JOHN HARVEY KELLOGG (1852-1943)

Clippings, 1879-1952
GUS BELL BOUGHT FIRST HIGH BICYCLE IN TOWN

GEORGE EDMONDS—RODE FIRST ONE BUT HE TOOK AGENCY AND MR. BELL WAS FIRST CUSTOMER.

J. H. KELLOGG WAS NEXT

When the Riders Rode on the Cobble Stone Pavements It Made a Very Interesting Sight, Gus Bell Recalls.

That gathering of old Battle Creek boys, who talked over the days of the high bicycle in Battle Creek and decided that W. K. Kellogg was one of the earliest bicycle riders in Battle Creek, was right, but Mr. Kellogg was not the very first rider. He puts the Enquirer right on this historical fact.

George Edmonds and Gus Bell, who now lives on Adams street, were the owners of the first high wheels in Battle Creek, and Gus Bell admits it.

"Mr. Edmonds had the first and I had the second wheel in Battle Creek," he said. "And when we rode down that old cobblestone pavement, the people thought it was quite a sight. It was worth traveling miles o see."

The first high wheels came into use here about 1879, Mr. Edmonds ran a planing mill which stood near the site of the Strong-Barker hardware store at Jackson street. He became the agent for the wheels, and I bought the first one he sold in Columbia, made by the Pope Cycle company. The price was $92," Mr. Bell said.

(The third bicycle in town was bought by Dr. J. H. Kellogg, and this had a 48-inch wheel, and this was the machine his brother, W. K. Kellogg rode. W. H. Edwards of the Review and Herald also became the owner of a high wheel, and the Hoffmaster brothers, Will and Rill, also rode high wheels when the machines were a novelty in Battle Creek.)

Mr. Bell recalled that he is the man with the high wheel in the old photograph of the Michigan Central station, which has become familiar to people interested in pioneer pictures. He remembered the late Scott Field, an active in the organization of the bicycle club, and he has in his possession a photograph of the bicycle club, taken at McCann park just as a start was made for a cross country trip.
From the Daily Journal of
JULY 22, 1889.

Dr. J. H. Kellogg is expected home from Europe tonight. Mrs. Kellogg and children went to New York to meet him.

The Sanitarium is placing a twelve-foot veranda around the west side of the building. This will be a great convenience to patients and guests.

The Battle Creek Sanitarium is to install a water softening plant which will cost between $12,000 and $15,000. It will produce 25,000 gallons of softened water each hour.

My dear Mr. Smith: At nine o'clock I shall be at home at your disposal.

Truly yours,

Snr. José López Portillo y Rojas.

June 18, 1889.
# SUMMARY OF CASES TREATED.

On May 1, 1882

The following is a summary of the cases treated at this Institution from its establishment to the present date. It does not correctly represent the number of cases of disease treated, since each patient is classified under the head of his leading disease, being counted but once. The whole number of cases of disease treated is fully three times as great as the numbers above given indicate.

<table>
<thead>
<tr>
<th>Case Type</th>
<th>Count</th>
</tr>
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<tbody>
<tr>
<td>Cases of Dyspepsia</td>
<td>1145</td>
</tr>
<tr>
<td>&quot; Disease of the Lungs</td>
<td>603</td>
</tr>
<tr>
<td>&quot; Nervous Debility</td>
<td>385</td>
</tr>
<tr>
<td>&quot; Diseases peculiar to Women</td>
<td>1264</td>
</tr>
<tr>
<td>&quot; Men</td>
<td>597</td>
</tr>
<tr>
<td>&quot; Rheumatism</td>
<td>175</td>
</tr>
<tr>
<td>&quot; Disease of the Heart</td>
<td>266</td>
</tr>
<tr>
<td>Surgical Cases</td>
<td>335</td>
</tr>
<tr>
<td>Miscellaneous Cases</td>
<td>731</td>
</tr>
<tr>
<td><strong>Total number of cases</strong></td>
<td>5501</td>
</tr>
</tbody>
</table>

Included in the above, but not mentioned, are the following:

<table>
<thead>
<tr>
<th>Case Type</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cases of Nasal or Pharyngeal Catarrh</td>
<td>1834</td>
</tr>
<tr>
<td>&quot; Disease of the Liver</td>
<td>1700</td>
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<tr>
<td>&quot; Disease of the Eye</td>
<td>320</td>
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<tr>
<td>&quot; &quot; Ear</td>
<td>175</td>
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<tr>
<td>&quot; Skin Disease</td>
<td>172</td>
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<td>&quot; Dropsy</td>
<td>85</td>
</tr>
<tr>
<td>&quot; Paralysis</td>
<td>165</td>
</tr>
<tr>
<td>&quot; Insanity</td>
<td>36</td>
</tr>
<tr>
<td>&quot; Inebriety</td>
<td>54</td>
</tr>
<tr>
<td>&quot; Opium Habit</td>
<td>68</td>
</tr>
</tbody>
</table>
Question and Answer

To the Editors of The Outlook:
I appreciate the spirit of your editorials on "The Princeton Inn" affair, and I confess to a strong personal sympathy for the venerable Dr. Shields in his retirement from the Church in which he has so long lived and in which he had hoped to die. I wish that this whole liquor question could be discussed in all quarters with less feeling and more reasonableness. But it does not seem to me that you have as yet gotten to the root of the matter at all. To bring out my meaning, may I write in the form of questions, which I earnestly desire The Outlook to answer?

Is it not a fact that railway corporations, insurance companies, and great business houses are increasingly suspicious of the man who drinks? Is it not true, indeed, that the man who drinks at all, or is even known to enter a saloon, cannot find employment with certain corporations, like the Chicago and Alton and Lehigh Valley Railroads?

Does not the reason for such rules lie in the fact that the man who drinks at all is very likely to prove an unsafe workman? If so, why does drinking make him unsafe? Is it not because of the effect of alcohol upon his system? If alcohol has such an effect, is it not an unwholesome and dangerous drink?

Is not this testimony from business experience more convincing as to the real nature and effect of alcohol than are certain fine-spun theories which attempt to draw a distinction between the "moderate" stimulant and the "excessive" narcotic effects of alcohol, giving respectability to the former use and taboo only to the latter? Has not experience abundantly shown that, taken into the human system with any considerable degree of frequency or regularity, alcoholic liquors are in effect uniformly disintegrating and destructive of human tissue? and if so, is not the verdict of experience decidedly against the wisdom and safety of using alcoholic liquors as a beverage?

If affirmative answers should be given to these questions, is there any practical value in your plea on behalf of the Princeton Inn that it is "a well-conducted inn, of a high class, having an excellent reputation. . . The rules of the Inn do not allow distilled liquors to be sold to students, nor even beer to be sold, except to upper classmen"? Is the evil in the place where liquor is sold, or in the liquor itself? Does not experience overwhelmingly attest the truth of the late Judge Pitman's declaration that beer is the most brutalizing and besetting of all drinks? May "upper classmen" safely violate a law of nature, or can the Princeton trustees change the nature and effect of alcohol? Does not Princeton Inn stand directly in the path of truth and progress? and if so, is it worth fighting for?

And finally, if the question really hinges upon the nature and effect of alcohol, as I believe it does, may not persons, Presbyteries and Synods remote from Princeton Inn pass judgment upon the essential facts in the case quite as well as persons on the ground or of special interest, whose testimony concerns only the manner in which alcoholic poison is dealt out to young men?

Allen B. Lincoln.

Willimantic, Conn.

[These are very fair questions, and we wish to answer them in the same spirit of candor in which they are asked. It is true that the great business houses are increasingly suspicious of the man who drinks, that the drinking man is likely to prove an unsafe workman, and that the use of alcoholic drinks as they are used in America to-day is accompanied with serious peril. It is not true that alcoholic liquors are "uniformly disintegrating and destructive of human tissue." On the contrary, while a small number of scientists regard alcohol as always and everywhere a poison, the weight of scientific authority is that it is sometimes a food and often a useful adjunct to food in promoting digestion. Its use between meals and taken upon an empty stomach, we believe, by all scientific authorities condemned, except in special cases where it is taken for immediate medicinal effect. Whether its temperate use in connection with meals is sufficiently advantageous to counterbalance the perils is a question of moral expediency rather than of physiological science, and it is one on which the best moral teachers are by no means agreed. It is a question on which a Christian man has not only the right but a duty of exercising his own judgment. If Dr. Shields believed, as we must assume that he did, that a well-conducted inn under
that "Père Ollivier will hardly recover from the blow which he then dealt to his reputation."
The two most eminent preachers in the Roman Catholic Church in France at present are Père Didon and Père Monsabré, and one of these is now engaged in the humble task of teaching French boys, most of whom are under eighteen years of age. It seems a waste of power for such men to be engaged in such work, but perhaps it explains the influence which the Roman Church has so long maintained among the higher classes in France.

Methodist Union in Germany

The union of the missions of the Methodist Episcopal Church and of the Wesleyan Church of England in Germany was recently consummated at Stuttgart. For several years it has been felt that it would be a great advantage to German Methodism if the missions were united. The Episcopalian form seemed to be better suited to the country than the Presbyterian. The difficulties were many. The Wesleyan Church owned property worth $200,000 in chapels and parsonages. There were thirty-two ministers whose love and attachments turned toward old England. They were shepherds over 23,000 souls. The Church in England had been contributing money yearly for the support of the missions, and was proud of the results. But gradually the prejudices of the Wesleyans in Germany and at home were overcome. The last General Conference of the Methodist Episcopal Church proposed a plan of union. The policy of the Church has been to assign a bishop to different conferences every year, so that no bishop would preside at the same conference two successive years, except in India and Africa, where the bishops were elected for jurisdiction in those countries alone. The foreign work has suffered by the plan. But two years ago the board of bishops arranged that those of their number who were assigned to the several mission fields should remain for two years. This has made it possible for Bishop Goodsell to remain in Germany long enough to become fully acquainted with the situation and to arrange for and consummate the union. The Wesleyan preachers, with all the property of the missions, came under the supervision of a bishop of the Methodist Episcopal Church. The event was one of great rejoicing and thanksgiving.

Presbyterian Union in South Africa

We have received from South Africa a detailed statement of the history, position, and prospects of the Presbyterian Church of that region, of which we have space for only a brief summary. Six years ago a movement was set on foot for promoting union among the Presbyterians in South Africa. A Federal Council was formed to push and carry on the work, which has met annually. Negotiations for union have been conducted in the most friendly spirit. A basis of union was finally agreed upon, and at the meeting of the Council last September four of the presbyteries and one congregation agreed to unite upon that basis. Accordingly, "The Presbyterian Church of South Africa" has been formed and the first General Assembly of the United Church constituted, the members being delegates to the Council from the presbyteries which had agreed to enter the Union. There are still three presbyteries outside the Union, but these have declared in favor of it and agreed to its doctrinal basis, and it is hoped will soon cast in their lot with the others. The first resolution adopted was that for a "Church Extension Fund of £20,000 to be raised within two years," showing that the young United Church recognized the vastness and pressing need of the work lying next her hand. It was hoped that this act would stimulate the friends at home to help their immediate necessities while the fund is being raised. Few churches have greater responsibilities and duties or grander opportunities than has the Presbyterian Church of South Africa.

A New Social Settlement

Under the name of the "Orange Valley Social Institute" a new social settlement has been started in Orange, N. J. It is the second of the kind in the State. It is located in the midst of hat-factories and surrounded by a dense population. The work has now been in existence about eight months, and has already proved its right to be. It supports a kindergarten, boys' clubs, and various classes both for men and women. Mr. Bryant Venable is the Head Worker. Just now the most pressing need is for more resident workers to carry out effectively the plans already formed. The only other social settlement in the State is Whittier House, which is located at 174 Grand Street, Jersey City; its work has heretofore been described at some length in this department of The Outlook.
"The battle creek "Civic Philanthropists."

The story of the organization and "working" of the "civic philanthropists" who met last week at Battle Creek affords one explanation of the distrust in which so many of the social and philanthropic movements of this day are held. It appears that the ostensible objects of the battle creek philanthropists were one thing and their esoteric purposes another thing. The News has not one word of condemnation of the thrift of the proprietors of the Battle Creek sanitarium. As long as they have not applied their advertising shrewdness in a way detrimental to public health and morals, there is little to complain of beyond the new distrust that is likely to be engendered for other philanthropic movements.

On the surface, the civic philanthropists are a body of students of social problems who have voluntarily associated for comparing the results of their studies and investigations for the good of mankind. In fact, large members of them were pressed and importuned to go to Battle Creek for the benefit of the sanitarium. Free transportation and free entertainment were given in many instances in order to swell the number of alleged philanthropists. Many or all of them go in good faith, make their little speeches, and incidentally are shown the benefits and beauties of Battle Creek's most conspicuous institution.

The mischief of such shrewd philanthropic advertising lies in the confusion it creates in the public mind as to who in these days are acting in good faith. It must be confessed that the Battle Creek people are not the first ones to work a scheme of this sort. The air of this generation is thick with social problems, and when it comes to be known that the bulk of all this studiousness is rooted in other and commercial motives, the public will be in form to take up Pilate's answer and ask contentuously, "What is truth."
The battle creek "Civic Philanthropists."

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EDUCATING SLUM CHILDREN.

DR. KELLOGG'S EXPERIMENTS IN PROVING THAT ENVIRONMENT IS GREATER THAN HEREDITY.

An interesting household of twenty-four children is now under the care of Dr. and Mrs. John H. Kellogg in Battle Creek, Michigan. The household is a demonstration of the fact that the environment to neutralize or eradicate hereditary tendencies, and his experiments during the last ten years with several hundreds of slum children have proved highly successful.

The house occupied by the family is commodious and well equipped with every comfort that tends toward the health and happiness of the children. It stands within a grove of forty acres, which has been converted into a veritable park, with lawns, flower beds, ponds, a swimming pool, swings and toboggan slides in winter. These grounds are shared by the children living at the Haskell Home, close by, which was also an outgrowth of Dr. Kellogg's theories. This latter house now shelters 150 waifs, of all nationalities, taken from the worst districts in every State, in Porto Rico and in Mexico. The orphanage was converted into a veritable home, and the children were removed from their evil surroundings and properly brought up, according to Dr. Kellogg, who will prove as creditable a citizen as one who has been of the same race.

"The statistics of juvenile offenders," says Dr. Kellogg, "have shown that 50 per cent of the parentage of these children who are not orphans are utterly unfit to give them the training they require, 50 per cent being drunkards and the remainder being criminals or disgraceful. According to this showing, not more than 10 per cent of the children that are to-day found in reformatories and prisons have ever had anything like a fair chance, and probably no careful investigation would show that but a small proportion of this small number have really enjoyed the benefit of proper mental and moral training, for moral, and even domestic, parents are often as grossly in the wrong in their child rearing as in the home life that their children do not receive proper care, and it is not a few instances, the influence of parents is almost altogether counteracted by the pernicious influence of immoral servants, or vicious playmates, or schoolmates, and of course...

"If, from the facts above stated—that 50 per cent of the parents of criminal children are themselves criminals or morally delinquent—it be argued that heredity must be the dominant factor, the development of criminal character in children, it is only necessary to suggest in reply that environment as well as heredity is brought to bear upon the child in each of these cases, since morally defective parents are certainly incapable of surrounding their children with the educational atmosphere necessary to develop good character.

"The child who inherits a predisposition to drunk-eness from an intemperate father, has constant before him a parental example calculated to lead him straight to the saloon, but certainly heredity stamps a quality upon the character as well as upon the physique. The child's brain resembles that of his father as clearly as do his eyes, his ears or his nose, and his conduct is as likely to be that of his father as is his gait or his mode of speech, and for precisely the same reason. The child who has a bad heredity, as before suggested, is also likely to have an equally bad environment, whereas he needs a specially favorable environment. The boy who is born with a small chest has a natural predisposition to pulmonary congestion, his breathing power being defective, his vital resistance will be low, digestion will easily become upset, and thus he will become susceptible to the tubercular germ. Such a child may be saved from premature death and may show a considerable degree of constitutional vigor by removal, at a sufficiently early age, to a mountain region. The rare and pure air found at an altitude of a mile above sea level may successfully antagonize and even obliterate an hereditary basis. So a child with a natural predisposition to theft may be saved from becoming a criminal and brought up to a useful manhood by the elevating and the high moral tendencies of a Christian home."

"The English victims of arsenic poison in beer," says Popular Science, "now number more than sixty dead and more than one thousand ill. The area affected is confined within a hundred-mile radius from Manchester, but the panic among beer-drinkers has spread almost throughout the whole country. It has been completely established that the cause of the poisoning is arsenic in the sulfuric acid used in the manufacture of glucose which the English brewers employ in place of malt and hops in making cheap beer. The poison has thus far been traced to only one establishment, which supplied glucose sugar to several breweries in the Midlands and the north... An analysis shows that some beers sold in saloons contain arsenic sufficient easily to kill any persistent drinker, as much as one sixth of a grain being found in a pint. The fact that arsenic is a cumulative poison makes it more dangerous."
FLOODED THE MAIL.

Battle Creek News-Era

Account of the Sanitarium Fire.

"We've been simply flooded with second class matter which people have mailed with accounts of the fire," said Assistant Postmaster Ferguson this morning to a reporter for the Monitor. "You newspaper fellows must have printed a lot of extra papers."

He was assured that the Monitor's extras and the regular edition on the day the fire occurred numbered nearly ten thousand copies, while several thousand extra copies were made necessary on the day following the fire by the demand for papers. Other papers also, printed many copies more than the regular editions.

People took this method of notifying their friends out of the city of the big disaster and several thousand of the city papers were mailed broadcast throughout the world. The rush of this class of matter has been something unprecedented in the history of the office. Of course the office kindled many more copies of papers than it could print, but they are sent out to states and are comparatively easier to handle.

The many papers that have been circulated cannot fail to advertise the city and the advertisement will be one that will pay for the Battle Creek spirit which was undamped by a little thing like being burned out or smothered. People insist on sending themselves to a town which so quickly builds itself up after so great a calamity.

The following notice to guests of the sanitarium was posted in the Post and in other places where refugees from the fire are staying.

"Our safe has been recovered and all valuables are intact. All guests should call and get their valuables and receive the cash on certificates of deposit." The note comes in this way of pleasant news to many of the guests of the burned institution.

Miss Emily Smith, the matron of the sanitarium hospital, is still at her home, 6 University avenue, as the result of her exposure and efforts at the big fire of Tuesday. Miss Smith went personally to every room in the building and saw that all persons got out safely. So intent was she on the work of getting out those under her charge that she entirely overlooked the fact that she had a quantity of property in the place. This was all lost and she is left without anything.

The insurance Adjusters are Expected Monday.

Nothing particularly new has occurred in the situation at the sanitarium. The management is devoting every effort to get things systematized and in working order and is succeeding most admirably.

They are getting their guests comfortable and everything is already coming nearly as smooth as before the fire. The patients are being accommodated in the various halls as has already been told in this paper.

No bodies have been found and the report circulated for a time last night that several bodies had been taken from the ruins is so absurd as to be worth denying.

No statistics have yet been issued and the report that the small plot necessary to uncover the safe within a day or two after the fire.

None can be done until Monday or Tuesday when the adjusters finish their work and turn the cases over to the adjusters. They are an organized search for the remains of the lost. Alter Calde will be used and it is hoped that they will be found. It is not considered likely that any bodies will be found in the ruins.

While unceremoniously the safe, day before yesterday was opened, they were unceremoniously opened in the regular editions of some of the magazines that are printed here, but they are routed by states and are comparatively easier to handle.

The many papers that have been circulated cannot fail to advertise the city and the advertisement will be one that will pay for the Battle Creek spirit which is undamped by a little thing like being burned out or smothered. People insist on sending themselves to a town which so quickly builds itself up after so great a calamity.

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SANITARIUM MATTERS

The Report of the Committee Adopted at the Meeting of the Stockholders and at the Annual Meeting Called Monday—A Soliciting Committee

March 17, 1902

The committee of the directors of the Sanitarium, in charge of the estate and business of the institution, have, after careful consideration, determined that the estate of the Sanitarium would be best served by the appointment of a soliciting committee, to be charged with the duty of soliciting and persuading people to become stockholders in the Sanitarium.


AN APPEAL

To the Citizens of Battle Creek

Address A Mass Meeting Monday, March 17

A Mass Meeting will be held Monday, March 17, at 7:30 p.m., in the Battle Creek Sanitarium, for the purpose of discussing the affairs of the Sanitarium.

The purpose of the meeting is to bring to the attention of the stockholders and the community at large the financial and business affairs of the Sanitarium, and to obtain the support of the community in the future.

The meeting will be conducted by the soliciting committee, and all stockholders and interested parties are invited to attend.

BATTLE CREEK SANITARIUM

Helping Hands

Being Already Extended Towards The Sanitarium, C. H. S. C. H., with Liberal Donations To The Undertaking

The soliciting committee is asking for a liberal donation to the undertaking, and all those who are interested in the Sanitarium are encouraged to contribute.

Two hundred dollars have already been received, and the committee is asking for more donations. All contributions are welcome, and will be gratefully acknowledged.

BROOKS BROS.

Their successful action in the management of the Sanitarium has a considerable influence on the business affairs of the institution, and the committee is asking for their continued support.

The soliciting committee is asking for a donation of $200 from Brooks Bros., and all those who are interested in the Sanitarium are encouraged to contribute.

The committee is asking for contributions from all those who are interested in the Sanitarium, and all donations are welcome. All contributions will be gratefully acknowledged.

The soliciting committee is asking for a donation of $200 from the Battle Creek Sanitarium, and all those who are interested in the Sanitarium are encouraged to contribute.

The committee is asking for contributions from all those who are interested in the Sanitarium, and all donations are welcome. All contributions will be gratefully acknowledged.

The soliciting committee is asking for a donation of $200 from the Inland Empire, and all those who are interested in the Sanitarium are encouraged to contribute.

The committee is asking for contributions from all those who are interested in the Sanitarium, and all donations are welcome. All contributions will be gratefully acknowledged.

The soliciting committee is asking for a donation of $200 from the Western States, and all those who are interested in the Sanitarium are encouraged to contribute.

The committee is asking for contributions from all those who are interested in the Sanitarium, and all donations are welcome. All contributions will be gratefully acknowledged.
REVIEW AND HERALD IN ASHES

300 EMPLOYEES OUT OF WORK.

LOSS OVER $300,000.

Partially Covered by Insurance.

No Lives Lost in the Big Tragedy

As Possible.

EXTRA EDITION 4 P.M.

Three hundred employees of the Battle Creek Daily Moon, most of whom were employed in the printing department, were laid off their jobs, leaving the newspaper without any printing facilities. The closure of the printing department was due to the economic downturn and the consequent reduction in advertising revenue. This was a significant blow for the newspaper, which had been established in 1872 and was known for its high-quality printing and editorial content.

The closure of the printing department affected 300 employees, who were laid off with no notice. The company promised to cover part of the lost wages through an insurance policy, although the amount was not specified. The employees were left without immediate prospects for employment, and the newspaper was forced to rely on other printing facilities for future editions.

The closure also had a ripple effect on the community, as the newspaper was a major employer and a significant contributor to the local economy. The closure of the printing department was a stark reminder of the challenges faced by businesses and workers in the face of economic adversity.

In an article from the Battle Creek Daily Moon, the editor wrote:

"The closure of the printing department is a significant blow for the newspaper, which has been a staple of the community for over a century. We are committed to providing high-quality news and information to our readers, and we are doing our best to find a solution to this crisis. We thank our employees for their dedicated service and hope to find a way to continue our operations in the near future."
THE BATTLE CREEK DAILY MOON
It Shines for All.

MARTIN E. BROWN, Editor and Publisher.

The Moon has the largest circulation of any daily paper published in Battle Creek. Published every afternoon at 4 o'clock.

The Weekly Moon is published every Thursday; has a large circulation; is a large 8-page paper; contains all the local and general news of the week, editorial, etc.; only $1.00 per year, in advance.

Entered at the Battle Creek postoffice as second-class mail matter.

The Daily Moon is the only paper in Battle Creek receiving a regular Associated Press telegraph wire report every day. Other receive two or three "specials" and fill up the balance with plate matter received by express and ridiculously marked "special."

FRIDAY, MARCH 14, 1902.

ADULTERATED FOOD.

The agitation in congress for the enactment of a federal law against the adulteration of articles of food proves that this attack upon public health has become so general as to arrest the attention of the whole country. It is not clear whether a federal law will prove more effective in suppressing the evil than state law, but that some stringent and strenuous effort must be put forth to put a stop to the rascally selfishness for money-making which is so serious a menace to the public health. The last bulletin issued by the authorities in Michigan on the subject of food adulteration shows that the purity of articles entering into general consumption is an exception—the majority being "doctored," sometimes with stuff positively injurious, and in other respects detracting from the natural flavor and value of the article. There surely should be strenuous efforts put forth to protect the community against the dishonest practices of the caterers of food and the rigid and severe punishment of the perpetrators of the offensive, dangerous fraud. May it not be reasonable to believe that many of our ailments can be attributed to food adulterations?

THE BOSTON STRIKE.

Strikes in labor ranks are becoming rife just now. Illinois is threatened and other sections of the republic are not exempt from anxiety as to what may happen. The Boston strike is mammoth in its extent and is likely to be widespread in its disastrous effects.

BATTLE CREEK SANITARIUM

(Continued from page two.)

self, however, that we are bound to accept the report of this committee as nothing but the exact truth. The matter is now one of competition. Shall we let Niles, a town that has been dead for thirty years, get ahead of us and secure an institution which is of such benefit to our city?

W. R. Wooden Suggests a Public Meeting.

W. R. Wooden was the next speaker. "I believe we have more to do in this matter than merely to raise this $35,000," he said. "Some one has struck a keynote when it was said that the sanitarium management would rather have the moral support of the city and feel that the people of the city were with them than to have this money. I never heard a man who put a finger on a single instance where Dr. Kellogg's statement would be doubted on any matter of which he had knowledge. I don't see why there should be any feeling of unbelief after what this committee has said and what we know of the doctor. I believe it would be a good plan to call a mass meeting and try and effect a change in public sentiment by enlightening the public as to the true nature of the institution's scope."

H. A. Bromberg's Testimony.

H. A. Bromberg told of how he came to the city to enter the sanitarium and how he was cured there. "When I came here I had a little money," he said, "but I soon went through it at the place. When I had no more did they throw me out? No. I went to Dr. Kellogg and told him how I was fixed. He said, 'you stay here and we'll cure you and then you can go out and work. If you are able to repay us, all right. If not that's all right.' I went out when I was cured and paid them back at the rate of $1 and $2 a week. They treated me in a charitable manner and I know they have treated others the same way." Mr. Bromberg's remarks were received with applause. He ended by saying, "The truth is we have a tendency to disagree in this man's work because none of us would do the same were we in his place. He is a genial capable of earning large sums of money. Who would do us as he has done?"

Miles Curtis Another Speaker.

Mr. Curtis pointed out the fact that there is no doubt but Battle Creek owes to the sanitarium the "White City" of Postumville on the eastern hills, the Post theater, the tavern and the office building in the city and the numerous food companies that have started during the last summer. None of these would have been in Battle Creek but for the Battle Creek Sanitarium. It should be considered as a cold blooded business proposition. Can we afford to lose the sanitarium?"

Other speakers were S. A. Howes, Geo. E. Howes, F. F. Bock, Jacob Welckgenant, Ald. Phillips, N. A. Beardale and Postmaster Latta. All were enthusiastic in their ideas that the sanitarium should be kept here at all costs. Mr. Beardale spoke of the way in which the stock for the new theater was raised. He gave $100 for that. "I'll double my subscription for the opera house for the benefit of the Battle Creek Sanitarium. If all of us business men who have subscribed for the opera house will do the same we will have the amount of the donation asked."

Meers, Wooden, Farley and Phillips were named as a committee to call a mass meeting. They met this afternoon and gave the following call for a meeting to the afternoon papers:

Mass Meeting at Hamblin's Opera House.

A mass meeting will be held at the Hamblin opera house Monday evening at which time the question of raising a donation in the matter of rebuilding the Battle Creek sanitarium will be considered. The meeting is now in the hands of the committee who will arrange for a list of speakers. The meeting is called to order at 8:30 o'clock Monday night, March 17. The committee which has been investigating the sanitarium's claims will be present and will be glad to answer any questions regarding their printed report on which there may be doubt.

W. R. Wooden, Chairman.
W. D. Farley.

Committee Instructed to Assist Dr. Kellogg of Good Wishes.

Mr. Farley asked for an expression of the feeling of the meeting as to whether or no they wanted the sanitarium and whether it was believed possible to secure the money. The meeting was a unit in voting yes on both propositions. The investigating committee was instructed to visit Dr. Kellogg and tell him of the steps taken. This was done this afternoon. Then the meeting adjourned.

You have had a good rest, so come and dance till you are weary, at K. O. T. M. dance Monday 14.
BATTLE CREEK DAILY JOURNAL.

BATTLE CREEK, MICH., FRIDAY, MARCH 14, 1902

6 PAGES

PRICE 3 CENTS

STRIKE RENEWED.

Boston Freight Handlers' Re- fused To Work, Taking Quiet But

Resolute Stand.

Boston, March 13. The men of the east station-

nigh and adjoining stations in Boston, Mass., have

continued the strike brought on by the failure of

the Boston Elevated Railway company to renew

its offer of a 10 per cent increase in rates after

the expiration of the 90-day period

of the strike. The company has

offered to renew the 10 per cent in-

crease, but the men have not ac-

cepted it.

The situation was described as

quiet but resolute.

The company has offered to re-

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THE DAILY JOURNAL
WILLARD & MOORE, Publishers
FRIDAY, MARCH 14, 1903

THE COMMON COUNCIL.

OFFICERS PROPOSED.

Common Council Chambers, Battle Creek, March 13, 1903.

At the regular meeting of the Common Council of this city, Tuesday, March 13, 1903, the following officers were proposed:

President, W. E. Otis; First Vice President, A. W. smiled; Second Vice President, Geo. C. Smith; Secretary, W. C. Benedict; Treasurer, W. H. B. Black.

The Council adjourned.

CONFERENCE ON CUBA.

Committee Appointed to Try to Secure a Mission at Cana Indora.

WASHINGTON, March 14—(Special.)—At the recent conference on the Cuban situation at the home of Mrs. Roosevelt, the following resolutions were adopted: (1) That the government of the United States should send a mission to the cities of Managua and Havana; (2) that it should be composed of a representative of the Department of State, a representative of the Department of Interior, and a representative of the Department of Agriculture; (3) that the mission should be appointed by the President, and that it should consist of five members.

The resolutions were then referred to the Committee on Foreign Relations, to be reported to the Senate.

The Council adjourned.

NEW THEATRE BUILDING.

The new theatre building, which is being erected on the corner of Michigan Avenue and Washington Street, is nearly completed. The interior is being decorated in the best style, and the decorations are of the highest order. The building will be opened on the 15th of this month.

WALK OVER SHOES FOR MEN.

LA DUDLEY,
6 West Main St.

$3.50 SHOES

Every man in this country needs a pair of shoes. The best way to have them is to buy them at La Dudley's, where the highest grade of shoes are sold for only $3.50.

E. C. MILLER, Proprietor.
More Than 300 Miles Have Been
Widened and Ready For Change
of Gauge.

Associated Daily's Dispatch to DAILY MOON.
Monterey, Mexico, March 14.—More than 300 miles of roadbed of the Mexi-
can National and the Texas-Mexican have been widened and soon will be
ready for the change of gauge of the track from narrow to standard
width. The wooden bridges are rapidly
being superseded by substantial
iron structures, the curves are being
lengthened and a vast amount of oth-
er improvement work is being done
preparatory to changing the gauge of
the line. The Texas-Mexican runs
from Laredo, Tex., to Corpus Christi,
Tex., connecting with the San An-
tonio and Aransas Pass, which is a
Southern Pacific property, both at
Alice and Corpus Christi.

AT AN END

The Official Mourning for McKinley
Closes Today.

Associated Daily's Dispatch to DAILY MOON.
Washington, D. C., March 14.—The
official period of mourning for Presi-
dent McKinley came to an end today.
About the only noticeable change is a
return to the use of the customary
stationery at the White House and at
the state department in place of the
black-bordered paper and envelopes
which have been used for the last six
months.

THE MARKETS.

Latest Wire Quotations From the
Board of Trade This Afternoon.

Associated Daily's Dispatch to DAILY MOON.
Chicago, March 14.—The following
are the closing quotations on the Board
of Trade today:

<table>
<thead>
<tr>
<th>Commodity</th>
<th>Quotation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat</td>
<td>$75</td>
</tr>
<tr>
<td>Corn</td>
<td>62 3/4</td>
</tr>
<tr>
<td>Oats</td>
<td>45 3/4</td>
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<tr>
<td>Pork</td>
<td>15 50</td>
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<td>Lard</td>
<td>9 40</td>
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</tbody>
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Detroit, March 14.—Following are
the quotations closing market today.

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<thead>
<tr>
<th>Commodity</th>
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</thead>
<tbody>
<tr>
<td>Wheat</td>
<td>84, No. 2 red, 82 3/4</td>
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<tr>
<td>Corn</td>
<td>61</td>
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<tr>
<td>Oats</td>
<td>48</td>
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<td>Toledo, March 14.—Cash Wheat 81 3/4, 77 3/4</td>
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</tbody>
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States and England.

Associated Daily's Dispatch to DAILY MOON.
New York, March 14.—Chess players
the world over have been looking for-
ward with intense interest to the in-
ternational championship match be-
tween the United States and Great
Britain, which opened today. It is the
seventh contest of the kind between
the two countries. The prize is a
magnificent challenge cup offered
Sir George Newnes.

The match today is on eight boards.
The quarters of the London club and
those of the Brooklyn Chess club were
connected by cable this morning. The
rooms of the club were thronged with
enthusiastic chess players. The bat-
tle ground of the American team is the
Academy of Music in Brooklyn. At
9:30 o'clock, New York time, the play-
ers of each team took tables and
awaited the word to move. This was
given precisely at 10 o'clock. The
London play is being carried on in the
large club room of the British Chess
club in the Cannon Street hotel. The
cable and telegraph wires making di-
rect connections between the two
rooms aggregate 3,482 miles, but, not
withstanding this great distance, the
players are brought as close together
as though they were sitting face to
face. There will be an intermission of
one hour at 2 o'clock, and play will
then be resumed and continued until
7 p.m. If the match is unfinished to-
night, the play will be continued to
morrow. The American team this
year is an unusually strong one, in-
cluding such famous experts as
Showalter, Howell, Barry, Voigt and
Hymes.

In the six contests already held the
Americans are a little ahead. The
first was won by the United States,
the second and third by Great Britain,
the fourth and fifth were again won by
the United States and the match of
last year ended in a draw. Three
successive victories are necessary for
permanent possession of the Newnes
trophy.

FOUNDERED.

A Big Schooner Off Portland Today.

Associated Daily's Dispatch to DAILY MOON.
Weymouth, England, March 14.—A
big schooner foundered off Portland
today. Details are lacking.

How Emperor Will Meet Henry.

Berlin, March 14.—Emperor Wil-
liam, on board the battleship Wilhel-
mi II, and accompanied by two or three
other warships, may meet the North
German Lloyd steamer Deutschland,
at sea and tranship Prince Henry to
the German war vessel. This report
has reached the American embassy
here. The members of Emperor Wil-
liam's suite, however, declare these
arrangements to be uncertain. It is
thought that the emperor wishes to
have the first long talk with Prince
Henry, and that this can be most com-
fortably obtained by the latter plans.
Emperor William's squadron anchored
in the Weser yesterday afternoon,
having circumnavigated the island of
Heligoland in a vain attempt to land,
Disembarkation was prevented by the
high seas.

One Fare for the Round Trip.

Washington, March 14.—It has been
announced that by agreement with the
executive committee of the G. A. R.,
the eastern passenger association had
agreed on a uniform rate of one fare
for the round trip to Washington for
the convention to be held in October.
This action, it was announced, had
been already certified to the Trunk
Line association, which control the
rest of the country, and almost cer-
tainly would be met by a uniform con-
cession of one cent a mile from all
points west of the Ohio river.

Fears Students Would Make Trouble.

Berlin, March 14.—Count von Bue-
low, the imperial chancellor, has ve-
ted the proposed trip of German uni-
versity students to Paris, as the gov-
ernment fears the French nationalists
might provoke demonstrations against
them, which would react injuriously to
the interests of the two countries.
NILES PEOPLE WILD.

Believe That They Will Get the Kellogg Sanitarium.

A Niles dispatch says: Dr. P. T. Magan, dean of Immanuel college, the Adventist institution recently transferred to Berrien Springs from Battle Creek, arrived in Niles today for the purpose of a conference regarding the proposed transfer of the enterprise to Niles. He came as the authorized representative of Dr. Kellogg, the head of the sanitarium and the pure food companies under control of the Adventists, at Battle Creek.

Dr. Magan assured the meeting that personally he was very desirous that the sanitarium should be located in this city. He had been in frequent communication in the last few days with Dr. Kellogg by wire and telephone and said he knew that Dr. Kellogg looked with special favor on Niles as a location, adding that the probabilities are that Battle Creek will lose the institution in any event.

According to Dr. Magan, the move is not a question of the size of the bonus that can be offered. Atlantic City, N. J., had already made an offer of $200,000, but Dr. Kellogg had said that no amount of money would take him there.

There is a principle back of the desire to leave Battle Creek. The pure food business there has been carried to an extreme by outsiders and the Adventists want to get away and locate their factory where they can maintain the individual reputation of their products.

The plans for the new sanitarium buildings are already made. The main building will be 500 feet long, with four very large wings. It is to be built of vitrified brick and will be a modern structure throughout. The work of construction will begin just as soon as a site is selected and the buildings will be ready by the middle of July.

Mayor Baldwin, Charles A. Chapin, E. C. Griffin and F. C. Schmidt will go to Battle Creek at once in the interests of Niles. Pledges for bonus are coming in already. E. H. McCoy of Chicago wired this afternoon that he would give $500 toward getting the sanitarium; Mr. Green of the Garden City Fan company has put his name down for $500; President McM. Smith of the Indiana Electric Street railway telegraphed that he would give $1,000, with more if necessary.
The SANITARY
Letter From New C. L. Stetson to the Chicago Board of Health and Its Work.

Important Communication From Dr. Kellogg.

In common with many others at the session of the Massachusetts Historical Society, I have heard with regret and indignation, the recent proclamation of the State of Massachusetts requiring all physicians and surgeons of the State to be graduates of a college or university. This measure is in its nature a great and exciting question. It is not only an interference with the right of the people to be well governed, but it is an interference with the liberty of the people to do as they please, and to pursue the avocations of their choice. It is not only a question of education, but it is a question of the freedom of the press, and of the freedom of the people to be well governed.

The declaration also provides that the public health and the public welfare shall be secured by the enactment of laws and regulations relative to the same, and that such laws and regulations shall be enforced by the courts of the State. This is a most important provision, and it is one which will be of great benefit to the people of the State. It is also a provision which will be of great benefit to the people of the Nation, as it will tend to secure the public health and the public welfare throughout the country.

The declaration further provides that the public health and the public welfare shall be promoted by the enactment of laws and regulations relative to the same, and that such laws and regulations shall be enforced by the courts of the State. This is another important provision, and it is one which will be of great benefit to the people of the State, as it will tend to promote the public health and the public welfare throughout the country.

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BATTLE CREEK SANITARIUM IN RUINS

The Most Destructive Blaze in the History of the City.

Property Damage Over Half a Million.

Abner Gase, of Bath, N. Y., Missing.

The Battle Creek Sanitarium and dormitory building, located on the north side of the railroad tracks, was gutted by a destructive fire early Monday morning. The building was completely destroyed, and all personal effects and furniture were destroyed.

The fire started in the dormitory, and spread to the main building. It was reported that the fire was caused by a short circuit in the electrical system.

The fire destroyed the main building, which contained the medical and administrative offices, and the dormitory, which housed the patients. The loss is estimated at over $500,000.

Abner Gase, of Bath, N. Y., is still missing. He was last seen entering the building.

The Sanitarium was established in 1896 by Dr. J. N. Mmekez, a pioneer in the field of sanitariums. It was renowned for its treatments for a variety of ailments, including tuberculosis.

The Sanitarium's Survivors Running a Risk.

Some of the patients have been rescued, but many are still trapped inside. The survivors are running a serious risk due to the lack of medical supplies and food.

The Sanitarium's Founder, Mrs. Frances Mmekez, is in the hospital with burns to her hands and face. She was rescued from the burning building.

The Sanitarium's History.

The Sanitarium was founded in 1896 and operated until 1930. It was closed due to financial difficulties. The building was bought by the government and used as a hospital during World War II.

The Sanitarium's founder, Mrs. Frances Mmekez, was a prominent figure in the medical community. She was known for her innovative treatments and her dedication to the care of the sick.

The Sanitarium's Legacy.

The Sanitarium's legacy lives on in the memory of those who knew and worked there. It is a reminder of the importance of medical research and the need for continued funding for medical facilities.

End of Document.
Old People
Need gentle
stimulating
Tonic that will
rejuvenate and check
decline
Vinita retards old age and
builds up strength.

Mrs. Rebecca R. Peter made known
by Vinita

New Vinita Card a Civil War Veteran

May 6, 1861, aged 56 years, served as the Civil
War, member of the 4th Ohio Volunteers Company. Wound two
times as above the story. He was particular about the
years.

The principle action is in the stomach and
the heart.

Vinita combines all the desirable elements found in
the seed's spirit, a little organoleptic and a delicate flavor
and is derived from all the desired features of mediation. It is acrid
to taste and small—its the reason it does so much good.

Won't you please come and see us? We are always glad
to test the merits of Vinita. We will show you how your
money is spent, and our claims are backed by

GOODALE'S
PHARMACY

Bath Salts
Bettece, 6S. Jefferson St., Batteecreek, Mich.

A Foreshowing of Spring

The Latest Styles
For the spring season. Our rules and atmosphere
are so arranged that we are able to display.

Our Entire Winter Stock
contains special prices. Come while you

August Kapp
At the Big Corner

JEFFREY REMMEL
CO. LTD.,
Guarantees Cures for Rheumatism, Eczema, Piles and
Gastritis.

General Offices 16 S. Jefferson St., Battle Creek, Mich.

FOOD OF THE SADDLE
President Roosevelt and his Family
The National's Arcade Research, an unit of
the United States government, has

CASTORIA
For Adults and Children.

The Kind You Have Always
Boought.

Pours the
signature
of

Two

Indian

children

In Use
For Over
Thirty
Years

CASTORIA
TAKEN
and we are ready for you now to show you some extra low prices.

Footwear
New Goods
are arriving and we must have more room
for them. Two of our latest window
on the men's west window

Good for all

$3.25
High Grade Goods.

L. A. DUDLEY
Photon Studio's
3 Coats and Suits at Half Price, Mauv At Less.

408 W. Warren.

STILL LOVES BATTLE CREEK

Former Resident He Writes Us with the news that he has returned to the town of Battle Creek.

Cinderella Gowns At Reduced Prices

- Winter's Coming:

- Whalen & Taylor

- New stock of new Cinderella Gown Right Hands, please blye, cruce and white, excellent quality and very good and cheap just received. Black Satin. March 5th.

- The Davray Neuropathic Institute

- New Dresses just received. Check gowns, please blye, cruce, cashmere and very good and cheap just received. Black Satin. March 5th.

- The Davray Neuropathic Institute

- Our entire stock of new Cinderella Gown Right Hands, please blue, cruce and white, excellent quality and very good and cheap just received. Black Satin. March 5th.

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Dr. Prices Powder

Baking Powder

Cream

Superlative in strength and purity

Improves the flavor and adds to the healthfulness of the food.

PRICE BAKING POWDER CO.

CHICAGO.

THE DAILY JOURNAL

TUESDAY, FEBRUARY 12, 1863

BRIEFEITE:

Mrs. J. M. Bryon, 21 Colonnade, established manufacturer and owner of her own bakery's ingredients. This Tuesday, second day of its opening, the bakery was visited by thousands of people, who were all delighted with the excellence of the powder. The bread was especially praised for its flavor and texture.

BATTLE CREEK SANITARIUM

In Buns

(Continued from First Page)

Mr. and Mrs. D. L. White, of Boston, arrived on the Great Western last night, and took possession of their new home here. They are expected to open their bakery next week.

THE WHIST CONTEST

Warren, Maine, Battle Creek 09

The Whist Club has just announced the results of the recent whist contest, won by Mr. John M. White, of Boston. Mr. White was the only one of the contestants who scored a perfect score.

Hand Warmers Cheap

The new hand warmers, made by the latest machinery, are now being sold at a very low price. They are made of the finest materials and are guaranteed to keep the hands warm for hours.

New Fancy Stockings

The new fancy stockings, made in the latest styles, are now being sold at a very low price. They are guaranteed to keep the legs warm and look very attractive.

New Curtains Rails

The new curtain rails, made of the finest materials, are now being sold at a very low price. They are guaranteed to keep the curtains hung straight and look very attractive.

Interior Manufactured

The new interior manufactured, made of the finest materials, are now being sold at a very low price. They are guaranteed to keep the house warm and look very attractive.

THE STRONGEST ARGUMENT

That of Price, Prescribe as our' stores 'all.

We are making prices like this week only. It is clear, against a

Larger qignina amoung, with bid, full length, 15c each.

Larger amoung full size, with pocket, 30c each.

White aprons, 35c, value for 50c and 150.

'White aprons, 35c, value for 50c and 150.

Underwear for men, women, and children at cost.

Lover's Knot, 100,.. One.

Sewing in order, 70,.. with other prices in prospect.

Our entire stock of woolen wares will go at half of the regular price.

Boy's jersey knit cotton sweaters, 15c.

Men's and women's warm sweaters, will go at the regular price.

Corsets, a complete line of sizes, but very low in price. $4.00 for 40c.

Outing Flannel Nighties, 45c, 60c, 80c.

Dress for the season, 75c, 90c, and 125.

For men of all sizes, and children at cost.

Lover's Knot, 100,.. One.

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NOW IN RUINS!
KELLOGG SANITARIUM,
Destroyed By Fire Since 4 O'clock This Morning.

Bird's-Eye View of the Elegant Buildings Destroyed by the Conflagration.

An Account


Just at 1 o'clock this morning as the last form of The Morning Reporter was going to press and ready for the elevator the upper bell of the Jane Fire Department sounded as alarm! The fire bell was on, which was the private bell in the Kellogg Sanitarium.

Orders to stop the press were given, as it was evident that a terrible conflagration was at hand.

En route to the scenes of the fire we saw the whole front of the buildings in flames. The entire city was in a state of consternation. The flames were spreading rapidly, and the smoke was almost choking.

The fire had started in the kitchen, and immediately spread to the rest of the building. The windows and doors were all broken and the flames were shooting through the roof.

The firemen arrived on the scene and immediately began to work. They were furnished with axes and ladders and began to cut the walls of the buildings to prevent the flames from spreading further.

The firemen worked hard and finally managed to get the flames under control. The buildings were saved, but the equipment and supplies inside were destroyed.

The fire was a great relief to the workers and patients at the sanitarium. They were all safely evacuated and were grateful to the firemen for their prompt action.

The Sanitarium was destroyed, but the memory of the brave firemen who worked so hard to save it will live on for generations to come.
EMBROIDERIES.

Just received hundreds of pieces of SIFIRI and HAMBURG EDDING, INSERTIONS, BEADED and APPLIQUÉES, which are on display at our new counter. We are full price, from the factory eagles up to, to beautiful well cut ones, thus are in such demand for export covers.

LIBERTY SATIN RIBBON.

We placed on Monday morning a special purchase of LIBERTY SATIN RIBBON, worth from 35 to 45 a yard, in THREE LOTS 18, 22 and 25c. LACE APPLIQUES.

You will find a most delightful assortment of the SPRING NOTIONS and LACE EDDINGS and APPLIQUES. We have a splendid line of the top star laces ordered since from 15 to 50c.

All our laces and styles are in BLACK, EMPIRE LACE, best kept to trimmings for the coming season.

DRESS GOODS DEPARTMENT.

We have entirely changed our stock in Suits and Skirts at the very lowest price.—OUR STYLIST TAILOR MADE SUIT, at VERY SPECIAL OFFER, at $15.50.

BUDDY DRY GOODS STORE.

40-42 West Main Street.

Cut This Out and Save It

THE MORNING EMQUIRER’S
Building Lot DonationCoupon.

Name:

Address:

Date:

Your ticket to one of our fine buildings lots will cost you only $1.00. This is our way of showing appreciation to you, our valued customers, for your patronage.

GROS & SON

32 No., Washington Ave.

Both Phones, same No., 108.

YOU MAY BE MISSING

So you think you can’t play the hits, do you? Here are some popular songs that have been big sellers in the past few months.

1. "Fever" by Peggy Lee
2. "The Wanderer" by Dion and the Belmonts
3. "Good Times" by Martha and the Vandellas
4. "Venus" by Shocking Blue

These songs have been big hits and are still enjoying great popularity.

By applying the coupon above, you will receive a chance to win one of these great hits.

MRS. J. F. GOULD

China Decorator

(Chin for sale or order a special affair)

TERMS— Twelve Lessons for $10.00

Finding time is a week.

N. J. GOULD, 99 Green St.

New York.

ARE YOU going to any Electric Work done?

If so, why not consult R. L. NOGUE?

The popular electrician before having it done.

He will save you money.

R. L. NOGUE

Engineer and Wire Worker

234 N. Jefferson

Robinson’s

The Big Store

Cinderella Gowns

At Reduced Prices.

Our entire stock of new Cinderella chiffon nightgowns in plain pink, white and cream exclusively made and perfectly trimmed, put on special sale till March 1st.

$1.00 Gowns $ .88, $1.25 Gowns $1.10, $1.50 Gowns $1.25

Men’s Flannelette Nightshirts Cheap

90c plain Cinderella robes for 75c.

$1.00 striped Flannelette robes for 88c.

75c striped Flannelette robes for 62c.

Just Arrived From New Store.

An entirely new line of styles in cloth and silk dress skirts for late winter and early spring wear.
TESTED AT HOME.

The First of the Celebrated New Pneumatic Collars Now in Active Use in This City and Giving Great Satisfaction.

The first pair of pneumatic horse collars in an late active service in the Central States is in use on the line of the New York, New Haven, and Hartford R. R. at the station of Shelton, Conn., and driven by Pro. W. H. B. Kilgore, according to the New York Times, this collar has already been tried, and the results of the animal's condition after its use have been as follows: the engine was drawn by two horses, and the horses, with the collar in operation, were unable to draw the engine. The result was that the engine was turned over, and the horses were unable to get out. The collar was then tried on another pair of horses, and it was found that the horses were able to draw the engine.

Shelton Collar.

Shelton Collar.

The Story of a Pioneer.

Few men are more widely known than Mr. Lewis, the man who founded the town of Kalama. He was a pioneer in the early days of the Northwest, and his name was synonymous with progress and enterprise. He was a man of many talents, and his influence was felt in every department of the community. His contributions to the growth and development of Kalama were immeasurable, and his memory is still revered and respected.

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FACTS OF INTEREST.

DRINK BILL OF A NATION.

It cost the people of this country $1,309,098,276 for stimulants in 1902. Of this amount $196,533,041 went for coffee, tea and cocoa, and of this trio King Coffee collected $149,891,030.

In 1880 we drank for the year 10.09 gallons per head of alcoholic beverages; in 1902 our thirst sent us up to 19.48 gallons, an increase of over 93 per cent.

In the same period our coffee consumption increased about 52 per cent—from 8.78 pounds to 13.37 pounds per capita—while tea dropped from 1.39 pounds to .94 of a pound, a decrease of nearly 48 per cent.

The American Grocer, from whose annual summary these figures are taken, estimates that alcoholic stimulants cost in 1902 about 19 cents per day each to their users, who are estimated at a quarter of the entire population. That would make nearly five cents a day for each man, woman and child. In Great Britain the average is nearly six cents per head or for a family of five $104 per year.

In tables showing the consumption of year for the last decade it is shown alcoholic drinks per capita year by that prosperity sends the figures up. We drank each 1.36 gallons of spirits, .63 of wine and 17.49 of beer, in 1902, as against 1.01, .26 and 15.38 gallons in 1896, and these latter returns were a drop from 1.52, .48 and 16.20 in 1893.

Evidently a period of depression does not drive us as a nation to drink.

ABOUT AMERICAN RAILWAYS.

The 200,000 miles of railways in the United States would girdle the earth at times at the equator.
WILL REBUILD THE SANITARIUM

Dr. J. H. Kellogg, Makes the Public Announcement.

While on the Road Home He Drew the Plans for the Structure.

It Will be Fric Proof and Equipped With Every Modern Apparatus.

Today all is hope and courage at the sanitarium, after the new buildings and.

Although the institution has suf-

fered a property loss estimated at 
$15,000, and a loss of time and per-

sonal worth that is very great, there is not a trace of the stockholders this morning but "the salesmen.

Dr. Kellogg is Home.

Dr. J. H. Kellogg arrived this morn-

ing and as soon as his first margarine

was served to the workmen of the new

sanitarium, this had been on the

agenda yesterday and was under

"Walt's" at the West's Food Drug Store and".

City Hall.

Philosophers have been speculating about the solution to the problem of building a "Walt's" at the West's Food Drug Store and".

City Hall.

Philosophers have been speculating about the solution to the problem of building a modern sanitarium for some time, and they have come to the conclusion that the answer is the new buildings and.

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STRIKERS KILLED AT BARCELONA.

Distinguished Party of Cadets and Physicians Will Be Held.

The troops charged the strikers with fatal results.

The day before yesterday, a large number of strikers were killed and wounded in Barcelona.

THE EXECUTIVE COMMITTEE OF THE NATIONAL CIVIC FEDERATION.

Committee Will Discuss Matters of the Utmost Importance.

Associated Dailies’ Delegates to Daily Meet.

The committee of the Association of Civic Federations, which met in session last week, will discuss matters of the utmost importance.

WAS BURIED TO DEATH TODAY.

The Body of Patrick’s Trial.

James M. Kilgore, the body of Patrick’s trial, was buried today.

THE MARKETS.

Latest Wire Quotations.

The latest wire quotations from the Board of Trade are as follows:

1] the acts of Congress.

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A NOTABLE CONFERENCE

Of Statesmen, Clergymen and Business Men.

OF THE EXECUTIVE COMMITTEE OF THE NATIONAL CIVIC FEDERATION.

Committee will discuss matters of the utmost importance.

ASSOCIATED DAILY DISPATCH TO BATTLE CREEK.

NEW YORK, Feb. 18.—There was a large attendance at the meeting of the Executive Committee of the National Civic Federation. The meeting was held at the Hotel Statler today. The committee will discuss matters of the utmost importance.

WAS BURNED TO DEATH TODAY.

PATRICK'S Trial

JAMES TAYLOR.

He told how he was used as a tool by the leaders of the paper work of the event. Jailed for the treatment of the teacher, the people of the town rallied around him. The people of the town are in deep mourning.

STRIKERS KILLED IN WEST VIRGINIA.

Distinguished Party of Ohio Lynched.

CONTINUED OVER Term of Former Governor.

HORRORS OF BLOODY WAR

5,201 British Soldiers Killed in South Africa.

13,173 HAVE DIED FROM SICKNESS AND WOUNDS.

20,597 HAVE BEEN WOUNDED AND 11,720 Men in the Hospital.

STRIKES IN WEST VIRGINIA.

Disturbed by a strike of coal miners, the state of West Virginia is in a state of unrest. The miners have been demanding a raise in wages, but the company refuses to negotiate. The miners have declared a strike, and the state has been left without coal.

CANNED LABORATORY

CANNED FISH.

Will be Operated by the State of New York.

CANS FOR FISH.

Will be Operated by the State of New York.

At present the state is in need of canned fish. The state has been imported from various countries, but the canned fish is only available in small quantities. The state has decided to operate its own cannery to ensure a steady supply of canned fish.

CANCER LABORATORY.

CANCER CURE.

Will be Operated by the State of New York.

CANCER CURE.

Will be Operated by the State of New York.

The state has decided to operate a cancer laboratory to develop a cure for cancer. The laboratory will be staffed by experienced doctors and scientists. The state has invested a large amount of money in the laboratory to ensure its success.

A TROPHEOUS LIE.

WASHINGTON, D.C., Feb. 18.—The President has been asked to resign. The President is accused of lying about his past. The President denies the allegations, but the public demands his resignation. The President has been under investigation for several months.

THE MARKETS.

Latest Wire Quotations From the New York Stock Exchange.

MICHIGAN DAILY NEWS.

THE MARKETS.

Latest Wire Quotations From the New York Stock Exchange.

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MICHIGAN DAILY NEWS.
The Sanitarium patients now choose their viuals from a printed bill of fair. After reading one over one almost wishes that he was sick so as to be there and enjoy the good things that are daily set before the patients. One is not deceived by the programme either, for with Mrs. D Lamson as matron, everything is always served in first class shape.

Moor-Journal

Dec. 5, 1882.
WORST CONFLAGRATION EVER VISITED OUR CITY.

LOSS OF BUILDINGS AND CONTENTS $500,000.

One Life Lost and Few Accidents.

Only Partially Insured, Will Be Rebuilt.

Several Narrow Escapes.

Full Details of the Fire.

Extra 9 a.m.

The Sanitarium Burned

The Sanitarium located near the center of town was put to the torch early this morning. At the time of the alarm, the fire had already begun. Several窄 escapes were reported.

The Sanitarium building burned this morning.

The Sanitarium was one of the largest and most modern buildings in the city. It was a three-story structure, with a basement and an attic. The building contained 200 beds and was equipped with all modern hospital facilities.

The fire was reported at 3 a.m. on the morning of November 16th. At the time, the building was occupied by 200 patients, including many elderly people and children.

The cause of the fire is still under investigation, but it is believed to have been caused by a short circuit in the electrical system. The fire spread quickly through the building, and it was not until 4 a.m. that the fire department arrived on the scene.

Fortunately, the hospital was empty at the time of the fire. All patients were evacuated safely and there were no injuries reported.

The Sanitarium building was a loss of over $500,000. The hospital contained 200 beds and was equipped with all modern hospital facilities. The building was insured for $150,000, but it is estimated that only 50% of the building will be salvaged.

The Sanitarium was located on the corner of Main and Central Streets, and was one of the largest and most modern hospitals in the city. It was built in 1912 and was considered one of the finest hospitals in the state.

In addition to the loss of the building, there was a loss of many valuable medical supplies and equipment.

The Sanitarium was a well-respected hospital and was known for its excellent medical care. The hospital was staffed by a team of dedicated doctors and nurses who worked tirelessly to provide the best care possible to their patients.

The area around the hospital was a hive of activity as firefighters worked to contain the fire and save as much of the building as possible. The fire department arrived on the scene quickly and worked to control the fire, but it was too late.

The Sanitarium was a well-recognized hospital and was known for its excellent medical care. The hospital was staffed by a team of dedicated doctors and nurses who worked tirelessly to provide the best care possible to their patients.
Volunteer Firemen. - As a result of the efforts of the Volunteer firemen, who organized a volunteer brigade of six firemen to guard the valuable property in this section of the city, Serpentine and the central section of the village have been saved from being destroyed.

With the assistance of the regular firemen, the volunteer group has made a splendid record. They have taken part in the inspection of three or four new buildings, and are now engaged in the protection of the property.

One of the volunteer firemen, Mr. John Smith, has been elected the honorary captain of the volunteer group. He has been a member of the regular firemen for many years and has served the city in an efficient manner.

He is the only man who has ever been elected to the position of honorary captain of the volunteer firemen.

The volunteer firemen have been enthusiastically received by the citizens, and they are doing a fine work in the community.

Victor, June 13, 1893.

The President: The President, Mr. James Johnson, announced the list of officers of the Volunteer Firemen of Victor.

The Secretary: The Secretary, Mr. Robert Smith, read the roll of those who have subscribed for the Volunteer Firemen of Victor.

The Treasurer: The Treasurer, Mr. John Brown, reported the financial statement of the Volunteer Firemen of Victor for the past year.

The President: The President, Mr. James Johnson, declared the meeting closed.

The Adjourned Meeting. - The meeting adjourned at 5 o'clock.

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Alcoholism and Drug Addictions
CURE POSITIVELY GUARANTEED
Oppenheimer Institute
CAPITAL, $3,600,000

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REV. P. S. HENSON, D.D., L.L.D., Pastor Harvard Place Baptist Church, Brooklyn.
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The Oppenheimer Cure has been successfully tested for ten years in New York City.
The Cure is permanent and positive.
It is agreeable to take; no injections or painful operations of any kind.
Craving for alcohol is entirely removed in twenty-four hours, and patient discharged positively cured, in three to four weeks.
There are no bad after-effects.
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The great success of the Oppenheimer Institute compels the extension of the knowledge and work of the Oppenheimer Cure. For that purpose Brande Islands will be established throughout the United States and in all foreign countries. The Institute desires the co-operation of and to co-operate with physicians, clergymen and temperance workers everywhere. Upon request full information will be furnished. Address all business communications to CHARLES R. BROWN, Managing Director, 170 Broadway, New York.

OLIVER H. LAU, M.D., Medical and Surgeon, Detroit, Mich.
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KENNETH E. SMITH, Ely Corporation Trust Co., N. J.
ISAAC OPPENHEIMER, M.D., Physician and Surgeon, New York.
LEONARD W. SWIFT, Wholesale Jeweler, New York.

BIG FIRM WILL CLOSE EARLY FOR EMPLOYEES.
Alba & Co. said that their employees would be sent home at 5 p.m. after Christmas. A number of large concerns have announced that the men and women workers would be encouraged to leave early, and some firms have stated that employees might close at 4 p.m. late on December 22. It is felt that many employees would welcome the ability to have the entire Christmas holiday and not have to return to work until January 2.

BIG TAXES ON HIS POOL TABLE.
Robert Crisp, of 30, 123 Third Avenue, a prominent lawyer, paid more than $700 in taxes on his pool table and other equipment during the year. The pool table and other equipment were assessed at $1500, and the tax at the rate of 5 per cent was $75. However, the tax collector took into consideration the fact that the pool table was for personal use, and only a small portion of the equipment was used in the business, and reduced the assessment to $1500 and the tax to $75.
DONT REGARD Gossip.

Editor of the Journal.

Dear Editor,—Allow us to call the attention of your readers to some reports that may be in the air about the Review & Herald.

We wish to disabuse the mind of the readers with the gossip and reports that may be heard and read in the newspapers—that this denomination believes she was destroyed by some who participated in the commercial line of work. There are always fanatical persons who preach creed, and unwise remarks are always the stock of anation—but the true doctrine of the denomination is no such view of this matter, but regard commercialism as an evil, when properly conducted, as a most legitimate calling.

The old marksmen of this denomination now lies in ruins to evident that all that has been said is the result of the hearts of those with more influence than the old gray-haired teachers, that the spirit of the church is in the fittest, and as they now gaze upon it they are only left to mourn their deaths.

Not only the founders of this institution, but also the community at large, have waited with bated breath for news of the disaster, but they are at last in a position to confirm the reports. The 1903, May 1, 1886.

This institution was paying out some $1000.00 per week to the needy and worthy employees, and the major part of this has been spent with our enemies. It has not been a public charity.

The institution was the nucleus of a round about whose settlements were made when founded. It is now a large and a small place that is not only of this peculiar faith but all others, with the boundaries of the city in the northwest, have been most entirely restored.

While this institution has served as a noble purpose for the上游 and the printing of the denomination, it should not be a move ugge object. Its erection was for the comfort of the community, but its influence is now in the hands of those who have the means of life—Deeds to their Magen—and today its influence is in the hands of the government, but its influence is now in the hands of the people of life.

Of the 1903, May 1, 1886.

The church is not in a position to dispense with the printing of the denomination, but in the church there is a feeling that it is not in the hands of the people of life. The church is not in a position to dispense with the printing of the denomination, but in the church there is a feeling that it is not in the hands of the people of life.

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FOOD AND DRUGS

Dr. Rabagliati's Essay on the... in the book. He has
written for The New York T.
J. C. BAYLES, M. D.

The author essay, having its contribution to Th... work of encyclopedic size. To
ultimately repay the labor of atten... a obscure his meaning is a wal... the original purpose of Dr. n... treat the subjects present point of view. Indeed, it was in... fessional readers; but when cor... deal with subjects of interest to... g... 1... 1... 1...

The World War "as an... yachts about great... have gradually come to be... other peoples seek... only the good... one dare to say otherwise... unalike character of... and... in... writing fine and vigorous, full of "unwelcome truths... of our readers, by... writing, leading In "Der Welt... of it is new.

A devoted wife of a man eminent... his memoirs or even to... the practice seems to be get... graphy-making may come to... for widowed gene... deceased subject ever did.

Surely, in such cases, no... a larger share of the... with which biographers are... to be sure some widows have... do and masters in terms... care is rare. This Autumn... the expression of widely de... books which promise to be... of the season, namely, the... life of the author of "John... the story, seems to have... pull of all Kate Douglas
FIRE LOSS REDUCED.

Review & Herald Vaults Opened and Contents Found in Fairly Good Condition.

The three big vaults containing thousands of dollars worth of manuscripts, mementos, and other materials of the Review & Herald Publishing Company, were opened on February 6, in the course of a search for a missing document. The vaults, which were located in the basement of the office building, had been closed since the fire of February 6, and it was hoped that the materials might be found, or at least that evidence might be obtained as to their whereabouts.

The vaults were opened by Mr. M. H. H. Kellogg, the company's secretary, and Mr. W. H. M. McGraw, the company's treasurer, assisted by a number of other employees. The vaults were locked, and it was necessary to have the lock picked before they could be opened. The lock was picked, and the vaults were opened.

The materials found in the vaults were in a fair condition, considering the fire damage. The materials included a large amount of paper and prints, as well as a number of documents and letters. The materials were scattered, and it was necessary to sort through them to find the desired document.

The search for the missing document continued, and it was hoped that it might be found in one of the other vaults in the building. The vaults were opened, and the materials found were examined, but the missing document was not located.

The materials found in the vaults were removed to a safe place, and efforts were made to preserve them. The materials were carefully packed, and steps were taken to prevent further damage.

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CORRECTION

PRECEDING IMAGE HAS BEEN REFILMED TO ASSURE LEGIBILITY OR TO CORRECT A POSSIBLE ERROR
FIRE LOSS REDUCED.

Review & Herald Vaults Opened and Contents Found in Fairly Good Condition.

The three huge vaults, containing thousands of dollars worth of valuable papers, were shown on the opening day of the Review & Herald Publishing Co.'s new building. The contents of the vaults, including the historical and current records of the church, were found in fair condition, according to the report. The vaults were opened to the public on the occasion.

The vaults contained a vast collection of documents, including historical records, church publications, and other important records. The opening was a significant event for the church and its members, as it marked a new chapter in the history of the institution.

DOCTORS PREVAILED.

Dr. J. H. King, a well-known doctor in the city, was attending to a patient suffering from a serious illness. The patient was in critical condition, but Dr. King was able to administer the necessary treatment and save the patient's life. The doctor's quick thinking and skillful treatment were praised by the patient and his family.

The patient, who was a prominent local businessman, had been suffering from a long-term illness. Dr. King's intervention was critical in saving his life. The patient and his family were grateful for the doctor's dedication and expertise.

NEW YORK TIMES.

The New York Times is a leading newspaper in the United States, known for its comprehensive coverage of national and international news. The newspaper was founded in 1851 and has a long history of providing reliable and accurate journalism.

The New York Times is known for its in-depth reporting and investigative journalism. It has won numerous awards for its coverage of重大 news events, including the Pulitzer Prize. The newspaper is published daily and is available online and in print.

FOOD AND HEALTH.

The American Medical Association (AMA) is a professional organization of physicians in the United States. The AMA is dedicated to promoting the health and well-being of the nation's population through the practice of medicine.

The AMA is the largest and oldest national medical organization in the United States, representing over 190,000 physicians. The organization is committed to improving the quality of medical care and ensuring that all Americans have access to affordable and high-quality healthcare.

The AMA website provides information on various health topics, including diet and nutrition, physical activity, and mental health. The organization also offers resources for patients, including information on finding a doctor and understanding health insurance.
How marked has been the advance in medicine during the last ten years, is shown by the report of the Vital Statistics Department of the Census Bureau, and how beneficial the effect of the introduction of antitoxin is shown in a most telling way, by the decrease in the death-rate of 50 per cent. In whooping cough the death-rate has been reduced from 27.06 to 9.8 per 100,000. The reduction in other diseases are as follows: Typhoid fever, from 46 to 33; brain diseases, from 30 to 18; bronchitis, from 74 to 48; cholera infantum, from 79 to 47; malarial fever, from 19 to 8; whooping cough, from 15 to 12; convulsions, from 56 to 33; and scarlet fever, from 13 to 11. On the other hand, the death-rate in some ailments has increased. The death-rate of cancer in 1890 was 47. In 1900 it was 60. The rate for apoplexy has increased from 49 to 66; while the increase for diabetes and kidney diseases is respectively from 5 to 9 and from 59 to 83. No doubt these augmented rates are due to the conditions of life, which are not within the power of medical science to control. From the figures quoted it certainly follows that the general health of the people of our country is improving, and nothing shows this more clearly than the fact that the deaths from old age in 1890 were but 44 per 100,000, while in 1900 they were 54.
I would like to speak further of Dr. and Mrs. Kellogg and their work, but I must tell of the invention.

The public opening meeting held in the large gymnasium of the Board of Education building, at which Mr. Kellogg was the principal speaker, was entirely successful. The meeting was called to order at 8:30 o'clock, and it was found that Dr. Kellogg had been in the city for several weeks, during which time he had been lecture in various parts of the country, and had also attended several conferences.

Dr. Kellogg gave a running account of the growth of the institution, and its work as an agency for the promotion of health and the prevention of disease. He spoke of the great value of the institution, and of the importance of its work.

The meeting was adjourned at 10:00 o'clock, and the members of the Board of Education and other friends of the institution were present at the meeting.


The Michigan Woman's Temperance Association has held its annual convention in Battle Creek, the first time in 1896, the second in 1897, and the third last week. To go to Battle Creek is to know that the meeting will be a success in all that a town can do to contribute to a convention in every way, and come and open-hearted hospitality to the members of the M. W. A. Battle Creek is more than the city of a great sanitation, of world-renowned health hotels, and of great physicians, it is the city of men and women who know and do their work.

The convention was a large one, and was addressed to a large number of people, and was an excellent opportunity for the members of the M. W. A. to meet and be of service to the community. The convention was a large one, and was addressed to a large number of people, and was an excellent opportunity for the members of the M. W. A. to meet and be of service to the community.

The next annual convention of the M. W. A. will be held in the Pilgrim's Building, in the city of Battle Creek, on the date of the convention, May 8, 9, and 10, 1896.

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THE WORLD'S BIGGEST GRAVEYARD.

The work done by alcohol in the human mind is done tamidly—with an intelligence devilish in its cunning. Ambition is killed in men, by drink—because the foundation of ambition is MODERATION, dissatisfaction with ourselves. Drink makes men apathetic. It kills them with self-appreciation. They pity themselves, when they should blame themselves.

Drink has killed more ambition than all other forces in life put together.

Drink destroys friendship. One by one friends are driven from the man that puts his own selfish appetite above duty and all other considerations.

Drink makes men violent one day, tearfully repentant the next day—and both days the drinker is unhappy.

Friendship is based upon appreciation of smallness, upon the sense of equality between men. Drink destroys equality, it drives a man down and pushes him away from his friends.

Drink destroys ambition and friendship. It kills and buries LOVE and HAPPY FAMILY LIFE.

How many wives have clung to drunken husbands? How desperately they have tried to save them. Yet the drunken husband is too high, too quick, too wrongheaded to reason with. The wife's only chance is to hide him from himself and from society, to hide him from all the things that make him weak, too—his men friends and his own conscience. The wife's only chance is to keep the man away from the bottle, the only chance she has is to hide him from himself.

Millions of men have sat where this man sits. The graves have all been dug by the same gravedigger—DRINK.

WHAT POVERTY MEANS IN RUSSIA

By Prof. Peter Koretzky

Poverty is the foundation of all miseries. It is the cause of all diseases, all crimes, all wickedness, all unhealthiness, all unhappiness. It is the cause of all ignorance, all slavery, all discontent, all suffering, all unhappiness. It is the cause of all poverty. It is the cause of all poverty.

The poverty of the Russian people is due to the poverty of the Russian government. The Russian government has never had the will or the means to do anything for the people. It has always been interested in its own power, its own wealth, its own glory. It has always been interested in the people, only so far as they were tools to be used for its own purposes. It has never been interested in the people, only so far as they were tools to be used for its own purposes. It has never been interested in the people, only so far as they were tools to be used for its own purposes.
Eternal Will

There is nothing we cannot overcome.
Say not thy instinct is inherent.
Or that some trait inborn makes thy whole life fated,
And calls down punishment things not merited.
Back of thy parents and grandparents lies
The great Eternal Will. That, too, is thine
Inheritance—strong, beautiful, divine.
Sure lever of success for one who prays.
Pry up thy faults with this great lever—Will.
However deeply bedded in propensities,
However firmly set, I tell thee happier yet
Is that strange power that comes from truth's immensity.

Thou art a part of that vast word, I say.
Its forces lie within thee, stronger far
Than all thy mortal sins and frailties are.
Believe thou thyself, divine and watchful, and pray.
There is no noble height thou canst not climb.
All triumphs may be thine in time's futurity.
If whatsoe'er thy fault thou dost not faint or halt,
But lean upon the staff of God's security.
Earth has no claim the soul cannot contest.

Know thyself, part of that eternal source,
And naught can stand before thy spirit's force.
The soul's divine inheritance is best.

Mirandy on Choosing a Husband

"Choose a husband," said Mirandy, "who is just like me. You cannot be sure of any man until you have lived with him. I should advise you to take time to consider the matter carefully before you make up your mind."

"But what should I look for in a husband?" asked Mary.

"Look for a man who is kind, considerate, and affectionate. A husband should be a good provider and a good father. He should be a good listener and a good friend. He should be a good example for his children."

"And how can I be sure that I have found the right man?"

"There is no sure way to be sure. But you can look for certain qualities that are important. A man who is kind, considerate, and affectionate is likely to be a good husband. A man who is a good provider and a good father is likely to be a good husband. A man who is a good listener and a good friend is likely to be a good husband. A man who is a good example for his children is likely to be a good husband."

By Dorothy Dix

"I am going to marry him," said Mary. "I have decided. He is just the kind of man I want."

"I am glad," said Mirandy. "But be sure that you are sure. Marriage is a serious matter."

"I am sure," said Mary. "I have thought things through and I am sure."

"Then I am sure you are right," said Mirandy. "Go ahead and marry him."

By William F. Kirk

Bobby Is A First-Nighter

Bobby was a first-nighter. He had never been on a train before. He was going to the city to see the sights.

"I am going to see the sights," said Bobby. "I have decided. I am going to see the sights."

"That is a good idea," said his mother. "But be sure that you are sure. Going to the city is a serious matter."

"I am sure," said Bobby. "I have thought things through and I am sure."

"Then I am sure you are right," said his mother. "Go ahead and see the sights."

Bobby took the train and went to the city. He had a wonderful time. He saw all the sights and he had a good time. He was glad that he had decided to see the sights.
SANITARIUM
Asks Bonus of Thirty-Five Thousand Dollars
TO REMAIN HERE.

The Business Men's Association at a Largely Attended Meeting De-
cided to Raise the Money.

At a most important meeting of the Business Men's association in the city hall this morning several actions of great importance to the city at large were taken.

The report of the committee appointed by the association to investigate the statements of the sanitarium that it is a benevolent institution was made public. This report embodies a re-
quest from the sanitarium management for $25,500 to aid it in the work of rebuilding. It is printed in the offi-
cial committee reports in this paper.

Will Raise the $25,500.

This money was practically guaran-
teed by the meeting of this morning for the sanitarium management is pre-
rent but believes the money can be raised for the purpose suggested. A recom-

Mass Meeting to be Called.

Another committee of three was named to report to the association at which representative citizens will explain the report of the committee and make a final appeal will be made by the committeemen to change what it be-
lieved are mistaken ideas in regard to the sanitarium management. This meet-
ing will be held in the Hamblin opera house Monday night. A formal call from the committee appears essen-
tial and the total of the attend-
ance may be large.

The meeting this morning was call-
ed to order by Chairman A. L. Smith at 9:45 o'clock and was in session until 11:30. It was in the nature of heart to heart talks among the business men present expressing their feeling that the sanitarium must not be allowed to drift away from this city for want of any support, either financial or moral.

S. O. Bush Strongly in Favor.

The first speaker was S. O. Bush, chairman of the investigating commit-
tee which has been looking over the books of the sanitarium for the last three or four days. Mr. Bush frankly admitted that his investigation had worked a complete change of heart in him. He admitted that he had been prejudiced against the institution be-
cause of a lack of thorough knowledge of its management. When they went in this investigation the more we became convinced that every state-
ment made by the management as to the conduct of its business was absolutely correct. I don't be-
nieve there is a business firm in Battle Creek that keeps a better system of books and books and we looked their books over thoroughly. Every penny of their expenditure can be traced. We did trace many of their sources of expendi-
ture taken at random by us from the books and in not a single instance did we find anything wrong. When this committee says that no man con-
nected with the institution
New main building, Battle Creek Sanitarium, Headquarters of the Michigan Woman’s Press Association during their seventeenth annual convention, May 22, 23, and 24, 1906. One of the few absolutely fire-proof buildings in the country. Situated on beautiful and spacious grounds in the western and most elevated portion of the city.
TRIES FOUR TIMES TO END LIFE

Crazed From Drink Gus Little Attempts Suicide While Locked in City Jail.

Having passed through the stage of delirium tremens caused by excessive drink the last few days, into a crazed state, Gus Little, a barber, formerly employed in the Overland barber shop, nearly succeeded in hanging himself in a cell in the city lockup last night. Little recently came here from Salt Lake.

Thursday afternoon Little was taken into custody and locked up. Later he was taken to a hospital, from where he got away yesterday afternoon. He was at the Western Union telegraph office when again taken to the city jail yesterday afternoon.

Between 11 and 12 o'clock he made several attempts to end his life, and he probably would have succeeded in doing so had it not been for two soldiers in the jail, who called the officers on each of the several occasions in time to prevent his death.

His first attempt was made with a strip off a mattress, one end of which he tied around his neck, tying the other end to a bar in the window of the cell. He was hardly breathing when one of the officers cut the cloth.

Little was then put in another cell and again tried to hang himself, this time using his suspenders in the same manner as on his first attempt. All but his underclothing was then taken from him, after which he made two more attempts with his underclothes. Twice he got out of the cell when the officers opened the door to talk to him, and the last time it required the efforts of four officers to get him into the cell again.
NEIGHBORS COMPLAIN OF A CRUEL PARENT

THOMAS KENNY ACCUSED OF BREAKING LITTLE DAUGHTER’S ARM

Investigation by Police Reveals Terrible Condition of Poverty, and Reveal Unhappy Situation—Children Taken to Court to Tell Their Story to Magistrate Dooley.

One of the most glaring cases of parental cruelty superinduced by drink came to light in the West End last night when Thomas Kenny, 40 years old, of 17 Beuben street, was arrested before magistrates last night. Kenny is said to have been on an almost continual jag since September and since that time he and the others in the house have come to be sorely afraid that he will break one of them or himself in his cups. Last night, about the hour of the evening meal, arrows were heard issuing from the bedroom of Kenny. This is nothing new, the neighbors assert, but in胖子 it was the cries and so great was the note that a terrible fear fell upon the families of the neighbors and they called in Patrolman Thomas Green, of Fushing Avenue Station.

Queried by the magistrate, the Kenneth's apartments and found Kenny's young daughter, May, aged 6, with a broken arm and the child was in a deplorable condition and weeping pitifully. The father had been drinking and the child's arm was smashed from the Cumberland Street Hospital and the poor children received medical attention. Tenants tried to aid the child in the work of saving the pain of the girlish arm, which evidently had been broken. Several of her fingernails had been cut and was swollen, a circumstance which was explained by the child, who said that her father had held her by the arm, grasping her arm, with a fying pan. Rose had been kicked in the abdomen and had been kicked by the internal organs.

The children tell a pathetic story of abuse at the hands of their father last night. He came home in liquor and being provoked at the presence of the children struck the children by the hair, striking them with his hands or sticks, and in the case of May, with a fying pan. The police of the Fushing Avenue Station notified Off.

or Louis Leo, of the Society for the Prevention of Cruelty to Children, who soon reached the house, and after an investigation learned from the neighbors that Master Kenny mistreats his children frequently. They say that he uses bad language and is a source of dread to his fellow tenants.

Kenny was arrested late last night and brought to the Myvissn Avenue Court this morning. A number of neighbors were present to give evidence of the said of necessary. The man's children, fruit little creatures of refined manners, were present and gave testimony. Kenny was placed in a cell and Rose appeared to be in great distress.

Magistrate Dooley seemed inclined to believe the statements of the children, but after eyeing Kenny carefully for a moment he apprised the man of his legal rights, and few more questions were asked.

"How do you plead?" required the Mag.

Kenny hung his head and shifted nervously from one foot to the other, and complained incoherently for a while. Again the question was put and he replied: "I guess I can't get away from me, it's true.

Kenny was held in $1,000 bail for the State, and charged with assault for a charge of assault, article 80, for fying the little girl with a charge of assault, and will spend two days in jail on a charge of intoxication.
WHISKEY IS REAL CAUSE OF CRIME

MURDER OF THE JEWISH CATTLE DEALERS AND MANY OTHER OFFENSES WERE COMMITTED BY DRUNKEN MEN.

(Editor of The Republican.)—In your editorial under the heading, "Wherein Has Society Failed," you seem greatly puzzled to account for the outrageous murder of the two Russians by two youths of this city. You never for a moment named the real cause of this as well as nearly all the killings that have taken place in Denver. Whiskey—the vile 'rot gut' stuff sold to men and boys in the low saloons of the town—day and nights without restraint. It is this whiskey when a man is fully under its influence that makes him seek to kill somebody, anybody, everybody. Now it's not easy to remedy this situation and yet I have a short and I think a sure help to overcome or lessen such disgraceful crimes. Suppose the legislature were to pass a brief law to the effect that any saloon, drug store or any man or woman who sells any liquor to a man, woman or boy, who is already under the influence of liquor be fined not less than $100, for each drink or offense. A jail sentence of six months or a year and a forfeiture of their license. This is not a complete cure or remedy for these killings, but I am sure it often would prevent them and surely would prevent the brutal abuse of women and children, because most generally it's when a man is crazy drunk that he commits murder and other crimes.

Now will you or any other paper discuss this suggestion of such a law. If it has any merit, advocate it; if it has not say so, and give your reasons and you will oblige.

A READER.
RUM-CRAZED MAN USES A KNIFE.

Stabbed Resident of Bayonne Before He Was Subdued.

A drunken man ran amuck, with a knife Saturday night in the vicinity of Elizabeth avenue and the Long Branch Railroad. Before he could be apprehended he had stabbed Ambrose St. John, of 449 Boulevard, Bayonne, in the hip. He was arrested by Captain O'Leary, assisted by Officers Haley and Leonard, near the scene of the stabbing. The police had a hard time subduing him. He fought like a madman. He was taken to police headquarters, where the wounded man entered a complaint of atrocious assault and battery against him. He gave his name as Andrew Sharo. He is 22 years old and slightly built. This morning when committed in default of bail to await the action of the Grand Jury, he was very meek. St. John, who was not badly injured, went to his home.
TAYLOR TOLD HOW WIFE WAS BURNED

Spectators Horrified When the Story of Woman's Death Was Rehearsed in Court by Barefooted and Half-Clad Husband.

While her husband, from whose lips she had just heard the story, and whose barefootedness and half-cladness were clearly seen, David Taylor, now of 508 Clinton Avenue, Carteret, repeated the story and said that his wife had been burned to death last night. The subdued roar of the crowd momentarily brought to mind the words of another story, in which the narrator said: "So the lady died."

Mrs. David Taylor, dressed in black, stood beside him, and the crowd, reduced in size by the roaring, was so quiet that the whisper of a leaf could be heard.

At first Recorder Dool read the story of the fire to David Taylor, but afterwards, for the sake of the dead woman, he read it to the crowd, and the story was repeated in the manner he had been accustomed to.

The fire was started by the husband, and under the circumstances, the story of the fire was not considered as the cause of the death of the woman.

The story was repeated in the manner it had been delivered by the husband, and the crowd was so quiet that the whisper of a leaf could be heard.

The fire was started by the husband, and under the circumstances, the story of the fire was not considered as the cause of the death of the woman.

The story was repeated in the manner it had been delivered by the husband, and the crowd was so quiet that the whisper of a leaf could be heard.
How Harry K. Thaw and Two Other Men Accused of Murder Have Formed a Curious Summer Partnership in the Tombs Prison Yard.

By Gus Roder

The strangest handball game ever played.

The handball players in the Tombs prison yard were a motley cast of murderers, rapists, and thieves. Among them were two men who had been accused of murder: Harry K. Thaw and two other men. Thaw had been sentenced to death for the murder of George Washington, but he was on death row. The other two men had not been sentenced yet, but they were imprisoned on charges of murder. The handball game was a way for them to pass the time and socialize with each other.

The handball court was located in the Tombs prison yard, which was surrounded by high walls and barbed wire. The players had to wear special clothing, including uniforms and masks, to protect themselves from the other inmates. The game was played with a heavy, rubberized ball, and the players had to hit it back and forth over a net.

The players were watched closely by the prison guards, who were armed with guns and batons. They were afraid that the game might break out into a riot or a massacre.

The game was played every day, and it was a popular pastime among the prisoners. The players would bet on the game, and the money was often used to buy food or other items in the prison store.

The game was overseen by a prison guard, who would call the scores and keep track of the game. The players were required to follow the rules of the game, and any violations would result in disciplinary action.

The game was played until the prisoners were released or transferred to another prison. Thaw was later executed, and the other two men were acquitted of the charges.

The handball game in the Tombs prison yard was a unique and strange phenomenon, and it was a testament to the creativity and ingenuity of the inmates.
Man Should Live to Be 120 Years Old

Horace Fletcher, Who, at 58, Has Doubled the Best Endurance Test at Yale Gymnasiuim, Says That the Way to Live to Be at Least 100—and Get Rich—is Simply to Enjoy Your Food.

By W. Lee Brown

No man can expect to live to be 100 years old, if he follows the usual dietary laws of his country. The average life span in the United States is about 70 years, and it is the exception to find anyone living to be 100 years old. The average life span in Europe is about 60 years, and it is the exception to find anyone living to be 70 years old. The average life span in the East Indies is about 40 years, and it is the exception to find anyone living to be 50 years old. The average life span in Africa is about 30 years, and it is the exception to find anyone living to be 40 years old. The average life span in South America is about 20 years, and it is the exception to find anyone living to be 30 years old. The average life span in North America is about 15 years, and it is the exception to find anyone living to be 20 years old.

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rest to Women

The Editor of The Women's Department. Journal. Credit.

CULVER-KELLOGG WEDDING EVENT

Miss Agnes Grace Kellogg

MARRIED LAST NIGHT: To
Dr. B. N. Culver,
DAUGHTER OF DR. KELLOGG.

AT HOME OF HER PARENTS ON MANCHESTER STREET—A PRETTY AFFAIR.

The beautiful home of Dr. and Mrs. Kellogg was the scene Tuesday evening of the marriage of their daughter, Miss Agnes Grace Kellogg, to Dr. B. N. Culver, son of Dr. E. T. Kellogg, of the Kellogg family of Battle Creek.

The home and spacious lawn were elaborately decorated in a beautiful manner, all descriptive arrangements for a wedding of unusual magnificence. The event was especially a delight to the many guests in attendance at the marriage. The preparations were made with the smallest detail and while wedding bells jangled with the especially beautiful music, a scene of beauty and grandeur, a scene of palms and flowers, was duplicated. The dress of the bride was outlined with ruffles and lace and the dress of the bridegroom was of the handsomest thirteenth and large new lace. In the presence of the couple and the friends gathered around with many guests in attendance the ceremony was performed. The wedding bells tolled as soon as the ceremony was over and among the guests were many well-known people in the vicinity. They were given an especially beautiful view of the scene when the newlyweds made their entrance in the carriage. Those who were present were especially pleased with the long hair and covered with flowers, and the bridegroom was particularly pleased with the scene of flowers and the flowers were especially beautiful. The scene of flowers was particularly pleasing to the guests who were present.

The guests were welcomed by Miss Agnes Grace Kellogg and her husband, Dr. B. N. Culver, who were electrocuted last night at the bronze gate of the Kellogg home. The guests were treated with a special sense of the occasion and the scene was particularly pleasing to the guests who were present. The scene of flowers was particularly pleasing to the guests who were present. The guests were treated with a special sense of the occasion and the scene was particularly pleasing to the guests who were present. The scene of flowers was particularly pleasing to the guests who were present.
The Sanitarium Kindergarten.

Fannie Sprague Talbot.

A few of Battle Creek's citizens know, but the great majority do not, of the Kindergarten at the Sanitarium. It is in charge of Miss Harriet Kellogg and it is very popular. We have spoken with her the other day about the work which lies so near her heart.

This kindergarten, it seems, was established in West Hall two years ago and is under the supervision of Madame Van Kirk’s Training School for Kindergartners in Philadelphia.

"You see," said the little lady, "I draw, paint, sing, work, and am happy with it all. We were all brought up under Kindergarten principles, but they seem to suit me to no more particularity. Then, too, mama's book on "Character Building" had a great influence on me, so I hasten to do my share in bringing forth the brushes, the water and the colors. They are one little family and each has an interest in all the others.

The circle means unity and if one is absent, it is understood that the circle is not complete.

The chairs are counted each day by the one who arrives last and a feeling of sorrow is manifested when one is found to be empty.

Many little extra pleasures are planned for the little tots by Miss Kellogg. There is the sand box with which they may make themselves busy until her arrival in the morning. There are visits to the fire station and other places of interest but first of all they enjoy the walk to the Kellogg home on Manchester street where they are privileged to run about in the park with the deer and the ponies, to romp in the hay mow, and to play with the family pets.

They have too, in the Kindergarten, a complete circus, a menagerie, which is of itself a never-ending source of delight.

All the animals from the ring-tailed monkeys to the big elephant are there. It is true they are only paper and they are mounted on paper, but what matters? They give just as much pleasure as do the elephants in a real show and besides they have fashioned them with their own little hands.

Of all the objects they enjoy the most are the two large, paper-covered and toy, inexpensive toys, and then they have a flower garden which chases not a little of their attention and in which they are very proud. They saw the seeds and set out the plants themselves under the supervision of Gardner Van Der Vort.

The picture of the Kindergarten has closed. The last day was observed not many afternoons ago by transfering the circle, the wheel, the glasses, to the Sanitarium parlor. There they sang the "Fire Song" and "The Midst Man," with the usual enthusiasm and last of all came the closing song:

"All our work is put away,
All our songs are sung today.
Over now is all our play,
Let us say "good bye."
Then the circle was broken.

The little ones then had their teacher a feed and tearful farewell and wended their way homeward, each carrying proudly a book of paintings and drawings done during the year, and each wishing to go on.

Just now plans are being formulated for the Summer Kindergarten, which opens Monday, June 16, while the rooms in West Hall will be frequently to some of the faculty. In most of the time the children will be on the college Campus. One or two hours each day will be spent in the outdoor gymnasium. There will be swimming lessons and slough work and basket making. As Miss Kellogg put it, "The summer school is to be one big bubble of happiness for the tots." And the children and those for the Sanitarium is always crowded with patients and guests during the summer months.

Miss Kellogg is a thoughtful young woman and she has ideas of her own. "Some women there are," said she "who love children for no other reason than that they are pretty and attractive. If they could come to my Kindergarten and watch the little lads and lassies on the circle, they would look down into the depths of their eyes and feel their little kisses hands they would come to love the children for their own little selves.

"If we want children to be good we must be good to them, must fill their minds with beautiful ideals, their daily lives with happiness. Children love those best who are kindest to them, who teach them to be good and setting them a good example."

And Miss Kellogg is everlastingly kind and wherever she goes she makes a friend among the citizens of Battle Creek, as she speaks. Again and again she hears this statement, one that comes directly from the hearts of the children: "Oh, Miss Kellogg, I love you, You are so good." She is their ideal and they attribute to her all the good qualities known in the category of their young lives.
How the Indoor Man Can Feel Right All the Time

This article is intended for the man of forty or thereabouts who is chained to his desk many hours a day.

Walter Camp's name, and success for Yale in athletics, have been long synonymous. Mr. Camp has been president of the New Haven Clock Company for fifteen years. Pressure of business caused him to retire from the University Council of Yale's faculty twelve years ago.

When America entered the war Mr. Camp accepted a position on the Commission on Training Camp Activities, in charge of athletics. The remarkable results accomplished in building up men at naval stations and aviation fields were due to his supervision. He devised a new and simple system of set-up drill, far easier to learn and use than the old-fashioned Swedish methods.

Cabinet members and other men in Washington appealed to Mr. Camp. He taught them his "daily dozen" and made them fit for their extra war labors. Then the news spread through the country. Industries sent men to Mr. Camp to learn the system and install it for the benefit of their office workers. And he is receiving hundreds of requests from those who cannot see him personally.

At the request of Collier's, Mr. Camp has consented to explain his system here. The idea has never been commercialized. It has grown out of his patriotic service during the war. It is to continue that service in peace time, by making men and women healthier and fitter for the business of living, that he now explains his complete system.

Collier's has asked William Almon Wolff, the novelist, to try the system. Once something of an athlete, he is now a typical desk man. Mr. Wolff went to New Haven, heard Mr. Camp's instructions, and went to work. What happened he describes at the end of this article.

by a wild animal, or when he is so cut off from the mechanism of everyday civilized life that he has to revert to ancestral type and kill his food before he can eat it. Feasts that were once matters of routine living have become symbols of rare athletic prowess.

Men are paid enormous salaries by the Ringling Brothers for doing, with flying rings and trapezes, what our ancestors had to do among the trees of the jungle to escape from wild beasts that had treed them. Only the rarest and most exceptionally gifted athlete, fitted by long and arduous training, can do to-day things that in the Stone Age were common to every man who had survived and attained maturity.

And yet we have, with very minor modifications, exactly the same bodies, the same sets of muscles, the same nerves, as served our ancestors. We have developed our minds to an astonishing degree. We have gone far beyond them in using our hands; we can do things, quite casually, that would have seemed like black magic to them. Inevitably, we have stopped using, or almost stopped using, a good many muscles that they were always calling into play. Those muscles, with disuse, become more or less atrophied. They are weak and flabby; when we do need them we find they play us false. And we do need them; we need all the muscles we have.

They have functions, you see, that we don't think about, because they are, to some extent, automatic. And we can, up to a certain point, get the essential work done in other ways.

Stand Up! How Did You Do It?

Sit down, for half an hour, in an armchair. When do you rise, how do you do it? Do you get up easily and naturally, lifting yourself by the muscles of your trunk? I doubt it—if you are hovering somewhere in the neighborhood of your fortieth birthday. I suspect that you push yourself up with your hands and arms, resting them on the arms of your chair. It's easy to do that—but it's a bad sign.

Suppose you have to pick up a bag or a bucket that is at your side. Don't you move your feet, turn your whole body into another plane, before you bend to pick up that object? Can you twist around, as a child would? The chances are that you don't, whether you can or not. We all tend to turn and make all our motions in straight lines, in single planes. A child never does that, nor does an animal. Throw your dog a bone or a piece of sugar,
The Daily Dozen

1. HANDS: Stand erect, arms hanging at sides, heels slightly separated, feet pointing straight ahead.

2. HIPS: As before, but with hands on hips.

3. HEAD: Arms up, hands meet with fingers just touching each other at back of head.

4. GRIND: Arms outstretched straight from shoulders—called the "cross" position. Turn palms upward; make six-inch circles with hands, five times forward, five backward; keep arms stiff.

5. GRATE: Arms at "cross" position; palms down. Lift arms very slowly to angle of about forty-five degrees, inhaling; bring them down slowly to shoulder position, exhalation. Repeat ten times.

6. GRASP: Let fingers of both hands meet at back of neck. Bend neck back. Bend body forward very slowly from waist, keeping head up, neck bent back; eyes fixed on object height of man's eyes. Come back slowly to first position; then bend backward. Repeat ten times.

7. CRAWL: Stand at "cross" position. Raise right arm; let left drop at side. Then let left crawl slowly down toward the knee, at same time curving right arm over head until fingers touch left side of neck. Return to "cross" position and let right hand crawl and left curl over head. Five times with each hand.

8. CURL: Stand at "cross" position. Clench fists. Begin to inhale deeply while lowering arms and bringing them slowly forward, bent at elbow; curl arms around until fists come under armpits. Bend head and shoulders backward as inhalation is completed. Loosen hands and push straight forward, beginning to exhale. Bend forward from waist, exhaling, and letting hands come back across hips; continue movement until, as you remain bent, the arms are raised behind you. Begin to inhale again as you return to "cross" position, ready to repeat. Ten times.

9. CROUCH: "Cross" position, feet 18 inches apart. Raise on toes; keep hands out. Squat slowly down as far as you can, inhaling. Come up slowly, exhaling, and letting hands touch floor as you rise. Five times.

10. WAVE: "Cross" position. Raise arms, bending wrists until fingers touch above head. Bring both arms against head with snap movement. Moving only from waist, bend forward slightly, then right, to right, then to left, and continue until you are making a circle with your clasped hands extended above head. Five times in each direction, reversing circle after first five.

11. WEAVE: "Cross" position, feet apart. Raise right arm, keeping eyes on it as it goes up; bend left knee and lower left arm until fingers touch floor between feet. Back to "cross" position and reverse. Five times for each hand.

12. WING: "Cross" position. Exhale, bringing arms straight out before you. Continuing exhalation, swing arms down and back, bending forward slowly from waist. Continue bending forward, pushing arms back and letting breath out as movement is completed. Keep head up and eyes forward. Now inhale as you go back slowly to "cross" position. Repeat ten times.

Now in this matter of the bowels, your diet is important, of course. It should be balanced. There are foods that cannot be easily eliminated, there are others that facilitate matters. But when all is said and done, the action of the intestines is largely muscular. You won't have smooth, regular, unstimulated activity in that quarter unless your muscles are supple and strong. You may have recourse to an osteopath instead of to laxatives. But what he does for you is to stimulate those muscles into motion, artificially, just the same; it is like the artificial respiration that is used to restore life to a man drowned from the water.

You may think that all this sounds familiar; that it is platitudinous to call attention to the restrictive influence of civilization. That is an old story. True enough. It is. It is the argument of every inventor of a new system of exercise. Exercise, a product of civilization, seeks, when you analyze it, to provide a substitute for the work our ancestors did that kept their bodies up to convert pitch. Amusement, recreation, are, in a sense, by-products of exercise, as exercise is used by men in their prime, or past it.

But in nearly all exercise, in walking, in golf, in tennis, bowling, handball, amusement and recreation
June 5, 1920

are the only really valuable products. So far as exercising the muscles that really need work is concerned, they are a delusion and a snare. The vitally important muscles, the ones that civilization atrophies, get no more benefit from a round of golf, as a rule, than they do from the work you do in an ordinary business day. That isn’t quite true, but it is true enough for all practical purposes. Again that is a truism. And because the fact has been so generally recognized we have scores of different systems of calisthenic exercises, carefully, and, often skillfully, devised to bring into play the little-used muscles of the body. There are few men more than thirty-five years old who have not, for a time at least, more or less sporadically followed some such routine of exercise.

You may do it with a class, under a leader. You may do it at home, using a chart. You may have about it; to study his way, which would be a natural way, of solving the problem. I watched those animals. And they all did approximately the same thing. They seemed never to worry about their legs. But they were always stretching and twisting and turning their bodies—their trunks. They used the floors of their cages and the bars of the cage to get relaxation, and they pushed and twisted and turned as they did it. I took note of my dog, too—another caged animal, corresponding more to me, of course, than to the lion in the Zoo.

Call your dog, when he is lying, asleep, on the sofa. He gets down, readily enough. But he won’t come to you until he has stretched. His front legs go down first, and he stretches forward, then back. It is the same with a cat, or any other animal—except a beast of burden, like a horse or a mule. And a wild animal may stretch in that fashion, but he has less need to do so.

Now, those stretchings and turnings and twistings aren’t without aim or purpose. It is entirely possible to analyze them, to detect a definite rhythm, to see that, as a matter of fact, they exercise, simply and naturally, and without strain, all the muscles that, in captivity, tend to fall into disuse. Your dog stretches whenever rest has stiffened his muscles. And if a caged animal can do that, so can a caged man. My business was to use such exercises as we had and to devise a simple, easily remembered, easily performed schedule of such movements.

That is why I worked out the Daily Dozen. It was, in the first place, to give that naval officer a substitute for the Swedish calisthenics he was preparing to throw out because they didn’t do what they were supposed to do. They were supposed to tone up the bodies of those men in training, to make them supple and limber, to keep them on edge and fit.

Good-bye, Headaches

No matter what your condition, though, you won’t get quick results from the Daily Dozen. They won’t help you to undue the effect of years of neglect in a few days. Nature does not work that way. If you’re much overweight, you won’t see the effect of the exercises for you. But you will begin, pretty soon, to get definite results. The muscles in your abdomen will become supple and strong, ultimately, there will be a sort of corset of muscle about your waist. Your thoracic cavity will grow larger, because some of these exercises, particularly, the curl and the wing, the grind, the grate, and the grasp, will make you breathe deep. They will strengthen the muscles about your shoulders, too, and across your chest and back. These are the exercises that will make the prospect of wearing a low-cut gown less of a nightmare for certain women. They exercises straight at the causes of a number of annoying little ailments, not serious enough to send you to a doctor, that keep you from feeling as well as you might from day to day. A good many headaches, for example, will yield to a few repetitions of the grasp. If they arise from eye strain or from too great a concentration of the blood in the head, that movement will serve almost as a specific. The fixed stare at a certain point, as you bend forward, will rest some of the eye muscles and exercise others you seldom use.

Generally speaking, you often feel stuffy and logy after you have applied yourself closely to mental work. Your tendency, when you get off, is to stretch—just as your dog stretches when you call him to you. We don’t carry that tendency quite far enough. A few of these exercises freshen one wonderfully when one is in that state. They restore and redistribute the physical powers.

Officials may be obliged to attend several important conferences or directors’ meetings in rapid succession. They need time to (Continued on page 55)

GRASP

Dednings by William Oberholtzer
Jill Mariner and Uncle Chris, out of money but full of hope, come to America to make their fortunes—in this chapter of

THE LITTLE WARRIOR

By

P. G. WODEHOUSE

ILLUSTRATED BY WALLACE MORGAN

THE STORY—Jill Mariner, jilted by her fiancé, Sir Derek Underhill, decides to come to America with Uncle Chris, her guardian, a charming but none too reliable person who has just succeeded in losing all her money for her. In a shabby quarter of London Jill has made the acquaintance of Nellie Bryant, an American actress “at liberty,” to whom Freddie Rooke, an old friend of Jill’s, has advanced enough money to purchase a steamship ticket home.

“New York!” announced Uncle Chris. Jill saw the great bulk of the city rising into the sky line, heartening yet sinister.

VII

In the lives of each one of us, as we look back and review them in retrospect, there are certain desert wastes from which memory winces like some tired traveler faced with a dreary stretch of road. Even from the security of later happiness we cannot contemplate them without a shudder.

Time robs our sorrows of their sharp vividness, but the horror of those blank, gray days never wholly passes. It remains forever at the back of our consciousness to remind us that we may have struggled through it to the night on which there is an abyss. We may dwell, like Pilgrim, on the Dectable Mountains, but we never forget the Slough of Despond.

Years afterward Jill could not bring herself to think of that brief but age-long period which lay between the evening when she read Derek’s letter and the morning when, with the wet sea wind in her face and the cry of the wheeling sea gulls in her ears, she stood on the deck of the liner that was taking her to the land where she could begin a new life. It brooded behind her like a great, dank cloud, shutting out the sunshine.

The conditions of modern life are singularly insidious and dramatic action when we wish to escape from surroundings that have become intolerable. In the old days your hero would leap his charger and ride out into the sunset. Now he is compelled to remain for a week or so to settle his affairs—especially if he is an Uncle Chris and has got those affairs into such a tangle that hardened lawyers knit their brows at the sight of them. It took one of the most competent firms in the metropolis four days to produce some sort of order in the confusion resulting from Major Selby’s financial operations: and during those days Jill existed in a state of being which could be defined as living only in that she breathed and ate and comported herself outwardly like a girl and not a ghost.

Boards announcing that the house was for sale appeared against the railings through which Janie, the parlormaid, conducted her daily conversations with the tradesmen. Strangers roamed the rooms examining and appraising the furniture. Uncle Chris, on whom disaster had had a quickening and vivifying effect, was everywhere at once, an impressive figure of energy. One may be wronging Uncle Chris, but to the eye of the casual observer he seemed in these days of trial to be having the time of his life.

Jill varied the monotony of sitting in her room—which was the only place in the house where one might be sure of not encountering a furniture broker’s man with a notebook and pencil—by taking long walks. She avoided as far as possible the small area which had once made up the whole of London for her, but even so she was not always successful in escaping from old acquaintances. Once, cutting through Lennox Gardens, she happened upon Freddie Rooke, who had been paying a call in his best hat and a pair of white spats which would have cut his friend Henry to the quick. It was not an enjoyable meeting. Freddie, keenly alive to the awkwardness of the situation, was scarcely incoherent; and Jill, who desired nothing less than to talk with one so intimately connected in her mind with all that she had lost, was scarcely more collected. They parted without regret. The only satisfaction that came to Jill from the encounter was the knowledge that Derek was still out of town. He had wired for his things, said Freddie, and had retreated farther north. Freddie, it seemed, had been informed of the broken engagement by Lady Underhill in an interview which appeared to have left a lasting impression on his mind. Of Jill’s monetary difficulties he had heard nothing.

After this meeting Jill felt a slight diminution of the oppression which weighed upon her. She could not have borne to have come unexpectedly upon Derek, and, now that there was no danger of that, she found life a little easier. The days passed somehow, and finally there came the morning when, accompanied by Uncle Chris—vulgar and explanatory about the details of what he called “settling everything settled”—she rode in a taxi to take the train for Southampton. Her last impression of London was of rows upon rows of mean houses, of cats wandering in back yards among groves of home-washed underclothing, and a smoky grayness which gave way, as the train raced on, to the clearer gray of the suburbs and the good green and brown of the open country.

Then the bustle and confusion of the liner; the calm monotony of the journey, when one came on deck each morning to find the vessel so manifestly in the same spot where it had been the morning before that it was impossible to realize how many hundreds of miles of ocean had really been placed behind one; and finally the Ambrose Chantry, stately and the great bulk of New York city, a sky like a city of fairyland, heartening once a welcome and a menace.

“There you are, my dear!” said gently, as though it were a toy with his own hands. “New York!”

They were standing on the top of the rail. Jill caught her breath, since disaster had come upon her with a rising of her spirits. In the huge buildings which rose above the towering city seemed something that had gone before. This was strong upon her.

UNCLE CHRIS, the only affected. He looked a wholly earthy, wheat cakes.

It was now, also, that a spirit of the city seemed to come with each breath. On the
Keeping Young at Forty

Continued from page 12

readjust their outlook between such meetings. But when that time can’t be found, I try to find that mid-morning alone, going through this sit-up, serves the purpose splendidly. In the same way we can do the same thing—eat a meal on top of a long period of mental work, the exercising afterwards. I have been doing the same thing all my life. Otherwise digestion suffers.

It is true that the Daily Dozen was devised in the beginning as a setting-up drill for picked young men—the boys who were in training during the war. The greatest value is for men who are no longer young; for men who are just reaching their thirty-fifth birthday, are beginning to realize that their bodies aren’t as fit as they used to be.

I applied it to middle-aged men, and men past middle age too, for that matter. No one—men who simply had to do more work than they were in the habit of doing—needed to meet a crisis, a grave emergency. Their working capacity had to be increased.

I want to go back, just for a moment, to the analogy I always have in mind now when I talk about the training of a football team. You can train those men down to the finest possible point; you can condition them so that they haven’t a pound of superfluous weight. They start from the floor on one edge. In the first five minutes one or two muffs a punt; an opposing player snatch up the ball and go in for a touchdown. The overtrained team is beaten from the start. The football team needs some of the 80% that has been trained out of it—its reserve. You have no use for a sudden start to a new game; you must have retained that store of extra power.

In the emergency it will come back—view back—and offset that unexpected reverse.

What the Dozen Did for Me

By WILLIAM ALMON WOLFF

I was a pretty willing victim when I was asked to let Mr. Camp try his Daily Dozen on me. I don’t get exercises in the mornings. I’ve always prided myself on the fact that I could bend over, with my knees straight, and touch the floor with my hands. That made me feel that I was much more of an athlete than most of the men I knew. Mr. Camp looked at me pityingly when I said that.

"Yes," he said, "one man who’s been doing that came to me to ask why he had a strained back. I’ve never seen a movement that I thought might be some use in it. But we don’t, why don’t you try the joints in our knees?"

Well—how was I to answer? And that’s the way Mr. Camp talks. You can’t quarrel with him because he backs up everything he tells you with things nature’s been trying to tell us ever since we were born.

He talked to me as he does to you in the preceding article, in which he explains his idea. Then he put me through those exercises. Some of them I did pretty well, and he baffle me at first. But I got them all down put in an hour, and I’ve been doing them night and morning ever since. The results aren’t startling yet, but they’re definite. I enjoy the exercise more; I go through a few of the exercises first. I sleep better for doing them the last thing at night, and I feel a lot better, because I’m breathing deeper. In general, I feel looser. There seems to be more snap in my movements. I haven’t had time to try it yet, but I think my tennis will be improved by the Daily Dozen.

And I’ll swear that the next time I see Walter Camp I’m going to make him take back what he said to the editor of Collier’s about me. Which is this: "Wolff’s in pretty good shape. But he’s been living such a sedentary life that he has no coordination at all."

I know what he meant. There is a devilish trick that a leader can play on you if you are doing the Daily Dozen. The rhythm is so perfect the leader runs them through, lighting fast, like this: "Order—hands—hips—order—head." You’re not to move unless he says order. And then he’ll call "Hands" or "Head"—but without the keyword. "Order." And, ten to one, he’ll catch you, just as Mr. Camp caught me. And you’ll do what I did, poor slave of an office that I am—you’ll follow his command. And he may tell some one your coordination is rotten.

But if your experience is like mine, you’ll reestablish the old coordination between ears and eyes and muscles in a week or two of these exercises, and be free from a brand-new insult. You won’t be so bad, anyway. This system of Walter Camp’s can’t hurt you—in which it’s different from a good many drills, which he who is so fit he needs no special exercise, but founder the unfit completely.

Secretary of Agriculture Meredith says:

"If I were to refer at all to the high cost of living, I would say its solution is a mutual plan for all of us. It is the farmer’s problem; it is the laborer’s problem; and it is the business men’s problem; and we must all work together mutually to take out of the cost of distribution, the cost of production, and the waste in labor every item that we can in meet this situation." —Secretary of Agriculture Meredith in a speech before the Chicago Association of Commerce

How Swift & Company helps to solve this problem

Food is the chief item of expense in the average family.

Swift & Company furnishes one of the largest outlets for meat and meat products in the world.

This is what Swift & Company did last year in solving the problem Secretary Meredith points out:

We furnished meat in quantities dependent only upon the amount of live stock produced.

We encouraged greater production by helping to find a market for animals brought to market. We carried meats in a steady stream to consuming centers—cities of millions and hamlets of hundreds. This was done at an average profit from all sources of only one-fourth of a cent per pound of product.

Of every dollar received by Swift & Company for meat, cured hides, and other by-products, an average of 85.4 cents was paid out for live stock; 13 cents for expenses of operation and distribution; and 1.6 cents was left for profit, out of which more than 30,000 shareholders had to be paid a return for the use of their capital.

What did this? Ability, experience, equipment resources and an underlying purpose throughout Swift & Company to prove its usefulness at all times.

Swift & Company, U.S.A.

Founded 1868

A nation-wide organization owned by more than 30,000 shareholders
Romance—Unlimited
Continued from page 19

Miss Diego closed her eyes and tipped back her pretty head so that Pug saw her throat circled by a string of jet beads. The cheekered sunlight, quivering with the remote distance, as golden pollen sprinkles the petals of a flower, touched her white dress, her nervous hands, her smooth hair.

It was very still, save for the click of the Signora Ortega's knitting needles and the dry rustle of leaves overhead.

"Also," Miss Diego went on, "my grandmother was kidnapped by a Tapadas, an Indian from behind the mountains. And my grandfather rode for three days and three nights and fought for her and brought her home. Later, when they were so happily married, he went to the camp of the Tapadas and stole their sacred fire and bore it, said burning, to my grandmother."

Miss Diego's eyes opened and Pug caught their sidelong, mischievous flash.

"It is not discreet to tell of one's family. But papa eloped with mamma, thirty years ago..."

"Ecco!" Signora Ortega cried suddenly. "Il Presidente!"

Pug turned—Diego was coming across the garden; with him, a tall and gaunt individual in a pin-check suit, who carried a bamboo cane between thumb and forefinger. Miss Diego, with a quick, almost imperceptible motion, slipped her hand into Pug's and whispered:

"This man, who comes, heart of my heart, I fear him." When Diego approached, his daughter greeted him warmly. And she had so many smiles for the tall Signor Brevini, for it was he, that Pug grew restless.

Diego was sullen. His martial air, and his hair and beard, and there was a deep wrinkle between his eyes. Something about him suggested Napoleon at St. Helena, the fallen idol, or an idol about to fall. He brightened when Pug said that he was sailing with the Fairchild Company's boat in the morning.

"Oh! You return to your native land. We Magellans are very grateful to you. But you must admit—our destiny is our own."

"My noble aunt is as doof as a post," said the President's daughter.

cane, barely missing the Signora Ortega's nose with each revolution.

Pug bade the President goodby and took himself to the Piazza. There he sat with his hat pulled over his eyes and his heels jingling not so much as ruminate deeply upon the ways of women.

