subjects:--

Foods; with sub-committees on vegetarianism, cookery, adulteration of foods, and food inspection.

Dress reform.

Health reform.

Literature.

Drug habits; with sub-committees on alcohol, tea, coffee, tobacco, and opium.

Home sanitation.

Promulgation of principles.

Chemistry.

Pathology.

Economics.

Climatology.

Habits in relation to health.

Patent medicines, nostrums.

Inspection of foods.

Suppression of contagious diseases.

Race deterioration.

Bible hygiene.

Comparative hygiene.

These standing Committees will prepare reports annually, or more frequently, and these reports will be put before the public in various ways; for instance, newspapers, tracts, pamphlets, etc. It is proposed to urge upon the attention of the people through State legislatures, town councils, and other avenues, the various practical health questions which demand their attention. Among other questions which will be agitated are laws against the sale and use of cigarettes on the streets and other public places; a law requiring the inspection of foods, preventing their adulteration and sale, and laws against the sale and use of diseased animals. The agitation of this subject will afford a good opportunity for getting before the public the danger of the use of flesh-foods. Also laws for the suppression of the patent medicine business and other frauds which are constantly perpetrated upon the public.

There needs to be a wide agitation of the evils of tobacco using, the necessity for reform in dress, food reforms in various lines, etc.

The Association will undertake to maintain Bureaus especially devoted to food reform, dress reform, and general health educational work. The Food Reform Bureau will furnish health foods of all sorts at about half the ordinary retail price, and other foods and appliances useful for the encouragement of food reform at the lowest wholesale rates. The Dress Reform Bureau will undertake to furnish everything needed for dress reform at minimum price. The Educational Bureau will furnish books at wholesale rates, and likewise promote a wide-spread educational work through Schools of Health, lectures, etc. Much of this work is already being done, but in a somewhat desultory way. By the aid of an Association of this kind, the work may be unified, systematized, and the interests consolidated and harmonized.

THE PRIVILEGES OF MEMBERS.

Some of the advantages of membership in an Association of this sort may be briefly stated as follows:--

1. Each member whose annual dues are paid will receive regularly each month one copy of "Good Health," which it is proposed to make the organ of this Association.

2. Members may, by the payment of an additional dollar, become subscribers to any one of the Bureaus named, thus receiving the advantages afforded by the Bureau. For example, a subscriber to the Health Bureau will receive health and nut foods at about one-half regular price. A subscriber to the Dress Reform Bureau will be able to obtain dress goods, patterns, etc., on equally advantageous terms. A subscriber to the Educational Bureau will obtain books at wholesale prices, and tracts for distribution, etc. The great advantages which will accrue to the members of the Association through these Bureaus will be apparent at once. For example, suppose a person uses each week in his family \$1.00 worth of health foods of various sorts,--a small estimate,--the saving will be from forty to fifty cents each week, or \$25.00 a year. In other words, by the investment of one dollar a person will save \$25.00, and thus have \$25.00 left to use for beneficent purposes. We enclose price-lists of foods and books such as will be issued, in illustration of the great advantage which will occur to members in facilitating diet reform and extending a knowledge of health principles. These Bureaus will be set in operation as soon as the organization of the Association is completed by the committee appointed by the Medical Missionary Board, ~~whose names appear at the head of this letter.~~

~~If you are interested in this enterprise, we shall be glad to hear from you.~~ If you desire to become a member, simply sign the ~~enclosed~~ Declaration, and return it with ~~postal note or Post-office money-order for \$1.00 in the enclosed envelope.~~ If you have already sent \$1.00 ~~to this office~~ for your subscription to "Good Health" to January, 1900, simply state the fact by writing the word "yes" in the blank left just below the Declaration. This will obviate the necessity of paying a membership fee for 1899. If you wish to subscribe to the Food Reform Bureau, it will be necessary to sign, in addition, the enclosed special Declaration, and send an additional dollar.

We shall be glad to hear from you soon, so that your name may be enrolled among the charter members of this Association, before which will open up so great a field of activity and usefulness, there being at the present time no society in existence which is undertaking to do the work proposed by this Association.

Feb. 1, 1899.

COMMITTEE.

File No.....

Food Reform Bureau,

SPECIAL DECLARATION.

Any member of the International Health Association may become a subscriber to the Food Reform Bureau by paying \$1.00 and signing the following declaration. Send money and declaration duly signed to Food Reform Bureau, or International Health Association, Battle Creek, Mich.

1. I hereby declare that I am a believer in the principles of vegetarianism and of dietetic reform, and that I desire to avail myself of the advantages of the Food Reform Bureau, exclusively for the purpose of enabling me better to conform to these principles.

2. I solemnly agree that I will on no account abuse the privilege accorded me of purchasing goods through this agency at cost, by selling, bartering, or otherwise disposing of the foods, *except* for personal use or the use of my own family, or by giving to the poor as a purely charitable act.

3. Recognizing the important mental, physical, and moral advantages of a pure diet, I shall endeavor so far as my circumstances will permit, to interest others in the principles of dietetic reform, and to persuade them to adopt the use of wholesome foods.

4. Also, recognizing that in the large concession in prices secured me by this arrangement I am receiving great pecuniary advantage, and thereby assuming the stewardship of means to the amount of the saving thus made, I acknowledge the obligation that rests upon me to contribute such savings, so far as circumstances will permit, for the relief and enlightenment of my suffering fellow men.

Signed.....

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Date.....189.....

I do not believe in the methods that have been built up by society. We have built up a complicated system that makes it very hard for a poor man to get hold of things with which to live; it makes the struggle for life tremendously difficult, and the poor are getting poorer all the time and the rich richer. Riches is gathering itself up into heaps, and poverty is spreading out over the whole country.

No, it is not the dollar you pay that gives you this opportunity, but it is the fact that you have taken your stand upon these principles, and when a person takes a stand upon principle, it is supposed that he is going to make some sacrifice for it, and this arrangement is to in a way compensate him for the sacrifice he has made. So you really get paid for doing right, and I believe God has a reward for right-doing, and intends that it should be rewarded.

Now when you come to join the Food Bureau, you have to sign a special declaration, and also pay another dollar. Here is the declaration

So you see it is a purely unselfish consideration, to save money to give it away to enable some suffering fellowman to get hold of these principles.

Now in order to perfect an organization, it is necessary that someone be appointed Chairman.

A Voice: I move that Dr. J. H. Kellogg be appointed Chairman P.T.
Seconded and carried.

The Chair: A motion will be in order for a secretary.

A Voice: ~~Maxedxxxx~~ I move that M. E. Olsen be appointed secretary.

Seconded and carried.

The Chair. A motion would also be in order for the appointment of a nominating committee. Will you have such a committee?

D. Paulson: I move that such a committee be appointed by the Chair.

Seconded and carried.

Moved and seconded that the nominating committee be required to prepare a Constitution and By-laws etc. Carried.

On motion, seconded and carried, the meeting adjourned sine die.