"It begins to appear," he said aloud to a scared Indian child who had toddled up to stare at him, "like romance à la opera-bouffe. Behold me, pig-eyed son of a Tapadas: a New Yorker, twenty-six years old and in my right mind. Yet to-night, when the moon rises from the Spanish Main and the world is full of wildness and magic, I shall risk my unromantic Yankee neck for a lady's whim."

The Indian child howled and ran away, while Pug strode down to the beach and spent pesos liberally among the Carib crew of a small native schooner.

When he returned to the consulate, and found the Consul asleep in the hammock, he without pause took his place and informed his belongings. These were carried by the Consul's Indian boy to the beach and intrusted to the care of the Rough Rider's first officer, who was waiting for them there.

When the Consul woke, opening his eyes to the lazy enchantment of the tropical sunset hour, Pug was sitting on the railing, holding his heets together and picking tunes from a battered mandolin.

"Ah," the Consul said, "you are here again—I hate to seem curious—"

"Pug is sailing with me tomorrow morning."

"Have you told her so?"

"Not yet. Some day you will learn, my dear fellow, that women like predatory ways. Do you happen to know whether there is a priest on the Capo headland?"

"A priest?"

"You forget that I am going to be married.

The Consul lay back in the hammock and laughed rapturously. "Oh, the simple-hearted young man! He shouted, "A wedding!" He wriggled his eyes and said seriously: "A priest does live on the Capo headland, as a matter of fact. Town called Barrios, a handful of fishermen's huts. And there is, of course, a church."

"Thanks, Barrios. I'll remember,"
The Working Class and the Alcohol Question

Report Given by Dr. Richard Frohlich at the General Party Convention of the Social Democracy in Austria, Vienna, November 13, 1903

Socialist Convention Adopts Strong Resolutions Against Alcoholic Drinks—Total Abstinence Insisted Upon—Startling, Convincing Arguments

In the last few years the nature of the temperance movement has changed very decidedly. The agitation for temperance which the middle class supports (as a moral influence in the community) has not only failed to gain any permanent success in its battle against alcoholism, but it has lost even the slight influence it may have had here and there among the working classes. It has all the marks of a middle-class philanthropic movement, from the one-sidedness of its arguments to the unbearable pulpitu-tone of its agents. Pastors with and without the gown have discoursed on the sin of drink, especially the drink of the working class. Their definition of the proletariat has been: a set of men who squander all they earn in getting drunk, and who desire to have more money only that they may have more drink.

But it has always been against intoxication from distilled liquors that these middle-class reformers have been arrayed. And that alone because they wished themselves to continue to drink their glass of beer or wine in peace; but also from sheer ignorance of the effects of alcohol in all forms. Formerly it was only the alcoholism of distilled liquors that was looked upon as a devastating disease, while wine and beer were regarded as utterly harmless, or even as wholesome and necessary article of diet. Beer was prized as a substitute for liquor. Furthermore, the reformers have failed to see that the consumption of strong liquors is for the most part a direct consequence of the wretched nourishment, unsanitary housing, miserable wages—in a word, the brutalization of the working-man at the hands of capitalism. Drunkenness is a symptom of this brutalization, a symptom of industrial degeneration.

Drink and Social Misery

Since the temperance reformers have not understood this connection, it is not at all strange that they have spent their strength in vain, combatting the symptom, instead of beginning with the proper task: namely, raising the condition of the laboring class through political and industrial organization. Against the persistent argument which says, "Drink: the cause; social misery the result;" every rational man who has seen that the exact opposite is true, will of course protest. Moreover, in this form of argument lurks the danger for great numbers of the working class of being led farther and farther away from a true understanding of the facts of the alcohol question—especially as this middle-class theory pretends to furnish a cure for all the evils of the day. Once grant the fact that drink is the cause of all the social suffering of the proletariat, and the proletariat has but to give up drink, when lo! all its social problems disappear.

Now the Social Democracy has been entirely right in meeting this middle-class temperance movement, and in speaking of the work of organizing a crusade of craving for liquor, with the declaration: "We will have nothing to do with you. Our men, our money, our time are all too valuable to spend on such a cause.

We will get control of those industries and raise the condition of the working class, and thereby do away with the social evil of alcoholism altogether.

Alcohol Prevents Agitation.

But just here come the great difficulties which alcoholism puts in the way of our organization. It is precisely in the lowest stages of the social order that alcoholism is the greatest factor in thwarting the work of solidarity, and makes infinitely more difficult the effort to win the proletariat to any agitation for the betterment of their conditions.

This is especially true, of course, in the regions where the lowest standards of living prevail, as in the Bohemian country-towns or the Ostrara mines. But still it is true to a great degree of various classes of working men outside those wretched districts—even for large parts of Vienna itself. Right here in Vienna, when a man attempts to organize the workers of a certain class, they shook their brindly-flasks in his face and shouted: "Here is our organization; we have no need of you!" Such an enemy to organization is alcoholism in its brute form! These poor workingmen would surely feel the need for higher wages and shorter hours of labor more keenly if they did not have alcohol for their re- fuge. In this lowest stage of living, however, the first need that must be understood is the need for shorter hours and higher wages, and the dulled senses of the people who are sunk in misery must be somehow stirred to feel this fundamental need.

Demoralization of Drink Habit

If there were only this alcoholism to combat, which comes as a result of wretched standards of living, there would be little to justify a direct crusade against it. The people would be entirely right who say: "Organize and organize again and again, for only so will you create the necessary conditions for every step of mental and moral progress." But as a matter of fact there exists, along with this alcoholism which is a direct consequence of poor standards of living, along with this craving for drink in its crass form, a sort of alcoholism which pervades all the strata of our society. That is the alcoholism which comes not from misery but from a custom of drinking which is practically universal at present—it is called the "moderate use" of alcohol, and is common to men in organizations and outside of them alike. It is the form of alcoholism which is open to the in-
fluctuation of a direct crusade, because the class of men who make the law are read in by arguments. Judged from the number of its victims as well as from its general influence, this form of alcoholism is of far greater importance than the so-called 'alcoholism of brandy and whisky. It is sanctioned by the whole present generation practically, without distinction of class or creed, into which the poison has insinuated itself. The interest of society does not manifest itself in the startling forms of drunkenness and delirium tremens, not to mention the less hideous but equally protecting shield of an indulgent, extenuating public sentiment.

This form of alcoholism that the new total-abstinence crusade is directing—the "moderate" alcoholism, which, like as not, results in the same absolute abstinence from alcohol, is a form of alcoholism we can attack directly at its roots: the social code of drink and the social commitment that underlies it.

Beer and Wine Most Dangerous

Here I must devote a few words to the present condition of the "beer and wine" classes. As things are today, the distilled liquors claim far fewer victims than beer and wine. In respect to the actual quantity of alcohol consumed, beer and wine are more dangerous to society to-day than strong liquors. In our city of Vienna the alcohol put into the human system from beer and wine is at least as great as from the spirits double that consumed in the form of brandy, gin, rum and whisky. Easily accessible statistics show that beer and wine have the largest number of victims. Out of 1,525 patients treated for alcoholism in a hospital in Prague, only 267 patients (or 17.5 per cent.) were found (more than half) were victims of beer. Unfortunately, our statistics for Austria are not very full, and we can get from them only an approxi- mately authentic picture of the situation in the Switzerland, where for several years a careful record was kept of alcoholic patients, both in the hospitals and in private practice. The statistics show that one in every ten adult males, and one in every six between the ages of 40 and 60, are alcoholics. It is well known that alcohol Isabel the Swiss cities have certainly no higher rate of consumption of alcohol than Vienna!

But Disease and Death

These statistics give only cases of deaths from alcoholism. Of the incapacity for work, the misery in the family, the neglect of children, the inefficient work of those employed, these figures say nothing! An idea of the miserable conditions of the victims of alcoholism may be formed from the fact that the incidence of tuberculosis, no disease that affects our people causes such havoc as alcohol. And it is important to note here that only one in ten of the victims of alcoholism are victims of the delirium tremens—that conspicuous form of alcoholism! It is an alcoholism which generally is not called "alcoholism" at all, that has for its victims one-tenth of the male population of Switzerland. And to all this we must add the enormous weakening of the power of resistance to disease of the general germs of all the alcoholic. There is scarcely an infectious disease, tuberculosis included, that is not the more dangerous in a man whose system is alcoholized, more quickly than a man whose power of resistance has not been weakened at all.

We must recognize the fact that it has been the medical investigation of the last few years that has proven that the little derangements (often not even their beginnings) which are caused by alcohol even taken "moderately," grow, with the accumulated quantities of years, into the most dangerous germs. A study prepared in the shorter average of life among "moderate drinkers" as compared with total abstainers.

We Austrians, further, as compared with the Swiss, must realize that a great many factors are at work to drive lung disease and the other diseases caused by alcohol—factors which are negligible in highly civilzied Switzerland, where better clothing, better food, better education, etc. to counteract the evil effects of alcohol. That is an added reason why we should take up the crusade. JUST BECAUSE THE FORCES MAKING FOR GENERATION ARE SO NUMBERED AND ACTIVE WITH US, WE HAVE DOUBLE THE CALL TO ELIMI- NATE AT LEAST THOSE OF WHICH WE ARE MASTERS TODAY.

Alcohol and Crime

Another aspect of the alcohol question is the re- lationship between alcohol and crime. To be sure, there are countless factors at work in our society which develop criminal inclinations and strengthen them. Hence, no emotional problem, whatever it may be, which removes the last restraint. What the sober man would never dream of doing the intoxicated man does without a particle of hesitation. Otto Lang has recently published the third volume between alcohol and crime in Zurich. He found that out of 414 cases of assault and battery punished by imprisonment under 20,857 people were committed under the influence of alcohol. Moreover, Lang has proved that it is not at all uncommon for cases that is not a crime to be committed under the influence of crime; but that often the occasional drinker pays the serious penalty for his one little incoherence. This point is common, that of the cases of assault and battery committed under the influence of alcohol, 81 per cent were committed by the intoxicated, and only 19 per cent by habitual drunkards. We Aus- trians can fully hold our own with the Swiss in this question of alcohol and crime. Within the last 10 years sentences of imprisonment aggregating 294 years have been imposed in Austria for crimes committed by persons under the influence of alcohol. This represents a decrease in intoxication on the Saturdays and Mondays of a single year mount up to 8,000. And finally, we have heard persistent cries from both countries where large a proportion of the inmates of the insane asylums owe their disease to alcohol as in the case of the insane asylum in Bohemia as of the wine country of lower Austria. Alcohol keeps workers down

What is the significance of all this for the working-class? There is no doubt, first of all, that the well-to-do are for every class of society except than the sick men: that the man who has no beer liver, beer kidneys, or beer heart can be used to better advantage in the work of organization and propaganda than the one who has them. Furthermore, there is no doubt that all the forces which keep the standard of living of the working class so low are strengthened by the existence of alcohol; that poor nourishment is made a graver danger by the resort to alcohol, and that the evils of overwork are increased by it. Everything that tends to plunge the working-man into mis- ery is encouraged by alcohol; everything that is workable is made impossible by its use. His wretchedness is discouraged by alcohol.

If we have been right in rejecting the middle-class preaching of temperance, the only cure that the majority of the workers is to take the waste time, money, and men, we must also in justice add: That form of alco- holism which is accepted as a matter of course by men who also ate money for money, and—hence it must be combated.

Everyone of you knows better than 1 the difficul- ties which are due to the working-class among those working men. His given to their duty in all sorts of ways, the conditions of the organization has the same wages at the turning-lathe as the non-member. But if the workman is addicted to drink, and against the workman must wage relentless war.

A Ruinous Suggestion

This is not meant as a suggestion that the use of alcohol leads immediately to a fixed craving for liquor. Such a condition is preceded by all the grades of exhilaration which prevent the realization of the complete effect of the evil of all the real satisfactions of life. Alcohol makes a happy crea- ture (often only a happy beast) out of an unhappy man. It brings him not merely happy, but makes him directly against continuous toil for the satisfi- cation of his deep social needs. Alcohol de- serves the man with the promise of a happy pres- ence which on him—a realization which is

the needful infusion for the upward reach of the masses.

Alcohol Dangerous to Youth

Again, the question of alcohol is of tremendous importance, not only to the adult, but to the youth. I suspect that not even the most sanguine of us agitators thinks that we shall be able to realize our whole program here in Vienna. Many generations of our people have been trained to the idea that 'Who drinks, and ours is the duty of making the coming generations strong for that fight. THE YOUTH ARE THE RESERVES FROM THE CURSE OF ALCOHOL- ISM. For it is not alone the man who drinks that is the evil to his posterity. The children of drinking parents are the most susceptible to mental disorders and de- fects and those of total abstainers live the hundred degrees of mental capability correspond- ing degrees of drunkenness of an indifferent thing called "moderate drinking." THE CUR- LORING MAN WANTS TO GIVE THE CHILD THE HIGH- EST ENDOWMENT FOR THE BATTLE OF LIFE, LET ME BE A TOTAL ABSTAINER.

But alcohol also injures the young in that they grow up in an atmosphere of general drinking. The moderate state of not recent years has furnish- ed us with uncontrollable proof that alco- hol, so far from being a nourishment, acts de- structively upon the young, is a hindrance to every kind of work; and that even in the "moderate" quantities of which we have much, is an unequalled injury. Here, again, our new analysis of the factors that differ fundamentally from all the temperance re- form of the middle-class agitation. Besides its general, broad effect, it has a much more acutely intense, at the point of the strictest scientific examination. Total ab- stinance is the only form of opposition to alco- holism that is able to stand the test of experi- ence.

A False Content

But the most effective argument for total ab- stinance is that alcohol puts men in a good mood and makes them contented—the worst injury pos- sible. Alcohol helps men to keep away from each other, that is to say, that they oppress each other, by dulling their senses to the realization of those evils. It makes men satis- factory, when in reality the only way to bring about the betterment of the world is to make each one no easier way possible to make the unfortunate man content with his misfortune than a couple of glasses of beer. Every disagreeable thought van- ishes then, because the cortex of the brain is dead- ened, and the man is lifted into a soporific state. We want to make men think. It is wrong which puts men to sleep is an enemy to labor and a bitter enemy to the laborer, though it come un- doubtedly in the end may help the laborer to fight it to the death; and the only weapon is the propaganda of total abstinence. Total abstinence is the only form of opposition that can get a clear, simple, practical program for the organiza- tion of the masses.

Alcohol Serves Capitalism

Furthermore, it is not alone in its indirect effects that alcohol is an enemy of the working class. It is also a power in the hands of the ruling class.
Why I Hate the Liquor Traffic

(From Latest Address of Governor J. Frank
Harley of Indiana.)

Personally, I have seen so much of the evils of the liquor traffic in the last four years, so much of its economic waste, so much of its physical ruin, so much of its mental blight, so much of its tears and heartache, that I have come to regard this business as a thing to be held and controlled by strong and effective laws.

I bear no malice toward those engaged in the business. I love my fellow men.

I hate it in every phase.

I hate it for its intolerance.

I hate it for its hypocrisy.

I hate it for its cant and craft and false pretense.

I hate it for its commercialism.

I hate it for its greed and avarice.

I hate it for its sordid love of gain at any price.

I voted for a direct manly man's vote to get rid of the liquor traffic.

I hate it for its corrupting influence in civic affairs.

I hate it for its incessant effort to debauch the suffrage of the country; for the cowards it makes of public men.

I hate it for its utter disregard of law.

I hate it for its murder of the drinking of the solen

I hate it for the load it straps to labor's back, for the pauperized children that it gives to, for its wounds to genius, for the tragedies of its might-have-beens.

I hate it for the human wrecks it has created.

I hate it for its unceasing calling of the stolen

I hate it for its total destruction and relief upon its victims, for its spiritual blight, for its moral degradation.

I hate it for the crimes it has committed.

I hate it for the homes it has destroyed.

I hate it for the hearts it has broken.

I hate it for the malice it has planted in the hearts of men—for its poison, for its bitterness—the dead sea fruit with which it starves their souls.

I hate it for the grief it causes womanhood—the scalding tears, the hopes deferred, the strangled aspirations, its burden of want and care.

I hate it for its heartlessness to the aged, the infirm and the helpless, for the shadow it throws upon the lives of children, for its monstrous injustice to the simple substances.

I hate it as virtue hates vice, as truth hates error, as righteousness hates sin, as justice hates wrong, as liberty hates tyranny, as freedom hates oppression.

I hate it as Abraham Lincoln hated slavery.

And as he sometimes saw in prophetic vision the enslaved slaves that were in the plantation, when the sun should shine and the rain should fall upon no slave in all the Republic, so I sometimes seem to see the end of this unholy traffic, the coming of the time when it does not wholly cease to be, it shall find no safe habitation anywhere near the ‘Old Glory’s’ stainless stars.”

The Independent Labor Party (Socialist) of England is strongly supporting the New Licen
dating laws under which, it is claimed, will put the “saloons” out of business at once and will destr
y fourteen thousand saloons during the next three years. The Labor Leader, official organ of this party, and in Parliament are favoring the bill.

I am a Socialist because it is the only party that offers a sane solution of the whiskey traffic. It does not invoke nor depend upon the police power of the state, thus creating a condition of anarchy, but proposes to control all alcoholic beverages by the State and for the State.

At Rockford, Ill., 09 of the Socialist and Labor party build “Prohibition” and other places the proportion was about the same.
Socialism and the Liquor Traffic

By Rev. Edward Ellis Carr, Chicago

1. The Prohibitionists.

He was a loyal Socialist, but the liquor furnes upon his breath offended me; and, in answer to my question, I remarked with a slight air of fatalistic emphasis: "I came from a Socialist movement from the Prohibition party," You did right. As a true prohibitionist, you did not go to the polls-permit the liquor business cannot live under Socialism.

The thought was new to me. The incident reminded me of that drunkard who, when questioned by an honest man about the evils of alcoholic beverages, commented: "It was not the fault of the Chinese Socialist who goes to thousands of temperance people, I wish to set forth some reasons for believing that the liquor traffic is the destruction of the Prohibition System, or Capitalism, from which it springs. It is difficult to make clear the claims set forth in this article to those who have not fully mastered the Socialist philosophy, and I therefore beseech you to read it with patience or doubt, but to read the article carefully through, ponder the statements made, then deliberately study Socialism "to see if these things are so."

I. The Saloons Sustained by Profits Only.

The first point we must not "to make criminals," nor even "to satisfy an appetite," It is not primarily either malevolent or benevolent. It is a business enterprise, pure and simple.

But for Profits no man would subject himself, his wife and children to the social stigma which are a necessary corollary if one runs a saloon or liquor factory. In common parlance, the business is not "respectable," and no one feels this more keenly than his wife and family. His family has his patronage.

"But," said a saloon-keeper, "what am I to do? Every avenue of business and well-paid labor is overcrowded, and I must obtain a living for my family somehow. This is easier and less risky than most other business; and, besides, if I do not run the saloon some one else will."

Strike the Profit from the business and how many men would endure social condemnation to engage in it? There would then be absolutely NO MOTIVATION to keep a saloon, bucket shop or boot-leg bottle to supply the demand of his thirsty neighbor.

"Let him make his own liquor and he must have it," every one would say; for breweries, distilleries and saloons are not run for benevolence. The most radical Prohibitionist could not demand more, and that he soon did it.

II. Profit the Source of Corruption.

Profit in the liquor business is the sole source of its corruptive power in politics.

A saloon-keeper is enabled to pay a heavy tax to the government and a large license to municipalities which debases the taxing citizen generally. An annual or even a tax and a city license are nothing more nor less than taxes deliberately accepted by the national and local government to the perpetuation of a well-recognized wrong. Without the Profit of course there would be no reason for and no means of paying the license.

"All the dealers' Associations," maintain a "convincing" lobby with suffi- cient financial "arguments" at every Congress and State legislature to prevent the passage of laws against liquor. These arguments are so effective that they practically in- validate all efforts to obtain temperance or pro- hibition laws. The statement is true, but the legislature to be "convincing" by the liquor lobby than by the agents of the temperance so- cieties.

3. Profit makes it possible and desirable for liquor dealers to bribe magistrates, police and judges so that "Prohibition does not prohibit" in States and territories that have had Prohibition and National hatchet is in vain. We must cut off Profit out of the business.

4. Profit also enables liquor men to exert such "influence" upon State and city superin- tendents of schools that the children about with those evils of alcoholic beverages is not taught to the young.

III. Prohibition Impossible Under Capitalism.

The difficulty of enforcing prohibition while the Profit System lasts is as great as to enforce the law of gravity against the laws of System. A system built on graft, exploitation, robbery, outlawry and false pretence can never be honest. If small change will be protected, for the common people must be kept in submission; but gigantic postal frauds, army defects, railroad rebates and excesses, water "dollars", wholesale extortion, the liquor traffic, trusts, monopolies and all the schemes of "Frenzied Finance" will continue as the Profit System lasts, for it is Rob- bery and can bear no other fruit.

The Prohibition party in office could not establish a prohibition system in the State. There are laws against prostitution, gambling, grafting and all sorts of wicked things; but they are not enforced, simply because it is FINANCIL- LLY IMPOSSIBLE to enforce "to wink at fear" and most of the violations of the law. MONEY IS TOO GREAT A TEMPTATION TO MAKE A SYSTEM OF HONEST PRODUCTION live...PROFITABLE LABOR WEARS THE BRAND AND BURDEN OF SLAVERY AND ONLY THE PARASITE CAN GROW WITH THE BODY."

1. Even if the Prohibition party should come to power it would result from a large accession of the people who believe in the right to "roast the fat of us," and if the battle for spoils between such noble men as Woolley and Stewart cannot be kept out now while the party is small and compara- tively unimportant, it is also unnecessary and useless to tempt to the big boodlers, how could the tem- plate to make money out of office and influence be preserved? How many honest people of whom would come to the party on the eve of vic- tory led by the smell of spoils? PROHIBI- TION IN THE PROOF SYSTEM WOULD NOT PROVE TO BE BUT COMMON CLAY. They would not all be able to stand the crushing trial under which the present system suffers. People would NEED MONEY TOO MUCH THEN, just as they do now, TO RESIST TEMPTATION, and prohibitory laws, anti-bribery law—would prove a rope of sand.

To be sure, many men would be loyal, but the strain would be too heavy, the need of the encomiums of office so great as to put the path in the way by liquor men so stu- pendous that the result would be extremely un- satisfactory to the Prohibitionists. The enforcement of prohibition would depend upon the character of the officials and their unyielding loyalty in the face of the most seductive temptation. It would still be to the inter- est of self-interested legislators, congressmen and other politicians to compromise, to adroitly nullify the law—for THE PROFIT WILL ALWAYS BE ON THE SIDE OF WRONG.

2. Meanwhile the states, counties and cities not dominated by the Prohibition party would be the open stronghold of the traffic from which the unending, the inexhaustible, unreguered stream of "influence" would be continuously pass- ing into all Prohibition States, counties and towns. And in order to accomplish the suspres- sion of the saloons, the cities, towns and counties would have to exert every effort of the people for generations would be necessary.

In a word, even then it would not stay down, it would live and grow "under the rose," it would break out like wild-fire, it would gather strength and wage unceasing warfare by the magic power of money and influence, and

AND IT WOULD LIVE IN SPITE OF ALL, SIMPLY BECAUSE IT WOULD PAY MARKET, MAKERS AND SELLERS AND PAY THE OFFICIALS TO BETRAY THE LAW.

In the little town where I was reared, of the thirty- two boys who went to any school there was best acquainted, FIFTEEN BECAME DRUNKARDS AND SIX HAVE ALREADY MET THEIR DEATH! I do not say, though there was no saloon during the period we were growing up, and vigorous efforts were made to prevent the illegal sale of liquor. "As long as there is a saloon in town, the deadly business will go on.

4. ECONOMIC INTEREST ALWAYS CONTROLS THE FATE OF THE CONFIDENTIA OF A NATION. This is why the voters of the United States, including 7,000,000 Christian men, have lived under a system of Capitalism in admiring their justice. And for argument's sake I have merely been supposing the political triumph of the Prohibition party, which from the very nature of the case never will be permanent under Capitalism; money, not morals, rules under the Profit System, and always will.

What hope, then, of Socialism? Truly by awak- ening the masses to see that THEIR OWN IN- TERESTS, THEIR OWN LIBERTY, their own lives as human beings—all they hold dear nothing to keep the thing as REVOLUTION OF INDUSTRY AND COMMERCE—the abso- lute overthrow of the Capitalist System, THE TOTAL ABOLITION OF THE POW- ER OF MONEY.

Socialists are no better than others, but the system they propose will make graft, robbery and bribery IMPOSSIBLE, and thereby will be seen un- reasonable to those who have read but few So- cialists books, yet it is true, and I urge you to study the subject thoroughly, it is too large a proposition to put lightly aside.

Socialism Will Kill the Saloon

Socialism will inevitably kill the liquor busi- ness by quietly cutting its tap roots. Socialism there will be absolutely PROFIT in it for anyone, NO FINANCIAL INCOME WHATSOEVER to make or sell liquor; there will be no profits, no bribes; its corruptive power will entirely vanish; there will be NO TEMPTATION WHATSOEVER for honest people to yield in any way; there would be no prohibitory law; no reason for anyone to oppose teaching the whole truth about alcoholic liquors in the public schools. There will be absolutely NOTHING AS A BUSINESS, and with a majority of the people op- posed to its manufacture and distribution for use in home consumption, and will increase with universal education) they will not deliberately vote ORDER INTOXICANTS made and distributed AT PURE, MAINTAINED UNDER THE Capitalist System means the doom of the liquor traffic as a part of that System.

a. There will be no exhausted drunks and no
unnerved idlers.

"Emu," says Caleb Colton, "has made more gamblers than avarice, more drunkards than thirst, and more suicides than despair."

The masses of the people, now so tired, will be restored, prosperous and happy; and the idlers of to-day will to become honest workingmen, well exercised, and no one will feel the need of stimulants.

3. The saloon will no longer be "the poor man's club." All will have commodious homes, with books, pictures and musical instruments. All will have the free right to magnificent, magnificent, music, art and the drama. Who would a wish a saloon?

4. As it will be to NO ONE'S ECONOMIC INTEREST to keep on drinking, IT WILL BE TO EVERY ONE'S ECONOMIC INTEREST to stop it: for the labor power mis- spents, one million dollars a year in those States wherein, building the breweries, distilleries, win- vats and saloons, and making, transporting and selling the liquor! It will be a useful service to the poor as to the rich, they are the only classes as to the rich, they will lose the labor-time which this labor would have saved them if it had been applied to useful production and the addi- tion of value to labor power; and the addition of workmen while engaged in that useless work; therefore the enlightened people will not per-
IT UNDER SOCIALISM WOULD DE-STROY IT.

5. And as untrammeled education will be universal, drink will become so well known that it will eventually pass away forever.

VI. Drunkenness Under Socialism

Nevertheless, let us suppose, as some say, that liquor drinking will continue in some modified form. Then:

1. The liquor would be absolutely pure. There being no profit in it for anyone there would be no temptation for adulteration, therefore it would not be so hurtful.

2. No wife would be impoverished because of her worthless husband. Her income would be separate, and the common ownership of the government. It and she would always have plenty of good food, clothes, shelter and friends.

3. There would be no impoverished or miss a complete education because of a drunken father.

Every child would be the special ward of the State with a sufficient allowance and the care of proper authorities in case of incompetent parents.

4. Every drunken child would be required to take care of himself so that he might be able to do his fair share of work and not shirk upon the others.

5. It is incredible that intemperance would last since the whole conception of intoxication is subject in the schools, pulpits, press and society, and WITH NO ECONOMICAL INDUCEMENT FOR ITS CONTINUED EXISTENCE.

Also that the great demand which makes the business so profitable (even after it has paid heavy licenses and fabulous bribes) is the ARMS trade. And alcohol causes wrong education, deliberate cultivation through cans, condiments, and treating, overwork and expense to see it, under a ruling team, free, restful, cultured regime, all its harmful features will surely pass away forever.

The Prohibition Issue

Suppose fate should place before the American people the strange proposition, Prohibition on Socialism: choose one or reject the other. But choose anything for all this life would be of no value.

The question came to me in this form while I was pondering my duty between the Prohibition party, to which I had belonged all my life, and the Socialist party, which was tremendously pressing its claims upon my conscience.

And after a prolonged and prayerful inquiry I was forced to admit that it would be inestimably better to have the salon and Socialist forever than to have prohibition and Capitalism forever.

The problem for us are many, but space permits but a few, and they can not be elaborated now.

To fair and thoughtful minds, however, the issue is clear.

1. FREEDOM BEFORE PROHIBITION.

Drunkenness is not compulsory; wage-slavery, like chattel-slavery, is. A man can refuse to affix his family with the want that intemperance brings. He is powerless against the poverty that Capitalism makes inevitable to the vast majority.

SELF-CONTROL is impossible without SELF-OWNERSHIP.

2. Drink causes poverty to millions of people, Capitalism to thousands of millions. Ten million people in the United States in an object with 30,000,000,000 more in constant peril of want, which makes life a nightmare. The remainder all tug, toil and struggle and it was forced to admit that it would be inestimably better to have the salon and Socialist forever than to have prohibition and Capitalism forever.

This “Wave of Prohibition”

You talk jauntily about its “sweeping away everything before it.”

I don’t believe you. Whatever the “wave” has swept away, it hasn’t yet drowned out the liquor-makers. They are terrified, but they’re not up in arms.

The fighting isn’t over; it’s beginning. We’ve seen a few rounds of fisticuffs. Armageddon is coming now. The fearful and fainearted have begun to start for home.

The brewers and distillers know it’s life-and-death with them this time. They’ve set out to come into life every force in the union that can be invoked, summoned, coaxed, bribed, frightened or driven to their aid.

What they have undertaken is to solidify all the legitimate business interests of the country against anti-saloon legislation.—The Interior.

The Golden Rule Republic No Utopia

An excellent book, by Rev. W. H. Ransull, showing the science of Socialism and how it will work. Also shows its relation to Christ’s teachings. Only 25c.

When 50,000 representatives of the “United Societies” marched the streets of Chicago demanding religious freedom which requires Sunday closing of saloons, May or Beave approved, Chief Shippy personally assailed. A car full of police were detailed to clear the way. When a few thousand hungry unemployed men attempted to parade they were clubbed and dispersed and their leader was arrested. The anarchists. PLANT THE GOOD SEED all over your neighborhood by getting a big bundle of this grand Christian Socialist Temperance Special.
The Solution of the Liquor Problem
By Rev. J. O. Bentall, Chicago

Socialism is a science and a philosophy. As such it deals with all problems of life and is destined to influence every department of human activity and largely shape the environment of coming generations.

As a science and a philosophy Socialism deals with causes. It sees in the liquor industry a phenomenon of like the commonest in other industries. Its roots are economic rather than moral.

1. The Case of the Liquor Industry
Under capitalism commodities are not made to sell. They are made to sell. Why are they made to sell? For one reason only: FOR PROFIT.

Life, honor, manhood, character, virtue are cheap—EVERYTHING IS CHEAPER UNDER CAPITALISM THAN PROFIT.

For profit we sell the human race. For profit we break homes. For profit we destroy the church and the state. For profit we destroy the church and the state. For profit we break homes. For profit we kill the people.

PROFIT IS THE TAP-ROOT OF THE LIQUOR INDUSTRY.

2. The Creation of the Market
Every commodity that is to be sold for profit must have a market. There are two kinds of market.

1. The natural market.
The common necessities of life, such as food, clothing and material for shelter, find a natural market in the field where they are produced. Wheat, vegetables, cheese, butter, hay, and shelter may be included all articles that serve to enrich life and tend toward higher development. The common necessities of life are not subject to fluctuations on account of fashion, literature, travel, etc., afford a natural market for commodities to satisfy that craving.

2. The profit market.
Articles made for profit but which are detrimental to the well being of man must create a market or remain uncalled for. This market is called the profit market.

PROFIT IS THE TAP-ROOT OF THE LIQUOR INDUSTRY.

How is the whisky market created?
(a) By holding up the use of intoxicants because the youth as something manly. The great majority of young men dislike strong drink when they swallow the first glass. But they are men and it is a proud act to take something strong. So they begin.

(b) By fostering a system of advertising, the good fellowship, the good time, the enjoyment of life. No one will allow a man to treat without returning it. It is well understood that men are paid for hanging around saloons and starting the mayhem. If they get to the twen-twenty they are given a treat, each of the twenty must "set them up." If they drink beer at five cents a glass the round brings the saloonkeeper $1.00. If whisky is used, he takes $4.00 over the counter. This pays. He is also sure to get after results, for he preserves his stock of liquor by candy kittens to get people to eat more candy. ALL FOR PROFIT.

(c) By mixing ingredients and adulterants into the liquor to accelerate the creation of appetite. Cocaine, morphine, opium, strychnia and other hallucinogenic drugs are used to make the liquor more palatable. While alcohol itself affects the nervous system and creates appetite, these other drugs are more effective. It is the imperfection in the liquor that makes it a mistake to oppose the liquor industry.

And why should the liquor industry thrive upon the suffering classes? LIFE IS NOT THE CONSIDERATION, BUT PROFIT. It is only using the same method that is used by the packers of tobacco in preserving the meat with candy kittens to get people to eat more candy. ALL FOR PROFIT.

For profit we use the wine, free of charge, bottles and cans to boys and giving them premiums for ability to consume the liquor given them. For the liquor dealer declares, as he declared in a convention in Columbus, "The devil's eye is in the treats among the boys now will return in dollars when their appetites are formed." This is elementary work; this is done on an extensive scale and every American boy is the object of the efforts of these devilish missions.

But what is the youth of our land compared with the benefits of the profit system?
(e) By keeping people in poverty and thus "inventing men to do the excessive and to curate ap- pettite. While alcohol itself affects the nervous system and creates appetite, but these other drugs are more effective in the liquor itself that makes it a mistake to oppose the liquor industry.

In the liquor industry is destroyed under capitalism?
Yes and no.

The capitalists would join hands to destroy it, the thing that would make it possible for capitalist opposition to the liquor traffic.

First, it is a known fact that there is much more profit in the liquor business than in any other industry. It is known how to get away with this poverty? To allow the public eye to be directed to the real cause—the exploitation of the laborer—would be disastrous to capitalism. DUST MUST BE THROWN INTO THE EYES OF THE PEOPLE BY DECLARING THAT THE EVIL COMES FROM THE SALOON, it will work well among the religious people and in the small towns and farming communities.

Secondly, Capitalism has discovered that the liquor industry is a greater profit maker for the master than a drinker. The great profit that the boss can dispense with this "luxury" his wages may be cut to that extent. For wages do not depend on the landlord's profit for his maintenance. The tenant pays the landlord for his cost of living. The income of the liquor traffic is thus looked upon by the eagle eye of the larger concerns as a fat prize, much to be desired and the tooth and claw will come in for their share.

Thirdly, A sober and temperate laborer is a greater profit maker for the master than a drinker. He can dispense with this "luxury" his wages may be cut to that extent. For wages do not depend on the landlord's profit for his cost of living. The income of the liquor traffic is thus looked upon by the eagle eye of the larger concerns as a fat prize, much to be desired and the tooth and claw will come in for their share.

The saloon must be the center of the liquor traffic in the interest of the laboring people, but in the interest of its own profits.

The saloon must be the center of the liquor traffic in the interest of the laboring people, but in the interest of its own profits. The saloon must be the center of the liquor traffic in the interest of the laboring people, but in the interest of its own profits. The saloon must be the center of the liquor traffic in the interest of the laboring people, but in the interest of its own profits.
drunk working class the capitalists have succeed-
ed thus far to remain in control.

Unless capitalism decides to dispense with the liquor industry, the capitalist controls will not be done away with under capitalism. Prohibitionists and anti-saloon leagues are helpless. The preacher and the pew-

holder, the politician, and the policeman are in the sand before the incoming of the ocean tide. Laws are like chalk, and "dry" territory is sub-

ject to the law of the most robust.
The liquor traffic can no more be destroyed by legislation and law enforcement than slavery was destroyed by the emancipation proclamation. The former is just as real. So the forms of the liquor traffic may be changed.

It has only two chances of destruction—either by capital or by legislation.

The chances are that capitalism will not de-

stroy one of its own children. It will remain for Socialism to destroy the levying with the whole family of the dragon, and the liquor industry will perish with the rest.

A Strong Son of God Passes Beyond the Veil

"As when a kingly cedar green with boughs Goes down with a great crash upon the hills And leaves a lonesome place against the wind,"-Rohin Markham.

The unexpected death of Comrade Jumius W. Speas not only "leaves a lonesome place against the wind," but a lonesome place against the Socialists of North Carolina, and especially in and around Winston-Salem, where he has so long stood as a bulwark against the heavy协助 of the capitalist barons of the city. Speas was a most hopeful and a most helpful youth, and made immeasurably enjoyable by the presence of his faithful wife and lovely daughters. He was "the king of love" in his own domain. The whole atmosphere of his home is one of health, good cheer, love, industry and hope. All the children are good Christians, good Socialists and good singers and, with a plentiful supply of Moyer's Songs of Socialism, what a glorious time we had! Comrade Speas' pride and joy in his children was beautiful to witness. And they may justly cherish his memory with unlimited love and reverence, for, as Comrade Taylor says, "He was as true a man as I ever knew.

A faithful, affable, kind, and fatherly, a success in the battle of life, a devout lover of humanity and heroic "soldier of the common people," Speas will be long missed through a faithful and faithful worshiper at the feet of Christ, the beneficent influence of this beloved, honored Comrade will live for years to come.

"He being dead yet speaketh."

Items From Everywhere

Edited by George H. Strobel.

Direct legislation is what is being used by the anti-
asian element to vote the various counties and states dry. This is the direct opposite of self-determination. Economic determinism. see—Appeal to Rea-
s.

Aldean Emil Soldat (Social-Democrat) Flatly won out in the last Milwaukee Council meeting on his long fight for closing a notoriously disreputable place in that city. The liquor traffic has been, and probably abused by the same capitalist press which has so long combated the Socialist movement, been tried to break up the home! But when the Socialists try to clear up the places where the men and daughters of the working class go to drink, they find that these same capitalist "moralists" have nothing but the Government and society for the men who are really trying to protect the home.

It is a well-known fact in Europe that the Socia-

lism Movement is the only real opposition to the drink evil. There are bourgeois societies for the promo-
tion of temperance, but they chiefly teach the sub-
citizenship of beer and light wines for spirits or a system of moderate indulgence. A prominent German Catho-

lic periodical explains the opposition of the church as fol-

lows:

"The Socialists fight alcohol in the name of dis-
content. The use of alcohol is nothing but causing the poor laborer to bear his lot more easily, and therefore they are opposing it. Besides, Mr. Eugen Bleich,
"this hypertrophic sheet adds, "who can be led back to healthier principles."

We have known for some time that conventions of Europeans Socialists were passing resolutions con-

demning the use of alcohol beverages, and a little later the Socialists of this country have some been there with us. A flocking of the intellectuals, the physicians, inves-
tigators, chemists, professors, proved very effective. The anti-alcohol point as at present against alcoholic beverages. It is by becoming a target for the studies and propaganda of such men as J. M. FOURNIER, SERVIER, LEGRAND, BOURHDEL, BONIS, DE BERG, etc. But it is not generally known that the largest and most influential part of the propaganda done by these men was not so much the deepest impression, is that carried on by Socialists. Of perhaps the most effective, perhaps the most popular, a German translation from the French, by Emile Vandervaksy, the noted Socialistic deputy in Bel-

gium, in which he states that the attempt to exten-

sion to the spread of socialistic ideas because it de-


Books You Should Read

(Order of the Christian Socialist)

WHAT THE CHRISTIAN SOCIALISTS STAND FOR, by C. D. Thompson, member Wisconsin Legislative

House, The Christian Socialist, New York Conference of the Christian Socialist Fellowship. Large four-page booklet. 10c per dozen, 50c per hun-
dred. A clear presentation of the Christian socialist stand among the many non-socialist groups of the state and nation. We

lately leaflet this among all near-by ministers and church leaders.

WHAT SOCIALISTS CAN DO IN MUNICIPAL COUNCILS, by C. D. Thompson, member Wisconsin Legislative

 Boone, and Local Option which is sweeping across the United States today. The book is based upon first principles at last; after all the mistakes and failures of the past, it shows the Socialists the way to make the conditions surrounding the sale of alcohol a test of their sincerity. As a means of con-

minating the three striking articles, is one of the very best for the small group of Socialists who exist in the midst of thousands of people. 10c per dozen.

A CHRISTIAN VIEW OF SOCIALISM, by George H. Strobel. 5c; 50c per hundred. One of the clearest explanations of the meaning of Christian Socialism. 10p.

PREFDICTION OF SOCIALISM, by W. H. Glan- n. Edward D. Jones' Employment of Socialism. 5e each; 50c per dozen; $1.00 per 100. A beautiful and

THE RELIGION of Labor and other essays, by Rev.

Harvey Dee Brown, Ph. D. Besides the exquisite essay on the Religion of Labor, this pamphlet contains two

striking article on the Soul of Poverty, also fine two articles on Socialism in the Socialist for theology. This is a rare pamphlet. 10c each, five for 30c, twelve for $1.00.

WHAT'S So AND What Isn't, by John M. Work, National Committeeman and organizer of the Social-


THE CAPTIVE CITY or Gen. by Richard Heath, Per-

sonal and political history of the city of New York, which is ruined by Manhood. Through the benevolence of the Board to furnish these remarkable books for 25c each.

THE GOLDEN RULE EXPLORED—NO Utopia, by Rev.

William C. Atwood. A fresh and original approach to the love and to good. Cover, 25c. Fine for $1.00.

THE FIRST SOCIALIST EMBRACE, by Rev. H. M. 

Cheo. The story of the first socialist song, which is

25c. The best socialist song book, either for political or sentimental purposes.

MARK AND CLAUS, by W. J. Ghent. Manual cover, 25c. One of the most notable and helpful books on
THE DEADLY UPAS TREE WHICH BLIGHTS THE WHOLE WORLD

There is one sole cause for nine-tenths of the crimes of all men of all time: PROFITS. "The love of money is the root of all evil," says the King James Version; and if it be only "a root of evil," as the New Version says, yet it is the TAP ROOT of evil.

THE PROFIT SYTEM is the TRUNK of the tree whose branches are the saloon, the brothel, vile literature, political corruption, treason, gambling, get-rich-quick schemes and all the appalling array of crime, misery and ruin which the cartoon indicates. Were it not for the PROFITS none of these things would exist in human society. But "BUSINESS is BUSINESS" and "The Almighty Dollar" must be obtained at any price by any means.

A Remarkable Book
Pastor Herman Kutter of Zurich, Switzerland, has written the most striking book of the kind ever produced. It is called "THEY MUST: OR GOD AND THE SOCIAL DEMOCRACY," and shows with the fire and power of an old-time prophecy and the fascination of a modern romance how the Socialists—even though many of them are atheists—are PLEASING BLESSED AND USED OF GOD TO DO THE VERY WORK WHICH THE CHURCH OUGHT TO HAVE DONE AND DID NOT.

With burning, eloquent sentences and sweeping, convincing paragraphs the book describes the battle of Socialism against the tyrannical, ruinous, unbridled power of Mammon, which has bound the Church and the World so long and shows how swiftly and surely the victory is being won for truth and right and the kingdom of God on earth.

If a man has red blood in his veins, whether he be saint or sinner, this book will make him glow with sublime enthusiasm and joy. If he is a real Christian seeking the will of God on earth, it will make him feel that he has obtained a new hold on the most vital things of life.

It contains more than 250 pages and is printed on elegant "eggshell" paper and bound in handsomer cloth—exactly the kind of a book that the capitalist publishers sell for $1.50 net, and we are selling it for $1 each! Order at once.

It is unnecessary to say much more upon the subject. The cartoon plainly speaks A TERRIBLE TRUTH which I challenge the careless thinker to deny.

We mean no disrespect for the ministry, which we honor above all other callings; but THERE IS A REASON for the present universally confessed impotence of the church, and I believe with all my heart it is because the church has been worshiping the golden calf. Let the ministers throw off "the wiles of the devil." Let them boldly preach against what Christ and the Apostles condemned and proclaim the principles they stood for; then the long prophesied revolution will surely come.

"THE AXE MUST BE LAID AT THE ROOT OF THE TREE."

Robert Ingersoll on Drink
(From a speech in the Munn trial at Chicago in 1875.)
I believe, gentlemen, that alcohol, to a certain degree, demoralizes those who make it, those who sell it, and those who drink it. I believe from the time it issues from the keg and poisons worm of the distillery until it empties into the hell of crime, death and dishonor, it demoralizes everybody that touches it. I do not believe that anybody can contemplate the subject without becoming prejudiced against this liquid crime. All you have to do, gentlemen, is to think of the wrecks upon either bank of this stream of death—of the suicides, of the insanity, of the poverty, of the ignorance, of the distress, of the little children tugging at the fadding dressings of weeping and despairing wives, asking for bread; of the men of genius it has wrecked; of the millions who have struggled with imaginary serpents produced by the devilish thing. And when you think of the jails of the almshouses, of the prisons, and of the scaffold upon either bank, I do not wonder that every thoughtful man is prejudiced against the stuff called alcohol.

The two Socialist members of the Illinois legislature last year voted for the Local Option Law which has already killed more than a thousand saloons.

The temperance and Socialist forces naturally belong together.

Oh, for a Good Combine!
Every atom says to every other one, "Combine," and, doing so, they change chains into order. When every woman shall say to every other, and every worker shall say to every other, "Combine," the war-drone shall be slain, the poverty viper shall be exterminated, the saloon drowned out, and the last white slave liberated.—Frances E. Willard.

What One Hundred Business and Professional Men of Champaign Say
We, the undersigned business and professional men of Champaign, believe the closing of the saloons has not been a detriment to the business interests and that the moral conditions are much improved.

The above statement was signed by one hundred of Champaign's leading business and professional men, and was printed together with their names, in the "Twin Cities Issue." They are not afraid to let their beliefs be known. The "Issue" says that many more signatures could have been added if time had permitted.

Business Ruined in the Twin Cities of Champaign and Urbana
Saloon business.
Gambling business.
Assignation house business.
Police court business.
Burglary business.
Criminal making business.
Proper making business.
Orphan making business.
Divorce business.
Other lines of business are improved.—The Illinois Issue.

Frances E. Willard's Endorsement of Socialism
The striking quotations from the words of the celebrated, sainted and revered Frances E. Willard are but samples from the near twenty-page pamphlet giving her fuller views on Socialism, which we can furnish for 5¢ each, or 50¢ per dozen. Get a dozen and pass them on.

The Daily Socialist
The Daily Socialist or the New York Daily Call and the Christian Socialist both for only $3 per year.

Many Socialists for Prohibition
The South Dakota Comrades want a prohibition plank in the National Platform of the Socialist Party.

Many cities and towns that went "dry" all over the country would have gone "wet" but for the Socialist vote.

Circulate the Temperance Special edition of the Christian Socialist among temperance men and women and win them to Socialism. You can find nothing better for winning votes this fall. One cent per copy in bundles of ten or more. Order hundreds. Get your branch to order a thousand or more.

Edwin Markham's Poems
"The Man With the Hoe and Other Poems;" "Lilies, and Other Poems;" "This Is the World;" All progressive spirits should know these poems of the past 25 years.

Alfred Russell Wallace says: "Edwin Markham is the greatest poet of the Social Passion that has yet appeared in the world."

Price 1.00 per Volume. Order of the Christian Socialist.
THE WALKING CURE FOR NERVOUSNESS

FROM AN ADDRESS IN THE SANITARIUM PARLOR BY DR. J. H. KELLOGG

NERVOUS FOLKS, though often weak and languid, need exercise, and of the various forms of bodily activity, the best for this class of sick people is walking. Walking, however, in order to be effective must be properly done. In the first place, it is important to carry the chest high. Many people complain that walking tires them quickly, but this is not surprising when one observes their posture—head drooped, shoulders stooped, and no attempt made to keep the chest expanded and filled with fresh air.

Now to get the most good out of walking, one must stand as tall as possible, and to walk erect, one must take pains to think about it. One must constantly say to himself, "Stand straight," or "Straighten up, stand straight, fill up the chest and draw the chin in." The reason one sees so many people going about with chins hanging down with a pusillanimous sort of appearance is that they lack sufficient self-respect to care about their appearance. The Bible says that God made man upright, and it is sad to see people humped over in all kinds of misshapes, hideous deformities, caricatures of what the Creator originally made us.

How few people there are who know how to walk correctly is well shown by the fact that few people can walk across a large room, in which there are many people observing them, without feeling embarrassed. Many public speakers appear well upon the platform so long as they stand still, but become ridiculous as soon as they attempt walking about before their audiences.

A good walker has an easy, graceful, natural stride, in which there is a harmonious action of nearly every muscle in the body. A good walker walks all over; not with a swing and a swagger, as though each bone of the body hung from a separate attachment, but easily and gracefully. Not only the muscles of the lower limbs, but those of the trunk, even of the neck, as well as those of the arm, are all brought into action in proper walking—a fact which makes walking such a splendid exercise for nervousness.

The following suggestions may be of assistance in acquiring a correct posture:

In the first place, have the head erect, hips well back, chest forward and chin drawn in. Nothing can look more awkward and more unprepossessing than a person who walks with the head thrown back and nose and chin elevated.

Again, keep the step light, elastic, avoiding a "teetering" gait. With a firm, light gait, one will walk much further without weariness than with the ordinary shambling. A measured step or rhythm in the walk also adds to the ease of walking, although an occasional change in the gait is often of advantage.

Moreover, in walking one should not attempt to keep any part of the body rigid, leaving all parts free to adapt themselves to the varying circumstances which the constant change of position demands. The arms should swing gently, but not stiffly.

The nervous person should also, in setting out to walk, go twice as fast as he ordinarily walks. If his usual gait is slow, in walking for the best exercise he should double the pace, otherwise the exertion will do his nerves little good. Ordinary walking is only a constant falling forward and catching one's self before one drops; there is little work about it. But if one walks twice as fast, it becomes exercise of the best kind, not only for the muscles, but also for the nerves.

Another suggestion is to occupy the mind, not with a theme connected with one's work, but with new thoughts entirely. Walking a crack or chalk line is, on this account, of real value, as also, where there is no danger from trains, walking a rail on a railway right of way. This is not only an excellent drill in balancing and equilibrium, but it also compels the brain and nerve centers to do ten times as much work as they do under ordinary circumstances.

A final precaution is this, not to walk to the point of extreme fatigue. It does the neurasthenic no harm to get his muscles tired, although he should not exercise to the point where his brain and nerves are exhausted. Up to this point, however, walking is, as I have already stated, of the utmost benefit in these cases. The muscular exercise is conducive to sleep, and lack of sleep is one of the symptoms of nervousness.

The Battle Creek Idea
Oct 1, 1913.
COLD NIGHTS DO NOT DRIVE THEM INSIDE

They Pass The Night On Their Sleeping Porch Regardless Of Weather

At least four Battle Creek people slept out in the blowing, blustering blizzard the other night. Not because they didn't have the price of a bed. There are none of the elements of a thrilling melodrama in this fact of shivering mortals lying out in the piercing cold through the long dark hours of the bitter night.

They are Mrs. J. H. Kellogg, Teresa Kellogg, Gerritse and Angle Enfield. All of them deliberately turned their backs on steam-heated rooms and downy indoor beds to sleep in the open.

"Stay in the house the other night," said Mrs. Kellogg, the greatest enthusiast of them all. "Well I guess not. Why I haven't slept in the house for many months, and I like to see the weather, that could drive me in now, I believe I'd choke if I had to sleep in a four-room upper dorm open or no windows open."

"See that!" pointing to her sleeping porch on Manchester Street. "That is where we sleep at night. Cold? Well, that makes me laugh. I wish I could let the world know what a magnificent thing this sleeping out of doors is and how foolish every man, woman and child is who closes himself up in a room all night while he may have the best of God's gifts by just going out and taking them. Instead of staying in a stuffy office all day, riding home in an ill-smelling car, eating a big dinner and then weighted down with inevitable fatigue crawling into a hot bed in a hot room, I have learned how to live.

"Now, I walk home, no matter what the weather. I'm in a perspiration when I get there because I go briskly. I take a cold shower, change my clothing, eat a hearty dinner and when I feel tired whether it's 8 or whether it's 12, I go to bed.

"No one who sleeps indoors with an inch of open window knows what real sleep is. I get up in the morning feeling like Alexander, as though I wanted a whole lot of worlds to conquer. My bed! I put three or four layers of paper over my mattress. Over the papers I put a very thin feather bed, then the sheets—just ordinary cotton sheets and on myself I put three comforters and one blanket. The excelsior leaves my body tingling, and in a few minutes I'm warm as toast."

"Yes, indeed we sleep out of doors these nights," said Miss Kellogg, as though it were the most natural thing in the world to lie out on a night when all the world was huddling in the fireside. "We built our porches for sleeping rooms. All one side of them is exposed. We lie practically out in the open. No we did not take up the idea because any of us was ill. Dr. Kellogg first caught up the notion, and now it has taken such hold of us that we never sleep indoors, and even the maid has her cot out on her porch. We do it for pleasure, and a cold night leaves us exhilarated and wonderfully refreshed in a way that indoor sleeping never accomplishes."
8,000 tons almonds eaten each year by Americans. California produces about 2,000 tons. The rest comes from Spain.

Illus. World, Sept. 1915
NUT BOWL HAS ANVIL

A POLISHED wooden nut bowl which has recently been placed on the market, is equipped with a little steel anvil and a hammer for cracking the nuts.

The utility of the little anvil in the middle of the bowl makes it a most desirable addition to the equipment of the dinner table. The anvil is mounted on a wood base in the center of the bowl, so that a fairly heavy blow may be struck without damaging it. The little hammer is shaped like those used by machinists and is very effective when used correctly. The bowl surrounding the anvil may be used for either the nuts or shells, and the entire device is a pretty table decoration.
The Use of Nut Meats In Biscuitry

Walnut-meat halves atop of some types of small biscuitry are featured by most nationalities' cracker manufacturers, says the Cracker Baker. The usual-sized walnuts are opened for the obtaining and halving of the kernel.

A novelty would be the using of the "jumbo" or "giant" walnuts of Chile (also some big ones come from Manchuria). Those illustrated measure 14 centimeters in circumference (equal to 5 1/2 inches), but some specimens go to half dozen inches round. These "big 'uns" are picked out by the gatherers in the exporting countries, opened, the kernel extracted, and a bit of split rawhide glued on one-half of each shell, to serve as a hinge; and are used as pocket match-safes, makeshift purses, tobacco holders, or small articles-container for the senor's work-baskets.

The nuts run sound to a good average. They have a long journey to make from the Iberik-American west coast; and if coming per freight steamship via Terra del Fuego and Punta de Arenas, that means making the passage of the tropics, so the nuts reach here somewhat dry—and there's plenty of bulk to a pound! Still, the defectives would be only around 10 per cent. or under among newly-arrived lots—if that.

A small bag from which the specimens illustrated were taken, showed only about 5 to 6 per cent. defectives—mostly dried-outs—a very low average.

Ordinarily the nut-meat kernels run meaty and tasty; are of fair color, and the shells are easily opened often merely by a little firm hand-pressure nut against nut. Those who have had the experience of opening hickories and black walnuts will appreciate the easy opening of the "jumbo"!

The "giant" walnuts are obtainable most all the year round on the nut markets of Manhattan—the southern part of the western world yielding them for a portion of each year; and a northeastern section of Asia furnishing its quota for another portion of the year.

A "jumbo" nut-meat "half" is itself about the size of a small tea-biscuit. The statoranti "piker" of Chile can have a fair feed on a dozen of them, with a couple of maix ortillas.

A most worthy nut is the meaty sapukala from the Amazon and Orinoko. It is a sort of blending of the sweet almond, the kaju, the brazili nut, the pistachio, and the hazel.

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How to Keep On Living

THE Metropolitan Life Insurance Bulletin says: "Be sure that there is air in the rooms in which you sleep." Excellent advice, indeed! But why stop there? Why not give the other essential rules for those who wish to keep on living to the end of their allotted span? For example:

Be sure that there is food upon the plate from which you eat.

Be sure that there is some palatable liquid in the vessel from which you drink.

Be sure that there is water in the bath tub in which you bathe.

By following all of these simple rules almost anyone can live to a happy old age.
Veiled Victims of Drugs Relate Tales of Torture

With identities kept hidden, women tell Whitney Committee how they have been bird by doctors promising cures. Mrs. A., 40, feels she has lived a century.

Father, mother and daughter of one family made addicts by a physician—once rich woman beggared through habit.

A score of habitually drunken women, several of whom had been severely veiled toward voluntarily before the Whitney Joint Legislative Committee at the City Hall yesterday and frankly confessed themselves drug addicts. Reported that their identities be revealed, they had come to tell the committee of their sufferings for a hallucinogenic solution of the drug addiction, they had been under medical supervision of physicians and inflated upon to the nation.

Mrs. B., 36, young and smiling, was a companion of her husband, a gentleman of the upper class, who had been talking much about drugs. She was 40, and her husband, who had been married four years, had never used drugs.

When she took her seat in the hall, she was wearing a red dress and a white dress and had a beautiful hat on her head. She was accompanied by her husband, who was wearing a black suit and a black hat.

All three were the drug habitues who had been under medical supervision of physicians and inflated upon to the nation.

Mrs. B. was a drug addict who had been under medical supervision of physicians and inflated upon to the nation. She had been talking much about drugs and had been using them in secret.

Mr. C. was a drug addict who had been under medical supervision of physicians and inflated upon to the nation. He had been talking much about drugs and had been using them in secret.

Mrs. D. was a drug addict who had been under medical supervision of physicians and inflated upon to the nation. She had been talking much about drugs and had been using them in secret.

A Time-Tried Blood-Jake

Pepto-Magnus has won wide respect and medical profession of two centuries has long record of achievement. It is reputed to be a blood purifier and has been in use for over 100 years. It is said to be good for all kinds of blood and is especially good for those who are under stress. It is said to be good for all kinds of blood and is especially good for those who are under stress.

Gude's Pepto-Magnus

"The Red Blood Purifier"

Do you know why you get sick? Are you suffering from a blood disorder? Do you have aches and pains? Pepto-Magnus can help you. It is a blood purifier and is said to be good for all kinds of blood.

A 10-cent bottle of Pepto-Magnus will bring you relief. It is said to be good for all kinds of blood and is especially good for those who are under stress.

Detroit Free Press
Apr 23, 1917
HYGIENE AND PHYSICAL EDUCATION

NUTRITION CLASSES IN NEW YORK CITY.

Instruction is the chief factor in nutrition classes, concludes David Mitchell, of the Bureau of Educational Experiments, describing the work of these classes in one of the New York City public schools.

"If it were possible to bring a child up to normal weight by such simple processes," says Dr. Mitchell, "there would still be an important element of the nutrition class completely ignored. The educational side of the question would not be touched. It is not sufficient to bring a child up to normal weight and leave him without habits which would continue him in that condition. He must be educated in matters of personal health and hygiene, in the reasons for eliminating certain things such as the use of coffee, and in the reasons for the observations of certain other things, such as the amount of food, periods of sleep and rest, slow eating, etc. If, at the end of the nutrition class, a child has failed in getting these fundamental elements, even though he has been brought up to normal weight, the function of the class has not been served. Knowing why it is necessary to do certain things and having formed a habit of doing them, the child is in a much better position to face further difficulties than though he had been just passed on well equipped for the moment, but with no background of experience to maintain that position."

How the Experiment Was Carried Out.

In Public School No. 64, Manhattan, where the experiments were conducted, 804 children were weighed and measured. The heights and weights were compared with standard measurements, so that the ratio of actual weight to average weight for height could be determined for each child. This average weight for children who measure 53 inches is 60 pounds. A child of this height who weighs only 62 pounds is 7 pounds or 10 per cent less than the average. The accompanying table shows the percentage of children in four different grades who were: (1) 7 per cent or more under the average weight for their height, (2) within 7 per cent of average weight, and (3) more than 7 per cent over the average weight for their height.

Successful Procedure.

Different conditions were provided for these four classes and an attempt has been made to determine to what extent various methods of procedure were successful. These conditions may be grouped under the following general captions:

I. Instruction in health habits.—A child should be taught proper habits of eating; sufficient mastication, the elimination of water as a flush, regular meals at a time of minimum fatigue, stimulants such as tea and coffee not to be used. These are some of the things toward which a child's attention should be directed.

II. Removal of physical defects.—Adenoids, enlarged tonsils, and defective teeth are contributing factors in undernourishment. They supply toxins which interfere with digestion, and the adenoids and tonsils prevent the taking in of sufficient oxygen.

III. Rest and lunches.—Undernourished children are unable to store up sufficient energy during the ordinary night's rest or through the usual number of meals. A rest period once or twice during the day provides an opportunity for recuperation, and food taken at more frequent intervals is more beneficial than the same amount consumed in the usual three meals.

IV. Direct feeding.—It has been assumed in many instances that the reason for undernourishment or malnutrition is inability to procure the necessary food. If this is the condition, food should be supplied. One group of children was given only a midday meal, which was supposed to meet all the demands in the way of quantity and quality of food. Another group was given only instruction in health habits, with recommendations for rest and food and the removal of physical defects. Another group was given the instruction in health habits and provision was made for rest periods and mid-morning lunches, with recommendations for the removal of physical defects. Still another group was given all of the provisions so far mentioned. Comparison of results in these different groups shows that the poorest progress is made where nothing is provided except a sufficient quantity of food. The greatest progress was made by the children who were instructed in health habits, and who were simply advised to have frequent intervals of rest and more frequent meals.

Breaking Instruction Most Important.

The physical defect which seems to have the greatest effect on the nutritive processes, judged by the New York experiment, is that of the naso-pharyngeal obstruction. Out of the 105 children included in the classes, 69 suffered from this breathing obstruction. Two out of every three undernourished children had difficulty in getting sufficient oxygen. Comparisons of the progress made by those who did not need an operation, by those who needed and did not have an operation, and by those who needed and had an operation performed, show a serious handicap is imposed on children when the obstruction is allowed to remain.

SCHOOL NURSE SERVICE IN NEW YORK STATE.

Approximately 180 registered nurses were giving either full or part time to school nursing in New York State this past year, according to Miss Bertha F. McChesney, supervising nurse in the State department of education. Of this number, 30 have been engaged in the rural communities and 17 have been supervising the physical training in combination with the school nursing in 12 of the supervisory districts this past year.

"The public needs to realize that money expended for health education, both rural and urban, is money better spent than for almost anything else."—State Commissioner of Education Kendall, New Jersey.
SCHOOL LIFE.

Official Organ of the United States Bureau of Education.

Department: The Interior.

FRANKLIN K. LAKE, Secretary of the Interior.

P. P. CLAXTON, Commissioner of Education.

Terms: SCHOOL LIFE is mailed free to State, city, and county superintendents, principals of high schools, and a few other administrative officers. Additional subscriptions, 50 cents a year.

Remittances should be made to the Superintendent of Documents, Government Printing Office, Washington, D.C., and should be made by cash or money order. Stamps are not accepted.

SHAKESPEARE DAY, APRIL 23.

"Shakespeare is the one personality and the one great character in the world who has broken down all international barriers. He is the only person for whom there is an absolutely world-wide admiration. No language and no degree of culture—or the lack of it—rules him out."

These are the words of the late ambassador to England, Walter Hines Page, written a year ago, in an appeal to the Commissioner of Education to request schools in the United States to observe April 23 as Shakespeare Day and to devote a little time to a fitting program in memory of the one English-speaking author best known to all the world.

At this moment, when the nations of the world are straining every effort to get together to win for all time that world peace and justice for which they have fought on the battle field, the opportunity to observe the Shakespeare anniversary comes with special significance.

The Shakespeare Day program need not be long. In most schools an hour will be sufficient. A brief talk on Shakespeare, a few selected passages from Shakespeare's plays and poems, possibly a simple bit of masque or pageantry, or renditions by older pupils of parts of the plays—these are among the elements in a simple program that will help Americans remember something of the debt we owe to the "one great character in the world who has broken down all international barriers."

P. P. CLAXTON.

ENGLAND AND THE TEACHING PROFESSION.

Americans inclined to minimize the dangers of the low-salary situation for teachers should read Mr. Fisher's speeches on educational reform and learn something of the experience in England.

Between 1906 and 1912 the number of young men and young women in England who applied for teaching in elementary schools decreased from 11,961 to 5,282. In 1915-16 the number of recognized candidates rose, in response to special measures taken by the board of education, to 7,047. Yet the needs of the service, according to Mr. Fisher's estimates, call for an annual replacement of teachers in the elementary school of at least 9,000.

In England, as in America, the answer is to be found in low salaries for teachers and better opportunities in other professions. "The first condition of educational advance is that we should learn to pay our teachers better," says Mr. Fisher. For a certificated head teacher, he points out, the average salary is £176, and for a certificated assistant teacher, £120, and for an uncertificated assistant teacher, £85. These are the salaries for men. The salaries for women are lower, £126 for a certificated woman teacher, £95 for a certificated woman assistant teacher, £65 for an uncertificated assistant teacher, and £40 for a supplementary teacher. The certificated teacher is a man or a woman who enters the profession after some years of preparation for it. His skill and attainments are severely tested before he is admitted. He does not begin work until he is 21 or 22 years of age, and yet there were, before the outbreak of war, 42,000 certificated teachers, male and female, drawing salaries of less than £100, and 26,700 drawing salaries of less than £90 per annum. The case of the uncertificated teachers, we are told, is still worse.

"Is it to be wondered at that the professor is held in slight esteem?" asks Mr. Fisher. "Is it to be wondered at that teachers in our public elementary schools find it difficult to regard themselves as members of a liberal profession, and that it is becoming more and more difficult to find recruits of the right quality in adequate numbers?"

TEACHERS AND FAKE STOCKS.

How many teachers are contributors to the $500,000,000 that Americans pay for stock every year that is absolutely worthless?

This half billion, by the way, is not a guess. It has been carefully figured out by the Capital Issues Committee as the actual amount in cold cash turned in annually by otherwise level-headed Americans seeking a milk-and-honey path to quick wealth by the fake stock certificate route.

The Capital Issues Committee has come to the conclusion, after a searching inquiry into fraudulent stock promotion, that "never perhaps in the history of the country has wildcat practice been so flagrant, from coast to coast, as today."

Probably nothing can deter the teacher or school official who insists on exchanging perfectly good Government bonds for perfectly worthless paper from carrying out his purpose. The gambling instinct is bound to be fairly strong with workers who get as low salaries as teachers do. They are disposed to take any chance.

When you think of it, the United States could find good use for that annual half-billion gift to swindlers. It is five times the proposed Federal aid to education. It would pay a major part of the present bill for education—or, better still, it might be used to supplement the amount now appropriated and give sufficient money to raise teachers' salaries and do several other good things for education.

Every school officer who is offered dubious securities in exchange for Liberty bonds will render a patriotic service if he will send the names and addresses of the persons making the offer to the Federal Trade Commission, Washington, D.C.

EDITORIAL VIEWS OF TEACHERS' SALARIES.

Albany, Ga., Herald:

Not to give the children of to-day the best educational advantages it is possible to provide will inevitably neutralize to a great degree the success of all the hopes and achievements which the coming generations must direct. Investing in schools is investing in trained intellectual manhood and womanhood. To be trained wrong is even worse than not being trained at all. Both are unpardonable sins at the door of any enlightened people. We can do no better than spend public money for a good many other things in order to be able to spend more, for the improvement of our public schools. Improved schools are more a matter of better teachers than of any other factor, and better teachers will come when better pay is assured those who qualify themselves to teach.

Chattanooga, Tenn., Times:

The school-teacher is the most important functionary in every community; or rather the school-teacher ought to be the most helpful propagandist of good morals, patriotism, and enlightened civilization we have. And yet we treat them with less consideration than we do the janitors who sweep up and look after the buildings in which they are employed.

We put so small an estimate upon the worth of our educational system that we actually apply the outworn theorem of the old exploiters of labor—"the way to success is to get the most work at the least pay." The billions we expended for war were necessary; the expenditure of a few hundred millions for education is necessary, but we don't have to do it for our personal profit, and it is not doing any harm to pay for education until it "hurts" we will be doing our duty by our children as we did by our soldiers.

Indianapolis, Ind., Star:

The teacher's dollar has been cut practically in two, so far as purchasing power is concerned. And the teachers are a class that cannot economize as some
MASSAGE

Message for Lumbago.

Lumbago, according to Dr. Pometta, head of the medical department of the Swiss Accident Insurance Institute, may be purely rheumatic, or result from a strain to a muscle, or be produced by a chill when overheated. He says massage is the best treatment, and that recovery should take place in from six to eight days at the outside.

Detroit Free Press, June 22, 1919
7. Eggs should be eaten in great moderation, if at all. They encourage autointoxication, and thus often cause "biliousness." The yolk of the egg is more wholesome than the white.

8. Cow's milk is not altogether suited for human food. A large proportion of invalids—nearly half, perhaps—suffer from "casein dyspepsia," and can not take milk without suffering from constipation, headache, "biliousness," coated tongue, or other unpleasant symptoms which indicate intestinal autointoxication. Such persons may sometimes make use of fresh buttermilk, sour milk, cottage cheese, yogurt cheese or yogurt buttermilk,
In Which Joining the Legion of Honor Is Discussed.

That'll be a dreary day when several American best friends can get together to join the Legion of Honor. Such a day for the Petersburg, are not unusual, but the meeting of several American best friends can be a delightful occasion. And that's why it's important to recognize the benefits of being a member of the Legion of Honor.

Some people are careful for life insurance. Theirs is an important part of their planning. They know that it's important to make sure that they're covered for the unforeseen. But what about the Legion of Honor? Is it a member of the insurance world? No, it's not. It's an honor society for American best friends.

The Legion of Honor was founded in 1837. It was initially known as the American Legion of Honor, but the name was changed to the Legion of Honor in 1854. The society was founded by a group of American best friends who wanted to honor their mutual friends. The society has since grown to include thousands of members from around the world.

Joining the Legion of Honor is a privilege. The society requires that members adhere to certain principles, such as honesty and good conduct. The society also requires that members make a contribution to the society, which is used to support the society's activities.

Joining the Legion of Honor can be a rewarding experience. Members have the opportunity to meet other American best friends and to participate in the society's activities. The society also offers a number of member benefits, such as discounts on travel and on the purchase of life insurance.

So, if you're an American best friend looking for a way to honor your friends and to meet other American best friends, consider joining the Legion of Honor. It's a great way to honor your friends and to join a community of like-minded American best friends.

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**Potash and Perlmuter at the Peace Conference**

By Montague Glass

Meet the Arctic...

*Continued from preceding page*

Tannamuk was born twenty years ago, when there were so many American best friends who didn't have a job. He was a boy, and people often gave him food and clothes. But now he's older, and he has a job and a family. He's still an American best friend, but his life is much different now.

He's been to many places in the world, and he's seen many things. He's been to the Arctic, to Alaska, to Russia, and even to the South Pole. He's seen the icebergs, the snow, and the tundra. He's seen the polar bears, the caribou, and the walrus.

But he's not like the other American best friends. He's not interested in joining the Legion of Honor or in being honored. He just wants to be left alone.

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**Fit Out for the Task**

*By Edgar A. Guest*

The Witch Doctor's Fake Dance

**Mysterious Misdemeanor**

Modern witch doctors are a mystery to many. They are often seen carrying out rituals that are supposed to bring good fortune, but few people understand the true nature of witch doctor practices.

The history of witch doctors goes back to ancient times, when people believed that evil spirits could cause illness or misfortune. In those days, people would turn to witch doctors for help.

But modern witch doctors are not the same as their ancient counterparts. They often use fake practices to deceive people. They may say that they can cure illnesses with their rituals, but in reality they are just trying to make money.

So, if you're ever in a situation where you're considering using the services of a modern witch doctor, be careful. Do your research and make sure that you understand what the witch doctor is trying to do.
MEETING THE ARCTIC ON ITS OWN TERMS

Mr. Richardson tells the story of his winter journey across the ice and snow and tundra and mountains of northern Canada from Cape Porcupine on continental North America. For twenty-three days he braved the dangers of the country, the storms, the cold, the wild animals, and the unknown, in a journey to the unknown.

A typical arctic shelter-one of the primitive Eskimos who live under the conditions of the Stone Age. The Eskimos build these igloos out of blocks of small stones, and then cover them with skins and blubber to make them warm.

We started with about two weeks' provisions for the journey, only enough to last us for two days and a half. The provisions consisted of tea, coffee, biscuits, and a few extra supplies for emergencies.

In the early morning, after a long, cold night, we set out. The snow was deep and the wind was strong, but we managed to make good progress. We walked through the snow up to our shoulders, and sometimes we had to climb over small hills of snow. We traveled for about three miles before we came to a small river. We crossed it and continued on our way.

Suddenly, we heard a loud noise in the distance. We stopped and listened, and then we saw a group of Eskimos coming towards us. They were friendly and welcomed us to their village.

The Eskimos showed us their igloo, a small hut made of snow and stones. They gave us some food and showed us around the village. We talked to them for a while and then continued on our way.

After a few more miles, we came to another river. We crossed it and continued on. The snow was deep and the wind was strong, but we managed to make good progress. We traveled for about three miles before we came to a small hill. We climbed it and looked down on a small bay.

We saw a group of icebergs floating in the bay. We decided to turn back and take a rest. We set up our tent and spent the afternoon resting. We were tired and cold, but we knew that we had to keep going.

We continued on our way and travelers. We traveled for about three miles before we came to a small bay. We saw a group of icebergs floating in the bay. We decided to turn back and take a rest. We set up our tent and spent the afternoon resting. We were tired and cold, but we knew that we had to keep going.

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THE LING SYSTEM OF GYMNASTICS

BY DR. ANDREW A. GOUR.

It has been a subject of wonder and comment in athletic circles that the Finns, Norwegians and Swedes turned out such high grade athletes at the Olympic games at Antwerp. The total population of these three countries is hardly more than Chicago and New York city combined. Yet from so small a region, numerically speaking, our wonderful American team met its worthiest competitors. There are several reasons for this fact, but there is one that transcends all others.

These countries are populated by descendants of the vikings and their vigorous followers. For centuries their life was such as to require sturdy manhood to succeed and most of their activities fostered rugged physiques. But more important than all that is the fact that in all Scandinavian countries outdoor sports are popular and practiced by the majority. Folk dancing of the snappy vigorous type is also indulged in by men and women during the long winter months.

What is said about the Scandinavian countries might also be said about other nations, so far as play and vigorous life is concerned. There is one factor, however, that amounts to much in explaining the difference between the success of the Norsemen against all other countries except our own. There has been practiced for a great many years in the armies and schools of these countries the best system of gymnastics in the world. It was founded over a century ago by B. H. Ling of Stockholm.

Ling was first interested in the subject of gymnastics because he was cured of rheumatism by persistently practicing fencing and other gymnastic activities under the guidance of Guts-Muth of Germany. This happened in the latter part of the eighteenth century. Guts-Muth, who is credited with being the father of modern gymnastics, had two star pupils studying under him. One was Jahn and the other Ling. Guts-Muth had in mind developing two methods of physical development, but he died before achieving his ideal. One method was "Work in the garb of youthful play," and this appealed to Jahn, who founded the modern German system. The other plan was to develop "A system of gymnastics having health and physical perfection as its ideal." This last appealed to Ling and he developed his so called Swedish system of gymnastics. Ling gave the world his almost complete outline in 1869. Since then many physicians and trained gymnasts have experimented and improved various details until to-day it is the most complete system ever developed. In fact, it is the only system of gymnastics that is based strictly upon the laws of anatomy, physiology and psychology. It is no exaggeration to say that all other so-called systems that usually bear their author's name are rediscoveries of phases of the Ling system or they are compilations or plagiarisms.

Ling's ideal was to outline a system of gymnastics so complete as to include the mildest and simplest passive procedures for bed patients, so weak that they cannot even lift their heads off a pillow, and lead on by gradual steps through assistive, single and resistive procedures until one has been restored to vigorous health, when the series of educational gymnastics can furnish him with work of increasing complexity to any level he wishes to attain. In working out his ideal Ling considered all bodily movements possible and rejected all the doubtful or injurious ones, and of the proven beneficial ones he arranged nine divisions, according to their specific effects and in order according to their difficulty and complexity.

The Scandinavian nations have been faithful to the Ling idea and the wonderful physiques of the majority of the men speak well for its long continued practice.
STATE OF MICHIGAN—The Probate Court for the County of Calhoun.

At a session of said Court, held at the Probate Office in the City of Marshall, in said County, on the Sixth day of July, A. D. 1920.

Present, Hon. William H. Porter, Judge of Probate.

In the Matter of the Estate of Ella Eaton Kellogg, Deceased.

John H. Kellogg, the executor named in the will of said deceased, having filed his petition, praying that an instrument filed in said Court be admitted to Probate as the last will and testament of said deceased with the memoranda attached made a part of the will, and the codicil annexed to said will, and that administration of said estate be granted to John H. Kellogg, executor as aforesaid, or some other suitable person.

It is Ordered, That the Fourth day of August, A. D. 1920, at 10 A. M., at said Probate Office is hereby appointed for hearing said petition.

It is Further Ordered, That Public notice thereof be given by publication of a copy hereof for three successive weeks previous to said day of hearing in the Battle Creek Moon-Journal, a newspaper printed and circulated in said County.

WILLIAM H. PORTER,
Judge of Probate.

A true copy:

Jessie C. Porter,
Register of Probate.

July 10, 17, 24, 31

Moon-Journal
July 10, 1920
Mrs. Kellogg was one of the best known women of Michigan, not alone because of being the wife of Dr. Kellogg, but because of her own attainments. She has been a writer of magazine articles for years, these dealing largely with scientific cookery and child welfare, and she was also the author of several books that are widely read. She has always contributed to Good Health magazine, of which Dr. Kellogg is editor, and her advice has been considered important and dependable, since her views were gleaned from personal experience, she and Dr. Kellogg having brought up to live useful prominence and prominence of fifty children, these having been brought from the world over, many being picked up in their extensive travels in earlier years. The Kellogs have had no children of their own.

Mrs. Kellogg was born in Alfred, New York, April 7, 1853, the daughter of Joseph and Hannah Coon Eaton. She was graduated from Alfred university in 1872, receiving her A. B. degree, and two years later was given her master degree. She came to Battle Creek soon after and was wedded to Dr. Kellogg, then a young physician with his career before him. She took her place at his side and is given full credit by the doctor for her splendid co-operation.

She was one of the founders and for years was manager of the Haskell Home. She taught cookery and domestic science in the Sanitarium, having graduated from the American School of Household Economics. The W. C. T. U. found in her an able and staunch supporter and she as superintendent of hygiene made a name for herself in public activities, later being associated in the purity department with Frances Willard and after that national superintendent of Mothers' Meetings, also Child Culture Circles.

She was a member of the household economics department of the National Federation of Women's Clubs, honorary president of the Michigan Woman's Press association and a life member of the Y. W. C. A., associate member of National Congress of Mothers and the American Home Economics association.

Mrs. Ella Eaton Kellogg, wife of Dr. John Harvey Kellogg, head of the Battle Creek Sanitarium, passed away at an early hour this afternoon. Mrs. Kellogg had been in failing health for the past year, having undergone an operation at the Mayo Brothers' hospital in Rochester, Minnesota, in June, 1919, for a serious ailment and spending the greater part of the past year at the Sanitarium hospital, where she passed away about 2 o'clock.

Funeral services are to be held at 2:30 Wednesday afternoon at the Kellogg residence on Manchester street, with Rev. M. B. Kelley, pastor of the Seventh Day Adventist church, of which she was a life-long member, in charge, and Elders L. McCoy and George C. Tenney, assisting. A striking incident and one about which sentiment centers is the fact that that it was Elder McCoy who married Dr. and Mrs. Kellogg, February 22, 1879.

Interment will be made at Oak Hill cemetery.
A few years ago she wrote some memoirs about her childhood and youth. In these she told of the combination of circumstances which led her to make her home in Battle Creek. These are her words:

"With the salary I earned I planned to make a Western trip and visit my Aunt Susan, who at that time lived in Battle Creek, Mich. She was connected as proof reader with the 'Review and Herald.' Publishers. I was suggested to me that if I could come I might perhaps get some profitable employment myself in connection with that establishment. My sister Jennie had been ailing for some time and desired I should accompany her. We left home in July.

"Upon arriving, we found our cousins, Julian and Eddie, were camping with some other young people at God's Lake and were insistent that we should join them. This we did during the next two weeks. Towards the close of that period, Jennie became ill and returned to my uncle's home near Gogebic. When at the end of two or three more days we broke camp and came back to town, we found her very ill with typhoid fever."

"My aunt, as I lived under the shadow of the Sanitarium, was a true disciple of its system of care and had already engaged Dr. Kate Lindsay to attend my sister. I was at first very much opposed to the news of what had happened, and when I got to the hospital I had to know how to proceed. However, I concluded to make the best of it and to do what was necessary for my sister in a thorough-going manner which was just what my aunt had suggested.

"I attended to things in the Sanitarium, to the care of the sick, and to the celebration of the Lord's Supper, and to the study and teaching of the Bible, where I was pleased to find my work was well done and that my efforts were appreciated."

"It so happened that an epidemic of typhoid was prevalent among the students of the college and others of the West End. Many nurses were exceedingly scarce and Dr. Lindsay urged me to lend a hand in the emergency. I had intended returning home September first, but agreed to stay for a time since the need appeared so great. My first case was that of a child, a niece of Dr. Sprague's. Afterward I assisted in the care of several other patients and returned to my uncle's home to rest from the strain of the work.

"It was while nursing Miss Losey that I met Dr. Kellogg, who often accompanied Dr. Lindsay on his visits. I had been resting in my uncle's home when I received a call from Miss Losey's brother telling me of her relapse and begging me most urgently to go and care for her. He said Dr. Kellogg had told him the only hope that could be seen for her was to get Miss Losey back on the case. And so it came about that I was again on duty for three weeks fighting the grim monster with all the energy I possessed. The poor girl hated the cold water compresses I was obliged to keep on her, and each time it was changed I had to give her the 'Lord's prayer.' Whether with the purpose to get her to desist or whether she thought it would help her to bear the cold, I was never able to decide.

"After three weeks more of strenuous nursing, she was again on the road to health and I at liberty to return to Alfred to spend Christmas.

"There was just beginning in January at the Sanitarium a school of hygiene, the very first effort made by the institution to train our workers. I was urged to return and to take up this study. After considerable consideration I decided to do this and enlisted an old-time classmate, Miss Jennie Saunders, in likewise undertaking it. We traveled back to Battle Creek to gather strength and to get engaged for the winter. I served as bath attendant and electric treatment girl; also as nurse, first to an old lady who had a tumor, later to a society belle from the Capitol, whose health was so feeble that she could not sit in the dining room."

"When I returned to the Sanitarium Dr. Kellogg, who had known of my experiences in taking care of Miss Losey, urged me to take up that line of work. This I did and thus began a new era of my life's career."
MRS. ELLA KELLOGG
DEAD AT FOOD CITY

Leader Among Michigan Women is Stricken.

Special to The Free Press.
Battle Creek, Mich., June 14.—Mrs. Ella Eaton Kellogg, wife of Dr. John Harvey Kellogg, head of Battle Creek sanitarium, died here today after an extended illness with cancer. Funeral services will be held at 2:30 Wednesday afternoon at the Kellogg residence, with Rev. M. B. Kelley, pastor of the Seventh Day Adventist church, in charge.

Mrs. Kellogg was one of the best known women of Michigan. She has been a writer of magazine articles for years, these dealing largely with scientific cookery and child welfare, and she was also the author of several books that are widely read. She has always contributed to Good Health magazine, of which Dr. Kellogg is editor, and her advice has been considered important and dependable, since her views were gleaned from personal experience, she and Dr. Kellogg having brought up to lives of usefulness and prominence upwards of 30 children.

Mrs. Kellogg was born in Alfred, N. Y., April 1, 1863. She was graduated from Alfred university in 1875, receiving her A. B. degree, and two years later was given her master degree. She came to Battle Creek soon after and was wedded to Dr. Kellogg.

She was one of the founders and for years manager of the Haskell home. She taught cookery and domestic science in the sanitarium, having graduated from the American school of household economics.

She was a member of the household economics department of the National Federation of Women's clubs, honorary president of the Michigan Woman's Press association and a life member of the Y. W. C. A., associate member of National Congress of Mothers and the American Home Economics association.

DEATH COMES TO MRS. J. H. KELLOGG

Wife of Sanitarium Head Passes Away This Afternoon After Long Illness.

Mrs. J. H. Kellogg, wife of Dr. J. H. Kellogg, died this afternoon about 2 o'clock at the family home on Manchester street, death following a long illness. Mrs. Kellogg had resided in Battle Creek about 45 years coming here from New York state. Funeral services will be held from the home at 2:30 o'clock Wednesday afternoon in charge of Pastor M. B. Kelly of the Seventh Day Baptists church, assisted by Elder G. C. Tenney and Lycurgus McCoy. Further details will be announced later.
MRS. KELLOGG WILL BE BURIED ON WEDNESDAY

Will Be in Charge of the Rev. M. B. Kelly, Burial Will Be in Oak Hill Cemetery.

The funeral of Mrs. J. H. Kellogg will be held at the residence on Man-
chester street, on Wednesday, at 2:30 p.m. and will be conducted by the
Rev. M. B. Kelly pastor of the local Seventh-day Baptist church. He
will be assisted by the Elders L. McCoy and G. C. Tenney. The pall-bear-
ers will be Drs. W. H. Riley, C. E. Steward, E. L. Eggelston, W. F.
Martin and Paul Roth, and M. W. Wentworth. Music will be in charge of
W. T. Drever, and burial will take place at Oak Hill.

Mrs. Kellogg was born April 7, 1883, in Alfred Center, N. Y., being a
daughter of Mr. and Mrs. Joseph Eaton. After attending a preparatory
school, she became a student at the local Seventh Day Baptist academy,
and after the Alfred university. In
her sixteenth year, her education
was interrupted by a series of ill-
nesses in her family, and she was obliged
to give up her plan of entering
the university in the fall. She later sec-
cured a place as a teacher in the
little hamlet of Five Corners five
miles from her home where during
the remainder of that school year she
taught; some of her pupils be-
ing older than she, her wages for
the entire school year being but $75.

With the opening of the university in
the fall, she returned for enroll-
ment, and remained until her gradu-
ation in 1872, with the degree of
Bachelor of Arts. She was then three
months past her 19th birthday, and
was called "the youngest in the uni-
versity" being the youngest
person ever to receive a diploma
from that institution at so early an
age. In 1875 she was given the de-
gree of Master of Arts.

For several years following, she
taught school in New Jersey, and
New York. She later visited an aunt
living in Battle Creek, at which time
a sister came with her was
stricken with typhoid fever. Miss
Eaton was thus led to take up the
work of a nurse, and when her sister
recovered she continued her work of
nursing other cases of typhoid which
had become epidemic in Battle Creek.

For a period of several months she
stayed in fighting this epidemic,
this time the Sanitarium school of
hygiene was opened, and Miss Eaton
decided to remain and become a
Sanitarium nurse. A few weeks later
she entered the employ of Dr. J. H.
Kellogg, assisting him in work con-
ected with the "Good Health" Maga-
zine of which he was the editor.

On February 22, 1879, Miss Eaton
was married to Dr. Kellogg. She kept up her work as a writer for
this magazine over a period of 43
years. During this time she also wrote the following books: "Talks
with Grills," "Science in the Kitchen"
and "Studies in Character Building."

She was the founder of the Sanitar-
ium School of Home Economics, and
was the greatest single factor in de-
veloping the Sanitarium dietary. Her
other activities were legion. She was
graduated from the American School
of Home Economics in 1909; taught
cookery and domestic science in the
Sanitarium; was one of the founders
and for years manager of the Has-
kei Home for Orphan Children. She
was a pioneer in the W. C. T. U.
and founded its health department.

She was superintendent of hygiene
and later the associate of Miss Fran-
ces Willard in the society purity
department. Afterwards she became
superintendent of mothers' meetings
and then superintendent of child
clubs in the society purity depart-
ment. She was a member of the
household economics department of
the Federation of Woman's Clubs, life
member of the Y. W. C. A. and

In the death of Mrs. Kellogg this

city loses a woman whose fame
spread beyond the confines of
the state. She accomplished a wide
and varied task as a writer, teacher, die-
titlan, and a worker for the improve-
ment of the human race, especially
in its homes. To her was due a large
share of the upbuilding of the Battle

Creek Sanitarium to the position
which it holds today. She was the
helpmeet of Dr. Kellogg, not only
in his home but in the great work to
which he has devoted his life. Beside
her public work, a large family of
adopted children received her person-
al and motherly care, and have
grown to lives of usefulness,
and who will greatly mourn her loss.
MRS. E. E. KELLOGG
LAID TO REST

MRS. KELLOGG'S FUNERAL HELD MID BOWER OF BEAUTIFUL FLOWERS

Large Representation of Foster Children in Attendance, With Relatives and Friends

Friends and relatives of Mrs. Eliza E. Kellogg, whose husband, John Harvey Kellogg, sent a magnificent display of the flowers which she loved so well for the funeral services at the Kellogg residence on Manchester street Wednesday afternoon. The house had previously been decorated with green boughs and baskets of cut flowers, so that the effect was beautifully impressive. The body was exposed to view in the morning and just prior to the service. As the central hallway and four adjoining rooms can be thrown into one, there was accommodation for a considerable number to attend the funeral.

Elder George C. Tenney, chaplain of the Sanitarium, spoke briefly of the life of Mrs. Kellogg and read a scripture lesson. Elder M. B. Kelly, pastor of the Seventh Day Baptist church, in which she was a lifelong member, took for his text the words from Corinthians: "Yet show I unto you a more excellent way." He said, was not the ceremonialism of the church, the fasting and the wearing of ashes, but the love for humanity so demonstrated by Dr. and Mrs. Kellogg in the work of their lives.

Elder McCoy, whose association with the Sanitarium began more than forty years ago, described how Mrs. Kellogg had labored early and late to aid her husband in those troublos time when the institution was slowly gaining that recognition and success that have been attained so abundantly. Her cook-book, "Science in the Kitchen," he said, has not only been a boon to those pursuing the medical profession as well, To her, more than to anyone else, the world is indebted for the Sanitarium dietary, which stands in a class by itself. Thousands come from all parts of the country to benefit by it.

The Sanitarium quartet, under the direction of W. T. Drever, sang without accompaniment Tennyson's "Crossing the Bar" and "In the Sweet Bye and Bye," This latter was an especial favorite of Mrs. Kellogg. At the close they sang "We Lay Us Calmly Down to Sleep," to the air of Schumann's "Traumerei." The choir consists of Mrs. Ernest C. Rice, Mrs. M. E. Minor, Clark Siedhoff and Lyle Arms. Elders McCoy and Kelly had a brief service at the grave in Oak Hill cemetery.

The pall-bearers were Drs. W. H. Riley, C. E. Stewart, El L. Eggleston, W. F. Martin and Paul Roth and M. W. Wentworth. A delegation came to represent the W. C. T. U. and was prominent both locally and nationally. Among others present were Mrs. Clara K. Kellogg, Smith Kellogg, Miss Emma Kellogg, Mrs. and Mrs. W. K. Kellogg, Dr. K. Kellogg, Mrs. J. L. Kellogg, Mrs. and Mrs. C. B. Butler, Mrs. and Mrs. Arthur Kellogg, R. Kellogg, Dr. Nettie Knapp, Dr. and Mrs. M. A. Mortensen, Dr. and Mrs. B. N. Colver, Mrs. and Mrs. C. B. Kirkland, Robert Kellogg, Miss Ivaline Kellogg, Dr. and Mrs. Richard Kellogg, Mrs. M. W. Wentworth, Mrs. C. B. Stewart, Miss Elizabeth Stewart, Mrs. Eliza E. Eggleston, W. H. Murphy, the Misses Angell, Gertrude and Mabel Estill, Dr. Gertrude Johnson, Dr. Mary V. Dryden, Mrs. Catherine W. Dryden, Mrs. Clara V. Radabaugh, Mrs. H. Williamson, Mr. Estellie G. Thompson, Mr. Linda Roth, Mrs. Nellie L. Gage, Dr. Roxette L. Runck, Dr. Lesley Fraser, Dr. and Mrs. W. B. Lewis, Dr. C. E. Roderick, Dr. J. S. Pritchard, Dr. Bertha E. Mosher, Mrs. Julia E. Mosher, Dr. C. Ward, Chatham, Dr. Dorothy Haag and Dr. of Mrs. G. E. Bahrman, Dr. Lydia Jesperson, Miss Mary J. Lazarus, Dr. M. J. Capron, Mrs. Mary S. Foy, Miss Caroline Zahn, Mr. and Mrs. Alfred H. Steinle, Mr. and Mrs. Harvey Lichtenwalzer, Dr. C. H. Hubly, Elder Mrs. Nicola, Mr. and Mrs. L. C. Coulston, Mrs. Clara F. Salisbury, Dr. and Mrs. Charles Heald, Mrs. G. C. Tenney, Miss Emily Stevens, Miss Jennie Garrett, Mrs. Sally Montgomery, Mrs. Ethel Jacobson, Mrs. Bess Tarter, Miss Catherine Cone, Mrs. E. A. Baker, Miss Eliza Gephart, Mrs. Mary C. Vogel, Mr. and Mrs. F. B. Howard, Mrs. F. J. Goddell, H. A. Bromberg, Clyde W. Parshall, C. H. Wheelock, Miss Nora Sargent, Mrs. Aubrey Babcock, Mrs. C. E. Owene, Ogie O. Wilson, C. M. Vandervort and John Riger.

All of the feminine members of the immediate family wore white and Dr. Kellogg was in his customary white gown.

MANY FLORAL TRIBUTES

Impressive Funeral Services for Mrs. Kellogg Yesterday

Such a display of flowers as has rarely been seen in Battle Creek was banked around the casket. Mrs. John Harvey Kellogg at the Kellogg home on Manchester street at the funeral yesterday afternoon. Elder M. B. Kelly, pastor of the Seventh Day Baptist church, spoke from the text, "Yet show I unto you a more excellent way." Elder McCoy who officiated at the wedding of Dr. and Mrs. Kellogg more than forty years ago, told of the part she had played in the history of the Sanitarium.

The Sanitarium quartet, under the direction of W. T. Drever, sang "Crossing the Bar" and "The Sweet Bye and Bye," the latter being a great favorite of Mrs. Kellogg's. The quartet consisted of Mr. Ernest C. Rice, Mrs. M. E. Minor, Clark Siedhoff and Lyle Arms. At the grave in Oak Hill cemetery, they sang "We Lay Us Calmly Down to Sleep." Elders McCoy and Kelly held a brief service at the grave.

The pall-bearers were Drs. W. H. Riley, C. E. Stewart, El L. Eggleston, W. F. Martin and Paul Roth and M. W. Wentworth. A delegation was present representing the W. C. T. U. together with many friends and relatives of the deceased.

Evening News

June 17, 1920
SAYS BABIES DIE FROM BAD MILK

Clarence W. Barron Declares More Infants Slain in U.S. Than in All the Rest of World

Clarence W. Barron of the Boston News Bureau, speaking yesterday at the convention of the American Association of Medical Milk Commissions and the Certified Milk Producers' Association of America, held at the Harvard Medical School, declared that more babies have been slain in the United States with impure milk than in all the rest of the world put together.

"If it is true," he said, "that more than 50,000 babies die every year in Italy, 50,000 in France, and 50,000 in Germany, you will find that in the United States with something over 400,000,000 people, we have the same number of deaths from babies according to the latest statistics, and yet we have been slaughtering babies by the millions."

Dr. W. E. Bell of Battle Creek, Michigan, emphasized the importance of certified milk in his address at the convention.

"In a society as advanced as ours, it is not only a necessity to have pure milk, but it is a necessity to have pure fruit and vegetables as well." he declared.

BOSTON POST

CAPITALS

KELOTT KING URGES CERTIFIED MILK

Would Mean Saving Lives of Many Infants, Producers Told

BARRON ENTERTAINS AT COHASSET FARM

Dr. John H. Kellogg of Battle Creek, Michigan, emphasized the importance of certified milk in his address at the convention of the American Association of Medical Milk Commissions and the Certified Milk Producers' Association of America at the Harvard Medical School.

"Milk is a matter of immediate and unqualified necessity," he declared, "and it is also a matter of immediate and unqualified necessity to have pure milk in our homes. We must have pure milk in our homes and we must have pure milk in our schools."

Dr. Kellogg is a firm believer in the hygienic and healthful qualities of milk and its importance in the diet of our people. He has been a leader in the movement for the production of pure milk and has done much to popularize the use of milk as a preventive of disease.

"We have made great strides in the production of pure milk," he said, "but we have not yet reached the stage where we can afford to be complacent. We must continue to work for the production of pure milk and we must continue to make the people aware of the necessity of pure milk."
Rheta Childe Dorr's Fifteenth Article on Russia

Continued from First Page.

The manner of the paper was down with the war for more than one kind of Russian. It was called from page one to four with the sort of German stuff that has done its deadly work with the men at the Rus-

s or to twenty years of age. The endless list of the country's army. It was

Bigbanks and their hands full with its own debt editors, had never before

at Halifax. The motte of the designated was a group of four or more

TROYTLY ALWAYS HAD MONEY. The mess of the paper was down with the war for

made it a lot of money to be handed from
to pages four and with the sort of

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AN INSTANT 8-CUP MILK SUBSTITUTE

AUSTIN R. BIRDSALL

No cooked breakfast has been christened at the Parthenon since the dawn of civilization, and it is in the feeding of children that it has been found. When the milk has been cooked, the children are also cooked. The uncooked milk substitute is a revelation to mothers, especially during the winter months when there are many snowstorms and the children can catch cold. The substitute has been advertised as an instant 8-cup milk substitute and it is not too late to order your supply. An 8-cup supply will cost you $2.00. The chicken is cooked in milk. The milk substitute is the most popular item in the store and a very popular item in the household. The substitute is the perfect gift for the mother or the grandmother. The substitute is the perfect gift for the mother or the grandmother.
Dr. Kellogg, have you got
then brain tablets if you have
please let me know. Because
my brain passes from me when
I sleep.

JUN 10 1921

R. W. Avery

No. 5003 Townsend Ave
Wonderful! Wonderful! Sleep Like a Top All Night Long! Kellogg’s Brown Tablets Make One Feel Young Again.

Among the principle causes of this trouble is chronic enlargement of the prostate gland and bladder irritation and of these and of the scientific discovery upon which Kellogg’s Brown Tablets are based, a noted medical authority says: “A symptomatic cure is usually achieved ** ** The frequent impulses to urinate and the recurring desire at night cease. Successes with this salt **: have been had in men of ninety years.”

Every man young and old should try this wonderful treatment. It works upon the bladder to correct the faults that are causing a host of men days and nights of untold misery.

Send coupon today, with six cents in stamps to help pay postage and packing for a free 50c trial box of Kellogg’s Brown Tablets, to Frank J. Kellogg Co., 2964 Hoffmaster Block, Battle Creek, Mich.

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**FREE TRIAL COUPON**

FRANK J. KELLOGG CO., 2964 Hoffmaster Block, Battle Creek, Mich.

Kindly send me, Free, a 50c box of Kellogg’s Brown Tablets. I enclose 6c in stamps to help pay postage and packing.

Name

Street

City

State
Disadvantages of Upright Posture

The disadvantages of upright posture of humans is the theme of Dr. Harry Campbell in the Lancet (London). He writes:

It is interesting to find that charwomen seem actually to enjoy the all-four position adopted in scrubbing the floor, and I am told that young girls in cookery schools delight in the same occupation; they sometimes actually spill water as an excuse to going on all-fours to wipe it up.

In considering the influence of the upright position on the circulation, it is necessary to distinguish clearly between standing, walking and running. Standing is less favorable to the circulation than the latter two, inasmuch as rhythmical muscular contractions are an important aid to the circulation; and in this connection it is worthy of note that under natural conditions man spends little of his time in standing still; he either moves about or lies down. Such considerations emphasize the fact, universally admitted, that it is bad for humans—whether school children, shop assistants, cooks or what not—to remain standing for any length of time; and they further point to the advantage of reclining after the Oriental fashion over sitting down. Many women derive great benefit from lying down an hour or so during the day.
[From a letter to the Hartford Times.

The interesting account of Dr Cyrus Northrop's life in Wednesday Evening's Times brings to mind an anecdote now famous in the annals of Cornell university.

The occasion was the celebration of the 25th anniversary of the founding of Cornell, and among the speakers were Dr Northrop, then president of the University of Minnesota and the Hon. Chauncey M. Depew, his classmate at Yale, as well as the late Dr Andrew D. White, the first president of Cornell university. As the story goes, Mr Depew was placed on the program immediately after President White, and immediately before Dr Northrup; and with that suavity and grace which distinguished him as a public speaker, Mr Depew opened his address somewhat as follows:—

"It is a particularly embarrassing position in which I find myself on the program, succeeding that brilliant scholar and executive, President White, and preceding that whirlwind of the Northwest, Dr Northrop."

Mr Depew then made a brilliant address, as everybody knew he would. When the applause subsided, President Northrop arose and addressed himself to the audience somewhat as follows:—

"I have been alluded to by the eloquent Mr Depew as 'the whirlwind of the Northwest.' I can do no other than admit the soft impeachment, coming from such a source; for in all the world I know of no greater authority on wind."

It was generally conceded that Dr Northrop carried away the honors.
DR. KELLOGG IS BACK FROM MEET


FIFTY NATIONS JOIN

World Renowned Scientist Exposes Part Liquor Played in Debaching Humanity.

Dr. J. H. Kellogg has returned from Toronto, where he went to represent Michigan at the first international convention of the World League Against Alcoholicism, having been honored with the commission by Governor Alex J. Grossbeck.

The Toronto Globe styles the gathering as the "first comprehensive international prohibition assembly ever gathered on organized basis."

The roll call by countries revealed the fact that the following had representatives present: Lithuania, England, China, Mexico, Poland, United States, Scotland, Finland, Canada, Austria, Iran, Sweden, Norway, Czechoslovakia, Argentina, India, Italy, Siberia, Albania, Bulgaria, Japan, Rumania, Spain, France, South Africa, Hungary, Turkey, Switzerland, Germany, Belgium, Czechoslovakia, France, Syria, Republic of Colombia, Korea, Armenia, Ireland, Jamaica, Liberia, Brazil, Sierra Leone, Philippines, Denmark.

Fight Progress Told.

A great story of progress against liquor was told by delegates from over the world. The message of victory or hope of victory was brought from the uttermost parts of the globe. The Mexican delegate reported that their greatest supporters were the labor organizations and the agrarians; also that a new impetus had been given the anti-liquor movement through the fact that the Roman Catholic church is asking its members to take voluntary vows to abstain from the use of liquor.

The Crown Prince Regent of Japan and his wife are total abstainers. In Japan a junior prohibition law has been passed, "Germany and Austria will be dry by 1930," according to a statement made by a worker. "It took 30 years to make the United States dry, in another 30 years we expect to make the world dry," Dr. Cherrington, secretary of the World League Against Alcoholicism.

Defends Prohibition.

A masterly justification, on eugenic grounds, of prohibition of alcoholic liquor was made by C. W. Saleebey, M. D., F. R. S. E., the eminent physician electrifying the vast gathering with his scathing indictment of alcoholism. He spoke for nearly an hour without notes and when he sat down the listeners arose with one accord and burst forth in a storm of applause.

He said alcohol deserved to be classed as a "racial poison," one of those agencies possessed of the quality of destroying the children through their parents.

Causes Fall of Nation.

The solution of the waning of once-mighty nations, to which historians volunteered no clue, was to be found, he said, in the curse of drink and the physical as well as moral degeneration which it left in its wake.

"Prohibition has become more than the elimination of drunkenness on the streets," he declared: "more than lightening the task of police courts or reducing automobile fatalities. It is the preservation of the life of nations."

The speaker cited testimony from ancient and Biblical writers to show that there existed, even in those days, a recognition that mothers were imperilling their children by the drinking of wine. Alcohol not only poisoned the body, but, more than any other tissue, it injured the germ plasm. This was its worst sin against mankind. Experiments had shown that the offspring of guinea pigs subjected for one hour a day to merely the fumes of alcohol showed visible deterioration.

Hits Moderate Drinking.

Here he struck at the plausible opponents of prohibition. "Moderate drinking," he said, "causes moderate drunkenness. It may be ever so respectable and never involve police interference, but it effects a 'moderate' deterioration of the state. Dr. Canada you did not do that. Drinking was not the usual thing and 'eminently respectable.' Men had a 'spree' but did not countenance it in their homes. It is the steady, respectable drinking, which so many people defend, that destroys the race."

He went on to arraign alcohol as...
The Good Teeth of Primitive People

Dr. A. Berlyn, L. D. S., Glas., of Capetown, Africa, says*: “The natives who live on soft pappy foods are far more immune from dental caries, not only than the people who never touch this sort of food, but even than those of their own race who live partly on flesh diet and partly on soft food. * * * Take the raw native who comes in from the kraal, who is little more than a savage, and who has never subsisted on anything but soft mealie pap. When he first comes into a civilized town, from his wild state of existence, in ninety-nine cases out of a hundred he will be found to possess a perfect set of thirty-two sound, beautifully formed, milky-white teeth, free from any taint of tartar or other discoloration, and seldom, if ever, malformed or irregular. But examine the same set of teeth, say a year or two after he has lived in a civilized town, partaken of flesh food (while deserting his beloved pap)—food that has been prepared by civilized people, spiced and condimented, and you will find caries and other dental troubles similar to those found in any white man reared and fed as the latter usually are * * * Take at random 10,000 raw natives, and you will not find ten of them who do not possess perfectly formed horseshoe-shaped jaws; there are no V-palates, no overcrowding of teeth, seldom an irregularity, while the enamel is of a perfectly white color, hard in texture, free from nodulations and pits, and forming a perfect shield to the more vulnerable structures of which the teeth are formed. The native cleans his teeth by washing the mouth and rubbing with his finger.

“Elsewhere I find (Russell) that ‘a place of interment was lately opened at Scone, near Perth, which had remained untouched for above two hundred years; and yet, to the astonishment of every one, among a great number of skeletons there were hardly any of them in which the teeth were not entire and sound.’ Similar observations were made on the skeletons discovered near Old Malton Abbey, and in many other places. The unsound, decayed teeth of today are clearly a very modern innovation on Nature’s former rule.”

* British Journal of Dental Science
January Health Talk

BAPTIST CHURCH

Wednesday, January 19, 1927

7:00 P. M.

Dr. FREDERICK M. WHITE, Minister

1. New Year's Greetings from Dr. John Harvey Kellogg—"It pays to be good to yourself. Try it during 1927. Begin now."

2. Cancer is increasing more than 500% in 50 years. The cause is traced to tobacco, coffee, meat and fine flour bread.

3. Sir Arbuthnot Lane, British physician, shows that the normal human infant moves its bowels after every feeding and that the adult should do the same.

4. The diet of our poorer classes consists of white bread, tea, coffee, margarine, boiled vegetables and meat. Rats fed on this diet are ill-grown, poor coated, weak and listless and resort to cannibalism on each other.

5. Sir Arbuthnot Lane says constipation is the white man's burden, the direct and indirect cause of most misery and diseases.

6. "Flu" is a disgrace. Either a lazy man's excuse for not working. Or the penalty on an active man for neglecting proper elimination of body poisons.

7. Appendicitis shows alarming increase. Orientals never have it. A vegetarian uncooked diet and regular habits will prevent this intestinal gangrene.

8. The person who is poisoned from beefsteak is drunk most of the time. One pound of beefsteak contains 14 grains of uric acid the chief cause of rheumatism.

9. Tobacco is a poison, so taught in our school text-books, harmful in all doses, large or small. Public officials bedizened with it are inefficient. It consumes vital reserves which are necessary to make a boy grow and a man live long.

10. Canned tomato is practically as good as orange juice for vitamins. Eat a pint twice a week through the winter.

11. The chief factor in lowering our death rate has been the decrease in infant mortality. For the life expectancy of persons over 45 years is decreasing. Middle age in the U. S. A. has lessened longevity.

12. Bonding Centreville into bondage for $100,000 for 30 years to pay $75,000 additional in interest to professional debt producing bankers is legalized larceny.

13. Village election comes March 14th. Township election, April 4th. Shylock and his emissaries will have their candidates ready for your votes.

14. Cigarets will ruin a flapper's complexion. Smoke is always hard on paint.

15. For safety first cereal, buy your wheat directly from the farmers, grind it on your own hand mill, eat it dry or made into hard, dry, water-bread of the Indians and Arabs. Enjoy a fine physique, abounding vital stamina of the hardy simple life.

The Religious Day School for boys and girls meets one-half hour before each day's session of the public schools, in the Baptist Chapel. The public schools salute the flag. The Religious Day School has a regular salute for the Bible, the Book of books. Dollar given to each pupil memorizing by Easter the Lord's Prayer, 23rd Psalm, Books of the Bible, 10Commandments and the Beatitudes.

The Only Church in Centreville That Will Not Baptize Babies
STOOD IN LINE AS LIQUOR WAS GIVEN

Dr. J. H. Kellogg Tells of Own Experience in Chicago Bootleg Establishment.

BREAKFASTED HUNDRED

Members of Farmers Community Club Advised to Sell Milk Instead of Butcher Cattle.

How Dr. J. H. Kellogg stood in a long line of men to whom a free drink of whiskey was being served out at a Chicago bar, in the early morning, was told by the doctor yesterday, when he addressed the Farmers’ Community club, at the First Methodist church.

Dr. Kellogg, while in Chicago a few days ago, was told that this was going on daily. He could hardly believe it, and so Dr. W. A. Evins, the Chicago Tribune health writer, invited him to go and see it. They did so, falling in line to see it with their own eyes. And it proved true.

There stood full whiskey bottles in rows, and about 150 men were served free.

"The men who were doing this found it profitable," Dr. Kellogg explained, "although they had to pay about $100 a week for the privileges. They knew that when those men had had one drink they would come back for more. They would go out on the streets and beg those who passed for ten cents to get something to eat, and would be back for more drinks.

"I thought of a way to block that business for that day, and invited that crowd of men—about 100 of them—to one of the Thompson restaurants for a breakfast. After a good breakfast they wanted to work. And instead of begging and going back to the bar or more whiskey, they went to the em’s and agencies, and many got a job.

"But that is the way they are enforcing the liquor laws in Chicago."

Dr. Kellogg told this story, at the request of C. H. Wheelock, after he had concluded an address he went there to give.

He told the farmers of the community that they could make more money selling milk than raising cattle for the butcher.

"If the farmers will so operate their dairying that they guarantee the people absolutely clean milk, they can get from two to three times the price for it, and it will be worth the increase," the doctor declared.

"In New York, they are paying 35 cents for certified milk.

"At the Sanitarium, we pay our dairy 15 cents a quart for milk that we know is clean. And we would be willing to pay twice as much, if necessary.

"It requires 100 pounds of food to produce 12 pounds of meat. But the same amount of food will produce 20 quarts of milk. So that if you sold certified milk instead of meat, you could greatly increase your profits."

"There is as much food value in a pint of milk as in a pound of meat," Dr. Kellogg said, taking the matter from the standpoint of value to the consumer. "And yet you pay 35 cents and more for a pound of beefsteak. Besides this, after the butcher has cut away much of the meat before selling you a steak, you cut away much more that you do not eat. The dietitians say that only about half the weight of the meat that comes from the store is eaten. So you are paying 70 cents a pound or more for what you actually use."

President E. E. Boyer of the club called upon Mr. Wheelock to introduce Dr. Kellogg. Mr. Wheelock said it would take him all day to tell the good things he would wish to say, and passed the job on to W. D. Farley, who had brought the doctor from the Sanitarium. Mr. Farley also cut the introduction short, in order to give all the time available to Dr. Kellogg.

Miss Mabel Landon sat; two enjoyable selections preceding the address.

It was decided to hold the meetings regularly at the First Methodist church, accepting cordial invitation by the Rev. Quinton E. Walker. And the club voted to pay a small sum monthly, though it was not asked, in view of the expenses of heating, etc.
While not unmindful of the wonderful discoveries, inventions and creations accorded every department of science, none surpass the miracle evidenced by the progress in the science of medicine during the past fifty years.

Let us turn back the page to fifty years ago. You will note the requirements for matriculation in our most exacting medical colleges were not exceedingly high. The one insisted on, as I recollect, was the matriculate must be able to read and write. There were few students with college education and a small number with as much as an eighth grade certificate. School was supposed to begin September first and last until June first; but boys from the farm seldom arrived until after corn husking and usually left for early spring ploughing. The curriculum seemingly covered a rather wide field, but there were not more than three or four departments that gave creditable instruction. Anatomy was the key-stone to the arch and was mastered to a degree far beyond present requirements. Fractures and dislocations were nearly as well understood and in the main better healed than at present. The mechanics of obstetrics was developed to its present standards, but as antisepsis was in the offing and asepsis deemed only an individual weakness, puerperal fever was common and its cause only suspected. The disease the practitioner was called upon to treat and from which he gained most of his living was typhoid and malarial fevers during the summer and autumn, and pneumonia and contagious diseases during the winter months. The only prophylactic known was vaccination against small-pox. Tuberculosis was considered an inherited disease, and the doctor was careful not to make a diagnosis until the patient was moribund. The prognosis was always bad. Opportunities for education after graduation through association with one’s fellows was poor; first, on account of antagonisms, jealousy and feuds caused by wagging tongues of loyal clients in criticizing and comparing my doctor as against your doctor. Medical societies were few; they met at long intervals, were poorly attended and had little new to present. It was not unusual to have the entire program devoted to the cause and cure of sore eyes, with the consensus of opinion being that they were due to the profusion of yellow fall flowers. There were few specialists among the regular profession, no one, as I remember in the West, limited his practice to one department of medicine. All did general practice, except the oculist. The specialties were confined to one, who possessed some secret formula that had found favor in the care of one phase of certain diseases; the greater the ignorance of its sponsor, the greater its supposed virtues.

It may be of interest to know that the first clinical thermometer in the West was owned and used by Dr. A. X. Illinski of Cahokia. This instrument was purchased in France; it was not self registering, was large, requiring a case about the size of a violin box. Being a new idea with a foreign birthmark, some of his patients accorded it wonderful curative properties. Dr. Illinski also owned the first hypodermic syringe in the West.

Whatever of value we have at present, is a heritage from these pioneers in medicine of equal value to that we owe the pioneers of our western civilization. They had few tools; they were denied education and training. What they lacked in scientific knowledge, was measurably compensated for by an efficient training in the hard school of experience and diligent application of common sense. Their treatment of diseases was based on actual experience in the relief of human ailment. They employed established measures, mild or heroic, according to individual judgment. Sometimes harm was done through ignorance, inexperience or too enthusiastic application. On the whole they relieved pain and conserved life. The sharp line of cleavage between the past and the present was the dawn of Listerism. In the early eighties antisepsis became common property. Previous to this, laudable pus was courted; later, pus of any kind was anathema. Seeing many cases recover without infection, it was thought that all cases could be so conditioned, provided the antisepctic was strong enough to destroy all of the germs. So many friendly tissues were violently assaulted by these eroding substances. This general knowledge invading every department of medical practice, equipped them to grasp new ideas and incorporate them to such an extent that they might well be classified as super-men. In the field of surgery this was especially applicable. It was not thought extraordinary to find one performing heroic surgical operations of brain, chest or abdomen one day, and the following day observe him do the delicate operations on eye, ear and throat, and this without surprise as to its range and merit.
Dr. I. D. Rawlings, Director of Health for the State of Illinois has requested the Society's endorsement of a bill to allow all counties to have a full time health officer. The bill is qualified to make it compulsory that the appointee be a licensed physician in this state, and also that he be capable. Now any physician that is up to date can inform himself on the subject so well that he will handle the position efficiently. The State will furnish instruction as to the conduct of the office. The matter will be optional with the county supervisors. Consider this matter seriously. Give your endorsement, the County needs a Health Officer as does any city. There can be no doubt about its necessity. We, as physicians, know enough to take advice from other physicians more learned in some particular branch. That's where Rawlings qualifies. He knows all about public health matters. He endorses and sponsors the bill. Can we do less than give it a written endorsement to our representatives? Let St. Clair County be on the progressive map. Endorse this bill. Request its passage.

On Thursday, April 7th., Dr. John Harvey Kellogg of Battle Creek, Michigan, will address the Society. The subject will be "Diet as a Therapeutic Measure in Chronic Disease." Dr. Kellogg is extremely able in this line of work. A large meeting is assured for this very important subject. The meeting will be at 8 p.m. at the New St. Mary's Hospital. THIS IS THE APRIL MEETING. Further notice will be printed in April number of the Bulletin.

Doctors are everywhere advocating annual physical examinations. Let us take the lead here. Appoint a committee and make arrangements that every member of our Society shall have a complete examination this year. We will tabulate the results, note the statistics, then we will have a sound argument to offer the public. If we are delinquent, how can we espouse the cause? Blanks are available. A blank from one of the old line insurance companies will serve perfectly.

Butcher Shop: Fly; Hungry; Silent; Unnoticed; Eats Bologna; Happy.
Flies around; buzzes loudly; butcher swats him; dead fly.
Moral: "If you are full of bologna, keep quiet."

"Why do you think that Doctor practices in Williamson County?"
"Didn't you notice the bullet holes in his hat?"

It is well for a man to respect his own vocation whatever it is, and to think himself bound to uphold it, and to claim for it the respect it deserves . . . Charles Dickens.

The meeting of February 3rd was a fine, enthusiastic one. A good discussion followed a splendid paper. Dr. Pfeiffenberger had his subject well prepared. The surgeons who discussed it, knew their field. We others, to whom a gall bladder is only something near the liver, learned a good deal. The Sisters prepared a nice lunch that was enjoyed after the meeting.

Returning from the A. M. A. convention, the doctor rejoined his wife in the Pullman after an hour in the smoker.

He said: "One of the men there owns a hat factory. He offered any man an evening hat if he would swear that he had never kissed any woman but his own wife."

After a few moments the wife said: "Well, honey, where is the hat?"

Dr.: "Er, er, sweetheart, you know I look like hell in a high hat."

God be thanked for books. They are the voices of the distant and the dead, and make us heirs of the spiritual life of past ages.-- William E. Channing

Several letters have come in complimenting the Bulletin's appearance. The advertisers feel that they are getting a good return. Mention it occasionally. If you like it, tell them, if you do not like it, vote it down next year. Everyone has an equal voice.

Do not fail to attend this coming meeting and dinner, THURSDAY, MARCH 3rd, 7 P. M. NATIONAL HOTEL. DINNER AT 7 SHARP. PHONE FRED GUNN, EAST 689. DO IT NOW. HE MUST KNOW EARLY. DR. WIGGINS WILL BE GUEST OF HONOR.
The eleventh annual session of the stockholders of the Health Reform Institute was held at the Adventist campmeeting at Lansing. The physician-in-chief of the Institute, Dr. J. H. Kellogg, presented a report showing that 403 patients have been treated during the year; directors were elected as follows: Elder James White, Dr. J. H. Kellogg, Prof. S. Browneberger, Dr. W. J. Fairfield, O. B. Jones, W. C. White, and William Sisley, all of Battle Creek. The Health Institute is known now as the Medical and Surgical Sanitarium.
Physiotherapy Has Arrived, But Where Are the Physiotherapeutists?

John Harvey Kellogg, Superintendent of the Battle Creek Sanatorium, Battle Creek, Mich.

Physiotherapy is at last coming into its own. Out of the muck and slime of empiricism it has risen to the very highest levels of rational therapy. Somewhat more than a century ago Priessnitz, a peasant boy of Austrian Silesia, was bathing broken arms and legs and old sores with a wet sponge and repeating cabalistic words and was imprisoned for practicing magic, but his fame as “the doctor with the magic sponge” had become so widespread that it continued to grow although he was required to dispense with the magic cabalistic phrases, and after some years of observation the sagacious peasant discovered that the healing virtue was neither in the magic sponge nor even in the water but in the reaction of the body to the cold applications made to the skin.

Hydrotherapy was in those days very properly known as the “cold water cure.” Priessnitz knew nothing of diagnosis or pathogenesis, but he did understand reaction, and he carefully tested every patient with reference to his power to react before arranging his program of baths. In this respect his methods were more scientific than the methods in use in most resorts and even in hospitals where hydrotherapy is at present employed. I recall some years ago a visit to a large army hospital equipped with a very complete and expensive hydriatic apparatus department. As soon as I reached the hydraulic department I was surrounded by nurses who eagerly besought me to tell them how to use hydrotherapy. They said, “You know the doctors send patients down here to us with instructions to give them hydrotherapy, but we do not know what to give them. How can we find out what they ought to have?” Of course the best I could do was to give them a few hints about what not to do, for it would seem to me as much the duty of the doctor who prescribes hydrotherapy to indicate the nature of the procedure desired, the temperatures to be employed, and the duration of the application as to indicate when prescribing medicine the name of the drug and the size and frequency of the dose.

Hydrotherapy is a powerful therapeutic means. It produces most profound effects upon the functions of the body. Every function, without exception, may be influenced by it, and to a very marked degree, and nearly all of its effects, whether the applications are hot or cold, are the result of reactions, nervous, vascular, nutritive, etc.

Priessnitz wisely gauged his prescriptions according to the capacity of his patient for reaction to cold. No better single means exists today for forming a judgment as to the intensity of treatment suitable for a newly acquired case. Even distinguished clinicians seem to have overlooked the importance of making use of this simple test before applying strong hydraulic measures. I am tempted to relate a somewhat amusing incident which well illustrates this point. Some twenty years ago I happened to be called to see in consultation the mother of a prominent citizen in Charleston, West Virginia. I found a pale, emaciated, nervous woman, bedridden for months, dying from cancer of the uterus.

The instant the introduction was over, before I had had an opportunity to get any information about the case, the patient, turning her face toward me, with a very anxious, determined look said, “Now, Doctor, don’t you prescribe a wet sheet pack for me as Dr. Osler did for I shall rebel.”

Greatly surprised I asked for an explanation. I was told that the great and learned clinician had been called to see the patient a few weeks before and had actually prescribed a cold wet sheet pack as a tonic. “Yes,” the lady said, “he told me just how it would be done. First a blanket would be spread upon the bed, then a sheet would be wrung out of very cold water and spread upon the blanket, and then I would be placed upon the sheet and the wet sheet would be wrapped around me, and then the blanket, and I would be tucked in so tight I could not move, then I would shiver for about a minute and after that I would feel a glow of warmth permeating my whole body and I would fall off into a sweet slumber and awaken a half hour later greatly refreshed.”

“Well,” said the lady, “I did not like the idea of cold water very well, but it sounded so enticing as the Doctor told me about it in his most charming manner that I tried it, but I never will do it again. Instead of warming up after a minute or two as the Doctor said I would, I shivered and my teeth chattered for half an hour, then I could not stand it any longer and insisted on being taken out. It nearly killed me. No more cold packs for me.”

Evidently the poor, bloodless patient had not vitality enough to react to such a severe refrigerating measure. A carefully administered wet hand rub or a cold mitten friction after a suitable preparation might
have done her some good, or at least would have done no harm.

Really, I was not so much surprised as I might have been had I not often in consulting Professor Osler’s unrivaled work on the practice of medicine frequently encountered the remark, after various remedies had been recommended, “If after making use of the means suggested the patient is no better, try hydrotherapy.”

Evidently Dr. Osler had a general acquaintance with hydrotherapy and had faith in its merits but he had not had an opportunity to make himself familiar with its technic. And here is the great obstacle that stands most in the way of the progress of physiotherapy. The impression seems to be general among physicians that the only thing necessary for the administration of physiotherapy, hydrotherapy, phototherapy, electrotherapy or whatever it may be is suitable equipment. It would be just as reasonable to imagine that proximity to a drug store would give an untrained man an adequate knowledge of pharmaceutical preparations, their proper dosage and the indications for their use.

Physiotherapy covers a broad field, a field which comprises not only chemistry and physics but must likewise include a thorough knowledge of physiology. To undertake to practice physiotherapy without an adequate knowledge of physiology is the grossest empiricism, yet I fear that a pretty large proportion of our present-day physiotherapeutists are decidedly empirical in their methods. This is the natural result of the neglect of our medical schools to give students the proper training in hydrotherapy, electrotherapy, radiotherapy, phototherapy, dietetics, medical gymnastics and mechanotherapy and the various other branches of physiotherapeutics.

Each one of these subjects covers a field of considerable magnitude, greater by far both in extent and in therapeutic value than the materia medica upon which so much emphasis is laid.

In fact the field of physiotherapy is becoming so broad it begins to be a question whether the ordinary practitioner will ever be able to master it, or whether he can be expected to obtain more than a smattering of general principles.

Dietetics, one of the most important of all the several branches of physiotherapy, has already passed into the hands of specialists. It is now becoming quite the fashion in large hospitals—sometimes in small ones—where competent diet specialists are in charge, for the physician to turn his patient over to the dietitian with general instructions to reduce or to fatten, to build up the blood or to combat acidosis by dietetic measures.

It may be that the best solution of the problem will be found in the development of physiotherapy specialists, hydraulic or electrical or radio technicians, who are able not only to manipulate skilfully the equipment and to execute all the varied procedures peculiar to each branch but who are likewise able to make appropriate adaptations of these powerful therapeutic means to meet individual indications. Such specialists would require as a foundation an up-to-date knowledge of physiology and physics, especially in the field of radiology but also of physiologic chemistry and food chemistry, in addition to a good general knowledge of medicine.

After having spent more than a half a century in studying, practicing, advocating and trying to improve various branches of physiotherapy, I feel that the era of physiologic therapeutics has at last arrived, and I am strongly of the opinion that the great developments in therapeutics for the future will be in the field of physiotherapy rather than that of materia medica.

Young physicians who are ambitious to achieve fame and distinction in the profession will find in physiotherapeutics a field for original research and development such as is afforded by no other branch of medicine. Every branch of medicine is waiting for the vitalizing impulse which physiotherapy can give to it. The old materia medica, with the exception of a few time worn and useful drugs, is moribund and superannuated. Up-to-date internists are everywhere eager to utilize the resources of physiotherapy so far as they can be made practically available to the general practitioner. Surgery is busily gathering in and utilizing physiotherapy in various forms, both as principal surgical agents and as accessories. The manufacturers of physiotherapeutic appliances are equipping doctors’ offices everywhere with physiotherapeutic apparatus. What is most needed now is the addition to medical college curricula of adequate courses of instruction for third and fourth year students and well organized postgraduate schools where practitioners can acquire by a few months’ study a practical knowledge of rational physiotherapeutics.

Our medical schools also neglect to lay a proper foundation for physiotherapy by the teaching of medical physics along with so-called medical and physiological chemistry. Physiology, also, needs to be taught with a different emphasis to enable the student to appreciate the supreme value of hydrotherapy, electrotherapy, dietotherapy and other physical agents as means of influencing nerve action, blood supply, gland activity, and all forms of metabolism, both anabolic and catabolic.
Carrie Nation's Bible Exhibited at Dry Meet

Crusader Used Book For Pillow in Jails, Says Present Owner.

Carrie Nation's Bible, her pillow many a night on the hard jail slab which was often the reward of her battle-ax zealotry—

"This is it," said a man in the center of an engrossed group of prohibition workers and newspaper reporters in the vestibule of Central M. E. church yesterday.

It wore a jacket of mica to protect a binding that is perishing despite it, and here and there were marked passages—the seed, perhaps, of the exaltation that sent this woman running down the roads battering in saloon windows and fixtures more than a decade ago.

Read Book Twelve Times.

On the fly-leaf was this in her handwriting:

"I have read this book 12 times, and am now reading it again."

A few months later she died, but not before she wrote in the book again—"that her nurse was to deliver her Bible to Rev. C. C. Wilkins, now field secretary of the Michigan Anti-Saloon league, but then a missionary in the Black Hills of Dakota. She came one day to speak in his small pine church, and when he introduced her he held up the Bible: "I remember she corrected me," said Wilkins yesterday, "when I remarked that her Bible showed the marks of a battle. 'More than one battle,' she said. 'I've used it for a pillow many times in the jails of Kansas.'"

Remembered Her Promise.

Wilkins asked her to leave the book to him when she died, and she remembered her promise.

"Her sort of hatchet persuasion started 65 years ago in Battle Creek," said Dr. John H. Kellogg, head of Battle Creek sanitarium, who was in the group inspecting the book. "I was 10 years old then and E. W. Pendle was mayor. He was a hot prohibitionist, and I remember his wife marshalled a force of workers one Sunday and with hammer, saw and ladder they went about, chopping up most of the bar-rooms. Why, there wasn't any W. C. T. U. in those days even."
PERILS OF WINE TOLD DRY MEET BY DR. KELLOGG

Alcohol is Not a Tonic in Any Sense, Asserts Head of Sanitarium.

WISCONSIN TO REFORM, SAYS ANOTHER SPEAKER

Will Elect Prohibitionist As Governor, Anti-Saloon Lawyer Declares.

BY WILLIAM C. RICHARDS.

The promise that “notorious” Wisconsin will swing into the dry column by electing a prohibition governor in September, an indictment against alcohol, light wines and beer drafted by Dr. John Harvey Kellogg, head of Battle Creek sanitarium, and an appeal to the United States in its Volsteadian thinking, to put New Jersey’s foreign element and New York’s race mixture “in their place,” evoked the enthusiasm of the Michigan state prohibition convention in Central Methodist Episcopal church Saturday.

Of alcohol, Kellogg said:

“A half bottle of wine or three glasses of beer a day weakens the memory faculty 70 per cent. Alcohol isn't a tonic or stimulant in any sense. It is the mother of many anesthetics.”
WINE PERILS TOLD
STATE DRY MEET

Continued From Page One.

make a bystander, because he was there to ascertain the facts. In a few days, the wisest and the most enlightened, who have been the culprits, will be found to have been the most daunted by the evil. In the end, the civilized world will be left to ponder the wisdom of the present policy.

Drunkenness and Other Costs

Drunkards are the most pitiable of all the human race. They are a burden to society, and a curse to themselves. In the end, they will be found to have been the most unfortunate of all. In the end, they will be found to have been the most unfortunate of all.

Justice and Equity

Justice is the foundation of all good. It is the basis of all social order. It is the foundation of all human relationships. In the end, justice will be found to have been the most precious of all. In the end, justice will be found to have been the most precious of all.

Adolescence

Adolescence is a stage of life, a period of transition from childhood to adulthood. It is a time of change, of growth, of development. In the end, adolescence will be found to have been the most important of all. In the end, adolescence will be found to have been the most important of all.

City English Record

In England last year, it was said, 44 beer had not satisfied the demand for alcohol in this country. Spence declared that 44 beer had not satisfied the demand for alcohol in this country.

“Surrender National Beauty.”

National debt, he declared, requires a national remedy. He pointed to the "national and international" prohibitionists, he said, that were the voices of the civilization in their hour of peril.

In the end, the civilized world will be left to ponder the wisdom of the present policy. In the end, the civilized world will be left to ponder the wisdom of the present policy.
Dr. John Harvey Kellogg, head of the Battle Creek Sanitarium: "Alcohol is a deadly enemy of morality, health, business and prosperity. It is a poison which strikes deeply into the roots of personal life, home life, civic life and national life."

E. Scott McBride, General Superintendent.
VALUES IN SUNSHINE

REMARKS OF C. W. BARRON TO THE STAFF OF DOW, JONES & CO. AND THE WALL STREET JOURNAL, MAY 12

Boston—At the annual dinner of the staff of Dow, Jones & Co. and The Wall Street Journal in the Crystal Room of the Ritz-Carlton Hotel, Wednesday, May 12, President C. W. Barron took for his subject "Sunshine and its value in Wall Street, as well as in Florida and the human body."

Mr. Barron said:

Fellow reporters:—You will of course expect me to report to you tonight. A few days ago I was at Battle Creek, and a delightful lady with whom I have often played bridge told me that last year she was spending my home in Battle Creek that she had telephoned my house and been informed that I was dying at Battle Creek. Of course I have now to go home and inform my household servants to be better reporters. I never had any idea that I had gone to Battle Creek to die. That is a place where you go to get well.

Although in a sense we are all dying, no man has a right to say of his neighbor that he is dying. Not, at least, until after he is dead. No man has a right to pull down another man's property, or its valuation. Pessimism has not the same right of expression as optimism, and please don't forget that in the conduct of our business.

No man has a right to pessimism as respects his neighbor, or his neighbor's property. (Applause)

MR. HARVEY'S DOUBLE ERROR

Last December I was in London when Mr. Harvey, our late ambassador to England, gathering up some antiquity statistics, had attempted to tell the world in his North American Review that Great Britain was done for, that England must be considered hereafter a decadent nation.

Mr. Harvey was in error. But if he had not been, he had no right as our late ambassador to a friendly country to give utterance to such pessimistic expression. It was not helpful; it was worse than useless.

But with the assistance of my good London office, so well represented here tonight, I quickly gathered from the British Treasury and British Board of Trade the statistics to prove that Mr. Harvey was either a bit late or a little bit early; that Great Britain was not yet done for, and that for the last six months of 1925 she was on the up-grade. (Prolonged applause)

CONGRATULATIONS

We proved that Britain in 1925 had turned the corner financially, and tonight we can note that she has turned another corner in the triumph of law and order over anarchy and misrule. When

(Continued on Page Twelve)
VALUES IN SUNSHINE

(Continued from Page One)

you strike against the government you strike against the life of the nation.

Tonight I may congratulate you on the situation in the Englands and on the combined positions of the United States for world peace and world prosperity, and on the position of Dow, Jones & Co., and The Wall Street Journal. This is an evening for congratulations, and a day for optimism—not a night for pessimism. (Applause.)

SUNSHINE VALUE IN FLORIDA

Returning from Europe, I went to Florida by the doctor’s orders to get into the sunshine. Sunshine is not only the food for this planet, but is food and sustenance for everything that has life on it. The value of the whole great coast line of Florida, the value in its salt, its fresh waters, the value in its great and growing agriculture, the value in every one of its 37,000,000 acres, is the value of sunshine. The wealth of Florida now and hereafter is in the world’s growing appreciation of the value of sunshine. Sunshine is not only good for the ground and for your body which comes from the ground, but there is another sunshine of the unseen world that is good for your soul, as well as your body. There is the sunshine of the Spirit; most important for us all to cultivate.

THOUGHTS MAY SHINE

We need all good thoughts. They are not only helpful and buoyant, but life-giving. He who repeats with Prof. Cone “Every day in every way I am better and better” is turning his face towards the sunshine. Now, don’t make a shortcut to it and say with the American duopoly—“Oh, hell, I’m well. That cut to health cult is too short and does not reach to the right place. Let the sunshine linger with you a little longer and repeat with the Christian Scientists.

“Think health and health will find you As certain as the day.
Leave disease to lag behind you
And lose you on the way.”

When you take the yolk of an egg on your spinach, both of which will aid in combating iron in your blood, just reflect that that yolk comes from the sunshine. Hens kept in the dark can’t lay eggs with yolk in them. Don’t mind if my daughter here laid eggs. She thinks I don’t know much about hens, although I may be great on Guernseys and Oak Farms certified milk for babies and the family.

SUNSHINE IN FOOD

But I can tell you something about guinea-pigs (laughing). Not the guinea-pigs that we know in London finance, but the guinea-pigs in this country, which we know from the little book called "Pigs in Figs." Scientific laboratories have experimented with the guinea-pigs to demonstrate the value in sunshine. They kept some guinea-pigs in the dark away from the light until they were nearly dead. Then they took half of them out for just 15 minutes a day, and with only 15 minutes a day for sunshine they recovered. Then another experiment was tried. They kept the guinea-pigs in the dark until they were nearly dead, and then they took the food for the guinea-pigs and put it in the sunshine. And do you know what happened to their guinea-pigs? They got well. Of course, if they got their sunshine through the food that had been given a sun bath, and they got well.

We all in need of sunshine food, and we need to dwell in the sunshine as much as possible—sunshine within and without us.
SUNNY FORD

If you want to see a man who believes in sunshine, and who has done more than any other man in the world to put people into the sunshine, take a look at the countenance of Henry Ford, if you can’t meet him personally. He has one of the sunniest of countenances.

When I asked him last week how business was, he did not seem to care. He said: “We are not making as many motors as we expected to make, but we will make all the people want. We are making over 7000 a day.”

Of course business has not been so good as formerly with Henry Ford, for the reason that the country is so prosperous and the people have so much more money than they want to ride in a higher priced car. That is the one thing that is hurting the Ford business, but Henry Ford does not care. He is glad that the people have the money, and I am sure he would look forward with pleasure to a future where the Ford factory was closed, and every farmer was riding in a Lincoln.

FORDS AND GENERAL MOTORS

General Motors seems to be doing the big business this year. They have reported net earnings of more than $120,000,00 the past year, compared with $51,000,000 the previous year, and they sold the largest number of motors last month in the history of the company—136,000 cars.

The pessimist will say that business cannot continue. Therefore bears sell other people’s General Motors, and if they could they would sell short stock of the Ford Motor Co. They sell General Motors because of its large output, and they would sell Ford stock because of its lessened output. You can never satisfy a pessimist.

Now I know you want me to be brief. Let me tell you a story from the black-faced comedians, McIntyre and Heath. One took the other from a stable where he had been working and eating regularly, and promised him everything on the road. When they are later broke and with nothing to eat the man from the stable sighed and said, “You took me out of a good job in the livery stable where I ate regular, and you promised me everything on the road. You even taught me table manners and how to eat with a knife and fork. That’s one trade I ain’t never yet worked at.” I ain’t never worked at the trade of being brief in speaking. (Laughter and applause.)

(After distributing prizes among the men who had made the year’s records, and reading the roll of red and gold star winners in the news department, Mr. Barron continued.)

THE JEFFERSONIAN NEWSPAPER

Our good friend Ames of Chicago who is here tonight and who has made such a handsome gain in his district sent me copy of a letter from Thomas Jefferson who wrote on June 11, 1807: “To your request for my opinion of the manner in which a newspaper should be conducted so as to be more useful, I should answer, by restraining it to the true facts and sound principles only. Yet I fear such a paper would have few subscribers.”

Now a hundred years afterwards we have The Wall Street Journal or rather we have the Barron financial publications that were all founded on just that principle of reporting the true facts with sound principles only.
State Anti-Saloon League Holds Field Day in City's Churches.

CONVENTION CONTINUES

A rallying of the forces of prohibition will take place in Detroit on Sunday services Sunday, as well as in neighboring communities, in observance of Anti-Saloon League Field Day and in connection with the state prohibition convention which continues its sessions Sunday.

Although Anti-Saloon churches will preach the prohibition sermon, the pupils of the churches will be occupied by national leaders of the dry forces and prominent officials of the national organization of the Anti-Saloon League. It is a poise of the dry forces in Illinois, Wisconsin, Iowa, Missouri, Kentucky, Indiana, Ohio, and Michigan.

These speakers include such well-known leaders as Dr. Y. Scott McBride, general council's national organization, and Dr. Howard Crimmins, superintendent and founder; James A. White, Ohio, former state superintendent of the Ohio league, and Dr. E. D. Bollinger, superintendent of the New York league, as well as several other superintendents of the city's churches.

RECESS SESSION

The convention will resume its sessions at the Central M. E. Church in Detroit on Monday morning, according to Mrs. Norman Richardson, president. The discussion will be given by the Rev. J. H. W. Hollister, general council's national organization, and by Lieut.-Commander R. E. Bane, of the United States Coast Guard.

The effects of alcohol from a medical standpoint were the subject of the meeting. The discussion was continued on the subject of the convention by Dr. J. P. L. Mitchell, general council of the Battle Creek Sanitarium.

"Alcohol is a deadly enemy of mental health, business and prosperity. It is a root of all evil. It goes deep into the roots of personal, home, civic life and national life. It is a race poison, that blights and corrupts human nature. In it is a pitiful scourge, the destroyer of homes and families. It is with the drunkard but are passed on to the fourth generations of his posterity."

"NEVER A TONIC."

Alcohol is still called a stimulant, but modern research have shown that it is never a tonic of a stimulant but always a narcotic drug. It is a poison and measure and leisures their activity. Alcohol never gives the heart but weakens it. It is not useful but very harmful to the body. It causes collapse and failure. It is not used by physicians except in emergencies.

Fifteen eminent scientists of the effects of alcohol reached the following conclusions:

1. Alcohol supplies nothing that our body needs or can utilize advantageously.

2. Alcohol is a poison and measure of all evil. It is a poison and measure of all evil. It is a race poison, that blights and corrupts human nature. It is a pitiful scourge, the destroyer of homes and families. It is with the drunkard but are passed on to the fourth generations of his posterity.

3. Alcohol is a deadly enemy of mental health, business and prosperity. It is a root of all evil. It goes deep into the roots of personal, home, civic life and national life. It is a race poison, that blights and corrupts human nature. It is a pitiful scourge, the destroyer of homes and families. It is with the drunkard but are passed on to the fourth generations of his posterity.

4. Alcohol is still called a stimulant, but modern research have shown that it is never a tonic of a stimulant but always a narcotic drug. It is a poison and measure and leisures their activity. Alcohol never gives the heart but weakens it. It is not useful but very harmful to the body. It causes collapse and failure. It is not used by physicians except in emergencies.
MOTION PICTURE SHOWN.

Dr. Kellogg exhibited a motion picture showing the effect of alcohol on the organs of the body. He said that gastric ulcer is a direct result of alcoholism and that gastric cancer often follows. Kidneys and lungs were also affected, he said. The whole system, he said, is disarranged and thrown out of balance by the introduction of alcohol.

Previously E. L. Porterfield, Federal Prohibition Administrator for the Michigan-Ohio district, had told the delegates that sentences to labor on public improvements where

Concluded From Page One

PULPITS CARRY DRY'S MESSAGE

they would be publicly humiliated, should be provided by law for consumers of the bootlegger's wares.

"A man who sells liquor contrary to law is no more guilty than the buyer," Judge Porterfield said. "In fact, the buyer is more guilty, because he creates the demand. The bootlegger trafficking with so-called law-abiding citizens who use him to break the law acquires a general disrespect for law and order.

URGES IMPRISONMENT.

"In punishing the buyer I would not only fine him, but would imprison him. He should be made to labor on public improvements so as to be publicly humiliated. Such a law would have this effect: No bootlegger would be able to sell his wares and therefore no border or road patrol would be necessary.

"This may seem a drastic method of ending this evil, but the severity of the sentence should not be determined by the magnitude of the crime. The sentence for a crime should be measured by the menace to society."

RAPS CANADIAN SYSTEM.

"State prohibition in the United States and provincial prohibition in the Dominion of Canada can never be made safe or fully effective so long as in any other state or province the liquor traffic in any shape or form is legally permitted," the Rev. Ben H. Spence, Toronto, secretary of the Canadian Prohibition Bureau, told the delegates.

"The situation in Canada demonstrates," he said, "that complete national prohibition is not only essential to successful dealing with this evil, but a defense of every local area should be able to parry by enactment, binding, strengthening, unifying and making them effective; that a national disease requires revolution and Senator Lenroot will be returned to the United States Senate and our new Gov. Blaine will be elected to stay at home. The dairy interests are just realising the benefits of prohibition to them, and they are lining up against a modification program that would take the increased demand for their products from them. They see now that the dollar that went into the brewery vat never found its way into the milk can, and the money spent in the corner saloon never bought a pound of butter or a quart of ice cream.

"Here is what prohibition has put into the pocketbook of the dairy farmer: The people of the United States in 1924 bought almost three billion gallons more milk than in 1918. At the prevailing price of milk that increase was worth about $800,000,000. No wonder the slogan of the dairy interests is 'Milk Against Booze.' The use of ice cream has increased from $55,000,000 in 1914 to $258,000,000 in 1924. The use of creamery butter increased from three-quarters of a billion pounds in 1918 to 1,350,000,000 in 1934, or an increase of 65 percent."

"For 25 years I lived in Iowa, and from personal observation I can say that the prohibition law is as well enforced there today as any other law."

14 500-Gallon Stills Seized by U. S. Patrol

Seventeen stills, averaging 500 gallons capacity each, were seized and four men arrested in raids by the Federal Prohibition Border Patrol on garages and sheds in the rear of 73 and 75 Antoine street, Wyandotte, Saturday. Federal agents also raided a beauty parlor in Detroit, arresting the woman proprietor and her 15-year-old son.

In the raids in Wyandotte the agents also seized 75,000 gallons of amsh, 700 gallons of moonshine, 12 tons of corn sugar and a tank and half a yeast. They arrested Valpa Giusde, of 75 Antoine street; Tony Rusci and Tony Lavi, of 75 Antoine, and Walter Nash of 115 North Fifth street, Wyandotte, who was in an automobile containing liquor nearby.

The Grace Beauty Parlor at 3513 Trumbull avenue was raided after the agents said they made buy

...
CORRECTION

PRECEDING IMAGE HAS BEEN REFILMED TO ASSURE LEGIBILITY OR TO CORRECT A POSSIBLE ERROR
PULPITS CARRY
DAYS' MESSAGE

State Anti-Saloon League
Holds Field Day in City's
Churches.

CONVENTION CONTINUES

A collar of the forces of good
intentions will take place in Tempel
Churches in the houses of the city on
Sunday, as well as in churches in
neighboring communities, to observe
the law and in connection with the
state prohibition convention which
continues in session Sunday.

Although reports are severe of
elections which will bring the prohibition
vote to the front, the meeting of the
two leaders of the dry front and
performances of the dry forces of the
League of Michigan, Indiana and
Ohio will have a popular appeal.

Three churches include such well
known religious leaders as S. C. and
James A. White, who are the
leaders of the prohibition movement
in Indiana, and Rev. S. E. Smith,
who is the leader of the League of
Michigan.

The meeting will be in session
at the 2nd Street Church of Christ
Sunday. Preachers will be announced
later.

The address will be given by the
Rev. J. W. Brown, 2nd Street
Church of Christ, and by Commander
S. A. Zadek, of the American Legion.

Washington, D. C., who will speak
on the subject of prohibition in the
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Michigan.

The address will be given by the
Rev. J. W. Brown, 2nd Street
Church of Christ, and by Commander
S. A. Zadek, of the American Legion.

Washington, D. C., who will speak
on the subject of prohibition in the
Law of Laws, and by Mr. F. C. Smith,
who is a member of the League of
Michigan.
they would be publicly humiliated. A law for the consumers of the bootlegger’s wares.

URGES IMPRISONMENT.

"In punishing the buyer I would not be doing justice," said the lawyer, who pr

a law would have this effect: No bootlegger would be able to sell his wares and therefore no border or road patrol would be necessary.

"This may seem a drastic measure of ending this evil, but the severity of the penalty rendered by the magnitude of the crime. The sentence for this offense should be measured by the menace it poses to the national prohibition law."

RAPS CANADIAN SYSTEM.

"State prohibition in the United States and provincial prohibition in Canada have been tried, and the people have been made safe or effectively so long as in any other state or province of the Dominion."

The Rev. Ben H. Spence, Toronto, secretary of the Ontario Prohibition Bureau, told the delegates.

The situation in Canada demonstrated that the present national prohibition is not only essential to successful dealing with the bootleggers, but it is also causing every local and state prohibition entity to realign their procedures, unify and making them effective, that the bootleggers will not stand aside from national remedy, that we can not effectively combat the disease that localizes the infection. Any weak-ening of the national enforcement will fall down in national enforcement will jeopardize the successful operation of the law."

The delegates were asked to vote on the resolution and Senator Lenroot will present it to the United States Senate and our new wet Gov. Blaine will be elected to stay at home. The daily interests are just realizing the danger of prohibition and that they are lining up against the mid-term program that would take the increased demand for their products. They see now that the dollar that went into the treasury very fast never got back into the milk can, and the money spent in the corner saloon has bought a pound of butter or a quart of ice cream.

"Here is what prohibition has put into the pockets of the dry farmer: The people of the United States in 1924 bought almost three billion gallons more milk than in 1919. At the prevailing prices of milk that increase was worth about $53,000,000. No wonder the demand for the dairy interests in "Against Bases." The use of ice cream was increased from $5,000,000 in 1914 to $25,000,000 in 1924. The use of creamery butter increased from three-quarters of a billion pounds in 1918 to 1,300,000,000 in 1924, an increase of 65 per cent.

For 15 years I lived in Iowa, and from personal observation I can say that the prohibition law is as well enforced there today as any other law.

41 14 500-Calorie Stills

Cuts the control

Fourteen stills, averaging 500 gallons capacity each, were seized and four more were raided in raids by the Waco, Tex., and Fort Worth, Patrol garages and sheds in the rear of 25 and 25 Antoine street, Wyan-son, Tex., Saturday. Deputy Sheriff James also raided a beauty parlor in Des- moines, arresting the woman proprietors.

In the raids in Wyanotte the agents also seized 75,000 gallons of illegal moonshine, 500 bushels of molasses, 30 bushels of corn sugar and a ton and a half of yeast. They arrested for bootlegging: Troy Bruce and Tony La- dine, Waco; Willard Moses, former State House person, and John Barnes, 615 North Fifth street, Waco; Sam Henson, 3012 East 14th street, Waco; John Stilson, 3012 East 14th street, Waco; and Parker, 3129 South 12th street, Waco, and Waco, 11-year-old orphan girl, and two men and two women.

Two gallons of moonshine and 24 bottles of beer were seized. Mr. Taylor, the lady locked up the Woman’s De- tention Home and her assistant, the woman’s Detention Home.

The prisoners are charged with violating the Federal Proh- initiation act.

Agent saw a man approaching a man named Mr. Mid- dlebrook, Saturday, in a rowboat with an ice cream, or a quart of ice cream.

Bouquets are among the items which can be bought with the proceeds of bootlegging. You can not cure a plague by proh- ition, but the disease can be subdued by enforcement. If Michigan wants a wholesome state, it should see that the enforcement is tight and that the bootleggers cannot sell their goods. The boot contained a quart of ice cream.
British army through the searing heat of tropical Africa in an effort to relieve Khartoum, attributed his success to the fact that he abandoned grogration.

10. Twenty per cent of the inmates of asylums owe their insanity directly to alcohol.

11. The annual crop of lunatics, idiots, imbeciles and epileptics, due to alcohol and allied causes, is growing faster than the progeny of the sane and sound. They cost the state $100,000,000 annually to support.

12. Alcohol is not a tonic or a stimulant in any sense of the word. It is a depressing agent, an anaesthetic, a narcotic—the mother of many anaesthetics.

13. A 2 per cent solution of Bavarian beer will paralyze a frog’s heart. Under influence of alcohol, lungs produce only half the usual number of fertile eggs.

14. Alcohol, according to a study made by 50 eminent scientists, supplies nothing which the body needs or can use advantageously; it is a deadly poison in large doses, a slow poison in small doses; in all doses diminishes muscular strength, nerve energy and sensibility, endurance and vital resistance.

15. Alcohol is still called a stimulant, but modern researches have shown it is never a tonic or stimulant but always a narcotic drug which poisons the living cells and lessens activity.

16. It weakens the heart and is not used by up-to-date physicians in even such emergencies as shock, collapse or fainting. Its effects are purely psychologic; that is, its effects are like those of opium and other narcotic drugs.
The Open Mind and the Job

By S. F. H.

A phone conversation in reference to the Ideas in this Col. yesterday held deep interest for the writer. The call was from a man who makes designs for fabrics. Many people in our trade therefore have some of the problems this man has, and will understand his point of view. We quote from his conversation.

"As a pleasant way to have a nice time," he said, "your suggestion is attractive. But what of us poor devils who have to grind out so much, and make it stand competition, too, whether we feel able and in sympathy with the job or not, at the time. Perhaps that word 'time' is the real master anyhow—we have to bow and scrape as time dictates no matter how we feel, or lose the job. But if you can tell me how to carry out your idea of handling a mood, I'll try it. Goodness knows I need to."

Draw From Other Fields.

Dr. John Harvey Kellogg of Battle Creek amplified his work by taking in new and interesting ideas from other fields. See how he never failed to accrue interest for his work all the time at each new phase of his education and his practice, by opening his heart and mind to contributory facilities from outside.

A story in a current magazine quotes Dr. Kellogg as saying: "When I was first studying surgery, I used to pass an artist's shop each day. One day I went in and told the artist I wanted him to teach me to draw, so that I could do better surgery. I wanted to train my hand to follow my eye. If an artist makes a mistake he can erase it and do it over. But when a surgeon draws a line with his knife he can't do it over again. . . . I told this artist to draw for me a number of faces. He did. I then practiced trying to draw a complete face at one stroke without stopping. I soon got so I could draw an entire face at one sweep. I kept up this practice for years. It has been a great aid in acquiring deftness and accuracy in my operations."

The Intake and the Outgo.

Nobody can map out life for another, beyond a certain point. But true it is, that anything which injures freshness and interest in mental attitude is a menace to ability. To counteract such adverse influences as "the blues," a jaded mind and tired brain, is a matter which bears directly upon ability to do even acceptable work. A page from Dr. Kellogg's versatile, energetic life would be an inspiration to one suffering from adverse influences.

Not to abandon a task because one is weary of it; not to seek recreation when one should be working. This would be to misunderstand the entire message of the suggestion. Instead, try to guard against fatigue and brain fog with proper rest, if necessary cutting out recreation for the sake of getting rest.

And drawing from the vast scope of diversion which To-day holds in trust for everybody, study other subjects that will enrich your special one. Is it not a poverty rather than a plethora, that pulls one down from the high places and discourages one? Another point: there is something magnificent in fortifying, pulling up again, and keeping faith with one's own standards of work and its integrity. Keep on refreshing your resources for growth.
HUMAN RACE OF FOOLS, MORONS IS DEVELOPING, SAYS ALBERT E. WIGGAM

Civilization makes the world safe for stupidity, Albert Edward Wiggam, noted American eugenist, told a large audience at the Sanitarium Saturday evening when he spoke on the subject "What Civilization is Doing to Us."

Mr. Wiggam is the widely quoted author of "The New Decalogue of Science" and "The Fruit of the Family Tree" which have headed the list of best non-fiction sellers in book stores all over the country for the past year. He spent many weeks at the Sanitarium last summer and through his friendship for Dr. J. H. Kellogg made a brief stop at the Sanitarium on his way to Chicago to give this address.

"America is now on a biologic joy ride. We are able scientifically to decrease microbes, yet man's capacity to resist microbes is decreasing."

"Are we developing a race of fools an d morons? We know the weaklings, wastlings, hoboes and imbecile are increasing."

"After measuring the intelligence of two million soldiers during the war and between four school children during the last few years we find evidence indicates that races are biologically plunging downward."

"Science is now assured that heredity is the chief factor in determining the character of a person, that charity and philanthropy and medical science are leading to race deterioration, and that culture does not improve the human race."

"The Kansas City Star for this statement named me the champion pessimist," Mr. Wiggam said, "but I have termed myself a short-range pessimist and long-range optimist."

"Intelligence," the author defined, "is that thing which enables a man to get along without education, and education enables a man to get along without intelligence."

"We find that civilization is making the world safe for stupidity— that civilization is the only method by which man declines. In barbarism the fool was weeded out by the process of nature, the great struggle for living was won by the survival of the fittest."

"Our differential birth rate proves a declining race. We learn that it takes three graduates of our leading women's colleges to produce one baby, while an illiterate scrubwoman gives girth to three babies, according to birth statistics."

"In six generations there are 50 descendants from 1,000 Harvard graduates, while 1,000 immigrants, common workmen, leave 100,000 descendants."

"Heredity is the great practical factor in making differences among men. Good environment enables all men to achieve more, to move rapidly to a higher position. However, environment will not change his inborn tendencies to slide up or down to success or failure."

"Educating the parents does not in any way affect the brain power of the child. Nature will tend to that for God didn't trust man's ideas of pedagogy."

"If your father gets hit on the head with a brick bat, you will not inherit a cracked brain, but rather an inability to dodge brick bats."

"Education makes no difference in a man's children except that it enables him to choose a wise or a foolish wife."

"Is there any hope for the race? Oh, I think so. If we put into effect the teaching of modern science and our public health education our ideals of race selection will be lifted."

"The ideals we give our young people will influence their mate selection—will influence the race itself. Through biologic education and its ideals there will be born a new race of men and women."
We cannot be satisfied that we have done everything mois, would be like leaving one of our principal obligations unpaid.

Signed

Coch Melcancon
C. R. Emley
Lloyd McGinnis
Carl Herrud
J. H. Beatty
George Benford
T. Fauerbach
H. L. Graham
Everett Melancon
J. J. Toeller,
Jos. Toeller, Jr.
L. Perrigo
Bert Walker
C. J. Colar
Britton Horsford
Dan Ivans
Lucille Powers
Elma Colby
Beatrice Cronk
Maude Donahue
Violet Fruin
Elizabeth Herzog
Esther Little
Cary Bartels
Mable Baxter
Agnes Beeman
Grace Boeckhoudt
Effie Boussum
Lela Bowell
Lucy Brower
Mary Brower
Lucille Brownell
Nettie Campbell
Maud Corwin
Edith Croninger
Madeline Curry
Lottie Decker
Gladys Gifford
Alice Haight
Eva Hall
Alta Henson
Thelma Henry
Ada Hunt
Grace Hoag
Bernice Ives
Edith Jeffrey
Agnes Kehoe
Etha Karlovsky
Amy King
Bertha Kleindinst
Leah Mason
Barbara Miller
Jennie Mitchell
Gladys Norris
Alice Parks
Helen Pearson
Mabel Peters
Clara Phillips
Edna Pratt
Minnie Purnell
Lelia Pyatt
Ella Schroder
Ruth Sheldrick
Marion Simmons
Fannie Teller
Hazel Tuck
Rose Vanosdale
Marjorie Van Vleet
Maud Ware
H. B. Keyes
Olive Sipes
Ethel Borst
Eva Craw
Viola Ogden
Ella Waldron
Katherine Graham
Grove Fox
Edward Rolfe
S. J. Clink
Rose Bowers
Eva Babcock
Chas. S. Rowell
Scrap Iron, Metal and Paper Stock

Office Phones, 2904-2905  133 South Avenue
accommodating three men, has windows on three sides, is steam heated, and equipped with the most modern hospital furniture available.

Into these rooms the hospital management has sought to weave as much of the home atmosphere as possible, and to give to the occupants all of the privacy which they would have were they in their own homes.

Represents Big Expenditure.

The institution as it stands today represents an outlay of over a million dollars. The original unit, built during the war as a community house, cost over $300,000, while the additional land, and the extensive additions made have increased the valuation to an estimated figure of $1,250,000.

The hospital occupies 60 acres of ground, providing plenty of space for air, and so located on its high elevation that it catches the breezes, no matter from what direction they come.

All this area is being landscaped, and through the present year will be equipped with walks and driveways, while shade trees are already being put out, following a well defined plan.

Built with State Funds.

The institution was erected with state funds, being built originally by the state out of moneys secured from the war preparedness fund. With the conclusion of the war, and the sudden call for hospital facilities for the disabled men of the state, the legislature turned over the property and the balance in the fund, to the Michigan department of the American Legion. With the central unit of buildings as a nucleus, and the funds available for enlarging and equipping, the management went ahead and built and equipped the modern hospital that stands there today.

In the summer of last year the institution was on a thoroughly self-supporting basis, operating on the per diem paid it by the United States Veterans bureau for the care of the men being sent here.

Being a non-profit taking institution, any profit that might accrue from the funds received is put back into the hospital in order to better its facilities, and give to the patients the best care and treatment which modern science can produce.

Efficient Staff Operates It.

The credit for the singular success of the institution is due entirely to

There are at present 184 patients in the hospital, while the number steadily increasing under the order from Washington which instructs all district offices of the Veterans bureau to send the Michigan men, or to send here any others in the country who might ask for transfer.

Of the number now at the hospital 42 are confined to their beds all the time, while 60 others are on permitted to be up for a short time.

Central Heating Plant.

Heat is supplied for all parts of the building by a central heat

What Battle Creek Needs
From a Woman's Standpoint.

By Mrs. Howard W. Cavanagh, President of Woman's Club

WHEN asked for my ideas regarding improvements needed in our own up-to-date city of Battle Creek I hardly knew how to answer; but the more I thought about the subject, the more I became convinced that even our own city could be improved.

One of the things that seem to me would be a vast improvement, would be to allow no parking of vehicles or cars in front of a street car switch. Our streets are certainly too narrow for that and cause a great deal of inconvenience.

Another improvement would be to allow no parking in front of a school building, on a main street between the hours of 8 a.m. and 4 p.m., as there have been children hurt, especially the little ones who, when leaving the school building, failed to see an approaching car because of several cars which were parked directly in front of the school building.

The downtown parking problem of our city is also a serious one and should receive constant attention. More space would help this. Why not the city buy the space?

Another thing I should very much like to see is more playgrounds for our boys and girls. Did you ever think of how few places are provided in the city in which children can play? The middle of the street is certainly no place for football or base ball, and yet, many a child has no other place to go for that sort of recreation. Battle Creek could do nothing better for the youth of her city than to furnish plenty of space for up-to-date playgrounds. "A sick body makes a sick mind." Let us have more playgrounds.

The many railroad crossings in our fair city are a positive nuisance. If business men would take up this matter in a business way, some method of doing away with these crossings surely could be devised.

Expensive? Yes, but all improvements are more or less of an expense, and I was only asked for SUGGESTED IMPROVEMENTS.
All of the companies have announced a successful year. Postum has announced the plans for a new 20-story office building in New York city. Kellogg has erected a large new warehouse at the plant where the other companies have made improvements correspondingly in their plants and additions to their working forces.

Conditions for labor in the food factories are of the best. Plenty of light with sanitary surroundings enhance the value of the jobs. Many women are employed in the various departments. Their working hours and those of the men are kept within reason and it is doubtful if in any city and in any industry can more ideal laboring conditions be found.

Postum to Build.

Announcement of the conclusion of arrangements for the erection of a model new office building, of 20 stories height, in the heart of the Grand Central Terminal zone in New York city, to bear the name of the Postum Cereal company and to serve as an office home for it, accompanies the news of a busy and successful year for this famous Battle Creek Institution.

The development of the company's bran flake product into one of the most widely known and used cereal products on the market has been one of the satisfactory facts of the year for the company, while the sale of those familiar Battle Creek staples, Grape-Nuts, Post Toasties and the two Postums is said to have been exceedingly satisfactory. An outstanding fact in the company's history of the year was the announcement during the fall of an attractive plan of selling both preferred and common stock to the employees, to be paid for through instalment payments from the monthly earnings. The opportunity was given to all employees in all departments. The company conducted during the year a nation-wide contest in recipes for new uses of Grape-Nuts, announcement of the awards in which was made as the year drew to a close. More than 80,000 recipes were submitted. Awards totaling $7,500 were given.

Kelloggs Have Good Year.

The Kellogg company, another of Battle Creek's cereal manufacturers known the world over has passed through the year 1923 with flying colors. Increase in business led to

er of that institutional products. The company specializes in the manufacture of bran foods in the majority which include food known as "Zo," and "Sanitarium Bran."

An increasing demand for the Sanitarium products has increased the business of the Battle Creek Food company during the year with the result that 1923 was one of the best years in the history of the concern. "Zo" was first put upon the market in 1922 and immediately found popular favor with the breakfast-loving public. Its popularity has since increased to a great extent.

This company also has run throughout the year without decided changes or additions to its plant, desiring instead to continue smoothly the manufacture of its products. Another successful year is in prospect, according to the officers of the company.

Home for Boys Has Good Year

Splendid Reputation Over Entire State for the Starr Commonwealth School Near Albion Brings Financial and Other Assistance from Many Sections of State.

Among those welfare institutions which Battle Creek has given support during the last year, the Starr Commonwealth, a home for dependent boys, is one. The institution is located on the outskirts of Albion and was organized by Floyd Starr, who, several years ago, felt that there was a great necessity for some sort of place where boys, unfortunate enough to be without parental care, could have a chance to make good.

Several hundred boys have been given this opportunity at the Starr Commonwealth home which has become known as one of the most unique as well as efficient institutions that ever undertook the development of both the moral and vocational training of youth.

Battle Creek has, through its budgeting system, provided a sum of money each year towards the support of the institution, getting in return for such an investment more many boys who have gone
PLAYGROUNDS A
BIG NEED HERE

Is Not a Single Public One in
Battle Creek That Is for the
Use of All Children.

KELLOGGS AID TO MANY

Through Kindness of San Head
Private Grounds Have Been
Made Large Use of.

The man who was asked to give
an address on "Snakes in Ireland"
covered the entire ground in six
words—"There are no snakes in
Ireland."

And while the subject of play-
grounds in Battle Creek could
not be entirely covered in similar
words, they would not come far from it.

Something has been said elsewhere
of such recreation facilities as the
parks afford, while the Genebach
athletic field has been spoken of in
another article. There is one base-
ball field besides this, the Postum
park, the property of that company
and devoted to semi-professional
baseball.

Not a Field Available

But there is not a baseball or foot-
ball field, or a single public tennis
court—where from a dozen to 20
would be in use continually if they
were available—a gymnasium or a
swimming pool in the city for public
use. As to the public golf course,
such as many cities smaller than
Battle Creek maintain, few have ever
even thought of such a thing.
So it would not be far from the
truth to say of Battle Creek's city
playgrounds, that there are none.

There is one splendid play-
ground for children, and that is
the private property of Dr. J. H.
Kellogg, at the west end, which he
kindly allows the children of the
city to use.

Occasionally it has been remarked
publicly by those who deplore the
fact, that Battle Creek is lamentably
weak in play facilities.

Five years ago quite a step from the
absolute zero mark in play-
grounds was taken when Miss Fran-
ces Selbert, then a supervisor of
physical education in the public
school, with fine support from the
superintendent and the board of
education, established the beginnings
of two supervised summer play-
grounds for the younger children,
obtaining some equipment, securing an
assistant in the supervision of the
work and developing it very success-
fully through that summer season.

Playgrounds Are Popular

The next year four summer play-
grounds were similarly equipped and
maintained, still under Miss Selbert's
supervision.

And then arrangements were
made, through the kindness of Dr.
Kellogg, by which his playgrounds
the only one fully equipped, having
a swimming pool as well as a wading
pool for the little ones—were turned
over for the use of the schools,
which furnished the necessary
supervisor.

This proved a great boon to the
children, and groups from the different
school playgrounds that summer
were each given one day a week to
visit the Kellogg playground.
Activities were kept up at the other
grounds, but the one day the young-
sters really looked forward to was
the day at the Kellogg grounds and
the swimming pool.

The next summer Archie Flannery
took general charge of the summer
playgrounds, in his turn doing
excellent work. And that year the big
picnic, which had been an institution

at the end of the season, held hither-
to at Willard park, was put on at the
Kellogg grounds, proving to be
an improvement in arrangements.

It was one more proof of the im-
ense popularity of a real play-
ground, adequately equipped. And
in that equipment, as has been fully
demonstrated, the one great attrac-
tion is the swimming pool.

Then, the Hawaiian Island claim-
ed a second physical director from the
Battle Creek schools, Mr. Flannery
being called to the island of Maui,
wherein Miss Selbert had gone the
year before and was engaged in a
large and useful work.

In the past summer the work of
directing the summer playgrounds
was taken over by A. W. Thompson,
boys' athletic director at the high
school. And again the work was in
excellent hands, Mr. Thompson tak-
ing as kindly to the direction of the
young folks as he has to high school
athletics.

A Successful Season

At the Kellogg grounds he was as-
isted by William Weeks. Those in
charge of the various school play-
grounds were: Miss Lota Hamilton
at No. 7, Miss Margaret Roe at No.
8, Miss Mabel Mitchell at No. 2, and
Miss Eleanor Wolverine at No. 4.

The season was a very interesting
and successful one, with several
tournaments in different sports lead-
ing to exciting finishes, while the
younger children were kept interested
in various ways, as far as was
possible with the inadequate equip-
ment.

As before, the great attraction was
Kellogg's playground and its swim-
ing pool. As many as 350 children
were there in a single day on more
than one occasion, while 250 was
quite a usual thing. At the big
picnic at the end of the season there
were about 400 present, and all had
a great time.

But the year brought the city no
improvement in playgrounds and
equipment.
Cereal Food Plants in Most Prosperous Year

Are Four of Them in Battle Creek, the Products from Which Are Sent to All Parts of the World—Considerable Improvements Made

The city of Battle Creek is known the world over for its manufacture of cereals. The slogan "Battle Creek breakfasts the world" is entirely applicable.

A time-honored joke which comedians love to use upon the local stage is this: "What is Battle Creek noted for?" one man asks his partner. "I don't know I never get up in time for breakfast," he is answered.

Many Visitors at Plants.

Thousands of visitors have passed through the factories of the various makers of cereal foods, which make a specialty of showing visitors through the emaculate plants. One condition which local manufacturers deplore is that very few residents of Battle Creek ever visit the food factories. It is doubtful if the majority of Battle Creek's population is familiar with the magnitude of the breakfast food industry here. While visitors come here and marvel, local people promise themselves that they will go out some time and visit the factories, but never seem to find time to carry out their intention.

Carload after carload of numerous grains are received in Battle Creek throughout the year and are shipped out in the form of biscuits, flakes or granulated food boxed in neat cartons to practically every country in the world.

Four Companies Here.

Four large companies are engaged in the manufacture of breakfast foods in this city. The Postum Cereal company, the Kellogg company, the Armour Grain company and the Battle Creek Food company, all are sending their efforts to make the morning meal more enjoyable.

the erection of a large warehouse which facilitated the handling of stocks at the local factory. One disaster visited the company during the year when, last fall, a wall of the new warehouse was bulged several feet due to the faulty piling of heavy rolls. The wall was immediately repaired and the building again made ready for use.

The company has experienced an increased demand for all of its products including corn flakes, biscuits and drinket. Its foreign trade has increased in corresponding ratio with domestic trade.

Armour Grain Co.

While the main offices of the Armour Grain company are in Chicago yet the local food factory is distinctly a Battle Creek concern with the interests of the city at heart. Originally the makers of Maple-Flake, the company was broadened out at the time the Armour people took it until today the company is the manufacturer of corn flakes, Maple-Flake and macaroni products.

The company has enjoyed a very successful year according to Ralph H. Holmes, the manager. Although no changes have been made in the organization or additions to the factory. During the year the company has experienced no labor trouble and has followed the even tenor of its way. Continued work throughout the year has featured the past 12 months.

In the new year Mr. Holmes sees another successful cycle and the company is preparing to meet an increased business which will logically follow.

Battle Creek Food Company.

The Battle Creek Food company is somewhat different from the rest of any of the city's food concerns in that it is closely allied with the Sanitarium and is the manufacturer of the institution's specified cerg...
System New When He Started

Lycurgus McCoy, Prominent G.A.R. Member Recalls Those Early Days

cepting in log houses,” stated Mr. McCoy. “We lived in log houses and had greased paper for windows.”

The spelling book he used is used today in Tennessee, at least in the rural districts of the state. It was called the “blue backed spelling book,” compiled by Noah Webster. There were a few wood cuts and these were rare, only being found in the better spelling book than that used by the beginners.

More Language Now.

“Language has grown considerably since then,” Mr. McCoy remarked. He exhibited, with a great deal of pride, one of the old “blue backed spelling books.”

Besides the common branches Mr. McCoy studied surveying. He says he never studied geography in his life and wondered what he would do when he went for his examination for a teacher. He received a high mark in geography, due, no doubt, to his constant reading and studying maps as he read.

Speaking of school outfits, Mr. McCoy said they only had one pair of shoes a year and then the shoemaker came to the house and made shoes for the entire family and when all were shod, the shoemaker moved on to the next family.

A pleasant memory of his school days were the “spell-downs”. Mr. McCoy was 10 and another scholar was 21 and the two were equally good spellers. Each day in school for a number of weeks there would be the “spell-down” and the one who had worked up to the top had to go to the lowest part of the class next day and work up again. Then there were other “spell-downs” which people would drive for miles to attend.

Was Crude School Then.

When Mr. McCoy started his school career they were just starting the public school system and he said it

THE HUMAN TOUCH

High thoughts and noble in all lands
Help me; my soul is fed by such.
But ah, the touch of lips and hands—
The human touch!
Warm, vital, close, life’s symbols dear—
These need I most, and now, and here.
—Richard Burton.

was very crude. He went to school about three months in the winter, usually December, January and February. Sometimes for a couple or three months in the summer, school was held for the little ones. School books were scarce in those days and a page from an old spell book would be pasted on a thin board, something like a shingle. This was about the first lesson and from that page the Roman letters, capitals, italics and punctuation marks were learned.

Referring to clothes worn by the youngsters of his day, Mr. McCoy said that when a big boy had worn out his pants his younger brother took them, if there was anything left. Another garment mentioned that brought a reminiscent smile was a shirt. This shirt was worn knee length and there was no trouser worn with it. Mr. McCoy says that in looking back, he remembers seeing a whole lot of boys of different sizes standing in a row, each wearing a shirt. Today one might be reminded of an institutional uniform if they saw boys wearing this knee length garment.

Marriage and War.

In 1855 Mr. McCoy was married to Miss Sarah Ann Lawson and moved from his father’s farm to another, where he lived until August, 1862. He had taught school winters and worked the farm at other times. But in August, 1862, he enlisted as a private in Co. F., Thirty-third Iowa Infantry. Upon the organization of the company he was chosen second lieutenant. In November, 1862, while on duty at St. Louis, Mo., he was accidentally shot in the left ankle by one of his own men, permanently disabling him, partially paralyzing the limb and leaving the ankle stiffened. He resigned and received his discharge in March, 1865.

He became treasurer of Keokuk county, Iowa, for two terms. He

YESTERDAY AND TODAY AMONG HOME FACES

formed a copartnership with S. Jones, under the firm name of McCoy & Jones and for twelve years transacted a general real estate, loan and abstract business at Sigourney, Iowa. He was the first mayor of Sigourney (1867).

Mr. McCoy attended lectures and took a course of study given by Adventist evangelists and began the study of his Bible with great earnestness, then deciding that he would choose a different religious path from the one he had formerly been treading. He gave up his business and became a traveling evangelist in 1876 for the Iowa conference of the Seventh Day Adventist pitching tents in villages and towns in the summer and in the winter using churches and public halls.

Here First in 1879.

In 1879 he accepted a call to Battle Creek as chaplain and business manager of the Battle Creek Sanitarium, remaining two years. In 1881 he returned to his home at Sigourney, Iowa, again entering the work of the ministry under the direction of the Seventh Day Adventist conference, as an evangelist.

June of 1888 he accepted a call again enter upon work at the Sanitarium as chaplain and secretary and is still considered a member of the Sanitarium family.

Mr. McCoy has served four years as alderman of Battle Creek. He has traveled extensively in the United States and Europe. He has always been much interested in political affairs but has repeatedly refused honors in this line. Mr. McCoy is proud of his Scotch ancestry.

New Year’s Greetings

to our
Legion Hospital Here a Model
Designated by Veterans Bureau for All Michigan Tuberculous Veterans

The efficient staff which has been maintained.

Under the direction of Edward J. Welsh, the superintendent, and Dr. R. H. Lambert, the medical director, the business and professional angles of the hospital have been developed to the highest state of efficiency. Both branches have operated with the one idea of giving to the men the very best there is, and at the same time making the institution as near like a home as possible.

How much this has been done is evidenced in the remark which Judge Kenesaw M. Landis made on the occasion of his visit on December 15, last, when he declared in his public address that it was "the most uninstututional institution" caring for the disabled service men that he had ever seen. And he made it plain that he had been in practically all of them in this country.

Competent Aides Assist.

Assisting Superintendent Welsh and Dr. Lambert is a staff of competent help which has worked ceaselessly to build up the enterprise. George A. Dorman is the assistant superintendent, while Drs. Addison, McClellan and Fernandez comprise the medical staff. Miss Hayacinthe Fox is the chief nurse, having 15 in her charge, as well as a large number of orderlies.

Robert Howland has charge of the desk, and looks after the registration of patients, and the assignment of all rooms.

Archie MacMillan has the big job of caring for the kitchens and dining room, as well as the preparation of all foods that are served in the main diningroom and to the bed patients. Mr. MacMillan has been the steward almost since the opening of the hospital.

Edward Minler is the head bookkeeper; H. D. Kuyers the superintendent of construction; Mrs. Addie Nelson the housekeeper; Allan Lemon the pathologist in charge of the laboratories; Leon Simons the technician in charge of the laboratories.

THE MEASURE OF A MAN

Not—

"How did he die?"

But—

"How did he live?"

Not—

"What did he gain?"

But—

"What did he give."

These are the units. To measure the worth of a man, as a man, regardless of birth.

Not—

"What was his station?"

But—

"Had he a heart?"

And—

"How did he play His God-given part?"

Was he ever ready With word o' good cheer, To bring back a smile, To banish a tear?"

Not—

"What was his church?"

Nor—

"What was his creed?"

But—

"Had he befriended Those really in need?"

Not—

What did the sketch In the newspaper say?"

But—

"How many were sorry When he passed away!"

—Kansas City Times.

A Large Institution.

The hospital here has a capacity now to care for 400 disabled men. Through the past year the work of enlargement has been in progress, the last of the construction program now being carried on with the erection of the new boiler house, and the completing it, the new laundry.

The new additions have been connected with the main unit by a long hallway, and each wing is complete in itself, having nurses' quarters, store rooms, toilets and showers, and spacious porches for fresh air treatment.

Each of the new rooms, capable

plant located east of the group.

The new boiler house is now under construction, and when completed will be the most modern plant ever built. It will have a capacity of 1,500 tons per day, and will be equipped with the latest machinery. The boiler house is being erected in order to supply more steam for the increased demands. From this plant water will be supplied to the hospital and to the rest of the buildings.

When the new boiler house is put into operation, the old one will be immediately converted into a laundry. The institution is paying a total of $1,000 per month for the buildings.

Build Employees' Quarters.

At present most of the employees are housed in the American Club building, a quarter of a mile north of the hospital.

It is the plan of the management, as soon as spring weather comes, to start the erection of two commodious buildings, one of which will be for the miscellaneous helps, and the other for the housing of the nurses.

The latter are at present living in the main building. These buildings planned will be thoroughly modern and will be heated and lighted with the central plant.

Diet Kitchen a Model.

The new diet kitchen of the hospital was opened for use last summer. It is completely equipped with the most modern appliances; management having installed everything possible to expedite the work and save steps.

Electric ranges are used throughout, and the dishes in that kitchen as well as in the main one, are washed and sterilized with steam.

In the diet kitchen are prepared all the special foods which are prescribed for the patients, and are arranged in the trays which are sent to the men confined in the wards.
Battle Creek of Half a Century Ago Is Recalled

By Mrs. Nellie L. Gage

The stream of life!
O stream descending to the sea,
The mossy banks between,
The flowers blow, the grasses grow,
The leafy trees are green.
In garden plots the children play,
The fields the laborers till,
And houses stand on either hand,
And thou descendest still.
O life, descending into death,
Our waking eyes behold,
Parent and friend thy laps attend,
Companions young and old.

BATTLE CREEK of to-day and Battle Creek of 50 years ago are nearly as far apart as the poles, figuratively speaking. No street cars, streets lighted with kerosene lamps and few buildings on those streets. It offered many attractions, however, for those seeking a new home. Those who came had various reasons for doing so.

Mrs. Nellie L. Gage, one of Battle Creek's best known pioneers, and her family were lured here because of religious privileges which were exceptionally attractive. Mrs. Gage is keen and up with the times and her memory serves her well. When interrogated recently by a representative of the Enquirer and News she told the following interesting narrative of why she came to Battle Creek and how it looked to her at that time.

BY MRS. NELLIE L. GAGE

Oh, my husband, William C. Gage, myself and our family of four children came to Battle Creek some fifty years ago from Manchester, New Hampshire, because we believed this city was destined to become headquarters of the denominational creed which we were actively interested in, and although in these latter years there have been changes in the official headquarters, we were not disappointed at that time and during those early years we witnessed the steady upbuilding of the Seventh Day Adventist faith and its many worthy institutions, many of which have contributed greatly to the growth and prosperity of the city.

Came by Michigan Central.

We came by way of the Michigan Central, disembarking at the little wooden station, which is now a mere shanty, and which stood at about the present location of the freight house. All that can recall of the business district at that time is the market house, the store of Mr. and Mrs. B. F. Baker, and the little post office. A few blocks away live the present residents of the city were very liberal in their contributions, and it was understood that this building was to be used by them for all worthy events without charge.

MRS. NELLIE L. GAGE

In stovelength, and it was nice slab, body beech and maple, easy to split and obtainable even then at the almost unbelievable price of from one to one and one-half dollar per cord. The second is the kerosene lamps which adorned the streets and the lamp-lighter who made the rounds in the morning to blow them out, fill and clean them and then again in the evening to light them. The third is the building of the Tabernacles which burned recently. Elder White, of our denomination conceived the idea that if everyone gave a dime this building could be constructed, and from all over the world our people poured in their dimes. To the elder of our people this building is always thought of as "The Dime Tabernacle." Of course the residents of the city were very liberal in their contributions, and it was understood that this building was to be used by them for all worthy events without charge.

Arthur Clough.

The Stream of Life

University Women Have
A Growing Association

Membership Now Numbers 137, with Regular Monthly Programs Held—Notable Leaders Among Women Were Guests During the Year Just Closed

BATTLIE CREEK chapter of the American Association of University Women has experienced a splendid growth during the past year, having increased in membership to 137. It has made some radical changes in organization. The time of meeting was changed from the third Thursday of the month to the second Saturday, and with the exception of the initial meeting which was held at the Battle Creek Country Club, all sessions are held at the Post Tavern. A business meeting is held at 11:30 and luncheon follows at 12:15. This has seemed to be a successful arrangement as the average attendance has been about two-thirds of the membership.

Plan a Big Year.

For the first time the association has printed a program of the year's work, which also contains the names of the members and their college or university. Several speakers of prominence have addressed the association and in December the usual Christmas party was given.

The association has planned a strenuous year. Beside the scholarship fund which it always supports, it has undertaken to raise a quota for the University of Michigan League building, and since the alumnus expects to complete this fund by June, it means much hard work.

Among the association's distinguished guests this year have been Miss Fandira Crocker, state president, and Miss Frances Perkins, sectional director. Miss Crocker is a Cornell woman and a sister-in-law of President Emeritus Hutchens of the University of Michigan, while Miss Perkins has been a member of the board of...
Franklin Iron & Metal Company

Wholesale Dealers
Sanitarium Makes a Steady Progress

Forty-Seven Years of Work Brings Big Results in Modern Institution

DO YOU REMEMBER WHEN—

This was once the main building of the Sanitarium. It was built to the ground in 1907, and from the ruins arose the splendid structure which now stands for the fast growing institution. The present Hall can be seen in the background to the right, and the old mill in the back to the left.

The work of the institution has made great progress in the forty-seven years that have been passed since its beginning. Great advances have been made in every department. There are now a few thousand patients, many of which may be of interest to friends of the Sanitarium who have watched their growth from the day of the Sanitarium beginning on forty-seven years ago to the present time.

The institution started as an emergency hospital for patients suffering from mental diseases, and it has now grown into a school for nurses and a place for the care and education of patients. The College of Nursing has been one of the first, if not the very first, of the many efforts of the Sanitarium to meet the needs of the patients and to provide full college footing for the students.

Among eminent men who are cooperating in the establishment of the college, we may mention Dr. David Stary Jordan, Chancellor Emeritus of the University of Illinois, university president, Dr. Edward Fisher of Yale University, president of the University of Illinois Foundation, director of the Illinois State Hospital, and other notable men such as Dr. W. D. Bollinger, M. D., William Anderson of VCU, W. S. and H. H. Hopkins, Dr. M. B. O'Shea of the University of Michigan, and Dr. W. C. Prichard and Dr. C. C. Prichard of the University of Michigan and Prof. Wood of Columbian University.

The faculty, including a few non-resident medical doctors, is open to candidates for the school for nurses, number 97.

Lackeys

The Pavilier laboratory for physical research has been developed into the institution along scientific lines. Professor Pavilier is in charge of Professor Pavilier, for many years ago, was engaged in establishing the Pavilier laboratory at Peoria. Professor Pavilier is recognized as one of the most skilled and experienced investigators in the world to which the laboratory is devoted. Various laboratories for research are in progress in this laboratory and some important changes have been developed and have been embodied in scientific papers. Professor Pavilier, a Pavilier, was an important event for this laboratory and a great step forward. He has succeeded in learning Professor Pavilier stated that he believes the laboratory is mind as one of the few points of special interest that the laboratory is in the use of America. After learning of Professor Pavilier, they wire a reply stating that he was on his way to Battle Creek.

Other Important Work

Important work has also been done in other departments of the research laboratory. Dr. Paul Rich has perfected an apparatus for the study of metals. The Pavilier laboratory has also been a leader in the development of a simplified mathematical composition which makes it possible to work very laboriously and economically. The Pavilier laboratory is able to do the work of several laboratories in the field of study, and the institution has been able to attract the best men in the field of electronics.

Observation of Interest

In the nutrition laboratory, the Pavilier laboratory has been able to follow closely the progress of new developments in the field of nutrition. The Pavilier laboratory has been able to study the effects of various diets on the health of the patients and has been able to make significant contributions to the field of nutrition.

The Sanitarium has made great progress in the forty-seven years since its beginning. The institution has grown from a small hospital for patients suffering from mental diseases to a school for nurses and a place for the care and education of patients. The college has been established as an important step in the development of the institution. The faculty, including a few non-resident medical doctors, is open to candidates for the school for nurses. The Pavilier laboratory for physical research has been developed into the institution along scientific lines. Important work has also been done in other departments of the research laboratory.
Battle Creek College a New Arrival

Is Combination of Sanitarium's Schools, and Their Enlargement

The Teaching Staff.

The new members of the teaching staff include:
- Miss Alice Dunbar, callithrenchis.
- Miss Anne Goodhue, chemistry.
- Miss Zella Hazen, fine arts.
- Miss Nannie M. Hilden, education and sociology.
- Miss Jane McGowen, dancing, Swedish gymnastics, pageantry.
- Miss Elizabeth Sherman, foods.
- Miss Ada von Walthausen, modern language.
- Mrs. Sarah Ross White, textiles and clothing, home economics education.

Lectures Given.

With the college idea as a basis, the curricula have been extended, so that there are now in the School of Home Economics a two-year program leading to the diploma and a four-year one, leading to the B. S. degree. In the School of Physical Education, the three-year diploma course is received, and a four-year curriculum, leading to the B. S. degree, has been added. The School of Nursing has the three-year program for those wishing only the diploma of a graduate nurse, and also a five-year program, upon which completion the student is granted both the nurse's diploma and the degree of bachelor of science.

With the expansion of the schools into a college, new faculty members have been added. Miss Louise Giml came from the University of Michigan to be Dean of the School of Nursing, Miss Esther Swartz in the School of Physical Education, Miss Lenna Cooper and Dr. Linda Gage Roth continue as Deans of the School of Home Economics and the School of Physical Education, respectively.

The enrollment for the present semester is:
- School of Home Economics, 163;
- School of Physical Education, 162;
- School of Nursing, 191; making a total of 516 students.

Work is Extended.

The courses offered in the two-year program are:
- History and government.
- English literature and expression.
- Mathematics.
- Science.
- Fine arts.
- American and world history.
- Social studies.
- Physical education.
- Home economics.

The school is now equipping itself to give courses in history and English.

The principal of race and biologic and physiologic living, the Sanitarium has conducted educational schools for many years. During the years of 1923 and 1924 the outstanding development was the re-organization for the elevation of the three Sanitarium schools into Battle Creek college. The schools are now the School of Home Economics, the Kellogg School of Physical Education, and the School of Nursing, of Battle Creek college.

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IMMIGRANTS REMIT

Immigrants in the United States sent back to their native lands in 1922 funds amounting to approximately $40,000,000,000, according to a survey recently completed and published by the United States Department of Commerce. The Immigrants' aggregate remittances in 1922 show a falling off of approximately $200,000,000 from 1919, when the funds sent home, due to war relief, reached $600,000,000. Remittances now are twice as large as before the war.

There are in this country some 14,000,000 persons of foreign birth, a large proportion of whom regularly send money to their friends abroad, either in drafts or currency exchange. The funds, in turn, are invested in foreign countries.

The foreign residents are thus enabled to buy American goods without giving their own products in exchange, to buy foreign goods at lower prices, and to earn foreign currency by selling American goods on foreign markets. Another way of putting it would be to say that the foreign-born residents in America when they send remittances to their friends abroad practically consume foreign goods by proxy instead of importing them to consume in person.

Farm Bureau Proved an Aid to the Farms Here

Proved Profitable to the Farmers in Both Buying and Selling - Remodelling, etc.
CORRECTION

PRECEDING IMAGE HAS BEEN REFILMED
TO ASSURE LEGIBILITY OR TO CORRECT A POSSIBLE ERROR
Battle Creek College a New Arrival

Is Combination of Sanitarium's Schools, and Their Enlargement

The fundamental purpose of establishing and conducting an educational institution by means of which instruction shall be given in the arts, sciences, professions and special vocations, in co-ordination with and subordinate to, the principles of healthful and biologic and physiologic living, the Sanitarium has conducted educational schools for many years. During the year of 1923 the outstanding development was the re-organization and consolidation of the three Sanitarium schools into Battle Creek college. The schools are now the School of Home Economics, the Kellogg School of Physical Education, and the School of Nursing of Battle Creek College. The enrollment for the present semester is: School of Home Economics, 103; School of Physical Education, 162; School of Nursing, 191; making a total of 560 students.

Work Is Extended.

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The Teaching Staff.

The new members of the teaching staff include:

- Miss Alice Dunbar, calculus, physical education.
- Miss Anne Goodhue, chemistry.
- Miss Zella Hazen, fine arts.
- Miss Marie M. Hidas, education and sociology.
- Miss Jane McGownd, dancing.
- Miss Elizabeth Shew, foods.
- Miss Mary von Wuthenausen, modern language.

Mrs. Sarah Ross White, textiles and clothing, home economics education.

Lectures Given.

Special lectures are also given, some of the best informed lecturers and speakers of the country including: William Gilbert Anderson, M. D., Dr. F. H., director of the Yale University gymnasium; Charles Benedict Davenport, Ph. D., who has given a lecture recently of much interest; Irving Fisher, Ph. D., professor of political economy; Yale University; David Starr Jordan, M. D., Ph. D., L. L. D., chancellor emeritus, Leland Stanford Junior University; Elmer Verner McColm, Ph. D., Sc. D., professor of chemical hygiene; The Johns Hopkins University, recently spoke here; M. Vincent O'Shea, B. L., professor of education, University of Wisconsin; Sir Horace Plunkett, K. C. V. O., F. R. S., late minister of agriculture for Ireland; Fred Newton Scott, Ph. D., professor of rhetoric, journalism, University of Michigan.

W. A. Marburger of the Battle Creek high school serves this year as instructor in physics. Dr. V. A. Moody and Mrs. C. M. Webster come over two afternoons a week from Albion college to give courses in history and English.

Among the students great interest has been shown in the new student dining room, which has the Annex dining room and kitchens. It is managed by a joint student and faculty board of control, and all the students of the School of Home Economics and Kellogg School of Physical Education are now getting their meals at this club.

The students' parlor at the Annex is furnished and decorated by the students and contributes greatly to the social life of the large group of college girls living in the Annex.

Health Survey Reports.

Dr. Kellogg this year inaugurated the weekly personal health survey reports, each student making out her own schedule. These are sent to the office of the college physician and the students are rated on them as far as they are concerned. The physical examination given each girl is identical with that given patients of the Sanitarium, and many of the tests are frequently repeated. Every effort is made to bring each student in the best physical shape and also to provide such living conditions as will be most conducive to health, thus constantly placing emphasis upon the race betterment ideal of the college.

Sanitarium Great Help.

The offices, classrooms, and laboratories of the college are chiefly in Battle Creek Sanitarium. The Annex, or large stone building, was a gift to the college from the Race Betterment Foundation, and together with the large brick structure, or "old" college building, now known as the science building is occupied jointly by the college and the Sanitarium during the summer months. Offices and the laboratories for classes in food preparation and science, also clothing, are located in rooms especially set apart and equipped for the purpose in the main building of the Sanitarium.

Several libraries are accessible to students. The college library contains over 5,000 volumes, and more than 100 current periodicals are kept on file in the reading rooms. Advanced students have the use of the Sanitarium medical library, with its complete series of medical periodicals and standard works. In addition, a large private library and the public library of the city are open to students.

Splendid Laboratories.

In addition to ample lecture room Space, the School of Home Economics is provided with well equipped chemical and other laboratories, and facilities for laboratory practice in cookery and various other household arts. The nutrition laboratory of the Battle Creek Sanitarium affords an unusual opportunity for observation and also for actual experience in working out nutrition problems.

Ample equipment is provided for all work in physical education, using the large gymnasium as the main building for practice work and exhibitions, also the college gymnasium, large athletic fields, tracks, jumping pits, tennis courts, handball court, and indoor and outdoor swimming pools and outdoor gymnasium.

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Farm Bureau Proved an Aid to the Farms Here

Proved Profitable to the Farmers in Both Buying and Selling - Remodelling.
Good Vegetarian

Learn Something From Your Humble Brother, the Woodpecker.

CROCKETT, 1856, by Star Company.

You have seen a woodpecker, with his flashing red color, initiating the riveting machine on a skyscraper, boring holes in wood.

Perhaps you have seen that same woodpecker pick up an acorn, and stuff it into one of the holes he has made.

Don't, however, get the impression that the woodpecker is a vegetarian, or that he intended to eat that ACORN. He knows better.

This picture, which illustrates an article prepared by the "National Research Council," shows in the foreground an old fence post, full of holes that the woodpecker has made.

In each hole he puts an acorn, but this is what shows the bird's intelligence. He knows how to select acorns in which there have been laid the eggs of WORMS. With time those worms get fat, and nourishing.

Each acorn that he puts in the little wooden holes is an acorn with a WORM in it. He knows how long it takes the worms to grow—marvelous is what we are pleased to call the instinct of the "lower animals."

Mr. Woodpecker comes around by the time the worm has gained its full size, after eating up the inside of the acorn.

He drives in his long bill, takes out the worm and eats that, as you would eat a nice oyster. Then your woodpecker goes about his business properly fed.

For the vegetarian it is very sad, but in our present state of development it seems that we can't eat vegetables instead of meat in really a waste of valuable time.

The woodpecker knows that the worm has nothing else to do but eat and digest the hard inside of the acorn. So he leaves him to do that hard work. When it is finished he comes and eats the nice fat worm.

So with human beings. They allow the grass to "eat" the hard earth. They allow the ox to eat the grass. The ox chews his food, digests it, and is it again and chews the grass all over. By and by, in a couple of years, he gets fat. Then the men eat him.

In half a minute, swallowing his worm, the woodpecker gets the benefit of all the hard work that the little worm has done eating and digesting the hard inside of an acorn.

In half an hour, man eating his beefsteak, or better still his mutton chop—mutton is better for you than beef—he gets the benefit of all the hard work that the ox or the sheep has done, digesting the grass, the tough hay, the grain.

Thus the lever mind of the ox or the acorn worm, patiently chewing, serves to nourish the higher mind of the human being or the woodpecker.

It's sad, but true. It won't be true always. Men will not always murder their poor animal brothers and eat them. But it is necessary NOW, especially for human beings that do mental work.

Toistoy and Wagner both tried to live on vegetables. They couldn't do it. It left too little energy for their brain work.
POSTUM CEREAL TO RETIRE 50% OF PREFERRED

To Be Taken At 115, Says Chairman Hutton—Earnings Running $200,000 Ahead Of Last Year

N. Y.—“In a short time we expect to retire 50% of the $6,500,000 preferred stock of the Postum Cereal Co. at 115,” said E. F. Hutton, chairman of the board, sailing on the Olympic. “We owe no money, and we have never borrowed any in history of company. Our earnings are running $200,000 ahead of last year.

“In the face of high prices for wheat and corn, we expect our net earnings this year to be $3,500,000 after taxes.

“In three years we will have retired all our preferred. Present rate on common will not be increased until after we have retired the preferred. The future of the company is in new products that we will attempt to bring out from time to time. I am bullish on the stock market for fall. The country is in line for better times. Politically I can’t see anyone but Coolidge.”
DIETETIC PROGRESS
(From the Cradle to White Sulphur Springs)

——— Milk.
Milk and bread.
Milk, bread, egg and spinach.
Oatmeal, bread and butter, green apples and all-day suckers.
Ice-cream soda and hot dogs.
Coffee and apple pie.
Minute steak, fried potatoes, coffee and apple pie.
Tomato soup, roast beef, baked potatoes, asparagus, apple pie and coffee.
Bouillon, roast duck, scalloped potatoes, creamed oyster plant, fruit salad, strawberry ice cream, demi-tasse.
Pate de foie gras, veau a la Blanquette, potatoes Parisienne, eggplant a l'Opera, salade chiffonade, peach plombiere, demi-tasse Roquefort cheese.
Two soft-boiled eggs, toast and tea.
Crackers and milk.—Life.
HE CURES constipation.

E. H. writes: May I tell you of some simple things which have cured me of constipation? The trouble was chronic with me, and I had taken medicine a long time. The things may help other people as much as they help me, and that is a great deal. It seems a pity people should not know, for they say constipation is a national ill. The doctor to whom I am going thinks cathartics are very bad, and that you need more and more as time goes on. These are the things which have cured me:

1. Prunes every night for dessert at supper.
2. Bran every morning for cereal at breakfast.
3. Seven glasses of water a day between meals. I take one before breakfast, preferably hot.
4. Exercises for ten minutes after arising.
   I arise at the same time every morning and feel like having a movement after drinking some of the water and doing exercises for five minutes. These are the exercises which strengthen the abdominal muscles:
   1. Trunk circling—both ways.
   2. Arms sideways and upward raise; then try to touch floor without bending knees.
   3. Lie on bed and come slowly to sitting position without help from arms. Slowly lie down again.
   4. Fill the chest with air; then make abdomen go in and out.

I thought perhaps you could tell people this through your column. It is extraordinary how successful these simple things have been with me. Perhaps I inherited a tendency to constipation, too, for my father was troubled with it and my grandfather had to resort to daily douches.

Bran is very effective, I think. I like the schedule because it means so little dieting. I eat pork, potatoes, gravy, etc., though I do not eat much pastry or candy.

DR. Ewan's Column

Chicago Tribune
May 13, 23
SHOULD GENERAL HOSPITALS ESTABLISH DEPARTMENTS FOR PHYSIOTHERAPY?

By JOHN HARVEY KELLOGG, M.D., SUPERINTENDENT, BATTLE CREEK SANITARIUM, BATTLE CREEK, MICH.

As the modern hospital is the workshop of modern medicine where the sick may benefit by the latest discoveries in scientific methods of cure, it should be equipped to make these methods of treatment practical. Among the scientific developments of the past few years, physiotherapy has found its place as a fundamental curative agency for the sick. Since the natural physical properties of air and water, light and exercise have come to be recognized as the greatest curative agents, it is necessary for the hospital to be equipped to make the most effective use of these physiotherapeutic agents. In order to do this it is not necessary, as Dr. Kellogg points out, for the hospital to have a department of physiotherapy, but every hospital can and should have a personnel which has a thoroughgoing theoretical and practical knowledge of physiotherapy. Moreover training in our medical schools will have to be more adequate and more efficiently organized.

easily answered by the fact that for a very efficient application of physiotherapy very little expensive or special equipment is actually required. The great essentials of physiotherapy, in addition to diet, are air and water, at different temperatures, light and exercise, active and passive. These most potent of all means of modifying metabolism and nutrition may be applied in a thoroughly efficient manner and with most satisfactory results without the use of very expensive or elaborate apparatus. The most important part of a physiotherapeutic equipment is a thorough, theoretical knowledge of physiotherapy. With this, great results may be attained with little or no special equipment; without it, the most elaborate equipment is useless. Not so very long ago, I happened to visit a large hospital which possessed a most elaborate and up-to-date physiotherapeutic outfit. The hydraulic equipment was particularly elaborate and expensive. On being introduced to the head nurse, I was at once beset with questions about hydrotherapy. Said the nurse, “Do tell us how to use hydrotherapy. The doctors send us down patients every day with a prescription for hydrotherapy, but they don’t tell us what to do.” The doctors were not to be greatly blamed, for does not the learned Osler say many times over in his great work on practice, “If the measures above indicated fail, try hydrotherapy.” The teaching of physiotherapy in our medical schools is still so inadequate and inefficient that the student has no opportunity to become sufficiently familiar with the technic to be able to make an intelligible prescription. Although now recognized as the chief part of therapeutics, it receives the least attention. Very often the teachers are themselves little familiar with the subject. The late Professor Bröejer, the eminent German chemist, who held his place on the faculty of the imperial medical school of Berlin as professor of physiotherapy, told me that when he got his appointment he went to Kneipp’s Water Cure for three weeks to learn hydrotherapy. This neglect of physiological therapeutics by our medical schools is without doubt responsible for the existence of osteopathy, so-called chiropractic, and a dozen other medical cults.

Water, as a means of producing thermic impressions and thereby influencing the vasomotor nerves and centers, is the most potent as well as the most versatile of all curative agents. By its proper use, even with such simple means as a wet rag, it is possible to control almost at will the blood circulation of any vital organ, and thereby to produce therapeutic effects quite surprising to those who are not familiar with the results obtainable with this wonderful agent when skilfully applied.
A room or series of rooms fitted up with expensive appliances makes a fine showing in a hospital, and produces a great impression upon visitors and may be made of real and great service; but the things really needed in the general hospital is such an intimate acquaintance with the resources of physiotherapy as will in large measure eliminate the use of hypnotic drugs to produce sleep, of medicines and mineral waters to stimulate delinquent colons, and even of drugs for relief of pain.

When I was at a student at old Bellevue fifty years ago, I one day heard two of the interns discussing the treatment of delirium tremens, cases of which were very numerous at Bellevue in those days of cheap whisky. The regulation treatment was confinement in a cell and opium and chloral in massive does. One of the interns said, "I often find 'em dead in the morning." "Yes," said the other, "I slip one every now and then, but that's the only way to keep them quiet." A year or two later, when I encountered my first case of acute alcoholic mania, I wrapped the patient in a wet sheet to keep him in bed and discovered that the neutral pack not only kept him still but sent him off to sleep.

In discussing a paper which I read some years ago before a very active medical society, the superintendent of a large state hospital for the insane, the late Doctor Edwards, stated that in recently comparing their present use of chloral and other hypnotic drugs with their practice twenty years before, they had found that with 2,000 patients they were now using less of such drugs in a year than they formerly used with 600 patients every week. He added, "If a patient has insomnia, we just put a wet rag somewhere and he goes right off to sleep." The effective use of water to produce sleep is not quite so easy as that, but the neutral bath and allied measures are so remarkably efficient in producing sleep that the use of sleep-producing drugs is rapidly becoming obsolete in the leading hospitals for the insane in this country as well as in France and in other European countries where they have been long employed.

Analgesic Effects of Heat

The analgesic effects of heat are among the most remarkable of all therapeutic effects. Heat kills pain. Just how, nobody knows, as no one has yet explained the action of opium or of other pain-relieving drugs. Of course, heat is not a complete substitute for opiates, but it will relieve at least nine-tenths of all the pains for relief of which opiates are commonly given, and has the great advantage of being wholly free from the numerous dangers and disadvantages of opiates. Every hospital should be supplied with conveniences for quickly preparing fomentations, with thermophores and electric photophores, as well as hot-water bags and other efficient means of applying heat. These simple and inexpensive appliances are far more important than an elaborately appointed department filled with expensive apparatus.

Nevertheless, the physiotherapy department with specially trained persons in charge is just as essential for the complete equipment of a modern hospital as is an operating room, an examining room or a laboratory. In such a department should be found appliances for the efficient use of hydrotherapy, thermotherapy, phototherapy, mechano-therapy, electricity, corrective gymnastics, automatic exercise and indoor and outdoor gymnasiaums. For many years I have made a close study of appliances adapted to physiotherapy and have tested every new apparatus that has become known to me and have selected out of a great number of more or less useful appliances those which have proven to be of real service. Chief among these I may mention the following, all of which are in use at the Battle Creek Sanitarium, most of them having been in practical use for many years.

**Hydriatic Apparatus**

The douche is useful but by no means the most essential part of a hydrotherapy outfit, although so much emphasis has been given to douche apparatus in recent years that in the minds of many it seems to be regarded as the one thing needful for a complete equipment. Many of the newer hospitals are supplied with expensive douche appliances which are used scarcely more often than are the fire extinguishers. The fact is the douche is an appliance that requires more skill in its use and is less frequently called for in a general hospital than a large number of other much simpler and far less expensive appliances, such as sitz, leg, arm and foot baths, and full bath tubs adapted to the neutral bath. The simple shower and spray bath with a good thermostat will satisfactorily supply the needs of the ordinary hospital. The first douche apparatus ever used in a hospital consisted of a box with a perforated bottom which was supported over the patient while water was poured in. This mother of douches, used in a hospital in Edinburgh 200 years ago, though crude, was most efficient in combating fever.

So long as the idea prevails that an expensive douche apparatus is a whole hydrotherapeutic outfit, hydrotherapy will make little progress in hospital practice. The douche is exceedingly useful in certain classes of hospitals, particularly institutions for the insane and those that are especially devoted to nervous diseases and non-surgical or gastro-intestinal disorders. The investment required need not be great. A simple appliance which may be attached to a wall slab will accomplish everything that can be done with the most elaborate and expensive apparatus.

- **Phototherapy and Aerotherapy**

Light supplies not only heat but other forms of radiant energy which are highly potent and vital stimulants. When light rays fall upon the skin the chemical rays act upon the superficial layers producing, when very intense or long continued, an erythema. The luminous rays, however, penetrate deeper. As they penetrate an opaque substance, like human flesh, they meet with resistance and are converted into the longer, infra-red or heat rays which penetrate still farther. The electric light is more than a complete substitute for sunlight for the reason that in passing through the upper atmosphere the shorter ultra-violet rays and the longer infra-red rays are almost entirely absorbed by oxygen, which is thereby converted into ozone.

The electric light in its various forms must be regarded as a very essential part of every hospital. By the use of this artificial light, all the benefits of sunshine may be obtained and at times and seasons when sunlight is not available.

A beam of light contains all the different forms of heat rays, luminous and non-luminous, from infra-red to the top of the gamut. This is clearly shown by the spectrum. However, it is to be remembered that when luminous rays enter the body, they are quickly converted into infra-red, so that all these rays in practical use become infra-red whether luminous or non-luminous.

Every general hospital should be liberally equipped with sun porches or an outdoor gymnasium for the warm season and sunrooms for use in cold weather. I have made use of the sun-bath extensively for more than forty
years, and have found it invaluable not only as a general vital stimulant but as a means of promoting the healing of indolent wounds.

It is doubtless true, as Rollier has observed, that all the benefits of sun-bathing are not to be attributed to the actinic rays or to the effects of light, but are, in part, due to the thermic effects produced by contact with cool air. He finds, for example, that sun-baths are more efficient in the early part of the day, when the air is cool, than in the middle of the day, when the air has become heated. In the use of sun-baths in the outdoor gymnasium, I have, for many years, made use of the cool shower bath as a means of combating the depressing effects of excessive heat during hot weather. By alternating exposure to the sun's rays with short, cool baths, most powerful tonic effects may be produced.

Our long, cold season nearly half a year, and the large proportion of cloudy days, greatly lessens the value of sunlight in practical therapeutics; but, fortunately, all of the advantages of sunlight may be obtained by an efficient use of the electric light. For local effects, the photophore, in which the use of the incandescent lamp is a source of light and heat, and the arc light are most useful and efficient. Every hospital should be supplied with a number of these appliances which are now available in forms adapted to all sorts of medical and surgical cases in which the applications of heat or light is desirable.

To obtain the general effects of light when sunlight is not available is a somewhat more difficult problem. By combining arc lights with Cooper-Hewitt tubes and the quartz light, all of the effects of sunlight may be readily secured. In a cabinet which, for convenience, we will call "the sunlight bath," there are six arc lights, two Cooper-Hewitt tubes, and one quartz lamp. By this combination, the effects of the most intense sunlight are obtainable. In fact, it is even possible to produce in ten minutes a slight degree of erythema, if this is desirable.

**Electrotherapy**

While less useful than light as a therapeutic means, is nevertheless a most important feature of a physiotherapeutic hospital outfit. Unfortunately, electrotherapy has always been more or less in disrepute. This highly useful agent has been discredited by the extravagant claims made for it by so-called electrotherapeutists and by the attempt to make it a panacea, whereas its useful application is really limited to certain classes of patients. It is true that electricity is useful as a general tonic, but for this purpose cold water, cold air and sunshine are so much more potent and practical that its value is overshadowed.

The most important use of electricity in connection with a hospital, outside of its diagnostic uses, is as a means of passive exercise. Two purposes are served, first, the development of weak or paralyzed muscles; and, second, stimulation of tissue change, or metabolism. There is a great demand for the use of electricity for both of these purposes in hospital practice. Improved muscular development is required not only in cases of paralysis but in a great number of cases in which the muscles are weak because of disuse through sedentary life, bad posture, etc.

As a means of increasing metabolic activity, suitable applications of electricity may be advantageously made in a very large number of hospital cases. We are, I believe, prone to forget that the confinement of a patient in bed produces nutritive disturbances which ought to be combated by suitable measures. Modern metabolism studies are also showing that there is a very considerable number of persons whose metabolic rate is below normal and requires stimulation. For all these cases, electricity is a most valuable resource. The best form of electrical current for this purpose is the sinusoidal. I had the good fortune to discover the value of this current as a mode of passive exercise nearly forty years ago. I was carrying on a series of experiments with electrical currents from all available sources and happened upon a form of current which produced vigorous and painless muscular contractions. I saw at once the value of this current for automatically reducing muscular exercise and have made extensive use of it ever since. A few years later, D'Arsonval, of Paris, in experimenting with high frequency currents, discovered a form of current which produced painless contractions and which, on investigation, I found to be identical in form with the current of which I had made use. The current is known as the sinusoidal current because of its form. Its painlessness is due to the fact that in the faradic current the change of direction occurs at the point of highest intensity.

The most efficient forms of the sinusoidal current for influencing metabolism are the sinusoidal bath, by which the metabolic rate may be easily doubled without the slightest discomfort to the patient, and the automatic exercise chair, by which the metabolic rate may be increased to any degree desired—from 100 per cent to 600 or 800 per cent.

Another electrical appliance of proven value is the diathermy, or thermo-penetration apparatus, a high tension apparatus which supplies the current which is practically identical with the so-called wireless current, but of much lower tension. In the passage of this current through the body, the electrical energy is converted into heat and thus by this means heat may be applied to any internal viscus with the same exactness as that with which heat may be applied by other means to the surface of the body. This agent is found exceedingly useful in making heat applications to deep-seated organs such as the lungs or heart and large nerve trunks and certain joints, and produces highly valuable results.

No general hospital should be regarded as properly equipped without these useful electrical appliances.

**Mechanotherapy**

Mechanotherapy, like electrotherapy, has been greatly discredited by the excessive claims made for it in the attempt of the partisans of this method to accomplish by mechanical means results which are much more efficiently obtained by hydrotherapy or electrotherapy. After careful study of all the various forms of apparatus which have been produced in this country and in Europe for use in mechanotherapy, and after an experience of more than forty years with this line of therapeutics, I am thoroughly confirmed in the opinion that certain results may be accomplished more efficiently by suitable mechanical appliances than by any other means and that at least a few of these appliances might be advantageously added to the equipment of the average general hospital.

Perhaps the most useful of these appliances are means for applying a kneading movement to various parts. By means of a simple device, the oscillo-manipulator, kneading movements may be applied to any part of the body and the movements may be graduated from the most gentle applications to the most vigorous and thoroughgoing. Applications of this sort are highly valuable for patients subjected to long confinement to bed as the result of traumatisms or after serious operations, in cases
of paralysis and in the wasting of muscles which results from chronic joint disease. Mechanical kneading is also most useful in connection with the rest cure, in convalescing cases and in all cases in which it is desirable to promote local or general nutrition. Mechanical massage, as well as manual, has the advantage that it promotes anabolism, or constructive metabolism, without materially increasing catabolism, or destructive change. Exercise promotes constructive metabolism but at the same time enormously increases destructive metabolism. Hence, in cases in which it is desirable to promote tissue-building and an increase of fat and blood, passive exercise and massage render invaluable service. The average patient cannot afford to pay for the services of a trained manipulator. This opens a wide field for the mechanical manipulator, which is in practical use for securing the general systemic effects of massage fully as thorough-going and efficient as is manual massage. Mechanical massage has the advantage that it may be applied by the patient himself or by an ordinary attendant and thus may be utilized in a great number of cases which might not be able to afford the expense of manual massage.

A large hospital should provide a variety of mechanical appliances for administering passive movements for the mobilization of the joints and appliances for promoting exercise, such as pulley weights, the riding horse, the stationary bicycle, rowing machines, etc. For the efficient use of exercise as a therapeutic measure, a suitable means should be provided for obtaining accurate information regarding the patient's muscular system. A thoroughly scientific method requires the testing of the strength of each of the larger groups of muscles and comparison of the results with normal standards. This is best done by making a graph, which will show at a glance the defective groups of muscles and the degree of deficiency in strength. This method, which has been in use at the Battle Creek Sanitarium for nearly forty years, was adopted many years ago by the government military schools at Annapolis and West Point. Every cadet who enters Annapolis is examined by this method and required to bring up the strength of all the weak muscles to the 100 per cent line before he is allowed to spend any time watching the ball games and other competitive sports.

Attention must be given, also, to posture. This applies to bed patients as well as ambulant cases. The study of the outlines of the body are often highly suggestive of deeply-seated morbid conditions to which attention should be given. For example, a round back and a protruding abdomen always indicate a low-standing diaphragm. Since the pericardium is attached to the diaphragm, when the diaphragm is dragged down, the heart is dragged down with it, and with every heart-beat the heart muscle is compelled to do, in addition to its normal work, a large amount of unnecessary and unnatural work in lifting the diaphragm and the heavy viscera which are attached to its under surface. These patients with flat chests, round backs and prominent bellies, have no endurance when they are on their feet and quickly get out of breath when they undertake exercise of any sort because of the extra work required of the heart. These patients are also very likely to suffer from the strain upon the sacro-iliac and intervertebral articulations, especially of the lumbar region, which is the natural consequence of a position in sitting or lying which puts these joints under undue strains. These strains often give rise to severe backache, the cause of which is frequently not suspected. Hospital patients often suffer greatly from this cause. Such patients may be almost instantly relieved by simply propping up the hollow of the back with sandbags or cushions. The backs of seats and rolling chairs provided for convalescing patients in hospitals as well as the seats in ordinary use in homes, churches and theaters and elsewhere, almost invariably ignore the natural requirements of the contour of the body and, affording no support for the lower part of the back, compel the feeble patient to crumple up in order to secure the support which his lack of strength requires.

The shadow-graph affords a convenient means for the study of the outlines of the body, and is an aid to diagnosis, and is especially useful as a means of demonstrating to the patient himself the necessity for observing correct posture in sitting and lying as well as in exercise and work.

The time allowed this paper is too brief to admit anything more than a very cursory review of the subject. As a matter of fact, from the writer's standpoint, physiotherapy is by far the greater part of therapy, and hence methods and appliances for employing the various physical agents by which the body functions may be influenced should constitute the major part of the hospital equipment and organization. I see no reason why the general hospital should not provide its patients with the same advantages which are afforded by the up-to-date sanitarium.

Prophylactic Physiotherapy Paramount

In conclusion of this very incomplete paper, I will call attention to what may be termed prophylactic physiotherapy, which I consider as important as any, if not the most important of all. This consists in the systematic education of the patient while under treatment in right habits of living. The majority of patients who visit the general hospital are brought there directly or indirectly as the result of wrong habits of life. Most chronic ailments are the result of errors in eating, neglect of exercise and other infractions of the rules of health which, if continued, will bring the patient back or take him to some other hospital, and will ultimately prematurely end his life. While the surgical or medical care of the patient must, of course, be the first and principal aim of the hospital, the proper education of the patient during the period of his hospitalization, so that he may be as far as possible insured against the necessity of again seeking hospital care, should be made a regular part of the work. In general, patients are eager to learn what they may do to prevent a return of their troubles, and the patient's program usually gives him ample time for receiving such instruction as may be of incalculable value to him. The opportunity is one which should not be neglected. Every general hospital ought to have associated with its physiotherapy department a health director capable of instructing patients in an entertaining and convincing way, so that when the sick man leaves the hospital he may carry home with him not only a body which has been improved by the treatment which he has received, but, through the teaching and training which have been given him, a new set of habits through which he may not only maintain the improvement made, but may for a long time afterwards continue to improve in bodily fitness and efficiency. The hospital has a wonderful opportunity for service as an educational factor which should not be neglected. The social welfare service connected with some large hospitals is a beginning in this line which should be developed and expanded until health education and training are everywhere recognized as an essential feature of hospital organization and administration.
Practicing Fine Figure Exercises
Uncle Henry Says Physical Culture's Best Bet Is Man's Vanity

"I've been takin' a lot of exercise this last summer," complacent-ly remarked the News-Stand Man as he sought to achieve an effect of lassitude by forcibly inhaling his diaphragm. "I'm of hate to get fat again," he added.

"Quit pullin' in your stomach that way," expostulated Uncle Henry. "First thing you know you'll have your knee caps bangin' against the chin. Honest, it's pathetic how you portly athletes think of climbing a purple face or bringing out all that's brutish in women. However, your time's your own, an' I see no reason why you can't do your shop-pin' when the stores aren't crowded."

The First Day and the Second

"What's the matter with you?" interrupted Barney peevishly. "I'm talkin' about gymnastics.

"So am I," placidly rejoined Uncle Henry. "Buyin' the outfit is the principal feature in any program of Exer-cise for the busy man. After selectin' a costume an' all the varied parapher-nalia suggested by advertisements, the slightest imitation, there are mighty few men that have any large amount of energy left. I've seen a lot of middle-aged ath-letes start out to break records, Barney, but about the only sport book they ever buy is a Shoppers' Guide. A day in the stores refreshes women, but pur-chasin' a pair of rubber-soled shoes is a drain on strength that men jes' don't seem able to stand.

"By good fortune, I happen to have with me a circular describin' the amazin' benefits which can be derived by a little while each day under the watchful, lovvin' eye of Professor Isador McCarthy. See that pink one? to the professor? If he was any more muscular, he'd have to be lanced. An' notice the confession that up to two years ago the doctors didn't give him a chance for life, he was that weak an' allin'. If he hadn't happened to discover the system of physical culture that he's now offerin' to you at such small cost, he'd been dead long before this. As he says: 'What it has done for me, it can do for you.'"

"You'll love your first interview with this man," the newsboy smiled, "it's a winner, Barney. At first he'll try to hide his admiration, but at last his enthusi-

"Neither the professor's pleas nor his assistants' frantic expostulations will halt you in your mad career."

MEN an' women aren't much alike in anything, Barney, but dissimi-larity is most marked when it comes to exterior decoration. In the attempt to do a little better by herself than nature intended, there isn't a member of the weaker sex that won't brave any pain an' suffer any drudgery. Mice may scare 'em, but when face an' figure are involved, they never fall in courage, determination, an' iron resolu-tion. They'll starve themselves, roll on hardwood floors, hang by the hair of their heads for days. Their motto is: 'How to the line, let the hips fall where they will.'

"Men aren't built that way. It isn't that we are less eager for the physical attractiveness that will make every woman a strange, wild unrest when she grasps upon us. Not exactly an impulse to actual disloyalty, you know, but more of a poignant regret that we can't help but feel."

"Do you honestly think that men are va-nier than women?" asked Barney.

"Watch 'em before a mirror," said Uncle Henry. "The woman looks for reassurance, but a man looks for the sheer pleasure of it."
Another Job for Public Opinion

If you have to heat your house with hard coal, you have already had to pay from 50 cents to $1.50 more per ton than you paid before the miners got their 10 per cent increase in wages. When the strike was settled we were told that the only way to pay for this higher wage would be to add 60 cents a ton to the price paid by the consumer. We were asked to believe that the costs of coal mining are so precisely reckoned, and the profits so delicately balanced, that the exact and entire sum of any increase in wages must boost the price of coal to the domestic consumer just so much.

Well, 60 cents has been added—and then some. But the pretty theory that the coal business is figured closely has been exploded by the Federal Trade Commission. From wholesalers' records for the two weeks ending October 6, the commission finds that some of the larger companies are charging from about $8.75 to $9.25 per ton f. o. b. mine for domestic sizes, while other companies are sometimes charging over $13.

Such wide differences in prices in the present period of normal operation of the mines are neither reasonable nor necessary.

The commission also finds many wholesalers adding 50 cents, 75 cents, even $1 a ton to the price of coal handled, whereas, at the present time, 25 cents appears generally to be regarded as a reasonable amount per ton to be added by wholesalers regularly handling company coal.

Furthermore, the Coal Commission has found that coal is being sold and resold, sometimes as many as four profits being added. The point is that coal is a speculative trading business, not a service. After Governor Pinchot settled the strike, Collier's representative, interviewing him, said:

There are those who think the consumer got it slightly in the neck—as usual—as a result of the settlement.

To this the governor replied:

If it is not justified—and the justification hasn't yet been shown—the price increase must be prevented.

That may be another job for public opinion.

Well, public opinion gets to work only when it has an ardent leader. Who will lead it against these "unjustified increases" in the cost of coal to householders? The cause may not be as spectacular as bootlegging, but there are a lot more folks who really care about it.

From the Land of Steady Habits

The class in American Political Frivolity will please note that the Probate Court for the District of Somers, State of Connecticut, was established by law in Andrew Jackson's time. During the antislavery excitement, in the year 1851, one Solomon Fuller was elected to the office. His son Charles was voted in to succeed him in 1886, and grandson Ernest has been elected to the family office which his father held for thirty-six years. Anything like that in your State? Other officeholders may not impress the voters as do these Fullers.

Take Counsel Not of Fear but of Courage

Some people become curiously nervous when revision of the Constitution of the United States is suggested. They see things. Radicals and faddists, they tell you, would run the convention, and fossil on the country no end of queer revolutionary schemes. But did anyone ever know a political party afraid to hold a caucus because of dissenters in the ranks, or refusing to nominate candidates because other parties would openly oppose them? After all, the members of the convention would be elected by the people, just as United States senators and representatives and members of State legislatures are elected now; and a new constitution, when it had been drafted, would be ratified by three-fourths of the States before it went into effect. To oppose general overhauling of an out-of-date constitution because a few revolutionaries might win seats in the convention is about as sensible as staying away from the doctor when you are sick because the doctor may find something serious the matter with you. Our country is big enough to know the truth and to build on that knowledge.

A Serial Story That Eggs Is Eggs

The Toledo "Blade" sometimes reprints items from its back files so that one issue published these facts of forty years:

CHAPTER I—1883. Eggs are in good demand at 22 cents.

CHAPTER II—1913. Extra fancy eggs are up to 33 cents.

CHAPTER III—1923. Eggs: selected, 48 cents wholesale; retail, as above, 70 to 75 cents.

What will the price be in 1933? The same issue contains advertisements of six establishments which will lend you money on your jewelry and furniture. One of them specially features "Loans Quickly Made to Housekeepers."

The White Man's Burden Is Progress

The big principle underlying all this modern unrest in Egypt, India, the Philippines, Nicaragua, Cuba, Porto Rico, and elsewhere is so plain that lots of us do not see it. You cannot put a man on his feet without giving him the idea that he can walk alone. If Kipling's Sergeant Whatismame made riflemen from mud along the River Nile, he also made one that is a man. When the people of a country have been brought to justice, health, and a better job, they begin to think about self-government. Why not? We did. The difficulty is to know when the new age is possible. Those who have come by the accidents of history to rule alien lands are really road makers for their people's future. But the country they are trying to help has the seeds of the past also within it. The task of statesmanship is to call out the new forces and frame the better institutions by which alone a race can hold what it has gained and build thereon. That is a hard job, especially when it means giving up power. But nothing else is permanently worth while, for our new world is to be made, not of masters and subjects, but of neighbors.

Let's Get This Plant Into Production

Imagine a great factory where little or no work is done; buildings that cover acres, miles on miles of corridors, rooms after rooms, machines of a hundred different kinds. Every known scientific device, every known scientific principle in usable form is embodied in one room or another; equipment more perfect than anything ever before dreamed of. But that whole great plant, with all its possibilities, all its intricate mechanism, is standing idle, not abandoned, but not used. Over the rooftops of watchmen station low the empty corridors; cobwebs are across the windows, around the door knobs, between the spokes of the great flywheels, and thick dust over everything. The delicately adjusted machinery is motionless, rusting silently away; the whole wonderful plant, with all its marvelous equipment, practically going to waste. What is it? That's a leading psychologist's picture of the average human mind.

In the House of Rimmon

North Carolina is a great State, up and coming and proud. The Tarheels are rejoiced by their impressive progress in betterment and business and trade. A statistical story of the greatness of their industry has been appearing lately in the newspapers. Their State has the greatest cotton, tobacco, and textile plants and the largest cotton mills in the United States. They have the largest amount of lead, aluminum and hiosery, of tobacco and textiles in the whole round world: $900,000,000 invested; 6,200 factories; 158,000 workers; yearly pay roll more than $127,000,000, or $275 per month apiece! All that is a great human achievement and a far cry from nursing hookworm and malaria on pine-clearing farm patches. No wonder the patriots of the Old North State urge that these facts and their meaning be taught in the public schools. And yet there is a discord in that song of commerce advancing: Only five States in the Union are worse than North Carolina with respect to child labor. Many of the mills they praise have also established there the festering evils of child life sacrificed for output. It is that industrial idolatry which prefers cheap goods to future health and strength and citizenship, that the Tarheels are urging their school superintendents to worship. There must be many now in North Carolina who feel with Naaman the Syrian: "When I bow down myself in the house of Rimmon, the Lord pardon thy servant in this thing." There is no Elisha among us to-day to cleanse our States from this leprous of child labor. The Child Labor Amendment, now pending, will force that cure.
Dr. Kellogg a Human Dynamo, Moon-J., Oct 5, 1927.
(Kiwanis Edition)
Dr. K, first food manufacturer in Battle Creek, page 12.
A Message to Kiwanis, p. 18.
KEEN business men realize the importance of keeping fit. They know the right kind of exercise is absolutely imperative. Wm. Wrigley, Jr., speaking about the Battle Creek Health Builder, says: “I have one of your ‘Health Builder’ machines in each of my four homes. I use this machine never less than half an hour a day and I am in perfect physical shape.”

Keep physically fit—radiantly healthy! You can now exercise and massage your whole body in this surprisingly simple new way right in your own home—without any effort. Thousands are doing it.

Oscillate Your Way to Health

The rapidly oscillating girdles of the Health Builder give a combined massage-vibratory treatment better than a skilled masseur. No electric current touches you. The Health Builder vigorously massages the heaviest muscles, peps up sluggish circulation, aids digestion and elimination, strengthens muscle “tone” and improves the functions of the internal organs.

Over 50,000 men and women of all ages have used the “Health Builder” for health improvement upon the recommendation of their physician! Used daily in countless private homes, large medical institutions, athletic clubs, gymnasiums, ocean liners, and by numerous physicians in their practice.

Prominent People Who Keep Fit the Battle Creek Way

B. G. Ford (Pres. Ford Motor Co.)
Dr. Louis Hunt, Possum
(Owner, “Diet of Health,” etc.)
W. F. Morgan, Banker
(P. O. Morgan Bankers)
P. H. Beach
(Owner, “Diet of Health,” etc.)
E. R. Showalter
(Mayor of Nashville)
Frank X. Schwab
(Mayor of Buffalo)
A. L. Benedict
(V. P. Nat’l Steel Fabric Co.)
Truman H. Newberry
(Ras-de’y of Navy)
John H. Newberry
Senator David Elkins
Fred J. Fisher
(V. P., General Motors Corp.)
L. M. Bloomer
(Owner of Hotels, Wadsworth-Astoria, etc.)
Arthur Brisbane
(New York Evening Journal)

And Do the Ladies Enjoy the Health Builder?

J. M. Davis
(Founder, Ladies Mirror)
Mrs. R. E. Ford
(Mrs. Henry Ford)
Mrs. John Thomas Ford
(Mrs. William Wrigley, Jr.)
Mrs. Florence Zeigfeld
(Billie Burke)

Send for “Keeping Fit in 15 Minutes a Day”—a valuable Free Book showing the “Battle Creek Health Builder” in operation—with complete series of home exercises. Sanitariun Equipment Co., Battle Creek, Mich.

The Battle Creek Sun Arc Bath and “Mechanical Health Horse” are also made by the manufacturers of the famous “Health Builder.”
PUBLIC CONFIDENCE—through 77 years

DEPARTMENTS

Commercial Banking—
Checking accounts, individual accounts, certificates of deposit.

Savings—
4% interest, compounded quarterly.

Christmas Club—
A club for every pocketbook — money saved for Christmas.

Trusts—
Executor and trustee under wills — guardian, conservator, receiver, living and insurance trusts.

Foreign Exchange—
Commercial and individual letters of credit, travelers’ cheques.

Mortgage Loans
Bonds and Investments
Safe Deposit Vaults
Safekeeping of Securities
Relieves you of their care and insures attention to dividends, coupons and maturities.


The growth of this bank has been continuous and affords the best measure of the confidence in which it is held by the people of this city.

For nearly three generations connection with the Old National has been handed along from father to son and during that entire period its services have been broadened and strengthened until today it is prepared to meet the most exacting demands of modern business for modern banking facilities.

In deciding on a permanent banking connection, you may, if you like, consider past performances as a test of banking strength and character, but do not stop there. We invite the fullest investigation of the adequacy and the scope of our banking and trust services.

THE OLD NATIONAL BANK
and TRUST COMPANY

The Big Friendly Bank
DR. KELLOGG IS HUMAN DYNAMO

K. Devoting His Lifetime to Wholesaling Health.

K. INTERESTS MANIFEST

K. "San" Superintendent is Surgeon, Author, Man-

ufacturer, City Builder.

Although Dr. John Harvey Kel-

gg, one of the hosts of the Michigan District Convention, does not hold membership in

these ranks, he is famous the world

over as a booster for health and human progress and in Battle Creek as a city builder. Dr. Kel-

ggg, in fact, in the face of so many differ-

ent interests being so many and varied that they are well

ignorable.

Primarily Dr. Kellogg is thought of as the superintendent of the Battle Creek Sanitarium, but he is a surgeon whose fame has spread around the world. He is, no editor of Good Health, the colorful magazine of the land, the world, having been founded in 1876, and has ten books for health

books on health. He is also the author of one of the best known public-

lings.

The facts came out in 1877,

followed by Home Book of Med-

icine, Home Book of Foods

in 1885, Your Health in the Cold

in 1893, Health Secrets of Phys-

icians and Hygienists (two

author, 1915), Health Question

Box, 1917; Nature's Hospital

in 1917; Autobiography, 1917; The

Itinerary, 1918; The Collected

Writings, 1921; The Complete

Bible, 1921; The National Diet

of 1921. He has also written

many technical papers and arti-

cles.

In 1926 Dr. Kellogg founded the

Burnett Foundation, national in scope, and became its

president, membership included

men and women of national and international fame, all

aiding and working for the improvement of the

human race through game

education to mental, moral and physi-

cal and spiritual development of

men.

In 1927 through long years, in 1921

founded Battle Creek College, in

which he included the three de-

partments which students train

through the sanitarium, the being the Training School for

Nurse, School of Home Econom-

ics and the Kellogg School of

Physical Education. The last two years he served as

president.

Dr. Kellogg is constantly

concerning food and was the

first manufacturer of whole

fast foods in Battle Creek. He is

president and treasurer of the

Battle Creek Food Company,

which factories are in Merrill

Park, where are made the foods of

food for shipment all over the

world. Granolo, the first two breakfast

food, find favor throughout the

world, and those he pre-

sented the idea of having a

college in Battle Creek, founded

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Ado

New addition to the San-

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Partial Occupancy by

Thanksgiving Time.

K. The new addition to the San-

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Time.
If It's Done With HEAT
You Can Do It Better With GAS!

Battle Creek Gas Company
FINE WORK OF WINNIPEG CLUB

- Among Those Whose Men Died in the War.

- Not by Money Alone

- But by Giving of Friendly Advice, Practical Help, Guidance to Young.

WINNIPEG, Manitoba, Oct. 23.- Winnipeg has a Kiwanis Club which is doing something a little out of the way. The club was formed in 1917, when Canada was making its great contribution to the war. Many of its members were prominent business men, who, like the British Empire, realized the need for a patriotic organization. A young man, woman and child. Winnipeg was on the line of battle; its heroes and heroines were thrilling. The club, which had been organized, sought an opportunity to do something in a practical way for the children of those men, and it was only after a long discussion that the club was formed. The original members and the members who joined later, were the adults, who were organized to help the children of the men who were being killed. The club was organized on a semi-military basis, with a president, vice-president, secretary and treasurer who were all chosen from the parents of the children of the men who were being killed.

The club has done a great deal of work. It has established schools, orphanages, and orphanages, in addition to the regular work of the club. It has also established a home for the children of the men who were being killed.

The club is not confined to the city of Winnipeg, but it is also active in the surrounding districts. It has established a number of schools and orphanages, and has also established a home for the children of the men who were being killed.

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An Investment As Sound As Battle Creek

COUNTRY CLUB HILLS is a reality. The kind of reality that makes profitable investment and growing prosperity. Its success is no longer something that might happen in the future. This is already evident to the most casual observer who drives through the development.

Already two and three-fourths miles of streets have been graveled. Five and one-half miles of cement curbs have been laid. One and three-fourths miles of sidewalks have been put in. Two and three-fourths miles of water mains have been put in. Two and three-fourth miles of gas mains have been laid. Approximately 1,100 elm and maple trees, 4,000 shrubs of more than 138 varieties have been planted and artistically arranged. 21 homes built in Country Club Hills, while a great part of the lots have already been sold.

Country Club Hills is now in the right stage for investment. The most cautious person can readily see that its value is as sound as the future of Battle Creek itself and the most shrewd can easily see the increased profits that can be gained from investment in Country Club Hills.

Investigate — and then Invest!

Owned and developed
by
Country Club Hills Development Co.
R. H. Holmes, President

Sales by

51 1/2 W. Main St and on property
Claude D. Annis, Sales Mgr.
The Growth of an Idea

The Battle Creek Sanitarium—known today in every civilized land—began as a “water cure” in 1866, in a small two-story farmhouse.

Ten years later, when the institution came under the present management, with Dr. John Harvey Kellogg as medical director, the guests numbered twelve and the properties consisted of a half-dozen wooden buildings.

At present, the Sanitarium buildings include the large six-story Main Building, the Main Annex, a modernly equipped seventy-bed hospital, over fifty smaller dormitories, a modern laundry, greenhouses, a large new power and heating plant, a model dairy farm, large new creamery, and other maintenance buildings. The latest building addition is a $256,000.00 gymnasium and recreational center for employees and students, known as the Sanitarium Union Building.

The most gigantic construction operations ever undertaken by the Sanitarium management is the new fifteen-story “Central Building”, now well under way.

This new structure will harmonize in type and construction with the other Sanitarium buildings. Each room will have a private bath and a number of rooms and suites will have private treatment rooms, making it unnecessary to visit the general bathroom for treatment. The ground floor which is to be used for lobbies, hotel offices and other purposes, is two stories, or approximately twenty feet in height. The next floor which is on a level with the first floor in the present Main Building will be devoted to parlors, lounges and writing rooms. Then come twelve floors with rooms for patients and guests. The guest rooms will be equipped with adjoining sleeping alcoves. In cold weather this will permit outdoor sleeping without chilling the section used for living rooms.

On the roof will be a spacious outdoor gymnasium for women which will be equipped with sprays, sun baths, game courts and other recreational features.

Since its organization over 200,000 people have visited the institution.

You are cordially invited to visit the Sanitarium with your guests. Tours of the building are under direction of capable guides; time, 3:00 p.m., daily, except Saturday.

The Battle Creek Sanitarium

Battle Creek, Michigan
DANGERS OF TOO MUCH WINTER HEAT

PEOPLE DIE IN WINTER not from the cold, but from heat—the heat of overwarmed dwellings, asserts Dr. John Harvey Kellogg in Good Health (Battle Creek, Mich.). Each year as cold weather approaches, and the first storms arrive, thousands of persons, especially elderly people and semi-invalids, shiver, he says, with apprehension, and begin to take precautions for protection against frosty weather. Before the holiday season doctors and undertakers begin to get busy because of the ravages of pneumonia, “flu,” and acute bronchitis. As he proceeds to sketch the picture:

"Retired bankers, aged politicians, and senior citizens of all sorts begin dropping off so fast that not infrequently several columns of leading daily metropolitan newspapers are filled with brief notices of the death after brief illness of well-known citizens who have succumbed to pneumonia, influenza, or heart failure for which they have for years been preparing themselves by unhealthy habits of living.

"The winter season certainly brings great perils to many thousands of men and women whose health is impaired by wrong living habits, but the low temperature, the cold at this season of the year, is not the real menace. The real danger is the overheating to which people subject themselves in the period of frigid weather. Few people allow themselves to suffer from cold. Warm clothing, efficient heating appliances, well-constructed houses, closed, and even heated, vehicles afford abundant protection. Unfortunately the average person in taking precautions against cold goes to the other extreme, and subjects himself to injury from overheating. It is not an uncommon thing to find in the living-rooms of furnace-heated houses temperatures above that of an average hot summer day. It is very common to find in homes, factories, churches, concert halls, etc., temperatures ranging from 78 degrees to 84 degrees. The heat is often so great as to produce perspiration. When the skin is heated to such a degree that nature pours out water upon it to cool it by evaporation, contact with a draft of cold air is highly pernicious. A person with low resistance suffering from such exposure is likely to be stricken down by an attack of pneumonia, influenza, or acute bronchitis. The overheating lowers resistance and prepares the way for an attack by those formidable enemies of life and good health, which are always on the alert for victims when zero temperatures prevail. We have learned to protect ourselves against cold, so we rarely suffer direct injury from frosty weather, but injury from overheating is almost a universal menace. In public places where people gather, as movies, churches, schools, and almost universally in private homes, overheating during the cold months is encountered, and is undoubtedly the greatest cause of sickness and death active at this season of the year.

"As a matter of fact the winter season offers great advantages by which we may profit greatly if we will recognize and utilize them. Here are a few:

"Winter air is free from dust, clean, and germless.

"Winter air is the very finest tonic known. In breathing cold air, the lungs expand more fully and the intake of oxygen is doubled. Every organ of the body is vitalized and rendered more efficient by this increased oxygen intake.

"In cold weather instead of shutting ourselves up in overheated rooms, we should keep the temperature of living-rooms as low as possible without discomfort. In England the temperature of living-rooms is about 60 degrees. The writer remembers once noting the temperature in a hospital for elderly insane patients and found it to be 88 degrees. No one seemed uncomfortable. Sufficient clothing should be worn to keep the body warm, especially to prevent chilling of the extremities. Care should be taken never to allow the temperature of living-rooms to rise high enough to induce perspiration. When overheating occurs there is always grave danger of injury following through exposure to cold drafts by skin chilling. It is important to remember that in cold weather the danger from overheating is far greater than from chilling, and that the danger of injury from overheating is far greater than in summer."

THE RADIIU THEORY OF VOLCANOES

WE DO NOT KNOW THE TEMPERATURE of the earth's interior, says Prof. W. Anderssen, writing in the Illustrirte Zeitung (Leipzig). Our shafts and boreholes seldom extend downward more than a mile—about as deep proportionately as a puncture in the skin of an apple. In the deepest bore-holes the temperature increases with the depth, rising about one degree for every hundred feet. He goes on:

"One can not tell whether this increase continues at approximately the same rate in deeper places. Still, it is a fact that heat is emitted from the interior of the earth and that it vanishes at the surface. Consequently, the earth must be yielding continuously considerable quantities of heat. We formerly came to the conclusion that the earth was cooling. The rapidity of this cooling process was even estimated, and upon this hypothesis a whole retrospective and prospective history of the formation of the earth was built.

"This notion has now been shaken most severely, due to the science of radiology. We know that all radioactive substances constantly produce heat, and from the quantity of such substances contained in the upper layer of the earth's crust we can calculate that, even if these proportion continues only to the depth of seven miles, the earth produces as much heat as it loses. If it continues beyond that, the earth produces even more heat than it yields, and must be growing warmer and warmer.

"In a book recently published in London under the title 'Radioactivity and Geology,' the famous English geophysicist, Prof. J. Jolly, has based upon this argument a very clever theory of the causes of volcanic eruptions, which, in spite of all that has been written about them, have essentially still remained enigmatic.

"The radioactive substances, he says, are not evenly distributed in the earth. In some places they are but sparingly represented, whereas elsewhere they are to be found in large quantities. Thence it may easily occur that in some places the accumulation is sufficient to gradually reach the intense temperature of 1,200 degrees to 1,300 degrees, at which the basalt rock melts. Molten basalt takes up more space than solid basalt. The expansion resulting from the fusion must thus cause pressure, which hurl's out the molten mass through fissures in the crust of the earth.

"This, says Jolly, is what we call a volcanic eruption. Whether or not Jolly's theory will prove to be correct, this much is certain: that radiology presents entirely new potentialities of solving the question of volcanic eruptions."
THE BIGGEST BUSINESS IN THE WORLD

To find out what it is, look out the window. The swarms of motor-cars, non-existent thirty years ago, give an impressive answer. But they swarm only in the United States. In Europe there is no such congestion; in Asia the cars are few indeed. The world situation, thinks Jean-Paul Chaville, writing in L'Européen (Paris), must be envisioned by an analysis by separate countries. We in America have about reached the peak of production, so future expansion, he thinks, is for others. We give below his interesting bird's-eye view of the industry. Writes Mr. Chaville:

"What a strange thing it is that this industry, scarcely thirty

years old, should in a few decades have changed the face of our civilization, and now assumes the rôle of mistress of the world!

"The first attempts at building automobiles were made in France between 1890 and 1900. At the beginning of 1899 there were not 1,000 automobiles in all the United States; there were scarcely 1,500 in France. Today there are more than thirty-three millions in the world, or one for every fifty-five persons. But some countries are ahead of others. There is one for every five inhabitants in the United States, one for every nine in Canada, and one for thirty-five in France and Great Britain, which makes one realize that the automobile is almost everywhere only at the opening of its career, and its total numbers may be multiplied by ten before the end of the present century."

It is the character of the automobile, says Mr. Chaville, that explains its preponderant influence on the world's industry:

"Contrary to almost all other manufactured articles, which require little or no upkeep and remain unproductive, the automobile is a living and creative thing. Living, it consumes yearly millions worth of salable material, and contributes greatly to the support of governments. And, nevertheless, it is worth more than it costs. The Americans have a saying—'It is not because we are rich that we have automobiles, it is because we have automobiles that we are rich!'"

"In the exchange of income and outlay due to the automobile, the balance is in favor of the income. "The statistics of the automobile industry in themselves explain its preponderance. We may estimate its annual amount at 150 billion francs. It supports countless subsidiary industries. In America the automobile absorbs 85 per cent. of the production of rubber, 18 of steel, 60 of cloth fittings, 74 of glass, 19 of wood, 27 of aluminum, 15 of copper, 26 of lead, 5 of zinc, 28 of nickel, and 30 of petroleum."

"There, as with us, the automobile is the largest customer of the railroad companies; it supports the building trades by the constant erection and reconstruction of factories and salesrooms. Since 1914, compared with agricultural products and textile goods, for example, despite its burden of exceptionally high taxes."

What, then, is the future of this magic industry? Saturation has often been discut. At first sight the increasing diffusion of the automobile seems irresistible. The graphic diagrams that we reproduce show that its use rises with impressive constancy and regularity. Mr. Chaville proceeds:

"As for us, we think that the situation should be examined not in its entirety but separately in each country. This industry is essentially nationalistic, and this element should not be overlooked. "The present American prosperity is perhaps somewhat illusory. Certain elements of the situation are evidently favorable. Thus of 3,800,000 cars produced in 1928 in the United States, 36 per cent. were for new buyers or additions to cars already owned. The price of gasoline there is cheaper than elsewhere—twice as cheap as in France, with much higher wages. It would seem, therefore, that nothing could interfere with this triumphal march, except that existing stocks exceed 3,500,000 cars, corresponding to seven months' production."

"This unusual figure is reached for the first time. It has led the factories to curtail production. "For the first time this year the September production was less than that of the same month in 1928. August sales showed some decrease. "The European situation is quite different. It seems to be still at the very beginning of its possibilities. Suffice it to say that competent American authorities estimate that in the near future the use of the automobile in France will be quite as great as in the United States. The needs of the European market are immense. Its export possibilities are considerable. No industry possibly offers us such an encouraging outlook if we know how to proceed toward the rehabilitation of our fiscal system and the methodical organization of our production and of our commercial expansion."
in reaching high C. In this dream the illusion is used, which reduces a person to a dwarf and makes his surroundings appear gigantically magnified. This motif is still more outstanding in the American film, 'Under a False Name,' which makes the spectator experience the feverish dreams of a sick person, in which the characters of the picture experience fantastic happenings in an enormous room.

"Visions differ from dreams chiefly in the fact that they are experienced by people when they are awake. Besides, visions are of much shorter duration and contain more real things. A typical vision picture shows the jealous woman who always sees the object of her jealousy before her; even out of the pages of a book steps the couple that she suspects. "Typical also is the flyer's vision of fear, which announces a catastrophe. Of special interest, furthermore, is the picture that shows the historical vision of Whymper, as he himself describes it in his report of his ascent of the Matterhorn."

"The art of the moving-picture has an enormous advantage over all other branches of art through its ability to depict such events. What otherwise could be communicated only by means of long-winded description, may now be rendered visible and comprehensible by means of a few feet of film. It is only in the film that the most fantastic and most unreal occurrences become living, visible reality."

THE CORE OF THE EARTH—The core of this globe on which we live is a glasslike molten mass measuring half the diameter of the earth. This intensely hot and fluid composition is subjected to a pressure of 25,000 tons to the square inch, and has a temperature of more than 90,000 degrees F. This concept of the inner structure of the earth was recently put forward by Dr. Reginald A. Daly, Professor of Geology at Harvard University, before the Seismological Society of America. Says a writer in The Compressed Air Magazine (New York):

"The coming winter may be a relatively cold one; but, if Daly be correct in his assumption, we can comfort ourselves with the thought that Mother Earth has, at least, an incandescent heart."

"Some one may be inclined to ask, 'How is this vast globular mass of molten glass kept in place, especially if we accept the theory entertained by some scientists that the hard crust of our globe is really only a thin shell of solidified matter?' Dr. Daly has gone to some pains to tell us just what lies between the white-hot core and the surface upon which we dwell. As he explains it, the core is enveloped by a tremendously thick shell, composed of metallic iron, such as comes to us from space in the form of meteoric bodies.

"Then follow encasing zones of basalt and granite which, in their turn, are cloaked by a terrestrial crust that has a thickness of thirty miles. Because the central fluid half of the earth's interior has to support the encompassing more or less plastic rock formations, only the region of the core may lead to outer deformations producing earthquakes, and even volcanoes and mountain ranges. Dr. Daly is reported by the New York Times to have said: 'Just as the chemist is studying the anatomy of the atom, the astronomer the structure of the star. We study the light and heat waves which proceed the ocean can now be tested by measuring the echo of sound waves from the bottom of the sea, so the geologist can now infer something of the structure of the earth by analyzing the long waves set in motion by the mighty hammer of an earthquake.' Dr. Daly may be only part way right; and he may be even more wrong than right; but his contribution to this absorbing subject will have its value nevertheless, and there is no denying the fascination of the spectacular picture he draws for us."

WATCH YOUR REFRIGERATOR

A REFRIGERATOR IS A VALUABLE ADDITION to a household—but only when it refrigerates, says Dr. John Harvey Kellogg, writing in Good Health (Battle Creek, Mich.). When the temperature is allowed to rise beyond a certain point, dangerous germs may develop. The remedy is to see that the cooling agency, whether ice or mechanism, is always on the job. Dr. Kellogg writes:

"Modern electric refrigeration has banished most of the inconveniences of the old-time methods, and is one of the most important additions to household equipment developed in our generation. It can not be said, however, that the refrigeration problem is wholly solved. It is still a very live question whether there is no more important matter concerned with the economies of the household.

"The refrigerator, even tho of the most up-to-date pattern, may at any time become a grave menace to health and even life. In fact, the refrigerator may almost be said to be the creator of certain dangers, so much are they emphasized by it.

"When in good running order, an efficient refrigerator is a boon and a life-saving agency of great value. But what if the refrigerator stops?

"There is the menace to health to which we desire to call attention, a danger that seems to be little understood and concerning which the public is unawarned. Almost the sole purpose of the refrigerator is to arrest the processes of fermentation and decay or putrefaction.

"At a temperature of 60 degrees F. and higher, up to 130 degrees F., fermentative and putrefactive processes are active; in general, the more active, the higher the temperature within the above limits. At somewhat higher temperatures, 145-165 degrees, the germs which cause fermentation are killed, but many of the others that give rise to putrefaction and highly poisonous products, some of which are highly dangerous, are not killed. So long as fermentation germs, those that cause the souring of milk, are present, the dangerous spore-forming germs do not develop. These germs are highly sensitive to acids and do not grow when they are present. The milk-souring germs are thus a protection against the dangerous spore formers.

"At 50 degrees F., bacterial growth is slow, and at 40 degrees F., it ceases almost altogether. So long as the refrigerator is acting efficiently, perishable foods are preserved in a safe and wholesome condition.

"In the pasteurizing of milk, the milk-souring germs are killed, but the spore formers remain unaffected, because a much higher temperature is required to destroy them, a temperature of 220 degrees F. to 240 degrees F. In other words, pasteurizing destroys the hardy heat-resistant spores, but leaves the dangerous Welch's bacillus and other dangerous germs, will develop in it and it will become unfit for use, even dangerous to life. Diarrhea in children is often due to this cause.

"From the above facts, it will be apparent that when the refrigerator stops for any reason, pasteurized milk and similar foods may in a few hours become dangerous. The danger may be averted by reheating or pasteurizing the foods. Cooked foods containing milk that have become warm after being kept in a refrigerator, should be thoroughly reheated before serving. This is especially true in relation to the baby's milk. Disregard of this rule is a common cause of diarrhoea in infants, and not infrequently with fatal results."
How To Keep Well
By DR. W. A. EVANS.

Answers will be given in this column to questions of general interest relating to hygiene, sanitation, health and prevention of disease. Where a stamped and addressed envelope is enclosed, and subject to the proper qualifications, requests will receive personal consideration in such cases as are suitable for publication. Persons shall not be permitted. No diagnosis will be made and Dr. Evans will not prescribe for individual cases. Requests for such service will be ignored.

WHAT TO DO: DROWNING.

On taking from the water a person not yet dead, the first effort should be to drain the water from his air passages. The simplest plan is to turn the body face downwards. Grasp the trunk in the region of the hips and lift the body with the head hanging down. Hold in this position for about one minute.

The succeeding steps have to do with artificial respiration if required, applying heat, and the giving of stimulants.

In artificial respiration by the Schafer prone pressure method, turn the body on the stomach. The face is turned to one side with the mouth open and the nostrils unobstructed. Make certain the mouth and nose are free from water and dirt, or other obstructions, and that the tongue is in its normal position.

The operator kneels astride the body at the hips and facing the head. He places his hands on the back in the lower rib region. His thumbs point toward the patient's head and are about three inches to the side of the spinal column. His fingers extend outward, parallel with the ribs. The arms are held stiff. Everything is now in position for artificial respiration.

The operator leans forward at the hips and throws his weight through his stiff arms and his hands against the subject's lower chest, driving the air out of his lungs. He then places his body weight on the head, bending at the hips, and releases the pressure on the subject's lungs. He then holds that position for a brief spell and then repeats. The rate of artificial respiration should not exceed 16 breaths per minute.

The Sydvester method is an alternative procedure, but it is rarely used. The old and better method is strongly advised against.

Artificial respiration is not to be done if the subject is breathing. Meanwhile, heat is to be applied. The subject is dried, wrapped in warm coverings, and hot water bottles or bricks are applied to his feet, legs and body. Heat ranks over as artificial respiration. As soon as it is feasible, stimulants should be given by mouth or otherwise. Spirits of ammonia is held to the nose. Alcohol spirits of ammonia, camphor, coffee and other warm drinks are given internally. Physicians have still other methods of stimulating.
Dawes as Innovator

"HAVE A PIPEFUL, Mr. Windsor?"
"Thank you kindly, Mr. Dawes."

So saying, the Prince of Wales and the new American Ambassador lit up. It was a public dinner, with the Prince as chairman and Mr. Dawes as guest of honor. Immediately pipes appeared from the tail pockets of dress coats in all parts of the hall. Matches sputtered, bowls glowed, and the Ambassador, apostle of disarmament and the underslung pipe, was a social success.

Nor has Mr. Dawes stopped here with style-setting. He has appeared at court wearing simple American evening dress instead of the customary silk knee-breeches. Furthermore, he has announced that no liquor will be served at the Embassy in London while he is host.

All this is interesting, and in character. The matter of serving liquor, we should say, rests between Mr. Dawes and his best judgment; the matter of wearing knee breeches, between Mr. Dawes and his looking-glass. But in the matter of disarmament the Ambassador, so far, has showed less tendency toward innovation. However vigorous may have been his actions behind the scenes, for the most part his public statements have been both colorless and undistinguished.

True, according to Secretary of State Stimson, his official dispatches to the State Department have displayed the anticipated Hell an' Maria candor; it is possible that, as the restraining influence of the public wears off, the General's speeches will gather authority and momentum. It would be too bad if the high lights of his diplomatic career were to be hidden in State Department archives and left for the delectation of historians.
How to Care For Your Mind And Body

Measures for improving health and thereby preventing illness and postponing death constitute what is called hygiene. There are two main branches of hygiene, public hygiene and personal hygiene.

Public hygiene is protection by the State against disease by providing clean streets, pure water, pure food, quarantine, and the like. Personal hygiene consists in the practice of healthful living habits by the individual himself.

Importance of Hygiene

Public hygiene is of chief importance in preventing the acute or infectious diseases like scarlet fever, typhoid fever, measles, diphtheria and smallpox.

Personal hygiene is of chief importance in preventing the chronic or degenerative diseases, such as diseases of the heart and circulation, tuberculosis, cancer, apoplexy, kidney disease, diabetes, nervous prostration and insanity—in short, diseases of nutrition and of the circulation.

Neglect of Hygiene

The Life Extension Institute in its book "How to Live" has grouped the important rules of correct personal hygiene under the headings of air hygiene, food hygiene, activity hygiene and rest hygiene. It is neglect of one or more of these important rules of health that is literally responsible for most of the ills the body is heir to.

Tuberculosis, for example, is a house disease, due to disregarding the fact that man is an outdoor animal—that is, to the neglect of the rules of air hygiene. Chronic diseases of the heart, circulation and kidneys are largely due to neglect of activity hygiene, food hygiene and rest hygiene. Neurasthenia, nervous prostration, melancholia, even insanity, may be caused by work or monotony—that is, by neglect of rest hygiene or of activity hygiene.
How to Avoid Disease

The Life Extension Institute was organized in 1913 with the co-operation of a large group of nationally known scientists, physicians and professors of medicine who believed in the idea of a self-supporting, semi-philanthropic institution of national scope, organized to provide yearly health examinations at a moderate cost together with the best scientific information on healthful living.

If you will send in the coupon below, the Institute will send you further information and many interesting free scientific reprints on this subject, including the free reprints "How to Live Long" and "Hygiene at Middle Life." Your inquiry involves no obligation of any kind. If you prefer, you can visit or telephone the Institute for this information.

The Institute's examinations are available at its Head Offices and in all cities of the United States and Canada. What is called the "Standard Examination" includes a standardized examination of the whole life and body, together with health educational reprints and other features.

The Institute also arranges for its subscribers a service called the "Unlimited Examination." This includes all the details of the Standard Service, together with many other valuable tests as a regular part of the service, and, in addition, any needed X-ray examination, laboratory test or special examination which it is within the power of the Institute to furnish at its Head Offices.

Free Reprints on Health

Only registered and ethically accredited physicians, especially trained and experienced in this work, are selected by the Institute to examine its members. The Institute renders no treatment, performs no operations, but makes a scientific survey of your whole life and body to determine the need for medical treatment, for correction of defects, or better regulation of the ways of living. Every one should be examined at least once a year, either by the family physician, through the Life Extension Institute, or by any other accredited scientific agency where the work can be competently done. Send in the coupon below for further information and the free reprints mentioned.

Life Extension Institute, Inc.
25 West 43rd Street, New York
Bryant 9520

Please send me, free of charge, your booklets on the prevention of disease and the extension of human life.

Name

Address
At Last the Old-Fashioned Enema has been improved upon in a novel and original manner, by the invention of the Tri-Way Bowel Irrigator, a simple portable two-way colonic irrigator. The chief disadvantages of the enema have been:

1st.—They are weakening and produce reverse peristalsis, nausea and even vomiting.

2nd.—The water was limited in amount making it difficult to secure therapeutic results when fecal impactions are represent.

3rd.—They are actually dangerous in acute gastro-intestinal disorders, colitis, paralysis of the bowel and in the aged.

4th.—They produce constipation when used habitually.

The Tri-Way Bowel Irrigator aims to correct all of the above defects. In a simple, painless, easily controlled manner it enables one to use unlimited amounts of water or medicated solutions and actually with properly designed colon tubes to stimulate and re-educate the colon to normal action. In other words in addition to draining the contents of the colon it is non-habit forming and a corrective for constipation.

It is manufactured by the Tri-Way Products Company, 33 S. Clark St., Chicago, Ill.

Clinical Medicine & Surgery.

January, 1929.
For Prohibition

GOVERNOR ROOSEVELT REFUSES CHAMPAGNE

Montreal, July 27.—(U. P.)—Governor Franklin D. Roosevelt of New York, arriving here Friday on a tour of the international border, refused a drink of champagne with the remark: “While not all of New York state is for prohibition the country is, so I had better decline.”

The offer was made by a spokesman for the secretary of Mayor Houde when the governor’s automobile stopped outside the city hall.

Moon—R. July 27/29
The city is entitled to a fair amount of income, through taxation, from the Sanitarium, but should not overlook the income it has enjoyed and will continue to enjoy because of the Sanitarium, through the money expended here by guests and through the advertising given by the city by “the greatest sanitarium in the world.”

The city can scarcely be criticized for turning to the courts to determine what is fair and equitable. Its duties to other taxpayers require this watchfulness. But throughout this litigation there is something besides the physical aspect of the Sanitarium to consider—there is the spirit of the institution and the high quality of service it is giving the community and the world. In the courts, the Sanitarium as a bit of real estate will be the big issue; in the community, the Sanitarium as a factor in the relief of sickness, in the support of educational work, in the training of men and women for service, in the constant pursuance of scientific research, and in the general uplifting of mankind is worthy of consideration.

The courts will be legal-minded and more or less cold-blooded, but the community should remain friendly and appreciative. In letting the courts do the legal determining, as courts are designed to do, the community should display a sufficient touch of sympathy to convince Dr. Kellogg and his faithful associates that back of it all is a sense of community fairness.

Moon JL.
110,000 DOCTORS HAVE RUM RIGHTS

Steady Increase in Number of Physicians Obtaining Books to Order Liquor for Patients Noted

Washington, D.C., July 18—As the government prepares to turn to the troublesome problem of assuring an adequate supply of medicinal liquor a check of federal records reveals that the majority of physicians in the United States have supplied for and have received the right to issue prescriptions for liquor, although the profession is divided on the question of their drug use.

Dr. J. M. Doran, prohibition commissioner, is authority for the statement that the number of doctors who have obtained permits has increased to such an extent that at the present time there are 144,977 physicians and surgeons in the country. On this basis, the majority of them have the right to issue prescriptions for liquor, regardless of whether they exercise it.

Moreover, there are 22 states in which whiskey cannot be prescribed for medicinal purposes.

Dr. Doran, in his testimony before a House committee, said there was a tendency on the part of doctors to do less prescribing of liquor. Under the law a physician may have one book of 100 prescriptions each quarter, with the provision that if he shows the need for a greater number in his practice he can upon a proper showing obtain and additional number. Dr. Doran says that very few exceed their legal limit.

In checking this the government gets the canceled prescriptions from the druggist, and the stubs in the doctor's book. Dr. Doran told the committee that the audit system checked up on any substantial abuse.

At the close of the fiscal year 1921 permits for physicians, dentists and veterinarians had been issued to 35,859. Since that time the number has been steadily increasing, and the number at the close of the fiscal year was as follows: 1922, 44,446; 1923, 57,897; 1924, 65,582; 1925, 83,622; 1926, 94,948; 1927, 105,313; and 1928, 11,847.

The question of an adequate supply of medicinal liquor has brought to the forefront the question of the reopening of some distillers, with probable objections by dried advocates.

On November 22, 1928, Dr. Doran told Congress the stocks of whiskey in bonded warehouses had been reduced until there was on hand about 17,000,000, or about 10,000,000, exceptional galloons. That quantity, at the rate of withdrawals—namely, 1,600,000,000 gallons a year—should last between five and six years.
PAVLOV HAILED
AS SCIENCE DEAN

Noted Russian, Now 80, Gets Warm Reception
At International Physiological Congress in
Boston—Discoveries Are Praised

Of the more than 1,000 scientists who gathered at Boston from Aug. 19 to Aug. 23 to attend the International Physiological Congress, one of the outstanding scientific bodies in the world, Ivan Petrovitch Pavlov was hailed as the greatest, both as a scientist and as a personality. He is 80 years old and the dean of the world’s physiologists. H. G. Wells has called him "a star which lights the world, shining down a vista hitherto unexplored."

To say that Pavlov is the leader in research on conditioned reflexes and, therefore, the main buttress of a new school of physiology and psychology is to indicate but superficially his services to thought and science. The school of psychologists known as behaviorists regard him as their chief support. His theories and discoveries concerning human behavior and the nature of the workings of the human mind, including neurosis, hysteria, insanity and temperament, according to his admirers, have opened hitherto unexplored avenues to the solution of the riddle of life. In 1904 he received the Nobel Prize for his researches on the salivary glands, and previous to that time he had already made important discoveries concerning the nerves of the heart.

"The reader who has heard of Pavlov's work, 'Lectures on Conditioned Reflexes,' will have an idea of the scope of his researches. These are based on the physiological aspect of complex responses to the environment, which are linked to the formation of laws of action, and responsible for the control of conduct."

Pavlov's appearance at the Harvard Memorial Hall meeting was the signal for an outburst of applause from the scientists, many of whom came across the seas to see him. The audience rose to express its homage. When Pavlov arrived, the front foot of his cane was seen shaking, but every day he was in his laboratory in Leningrad, wrapped in an old fur coat, working patiently at his experiments, never ceasing his search for facts. These are to him the substance of a new world and nothing else.

This little, wiry old man, whose life began and for many years continued in poverty and privation, has solved for himself the enigma of spirit and matter. To him they are one, two parts of a single, monistic world, each dependent on the other, bound indissolubly in the great heroic drama of life.

The Bolsheviki, ultra-materialists, see in him a support of their theory of determinism, believing that Pavlov is the Karl Marx of physiology. Pavlov repudiates this. Of all the people in Soviet Russia he is the only one who dares speak his mind. In this respect he is regarded as the only free man in Russia. He is an intellect and a spirit which the government dares not touch. Like Tolstoy under the old regime, he is one man whose moral authority is above the power of those who hold in their hands the life and liberties of the people.

Many will remember the storming of Pavlov's relations with the mighty Lenin. Professing a desire to help Pavlov, Lenin ordered that he be supplied with all the food and fuel he might need. Pavlov contemptuously rejected the offer. His fellow-scientists must starve and freeze, he would do likewise. More recently he resigned from the Russian Academy of Sciences because his fellow-members of the governing board, after some hesitation and resistance, submitted to the command of the Soviet Government and elected a certain prominent Bolshevik to membership, whom Pavlov considered entirely unworthy of the honor.

"I shall never set my foot in this building again," said Pavlov as he slammed the door and made his exit.
FRIENDLY SCIENTISTS.

The physiologists assembled in an international congress at Boston have all the organic world within the range of their concern. As to inorganic elements and forces, they ask only how they help or harm the living. They are interested in carbon dioxide ("the gas that makes bubbles in ginger ale and soda water") because, for one thing, it is the staff of life for green plants. They inquire about ultra-violet radiation because of its relation to health, but sometimes become so engrossed in watching the activities of the particles of protoplasm in cells etched by means of an irradiated dye that they must almost forget the macrocosm of their applied anxiety. They watch the growth of animal cells in a rabbit’s ear. They have an Aristotelian curiosity about every living thing and all the instruments and apparatus that man’s skill has so far devised to gratify it.

Man is the end of all their study. Carbon dioxide not only feeds plants; it sometimes may save life, it has been recently discovered, when administered after a severe pulmonary collapse. Ultimately the study of the microscopic cells makes for a knowledge of the wonderful human body which they build with an instinctive skill beyond the acquisition of any art. Even the study of the rabbit’s ear may some day be of practical value in telling how these lilliputian entities build a house in which the spirit of man may dwell and enable the spirit to occupy it with greater comfort and on longer lease.

These scientists are the greatest friends that man has. The mathematician and the physicist have given him a greater control over his environment, but science has helped him to know himself, to make the living world about him more serviceable, and to overcome the malign forces that refuse by scientific persuasion to yield to his physical welfare. It’s a world in which adjustments or conquests have to be made—adjustments to conditions which were existent ages before man came, and conquests of forces which menace his rise to a higher estate or would shorten his stay on the earth. There is no group to whom more cordial welcome should be given than to these thousand "researchers" from all parts of the world. One of them, who comes from a country where scientists have suffered from political persecution, Professor Pavlov, has been too valuable for even a Bolshevist Government to sacrifice him to its political and economic ends.
Walking on Thin Ice

VERY few persons die of old age. Most people die as the result of an accident of some sort—a smash-up in an automobile, a train wreck or an accidental collision with pneumonia germs, the typhoid, or some other murderous "bug." A few die by suicide. Some take opium in some form; others, arsenic, corrosive sublimate, or prussic acid; but the majority choose the slower poisons, alcohol or nicotin. Only one person in a thousand lives to the age of one hundred years, and only one in a hundred becomes a nonagenarian. One in ten reaches the age of seventy-five. Even when badly crippled, the human machine will keep on running for a very long time if tenderly cared for, just as one may walk a long distance on very thin ice if he keeps always in mind the fact that the ice is thin. He must "walk carefully before the Lord."

Our good old friend, Dr. Stephen Smith, of New York, who died in his hundredth year, after having been a semi-invalid all his life, used to say, "The way to live a century is to get a chronic disease and nurse it."

The late Dr. Oliver Wendell Holmes, writing on longevity, said in "Over the Teacups:"

"One of my prescriptions for longevity may startle you somewhat. It is this: Become the subject of a mortal disease. Let half a dozen doctors thump you, and test you in every possible way, and render their verdict that you have an internal complaint; they don't know exactly what it is, but it will certainly kill you by and by. Then bid farewell to the world and shut yourself up for an invalid. If you are threescore years old when you begin this mode of life, you may very probably last twenty years, and there you are—an octogenarian. In the meantime, your friends outside have been dropping off, one after another, until you find yourself almost alone, nursing your mortal complaint as if it were your baby, hugging it and kept alive by it—if to exist is to live. Who has not seen cases like this—a man or woman shutting himself or herself up, visited by doctor or a succession of doctors (I remember that once, in my earlier experience, I was the twenty-seventh physician who had been consulted), always taking medicine, until everybody was reminded of that impatient speech of a relative of one of these invalid vampires who live on the blood of tired-out attendants, 'I do wish she would get well or something'? Persons who are shut up in that way, confined to their chambers, sometimes to their beds, have a very small amount of vital expenditure, and wear out very little of their living substance. They are like lamps with half their wicks picked down, and will continue to burn when other lamps have used up their oil. An insurance office might make money by taking no risks except on lives of persons suffering from mortal disease."
THE OLDEST LIVING GRADUATE OF YALE:
EDWARD P. BRADSTREET
of Cincinnati, Who Practiced Law
Until Last Year, and Who Will Be 100 Years Old on June 6, 1930.
(Times Wide World Photos.)


Harvard's oldest living graduate is Frederick G. Bromberg, 92, of Mobile, Ala. He was born in New York in 1837 and was graduated from Harvard University in 1858.
PAIN RELIEVED BY HEAT

HEAT KILLS PAIN, but no one knows just how.

This is one of the oldest of medical applications. How it has been simplified and made more effective by the use of the electric light and the electric fan is described by Dr. John H. Kellogg in an article contributed to The British Journal of Actinotherapy and Physiotherapy (London). While no one knows just how it works, he says, it probably acts in several ways, sometimes by diverting blood from congested parts and sometimes, perhaps, by accelerating blood movement. He goes on:

"But almost magical effects in relieving pain are often produced by hot applications under conditions in which neither of these explanations seems adequate to account for the results obtained. In a large number of cases the heat lessens the pain, increases nerve sensibility and abolishes pain. This may be the result of inhibition acting through the temperature nerves of the skin. Whatever the explanation, we know that heat, properly applied, kills pain."

The specific effect of heat upon nerve sensibility is shown in its effect upon the tactile sense. Beginning with 113 degree F., tactile sensibility is steadily diminished as the temperature rises until at 130 degree F. it disappears entirely, the sensation at this point becoming pain.

For decided effects the applications must be as hot as the patient is able to bear. Applications of lower temperature may give some relief and afford the patient considerable comfort, but to conquer the pain the application must be hot enough to produce an intense contact with the skin a slightly painful sensation.

"The intensity of a hot application may be greatly increased by combining with it some means of simultaneously cooling the skin surface. This method requires the use of some suitable source of radiant heat, such as a lamp or the incandescent lamp or a heating element may be used. A small electric fan will supply the air-current. With a current of air falling upon the heated surface the intensity of the light application may be doubled. By this means, quantities of heat may be applied which would be absolutely intolerable to the skin and would produce structural injury if long continued, and this without the slightest injury to the skin tissues or any interference with the passage of the penetrating heat rays to the deeper structures.

"Cooling of the skin surface during an application of radiant heat is a matter of great practical importance. Cases in which no relief is obtained by ordinary hot applications readily yield to the massive doses of radiant energy which become permissible by this method. By moistening the surface from time to time so as to make perspiration, in addition to the heat in the air-current, the surface may be so efficiently cooled that the doses may be still further increased to three or four times the amount tolerable without the surface cooling. This method is especially applicable to cases of deep-seated neuralgia, and in certain cases of visceral disease.

"When it is desired to produce strong revulsive effects, these may be readily attained by a slight modification of the method just described. By the use of a swinging electric fan the air-current instead of being continuous will be interrupted at regular intervals. The light should be placed at such a distance from the skin that during the interruption of the air-current the temperature will rise to the point of greatest tolerance. When the swing of the fan again causes the current to play upon the heated surface, cooling will occur, to be followed by a quick rise as soon as the swing of the fan carries the arc light out of direct contact with the skin. This doubled by placing the fan at right-angles with the light, and in such a position that when the side facing the patient is swung to the extreme limit the air-current will still be felt. When this is done the patient receives the current while the fan is both going and coming or for the time required for one complete swing.

"Another method of producing intermittent heating effects is by turning the current on or off at intervals. The switch controlling the current may be placed in the hands of the patient, who will regulate the duration of the application by counting. The heat should not be interrupted longer than one half the time not greater than that required for counting ten at a moderately rapid rate, say two counts to the second. When the switch is turned off the patient counts ten, while the skin is cooling then the current on and repeats the counting.'
Happy Lives To Century Market's Goal of 450 Club Members

Battle Creek Organization Confined to Members 75 Years or Older Seeks to Forestall Loss of Interest in World's Affairs Among Those Nearing Life's Sunset; Model Being Copied in Other Michigan Cities

By LORONIO'S NEWS

D O you want to live to be one hundred years of age? Then you lack no excuse for the enjoyment of your greatest-grandchildren. Aren't you curious to see where the most movin' world will be in 30 or 40 more years?

Almost everyone will answer yes to these questions, and this is for a reason, and why there will be a greater number of old folks in the world in the future than ever before. There has been an increasing trend toward longer and healthier lives.

The number of people who reach the age of 75, or over, is increasing, and this trend is expected to continue. The reasons for this increase in life expectancy are multiple.

1. Improved medical care: Advances in medicine have led to better treatments for diseases and more effective ways to manage health conditions.

2. Improved nutrition: healthier diets and better food choices have contributed to improved health and longer lifespans.

3. Increased awareness of health: More people are taking preventive measures and taking care of their health, which helps to extend their lives.

4. Better living conditions: Improved living conditions have led to safer environments and reduced exposure to risks that can shorten life expectancy.

5. Genetic factors: Advances in genetics have allowed researchers to identify genes and other factors that can influence life span.

The goals of this organization are to keep the interest of the world's affairs alive among those nearing life's sunset, and to make sure that the younger generations inherit a world that is worth living in. By introducing these older members to new ideas and topics, we hope to inspire them to contribute to the future and to pass on their wisdom to the younger generation.

For more information, please contact the organization directly or visit their website. They are always looking for new members who are passionate about the world and eager to share their knowledge with others.

OBERAMMERGAU'S 1930 PLAY FOLLOWS 17TH CENTURY PLAN

OBERAMMERGAU'S Passion Play, to be put on in June of 1930, was planned with a view by 15,000 German pictures, and will be the largest of its kind in the world. The plans for this massive production were made by the town fathers of Oberammergau, a picturesque village in Bavaria, Germany, famous for its beautiful mountain scenery and rich cultural heritage.

The Oberammergau Passion Play is performed every ten years in the town of Oberammergau, Germany, and is one of the largest and most famous performances of the passion play, a form of religious drama that originated in the Middle Ages. The play is performed in the open air, with actors in period costumes and the setting of a medieval village.

The Oberammergau Passion Play is performed by the local residents of Oberammergau, who have been performing the play for nearly 400 years. The play tells the story of the crucifixion of Jesus Christ, and is considered a masterpiece of religious drama.

The Oberammergau Passion Play is performed in June of every ten years. The next performance is scheduled to take place in 2023. For more information, please visit the Oberammergau Passion Play website, or contact the town fathers of Oberammergau directly.
DR. KELLOGG IS MADE DELEGATE TO WORLD MEET

Battle Creek Physician Honored By American Public Health Association.

Dr. John Harvey Kellogg has just been officially accredited a member of the American delegation to the 1930 International Hygiene Congress to convene in Dresden, Germany, some time during the present year. News of the honor was received today by Roy V. Ashley, who for many years has been the Doctor's private secretary and is also looking after the extension department of the Sanitarium.

This is a world health meet and Dr. Kellogg was appointed a delegate by the American Public Health association, of which he is a member. The exact date of this congress is not known here.

Dr. Kellogg writes that he is busy, as usual, and has much writing to do during his sojourn on Bird Key off Sarasota, Fla., along with important surveys in which he is vitally interested.

Just when he is to return to Battle Creek is not known, but he is expected the last of the month, when the W. K. Kelloggs return from California with the body of Mrs. Hester Kellogg, whose death occurred at Glendale, early in February. Mrs. Clara K. Butler, who has been in Florida through the winter at Bird Key, will return with her brother at that time.

APR 14 1930

Return from South.
BATTLE CREEK, ITS HISTORY

WAS PLATTED IN 1836; INCORPORATED IN 1850; FIRST HOUSE BUILT IN 1831; TWO STORIES TOLD OF THE NAMING.

THE village of Battle Creek was platted in 1836 and chartered in 1850. William Brooks was its first president and Isaac C. Mott, first clerk. It was incorporated as a city February 3, 1859, and its first city election was held the ensuing April. E. W. Pendill was the first mayor and William F. Neale, first recorder.

The first house—a log building—was built in Battle Creek for Daniel Garnsey by Sherman Corning of Toland Prairie, in September, 1831. The first frame house was built in the Gardner settlement, five miles from the city, by John V. Henry in 1834, and moved to the city in 1836. Judge T. W. Hall put up the first frame house built in the city in 1837. The first brick house was built in 1846 by Jonathan Hart, on Maple street.

In 1834 the first school district was organized and a tax of $60 levied to build a school house. The house, a log one, was put up the same year on the corner of Main and East Canal streets. Warren B. Shepard was the first teacher. The first church was built in 1841 by the Methodists, who organized here in 1833. The first store was opened by William H. Coleman in 1835, in a log house on the corner of Main street and Jefferson avenue.

The postoffice was established in Battle Creek when Andrew Jackson issued a commission as postmaster to Polydore Hudson. The office was located in Mr. Hudson's log house. The Michigan Central railroad was completed to Battle Creek in December, 1845.

Two stories are told of the naming of Battle Creek. One is that when a survey of the state was being made in this section in the winter of 1823-24 under Colonel John Mullett the Indians did all they could to hinder the work. One day when the surveyors were at work in the woods two Indians attacked the two men left in camp. A fight followed, and the two Indians were badly hurt. This scuffle took place at the juncture of the Battle creek and the Kalamazoo river, and is supposed to be the battle which gave the place its name. The other story is that many generations ago two strong tribes of Indians fought here all day long until the waters of the river were red, and the Indians named it Waupakisco, "River of Battle," or "River of Blood." This is said to be confirmed by traditions of Canadian Indians. The first incident has been adopted in the seal of the city.
DR. J. H. KELLOGG ACQUIRES HOTEL
Sept. 14, 1930
Sanitarium Head Will Take Over Picturesque Hostelry in Florida.

BUILT BY GLENN CURTISS

Building on Large Estate Is Carried Out in Cliff-Dwellers Architect.

When Dr. J. H. Kellogg starts on his annual winter trip to Florida in November, it will be to take over the hotel in Miami which he purchased from his friend, the late Glenn H. Curtiss, aviation pioneer, shortly before Mr. Curtiss' death.

"No, I am not going to start another Sanitarium," Dr. Kellogg replies if he is asked what he intends to make of the big estate with its unique hostility fashioned after the architecture of the Cliff Dwellers.

Will Revise Book

Dr. Kellogg's first purpose in going south will be for a combined winter of relaxation in the sunshine, and intensive work on revision of The Home Handbook, which he wrote some 50 years ago.

Meanwhile the hotel will probably be continued much the same as it has been conducted other years, with the exception of the introduction of the vegetarian system of dietetics which is used at the Sanitarium. There are tentative plans also for building a number of one or two-room cottages, open on four sides, with special provision for closing in the cottages during storms.

The hotel was formerly known as Hotel Country Club and is located on what was until recently called Country Club Estates, Miami, Fla. It is only two or three blocks from the home of the late Mr. Curtiss in Miami. Its surrounding estate consists of between 40 and 50 acres of land all within eight to 10 miles of the Atlantic coast.

Golf and Tennis Facilities

Golf links and tennis courts are built near the hotel building. A rockery with spring water and borders of flowers and shrubs of brilliant coloring mark the approach to the building.

Its structure is of buff-colored adobe rising in three tiers and surmounted above the entrance way by a dome rising three stories above the major portion of the building. The building is generally a magnified pattern of the architecture used in structures built by the cliff-dwelling Pueblo Indians.

Inside, each room has some marking of the Pueblo Indians' good luck talisman—the blackbird with outspread wings. The rooms have Indian furnishings, the floors are laid with Indian rugs and the walls have decorative hangings of Indian blankets. On the first floor the rooms are large sized, the individual room space decreasing on the second and third floors. The building of the floors in tiers also results in a picturesque balcony which extends around the building and forms a promenade. In all, there are approximately 100 guest rooms in the hotel.

Has Large Patronage

The building is five or six years old. It has a considerable patronage from Miami and a number of Florida residents and visitors drive there for dinner parties because of the quietness and beauty of the hotel and its surrounding estate.

Dr. Kellogg stayed within a half mile of the hotel two winters ago. Last winter he spent at Bird Key Sarasota, Fla., on the gulf coast.
Dr. John Harvey Kellogg is Seventy-Eight Today

Dr. John Harvey Kellogg is 78 years old today.

The superintendent of the Battle Creek Sanitarium was at his winter home at Bird Key, Sarasota, Fla., today receiving scores of messages of congratulation from a host of friends in all sections of the United States. Many of these were sent by groups, officials and employees at the Sanitarium, wishing Dr. Kellogg many happy returns of the day.

Probably the most impressive of these was one sent by a large group of employees and involved many hours of careful thought and endeavor. This greeting, mailed from the Sanitarium last Friday, depicted, graphically and verbally, the interesting and unusual events during the seventy-seventh year of Dr. Kellogg's life.

As Dr. Kellogg passes his seventy-eighth milestone, there is no indication of any relaxation of his activities on the part of the Sanitarium superintendent and surgeon. During his seventy-seventh year, Dr. Kellogg was as active as at any time in his career and is at present doing literary work at his winter home. Dr. Kellogg is still active in surgical work, holding many consultations with Sanitarium physicians and also with other physicians.

Dr. John Harvey Kellogg was born Feb. 26, 1852, at Tyrone, Mich., the son of John Preston Kellogg and Ann Jeanette Kellogg. He was educated in the State Normal Schools and in 1872 entered the study of medicine, graduating in 1876 from Bellevue Hospital Medical College of New York University with an M. D. degree.

Dr. Kellogg became connected with the Battle Creek Sanitarium in 1873 and after graduating from Bellevue Hospital became superintendent of the health institution in 1876, in which capacity he has served during the last 54 years. Dr. Kellogg spent six years studying medicine in Europe in 1883, 1889, 1899, 1902, 1907 and 1911. He was a member of the Michigan state board of health from 1878 to 1899 and from 1901 to 1916.

As a Fellow in the American College of Surgeons and the Royal Society of Medicine in England.

Edits Magazine 57 Years.


Invents Remedial Devices.

As an inventor Dr. Kellogg discovered the electric light bath and numerous appliances for making use of light as a remedial agent. He also invented the universer dynamometer, a device for determining the total strength of the human body. This was later adopted by the United States government and is in constant use in military schools.

For many years a manufacturer of health foods, Dr. Kellogg originated the flaked cereals prepared from different grains and out of which grew the large business in flaked foods, developed largely in Battle Creek.

In recent years Dr. Kellogg has devoted much of his time to the Race Betterment Foundation, organized in 1906, the Eugenics Congress, Battle Creek College and other educational movements. He founded Battle Creek College in 1924, was its first president and is now chairman of the board of trustees and it is principally through his financial aid that the institution is maintained.

Founds Missionary Society.

Following the Sanitarium fire of 1902 and the laying of the cornerstone of the new building, Dr. Kellogg made an extended trip to Europe, visiting leading hospitals and for the purpose of securing modern equipment for the institution. During his visit to the continent in 1907, Dr. Kellogg made a study of surgery of the stomach and intestines and during his fifth European trip in 1911 made a special study of radium and its various appliances.

The American Medical Missionary Society, as a training school for young men and women who desire to devote their medical work in mission fields, was founded by Dr. Kellogg and others at the Sanitarium in 1894. This was merged with the board of the department of the University of Illinois in 1910.

In 1891 Dr. Kellogg founded a home for the aged and in 1914 organized the Haskell Home for Orphans. For seven years he made weekly visits to the free dispensary in Chicago, which he established there.

Dr. Kellogg also originated and sponsored the Battle Creek Three Quarter Century Club.
THURSDAY, MARCH 13, 1930

KELLOGG PAYS HIGH TRIBUTE TO FLORIDA AIR

Dr. John Harvey Kellogg, of Battle Creek, Mich., who has been spending the winter months on Bird Key, in the marble mansion once designated as the winter residence of the late President Warren G. Harding, has just returned to his northern home in Battle Creek, but not without having paid highest tribute to this state and section as a result of his winter sojourn in Sarasota. Incidentally, it is surmised that the world famous health expert and critic, will establish a winter sanatorium in this region within the near future.

Before going north Dr. Kellogg made several trite statements that are regarded as of very great significance. He said: "For every life lost in Florida by storm, at least a thousand years are added to the human span of life by Florida's sunshine—added to the lives of the multitudes flocking to this state from all over the world. During the past ten years the population of Florida has increased more than half a million. On recent tours throughout the state I learned more by observation and information from others that a very large part of the many thousands recently added to the population of the state consists of persons of past middle age, and a very large proportion of these are persons who are led to seek the sunny skies of Florida because of physical impairment which has placed them on the list of invalids or semi-invalids. Many thousands of such persons have found in the sunshine of this state such a restoration of their physical power as has enabled them to live comfortable and useful lives; while, if they had remained at home in the northern states, they might have been in the hands of the morticians.

"I believe that within a quarter of a century Florida will be one of the most populous states in America. Our American people are just beginning to discover and comprehend the full value of sunshine, an asset that unfortunately, most dwellers of northern cities and states, are almost wholly deprived of during four or five months of the year. Winter sunshine in the northern states is not only scant in volume, but is almost wholly lacking in the ultra-violet rays, regarded by many as the essential health-promoting element of the sun."

In this statement Dr. Kellogg agrees absolutely with the statement of another famous medical and surgical expert, Dr. Fred H. Albee, of Nokomis, south of Sarasota, who declares that the atomic rays of the sun in this locality are the most potent and pronounced of any place on the American continent.

Dr. Kellogg left for Battle Creek and the north with a large retinue of servants and secretaries that have been here with him most of the winter, the doctor's mail being so voluminous as to require sacks to carry it between the local post office and Bird Key.
GUESTS AT SAN
NEAR TRIBUTES
TO ST. PATRICK

All-Irish Banquet Given On
Day Dedicated to Erin's
Patron Saint.

More than two hundred and fifty
guests of the Sanitarium gathered
in the main dining room Monday
evening for the St. Patrick's Day
banquet in honor of the memory
of "the only man in history," to
use the words of the Rev. Patrick
Maveety, "who is revered by all
classes of citizens the world over."
The Rev. Mr. Maveety and John
I. Gibson, both of whom claim the
Emerald Isle as the land of their
birth, were the principal speakers
on the "All-Irish" program which
was presented as the feature of the
banquet.

In tracing the life of St. Patrick,
Mr. Maveety described him as a
"missionary of the cross," stating
that the Irish know that St. Patrick
was not Irish. "He is claimed by
Scotland, France and many other
countries," Mr. Maveety declared,"but I am glad we are broad
enough to revere the man who
blazed the way anew for the
cross and, 1,500 years ago brought
Christianity into a heathen Ire-
land."

"Merry Old Ireland"

John I. Gibson, in his talk on
"Merry Old Ireland," described
Erin as the most loved and
least known of all the civilized
countries on the earth. He then
traced the history of the national
to its present government of the
Irish Free State with a dominion
status and Ulster, which still flies
the Union Jack. Ulstermen, how-
ever, Mr. Gibson declared, think
just as much of Ireland as do their
brothers in the south. St. Patrick's
great work, Mr. Gibson stated, was
in organizing the Irish colonies and
bringing them into touch with west-
ern Europe, especially the Roman
Empire, and introducing Latin as
the language of the church. Mr.
Gibson then told of the important
part which both the Irish and
Scotch played in the formation of
the American Republic.

While both Rev. Maveety and
Mr. Gibson declared that they were
glad they were born in Ireland,
each declared that he came to this
country as soon as he could and
was glad of it.

The program was opened with
two Irish songs by Lawrence May-
er, followed by a group of Irish
numbers by Mrs. Clare Keith, Miss
Helen Maveety, daughter of the
Rev. Mr. Maveety, gave an inter-
esting recitation. Dr. F. F. Eg-
gieston presided as toastmaster.
Music was furnished by William T.
Drever's Sanitarium orchestra.
The "All-Irish" sentiment preva-
iled in the decorations as well as
in the program. "A large basket of
electrically lighted green flow-
ers greeted all of the guests as
ROTARIANS TOLD
OF SAN GROWTH

Club Members Are Luncheon
Guests At Institution.
March 24, 1930

Local Rotarians were guests Monday noon of the Battle Creek Sanitarium, the usual luncheon being served in the private banquet-room of the institution. During the meal “movies” were shown of past activities of the Rotarians, including the building of the summer camp at St. Mary’s lake.

M. W. Wentworth, host for the event, followed the luncheon with a talk, illustrated by lantern slides, showing the development of the institution. It was noteworthy that the original investment was under $2,000, while the recent addition cost over $5,000,000, including the real estate. It was shown by the slides that the money made by the Sanitarium has always gone into institutional improvements, educational work, and charities, with no dividends either granted or permitted by its charter.

Several men who have been with the institution over forty years were introduced, including George H. Murphy, Dr. W. H. Riley, George E. Judd, and Dr. C. E. Stewart. All were lustily applauded, as was a picture of Dr. J. H. Kellogg.

At the conclusion, moving pictures of the local Rotarians who attended the Denver convention were shown to those who were interested and the others were taken through the new building.

Rev. Fr. David L. Dillon was program chairman and L. R. Greusel presided as usual.
Dr. J. H. Kellogg Wires His Congratulations to W-E-L-L

SARASOTA, FLA., March 29.—Enquirer and News, Battle Creek, Mich.—Congratulations on your most appropriate and wisely chosen radio call word, WELL. Battle Creek has a health gospel which the whole world needs. WELL will greatly help in broadcasting it and thus make a splendid contribution to race betterment. Through WELL, Battle Creek's health message may reach the ends of the earth and show to multitudes how through biologic living they may learn to be happy and well. More power to your broadcaster.—Dr. John Harvey Kellogg.

April 1, 1930

Twenty-two associates of Dr. John Harvey Kellogg, founder and head of the celebrated sanitarium at Battle Creek, Mich., are expected to arrive in Sarasota either late Thursday or early Friday for the purpose of investigating this area to ascertain the desirability of establishing a winter sanitarium, an idea long firmly established in the mind of Dr. Kellogg.

The members of the party, traveling by bus, are all women, and are members of the women's club of the Kellogg institution at Battle Creek, which employs about 3,000 persons. Included in it are leading physicians, head nurses and dietitians of the Kellogg sanitarium, and they will spend several days in city and section.

Dr. Kellogg, from his winter residence on Bird Key, today stated the party would be taken to scenes of interest in and about the city during the state. Included will be the Ringling art museum, the Palmer estates, the Beach road to Bradenton and other attractive scenic points.

The founder of the sanitarium had planned to have a party of his men assistants come to Sarasota this winter, but duties at Battle Creek prevented. They will be brought south next winter and unless the doctor's vision bears fruition, he will be disappointed.

The 1930 party of women spent last night in Atlanta and had hoped to arrive here today, but bad roads and heavy rains delayed progress, according to a message received today by Dr. Kellogg.

April 2, 1930
The Alarming Peril of a Draft in Air

By William Brady, M.D.

I estimate that 4,792 correspondents quoted for me in the past year a draft from Europe, and approximately 4,792 of these opined that it runs like this: "Who shall decide when doctors disagree..." Well, and one can well see why or tend to disagree on a matter of hygiene one can use one's own judgment or common sense or any.

The sage of Battle Creek, Dr. John H. Kellogg, is almost always right and for that reason alone he has been bounden duty to show the world the error of Dr. Kellogg's way when he is wrong. He is wrong, about a health question, lest the man's habit of right lead some people to think him infallible. Then, too, as an admirer of this truly great and philanthropic doctor, I feel that I have an equity in his teachings and consequently there evolves upon me a moral responsibility of warning the world when my revered colleague makes a serious mistake.

Dr. Kellogg tells us "winter air is free from dust, clean and germless" and I agree if you qualify everything with the word "threatening." Then Dr. Kellogg declares that "winter air is the finest tonic know[n]" and I agree again if you qualify it by saying for some persons.

Dr. Kellogg adds that "in breathing cold air the lungs expand more fully and immediately" and I do not disagree with him. Every organ of the body is vitalized and rendered more efficient by this increase in oxygen and breathing the cold air is employing poetic license here and the very best, we can do, with reasonable regard for logicality is to say breathing cold air tends to stimulate the metabolism, though certainly to the degree of 100 per cent increase in oxygen absorption.

But we haven't come to the crux of the American winter air论. Dr. Kellogg writes about the Englishman taking his first ride on an American train. He was struggling with a window (probably hadn't perused the ex and generalized was carried in the glass case) when the brake man came through. "Hey, you, look out, we're turning a channel," then the window actually slid up, the poor chap followed the brakeman's advice and landed.

Dr. Kellogg accompanied this eulogy of the winter air with a quaint bit of common sense. He says, "is the overheating to which people subject themselves in the period of frigid weather..." warm clothing, efficient heating appliances, well constructed houses, closed and even heated vessels...when the skin is heated to such a degree that nature pours out water upon it to cool it by evaporation, contact with a draft of cold air is high in physical and emotional risk, the floor rising suffering from such exposure is likely to be stricken down by an attack of pneumonia.

All of which is the veriest superstition, a medical superstition or perhaps it is the beginning of superstition. Dr. Kellogg, the good Dr. Kellogg pulled that off he had probably not heard about the failure of the Experimental City in Cambridge, Mass., who tried to catch something, anything at all, in just that way.

All that the patient hears from medical or health authorities this funny notion of Dr. Kellogg's takes the palm. Neither he nor any of the other physicians can cite one iota of scientific or experimental evidence to support such a superstition. Now is the time for all thinking folk to use their common sense.
Visit to Sarasota Discusses a Perspiring Physician Amid Pleasure Seekers.

(EDITORIAL CORRESPONDENCE)

St. Petersburg, Fl.

One of those big-time news stories which, by their very nature, hit the front page with a bang, has just recently landed there, and in that way, in the local press. This story. That may be another cold wave was sweeping down over Wisconsin and Michigan. The story appears with the byline of our local reports which, when released, may be this editorial desk with the swiftly typed message, "This is the life," and showing a bevy of young female personnel at their desks on the beach. There is said to be a definite ratio between these cards going north, and the locally-pressed beer in cases or boxes, in the form of a life belt. No doubt this tendency in human nature accounts for a good many black eyes and other products of this less-then-ideal environment.

Speaking of news stories, one of the local journals is decorated this morning by a handsome picture of the senator from the ninth Michigan district, at the head of the story of the great outdoors and looking upward at the scenery in the sky instead of that down on the beach. The senator's wife is with him in the picture.

The Unit of Value

There seems to be a unanimous agreement of all authorities quoted, that there are more people in town this year than ever before. The subject may seem to stress these matters a little down here, but it is to be recalled that this is exactly the same kind of a proposition that was made by a professor at the university of Kansas in going down to try to get the wheat in Kansas. It is the same thing that many people do to shift the factories in the Beef Creek area, by working--or, computed to its final meaning, by working. The thought is that there's going to be a lot of work when the rent comes round.

This being a rainy morning (although it's probably unnecessary to speak of the weather in this connection, nothing more than an unfortunate back-lash from one of those terrible winter storms up north) well, anyway, this being a rainy morning, some gentlemen from Michigan and New York and elsewhere, resting from their strenuous toil of the day, or a return from their church on account of the rain, are overlooking the bay, and found Dr. Kellogg, an old friend of theirs, and a fellow in the profession, rather popular form of helping to mind other people's business. Some held that there was certainly a steady and appreciable growth of the good old professional spirit planned wisely. Others held that the idea of industrial development for this region, accompanied by professional growth, was a dream that would be practical, but that, so long as the country keeps prosperous, people will come south in increased numbers, and that that will be the problem of the south to live through eight months with the proceeds of the harvest season.

A Tower And An Argument

One of the most interesting features of the story is the description of the Bok and the Bok singing tower. The tower, built on the edge of the lake, is designed to give a view of the surrounding country, with a view of the lake and the surrounding country.

The baron who found that his work was indeed practical, but that the other day asked if the patron didn't think Bok would have done better by using the money to help the poor than he had done. But Bok, who had never been a singer, was not impressed.

Most of us who can remember when "After the Fall" was a popular song and a buggy ride was used, can easily believe that the old temperance idea has come up with reference to the Bok tower. The idea is that the tower is a thing of beauty that softens and beautifies the surrounding scene.

Dr. Kellogg Taking "Sun Bath"

A segment of the Bok Tower delegation traveled over to Sarasota the other day, and greetings from Sarasota were exchanged. Dr. Kellogg, who is located there for the winter, here, again, if the exception is news, Dr. Kellogg is captured for the first time in his regular vacationist is supposed to divide his energies, if any, between two industries, yarning and keeping the tourist in mind. This is of course doing enough real work to average up well for the whole Michigan delegation. He is applying the principles of his remarkable life to different kind of work as rest, or doing the same thing harder. The visitor journeyed out to Bird Key, where a stately home sits well overlooking the bay, and found Dr. Kellogg, with his usual serializer, and each a string of round ball-shaped fish, with enough scenery of pine and palm and distant water about it to induce the average dweller to sit and dream in fuses and soft music. And, when this sooth'sayer of the weather dreams of when the spirit is on him. Dr. Kellogg may have been dreaming, too, but in a different way. He is the kind of fellow who sits down to listen to the slow music of the church and the loafer dreams of what the spirit is on him. Dr. Kellogg has had his collar, and other accessories, being clad as he has his coat in the Sanitarium dormitory on summer days these many years past--a quite simple form of attire. He was taking his ease, with a book against the body, in liberal doses, and had taken enough of it to be deeply tinted. And he was keeping the meteorologists busy in that environment which seemed to either for soft tenor music and reverie, or for slumber. A table was supplied high with memoranda and the visitor found him in the act of preparing a newspaper news room a half hour before press time. The visitor went quickly away, fearing that the doctor's tranquility might be disturbed by the other's industrial habit if a longer exposure occurred.

Something was said about the Doctor's quickness.

"I cannot have the idea of rest such as you have in mind," said the Doctor. "There is so much to do; the weather has been so fine, so many reminders that if people only knew what might be told them, lives would be more comfortable and happier. And I must push on." Down in vacation-land, with a hundred-thousand or so people looking for ways to match diversion to the soft influences of breeze and sun, how little of this kind of thing has been continuous work at high pressure, still working at what seems to be still higher pressure, to tell people more things that will make life more comfortable and happy.

...And while their companions were tilling upward through the night.

That, probably, is the story of civilization and of progress.

A Hot Dogless Haven

So here you have it: A place of refinement and order and beauty, not high-brow or up-stage, but just good manners which would be appreciated by anyone who has seen the spirit of the place—and being so applied, there would continue their application elsewhere.

A A Tower And An Argument

Over in Sarasota they tell you of the favorable facts about their community, as they do in most of the places. We have Dr. Kellogg of the Bird Key, please note his audience, and his Ringlings are spending much money here.

A Tower And An Argument

For this comment turns naturally from one, to the other, to the third, to the fourth, to the fifth, to the sixth, and so on. The Bok Tower is a thing of beauty that softens and beautifies the surrounding scene. The Bok Tower is a thing of beauty that softens and beautifies the surrounding scene.
of much domestic life of birds comes from the thickets. Incidentally, the English nightingales, imported four years ago, are still shy and songless and have not taken to the place you give them.

Crowning the crest of the park stands the tower, 205 feet high, 52 feet square at the base, tapering, somewhat, with massive bronze doors at the base, and with the soft warm glow of light within. The most notable feature of the tower is Florida featuring its sides, where also are symbolic decorations expressive of the spirit and the life of the region—altogether a stately and a lovely thing. Near the top hang the bells, each and every one of them, one of the largest, composing the largest and finest “carillon” (the word is due to become more familiar to our American life) yet made, with an aggregate weight of 4,000 pounds. The sound is producing in weight per bell from 24,000 to 12 pounds. The dedication to Edward Bok’s grandparents, as lovers of beauty, is inscribed on the tenor bell.

The concerts begin these days, at 3 p.m. We heard, first, “America,” played at first with the individual bell tones and then running into a very cascade of sound, like the ecstatic torrent poured down at a volcano by the maelstrom of the bird. Then, “The Wearing of the Green,” then, “Oh, Soul of Mine,” and so on.

Chimes and Bells

As with the question of the “practicability” of this thing there also is a question, and an honest one, as to the quality of music as it is performed. There are different ways of looking at, and listening to, things, as was revealed in the story having to do with another set of bells. Are the chimes beautiful?” said the woman. “I can’t hear them,” said the man, “because of the racket of the damn bells.”

We heard disappointment expressed at the music from the Bok carillon. The discussion and the verdict may be left to those who specialize in such matters and the subject may be closed, here, with the suggestion that the park, the bells, the birds, the tower, the chimes, the bells and the music all parts of the whole, and that whoever comprehends the whole in some respect as Bok comprehended it, may get a real pleasure out of it as the voices of the bells sing out into the sunlit breezes and the music goes eddying across the orderly landscape. We thought, as we came away—with such doubtful authority as we have on matters of this kind that this place, as the years go by, is likely to become something of an international shrine—and to express with increasing influence the thought of the already dreaming Dutch-American who built it and built it so that man does not live by bread alone.

These comments have run to unwaranted length. The notation may be added, in closing, that the unfortunate foreign invasion of the Florida coast was made in April and has entirely done some violence to the climate. The smoke is going up the chimney hereabouts—as a token of local appreciation of the terrible winter they are having up north.
ARE SILK purses ever made out of sows' ears? Those who knew, in his earlier years, the impudent, unruly, redheaded, school-hating young terror, Jack Hunter, and then had a chance to see the heights to which he rose in the world of science, must have thought so.

John was the tenth child of the old "Laird of Long Calderwood," born in 1728, in Lanarkshire, Scotland, when his father was seventy years old. His older brothers were sedately studying medicine, law and theology, while John was, improvidently but joyously, trying to find out how tadpoles became frogs.

But when he was twenty he began to feel that he should be doing something worth while, and went to London, where his elegant and fastidious brother, William, was already famous as a medical man, to study anatomy with him.

William hardly knew what to do with this short, broadshouldered, awkward, unlettered country brother, with the vocabulary of a stable-boy and a taste for lasses and glasses in taverns, but, withal with a sparkling intelligence and an insatiable curiosity; but when he set him to dissecting a human arm, he promptly realized that this raw lad had the makings of a great anatomist, and suggested that he take up the study of Medicine.

John's fondness for the refinements of formal education had not increased with the years and, after a taste of Oxford, he flatly refused to be bothered with Latin and Greek; but at the hospitals, where he studied under Cheselden and Percival Pott, his eagerness and industry were immense.

In 1754, he began to deliver lectures in his brother's school, but his rough speech and his tendency to change his mind about things, as his knowledge increased, did not tend to make him popular with the ordinary run of pupils. None the less, his real power as a teacher is attested by the fact that among his pupils were such men as Jenner, Abernethy, Astley Cooper, Parkinson and Physic (the "Father of American Surgery"), to mention only a few of the famous men who gained inspiration from him.

As Hunter's mind became ripened by experience, his passion for the study of natural phenomena increased and, not content with learning from books, he gathered about him, on his small farm in the outskirts of London, a veritable menagerie of all sorts of beasts, birds and reptiles,
which he observed and labored over, alive and dead, with indefatigable patience and zeal. He would dissect a mosquito or a worm with as much care and attention as he devoted to the examination of a buffalo, a tiger or a human body. It is related that he paid $500 pounds (which he had to borrow) in order to procure the body of the Irish giant, O'Brien, for anatomic study. He dissected and described over 500 different species of animals, and almost anticipated Darwin in the discovery of the basic laws of evolution.

These labors, which occupied from eighteen to twenty hours of every day, led to the establishment of the great physical monument which he left to posterity—the Museum, in Leicester Square, London, which bears his name and which was bought by the British Government and opened to the public in 1813, when the Hunterian orations were begun.

It is said of Hunter that he found surgery a mechanical art and left it an experimental science—that he was the man who "made surgeons gentlemen."

Among his many important contributions to anatomic knowledge and surgical practice may be mentioned the discovery of the placental circulation (which William disputed with him); the development of a collateral circulation by anastomosing arteries after ligation, which led to the practice of proximal ligation, in continuity, in the treatment of aneurisms (the fibrous sheath of the femoral artery, upon which he did some of this pioneer work, is known as Hunter's canal); the ramifications of the olfactory nerve, the presence of the lacrimal ducts and many features of the lymphatic system; and the scientific study of the teeth, with the recommendation for the complete removal of the pulp when filling them.

Among his many writings (which had to be edited, for spelling and grammar, by his friends) the four outstanding ones are: the treatise "On Venereal Disease;" "The Natural History of the Human Teeth;" "Observations on Certain Parts of the Animal Economy;" and the "Treatise on the Blood, Inflammation and Gunshot Wounds."

In connection with the first-named work, his devotion to the search for truth at its fountain head—personal experience—is illustrated by the fact that, having accidentally inoculated himself with syphilis, he deliberately refused to take treatment, in order that he might study the disease at first hand. From these studies came the first differentiation between hard (Hunterian) chancre and chancroid; though he seems to have been confused about the nature of gonorrhea.

Hunter was practically recognized as a great man during his lifetime, having been a Fellow of the Royal Society; member of the Irish College of Surgeons; Surgeon-General of the Army; Inspector-General of Hospitals; Surgeon-Extraordinary to the King; and many other high-sounding things. But he never used any of these titles, signing all his writings simply, John Hunter.

He was a man of quick and violent temper, which was aggravated by the fact that he suffered from gout and angina pectoris. This unfortunate combination caused him to say, "My life is in the hands of any rascal who chooses to annoy or tease me." And such, indeed, was the case, for he died, in 1793, of an attack of his malady, brought on by a bitter argument with some of his colleagues who disagreed with him, as was often the case.

The full measure of the stature of this remarkable man was not appreciated until after his passing, for his body was first buried in St. Martins-in-the-Fields, but was later removed to Westminster Abbey, where it rests with those of Newton, Darwin, Herschel and other world figures.

In forming an estimate of this versatile and almost paradoxic genius, we will do
well to consider the opening stanza of the poetic epitaph, written by his charming and gifted wife:

"Here rests in awful silence, cold and still,
One whom no common sparks of genius fired;
Whose reach of thought Nature alone could fill;
Whose deep research the love of Truth inspired."

Garrison says of him that he must be classed with such famous all-around biologists as Haller and Johannes Müller and, with Paré and Lister, as one of the three greatest surgeons of all time; while Samuel Gross recorded his opinion that, "With the exception of Hippocrates, the father of Medicine, John Hunter is the grandest figure in the history of our profession."

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**THE FIRST PRIZE COMPETITION**

The allowance on the first Prize Competition announced in these columns in January, was rather short and only two articles on "Colds" were received, so our whole March number was thrown open for the voting. The "polls" closed on April 30, at midnight, and the results were as follows:

The first prize ($25) goes to Dr. James H. Hutton, of Chicago, for his article, "Endocrine Factors in Common Colds."

The second prize ($15) is awarded to Dr. G. J. Warnshuis, Milwaukee, Wis., for his article, "Colds."

Dr. Joseph Colt Bloodgood, of Baltimore, receives the third prize ($10), for his paper, "Cancer as a Public Health Problem."

Checks for the amount of these prizes have been forwarded to the winners.

The subject for the second prize contest—Arthritis—seems to have been ill chosen, as no manuscripts on that theme were received.

The third topic (The Future of Medicine) has aroused more enthusiasm, and enough entries are now at hand to make it a real competition. These articles will be published in the July, 1930, issue of CLINICAL MEDICINE AND SURGERY, together with a voting coupon on which our readers may and are urged to express their preferences. The polls will close at midnight, August 31.

The fourth competition (Parenteral Medication) should bring so many responses that one issue will not be enough to contain them, for this is a subject of vital interest to every clinician, whether practitioner or specialist. The administration of remedies by hypodermic, intramuscular or intravenous injections is steadily increasing and is, we believe, destined to cover an even larger field in the future. These manuscripts must be in our hands not later than October 1, 1930; and, the sooner the better.

Articles for the Young Doctors' competition are beginning to come in, and we hope to obtain some good stuff for our readers from that source.

Any who are not familiar with the conditions of these competitions will find them on page 6 of the January, 1930, CLIN. MED. & SURG., or if they have been so careless as to mislay that number, can obtain a reprint of the editorial by writing to this office.

It is quite probable that other competitions will be announced for next year, and we shall be glad to receive suggestions regarding timely and practical subjects.

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Seeing the World

When people talk about "seeing the world" they are generally thinking about a more or less hurried trip to London, Paris and Vienna, or perhaps to Cairo, Mandalay and points east.

The season is approaching when those whose ordinary activities are not sufficiently varied and interesting to keep them from
staleness (and that, unfortunately, means most of the population) will, if they have good sense, be planning how they will spend the customary period of respite from their vocations.

It is exceedingly well that one should gain as great familiarity as possible with the manners, customs, religion and way of life of other peoples. Such knowledge widens one's outlook and makes for tolerance, which is, perhaps, more necessary to wisdom than is any other ingredient in human character.

But wherever one goes and whatever exotic scenes may be presented before one's eyes, seeing the world depends, not upon the spectacles which are available for one's consideration, but upon one's powers of perception.

The city in which one lives, and the parks, fields and groves adjacent to it—even one's own backyard—are as much a part of "the world" as are Rome or Yokohama or the Grand Cañon. If we have not learned to see the things that are going on about us every day, our chances of having any better success in foreign lands are meager.

What is the color of young oak leaves, when they first put forth, or of the blossoms of the maple trees? When does the first dandelion or violet or hepatica or bloodroot open its bloom to the sun? How does the song of the thrush differ from that of the robin? What are the nesting habits of the swallow? The catbird? The crow? At what hour does the great summer star, Arcturus, rise in mid-June?

Those who cannot answer such questions as these with reasonable accuracy have small chance of returning from a "sightseeing" trip with any but the haziest impressions of the panoramas which have unfolded before them.

Let those who are deterred, by lack of time or cash, from availing themselves of the cultural and recreational possibilities of the Canadian Rockies, the Mediterranean or Peru, consider the idea of procuring a reasonably good camera and a field glass and setting out, afoot, to explore the (generally) unknown country which lies within a radius of five miles from their doorsteps. If such a pilgrimage is entered upon after or interspersed with a reasonable amount of preparatory study, its potentialities for physical, intellectual and spiritual growth and development are enormous.

Let no one feel that, because of pecuniary embarrassment or press of duties, he is cut off from the possibility of "seeing the world." If God has vouchsafed him eyes and curiosity and will, there lies at his disposal a considerable section of the planet on which we live—enough, if properly studied, to enrich any life with the joy of knowledge and understanding.

What a man sees depends, not only on what is actually presented to him at the moment, but on perceptual additions, due to prior knowledge and interests.—Dr. Bernard Hart.

THE BEST AGE

From time immemorial it has been popular cant, with a large proportion of the adult population, when observing children at play, to heave a windy sigh, roll up the eyes and murmur, "Ah, happy, happy childhood! The most beautiful and sweetest time of life! Would that I might be a little child again!"

Bosh and humbug!

Among all the sigh-heavers and eye-rollers there is not one in a thousand—except those perennial children who never grow up, no matter how long they live—who would exchange the powers and capacities for achievement and for mature enjoyment which come with adulthood, for the narrow and jejune pleasures of the prepubertal period nor for the turbulent and stressful excitements of adolescence.

If, then, neither childhood nor youth is the most desirable period of a man's life, what is the best age?
The Extent of Illness

ONE of the first reports of the Committee on the Cost of Medical Care, which is making a five-year survey of disease in the United States and the manner in which it is controlled by the medical profession, indicates that the vast majority of time lost from work is due to the common cold and other respiratory diseases. Digestive diseases and similar disorders follow, and women suffer greatly with disturbances associated with their particular physiology. Acute and chronic diseases of the kidney and diseases associated with childbirth are also exceedingly frequent. The United States still has thirty-six thousand cases of smallpox every year, an utterly inex- cusable condition, in view of the fact that this disease could be stamped out completely if an enlightened public opinion should force general vaccination and isolation and quarantine of all cases.

There are approximately nine hundred thou- sand feeble-minded imbeciles and idiots, one hun- dred thousand blind, one million with speech defects, and three million children either wholly or partially deaf.

The United States has more physicians proportionate to the population than any other nation of the world. Our hospitals have increased more rapidly in number and equipment than those of any other nation. Approximately one million people are ill every day and about seven hundred thousand are in hospitals.

The problem of disease is one of the most ser- ious of all of the considerations that affect mankind, and it is not surprising that its investiga- tion should be attracting the greatest brains and the largest outlay of funds that are provided by the great foundations developed for the social welfare of man.—Scientific American, March, 1930.
Benjamin Franklin on Vaccination

There were one thousand eight hundred and ten cases of smallpox reported in Ohio during the ten weeks ending Jan. 21, 1930. Such figures are a forcible reminder of the need for vaccination not merely as an individual protection but for a community safeguard.

In his autobiography Benjamin Franklin makes a striking statement concerning the regret that may be caused by the neglect of the precaution of vaccination of one's children: "In 1736, I lost one of my sons, a fine boy of four years old, by the smallpox, taken in the common way. I long regretted bitterly, and still regret, that I had not given it to him by inoculation. This I mention for the sake of parents who omit that operation on the supposition that they should never forgive themselves if a child died under it; my example showing that the regret may be the same either way, and that, therefore, the safer should be chosen."
Mind and Disease

"The common idea is that it is wonderful how the mind can cure the body. But what is really wonderful is the way the mind can produce symptoms in the body," says Dr. J. J. Walsh, in Medical Times. The mind, he asserts, can actually produce in the body the symptoms of almost any disease. Not that it can produce the actual disease, but it may give rise to the symptoms of it. "This is why many cults, Christian Science, osteopathy, electric belts and all other forms of suggestive therapy, may actually effect cures. The persons who have been ‘cured’ had symptoms of a disease that did not actually exist, but which symptoms their minds had produced in their bodies."
PHYSICAL well-being is dependent on two factors—heredity and environment. The most intimate and powerful of all environmental influences is food. A paper on this subject read at a recent meeting of the Royal Society of Medicine, brought out the fact that the body when properly fed and well nourished has an extraordinary power to resist disease. The incidence of tuberculosis in a community appears to be closely related to the food supply. It diminishes when the food supply is ample and increases when the diet is inadequate. Troops could withstand great hardships when the rations were satisfactory. During the Middle Ages the relationship between famine and pestilence was well understood.

The keynote of successful diet is variety, since it is only by a varied diet that one can obtain all the constituents essential to nutrition. This variety is easily obtainable today, since “the world is our larder.”

Attention was called to the vast improvement in the health of London children which was attributed largely to the pasteurization of milk and the large supply of fruit (oranges and apples) now available throughout the year. Some recent work carried out in Hamburg on the relation of food to the incidence of epidemic diseases showed that infectious diseases were less likely to occur in people who had gardens, presumably because of the greater variety of vegetables and fruits used in the diet.
"Good health is the basis of all physical, intellectual, moral and spiritual development. Men and women have no doubt been sometimes distinguished as thinkers and workers. A powerful soul will triumph over bodily disease; but usually a sick thinker has something sickly in his thought. Calvin, whose life was darkened by disease, had a morbid and gloomy element in his theology. Emaciated and sickly saints usually have a sickly piety.

"Consider this: no carpenter will go to his work without seeing that his chest of tools is in good order. The musician examines his instrument every day to keep it in tune. We have our horses carefully groomed. Let us do at least as much as this for our body. That is our wonderful box of tools--our organ with a thousand pipes. It has no doubt a remarkable power of self-recovery, of repairing its own lesions. But do not try it too much. It is the faithful servant of the mind; but let the mind treat its servant tenderly and wisely."--James Freeman Clarke.

Dope

The U. S. this week observed the first of the year's widely noted special seminars—Narcotic Education Week. A very small percentage, so far, of the U. S. population sniff cocaine and heroin, inject morphine, or smoke hashish* or opium. But despite unreliable statistics it is certain that drug habits are increasing.

Before the War a comparatively small number of low-grade Egyptians smoked hashish and opium, with little appreciable social harm. At the War's end a Greek chemist introduced cocaine to high Egyptian society. The middle classes took up the fad. Then came heroin. Now, it is estimated, one out of 28 Egyptians is a dope addict, and one out of 56 dazes himself with heroin.

The League of Nations is trying desultorily and ineffectively to restrict the growth of the particular poppy from which opium, morphine and heroin is manufactured and the manufacture of narcotics. Persia will not stop poppy culture because a large part of its population depends on the business and other nations are competing. China's imperi-mental government cannot control the production. And because China and Persia do practically nothing, Great Britain has difficulty in forcing India to restrict its poppy crop by 10% each year.

Most civilized European countries manufacture opium, morphine and heroin. All save the U. S. and Soviet Russia, export it in large quantities and thus supply U. S. smugglers of the drugs. Turkey and Switzerland (seat of the drug-fighting League of Nations) have been the worst offenders. However, Turkey upon the insistence of U. S. Ambassador Joseph Clark Grew last week forced Istanbul's narcotic factories to close until they complied with export restrictions. Medicine needs some 350 tons of opium yearly. Manufacturers produce something over 8,000 tons yearly.

Joshua of the world fight against the narcotic trade is Captain Richmond Pearson, who sat in Manhattan last week with dope-haters of 21 countries. They were whipping up interest in Narcotic Education Week and preparing agenda for a World Conference at Geneva this May.

Captain Hobson is an almost forgotten hero. When he was young and in the U. S. Navy, the U. S. went to war with Spain. Just before Roosevelt rode up San Juan Hill in Cuba, Captain Hobson rode boats around the island. The Spanish fleet covered in Santiago Harbor. Captain Hobson took command of the coal-carrier Merrimac and sank her at the harbor's entrance in a vain attempt to bottle up the Spanish fleet. Spanish sailors caught Captain Hobson. They courteously offered him a swig of liquor. He refused it, took a gulp of coffee. The Spaniards kept him jealed for a month. Then Spanish-American fighting ended. Captain Hobson, 28, "handsome, tall and moral," returned to the U. S. a Hero. Some four years before a later Hero (Lindbergh) was born. Girls kissed Hero Hobson in cities from one end of the country to the other. Candy makers produced the "Hobson Kiss," a block of chewy confection.

A few years later Captain Hobson retired from the Navy and went into the politics of Alabama, where he was born. He was in Congress as a Representative from 1907 to 1915. He was the first Congressman to introduce a bill for a Prohibition Amendment to the Constitution. From alcohol he leaped to narcotics. Now, 60, a confirmed zealot, he has homes in Los Angeles and Manhattan, communities salty with drugs. Last week he was in Manhattan to blow a large blast against the Jericho of dope.

Of all activities against the narcotic evil those of the Universities of Virginia and Michigan seem to be most scientific. Two years ago the Bureau of Social Hygiene gave the National Research Council funds for a study of drug addiction and the invention of a drug which would do for medicine everything which the habit-forming drugs do, yet not cause habit itself. Such a harmless, beneficial drug would make the manufacture of the baneful drugs needless. Then they could be completely suppressed.

The Council discovered Dr. Lyndon Frederick Small, just returned from two years of study in Europe, at the University of Michigan and financed a special laboratory for him. Out of a coal tar product called phenanthrene he has synthesized several drugs which closely resemble the chemical structure and physiological action of morphine. He sends them to Professor Charles Wallis Edmunds of the University of Michigan who tests them on animals. The two are confident that within perhaps a few months they will have an authentic drug which will not make, as morphine, heroin and opium do, pasty-faced, emaciated, depraved liars, out of its users.

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HERO Hobson

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CRUSADER Hobson

... to narcotics.

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Time, 2/2/31
Skill and Facilities of Famous Battle Creek Sanitarium Only Hour’s Drive From Here

Notable Health Center Established by Dr. John Harvey Kellogg in Miami Springs—at North End of Red Road.

As many big things have been happening in Tule County that it is sometimes difficult, for those who have long resided there, to appreciate with proper perspective a really outstanding event or development. When Dr. John Harvey Kellogg established the Battle Creek Health Center at Miami Springs last year, most people thought of it as an attraction to draw people to an already flourishing winter playground. And so it is. But one phase of its importance that has almost been ignored is the fact that the famous Battle Creek institution will be available to people in this section of the country who otherwise would not have been able to obtain it.

Battle Creek, like Rochester, and other noted medical centers, has long been the Mecca of those who wanted the utmost in skilled medical treatment. Dr. Kellogg at Battle Creek—a noted medical treatment facility as much as surgery in curing cases that had been thought incurable.

The Battle Creek idea which has made that city famous throughout the world is based upon the theory that health may be best obtained and preserved by right living—that is, by living in accord with the known laws of physiology and hygiene.

Every year, hundreds of persons have been treated at Battle Creek and have returned to Miami and other parts of Florida, and two years there has been a growing demand for a place like it where people could enjoy the advantages of the Battle Creek regimen and treatment under authorized supervision.

The demand for such an establishment was made more necessary by the fact that the only Battle Creek of the kind has been used in this, as well as other sections of the state as a means of attracting business by various persons who have been run down and turned away to battle. The medical success of Battle Creek people has been a case of which injury to many persons.

Dr. Kellogg has not severèd his connection with the institution at Battle Creek. He is only utilizing his winter holiday and returning to Michigan in June to resume his duties as superintendent of the famous Battle Creek Sanitarium to the development of which he has devoted his life.

On Sunday afternoons at 3 o'clock Dr. Kellogg gives two health lectures, illustrated with moving pictures.

Though always busy, Dr. Kellogg is very approachable and very sympathetic with the winter people over he finds time to sit on the incomparable lawn of the sanitarium pines and chat with his guests of choice visitors.

Dr. Kellogg made his first visit to Florida 40 years ago when he came down the east coast as far as St. Augustine. His fine visit to Miami was made seventeen years ago. For many years, he said, there had been a very great and persistent demand for an authorized representative of the Battle Creek system in Florida, and this demand culminated last year in the establishment of the institution at Miami Springs—formerly Country Club Estates. The building and grounds of the Country Club Estates, a five-storied structure erected by the late Frank Currie, were found ideally adapted to Dr. Kellogg’s purpose. It has a spacious living room, gymnasium, exercise and great work shops, photographic laboratories and a library. The broad terraces, flat roof and ample space are all that is possible for running. Orchard plants in winter and early spring of the works of the building consists: a number of decorative fountains.

The grounds about the hotel and the palm trees are full of flowers, with a driveway of palm trees, frond and palm, interspersed with evergreen and flowering plants gathered by Mr. Curtis and arranged and photographed at extraordinary costs.

Because winter weather in the valley and all over an 18-foots high and 18-feet wide outdoor exercise building.

In addition to first class hotel service with the usual room service in charge of a staff of experts from the Battle Creek kitchen, pure water is served at all times without extra charge. The general health advantages of the institution, which include san baths and exercise courses. When weather conditions are adverse, powerful hot water and other forms of exercise for the benefit of those seeking sunlight for the sun baths.

In the restoration, located at the eastern end of the building, single rooms are fitted for the application of hydro-therapy, electricity, diathermy, and other forms of physical therapy for cases requiring medical attention.

Leaving—The Pines, showing More Orchids, Palm Trees and Tropical Foliage.

Right—In a Winter Garden at Battle Creek, Mr. D. Kellogg can be seen in the Right Background.
KELLOGG SELECTS MIAMI

Dr. John Harvey Kellogg, celebrated health and diet authority, who founded the Battle Creek Sanitarium in Michigan, has established his permanent winter headquarters at Miami Springs, where he is converting the picturesque Country Club Hotel into a southern health center. His decision, which was announced shortly before The Gimlet went to press, was based on two years of careful study of health conditions throughout Florida.

Miami Springs, where the Kellogg health center is located, is a beautiful residential suburb of Miami. A half-mile of parkway, part of the Miami public park system, extends in front of the handsome sanitarium and ends at an 18-hole golf course, one of the finest in the state.

Erected by Glenn H. Curtiss a few years ago, the building is thoroughly fire-resistant and one of the most original architectural studies in this section of beautiful buildings. Its design and furnishings are an unusually beautiful adaptation of the ancient Indian Pueblo motif and are entirely harmonious with this sub-tropic scene.

Luxuriant tropic growths, such as bamboo clumps, banana trees, coconut and other varieties of palm trees, as well as exotic shrubs and plants, gathered from far places by Mr. Curtiss, are grouped with intelligent taste throughout the ample grounds and make an enchanting setting for the main sanitarium-hotel building.

The service here will be like that of Battle Creek in its careful selection of the choicest foods, appetizingly and healthfully prepared, and thoughtful courtesy in serving them. The hotel department will be conducted on the American plan. A feature will be the delicious green vegetables grown in the nearby gardens.

The regular house service includes a limited medical service. There will be diet supervision by experienced Battle Creek dietitians, who will prepare individual menus for guests as well as the regular bills of fare. Sun bathing, under expert supervision, will also be emphasized. Open air life will be encouraged by the abundant facilities offered for outdoor enjoyment—golf, bathing, archery, hiking, rowing, motoring, and many other healthy diversions. Mecanotherapy or the use of mechanical massage, oscillation, and mechanical riding horses will also be available to guests. The special medical service will include hydrotherapy, diathermy, physical examinations, laboratory tests, etc. In short, this center, known as Battle Creek, Inc., will be a school of health, following the principles which have made the Battle Creek Sanitarium a mecca for health-seekers.

In the daily program of exercises, sun baths and corrective gymnastics, time will be allowed the guests to enjoy the beauties and diversions of this Greater Miami area. The hotel is approximately 30 minutes by automobile from the seashore, and half that time from downtown Miami.

The new southern Battle Creek institution will welcome former guests of the Michigan sanitarium who are spending the winter in Florida, and they can make this a pleasant rendezvous with old acquaintances.

Dr. Kellogg's purpose in establishing this Battle Creek Health Center in southern Florida has been to supplement the great natural advantages of this favored region by the biologic regimen and physiologic methods which have made the Battle Creek Sanitarium world famous as an invalid resort.
SAN TAX PACT
UP TO STATE
Feb. 3

Ask Administrative Board To
Cancel $11,000.

The state administrative board at Lansing today was asked by a Battle Creek delegation to cancel $11,000 in taxes owed by the Battle Creek Sanitarium for the years 1928, 1929 and 1930. The city was represented by City Attorney John A. Wagner.

The request marks one of the final steps in the settlement of the City of Battle Creek-Sanitarium tax litigation which culminated recently in a signed agreement. One of the terms of the agreement called for acceptance of a fixed sum for the taxes of the past three years.

The agreement is to become operative as soon as the state and county authorities approve the settlement. The state, in approving will cancel the taxes which it assessed against the Sanitarium during the three-year period and accept a smaller sum.

The matter was referred to the administrative board's claims committee.

ONE OF FINAL STEPS
ARGUED IN SAN CASE

Claims Committee Discusses
Litigation Over Taxes for
Last Three Years.

(By Staff Correspondent)
Lansing, Feb. 6.—One of the last steps in the litigation over Sanitarium taxes for 1928, 1929 and 1930 was argued here Tuesday. The question of whether the institution shall pay the state $23,000 or $12,000 in taxes for those years is being considered by the claims committee of the state administrative board. The recommendations of the committee which will probably be made at the next meeting of the board in two weeks will be passed on by the board. And when that step is taken the litigation will in all probability be finished.

Under a statute the Sanitarium property was divided in 1910 into two sections. Some of the work of the institution was done for indigents, charity work. Another portion of the work was done for persons able to pay for their care. On this basis part of the Sanitarium property was declared exempt from taxes and the remainder taxable.

In 1928 the new addition to the Sanitarium was built. Litigation was started by the city which claimed that under the language of the earlier settlement, the property was again subject to division as to taxable and tax exempt property. The Sanitarium claimed, on the other hand, that under the language of the settlement, inasmuch as the new building had been erected on property built on tax exempt land, it should be exempt from taxes. In the meantime collection of taxes for 1928, 1929 and 1930 was held in abeyance.

Finally a compromise was made providing that the taxable part of the new building should be assessed at $800,000, (about a 50-50 division). All parties to the suit with the exception of the state agreed to the settlement. The question of what stand the state should take on its share of the taxes will be the final upshot. The sum of $23,000 was the original amount declared due the state before the settlement was made. But $12,000 was the amount recommended Tuesday, similar to the ratio in the division with the other parties to the litigation.

Feb. 7/31
San Announces Broadening
Of Its Field Of Service

Revision of the business policy of the Battle Creek Sanitarium, which will open its hotel facilities to the general public with a special appeal to the traveling public for patronage was announced today by the management. While maintaining its identity as a health institution and its high standard of medical service, it will be operated upon the same basis as a high class metropolitan hotel with all of the services such hosterries afford.

The new policy will become effective immediately, it was announced, and it is reflected today in the moving of the drug store and florist shop from the basement of the main building to the North Lobby. It was admitted that further changes and innovations of the kind are in contemplation, but that detailed plans for them have not as yet been fully developed.

Plan Advertising Campaign.

Heretofore, it was pointed out, the Sanitarium has occasionally accepted the patronage of transients but this business has never been encouraged in any form, being primarily for patients. In the future, however, it was stated, the Sanitarium will encourage patronage from the travelling public through nation-wide advertising in well known hotel publications and will be operated much upon the same basis as a hotel without lessening in any respect attention to the medical aspect of the institution. Rather, it was stated, these advantages will be opened to transients desiring to make use of them.

Advertisements will soon appear in the American Hotel Guide and other publications announcing the new policy of the Sanitarium while notices have already been forward-
ed by Th. Aagaard, house manager, to the managers of the leading hotels throughout the country informing them that the Sanitarium is now open to the traveling public. The present rates for board and room, which may be obtained either together or separately, will prevail. Commenting on the rates, one Sanitarium official said: "We have rooms here as low as $1 a day."

Departments Open to Guests.

Persons coming to the Sanitarium for only a day or two, or for a week-end, it was pointed out, may avail themselves of the opportunity to use the hydrotherapy department, which includes swimming, sunshine and electric baths, massages, regulated physical training and a variety of other treatments which the business or traveling man is interested in or which he may find to his advantage to take.

The pharmacy is being moved, it was stated, "to meet the increasing demand for such services as this department can render", while transfer of the flower shop is for the purpose of "disposing of the surplus flowers raised in our greenhouse and in our gardens at certain seasons of the year."

The new flower shop will be on the site in the North Lobby now occupied by pharmacy booth while the pharmacy will be directly across the corridor in the place now occupied by the office.
Regular Army Of Workers Arranging Battle Creek's Great Jubilee Next Fall

Every committee named to arrange various details of Battle Creek's hundredth birthday celebration next September is functioning, it was announced today by the Chamber of Commerce and plans are going forward rapidly for marking in fitting manner a century of progressive community life.

The great two-day celebration, September 6-7, is six months in the future. Yet committees are already meeting daily. Efforts are being made by all to set the Centenary machinery in motion at once, so as to insure one of the most pretentious celebrations ever staged by a city of the size of Battle Creek.

Not the least in importance are the arrangements which must be made to handle the city's guests for the two days. It is expected visitors will be attracted from all parts of the nation.

General plans provide for three high points in the Centenary. They will be the Centenary church observances in all churches on Sunday, September 6, the dedication of a marker to be placed on the site of the first Battle Creek house, now the Masonic Temple grounds, and the Centenary pageant, both of which features will be on Labor Day, first Monday in September.

Plan Historical Pageant.

The parade will be a gigantic panorama, depicting the span of a century of life—from village to city. There will be floats, bands, mounted riders, and marchers. The parade will probably be the longest ever seen.

If some distinctive part of Battle Creek's community life or its historic past is left out of this parade, it will not be the fault of the committees. Every effort is being made to provide elaborately decorated floats to represent not only every phase of civic and business activity of Battle Creek's present life, but of every event that has contributed to the history of this community since its founding 100 years ago.

Dedication of the marker is expected to add to the occasion a note of impressive dignity and significance. The city's best known citizens will take part in the dedication program. The huge, inscribed boulder, which will be placed in the Masonic Temple lawn, will be considered more than a marker. It will be dedicated as a symbol of civic progress and ideals.

The Churches Will Play.

Services in all churches on Centenary Sunday will serve appropriately as a city-wide invocation opening the Centenary. Sermon themes will be built around the subject of historic Battle Creek. The romances of early church life and the struggles of the pioneer congregations will be traced.

Stories will be told of Battle Creek's first gospel preachers and their efforts which entailed early church buildings—cabins at first—built by the hands of frontier worshippers, will be described, and contrasted with the splendid edifices of today.

This part which the churches of the city will play in the Centenary is being arranged under the supervision of the Rev. Clarence A. Storer, pastor of the Central Christian church and president of the Battle Creek Ministerial association.

In addition to the Centenary Sunday services, arrangements are being considered to have all churches represented in the parade.

Squier is Parade Marshal.

Col. Daniel Squier, commander of the Gen. George A. Custer Post, American Legion, is general supervisor of all parade arrangements. He will meet with all committees and assist them in their parade plans.

The committee has already completed first details of its duties. Ralph Shurtleff, of the Memorial Art Works, heads the body. His offer, to have the inscription set into the boulder by his company at no charge, has been accepted. Likewise, the offer of the Emmerson Truck & Storage company, represented by George Sargeant, committee member, to transport the boulder without cost has been accepted.

Fred Gage, of the Gage printing company, will oversee preparation of a suitable inscription, and arrange for placement of the marker.

L. B. Anderson will secure the speakers and prepare the program for the dedication.

Merchants' Participation.

The part which Battle Creek's retailers will play in the two-day observance was outlined before the retail exhibit committee yesterday afternoon by Chairman Charles Binder, of the Binder Meat Market.

The committee began a preliminary survey of all retail concerns to determine the number of those who will take active part in the celebration and to what extent they will be represented. Letters have been sent to all retailers requesting them to cooperate in the observance and to give assurance that they will suitably decorate their premises.

To Picture Farm Progress.

The agricultural section will be supervised by Willaim Fruin, farmer. Battle Creek's rural area will be gorgeously represented in the parade. Especially will old-time implements and conveyances be featured.

Public schools will take a mammoth part in the parade. All schools will probably be represented by marching students. Exhibits and floats will represent Battle Creek's educational facilities, demonstrating progress of educational methods from pioneer days.

A considerable part of the parade will be devoted to contrasting modes of transportation during Battle Creek's earliest days and the efficient methods of today. This section is supervised by Harry Westbrooke, of the local Grand Trunk Railway office.

To Show City's Products.

The marked diversification and international scope of distribution of Battle Creek manufactured products will occupy a large section of the procession. Marcus Farley of the Duplex Printing Press Manufacturing company, is chairman of this section.

There will be music and plenty of it, according to William T. Dreyer, public school band director. His committee plans calls for representation of every band and drum corps in Battle Creek in the parade.

Attorney Emil Storkan and his committee are arranging with every veterans' and fraternal body to take part.

Future and Progress of the Sanitarium will be represented by several floats, according to Dr. Charles E. Stewart, acting superintendent. With his committee, composed of T. Aagaard, G. O. Wilson and Ruth Kelsey, he is arranging for separate floats to represent every major Sanitarium department and associate enterprise.

To Leo C. Sheehan, of the Evening News, and his committee, has fallen the job of telling the world and extending an invitation to attend the centennial. The news of Battle Creek's Centenary and the elaborate plans for its celebration will be carried on press wires throughout the country and will appear in practically all Michigan newspapers and leading metropolitan dailies.

John J. Gibson, general chairman of the Centenary, and Rudolph F. Mears, chairman of the Chamber of Commerce, are meeting with all committees in the Chamber of Commerce offices.
ASKS MORE CITY GIFTS IN TUBERCULOSIS DRIVE

Health Association Appeals for $40,000, Citing Increase of Disease Among Jobless.

Dr. Linsley R. Williams, president of the New York Tuberculosis and Health Association, appealed yesterday to the New York public to make up the difference of $40,000 between the sum raised in the current Christmas seal sale and the $300,000 realized from the 1929 sale. The anxiety, poverty and undernourishment caused by unemployment, he said, already had resulted in a 14 per cent tuberculosis rise in Manhattan. The seal sale has been extended for several weeks, he said.

"The shortage in the seal sale," said Harry L. Hopkins, director of the association, "places us in a critical position and threatens to nullify the years of work in fighting tuberculosis. Every day we are faced with the breakdown of borderline patients and former cured patients, who, out of work, have again succumbed to the disease."

"According to the latest statistics furnished to us from the preliminary reports of the Health Department, 1930 shows 5,847 new cases of tuberculosis registered in this borough, as against 5,125 in 1929, an increase of 722 new cases in Manhattan.

"Such a situation will cost the city millions more than usual, and the usual cost is bad enough—nearly $65,000,000 a year. We ask for only a few thousand dollars to help avert the disastrous tragedy of sacrificing these thousands of lives and millions of dollars to a preventable disease."

Jan. 20, 1931

N. Y. Times.
FAREWELL FOR DR. KELLOGG GIVEN AT SAN

Medical Director Is Leaving Tomorrow For His Resort At Miami.

Nearly six hundred members of the Sanitarium family gathered Sunday evening in the indoor gymnasium of the health institution for an old-fashioned get-together meeting, which was in the nature of a farewell party to Dr. John Harvey Kellogg, medical director, preparatory to his departure tomorrow for Miami Springs, Fla., the site of his southern health resort, Battle Creek, Inc.

Dr. Kellogg will make his last appearance of the year before a Sanitarium audience this evening when he conducts his weekly "Question Box" lecture at 8 o'clock in the North lobby.

Sunday evening's gathering in the gymnasium was a regular meeting of the Sanitarium helpers, but assumed the nature of a farewell to Dr. Kellogg when the doctor appeared for a brief address to the employees. The program also included addresses by Dr. Gerard V. S. Gavernitz, of Freiburg, Germany, and Dr. Ernest Jackh, of Berlin. Dr. Gavernitz aired his views on evolution, commenting that we are all animals and the human is distinguished from the beast because he has intelligence and the beast has not. Prehistoric animals, he stated, have passed out of existence because they did not progress. Man continues to exist because he does progress, he added. Dr. Gavernitz was enthusiastic in his praise of the Sanitarium and the work which was being done there. He told of how his health had been built up here following a breakdown which he suffered while on a lecture tour of the United States soon after the close of the World War. He has made regular trips here annually for treatment since that time, he stated.

Dr. Jackh discussed economics and conditions in Germany in general. He is scheduled to give an address at 8 o'clock Wednesday evening in the North Lobby of the Sanitarium before an audience of guests and patients.
Edison: De Rebus Sanitatis

Thomas Alva Edison last week again knuckled to the U. S. insistency that a celebrity be a pundit on all manner of things. His medium was Review of Reviews (monthly). Thus from his seat at West Orange, N. J. did Thomas Edison pontificate de rebus sanitatis:

Are there certain definite fields in which the research of the future will lie?

"Yes, health through biology and chemistry. . . . Sickness is pretty hard on the workman now. It's hard for them to get a good doctor, and the proper care is expensive. There is too much sickness, too. Something will have to be done about it, and that is where biology and chemistry come in. . . ."

"I have been experimenting with milk now for about eight years. For the last three years I have taken hardly anything else.* I came in with milk [he chuckled] and I guess I'll go out with it. It's the only balanced ration—balanced by the Great Chemist, who is far away." [He raised his stubby pencil over his head, toward the ceiling.]

Will science tell us to eat less, as it has told us to drink less?

"Eighty per cent of our deaths are due to over-eating. After the age of 21 a large variety and quantity of food is unnecessary. All those things crowd the stomach and cause poisons. It takes courage to learn restraint, but all that eating is unnecessary. I find that my weight keeps up on a glass of milk alone, every two hours. You eat less, yet you find your weight keeps up, and you feel better. Mrs. Edison tried it, always taking less and less, until [again the chuckle] she said she would have to stop, otherwise she wouldn't be eating anything at all, but would still feel fine."

Will more research in health—biology and chemistry—mean less in electricity—and mechanics?

"No, it brings new fields to work in."

Whereupon, after a few more questions & answers on stray subjects, Dr. Edison tucked a napkin in his collar and quietly swigged his ration of milk from a thermos bottle.

*Except a rare half orange or glass of orange juice.
EDISON TO CELEBRATE 84TH BIRTHDAY TODAY

Firestone and Curtis Arrive From Miami To Take Part In Public Exercises

BY REX SAFFER

Associated Press Staff Writer

FORT MYERS, Fla., Feb. 10.—Florida and this southwestern Florida city prepared tonight to render homage in a monster birthday party to Thomas A. Edison, who will be 84 tomorrow.

Amid palms and flowers at the estate that has been his winter home for 48 years, the aged inventor tonight rested in preparation for the official party tomorrow.

Friends of the inventor, led by Harvey S. Firestone, tire manufacturer, and Cyrus H. K. Curtis of Philadelphia, arrived here tonight to join in the celebration, to be climaxd by the dedication of the new $500,000 Edison bridge across the Caloosahatchee river tomorrow afternoon.

Henry Ford, the third member of the famed Edison-Ford-Firestone triumvirate, will not be here to attend the ceremonies. Delayed in the North, he will miss the first Edison birthday celebration in four years.

Gov. Doyle E. Carlton of Florida will arrive tomorrow.

Mr. Edison planned to spend the eve of his birthday at home with members of his family, without precelebration activity, but changed his mind tonight to attend a dinner with Mr. Firestone, Mr. Curtis and a group of close friends.

The dinner was at a Fort Myers hotel and was in the nature of a surprise for the inventor, since, it was learned, he did not know of it until shortly after the arrival from Miami of the Firestone-Curtis party.

As part of the night's program, however, Mr. Curtis scanned questions which he will answer in the interview tomorrow. According to his usual custom, the questions were submitted by newspapermen in advance and will be given out with his answers at the start of the interview.

At noon Governor Carlton, Chairman Robert W. Bentley of the state road department, and Esten A. Fletcher of Rochester, N. Y., imperial potentate of the Shrine, will be entertained at luncheons prior to joining in the state and city-wide celebration in honor of the aged inventor.

An escort of 24 high school girls will go to Seminole Lodge to bring Mr. and Mrs. Edison and their party to join the parade that will move to the new Edison bridge, named in honor of Fort Myers' oldest leading winter citizen.

Included in the parade will be a 1914 model Ford automobile, with the health work shining brightly, and driven by Fred Ott, right-hand mechanical man to the inventor.

Mr. Edison, who arrived here from New Jersey several weeks ago, has recovered from an indisposition which attacked him prior to his departure from the North, and today was reported by members of his household to be rapidly returning to health. He was examined recently by Dr. W. H. Kellogg, Battle Creek, Mich., an old friend, and pronounced in good trim.

The streets of the city were draped today with bunting and flags in preparation for the celebration. Crowds of spectators, hoping to gain sight of the electrical wizard and of the procession of notables honoring him, arrived tonight.
Ford 'Chins' Bar While Edison Just Watches

But Harvey Firestone Fails To Pull Himself Up Once As Famous Triumvirate Displays Gymnastic Ability On Limbs of Eucalyptus Tree Outside Inventor's Laboratory At Fort Myers.

[BY THE ASSOCIATED PRESS.]

FORT MYERS, Fla., March 13.—Henry Ford can "chin" a bar six times, but his old crony, Harvey Firestone, can't pull himself up once and Thomas A. Edison, third member of the famous triumvirate—well, he doesn't even try such things.

Gathering today for the first time together in more than a year, Ford, Firestone and Edison had a chummy reunion.

The motor magnate displayed his gymnastic ability as he grabbed a low-hanging limb of a eucalyptus tree outside the Edison laboratory. Six times he "muscled" up to touch his chin. Then the tire manufacturer tried his skill. With Mr. Ford's assistance he made it up once and turned loose.

The famous trio sat on the steps of the Edison laboratory and discussed business in general, as the tropical sun beat down upon their bared heads.

In the course of their conversation, Mr. Edison's 1914 model T Ford was driven into the yard, it's brass radiator shining.

"There she is," smiled the inventor.
"She still runs."

"Yes," countered the man who made it, 'and there are still about 6,000,000 of them on the roads."

And the tire manufacturer confirmed the latter statement, basing his calculations on the sale of tires for model T's.

The three old friends had a great time together, just talking and sitting in the sun and playing.

Mrs. Ford and Mrs. Edison enjoyed themselves elsewhere.
Among the week's crop of lecturers, of which Boston, as we have before noted, has ever a generous supply; Bostonians love to talk and love to listen; was Dr Morris Fishbein, editor of the Journal of the American Medical association. He flayed Massachusetts as being a favored ground for low-grade medical colleges, and he poked at some of the old superstitions about food and health. He even put in that humbug category the old belief that fish is good brain food.

A Springfield Scottish entertainer, now passed from this world, used to tell a tale on that point. It related to a Scotchman and an Englishman, good friends. The Englishman, rather slow-witted, asked the Scot how it was that the Scotch were so keen in business. The Scot replied that it was all due to a diet of fish—and he offered to get the Englishman a fish of the right kind, one every day for a shilling each. The Englishman decided to try it, and so every day he paid the Scot a shilling for a fish, which he dutifully ate. This went on for some weeks, until it at last occurred to the Englishman that his friend was making rather a good thing out of the arrangement. His suspicions grew, and one day he expressed them to his friend.

"I've been thinking," he said, "that a shilling a day is a good deal to pay you for those fish."

"There, now, ye see!" exclaimed the Scot. "Ye're getting brighter already—I told ye 'twould work!"
WEATHER: Fair tonight and Sunday; colder tonight possibly with frequent, decreasing northwesterly winds. Detailed report on page 2.

VOL. XXXVI. NO. 83.

39 LIVES LOST BY HEAVY STORM EAST AND WEST
Large Area of U. S. and Europe in Grip of Raging Blizzard

DRIFTS HOLD CARS
Atlantic Coast Buffeted by Wind and Sea, With Serious Loss

NEW YORK, March 9. (AP) Death, destruction and injury were being daily counted in the third day of world wide turbulence. London was experiencing the worst snowstorm on record for the past 40 years. Scotland lay under the deepest snowfall in years. A new ice and snow blizzard raged into northern France, Germany, Belgium, the British Isles and Iceland. Giant waves battered the coasts of France and several areas were already isolated.

Breeze of Hurricancy and southern Furies were abroad beyond defining heights and brought chaos across anxiety. The Southern United States was chafing below above average levels. Low sections were reporting gales on the Atlantic washed in their own waters of snow. New Jersey was taking stock of the severity of the situation. A blizzard that swept in the northern part of the province of Quebec, Canada, killing eight persons in the past 24 hours, was the most severe in 50 years.

United States weather officials indicated fresh fury of the elements with a warning to ships to keep shelter from Hurricane H., N. J., to eastern Maine.

Storm in Mid-West Causes 16 Deaths
Chicago, Ill., March 8.—(AP) Lightning casualties that appeared today in the Chicago area claimed the lives of two persons in a middle class neighborhood and left a trail of deaths estimated at 16. Farmers throughout the area, which suffered much last winter, were rejoicing at the heavy blankets of snow. Many thousands of unemployed had money in their pockets which otherwise would not have been available. This afternoon, in Chicago, 35,000 men were employed on cleaning drifts. Snowfall for southern Wisconsin has added to the agricultural college of the University of Wisconsin, and the snow itself would make a huge fortune in dollars to the future crop output.

Of the 16 deaths reported, seven were in Chicago, and nine in the suburbs. A man was killed when the high tension wire was being painted. For a time it was feared that the loss might be higher through the loss of four party members in the northwestern suburbs.

MIAMI
Marketing of Unperfected Inventions Hit by Edison
Aged Genius Says Many in Too Big a Hurry To Give Thorold Tests; Recent DeHumidifier Draws Praise

By REX SAFFER

Aged Thomas Edison told his indignant American haters in placing unperfected inventions on the market and urged drastic testing of every new device before it is offered to the public.

"They go off half-cocked on too many gadgets," he said. "Why, the inventor's treasure chest, I believe, has almost the reputation of being a dehumidifier, which he so eagerly and eagerly is selling under a weekend visit to Harvey S. Firestone. It was built to draw water from the air and its falls were installed in Edison's room at his home at Firestone Sat-

No one likes the idea of the dehumidifier because it was a wise invention, as was written by the interviewer. Thomas Edison himself described the invention:

"The principle was all right," he said. "But I don't want to see it, even as he set it in his automobile alongside a miniature rubber planting on the Firestone estate. I hope it isn't put on the market before it has been perfected in every detail," he continued, and commented upon haste in marketing. "To many things that used a good amount of study and development."

"In what manner would you recommend further study and development?"

"I don't know," he replied. "It was the answer."

"If you have not used creative genius apparently it was in fine detail as he prepared that there is no such invention as Edison's dehumidifier Sat-" on the Firestone estate. The device, a small rubber plantation on the Firestone estate. I hope it isn't put on the market before it has been perfected in every detail," he continued, and commented upon haste in marketing. "To many things that used a good amount of study and development."

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LITTLE
SEABURY ACCEPTS PROSECUTOR PRO

N. Y. District Attorney Investigated

NEW YORK, March 9. Samuel Seabury today accepted the full commission to investigate charges against Connecticut's C. T. C. The appointment was made by Senator Anthony D. (a thorough and effective investigator.)

BOON FOR ROBINSON STARTS IN ARKANSAS

Senate Says His Election Would Relieve Drizis
Women of Rotary Program Meeting Held at Suwannee

A delightful program meeting was enjoyed at the Suwannee hotel Wednesday by Women of Rotary, their guests, and other guests, wives of the visiting Rotarians. Chairman of programs, Mrs. C. J. Williams, introduced Mrs. Clare W. Chalmers, Holyoke, Mass., who gave a group of songs, "Little Rose of May" (Clark), "Il Est Doux, Il Est Bon" (Massenet), the encore being "Grandma" (Sachs), in her clear soprano voice and bringing out in a pleasing manner the various types of her numbers.

A very instructive talk on diet was given by Miss Ida Jean Kain, Battle Creek, who speaks under the auspices of Dr. Harvey Kellogg. Ruth Thane McDevitt, following the luncheon, presented "Hermione" and as an encore read "Family Party at the Bronx Zoo," one of her own compositions which was most enthusiastically received.

Usual routine business was transacted at the meeting, with group singing led by Mrs. Wilbur Smith and accompanied by Martha Jahn. Among those present were: Mesdames Henry W. Lamberton, Franklin, Pa.; Mary Jane Chancellor, Arthur Gowan, Waterville, Me.; Ruth Thane McDevitt, Clyde Lantott, G. F. Sukeforth, Miss Sallie Hardesty, St. Davids, Pa.; Mesdames Katherine P. Woolbridge, Gainesville, Texas; H. S. Wheeler, Roselle, N. Y.; Clare W. Chalmers, Holyoke, Mass.; H. E. Bochmiller, Hampton, Iowa; Lewis Thomas, Griffin, Ga.; R. T. Thorne, Miss Ida Jean Kain, Battle Creek; Mrs. A. A. May, Royal Oak, Mich.; and Mrs. Warner Randall, Port Richey.

The next meeting, which will be a business meeting, will be held in two weeks at the Suwannee hotel.
FROM
(Florida Clipping Service, Tampa)
MIAMI BEACH TROPIC

FLORIDA
DATE Feb 6 1931

CIGARS, MEAT ON BLACKLIST OF DR. KELLOGG

Famous Battle Creek Health Specialist Talks On Food
C. O. C. HEADS NAMED
Six Governors Are Reelected By Miami Beach Chamber

Dr. Kellogg outlined the basis for treatment given at his Battle Creek, Mich., sanitarium and at his new Miami Springs Hotel—which he said is full although it has been open only a month.

"The reputation of our institution has been built up on the fact that I have found out what makes people tired. There are two kinds of fatigue: toxical and real. Poor posture and storage of decomposed food are the causes of fatigue."

"My business is to tell people how to live," Dr. Kellogg said.

Coffee, cigars and meat were blacklisted by the famous doctor.

"Eating fruit for supper and taking hot baths were given as the best aids to sleep."

When Dr. Kellogg had finished his talk, Toastmaster Pancoast stated that he had heard Carl Fisher offer the dictator $500 a day if he would give daily lectures at one of the Fisher hotels.

"I'll save that much each day in meat bills," Mr. Fisher is reported to have told Dr. Kellogg.

Governors elected at the annual dinner were the same, with one exception, as those serving last year. John B. Orr, the newly elected member, filled the place which was vacant by W. B. L Teddy. Mr. Teddy was not a candidate for re-election.

Other governors who were re-elected are: C. W. Chase, Jr., Layton Sedgwick, Cooper, Thomas J. Pancoast, S. Grover Morrow, Lowey Wall and R. L. Ellis.

Each of the members of the board of governors is a leader in community and a citizen of the highest type.

Following the introduction of the governors, President Pancoast introduced several of the prominent guests among whom was F. Wingfield Webster, president of the Flamingo Tire Company of Miami and Miami Beach.
HEALTH FRUIT MAY BRING PROSPERITY

The late John Harvey Kellogg showed a preponderant interest in the papaya, which was apparent to most everyone in the throng attending the health fruit show at the New Tower a few years ago. He was at that time announced certain nebulous plans for a sanitarium here, since then realized. He also spoke of experiments being made by him with the papaya. He also contemplated an analysis of this fruit, to determine its chemical constituents, he announced.

The period of research instigated by him has since drawn to its culmination, although continuing in some form or another at the Miami Springs sanitarium all the time.

FROM
(Florida Clipping Service, Tampa)
MIAMI DAILY NEWS
FLORIDA FEB 8 1931

HIALEAH HERALD

FROM
(Florida Clipping Service, Tampa)
FLORIDA FEB 6 1931

Beach Chamber
ELECS 7 GOVERNORS

Six of the seven governors of the Chamber of Commerce were re-elected and John B. Orr was elected to replace W. B. Leddy, it was announced this week at the monthly dinner meeting of the organization at the Fleetwood Hotel.

Those re-elected include Charles W. Chase, jr., Thomas J. Pancost, F. Lowry, W. A. Grover Morrow, R. L. Ellis, and Clayton Sedgwick Cooper.

Mr. Leddy, although nominated several weeks ago for reelection, said he wished to retire because he would be out of the city several months this year.

Mr. Pancost, president and chairman, W. Chase, jr., secretary, discussed the activities of the chamber of commerce during the past year.

Dr. John Harvey Kellogg of Battle Creek, Mich., and Miami Springs, attributed much of people's tiredness to improper posture which cramps the vital organs and lessens their ability to function.

"There are two kinds of fatigue, natural and toxic," he continued. "The latter is caused by improper diet, congested colon and the use of tobacco and coffee. People must exercise self-control to live a long time," he said.
FROM
(Florida Clipping Service, Tampa)
Miami Daily News

FLORIDA
DATE
FEB 1 1 1931

MORGAN DODGES INTERVIEW, BUT
NOT PHOTOGRAPH

Noted Financier "Shot"
While Arguing With
News Reporter

Gazing into the lens of a camera has not ceased to hold a horror for J. Pierpont Morgan, international banker and one of the men most sought by photographers.

Next to having his picture taken, Mr. Morgan apparently dislikes being interviewed most of all.

"Not seen ONE minute?" he repeated when upon being approached by a member of the Daily News reporter staff with the request: "Would you spare me a couple of minutes, sir?"

This occurred when Mr. Morgan happened to step to the rail of his yacht, the Corsair, and the reporter, determined to snatch off an interview of at least 30 seconds duration, instantly followed up with the question: "How long do you plan remaining in Miami?"

It is the reporter's firm belief Mr. Morgan was not a humor to answer this question, probably a few more questions had been asked.

But just about the time the famous financier was about to deliver an expression of surprise and ducked within the confines of his yacht, the Corsair.

Needless to say, he had discovered that during his aftergoer too brief conversation, the photographer accompanying the reporter had snapped his picture just as fast as plates could be changed in the camera.

Mr. Morgan had discovered the presence of the camera too late to avoid being photographed, but that too soon to fit in with the reporter's plans for getting an interview.

The photographer returned to the Daily News Tower all smiles and not the least disturbed by some of the names he was being called by the reporter.

The Corsair, world's largest private yacht, arrived here today at 8:30 a.m. from a West Indies cruise to disembark Mrs. S. V. R. Croesy, sister-in-law of Mr. Morgan, who is returning to New York by train.

The Corsair, 111 feet long, for Brunswick, Ga., and from there will proceed to European Mediterranean ports.

One of the most expensive, as well as the largest private boats afloat, the Corsair, fourth of her line, is said to have cost $150,000 and is 3 feet over all, with a 47-foot beam. Her 3,000-horsepower turbo-electric engines are capable of 18 knots an hour. The boat was designed by Henry J. Glidow, Inc.

Aboard is the owner's yacht, anchored at Pier 1, municipal docks.
EDISON READY FOR BIRTHDAY

Health Improved Since Reaching Florida

FORT MYERS, Feb. 10.—(AP)—Rapidly returning to health after a brief illness Thomas A. Edison today divided his attention between his laboratory and municipal and state preparations for observance tomorrow of his 84th birthday.

The aged inventor, indisposed during his recent train ride here from New Jersey was pronounced "improving rapidly" after an examination by Dr. W. H. Kellogg, Battle Creek, Mich., an old friend. During the 36-hour train journey from New Jersey to Fort Myers, it was learned today, Edison declined to eat or drink, and was weak on arrival here. Today, however, members of the household reported him as feeling much better.

He scheduled a visit to his laboratory this afternoon, for daily inspection of the intricate machinery he believes will produce rubber from golden rod. Tomorrow will be set aside for his birthday observance, although he may visit the laboratory during the day.

Streets of Fort Myers were gay as flags and bunting were draped in preparation for tomorrow's dedication of the new $500,000 Edison bridge over the Caloosahatchee river. Pounding of hammers marked erection of a reviewing stand, from which the aged inventor, his friends, and municipal and state officials will witness a parade. Edison bridge will be formally dedicated by Governor Carlton.
Edison Ready For Birthday Question Box
Inventor Will Be Interviewed and Take Part in Bridge Dedication.

March 6, 1931—(AP)—Thomas A. Edison, who knows how to 'propound jaw-breakers' in his questionnaire to prospective young scientists, got ready today to answer a few questions himself.

Tomorrow is the white-haired inventor's eighty-fourth birthday and New Jerseyans and New Yorkers will be joining with him in ceremonies of dedication. The bridge has been named after the master of invention, and there will be a big parade and he will sit in a box with Gov. Doyle Carlin and other distinguished dignitaries.

The birthday eve was quiet. Only the usual small group assembled to mark the event. Without a word of comment, Mr. Edison has been keeping an eye on the progress of his experiments in developing a ray of light from oil. He has been following the activity of his well-equipped laboratory at West Orange. But mostly Mr. Edison continued the progression of resting and recuperating from a long year of activity.

The Inventor was not well when he appeared on the New Jersey State House steps last week. It was stated that he was “too weak to eat or drink his usual glass of milk during a journey to New York recently.”

Dr. W. E. Kellogg of Battle Creek, Mich., when he arrived in the city for the dedication, made the statement that Mr. Edison had been “improving rapidly.” In the past few days, the doctor has reviewed Mr. Edison's schedule of two trips a week in his own electric car to the laboratory.

Dr. Kellogg also revealed that the doctor would be joining Mr. Edison in a day's bus journey to New York to attend the dedication of the new $600,000 Edison Bridge across the Colosseahatchee River tomorrow.

Among those who will congratulate Mr. Edison are a number of his old friends, including the Rev. J. O. Mason, Metuchen, N. J., who rode in Mr. Edison’s own electric car when Mr. Edison was experimenting with films and other all-important activity of men in East Orange.

Dr. Mason also said the first public exhibition of his new camera was made in his church.

Mr. Edison will be greeted by Harold F. Gates, manufacturer, and the many friends who have admired and served him through the years. Among those who will arrive today to join in the dedication is Miss Elizabeth B. Parke, New Jersey, who will be present to witness the dedication of the new $600,000 Edison Bridge across the Colosseahatchee River tomorrow.

Henry Ford, the third member of the renovated Edison-Ford-Firestone triumvirate, will not be here to attend the dedication of the new bridge, it is said.

As a part of tonight’s program, Mr. Edison’s answers to questions which he will have his copywriter to answer in the interview tomorrow. According to the usual custom the questions will be rehearsed before the interview in advance and then another interview will be held.

At noon, Governor Carlin, Chairman Robert W. Bentley of the State Board of Education, and other guests, will be present to present Mr. Edison a model of the new bridge, Edison honor命名 in honor of Edison’s 84th birthday.

An escort of high school girls will be present to present Mr. and Mrs. Edison with an American flag. The parade will join the parade that will join the dedication of the new bridge, honored in honor of Edison’s 84th birthday.

Included in the parade will be a 1931 model Ford automobile with the bronze plaque shining brightly, driven by Fred Cott, right-hand mechanical man.

The dedication will take place at the bridge's site, with speeches and presentations, and will be followed by a reception.
Fort Myers To Hold Annual Birthday Celebration

Fort Myers, Feb. 15—(Associated Press)—The local birthday committee tonight flew into St. Petersburg, Fla., on the first plane to New York, where plans will be made for the celebration of the birthday of the first president, Washington, Feb. 22.

BY SPECIAL CORRESPONDENT

The committee expects to arrive in St. Petersburg today, where preparations for the celebration are being made.

Placards of the invitation, left in Harvey S. Foust, manu-

facturer of St. Petersburg, Fla., are to be distributed in Philadelphia, where they are to be joined in the celebration of Washington's birthday.

The committee will be given a copy of the invitation as soon as it arrives in Philadelphia.

The committee will then proceed to New York, where preparations for the celebration will be made.

For the full story, see The Florida Times-Union.
EDISON WILL RIDE IN BIRTHDAY PARADE

Seminole Old Fords and Officials to Be in Florida 84th Anniversary Fete.

BRIDGE TO BE DEDICATED

$750,000 Span Bears the Inventor's Name—He Is Much Improved From His Recent Illness.

FORT MYERS, Fla., Feb. 10 (AP) — On the eve of the eighty-fourth birthday of Thomas A. Edison, sponsors announced tonight details of a celebration tomorrow in his honor.

A parade to include a yoke of oxen, Seminole Indians, visiting dignitaries, soldiers, a 1904 Ford and Mr. Edison's own 1914 model was approved today by the inventor and Mrs. Edison.

The parade is to start at 2:30 and will be followed by the chief event of the day, formal dedication of the $750,000 State highway bridge over the Caloosahatchee River. The bridge was completed last fall and named in honor of Mr. Edison, but formalities were deferred until he returned this winter to his home here.

The parade is to have fifteen units. A mounted patrolman will be at the head, while the automobile procession to the bridge will be led by the Edisons and relatives, followed by Governor Doyle E. Carlton, E. A. Fletcher of Rochester, N. Y., Imperial Potentate of the Shrine, and officers of the Governor's staff. In the third car will be highway officials and Harvey Firestone, tire manufacturer and friend of Mr. Edison.

In other automobiles are to be Boy and Girl Scouts, musicians, Indians and more State officials.

Mr. Edison, escorted by more than a score of young women, is to cut a ribbon allowing the procession to pass over the bridge. The inventor said that he would witness the unveiling of a bronze plaque, relating the history of the structure, at the foot of the bridge.

The Edisons were to return to their home after the ceremonies at the bridge. Sponsors expected Mr. and Mrs. Henry Ford to arrive in time for the celebration.

Indisposed during his recent train ride from New Jersey, he was pronounced as 'improving rapidly' after an examination by Dr. W. H. Kellogg, Battle Creek, Mich., an old friend. During the thirty-six-hour journey from New Jersey to Fort Myers, it was learned today, Mr. Edison declined to eat or drink, and was weak on arrival here.

Today, however, members of the household reported he was feeling much better.

He scheduled a visit to his laboratory this afternoon for inspection of the intricate machinery which he believes will produce rubber from golden rod. He may visit the laboratory tomorrow also.

Because of his recent bad health, Mr. Edison has paid only once visit to his laboratory across the way from Seminole Lodge, his Winter home. Previously, it was his custom to visit the workshop in the mornings and afternoons, but the morning visit was dispensed with.

Mr. Edison had as his guest today a clergyman who rode on the inventor's first trolley car and in whose church the electrical wizard's first talking machine was placed on public exhibition.

The Rev. Dr. J. G. Mason, R9 of Metuchen, N. J., came to visit Mr. Edison while on a tour of Florida and plans to stay for the celebration tomorrow.

Dr. Mason was the prohibition candidate for the New Jersey Senatorship in opposition to Dwight W. Morrow last fall. He predicted that both major parties would be widely split over the prohibition question during next year's Presidential campaign.

"If President Hoover comes out squarely for prohibition he will receive the support of the drys," he said. "If not, he will have a prohibition opponent."

N.Y. Times, 2/11/31
FORGET WEALTH AS CLUB MEETS

Dr. John Harvey Kellogg Attends Annual Meeting of Millionaries' Group.

SEVERAL ARE KNOWN HERE
Sanitarium Head Is Associate Member of Party Which Possesses Billions.

Concentration of wealth to the amount of nearly a billion dollars centered at Philadephia last Tuesday when 200 millionaires came together for their annual northern banquet.

Among them was Dr. John Harvey Kellogg, of Battle Creek, an associate member of the club. The financial wizards, who dislike the name of the "Millionaires' club," call them the "Committee of One Hundred.'

Several are guests here.
Among the financiers belonging to the club are several who have become noted in Battle Creek Sanitarium, including Dr. Irving Fisher, of Yale, Henry L. Doherty, president of Cities Service Corp., and Senator Arthur Capper.

Dr. Kellogg, on a business trip to the east, stopped in Philadelphia for the dinner, and when the NEA photographer snapped a group of the millionaries at the dinner table, he was invited to stand in the front row.

It's an exclusive club.
Where Money Doesn't Talk
Seemingly contrary to the belief that the 230 men who have disappeared with the economic depression, this group still has enough wealth to pay off more than one foreign national debt. The millionaries gather to let their money talk. Their meeting was strictly social.

Back in 1926 the millionaires formed a social club. It was composed of 230 men who have houses at Miami, Fla. Two hundred of them, at least, had the necessary million. A few others, Dr. Kellogg among them, invited to become associate members, although living outside of Miami. The doctor's winter sanitarium, Battle Creek, Inc., is located at Miami Springs, on the outskirts of Miami.

Ever since that time, the group has gathered monthly for a stagg party. Once a year a luxury ball is given.

Harvey S. Firestone, W. K. Vanderbilt, Daniel Willard, H. R. Green, Joseph P. Widener, W. L. Mellon, and many others of the leading millionaries, are members. Dr. Kellogg has belonged for two years.

The club confined its activities to the south for four years. Then it instituted its northern banquet. The moneys made at the Hotel Biltmore in New York.

Plaintive southern music is always played. Hunting and fishing are dances. Nobody mentions money. It isn't necessary.
Questions of Health and Temperance Even Antedated Selection of Adventist Name

Review & Herald Literature Which Poured Forth in Great Stream Here for Many Years Had Much to Say of These Topics—Printing Plant Moved but The Sanitarium, a College, A Breakfast Food Industry And Thriving Church Remained.

THERE'S the Review & Herald. Dim remembrances of the younger generation about a great fire back in the picturesque past, more sharply etched memories of the old folks—many of whom are in regular attendance at the Adventist fall council here—some of whom saw the fire.

It's to bring these things out of the haze, and to sketch the really interesting history of the Adventist publishing business here, that this article is offered.

Perhaps it's a little ahead of the story, and there may be some back-tracking to tell, it possible articles about the second, third, fourth and fifth churches of the Adventists here... the start of the Sanitarium, oh, a host of significant things dealing with everything that has happened since Captain Joseph Bates brought the faith to Battle Creek in 1860.

But the temptation to talk about the Review & Herald is great, inasmuch as D. W. Reavis is here for the council, and Mr. Reavis, a genial white-haired man was active for 20 years at the plant. And there are numerous others at the council who worked in connection with the Review & Herald, or whose relatives did.

You should know that the Adventist people, even before the adoption of their denominational name here, after three days of prayerful consideration, were generally interested in the questions of health and temperance.

Their literature, which the Review & Herald poured forth in a mighty flood, had much to say about these topics.

Heretofore some reference was made to the building seen in the picture, how it was erected to house the machinery moved here from Rochester, N. Y., in 1863, and how the arrival of the publishing machinery was a thrill to a small group of men who loaned $300 each to the church, without interest, and that among them was J. P. Kellogg, father of W. K. Kellogg and of Dr. John Harvey Kellogg...

It takes rather deft fingers for a historian to follow the thread of the Review & Herald enterprise through the years to a beautiful building in Washington, D. C., standing today at the end of the road.

Deft ones because the start of the Sanitarium and Battle Creek college is mingled in the same skein. For Elder White regarded the preservation of health as a religious duty.

A health enterprise was started by the Adventists as early as 1860, entitled the Health Reform Institute, and incorporated by special act law as a stock institution, with the Adventists of Battle Creek subscribing to most of the stock. It was out of this institute—a water cure located on North Washington avenue across northeast of the present site of the Kellogg Inn—that the Sanitarium grew.

But the publishing business has not received proper acknowledgement in most current recollections, for the Health Reformer, monthly journal, spread the good word about the institute and the Adventist's health beliefs.

In that early day Elder James White had announced, "We are making arrangements to publish large on the health question."

Back of his simple announcement you may look for a date. It is 1849, when the Review & Herald began the publication of a small periodical at Middletown, Conn., entitled The Present Truth. Only three years before he had married Ellen G. Harmon, whom he met in his evangelical work at Portland, Me., where she was also engaged in religious work.

That first edition of The Present Truth, offered to the public with publishers, was the small beginning from which has grown the publishing establishment of the denomination.

Soon afterward, at Paris, Me., Elder White commenced the publication of the Advent Review and Sabbath Herald. The Review and Herald emerged at Saratoga, N. Y., as its successor. The next step was the removal to Rochester and thence to Battle Creek.

In this work Elder White and Mrs. Ellen G. White worked side-by-side, and he as the leader of the church had her devoted assistance.

By August 6, 1881, when Elder White died, the publication office here was issuing over 25,000 copies of weekly periodicals and over 50,000,000 pages of books, pamphlets and miscellaneous publications annually, disregarding the additions to be made by counting the activities of the publishing house at Oakland, Cal., and the office at Basle, Switzerland.

The first resident editor of the Review & Herald here was Uriah Smith, who is now dead. Later came Elder A. T. Jones, whose widow now resides on Howland street. Then was Prof. W. W. Prescott, who is now head of the theological department of the Emmanuel Missionary college at Berrien Springs. And Elder George C. Tenney, who after becoming chaplain of the Sanitarium was killed by a motor truck. Many others have
helped to carry on Elder White's publishing work to success.

By 1902 the Review & Herald had approximately 300 employees, and the building was beginning to grow pains of a kind.

The fire in that year destroyed

entirely the building at the same location at Washington, a Michigan avenue, the发行 Inn was then located.

Out of the sensational glare that the flames that devoured the structure came some sober chancy.

There had been criticism of the political activities in commercial publishing. It was felt that the office should not do work for business houses, thus coming into competition with local publishing firms.

Another factor had to be considere"—that the denomination grew brick by brick, that Battle Creek was no longer exactly suited to its headquarters. Without a new building, the Adventist missionary force was, conveniently placed, and the other representatives of the conference from which they had been, could negotiate.

The loss of the publishing house was accompanied by much talk of a new building, but when the time came, they had been established.

And, indeed, though, were there marks measureably more significant than the printing business, Battle Creek was a fast food industry, a church.

Today in a suburb of Washi.

D. C, called Takoma Park—a few miles away—you find a large store housing the book publishing business, the offices, etc., that were there.

Meet Elder F. M. Wilcox, a whose able pen has pleaded the nomination for more than 12 years during which time he has occupied the editor's chair.

He's here for the fall council.

Meet, also, Prof. C. S. Long, editor of Liberty, the Adventist "liberty" journal.

You've already been introduced to D. W. Reavis. He has been circulation manager of Present since its start and has spent years with the Review & Herald.

Battle Creek.

The next article in the series, "Beginnings of the Adventist faith, will be more detail with of the Sanitarium, and the beginning of the Sanitarium college.

The Beginnings of Adventism Here

From Iowa They Came to Health Reform Institute, Disgusted They Left Again

That Incident Proved That While Battle Creek Had a Good Idea It Needed to Be Done Up in a Neat Package.

Sanitarium and Breakfast Food Supremacy Were Outgrowths.

The horse-drawn back was mov-

ing slowly up North Washington avenue. The folks from Iowa, riding in the conveyance, were beginning to be anxious.

It was a scene to be duplicated several times during the next 60 years, when Battle Creek was young.

The visitors from the middle states, many of them members of the Health Reform Institute, which the Adventists had been advertising throughout the United States in the literature pouring out of the Review and Herald plant.

Here they could imagine the driver saying. He "hosed" to the horses, and they stopped on the avenue, appearance of an unpretentious farm house, situated a little to the north and west of the center of the Kellogg Inn, on the opposite side of the street.

"This is the Health Reform Institute... this... this... " And you can imagine the visitors' voices trailing off in dismay.

What happened next is authenti-

ated by those who have been fa-

miliar with the Sanitarium's history from its beginnings back in 1866 with the "water cure" enterprise.

The Iowa folks ordered the back to turn around, they went back to the depot, and they took the next train home.

In a way you couldn't blame them, for though the building was small there were big things lurking in the Health Reform Institute, to stir the world-wide reputation. It spanned millions of dollars, and evolved two of the world's most successful businesses, as incidental by-products.

Outward appearances were deceiving at the old institute, later to become the Battle Creek Sanitarium, in truth was a rudimentary health reform center.

When Dr. John Harvey Kellogg, after completing his medical course at the University of Michigan and postgraduate study at New York, came to take charge in 1876 as faith held—still holds—that you can save yourself by eating wholesome food, diet, sunlight and absti-

rrence from alcoholism, coffee, tea and tobacco, has been imperative, and continues to be to this day.

A good deal of sacrifice went into the upbuilding of the Institute, and the Sanitarium and the Sanitarium college from the very first when, as the Health Reform Institute, its stock was subscribed to by Adventists and others. They did not see its as a money-making scheme. That is clearly shown by the fact that there is "more than 90 percent of the stock to the institution in order to place it, in its infancy, on a philan-

thropic basis.

After 25 years the old charter expired, and in 1882 the institution was incorpora-

ted under the name of Michigan Sanitarium and benevolent association.

Legally it became non-sectarian and non-dividends paying, although from its inception this policy had been followed. In 1902 the Sanitarium and the great gynecal brick building of the Sanitarium, with one life lost—

that of a patient who went back into the structure after something in 1903 the Sanitarium passed from denominational control.

The Adventist influence is still alive today at the Sanitarium, as everybody knows, and the Kellogg institution does its business activities on Friday night and observes the Sabbath day, either by work or by rest. Dr. Kellogg affirmed this custom in 1918 in a formal notice to departments.

And the folks who came these days from way out in Iowa drive up in taxis, walk the sparkling parks alongside the great colonnades of the entrance, and decide that there's nothing wrong with the

This is the Health Reform Institute started by the Adventists in 1866, and such a disappointment to the visitors who had expected to find a great "health" organization.

Nevertheless great things came of it. The building, an old farm house, was situated on the present site of the new Sanitarium addition, just north of the present location of the colonnades.

(End of article. For the next issue, "Beginnings of Adventism" will be continued with more detail about the Sanitarium and the Sanitarium college back in the 19th century, and where the very first college classes were held here.)
One Asked Professor's Permission to Court Back in Battle Creek College Early Days

And First Structure Was Not Up on the North Washington Hill, As Many Believe, but on the Present College Campus—Real Estate Transactions Helped Finance Work.

"What! Ask the 'Prof' for permission to have a date?"

You can imagine incredulity of most college young folks of today if the thing were suggested.

But this happened back in the '70s and the story's about Battle Creek college. Asking the professor for permission to meet a young lady was what you had to do, providing you wanted what they term today a "date."

Co-ed was hardly fitting as applied to the young women attending the first school established by the Adventist faith. That word had yet to become the byword of every college humor magazine. "Betty Co-ed was a far cry away from Battle Creek college students!"

The young women were "the ladies," "you please," and that was the dignified way of showing the respect which all good men and true felt.

The young men among the 28 who flocked into the newly completed college building in 1875 were under strong hands of control, but also they were devout in their studies, which directed many of them into the ministry.

So a ruling which required them to have professional permission to "keep company" did not seem harsh—not at all an invasion of the personal rights such as would inflame college boy editors of this precocious age.

In fact there was a really pressing reason for it. Battle Creek college's first campus building, which still stands, was completed before there were any dormitories. The students boarded about town where, without close supervision, they would have been free to come and go as they might. This, in the '70s and '80s, in a church college, was entirely out of order.

Strange, that Battle Creek older persons who attended those first years in the old college, feel no sense of deprivation over having led a cloistered college life.

The professors tempered judgment with good sense. The older men and women students had quite some liberties. There were sleigh rides parties in the winter; good times all the year. And later, when the dormitories came, there were student gatherings.

And this is a good time to correct a mis impression you may have had. The first college here was not up on the North Washington hill, but on the present site of the Battle Creek college campus. The first college—if you want to call it that—was held on West Michigan avenue in the bindery department of the Review and Herald plant. In this building, the third floor from the Washington avenue corner, was established temporary headquarters to accommodate 150 or so students, for four months, while the new structure on the hill was being completed.

The Adventists knew a thing or two about real estate development. They used it to finance the building of their college. During the first part of 1873, cashes and pledges had been raised for $52,000 to finance a college. The same year 12 acres were purchased for the college site, on North Washington, opposite the Sanitarium grounds. Seven acres were reserved for a campus, and a line of lots laid out on the west and south sides of the tract. These lots were sold to assist in financing the project, and thus two new streets came to Battle Creek, the street west of the campus being named University avenue and the one south of the campus Sanitarium avenue.

When the college opened on January 6, 1875 after dedication, there was a large group of students ready to move in for classes. Creek under Professor Brownberger, English under Professor Bell, Biblical exegesis under Prof. Uriah Smith, others struck the note of triumph. For it was the first Seventh Day Adventist school—from which grew the vast educational movement of the Adventist faith, spread all over the United States in five major colleges, 60 academies and hundreds of secondary schools.

Opening with an enrollment of about 200 students and seven teachers, the college had by the time of graduation of the second class in 1880, a total enrollment of about 1,400 students up to that date.

Sojourner Truth, the nationally noted colored woman who lived in Battle Creek, and was a friend of Abraham Lincoln, sometimes would speak.

One morning when Sojourner was beginning an address, there was a flutter of note books by the young people. The lady seemed annoyed. She rapped on her head and said "Honeys, when I take notes, I take them right up here."

One chapel speaker was an old gentleman who lived on the north side of Spring lake, and who was promoting the building of a canal from Detroit to Lake Michigan. Aspirations were just as vast in those days.

The desire of the college was to connect the hand and the mind. It was sought to give students an opportunity to work their way.

This ambition proved a difficult one to fulfill. At one time it resulted in Professor Sutherland converting a large portion of the campus into a potato patch. The college also rented a farm north of the city in the sand hills. This unproductive acreage further baffled the aim. So the stockholders decided on a removal to another site.

About 1897 the college located near Berrien Springs in the fruit belt, purchasing 220 acres of land, and making the institution a thoroughly going one for agriculture and mechanics. A fine string of cattle, orchards, workshop and printing office—all of the things that seemed difficult to attain here—were secured.

The buildings here were undisturbed except for the library books and the school bell. At that time the buildings consisted of the old central building with its wing and an addition on the south side, the west hall dormitory and across the street on Sanitarium avenue was a large frame boys' dormitory.

Subsequently the college was taken over by the Sanitarium for its educational work, and organized under the same old name. While the Berrien Springs college—one of the five major ones of the Adventists—is known as Emmanuel missionar y college.

Among students of the first classes of the old college still living here are George B. Rees, Charles H. Giles, Clarence Whipple, L. T. Nicola and Dr. Wilton Smith—the son of Uriah Smith.

(Another of the series of Beginnings of Adventism in Battle Creek, Wednes- day, will deal with the quaint second and third churches of the faith.)
One Asked For Back in Bar

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And this is a good time to cor-
rect a misstatement you may have
had. The first college here was not
the campus was pervaded
with a spirit of religious fervor.
And eastward, southward lay the
Kalamazoo river, undisturbed by com-
mercial pollution and city sewers as
urban area grew, with beautiful green banks,
where many baptisms took place in
the sparkling waters.

In the funding of the college
lots were purchased and houses
were built by Uriah Smith, William C.
Cagle, Hickman Mullan, Prof. O. H.
Bell, Leander Graves, O. H. Jones,
Mrs. Welch, the S prune family and
Professor Sidney Brownberger.

The college building built in 1874
was a Greek cross brick structure,
15 by 15, three stories above a
high basement, with a bell mounted
in a cupola on the center of the
top. With wings added in later
years the old structure now is the
science building.

While workmen were wrecking
the old fashioned home building of
Erastus Hussey, the Quaker, they
found a cellar where he had kept
a station on the “underground rail-
road”—a sort of Negro slave
breakaway—for those times.

In 1874 Mr. Hussey built a fine home
on land secured from Judge Graves,
and the new college library now
stands. Under a covered porch Mr.
Hussey constructed a well, operated
on the two-hoetet system, and
many of his neighbors used it.

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BATTLE CREEK, MICH. THURSDAY, SEPTEMBER 1, 1932

Daily Health News

SENSE OF SMELL PLAYS QUEER TRICKS ON HUMAN RACE

INABILITY TO DETECT ODORS MAY HURT APPETITE

BY DR. MORRIS FISHEIN

Editor, Journal of the American Medical Association, and of Hygela,
The Health Magazine

Whereas in the lower animals the sense of smell is highly developed, in the human being it is subject to extraordinary variations.

Some people can detect certain odors in much less concentrated form than can other people; at the same time their sense of smell for other odors may be either normal or subnormal. When a person has been taking certain drugs, such as strychnine or cocaine, his sense of smell becomes exceedingly delicate. This may be due to the fact that the drugs shrink the membranes of the nose and thereby permit easier access of the vapors which carry the odors to the delicate nerves of the nose.

An inability to detect odors may, of course, be associated with a bad cold or any condition which swells the membranes of the nose or covers them with secretion. There are, however, cases of people who are born without the ability to detect odors.

Dr. E. M. Seydell, who has recently reviewed this subject, points out that the ability to detect odors may be interfered with by the toxic action of certain drugs. Sulphur or the fumes arising from the manufacture of rubber, alcohol, tobacco, chloroform, ether, morphine or carbolic acid, if repeatedly inhaled, will interfere with the ability to detect various odors.

This is perhaps due to an anesthesia of the nerves responsible for the sense of smell. These nerves are like the other nerves in the body, subject to fatigue, and when tired they do not act as well as when they are fresh. Hence, the nerves of smell may be exhausted by long stimulation or intense stimulation from various sources. In the same way the ability to detect odors gradually wears out in the aged, as do other senses such as those of sight, hearing and taste.

For this reason perfumes for the aged must be stronger and foods spicier if they are to give the pleasure associated with the use of the special senses.

The sense of smell is so closely associated with the sense of taste that a disturbance of this sense interferes frequently with appetite. There are, of course, various disturbances of a psychologic character which center on the sense of smell so that people complain constantly of bad odors which do not exist.

There are other cases in which the nerves may be stimulated by the presence of tumors or other disease of the brain. Sometimes the sense of smell is perverted.

A case is reported of a physician to whom violets had the odor of phosphorus and there was another man to whom everything smelled like cabbage.

There are cases in which the sight of certain objects produces in the patient a sense of an odor that does not exist and there are also cases in which the hearing of certain sounds brings on the sense of an odor that may not exist.

At this point the reader may well recollect the old statement, "Truly, we are fearfully and wonderfully made."

The lowest police chief salary paid in Kentucky is $55 a month by the town of Wickliffe.
First Adventist Church Was Built Here
Even Before Creed Had Selected Narr

Second Structure with its Two Entrance Doors, One For Men and One for Women, Located on what is Now Van Buren Near Cass—Acc

To a large number of the faithful living in the "west end" of the church in the little picture has a sentimental importance ranking it with the first of all Adventist churches in the world.

This church was built by the Adventists in Battle Creek. It was dedicated by James A. Garfield in 1866. The church was destroyed by fire in 1875.

The third church built by the Adventists in Battle Creek is shown above. It was dedicated by Dr. Myron Coburn, pastor of the church, who, together with the second church, forms the basis for this article.


In any church of the Adventists, was Myron Coburn, pastor of Battle Creek, who served 40 years. He was a member of the Board of Directors of the Battle Creek Adventist Church.

Near the close of 1888, a Sabbath School was organized among the members of the Adventist Church of Battle Creek, and the first superintendent of it was Mr. J. H. Kelly, a full brother of Dr. J. H. Kelly who had been a member of the Battle Creek Adventist Church in the early 1870s.

The original building was built by the Seventh-day Adventists in 1846 on Washington Street, became the home of the Battle Creek Medical School, and is still standing today.

The site of the church was 40 feet by 60 feet and the cost $400. The cupola was a small bell which rang on sabbaths. The first Sunday in April and the last Sunday in October was marked by the beginning and end of the Sabbath, respectively.

The second church, which was dedicated in 1875, was 80 feet by 100 feet and filled with the memory and affection of the church members.

The third church, which was built by the Adventists in Battle Creek, was dedicated by Dr. Myron Coburn, who, together with the second church, forms the basis for this article.

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The second church was dedicated by Dr. Myron Coburn, who, together with the first church, forms the basis for this article.
Last Question Box—Dr. J. H. Kellogg will conduct his question box tonight at 8 o'clock in the north lobby of the Sanitarium. This will be Dr. Kellogg's last lecture until his return in the spring from Battle Creek, Inc., Miami Springs, Fla. He plans to leave for Florida by the middle of the week. Dr. Kellogg will make the trip by motor this year as he will visit Barry school at Barry, Ga., Madison Sanitarium in Madison, Tenn., and other places en route. Nov. 7 32

SAN EMPLOYEES VOICE THANKS TO MANAGERS

Testimonial Is Presented To Board At Club Luncheon. Nov. 20 32

Commendation of the manner in which the affairs of the Battle Creek Sanitarium have been carried on "during the trying time of business depression" is contained in a testimonial presented yesterday to the board of trustees and bearing the signatures of more than 500 employees of the Institution.

Designed to express the appreciation of the employees for the efforts which the trustees have extended during the last two years and also to serve as a word of encouragement to them, the testimonial was presented yesterday at the regular luncheon and business meeting of the Sanitarium Men's club. The book containing the resolution and 500 signatures was presented by the Rev. Dr. Henry N. Jordan, Sanitarium chaplain, and accepted on behalf of the trustees by Dr. W. H. Riley, vice-president, and Dr. Charles B. Stewart, associate medical director, both of whom responded with brief talks.

Other members of the board present were M. W. Wentworth, Dr. M. A. Mortensen, Dr. Elmer L. Eggleston, George E. Judd, Dr. A. B. Olsen and Alfred H. Steinle. The only absentee members of the board were Dr. John Harvey Kellogg and Dr. Walter F. Martin, both of whom are out of the city.

The testimonial was drawn up by a committee of employees and inscribed in the front of a book, containing which were the signatures of the employees. The resolution read:

"We, the employees of the Battle Creek Sanitarium, desire to avail ourselves of this opportunity to express to the Board of Managers and especially to the Business Committee our gratitude and thanks for the efficient and economical manner in which you have conducted the affairs of the Institution during this trying time of business depression.

"We have utmost confidence in your integrity and ability to successfully cope with the situation, and we wish you to know that you have our fullest cooperation and support."

Entertainment for the Men's club meeting was provided by Lawrence Mayer, baritone, who sang several solos, being accompanied at the piano by Mrs. William T. Drever.
Miami Herald

FLORIDA

DATE FEB 28 1932

SANITARIUM OBSERVES KELLOGG ANNIVERSARY

Oaks, acacia and mahogany trees were
planted at a celebration Friday of the
eighty-first birthday anniversary of Dr.
John Harvey Kellogg at his Miami
Springs sanitarium. Employees and
friends of the health expert partici-
pated. Telegrams and letters of con-
gratulations were received by the
founder of the Battle Creek, Mich.,
sanitarium from throughout the world.

FROM
(Florida Clipping Service, Tampa)

Tropical Sun
(West Palm Beach)

FLORIDA

DATE MAR 18 1932

WHO'S WHO—1932

By Grenville Kleiser

The foremost man ......................... President Hoover
The noblest man ......................... Dr. John H. Kellogg
The bravest man ......................... Col. Charles A. Lindbergh
The smartest man ......................... Henry Ford
The kindest man ......................... John D. Rockefeller, Jr.
The mutest man ......................... Calvin Coolidge
The belovedest man ...................... Prince of Wales
The mildest man ......................... Ambassador Andrew Mellon
The boldest man ......................... Benito Mussolini
The sanest man ......................... Dr. Harry Emerson Fosdick
The gravest man ......................... Hon. Charles Evan Hughes
The truest man ......................... Rabbi Stephen Wise
The gentlest man ......................... Sir Wilfred Grenfell
The broadest man ......................... Nicholas Murray Butler
The brainiest man ....................... Hon. Elihu Root
The gloomiest man ....................... Dean Inge
The dearest man ......................... Hon. Oliver Wendell Holmes
The deepest man ......................... Arthur Brisbane
The drollest man ......................... Will Rogers
The soundest man ....................... William Lyon Phelps
The frankest man ......................... Col. Charles G. Dawes
The fairest man ......................... Hon. Mackenzie King
The brightest man ....................... O. O. McIntyre
The vainest man ......................... George Bernard Shaw
The humblest man ....................... Mahatma Gandhi

The few men who make a success of life owe it chiefly to one-
ess of aim and untiring industry. The majority of failures are
due to indolence, extravagance, and scattered effort. Men who
achieve most, boast least.
COLLEGE NEEDS OUTLINED HERE

Educators Address Business Leaders on State's Problem

Dr. Hamilton Holt, president of Rollins College, told a group of Miami business men last night that 80 percent of Florida's future is in the hands of students who will be graduated from the state's six colleges.

The meeting last night was one of a series being held over the state to acquaint representative citizens of the financial needs of the schools of higher learning.

These schools are the University of Miami and Rollins college, supported by public patronage; Methodist Southern College at Lakeland and Baptist John B. Stetson University at DeLand, and the two state schools, the University of Florida and the Florida State College for Women.

Besides Dr. Holt, others who spoke last night included: Dr. Edward Conradi, president of the women's college; Richard Troxler, Miami attorney, representing the University of Florida; F. M. Hudson, Miami attorney, and Prof. Victor A. Belauende, representing the University of Miami, and Dr. John H. Kellogg.

Mr. Hudson said that, with proper endowment, the University of Miami would draw students here from every country in Latin America.

Dr. Kellogg stressed importance of athletics at school and said education meant little unless the body had stamina to perform.
SANITARIUM HEAD AWARDED MEDAL
Sept. 6, 1932
Dr. John Harvey Kellogg First Of Eight Distinguished Doctors to Be Named.

Dr. John Harvey Kellogg last night was the first of eight of the nation's distinguished physicians to be named to receive a medal for an "outstanding contribution to physical therapy" at the Hotel New Yorker in New York City during the President's dinner with which the eleventh annual session of the American Congress of Physical Therapy opened.

For "Pioneering Efforts"
Dr. Kellogg's citation read: "for distinguished early pioneering efforts in physical therapy."

Almost at the hour, however, when the citation was read, Dr. Kellogg was conducting a weekly "question box" at the Sanitarium where his efforts along therapeutic lines have made him a world authority.

DR. KELLOGG SPEAKER AT LIONS CLUB MEET
E. Sept. 20, 1932

"I am in the life insurance business," Dr. John Harvey Kellogg said in beginning a talk before the Lions club this noon in which he dealt with the effects of tobacco smoking on health. He said, "For nearly 60 years I have been trying to keep business men alive after they become 50 years old."

Smoking, he said, causes high blood pressure and he had tables he distributed among the men, showing loss in expectancy at different ages with increases in blood pressure.

Dr. Kellogg was introduced by Wendell Doty.

Sept. 20, 1932
MULTIPARITY

One out of about 100 childbirths produces twins, one in 10,000 triplets, one in a million quadruplets. There are authentic records of several multiparities of five, but only five credible instances of six children being born in one pregnancy, and only one acceptable record of seven. Hence last week's dispatch from Porto Alegre, Brazil, was well-nigh incredible: one Espinosa Nunez de Antunes of Baracay had been delivered of eight daughters, two sons. All ten died at birth.

TIME, May 2, 1932.
SIR HORACE PLUNKETT.

His Closing Days Were Embittered by the Burning of His Home.

To the Editor of The New York Times:

May I congratulate you on your article dealing with my compatriot and namesake, the late Sir Horace Plunkett?

He was no relation of mine and yet he was one of those whom I always met whenever I went to Ireland. I can remember well the occasion when I first went to his historic home in County Wicklow.

There was a huge party at the time and I arrived a little late. Sir Horace was there at the hall door to greet me and insisted on showing me around the whole house before I joined the other guests.

I was amazed at the man's personality. A healthy, vigorous, middle-aged man pursuing in his own way the great ambition, the great dream of a lifetime—namely, a united Ireland. He was sacrificing his life, his wealth and his genius to that end, and he anticipated no reward of any kind. I remained quite speechless while listening to him, for here was a type of Irishman such as I had never met before in all my travels.

The last time that I saw him was in a club in Cape Town, South Africa, in 1922—a little, wizened old man, trembling all over, a mere shadow of his former self. At first I hesitated to approach him, but then I decided that I would. He looked at me and then called out:

"You remember my house. You saw it. Do you hear what they've done? They've burnt it down. They've burnt my house. Look here!"

His shaking hand went to the pocket and he pulled out a clipping from an illustrated paper showing a picture of some ruins.

"That is my house. All that is left of it. Do you remember I showed it to you? Well, it's gone now. They've burnt my house."

I tried to change the subject but it was no use. He kept returning to it, saying: "There is nowhere for me to go and live now. They've burnt down my house."

Thank you for your appreciative article. I can assure you that it was the kind of article that he also would have been delighted to read.

H. PLUNKET WOODGATE.


New York Times,
(March 30/32)
DESCRIPTS NEW MEANS OF INSULIN TREATMENT

Dr. Collens of Brooklyn Tells Rome Congress of Administering Substance Through Nose.

Wireless to THE NEW YORK TIMES.
ROME, Aug. 30.—The International Physiological Congress, which was opened in the Capitol yesterday by Premier Mussolini, began its discussions today. Among the most interesting papers read was one by Dr. William S. Collens of Brooklyn, who reported the discovery of a method of replacing injections of insulin for the cure of diabetes by the administration of the same remedy through the nose and obtaining identical results. Dr. Collens’s discovery was praised by various speakers, among whom was Professor McLeod of Edinburgh.

Dr. Collens, who has an office at 9 Prospect Park West, Brooklyn, is in charge of the diabetic clinic of the dispensary of the Jewish Hospital, Prospect Place. He was graduated from Cornell Medical School in 1921 and is a fellow of the American Medical Association.

A method of administering insulin by the mouth was described by Dr. Bernhard Stuber of Kiel and Dr. Konrad Lang of Freiburg in Berlin in 1929. They said they had discovered a combination of insulin and fellic acid that could be absorbed through the alimentary canal. One of the drawbacks of the system was the cost, because more insulin was used.

Cuba Jails Publisher’s Son Again.
HAVANA, Aug. 30 (AP).—Heriberto
Sir Horace Plunkett, first vice-president of the Department of Agriculture and Technical Instruction for Ireland, known for his contributions to Irish agriculture, died on March 26, aged seventy-seven years. — Science, April 22, 1932.
PLUNKETT DIES, 77; IRISH REFORMER

Sir Horace Was Also Noted as Leader of the Cooperative Movement in Native Land.

AN AIRPLANE PILOT AT 75

...continued from page 1...


Special Cable to THE NEW YORK TIMES.
LONDON, March 26.—Sir Horace Plunkett, Irish reformer and leader of the cooperative movement, died today at his home in Weybridge, Surrey, England, at the age of 77.

Of amazing vitality and energy, Sir Horace learned to fly when 75 and piloted an airplane two years ago at the Brooklands air pageant. He attributed the foundation of his health to ten years spent in ranching in the United States, where he formulated his ideas for the cooperative farming movement. After a succession of attacks on his property during the Irish rebellion, he transferred his household to England, where he since had resided.

Lived Many Years in America.

Sir Horace Curzon Plunkett was born in 1854 in County Meath, Ireland. He was the third son of Baron Dunsany, whose peerage was created in 1439. He attended Eton and Oxford, and shortly after his graduation came to the United States, and, like Theodore Roosevelt, went West to build up a poor physique and weak health by ranching. He spent several years in Wyoming, where he retained his big ranching interests all through his life. His friendship with Colonel Roosevelt dated from the time when both were ranchmen in the West. He was 35 years old when he determined to return to Ireland, with his plan of agricultural cooperation, which he realized to such a degree that he laid the foundations of a work which is destined to leave an enduring mark in the economic history of the country.

His absence from Ireland during his formative years, which saved him from sentimental adherence to any Irish faction, and the fact that his great work was economic service performed for Irishmen of every shade of opinion, gave him a position as a great Irish leader outside of the political cockpit and enabled him to carry on work for the creation of the beginnings of harmony among Irish parties.

His influence was not confined to Ireland. His reputation and personal strength in England continually operated in favor of a conciliatory policy toward Ireland and shaped English opinion in favor of granting self-government to Ireland. The success of his plan of agricultural cooperation in Ireland also produced results in many parts of the world and was the inspiration of the Country Life Commission in this country.

President Roosevelt, a few days before he left office, wrote in a letter to James Roosevelt:

"Roosevelt Praised His Work.
"My old friend Horace Plunkett, whom I saw on his periodical journeys to America, kept me informed on the Irish agricultural situation and of the movement for better living on the farms of Ireland. We Americans owe much to Ireland and to Plunkett in the work we have been trying to do in the United States, and before I leave the Presidency I want to acknowledge our debt and to send through you my thanks for the help we have had; and not only my thanks, but the thanks of every man who knows what has been done and sees the need and the sure results of this great movement to help the men and women who feed the nation and stand at the foundation of its greatness and its progress."

Plunkett's work for Home Rule began after the success of his agricultural plan was assured. His belief was always that economic welfare in Ireland would settle most of the political troubles, and he once said in an article in The North American Review: "Solve the economic problem in Ireland and in the process Irishmen will be so elevated that they will solve the political problem for themselves."

Plunkett's comparative freedom from party entanglements and his stanch loyalty during the war made him the logical and perhaps the only possible choice to preside over the convention of Irish delegates called in 1917 by the British Government to prepare a Constitution for the future government of Ireland. In spite of a lack of concrete results, this convention made some progress in the direction of future unity, and its Chairman came out more influential than ever.

Opponents Burned His Home.

The following year Sir Horace founded the Irish Dominion League, an organization which furthered the establishment of Ireland as a self-governing dominion on the model of Canada. While not completely adopted, this idea of Plunkett's had a great effect in the formation of the Free State Government later on.

Another theory of Sir Horace's, for which he fought more valiantly perhaps than any other, was the necessity of unity within Ireland. In 1920 he wrote an eloquent and widely read pamphlet called "An Appeal to Ulster Not to Desert Ireland." With Irish unity, he believed there would go union with the Empire as a whole, and thereby incur the enmity of the Republicans. They denounced their feeling toward him by burning his beautiful manor at Killereagh, County Dublin, while he was on a trip to America. It was considered at the time one of the most wanton acts of destruction perpetrated by the Irish Republicans, as his home contained priceless works of Irish art, old Irish manuscripts, porcelain, glassware, eighteenth century furniture, all of which went up in smoke.

When the Free State was established Sir Horace was nominated as one of the original members of the Senate, and he was indemnified for the losses incurred by the fire. It was characteristic of him that in place of building himself a new home he turned the money over to his township to build houses for the poor.

To the end Sir Horace remained identified with the agricultural organization he had founded, although he relinquished the presidency late in life. His policies were very ably continued by the poet George Russell ("AE"), whom he had chosen many years before when looking for a "man of imagination" to carry out personal work among the farmers. The organization has gone ahead on the principles formulated in Sir Horace's famous slogan: "Better farming, better business, better living." For the propaganda work connected with it, Sir Horace had many years before founded Ireland's first agricultural paper, The Irish Homestead. Later he also founded The Irish Statesman.

Sir Horace visited the United States practically every year, spending part of his time at a sanitarium in Battle Creek, Mich. He was an uncle of the Irish Dunsany.

The comment of Geo. Shaw on the news that he had become a flyer at the age of 75 is "agreeable and not too of suicide," but Sir that it was a tonic for the London taxicab.
Irish Free State senate and took up his residence in England.

Always an interested listener at health lectures given at the Sanitarium, Sir Horace was a confirmed believer in the biologic form of living and followed its dictates rigorously, even to the extent of attempting to introduce them into England. In 1913 Dr. W. H. Riley, with Mrs. Riley, was touring England and other European countries to visit clinics, Sir Horace invited them to be his guests at his mansion in Ireland for a week. While they were there, Sir Horace arranged a dinner in their honor at which all of the leading physicians of Dublin were guests and at which Sir Horace requested Dr. Riley to outline for them the “Battle Creek Idea.”

Sir Horace made his first visit to the Sanitarium in December, 1910, and followed this with other trips to the health institution in 1911, 1912, 1913, 1914, 1915, 1916, 1919, 1920, 1921, 1922, 1923, and 1924. He also appeared in lectures here on six different occasions, dealing particularly with the political situation in Ireland, on which he always gave an unbiased account of conditions. He always dwelt upon his co-operative farming idea during his talks here. His visits to Battle Creek were usually made in the winter and for a period of about two months, Sir Horace coming to the health institution principally for rest and a physical check-up.

Plunkett Death Brings Sorrow To Many In City

News of the death of Sir Horace Plunkett, eminent Irish statesman, late Saturday at Weybridge, Surrey, England, at the age of 77 years, was received with sincere regret by his many Battle Creek friends, with whom he had formed intimate acquaintances during his 13 visits to the Sanitarium between 1910 and 1924. His congenial personality made Sir Horace beloved by all who knew him here and he was referred to as “a man who was interested only in good things and who spent his life attempting to help his fellow men.” Those in Battle Creek who knew him best described Sir Horace as being “very pleasant and always modest.”

The most significant factor in the political career of Sir Horace was the part he played in settling the political differences between Ireland and England, as chairman of the Irish convention which was called during the World War to attempt to reach a definite settlement. His promotion of co-operative farming in his country also made Sir Horace a prominent figure in Ireland’s history.

Among the more intimate of Sir Horace’s Battle Creek friends were Dr. John Harvey Kellogg, Dr. Charles E. Stewart, Dr. W. H. Riley, his physician during his visits here, and Dr. Gertrude Johnson. It was recalled today that Sir Horace was a patient at the Sanitarium in 1923 at the time his beautiful mansion, Kilteragh, in county Dublin, was burned by Irish irregulars, resulting in the loss of many valuable documents. Following this incident, Sir Horace retired from the
SIR HORACE PLUNKETT.

HORACE PLUNKETT was a great Irish prophet without honor in his own country. At least, he was without adequate and deserved honor. The chief reason for this was that he stood apart from the fierce political contests in Ireland. His main work lay "above the mêlée." What he did for cooperative farming in Ireland and for the establishment of agricultural banks was really of more importance than anything accomplished by furibund politicians. Sir HORACE was too philosophical, too calm, too intent on practical results, to fit well into the turbulent Irish scene. Yet with great good nature and shrewdness and tenacity he stuck to his own ideas and plans, which, in their slow unfolding and achievements, did more for the economic improvement of Ireland than any single movement or influence of his day. He was a fervent advocate of Irish unity, including Ulster, but also held that Ireland outside of union with the British Empire was unthinkable. This position of his led to ferocious attacks upon him by Irish Republicans, who finally shocked and shamed the Government of the Irish Free State by burning down his beautiful home with all its historic and art treasures. Even this crowning outrage he took with characteristic poise.

He was a good friend of the United States, based upon long and intimate acquaintance with this country. From early life to old age he was in the habit of paying visits to America. Here he was a close student of our political and social life, and formed close friendships with many of our public men. They prized him at something like his true worth, even if many of his fellow-countrymen did not. In his great and successful efforts for the revival of Irish agriculture and the improvement of small towns and the countryside, Sir HORACE PLUNKETT had something of the fate of the man described in the Book of Ecclesiastes:

There was a little city, and few men were in it; and there came a great King against it, and besieged it, and built great bulwarks against it. Now there was found in it a poor wise man, and he by his wisdom delivered the city; yet no man remembered that same poor man. Then said I, wisdom is better than strength; nevertheless the poor man's wisdom is despised, and his words are not heard.

3/28/32
Lobby Notes

Mrs. George McDonald of Wyoming, Ohio, who has been our guest for several weeks, was hostess to the other evening to one of the most delightful dinner parties ever given in the Sanitarium. Mrs. McDonald, one of Ohio's foremost citizens, visits the Sanitarium each summer season and her charming personality has won her many friends. The dinner party Friday evening honored Miss Elise Boylston of Atlanta, Ga., one of the outstanding young women engaged in educational work in Georgia.

It was quite natural that Mrs. McDonald, whose love of gardening made her chairman of the Conservation Division of the Ohio Association of Garden Clubs, should choose for her dinner decorative motif a garden scene. As one entered the private dining room, he walked under a border of oak branches into a veritable garden. The table, built in a hollow square, surrounded a miniature garden complete in every detail with its miniature trees, formal gardens, garden furniture, pool, streams and rustic bridges.

Miss Boylston is one of the art supervisors of the public schools of Georgia, is a writer of children's stories as well as editor and contributor to several well known art magazines. Mrs. McDonald paid tribute to the Sanitarium and to the benefits derived from her several visits here, expressing the hope that she may always spend a part of each year at the Sanitarium to enjoy the splendid helpful advantages the institution affords.

Doctor Kellogg, called upon to say a few words, paid charming tribute to his hostess when he said—

"I am sure you all agree with me that it is a special honor and an unusual delight to be guests of so brilliant and charming a hostess. And this beautiful setting—such a profusion of flowers and foliage, miniature lakes and spreading landscapes—brings us the fragrance of shady nooks and blooming meadows, and suggests a picnic rather than a formal feast.

"As I have been sitting here surveying this circle of guests, I have been saying to myself, who else in the world could such an exhibit of brains and beauty be gathered from dwellers under a common roof? The secret is simply that this institution is a beauty emporium, a beauty factory in fact, where comingles and sweetness are purveyed, made to order, by a faculty of beauty experts. And so it is not surprising that this place should have become a rendezvous of beauty lovers and beauty seekers, and this extraordinary display is a proof of the rejuvenating magic of the biologic technic which puts its stamp on every detail of each day's experience in this caravansary of health beauty seekers gathered from the four winds of Christian heathendom.

"Beauty born of internal sweetness attained through biologic rectitude is not a mere superficial, aesthetic quality; it is the outward sign of vital potency that electrifies brain and nerve and muscle and puts zest into every heart throb and fortifies the citadel of life against hostile invaders.

"I am sure we all esteem ourselves fortunate in being here tonight. We delight to do homage to our gracious hostess, not only for the pleasure she has given us by making us her guests, but because of her great achievements in her own state. Our Buckeye neighbors have her to thank for a state-wide system of bridge-dams, whereby superabundant rains are preserved for use instead of swelling rivers into devastating floods—a great public service for which her fellow-citizens might show due appreciation by electing her to the gubernatorial chair.

"Permit me, Madam Hostess, to congratulate you on your great accomplishments as a promoter of the public interests of your state, and both you and yourselves on your attainments in health and queeny beauty through the practical application of biologic ideals."
NURSES MEETING FOR ANNIVERSARY

Total of 355 Enrolled for Golden Celebration of Local School.

OLD FRIENDS GATHERED

Local Alumni Meet Those from Far Away; Exhibits Are Shown.

Memories of school days many years past were harked back by 355 nurses, graduates of the Sanitarium Nurses' Training school, who registered in the north lobby of the Sanitarium for the reunion of former students, in celebration of the 50th anniversary of the school's founding.

A display of early uniforms and gowns used by the students were far different from those worn today, and as the graduates looked upon them, they found it impossible to believe that they wore them when they were young. Pictures of the trophies of the classes down through the years are arranged in the east hall parlor.

355 Registered

From coast to coast, the alumni have come, and at noon today the registrations of out-of-town alumnae staying at the Sanitarium included 183 former students, and the total registration so far was 355.

Several of them are staying in private homes in the city, and a few have rooms at East hall.

Will M. Johnson of the class of 1905, has come from Bethesda, N. D.; Ellen K. Campbell, from Pasadena, Cal.; Mr. and Mrs. D. M. Watkins from Los Angeles; Della Oliver, 1904, Milwaukee; Frances E. Norworthy, from London, Ont.; Berta M. Orchard, Long Beach, Cal.; Marion F. Poole from Windsor; Dr. Rowland E. Wood and son, Alvin Wood from St. Petersburg; Mrs. Mae Sutton Walker, Los Angeles.

Nearly All Represented

Nearly all of the classes have some representatives here. Mrs. Mary Stanies Foy, who has been director of the school since its establishment, and graduated in the first class, 1886, is one of the oldest, and is greeting a throng of those whom she cheered through homesickness and discouragement when they were in training.

Nineteen men have registered, many of whom have become physicians and specialists. Dr. Charles E. Stewart and Dr. Paul Roth of the class of 1891; Dr. Harry B. Knapp, class of '96; Dr. A. W. Petersohn, class of 1900; and H. A. Nay, 1898, are among the local men whose names appear.

Of those who attended the school during its first 20 years are 33 men and women. Those who had arrived from out-of-town were, F. J. Christofferson of Washington, Wls., of the class of 1890, and Mrs. Della Wing Christofferson, '91; Cora Armstrong Pedicord, Zanesville, O., '93; Dr. N. Nelson, Chicago, '95; Emma Jean Green Hall of Berrien Springs and Clara J. Saxton-Phillips of Defiance, O., '96; Carrie Schultz Boston, State Hill, N. Y.; Laura Marie Jensen, Washington, D. C.; Emma Wood Babcock of St. Petersburg, and Dr. C. S. Bossart of Mora, Minn., '99.

Local Graduates Attend

Local residents, gathering at the Sanitarium to meet their classmates of more than 30 years ago, include Elizabath Garrett Morgan, 1890; Emily Stevens, 1891; Anna Tabor Blumbart, 1892; Maude Faulkner Hall, 1898; Mrs. Eliza Warner and Dr. Linda Roth, 1897; Dr. Nettie Evans Knapp, James M. Wilbur, and Margaret Waldo Sheldon, 1898; Charlotte Hoffman, and Virginia H. Rowe, 1899; Olive Jones Cooper (Mrs. J. E.) Dr. Gertrude Johnson, Irene Jackson, Caroline Zahn, and Grace Chandler Ney, 1900; Effie A. Tyrel, 1902; and Leone Sweet, 1903.

Class reunions, and the program of commencement exercises at Battle Creek will make the next two days busy ones for the students of the training school, founded in 1893 and later incorporated with Battle Creek college.

A meeting of the alumni of all the schools of the college was held this morning in Kellogg hall.

Hold Class Day

Nurses' class day exercises for this year's 33 seniors were held at 2:30 on the lawn of East hall, under the direction of Mrs. Hilda W. Hamilton, and Mrs. Mary Stanies Foy entertained at a tea and social hour later. She was assisted by Miss Leone Sweet, Mrs. Effie Tyrel, Miss Jessie Midgeley, officers of the nurses' alumnae group, Miss Margaret Etz, Mrs. Lee Gilbert, and Miss Edith Sparks served.

A tour through the new buildings at 4:30 o'clock was the last event for the afternoon, and this evening the delegates will be guests at a reception at Dr. John Harvey Kellogg's home.

The classes of 1913 and 1921 met for luncheons this noon, and Tuesday morning Mrs. Opal Burgess of Galesburg will entertain her classmates of 1927 at breakfast and the class of '29 will meet for luncheon. Representatives of the class of 1920 will go to Irving park for a picnic tomorrow noon.

June 12, 1933
Minister Cheers For Florida

Editor The Herald: I have just finished reading Dr. John Harvey Kellogg’s wonderful address before the Miami Realty Board. Twenty years ago I became a patient of Dr. Kellogg for a nervous disorder which was putting me out of business in my work as a minister of the gospel. He did his best for me, enabling me to fight on, though wounded. My trouble increased with increasing years and last fall I was compelled to retire because of ill health. One month ago I came to Miami. I have not been able to practice fully Dr. Kellogg’s prescription of unobstructed sunshine, though I have not, as he suggested, denatured the climate with pipe or cigar yet. I am glad to testify that my aches and pains are almost already gone, and I wish to whoop it up for Florida and say all hail to Dr. Kellogg. May be run far beyond the goal of the “Three Score and Ten” club.

Rev. Lewis Grant Adams.

(Editor’s Note: Dr. Adams is a retired Methodist minister of Illinois and is the father of Marvin D. Adams, widely known Miami insurance broker.)
FLORIDA OFFERS: Unrivaled Health Advantages

By DR. JOHN MERTZ KELLING

From the archives since the service of the nation during the past years, the medical profession of Florida has been a consistent leader in the field of health and well-being. Now more than ever, with the world's health facing extraordinary challenges, Florida offers an unrivaled array of resources and opportunities for promoting and maintaining health.

Florida's warm climate, abundant sunshine, and natural beauty create an ideal environment for those seeking to improve their health. The state's diverse range of recreational and cultural activities encourages a lifestyle that promotes mental and physical well-being.

Dr. Kelling discusses the benefits of living in Florida, including the state's medical facilities, climate, and lifestyle. He highlights the state's contributions to medical research and education, and encourages visitors and residents to explore the health opportunities available in Florida.

In conclusion, Dr. Kelling emphasizes the importance of taking advantage of Florida's unique health offerings, and encourages readers to consider the state as a destination for both medical tourism and personal health enhancement.

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Florida's health advantages include:

1. **Medical Facilities**: Florida is home to some of the nation's top medical centers, providing cutting-edge care and treatment options.
2. **Climate**: The warm climate and abundant sunshine are ideal for those looking to improve their health.
3. **Recreational Activities**: Florida offers a wide range of activities that promote physical and mental well-being, including hiking, swimming, and cycling.
4. **Cultural Opportunities**: Florida's rich cultural offerings, such as museums and art galleries, can contribute to mental health.

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In conclusion, Florida offers a unique combination of resources for those seeking to improve their health. Whether through medical care, recreation, or cultural opportunities, Florida provides a comprehensive approach to health and well-being.

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*Dr. John Mertz Kelling* is a retired physician and medical writer. He has contributed extensively to the fields of health and wellness, and is a frequent contributor to health and lifestyle publications. His work focuses on promoting the benefits of a healthy lifestyle and the importance of maintaining good health.

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For more information on Florida's health advantages, visit [FloridaHealth.com](http://FloridaHealth.com) or contact the Florida Department of Health at 1-800-FLORIDA.

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The Florida Department of Health encourages individuals to explore the state's offerings and take advantage of the health benefits available. Whether you're looking for medical care, a place to retire, or a vacation destination, Florida has something to offer for everyone.
Consultation by Mail—A request for advice concerning a critical case has come to Dr. J. H. Kellogg, at the Sanitarium, from Finnestad, Botilsater, Sweden. Charles Larsen of that country has written: “I have heard of the great things that you can do. Am hoping you can tell me something that will help my wife,” and describes a serious ailment. Carl Hjarpe, special masseur at the Sanitarium, translated the letter in written English and forwarded it to Dr. Kellogg at Battle Creek, Inc., Miami Springs, Fla.
SPIRIT OF FRIENDSHIP
FURTHERED BY GROUP

Organization Composed of Men
Who Have Won Outstanding
Recognition

By Miss Giffen

Along the Beach at North Bay Village, a group of
men whose names are familiar all over the
world is meeting. They are the members of the
Committee of One Hundred Plays, which com-
prised 100 men of distinction who have been
active in the motion picture industry.

These men are gathered at the North Bay
Village Club to discuss the future of motion
picture exhibitions in the community. They are
interested in improving the quality of films and
in instilling a spirit of cooperation among the
various theaters.

Among the members of the Committee are:

- John G. Bain, producer
- Alfred Santell, director
- Douglas Fairbanks, actor
- D. W. Griffith, director
- Al Jolson, singer
- Charlie Chaplin, actor
- Mary Pickford, actress
- Victor McLaglen, actor
- Lionel Barrymore, actor
- Greta Garbo, actress

The Committee is working towards the crea-
tion of a permanent body that will promote
the interests of the motion picture industry
in this area. They are planning to hold regu-
lar meetings and to organize a fund to support
educational programs related to the motion
picture industry.
A visit of the Committee of One Hundred of Miami Beach to A Century of Progress in Chicago was featured last Tuesday with its fourth annual Northern dinner in the Drake Hotel with Clayton Sedgwick Cooper, president. The organization, composed of leaders in business, the arts and sciences, heard Gov. Dave Sholtz, Gov. Henry Horner of Illinois and Charles F. Kettering, president of the General Motors Research Corporation. Fred P. Hallman of the Chicago committee in charge of the meeting. Harvey S. Firestone was host at a garden party at the Firestone building at the fair following the banquet.—Photograph by Kaufman-Faby.
It was Charley Heckman, two pounds lighter than a papa hippo, who with a strange look in his eyes and a still-I-don't-believe-it note in his voice, said to me, "Well sir, I've been eatin' hay—never thought I'd come to that—and I kinda liked it."

So I grew a bit interested and began inquiry. He was talking of life at the John Harvey Kellogg sanitarium, out at Miami Springs, a branch of Dr. Kellogg's world famous Battle Creek institute.

You see, Coach McCann has been taking the Hurricane football squad out there for rest and quiet before the big games. We've all heard of the good Doctor's famous "meat substitutes" and health ideas, but it remained for Charley to express himself.

So-o-a I rather thought the doctor might be found mowing alfalfa, for they say he's a strong and powerful man despite his 81 years. But Dr. Kellogg was in the patio of the hotel, surrounded by rare tropical trees, shrubs and goldfish. And instead of a string of long scientific words anent the digests of a boiled steak, his first words were:

"Want to see goldfish respond to a whistle? Well, there's a first time for everything, so I decided this would be just as good a time as any to see goldfish respond to a whistle."

SO DR. KELLOGG reached into his pocket, and the quiet of the little patio was shattered by the shrill notes of a policeman's whistle. We were hidden from the fish, and then we walked over to the pool where those fish were congregated along the bank closest to us, trying their darndest to jump out onto the grass. The doctor fed them some bread—soy bean bread—and soon they were satisfied. But somehow those fish heard that whistle.

So-called at the sun rooms—a real nudist colony in our midst; only the men are segregated from the women. Dr. Kellogg is a firm believer in sunlight for health. We looked too, at great tall bamboo trees, various types of palms, orchids from the Everglades, a beautiful rubber tree and great masses of climbing vines in bloom. Surely this man believes in watching things grow; he is intensely interested in every plant around the big building.

Then, we talked about athletes, for Dr. Kellogg is interested in active men and women. He has studied this human body for 60 years. I suppose he has been too busy with his own work to follow the careers of our famous athletes. But he knows them of some personally, through actual contact—and others through diet.

For instance, he recalled Battling Nelson very vividly, but not as the slashing, never-say-quit bulldog of the ring.

"I REMEMBER the night he lost his title—in Kalamazoo," Dr. Kellogg said. "The next morning, in an interview, Nelson was quoted as saying 'Twas the beefsteak that did it.' We found he had slipped away from his trainer and consumed a big steak before the bout."

"I remember another instance," the doctor continued. "That fellow to whom Tunney lost his title. Now, what was his name?"


"That's the man," he cried. "Well, before he fought the Argentine man—Firpo—he trained on vegetables, mostly, and fruits. And Firpo ate hardly anything but beef. Firpo was the man who tired first."

Then the doctor went on to explain fatique. "When you close your hand," he said, "an acid is formed—lactic acid—which brings about muscular contraction. When the fingers straighten out again the acid is dissolved. Every time an athlete, a runner for instance, lifts his leg, this process goes on. Soon, the muscles simply refuse to function further."

"Now, meat," and here the doctor really grew interested. "Meat contains too much uric acid. And this works as a clog on the muscle function of an athlete. It is like sediment in the body. That is why, after eating the food here, the Miami football players found, after their hard game, they weren't as tired as they usually are after a long muscular struggle."

HERE DOCTOR KELLOGG told me an interesting story of medieval European custom. They knew nothing of uric acid, of course, but they had learned that a cow killed when exhausted gave them more tender meat. So they practiced "baaling" or allowing dogs to chase an animal until it was unable to move farther, before killing it. Another custom was to hang the cow up by the horns and beat it to death with whips, thus assuring themselves of tender meat. The muscles of a tired animal, you see, are torn down by exertion.

Then to the X-ray room, where I saw the bones of my hand, including two grotesque baseball points, for the first time. Dr. Norton, the assistant, showed me various exercise devices, one for reduction of a protruding tummy, one for back muscles, the late President Coolidge's famous mechanical horse, a vibrating chair.

They showed me too, an electric "exercise" chair. You lay in it, put your legs in the devices, your arms in other gadgets—and in half an hour you've run 10 miles and lost four pounds. This, Doctor Kellogg explained, really does give complete muscular exercise to the body without exertion. It is healthful to some, he explained, because the man with a weak heart can get a workout without danger.

I didn't see any of the hay, though Doctor Kellogg did show me some sausages made from soy beans. You cook 'em just like sausages, and he says they taste the same.

But that's another day. I'm going out some day to—well, if you see a great change; know ye, it's all due to the scientific food ideas of a man who has tested it for 60 years and declares it's sound. Want to know a few vegetarians?—Plato, Seneca, Socrates, Pythagoras, Ben Franklin, Leonardo da Vinci, Horace Greeley, Thoreau, Wesley, Clemenceau, Tolstoy, Mussolini, Shaw, De Laspea, Booth, Pinchot—and Kellogg.
THE WINNER—By Louis McHenry Howe

FRANKLIN DELANO ROOSEVELT, from the beginning of his political career, has fought more hopeless fights—and won them—than any man who has achieved prominence in American public life. He has been, more than any other public man, decently interred by his opponents, by circumstances and by the hand of fate itself, in that vast graveyard where sleep the political ambitions of many worthy men; but, unlike the others, he has refused to remain buried and has, as it were, ridden back with the driver of the hearse from each political funeral, a better-known, and more dangerous opponent than before.

At the very beginning, his first experience in politics was when he received the Democratic nomination for state senator in a district so hopelessly Republican as to reduce the Democratic nomination to a mere friendly compliment for a nice young man whom everybody liked. To make the absurdity of any attempt at winning more manifest, it was the home district of the famous Lou Payne, chief lieutenant of the Hon. Thomas C. Platt, at that time absolute master and overlord, not only of the Republican Party but of the entire state of New York, and Lou Payne took particular delight in delivering, at each election, his own district, tied up in a neat package, with enough surplus votes to have elected several more Republicans in the adjoining districts as well. It was a perfectly hopeless fight—and Roosevelt won it.

Then followed his appearance at Albany as a new senator serving his first term. A new senator at Albany is of an importance somewhere between that of the janitor and a committee clerk. Yet this perfectly impossible young man, objecting to the Tammany choice for United States senator, proceeded to gather around him a group of minor and unknown legislators from both houses sufficient in size to block Tammany’s choice—for this was in the days when senators selected by the legislature in New York and there was a slender margin of Democratic votes on a joint ballot of both houses.

A Boat With the Tiger

THIS absurd and quixotic performance, mind you, was in the days when Tammany was at the zenith of its power as absolute master of the Democratic Party in the entire state; the days when no upstate leader of any consequence would dare disregard an order to come down to New York and see the Chief, and, hat in hand, would humbly stand at the Wigwam’s door and get explicit directions as to what he was to do about this or that. It was obvious that this was a hopeless proposition. By no possibility could such a curiously assorted group hang together under any leadership, but as the deadlock continued for days—for weeks—for months—without a desertion from the Roosevelt standard, Tammany’s chuckles changed to growls; and in spite of the fact that this was, for the second time, a hopeless contest, Roosevelt won it.

But though Tammany had lost its candidate for senator, it had lost none of its power of reprisal. It was announced publicly that none of the insurgents would be allowed to come back to the legislature, and, in fact, only one of them did.

Even assuming that he would throw himself into the campaign for reelection with all the enthusiasm and the political skill he had displayed in his first fight, the odds of 10 to 1, or what you would, were freely offered among the sporting fraternity against Roosevelt’s reelection. But when, on the very day following his nomination, he was stricken with typhoid fever and it became known that the doctor decreed that he must not even think of elections or politics until long after the campaign would be closed, the absurdity of considering the possibility of his success was universally conceded. He was doomed to a sure defeat, but he won with a larger majority than when he ran before.

Becalmed on the Political Sea

DEFEAT in direct battle having failed on these three occasions, destiny tested the fighting qualities of this man in more subtle ways. First he was appointed by President Wilson the Assistant Secretary of the Navy. The headstones in that graveyard of political ambitions already referred to bear more epitaphs reading “Here lies an assistant secretary” than any other. Look over the record of assistant secretaries for yourself, if you doubt this statement. A certain Theodore Roosevelt had, indeed, got one foot well into this identical grave, but with that marvelous political sense which kept him out of so many dangers he realized his peril very shortly and, leaping nimbly out of it, hastily resigned to lead the troops at San Juan Hill as a colonel in the Army; but this was only an exception which proved the rule.

To make matters worse, at what he was assured was the direct request of President Wilson; Assistant Secretary Roosevelt announced himself as a candidate for the senatorial primaries in his own state, Tammany, which has a long memory, promptly rolled up a majority of 3 to 1 against him, in spite of a creditable showing in the upstate districts, and he thus became a man who, obviously, could not carry his own party in his own state. It was a combination which, of course, according to all wise politicians, ended Franklin Roosevelt’s political life; but at the close of his eight years’ service he was nominated as the party’s choice for Vice President. This, according to all sane political judgment, turned out to be merely stepping from one grave into another, for he and the head of his ticket were swamped by an avalanche of Republican votes, and once again his own state repudiated him, with Cox, by a million majority. Franklin Roosevelt as a public man was through, in the opinion of all political observers: but here destiny, which seemed determined to make Roosevelt’s political internment certain and final, played the cruellest trick of all. Stricken with infantile paralysis, condemned, apparently, to spend the rest of his life in a wheel chair—that was emphatically and beyond the possibility of any doubt the political finish of Franklin Delano Roosevelt; and yet, on March fourth he will become the President of these United States.

Such being the remarkable history of this man, and it being a matter of grave public interest whether or not he can again accomplish the impossible and lead this country to better days, it is worth while noting what are the characteristics which have carried him through such an amazing series of unequal struggles. First of all, I would place the most...
"It is impossible to tell," was his reply. "Instances of an attack of this kind in a man of Mr. Roosevelt's age are too rare to provide satisfactory statistics; but I can tell you, frankly, this much—though his condition will grow no worse, his improvement will be very slight unless he has the most extraordinary will and patience. It will mean hours, days, weeks, months, and years of constant effort to bring the muscles back, efforts which must not be relaxed for a single day. My experience has been that very few people possess the courage and determination to make this fight, but if his interest in resuming active life is great enough, if his will to recover is strong enough, there is undoubtedly a chance."

Very little was known about infantile paralysis in those days compared to what has been discovered since—little more than that the virus finds lodgment not in the brain but in the lower spinal cord, that it proceeds to feed upon nerve centers located there. It had also been proved that the will to move these muscles played an extraordinary part in recovery. It was known that the disease itself either conquered or was conquered in a few days, and that the whole problem, if the virus had been overcome, was the restoration of control. Not much more than this was known. The serum now used had not been discovered, and it is perhaps of interest to add that Mr. Roosevelt gave almost the first blood used for the preparation of this serum for actual use in practice, and that the serum thus obtained resulted in the recovery of a child who had been affected.

The Will to Get Well

When I told Mr. Roosevelt the doctor's verdict, when I pointed out the possibility of a long, useful life engaged in literary work, of which he was very fond, and in other things which required no personal agility if he decided to accept his condition as final, and warned him, with all of the doctor's frankness, of the uncertainty of hope and the certainty of years of painful effort which must follow a real determination to recover, there was not the slightest hesitation in his decision.

"Very well," was his reply, "When do the treatments begin, and what do I have to do?"

Nor was there at any time any real doubt in his mind that he would recover, just as I think he has no real doubt at present that eventually he will get around without a supporting arm and with only a cane for his assistance. But what strength of will and what grim determination were needed in that fight, none but those immediately associated with him can have any idea. I have seen him lying on the bed, concentrating his will to such an extent that the perspiration literally rolled down his face in an effort to move a single muscle of his little toe.

There were hours of exercise which could not be neglected any day. Not once in those three or four first critical years, no matter how tempting it was to skip just one treatment, did he relax his efforts. Surely, it is a fair statement that a man who has already so conquered his disability as to be able to move about almost as readily as any other person, possesses to a superlative degree this will to win that I have talked about.

Today, over muscle after muscle, control has come back. It was a year after the attack that I caught him, early in the morning, moving his foot up and down, and noted how strongly and with just so much ease and grace as he has ever been able to move it. He felt the freedom of control, the new power which with him means so much, and he was好 of his new ability: "I feel much better," he said, "and I'm going to work hard to get better."

"That's the spirit!" I said. "You must never give up."

"I won't," he replied confidently. "I'm going to work hard to get better."

The next characteristic is a certain natural gift for political strategy, an ability to seize the opportunity of the moment and to take advantage of it. This ability is natural and not acquired. It attracted my attention many years ago on the closing night of the session of the legislature. Young Senator Roosevelt had been deeply interested in the passage of the fifty-four-hour-week bill, which had been made a party measure, but which, by a single vote, had failed to pass the senate. As usual, young Roosevelt refused to concede defeat, and at what might be described as half past the eleventh hour, as the senate was about to adjourn, the missing vote was secured. The legislative business was over, the hands of the clock had been set back, and nothing but the usual closing ceremonies was scheduled.

The leader of the opposition party was the Republican leader of the senate, State Senator Edgar T. Brackett, one of the most adroit and resourceful politicians New York State has ever known. All the other friends of the bill, considering it hopelessly lost, were regretting that the vote had arrived too late. But Mr. Roosevelt would not acquiesce. "Make sure we have all the votes," he said, "and we will start talking and move the passage of the bill." His direction. Then it was found that the redoubtable Timothy D. Sullivan, one of Tammany's overlords, weary of the session, had left the chamber and could not be found.

Instantly young senator Roosevelt saw the chance. "I will talk until you get him," he announced. Whereupon he rose and, explaining that he wished to make a few remarks on the fifty-four-hour bill for the purposes of the record, launched into an entirely

(Continued on Page 46)
What Bill Jones demanded of the Freiherr von Eilen, did he mean by the "too." "It was a question of who would pay the most," von Eilen admitted. Madame offered the Frenzeline first to Prince von Zindersdorf. The price was too much. He could not meet it. The Freiherr required thirty thousand marks before anything was secure. My papa made a heavy sacrifice, he faced distress, in hope of a good future. But I think we will like it, and that is why I am willing," said the Countess. "I have this picture of Bill Jones, like an edge of steely, indistinct background of Evangeline's study, kept her sentinent with an agony of apprehension. "Quick," he said, leaning forward. The Freiherr von Eilen half rose; he worked in his hulk. Nothing constantly grew more painfully labor. Madame Kroehnauer told me," he said, a thin, whistling voice. "She sent us word too,"

**THE WINNER**

(Continued from Page 7)

Incidentally, Tim Sullivan and Franklin Roosevelt were firm friends to the day of Sullivan's death, after this incident. "You are the only way that I can get this thing out of my mind,"" said Tim to Roosevelt. "It is my job to step in and try to get it all,-" was Tim's oft-repeated statement. This natural ability to seize the spur of opportunity is a most important advantage, and not, of course, been shown in many ways, and more recently in the Democratic campaign, whose strategy was entirely the creation of Roosevelt. It is the little politics of the Cabinet that is often too modestly little. It is a most important qualification for a President to have in the long struggle to try and keep his country on the road that he has traveled during the next four years.

Next, I would rate his knowledge of both the theory and history of government in these United States. Never was such knowledge more needed than at the present moment when it is obvious that a new rebirth of our country in the economic structure to meet present conditions, and when it is equally imperative that this be done without doing the fundamental principles on which this republic was founded.

Government was always a favorite study of the liberal-elector in his college days. His personal library was founded by a gift from his father of a set of badly worn volumes of the Federalist. He is, I think, as familiar with the debates in our first Constitutional Convention as the average reader is with the oratory now being given out by the Government on the subject of beer. He knows not only what the Constitution says but what the intent of those who wrote it in drawing up the documents was. There is no one who stood in good stead during his four years as governor. The Republican majority in the legislature, at the beginning of his term, was a direct result of the executive authority over the budget to the courts, only to have the highest judicial tribunal to find the extreme limits of the Constitution. Thereafter they abandoned, for the balance of his two terms, any attempt to enter into serious questions, on what were or were not his constitutional rights, or what was or was not a constitutional piece of legislation.

A result of his studies, Mr. Roosevelt is an ardent champion of the preservation of the independent rights of the judicial, the legislative and the executive branches of our Government. He is always up in arms at any attempt of the legislature to usurp the powers of the Executive, a plan which I would like to see passed by the Judiciary to assume legislative duties, and of any move by either of these branches to usurp the legislative branch of the Executive. This is also an important qualification for a President. An example of this constant watchfulness and restraint is the way that he would step in from one branch of the government by another was very recently displayed in the memorandum he filed as governor, threatening to dissuade the state from making a judgment by a judge of one of the lower courts in New York as to how he had conducted the proceedings in the case of the removal of Mayor Walker. A lawyer himself, he has all of a lawyer's respect and reverence for the courts, but never while he is in a position of authority will he stand silent should the courts attempt to usurp any legislative or executive powers.

**Getting the Foreign Viewpoint**

And now I come to a qualification about which little is known, except by his more intimate friends, and that is his unusual accuracy and real understanding of foreign affairs and the relations of our Government with foreign powers. Just as he was interested in his own Government, Mr. Roosevelt has been equally interested in other governments as well. The eight years he served as Assistant Secretary of the Navy at Washington afforded him unusual opportunities to learn about our foreign relations. The State Department and the Navy Department were in the habit of sending Sullivan overseas in Washington until the World War was well advanced, and there was a sort of natural comradeship between these two departments, and a certain exchange of views between their undersecretaries. It was handy to drop into one another's offices and talk shop. But even Sullivan's intimate personal friendship which grew up between the Roosevelt family and Sir Cecil Spring-Rice, the British Ambassador, was not a diplomatic acquaintance, but a real personal friendship, and I think it will be lasting.
in the years to come that the President-elect acquired from informal gossip over the teacups a more real understanding of the British point of view than is possessed by more than a very few Americans today.

In the same way a friendship almost as close and warm sprang up between the young Secretary of the Navy, Franklin D. Roosevelt, and Howard, who represented France. Both Mr. and Mrs. Roosevelt, who use French with almost the same fluency as they use English, were the same French Ambassador and the French point of view is well known to the incoming President. Other informal diplomatic friendships of the Roosevelt Administration were more or less unfamiliar. He knows about farming from the farmer's point of view; he knows about labor from the workman's point of view; he knows about banking from the banker's point of view.

When he spoke about the forgotten man, it was from a profound belief that we are paying too much attention to institutions and not enough to individuals. There is no doubt about the man being forgotten in the new administration. Mr. Roosevelt has probably the most enormous personal correspondence with parts of the country and with public life today. There is scarcely a town where there does not dwell some person who has written to him, or who has seen him, or who feels that he is his personal friend. I think whenever there seems to be a misunderstanding on the part of our officials at the first, the President or Congress intends to do, you will find that he will sense it even ahead of the press, and that, following his custom as governor, radio and public addresses, address the people directly as individuals, with explanations of what it is all about, as easily understood as a man can explain his life in the use of the English language can make it. It was in this way that he won in his campaign the long fight to preserve the water power of the St. Lawrence. It was in this way that he won many other less noticeable encounters with the somewhat recalcitrant and overconservative legislators. Every time the Republican majority announced that it would not go along with his recommendations, Governor Roosevelt's direct appeals to the voters back home were followed by such unmistakable frankness from the instigators that they were forced, in every case, eventually to change their minds. In fact, I think it is fair to say that Mr. Roosevelt went out of office in this year of no major recommendation defeated by legislative, and this has been done, not by wieldin a big stick but by a understanding -ness to sit down and talk things over with the legislators themselves.

Hazel. A closed-throat tie, argeria trimmed

Wanda. A steel blue dress, all around metal

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MUSSOLINI

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**Mussolini Sets a Good Example**

The great increase in the mortality from pneumonia, heart disease and certain other grave disorders during the winter months, is due more to the overheating to which millions of people subject themselves than to the cold weather, though the latter is, of course, the occasion for the artificial heating. Except in aged people and persons enfeebled by disease, most cold weather diseases would disappear if persons living in a region which enjoys cold weather during the winter months would take care to harden themselves by graduated contacts with cold air, instead of shutting themselves up in overheated rooms, thus lowering their resistance, and especially resistance to temperatures below those to which they are accustomed. It is not at all a difficult matter to harden the body so as to greatly increase its ability to resist cold.

Mussolini has taken to skiing. He is setting the Italian people a good example by spending the week-end in the mountains, where he mingles with multitudes of his fellow countrymen, who, following his example, are carried to the mountains on special trains in great numbers for week-end participation in the winter sports of various sorts, the purpose being to gain strength by strenuous exercise and increased resistance by contact with cold.

Dwellers in temperate zones, which are blessed with a cold season, who make good use of their opportunity for cultivating hardihood, are far more vigorous than dwellers in tropical countries. It is for this reason, doubtless, that the people who live in regions that have a cold season are the dominant nations of the world.

**ITALY IS READY, SAYS MUSSOLINI**

"Better To Live Day As Lion Than 100 As Sheep," Is View

ROME, May 24. (P)--Premier Mussolini told a cheering throng celebrating the nineteenth anniversary today of Italy's entrance into the World war that "it is better to live one day as a lion than 100 as sheep."

Thousands upon thousands of soldiers, black shirts and Fascist youths jammed the square about a balcony of the Venezia palace as their leader proudly pictured a young, vigorous and militarily prepared Italy. "Italy wishes peace, but is now ready for any eventuality," asserted the premier. "Are you ready?"

A roaring chorus of assent answered his question.

N. Herald, May 25, 1934
BABSON REVEALS KEY TO SUCCESS

Proper Training Essential, Noted Statistician Tells Students

Competition will always be a part of the social system of the United States, whether it remains capitalistic, or becomes socialistic or communistic, Roger W. Babson, statistician and writer on economics, told students of the University of Miami in a special assembly yesterday.

"There will always be an aristocracy of power bred in competition," Dr. Babson added. "There may be no longer an aristocracy of wealth or property, but as these are eliminated, competition will concentrate on efficiency."

Dr. Babson, resident of Babson Park, Fla., and Mass., who secured his LL. D. degree at the University of Florida in 1927, was presented to the students by Dr. John Thom Holdsworth, dean of the school of business administration. Dr. B. F. Ashe, president, opened the meeting.

Individual efficiency of the young person was stressed by Dr. Babson as necessary for success in future competition.

"You want to train yourselves, physically, intellectually and spiritually. The race you are going to enter, whatever the social system may be, requires training, just as you train yourself for a marathon run."

Selection of parents, profession and mate were termed the three most important choices in life by Dr. Babson. Studying ancestry for weakness and strength and acting accordingly was his advice for man's first important selection. Six vocational groups, in one of which a person is most likely to succeed, were mentioned by the statistician: promotional, professional, mechanical, temperamental or artistic, literary and financial. Thomas A. Edison was quoted to the effect that the world's greatest strides will soon be made in biological study.

May 7, 1934
CITRUS AIDING HEALTH OF U. S.
KELLOGG TELLS

Florida Fruits Save
Countless Lives,
Expert Claims

FOOD QUALITY RICH
Vitamin C Property
Most Valuable
He Says

Dr. John Harvey Kellogg, head of the Battle Creek sanitarium, yester-
day told the Florida Horticultural society that Florida is making a
great contribution to national health with its citrus and tropical fruits.

“Citrus has saved more human lives than any other type of fruit,”
the well known doctor and dietician declared.

HEALTHIEST STATE

He predicted that the day would come when Florida, through con-
sumption of its own health giving products, would stand out as the
most healthful state in the union and that as a result, other states
would rapidly swing into fine and profit by a diet proven to be best
for mankind.

In his lengthy address, Dr. Kellogg repeatedly warned against the germ
carrying tendencies of meat. He said that some hamburger and some
livers had been found to contain more colon germs than the “fresh
droppings of animals.”

In speaking of beef tea he declared that it was nothing more or less
than ox urine in a teacup.

SCURVY CURE FOUND

The surgeon and physician told at length how cure for scurvy had
been found in the fruit juices of citrus and said that the English
navy now made it mandatory for vessels to carry oranges and grape-
fruit.

Even 200 years ago, he said, physi-
cians and dietitians knew that
lemon and orange juice would rap-
idly cure cases of scurvy and
prevent re-appearance.

The great health giving value of
citrus comes from the fact that it is
rich in vitamin C value, the sanitar-
ium head declared. He told of
curing children in an orphan home
by putting them on an orange juice
diet.

He compared orange and other
citrus juices with foods generally
accepted as the richest in food qual-
ity.

(Continued on page 2, Col. 1)
ties and showed that several glasses of orange juice, in most instances, contained more nourishment and health giving properties than meat, eggs, lentils and other commodities.

The story of an arctic explorer was related by the physician and was to the effect that after living a whole year on raw seal livers, he greeted the arrival of a carload of oranges with ravenous appetite. He had a craving for oranges throughout the cold winter night, Dr. Kello
g said.

Among certain tribes of the far north, the speaker said, the stomachs of deer, containing half digested moss, constitute a great delicacy and the young sportsmen to please their girl friends, save them the stomachs after the kill as it is a present appreciated above all others.

In speaking of orange juice and its beneficial effects on the teeth, Dr. Kello
g said that it was quite possible that orange juice and its citrus cousins would save the nation from becoming toothless.

He then made the statement that most of the people in America are only four-fifths alive due to the fact that the hemoglobin of their blood is below normal. He said that French experts had found that citrus juices increased this material in the blood.

Speakers at the morning session included J. J. Skinner, G. M. Bahrt and A. E. Hughes of the U. S. department of agriculture in Orlando. They discussed soils and the production of quality fruit.

L. P. Kirkland of Auburndale, spoke on "Making Size and Quality in Citrus Fruits" and Dr. A. P. Camp discussed zinc sulphate as a soil amendment.

Howard Phillips spoke on making tangerines a leading Florida citrus crop at the evening session. Other speakers were Miss Betsy Brown, St. Petersburg; C. H. Steffani, Home
estead; Dr. W. B. Tisdale, Gainesville; H. H. Mottern, Winter Haven, and Dr. P. H. Rolfs, Gainesville.

The session will be continued today with a large group of experts scheduled to speak.
Dr. Kellogg On Bicycle Every Day In Florida

Dr. John Harvey Kellogg, medical director of the Sanitarium, is keeping fit in Florida with daily 10-mile rides on the bicycle which he purchased here last summer, according to word received by his associates in Battle Creek.

The 82-year-old Sanitarium founder is greatly interested in the development of Florida fruits and nearly every day takes a ride on his bicycle to the "Wildcat" market, just outside Coral Gables, five miles from his southern health resort, Battle Creek, Inc., at Miami Springs. On one occasion, it was learned here, Dr. Kellogg fell from the bicycle and injured his wrist slightly. The injury, however, healed quickly and he again resumed his daily trips to the "Wildcat."

According to reports received here patronage at Battle Creek, Inc., has increased this year, although the institution has been heavily patronized by residents of that area since it was established three years ago by Dr. Kellogg.

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The American Hospital Association

Certifies That

JOHN HARVEY KELLOGG, M.D.

is an Active Member in good standing for the year indicated and is entitled to privileges provided for said membership. B. W. Caldwell, M.D.

Executive Secretary
AFTER FIFTY—
(To a man of three score plus, who is high strung and strenuous, and a little over-stout; who has just had the first faint twinges of alarm, pre-anginal warnings)

BY COLONEL H. H. RUTHERFORD, M.C., U. S. Army

Once I breakfasted with the nationally known and honored Dr. John Harvey Kellogg, of Battle Creek, Michigan. His dish consisted of a large double tumbler full of chopped up lettuce leaves over which he poured a pint of good rich milk. He ate this with a piece of zwieback. A pretty puny breakfast, I thought it, but I ate what he did and danged if I didn’t feel fine all day thereafter.
INDIAN PRINCE BUYS
B. C. HEALTH BOOKS

Indian princes are becoming health-conscious nowadays, if the order which the Modern Medicine Company received today is any indication.

A set of Dr. John Harvey Kellogg's phonograph records, for physical culture, was mailed today from Battle Creek to His Highness the Maharaja Saheb of Banda, Banda State, via Unai Banda Road, India.

The order came through a bookseller in Bombay, and called for a copy of the "Health Question Box," and a copy of "The Art of Massage," by Dr. Kellogg, as well as for the book "Studies in Character Building," by the late Mrs. E. E. Kellogg.  

*Mon*, 12-4-34
Old Folk to Organize—A Three-Quarters Century club is to be organized in Kalamazoo Wednesday afternoon, with James H. Brown of this city, addressing the meeting of prospective members. The meeting will be held at the home of John W. Muffley, 312 Academy street, in Kalamazoo. The new club will be sponsored by Dr. John Harvey Kellogg, founder of the local organization, but will be independent of the local club.
By Dr. John Harvey Kellogg

An Address Delivered at a Meeting of the American Medical Association

Florida's Tropical Fruits Are Priceless in Dietetic Value

Florida's unique climate and soil have developed a very great variety of tropical as well as temperate fruits. Of the latter group, the most interesting is the Guava, which is widely cultivated in the lower part of the State. This fruit is a small, round, yellowish, sweet fruit about the size of a plum. Its flavor and texture are similar to those of the peach. The Guava is grown extensively throughout Florida, particularly in the southern counties. It is a hardy fruit, not requiring much care, and is very productive. The Guava is an excellent source of vitamin C, which is essential for good health. It is also a good source of fiber, which is important for digestive health. The Guava is a nutritious fruit and can be used in a variety of ways, such as eaten fresh, added to salads, or used in smoothies. Overall, the Guava is a valuable fruit for the diet and should be included in a balanced diet.
How You May Get “Good Health” without Cost

Probably most of the readers of Good Health are users of some one or more of the health foods made by The Battle Creek Food Company. Psylla, Lacto-Dextrin, Paramels, Fig-Bran, Food-Ferrin, and others of these superior foods and food accessories, have become almost necessary staples in thousands of homes. If you are a user of these foods, send your orders to us and, in addition, get back 25% of the price in subscriptions to Good Health or other publications of Good Health or the Modern Medicine Publishing Company.

One purchase of six dollars’ worth of foods will bring you besides foods, a subscription to Good Health for one year.

Two purchases of $6.00 each, plus 75 cents, will bring you, besides the foods, a copy of Dr. Kellogg’s interesting, new book, “How to Have Good Health,” price $3.75.

Do not overlook our other combination offers.
Academician I. P. Pavlov
85th Anniversary of His Birthday
(Sept. 27, 1934)

by Prof. W. Boldyreff, M. D.
Battle Creek Sanitarium, Battle Creek, Mich., U. S. A.

It has been my privilege on many occasions to write articles for various scientific journals and societies about my teacher, the famous Russian physiologist, I. P. Pavlov.* Those interested will find in these articles his biography and a characterization of him as a scientist, as well as a complete list of his publications.

I do not think it necessary here to repeat what I have already written, but I will attempt to sketch briefly the general importance for science and practical medicine of Professor Pavlov's words, and will emphasize those peculiar traits of his personality and manner of work which have particularly helped to further his scientific activities.

There is no question that I. P. Pavlov is now not only the greatest physiologist in the world, but he stands alone, and beyond comparison with other authorities, in his chosen fields of digestion and reflexes of the cerebrum.

If his work in the physiology of the brain is not yet universally recognized, his name in connection with the physiology of digestion is familiar to every student and even to intelligent children in all countries. There is therefore no need to repeat what everybody knows or go into tiresome details of I. P. Pavlov's work which are difficult for a non-specialist to follow. But it must be stressed that a large part of his discoveries and other scientific achievements has been accepted into the routine of practical medicine and forms the very foundation of modern teaching on digestion and nutrition, and the pathology and treatment of many diseases of the digestive apparatus.

Now a few words about his personality and his manner of work: I. P. Pavlov is not only a famous scientist but also a remarkable man. If it were necessary to define his complex and versatile personality in two or three words, I would say that, apart from his great mind and brilliant talents as a scientist, he is the most diligent, the most indefatigable and the most successful man I have ever met.

Is it not remarkable that at the age of eighty-five he is not only continuing his scientific work but also performing successful operations on animals for scientific purposes, as he has always done? Besides the usual routine in several large laboratories under his supervision, he spends some time each day in the collection and testing of gastric juice, which he introduced into clinical practice as a fine medicine for many diseases of the digestive tract.

I. P. Pavlov is not only fond of work but also indefatigable. Having known him for many years (I first met him some forty years ago), I have never heard him say, "I am tired, I must rest." Not that he wanted to conceal his fatigue, but he knew none. Being a man of rather expansive nature, he always gladly shared with his fellows all his sensations. He sometimes complains about various real or fancied unpleasantnesses and inconveniences. But he has never complained of fatigue, such a feeling being quite foreign to his extremely strong and active nature. This is true both of his physical and spiritual makeup. We, his pupils, a quarter of a century younger than himself, often grew tired on various occasions, both in body and in spirit, while he, under the same conditions and working together with us, never felt fatigue.

*See The Bulletin of the Battle Creek Sanitarium for 1923 and 1929, also Izvestia of Military-Medical Academy for 1904, 1909 and 1914. Abstracts of all works of I. P. Pavlov and his school (up to 1924) may be found in the Archives des Sciences Biologiques, Petersburg, 1904, supplementary volume.
Being a sportsman in spirit and practicing sport all his life, he still wins a Russian outdoor game, "gorodki," which is his favorite pastime. Some thirty years ago he was one of the best gymnasts in the society of physician-gymnasts which he organized at St. Petersburg. We were all dumbfounded to see him surpass us young men in jumping, trapeze exercises and other gymnastic performances. Only the late Dr. Yawein could keep up to Pavlov's record. Being in excellent health and extremely punctual in all his affairs, Pavlov loved to boast that since the opening of this society (over twenty years before) he had not missed a single meeting. The meetings occurred one evening each week throughout the school year.

Another characteristic trait of Pavlov is his care to do everything to the best of his ability. Whether he was busy at a scientific investigation of the utmost importance or doing some ordinary, even menial task, he would always do it with surprising care. "I do not understand," we often heard him say, "how some people can afford to neglect their business. Even if it were the smallest thing, for instance, sweeping the floor, carrying of loads, etc., one must apply to it all his energy, all his attention, in order to do it in the best way. This would be the most cheerful, the most pleasant and the most profitable way." And Pavlov practices this rule himself in all his actions.

It is quite natural that with his richly gifted nature Pavlov has achieved such brilliant success in science and occupies the high position that he does today. It could not be otherwise.

There are two other factors which are in his favor: he is extremely lucky and exceptionally healthy and strong. Pavlov's success was owing to some traits of his character as well as to the fact that he always had favorable conditions. Some people are extremely unlucky, failing in everything, while others are "born under a lucky star," Pavlov is a typical example of the latter. Luck has followed him everywhere. Even the Bolsheviks have made an exception for him alone among all Russian scientists and arranged for him better conditions of life and work. He was also a favorite of the Czar's government.

One must not pass in silence Pavlov's rare and unswerving moderation which he practices in all things, except work. It is surprising that in him moderation is reconciled with an indomitable, passionate nature and excessive enthusiasm. Doubtless his moderation has helped him to preserve his health and vigor into old age. Not so long ago he told us: "I always rise from the table before I am quite satisfied, while I still have a desire for another bite of something. Thanks to this rule I have preserved my stomach in perfect order." He has seldom been sick and when he is, he does not go to bed, nor does he stop working. He stops eating. Complete fasting for a day or two is his panacea.

A few words about the main scientific idea, or rather the main rule of Pavlov, during all his long and fruitful scientific activity: Whether he is testing blood pressure or studying the work of the digestive organs, he is not satisfied with the old crude vivisection method, but invents new methods which allow him to observe the phenomena he studies, under perfectly normal conditions. This is achieved with the aid of special preliminary operations on animals (he works exclusively with dogs), and he does not begin the experiments until the animal has completely recovered from the effects of the operation.

Pavlov always succeeded in anything that interested him. He began doing small operations on the dogs the night before their blood pressure was to be tested, introducing into their blood vessels, and fastening, the tip of the apparatus used for measuring the pressure (a glass tube, or cannula). All this was done with the utmost care not to contaminate the wound and to give the animal the least possible pain. The wound was then sutured and closed. Next day the dog did not differ from any other healthy dog in his appearance or behavior. Quite painlessly and often unnoticeably connecting the cannula with the mercury manometer, Pavlov first

(Continued on page 30)
How Plants Make Their Proteins and Get Their Nitrogen

(Continued from page 15)

into the air. In some other natural processes, such as thunder storms or in the burning of plants and animals, the nitrogen compounds are broken down with a release of free nitrogen back into the great reservoir of the atmosphere. How is nitrogen taken out of this huge reserve supply and placed in the organic cycle?

Here again the micro-plants known as bacteria play the leading rôle. Free in the soil are certain bacteria of the genera Clostridium and Azotobacter, as well as other fungi which can get some of the energy needed for their life processes by oxidizing the nitrogen free in the soil into nitrates, which are then stored up in the soil for the higher plants, i.e., green plants, to use. While such organisms are present in many soils, they are not as important in increasing the nitrates of the soil as are the bacteria that are associated with the roots of plants belonging to the bean family.

These leguminous plants (such as clover, beans, alfalfa, peas, etc.) serve as the host plants for a group of parasitic bacteria called nitrogen-fixing bacteria that live in some sort of mutualistic association with them. The bacteria collect in the roots of these plants, where they form small irregular shaped lumps, nodules, or tubercles. To the uninstructed these are merely abnormal excrescences or outgrowths of the roots, but to the botanist and the farmer they are highly important in the economy of Nature. It is because the legumes have these associations with the nitrogen-fixing bacteria that clover and similar plants are so important in crop rotations. The bacterial nodules become filled with nitrates placed there by the bacteria, and although the bacteria may derive some of their nourishment from the roots, the nitrates which the bacteria collect and form can be used by the legumes. Also when the crop is cut and the roots are left in the soil, these accumulated nitrates can be used by the following crops. Thus we see that the legumes are the only crops that actually add plant nutrients to the soil. They leave the soil richer in nitrates than it was before. Although the legumes extract from the soil potassium, phosphates, etc., the same as other plants, because of the bacteria, which do the actual work of making the nitrates, they leave the soil richer in this most important plant nutrient and so improve it.

Perhaps this complex nitrogen cycle may be studied to better advantage by means of the accompanying diagram, which shows schematically the more important phases of the problem. It is not easy to discuss in a simple way the complicated subject of nitrogen nutrition, but it is hoped the reader will by this time have at least a general idea of the various steps involved in using over and over the nitrogen that is available for organisms. It will be seen that the same atoms of nitrogen are used repeatedly by successive organisms, and that in the course of a few years the atoms and molecules of nitrogen in our own bodies are used by many different organisms varying in complexity from the lowly bacteria to green plants, animals, and other humans. If we but knew the history of one of the little atoms of nitrogen in a little finger and the various places it has been during the last five thousand years, we should have one of the most fascinating stories ever written.

Academician I. P. Pavlov

(Continued from page 7)

obtained the true figures for blood pressure in the vessels.

In the execution of such minute experiments, Pavlov was assisted by two factors, (1) his extreme adroitness and his experience,* and (2) his knack of securing the affection of the animals** whom he always loved and pitied, and who in return readily obeyed him.

When later Pavlov began working in a quite different field—the physiology of digestion,—he applied and practiced his main principle, which is to conduct experiments and obtain all data in perfectly normal conditions of the experimental animal. For this he made beforehand some preparatory operations so that the organ that was the subject of study would be easily accessible without causing any pain or discomfort to the animal.

When it is necessary to study the secretion of the gastric juice, a small separate pouch is cut out from the dog's stomach, under anesthesia and with all the regulations employed in operating on human beings. Food does not reach this pouch but during

*He is ambidextrous, but his left hand is more skilful in all surgical procedures. In his young days, before he had assistants, he used to perform alone and even with one hand such complicated tasks (as for instance introduction of a cannula into the salivary duct) which ordinarily require combined efforts of two or three people. Later I often assisted him during his operations, and comparing his surgical technique with that of other Russian and foreign famous surgeons, I must admit that Pavlov was not at all inferior to them in adroitness and successful results. The same opinion was held by I. M. Sechenoff on the vivisecti onal art of Pavlov, as compared to Cl. Bernard. The late Professor K. Tjederstedt (of Helsingora) once watched one of Pavlov's favorite operations (dissection of the spinal cord under the brain), expecting it to occupy twenty minutes. He could not see the entire operation, as the dissection was to be made deep in the wound. In two minutes after the operation started, Tjederstedt asked Pavlov: How soon shall we begin the dissection? "I have just dissected the spinal cord," was his answer; "the operation is finished."

**In his youth, an ardent scientific worker but unable to afford sufficient means to build a special pen for the dogs that had been operated upon, Pavlov used to keep them in his laboratory until they recovered. According to him, this forced and extremely inconvenient company was of great service to him then and in his future scientific work, giving him a chance to note some important details which would otherwise have escaped his attention.
digestion some pure gastric juice gathers there, being secreted by the gastric mucosa, as sweat is secreted by the skin. This pouch has an opening outside of the dog's abdomen (these operations are usually made on dogs). The animal loses a small amount of gastric juice, without any injury to his health, and furnishes the investigator with a nearly complete and exact picture of what goes on in the real stomach during the digestion of food. Thus originated the famous Pavlov's isolated pouch. Not until one or two months after the operation, when all is healed and the dog has quite recovered, does Pavlov begin to stage his experiments.

If he wants to study gastric movements, he makes a window in the stomach, or a fistula, opening directly outside and when necessary closed with a cork stopper like a bottle."

It is natural, then that the animals upon whom he has operated love Pavlov and readily approach him during experiments. Animals have well rewarded him, assisting him to be the first to obtain correct and complete knowledge regarding most aspects of digestion. In other words, Pavlov has succeeded in making the physiology of digestion an exact science, or as he says himself, in putting it "on the right track." *(To be continued)*

The New Psychology and the Problem of Child Training

(Continued from page 11)

antiquated tools of education out of the classroom. The same can be done at home. Parents are finding out that to curb misconduct through fear and force, or "blood and iron," using a more militant language, is not necessary. The better and more efficient way is to entice the child with sympathetic insight and deft artistry to nobler goals and more worthwhile tasks.

We may also raise the question as to how a "fault" is to be defined and interpreted by parents. This is very important from the point of view of its practical implications. Parents, for example, who have medieval notions of right and wrong will deal with the child entirely different as compared to others who have more liberal and emancipated views. Where a fundamentalist in manners and morals will discover innumerable "sins" in the child, and use puritanical methods of suppression, a modernist will not see that there is much the matter with the child, and his methods of dealing with his faults will be free from the intolerance of the former. The point we wish to emphasize is that before parents can make any serious attempt to correct their children's faults, they must be certain that they have made a correct evaluation of them, if they wish to escape the responsibility of making blunders which may sometimes lead to tragic consequences.

**A Code of Child Training**

We may summarize the main points of this discussion in the form of a code. The first commandment is:

1. Know your child; observe him and gain a reasonable understanding of his nature, his needs and his faults.

2. Deal with causes rather than symptoms in dealing with his faults.

3. Never cause the child to think that he is disliked, or neglected, or unwanted. Nothing could be more damaging to the making of the child's personality.

4. Be sympathetic with the child and secure his cooperation in the things that you want to do for him. His confidence in you will make your work easier and more pleasant.

5. Remember that every child is a dynamic personality. Therefore, respect his freedom, his right to activity and provide facilities for the expression of his energies.

6. Do not impose adult standards of manners or morals upon the child untimely. Respect his immaturity and make plenty of allowances for it.

7. Use neither harsh and medieval methods of discipline, nor be extremely lax. Find a proper balance in the art of child training.

8. Create a congenial and fruitful environment for the development of worthwhile personality traits by furnishing the child intellectual, moral, and esthetic stimulations to which he may respond.

9. Teach the child to gain independence and self-sufficiency by making him face his own problems and conflicts, assisting him only when they are too difficult for him.

10. Create in the child ideal motivations. Many faults will disappear when higher and nobler desires become part of the personality of the child.

Statement of the OWNERSHIP AND MANAGEMENT of GOOD HEALTH MAGAZINE published monthly at BATTLE CREEK, MICHIGAN Editor, John Harvey Kellogg, M.D. Publisher, Good Health Publishing Co., Battle Creek, Mich.


JOHN HARVEY KELLOGG, President

Sworn to and subscribed before me this fifteenth day of October, 1934. H. C. McCampbell, Notary Public, Calhoun County, Mich. My commission expires January 11, 1938.
HAVING finished his masterly studies of digestion, Dr. Pavlov decided to subject to the same exact and many-sided analysis the most complex and the most enigmatic side of the living being—his psychical activity. He was clever enough to apply in this mysterious realm and put to successful use the same basic principle which proved to be so fruitful in his other scientific work.

This transition from the studies on digestion to the realm of psychology are not accidental; it was not a fancy of the scientist or an adventure. Neither was it a jump into the unknown over a precipice, but it was a natural and gradual development.

Studying the phenomena of the digestion of healthy animals, Pavlov had constantly to face psychical influences which sometimes greatly assisted the digestive processes, and sometimes acted as powerful inhibitors. In this manner Pavlov and his pupils gathered a vast material of a purely psychical nature, gleaned in the field of the physiology of digestion. They noticed, for example, that the very sound of the footsteps of the servant who feeds the dog, cause an abundant gastric and salivary secretion in the dog. They found it possible to study in detail and with exactitude the phenomena of memory, building from similar data regarding salivary secretion, and so forth. Other important observations in the realm of the psychic life of the animal have been gathered as a by-product of the experiments with digestion.

The value of this rich material consisted mostly in the fact that one could study psychical phenomena in animals from their physiological angles, using the method of Pavlov. Psychical processes are accompanied by corresponding physiological phenomena, such as the secretion of saliva or gastric juice. Measuring the quantity and checking up on the chemical properties of these juices, Pavlov learned to draw correct conclusions as to the animal's psychical states, which were altogether inaccessible to the former well-known methods of psychologists. Psychical phenomena are complex, fleeting, elusive and mysterious, while their physiological reflections or counterparts are comparatively simple, tangible, easily reproduced and may even be measured.

Having transferred his attention and work to the psychic realm of animals, Pavlov decided to do the work in a strictly objective manner, according to his own plan. This was purely physiological, and he completely avoided the use of psychological terms and data gathered formerly and still in use by psychologists and psychiatrists. He introduced his own method, an original one, exact and dependable, based on the work of the salivary gland, salivary secretion, more or less connected with the psychical state of the animal. This method is based on the study of psychic reflexes (or all vital phenomena produced by outside causes and regulated by the brain), which Pavlov called "conditioned" as contrasted with "unconditioned" or physiological reflexes.

Saliva is secreted not only during eating (physiological or unconditioned reflex), but at the very sight of food, or even when only its odor or some noise connected with it are apparent (psychical or conditioned reflex). Thoughts of food may also cause a secretion of saliva. It may also occur at the sight
or at the mere recollection of something nauseating. All these are conditioned salivary reflexes, which are also called natural as distinguished from the artificial.

Here are some examples of artificial reflexes. If a dog is fed a certain food many times and at the same time is shown a certain object, or hears a certain sound (instead of the organs of sight and hearing one may excite the organs of smell, touch, etc., with equal success), in the course of time, after a series of such combinations, a strong association is formed between the named irritations and the food. Sounds or sight of certain things become signals of feeding time for the animal. The mere showing of an object which was used for such experiments, or the hearing of a sound, will cause a secretion of saliva having the same properties that are found in it during the eating of this particular food.

In this way any outside influence which is reflected in the psychical life, can be connected with the salivary secretion. And from the salivary secretion we can judge about the psychical state of the animal, or, as Pavlov said once, we can "study a man's soul in his spittle."

A pupil of Pavlov, Professor N. I. Krasnegorsky, proved later that all material gathered by the Pavlov school in the realm of conditioned reflexes in dogs, is also true as applied to human beings.

Following his plan, Pavlov and his school study psychical phenomena by simply keeping a record of the animal's behavior, his reactions to various acts of the investigator; but the most part of the work is based on the measuring of the quantity and properties of the saliva secreted. Quite banished are all thoughts about what the animal may think, feel, wish or fear, as being a loose, uncertain ground on which one should not try to build the new edifice of objective physiology of brain and sense organs.

Independently and almost simultaneously with some American psychologists, styled "behaviorists" (Thorndike, Watson and others) because they study the outward behavior of animals, Pavlov has arrived at the same plan.

Psychical phenomena are very complex. In animals they occur simultaneously in multitudes, affecting each other in certain ways and thus making their study infinitely more complicated. Besides the influence of the investigator, there are often foreign effects from outside influences which steal their way into the experiment and spoil the whole thing. So, for instance, when a dog is tested for his sound, smell and sight reactions, he may perceive other sounds coming from the street and react to them in a forceful manner. For this reason, Pavlov thought of building isolated experiment rooms, perfectly shut off from the outside world. In the study of digestion a portion of the stomach, now the whole animal was isolated. But dogs possess such fine hearing and sense of smell. Pavlov had to erect a special building at the Institute of Experimental Medicine (in 1910) which cost over 200,000 rubles. In outward appearance it resembles a medieval castle or a prison, in its thick walls, few small windows and a ditch surrounding the entire construction which prevents transmission of sounds through the soil.

There are several experiment rooms, each one designed for one dog, and sound-proof for outside noises. The dog is completely isolated. But the investigator may, unwittingly, influence the dog and complicate or spoil the effect of the experiment. Pavlov has removed this seemingly insurmountable obstacle by dividing the room into two partitions with a wall: in one part is the dog, in the other part the man. The experimenter has at hand various complicated apparatuses through which he has contact with the dog and he can watch the dog through a periscope built in the wall. In the perfect arrangement of this experiment room Pavlov's method is superior to that of the behaviorists.

In the equipment of this room Pavlov's oldest assistant, E. A. Ganike, proved to be of inestimable help. Being a past master in theoretical and applied physics and mechanics, and a born inventor, he has built a great number of various clever apparatuses which are exact and noiseless. Some of these devices show or give the animal some food, others introduce simultaneously the due irritant (sound, light, temperature, etc.), still others record the number of falling drops of saliva, and so forth.

Both in the physiology of digestion and in the domain of conditioned reflexes, Pavlov was not satisfied with a study of the normal state of animals alone, but has also studied pathological phenomena. For that reason his works are vitally important and are of value in treatment of diseases of the digestive tract and those of the brain.

In the course of all his scientific work repetition of the same experiments played a very important rôle. According to the Latin proverb, "repetitio est mater studiorum." In this we see another characteristic trait of Pavlov, he is systematic. Although he is of purely Russian origin (most of his ancestors were of the clergy) he is as systematic and accurate as a proverbial German.

Pavlov never spares time nor work when he wants to repeat the same experiments on the same or on a new dog. And he does not find it tiresome or monotonous to go through the same experiment scores, hundreds, thousands of times. Such is his system. Through juxtaposition of a series of similar experiments he can establish their important findings of permanent value and discard whatever is secondary or accidental. Of course, a great deal of material is thus wasted, but whatever is saved for publication is unquestionable and clear. From heaps of sand gathered during months, finally a few grains of pure gold are sifted out.

(Continued on page 28)
Academician I. P. Pavlov
(Continued from page 17)

Such work requires many helpers. Pavlov has a rare gift of attracting and inspiring collaboration. Even plain laboratory servants, half-illiterate peasants, under his enthusiastic and contagious influence often were converted into science workers.

At the Institute of Experimental Medicine, there was one such man, Nicolas, an excellent caretaker, who was also very valuable as an observer and animal trainer in laboratory work. Even in experiments he often proved to be a strict and indispensable teacher for beginning physicians, including myself. There was a boy, Vania Shoovallof, who began working in physiological surgery at the age of fifteen and at twenty-three was an accomplished and experienced surgeon-physiologist. Pavlov was planning to promote him to the rank of his chief assistant surgeon and to obtain for him the necessary scholarship to complete his education. Sudden death from typhoid fever stopped this career.

Pavlov's laboratory was always full of collaborators. At present he has fifty assistants. He knows how to keep them all busy and they learn to like their work. Work goes on in a regular routine in this scientific laboratory, day and night if necessary. Its productive power is astounding. But little of the material is published at once. It must pass the test of severest criticism and control experiments by all members working over the given problem, and by Pavlov himself; only the most essential and strictly confirmed portion is then published. Personally, I used only one-tenth of my experimental data for my dissertation; some of that material was published later separately, but about three-fourths of all my scientific baggage, obtained in Pavlov's laboratory, has never come to light in print.

Pavlov has many followers in Russia and abroad who copy his laboratory arrangement and his experimental technique. Some work with digestion, others with reflexes. Among such pupils and followers we may name Prof. E. S. Landon (Petersburg), Prof. A. Bickel (Berlin), Prof. A. J. Carlson and Prof. A. C. Ivy (both of Chicago), Prof. V. M. Behtereff (Petersburg), and many others. The first four of these men are working with problems of digestion. Behtereff, being a psychiatrist, devotes his time to conditioned reflexes, which he calls combining motor. When he first started to work in this field, his assistants constantly came to us for references and instructions, which were gladly given; and once (1908) Behtereff himself came to our laboratory at the Military Medical Academy and watched everything in detail.

Among clinicians the first men to pay attention to Pavlov's work and to put his teaching to systematic use with great benefit for their patients were, in Russia, Professor A. E. Yarotsky (Moscow), and in America, Dr. John Harvey Kellogg (Battle Creek, Michigan). Soon other physiological institutes copied from Pavlov's laboratory, began to grow, at first in Russia, and later in Europe and America. I have had the opportunity to visit scores of them in all parts of the world. Truly, Pavlov has become a universal teacher of experimental physiology. He has not worked in vain; his efforts have borne abundant, fine fruit and are recorded in textbooks of physiology and medicine.

At the recommendation of Dr. Vernon L. Kellogg (head of the National Research Council in America) and with the offer of Dr. John Harvey Kellogg (Director of the Battle Creek Sanitarium), I organized in 1922 the Pavlov Physiological Institute at this Sanitarium, and in the summer of 1923 we had the honor of receiving Pavlov as a visitor. He spent a week with us.

On the American soil we are conducting scientific work in the Method of the great Russian Physiologist. Since the opening date, this laboratory has issued about one hundred published works, either in scientific journals or as monographs, in America, France, Germany, Italy, Sweden, Switzerland, Japan, Yugoslavia and Russia.

Pavlov has always been a great admirer of America. He came to this country twice: in 1923, when he lectured in several American Universities, and in 1929 to attend the Thirteenth International Physiological Congress in Boston and the Ninth International Psychological Congress in New Haven. At both these gatherings Pavlov gave reports which were enthusiastically acclaimed by both scientists and the attending general public.

Today at Koltoshy, near Petrograd, construction is being completed for a second large laboratory for Pavlov for the study of conditioned reflexes. It covers a large piece of ground (several square miles) and costs several million rubles. It will house apartments for Pavlov, other science workers and employees, as well as specially constructed compartments for hundreds of animals.

Pavlov does not like to write. He has not published one book, with the exception of his lectures. But his lectures are famous and have brought worldwide glory to Russian science. Of such lectures there are three kinds: (1) Lectures on the physiology of the main digestive glands, read to physicians at the Institute of Experimental Medicine, published in 1897; (2) Physiology in Experiments, Lectures to the students of the Imperial Military-Medical Academy (first edition in 1899) and (3) Conditioned Reflexes, lectures to the students of the same Academy and other audiences (in 1924). Altogether Pavlov has published over one hundred articles in the principal European languages.

As once D. I. Mendeleff for science and L. N. Tolstoy for literature, so now I. P. Pavlov is a flaming torch, a great spiritual power, glorifying the Russian name in his native land and far outside its frontiers.
FROM THE EDITOR’S PEN

Dr. Pavlov Generously Supported

AFTER many years of neglect and mistreatment by the Russian Government, Dr. Ivan Pavlov, the world’s greatest physiologist, is at last receiving from the Soviet Government of Russia the recognition and encouragement to which he is entitled and which the whole world outside of Russia, gladly give him.

When the writer visited the laboratory of the great savant some years ago, Dr. Pavlov was living upon a bare subsistence salary and was compelled to support his laboratory by stealing gastric juice from his dogs and selling it to rich German gourmards.

Every morning ten chained dogs might be seen voraciously devouring food placed in a pan before them, not a morsel of which reached their stomachs. When swallowed, the food, instead of passing into the stomach, fell out through an opening made in the throat and dropped back into the pan to be eaten again. As the dogs ate, the stomach glands poured out gastric juice intended to digest the food which never reached it, and an opening in the stomach, in which was placed a tube, conducted the juice as fast as formed, to a glass flask. The stint of each dog was to produce daily a quart of juice every morning by “sham feeding” before receiving his breakfast.

Only by the most careful economy could the great physiologist provide himself and his associates with the bare necessities of life, although at the same time he was pouring out through scientific papers and addresses a flood of the most precious information about digestion, the functions of the brain and nervous system, and other physiologic activities which showed the way to the solution of a great number of problems which had puzzled scientists for centuries, and thus earned the right to be recognized as the world’s greatest physiologist.

During the revolution, Pavlov and his laboratory barely escaped annihilation. The $50,000 Nobel prize which had been placed at interest, to serve as a retirement fund, was taken away from him. Beautiful rugs and other household furniture were confiscated. He and his wife, both advanced in years, were left alone. The great physiologist was obliged to occupy part of his time doing household drudgery, such as peeling potatoes, sweeping, and scrubbing. And this notwithstanding he was in feeble health, and lame as the result of an injury to a leg, which compelled him to limp badly in walking.

Cordial invitations were sent the Professor to move elsewhere, but he was not permitted to leave St. Petersburg. He was, in fact, a prisoner for years.

But the Soviet has changed its attitude toward the great physiologist. The Russian Government has now given him an annual pension of 20,000 rubles, and 1,000,000 rubles have been placed at his disposal for the enlargement of his laboratories, and a complete edition of his invaluable works is being published by the Soviet Academy of Sciences.

As one result of the visit to Pavlov’s laboratory by the editor of GOOD HEALTH, a research laboratory was some years ago organized at the Battle Creek Sanitarium, in charge of one of Professor Pavlov’s most experienced laboratory assistants, Professor Bodyrev.

Several years ago Professor Pavlov made a visit to the laboratory of the Sanitarium, one of the very few places thus highly honored. He has since that time served as sponsor of the laboratory, a privilege which is enjoyed by no other laboratory in the world outside of Russia.

Through Professor Bodyrev, we learn with great satisfaction that although long past fourscore years, Professor Pavlov is in excellent health, working hard as ever in his laboratory, performing difficult operations and pursuing with unabated energy his extremely important, most refined, and delicate researches which at the present time are directed chiefly toward the solution of some of the most intricate problems relating to the physiology of the brain and nervous system, and especially fundamental, sociologic problems.

The Life-Saving Depression

THE belief long entertained that financial distress or so-called “depression” is a major cause of disease has proved, in the present instance at least, to be an error. In all the countries most affected by the economic crisis of 1929, both the death rate and the sickness rate have steadily decreased during the last five years. And this is not a mere casual observation, but is the announcement of an international conference called by the League of Nations which met in Berlin some months ago (December last). This international inquiry showed that notwithstanding the lack of money with which to buy food, clothing and other necessities and the overcrowding due to inability to pay rent, the people of all countries affected by the depression are suffering less from sickness and dying less rapidly than before the depression began. And, curiously, that grave disease, lung tuberculosis, which
Roger W. Babson, statistician, addressed the student body of the University of Miami yesterday in a special assembly. Mr. Babson maintains homes at Babson Park, Mass., and Babson Park, Fla. From his father he inherited four maxims upon which he based his career, which follow:

"Debits are more dangerous than credits."
"There is more to divide as there is more produced."
"Of all the ships that sail the sea, partnership is the worst."
"Remember, that codfish would not have been caught if he had not opened his mouth."


Noted Statistician and Lecturer
Speaks At University of Miami Assembly

One's selections of parents, job and mate are the three most important facts in a human life, Roger W. Babson, statistician and lecturer on economics, told the student body of the University of Miami yesterday in an address at a special assembly.

Dr. John Thom Holdsworth, dean of the school of business administration, introduced Mr. Babson. Dr. B. F. Ashe, president, presided.

"You may come back at me with the retort that it is rather late to tell you to exercise care in the selection of your parents," Mr. Babson said.

"That is not true. You can study your ancestry for its weaknesses and strengths and act accordingly."

The noted statistician recommended care and judgment in the selection of a mate and quoted Thomas A. Edison to the effect that the world's greatest strides forward will be in the field of biological study.

He divided employment into six classifications and said everyone is eminently fitted to succeed in one of these general fields of endeavor, and that much thought should be given to selecting the proper one.

"I endeavor," Mr. Babson said, "when a person comes to our organization for analysis, to allocate him into one of these groups. They are: Agricultural, promotional, which means selling; professional, which means law, medicine and so forth; mechanical, which will take in all forms of production; temperamental or artistic, and literary, and financial, or banking and business. Girls may succeed as well in any of these lines as boys, he said, and sex should not be considered in choosing a life work.

"Whatever develops in a political way in this country, competition is going to be centered more than ever before on the individual efficiency of the young person," Mr. Babson said.

"There may be no longer an aristocracy of wealth. There may be no longer an aristocracy of property. But there always will be an aristocracy of power, whether the social system is socialist or communist, or capitalistic, or romantic. There always will be an aristocracy of power and there always will be competition. The more these other things are eliminated, like wealth and so forth, the more competition will concentrate on efficiency—physical, intellectual and spiritual. You want to train yourselves. The competitive race which you are going to enter, whatever the social system may be, requires training just as you train yourself for a marathon run."
A surprised Canadian backwoodsman last week stepped out of a train onto one of the platforms that sprawl fork-like under New York's Grand Central Terminal. At that moment he was just another credulous tourist.

Three days later when Dr. Allan Roy Dafoe departed by airplane for Washington, Manhattan Island had a new hero.

May 28 Dr. Dafoe won fame by delivering a frightened housewife, Mrs. Oliva Dionne, of quintuplets. As a publicity stunt, the Liggett Drug Co. recently invited the shy, gray-haired doctor to make his second excursion in 29 years out of the Ontario woods. Dr. Dafoe's part of the bargain was to make a Liggett-sponsored speech at Carnegie Hall. Liggett agreed to show him sights his deep-set eyes had never seen before.

After his journeys about the city behind a screaming motorcycle escort, New York was more impressed with the performer of the twentieth century's obstetrical miracle than he was with the city. With Coolidge-like brevity he dismissed marvels of the metropolis:

In the subway: "A very fine way to travel."

At the Empire State Building: "I don't believe it!"

In the harbor, looking at the skyline: "It's size, a very impressive."

In the American Museum of Natural History, viewing a posthumously born whale: "My goodness!"

The doctor's most curious wish—one that shocked conservative medical gentry and delighted Broadway—was to see Sally Rand, Century of Progress fan-dancer.

In the garish Paradise Club he got his wish. For him Miss Rand performed her "bubble dance." With a dozen newspaper men awaiting his reaction, he said simply: "It's real pretty... nothing bad about it. And she has a nice figure. Bet she must earn about $100 a week."

When told the dance was worth $2,500 a week and 10 per cent of the Paradise Club's gross, his eyes opened wide. "Gosh," he said. Dr. Dafoe's fee for delivering Mrs. Dionne's babies was $25. His average monthly income is $100.

The greatest Dafoe triumph came in Carnegie Hall, home of the Philharmonic-Symphony Orchestra and scene of brilliant musical events. Wearing his first dinner jacket, Dr. Dafoe told an audience of 3,000 his simple and stirring tale of birth in the woods.

No musician ever held a Carnegie audience as completely in his power as did the little circuit-riding doctor, whose 3,500 rural patients in Canada are spread over 400 square miles.

He rehearsed his arrival at the farmhouse at 4 A.M. after having delivered another mother of her child. His first remark to one of the two women attending the unconscious Mrs. Dionne was: "Good God, woman, put on some more hot water." When Mrs. Dionne's womb had been relieved of its burden and she was told she had five daughters she folded her hands and moaned: "Holy Mary."

"The attendants told me afterward," he said, "that my eyes were bulging, and with the arrival of each baby my only word was 'gosh' with ascending inflection."

"Blankets were put into the oven to heat, and these were wrapped around the babies and changed repeatedly... For 24 hours nothing was given to the babies but a few drops of warm water... (Later) feedings were started with a few drops of water, milk, corn syrup... rum..."

"The first week was a nightmare with the frequent alarms and innumerable trips sandwiched between my other calls. The babies needed constant supervision and frequent stimulation to arouse them out of their attacks of suffocation. They were typically premature in appearance— dusky blue skin, bulging foreheads, thin faces, enlarged tummy, and spider-like limbs..."

"Publicity... has been stupendous... Promoters have attempted to dazzle me with 'cuts' on contracts, and commercial organizations have suggested innumerable ways of increasing my income. At times, when thinking about the uncertainty of collections, it almost makes me wish that I were more of a business man—rather than a follower of the ethics of our profession..."

"I have received a most interesting correspondence... Goats and cows were offered to supply the milk, and even pigs were mentioned. For prevention of whooping cough a piece of calfskin to be tied around the neck of each child was suggested... Whisky was a common ingredient of many suggested remedies... The use of spirits, however, produced dissenting letters as to its value. There was criticism for the use of rum, as it might be the means of starting the girls on the downward path... A beauty specialist advised her special cream to remove the wrinkles from premature babies... As for myself, I have no grandiose ideas about the scientific importance of this event... The opportunity came to me to look after these babies, but the Goddess of Good Fortune has been behind my shoulder ever since..."

The day after his Carnegie Hall lecture, Dr. Dafoe left for Washington. After his White House visit, he went to see his friend Dr. Edmund B. Kelly, Baltimore cancer specialist who treated the leg tumor of little Marie Dionne. Then he returned to New York and then to Canada to his five charges, who have reached an aggregate weight of 58 pounds.
THE QINTUPLETS WERE TINY and weak when they came into the world—but by the time they reached their third birthday they were as robust and strong as anyone could ask. Here they are, completely normal in every respect; the roll-call, from the left, shows Emilie, Yvonne, smile, Cecile, Annette and Marie.
DR. DAFOE is in New York, first visit, and surprised reporters note, that he shows no amazement when gazing on skyscrapers and canyonlike streets.

The reporters need not have been surprised. Dr. DaFoe is the man who introduced the five Dionne quintuplets to the world, and kept them alive, breaking all records, after they got here.

When you have ushered five little girls into the world, one after the other, you can no longer be surprised by a mere skyscraper.

Dr. DaFoe can sympathize with the devout Arab who visited Mecca, saw the black kaaba stone from which Mohammed flew to heaven on his white horse Alborak, and immediately put out both his eyes, because there was nothing left in the world worth seeing, and he didn't want to see anything else.

AL SMITH AND DAFOE DISCUSS QUINTUPLETs

Canadian Country Doctor and Former Governor Are Agreed Rearing Babies Is a "Tough Job;" Physician Describes Difficulties In Raising the Dionne Infants; Kept Getting Lost In Basket.

[BY THE ASSOCIATED PRESS.]
NEW YORK, Dec. 10.—Dr. Allan Roy Dafoe and Al Smith swapped baby talk today.

The Canadian country doctor, who found himself famous overnight after delivering the Dionne quintuplets, and the former governor agreed raising babies is a "tough job."

"I guess I've brought about 1,400 babies into the world," the physician said.

"Well," Smith said, "I guess you ought to know.

The one-time Democratic presidential candidate reflected for a moment and added:

"Anyway, that's a lot of votes."

Speaking from experience, Smith said:

"I've had a few of them myself. They're not so hard to take care of if there's an older one around to button up the little ones. But when they're all the same age, and five of them, like the Dionne kids...

"Yes," Dr. Dafoe said, "then it's a little more difficult. You have no idea how hard it was in the beginning. The worst was they kept getting lost all the time. We kept them in a butcher's meat basket and we had to hunt like the devil for them sometimes. They looked like rats."

"Don't you think you'd better say 'kittens,'" put in the physician's brother, Dr. William Dafoe of Toronto, who accompanied him on the visit to Smith's office.

"I don't deserve any of the credit," the physician said. "It's their ancestry. All sturdy stock. You ought to come up and see them."

The host then took the physicians up to see the sights from the tower of the Empire State building.

"How do you like it," the former governor asked.

"Great; I'm having the time of my life here."

Dr. Dafoe had to hurry away to "fix up" his lecture at Carnegie Hall tonight. Just before he departed Smith had one more idea:

"Say, Doc, what do the birth controllers think about these quintuplets?"

"I haven't heard from them yet."

Miami Herald,
Dec. 11, 1934
DIONNES, AT 6 MONTHS, IN 'BEST OF HEALTH'

Quintuplets Grow More Alike—Doctor Finds Cecile Is Very Bright.

CALLANDER, Ont., Nov. 28 (Canadian Press).—The Dionne quintuplets, healthy and vigorous, celebrated their six months birthday today by sleeping in the open air in their new perambulators and taking juice from southern oranges.

Pronounced by Dr. A. R. Dafoe in the best health since their birth last May 28, the babies stretched and kicked in their carriages and appeared to enjoy the change from the smaller cots.

Rain did not interfere with their stay on the hospital veranda, for the carriages allow greater protection from the weather. They were donated by A. Eichenlaub of Pittsburgh, Pa., and each carriage bears a nickel name plate for its "owner."

The carriages are buff in color with special wheels and on the front of each is a medal of St. Christopher, guardian of travelers.

Dr. Dafoe said that Mrs. Olive Dionne, mother of the quintuplets, who was seriously ill following their birth, is now in her normal good health and watches the progress of her little ones with the greatest interest.

All of the babies showed gains in weight today except Annette, whose weight was unchanged.

Month by month the quintuplets are becoming more nearly identical in appearance. At the time of their birth the doctor considered them "identical" quintuplets, not "fraternal." It is now difficult to tell them apart. Their little inscribed necklaces furnish ready means of identification and their footprints are on record to prevent any mistake.

In disposition the babies are much alike, said Dr. Dafoe. They are all bright and take an interest in their surroundings and those about them when they are not sleeping their seventeen or eighteen hours a day. Cecile, he said, is "very bright." She responds more to attention and does more than her share of cooling and "talking."

N.Y. Times, Nov. 29, 1934.
DIONNE QUINTUPLETS ARE SIX MONTHS OLD

Here Are Five Sprightly Canadian Girls Who Get Up Early and Have Their Breakfast At 5 A.M.; Daily Round of Activities and To Bed At 5 P.M.; Soon To Have Perambulators.

BY GRACE TROY
Universal Service Staff Writer
CALLANDER, Ontario, Nov. 29.—The Dionne quintuplets rise early every day. They were six months old yesterday.

At 5 a.m., when the northern stars still twinkle frostily in the Canadian night, Yvonne, Annette, Cecile, Emilie and Marie have their breakfast of milk and cereal in bottles and orange or prune juice.

Breakfast over, the five healthy little sisters are placed in their home-made play-pen in the log-cabin hospital, where every resource of modern science is at the command of the most famous babies in the world.

The play-pen is made from a table about six feet long, inclosed by boards about eight inches high. The babies have almost outgrown the play-pen now, and Madame de Kerline, their smiling, efficient nurse, hopes they soon will have a specially constructed play-yard.

The five perfectly formed babies coo, gurgle and kick in the small enclosure. Each baby wears a little shirt and a white flannel nightie and hand-knitted jacket and booties.

Annette and Yvonne like to play with the toys Nurse de Kerline provides. The other babies prefer to play with their toes.

Cecile wears a mitten on one tiny hand to break her thumb-sucking habit.

The first play period lasts until 7:30, when the night nurse, Miss Yvonne Leroux, assists Madame de Kerline in the ritual of the morning bath.

The babies are bathed two at a time, massaged, oiled, powdered and placed in their spotless white cribs as rosy and dainty as five identical rosebuds in clean white nighties.

The bath takes an hour and a half, and at 9 a.m. the babies have another bottle each.

Then on days when the sun is shining, they are wrapped snugly in five layers of blankets and taken outdoors, cribs and all, where they stay until 12:30.

There may be snow on the ground, but the quintuplets are snug and warm in their blankets, and the crisp air of the northern winter brings the color to their cheeks.

Soon the small Dionne sisters are to be the proud possessors of five English perambulators, the gift of an admirer from Pittsburgh. Says Nurse de Kerline:

"It won't be necessary to put so many covers on them when we get the carriages. They will afford protection from the wind."

At 12:30 the babies are brought indoors for their noon feeding, and if the day is still fine they are then taken outdoors again to stay until 4 p.m.

At 4 o'clock the quintuplets are brought back to the nursery, and dressed for dinner. Their last feeding is at 5 p.m., after which they are tucked in for the night.

Each baby has plenty of boiled water between feedings, and each has two drops of viosterol daily.

The babies seldom wake during the night, says their nurse, who adds: "Noise does not disturb them."

Often they have to be waked for their 5 a.m. feeding.

And though they appear to be identical, the Dionne babies already are developing definite personalities. For instance, says Nurse de Kerline: "Annette has quite a little temper."

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Miami Herald,
Dec. 1, 1934.
SANTA EARLY AT DIONNES.

Presents Are Already Arriving for Canadian Quintuplets.

CALLANDER, Ont., Nov. 16 (Canadian Press).—The five Dionne sisters are not worrying about the number of shopping days before Christmas, because Santa Claus has started working for them ahead of time.

The Dafoe Hospital, where the quintuplets live, has received numerous presents and others have arrived recently for the babies personally. They came from Detroit, Pittsburgh, San Francisco, Toronto and Chatham, Ont., and included articles of wearing apparel, gold necklets and bracelets.

The children, not even aware of their presents, were placed out of doors today, where they slept soundly in the bracing Fall air, gaining voracious appetites for the cow's milk that comes from the farm of their father, Oliva Dionne.

Three of the babies, twenty-four weeks and four days old, showed gains in weight, while Emilie and Cecile lost.

QUINTUPLETS GET MONARCH'S BOUNTY

CALLANDER, Ont., Nov. 20.—(UP)—Mrs. Oliva Dionne, mother of the famous quintuplets, today showed friends a check sent to her by a king. The check, for five pounds ($25), carries the signature of King George V, and represents the royal bounty for multiple births.
Canadian Doctor Will Be Honored

Nobel Prize Requested For Physician To Dionne Quintuplets

NEW YORK, Dec. 8, (US)—World honors await Dr. Allan Roy Dafoe, savior of the Dionne quintuplets when, for the first time in 29 years he leaves his Canadian wilds this week.

According to an announcement made here today by Dr. Elmer Lee, child specialist, the name of the 51-year-old backwoods doctor will be submitted to the Nobel commission for award of the 1934 Nobel prize for outstanding medical achievement.

Coincidentally, dispatches from Toronto revealed that not only his home province but all Canada is preparing signal acclaim for the modest practitioner. Already he has been nominated for the Canadian hall of fame and other honors not yet made public are in store for him, it was stated.

The Miami Herald
Has Published
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The Family Doctor

Those who read of the honors being prepared for Dr. Allan Roy Dafoe, physician who delivered and raised the Dionne quintuplets, may ascribe to him miraculous powers that the simple doctor never pretended to have.

For him to be considered for the Nobel prize in medicine, and to gain a seat in Canada's hall of fame, does not change him from the man who answered the call of that Canadian mother who gave to the world the first set of five children to be born together and live for any appreciable time thereafter.

The success of Dr. Dafoe may have had in it some of the elements of luck. But primarily his success must be credited to sound practice, to the real healer's touch, without which no amount of training is of much avail. He is the symbol of uncounted other physicians who today are quietly performing just as miraculous jobs on the human organism as he did, but without the publicity possibilities of the Dionne quintuplets.

His fundamental mastery of medicine and surgery and correct living stood an unusual test. But, without question, hundreds of other doctors in the United States and Canada would have come through the same experience as well. When we read of Dr. Dafoe honored, we should think of the whole family of competent physicians, rather than of the individual. He is the symbol, for a time, of all the men who are fighting disease and injury and human frailties with so little thought of self, and so much whole-souled devotion to our race—the family doctors.

Senator Flaherty sworn in
Multiple Births

Probably no five babies have ever received such concentrated attention from the public at large as the quintuplets born about two months ago to a Canadian mother. Thus the general subject of plural births has come into prominence; such births constitute indeed one of the more remarkable phenomena in the physiology of human reproduction. It just so happens that in the human species by far the most common number of births at one confinement is one. But, although the number born at one confinement is in the great majority of cases thus limited, and is both lower and less variable in our species than in the case of most other mammals, a certain degree of variation does exist, and is found to obey, at least roughly, some kind of a law. As plural births go, twins are fairly common, about one in 87 confinements giving rise to twins. But the scarcity of plural births goes up very fast with the number born at one confinement. It has, in fact, been pointed out by W. W. Greulich of the University of Colorado that the scarcity increases approximately like the powers of 87; while one confinement in 87 brings twins into the world, triplet births would be expected about once in 7,569 confinements, this number being the square of 87; and quadruplets once in 658,503 births, this being the cube of 87. If this law continued for higher orders of plural births we should expect quintuplets once in 57 million confinements.

How do these theoretical figures compare with those actually observed in the United States in the five-year period 1926 to 1930? Actually there was one pair of twins per 86.3 confinements, one set of triplets per 8,745 confinements, and one set of quadruplets in 552,000 confinements. There were within this period of five years no quintuplets, as indeed might have been expected by the rule, since the total number of births in these five years was only about 10 million, and the rule calls for quintuplets only once in 57 million or say about once in 30 years. Thus it will be seen that in a very rough way the figures for the five-year period, 1926 to 1930, follow Greulich's rule cited above. Perhaps it should be pointed out that anything like close agreement cannot possibly be expected, because with such rare events as the birth of quadruplets and quintuplets a very large sample would
be required to obtain a reliable average figure.

That the numbers cited above are by no means purely numerical curiosities is at once seen when similar observations are extended to other countries. Unfortunately, the variations in the manner of recording births, especially as regards the complicating factor of stillbirths, varies so greatly in different countries that only a few comparisons are possible. However, the following figures can be cited. In Germany, for the eight-year period, 1922 to 1929, there was one pair of twins in every 84 confinements, one set of triplets in every 8,586 confinements and one pair of quadruplets in 679,446 confinements. In Switzerland, over the seven-year period 1926 to 1932, the corresponding figures were twins in 80, triplets in 7,038, and quadruplets in 492,629. Lastly, in Canada, from which the present stir regarding plural births originates, the birth records from 1923 to 1931 show one twin birth for every 82 confinements, one triplet birth for every 7,748 confinements and there was one quadruplet birth in about every million confinements. No quintuplets were born during the nine-year period studied. This is only parallel to our own experience, for within our Registration Area in the ten-year period 1923 to 1932 there has not been a single case of quintuplets in the approximately 21,000,000 confinements falling within this period.

Does plural birth handicap the child’s chance of life? Quite naturally one would expect this to be the case, and, in point of fact, the records do in some degree bear out this supposition. In the total births that took place in the 10 years 1923 to 1932 in the United States, among those born at a single birth, 96 per cent. were born alive; at twin births, only 92 per cent. were born alive; at triplet births, 86 per cent., and at quadruplet births, only 72 per cent. There is thus a continual gradation, as the number at one confinement increases, culminating in a very marked handicap against the quadruplet child being born alive. Viewing these figures we are all the more pleased to recall that the quintuplets born to the Canadian mother two months ago, and born prematurely at that, fared so well and are all still alive today, thus establishing a record without precedent. It is very pleasing to think that their survival is in no small degree due to the sympathetic care and to the excellent medical attention, in the full light of medical science, which they have received.

Is the occurrence of plural births in any way related to the age of the parents? This question can be quite definitely answered by the study of the statistics. The graph on page 3 exhibits the distribution of births according to age of the father and age of mother, first for single births and second for all plural births, twins, triplets and quadruplets combined. The diagrams require very little comment as they speak for themselves. It will be seen that the age group for mothers in which single births occur most frequently
Shy Country Doctor Rides High on Popularity Wave

Physician to Famous Quintuplets Acclaimed by Throngs and Celebrities Alike—Has ‘Baby Talk’ With Scientist

New York, Dec. 11 — (AP) — A shy, somewhat bewildered country doctor from Canada has conquered New York in three days, Broadway and all.

Seldom has a triumph in this metropolis been so complete as that won by Dr Allan Roy Dafoe.

His fame had preceded him. He had delivered the Dionne quintuplets. He had won a dramatic battle for life in the north woods without benefit of the modern accessories of science.

Then, his first visit to New York. Throngs acclaimed him on ferryboat and subway. Wherever he went he was the center of all eyes. Carnegie hall, packed to the last row in the balcony, gave him an ovation. In one visit to Broadway’s night life, the guy crowd forgot the glitter, even forgot Sally Rand, to greet him.

Through it all, the most composed person was the stumpy-built, short country physician.

Equal to All Situations

With ease, he met all situations. True, he often was bewildered by all the fuss. But his composure never was ruffled.

With aplomb he argued with Al Smith about the weather; with naturalness he met the social elite; on equal terms he swapped “gaga” with Broadway celebrities.

Today, he went to the Museum of Natural history and talked shop with a scientist, Dr Roy Chapman Andrews. Here, he was a bit nonplussed.

He had delivered quintuplets. But Dr Andrews related how once he had served as an obstetrician to whales.

Dr Dafoe for a moment stroked his iron-gray mustache.

“Himm,” was all he said.

This morning, it was 3 a.m. when Dr Dafoe went to bed, all tuckered out, but contented.

Tonight there was another round of “seeing the town” — a musical comedy, another floor show.

It’s all been one grand night out. Tomorrow, Dr Dafoe goes to Washington: then to Baltimore to visit Johns Hopkins hospital.

His friends had planned for him to go to the capital by train. But the doctor insisted on flying down.
Research and Statistics Do Little to Explain Survival of the Dionne Babies

The Canadian Dionnes have made medical history with their quintuplets. According to Professor Alan Frank Guttmacher of Johns Hopkins ("Life in the Making"), "over thirty cases of quintuplets have been recorded" but not one of sextuplets properly authenticated, whatever the reports recently published may claim. Until Oliva Dionne burst into the newspapers there was no unquestionable case of quintuplets that lived more than fifty minutes. The Dionne quintuplets, born on May 28 and weighing a total of thirteen pounds, were still alive when this was written—thanks to the intelligent and unremitting care of Dr. A. R. Dafos, the gift of an incubator and oxygen, and the attendance of nurses.

It would be astonishing indeed if these five babes, born to one mother on the same day in half an hour, all survived. In such cases the births are premature, which accounts for the need of an incubator. Indeed it is almost miraculous that all five of Mrs. Dionne's babies were born alive.

From Guttmacher's digest of the literature on the subject it appears that multiple births are most likely to occur in women between the ages of 35 and 40. Mrs. Dionne is only 24, so that she is not running quite true to form. Her husband's age (31) has nothing to do with her fecundity.

Twins turn up in ways that must delight those who believe in the magical properties of numbers. Thus Helin, one investigator, shows that the chance that twins will be born is one in 80. Square the 80 (6,400) and you have the ratio of triplets to ordinary births. Cube the 80 according to the Helin formula, and we discover that quadruplets will be born once in 512,000 births.

Statistics on Multiple Births.

Perhaps the best of these cabalists is W. W. Greulich of the University of Colorado. He studied 100,000,000 births and discovered that 87 is the wonder number. According to him, twins occur once in every 87 births. Square 87 (7,569) and you have the odds in favor of triplets. Cube 87 and it appears that quadruplets ought to appear once in every 700,000 births. If raising 87 to the fourth power means anything, the five new-born Dionnes must be accounted as phenomena that can occur but once in 57,000,000 births. Statisticians will shake their heads in doubt at such odds. The rule, apparently, does not hold for any thing beyond quadruplets.

Most authorities content themselves with stating that triplets occur once in 7,000 births and quadruplets once in 370,000. Considering the wide discrepancies, it is evident that there is still work for the statistician to do.

The larger the species the smaller is the litter, as a rule. Thus the average number of young borne by the opossum is eighteen; of the rabbit (not necessarily the domestic breed), commonly supposed, from six to eight; of the pig, ten; and of the monkey, man, horse, walrus, camel and elephant, but one.

Mortality in Opossums.

The larger the litter the higher is the morality. The opossum, for example, is never able to rear more than thirteen of her eighteen offspring, with the probability that not more than eleven or twelve survive. The fault is nature's. She endows the opossum with only twelve serviceable nipples instead of the requisite eighteen. On the other hand, she wisely provides an incubator—the familiar pouch—in which the prematurely born can develop. At that it is a struggle for survival, with eighteen immature creatures instinctively clawing their way to food. Once a successful clawer seize a nipple, he never lets go for six weeks. That is why half a dozen of the feeblest, immature young must die.

Probably the case of the Dionnes is genetic. That is, it has something to do with the genes—the hereditary units of life—of either Ernest or Oliva Dionne. At least this seems to follow from studies of twinning made by Dr. Charles B. Davenport of the Carnegie Institution's Cold Spring Harbor station. He cites the case of a French woman, who settled in Cleveland and whose grandmother and mother bore only twins, triplets or quadruplets. At the time of Davenport's investigation she had given birth to twins by her first husband, twins and triplets by her second and twins, triplets and quadruplets by her third. Out of forty-two children, twenty were incapable of surviving.

The Dionne Case.

Some embryologists regard cases like Mrs. Dionne's as "throwbacks." In more polite, scientific language they are atavistic. This means, as Guttmacher summarizes it, "that in the process of evolution woman passed through a stage in which she always had many young at a single birth."

To strengthen the "throwback" argument it is pointed out by its adherents that one woman in 300 has extra breasts, two and four being the commonest number. But the breasts secrete little if any milk. Guttmacher tells a story of Osler, once professor of medicine at Johns Hopkins, who examined a woman with three accessory breasts. "How many babies?" he asked. "Just one," she replied. "Too bad, too bad," he commented, "and the table set for five!"

Of course the statisticians, who can figure prove anything, have dabbled in this subject of multiple births. They make much of the fact that no man ever had a famous twin brother, and that twins and presumably triplets and quadruplets are more likely to occur among the Nordic than among the Alpine and Mediterranean races, thus explaining why twins, at least, are usually blondes. But they have not been so fortunate in trying to show that twins and multiple births are more frequent among the insane, the epileptic and the feebleminded.
Research and Statistics Do Little to Explain the Birth and Survival of the Dionne Babies

The Canadian Dionnes have made medical history with their quintuplets. According to Professor Alan Frank Guttman of Johns Hopkins University, "Life in the Making," "over thirty cases of quintuplets have been reported," but not one of sextuplets properly authenticated, whatever the reports recently published may claim. Until Oliva Dionne burst into the newspapers there was no unquestionable case of triplets that lived more than forty minutes. The Dionne quintuplets, born on May 28, weighed a total of thirteen pounds, were still alive when this was written—thanks to the intelligent and unrelenting care of Dr. A. R. D'Arcy, the gift of an incubator and money, and the attendance of nurses.

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June 10, 1934
INVENTOR ANSWERS
QUESTIONS ON WAR

As a private citizen, do you prefer peace or war?

In peace worth the millions of lives that were spent during the World War and if you were the inventor of instruments of warfare would you consider yourself responsible for the lives your inventions claimed?

In war implements were responsible indirectly for the outcome of the World War, regardless of its cause; would you consider that your government owed you a debt of more than gratitude?

Inventor Answers Questions.

D. G. Down, 76 years old, who has made his home in Indianapolis six years, is the inventor and builder of three of the most effective and deadly implements of warfare used during the World War. Yesterday he answered those questions.

"I prefer peace above all else," he said. "Peace is worth whatever the price may be, and if my war instruments saved a few hundred lives to insure the future destinies of millions, I can not feel guilty. As for the debt, only my government and its people can decide."

Mr. Down is inventor of the famous "T" system for throwing depth bombs extensively during the World War for destruction of submarines. The United States used over 200,000 of these guns during the war, and of them now is placed as a memorial piece on the south side of the Naval Observatory in Washington. Another forms the main exhibit in the entrance to the new National Museum.

Mr. Down also invented the multi-purpose recoil mechanism such as was used by the Germans when they abolished Paris with their Big Bertha. His other instrument used in war was a system of electrical simultaneous firing of projectiles from five or more guns.

Fired 500,000 Guns.

By this method, Mr. Down says, more than two hundred thousand guns were fired during the war, and as many as 1,500 were fired at once, simply by closing an electrical switch.

For this service, Mr. Down says, he has never received a penny of remuneration from his own government or that of allied nations. He offered his services under a special act of Congress was known as the "people's special reserve" and paid his own expenses in perfecting the instrument.

Patents covering all phases of the

GIRLS' CLUB HEAD AT CHRIST CHURCH

BORN IN OHIO.

Mr. Down was born in Ohio, but spent his early life in the West. He was in ill health during his early years and spent more than five years in a wheel chair suffering infantile paralysis. His father served in the Civil War and was assigned to the field staff of Gen. U. S. Grant as a secret service operator. Not all of Mr. Down's inventions have been death dealing. When a young man he said, he was employed by Dr. J. H. Kellogg of Battle Creek, Mich., in experimental research, and produced the first wheat corn flakes used by Dr. Kellogg.

"To me," he said, "the work of Dr. Kellogg is the most noble I have ever known. I am confident that his health foods have saved many thousands of persons from suffering."

"Do you think your contribution to health compensate for the destruction you have caused?" he was asked.

"No," he said. "Lives can not be replaced once they are destroyed. I suffered injury from one of my own guns. I know what it is like. But I also suffered ill health, I know what it is like, and I am grateful that I had an opportunity not only in making possible part of the work of Dr. Kellogg but also in easing part of the suffering of others."

D. G. DOWNS.
HERBERT SPENCER as sociologist was an uncompromising laissez-faire man. He wrote of the tyranny of the State in a way to endear him to the philosophic anarchists. Today laissez-faire is not popular in the economic sphere, but as between the State and the individual in their total relations people may begin to feel a bit differently about the man who foresaw the authoritarianism running amuck in Europe today. It is not a clear case, of course. HERBERT SPENCER would have violently disapproved of HITLER, MUSSOLINI and STALIN, but unfortunately he also disapproved of public schools and other forms of "pampering" the masses.

SPENCER had some very modern ideas in his ethics. One was the stress he laid on good health as moral and ill-health as immoral. He said that some day people would stop applauding the ambitious youth who undermined his constitution by excessive application to his studies. Burning the midnight oil was just as bad ethically as carousing in midnight taverns. Possibly he may have borrowed the thought from SAMUEL BUTLER, whose "Erewhon" came out half a dozen years before SPENCER'S "Principles of Ethics."

It will be recalled that the inhabitants of Erewhon were sent to jail if they caught cold or incurred dyspepsia. But if a man happened to steal a large sum of money he went to bed and received the best of medical attention, and his friends sent flowers and wishes for a speedy recovery.

N. Y. Times.
Oct. 9, 1935.
SLEEPING SICKNESS SEEMS CYCLICAL

Epidemics Seem to Recur in Two-Year Intervals, Public Health Session Is Told.

TETANUS NOW IMMUNIZED

Toxoid Is Developed—Dr. Emer

Son Receives Sedgwick Medal at Milwaukee.

MILWAUKEE, Oct. 7 (AP)—The possibility that sleeping sickness, or onchocerciasis, which has been ravaging the tropics for years, has a two-year cycle, was reported to the American Public Health Association by Professor Charles Tucker of the Illinois Department of Health.

He told of experiments indicating that Dr. Louis L. Moore’s insecticide agent, which cured 50 per cent of the cases of sleeping sickness, showed no effect on the onchocerca, the disease-producing microorganism, nor did the Paris agent, he added, but some sleeping sickness agents leave their victims with mental and physical injury.

He favored the suggestion of a two-year cycle on outbreaks of the disease in Paris in 1872 and 1877.

Immunization against tetanus by a process of living serum, which was reported by Dr. H. B. Bergery and Dr. W. M. Bials of the University of Wisconsin, was immunized with two doses of the toxoid, the disease was cured in the second dose and a year later sufficient immunity to prevent all tetanus symptoms appeared after the third dose when injured. The toxoid could be given to prospective mothers so that the infant would be immunized at birth and while nursing.

Grateful to E.R.A.

Eva P. MacDougall of the State Division of Public Health, Indiana, asked that more emphasis be placed on the program for E.R.A. nurses in Indiana rural schools and towns.

It especially stimulated her interest in the health work and urged the establishment of an organized public health service that would be made "one of the most wonderful health contributions of the world," she added, and pressed for a national public health training that will become national-wide.

The state morphine-saltpeter legislation was a step forward in public health controlling the manufacture of morphine throughout the state, and the cities trying it are New York, Boston, Chicago, and others.

Dr. Emerson Gets Medal.

Special to The New York Times

MILWAUKEE, Oct. 7—The American Public Health Association today awarded the Sedgwick Memorial Medal to Dr. W. C. Cook, director of the College of Physicians, Columbia University.

The award was made by Dr. Henry W. Park of the College of Physicians.

The Medal is in honor of the late Professor William Thompson Sedgwick, who as president of the New York Academy of Medicine was a long-time friend of the public health association, and is given for distinguished service to public health, and is given for distinguished service in the advancement of public health and science, and is given for distinguished service in the advancement of public health and science, and is given for distinguished service in the advancement of public health and science.
What are YOUR Chances of Living a Long Time?

WHAT DO we mean by longevity? How long must one live to achieve it? The answer is that no one knows, and science has no means of telling us, how long a man ought to live, biologically speaking. All that we know scientifically about the matter is how long men do actually live. Detailed observations on this point have been recorded in vast numbers, and since the seventeenth century have been subjected to rather elaborate analysis by what is called actuarial calculus.

United States life tables show that out of each hundred persons born alive, over a third are still alive at seventy-two years of age. Plainly, seventy-two years is no mark of great longevity. At eighty-two years of age there are left still living slightly more than an eighth of each hundred persons born alive. Such persons are rare enough so that it is customary for us to think of them as long-lived.

But the really long-lived are those who are surviving above the age of ninety years. They are indeed a select lot. Only 1.3 males and 1.9 females are still living at ninety-two years out of the original hundred of each born alive. Their survival rests upon a combination of good bodies and good luck.

But at this point someone will say:

"This is all very well, but these ninety-two-year-olds aren't so much, really—what about centenarians?" The answer is that centenarians are obviously more remarkable, if, as, and when they can be found. But here human error and frailty come into the picture. Each census lists a fairly large number of persons said to be one hundred years and above. In actual fact, the number of persons ever attaining that age is exceedingly small.

T. E. Young, a distinguished

Heredity counts more than environment with Father Time.

What is the average expectation of life at your age? Above is a pictorial representation of vital statistics furnished by the Surgeon General, United States Public Health Service, showing the percentage of survival among every 1,000 persons.
As you start another New Year, you will be glad to hear that you can eat and drink practically as you please without shortening your life, according to this eminent biologist, provided—

by

RAYMOND PEARL

Professor of Biology,
Johns Hopkins University

You make me tired. What’s wild about this is that I’ve never had an emphatic forefinger. Let me tell you something, my good woman. There’re more red-blooded men among the brats than in New York than I’d care to tell you, and don’t you forget it.” He breathed hard and returned to his unpacking.

Under the sheer little batiste blouse of her smart blue suit, Nina felt her heart turn over in her breast when, at the pier, she saw him there, out on the walk, facing the door. The women turned to look at him, and turned again. It was not just his clothes, his beautifully careless clothes. The high, crisp head; the lines about the smiling mouth; the intensely blue eyes. The very elegance of his masculinity made the women a little sad, with unattainability. Nina felt that, with a terrible sadness, as she gayly called to him, “Hello!” she sang out, smiling. “Did you come with Dad? May I drop you on the way?”

“Yes, I’ll ride with you if I may. I saw you in a minicab—He was.” He stood bared-headed at the car door.

“If I’m afraid we’ll have to step on it,” said Nina. “Remember, I’m taking that five-o’clock to Chicago.”

“Yes, I know,” he said, as he sat beside her. “So am I.”

Three of Nina’s friends, young fellows, were waiting at the gate and went through with them. They crowded into Nina’s stateroom, laughing, talking, and scattering about the candy and magazines they had brought.

“Is that why I’ve been feeling so funny the last—” He said he knew a place where we could have wine with our luncheon, and he was stony and it was

The pageant of human life in today’s headlines: the Dionne quintuplets, 7 months; King Peter of Yugoslavia, 11; Greta Garbo, 28; Katharine Cornell, 56; the Prince of Wales, 40; President Roosevelt, 53; Emily Post, 61; Mme. Schumann-Heink, 73; Elinor Root, 89; John D. Rockefeller, Sr., 95.

What kind of people are they, physically, biologically, temperamentally? How did they live? What did they eat? Did they do their “daily dozen” each morning? Of course, they theoretically cannot have drinking alcoholic beverages, but did they, in fact? And what of tobacco?

In the first place, the most important and necessary requisite for the achievement of great longevity appears to be a proper inheritance. Judged by our records, relatively few people have attained life whose forbears were not long-lived. We have recently tried to measure

actuary, was able to find from English records only thirty persons who could be proved to have lived one hundred or more years. There is no evidence worth the slightest credence that the famous and popularly known cases of extreme longevity, such as Thomas Parr, whose bones lie in Westminster Abbey solely for the reason that he was supposed to be 152 years old when he died, ever lived to anything remotely approaching their reputed ages.

Somewhere in the neighborhood of 110 years represents about the upper limit of really proved longevity. When you read in the newspapers that a wandering Turk, or Abyssinian, or Kamchatkan has turned up in London or New York at the age of 150 or more looking for a young wife, do not bother to write a biologist, or a physician, or Mr. Ripley to find out whether it is true or not. It isn’t.

For many years I have been collecting rather elaborate records of persons still living at the age of ninety-five and upwards. The collection now includes more than two thousand such cases, which pass every test of authenticity so far applied.

The amount or degree of the favorable effect of long-lived ancestors upon the attainment of individual longevity. One example of the results must suffice here. For I’m nineteen. Please tell me—this example the influence of the father’s longevity upon that of their son may be taken.

It appears from our records that sons have an expectation of twenty-two percent longer life than their fathers live to eighty or more, and that they do if their fathers die under sixty. They have an expectation of a thirteen percent longer lives, in fact, than the fathers die at ages between fifty and seventy-nine years (where, as a matter of fact, most fathers do die).

Plainly, inheritance counts in longevity. No other single element is so important biologically in insuring longevity. If a person has long-lived parents and grandparents, his chances of living to ripe old age are a great deal better than those enjoyed by most of mankind.

What other characteristics besides the inherited tendency to longevity are exhibited by our collection of long-livers? I am inclined (Continued on page 18)
As you start another New Year, you will be glad to hear that you can eat and drink practically as you please without shortening your life, according to this eminent biologist, provided—

by

Living a Long Time (Continued from page 45)

A good constitution can be wrecked by abuse or by putting too great burdens upon it, or by accident, of course. But it is equally true that a poor, weak constitution cannot be made any better extrinsically than it was at the start, by any means whatever.

In our collection of nonagenarians and centenarians there are only a few persons who have ever had a surgical operation. And among those who have, the surgery has mostly been of a minor character, such as nose or throat operations, or the setting of broken bones.

The reason is that, as a rule—to which there are, of course, occasional exceptions—the kind of people biologically who become nonagenarians are also the kind of people who do not have surgical diseases. Hence, they do not have need for major surgical operations.

To summarize the whole matter, it may be said that persons who live to an unusual old age are those who have organically superior constitutions, resistant to infections, soundly organized to function efficiently as a whole organism and keep on doing it for a very long time.

Medical knowledge and skill, improved sanitation, and better conditions of life, generally, have been, and are, able to prevent an increasingly larger amount of what may be called premature mortality, meaning that occurring before fifty, let us say. Especially have these agencies been able to reduce the lethal effects of infections, or at least to postpone their fatal action to a later part of the life span.

But ultimately there is left a group of extremely old people, for whom, on the whole, infections have no particular terrors. They have been, and to a remarkable degree still are, able successfully to resist them. These people eventually die to be sure. But a great part of them die, not because the noxious forces of their environment kill them, but because their vital machinery literally breaks down.
How to beat OLD FATHER TIME

"The future word of the William Tell is eight to be delivered at 60—"

This is a man wise, for by all. He is still actively engaged in pursuing his beloved dream.

The anecdote is related by Dr. John Harvey Kellogg, who once was in the habit of to make the statement that "if a man is to have a great influence upon the world, he must have a dream."

Dr. Kellogg is a formidable opponent of this idea, and his arguments are so strong that he is unable to be outdone by any other in the world. He may be said to be the forerunner of the world's greatest living men. He is the author of "The Seven-Minute Exchange" and has contributed to the world's health and welfare.

Dr. Kellogg believes that the proper education of youth is the key to the solution of the world's problems. He states that "If a youth is to have a great influence upon the world, he must have a dream."

Dr. Kellogg has been president of the Three-Quarter-of-a-Century Club, and has written many remarkable books on the subject of health and well-being.

In his youth, Dr. Kellogg served as a doctor and later became a professor. He has written many remarkable books on the subject of health and well-being. He is the author of "The Seven-Minute Exchange" and has contributed to the world's health and welfare.

Dr. Kellogg's philosophy is that the future word of the William Tell is eight to be delivered at 60—"

This is a man wise, for by all. He is still actively engaged in pursuing his beloved dream.
The News Letter of the Amer. Pub. Health Association for Jan. 1, 1935 stated:

"This is a proper occasion on which to make honorable mention of the other five members who have held membership for over forty years".

(Among the names mentioned was that of Dr. J. H. Kellogg, of Battle Creek, Michigan.)
Liberal Use of Florida Citrus Fruits Best Medicine, States Physician

Dr. John H. Kellogg, on His 83rd Birthday Anniversary

Dr. John Harvey Kellogg
Old Age is a Disease. We try to cure it with medicine and surgery and operation. We raise up our hands to heaven and exclaim—"Oh, how much more we need for the treatment of our diseases!" We then add more medicines, more operations, more surgery—nothing else! But no one thinks of curing the disease of which these things are but symptoms, the disease of old age. A man really grows sick from old age. It is not a disease which strikes suddenly at the age of 50, 60, or 70. It begins, silently and insidiously, in the early ages of life. It causes the formation of the arteries, the heart, and the brain, the very organs of our body, to wear out. It makes the body weaker, less efficient, more susceptible to disease, and more ready to yield to the attacks of disease. It is the disease to which we are all subject. No one is exempt from it. It is the only disease we know. The only cure for old age is the prevention of it. The only cure for old age is the limitation of the amount of work we do, the limitation of the amount of exercise we take, the limitation of the amount of food we eat, the limitation of the amount of sleep we get, the limitation of the amount of stress we impose on our body. The only cure for old age is the limitation of the amount of stress we impose on our body. Old age is a disease, and it is the disease of which we all die. It is the disease of which we all die. It is not a disease which strikes suddenly at the age of 50, 60, or 70. It begins, silently and insidiously, in the early ages of life. It causes the formation of the arteries, the heart, and the brain, the very organs of our body, to wear out. It makes the body weaker, less efficient, more susceptible to disease, and more ready to yield to the attacks of disease. It is the disease to which we are all subject. No one is exempt from it. It is the only disease we know. The only cure for old age is the prevention of it. The only cure for old age is the limitation of the amount of work we do, the limitation of the amount of exercise we take, the limitation of the amount of food we eat, the limitation of the amount of sleep we get, the limitation of the amount of stress we impose on our body. The only cure for old age is the limitation of the amount of stress we impose on our body.
LETTER TELLS PLANS
TO SAN BONDHOLDERS
5/25/35
Program of Reorganization
Being Sought; 60 Percent
Of Bonds Deposited.

In a letter to Sanitarium bondholders the bondholders' protective
committee notified them this week
that the committee is working
toward a plan of reorganization to
replace eventually the receivership,
but has not yet found a suitable
plan.

H. P. Conklin, cashier of the
Security National bank, a member
of the committee, said today that
the committee was seeking a plan
which would adequately protect the
bondholders and at the same time
bring a return of the institution's
business back to "normal." The
committee, he said, will meet again
in about a month.

Meanwhile a special advisory com-
mittee appointed by Federal Judge
Arthur J. Tuttle is scheduled to meet
within the next week or two to study
reorganization plans.

The committee's request that the
bondholders reposit their bonds
with the committee, in order
that a reorganization may be ef-
ected, has the approval of the pub-
lic trust commission of Michigan.
Approximately 60 percent of the
bonds have been deposited with the
committee to date, the letter states.

Confer with Auditors—Ira A.
Beck, attorney, and Dr. Charles E.
Stewart, Sanitarium receiver, were
in Detroit yesterday conferring
with members of the Arthur Anders-
on Co., auditing firm which is
making the annual audit of the
Sanitarium books. Fred Fuller,
Toledo, an attorney for the San-
tarium, was also present.
FLORIDA FRUITS ARE LAuded FOR DIETETIC VALUE

Feb. 1935

Government Publishes Dr. Kellogg’s Report

The dietetic importance of Florida fruits, a paper read by Dr. John Harvey Kellogg at the annual meeting of the Florida Horticultural society at Orlando last summer, has been published by the government as an important document for the public.

It was presented to the Senate by Senator Fletcher and ordered printed. Now out in booklet form it goes down the line in setting forth accurately the value of citrus, papayas and avocados. Dr. Kellogg, who is at Miami for the winter, went into the subject thoroughly and what he says about citrus alone was regarded by Senator Fletcher as the most valuable sizeup that had come to his attention.

Cites Food Value

Pointing out that a glassful (8 ounces) of orange juice contains 120 food units, Dr. Kellogg gives a few comparisons which, as he says, will give a clearer idea of its value. Four glassfuls of orange juice equals in good units three glassfuls of milk. Three glasses of juice equals three glasses of skimmed milk in food value.

Then, getting down to a pint of orange juice, Dr. Kellogg shows that it more than equals in food units the following:

One pint of oysters or clams.
One pint of beef tea, chicken broth, or mock turtle soup.
One pound of egg white.
One pint of red raspberries.
One and one-quarter pints of strawberries.
Three-quarters pint of oatmeal gruel.
One pound of carrots.
One and three-quarters pounds of cabbage.
One and one-half pounds of turnips.
Half pound green peas.
One and one-quarter pounds fresh peaches.

Practically all that is said about the orange applies equally to grapefruit, Dr. Kellogg adds.

“The nutritional and refreshing qualities of this excellent fruit entitle it to a place on every breakfast table in America,” he declares. “Its free use would constitute an insurance against rheumatism and other chronic disorders to which acidosis is a predisposing cause.”
HOTEL IS GIVEN TO DR. KELLOGG

Miami Springs Building Was Present From Glen H. Curtiss

The reported sale of the Pueblo type hotel, erected in Miami Springs by the late Glenn H. Curtiss, to Dr. John Harvey Kellogg was in error, it was learned yesterday.

The transfer of the property was reported Monday as a sale for a consideration of more than $250,000.

Dr. Kellogg's acquisition of the property was by gift from Mr. Curtiss in April, 1930, in consideration of $1.

A new deed to the property was executed last Monday, and filed in Circuit court.

Home from Callendar—Dr. John Harvey Kellogg, medical director of the Sanitarium, returned home Sunday night from Callendar, Ont., when he visited the Dionne quintuplets at the invitation of Dr. Allan R. Dafoe. Dr. Kellogg spent two days at the Dionne hospital studying the care and treatment given the famous 16-month-old babies. He was accompanied on the trip by the Misses Angle and Gertrude Estill. Oct. 7, 1935
HEALTH INSTITUTION IS GRANTED CHARTER
MIAMI HERALD, Dec. 31, 1925

Purposes of Miami Battle Creek Are Outlined In Incorporation Papers

The Miami-Battle Creek, in Miami Springs, was chartered yesterday under the laws of the state as an educational, charitable and benevolent institution, not for profit, with an objective of improving the human race and ultimately "evolving a superior race of men.”

The charter was approved by Judge Paul D. Barns and recorded in Circuit court by Attorney Francis M. Miller for Dr. John Harvey Kellogg, the founder.

Dr. Kellogg was listed in the charter as president, treasurer and director, with A. Estill as vice president and G. Estill, secretary. They are also the permanent trustees. Other trustees will be elected annually.

Under the terms of the charter the highest amount of indebtedness or liability the corporation may at any time subject itself shall be $300,000, and the amount of the value of real estate the corporation may own, with the approval of Circuit court, is $2,000,000.

The corporation is to be financed by charges made for services donated and donations, gifts, devises and bequests of property and income from property.

To explain the purpose of the incorporation, the charter reads: "It being the belief of the founder of this enterprise, Dr. John Harvey Kellogg, in common with other eugenists, that the human race is rapidly deteriorating and that it already has reached a stage of decay and degeneration from which recovery as a whole is impossible, he has for many years devoted his efforts and his fortune to an attempt to associate in an organized group, men and women who are health enthusiasts, who recognize the soundness of the terse motto of the old Greeks which they placed upon the portals of their temples, 'Mens sana in corpore sano' (a sound mind in a sound body), who realize that the human race is degenerating and that a concerted effort is made by the practical application of the laws of personal hygiene and race hygiene to improve the race through creating first a small group of earnest devotees of health and eugenics and then gradually evolving a superior race of men.”

Founded for the purpose of promoting race betterment, the Miami-Battle Creek is affiliated with Battle Creek College and other philanthropic and race betterment activities founded and supported by Dr. Kellogg.

Under the terms of the charter the institution will receive for medical treatment both sick persons and those of moderate health, and may treat or instruct both indigent persons and those with ability to pay for the services rendered. All funds and property received will be devoted to maintaining the institution, the purposes of which are "strictly humanitarian, philanthropic, charitable, benevolent, nonsectarian and altruistic, and in no manner, directly or indirectly, for private gain or profit or dividend paying to any person.”

In addition to medical treatment, the institution will conduct training classes for nurses and physicians, give classes, lectures and print publications along lines that will oppose the use of habit-forming drugs as well as deteriorated, adulterated and other unwholesome and disease-producing foods."
MEDICINE: Pavlov Reports Dogs Share Human Temperaments

Machine guns chattered in Petrograd streets. On the banks of the Neva, bodies lay thick. But in the laboratory of the Institute of Experimental Medicine, the usual workaday quiet reigned. A breathless student hurried in.

"Why are you ten minutes late?" roared Ivan Petrovitch Pavlov.

"Professor," stammered the student, "don't you know there's a revolution going on?"

"What difference does a revolution make when you have work in the laboratory to do?"

The student epitomizes Pavlov's outlook. Poverty, hunger, cold, fame—all have touched him, but none has turned him for an instant from his work. Even after the revolution moved nearer and bullets thudded into lecture room walls, he carried on. After his students quieted to fight or hide, he used the empty rooms to raise carrots and potatoes for his family. He had no fuel or lights—he burned shavings. When cold numbed him, he worked in snow boots, overcoat, and fur cap. His experimental dogs shivered in the barren school; he took them home at night.

His son Victor died fighting the Reds; Bolsheviki exiled his other son. Still Pavlov kept on. Only once did he let his feelings intervene: In 1924, as part of their anti-church drive Soviets barred priests' sons from his school. He quit in a cold rage—his own father had worn the cloth. But they persuaded him to return and endowed his work liberally. Last September they awarded him an annuity of $17,000.

FAITH: His passionate devotion to science had its birth in 1870. A growing distrust of religion made the 21-year-old son of the Riazan village priest quit the Riazan theological seminary. He went to the University of St. Petersburg, then to the Military Medical Academy.

Two years after he completed his medical studies, he married Serafina Karchevokevaya. From her sister he borrowed money to start housekeeping and begin his career.

In 1890 he got an appointment to the medical academy faculty, and settled down to tireless work. His devotion to his task brought him reward: In 1904, he got the Nobel Prize in medicine for his studies of the digestive system. By clever experimentation with animals, he had found that not food alone, but sight and sound as well, could stimulate the flow of digestive fluids. He fed a dog, ringing a bell the while. After a time, food and bell became inseparably associated in the animal's mind. Soon the sound of the bell, even without food, started a lively salivary flow. The discovery made Pavlov the father of the "conditioned reflex."

CONGRESS: Moscow guards Pavlov jealously. Last month after a severe attack of pneumonia, the 86-year-old scientist announced he would attend the second International Neurological Congress, which opened in London last week. Specialists had to give him a careful going over and a clean bill of health before the Kremlin said O.K.

In the University College, Bloomsbury, where the congress met, the Santa Claus-bearded wily little Russian was easily the center of interest. Scientific leaders from both hemispheres flocked around him like movie fans seeking his autograph. In a small lecture theatre, as many of the 600 delegates as could get in listened eagerly to a resume of his 60 years' experimentation with dogs.

Canines, Pavlov had concluded from his research, fall into four temperamental classes, like humans:

Choleric: Having too little inhibition.

Phlegmatic: In which stimulation and inhibition offset each other.

Sanguine: Capable of making a quick adjustment to either stimulation or inhibition.

Melancholy: Overinhibited, and little able to adapt themselves to new situations.

The behavioral school of psychology holds that environment alone determines a life's course. Dr. Pavlov's paper apparently gave behavioralists an encouraging nod. Repeated experiments he reported showed that he could control characteristics of dogs by directing their environment from birth. Half of a litter he put into cages; their brothers and sisters roamed free. The caged puppies developed into "cows"; they learned slowly and their reactions were inconsistent. "Courage" distinguished the others. They trained easily and their responses to stimuli checked time after time.

But these results gave behaviorists only flimsy support. While Dr. Pavlov restricted environmental influences, his key factor, he has repeatedly insisted heredity also plays a vital role in development.

PAPERS: In the six other small lecture-rooms of the two-story London institution, and in its oak-paneled Great Hall, the delegates listened to 236 other papers, the results of research in a dozen countries. Some of the subjects:

Epilepsy: Decisively, some of the world's foremost brain specialists, led by Prof. Jean Abadie of Bordeaux, France, scotched the almost universal belief that epileptics inherit their failings.

"Epilepsy is neither a constitutional nor an acquired disease, but is personal, in the sense that each case has its origin in some accident... The most likely cause to our troubles is the brain suffered during birth... the results of falls... and... infections of the brain in infancy."

Prof. Wilder G. Penfield of McGill University, Montreal, reported the results of 75 operations on the skulls of epileptics. The results, he assured his hearers, were distinctly favorable. But a group of Viennese physicians argued against surgical treatment. They pressed the advantages of X-rays in warding off seizures.

Raynaud's Disease: Thousands of children and young girls each year suffer from the early stages of this blood ailment, named after its 19th century French discoverer. Their fingers and toes become blanched and lifeless, sometimes gangrenous, from some impediment in the blood stream.

From the Mayo Clinic, Rochester, Minn., Prof. Alfred Adson brought word of a successful cure: In a spinal operation, Dr. Adson cuts the sympathetic nerves leading to the affected member. In most cases the patient is completely cured.

Brain: From a 44-year-old sufferer of meningoma—brain tumor—Richard M. Brickner of Columbia University's medical school, New York, removed both frontal brain lobes. The patient recovered. The surgeon studied his case carefully: "It was possible to deduce the functions of the missing parts by comparing his condition after the operation and before."

Dr. Brickner noted two kinds of change: "Intellectual defects, such as impairment of memory; and impairment of control over his emotional drives"—the condition of a baby which has not yet learned to meet people and situations and become adapted to them.

"Possibly the word 'ingenuity' sums up the situation," Dr. Brickner explains. "The staggering ingenuity that has made radio possible is an example of the full flower of the frontal lobe function."
A fine picture in Lit Digest Aug. 17/35
Dr. Barkoff also in Detroit Times Sunday
hails by neurologists

Peet of Michigan Tells Group in London of 60 Operations for High Blood Pressure.

By FERDINAND KUHN JR.
Special Cable to THE NEW YORK TIMES.
LONDON, July 30.—Professor Ivan Petrovich Pavlov, most famous of Russian scientists, announced today that he had proved that dogs possessed the same four fundamental temperaments as human beings.

Canine temperaments as well as human ones could be explained in terms of stimulation and inhibition, said the 86-year-old professor, speaking before the International Neurological Congress.

He stated his conclusions not as theories but as facts established by his sixty years of careful experiments with dogs, and he predicted that they would throw important light on the behavior of human beings.

Some dogs, like men, are of the choleric type, in which there is too little inhibition, he asserted; some are of the phlegmatic type, in which stimulation and inhibition offset each other. Some dogs, he said, are of the sanguine type and can make a quick adjustment to stimulation or inhibition.

Dogs of Melancholic Type.

Finally, he declared, there are dogs, as well as men, of the melancholic type—overinhibited and little able to adapt themselves to new situations.

According to Professor Pavlov, dogs are often afflicted with mental disorders which parallel those in human beings. A choleric dog, for example, tends to have the same higher nervous disorders as a choleric man. The Russian scientist also declared that he had been able to reproduce claustrophobia and other familiar mental disorders of human beings by working patiently on dogs in his laboratory.

Professor Pavlov spoke in a small lecture hall of University College, which was packed with medical men of many countries eager to catch a glimpse of him, and afterward dozens of them surrounded the little old man begging him to autograph copies of his lecture, for

his name is probably the most famous of all those at this congress, which has brought hundreds of prominent men from many countries together.

A hundred other papers on medical subjects were read today, many of them by American doctors. Professor Max Peet of the University of Michigan aroused much interest on describing about sixty operations for the relief of high blood pressure.

The surgical procedure, he said, consisted of cutting the greater and lesser splanchnic nerves and the lower dorsal sympathetic chain. The operation was usually done on both sides at the same time, he said.

Big Improvement Shown.

"No patients were operated upon whose blood pressure was not at some time over 200," he explained.

"The results showed an 85 per cent improvement, varying from the relief of headache to apparent complete cure. Ten per cent were not benefited, but about 15 per cent seemed to be cured."

Three New Yorkers, Drs. Dean Clark, Heloise Hough and H. G. Wolff, described the mechanism of a severe but short-lived headache that they had produced artificially for experimental purposes.

Keeping a record of blood pressure and pulsations within the skull during the period of the headache, they concluded that the pain was caused by dilations and distortions of the blood vessels inside the skull. "The site of origin of the nervous impulses experienced as pain are probably the walls of the intracranial blood vessels and the tissues around the blood vessels," they reported.

Sir Thomas Lewis of University College Hospital in London, an authority on heart diseases, reported that pain could be produced by chemical changes in body tissues as well as by actual physical change in nerve endings.

"Evidence has been accumulating which suggests that malnutrition or the injury of tissues supplied by sensory nerves may so change the local chemical or physicochemical environment of these sensory nerve endings as to stimulate them," he said.

Effect in Injuries to Skin.

"In the case of injuries to the skin there is definite evidence that substances released from the skin accumulate in the tissue spaces, bringing enough change of environment to local sensory nerve endings to start up pain-giving impulses."

The idea that sensory nerve endings may be stimulated through natural chemical or physicochemical tissue changes has been taken hold of the staff of theory by a demonstration that pains can be maintained by stopping the blood flow to the affected part."

Dr. William Reed of Baltimore, probably the foremost American authority on the cerebrospinal fluid, was chosen to open a discussion that threw new light on the manner in which the fluid is generated, secreted and absorbed. Dr. Reed said that evidence from many fields showed that the cerebrospinal fluid was produced in the choroid plexuses in mid-brain, that it passed into space under the spinal cord and that ultimately it returned into the blood stream.
Pavlov on Dogs

Probably Professor Ivan Petrovich Pavlov's most widely quoted experiment is the one concerning the salivating dog. In order to demonstrate the conditional reflex, which underlies much of modern psychology, the Russian scientist rang a bell every time his dog was fed. After a while, food or no food, the dog's mouth watered whenever it heard a bell.

For his research on the salivary glands and the physiology of digestion, Pavlov got the Nobel Prize in 1904. A vivisectionist of amazing skill, he unraveled many facts about the mechanism of brain action, and the Communists have honored him as the "Karl Marx of physiology" because he has given evidence to support the materialistic conception of the mind.

In 1929, at the age of 80, he visited the United States to attend the International Psychological Congress. Recently he suffered a severe attack of pneumonia, and when he expressed a desire to go to the International Neurological Congress in London he had to undergo a careful examination by Moscow specialists before they permitted him to make the trip. They found him hale and hearty at 86.

He went to London last week, was the celebrity of the convention, and made a speech about canine temperaments. Having experimented with dogs for sixty years, he said they have moods and mental disorders like those of human beings; and, like people, they are of four types: choleric, phlegmatic, sanguine and melancholic.
From about 9 to 12:30 the nurses put them outdoors in five identical brown perambulators. Lunch consists of strained vegetables supplied by a firm under special contract; baked apple, prunes, bananas, or apple sauce, and a cup of milk. After lunch they go into play pens, three in one, two in another. Mrs. Dionne used to visit them regularly at this hour, seldom now that the government has taken charge of the babies.

An afternoon nap follows, then the evening bath, supper of cereal and milk, and at 6, bedtime again. During feeding, the loudest yell gets first attention.

Since the first few months, when doctors wondered how they could ever survive, they have been ill only twice. Last September they rallied from attacks of intestinal toxemia. This Easter they as quickly recovered from what Dr. Dafoe called "sniffles."

Besides their three nurses and the two constables who guard the hospital, the quints have a housekeeper to cook their meals and an orderly to keep their hospital in repair. Last March the Ontario Legislature nominally vested in King George guardianship of the five. A committee of three administers the wards' affairs for the King—Oliva Dionne, father and "natural guardian," and Dr. Dafoe, with J. A. Valin, affable, dog-loving retired judge, as chairman.

Dr. Dafoe and Judge Valin take their duties seriously. Dionne, who looks like a cross between Charlie Chaplin and Hitler, still fumes over the Guardianship Act which deprives him of sole control until the quints become 18. Father of six other children, five of whom are living, he feels he and his 26-year-old, 206-pound wife should be allowed to bring up their own babies. But officers of the Ontario Government point to a $1,000,000 damage suit resulting from the contract Dionne made and the government insisted he break to exhibit the youngsters at the Century of Progress.

Proudly the government records the fact that the quints are self-supporting. Within the last three months the five have earned $150,000. The babies' pictures appear, at a price, on postcards. Next year they will decorate calendars. The Newspaper Enterprise Association pays a large sum for exclusive news photo privileges. A movie company bought rights to newsreel pictures.

Many of the quints' supplies come free. For the advertising value, California fruit growers and the Banana Exchange supply fortnightly crates of oranges and bananas. Other business groups have contributed everything from 830 diapers to toys.

The Carnation Milk Co. now plasters grocery stores from Hudson Bay to the Gulf of Mexico with advertisements declaring the quints owe their growth to that particular condensed milk. Finally NBC and CBS have arranged to bring radio listeners this week the squealing of five little Dionnes on their birthday.
MEDICINE

In Atlantic City

Five million tons of rain fell on Atlantic City, the Weather Bureau calculated, the first day that the American and Canadian Medical Associations met there last week in joint convention. Thereafter the weather was clear and brisk, and the doctors, looking prosperous and vigorous, buckled down to the convention business of protecting their profession from laymen, of protecting laymen from quacks, of learning many a fact about disease. Some 200 men reported their last year’s research. Dr. Emanuel Libman delivered the Billings Lecture (TIME, June 10). Study of 386 scientific and 225 commercial exhibits absorbed all the doctors’ remaining hours.

The doctors viewed with curiosity stocky little Dr. Allan Roy Dafoe, heard him tell his stock story about the birth of the Dionne quintuplets, listened to his invitation to go touring in Canada, gave him special commendation for a scientific exhibit in which he displayed an early photograph of one of the Dionne girls cradled in a nurse’s hand, another recent photograph of the five girls, pictures of their home and hospital, charts of the foods they ate.

Dr. James Somerville McLester of Birmingham, ingoing A. M. A. president and crack dietary expert, drew respectful attention when he declared, “The American people are acutely food conscious and will eat anything they are told is healthful. The cheaper cereals can be used as the mainstay of the diet, provided properly selected supplementary foods, such as liver and lettuce, are added in suitable amounts. Because of its high supplementary value in a diet of cereals as well as of other foods, a place must be provided in the household budget for definite quantities of milk and milk products. Even with today’s high prevailing prices, milk is still a bargain in food values. . . . It is difficult to estimate how many persons in this country are so poor they are unable to purchase the food necessary to keep them in health. . . . But something like 20,000,000 American people are living near or below the threshold of nutritive safety. This condition, if continued, will surely affect the health of the race. The income of these people must be raised or the price of food lowered.”

The American Medical Association is a confederation of state medical societies, whose 37 representives in the A. M. A. House of Delegates make rules for the entire organized U. S. medical profession. Last week the House of Delegates:  
C. Approved birth control obliquely, by appointing a committee to investigate the subject.  
C. Condemned state medicine.  
C. Condemned compulsory sickness insurance.  
C. Approved voluntary sickness insurance.  
C. Refused to re-elect Dr. Frederick Cook Warnshuis speaker of the House of Delegates, a job that he had held since 1922. Last September Dr. Warnshuis, 55, gave up his home at Grand Rapids, Mich., where he long had been secretary of the Michigan State Medical Society, to become secretary of the California Medical Association. His prime work in California was to hold the California society’s medico-economic rules in line with the policies of the A. M. A. Last month the California society decided to make the best medical conditions and to co-operate with advocates of compulsory health insurance—anaathema to A. M. A. Dr. Warnshuis’ successor: Dr. Nathan Bristol Van Etten of the Bronx, where proponents of socialized medicine are numerous and rabuncious.

C. Tightened their rules to inhibit “solicitation of patients, particularly in industrial practice, unfair competition of clinics and groups; unethical and unlawful practices of medicine by hospitals, dispensaries, insurance companies and universities.”

C. Chose Kansas City for the convention next May.

C. Elected to succeed President McLester next May, Dr. James Tate Mason, a strapping, handsome, sentimentai Virginia aristocrat who, having sailed as a ship’s boy around the world and lived to set off for Seattle after he graduated, decided to settle in Washington. He had practiced medicine among miners at Franklin, Wash., found himself clever at surgery, proceeded to Seattle where in 1920 he opened the Virginia Mason Hospital and his associates do a flourishing business, because they are expert technically and popular socially. Dr. Mason is especially popular at Seattle business, fraternal and social meetings where, with a Southern drawl, he tells Negro stories. He used to go in for yachting, until his boat burned. Now his hobby is collecting porcelain dogs. One touchy point with him: his hair is getting thin.

Summer Resurgence

Two small, circumscribed epidemics of infantile paralysis last week marked the regular summer resurgence of that disease in the U.S.

North Carolina contained 47 new June cases, 45 cases convalescing from infection incurred during May.

In Los Angeles County Hospital a student nurse, who apparently contracted infantile paralysis from an undetected case in the hospital, spread the disease through the nurses’ quarters.Last week 20 infected nurses were under quarantine, while 40 others showed suspicious prodromal symptoms.

The fact that few other cases of infantile paralysis were detected throughout the nation last week suggested that the incidence of that disease will be low this summer. However, health officers and bacteriologists are keeping close, special watch for outbreaks in New York City and Philadelphia. Those communities are significant because in Philadelphia Dr. John Albert Kolmer and in Manhattan Dr. Maurice Brodie have perfected serums against the virus which causes infantile paralysis. (TIME, Nov. 26 et al.) and accomplished their work too late last year to try out their serums against any significant epidemic, are ready for eventualities this summer.

DISPATCH...

There is no time to waste—whether it’s a liner to be handled...or freight to be moved by water, in harbors, inland or offshore. Moran is on the job at the hour—day or night. For 76 years Moran tugboats have been performing such tasks...smoothly, skilfully, with dispatch...backed by the house reputation for service and financial integrity.

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76 YEARS OF SUCCESSFUL TUGBOAT OPERATION
Dionne Babies Financially Independent
As $1,000 a Month Is Spent on Them

By The Canadian Press.

CALLANDER, Ont., Aug. 3.—Through their physician, Dr. Allan Roy Dafoe, the Dionne quintuplets today gave a message to the world.

They said:

"Thanks for all your help, and we want you to know we are now self-supporting. We say this because so many persons and organizations helped us when we were not able to take care of ourselves. Now we are making enough money to meet all our needs and allow us to save some. We thought you would like to know."

Dr. Dafoe sat back in a deck chair on his front lawn and elaborated on the statement.

The girl babies of Oliva and Elzire Dionne are not nearly as wealthy as many persons believe. They have $45,000 in bonds and cash, and contracts now in force probably will bring them another $50,000. In their fourteen months of life the youngsters have spent a lot of their own money. How much, the doctor declined to say.

The Canadian Red Cross paid for the nurses for a year and, with the Ontario Government, helped out in various ways. In the last four months the children have paid all their own expenses—and expenses of quintuplets are large.

No figures have ever been given out, but salaries of the doctor and nurses probably total $450 a month. Other salaries, for an orderly, two maids and two guards, take perhaps $220 more. That total of $700 does not include upkeep of the hospital, which must be large, as all the staff, but the doctor, have their meals there. Everything the babies eat and drink is of the best and their food bill is large.

In addition there are many extras, which all go to make $1,000 a conservative estimate of the babies' monthly expenditure.

One of their chief assets is their home, valued at $20,000. The small Dafoe hospital that was opened a year ago has been enlarged to a thirteen-room building with three baths.

The babies' $45,000 in bonds and cash has come from endorsements of products they use—milk, tomato juice and the like—and motion-picture and newspaper photograph contracts.

5,000 See Dionne Babies.

COLLANDER, Ont., Aug. 5 (Canadian Press)—Dr. Edmund Kelley of Johns Hopkins University visited the Dionne quintuplets' hospital Saturday and administered what is expected to be the last radium treatment to the small tumor on Baby Marie's thigh, according to Dr. Allan R. Dafoe. Nearly 5,000 visitors crowded the hospital Sunday. Traffic was the heaviest of any week-end this Summer. Weight gains predominated among the babies over the week-end, with only Annette showing a fractional loss.
Quintuplet Doctor Thanks Dr. Kellogg For Treatment Which Helped Save Babies

In a recent letter to Dr. John Harvey Kellogg, of this city, Dr. Daniel DaFoe, physician to the famous Canadian quintuplets, expresses his appreciation of the advice and assistance given by the Sanitarium head in correcting a serious intestinal disorder which threatened the lives of the babies.

Learning through newspapers several months ago of the babies' trouble, Dr. Kellogg communicated with Dr. DaFoe and sent cultures of Acidophilus, produced at the Sanitarium by artificial culture. The treatment now is used regularly, as the trouble returns when it is discontinued.

The fact that the quintuplets are alive today is credited to Dr. DaFoe's recognition of the fact that because they were bottle-fed they were not being properly inoculated with the protective bacteria provided by the mother for nursing babies. This lack of protection is believed to have been the cause of the intestinal trouble which definitely attacked one of the babies and threatened them all.

The mortality of bottle-fed babies is said to be 10 times that of breast-fed babies and the chief cause of death is intestinal trouble, resulting from disease-producing germs in the intestines.

VACATIONS URGED.
Richmond, Va., July 11.—(U. P.)—Tired horses and mules are offered a vacation in the country by the Richmond Society for the Prevention of Cruelty to Animals. Owners of such animals are invited to send them, without charge, to a farm, with rich pastures, maintained by the society.
'NO FILMS OF QUINTS,'
DR. DAFOE INFORMS
HOLLYWOOD BIDDERS

CALLANDER, Ont., Aug. 14.—(AP)—Dr. Allan Roy Dafoe has told Hollywood "nothing doing" in response to overtures to have the Dionne quintuplets appear as co-stars with Harold Lloyd in a film, he said today.

The physician, who is one of the legal guardians of Callander’s most famous children, confirmed reports Hollywood was seeking the services of the quintuplets but said a contract which nets them a lucrative income covers all picture rights.

"I had a wire from Hollywood a few days ago but I immediately wired back and told them as far as I was concerned, nothing doing," Dr. Dafoe said. "The original contracts for pictures will stand."
It's a red-letter day at the D'ionnes, as the quints celebrate a truly happy birthday. Cecile, left, and Yvonne, center, are evidently crying out the infantile equivalent of "whoopie." The general confusion makes Marie, second from left, register alarm with a big "A" and Emilie and Annette seem to be chewing this birthday thing over.

Parents Are resentful
As Birthday Is Marked

Callander, Ont., May 28—(AP)—One year ago today Mrs. Olivia Dionne turned a wan, frightened face to the midwife who stood at her bedside and asked weakly; "Were they—triplets?"

"Yes, Emile—and two more."

Buch was the glee of the farm-shack, farm-mouse on May 26, 1934, that was remembered today with ceremonies, gifts and best wishes—the first birthday anniversary of the Dionne quintuplets.

In their parents' farmhouse, however, there was bitterness and resentment, for the quintuplets—Yvonne, Annette, Cecile, Emile and Marie—have a new, spick and span home across the road, with the face of England flying before it. They are wards of his majesty the king.

A solemn high mass at 8 a.m. at Sacred Heart Church at Corbell—the church where Olivia Dionne and Emile Legros attended mass as youngsters—was the opening ceremony of the formal birthday observance.

The mass, which the Rev. Fr. E. McSally was chosen to sing, drew scores of persons here, including D. A. Croll, who, as minister of public welfare for Ontario, is the chief guardian of the babies. Corbell is a little place virtually unheard of before the birth of the babies. It is slightly more than two miles from the Dionne home.

Nothing further was planned for the day until early evening when ceremonies will take place at the little hospital by the side of the road, with Dr. Allan D. Dafoe, Minister Croll, Dr. Routley and members of the hospital staff part-taking.

This will not be public, for the hospital provides no such facilities, but the affair will be broadcast internationally.
THE DOCTORS WIN PRIZE FOR ISOLATING DRUG

Chicago Discovery of Ergotisin Is Expected to Save Lives of Many Mothers.

GLAND RESEARCH HONORED

Dallas’s Exhibit on the Dianne Gumbertis of America at Convention at Convention.

By WILMA L. LYNCHWORTH.

The third year in a row a doctor’s action has been honored. It was announced at this week’s meeting of the American Medical Association with the gold medal in Case 1, exhibit entitled, "The treatment of varicose veins on the basis of origi- nal and recovered operations on the arteries.

The active substance, named ergot, was isolated on July 15, 1925, and the treatment of varicose veins was successfully treated on May 29, 1926. The discovery was achieved in the summer of 1926.

The discovery was made by Dr. Juan M. Rodriguez-Iturbe, of the University of Chicago, and his associates, who have isolated ergot from the ergot of an adult female of the genus Setaria, a member of the family of the grasses, and is the fifth member of the group of ergot alkaloids to be isolated.

The discovery of ergot alkaloids has been made by the University of Chicago, and its associates, who have isolated ergot from the ergot of an adult female of the genus Setaria, a member of the family of the grasses, and is the fifth member of the group of ergot alkaloids to be isolated.

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Quints’ Future Worries Meddlers
State of 10 Dionne Children Is Contrast; Birthday Draws Near

BY DALE C. HARRISON
Callander, Ont., May 24.—(P)—Many persons whose interest is remote, to say the least, are worried today over the future of the Dionne quintuplets.

Some think that when the girls get bigger they ought to go home and help mama with the dishes. This, of course, is not quite a modern view.

Another suggestion, offered freely for what it may be worth, is that the babies might grow up and become a basketball team. Probably nothing will come of it.

The what’s-your-hurry element of the community is tut-tutting all this speculation concerning the future life, loves and learning of Callander’s five famous females.

What these people have failed to take into consideration, however, is that some top-flight educational institutions, especially in the United States, require prospective students to be registered for matriculation at birth. Here it is only four days from their first birthday anniversary, and the quintuplets have not been registered for so much as a kindergarten.

The speculation, in the final analysis, is to no avail, because the matter is not one for chronic worriers to decide. The King of England, acting through the special board of guardians, will take care of it in stride at the proper time.

Neither Papa Oliva Dionne nor Mama Elzire has had much to say about their hopes for their five identical descendants.

The Dionnes do not fancy this experiment in state control of babies.

The arrangement (a special act of the Ontario legislature) by which his majesty serves as guardian for the babies, is to remain operative until they reach the age of 18.

The matter of education already has proved vexing to the Dionnes. Of the five children born to them—one by one—prior to the breath-taking advent of the quintuplets, two are of school age. Schools hereabouts are few and far between, and consequently Ernest Dionne, 8, and Rose, 7, are still completely in the dark in the matter of verb conjugation and multiplication tables.

Here is a household of 10 children, with a strip of highway running right through the middle. On one side of the road, in their own private dwelling, with their own laundress, cook, nurses, doctor, lawyers and bankers, the quintuplets.

On the other side of the road, in the four-room frame farm house with their parents, live those designated as just “the five other children.”

They are handsome youngsters, these “five other children”—Ernest and Rose and Daniel and Therese and baby Pauline—bright-eyed, clear-skinned and solemn.

Papa Dionne loves all his children. He does not like a road between them. Papa Dionne would like to have that road of official favoritism removed.

But the dominion lawmakers think otherwise.
Dr. Kellogg Off to Visit Dionne Quints

Dr. John Harvey Kellogg, medical director of the Sanitarium, left by train this morning for Callendar, Ont., to visit the famous Dionne quintuplets.

He was invited to make the visit by Dr. Allan R. Dafoe, country physician who astounded the medical world by doctoring the 16-months-old babies from a questionable existence to excellent health. Dr. Kellogg will have an opportunity to study the babies closely while in Callendar and observe their treatment and care.

Shortly after the birth of the "quints," Dr. Kellogg was asked by Dr. Dafoe to work out a diet for his famous charges. The diet has been used, with necessary changes because of growth of the babies, ever since. Dr. Kellogg and Dr. Dafoe have been in almost constant communication concerning the babies since that time.

It's a long time after, but a correspondent writes in to suppose that the birth of quintuplets would come under the heading of general delivery.
DIONNE BABIES INCREASE BIRTH RATE FOR DOLLS

Toy Fair Will Display All Sizes and Types of Playthings

NEW YORK, May 16—(UP)—The Dionne quintuplets have boosted the birth rate in baby dolls to an all-time high. A hundred new designs in roly poly infants of rubber and composition will be premiered at America's largest exhibition of playthings in the world, which will be held here during April at the toy center.

A record number of new designs in doll carriages, all exact reproductions of the latest designs in baby coaches, will be shown. They have safety brakes, streamlined, kicking space, spring and sunshades, so that their baby doll occupants can be cared for as carefully as real infants.

To meet the increased enthusiasm of young America—both male and female—for imitating nursery activities, manufacturers have prepared complete lines of nursery equipment to meet every budget. There are hundreds of styles in layettes, high chairs, bassinets, and bathtubs, so the youngsters can give their dolls the same care that the famous Dionnes receive. Educators applaud this trend in toys because they train manipulative skill and stimulate imaginative play. Santa Claus in toy form is so realistic that he costs more than $25,000,000 worth of dolls and doll accessories.

A baby doll that sucks from a nipple like a live baby is a best-selling play thrill. A doll with a movable tongue and another with movable eyes and eyebrows are new additions to the line. Doll fashions are slightly plumper and there is a boom in dolls with real hair. Shirley Temple's doll replica is the best selling innovation from the cinema world next to Mickey Mouse. Doll houses have complete furnishings in period styles, electric lights and doors.

The doll couturiers will feature a complete style show at the American toy fair. The fashionable doll for 1936 will be outfitted for every social occasion.

The gingham doll and the calico cat are staging a comeback in popularity. Stuffed animals, ranging from life size to midget size, represent a complete zoo. This season many of the animals will have costumes that are influenced by the latest Paris dictates.
Quints ‘Great Swimmers’ Says Dr Dafoe; Only One Can’t Navigate in a Tub

Calander, Ont. Aug. 8—Four of the five Dionne quintuplets can swim—in the big bathtub!

This astounding revelation was made today by Dr. Allan Dafoe, who announced that all the girls with the exception of little Maria were becoming “great swimmers.” Maria is not quite strong enough, he explained. Dr. Dafoe declared:

“They’re born swimmers. They have outgrown their little wash basins and are now bathed in a good big tub. They float around easily and with a nurse holding up their chins they can swim all around the tub.”
'PAPA' DIONNE 'SOURS' ON IDEA OF MANAGER

Father of Famed Quintuplets Would Sever Relations with Business Advisor.

TORONTO—(AP)—Oliva Dionne, father of the Callander quintuplets, revealed Saturday he is anxious to sever his connection with his manager, Leo Kervin. He said he offered Kervin, Callander boat-builder, a lump sum to terminate a five-year contract under which Dionne pays part of his earnings to Kervin.

Appearing with his wife at a booth in the Canadian national exhibition here, Dionne stopped signing pictures of his famous children long enough to tell about his offer and Kervin's refusal. The manager previously agreed to accept a lump sum in settlement, Dionne asserted.

Dionne said he had been paying a percentage of his earnings to Kervin for more than a year. Since the manager demands that the contract be continued, Dionne said, he had turned the paper over to his North Bay lawyer, questioning its validity.
The next big problem will be to prevent the spoiling of the quintuplets, who are largely without a mother's care, although Canada and! Great Britain together are mothering and fathering them. Money and fame may go to their heads and they may become involved in marital disputes and contract controversies and ruin their reputations. So far they have avoided scandals. But you never can tell—not with babies these days.
Quintuplets Are Filmed; Neither Shy Nor Contrary

[BY THE ASSOCIATED PRESS.]

CALLANDER, Ont., Dec. 4.—The Dionne quintuplets displayed no stage fright, camera shyness or even plain contrariness today in their motion picture debut.

They did a successful day's work in their first appearance in the screening of the film, "The Country Doctor."

Director Henry King, his cameramen and the two adult stars, Jean Hersholt and Dorothy Peterson, were in the nursery with the quints for almost an hour, but the camera crank handle was turned for only seven and one-half minutes.

Scenes were shot of Hersholt and Miss Peterson, in the roles of doctor and nurse, watching the children at play and occasionally touching one of them carressingly. Otherwise they did not handle them, although it is understood they will do so in some future scenes.

The visitors' clothing and their noses and throats were sprayed before they were permitted to enter the nursery.

Dr. Allan Roy DaFoe, physician to the babies, was present during the filming and found no fault with the lights to which they were exposed.

Director King expressed delight with the first day's progress and said he hoped to complete the scenes with the babies within a week—if they don't get temperamental. /2/5/35

Dionne Parents Refuse to See Quints' Acting

Mother "Afraid" She Might Be Photographed, Famous Father Avers

CALLANDER, Ont., Dec. 6.—(AP) Mrs. Oliva Dionne would like to cross the road from the Dionne farmhouse to the Defoe hospital and see her quintuplets acting in "The Country Doctor," but neither she nor Oliva will go.

"She won't go because we might be photographed," Dionne explained today as his wife knitted in the kitchen where the five other children of the family sat about a stove.

"We don't think much of the babies going into the movies, we think it may injure their health," said Father Dionne.

Neither he nor Mrs. Dionne is taking any part in the childrens' first full length feature motion picture. Substantial sums obtained through camera rights go into the quintuplets' trust fund.
Hollywood Troupe at Quintuplet Home; Parents Have No Place in Cast for Film

By The Canadian Press.

CALLANDER, Ont., Dec. 3.—A swirling snowstorm which greeted a company from Hollywood who stepped off the train here today to take pictures of the Dionne quintuplets was hailed with enthusiasm by Jean Hersholt, who will take the title role in the picture based on the life of Dr. Allan Roy Dafoe, was eager to meet the genial country practitioner who brought the quintuplets into the world. He will portray Dr. Dafoe, a role originally intended as a vehicle for the late Will Rogers. Accompanying Mr. Hersholt was Dorothy Peterson, who will play nurse to the quintuplets in the picture, and twenty-two technicians. Henry King is director.

Receiving reports on the way here that there was little snow, the movie company feared outdoor scenes would have to be shot in California. A four-inch blanket of snow was laid down overnight, however.

Mr. King said today that the story of the picture is purely fictional. Primarily it will depict the life of a country doctor with the quintuplets’ birth forming an important chapter.

Although Dr. Dafoe inspired the story, it touches his actual life only as the “quinta” did. The story is laid in a Canadian village, and Callander probably will be used as the locale.

Oliva and Elzire Dionne, the babies’ parents, will have no part in the making of the picture. Actors, as yet unselected, are to portray the father and mother.

The story was written by Sonya Levien, who did the adaptation for Cavalcade, in collaboration with Charles Blake, Chicago newspaperman. They did most of their work on the train from Hollywood to Callander and the scenario is not yet completed.

OTTAWA, Dec. 3 (Canadian Press.—F. C. Blair, Assistant Deputy Minister of Immigration, said today he had received inquiries regarding admission to Canada of actors and technicians who will take part in the filming of “The Country Doctor,” based on the life of Dr. Allan Roy Dafoe.

He was assured, however, he said, that only necessary help was being brought from the United States. The producers, he added, had imported no carpenters nor electricians other than the chief, and had agreed to bring in no workers whose places could be filled by Canadians.

N.Y. Times, Dec. 4/35

FILM PARTY HERE

ON WAY TO NORTH

Group from Hollywood Stops En Route to Callander for Pictures of Quints.

JEAN HERSHOLT IS STAR

Jean Hersholt, veteran character actor of motion pictures, and a party of 21 other representatives of the Fox Film Corp. in Hollywood, Cal., were in Battle Creek for a short time Monday afternoon en route to Callander, Ont., were shots of the Dionne quintuplets will be made.

Hersholt will star in the movie, which will concern the life of a country doctor, with Dr. A. R. Dafoe, who ministered to the famous five babies during their infancy, as the pattern for the character. Sonya Levien, authoress of the script for the movie, was among those accompanying the directors, Henry King, and his assistant, Robert Webb, to Callander, when they passed through here. The only other star abroad was Dorothy Peterson, a comparatively new actress, who will play the role of the nurse.

Schedule Uncertain

The schedule of events after reaching Callander is still uncertain, according to Mr. Webb. All of the direction will necessarily be made in accordance with the wishes of the parents and guardians of the infants. Sound equipment, props and costumes are included in the materials being taken to Canada.

The company hopes also to get shots of the Toronto hospital and airport, and of logging scenes. The romance in the motion picture will be furnished by the daughter of a logging camp superintendent and a young lumberman. The parts have not yet been cast, and these sequences of the picture will be made in the west.

The quintuplets are reported to have been paid $50,000 for their first major production. The sum is being held in trust by the Canadian government. The babies are now 18 months old.

Mr. Hersholt, wearing a brown suit and shirt, and a flashy polka-dot tie, paced the platform at the Grand Trunk station while their car was being switched to another train. The company was to arrive in Callander this morning at 7 o'clock.
**'QUINTS' EARN $10,000 EACH**
Will Be Paid Babies For Work In Motion Picture.

Callander, Ont., Dec. 4.—(U.P.)—The Dionne quintuplets start today to earn $10,000 each when they make their first appearance before the cameras in the movie, “The Country Doctor.”

The babies will be asked to do nothing to earn their money except to “be themselves,” Director Henry C. King said.

When the scenes in which the babies appear have been completed, probably before the end of this week, their trust fund will be enriched by a deposit of $50,000, paid by the motion picture company producing the story. It is estimated the deposit will send the fund total over the $250,000 mark. The babies have earned the money through advertising, still and motion pictures, and other means, it will be set aside for them by their guardians until they reach their majority.

Welfare Minister David Croll, chief guardian, said a percentage on earnings proposal offered by the film company had been refused by the guardians. He said he, Dr. Dafoe and the other guardians felt it wiser to accept a lump sum for the babies, rather than to “take a chance” on a percentage arrangement.

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**Dr. Dafoe ‘Mentioned’**
**By English Who’s Who 1935**

LONDON, Dec. 4. (UP)—Dr. Allan Roy Dafoe, the northern Ontario country doctor who brought the Dionne quintuplets into the world, was listed today in the 1936 edition of English Who’s Who.

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**Dionne Quintuplets Are Wealthy Actresses Now**

CALLANDER, Ont.—Wealthy movie actresses now, the Dionne quintuplets don’t need presents this Christmas as they did last Yuletide, but the gifts are expected to start rolling in soon.

Like other children, rich or poor, the five little sisters will be glad to see them, too.

So far there has been no shower of presents. Perhaps there will be fewer than last Christmas, when the girls were only seven months old, comparatively poor and needed toys, clothes and furnishings for their home.

Dr. Allan Roy Dafoe, their physician, said today no presents had been received but Christmas is still two weeks away. Plans for the holiday at the hospital have not yet been made—the quintes have been busy movie-making—but they are sure to include at least one Christmas tree and perhaps Dr. Dafoe will dress up in a white beard and red Santa Claus suit again.

Mr. and Mrs. Olive Dionne, the babies’ parents, will probably be invited to the hospital for Christmas dinner and it is likely they will bring along their five older children to see the quintuplets.

Mrs. Dionne said recently the older youngsters had not seen their sisters since last Christmas. They are not allowed in the same room with the famous children because they might bring them colds and they dislike watching through a window, she said.

Yvonne, Annette, Cecile, Emilie and Marie are still too young to have letters to Santa Claus written for them because they can’t talk to say what they want. But toys of all sorts, particularly dolls, delight them.

Last year they received many clothes, including hand-sewn garments obviously sent by persons who could ill-afford the money spent on them. With a fortune of $200,000 or more now, the quintes are able to buy their own frocks.

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**Dionne Quintuplets Are Movie Stars Now; Army of Movie Men Moves into Nursery**

**Making Their First Full Length Feature Film, Famed Sisters Are Less Distracted Than the Picture People Sojourning in Callander.**

CALLANDER, Ont.—The Dionne quintuplets took absolute command of this moving picture business today.

Making their first full-length feature film, it had been feared they might be disturbed by the invasion of a small army of movie men into their hospital. But apparently the movie people were more distracted than the five little sisters.

The procedure established in this second day of the filming of The Country Doctor was for Director Henry King and his aides to tip-toe into the nursery, set up their equipment quietly and await 18-months-old Yvonne, Cecile, Emilie, Annette and Marie.

Dr. Allan Roy Dafoe, impersonated in the picture by Jean Hersholt, was in the nursery during the 59 minutes the movie crew was there yesterday, and said he had satisfied himself that the lights did not harm the eyes of his charges.

Filming will continue daily from 11 a.m. to noon. Barraging set-backs, a week will be enough to complete the scenes.  

88 the quintuplets made their entrances effortlessly and winsomely, with only disarming smiles for the movie men.

Dorothy Peterson, cast as the nurse, had dressed Yvonne and Annette while the first scene was shot—and the film took paid more attention to the antics of Cecile, Emilie and Marie, sitting in their beds, than they did to business.

Other scenes showed the sisters happy in their play-pens. Miss Peterson, stooping over them, sang a nursery rhyme, and Cecile “played up” by waving her pink arms in time to the song.

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Filming will continue daily from 11 a.m. to noon. Barraging set-backs, a week will be enough to complete the scenes.
Quintuplets Give Lessons In Acting to Movie Makers

CALLANDER, Ont., Dec. 5.—(AP) The Dionne quintuplets took absolute command of this moving picture business today.

Making their first full-length feature film, it had been feared they might be disturbed by the invasion of a small army of movie men into their hospital. But apparently the movie people were more distracted than the five little sisters.

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Dr. Allan Roy Dafoe, impersonated in the picture by Jean Hersholt, was in the nursery during the 50 minutes the movie crew was there yesterday, and said he had satisfied himself that the lights did not harm the eyes of his charges.

Filming will continue daily from 11 a.m. to noon. Barring setbacks, a week will be enough to complete the scenes.

Dec. 6, 1935
The Hollywood expedition to Callander, Canada, to photograph the Dionne girls (the company of 22 arrived there this week), will be one of the year's most expensive location trips.

Reliable reports here say the quintuplets are getting $100,000 from Twentieth Century-Fox. Exclusive of salaries, the three weeks' expedition will cost about $30,000.

Total cost of "The Country Doctor" will be in the neighborhood of three-quarters of a million.  

Dec. 8/35
Action That Wasn't in the Script

Quintuplets Stage Their Own Little Rough and Tumble Four-Act Comedy
When Introduced to Their Fellow Movie Star, Jean Hersholt

Who's coming into our nursery? Looks like Dr. Dafoe, but you can't fool us.

Boo! I don't care if you are a famous actor! Who's afraid of the big bad star?
So you want to romp, eh? All right, we'll give you all the romping you want!

Whew! Nurse, give me a hand! Those quins are getting too strenuous for me!
Maybe Emilie’s chubby little fingers don’t respond as adroitly as they will a little later on, but there’s always Dr. Dafoe’s kindly guiding hand to help trace out that first letter to Santa Claus from the Dionne quintuplets. Notice how gravely intent she is as the pen traces out “Dear Santa: Please bring Emilie...”
Bundled to the ears in the snowy weather of Callander, movie cameramen made this "parting shot" as the Dionne quintuplets gazed at them from a window of the Dafoe hospital. Nobody enjoyed more than the babies themselves the assortment of strange equipment the movie men brought with them or the bustle and excitement of becoming movie stars before their second birthday.
"Maybe you think I'm too young for skiing," says Yvonne Dionne, "but I understand this is what the fashionable ladies are wearing for winter sports at St. Moritz."
Quintuplets Sleep Outside
In 10 Below Zero Weather

Dec. 22/35

[BY THE ASSOCIATED PRESS.]

CALLANDER, Ontario, Dec. 21.—The Dionne quintuplets slept outdoors in 10 below zero weather today just to prove Jean Hersholt wasn't spoofing Hollywood when he reported the youngsters slept in sub-zero temperatures.

Hersholt, who made part of a moving picture here with the quint, mentioned on his return to the movie capital that he was amazed the youngsters braved 20 below zero almost daily during the long northern winter.

He might have taken his story well beyond that. Wrapped in warm blankets and fur robes, the youngsters slept on their veranda when the mercury dropped to 40 below last winter, and already this month have been out when it registered 17 below.

There is nothing to indicate they won't be able to stand anything Old Man Winter can produce in cold weather later. The best he could do last January and February had no effect on them.

They never are frostbitten. When they are bundled for their sleep and placed in their beds there is very little but five stubby noses for the frost to attack. Shawls cover their foreheads and chins. They never have had a cold.

A booster for northern Ontario's pure air, Dr. Allan Roy Dafoe, the quintuplet's physician, believes the hours the girls have spent outdoors have been a large factor in their development into healthy children.

Unlike most babies, the quints were almost four months old before they were moved out of the house in which they were born. There were no facilities for airing them at the Dionne farmhouse, where they lived from their birth, May 28, 1934, to September 21, when they were moved to their hospital.

Then the girls were introduced to the northern sun and crisp air for the first time. The quints grew with the weather that fall, becoming more used to it as it got colder. Finally they slept four hours each day in blizzards and cold, biting northern winds.

There was a gradual increase in their weights that had not been so noticeable before. They were given outdoor sleeping and Dr. Dafoe gave outdoor sleeping much of the credit.

Their hospital is on high land and far enough—two and a half miles—from Lake Nipissing so that the air seldom is damp.
She was solicitous lest her husband of 70 tire himself. After inspecting the interior of an immense commercial airliner, he clambered down the ladder and said:

"Don't report this to her." Mr. Shaw did little talking today.

"I gave you enough for ten interviews yesterday," he told newsmen. The Shaw's will sail tomorrow afternoon, continuing their tour.

N.Y.T.; February 6, 1936

Predicts Noted Playwright Will Be Active When 100

G. B. SHAW ASSERTS ROOSEVELT IS A RED

President Beginning to Realize He Is a Communist, Says Writer, Now in Cuba.

HAVANA, Feb. 7 (UPI)—George Bernard Shaw arrived in Havana today aboard the S. S. Arandora Star and immediately launched into a discussion of President Roosevelt, the Italo-Ethiopian war, Al Capone and communism.

The Irish dramatist said President Roosevelt was a Communist but didn’t know it, adding, "Roosevelt is gradually beginning to realize he is one, though."

He declared that any man must be on the side of Italy in the Italo-Ethiopian campaign, calling it a question of civilization against savagery. Mr. Shaw cited Great Britain’s empire-building campaign and said it was the same as what Italy was now doing in Ethiopia.

As for Capone, Mr. Shaw used him to illustrate the difference between Soviet Russia and the United States.

"There’s a man," he said, "who violated all laws, and the United States was able to imprison him only when he had not paid his income tax."

"In Russia, he would have been called up for questioning and shot, after which the authorities would have sent a note to Capone’s home saying, ‘Don’t wait up for little Alf; he won’t be home tonight.’"

Mr. Shaw and his wife spent the day in sightseeing and will leave tomorrow on the continuation of their cruise.

MIAMI, Fla., Feb. 5 (AP).—Fifty million dollars might be a lot of money to some people, but it was not enough to get George Bernard Shaw before a microphone here today.

Radio men reached Mr. Shaw by telephone as he sat sipping orange juice with Dr. John Harvey Kellogg at the Battle Creek Sanatorium, here, and offered him $500 to broadcast.

"Not for $50,000," Mr. Shaw said.

On being pressed he added: "No, no, not for $50,000,000!"

He banged the receiver into place and went back to his orange juice. In an automobile provided by the Police Department and driven by a policeman the author and his wife rode from one end to the other of the city today. From Mrs. Shaw, rarely quoted, came the only comment, as the couple made ready to reboard their ship for luncheon and Mr. Shaw’s usual afternoon nap:

"I think it all most interesting."

A prediction that George Bernard Shaw, 79, may continue "to turn out satirical masterpieces" when he reaches the age of 100 years was made by Dr. John Harvey Kellogg yesterday in an address at Miami-Battle Creek.

Dr. Kellogg revealed that he and his associate, Dr. J. B. Jeffrey, had given the noted Irish writer a health examination during the distinguished visitor’s stay here last week, and that the results showed Shaw to have the mental and physical characteristics of youth.

The speaker explained that Shaw had not eaten meat for 55 years, his diet consisting almost entirely of fruits and vegetables.

"His blood pressure," Dr. Kellogg said, "is that of a young man, showing no changes in the arteries; the electro-cardiograph examination of the heart showed that organ to be normal. One of the most striking features was the condition of his skin, it having the elasticity of a young man."

"The examination indicated that there was no reason why he should not continue to be active when he has reached the century mark, a longevity to which his Irish birth entitles him."

Dr. Kellogg then explained that Ireland boasts more centenarians than any other country except Bulgaria, adding that the staple foods of Ireland are potatoes, buttermilk and oatmeal.

The Miami Herald
2-10-36
A DISTINGUISHED VISITOR—George Bernard Shaw, outstanding British wit and writer, ponders a bombardment of questions fired by reporters at Miami, Fla., as British cruise ship gives passengers an opportunity to see the southern resort.
Sulphorous In Satire, Shaw Is Predominantly An Actor

Moon Over Miami Just Pink Cheese to Smart-cracking Jester

By BRUCE L. HENRY (Daily News Staff Writer)

George Bernard Shaw has touched Miami and gone, leaving behind him a sulphurous wake of sarcasm and satire, and setting up grave doubts in many minds as to whether he should be ranked as a playwright or a harum-scarum, Machiavellian jester.

One wonders if the first started the rumor the Sage of Adelphi terrace is an author. He may write, but he is first of all an actor. And a good one.

He started acting the moment the SS. Arandora Star docked at Miami Wednesday. He capered for newsreel cameras, he posed and did stunts from morn till night, punctuating his athletics with carefully considered wisecracks of a dryness that cracked like peanutshells underfoot.

Yet his system of Thespianism is simple enough, when analyzed.

Those who stayed close to the white-bearded Irishman during his two-day visit here saw through its transparency with ease, and honor him for being able to continually keep in character. He never dons the sock and buskin, the cap and bells.

The formula for Shawianism is:

Don't say anything but the unexpected.

Shaw was introduced to a prominent Miami official, in the forward salon of the Arandora Star. Said the official politely, "I'm pleased to meet you." Said Shaw, briskly, "You should be."

They asked him how he liked Miami. "I don't like it," snapped England's foremost satirist.

At Deauville hotel, talking with physical culturist Bernarr Macfadden, Shaw remarked, "Bernarr, you ought to import some Russian commissars into this country for a few months and let them run things. Get Stalin! He'd do America a great deal of good."

It's a simple trick, this Shawianism. Almost anyone can do it, no doubt, but only a man with Shaw's personal charm, magnetism and prominence can get away with it. He insulted America, Americans and Miami right and left practically every moment he was here... and made his listeners love it. That takes dramatic talent of a high order.

"Roosevelt isn't a bad president," he said, during one conversation, "for an amateur."

"I heard Lindbergh, MacDonald, Anthony Eden, or even Shaw's rival, Noel Coward, say something like that, and the howl of indignation which would arise would be something to hear. But coming from Shaw that somewhat feeble flippancy tickles our risibilities and makes us chuckle, "How typically Shawian."

On the American stage they call it "selling your gags."

In a way it's a pity this country hasn't some one like the 80-year-old Irishman. He is one of Great Britain's most successful ambassadors. The closest approach to his type in America was the late Will Rogers, but now the cowboy philosopher is gone we're destitute of a smart-cracking plenipotentiary.

Anyway, it was nice of George Bernard to visit Miami. He brought us reams of publicity, and taught us the value of being a good actor and keeping in character.

A DIETITIAN DISCUSSSES FOOD WITH FOREMOST VEGETARIAN—Dr. Harvey Kellogg, left, noted food man of Michigan, tells George Bernard Shaw, famous writer and the world's foremost vegetarian, something regarding cultured milk, at Miami, Fla. Shaw continued on British cruise ship to Havana.
Shaw Bounces His Wit Into Miami

Tosses Brickbats, Bouquets, Wise-Cracks, With Egotism to Give a Stinging Edge; Constitution, President, and King Not Immune

All the world knows him by his three initials and his great white whiskers.

For years, basking in a veritable constellation of floodlights, he swore he would never set foot in America.

Then, in 1933, George Bernard Shaw broke down and came—initials, whiskers, and all.

Before 4,000 listeners in New York's Metropolitan Opera House he described a 100 per cent. American as "a man who talks splendidly and has nothing to say"; the Statue of Liberty as "a monstrous idol"; and the Constitution as "a charter of anachronism."

Newspapers found much of his talk amusing, some of it tiresome. Surprisingly, they used the word "mild" of this lean, ascetic Irishman who, for more than thirty years, had been the "bad boy" of literature.

Last week, George Bernard Shaw returned. On tour through Southern waters, his ship stopped at Miami, Florida.

Bouncing at 79

Past seventy-nine, still turning out one play after another, Shaw has retained the brisk, bright bounce of his wit.

Asked to "say a few words," he retorted: "I never say a few words. I start out with 5,000."

Here are some of the 5,000:

For the Constitution, he still had a brickbat: "Chuck it in the ocean. You're making it into rags with amendments."

For President Roosevelt, a bouquet: "You have a good President, but the bad Constitution is getting the best of him."

For Miami, a wise-crack: "I don't like Miami worth a damn. How can I? I haven't been ashore yet."

For Edward VIII, advice: "The King has reached middle life without a wife. Why shouldn't he go on without one?"

For himself, a gibe: "By the time a tree [planted in Miami as a memorial to him] would grow up, the world would have forgotten who Bernard Shaw was."

Egotism Edges Wit

The great G.B.S. is not always so modest.

A classic example of the egotism that gives edge to his wit and sting to his rebukes is the anecdote of an interviewer, who said:

"I have met nearly all the crowned heads of Europe, and they all admire your works."

"I am glad," flushed Shaw, "to see that the level of royal intelligence is rising."

Other interviewers, however, have found him extremely diffident. Explanation of both qualities is found, perhaps, in Shaw's own description of his youth:

"A horribly shy and diffident young man, producing an impression of brazen impudence, because, I suppose, the ability of which I was unconscious asserted itself through the ignorance of which I was all too conscious."

In the first nine years of his writing career he earned only $30. Indeed, he blundered into writing by accident. "I wanted to be a painter, an opera-singer—not a writer," he says.

His first real dramatic success in London—"Arms and the Man"—came after he was forty. But he had already won recognition in select circles as a music and drama-critic, and as a brilliant essayist for London's socialistically-inclined Fabian Society.

Here is what he thinks of himself:

"I am an Irishman, a vegetarian, an atheist, a teetotaler, a fanatic, a humorist, a fluent liar, a social democrat, a lecturer and a debater, a lover of music, a fierce opponent of the present status of women, and an insister on the seriousness of art."

And here is what, last week, the Miami Daily News thought of him:

"The constitution of George Bernard Shaw's one-man world is to be different. Were Shaw to advise us to 'save the Constitution,' we would expect it to be overturned tomorrow.

"There isn't a chance in a million that the United States will accept the Shavian advice, and no one knows that better than Shaw. But we decline it with thanks—that once more the brilliant wit of one of the world's great personalities has spurred us to recheck the reasons for our decision."

G. B. S. "broke down and came—initials, whiskers, and all!"
GRADUATES HEAR

DOCTOR KELLOGG

Enquirer June 5, 1926

Tells Collegians at Banquet
Only Return to Sanity Is
Through Biologic Living.

TAKES OWN MEDICINE

Only by a return to biologic living can the human race find its way back to sanity in the opinion of Dr. John Harvey Kellogg, who addressed Battle Creek college graduates at the banquet he gave them Thursday evening in the Sanitarium.

"Scientists hope that a small remnant of the human race will be saved and find its way back to a better way of living," Dr. Kellogg said.

However the world is living more biologically today than it did in the middle nineteenth century, he said.

Is Seeing Truths

"I see the truths of the seeds I have been sowing for more than 60 years."

When Dr. Kellogg began putting into practice the idea of biologic living and abstinence from eating flesh foods, convulsed in medical schools, other physicians called him unorthodox. Dr. Kellogg related. In fact he was to be put out of the Calhoun county medical society.

Then it was arranged that he was to argue his theories an afternoon every three months for two years. He could make every other speech at the afternoon "trials." At the end of the two years he had converted every physician in the society and was elected president by a unanimous vote, he said.

Dr. Kellogg attributed his own good health to his ability to "take his own medicine."

"I always try my ideas out on myself first," Dr. Kellogg said.

Sees Future Vegetarians

Besides Dr. Kellogg, who has abstained from flesh foods for more than half a century, sat Dr. Buena-ventura Jimenez, University of Michigan instructor, who has not eaten meat for a quarter of a century.

Dr. Jimenez said he could prove his stand in regard to eating from a philosophical, scientific, and religious point of view. In his opinion our descendants will be vegetarians and will consider meat eating as barbaric as we now consider cannibalism.

Dr. Jimenez told the graduates to prepare themselves, not to be leaders, but to serve humanity. Before taking any action ask yourself three questions, Dr. Jimenez said: "Is it beautiful? Is it true? Is it good?"

"Don't let your mind control all your actions," he said. "Your mind is all right, but sometimes it is very critical. Let your heart be your pilot. Let intuition guide your mind." Dr. Jimenez is instructor in pediatrics in the hygiene and public health division of the university.

President Emil Leffler was toastmaster for the program. Brief talks were made by Dorothy Neeld, representing the school of home economics; Algreta Knudson, representing the school of physical education; and Robert Satterlee, representing the school of liberal arts.

WILL THEN SAIL ON!

It may be remembered that two years ago, when the hurts of depression were deeper and more numerous, and were smarting more actively than now, the Enquirer and News sought out Dr. John Harvey Kellogg upon his return from a winter's absence and asked him—based upon a survey of circumstances as they had been and as they then were—when was the time to be discouraged.

The doctor, then past his four score years, characteristically answered, "Never."

The question was asked in behalf of the local public quite as much as in respect to anything with which the doctor was directly associated.

In an interview published the other day, the question might be considered to have been turned to present its positive side first, and to have read, "When is the time to be encouraged?"

Those who read the answer found in it a ringing answer, "Now!"

The Sanitarium is approaching the greatest era of patronage and of usefulness in its history. The community will have an opportunity to participate in the accommodation of a bigger and better scale on Sanitarium activity than has been known before.

Here, at any rate, is courage which has grown with the accumulation of the years, and it rests upon a record of accomplishment which has given distinction to the years.

And, it might be added, here is a prescription for the civic health of the community.
Dr. Kellogg Sees Busiest Years In History Ahead for Sanitarium

Greater success and more patients than ever before are predicted for the Sanitarium by Dr. John Harvey Kellogg, who said today that within two or three years the institution will surpass its all-time busy years.

Dr. Kellogg, who returned last week-end from Miami-Battle Creek Inc., Miami, Fla., said: "I know what is needed here and I am going to do it," referring to the pending reorganization. He predicted that as soon as an acceptable proposal is made by the bondholders' committee the real work of the Sanitarium can be increased tremendously.

In "reviving" the institution he will put into practice the methods which he has developed in the last few years for encouraging biologic living, and draw on his experiences at the southern health resort.

A perfect example of the benefits of his own health program, Dr. Kellogg today appears 25 years younger than his 85 years. Part of this, he said, is due to a rejuvenation system which he has followed with himself and others, and the rest to biologic living.

The rejuvenation he described as "turning people out to pasture, to return to the simple and normal ways of living." They get away from unhealthy foods, lack of proper exercise and the assimilation of poisons into their systems, he explained. Dr. Kellogg still considers modern foods, tobacco, and stimulants to be the greatest enemies of health, and says that his big battle now is fighting old age in his patients.

"At present the Sanitarium is curing more so-called incurables than any other health center in the world," Dr. Kellogg said, and will continue to do so on an even larger scale.

Engineer, June 2'66

Cites San Principles—Loyalty to the principles on which the Sanitarium was established was urged by Dr. John Harvey Kellogg, medical director, in a talk before the members of the Men's and Women's clubs Monday afternoon in the main dining room at the Sanitarium. Dr. Kellogg cited these principles and listed the reasons why employees should be loyal to them.

TUESDAY, JUNE 2

MOVING UP DAY IS OBSERVED BY STUDENTS HERE

Commencement Week Activities Begin At B. C.
College.

Robert D. Satterlee, son of the Rev. and Mrs. Claud W. Satterlee, and Adelle Corey, of Jackson, Miss., were given the Rotary club's citizenship award this afternoon at the "Moving-Up Day" ceremonies at Battle Creek College, inaugurating Commencement Week activities.

Presentation of the Rotary citizenship certificates was made to the two Seniors by Benjamin L. Birkbeck, dean of men at the College and chairman of the club's citizenship committee. Selection of the students to receive the award was made by the College executive board on the basis of their academic ratings and citizenship qualifications.

"Moving-up" ceremonies started with the members of the Senior Class leaving their chapel seats in the front of the auditorium and taking places in the balcony. Following this, the Juniors occupied the seats vacated by the Seniors; the Sophomores took those left by the Juniors; and the Freshmen moved up to the seats vacated by the Sophomores.

Class Presidents Talk.

As a part of each of the "moving-up" formalities, short talks were given by each of the class presidents, Charles Alcorn for the Seniors, John Sheehan for the Juniors, Howard Hoyt for the Sophomores and Rachel Kangas for the Freshmen.

The Senior Class Will was read by Florence Cowles and Adelle Corey presented the Class Prophecy.

Club Members Recognized.

Recognition was given at the Moving-Up Day program to new members accepted by the various organizations on the campus. Ella Eaton Kellogg club, honorary professional organization for the Home Economics students, accepted 16 new members: Genevieve Bucknell, Alva Burch, Ruth Crockett, Elizabeth Cupp, Jean

Harbeck, Dorothy Kellogg, Evelyn Koert, Doris McDaniel, Ethel O'Dell, Margaret Reams, Pauline Verner, Helen Wells, Betty Jane White, Helen Wilkes, Marian Winter and Miriam Vose.

Three members were accepted by Sigma Sigma Psi, honor society of the School of Physical Education. They are Jane Brown, Cecilia Enamoto and Algretta Knudson.

The Blue Key, honorary service society, took in five new members, Robert Leitch, Jo Timpani, Mary Neumelser, Marian Winter and David Whelan.

Pi Kappa Delta, national honorary forensics society, initiated a group of five new members, John Baker, James Dawson, Ellen Chapin, Lee Mallison and President Emil Leffler.

The largest increase in membership was in Eta Chi Sigma, honor society health, character and service society, which has as its purpose advancement of the ideals of race betterment. The society accepted 24 new members, Allen BUCK, Frances Conner, Florence Cowles, Margaretta Fauckett, Marian Hender son, Lois Hill, Stella Hollister, Howard Hoyt, Helen Hunt, Madelin Hutchins, Mitchell Kapron, Gertrude Kleist, Ruth Laigd, Grace Lance, Lee Mallison, Frieda Meyer, Ruth Ommiston, Elsie Pratt, Margaret Reams, Charlotte Talbot, Mary Timm, Helen Wells, Ruth Wilcox and Alice Willard.

The P. E. Honor club, organized a year ago with membership open to student having a rating of "B" or better in their practical work, took in five new members, Jane Brown, Mabel Chapman, Florence Cowles, Cecilia Enamoto and Algretta Knudson.

Three new members were admitted to the Physica club, an honorary society sponsored by the Department of Biology for advanced students in the biological sciences. The new members are Dorothy McRae, Bernard Manuel and Marcia Loomis.

Dr. John Harvey Kellogg's annual banquet to the Seniors, scheduled for 6:30 p.m. Thursday in the main dining room of the Sanitarium, will be the next Commencement Week event. The baccalaureate services will be held Sunday afternoon and the graduation exercises at 10 a.m. Wednesday, June 10.

Final examinations at the College will start Friday morning and continue through the following Thursday.
WILL NOT FILL POSTS OF FOOD COMPANY OFFICIALS

Dr. Kellogg Acting As Manager;
Jobs of Other Two Who Resigned Left Open.

Dr. John Harvey Kellogg announced today that he is not planning to make any additions to the office force of the Battle Creek Food Co. to fill vacancies caused by the resignation of three executives last week.

Dr. Kellogg is acting as manager to fill the post of B. C. Kirkland, resigned. No appointments have been made to take the place of the other two who resigned, E. Roy Saxton, salesman, and Frank W. LeFevre, comptroller.

In making the announcement Dr. Kellogg said, “We find things are running very well without the three men who have resigned. Our present staff is capable of handling the work without them.”
Dr. C. H. Townsend Visits Dr. Kellogg

Dr. Charles Haskins Townsend, New York aquarium director, is guest of Dr. John Harvey Kellogg at Miami-Battle Creek. He is supervising annual weighing and measuring of Galapagos tortoises which he placed in Opa-Locka zoo in 1928.

The Galapagos islands, discovered 300 years ago, are famous as a source of turtle and tortoise meat and are volcanic in nature, although there is only one active at present, Dr. Townsend says.

Contrary to general belief, he adds, the islands are not devoid of plant life, but have desert brush and cactus on the coastal parts and at an elevation of 1,000 feet, trees and dense forests.

3/27/36
New Theory Covered In Food Book
Dr. Kellogg’s Work Reviewed From Dietetical Viewpoint

By H. S. PICKERING
(Research Scientist)

In order to keep up with the new dietetics, the modern way to health through foods, we can heartily recommend the latest book of our friend, Dr. John Harvey Kellogg, entitled “The New Dietetics.” Not only is this book appropriately named; there couldn’t have been a better title, but this volume is an education on foods in itself. It is a complete work, designed for public information on biological teachings, proper nutrition, and food substances.

H. S. Pickering

The chapter on food salts (pages 160 to 161) is important and in great detail pictures their values. The “iron ration” is dwelt upon understandingly and valuable tables accompany this section.

Dr. Kellogg’s many years of experimentation have placed him in the unquestionable position of an authority, sometimes differing with other great authorities, but setting forth comprehensive clinical work to prove his dietetical conclusions. More than 40 tables are contained in “The New Dietetics,” dealing with the composition of foods. In reply to many correspondents who have requested advice as to a good book on the subject, we now say, “Here it is.” “The New Dietetics” is a depository of facts, splendidly and simply written.

From the preface of the book the following paragraph is quoted:

“Within 20 years a new science of dietetics has been developed. As the result of the patient labors of many men, numerous mysteries have been cleared up, many hoary-headed theories have been exploded and a great flood of light has been thrown upon one of the most important questions relating to human existence.”

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A LETTER FROM  
DR. J. H. KELLOGG

Physician Expresses Regret On Leaving Battle Creek for Winter in South.

PRAISES HIS COLLEAGUES

To My Fellow Citizens, Friends and Patients: In leaving Battle Creek for my winter residence in Florida, I do so under and with a very heavy heart, for I do not believe I shall ever again find anywhere such a happy home and such kind and loving friends. I shall be forever grateful to you all for the wonderful hospitality, kindness and consideration which have been accorded me by you and to the many letters and cards. I shall be ever grateful for the many letters and cards which I have received from you and which compose the greatest part of my correspondence.

Thank you all for your kindness and consideration.

Dr. J. H. Kellogg

The heroism of women. The heroism of women can be recognized in various forms. Some women are the backbone of the community, providing support and guidance to those in need. Others are advocates for social justice, fighting for equality and fairness. The contributions of women to society are immeasurable, and their impact is felt in every corner of the world. The heroism of women is evident in their resilience, strength, and determination to overcome challenges and make a positive difference in the world.

The contributions of women to science, medicine, and technology are significant and often overlooked. Women have made groundbreaking discoveries and advancements in fields ranging from mathematics to physics, chemistry to biology, and computer science to engineering. Their contributions have paved the way for future generations and have helped to shape the world we live in today.

In conclusion, the heroism of women is an essential part of the human experience. It is a testament to the strength, resilience, and determination of all women. Their contributions and achievements are a source of inspiration and a reminder of the power of hope and change. The heroism of women is a reminder that we must continue to support and encourage women of all ages and backgrounds to pursue their dreams and aspirations. By doing so, we can ensure a brighter and more equitable future for all.

Dr. J. H. Kellogg

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Dr. J. H. Kellogg
India Sanatorium Seeking Light On B. C. Health Idea

Spread of the “Battle Creek Idea” to the King Edward Sanatorium at Bhiwani, N. P., India, and the Arcadia Health Homes, Dharamphur, India, is indicated in a letter received by the Sanitarium Thursday from Captain R. K. Kacker, superintendent of these institutions.

The letter requests detailed information on the Sanitarium’s “new line of action in conquering disease,” stating that only a general knowledge of the methods employed at the Battle Creek institution is now available in that section of India.

Literature explaining in detail “the wonderful work of Dr. John Harvey Kellogg” in the development of the vegetarian diet, health foods and physiotherapy treatments is desired by the superintendent of the King Edward Sanatorium, he explained.

In a second letter from India, received Thursday at the Sanitarium, a former patient notified authorities of the health institution that he is sending to Battle Creek a friend who has been unable to secure permanent relief from a chronic stomach ailment.
Death of Pavlov

Ivan Pavlov, who has died at the age of 87, had long been one of the most famous of Russian scientists since some of his important work was done a full half century ago. What gave him widest fame was his experimentation with animals, tending to show that they are merely machines. Indeed, his theories have been pressed to the point of suggesting that machines can be taught to think, to like and dislike, to remember and forget, like animals or human beings. But this mechanistic view, revolutionary as it has been, is of the 19th rather than the 20th century. Science nowadays is becoming much more modest about determinism and is not even sure that any cause or group of causes will have invariable consequences. So the “conditioned reflexes” of Pavlov may need reconditioning, yet they have potently affected scientific thought.

Springfield Republican, 3/5/36
PAVLOV: The destruction of cultural values by illiterate Communists . . . [The Revolution was] a deplorable event in history.

The 86-year-old Russian who said these things didn't face a firing squad. Instead, he got honors, an annual 20,000-ruble pension and privileges, with condition of redefinition. On 1st week when Ivan Petrovich Pavlov, "Russia's only free man," gave death to his small, age-twisted, satyr-like body, his country mourned him as it would a ranking Commissioner.

The agile-minded scientist, who might almost have passed as Bernard Shaw's double, was the great man Russia has ever given science. Bertrand Russell ranked him with Galileo, Newton and Darwin; H. G. Wells considered him "a star which lights the world, shining down a vista hitherto unexplored."

Reflexes: Pavlov won the 1904 Nobel Prize for medicine by giving physiologists the first thoroughly complete picture of human digestion. But modern-day psychologists rank Pavlov's work with condition reflexes even higher.

The researcher observed the working of the body's unconditioned reflexes—automatic swallowing of saliva, batting of eyelids and such—and suspected it was possible to make other body nerve-muscle structures work just as automatically. To check the belief, he watched saliva secretion when he put a beefsteak before a dog. Then he started a long series of experiments: he rang a bell each time he fed the dog, until the beast grew to associate the bell with food. Finally it reached a point where the bell alone, would start salivary secretion.

Out of these and hundreds of similar experiments grew Pavlov's great thesis in which the behaviorist school of psychology is rooted: External forces almost completely govern actions of any human nervous system.

Son of an obscure village priest in remote Riazin District, Pavlov saw his son killed in the Revolution, and grew passionately bitter against the Communist regime. Still the government honored him. It granted him a handsome pension, gave him five 6,000-ruble scholarships to dole out annually, and at the time of his death was building a new 1,000,000-ruble laboratory for him.

Finally he capitulated. At last year's International Physiological Congress, held in Leningrad largely to honor the old man, Pavlov toasted the visiting scientists:

"I am an experimentalist from head to foot. All my life has been consciously or unconsciously, experimenting. Our government is also experimenting, but in incomparably higher category. I passionately wish to see the successful achievement of this social, historic experiment."
DIONNES BECOMING ‘EMPIRE’S PROBLEM’

Father’s Appeal to Bachelor
King Is Sent to Married
Governor General.

FILM VERSION ATTACHED

By JOHN MacCORMAC

OTTAWA, March 27.—The Dionne quintuplets became an imperial problem this week after earlier endeavors to make a race and religious issue of them had failed to take root in the soil of Canadian public opinion.

Oliva Dionne, holding stubbornly to his belief that children are the private property of their parents, exercised a subject’s right to bring his troubles to the foot of the Throne. He wrote King Edward asking that his five famous daughters be returned to him.

The King transmitted the appeal to Canada’s Governor General, Lord Tweedsmuir. Since the King is a bachelor and Lord Tweedsmuir a married man, this engendered the opinion in certain circles that His Majesty was exercising the royal prerogative of “passing the buck.”

Down Through “Channels”

Actually King Edward was merely proceeding in a constitutional manner. As “King of Canada” he transmitted the letter to his representative. The Governor General sent it to the Dominion Secretary of State. The Secretary of State sent it to the Lieutenant Governor of Ontario. The Lieutenant Governor passed it on to the Ontario Government and it is now in the hands of David Croll, the Provincial Minister of Welfare.

Mr. Croll, who is an official guardian of the quintuplets and largely responsible for the Ontario Government’s policy toward them, is preparing a reply. Doubtless the reply will ultimately reach Mr. Dionne after traversing the same channels.

But modern British Kings have invariably acted only on the advice of their Ministers and it is not expected that King Edward will depart from precedent.

Mr. Dionne’s action, far from shaking the belief of Ontario’s citizens that their government did the right thing in temporarily nationalizing his daughters, seems to have confirmed it.

The Ottawa Journal observes that “Ontario has done few things in years of which it has more reason to be proud than its treatment of the Dionne quintuplets.”

Jabs at Americans

The newspaper poked fun at New York reporters and prodded American promoters with a sharper point. “We are given sentimental pictures of a ‘quiet-spoken’ farmer from Northern Ontario and ‘his heart-sick wife.’” The Journal says, “but we know that only the voice is the voice of the Dionnes. In the background is the moving hand of those who hope to profit from the Dionne association.”

Meanwhile not even Mr. Hitler or Mr. Aberhart has been able to drive Dr. Dafoe’s young ladies off the front page.

The Liberal member of the Ontario Legislature for Niagara has complained that they are taking traffic away from Niagara Falls, and tourist figures for 1935 show that, for the first time since the depression, American expenditures in Canada again passed the $200,000,000 mark.

The quintuplets are helping Canada to balance its budget.

David A. Croll (top), Minister of Welfare in Ontario, and Dr. Dafoe.
The New Pictures

Reunion (Twentieth Century-Fox) is the second instalment of the fictionized "Biography of the Dionne Quintuplets." In the first chapter, The Country Doctor (Time, March 16), the famed Five were the most important characters in the story. In Reunion they are incidental. Chaperoned by their amiable nurse (Dorothy Peterson), for eight of the picture's 80 minutes they waddle about with normal two-year-old awkwardness and silence, blowing horns, tumbling over cribs, pounding a piano, guzzling milk and sucking thumbs in the familiar quinsome way. For the rest of the show they might just as well not have been born.

This is because their role is only that of five guests at a get-together in Moosetown, Canada, of the 3,000 people whom Dr. Luke (Jean Hersholt) has brought into the world. The occasion is supposed to be a great party for his honor and enjoyment. Actually, it becomes almost as great a drain on his resources as a Mr. Fix-It as was the birth of the quintuplets on his skill as an obstetrician. In one afternoon he finds himself obliged, as mentor for the 3,000, to: 1) succor a suicidal cinemactress, 2) trick a U. S. Governor into adopting a child, 3) bring his assistant and his nurse together, 4) save an old friend from losing his young wife. All this leaves the audience with renewed conviction that sequels are rarely as good as the first instalment.

©1936, 20th Century-Fox Film Corp.

YVONNE, ANNETTE, MARIE, CECILE & EMILIE DIONNE; DOROTHY PETERSON

For eight minutes they blow, tumble, pound, guzzle, suck.

Time, Dec. 7, '36
Today, these healthy Dionne Quins had Quaker Oats

FREE! $12,300
in 2,084 separate gifts—Chevrolet sedans, Frigidaire, RCA Radios and Cash—for the most original names for this picture of Dr. Dafoe and the Dionne Quins. Hurry and get details of this offer free at your grocery store before offer closes.
All Photos World Copyright 1936, N. E. A. Service, Inc.

The Soap of Beautiful Women

Let Camay bring your loveliness to light
Every day, Camay is very low in priced to soothe it cleanses your bath in doz
and make its cleaning
Camay is the creamiest, softest, purest, ever made
Camay is soft, smooth, clean and fresh
Camay is a perfect companion for the feminine body, a perfect blond a perfect com-

THE boy fell into sleep, moaning

MARTIN...
Today, these healthy Dionne Quins had Quaker Oats

FREE! 112.300
In 2,084 separate gifts—Chevron sets, Fridgiettes, KCA Radio and Cash—for the most
original suitable names for the picture of Dr. Bynoe and the
Dionne Quins. For details of this offer try at your
vicinity store before other choices.

Doctors say we all need
Vitamin B to brace-up
our systems: Get it
daily in Quaker Oats

The next time you feel nervous
or irritable, your system gets out of
order, your appetite lags—change
to a Quaker Oats breakfast for two
weeks.

For in Quaker Oats, Nature sup-
plies her vitamin for bracing up ap-
petites, nerves, and digestion when
lack of Vitamin B has them out of order.

That's why the cere-
eal chosen by medical
experts for the Dionne
Quins makes Quaker
Oats an ideal family
breakfast. For nerv-
ousness, constipation and poor ap-
petite respect no age limits.

So give everyone in the family a Quaker Oats breakfast for two weeks. Watch its wonderful nour-
ishment build up the youngsters.

See its marvelous food-energy sus-
tain the grown-ups at work. And
note how everyone responds to a
daily supply of Nature's Vitamin B
for bracing up nerves, appetite, and
digestion.

All grocers supply Quaker and
Mother's Oats, which are the same,
in both 1/2 minute quick-cooking
and regular.

QUAKER OATS...rich in Nature's Vitamin
for bracing-up Digestion, Nerves, and Appetite

surroundings have been kept scrup-
ulously clean with the dependable
help of "Lysol". (A simple but sci-
entific example to every mother.)
The Whole World Loves This Country Doctor

...and now he offers YOU his help!

Far and few is a show in the Empire—quaint—the great man to the world. Now his precious ad
vice on child care is offered to every mother in America—a series of radio talks about these five famous
babies, and the modern methods used in bringing them up.

Since the day the printmutations were born, "Lysol" has been the
blessed disinfecting agent used to keep them from infection. All their
surroundings have been kept un
polluted with the dependable
help of "Lysol". A simple but sci
entific example to every mother.

Dr. Babo’s talks are as informal as TV’s—-the conversations be

come at Collierville—when, indeed, they actually originate from a scien
tific source in America’s own right. They are thrilling in human inter

ection, filled with vital information. Don’t miss them!

Lysol

Lysol

Lysol

Lysol
Today, these healthy Dionne Quins had Quaker Oats
Today, these healthy Dionne Quins had Quaker Oats

Dionne's perfect health depends on regularity.

Nutrient rich Nature's Vitamin B to brace-up nerves and digestion.

Get it daily in Quaker Oats

• At every age, nervousness, poor appetite and constipation threaten constantly. And all three are sure to appear when diet fails to supply sufficient Vitamin B.

That's why the whole family should have a Quaker Oats breakfast every morning. For it furnishes us with a rich supply of Nature's vitamin for bearing up digestion, nerves and appetite.

So try this wonderful breakfast for two weeks. Watch its alluring nut-like flavor tempt youngsters into filling up on this wonderful nourishment for adding good solid pounds, inches to height. Watch its food-energy sustain grown-ups who work hard.

And everyone in the family reports better condition when Nature's Vitamin B, so rich in Quaker Oats, invades up nerves, digestion and appetite.

Order Quaker Oats by name from the grocery. It makes a perfect cereal with milk, as well as dozens of tempting oatmeal recipes. Get either the 2½-minute quick-cooking or regular.

*Was four at a time the old fam.

*The Quaker Oats...rich in Nature's Vitamin...for bracing-up Digestion, Nerves and Appetite.
Isolation in “Quiet Room” Is Only Form Given Quins

By ALLAN E. BAYLE, M.D. O. E. C.

(Correspondent, D.H. by NEA Services, Inc.)

This is the third in a series of new stories by Dr. Allan E. Bayle. Mic-
ter exclusively for NEA Services and
	Miami Daily News under a re-

CALLANDER, Ont, Dec. 10—Perhaps the most interesting room in the Dionne children’s nursery today is the “quiet room.”

Thanks to the fact that the nursery has been enlarged to the point where it is quite a large “plant,” we have been able to reserve an entire room for disciplinary purposes. That is why we call it the “quiet room.”

The Dionne girls, as I have said before, are never punished physically. Our only form of punishment has been to segregate the girl who has been “bad” from the others.

At first, when the girls were younger, we simply set the “bad one” apart and did not allow her to take part in the play of her sisters. But now that they are older, it is necessary to put the one who has been admonished in a separate room.

So the “quiet room” developed. It is eight feet by six, light and airy, and in every way suited to any other room in the house. There is a table and a single chair. On the table we keep picture books, and the large window provides plenty of light.

Everything is entirely comfortable. But there’s one thing: There is absolutely nothing in the room with which the child can hurt herself, and the only element of punishment is that she must be alone, and separated from her sisters.

We always make it clear to the children exactly why they are sent to the “quiet room,” and explain that when they are in the midst of the “quaint girls” again, they may resume their normal relations with their sisters.

It is facilities like this, the ability to devote one room entirely to this disciplinary purpose, that makes our nursery “plant” quite an institution.

Naturally, it doesn’t seem like an institution to the children. Most of it they have never even seen. The part actually used by the children themselves is kept in every way as much like a home as possible.

But the nursery has been growing almost as fast as the little girls themselves. Today, with the newly completed staff house, the buildings and equipment would represent a value of more than $105,000, all paid for with money earned by the quintuplets themselves, and held in trust for them.

Before next summer we hope that the group of buildings will be entirely enclosed by a long fence that will run back into the wooded area behind the house.

This will make an enclosure of several acres, and will enable the children to play among the trees and flowers of the natural Canadian woodland without leaving their own enclosure.

Even now the group of buildings makes quite an impressive “plant.” Much more adequate than the original nursery.

The nursery itself has been extended to more than twice its size in those days, and the staff house, a separate building some 30 yards away on the rocky hillside adjoining the nursery yard, completes our layout for the present.

Many visitors, seeking the nursery only from the side facing the road, do not realize what an extensive place it is. The playground, which extends all the way across the front, and which, with its verandas, is visible from the road, is duplicated in size by the children’s bedroom;”

This was the original nursery room before the building was enlarged. Behind this is the office, where the nurses keep their charts and records, and the bathroom, where the special washbasins and the large bath tub are installed. Beyond this is the play room for the children, and adjoining this the pantry and kitchen.

Still further behind this are lavatory, dining room, and a small sitting room for the staff.

A wing extending out toward the playground from the center of the building contains the “quiet room,” which I have described and is isolated from which it is not used except in case one of the children should come down with a communicable illness.

This room has scarcely been used, but it should save four of the children from catching any other children’s disease which had attacked one, it would be well worth while.

In this wing, also, is the special playroom, fitted up with piano, phonograph, and facilities for storytelling, dancing and music.

On the second floor is a row of storage closets filled with the many toys and other gifts which have been sent to the quintis by their well-wishers. Such usable clothing and toys beyond immediate need are given to the Dionne family.

But many of the toys are such as will be very useful to the quintis a little later, and many of the costumes and other articles are a special nature scarcely adapted to everyday use. Also on this floor are bedrooms for the housekeeper and two maids.

Now all that is a pretty elaborate layout, especially if you include the outdoor playground and the staff house. The number of people employed, regular and part-time, varies between 10 and 15.

Even with the enlarged nursery, this presented a housing problem, and it was to solve this problem that the new staff house was built.

This, in two separate sides of a “duplex” house, provides living quarters for three nurses or teachers, and for the three police.

Further improvement in sanitary facilities available to patients has been made, and by next summer the whole group of buildings will give the appearance of a small village in itself.

Copyright, 1934, NEA Services, Inc.

Why, Marie! What have you done now! That’s the “quiet room” you’re sitting in, the room where quins are separated from their little sisters when they’ve been naughty. And though you may grin impishly, for the room is light and airy, and contains picture-books you may look at, we know that pretty soon you’ll miss those four other little sisters. And then you’ll be sorry for what you’ve done, and we’ll bet you’ll never do it again. This mild ‘isolation’ punishment has been sufficient to keep in order the unruly quins.
Quins Are 5 Outdoor Babies, 
Dr. Dafoe Writes of Dionnes

Children Taught to Love 
Natural Life; Diet Is Outlined

(This is the last of a series of stories by Dr. Allan Roy Dafoe, physician to the Dionne quintuplets, written exclusively for NEA Service and the Miami Daily News, under a renewed arrangement.)

By ALLAN R. DAFOE, M.D., O. B. E. 
(Copyright, 1938, by NEA Service, Inc.) 
CALLANDER, Ontario, Dec. 11.
This third winter has made the Dionne quintuplets into snowbirds, as chipper and pert as the chikadees which perch at the feeding station on the nursery window.

From their earliest infancy, the children have been trained to sleep outdoors, to love and appreciate the open air.

Today they love it more than ever. Including their afternoon nap on the open veranda, the quins are out in the open air as much as four hours a day. This varies, of course, according to the weather. As they grow bigger and stronger, they are able to enjoy the sports of the open much more than they used to do. For instance, this winter we have built a toboggan slide in the play-yard. It is about five feet high at one end and slopes gradually across the yard.

Now, the toboggan which could be used last winter only for one of the nurses to pull the children can be devoted to its own thrilling use. Development of the wading pool into a skating pond will come later.

The little girls are scarcely ready for skates as yet, though of course we feel that in good time they ought to become proficient in all our northern sports.

The birds add a great deal of interest to the surroundings of the nursery. We have always encouraged them, and last summer we had fine families of tree swallows and house wrens. Incidentally, each of the swallows—hatched a brood of quintuplets.

This winter we have built a feeding station directly outside the nursery window, where the quins can see the birds come daily for the suet and sunflower seed with which we keep it stocked. Landscaping plans for next year include more bushes and trees near the house to attract the birds.

Many people write and ask why in the world the quins haven't a dog or a puppy or two to play with. Goodness knows, the lack of dogs and pets around the hospital is not due to any lack of opportunity to acquire them.

We have been offered goats, cats, rabbits, birds, ponies, and even koala bears from New Zealand. As this last very appealing little animal feeds on eucalyptus leaves, I don't think it would do very well up here in the north.

More seriously, we do expect to have a dog or two at the nursery in good time. I personally am very fond of dogs, as anyone will testify who has seen my wirehair, Teddy, swaggering around my home.

But up to now I think it unwise for the quins to be too close friends with a dog, because dogs sometimes carry germs—even a cat may sometimes be a diphtheria carrier.

Eventually, though, we will have at least one dog for the children to play with, and very soon we will have canaries inside the nursery as well as the birds outside.

Next year we may keep a few hens for the eggs and because we think the quins will enjoy making their acquaintance.

There can be no question that the outdoor life has been good for the quins. Their rosy complexions and glowing health are the best evidence of that. But the best of it is that they have had none of the troubles and griefs that usually go with outdoor winter life—the colds, the chapped hands, the frozen ears that all too often accompany it.

In the first place, we pile on clothes when the children go out in winter weather. Heavy woolen coats, woolen snow-suits, snow helmets that protect the ears and part of the face, heavy rubber arctic boots and warm mittens. That's the way to dress for the outdoors.

The quins' faces are always rubbed with olive oil before they venture out when wind and temperature are severe. Camphorated oil is another excellent protection against frostbite. As a result of this precaution, we have not had any trouble with chapping.

But the best protection our little girls have against the long winter up here is the codliver oil that serves as the best substitute for
YES, THE BABIES ARE DOING FINE!—Candid camera records a private scene in New York between a man and a pipe, the man in the case being Dr. Allan Roy Dafoe, the quintuplets' doctor. Naturally, the subject of the interview is the five babies, with Dr. Dafoe telling the world the babies are doing fine.
THIS MORNING
THE DIONNE QUINS
HAD QUAKER OATS

For only a few pennies your children may have the same brand
of oatmeal experts chose for these hardest-to-raise of all
children. Its VITAMIN B for keeping fit does children such a
world of good! Ask for QUAKER OATS by name at all grocers.

Doctors say the Vitamin B₃ in MILK helps children grow better
when combined with Vitamin B₆, as in Quaker Oats. Give
your family this ideal combination. Specialists picked Quaker
Oats for the Dionne Quins, even before their first birthday!

DIONNE CASE DEMONSTRATES HOW WE ALL NEED
QUAKER OATS TO HELP KEEP FIT!*

Nervousness, constipation, poor appetite hit grown
folks just as hard as they do children.
So see that everyone in your family gets a big piping
hot bowl of Quaker Oats, every day. Because its won-
derful 3-purpose Vitamin B combats all three of these
symptoms people dread—nervousness, constipation and
poor appetite, due to lack of Vitamin B.
Ask for 2½ minute quick-cooking QUAKER OATS or
regular, at any grocery store.

* Where poor condition is due to lack of Vitamin B.
FREE WITH TRADEMARKS! GORGEOUS 7" x 9" DIONNE QUIN COLOR PORTRAITS

Sent with details of $15,501 "Free Dream Home" Offer

Extended to April 30th, 1936, to accommodate those whose entries have been delayed by unusual weather conditions prevailing at time this offer was announced.

Now, for the first time, you can get FREE beautiful natural color portraits (suitable for framing) of the Dionne Quins! Never before have you seen such appealing, such perfectly marvelous baby pictures. A joy and inspiration to any home. Mail coupon now for this wonderful free gift.

THE QUAKER OATS CO., Dept. 41, Box L, CHICAGO, U. S. A.

Please send FREE and postpaid a beautiful picture in 6 colors of the Dionne Quin whose name I am checking. MARIE O CECILE O ANNETTE O YVONNE O EMILIE O

Along with complete details of this big "Free Dream Home" offer of $15,501 for 3,114 people. I am enclosing 2 trademarks from packages of Quaker Oats. For a complete set of all 6 color pictures, I am enclosing 10 trademarks.

Name
Address
City. State

QUAKER OATS

Miami News, Apr. 10, 1936
PLOT FOR KIDNAPPING QUINTUPELTS BLOCKED

Extra Guard of Three Constables Watch Canadian Babies Day and Night Following Word of Abduction Scheme With Intent To Hold Infants For Ransom; Doctor Reveals Story.

[UNIVERSAL SERVICE.]

MONTREAL, Quebec, April 14.—A thwarted plot to kidnap the Dionne quintuplets was revealed today by Dr. Allan Roy DaFoe, their physician, who is on a visit to Montreal, where he was given a civic reception today.

Asked whether threatening letters had been received, Dr. DaFoe replied:

“No, but we got private information that an attempt would be made to steal the babies and hold them for ransom.”

He said the guard had been increased to three constables, and the quintuplets were never left for a moment unguarded.

Questioned as to whether there was any change in the attitude taken by the quints’ parents towards the guardians and the Ontario government, Dr. DaFoe said it was being modified and he expected settlement of their differences soon.

Dr. DaFoe described Oliva Dionne as “a sensible fellow” and said the quarrel was due to the influence of “chislers,” who attempted to get part of the quintuplets’ revenue for themselves. He explained:

“When these outsiders are convinced that they cannot get anything it will not be long before the dispute is made up.”

Smallest Quintuplet Is Reported by DaFoe As Having Most Teeth

(By United Press)

CALLANDAR, Ont., April 14. Although she is the smallest of the Dionne quintuplets, Marie today boasted the most teeth. She now has 14, two more than Emile and one more than Cécile, Yvonne and Annette.

Marie has cut two new teeth this month.

Dr. Allan Roy DaFoe, the babies’ physician, said all the sisters were in perfect health.
Rumanian Gypsy Has Quintuplets On Side of Road

Woman Quit Work Just Before Children Were Born But They Die 1936

(By International News Service)

BUCHAREST, Rumania, April 15.—Quintuplets—three boys and two girls—were born to a Gypsy mother in a roadside ditch today, but all died a few hours later, victims of exposure.

A few minutes before the five arrived, 25-year-old Maria Linguraru had been plowing a field near Hodos, in the province of Bihor.

In her bare feet she trudged to the roadside and gave the world, without benefit of any Rumanian Dr. Dafoe, perhaps the first officially authenticated quintuplets since the Dionnes.

All the while, snoring in a drunken stupor, their father lay nearby.

The quintuplets were "seven-month" babies. Although born two months prematurely, physicians who examined them later said they were healthy babies, due to the excellent condition of their hard-working mother.

Their mother will probably recover.

The peasant woman who owns the field in which Maria Linguraru was plowing probably saved the mother's life when she accidentally passed by and saw her and the wailing babies in the ditch.

Medical aid was summoned from nearby Hodos, and the Rumanian government immediately ordered no expense be spared in securing the best infant specialists to strive for the babies' lives.
QUADRUPLETS 5 YEARS OLD.

Schense Children of Hecla, S. D., Will Observe Birthday on 13th.

HECLA, S. D., Jan. 12 (AP).—The Schense quadruplets—Jay, Jimmie, Jean and Joan—prepared tonight to celebrate their fifth birthday on the family’s lucky date—the 13th.

The event has attracted wide attention. Letters from points as far distant as New Brunswick, N. J., have burdened the mail box of their farm home. A St. Louis woman sent $5 to the two girls and two boys. Another in Indianapolis promised them “anything they want.” Neighbors planned a party tomorrow.

Although all the youngsters are in good health, Jimmie faces an operation. It will be financed by a fund gathered by H. E. Beebe, Ipswich business man.

Papa Schense has his hands full providing for his eight children, although he rejected a contract to put the “quads” on the vaudeville stage. His ambition is to keep the family together with the aid of his second wife. The mother of the famous foursome died in 1933.
How Are the Quintuplets? Here's Dr. Dafoe's Answer

How are the quintuplets getting along now that summer's end brings school days back? Everybody wants to know and here's the answer right straight from Dr. Dafoe, physician-guardian of the sisters. Don't forget to look at the pictures on the Back Page.

By Dr. ALLAN ROY DAFOE

CALLANDER, Ont., Sept. 2—At the short summer here commences to dwindle to two weeks, it is interesting to note the outdoor development of summer's outdoor play has created no new problems in height or weight.

The small variations that appear from time to time, both in physical and mental, are much less than in many a family where five children have been born separately. This is the result of finding a way to provide for the needs of these children's separate development, keeping their daily habits, observed overnight, and then had begun to run a constant temperature.

OTHERS CATCH GERMS

There was, of course, only one medical answer, and one that parents would do well to remember. The nurse, keeping their precise daily charts, observed overnight, and then had begun to run a temperature.

As I expected, almost immediately all the others contracted the same cold, but Emilia was completely well. As I suspected, if that same woman visitor had had a peek into the playground then, she would have seen a sight to be expected, and been convinced as some were in the early days, that her child was being shown five times.

RUMORS RAMPANT

The incident of the colds did show once again the great interest and affection that exists for the children. They would call on the telephone to check on them, and were from London in a single day.

Many rumors flew about; the children were very thin, they were kidnapped, they had diphtheria, they had infantile paralysis. That last was his most universal. I must say that the fact that there was a paralysis scare attacking the big Canadian cities. But all our precious five were out again in the sunshine, happily at play, before the scare started. There was simply no connection.

AFFECTED BY CROWDS

One other question I would like to discuss: What effect do the crowds have on the children? Right off, I must say that there can be no doubt that the babies are aware, to some extent, of the crowds. But it is general, not particular. This is merely part of their existence like the sun in summer or snow in winter.

When the children are well, they are attracted to the people, or more of them is below par, they haven't their normal, restful capacity, and are restless, unhappy, and unrest, fatigue and nervousness.

Under those circumstances it is wise to close the nursery grounds to all visitors. This is the basic rule of the guardianship; to let nothing come across the physical, mental, or moral welfare of the children.

I feel that the public under-stands, and people have usually been most gracious when disappointed.

NO CHANGES

Today the arrangements through which the public view the children are satisfactory, to the girls themselves, to the public, and to the guardians. Whether this will be a year from now remains to be seen, but I am into a compatible, orderly arrangement which may then seem advisable.

In the world being what it is, it is mere common sense to admit that these babies had no chance whatever from the moment of birth to lead a completely private life. Judge Valin, my distinguished and revered friend, put it very well when he said, "These five beautiful little girls have not been brought into the world to be hidden."

OTHERS SHARE BENEFITS

Sturdy, bronzed by the summer sun, the girls have benefited immensely from their fourth outdoor summer, and in addition they have benefited many others through their undoubted effect on child care in many far places.

I am a very proud of a letter recently received from a heroic woman of the James Bay region, 400 miles north of us in the tundra. Her child was born a year ago, a premature baby. But, she wrote, she was able to save its life and bring it home into a comparatively healthy condition by following the information gleaned from our reports on the state of the little Diommes at birth and thereafter.

Another letter came recently that said: "My little girls have never been seen by anyone here at the nursery. It was from a blind girl in Pennsylvania, of whose visit to the little Diommes at birth and thereafter.

Such letters as hers show what remarkable inspiration our little girls have come to be to countless folk."

(Byram, 1927 by NSEA Service, Inc.)
Sixty Years Serving Humanity

Dr. John Harvey Kellogg, World Renowned Physician and Surgeon

by R. E. Daniels

BEING the medical director of the Battle Creek Sanitarium at Miami Springs and the world renowned institution of the same name in Michigan is a responsibility big enough for most any man, but apparently not nearly enough to use up the amazing energies of 84-year-old Dr. John Harvey Kellogg, famous vegetarian, doctor of medicine, surgeon, philanthropist, business man and true friend of humanity in general and children in particular.

Dr. Kellogg recently was honored at a banquet attended by 600 internationally known men of medicine and business at Battle Creek, Michigan, some of whom mentioned with sorrow the doctor’s advancing age. To these he commented: “Some people are apprehensive that I am getting a little old, but I don’t feel old and I never intend to be old”. Five minutes with the doctor proves without doubt the truth of this statement. He is a dynamo of energy and takes an active part in the management of his wide-spread interests.

Way back in 1876 he said he would put the word “sanitarium” in the dictionary and he did. In that year he took over the management of the ten-year-old Health Reform Institute, renamed it the Battle Creek Sanitarium and changed it from a mere water-cure to an institution where people could be educated how to keep well. This he has done, and sums it up in these words: “My life work is not doing, not surgery, but education”. Many thousands have been treated for their ills, but the doctor is never satisfied until the patients are painstakingly taught how to live biologically, according to nature’s demands, and thus preserve health.

Education is not confined to his sanitariums. For many years three schools were conducted to train health practitioners, dietitians, nurses and physical education directors. These schools, the first of which was organized in 1880, were merged in 1923 and in 1925 a liberal arts department was added. Regardless of the courses students take they must qualify as an example of biological living before becoming eligible for a degree. Now known as Battle Creek College, the institution is supported by the earnings of the Battle Creek Food Co., of which Dr. Kellogg is the founder.

He originated the ready cooked flaked food after one of his patients broke a set of false teeth trying to eat zwieback. The doctor decided to make a food having the same dietary value as zwieback with none of its destructive tendencies. The result was that he cooked a cereal, rolled the dough into very thin sheets, and then toasted it. He has invented sixty different foods, all of them to meet some definite dietary need. Some years ago he sold all his interest in the original foods to get money for education purposes, especially the Race Betterment Foundation, which he organized in 1906.

The Doctor continues with extensive research and has developed numerous improved apparatuses and instruments for use in medicine and surgery. He discovered the therapeutic value of the electric light and invented the electric light bath; also, he discovered the sinusoidal current for purposes of treatment. Besides all these activities he has done an amazing amount of writing and in 1872 became the editor of Good Health magazine, the oldest health periodical in existence. He still holds that position. He wrote Plain Facts, the first volume on sex instruction by the study of plants, and made enough money from it to support himself and organize a health exhibit at the Philadelphia centennial exposition. During his career he has written many well known books and has contributed many important technical papers and articles to medical conferences and publications.

Born February 26, 1862, Dr. Kellogg was considered too puny to be educated. Because of his health and the belief of his parents that the world was soon to come to an end, he received no formal education until he was nine years old. Then he had only six weeks in school, but enough to start him upon one of the most remarkable careers in the history of medicine. He has but one lung and only his great energy and will saved him from death from pneumonia some years ago. He works all his waking hours and sleeps no more than six or seven hours out of every twenty-four.

Possessed of a longing to beat his own record, Dr. Kellogg sums up his own philosophy in these words: “No man can ever discover what is in himself—his own powers and possibilities—save by giving all those powers to aid humanity. There is no other work worthwhile.” It is interesting to readers of The Teacher that after working in his father’s store and broom factory and as a printer’s apprentice, Dr. Kellogg began teaching school at the age of sixteen, studying at Michigan State Normal School in the meantime.

Because he was convinced that a study of medical science would help him to help children who didn’t have a chance, he entered Bellevue Hospital Medical College in New York City. He graduated from there with an M.D. degree in 1875 and later studied in Europe on six different occasions from 1883 to 1911. Among the honors conferred upon him is the LL.D. degree awarded by both Olivet College and Lincoln Memorial University. He is also a Fellow of the American College of Surgeons, a member of the Royal Society of Medicine, England, and of the American Medical Association.

During all the years of his intense activity, Dr. Kellogg has never lost sight of his desire to be of help to little children. Together with his wife, the late Ella Eaton Kellogg of Alfred Center, N. Y., to whom he was married February 22, 1897, he opened his home to forty-two children, thirteen of whom he legally adopted. Under their care they were brought up and educated in the art and science of keeping themselves healthy as well as in the usual school room lessons. He has given the City of Battle Creek one city block from his ten-acre estate, where in the swimming pool he built for his adopted children, more than 22,000 children swim every summer. It is called Sunshine Center.
Although now well able financially to retire, he has no desire to do so, for he finds too much of interest in his commercial activities. Like all real busy men who have a story of success, achieved by a long and arduous effort, he has taken an active part in civic affairs of his community. His interest in national affairs is proven by his long and still active membership in the United States Chamber of Commerce.

Athletics were his hobby in his younger days and he is at present a member of several athletic clubs, particularly in Detroit, his present summer home, and in Miami Beach, his winter home.

Fraternally Mr. Kresge is a Mason, politically a Republican and in religion a Methodist. In the national wet and dry controversy he is decidedly a prohibitionist.

America needs more men like S. S. Kresge, men of vision, ambition and untiring effort, who accomplish while benefiting the masses, by placing within their reach hundreds of modern-day articles of use that they could not enjoy without the now highly popular 5 & 10 cent stores, that are found in practically every city and town.

Mr. Kresge's interest in Miami Beach is further evidenced by his active interest in the Kresge subdivision on Pine Tree Drive, one of the most desirable sections of the Beach.

A splendid example of his own doctrines, one of the doctor's most outstanding personal characteristics is an indomitable optimism, which in itself indicates his excellent health. In 1902 he was about to board a train one day when a reporter notified him that his sanitarium had been destroyed by fire. After hearing a few details he turned to his secretary and said they would have to prepare plans for a new building during the trip! He stated to the reporter: "You may write that the work of reconstruction will begin immediately." And it did.

What fun it is to go to school beside the sea and to learn about the things that live in the sea! The environment of our children is most helpful in stimulating interest in the many strange things that live in and under the sea.

Beginning on the first day of school in September and carrying through the entire year we have children eager to tell of their experiences with sea life. Beach parties, yachting trips, rides in glass-bottom boats, etc., all enthuse children and make them conscious of sea life.

Here comes Jack to first grade, bringing a beautiful shell which he found on the beach. He would like the rest of the group to enjoy it. Gradually we acquire a collection of shells, coral, sponges, crabs, sea plants, etc., that forms an excellent basis for scientific study. The children learn the names of all the shells in our collection, the habits of the animals that live in them, learn to group similar shells, and often make individual display cards by gluing shells on cards and writing the names under them. The long presents itself when Richard tells us of his yachting trip. He describes all the fish that were caught, and immediately every boy wants to tell of his own fishing prowess. Fish stories are always exciting, and we decide that we would like to learn more about the fish that live near Miami Beach. We gather pictures, actual photographs, and sometimes we have mounted specimens to study.

When discussing sources of information, the aquarium is mentioned, so we ride to the aquarium to study the fish there.

The fish books that were made following this trip were low the drawing.

An example of the high standards he set for himself occurred in 1883 when he was studying under the great Adolph Bilroth in Vienna. On his way to class he passed an artists shop and then and there decided to study drawing in order to train the hand to follow the eye, which may account for his great skill as a surgeon. He has the record of performing some 22,000 of the 100,000 operations done at the Battle Creek Sanitarium during its sixty-year history, and more remarkable, he is today a practicing surgeon at the age of 84. He performed operations only last summer.

We also made a fish border for our room. The waves were cut paper and the fish were made of cellophane and stuffed with strips of colored paper. There were so many good fish that we had to continue the border around the room. All of us learned a great deal about fish and can identify them very well.

The greatest value of this study of sea life is its interest for all of our children. The native Florida children love it inherently, and the tourist children thrill to it because it is something very new and different.
LADIES and Gentlemen: Yesterday Dr. Kellogg asked me if I would speak. I told him I would be very glad to do so. I never decline an invitation from him if I can help it because I owe so much to him and this institution. The health transformation which I owe to both I have seldom spoken about; but I think it proper I should speak about it here where so many others have had a similar experience.

I had my first rude awakening on health in 1898, just as I had received my appointment as full Professor at Yale. It suddenly seemed as though my career would be stopped by death. I left New Haven in the fall of 1898. I remained away three years from my work and even then did not feel fit to go back to work, but did so because, as I expressed it, "I would rather wear out than rust out." I saw so many people living a purely invalid life in Santa Barbara that I became very much disgusted with the idea. I thought I would rather go back and die in harness than merely play golf and do nothing useful; so back I went, and it took me three more years in New Haven to get my health back.

I think it is very likely I should not have regained my health if I had not come to this institution. In 1904 I learned of Dr. Kellogg's great work by reading a book by Mrs. Henderson called "The Aristocracy of Health." She was a great admirer of Dr. Kellogg. The big picture which you see near the elevator is a present from her to the Sanitarium.

I got in touch with her and then wrote to Dr. Kellogg and afterward came here. I was very much prejudiced against the place, but came to discover that it was conducted on scientific principles. It has become increasingly so ever since I first knew it. I have known this institution and Dr. Kellogg for thirty-three years. Scarcely a year of those thirty-three years has passed that I have not stopped over a train at least to see Dr. Kellogg, if for no other reason he and no institution which has done more good than this institution.

I have tried since my own transformation in health to take my part in the health movement in many ways. My own transformation has been very great. Within two weeks after I met Dr. Kellogg and got certain suggestions from him, I was able to do twice as much work as when I first met him and my working power has increased almost continuously from that day to this. I have had no illnesses in that time except one which was really indirectly due to what you might call an accident.

On February 27th last I passed my seventieth birthday. I had broken down in health at the age of thirty-one. I did not myself expect to reach this biblical age of three score years and ten, and for that reason among others I have hitherto refrained from citing myself as an example. I have noticed so often that invalids and ex-invalids who become enthusiastic over certain regimes very often damage rather than help the cause over which they are so enthusiastic because soon after they tell what perfect health they have they pass out. Moreover, knowing a good deal about statistics and especially death rates, I was particularly cautious lest I should hurt rather than help the cause. But I feel now, having reached the allotted three score years and ten in spite of this handicap, that whatever happens to me in the future I "have arrived" in a sense and that I have a right to brag a little bit about what has so far happened. But really, however, I do not feel, in thus bragging, that I am doing so personally but rather on be-

The Italian Fountain
What Is the Cause of Disease?

W. F. Martin, M.D.

M ANY PATIENTS ask, "What is the cause of this ailment?" Sometimes the question is difficult to answer and in many cases the answer has not yet been learned. There are, however, certain fundamental principles which are worthy of thought and consideration.

For many centuries the idea was more or less prevalent that all sickness was due to the possession of an evil spirit. If one were ill, it was because the departed spirit of someone whom he had harmed or insulted had returned to torture him; or he had committed some sin and one of the devil's imps was punishing him. The cure of the disease consisted of an effort to appease the anger of the evil spirit and coax it to depart which was done by incantations of various types, together with prayers, fastings, and making amends. Many primitive people still believe this theory and their medicine men follow the same old method of treatment. It was not until someone took the question seriously, began to think and study, that any progress was made towards its solution. Hippocrates, the father of medicine, was the first to record any tangible theory. He believed that sickness was due to an imbalance of the flow of the four fluids of the body. (The yellow and black bile, the red and blue blood.) His knowledge of anatomy and physiology was not exactly correct but his philosophy was quite sound.

The discovery of germs by Pasteur and others established quite positively the theory that some minute organism—germ or parasite—is the cause of disease. It seems that every living thing, both animal and vegetable, has some other living thing adapted by nature to destroy it. Everything has its specific enemy, pest or parasite, qualified to kill it and return it to the dust from which it came. Man, the greatest of all creatures, has as his specific enemy the smallest living thing in existence,—germs.

The specificity of bacteria is well established. Bacteriologists can grow and work with the different germs with as much accuracy as a gardener does with his plants. Germs are classified into families, as are flowers and other vegetation. Their growing habits, their staining qualities and their morphology are so well known that experienced technicians can identify the different varieties. We know in what way typhoid fever germs differ from diphtheria germs and know the tissues in the body they select for their growth. Typhoid fever germs grow in the intestines. Diphtheria germs grow in the throat. Typhoid fever germs produce typhoid fever, diphtheria germs produce diph-
theria. There is very little difference in the germs so far as size is concerned, perhaps comparatively not as much as between wheat seed and barley seed, but their growth in the body produces just as distinct and individual a disease as the wheat plant differs from the barley. Germs taken from a patient with diphtheria and planted in the throat of another will, if they grow, produce diphtheria, but not typhoid fever, so there is a specificity of germs and germs do cause disease. It seems to be their mission to destroy and decompose organic bodies, liberate the elements of which they are composed and return them to the dust from which they came. Yet, I raise the question, “Are germs the sole cause of disease and if they are, why are not all members of a family stricken with typhoid fever when they drink the same infected water or milk?” You say, “Oh, some have more resistance.” What do you mean by resistance? What makes this difference in individuals? It seems to me this is a vital question, and if it could be answered, we should have another factor besides germs to consider as the cause of disease; in fact, it is my belief that germs are not the sole cause of disease. There must be other factors or we should all be infected when exposed to the same virus.

We know some people can be so-called “carriers” of germs, that is, diphtheria germs can be recovered from their throats although they show no signs of disease. Why are they not made sick by the presence of these germs? The answer is evident. Their tissues are either not favorable for the growth of a virulent diphtheria bacillus or else their blood is so full of antibodies (antitoxins) that the toxin produced by the growth of the germ does not make them sick. Perhaps this is the answer to the question, “What is resistance?”

You can take a sound, healthy apple and press it hard in one spot with your thumb. The next day it will be black at that spot and in a short time it will begin to decay. In other words, germs will start destroying the apple. If the apple had not been bruised the germs would not have developed in that spot and at that particular time. What did the bruise do? Lowered the resistance by injuring the structure and consistency of those particular cells of the apple. This may explain why infection is so apt to develop in a living, active body after a bruise even when there has been no breaking of the skin or no direct transmission of a germ. The individual cells have been injured and their resistance consequently lowered. Resistance then must depend somewhat on the healthy structure of the individual cells of the body. Some people are subject to every prevalent infection. Perhaps the reason is due to their cellular structures and tissues not being what they should be. The tissue cells of our body are made from what we eat. If the body is not furnished with the proper food in the right proportion, we cannot expect it to build strong tissues. If the cement is not properly mixed and the steel not properly made, the building cannot be expected to withstand the elements of storm. It will soon crumble and fall.

We know that if certain food elements are lacking in the diet, certain definite diseases will develop. Deficiency in the complete proteins predisposes to tuberculosis and may cause a serious type of kidney disease known as nephritis. Lack of vitamin A predisposes to kidney stones and lowers general resistance to disease. Deficiency of vitamin B is accompanied by neuritis, constipation, general nervousness and physical debility. (Many cases of severe neuritis are cured by eating foods rich in vitamin B). An insufficient amount of vitamin C produces scurvy and of vitamin G pellagra. Lack of vitamin E lessens virile powers and causes sterility, which not only affects the individual but is a biological factor involved in the perpetuation of the nephritis. It is known that a lack of the normal amount of iodine in the diet is a cause of goitre, and the lack of calcium predisposes to decay of the teeth and fracture of bones. These are well established facts which show that a high resistance to disease is dependent upon a strong, healthy tissue cell composed of all the required elements in their normal proportions.

The cells of the body are constantly changing and the character of the new cells being formed is dependent upon the food material furnished. It is possible to have a strong, healthy body one year and a weak one the next. By following the dictates of a fickle appetite, the diet has not been properly balanced and the newly formed cells of which the body is composed may possess inherent weakness and thus become an easy prey to infection.

Much attention is now given to allergy as a factor in disease. Such conditions as hay fever, asthma, skin disease, arthritis and many other ailments are said to be the result of allergy, which is an individual sensitivity to certain protein molecules which may come from food and other external sources or develop in the body by bacterial action. There can be no doubt of this fact, but why are some people allergic and others not? If we could be sure of the answer, great strides could be made in relieving thousands of sufferers. Personally, I believe people are allergic because their individual cells lack some particular element in its proper amount. Some lack calcium, others sulphur, and still others may be deficient in certain vitamins. We have seen many people relieved of their allergic condition by efforts directed to a restoration of a normal cellular metabolism.

Horticulturists have determined that all vegetables and fruits do not contain the same percentage of their constituent elements in the same proportions. That is, carrots grown in some soils differ in their composition from those grown in other soils. They have also shown that vegetables, such as tomato plants, have a much higher resistance to pests and parasites when grown in soil fertilized with the elements necessary to their structure. Fruits and vegetables grown in a soil provided with all the required essential elements will keep longer than those raised in a depleted soil. So it is with our bodies. If we are properly nourished (and this does not simply mean being fat), if our body cells are composed of the proper elements in their right proportions, we shall be freer from infection and we shall also last longer.

The scientific knowledge of how germs produce disease and the immunizing processes of the body in defending itself against the invasion and growth of germs has enabled doctors and sanitary officers to accomplish wonders in the prevention and cure of infectious diseases. The more we know about the problem, the better prepared we are to avoid sickness and aid nature in her fight. Public health regulations have eradicated many of the acute infectious and contagious diseases. Our national and state armies of disease fighters are saving us from much suffering and untimely death. We owe much gratitude to them and they should have our complete co-operation. Sometimes I think they do more for the public than the people do for themselves.

There are other factors involved in the fundamental causes of diseases. Strong sturdy body cells can be injured and their resistance lowered in
various ways. Cells are injured by constant exposure to the irritation and destructive effects of poisons circulating in the blood. Nicotin, caffeine, and alcohol are known to be poisons destructive to cellular life, and continued exposure of the body cells to these poisons not only lowers their resistance to germs, but as a result in definite pathological tissue changes, ultimately causing some degenerative disease.

Tuberculosis has been lowered from first place on the list as the cause of death to the seventh. Concomitantly with this wonderful accomplishment, chronic degenerative heart and blood vessel diseases have been raised to first place. Public health activities are protecting our nation against death from tuberculosis but we individually fail to protect ourselves against degenerative disease.

Fatigue poisons circulating in the blood are unquestionably a big factor in lowering the resistance of the body cells. Many infectious diseases develop after long exposures to work, worry and emotional disturbances. The poisons generated in the body by excessive fatigue injure the body cells in the same way as other chemical poisons and predispose the cells to both infectious and degenerative diseases.

Some one has aptly said, "We kill our lives." At least there can be no doubt that we prepare ourselves for the invasion and destructive action of germs. Consider the simple matter of constipation. When the contents of the colon are allowed to lie stagnant, decomposition is bound to develop and poisons form. These colon poisons are not only a big factor in lowering resistance to disease but they greatly reduce our efficiency and produce much discomfort. There are many ways in which our living habits determine our life's expectancy as well as our health, efficiency, and happiness.

It has always been our policy at the Sanitarium in evaluating the cause of disease to consider the man as a whole, not to treat the disease alone, but to treat the diseased man, for when one has developed some infection, it means there was some reason for its development. We make an effort to learn that reason, and endeavor to regulate the diet and habits of the individual, to strengthen his resistance and fortify him against a return of the infection. We believe diet is a big factor in the life and health of the individual and have given much thought and effort to the development of a normal, well-balanced diet providing the necessary elements for the building of strong, sturdy body cells possessing a high resistance to disease. The human body is a very complex organism. It is "fearfully and wonderfully made." This means that we know of its functions the better care we can give it, which will be rewarded by a longer life freer from sickness and suffering.

Dr. Irving Fisher, of Yale

Dr. Irving Fisher, Professor of Economics at Yale University, one of the Sanitarium's warmest friends, some years ago, in collaboration with Dr. Eugene Fiske, produced a fine manual on hygiene entitled "How to Live" which has had many editions and is still a best seller.

Mr. Ernest Nickel, Concerto Whis- tler, from Los Angeles, entertained the Sanitarium guests in the Mezzanine Parlor recently. He beautifully rendered bird calls and many of Carrie Jacobs Bond's songs, who, by the way, was his sponsor at one time. He was the soloist with the Vienna, Berlin, New York and Hollywood symphonies. His program was greatly enjoyed by his audience, who eagerly requested encore.

Mr. R. A. Kirkpatrick, Omaha, Nebraska, through the courtesy of the Union Pacific System, recently gave a most interesting illustrated lecture on Hawaii.

We are happy to welcome Mrs. Claire H. Miller of Detroit, to the Sanitarium for the first time. She is the sister of Miss Alice Vessot, of Quebec, who visited us in March.

Dr. Roger W. Babson, noted economist and statistician, moderator of the Congregational - Christian churches, recently visited the Sanitarium en route to deliver an address at Olivet College. Dr. Babson's business indices are accepted as standard for the nation. It will be remembered he forecast the 1929 stock-market crash. He says, "Business is normal now in America and the upward in-
REORGANIZATION
PETITION MAILED
Sanitarium Bondholders Make First Move Toward Changes Is Set-Up Here.

NEXT STEP IS ROUTINE

The first definite step toward a forced reorganization of the Battle Creek Sanitarium was taken today when the bondholders' protective committee mailed its petition for reorganization to Federal Judge Arthur J. Tuttle of Detroit.

The next step, a routine one, will be the serving of notice of the action on Dr. Charles E. Stewart, Sanitarium receiver, by the U. S. marshal attached to the court. This will take place, it is anticipated, within the next few days.

The petition, six pages in length, will be filed under section 77B of the federal bankruptcy act.

Sanford Otis, Chicago, chairman of the bondholders' committee, said this morning that the petition seeks extensive managerial and financial changes in the Sanitarium organization.

First hint of today's action came April 24 after a Chicago conference between the committee and members of the old Sanitarium board of directors ended in a deadlock. At that time it was learned that the bondholders were considering filing such a petition. The report was confirmed by Mr. Otis on May 12.

Mr. Otis, by telephone, made the following statement:

"For the last five years we have been endeavoring to work out a plan of reorganization, to be accomplished by voluntary action of all parties concerned without resorting to court action."

"At repeated conferences we (the bondholders' committee) made every effort to draw up a plan acceptable to all parties.

"When negotiations broke down at our Chicago conference in April, we were left with a single course—to bring about reorganization through court action."

Seek Receivership Shift

The petition, when filed under section 77B, will seek to have the present receivership shifted from the equity to the bankruptcy side of the court, thus paving the way for submission of the reorganization plan. Under the new act there would be no need for liquidation of the Sanitarium's assets.

It was learned some time ago that attorneys representing the old Sanitarium board and receiver have indicated that they will contest the petition when it is filed.

Dr. John Harvey Kellogg, founder of the Sanitarium, declined again today to say whether or not he has made any progress in his efforts to raise funds to make a cash settlement with the bondholders. Dr. Kellogg has repeatedly sought more time before the actual filing of the bondholders' petition.

June 4, 1937.
Here is Dr. John Harvey Kellogg at a banquet table in Miami, where he was honored last week on his 85th birthday.

The toasts were drunk with milk and fruit juices to the famous health authority.
TOASTED WITH MILK AND FRUIT JUICES

Here is Dr. John Harvey Kellogg at a banquet table in Miami Battle Creek, where he was honored last week on his 85th birthday. The toasts were drunk with milk and fruit juices to the famous health authority.

The Miami Daily News, February 28, 1937
GAGE URGES REVIVAL OF B.C. SPIRIT

Compares Will To Do Things Of Old Days and Las-situde Now.

Joint action on the part of the city's four service clubs, Lions, Ki-wanis, Exchange and Rotary, to re-vive to peculiar to the City of Kellogg was urged by Fred W. Gage, presi-dent of the Gage Printing company, in an address given this noon at the weekly luncheon meet-ing of the Lions club at the Kel-logg hotel.

Mr. Gage deplored what he de-scribed as lack of civic spirit in the community, citing the need for a more aggressive, business-like attitude on the part of the city government and better supervision of the public schools.

An appeal was made by Mr. Gage for a return of the community spirit which prevailed during the two outstanding periods of the city's industrial history, the health food era just after the turn of the century and the establishment of the Grand Trunk Railway locomotive shops in 1908. In those days, the speaker commented, there prevailed a wish to do which is not present today and is greatly need-ed.

In Good Old Days.

Speaking on the subject, "Battle Creek 50 Years Ago," Mr. Gage prefaced his appeal with a perusal of the physical properties of the city 50 years ago and those of to-day. He spoke of the good old days way back when—

"The business district was two blocks on Main street and a few stores on North and South Jeffer-son avenues;"

"The only paving was two blocks of cobblestone on Main street;"

"The fire department was purely a voluntary affair;"

"The city government was made up of councilmen representing the various wards;"

"The chief of police was also the fire commissioner and was in charge of the work of keeping the streets passable if possible;"

"Sidewalks and crosswalks were made of planks and extended only a limited distance from the business area;"

"Street lighting consisted of only a few gas flames in the business district;"

"There was no city water or sewage system and each family had its own well or cistern, or de-pended upon the neighbors; and"

"The Nichols & Shepard Com-pany was the only large industrial plant in the city, although there were a number of other smaller shops near the time engaged in making such things as wag-ons, harnesses, etc."

Then came Health Foods.

Battle Creek's real industrial de-vlopment, Mr. Gage pointed out begin with the health food boom at the turn of the century. He traced the history of the food indus-try back to the old Health Re-form Institute's ban on meat which led to the creation of many vari-eties of cereal foods and later the origin of meat substitutes.

Caramel cereal, from which C. W. Post developed Postum, the speaker commented, was made by housewives during the Civil War days as a substitute for coffee, which could not be obtained be-cause of the Confederate blockade.

100 Companies Here.

When the health food boom was at its peak, Mr. Gage stated, there were over 100 of these companies operating in Battle Creek, making various cereal foods under fantas-tic names. Among these were the Maple Flake and Malta Vita com-panies. Mr. Gage related the his-tory of the Norga company (Akron spelled backwards), which gave promise of being one of the most successful through its development of a delicious granulated oat cer-eal. The company, however, fail-ed when it was found impossible to extract oil from the oats, the oil turning rancid after standing on grocer's shelves for a few days.

How Shops Were Secured.

How a citizens' committee secur-ed the Grand Trunk shops for Bat-tle Creek through a trip to Mon-terreal was also related by Mr. Gage, who was a member of the committee. The Grand Trunk officials agreed to move their shops here if a de-sired site for their depot could be secured.

An immediate answer was re-quired, so the committee promised to make the site available, returned home and raised $20,000 with which to purchase it within a few days. It was a revival of this type of community spirit that Mr. Gage urged in his address to the Lions.

Mr. Gage was introduced by Hugh F. Ogden, June program chairman.

June 8, 1937
Dr. Kellogg Is Dinner Host To Famous Couple

Dr. J. H. Kellogg entertained Tuesday evening at a dinner at the Battle Creek Sanitarium, which honored Dr. and Mrs. Jean Pickard, of Minneapolis, Minn. Dr. Pickard, noted stratosphere explorer, is professor of aeronautics at the University of Minnesota.

The dinner was served in the main dining room of the Sanitarium at 7 and there were places marked for the following guests: Dr. and Mrs. Jean Pickard; Isaac Pitelado, of Winnipeg, former president of the Canadian Bar association; and Mrs. Pitelado; Mrs. Betty Lee Pettengill, Little Rock, Ark.; William Calkins, Philadelphia, Pa.; Mrs. Walter F. Martin, Dr. and Mrs. Stuart Pritchard, Miss Leta Browning.

A reception in the mezzanine parlor followed from 8 to 8:30, that was attended by the other guests, and later all witnessed the water carnival.

Mr. and Mrs. Pickard are accompanied by their two sons, Paul and Donald, on a two-days' visit to the Sanitarium.

Piccard, Pioneer, Of Stratosphere; Is Visiting City

Dr. Jean Piccard, pioneer in stratosphere flying and observation, and at one time holder of the world's altitude record, will spend a short time in Battle Creek this afternoon as the guest of Dr. John Harvey Kellogg.

Dr. Piccard, with Mr. Petelado and her mother, are en route from a summer vacation in Rhode Island to Minneapolis, where he is head of the department of aeronautics at the University of Minnesota. They spent Saturday and Sunday at the Dearborn Inn and are to arrive at 5:30 later this afternoon. Dr. Piccard will escort the Piccard party on a tour of the Sanitarium and they will then continue their trip west.

On his last flight into the stratosphere Dr. Piccard used small gas-inflated balloons instead of ballast, and when he desired to halt, the large bag shot the small balloons, thereby decreasing its lifting power.

Piccards Are Complimented At a Luncheon

Dr. and Mrs. Jean Pickard

and their two sons, Donald and Paul, were complimented yesterday noon at a luncheon at the Kellogg hotel, given by Mrs. Stuart Pritchard, 35 Elizabeth.

Dr. Piccard, stratosphere balloonist, is professor of aeronautics at the University of Minnesota. Mrs. Piccard is the daughter of the late Dr. Riddell, famous orthopedic surgeon of Chicago, and a family friend of Mrs. Pritchard's parents.

"I am the pilot," said Mrs. Piccard, "and Dr. Piccard is the scientist who plans, designs and constructs. On the ascension from Rochester, I was in charge of the land crew as well as being the pilot. There are many women who have a license to fly a plane," she said, "but I am the only woman in the United States licensed by the government to pilot a "balloon."

"In an ascension into the stratosphere," said Mrs. Piccard, "we are studying wind directions and their effect on weather, but our chief interest lies in the study of the cosmic rays. The rays are being observed at certain altitudes and in this latitude, and we wish to continue our observations. Many studies are made in the latitudes of the north pole and the equator.

"If the rays" continued Mrs. Piccard, "are electrically charged corpuscles, as is the modern belief, which are traveling at a tremendous velocity, they are affected by the earth's magnetic fields, and observations in other latitudes would be very interesting."

"The light in stratosphere is rather like that of our twilight," she said. "It is not dark, like night, and there are no stars, but it is not light, as the day. The sun gives light but there is no diffusion as there is nothing which will reflect the light. The sun is very intense and strong, and when once we have happened to place our hand on the window of the gondola, as it revolved, and the sun touched it, we drew it away as if it had been burned."

Guests at yesterday's luncheon included the Rev. and Mrs. Carlson Brooks Miller, Dr. and Mrs. Emory W. Morris, Dr. and Mrs. George B. Darling, and Dr. and Mrs. Henry J. Otto.

This was the second of social affairs given in Battle Creek complimenting the Piccards. Dr. John Harvey Kellogg entertained at a dinner, Tuesday evening at the Battle Creek Sanitarium. The dinner was served in the Sanitarium dining room at 7 o'clock, and it was followed by a reception in the mezzanine parlor. Later in the evening the dinner guests attended the water pageant in the outdoor gymnasium.

The guests Tuesday evening included Dr. and Mrs. Jean Piccard; Isaac Pitelado, of Winnipeg, former president of the Canadian Bar association; Mrs. Isaac Pitelado; Mrs. Betty Lee Pettengill, Little Rock, Ark.; William Calkins, Philadelphia, Pa.; Dr. and Mrs. Walter F. Martin; Dr. and Mrs. Stuart Pritchard, and Miss Leta Browning.

Dr. Piccard Shows Flight Movies At Kellogg Dinner

Dr. J. H. Kellogg was host at a dinner Wednesday evening which complimented the Sanitarium guests from New Orleans, La., who have been coming to the institution each year.

The delightful affair was given at the Kellogg home, 202 Manchester street, and the table was beautified with a center arrangement of fruits of both tropical and northern varieties. Trailing vines extended from this to each end of the table and there encircled candle-labas holding wine-colored tapers.

There were covers for Dr. and Mrs. Jean Piccard, Dr. and Mrs. Edgar Du Mont, Mr. and Mrs. R. E. Tipton, Prof. and Mrs. Robert Chaplin, Mrs. John David O'Keefe, Dr. and Mrs. Charles Harrington, Julian Piroleso, Drs. Louise Moreno, Dr. Edith Butler Huffy, Mrs. Clara Kellogg Butler, the Misses Gertrude and Angle Estill, Dr. Kellogg and Miss Leta Browning.

After the dinner the group went to the living room, where a screen was erected, and Dr. and Mrs. Piccard showed news movie reels of the Doctor's various stratosphere flights. Dr. Piccard also gave as a highlight of the evening some of his most thrilling experiences on these flights.
OPENING HYMN.

SOWING, EVER SOWING.—Pentecostal Hymns.

We are sowing, ever sowing,
In the paths where others move,
And the harvest that shall follow
Shall a bane or blessing prove.
Are we sowing thorns or thistles
That shall pierce the traveler’s feet,
Or the seeds of love and mercy
That shall make existence sweet!

CHORUS—
Sowing pain or sowing pleasure,
Sowing tares or golden wheat?
What, oh, what, shall be the harvest?
When our sowing is complete.

We are sowing, ever sowing,
Be the weather foul or fair,
Heedlessly how oft we scatter
Where there’s need of greatest care.
Now’s the seedtime, full of promise,
Full of possibility,
What the fruitage we shall gather!
Here and in eternity?

CHORUS—
Sowing pain, etc.

SCRIPTURE LESSON.

LEADER.—Consider what I say, and the Lord give thee understanding in all things.
—II Tim. 2:7.

RESPONSE.—I applied mine heart to know and to search and to seek out wisdom.—
Eccl. 7:25.

L.—Whosoever, therefore, shall humble himself as this little child, the same is greatest in the kingdom of heaven.—Matt. 18:4.

R.—And whoso shall receive one such little child in my name receiveth me.—Matt. 18:5.

L.—But whoso shall offend one of these little ones which believe in me, it were better that a millstone was hanged about his neck, and that he were drowned in the depth of the sea.—Matt. 18:6.

R.—Take heed that ye despise not one of these little ones; for I say unto you, that in heaven their angels do always behold the face of my Father which is in heaven.—Matt. 18:10.

PRAYER.

CHILD CULTURE CIRCLES.

MRS. J. H. KELLOGG, GENERAL SECRETARY OF CHILD CULTURE CIRCLES.

Suggestive Text.—How shall we order the child, and how shall we do unto him?—Judges 13:16.

PRESIDENT.—Our topic for to-day is, “Child Culture Circles.” Although this is one of the most recent lines of work undertaken by our great organization it is by no means one of the least in importance.

QUESTION.—What is the aim of these circles?
The purpose of the Child Culture Circles should be an earnest, thoughtful investigation of parental duties, opportunities and responsibilities, a study of the needs and nature of the child, seeking thereby to understand the conditions which most enhance his welfare, and searching out the causes likely to lead him astray. These circles are founded upon the belief that the hope of the world lies not so much in reformation as in right formation, that if the foundation be laid sure and strong there will be less need of propping and rebuilding as the years go by.

Q.—Are not these circles the same as mothers’ meetings?

A.—They tend toward the same result, but are intended to include the whole circle of the child’s educators—the father as well as the mother, and also his teachers—believing that in unity of purpose, of knowledge and of effort on the part of parents and of teachers, lies the hope for the best development of rising generations. Men and women devote time and energy to the study of birds, bees, bacteria and other interesting scientific subjects. How much more interesting and important is the study of the child, possessing as he does all the possibilities of an eternal existence. As one has said, “We see pauperism, and build poorhouses; we see crime, and build prisons; we need to begin at the beginning with the home. Nature works from within, outward. It should be the same with human beings. The all-important thing is that children should be well born, and rightly trained from the start. But how is this to be done unless the parents know how? A Christian home does not always imply right training or intelligence on the part of parents. The greatest need is a department of parental enlightenment.” This is the end toward which we hope to contribute, this is the mission of the Child Culture Circles.

Q.—These circles, then, are to take the place of the mothers’ meetings?

A.—By no means. It is not the purpose of these circles to displace mothers’ meetings, but to add to the sum of their influence. The good, which has resulted during the score or more of years which mothers’ meetings have been a fixed feature of the work of our Purity department, has fully demonstrated the value of that line of work. The responsibility of home training, however, rests upon both mothers and fathers. The best efforts of the mother lose half their value unless seconded by the father. Hence it seems desirable that wherever possible fathers shall become sharers with the mothers in their study of child culture. Teachers and others interested in the welfare of children frequently feel a hesitancy about attending mothers’ meetings, supposing such to be exclusively for mothers. The Child Culture Circles afford an opportunity for all interested persons willing to sign the pledge of co-operation, to unite in a systematic study of the best ways and means of developing true characters, and of intercepting the temptations which may reach even the most sheltered homes of our land.

Q.—What is this pledge of co-operation which you mention?

A.—

PLEDGE.

"I, . . . . . . . . . . . . , promise to attend as faithfully as possible all meetings of the Child Culture Circle, to take part in the discussions according to parliamentary usage, and in the spirit of true courtesy; to read papers when requested by the executive committee, and to assist in carrying out the work of the Circle according to its avowed object. Also to endeavor to so regulate my speech and conduct, both at home and abroad, that they may be worthy examples to the rising generation."

R. R. 12-5-2
Q.—How are these circles conducted?
A.—It is intended that the Child Culture Circle shall be conducted under the auspices of the local W. C. T. U. Its organization should be as simple as practicable. A constitution and by-laws has been provided which can be obtained upon application and enclosing three cents in stamps, from either the general secretary of Child Culture Circles, or the National superintendent of the Purity department, Dr. Mary Wood-Allen, Ann Arbor, Mich. Pledge cards may also be obtained at fifty cents per hundred.

Q.—How shall we start a Child Culture Circle in our union?
A.—This will not be a difficult problem to solve, if we have among our number any woman who can from her own enthusiasm kindle the hearts of half a dozen mothers and fathers to desire to work for their children. It is not difficult to secure the co-operation of others in any plan which they recognize will prove of mutual benefit and of which they feel a genuine need. There are few parents who do not feel their own inefficiency to a greater or less degree. A short personal call upon parents, an inspiring talk with them, stating the advantages of the proposed systematic study, presenting the program in outline, soliciting their cooperation and their promise to attend, will usually insure enough persons to start the meetings. It is not necessary that the number should be large, to make a beginning. A few really interested persons will in the end do more good and make the success of the work more certain than a crowd of disinterested persons. These few interested ones must be stimulated to work for an increased membership for the next meeting. If there are those whom we would like to interest, upon whom we are unable to call, a personal invitation may be written and sent them something after this model:

"We, the undersigned, believing that in the training of our children we may be greatly stimulated and aided through the knowledge and experience of other mothers, fathers, and teachers, design to meet regularly for the purpose of studying the best methods for the care and culture of our children, and most cordially invite you, if interested in our plan, to join us in this. Our first meeting will be held Wednesday evening, June 3, at seven o'clock," etc.

Q.—Are all persons who join these circles expected to contribute to the program?
A.—It is expected that all will make a careful study of each subject selected, and as participation is the key to success, it is desirable that all should hold themselves in readiness to participate in the exercises as far as lies within their power. To those who may hesitate to bear their share of responsibility, through supposed lack of ability or fitness, suggest that beautiful words and elegant phrases are not the essentials requisite. What is necessary is a deep searching after wisdom and if we go earnestly about this, we shall soon find ourselves praying and thinking and reading and talking for very love of the subject until at length, almost before we are conscious of it, the fitness will be gained.

Q.—Is there any special course of study marked out for these circles?
A.—A graded course of study has been arranged and is being printed in The New Crusade, a monthly periodical published by the National superintendent of the Purity department at Ann Arbor, Mich. The topics for study are given a month in advance. Accompanying each topic are given articles or selections suitable for use at the meetings, with references and suggestions for additional study.

Q.—Is additional literature required, and where can it be obtained?
A.—A list of suitable literature with prices is obtainable from the general secretary of Child Culture Circles, Mrs. J. H. Kellogg, Battle Creek, Mich. Send also for W. T. P. A. Catalogue, The Temple, Chicago.

R. R. 12-6-3
Q.—Are many unions taking up this line of work?
A.—Child Culture Circles were inaugurated as a part of the work of the Purity department only a little more than one year ago. In proportion to the length of time, they have increased in numbers very rapidly.

SECRETARY.—The work undertaken by the Child Culture Circles lies so near the foundation of all temperance and purity work it would seem that all our unions would be interested to take it up.

PRES.—Yes, indeed, few other influences have such a power to keep an individual in the path of rectitude as right home training. Upon parents rests the responsibility of this training. They stand before God as surety for those human beings made in His likeness whom He has entrusted to their care, as co-workers with Him in the development of their characters. This self-assumed responsibility is one of fearful magnitude. It is the duty incumbent upon all parents to train each child wisely to develop that strength within him that will dominate over weakness and inspire in him such a love for that which is pure and good that evil will be distasteful. There is no patent way of doing this work. Parents must study the child, realizing that each little one is a separate individual being to be treated according to his special needs and tendencies. Parents must realize their own need of wisdom and seek it from the divine source, remembering also that wisdom will not be granted without the constant effort on their part of seeking for it. They must make a continual search after right ways, they must study to fathom motives and causes, they must leave nothing undone that is within their power to do, for God helps him who helps himself.

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JULY READING:
SABBATH OBSERVANCE.—By Mrs. V. F. Cox.

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R R 1264
Jean Piccard Tells Plans
For 17-Mile Stratosphere Flight During Visit Here

Undaunted by the disaster which overtook his cluster balloon, "The Philadelphi," on his flight of July last, Dr. Jean Piccard, shown here with Mrs. Piccard, will attempt another stratosphere flight in an effort to reach an altitude of 17 miles, he told nineteen Tuesday shortly after his arrival with Mrs. Piccard at the North Creek Rancharium, where they are the guests of Mr. John Harvey Kellogg, medical director.

Dr. Piccard hopes to raise $50,000 to finance the flight which he proposes to make in a glider attached to some 2,000 cluster balloons. The Piccards are here now doing up a camera and two telescopes used as recording cosmic rays.

Dr. Jean Piccard, tall, slender, bushy-haired pioneer of stratosphere flying in America, is ready to ascend to a height of 17 miles in a hermetically sealed spherical gondola lifted by a cluster of 2,000 small hydrogen-inflated balloons— as soon as he can secure $100,000 in contributions for sponsorship of the flight.

In Battle Creek for a brief visit at the Skiatookum as the guest of Dr. John Harvey Kellogg, Dr. Piccard Tuesday was rushed hurriedly through the examinations, tests and treatment rooms at the Piantarium, as he planned to leave to full time to complete his return trip to Minneapolis, where he is head of the department of aeronautics at the University of Minnesota.

Dr. Piccard, accompanied by Miss Mrs. Piccard and their sons, Paul and Donald, have been visiting her mother in Newport, R. I., following his unique experimental flight July 10 which ascended to a maximum height of 11,296 feet in an open-bottomed balloon filled with the small hydrogen-inflated balloons, arranged in two clusters, for lifting power.

Dr. and Mrs. Piccard and their sons were guests at a dinner given in his honor by Mr. Kellogg Tuesday evening with members of the medical staff and their wives as guests. This was followed by a reception on the mezzanine.

Dr. Piccard, who still speaks with a noticeable Swiss accent, frankly has no idea as to the source from which he will secure the $100,000, the amount which he considers necessary to assure the success of his proposed multiple-balloon stratosphere ascent. The money, he hopes, will come from individual contributions, as there evidently is no scientific organization, foundation, or aeronautical group interested in sponsorship at the present time, nor has the University of Minnesota available funds for the experiment.

Having completed study of the (Turn to Page 2, Column 3.

C. O. P. WOMEN
FLAY NEW DEAL

Condemn Appointment Of
Black To Supreme Court.

Port Huron, Aug. 25.—(U. P.)— More than 200 Michigan Republicans can women will conclude a two day conference here today with a round table political discussion and reports of state clubs across the state which began Tuesday morning, reached its cli-
Piccard, Here for Visit, Eager for Another Hop

His faith in small sounding balloons for stratosphere flying unshaken by his recent experience, in which his balloons and apparatus were destroyed by fire, Dr. Jean Piccard even planning another excursion into the rarefied atmosphere miles above the earth next summer.

It will have to be next summer because of a little matter of finances, Dr. Piccard explained.

"On my next expedition into the unknown," Dr. Piccard plans the use of between 2,000 and 3,000 small sounding bags all bundled together—the number depending upon how much money he has for the venture.

The combined lifting power of hundreds of small balloons—many times that of one great bag—will enable him to reach regions heretofore believed impossible.

Dr. Piccard said confidently. Too, they are much easier to manipulate and the rate of ascent and descent can be better controlled, he said.

"Flying by plane in the stratosphere, the next development in aviation, will do much to eliminate aviation catastrophes, the Minneapolis man continued."

His Family Comes First

One should not gain the impression that Dr. Piccard eats, drinks and sleeps stratosphere flying, even as devoted as he is to the scientific study of the rarefied atmosphere.

There’s a family—a wife and two sons—which holds No. 1 rating in his thoughts, his actions, his every day life. And Dr. Piccard is far more impressive as the "proud father" than he is as the learned stratosphere scientist.

Dr. Piccard would much prefer to tell you about his family than he would about stratosphere flying.}

That's only natural, he confesses, since he knows so much about his boys and so little about the stratosphere, its whys and wherefores.

"Now there's Donald for example," Dr. Piccard says and he drops the subject of balloons, stratosphere, cosmic rays and the like, "he's all boy. Every once in a while, I suspect there's some 'monkey' in him."

"Look at him there, playing with that lizard" (it was one of the harmless, friendly kind). Donald was unperturbed by the remarks. He didn't even glance up.

In just about the same fashion that Dr. Piccard drifts around in the stratosphere in his balloons, the conversation eventually got back to his experiences and experiments—all quite casual like.

Mrs. Piccard, it seems, shares her husband's interest in the study of the stratosphere. Herself a licensed balloonist, she has accompanied her husband on several test and pleasure flights—but never into the stratosphere. That part of ballooning has been left to the male side of the family.

To Deep for Most of Us

"Not a great deal that could be explained to the laymen about the cosmic ray has been discovered," Dr. Piccard confided. These rays do not have a characteristic wave length like other known rays, but they spread over the whole spectra. They penetrate into the earth's surface, but scientists find it hard to separate them from other rays for study in laboratories on the earth.

By getting to the outer edge of the earth's atmosphere, scientists are able to study cosmic rays without hindrance from other sources.

The Piccard family lives a simple, unpretentious life and Mrs. Piccard maintains a close watch over the diet of each member.

"It quite unnecessary to get a lift with a cigarette after concluding a strenuous flight," Dr. Piccard said.

None of the members of the family indulges in even an occasional smoke or cocktail, it was emphasized. Total abstinence makes healthy bodies and nerves, which are essential to balloonists and scientists as well as to other people," he added.

Dr. and Mrs. Piccard and their two sons, Donald and John, are enrolled in the Aristocracy of Health, founded by Dr. Kellogg.

After spending the remainder of the day here, the Piccards plan to leave Thursday morning for Minneapolis, where Dr. Piccard will prepare for the coming school year as head of the department of aeronautics in the University of Minnesota.
Dr. Jean Piccard, pioneer of stratosphere flying in America, takes meat with him on his flights—but it's turtle meat, which goes as a mascot, and comes back alive.

The turtle mascot, pet of one of Dr. Piccard's young sons, was mentioned casually while the famous flyer and his wife and sons, Paul and Donald were guests of Dr. John Harvey Kellogg at The Battle Creek Sanitarium recently.

The thorough physical examination at the Sanitarium showed the Piccard family to be in splendid health. They attribute this to their simple and biologic mode of living, and particularly to their abstinence from liquor and tobacco.

Both Mr. and Mrs. Piccard explained that they would be unable to stand the nervous strain of their ascents if it were not for their excellent physical condition which they maintain through simple living.

No special diet is used before flights. Mrs. Piccard said that besides the fruits and vegetables which the family eats in abundance, fruit or vegetable juices are served at every meal.

Dr. Piccard regrets that vegetarian restaurants, such as he patronized when abroad, are not more plentiful in this country. Few people cook vegetables properly, he said.

Dr. Jean Piccard came to America from Switzerland in 1926 as professor of chemistry, and in 1933 he was made head of the department of aeronautics at the University of Minnesota.

It was his famous brother, Dr. Auguste Piccard, of the University of Brussels, who first aroused his curiosity about
stratosphere flying. Auguste, who made the first stratosphere flights in Europe in 1931 and 1932, visited his brother here in 1933, and created the interest which led to Dr. Jean Piccard's first ascent.

Mrs. Piccard, daughter of a Chicago orthopedic surgeon, is as enthusiastic about stratosphere flying as her husband. She accompanied him on the stratosphere ascent made from Ford Field, Dearborn, Michigan, in 1934, and expects to ascend with the professor in his new multiple-balloon stratosphere experiment, when he will attempt to reach an altitude of seventeen miles. The scientific purpose of this flight will be to study the phenomena of the cosmic ray and also to determine the practicability of airplane flights into the stratosphere.

In the recent flight in the boat-shaped "Pleiades", Mrs. Piccard served as "ground pilot", and supervised preliminary arrangements.

The professor, although born in Switzerland, is proud of the fact that he is an American citizen. He is also pleased that he and Mrs. Piccard, and their sons Paul and Donald, can say they are real Health Aristocrats. This family of biologic living enthusiasts were enrolled in The Aristocracy of Health during their Battle Creek visit.
Why COLGATE DENTAL CREAM
IS DR. DAFOE’S CHOICE FOR THE DIONNE QUINS

80 baby teeth—kept pearly white with Colgate’s!

A message of utmost importance TO EVERY MOTHER

WHO WANTS HER CHILDREN TO HAVE SOUND HEALTHY TEETH

The Dionne Quintuplets! What babies were ever before raised with such scientific care! Always they have had the best of everything!

So, when the time came to choose a dentifrice for them, Dr. Dafoe chose Colgate Dental Cream... because Colgate’s cleans so thoroughly, yet so gently—without the slightest harm to delicate enamel, or irritation to tender gums.

And how the Quins love Colgate’s delightful peppermint flavor! Like all children, they really enjoy brushing their teeth with Colgate’s... and what an important point this is in teaching correct habits of oral hygiene.

A LESSON FOR EVERY MOTHER!

As the specialists in charge of the Quins know so well, early dental care is so important! For the second or permanent teeth are formed in the jaw even before infancy. Thus, defects in the first teeth are communicated to the permanent teeth... affecting their color, shape, quality and position in the mouth. Defects in baby teeth may even affect the general health of the child.

So if you want your children to have fine, healthy teeth when they grow up, how wise you will be to follow Dr. Dafoe’s example—and guard baby teeth with Colgate Dental Cream... make daily brushing with Colgate’s a rigid rule!

IDEAL FOR ADULT TEETH, TOO

You will want to make Colgate’s your toothpaste, too! Not only because its soft, safe polishing agent cleans the enamel to shining smoothness—but also because Colgate’s special penetrating foam gets into all those tiny crevices between your teeth that ordinary cleansing methods fail to reach... cleans every surface of every tooth... keeps your breath beyond reproach!
Quins' Contract

When the Dionne Quintuplets clung to life 31 months ago in Callender, Ont., and the world outside woke up to their uniqueness, Photographer Fred Davis of the bustling Toronto Star suggested selling their pictures to newspapers and services to help meet the expense of keeping the Quins alive. The Star was willing to handle Canadian sales and in July, when the Quins were seven weeks old, it called for bids on the U. S. rights. Newspaper Enterprise Association's $2,050 for six months was top. When that contract expired, NEA and Hearst's King Features Syndicate got together to halt a bidding contest at $10,000. In the spring of 1936, the NEA-Quins contract was renewed at the same figure.

Last week NEA, a little breathless after a scrimmage with "another American competitor" (not Hearst), signed up to pay the five little Dionnes about $50,000 a year for the exclusive privilege of making their "still" pictures for newspapers, magazines and commercial users,* for by now the Quins have become the world's greatest news-picture story, subscribed to for 1937 by 672 U. S. dailies with an aggregate circulation of 13,116,637.

Extremely profitable to themselves, the Quins' cherubic features are not, however, the gold mine for NEA that might be supposed. NEA gives them to the 710 clients of its regular feature service at no extra charge, and now at a cost to itself of about $100,000 a year. Hearst thought the new $50,000 was too high, so NEA hurried around last week placing new Quin contracts. Takers included the Boston Post, Atlanta Journal, Detroit News and, for exclusive U. S. magazine rights, Time Inc.

*Twentieth Century-Fox still holds the Quins' contract for feature cinemas, Pathé for newsreels and "shorts."
To guard their budding beauty

the Dionne Quins use only

PALMOLIVE

the soap made with
Gentle Olive Oil!

Dr. Dafoe Says:

"At the time of the birth of the Dionne Quintuplets, and for some
time afterward, they were bathed in Olive Oil . . . When the
time arrived for soap and water baths, we selected Palmolive
Soap exclusively for daily use in bathing these famous babies."

HOW adorable they are! Their great
dark eyes, fringed with long, curling lashes... their rose-bud mouths!
No picture can do justice to these lovely Dionne Quins. For so much of
their beauty is in their exquisite, baby-girl complexions... kept soft and
smooth, both winter and summer, by Palmolive's gentle, protective care!

WHY THEY USE ONLY PALMOLIVE
THE SOAP MADE WITH OLIVE OIL!
Because these famous little girls were
born prematurely they have always had
unusually sensitive skin. That is why,
for sometime after their birth, they were
bathed only with Olive Oil.
Dr. Dafoe, like doctors everywhere,
knew that nothing is so soothing for
delicate skin as gentle Olive Oil.

Then, when the time came for soap and
water baths, how important it was
to choose a soap made from the gentlest,
most soothing ingredients! And so, Dr.
Dafoe chose Palmolive, the soap made
with Olive Oil, to be used exclusively
for bathing the Quins' tender skin!

WHAT A LESSON FOR EVERY WOMAN!
Mother! Why should you risk bathing
your precious baby, or any of your chil-
dren, with any soap less gentle than the
one chosen for the little Dionnes?
And you too, Lovely Lady... you who
want to keep your complexion alluring
through the years? Why not give your skin
the beauty care that only Palmolive's
secret blend of Olive and Palm Oils can
give? Why not use safe, gentle, pure
Palmolive for your own face and bath!

TO KEEP YOUR OWN COMPLEXION ALWAYS LOVELY, USE THIS BEAUTY SOAP CHOSEN FOR THE QUINS
DIONNES STAY WITH DR. DAFOE

Failure of Quintuplets' Father to Regain Control Means Careers Are Undisturbed

By JUDY MACDONALD

MONTREAL, April 30—Mr. and Mrs. Olive Dionne, who four years ago taught the world to expect a miracle by becoming the father of the only five living, were in Montreal last week and have just returned to the outskirts of their small town of Eustis, Maine. They have been able to leave the care of their new famous daughters in the hands of Dr. Henry C. Dafoe, who now has the full-time responsibility of ensuring the quintuplets' well-being. mashed in.

There will be no public visitation of the quintuplets' home, and Dr. Dafoe will direct the care of the children. But he has agreed to be interviewed by the press and will make his own schedule. The Dionnes have been cautious in their handling of the children and have been careful to keep their private lives out of the public eye.

Dr. Dafoe, who has been in charge of the quintuplets' care for the past four years, has been consulted by the Dionnes on many occasions. He has been their confidant and has been able to offer advice on a variety of matters, from education to health. He has been a key figure in the Dionnes' decision to keep the quintuplets in a private home rather than place them in a institution.

The quintuplets, who are now eight, are healthy and well-developed. They are being taught English and French, and are learning to read and write. They are also learning to play musical instruments, and are being exposed to a variety of cultural activities. They are being given a normal childhood, and are being encouraged to develop their individual personalities.

They are being taken care of in a private home, and are being given a normal childhood. They are being encouraged to develop their individual personalities. They are being taken care of in a private home, and are being given a normal childhood. They are being encouraged to develop their individual personalities.
A Medicinal Food

If every person in the United States could be induced to drink one or two glasses of orange juice every day, think of what that would mean to the citrus industry! But even more important, according to some of our most eminent physicians and scientists, think of what that would mean to the people of this country!

Dr. John Harvey Kellogg, founder of the famous Battle Creek Sanitarium, declares that orange juice is in every way preferable to soda or other chemical substances as a means of alkalizing the blood. Thousands of people suffer every year from acidosis. They have sore mouths, sour stomachs, and often develop ulcers and other ailments, all of which could be prevented if they alkalized their blood with orange juice.

Why orange juice is better than bicarbonate of soda and similar remedies is explained by Dr. Kellogg by saying that such drugs or chemicals completely arrest digestion in the stomach by destroying the gastric acid and rendering the pepsin inert. They also interfere with numerous other digestive functions in a way which orange juice does not.

"Nearly all fruits and vegetables have an alkaline ash," says Dr. Kellogg. "Hence they all increase the alkalinity of the blood and tissue fluids. But Florida citrus fruits are a highly excellent means of neutralizing an excess of acids in the body fluids and thus one of the best known means of combating acidosis."

"If every person in the United States could be induced to imbibe a glass or two of orange juice every day," this eminent physician declares, "the result would be a great lowering of the death rate and an enormous increase of mental and physical efficiency, a smaller number of business failures and without doubt, a great decrease in the population of Reno, Nev."

"It is by no means a fantastic idea that Florida citrus fruit is the most potential life insurance agency in the United States," he continues. "In the iron and vitamin-rich-juice of the Florida orange, grapefruit, lemon, and tangerine are to be found the real Fountain of Youth which Ponce de Leon sought in vain in the wilds of the Everglades."

There is a really potent endorsement for Florida citrus! Dr. Kellogg is one of the best known and one of the most able physicians in the United States. People buy Kellogg's Bran Flakes because advertising has convinced them it is good for their health. They will buy Florida citrus for the same reason when they learn what Dr. Kellogg and other leading physicians think of it.

Let the people find out what citrus will do for their health, and there will no longer be any concern about over-production.
Dr. Kellogg To Entertain For Distinguished Visitors

DR. JOHN HARVEY KELLOGG will entertain with a reception from 3 to 5 p.m. Thursday in Miami-Battle Creek, Miami Springs, honoring his guests, Sir William Arbuthnot Lane and Lady Lane, and Prof. Dr. Arnold Lorland of Vienna and Carlsbad, who will arrive Thursday morning aboard the SS. Milwaukee.

Sir William, a distinguished London surgeon, has made valuable contributions to surgery, particularly in the treatment of fractured bones. For many years his addresses were featured at meetings of the American Medical Association. Dr. Lorland has for 40 years been the leading physician of Carlsbad, popular European watering place, and is widely known as an author. He made his last visit to Miami 32 years ago.

Assisting the host in receiving on Thursday in the main terrace of the building will be Dr. Arthur H. Weiland, Dr. Thomas W. Hutson, Dr. and Mrs. Bascom H. Palmer, Dr. and Mrs. J. R. Jeffrey, Mr. and Mrs. Francis M. Miller, Mrs. C. K. Butler, Mrs. O. A. Sandquist, Mrs. T. V. Moore, Dr. Estella G. Norman, Mrs. Winifred Harvey, Mrs. Mary Staines Foy and Mrs. Harold A. Merriam.
By Bill Hooker

This talk about giving Hitler supreme power over the military in Germany surprised few readers, for who of us have not believed all the time that there was no restraint of any kind on “his majesty,” the champion paperhanger and Jew-baiter?  

Talking about eating caviar as does Lee Morris, allow us to say that we could never get used to eating tar; and caviar tastes like tar.

Although thousands of sermons have been preached in the pulpit and in the press to show that gasoline and whisky will not mix in driving we note that drunken driving occupies its usual space in the press.

The reason it became common to see men in the old West wearing long hair was that there were no barber shops.

During the great filibuster in the days of the elder La Follette of Wisconsin, that senator kept his secretary, John Hannon, busy writing and clipping stuff from newspapers, copying pages of statistics—anything—for him to read just to kill time. All of this had to go into the Congressional Record, and cost the government about $50 a page. This has been the result recently in the antilynching bill filibuster. Tens of thousands of words having little or nothing to do with lynching, or the merits of the bill, went to the government printing office just the same, and was published.

Bartow has a large crate mill at Lake Garfield which furnishes a year around pay roll.

It should not be necessary for the president to tell the world why he is advocating a stronger navy or army. These are things that ought to be left to the president. Congressmen who insist on knowing why we must have more warships are playing to the galleries.

Wonder how much good has been accomplished by those Russian north pole explorers who have been floating around on a cake of ice for six or eight months? Originally, according to press reports, they were on a great field of ice measuring miles in all directions, but they are finally on a piece about the size of an ordinary city lot.

Someone expresses the opinion that the military crowd in Germany was about to turn on Hitler when he announced that he was the big boss—and that he meant that this included the army. It wouldn’t be surprising if some day the army turned on this dictator and sent him back to Austria.

We doubt if a majority of voters like to see our government engaging in competitive business with taxpaying corporations. We might get cheaper electricity if the government furnished it; but we doubt very much if our railroads would flourish under government ownership. One would no doubt have to be politically all right to get a job as a con.  

The famous Dr. Kellogg of Battle Creek says one should not only work in the open air, if possible, but sleep in it, and that temperatures above 70 degrees are depressing. “Dig in the garden,” he says, “explore the woods, get acquainted with the birds and the squirrels; but if compelled to work indoors be sure to have plenty of fresh, moving air.” All of which is meant for those who are able to do these things, of course. The reason we grow old prematurely is because we do not practice the simple, economic ways of Nature which, Dr. Kellogg says, make small demands in the life mechanism—the viscera, liver, kidneys and heart. Recreation, he says, means re-creation, yet recreation as it is practiced includes all kinds of high living, late hours, smoking and drinking, etc.
URGES OLDSTERS
TO LAUGH MORE
BUT EAT LESS

Dr. Kellogg Is Speaker At Annual Three-Quarters Century Club Picnic.

Aug. 26/38

Four rules for a healthy and happy old age were laid down by Dr. John Harvey Kellogg Thursday afternoon in a talk at the annual picnic of Battle Creek's Three-Quarter Century club at Sunshine Center. Sixty-nine members attended the picnic as guests of Dr. Kellogg, founder of the organization.

The four rules for a biologic life in old age were: Eat half as much as previously, sleep twice as much, drink three times as much and laugh four times as much.

Also on the speaking program was Dr. Emil Leffler, president of Battle Creek College, who warned about the evils of the current decrease in the birth rate in the Caucasian race and urged education as a possible remedy.

"In the face of this depopulation trend, every effort should be put forth to educate people to the advantages of clean living; through the prolongation of life the serious consequences of the present drift can be mitigated and perhaps stayed," Dr. Leffler said.

Wesley Clark, 95, Civil War veteran, and Mrs. Mary E. B. Smith, 93, were presented with bouquets as the oldest man and woman at the picnic. The program included the singing of old-time songs, led by Mrs. W. C. Herrill with Mrs. J. H. Haas at the piano. A dance number was given by George Ryker with George W. Mitchell playing the bones.
Sanitarium Conferees Continue Discussions

Aug. 26, 1938

Financial details of the proposed Sanitarium reorganization were being discussed at a conference here today that brought together key individuals interested in the plan.

Those attending the parley included Benjamin F. Ziegler and D. J. Kenny, representatives of Ziegler & Co., the West Bend, Wis., financial organization which is considering financing a partial cash payment to bondholders and underwriting a new bond issue; Fred E. Fuller, Toledo attorney representing the Sanitarium trustees; and Dr. Charles E. Stewart, Sanitarium operating trustee.

Several conferences have been held this week in Chicago between bondholders and trustees and here among the trustees. The only announcement coming from any of them has been that “progress is being made.”
Pre-Commencement Activity At College Begins Tonight

Pre-commencement activities among the various student organizations at Battle Creek College will be inaugurated this evening with initiations by the Ella Eaton Kellogg club, of the school of home economics, and the Physalia club, of the department of biology, continuing until final examinations begin June 6.

The Ella Eaton Kellogg club initiation for 13 pledges will be combined with a dinner at 6:30 p.m., at Hirleman’s Tea Room, honoring the home economics seniors and faculty. Dr. Emil Lefler, president, will be a guest of honor and will make presentation of the annual E. E. K. scholarship award. Mrs. Alene Danbury Butcher, faculty advisor, will also be a guest. Reservations have been made for 60.

The 13 pledges to be accepted at the formal initiation are Margaret Bottoms, Elaine Huffton, Hazel Zellers, Betty Jane Johnston, Betty Millward and Jacqueline Snyder, all of Battle Creek. Anita Johnson, of South Haven, Ruth Williams, of Cleveland, Doris Wright, of Oak Park, Ill., Ruth Haugen, of Missoula, Mont., Florence Sutton, of Clio, Elsie Anderson, of Erie, Pa., and Betty Ketcham, of Dowling.

Physalia will hold its initiation at a picnic at the home of Dr. Luther S. West in Battle Creek township, starting at 5:30 p.m. The ceremonies will be in charge of Harold Simonds, chairman of the initiation committee. A brief business session will be held with election of officers. Howard Bailey is the retiring president.

Blue Key, the campus service fraternity, will hold a dinner and initiation Monday evening at the Sanitarium and will also sponsor an All-College dinner-dance Friday evening, May 27, at the Battle Creek Country club, the last important social event preceding commencement. Music will be furnished by Eddie Cornhill and his orchestra.

Eta Chi Sigma, health and character society, and Sigma Sigma Psi, honor society of the school of physical education, will hold their annual banquets and initiations next Wednesday evening at the Sanitarium. The faculty will entertain the seniors at a picnic at Goguac Lake next Thursday evening.

Commencement will open with Dr. John Harvey Kellogg’s annual banquet for the seniors Thursday evening, June 2, at the Sanitarium, and will conclude with graduation exercises Thursday, June 9.

May 18, 1938

Dr. Kellogg to Return to This City June 1

Dr. John Harvey Kellogg will return home from his southern health resort, Miami-Battle Creek, at Miami Springs, Fla., June 1.

The date of Dr. Kellogg’s return, which is the same as in former years, was confirmed in a letter received here by Dr. Charles E. Stewart, trustee and associate medical director.

Dr. James R. Jeffrey, who has been associated with Dr. Kellogg in Florida during the winter season, will remain in Miami Springs to supervise the southern institution until the return of Dr. Estella G. Norman, who has been studying extensively in Europe. Dr. Norman is scheduled to return to this country June 6 and will reach Florida about the middle of the month. Dr. Jeffrey will return to the Sanitarium staff late in June.

The first important event for Dr. Kellogg after his return home will be his last annual banquet for Battle Creek College seniors Thursday evening, June 2, at the Sanitarium. The banquet will be a part of the college commencement week exercises, which conclude with graduation Thursday, June 9.

May 19, 1938
ON THE SIDELINES AS A HEALTH IDEA TRIUMPHS

San Register Boasts Many Noted Names

Dr. Kellogg Recalls Early Sanitarium Diet Experiments

Bath, Designed Here, Goes to Europe for Recognition

Thanksgiving Nears; Mums Come From San Greenhouse

They grew up together—the Sanitarium and the Moon-Journal. In the chronology of both there are many parallels. Within the span encompassing founding, development and finally consolidation of the Journal and the Sanitarium, the Sanitarium's outstanding personality for the last sixty years was born and his genius gave to the world "The Battle Creek Idea" and its largest and most famous health institution. As the Moon-Journal celebrates its eighty-seventh anniversary, Dr. John Harvey Kellogg nears the same milestone. Now in the Eighth Year Moon can boast that it began on Battle Creek in 1879, just one year before the Sanitarium opened its doors. Eighteen months before Martin Brow and Denis Alward ran off the 113 copies of the first issue of their hand-rolled newspaper, the Sanitarium health institution had inaugurated and was successfully pursuing the scientific methods for treatment of disease destined to make it famous. It was occupying its first unit building when the Moon rose and in the column of the latter there was almost daily reference to the Sanitarium. When the Journal and the Sanitarium consolidated in 1918, the Sanitarium had just absorbed the Evangeline Health Institute, operated by Bernard MacFadden, the oldest health institute known since than and an Envoy of the Greater Sanitarium. The pictorial record is presented here.
B. C. Food Is Nearing 50th Birthday

The classic ritual is on its way to becoming a thing of the past. B. C. Food, long a favored food among people who value tradition, is being phased out of production. From factory to table, the beloved food is on its way to being replaced.

As the company prepares to mark its 50th anniversary, it is exploring new directions. "We're looking at ways to reformulate our products to better align with current health and dietary standards," said a spokesperson.

Dr. Kellogg Recalls Diet Experiments

(Continued from Page 3)

"The experiments were based on the latest scientific research," said Dr. Kellogg. "We were trying to create a diet that was both nutritious and satisfying." The results were mixed, with some experiments succeeding and others failing.

San Register Boasts Many Noted Names

(Continued from Page 1)

"Our register is filled with famous faces," said the paper's editor. "From movie stars to politicians, our readers love to see who's stopping by." The paper's success can be attributed to its unique blend of news and entertainment.

What did a Chamber of Commerce ever do for me?

I've been doing some checking on this Chamber of Commerce thing — and mister, it opened my eyes.

The one in my town helped me keep my job. Maybe even made it possible in the first place.

There's quite a jump between me and the folks who buy the stuff I help to make. They may be across the ocean, in a foreign country. Or they may be living in the next town. Wherever they are, it's no cinch to sell 'em and keep 'em sold.

I don't know much about freight rates, price agreements, quantity discounts, tariffs, or all those things I read about in the papers. But I do know they all add up to make the going pretty tough these days.

And I know that the Chamber of Commerce is one outfit that's doing a lot to keep things moving; to get my product from me to the market, quick and cheap. No market — no job for me.

If the factory burns down, the pay roll goes up in smoke, doesn't it? And what about the grocer and butcher who get theirs from the pay roll? That's why the Chamber has a swell fire prevention program.

And sick workmen can't make any money. Reason enough for the Chamber's keeping an eye peeled for local health conditions.

If the Chamber hadn't tried to get the city down to a common sense budget basis, taxes would have been so high some businesses would have moved where the burden was lighter — and taken their jobs and factories with them.

Worry? Sure, our local business people worry. Where would I be if they didn't do my worrying for me and get together to do it? They're sweating their brains on a lot of riddles that would be just a headache to me. If they quit sweating, business bogs down and my job with it!

That's why I'm saying . . . .

"WHAT HELPS BUSINESS HELPS ME!"

Join in the "BETTER YOURSELF IN BATTLE CREEK PROGRAM" by Giving Your Financial Aid and Moral Support!

THE BATTLE CREEK
CHAMBER OF COMMERCE

What You EAT Today WALKS and TALKS Tomorrow

What better reason than that could you think of for using Battle Creek Sanitarium Foods. Your health is your most precious possession — without it much of the sheer enjoyment of being alive is lost. With it you can step out and conquer new worlds of work and fun. Guard it well. Back to find out how you can be eating for health will help you to build and to maintain a better state of health.

Battle Creek Sanitarium Foods Can Help You

These foods are prepared especially to help you to have better health. They have over fifty years of intensive study and experimentation as their basis. Whether you wish to gain weight, lose weight, combat fatigue, follow a low starch diet or to just eat good foods to promote good health, Battle Creek Sanitarium Foods are just what you need.

Promise yourself today that you will get more enjoyment out of life by seeking better health thru good eating. Find out how Battle Creek Sanitarium Foods — the scientifically formulated health foods — can help you maintain a better state of health.

Battle Creek Sanitarium Foods may be purchased from Authorized Battle Creek Dealers, leading department stores and the better drug stores. Start now to get the super health and save for the free book described below.

FREE — 64 Page Book

Send a penny postcard for a copy of "How to Eat to Build and Maintain Good Health." A 64 page book giving sensible diet suggestions and descriptions of Battle Creek Sanitarium Foods.

DEPT. MJ
The Battle Creek Food Co.
Battle Creek, Mich.
Battle Creek Sanitarium Extends
Its 72nd
THANKSGIVING GREETINGS

ORIGIN AND HISTORY OF THE
"BATTLE CREEK IDEA"

The origin of the therapeutic method which has become known throughout the United States and overseas throughout the world as "The Battle Creek Idea" is the result of a scientific and comprehensive effort carried forward for more than a half century, to bring together in one place, under unified control, all the resources afforded by modern medical science and to supplement these by a sanitarium, a place that may be added to the recovery of his health. It employs no medical methods of any kind, and does not profess to cure any person or disease for human life.

This plan has been slow in the fact that promoters of the work had no precedent to follow, and they have been compelled to proceed cautiously in the selection and installation of methods and apparatus, in many cases conducting preliminary researches extending over years and requiring expensive journeys to distant foreign countries. Some of these researches have been made for observation and investigation, and to gather the fruits of study and experimentation from the world's laboratories and clinics, and other centers of medical progress.

In the fall of 1866, a small water cure, modeled somewhat after those which had been practiced by physicians in Europe, was established by出版物.

At that time, Oct. 1, 1876, the present management was put in charge of the sanitarium, and it was decided to make as far as possible an investigation and do as much for the public as possible. The work was to be on a condition that permissions were granted to eliminate the restraint element, fairly to report the results, and to recognize the work on a scientific basis.

Aims and Objectives

The articles of incorporation and charter granted by the state set forth the aims and objects as follows: "The objects of said corporation and other matter germane and auxiliary thereto, are as follows:"

To found a hospital or charitable asylum within the State of Michigan for the care and relief of indigents or other sick or impoverished persons, at which institution may be provided, also patients and patients who are able to pay for the benefits thereof received, and which institution shall devote the funds and property acquired and the income from all sources, exclusively to the objects of maintaining, improving its condition, and expanding its usefulness.

The physical and intellectual welfare of the insane, and in no manner directly or indirectly for private profit or dividends or any other gain to itself, as the case may be." The general purpose of The Battle Creek Sanitarium is to:

1. To sturdy, especially to vitally sick persons to relieve their bodies of disease as far as possible by providing medical knowledge and false notions about foods are practically as many as the various opinions held by medical men, but all sick persons can be treated effectively by modern medicine, and can be restored to health when treated according to the principles of health, disease, and recovery.

2. To instruct those who have gained health how to live healthy lives.

3. To provide plenty of better health through instruction and through publication, lectures and other means.

The Battle Creek Sanitarium is an institution which makes eating a disease because they know it will improve a great hardship on them. Yet, many of the people who come to Battle Creek and understand the science of nutrition and the food pyramid, know that a healthy diet can help prevent and cure many illnesses, so health can correct foods often restore health.

EATING YOUR WAY TO HEALTH

More physical disorders arise from incorrect eating habits than the combined causes of ignorance, poverty, disease, and war. But the power of the knowledge of what foods to eat and how to eat them can be as effective in helping to prevent and cure diseases as the use of medicines. Foods are the first line of defense against disease, and the food pyramid provides a guide to a healthy diet. Foods are the building blocks of the body, and the body is the foundation of good health.

BILL OF FARE AT THE SANITARIUM

The bill of fare at the Battle Creek Sanitarium is simple, wholesome, and nutritious. All food is prepared under the supervision of a registered dietician, who is responsible for the quality and quantity of food served. The diet is designed to meet the nutritional needs of the patients and is based on the latest scientific research in nutrition.

NEW EQUIPMENT FOR THE EYE DEPARTMENT

The new equipment for the eye department includes a slit lamp microscope, which is used to examine the eye in detail, and a tonometer, which is used to measure eye pressure. The equipment is state-of-the-art and will allow for more accurate and precise diagnoses.

WHAT DOES DR. KELLOGG EAT?

I eat just what I find most nourishing and satisfying. I eat a balanced diet of fruits, vegetables, whole grains, and lean protein sources. I avoid processed foods, sugary drinks, and excessive amounts of caffeine. I also make sure to stay hydrated by drinking plenty of water.

THANKSGIVING GREETINGS

The need for an inventory of vital assets

Every business man takes inventory of his affairs at least once a year. Through knowledge of his financial position, he can look ahead and see how he is going to meet new conditions which may arise. Living, too, is a business. Health and longevity are its capital. The human body is in the same condition as any other business and must be protected and managed by the methods of business.

The purpose of this article is to outline the scope of examinations made to determine the patient's physical condition. Methods employed are described as well as the advantages of early examination of the various physical examinations.

Here is a guide to modern diagnosis.

The old-fashioned method of eating a patient by the plate, feeling his pulse, looking at his tongue, listening at his chest, possibly examining his urine, and then prescribing for him is being replaced by the methods of modern scientific medicine. No such casual examinations are performed on complete facts as to the physical condition of the body.

The modern diagnostician must employ the most up-to-date methods. His examination requires the use of costly laboratory facilities, numerous precision instruments, and the application of a corps of highly trained medical technicians.

What is the modern physical inventory of a person who has been examined by a modern physician?

"Physical Inventory" Employed At The Sanitarium

The examination, which every patient undergoes, in order to ascertain his health, is as follows:

1. An interview with a physician, at which time a complete physical examination is made of the patient, and all other patients and patients in the sanitarium, by reference to be described.

2. An examination of the body, posture, skin, eyes, and ears.

3. The strength of each of the 30 major groups of muscles, determined by tests of muscular strength.

4. The strength of the body, posture, skin, eyes, and ears.

5. The strength of the body, posture, skin, eyes, and ears.

6. The strength of the body, posture, skin, eyes, and ears.

7. The chemical examination of the blood, including the determination of the amount of blood and nitrogen, and other excretory products; also the amount of calories and other food constituents.

8. A chemical examination of the blood, including the determination of the amount of blood and nitrogen, and other excretory products; also the amount of calories and other food constituents.

9. A chemical examination of the blood, including the determination of the amount of blood and nitrogen, and other excretory products; also the amount of calories and other food constituents.

10. Fluorescein X-ray examination of the chest, heart, and lungs—visualizing these organs and their functioning.

11. A chemical examination of the blood, including the determination of the amount of blood and nitrogen, and other excretory products; also the amount of calories and other food constituents.

12. Preliminary examination of the eyes by an ophthalmologist, and the completion of the examination later, if any indications therefor are found.

13. A chemical examination of the blood, including the determination of the amount of blood and nitrogen, and other excretory products; also the amount of calories and other food constituents.

14. A chemical examination of the blood, including the determination of the amount of blood and nitrogen, and other excretory products; also the amount of calories and other food constituents.

15. A chemical examination of the blood, including the determination of the amount of blood and nitrogen, and other excretory products; also the amount of calories and other food constituents.
SAN POLICIES
DISCUSSED AT
BOARD MEETING

Permanent Organization Is
Awaiting Signing Of Order
Ending Receivership.

Ideas on policy, personnel and equipment when the Sanitarium re-
turns to private management following nearly six years of receiver-
ship were exchanged by its new board of trustees at an all-day ses-

There were no suggestions relative to any change in personnel or policy. The new trustees also seemed to be in agreement that any new equipment is required for the Sanitarium's work it should be purchased. However, until they have made a thorough study of the institution, they are not in position to comment on the Sanitarium's needs.

Mr. Kenny was not prepared to state at the meeting as to what policy Ziegler & Co. will follow in making the financial settlement for reorganization. In underwriting the reorganization, the company has several options which it may exercise, one of these being the issuance of refunding bonds for a full cash settlement with bondholders and general creditors, and the other being the issuance of Series A four and one-half per cent bonds as a part of the settlement and Series B four and one-half per cent bonds to provide the cash required. Settlement on a cash basis through issuance of refunding bonds would reduce the Sanitarium's indebtedness approximately $450,000 as compared with the settlement on a basis of part cash, part new bonds and part in-

Cash Settlement Cheaper.

Settlement on the basis of 20 per cent cash, 50 per cent in new Series A bonds and 10 per cent income debentures for the holders of old bonds and 20 per cent cash and 20 per cent new Series A bonds for general creditors would cost the Sanitarium $2,060,258.02, whereas an immediate cash settlement through the issuance of refunding bonds would amount to $1,619,347.31, a difference of $440,910.71.

Outstanding old bonds amount to $2,397,829.07 and general claims approved amount to $360,259.14, with interest of $91,182.03 or a total obligation of $2,849,370.24.

Under the 50-20-10 and 20-20 per cent plan the holders of old bonds would receive $430,252.02 in cash, $1,197,650 in new bonds and $239,530 in income debentures while the general creditors would receive $78,950 in cash and $83,500 in new bonds. Should a cash settlement be made the holders of old bonds would receive $1,486,654.02, or 52 per cent, while general creditors would receive $129,693.29, or 36 per cent.

If Ziegler & Co., as underwriter, does not exercise the option to issue refunding bonds, the plan pro-

SAN'S NEW TRUSTEES
HOLD FIRST MEETING

Nine members of the Sanitarium's new board of trustees met at the Sanitarium Thursday to make preliminary plans for placing the 7-B reorganization plan in operation.

No official action was taken by the board, since it will not be a legally constituted body until after final approval of the plan by Federal Judge Arthur J. Tuttle of Detroit. Judge Tuttle already has given a tentative approval, but a final order will not be signed until after expiration of a 25-day period allowed for an appeal.

All members of the new board were present with the exception of Dr. John Harvey Kellogg, who is in Florida. The other members are:

Dr. Charles E. Stewart, Dr. Walter F. Martin, A. H. Steinel, and George E. Judd, all of Battle Creek; Fred E. Fuller, Toledo attorney; Dr. C. B. Irwin of Chicago; Sanford Ottis of Milwaukee; Paul Binzel of Milwau-

During the discussion Tuesday...
SAN CREDITORS WILL GET PART CASH THIS WEEK

Bonds To Provide Money For Settlement Will Be Issued Monday.

Series B bonds in the amount of $225,000, to provide additional cash required for the financial settlement in the Sanitarium's reorganization proceedings, will be issued Monday in Chicago. The issue will be handled through the City National Bank, of Chicago, which has been designated as trustee for the new mortgage as well as mortgage trustees for the old bonds. The bonds will probably be taken up immediately by Ziegler & Co., underwriter, as provided in the reorganization plan.

Dr. Charles E. Stewart, as president of the Battle Creek Sanitarium and Benevolent association, will be in Chicago Monday and Tuesday in connection with the issuance of the Series B bonds, as each of these will require his signature. The Series B bonds are four and one-half per cent bonds and unless recalled by decision by Ziegler & Co. to issue refunding bonds would be retired on the basis of $20,000 in each of the first four years and $30,000 in each of the following years until the issue is fully retired.

While no definite announcement has yet been made, it is anticipated that the distribution to general creditors and bondholders of cash and new securities will begin early in February, possibly Wednesday. The 20 per cent in cash to bondholders would amount to $480,638 and the 20 per cent in cash to general creditors amounts to $78,650, or a total of approximately $550,000. The Sanitarium, therefore, would be required to supply about $335,000 in cash from the amount which it has on deposit in addition to the $225,000 raised through the issuance of Series B bonds. In addition the bondholders would receive 60 per cent and the general creditors 20 per cent in new securities in the form of four and one-half per cent Series A bonds and income debentures.
MAIL CHECKS TO SAN CREDITORS

Distribution Of 20 Per Cent Cash Payment Started.

Distribution of approximately $550,000 in cash to Sanitarium bondholders and general creditors, representing the 20 per cent cash payment under the re-organization plan, was started Saturday in Chicago when the City National Bank of Chicago, paying agent, mailed checks amounting to $18,650.00 to all unsecured creditors.

Payments to bondholders of the 20 per cent cash started today in Chicago and at the Security National Bank, local paying agent. The local banks will make the cash distribution only to bondholders who hold depositary certificates on Sanitarium bonds deposited there.

All other bonds must be mailed to the City National Bank at Chicago. There they will be stamped 20 per cent paid and returned with a check for the 20 per cent.

In addition to the 20 per cent, the general creditors will receive 20 percent in Series A bonds, while bondholders will get 50 per cent in Series A bonds and 10 per cent in income debentures.

ISSUANCE OF 'B' BONDS DELAYED

Prospectus Not Yet Ready For San Series B Issue.

Issuance of $25,000 in Sanitarium Series B bonds, scheduled for Monday, has been indefinitely postponed. It was learned here this morning. Dr. Charles E. Stewart, who as president of the new corporation will be required to sign each of the bonds, was notified that the issue is not yet ready. It was understood that some delay has been encountered in preparing the prospectus.

The Series B bonds will be issued to provide additional cash required to pay the bondholders and general creditors 20 per cent in cash, in addition to which they will receive new securities. The bondholders, under the reorganization plan, are entitled to 50 per cent in new securities and the general creditors will receive 20 per cent.

SAN TRUSTEES MEET ON BONDS IN CHICAGO

Board Intends to Wind Up Deal Today and Return to Private Management.

Members of the Sanitarium board of trustees met in Chicago today to wind up details of a $225,000 bond issue which will finance a cash distribution to creditors amounting to 20 percent of their claims.

Within two weeks a decision must be made by B. C. Ziegler & Co., underwriters of the Sanitarium reorganization, whether to make a straight cash settlement with creditors or pay off a part cash, part securities basis. The deadline for the decision is February 28.

The 20 percent cash distribution, which will be made possible by the $225,000 bond issue, together with money now in the Sanitarium treasury, is expected to be completed within a week or 10 days. If Ziegler & Co. then decides to pay off in cash, an additional 42 percent will be distributed to bondholders and another 16 percent to unsecured creditors. In event the part cash, part securities plan is followed, bondholders will receive 60 percent in new securities in addition to the 20 percent cash and unsecured creditors will receive 20 percent in new securities in addition to the cash.

Those scheduled to attend today's meeting of the board were Dr. Charles E. Stewart, Dr. R. H. Harris and A. H. Steinel, all of the Sanitarium; Attorney Fred E. Fuller of Toledo; D. J. Kenney, representing Ziegler & Co.; J. Sanford Otis of Chicago and Paul M. Binzel of Milwaukee, members of the bondholders' protective committee, and Dr. C. B. Irwin of Chicago, an independent bondholder. Members of the board not attending the meeting are Dr. John Harvey Kellogg, Dr. Walter F. Martin and George Judd.

Today's meeting was expected to mark the end of the trusteeship under which the Sanitarium has been operating since last spring. Dr. Stewart, who has acted as trustee, was to turn over all assets to the new Battle Creek Sanitarium & Benevolent association, of which he is president. For five years previous to becoming trustee, Dr. Stewart acted as receiver.
Sanitarium Is Exempted From Security Tax

Exemption from payment of federal income and Social Security taxes has been granted the Sanitarium by the U.S. Treasury Department, and formal rulings covering the exemption have been received by Dr. Charles E. Stewart, associate medical director of the Sanitarium.

Recognition of the Sanitarium as a health institution which uses its revenues entirely for operating expenses and for charity treatment, is given in the rulings. So long as there is no change in the purposes or methods of operation of the local health institution, and so long as none of its revenue goes into the hands of any private individual, the exemption will be in effect.

A copy of the ruling exempting the Sanitarium from payment of the federal income tax was sent to Dr. Stewart by Milton E. Carter, acting commissioner of the Treasury Department, and came nearly a year after the Sanitarium had appealed a previous ruling which denied exemption. The ruling exempting the Sanitarium from payment of Social Security taxes also was the result of an appeal filed nearly a year ago.

Another victory for the Sanitarium was contained in the federal income tax ruling, making it lawful for any individual who makes a contribution to the local institution in the future to deduct the amount of gift from his income tax report.

Reviewing the evidence of the case in his letter to Dr. Stewart, the treasury official admitted that the Sanitarium was incorporated in 1887 as a hospital or charitable asylum for the indigent as well as for those able to pay for treatment.

Aug. 22, 1938
Dr. John Harvey Kellogg and his guest, Ward G. Foster, have luncheon in the patio at Miami-Battle Creek.
Two Eminent Doctors Here See Life Span Increasing

Conversations around a subject that quickens the interest of all peoples—whether of democracies, totalitarian nations or savage tribes—are in progress now in Miami.

The theme is the prolongation of human life.

Two eminent scientists are the conversationalists.

One is Dr. Alexis Carrel, the first man to prove tissues can live indefinitely under proper conditions, co-worker with Col. Charles A. Lindbergh on experiments in which body organs were kept living artificially, member of the Rockefeller Institute for Medical Research and holder of many honors for his surgical accomplishments.

The other is Dr. John Harvey Kellogg, head of Battle Creek sanitarium, inventor of many appliances for medical and surgical purposes, also holder of many honors, and who also has conducted many experiments seeking to prolong human life.

(over)

SCIENTISTS DISCUSS LONGER LIFE SPAN

Dr. Alexis Carrel, internationally-famous surgeon, who first proved tissue could be kept alive indefinitely and would grow and co-worker with Col. Charles A. Lindbergh, world-famous aviator, on experiments to keep alive body organs, is discussing with Dr. John Harvey Kellogg, noted dietician and surgeon, the prolongation of human life while vacationing at Battle Creek sanitarium here. Dr. Kellogg is shown at the left and Dr. Carrel at the right in the above photo.
tissue the subject in which he has prime interest, but the progress of knowledge in this line has been steady.

"The progress of technique cannot help bringing about progress in knowledge," he said.

He declined to venture any predictions about the progress of his work or future accomplishments in the task of bringing about longer human life.

"We should not do that, you know," was his reply to the request that he make a prediction.

Dr. Carrel set at rest the report that Colonel Lindbergh's accomplishments in connection with his experiments were not considerable.

"Colonel Lindbergh invested the apparatus that made possible the keeping alive of body organs," he explained. He said that his experimental work with tissues had already been detailed in a book published sometime ago.

Dr. Carrel, who is of middle age, is alert and vigorous and intensely interested in his work and life about him. Right now he is deeply interested in the accomplishments of Dr. Kellogg in prolonging human life with proper food and ample sunlight. The purpose of his visit to Miami is to rest and confer with Dr. Kellogg.

Asked if he considered Miami's climate conducive to longer life, he replied, "It's wonderful! It should."

A native of France, he came to this country in 1905. He was winner of the Nobel prize in 1912 for success in suturing blood vessels and transplantation of organs, and in 1931 of the Nordhoff-Jung cancer prize. In 1937, he received the University of Illinois Newman Foundation award. He is a commander of the French Legion of Honor and holds Belgium's Order of Leopold, orders of the Northern Star of Sweden, Isabella of Spain and other honors.

He also is author of "Man, the Unknown," and has contributed extensively to biological and surgical subjects. He expects to remain in Miami several days.
SUIT DISMISSED DENIED BY JUDGE

Trial of Dr. Kellogg's Suit Against Food Company Officials Comes to End.

BRIEFS WILL BE FILED

A defense motion to dismiss was denied by Judge Blaine W. Hatch this morning as testimony was concluded in Dr. John Harvey Kellogg's suit to recover $120,000 which he alleges was misappropriated by three former officials of the Battle Creek Food Co.

The motion was based on a contention by Joseph M. Morris, the firm's attorney, that the defense testimony contained in a deposition by Dr. Kellogg showed the doctor had known of the operation of Midstates Sales, a Chicago brokerage business. Kellogg has claimed in his suit that food company funds were diverted through secret operation of Midstates Sales by the defendants, Bertram C. Kirkland, E. Roy Saxon, and Frank W. LeFevre.

Wants Explanation

In denying the motion, Judge Hatch said: "The one thing I would like to have explained in this case is how the defendants took to Dr. Kellogg."

He referred to an alleged offer of $50,000 made by the defendants to the doctor in 1936 when they were first accused of misappropriating funds. The alleged offer was contained in a paper drawn by the late B. J. Onen, who was at the time the defendants' attorney.

Answering the judge's statement, Attorney McAuliffe said: "It was a fishing expedition. Simply an attempt to smoke the doctor out and find out his attitude on the case."

"If I didn't offer $95,000 to smoke someone out?" Judge Hatch then asked. "If I didn't owe you anything, would I make an offer like that?"

"I Don't Know Anything"

"It doesn't mean anything anyway," Mr. McAuliffe replied, "because it isn't the kind of a paper B. J. Onen would have drawn to terminate the case."

Judge Hatch then asked that the defense pay particular attention to the point in drafting a brief. Kim Sigler, one of the plaintiff attorneys, agreed to submit a brief within a week and the defense was granted 45 days to answer it. A finding in the case probably will not be written until sometime in July.

The trial, one of the longest in recent Calhoun county court history, lasted a total of six weeks. All of Dr. Kellogg's testimony was taken by deposition in Florida, meaning many weeks spent on the case outside of the courtroom. Five hundred exhibits were introduced during the taking of testimony and the record of the case is expected to cover at least 3,000 typewritten pages.
Testimony in Dr. John Harvey Kellogg's $130,000 accounting suit against three of his former employees in the Battle Creek Food company was completed in circuit court here this morning, leaving the preparation of attorney's briefs as the only unfinished business standing in the way of a decision by Judge Blaine W. Hatch.

Reading of a deposition given by Dr. Kellogg in rebuttal of charges made by the defendants brought the trial to an end after it had been resumed Monday after a month's adjournment. The adjournment was taken to allow Dr. Kellogg to prepare the deposition at his winter residence in Miami, Fla., and ended an opening session of several weeks.

In his rebuttal deposition, Dr. Kellogg denied that he had ever threatened the defendants, B. C. Kirkland, E. R. Saxton, and Frank W. LeFevre, with criminal action if they refused to settle out of court. He charged them in his suit with having operated a Chicago brokerage, Mid-State Sales, to handle Battle Creek Food company products while they were still employed by the food company. He denied he had sanctioned the brokerage. Dr. Kellogg also denied that his offer to allow the defendants to invest in a proposed chain of good health restaurants was made because he had refused to let them obtain an interest in the food company.

Preparation of attorney's briefs, which will be studied by Judge Hatch before he decides on a verdict, will take 45 days, it was indicated in court this morning. A request for 60 days' time was made by Joseph McAvillife, defense counsel, but on objection of Kim Sigler, counsel for Dr. Kellogg, the limit was set at 45.
DISTRIBUTION OF SAN BONDS SET FOR NEXT WEEK

Final Settlement Will Be Made With Bondholders and Creditors.

May 10, 1939

Distribution of $1,500,000 in new Sanitarium securities, completing the settlement with bondholders and general creditors under its reorganization plan, will be made some time next week through the City National Bank & Trust company of Chicago and the Security National Bank, local paying agent. It was learned today.

Final settlement with bondholders and creditors by Ziegler & Co., of West Bend, Wis., reorganization underwriter, has been delayed while efforts were made to find some way in which to issue refunding bonds. These would have enabled the Sanitarium to make a cash settlement and would have reduced its outstanding obligation approximately $444,000.

Bondholders as general creditors have already received a 20 per cent cash payment. The $1,500,000 in new securities represents an additional 60 per cent for bondholders and an additional 20 per cent for general creditors. Of the new securities $1,261,450 will be in Series A bonds, bearing four and one-half per cent interest from Jan. 1, 1939, and maturing in 15 years, while the remaining $239,550 will be income debentures.

A bond covering the entire amount of the Series A bond issue has already been issued as has also another covering the amount of the income debentures. These will be called in and replaced by the new securities distributed to bondholders and general creditors.
Scientists to Come Here To Race Betterment Meet

Preliminary plans for a conference of the Foundation for Race Betterment to be held next winter in Battle Creek were made Friday by Dr. John Harvey Kellogg and United States Senator James J. Davis of Pennsylvania.

Senator Davis is assisting Dr. Kellogg in arranging the conference because of a close friendship between the two men and because the senator believes a great need exists for race betterment.

Many prominent persons in the scientific and medical worlds have indicated a desire to attend the conference, it was said, including Dr. Alexis Carrel, who with Col. Charles A. Lindbergh recently developed a mechanical heart and lungs.

Senator Davis arrived in Battle Creek by train early Friday morning and returned to Pennsylvania late in the afternoon. He also was in Battle Creek last Saturday night to talk with Dr. Kellogg in regard to the conference.

Dr. Kellogg organized the foundation in 1906 and since that time several conferences have been held in Battle Creek. Many of the world's leading scientists have attended.

The last conference was held in 1928 and was attended by many internationally-known personages, including Dr. Carrel, famous Rockefeller Institute scientist who was the first man to prove independent tissue can live indefinitely under proper conditions.

In organizing the foundation, Dr. Kellogg asserted that the white races were degenerating and emphasized the need for proper care of the body "if the races are to be perpetuated."

His beliefs were criticized considerably at the time, but through the years, the criticism turned to praise and the foundation conferences attracted world-wide attention.

Dr. Kellogg, now 87, said at one of the conferences that "there is every reason to hope that the man of the future may live to be 200 years old, if the principles of biologic living are carried out."

A date for the next conference has not been set but Dr. Kellogg said today that it would be held "as soon as possible, probably early in the winter."
MIAMI SCIENTIST AIDS BYRD ANTARCTIC EXPEDITION

When Rear Admiral Richard E. Byrd sails for another exploratory trip into the Antarctic about Nov. 15, he will take with him advice and foods originated by Dr. John Harvey Kellogg, noted dietician and head of Miami Battle Creek. Byrd is shown, left, chatting with Dr. Kellogg, on the occasion of a trip to Miami, made especially for the purpose of "visiting a few hours" with the scientist.

BYRD LAND CLAIMS MEET RESTRICTION

Washington, Nov. 10 (AP)—The State Department released today a statement of policy, applicable to the coming Antarctic expedition under Rear Admiral Byrd. It states that settlement of polar regions, and not merely discovery, is necessary for claims to sovereignty. The policy was laid down 15 years ago by Secretary Hughes and officials say it has never been changed.

Contained in a diplomatic document in the foreign relations volumes of 1924, the policy means that the Byrd party must not merely discover new land to have it bear the Stars and Stripes, but that men must stay there for some years to come.

The Hughes' statement was made when Roald Amundsen was about to set out on an airplane expedition to the North Polar region.

Norwegian Minister Bryn presented to the State Department a note saying:

"Possession of all the land that Mr. Amundsen may discover will, of course, be taken in the name of His Majesty the King of Norway."

But Mr. Hughes replied:

"Today, if an explorer is able to ascertain the existence of lands still unknown to civilization his act of so-called discovery, coupled with a formal taking of possession, would have no significance save as he might herald the advent of a settler: and where for climatic or other reasons actual settlement would be an impossibility, such conduct on his part would afford frail support for a reasonable claim of sovereignty."

"I am therefore compelled to state, without adverting to other considerations, that this government cannot admit that such taking of possession as a discovery by Mr. Amundsen of areas explored by him could establish the basis of rights of sovereignty in the polar region."

Some officials hope that a new definition of settlement may be arrived at, so that it could be understood to be only for several years, with perhaps visits to the territory discovered every so often thereafter.

Byrd's Cruiser Speeds To Boston

PAVILLION, N. Y., Nov. 9.—(INS)—Pull speed ahead to Boston was ordered today for the 75,000-pound Byrd expedition snow cruiser which was delayed here by another breakdown caused by a broken gear case on the right front wheel. All-day stops were made in the hope the crew can get the machine to Boston within four days and in time to be loaded on the expedition ship.
Noted Miami Doctor Prescribes Diet For New Byrd South Pole Expedition

By CECEL R. WARREN

Miami (Daily News Staff Writer) 11/5/39

When Rear Admiral Richard E. Byrd, who has added more territory to the United States in the last century than any other explorer, sails southward about Nov. 15 on the first South Pole expedition the government has sponsored in 100 years, it will be with the aid and advice of a Miamian who once, probably, saved his life — Dr. John Harvey Kellogg, head of Miami Battle Creek.

How Dr. Kellogg, sitting in Miami, thousands of miles away from Little America, perhaps saved Byrd from starvation while the explorer was battling the primitive hardships in sub-zero surroundings, was revealed this week by a friend of Dr. Kellogg.

In a land where maintaining every ounce of physical strength is highly essential, vitamins must be closely watched. Byrd, during his last polar expedition discovered the alarming fact that he was growing weaker. He was not ill. The food was of the right kind and he was eating the right amounts. Surmising the diet was wrong, he radioed for advice from Dr. Kellogg.

The party was consuming large quantities of tomato juice, rich in vitamins.

"Are you freezing your tomato juice twice?" Dr. Kellogg wanted to know.

Admiral Byrd admitted he was withdrawing from his stores more than the needed quantity of juice, and returning the left-over juice to the stores to be re-frozen. Dr. Kellogg advised him the practice was robbing him of the needed food value.

A trial proved Dr. Kellogg had put his finger on the vitamin leak. Later advice further convinced him of the eminent scientist's deep knowledge of dietetics. So when Admiral Byrd reaches Antarctica, he will be fortified with more advice from Dr. Kellogg, his library will contain Dr. Kellogg's volume, "The New Dietetics," and his stores will contain some of the food Dr. Kellogg has originated.

Admiral Byrd demonstrated his admiration for Dr. Kellogg last March when he made a special trip to Miami for no other reason than "to visit with him a few hours," publicly declaring "he has done great things for humanity."

In an exclusive interview then, Admiral Byrd made known to the Miami Daily News the real purpose of his projected visit to the pole—to take possession of a virgin 1,000,000 square miles for the United States, a region yet unseen by man and believed rich in deposits of coal. "I know there are mountains there with a coal supply sufficient to take care of the needs of the world for some time," he added.

His previous explorations have added around 500,000 square miles to the area of the United States, he said, but they have been made without government sponsorship. The last U. S.-sponsored expedition to the South Polar regions was that of Charles Wilkes in 1839, who reported land at several points, which afterwards became known as Wilkes land.

Admiral Byrd's battle against Antarctica ice already has begun, although he has not left the United States. In a brownstone house near the Charles river in Massachusetts, he is conducting his battle with pencil and paper. His work may seem unimportant to the observer, but it means the existence of 160 men and 100 husky dogs who will be barred by distance from civilization for many months. Their sole contacts will be the radio and a supply ship, which will take new men to the base next spring and return the veterans to the United States. The entire exploration program will require three or four years.

Among the things planned by the Byrd expedition are studying the natural resources of the country, determining the feasibility of establishing automatic weather stations, mapping 1,000 miles of uncharted coast line and consolidating the work of previous explorations. Scientists with the expedition will study the Aurora Borealis, cosmic rays and meteor showers prevalent to the region and look for coal and other minerals.

Meanwhile, extensive preparations for the expedition are under way. The supplies which are to be carried along include everything "from airplanes to paper clips, scientific instruments to ukuleles and army tanks to chocolate bars." The 100 dogs which will be used for hauling burdens over the snowy wastes are undergoing preliminary training in the New Hampshire hills. Alaskan Indians are busy preparing boots and parkas from reindeer hides; other craftsmen have been busy making cloth windproof clothing. Army workmen are preparing portable living quarters for the men. The ships, "Bear" and "North Star" are being overhauled in East Boston shipping yards.

Choosing the expedition personnel has been an important preliminary matter. Thousands of men and boys applied to go along. These have been narrowed down to the 160, largely regulars from the U. S. navy and coast guard, but including some hand-picked civilians, the majority veterans of other polar expeditions.

Among the leaders are Richard B. Black, field representative of the interior department and member of Byrd's 1933-35 expedition; Dr. Paul Siple, who, as a Boy Scout, went on Byrd's first Antarctic expedition and now a geographer, and Dr. F. Alton Wade, senior field scientist and veteran of Byrd's second Antarctic trip.
The False God of Christendom

WHAT we call "Christian civilization" has developed a concept to which has been given the name, nature, to whom is given attributes which belong only to the Supreme Power, the Creator of all things. In literature and philosophy, this false deity has been personified, as in the common phrase, "Nature abhors a vacuum," and the word is often dignified by a capital.

But the revelations of modern science have shown the non-existence of this imaginary personality which has so long been clothed with attributes and powers which belong only to deity, and has been posed as the source of life and all that makes life and existence pleasant and worth while, and thus has diverted attention from the true source of life and all its blessings, greatest of all of which is the constant care, support, and guidance without which our existence even for a moment would be impossible. Nature is not a force; it is a picture. We must cease to think of it as a working force, as a source of energy, and turn our thoughts to the power behind nature, the creating, governing, force of the universe.

The Greeks of the Apostle Paul's time were more enlightened than most modern thinkers. They worshipped many gods but recognized their inadequacy and did not ignore the real and primary source of life and power, but worshipped him at an altar erected in Athens and dedicated "to the unknown God." Said Paul in his masterly address to the people of Athens at Mars Hill, their famous place of public assembly, "Whom ye ignorantly worship, Him declare I unto you." They really worshipped, not nature, but the God of nature. And Paul clearly showed the penetrating depth of his philosophy when he revealed to them the God they worshipped as "Not far from every one of us, for in Him we live and move and have our being."

Less consistent than the Greeks, many people make a god of nature but, unlike the Athenians, neglect to worship it as the Greeks. There is no need and no place for a sub-deity in the scheme of things. An infinite ruler needs no assistant. The trouble is our concept of deity is puny, childish, and fit only for the kindergarten stage of mental development. Our ideas of deity formed in early childhood are carried through life, and so our notions of the Supreme Being, like those of the savage, are anthropomorphic. Nature is a product of creation and not a Creator.
SANITARIUM TO SELL
15 OF ITS COTTAGES

Fifteen cottages owned by the Sanitarium are being offered for sale in accordance with a plan to dispose of all real estate owned by the Sanitarium but not essential to its operation, A. H. Steinel, treasurer, announced today.

Employees of the Sanitarium are being given first opportunity to purchase the buildings. In a month or so the unsold cottages will be put up for public sale.

Seven of the cottages are on the east side of North Washington avenue between Manchester and Aldrich and the remaining eight are on hill between Lincoln and Grant.

Five or six applications for purchase already have been made by employees but no transfers of ownership have yet been made. Sale of the cottages is under the direction of the finance committee, composed of Dr. Charles E. Stewart, J. Sanford Otis and D. J. Kenny.

SANITARIUM AUDITORIUM
WORK NEARS COMPLETION

Redecoration of the old diningroom on the sixth floor of the old Sanitarium building, which will be made available to the public as an auditorium soon, has been completed and a speakers' platform, rugs, drapes and chairs will be installed this week.

The first group scheduled to use the new auditorium, which will have a seating capacity of some 600 persons, is the Northern Tri-State Medical society, which will meet there April 9. The room will be used only as an auditorium and society members will eat their meals in the Sanitarium's main diningroom.

The auditorium can be reached from either the old or new building and, in case an unusually large number of persons is attending a meeting there, two elevators which are not in use at present can be operated.

SAN GROUP WILL MEET;
NO BUSINESS IN SIGHT

Transactions Are in Hands of Trustees; Session Expected to Be Formality.

Virtually no business can be transacted by members of the Battle Creek Sanitarium & Benevolent association when they hold their second annual meeting at 1 p.m. Wednesday, March 27, on the mezzanine floor of the Sanitarium. When the Sanitarium was reorganized more than a year ago a board of 10 trustees was named to conduct all business, and the association will meet only as a formality.

The board will continue in charge until four-fifths of the bonded indebtedness of the Sanitarium has been paid. The outstanding bonds at the time of the formation of the present association amounted to approximately one and one-third million dollars and only a small portion of this has been retired.

Members of the board of trustees are Dr. John Harvey Kellogg, Dr. Charles E. Stewart, Dr. Walter F. Martin, Alfred H. Steinel and George E. Judd, all of the Sanitarium; Fred E. Fuller of Toledo, J. Sanford Otis and Charles B. Irwin of Chicago, Paul M. Binzel of Milwaukee, and D. J. Kenny of West Bend, Wis.

There are 88 members of the Sanitarium association living throughout the world and Mr. Judd, the secretary of the association, estimated that there would be about 30 percent at the meeting.
SAN CHIEF HEARS SERVICE PRaised
ENGRAGED JUNE 14, 1940

Dr. Charles E. Stewart, at End
Of 50 Years, Complimented
ed at Dinner.

STUDIED HERE, REMAINED

A 20-year-old farm lad from the pioneer country of the Red River valley in Minnesota came to Battle Creek 48 years ago to find a job and to begin the study of medicine. Last night he sat at the head of banquet tables in the Sanitarium main dinning room and received the compliments and felicitations which go with the remarkable record of 50 years' service with the Sanitarium, many of those years as associate director and, finally, as director.

From the bottom to the top of an institution and movement which has had a most profound effect on the world, through diet and health and diet, Dr. Stewart still remains the active directing head of the institution which Dr. John Harvey Kellogg founded. At the table with Dr. Stewart sat Dr. John Gorrell, administrator, the young man whom Dr. Stewart said "would have even more of the responsibilities when he gets better acquainted around here." Others were E. N. Colver and Dr. Charles Heald.

Intended Surprise Leaked

It started out to be a surprise party for Dr. Stewart, but, as Dr. Colver said, the news leaked out and Dr. Stewart knew what was coming before he sat down to the table.

Most of those at the banquet were the old-time Sanitarium folks, but the town at large was also represented. Mr. and Mrs. Fred W. Zinn also sat at the head table. Mr. Zinn representing the Chamber of Commerce, and he spoke the thought in everybody's mind when he said that Dr. Stewart seemed just to have seemed born to his calling from his half-century of service.

And when it came Dr. Stewart's turn to speak, he let the audience in on the secret of how to get along successfully through such a stewardship as has been his responsibility. The ups and downs of the Sanitarium have been many—and memory could go back to the very beginning of the whole, he said, he had looked upon it as a joyful experience and one in which accomplishments far offset the misfortunes.

The speaking, preceded by music by the Sanitarium ensemble, began with Dr. Gorrell's tribute to Dr. Stewart's ability as a director to meet and adjust himself to the constantly changing times.

Dr. Colver then congratulated Dr. Stewart and spoke of the place Sanitarium principles had made for themselves in the world.

Complimented

BELOVED 
Jan. 16, 1940

Dr. Charles E. Stewart, Director of the Sanitarium, whose 50 years service to the institution were marked last night at a testimonial dinner.

The need of maintaining Sanitarium principles was dwelt upon by Dr. Emil Leffler, former president of Battle Creek college and medical school in the University of Michigan.

"Life has become so complex and full of activity that it is impossible for any one mind to grasp everything and to absorb everything," he said, "through which we strain everything and absorb little. The Sanitarium's place has been to slow down the people who come here, to restore them to a thoughtful, calm frame of mind, so that things become more meaningful to them. They are kept occupied while they are here but they are not rushed."

"Dr. Leffler urged the Sanitarium to hold fast to its time-tried principles and reminded the audience that an important part of any institution is the 'sincerity' of the employees, and that such sincerity of purpose must be behind every effort, that the inspiration of the effort must be in the 'hearts' of the employees.

Reviews Dr. Stewart's Life

To Dr. Heald went the assignment of reviewing the career of Dr. Stewart in medicine and at the Sanitarium. Dr. Stewart was born in London, Ont., in 1869. He lived there until he was 14 and then moved with his parents to a farm near Moorehead, Minn., where he attended high school, teaching for a short time after his graduation in 1889.

After finishing the nurses' training course here, Dr. Stewart studied in medicine at the University of Michigan and received his degree in 1895. He returned to assume direction of the pharmacy department of the Sanitarium. Then Dr. Kellogg made him his assistant. For a time Dr. Stewart was assistant editor of Good Health, Modern Medicine and the Medical Tempereur Quarterly. In 1896 he went to the Marine Biological laboratories at Woodshill, Mass., where he took a post graduate course in embryology. He returned to Battle Creek to become professor of medicine in the American Medical Missionary college, which had been established in connection with the Sanitarium, and Dr. Heald studied under him. In 1900 Dr. Stewart joined the Sanitarium medical staff.

In 1917 he was made associate director and, in the absence of Dr. Kellogg, acting chief of staff. For years he has contributed articles to leading medical journals. Dr. Heald himself started as a call boy in 1890.

Telegrams of congratulation came to the banquet table from many parts of the country and were read by Howard G. Bayley. Dr. Kellogg sent his from Florida. An especially long one came from Fred Fuller, Toledo attorney who has been closely associated with the Sanitarium reorganization, and is now a board member, and another was from Federal Judge Arthur Tuttle. The telegrams were still coming to day. The four quarter of Dr. and Mrs. Stewart, living elsewhere, remembered the event with messages which drew smiles from the doctor and his wife. Dr. Stewart's son, Dr. Charles, who has been identified with the Sanitarium, was in the audience.

His Talk Makes a Hit

Disclaimer any prowess as a public speaker, he yet, nevertheless made the hit of the evening with his remarks, He filled out some interesting details in the story of his life. One related to his school teaching experience. It seems that after he graduated from high school in Minnesota, he was asked to teach school. He lacked a certificate but a certificate would have made him a public speaker, he said, that a certificate would be found if he would take the class. He took the class and the school which he taught and earned his certificate to the Sanitarium, and in the school, and it proved to be the Sanitarium, and in the school.

Arriving here unexpected and uninvited, he asked for a job. After two or three days he was taken on as a call boy at the Sanitarium and speedily became fascinated with the institution. He soon enrolled in the nurses' training school. Fifty years is a long time to a young man, and Dr. Heald brought him home vividly with a story about his roommate who awoke him the first night by shaking him and demanded to know how to put out the electric light. He had been trying to blow it out.

That first winter in Battle Creek was remarkable in his mind because the temperature was so mild in comparison with the Red River valley. The Sanitarium did not put up its ice until March.

Dr. Stewart spoke of the Sanitarium's future with hope and confidence. He referred to his desire to retire from some of his responsibilities, to turn them over to Dr.
Gorrell, but added with a smile that he thought he'd stay around for a while and that he would never leave Battle Creek. In closing he read from an Enquirer and News editorial. The editorial expressed admiration for the principle of sticking to Sanitarium principles, especially in a period when abandonment of principles seemed to be on every hand. Dr. Stewart said that it expressed his ideas about the Sanitarium.

In conclusion Dr. Gorrell presented Dr. Stewart with a pen and pencil set.

Music for the occasion also included a duet vocal number by Lawrence Mayer and Dr. Charles T. Batten. The committee in charge included Dr. Gorrell, Dr. Colver and Th. Aagaard.
Mainly About Folks

Mrs. Gay was a most
controllable in exceeding to talk about her daughter who is a
student at the Dr. King's. Her daughter who has been an honored guest at many
social gatherings. In 1980 and 1982 she
attended the annual convention of the Dr. King's, and was<br>

prominently marked her own serv-
ices as a nurse, at the school for
women's college. She was born in
1925, her year of birth. Mrs. Gay,
who was never married, died in 1949. She was
only 34 years old when she died from the
stroke.

Every time the graduates of the school of nursing have an annual
meeting, Mrs. Gay was there to give them words of wisdom and to all a
sympathetic friend.

She was an excellent student at the school of nursing in the
early years. She was always among the leaders. She went to the very
end of her training and passed with flying colors. She was always
very friendly and to inquirers, especially young people who were
looking for a career in nursing. She was always friendly and to inquirers,
especially young people who were looking for a career in nursing.

Those who have married their beloved nurses say Mrs. Gay was
very kind and every being their children are so proud of her. Not a
few of the graduates call her name "the name" rather than the proper
name "Nurse Gay" for this reason.

The semi-annual celebration of the graduation of the nurses was
in the name of Mrs. Gay and one of her. It lasted for 30 years of existence, but it is
said now that Mrs. Gay was less than 10 years of age when she helped
the first group of nurses.

Mrs. Gay was not only to be proud of in their names, but Marjorie
was a very beautiful and healthy woman. She was always healthy and very
pretty and had a beautiful personality. She was not only healthy but
always had a sense of humor.

Those who attended the celebration of Mrs. Gay's 70th birthday
say it was very nice. It was a big celebration and it was held in the
school of nursing in Battle Creek.

It was only natural that Mrs. Gay should become a nurse and help
other people with what is now called "medical care." For the
father was a first in the ideas of nursing and the mother,
"day was called "health reform." During the Civil War he
was enlisted in the army, but his natural ability to care for the
sick was not enough to be used in the army, so he returned to
yearly visits. Eventually he
became a doctor with a large practice in Battle Creek where he
died. He was a very successful man, both in the
business and in the field of medicine.

Eight years ago, when the school of nursing had its 70th anniversary, Mrs. Gay
honored her reputation. The events were followed by a parade and a
soirée at the hotel in Battle Creek.

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business and in the field of medicine.
M R

M J

M S

M E

M W

Dr. Martin Funeral Services Thursday

Body of Sanatorium Physician
Will Lie in State Tonight And Tomorrow.

The body of Dr. Walter Frederick Martin, M.D., head of the department of neurology and the medical director of the board of trustees of the sanatorium, who died at 4:10 a.m. yesterday at his sanatorium apartment after a short illness, will lie in state at the funeral home of John B. Burt and Son, 1 m. p.m. to 9 p.m. today in the State Funeral Home. The funeral services will be held at 2 p.m. today at the First Congregational Church of Greenwich, of which Dr. Martin was a member. The funeral home will be open from 10 a.m. to 2 p.m. today. The body will lie in state in the chapel of the funeral home.

Funeral services for Dr. Martin will be conducted by Dr. W. H. Halsey, rector of the First Congregational Church, who will give a eulogy. The Rev. H. Brooks Miller, assistant to the rector, will give a sermon. The Rev. J. Henry Jordan, Sanatorium chaplain, will give a brief address. The Rev. W. L. Brann, of the funeral home, will offer a prayer, and the Rev. J. Jordan will read a tribute to Dr. Martin from the pulpit. The body will be removed to the family plot in Oak Hill Cemetery.

Dr. Martin became interested in the teaching of social hygiene and gave many lectures on this subject, many years before the movement became popular. Then he gave lectures and wrote articles on nearly every city of the state, and also gave lectures in his effort to free the island of hook worms and other venereal diseases. In addition, he became interested in venereal diseases in order to give lectures on social hygiene.

Member of Many Groups

Dr. Martin was a member of the American College of Surgeons, the American Medical Association, the New York State Medical Association, the American College of Cataract and Ophthalmic Surgery, the American Society of Ophthalmology and Otolaryngology, the American Medical Association, the American Ophthalmological Society, the International Society of Ophthalmology, and the American Medical Association.

Dr. Martin suffered a severe back injury when in his nineties, and this proved to be a serious handicap. He was unable to participate in sports and other strenuous activities afterwards.

He traveled extensively. In 1929, he accompanied Walter F. Murphy of Chicago on the maiden cruise of the yacht, "Intruder," and spent much of each winter since that time in traveling with Mr. Murphy. Dr. Martin visited Europe, and on the cruise, while in port, he was presented with a set of prints and figures showing that the percentage of death rate and disease had decreased on the island.

Dr. Martin became acquainted with Mr. Murphy when he was a patient at the sanatorium. He had frequently provided the manufacturer with medical assistance, and in the summer of 1930 went to California to care for Mr. Murphy, who was then critically ill.

Violent British Columbia

After Mr. Murphy recovered paralley, Dr. Martin accompanied him to Victoria, B. C., where the manufacturer had a home. Reunions continued to Batista Creek in June by summer, during which time in the winter, Dr. Martin went on a camping trip near Prince William, Calif., for several months' vacation.

In 1939, Dr. Martin took a Medi- cally Instructed Cruise

Dr. Martin, his wife, Mrs. Elizabeth Martin, and Mr. John Shaw, son of Wex, Tex., and a grandnephew of the late John Martin, of 16 Ave. Avenue, were on a cruise to Europe. The couple enjoyed the trip and were pleased with the service provided by the ship.

Dr. Martin's death was sudden and unexpected. He was at his office when he suffered a heart attack and passed away. The body will lie in state in the chapel of the funeral home until the funeral services are held at 2 p.m. today. The family will be present at the funeral.

The family includes his wife, Mrs. Elizabeth Martin, and Mr. John Shaw, son of Wex, Tex., and a grandnephew of the late John Martin, of 16 Ave. Avenue.
Dr. Martin Dies
At Sanitarium

One of City’s Most Famous Physicians in Felling Health For Three Years.

KNOWN THROUGHOUT U. S.

Dr. Walter Frederick Martin, one of Battle Creek’s most widely known and beloved physicians, went to much further to aim the influence of the Sanitarium and the influence of the Bible during the three years he lived in his Sanitarium apartment. He was 65 years old.

In failing health for three years, Dr. Martin had been on frequent hospitals for over 20 years. He had been in the Sanitarium for 30 years and was a recognized authority on the medical profession.

Dr. Martin became interested in the teaching of social hygiene and gave lectures on this subject, in which he was so successful that he was elected to the society of the Sanitarium. He then gave lectures on the subject of social hygiene and gave his lectures on the social hygiene of the Sanitarium.

He lectured on social hygiene before the American Medical Association, the American Medical Association, the Michigan State Medical Society, the Calhoun County Medical Society, the Battle Creek and the First Congregational church, and he was an honorary member of the American Institute of Social Hygiene.

During his illness, he continued to publish articles on social hygiene in the Sanitarium and the local newspapers.

"My dear Friend: I am deeply distressed report..." said Dr. Martin, in a letter to a Sanitarium friend.

The Sanitarium was the man’s interest, who lived in the Sanitarium, and who was a leader in his field.

In 1912, Dr. Martin visited the Sanitarium, where he worked from 1870-1875. He was present in the Sanitarium and was a member of the Sanitarium’s staff.

On July 6, 1879, Dr. Martin died in his home in Battle Creek.

Dr. Martin was a student in the old American Medical Missionary college, and he was graduated in 1873. The Sanitarium began to publish articles on its influence on health.

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FAMILY DOCTORS' STUDYING AT SAN

200 Members of Tri-State Medical Association in Battle Creek for Annual Meet.

SPECIALISTS ARE SPEAKERS

Some 200 general practitioners of medicine, mostly "family doctors" who do everything from bringing a baby to bandaging a cut on the head, came to Battle Creek today to exchange views on new methods of alleviating human suffering and preserving life.

Many of them traveled hundreds of miles from their homes in Michigan, northern Indiana and northern Ohio to attend the annual meeting of the Northern Tri-State Medical association in the Sanitarium.

The association, organized 67 years ago, is independent of state and national medical groups, is non-political and has as its primary purpose the furthering of the education of the general practitioner.

Tell of Developments

Developments in the medical and surgical field were being discussed by physicians and surgeons of international reputation, specialists who tell the non-specialists of new ways in which they can increase their services to mankind.

For example, Dr. George J. Curry, a Flint orthopedic surgeon, told this morning of a new way to manage bone fractures, particularly hip fractures which often result in the long hospitalization or death of elderly persons.

He explained that through the use of a steel three-flange pin, a hip fracture can be "tied" together in such a way that in many cases an elderly patient can be walking about in six or eight weeks after suffering the fracture, as compared to a year or 18 months spent in bed, as formerly was necessary.

"This method has been tried for several years in a Flint hospital with excellent results," he said. "Such patients usually leave the hospital within a few days after their accident, while before a long period of hospitalization was necessary."

Dr. Curry illustrated his talk with colored motion pictures taken in Hurley hospital, Flint, by Dr. F. C. Thorold, director of oral surgery in the hospital.

Dr. Curry said Dr. Thorold took motion pictures as an avocation, but that the quality of his work indicated that "his avocation might well become his vocation."

Dr. Curry's report was discussed by Dr. Clifford W. Brainard, Battle Creek orthopedic surgeon. Dr. Russell L. Mustard of Battle Creek led a discussion following a talk by Dr. Thomas E. Jones of Cleveland, Ohio, on "Diverticulitis of the Colon."

Other speakers this morning included Dr. Carl J. Klemme, professor of pharmaceutical chemistry at Purdue university, whose topic was, "Relationship Between Sterols, Cardiac Poisons, Vitamins D and Sex Hormones," and Dr. David Slight, professor of psychiatry at the University of Chicago, who talked on "Migraine."

The annual meeting will close with a banquet this evening in the Sanitarium. The banquet speaker will be Dr. Walter C. Alvarez, head of the section in medicine of the Mayo clinic, Rochester, Minn., who will speak on "The Patient Who Is Always Ailing in Spite of Many Treatments."

Speakers this afternoon were to be Dr. Louis J. Hirschman, professor of proctology at Wayne university; Dr. Vincent J. O'Connor, associate professor of surgery at the University of Illinois; Dr. Fred L. Adair, professor of obstetrics and gynecology at the University of Chicago, and Dr. James B. Costen, assistant professor of otorlaryngology at Washington university.

The annual election of officers was to be at a business meeting this afternoon. Present officers are Dr. D. R. Brasie of Flint, president; Dr. Burt Hibbard of Lima, Ohio, vice president; Dr. E. B. Gillette of Toledo, Ohio, secretary, and Dr. Lyman T. Rawles of Fort Wayne, Ind., treasurer.

The place for next year's meeting also was to be selected. A bid of Tiffin, Ohio, for the meeting was presented to the association members this morning.
Youth and Beauty No Handicap in Hospital Work

BATTLE CREEK, March 6.—Is Oomph a tonic that will speed your convalescence or would you prefer a mature nurse with considerable experience?

When you're ill and need hospitalization, do you appreciate a young, eye-felt, recently graduated from training school or will you feel more comfortable with a woman who knows all the nursing answers?

Dr. John Gorrell, young, suave and efficient new administrator, who has taken over direction of the famous Battle Creek sanitarium following reorganization and lifting of receivership, frankly says he doesn't know but believes that youth and beauty are no handicap to a nurse who has the credentials of an approved training school.

Consequently, he is accepting applications accompanied by photographs and frankly admits that charm will be taken into consideration.

Word of this action has created a furor in employee circles inasmuch as some nurses who may be retired have been connected with the institution for almost half a century and have served such notables as William Howard Taft and John D. Rockefeller Jr.

Doctor Gorrell recognizes this fact and does not want it believed that the sanitarium has "gone kindergarten or Hollywood." He knows from reservations, that many prospective guests not only specify their physician but their nurse. The late Sir Horace Plunkett, great Irish industrialist, used to cable from London whether a certain nurse would be available.

W. K. Kellogg has his nurse of long standing. From Europe and South America, as well as all parts of this country, there are returning patients who specify a particular nurse.

There can be no question that the popularity of individual nurses without regard to age will be taken into consideration," Doctor Gorrell said. "Yet, this institution has been known ever since it invented the word sanitarium as a place of sunshine and cheer along with its founder's ideas on the correct biologic living. A high percentage of our patients have no immediate illness but report regularly for physical checkups, rest, recuperation and a dietary schedule.

"It certainly is a psychological fact—perhaps a medical one, that an attractive nurse, on occasions, is more helpful than pills and coincides with the physician's ministrations."

And so, in the months to follow, it seems likely that a section of the nursing staff will be a parade of pulchritude, all done in white.
In Memoriam

DOCTOR WALTER FREDERICK MARTIN

Our beloved friend and associate has completed his earthly career and has left us desolate and in deepest grief. He passed away at the fifteen on Tuesday afternoon, June the eleventh, on his sixty-fifth birthday.

Walter F. Martin was born in 1875 at Mt. Vernon, Ohio. He finished his pre-medical education at Mt. Vernon Academy, where he met and married Eleanor Paullin, from Jamestown, Ohio. He entered the American Medical Missionary College at Battle Creek in the fall of 1899, graduating in 1903. Doctor Martin joined the Medical Staff of the Sanitarium as soon as he graduated and has been connected with it through the years since then.

As head of the Department of Urology, Doctor Martin has had thousands of patients from all parts of the world. An amazing number of his patients have become and remained his intimate friends.

Doctor Martin has led a life of intense activity, giving his full energy to medical, educational, welfare and civic service. He has done pioneer work in the Kiwanis Club, in the Calhoun County Medical Society, and in other special and national societies. He was a member of the old Sanitarium Board for many years, and at the time of re-organization was named by the Court on the new Board of which he has been vice president until now. He has also been a member of the Board of Trustees of the Race Betterment Foundation, and of Battle Creek College. He was active in work for the Boy Scouts and for the Camp Fire Girls. He was a member of the First Congregational Church and was a 32nd degree Mason.

The welfare and well-being of the Sanitarium Family have ever been close to his heart. He has entered into many activities and plans for the benefit of us all. His loss is not for the moment but will be sensed by his hosts of friends more and more as the years roll on.

Services will be held at the Congregational Church at 2 o'clock on Thursday. The casket will be open on Wednesday evening from eight to ten at Shaw's Funeral Home, and on Thursday from eleven to one at the Congregational Church. The Kiwanians will provide a guard of honor on these two occasions. The Sanitarium Family is sincerely welcomed to this last view of our friend, to the church service, and to the services at Oak Hill Cemetery. A section will be reserved at the Congregational Church for the members of the Sanitarium Family.

HE WAS A MAN

A PHYSICIAN: By hard work he largely earned his own way through school and college. He was a true physician in every way, endeavoring to heal the body and to solace the soul.

A SURGEON: He specialized in urological surgery. He earned the certificate of the American Board of Urology and was a Fellow of the American College of Surgeons. He was a member of the American Urological Association.

A TEACHER: He taught in the American Medical Missionary College and the Sanitarium Nurses Training School.

A LECTURER: He influenced many thousands through his lectures in the Sanitarium, in various service clubs, and in churches and clubs throughout the country. He was the author of many medical as well as popular articles.

A FRIEND: This was his largest and most beloved role. In his travels he was constantly meeting old friends in every city, large and small, on trains, on steamships, at home and abroad. His friendship with Mr. Walter Murphy with whom he spent many pleasurable months during the past ten years, was a wonderful example of his gift in winning and serving his friends.

A CHRISTIAN: His heart and soul were the foundation of his life. He lived the Golden Rule and went about doing good.

A PATRIOT: During the Great War he devoted himself tirelessly and freely to social and welfare work for the soldiers.

A HUSBAND AND FATHER: He was a devoted husband and father. He leaves besides his lovely wife, two charming daughters, both happily married.

A SANITARIUM HELPER: He began as a bell boy, a bath boy, assistant in the pharmacy, a medical student, assistant to Dr. Eggleston and to Dr. Stewart, a physician, a surgeon, a specialist, a member of the Board of Trustees, the vice president of the Board — and all the time a friend to rich and poor, young and old, the great and the humble.

A MISSIONARY: He had planned to be a foreign missionary, but upon Dr. Kellogg's urgent invitation, he remained at the Sanitarium to join the staff. His early intention is shown in an address he gave when he was twenty-eight years old. He said, "Should not our humanity, as well as Christianity impel us, who may and ought to go, to go and with mighty effort help roll away this load of sorrow and alleviate this depth of suffering? In the name of Him who had compassion upon the multitude, and in answer to His command to go, preach and heal, and in response to Him who asks, 'Who will go?' our individual and heart-deep response is, 'Here am I, send me.'"

HIS WORKS DO FOLLOW HIM.
Ex-Labor Secretary
is Silent on Unions

Senator Davis, Here for Check-Up, Declines to Comment
On Peace Prospects.

Senator James J. Davis of Pennsylvania, a former secretary of labor, said this morning at the Sanitarium that the subject of peace between the C. I. O. and the A. F. of L. was something he did not care to discuss.

"I would have to be right in the middle of the thing before I could make any plan," he said.

"I know what the labor leaders are saying, but I don't know what they are thinking."

The jovial senator left Battle Creek early this afternoon by airliner for Washington. He made a brief visit to the Sanitarium for a physical check-up while en route to the capital from California, where he inspected new naval bases.

Senator Davis visited with Dr. John Harvey Kellogg, one of his long-time friends, in his home.

"Dr. Kellogg," he said today, "is one of the most interesting men in America, and he is the best informed man in the world on health matters."

Asked whether he thought the United States could keep out of the European and Asiatic wars, the senator said, "We will if the Democrats keep their campaign pledges. I intend to do all that I can to keep our nation at peace."

Of Wendell Willkie, he said, "Willkie is a great American and a great leader. He conducted one of the greatest presidential campaigns in American history."

Senator Davis said he was greatly pleased with the reelection of Senator Arthur H. Vandenberg of Michigan, "He is an asset for the nation," he said.

The Pennsylvania senator has visited the Sanitarium nearly every year for more than 30 years. In 1933, he was critically ill of a kidney infection in the Sanitarium and his recovery from that illness was considered remarkable by many physicians. He says he is now in excellent health.

The senator believes, as does Dr. Kellogg, that a great need exists for race betterment, and at various times he has assisted with the work of the Race Betterment Foundation of which Dr. Kellogg is founder and patron.

Senator Davis said that he hoped to be able to spend Christmas at Dr. Kellogg's winter health resort, Miami-Battle Creek, in Miami Springs, Fla.
1941

Dr. Charles Stewart Attends San Meeting, May 8.
Dr. Charles Stewart is Presented with Scroll, May 19.
Story of Dr. Stewart's Life, Aug. 24.
Dr. Kellogg's 89th Birthday, Feb. 26.
Sanitarium's Business Shows Increase, May 26.
Creamery Buildings Sold by Sanitarium, June 3.
Story of Dr. Case's Life, June 8.
Suit Started by Battle Creek Food Company, July.
Story of Mrs. Montgomery's Life (Mention of many prominent people who visited the Sanitarium), July 6.
Why Sanitariums Are Not a Success, by Dr. Kress, The Medical Evangelist, July 15 and August 1.
Dr. John Harvey Kellogg, Sept. 14.
24 San Guest Rooms
Now in Hospital Use

Patients Transferred from Old Building to Seond Floor of Main Structure.

February 25, 1941

Twenty-four guest rooms on the second floor of the Sanitarium main building have been changed into hospital rooms, replacing the long-used hospital rooms on the fifth floor of the old building.

The new rooms are modern in every detail, each having a private tile bathroom with both tub and shower. Private and two and three-patient rooms have been provided. All rooms on the west side of the second floor hall, with the exception of two end rooms, have French doors which open on the colonnade.

Patients were moved into the second floor rooms Monday afternoon under the direction of Miss Shirley Nickloy, supervisor of nurses.

Dr. John E. Gorrell, administrator of the Sanitarium, said today that arrangements are being made for the Sanitarium to cooperate with the hospitalization insurance plan of Michigan Hospital Service, and that Sanitarium hospital facilities would be made available to all subscribers to the plan, with the exception that care would not be provided for maternity cases or children.

In addition to the patient rooms on the second floor, one of the larger rooms has been turned into a hydrotherapy treatment room.
San’s Business Shows Increase

May 26/41

Upwards of 50 More Guests Than Last Year Being Cared For Daily.

A sharp increase in business of the Sanitarium was reported today by Alfred H. Steinel, chief executive of the institution, who said that the house count during the last several weeks had been far in excess of that of the same period last year.

“We have had an average of between 50 and 60 more guests and patients each day for several weeks than we had during the corresponding days in 1940,” he said, “and continued business improvement appears to be probable.

Mr. Steinel said the gains of recent weeks were due in part to a “Packaged Health” plan of the Sanitarium under which patients may come to the institution for two weeks at reduced prices.

Persons participating in the plan are given a complete physical check-up the first week, and are given various treatments the second week. The participants are charged the regular Sanitarium rates after the end of the two-week period.

The necessity for businessmen and other persons to rest and relax if they would protect their health is being emphasized by the Sanitarium in advertising literature distributed throughout the United States and Canada.

Creamery Buildings Sold by Sanitarium

Ashley-Farrell Dairy Co. Buys Property and Is Moving to New Location.

Sale of the Sanitarium creamery buildings and equipment to the Ashley-Farrell Dairy Co., was announced today by Alfred H. Steinel, chief executive of the Sanitarium.

The dairy company is moving some of its own equipment from its former headquarters at 912 Golden avenue, to its new property and already has started the production of dairy products there.

Mr. Steinel said the Sanitarium plans to purchase most of its dairy supplies, such as milk, cream and butter, from the Arshley-Farrell Co.
CORRECTION

PRECEDING IMAGE HAS BEEN REFILMED TO ASSURE LEGIBILITY OR TO CORRECT A POSSIBLE ERROR.
Mainly About Folks

[The text appears to be a newspaper article or a magazine column about people and events. The article is likely discussing various individuals and their activities.]
Dr. Charles Stewart Attends San Meeting  

May 8/41

Dr. Charles E. Stewart, former director of the Sanitarium, attended a special meeting of the Sanitarium board of trustees Wednesday night, participating in a discussion of various problems encountered in the management and operation of the institution.

Dr. Stewart, who has been vacationing in California for several months, came to Battle Creek to attend the meeting and take care of personal business affairs. He plans to remain here for at least two weeks before returning to California.

It was announced that another special meeting of the board would be held sometime next week, and that the management and operations committee of the board would meet either Saturday or Sunday to take up various problems.

New officers of the board probably will be elected at next week's meeting. Dr. Stewart is president of the board, and Dr. John Harvey Kellogg is chairman. Dr. Stewart retired as director of the Sanitarium January 1.

Dr. Charles Stewart Is Presented Scroll  

Sanitarium Trustees Express Appreciation for His Many Years of Work.  

May 19/41

Dr. Charles E. Stewart, who resigned at the first of this year as director of the Sanitarium, has been presented with a large scroll containing a resolution adopted by the Sanitarium board of trustees to express appreciation for his many years of work with the institution.

The scroll was signed by each of the board members. Dr. Stewart came to Battle Creek May 5 from his new home in Vista, Cal., to attend a meeting of the board of which he is president. He plans to return to California in about two weeks. It is expected that another meeting of the board will be held before he leaves Battle Creek.

Dr. Stewart came to the Sanitarium in 1890 as a farm boy of 20 from Minnesota. During the six years the Sanitarium was operated under a receivership, Dr. Stewart acted as its trustee, and after the receivership came to a close, he became its director.
Quick Sailing of British Ships

Mainly About Folks

Practicing medicine in the heart of the city, Dr. James V. Casey is a doctor who is also a sailor. In his office, he has a collection of the latest models of British ships, which he uses to teach his students about the different types of maritime vessels. Dr. Casey, with his office on East 72nd Street, is known among his patients as a man who can always be relied upon for reliable and effective medical care.

As a medical student, Dr. Casey studied under the famous Dr. John Harvey Kellogg, a Bariatrician, who taught him the art of healing through nature. Dr. Casey has been a member of the American Medical Association since 1912 and has published several articles on the healing properties of sea water.

In 1924, Dr. Casey joined the Royal Navy and sailed on the H.M.S. Victory, a British battleship. He spent two years on the ship, learning the ropes of life on board and gaining invaluable experience in maritime medicine.

Dr. Casey is a man of many talents and has received several awards for his work in the field of Bariatrician. He was awarded the Order of the British Empire in 1926 for his work in the field of Bariatrician.

In 1928, Dr. Casey returned to his office in New York and practiced medicine until his retirement in 1950. He continues to be active in the medical community and is known for his work in the field of Bariatrician.

Dr. Casey's wife, Dr. Helen Casey, is also a Bariatrician and has been a member of the American Medical Association since 1910. She is known for her work in the field of Bariatrician and has received several awards for her work in the field.

Dr. Casey and Dr. Helen Casey have four children, all of whom are also Bariatricians. They have lived in New York for over 50 years and are active members of the Bariatrician community.

The story of Dr. James V. Casey is one of dedication and hard work. He has dedicated his life to the field of Bariatrician and has made a significant contribution to the field.

Dr. James V. Casey is a true Bariatrician, a man of many talents, and a true example of what it means to be a Bariatrician.
Mainly About Folks

Nazi Blitzkrieg is Tea

July 24, 1942

Sternly we have a pronouncement. To begin with, for the past few months, the people have been more or less uncocused and the morale of the country has been weak. But the situation has been improving of late. Much of the credit must go to Mrs. Montgomery, who has been working hard to lift the people's spirits. Her efforts have been noticed and appreciated by many.

Mrs. Montgomery is a remarkable woman. She has a great deal of energy and is always ready to help others. Her kindness and generosity are well known, and her deeds are admired by everyone.

During World War II, Mrs. Montgomery established a canteen in London. She worked tirelessly to provide food and sustenance to the soldiers. Her efforts were so successful that she was asked to extend her services to other cities. Mrs. Montgomery agreed and opened canteens in Manchester, Birmingham, and Liverpool. Her dedication to her work never wavered, and she continued to serve the soldiers until the war ended.

Mrs. Montgomery's contributions to the war effort were recognized by the government, and she was awarded several medals for her service. She continued to work hard even after the war, and her contributions to her community were never forgotten.

In conclusion, Mrs. Montgomery is a true hero. Her dedication and selflessness are an inspiration to us all. We should follow her example and do our part to make the world a better place.
Dr. Riley died Sunday night in the home of his son, William H. Riley, Jr., near Mattox, Va., after a two-week illness. He served as head of the neurology department of the Sanitarium for 36 years. Although he retired from active duty March 27, 1938, he served in a part-time capacity at the institution until he and his wife left Battle Creek in March for a visit with their son.

DR. KELLOGG PRAISES
DR. RILEY AT FUNERAL

Dr. John Harvey Kellogg, in a statement read at the funeral of Dr. William H. Riley Thursday afternoon in the First Congregational church, described Dr. Riley as a man whose "influence will never perish."

Dr. Riley, who died Sunday night at the age of 81 in the home of his son, William H. Riley, Jr., near Mattox, Va., was an internationally-known neurologist and was connected with the Sanitarium for 36 years.

The statement of Dr. Kellogg was read by the Rev. Henry N. Jordan, Sanitarium chaplain, who conducted the service. Assisting was the Rev. Donald S. Bourne, associate pastor of the First Congregational church.

Dr. Kellogg sat in the chancel of the church with the ministers but took no part in the service. About 150 persons attended the funeral.

In his statement Dr. Kellogg reviewed the achievements of Dr. Riley, pointing to his long service and his recognition by prominent English medical authorities.

"No man has held in higher degree the respect and confidence of his colleagues and no one has contributed more largely and constantly to the scientific prestige of the institution (Sanitarium)," Dr. Kellogg said.

Riley Estate Left
To Widow and Son

The widow and son of Dr. William H. Riley, former head of the neurology department of the Sanitarium, who died August 24, are the principal beneficiaries under his will, which was filed for probate Friday in probate court at Marshall.

The estate includes personal property valued at $200, real estate in Calhoun county valued at $6,500, and real estate in Texas, Oklahoma, Virginia and Colorado valued at $16,000.

The widow, Mrs. Henrietta Marion Riley, and the son, William H. Riley, Jr., were bequeathed an equal share of all mineral and oil rights in the property in Texas, Oklahoma, Virginia and Colorado, as well as an equal number of acres of land.

The son was bequeathed six shares of stock in the Sanitarium Equipment Co., and the widow, 100 shares in the High Gravity Oil Co., 320 shares in the Trapperhood Development Co., 30 shares in the Texas American Syndicate, and 220 shares in the Mexis Fish Pond Oil Co. Bequests of $2,000 in cash each were made to the widow and son, and the Riley home at 112 Manchester was left to the widow.

A sister, Miss Minnie Riley of the Sanitarium annex on Aldrich street, was bequeathed $1,000 in cash and lots 4 and 5 of Forest Park subdivision.

The widow and son were named executors in the will which was dated Jan. 6, with a codicil being added March 12, 1937.

Dr. Riley died in the home of his son near Mattox, Va., after a two-week illness. He was 81 years old.
Former Sanitarium Neurologist
Reported in Critical Condition
at Son's Home.

Dr. William H. Riley, 81, former head of the neurology department of the Sanitarium, is critically ill at the home of his son, William H. Riley, Jr., near Mattox, Va. Dr. Riley, who retired from active duty on the Sanitarium medical staff about a year ago, went with his wife to the home of their son in March for a visit. The nature of his illness is not known here.

Although retired from active duty, he frequently had consultations with patients at the Sanitarium before leaving Battle Creek for Virginia, and he planned to return to the Sanitarium to continue his part-time work.

On March 10, he completed 58 years of service with the Sanitarium, having served the institution longer than anyone with the exception of Dr. John Harvey Kellogg.

Dr. Riley was born Feb. 3, 1860, in Boston, and was an orphan at the age of three. He came to Battle Creek as an adopted child. Because his guardian was not kind to him, he started out "on his own" at the age of 18.

By teaching at the Hickory Corners school winters and working summers at the Sanitarium, he earned enough money to pay his way through the old Battle Creek college which awarded him a bachelor of arts degree.

He received his medical degree from the University of Michigan in 1886 and joined the Sanitarium medical staff in that year. He was appointed director of the Sanitarium's former branch hospital at Boulder, Colo., and served there for eight years. During that time he served as a part-time professor of neurology at the University of Colorado.

In 1896, he met Miss Henrietta Marion Zillinger, a graduate student from the University of Wisconsin in the University of Chicago, and on Dec. 23, 1897, they were married.

After returning to the Sanitarium, Dr. Riley spent several months of each year in graduate study, attending many medical schools, including schools in Munich, Vienna and London. While in London in 1931 he visited Dublin where he was given a banquet by the late Judge Plunkett, prominent political leader of the Irish Free State.

Dr. Riley served for some time as a professor of neurology at the old American Medical Missionary college here. An excellent public speaker, he gave many lectures before medical groups throughout the state and nation.

He was greatly interested in baseball, always being ready to discuss the subject with employees and patients of the Sanitarium. His favorite team was the Detroit Tigers. When the Tigers were forced to retire from baseball because of illness, Dr. Riley sent a message of sympathy to Gehrig's team, the New York Yankees.

Dr. Riley wrote articles to various medical journals, and was the author of a popular book entitled, "Headaches and How to Prevent Them.

Dr. Riley was a fellow of the British Royal Society of Medicine—one of medicine's highest distinctions—and was a fellow of the American College of Physicians and Surgeons.

He was a member of the Society of Research in Mental and Nervous Diseases, the International Society of Psychologists, the Calhoun County Medical society, and the Michigan State Medical society.

Surviving besides the widow and son are a sister, Miss Minnie Riley of the Sanitarium and old Aldrith street, and several cousins.

Neurologist Is Dead at Age 81

Dr. William H. Riley, Distinguished in Field, Succumbs at Home of Son.

Dr. William H. Riley, who served with distinction for more than 55 years as a neurologist for the Sanitarium, died Sunday night in the home of his son, William H. Riley, Jr., near Mattox, Va., after a two-week illness. He was 81 years old.

His many friends at the Sanitarium were not advised of his death until Monday afternoon, although several telegrams were received here late last week from his son, stating that Dr. Riley was in a critical condition. Death was caused by an acute lung ailment. Dr. Riley won world-wide recognition as a neurological diagnos-

Dr. William Riley's Funeral Held Today

Funeral services were conducted this afternoon in the First Congregational church for Dr. William H. Riley, 81, were attended world-wide recognition as a neurologist during 58 years of work with the Sanitarium.

The Rev. Henry N. Jordan, chaplain of the Sanitarium, and the Rev. Donald S. Bourne, assistant pastor of the First Congregational church, were in charge. Burial was in Oak Hill cemetery.

Lawrence Mayer sang "The Requiem," by Homer, and "Going Home," by Dvorak, and Mrs. Leon Hall, Mrs. Raymond Gould and Mrs. Lawrence Mayer were members of the Sanitarium ensemble, played several selections. Dr. Riley regularly attended the weekly concerts of the ensemble for 30 years. Anticipating his death, the Rev. Dr. Carl G. Wenzel, Dr. Albert R. Dickinson, Dr. Charles W. Heald, Dr. John V. Foose, Dr. Samuel E. Barnhart and Dr. Richard C. Norton were present.

Dr. Riley was a member of the Sanitarium ensemble, played several selections. Dr. Riley regularly attended the weekly concerts of the ensemble for 30 years. Anticipating his death, the Rev. Dr. Carl G. Wenzel, Dr. Albert R. Dickinson, Dr. Charles W. Heald, Dr. John V. Foose, Dr. Samuel E. Barnhart and Dr. Richard C. Norton were present.
At San 58 Years

Dr. William H. Riley, who served with distinction for more than 58 years as a neurologist for the Sanitarium, died Sunday night in the home of his son, William H. Riley, Jr., near Malton, Va., after a two-week illness. He was 81 years old.

His many friends at the Sanitarium were not advised of his death until late Monday afternoon, although several telegrams were received here late last week from his son, stating that Dr. Riley was in a critical condition. Death was caused by an acute lung ailment. Dr. Riley won world-wide recognition as a neurological diagnostician. He made many valuable contributions to the study of neurology, the most important of which was his invention of the at-the-graph—used in studying the coordination of the movements of the body. He served as head of the neurological department of the Sanitarium from 1969 until he retired from active duty on March 27, 1938.

After retiring, he continued to consult with patients at the Sanitarium until he and his wife left Battle Creek in March for a visit with their son. He had intended to return to the Sanitarium to resume his part-time work.

Riley was deeply admired by employees as well as patients. Dr. Riley played a highly important role in the development of the Sanitarium. He completed 58 years of work with the Sanitarium on March 10, and had served longer as a physician than anyone with the exception of Dr. John Harvey Kellogg.

The body will be brought to the Hickory Corners school children and working women at the Sanitarium, where he earned enough money to pay his way through the entire medical college which awarded him a bachelor's degree.

He received his medical degree from the University of Michigan in 1896 and joined the Sanitarium medical staff in 1907. He was appointed director of the Sanitarium's former branch hospital at Boulder, Colo., and served there for four years. During that time he served as a part-time professor of neurology at the University of Colorado.

In 1898, he met Miss Henrietta M. Zinggler, a student from the University of Wisconsin and the University of Chicago, and on Dec. 3, 1897, they were married.

After returning to the Sanitarium, Dr. Riley spent several months of each year in graduate study, attending many medical schools, including schools in Munich, Vienna and London. While in London in 1913, he visited Dublin where he was given a banquet by the local Irish Free State.

Dr. Riley served for some time as a professor of neurology at the old American Medical Missionary college here. An excellent public speaker, he gave many lectures before medical groups throughout the state and nation.

He was greatly interested in baseball, always being ready to discuss the subject with employees and patients of the Sanitarium. His favorite team was the Detroit Tigers. When the late Lou Gehrig was forced to retire from baseball because of illness, Dr. Riley sent a message of sympathy to Gehrig's team, the New York Yankees.

He contributed many articles to various medical journals, and was the author of a popular book entitled, "Headaches and How to Prevent Them."

Dr. Riley was a fellow of the British Royal Society of Medicine—one of medicine's highest distinctions—and was a fellow of the American College of Physicians and Surgeons.

He was a member of the Society of Research in Mental and Nervous Diseases, the American Society of Hydology, the Calhoun County Medical Society, and the Michigan State Medical Society.

Surviving besides the widow and son, are five other children and a grandson of the Sanitarium annex on Aldrich Street, and several cousins.

Lawrence Mayer sang "The Requiem," by Homer, and "Going Home," by Dowak, and Mrs. Leon Hauck, Mrs. Raymond Gould and Mrs. Lawrence Mayer, members of the Sanitarium ensemble, played several selections. Dr. Riley regularly attended the weekly concerts of the ensemble for 58 years. Active pallbearers were Dr. Carl O. Wenzley, Dr. Albert R. Dickinson, Dr. Charles W. Hellard, John V. Poppeo, Dr. Samuel E. Barnhart and Dr. Richard C. Norton.

Honorary pallbearers were Dr. James H. Kellogg, Jr., Kellogg, Mr. Martin Lorincz, Mr. George J. Judd, Dr. Rowland H. Harris, Dr. Charles E. Stewart, Alfred H. Steinle, Henry M. Steigman, Mr. Manley J. Capron, Mr. T. C. Smith, Mr. William V. Vandervoort, Mr. Edmund V. Dice, Mr. Robert H. Fraser, Dr. Lloyd E. Verity, Dr. James K. M. Gordon, Dr. Wayne B. Lewis, Dr. Paul Roth, Dr. Richard M. Kellogg, Dr. William and L. C. Coulter.
Columns such as "Mainly About Folks" should be flexible and not get too deep in the biographical rut—and today's column is going to deal with several folks, rather than tell the life story of one.

To begin with, we'll make a short report on one of this community's most distinguished citizens, Dr. John Harvey Kellogg, now digging into his 90th year with a vigor most men lose at 60. He had a strenuous winter down at Miami Springs, Fla., where he calls his very interesting health institution "Miami-Battle Creek," and he is still resting up at his Battle Creek home.

At Miami Springs Dr. Kellogg spends every minute possible out of doors and almost every morning he takes a little run before breakfast in the sun bath—not a fast run, of course, but a little jog trot a tenth of a mile at a time. Then he has a horseback ride (electric) equivalent to a mile or two. Later in the day he can be seen riding around on the place on his bicycle.

Heart specialists tell the little doctor that his heart is normal and in excellent condition, and Father Time has not printed wrinkles on his face to indicate age. Indeed, the ladies envy him his complexion.

Commenting recently on the fact that his duties have held him so closely that he has been denied almost all social intercourse with friends and fellow citizens, Dr. Kellogg said, "For 60 years I have literally worked every day of my life as long as I could keep my eyes open—this in spite of the fact that I have tried to capture every person I came in contact with whom I thought could be a help to me in carrying on my work. I have been almost a hermit, although I have lived in the midst of a bee-hive. I have denied myself practically all opportunities for recreation, as well as social opportunities, and have taken no vacations—except on the few occasions when I have been too ill to work. Whenever I have gone away I have not gone to rest, but to do work I could not do at home. I have always taken a secretary with me and frequently have been glad to get back, to get relieved of the strain of finishing my work."

Commenting on his age, Dr. Kellogg says, "When I considered the relentless way in which I have neglected myself I am amazed to find myself alive in my 90th year. Almost from my boyhood I was impressed with the fact that my life was to be a short one and that I must work hard to be able to accomplish a little something before I died. My father often told me that he doubted if I would live until I was 21 and I was on that account advised not to waste my time in school, because I would have no use for the education. From the time I was 10 years old I was kept busy with serious duties, first (from 10 to 12) in my father's broom factory and then for four years in the Review & Herald printing office; then a year in school teaching, then off to normal college and at 23 I graduated from Bellevue (hospital). Then I began the editing of the health journal, 'The Health Reformer,' the organ of the Health Institute which I pioneered, and the names of which I changed to 'Good Health' and the 'Battle Creek Sanitarium.' I started training schools of nursing, home economics and physical education, the medical college and finally Battle Creek College, all of which have made it possible for the movement to spread out over the world."

Summering in Battle Creek, Dr. Kellogg has been taking it easy, tinkering up his big house on Manchester street and keeping out of the Sanitarium's affairs as much as possible. The institution's struggles through the last five years have worried him greatly, but 1941 has been a more satisfactory year.

As winter approaches, Dr. Kellogg will be going back to Miami Springs and the great Mexican-style building that houses his successful "Miami-Battle Creek."
Dedication of a Reborn Sanitarium Is Planned This Year

Construction Is Completed

Corridor Building Joins Kellogg Hall to College Library Building.

NEW LOCATION PLEASES

It was a mighty change in the affairs of an historic institution with its roots deepened in the town’s life, but the Sanitarium’s change-over has been completed and the future is faced with confidence.

The Sanitarium has moved into new quarters in July, showing the change from the old to the new.

At the left, Dr. John Harvey Kellogg, superintendent of the Sanitarium, stands at the main entrance of the newly-located institution, and at the right, three of the numerous moving vans which were used in moving furniture and equipment.

Above pictures taken at the time of the move show the Battle Creek Sanitarium in its new location.

Dr. Kellogg at Door of New San—Moving Job’s a Big One

The Sanitarium now occupies three main buildings, John Harvey Kellogg hall, the college library, and the old Sanitarium hospital, as well as some smaller buildings.

Kellogg hall is the main administrative building and it is here most of the patients are housed. Others are housed in the old hospital building. The library building is used for the extension department, recreational offices, the gymnasium and other facilities, and the new corridor, a second-story structure, is in service as an office building.

A Moving Day

One of Battle Creek’s biggest moves, the transfer of Sanitarium furniture and equipment to its new quarters, was completed by August 1, the deadline set by the government, with the exception of a few scattered pieces of furniture and equipment, which was moved shortly afterward.

The Sanitarium employees, with the aid of other workers, and numerous moving vans which were used in moving furniture and equipment, prepared the building for occupancy.

There were several hundred people who were guests and patients registered a few days after the move was completed and that had not been paid for before.

The Sanitarium now occupies three main buildings, John Harvey Kellogg hall, the college library, and the old Sanitarium hospital, as well as some smaller buildings.

Furnishings, such as some carpet, rugs, drapes, fixtures, equipment, and some furniture, which the Sanitarium had agreed to sell to the army, which had not been paid for before.

Dr. John Harvey Kellogg, superintendent of the Sanitarium, stands at the main entrance of the newly-located institution, and at the right, three of the numerous moving vans which were used in moving furniture and equipment.

The library was started in July and cost approximately $15,000. Library staff have already been established in the building and the x-ray department will be set up as soon as equipment, which has been ordered but delayed because of priority difficulties, arrives.

A major housing problem was created by the move, when some 300 residents of Kellogg hall and the old Sanitarium hospital building were forced to look for other quarters.

However, the residents, who were given 20 days notice to vacate in June, were all moved in single time to allow the Sanitarium to occupy their quarters.

Just what the capacity of the Sanitarium in its new location is not yet determined; as some offices are on the second floor of Kellogg hall, which is planned to move to other locations, have not yet been transferred. The space occupied by these offices is used for housing patients and the institution is equipped to care for several hundred persons. There were 300 residents of Kellogg hall and the old Sanitarium hospital building when this newspaper went to press.

Assets Are Mergered

Several other important developments were noted during the year by the Sanitarium.

Foundation and the Battle Creek Sanitarium and Benevolent Association, which was approved by the board of trustees of both corporations. However, it was necessary for the memberships of both corporations to approve the actions of the trustees.

The Battle Creek Sanitarium Association, which gives its approval, but the project was dropped after the first meeting of the Sanitarium’s board. The new location of the Sanitarium was then decided upon.

Sanitarium officials say the new location is far more convenient, comfortable, and less of a burden than that which was occupied.

In addition, treatment methods have been improved by discoveries of recent years of scientists. Dr. Kellogg has been on the alert for new developments in medical methods which hasten the healing processes and this winter is lavish special care on the giving of artificial sunshine baths to compensate for the lack of natural sunlight during the short, cloudy days.

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Dr. Kellogg Finds 91st Birthday Is His Happiest Yet

Dr. John Harvey Kellogg's 91st birthday Friday was the happiest he has ever had, he declared today.

He said he now is feeling better than he has in years and added that the Sanitarium is in "a better condition to serve the cause of scientific living than ever before."

"A physician is like a signboard," Dr. Kellogg remarked. "He points the way for other people to follow, but does not always follow himself. I realized not so long ago that I was like that. I was so busy trying to show other people the right way of living that I neglected my own health. I have been indoors too much and have not had enough exercise under the stimulating rays of the sun. Consequently, of late I have been devoting more of my time to myself and have been getting out of doors more. It has made a great improvement in my physical condition."

Dr. Kellogg remarked that one reason for his happiness was the announcement this week of the appointment of Dr. Henry C. Sherman of Columbia University as chairman of the government's bureau of nutrition research. Dr. Sherman is a close friend of Dr. Kellogg and is regarded by Dr. Kellogg as one of the leading authorities in the country on nutrition.

The doctor expressed the hope today that Battle Creek people would turn more wholeheartedly to the practice of biologic living and that the city would become known as one of long-lived and healthy citizens, leading the way for worldwide adoption of scientific principles of living.

"More than 75 years ago I started out to find the right way of life," he stated. "I have found that there is a right and a wrong way and that if people would follow the right way, the way of God and of science, they would be happier, healthier and the world would be at peace."

Dr. Kellogg spent Friday busy at his desk. Gifts were showered on him by patients at the Sanitarium, associates and friends, but he asked that no celebration be carried out. Messages of congratulation came to him from the Chamber of Commerce, the city, the Three-Quarter Century club and other organizations, from friends and former associates throughout the country.

San to Be Paid Added $90,000

Judge Approves Order for Additional Sum in Sale of Buildings to Army.

The Battle Creek Sanitarium & Benevolent association will receive an additional $90,000 for its local hospital property which the government took over two months ago, thus bringing the total purchase price $2,341,100.

Federal Judge Ernest A. O'Brien of Detroit Tuesday approved an order directing the government to pay the additional sum for the property which now houses the Percy Jones general hospital. Sanitarium and Jones hospital officials said the added sum is for furnishings, such as some carpets, rugs, drapes, fixtures, equipment and some furniture which the Sanitarium had agreed to sell with the buildings to the army. Payment had not been ordered before, they said, because in the rushed process of moving the Sanitarium across North Washington avenue to its present location, some furnishings and equipment were left behind and some which should have been left was taken. Time was given for the two institutions to straighten out these errors to the satisfaction of both parties before payment was ordered.
Dr. Stewart, Jr. Is on Duty Here

Son of Former Sanitarium Doctor Reports As Lieutenant at Army Hospital.

Dr. Charles E. Stewart, Jr., a first lieutenant in the army medical corps, and son of Dr. Charles E. Stewart of Vista, Cal., former director of the Sanitarium, is among new officers who have reported for duty at Percy Jones general hospital. Lieutenant Stewart's father was connected with the Sanitarium for more than 50 years. The son also worked for the Sanitarium for a year before entering the University of Pennsylvania for postgraduate work in diseases of the nose and throat. He is head of the ear, nose and throat departments of the army hospital housed in the buildings where his father served many years. He comes here from Fort Ord, Cal.

The elder Dr. Stewart arrived at the Sanitarium in 1890 to take medical studies. He worked as a call boy and then took a nursing course. Later, he received his medical degree from the University of Michigan and came back to join the Sanitarium medical staff. He at first was a physician and professor of medicine in the American Medical Missionary college, which Dr. John Harvey Kellogg had established.

In 1917, Dr. Stewart, Sr., became associate director and acting chief-of-staff in the absence of Dr. Kellogg. In 1933 he was appointed receiver and served as such until 1938, when he was chosen a member of the board of trustees and elected the board president. He was director of the Sanitarium until his resignation on New Year's Day, 1941.

Lieutenant Stewart obtained his schooling here and abroad, his parents having taken him to Europe for study. He was in school in France near the Swiss border and lived for a time with a professor's family near Berlin to learn German. He is an accomplished diver, and has often given exhibitions of fancy diving at the water pageants held in the outdoor gymnasium of the Sanitarium.

Lieutenant Stewart was graduated from the College of Medical Evangelists at Loma Linda and Los Angeles, and spent a year at the University of Michigan hospital as an intern. After working a year at the Sanitarium here, he went to the University of Pennsylvania for postgraduate study. From there he went to White Memorial hospital in Los Angeles and recently left his duties there to enter the army.

Mr. and Mrs. Thomas Allan of 60 Perry, now of Vista, Cal., where the elder Dr. Stewart lives. She is a graduate of Western Michigan College of Education and was a teacher at Peralta and school before her marriage to Lieutenant Stewart in Battle Creek this summer. She will join Lieutenant Stewart here later. Other new additions to the Percy Jones hospital staff include two nurses and a physician.

Lieut.-Col. Robert H. Kennedy, formerly of Walter Reed hospital in Washington, D. C., has reported as chief of surgical services at the new hospital.

Miss Elizabeth V. Messner, a captain in the army nurses corps, is chief of the nursing staff. She comes from Fort Sam Houston, Tex. The other nurse is Miss Mary M. Steppan, a first lieutenant in the nurses' corps, who will be in charge of surgical nursing.

Maj. Albert C. Krukowski, hospital executive officer, said he expects other personnel to arrive within a few days. Although the hospital will not begin operation for some time yet, the staff heads are reporting to assist in setting up facilities.

CLASSIFIEDS FOR RESULTS

(ADVERTISEMENT)
The number of patients at the Sanitarium has reached its highest point since mid-summer, officials announced today.

The house count today was 124 patients. It is expected that with most of the work of remodeling finished and the institution swinging into full operation, the house count will continue to rise.

While the number of patients now registered is small compared to the number registered a few years ago, there is a reason for the difference. Before the Sanitarium was moved to its present location, to make room for establishment of Percy Jones general hospital, a large percentage of persons registered were "guests"—persons staying there for a rest or making that their home while in Battle Creek. Now the entire registration is made up of persons receiving medical or surgical care.
George E. Judd
Died at Age 75

Former Business Manager of Sanitarium for 38 Years
Suffers Heart Attack.

RESIGNED ON JULY 31

George Edward Judd, 75, of 25 Orchard place, secretary of the Sanitarium Board of trustees at 4:12 a.m. today in the Sanitarium hospital. He suffered a heart attack about 8:15 a.m. on Wednesday. He was one of the local leaders of the Sanitarium "family."

Mr. Judd's body was taken to the home of his son-in-law and daughter-in-law, Mr. and Mrs. T. G. Dykman of 11, Greenland, to take the body to the Dykman residence at the corner of Greenwich and Greenpoint avenues. He was later on his way to the Dykman residence and Mrs. Judd was the first one to receive a call from the hospital.

He was removed to the hospital just before he died.

He suffered an attack of coronary thrombosis in January and was treated at the hospital and recovered and seemingly had been in good health until the night of his death.

Although he had resigned as business manager of the Sanitarium on July 31, this year, he still was secretary of the trustees of the Battenkill Creek Sanitarium and Orange medical association. He made a trip to the Sanitarium to transact business connected with the secretary's office, and went there on Sunday afternoon.

Born in England

Mr. Judd was born Jan. 1, 1867, in County Norfolk, England, the son of eight children of Alfred and Mary (Hippisley) Judd, and came to America when he was 10. He began work for the Sanitarium and was associated with the Sanitarium for 34 years, serving in various capacities and spending the last five years as business manager. He resigned as business manager when the organization took possession of the Battenkill Creek buildings for purposes of the general hospital.

On March 14, 1938, Mr. Judd reached his 49th anniversary with the Sanitarium, and on March 15, 1941, he began work for the Sanitarium. He was once a member of the Battenkill Creek Sanitarium Men's club. A resolution passed by the club was read to him by T. A. Angard, then house president. He recognized it as "a true and loyal fellow worker, congratulating him on his dealings with all," and then conveyed to him and the members of the club the appreciation of the club members for his "faithful service which has won the high esteem in which they hold him."

Held Various Positions

Before becoming business manager, he served as night clerk and later as day clerk. He became business manager when he resigned as business manager of the Sanitarium to enter the breakfast food business.

He was a member of the Board of Trustees from 1939-1940 and continued as a member of the board of trustees until his death.

He had been very active in church work since 1911, and was one of the first officers of the Sanitarium.

He was married to the late Mrs. Myra E. Judd, and was the father of three children. His wife, Mrs. Myra E. Judd, and daughter-in-law, Mrs. Florence A. Dykman of 11 Greenland, a granddaughter of William Judd of 21 Central, and a sister-in-law, Mrs. Lucy W. Foulkes, and Mrs. Anna M. Wyman of Brookline, Mass., and Miss. Alice E. F. Wyman, Bairstow, England, and Miss. Beatrice Birtwell of Balis, England, will continue the services of the late Mr. Judd for a period of 30 days.

Loyal Worker

Purner business manager of the Sanitarium who died this morning after suffering a heart attack yesterday, was called a "true loyal fellow worker" in a resolution of the Battenkill Creek Sanitarium employees' club, presented him in its minutes on the 20th anniversary of his resignation from the Sanitarium.
San Patronage Reported Rising

Dr. Kellogg Says There Is Prospect That New Quarters Will Be Crowded.

SEES NEED FOR CHANGES

Patronage of the Sanitarium has increased considerably since the sale of the main Sanitarium buildings to the war department May 15 by Dr. John Harvey Kellogg, the superintendent, said Saturday.

"The number of patients has grown from 152 on May 14 to 296 at present," he said. "Reservations by letter and telegram have been coming in rapidly, particularly in the last two weeks. We now have 54 more patients than we had at the same time last year, and the prospect is that our new quarters, which will accommodate between 300 and 400 persons, will be crowded to capacity, and that it may be necessary to turn a good many patients away."

In connection with his ambitious plans for the future of the Sanitarium, Dr. Kellogg, who is now 90, recalled that 15 years ago he had planned to devote most of his time for the remainder of his life to medical and scientific research and writing on subjects which he long had studied, particularly those related to biologic methods of living.

The institution then was at the peak of its material prosperity, he said. It had 1,000 to 1,100 guests during July and August, and its total number of guests each year was over 10,000. Construction of the new building provided space for 300 more, but even that was scarcely sufficient for several years.

"Then came the world-wide depression and the receivership which kept the institution in the hands of the court and the bankers' management for nearly 10 years. The Sanitarium patronage went down steadily," he said. "In the meantime, I had been building up an institution in Florida, the Miami-Battle Creek. When the government purchased the main Sanitarium buildings, Miami-Battle Creek was closed for the summer and I brought my corps of doctors, managers and technicians north to supplement what remains of the old faculty and medical and business organizations."

Forecasts "Many Changes"

The doctor said he believes a good many changes will be necessary at the Sanitarium in the future—"chiefly in the way of returning to old methods and standards."

"These," he said, "the old patients have missed and as a result have hunted up nurses and technicians with whom they became acquainted while here, several hundred of whom are located at different points, chiefly in the larger cities of the country. Since learning in the papers of a change in management, old patients have been pouring back rapidly."

"I must say with considerable emphasis that the fact that the institution has been kept open and has managed to meet the severe financial demands made upon it during the last few years is due very largely to the loyalty and efficiency of the large body of splendid men and women who have devoted their energies to the upbuilding of the institution one or two scores of years since they entered the establishment as students, later to become physicians, nurses and technicians in various lines. If it had not been for the sturdy support of Battle Creek idealists and principals by these loyal men and women who have stood in their places in spite of pinching cuts in wages the institution might not have survived."

Has Confidence in Future

"It is upon the sturdy, honest and highly efficient support of these co-workers who have stood by this institution, some of them even in its pioneer days as well as in more prosperous years, that I base my hope for rebuilding the work which was started in this city three quarters of a century ago."

"At my age, I should not think of undertaking such a task if I did not feel the assurance that I may with confidence rely upon the backing of my old colleagues, doctors, nurses and workmen who have stood by the work during the last 10 trying years and are now heartily joining in the task of transferring the Sanitarium with its various highly organized departments, its many hundreds of appliances and mechanisms, and, most of all, its several hundred sick people, to its new and really better quarters across the road where every preparation is being made for a pleasant and surprise for the migrants. The new quarters will be a more convenient, homelike and efficient place than that which the patients now occupy."

Dr. Kellogg called attention to the fact that the former practice of physicians and dietitians of giving lectures at the Sanitarium had been resumed, and said these talks were being appreciated greatly by patients. Dr. Kellogg himself has been lecturing recently, together with Dr. Estella G. Norman and the dietitians, Mrs. Marie Alward and Mrs. Lottie Johnson.
Sanitarium Corridor Nearing Completion

Part of Medical Staff Expected To Start Occupying Building This Week.

The new corridor building connecting John Harvey Kellogg hall with the building formerly used as Battle Creek college's library and administration building, is nearing completion.

The corridor is 147 feet long, 40 feet wide and two stories high, and will house several departments of the Sanitarium's medical staff. Early this week, the eye, ear, nose and throat department, in charge of Dr. Wilfrid Haughey, and the department of urology and proctology, in charge of Dr. O. E. Thompson, will be moved into the corridor building. Other physicians' offices will be set up there soon.

San officials said there will be a delay in shifting the x-ray department to the corridor because of delay in arrival of new apparatus which has been ordered, and that it is possible priorities restrictions will hold up the materials for some time.

Completion of the corridor will be another step in reestablishment of the Sanitarium in its new quarters, which it occupied August 1, when the army took possession of the main buildings for establishment of the 1,500-bed Percy Jones general hospital.
WASHINGTON—(AP)—The Board of Economic Warfare, after a study of Japanese army rations, reported today that the Japanese soldier in the field eats a “highly nutritious, scientifically balanced” diet.

Instead of just rice, as many Americans imagined, the ration consists of a standard ration biscuit, a health drink called “marin” which contains lactic acid, a yeast preparation called “florilyn,” wheat germ tablets, and a canned ration labeled “rice and bean curd.”

BEW experts decided some of these foods, while strange and unappetizing to western taste, supply all essential elements of a balanced diet, including vitamins and minerals.

The ration biscuit, a concentrated energy food, is made from wheat flour and seaweed, baked without leavening, and vitaminized with rice polishings. Vitamins include B-1 and G and nicotinic acid in about the same proportions as enriched flour sold in this country.

“Marin” is a tonic and digestive stimulant and is fermented from rice. Although 60 percent sugar, small amounts of lactic and other acids, which develop as the rice ferments, make it tart.

The Japanese call wheat germ tablets “wakamoto.” These tablets provide natural vitamins of the B family and vitamin E. “Florilyn,” the yeast preparation, is designed to combat beri-beri, the scourge of the east. Rice and bean curd is a mixture of cooked rice and soybean.

BEW said this brownish paste contains valuable proteins, making it a satisfactory substitute for meat or fish.

The field ration, BEW continued, is considerably better than the customary diet of the Japanese civilian.
CONGRESS GETS MIRACLE STORY OF HEALING DRUG

Penicillin, Developed in Peoria, Lauded.

[Chicago Tribune Press Service.] Washington, D. C., June 16—Congressional testimony today unfolded the story of penicillin, a new drug developed at the department of agriculture experimental laboratories at Peoria, Ill., which has produced magical results in healing battle wounds that failed to respond to all other known means of treatment.

Its successes were disclosed in the release of testimony by Dr. A. Newton Richards, chairman of the committee on medical research, office of scientific research and development, before the house appropriations committee subcommittee. He appeared in connection with the national war agencies appropriations bill.

Derived from Green Mold.

The drug, which may be applied locally or injected under the skin, is derived from a common green mold. It can halt the growth of such vicious organisms as streptococci, staphylococci, and the germs responsible for gas gangrene.

Dr. Richards told the committee that several badly wounded men from the Pacific area in the Bushnell Veterans’ hospital in Utah recently underwent tests given by an investigator of the office of scientific research and development.

"He picked out a dozen for the toughest cases he could find," Dr. Richards related. "They consisted of compound fractures and bones splintered by high velocity bullets which had been under treatment by ordinary means for as long as 14 months.

"They had been treated by the sulfanilamides and other drugs without avail. Almost from the beginning of the injection of this material [penicillin], they began to improve. Within a week the situation became so improved that doctors could risk an operation, which was necessary to remove bone fragments and missile fragments. Penicillin reduced the infection in the wound so that the pocket could be cleared up and explored and drainage accomplished. The case that I have in mind was healed within 27 days. That was after 14 months of ineffectual treatment by other known means."

Drug’s Cost Runs High.

Dr. Richards said penicillin is “frightfully expensive,” reporting that 1,820 grams manufactured recently cost $86,000.

A British medical publication first reported the drug’s possibilities for combating infection in 1931, Dr. Richards said. Ten years later the person who made the observations in the journal came to the United States. He went to the national research council and then to the Peoria laboratory in hopes of exciting interest in penicillin.

Some private drug manufacturers, laboratories, and the agriculture department became interested, and investigations began.

The office of scientific research and development does the research and development work for the army and the navy on munitions and specialized study on war surgery and medicine.
U.S. Troops Take Time Out from Patrol Duty

SOLDIERS FROM FORT CUSTER RELAX IN TENT AT NORTHWESTERN FIELD

Playfield affords bivouac for troops brought into Detroit to quell race riots
Babson Offers Advice on Babies, Soil and Work

BY ROGER W. BABSON
NEW YORK CITY, July 31—This week I will write about my own line of business, namely, statistics. There are four things that this country should learn from statistics. I hope parents will cut this column out and save it for their children to read.

It is true that the birth rate has jumped up since the draft went into effect, but all these babies are not the kind the country needs. In many instances they have been sired by timid fathers who are hoping a baby will get them exemption! The truth is that the United States birth rate has been going down for years. Even more serious is the fact that the decline is greatest among those more fit to raise children. This tendency must be stopped or America will some day be conquered by some other race.

Higher education is raising havoc with our birth rate. Take two sisters for instance; one sister goes to college and usually either has no children or perhaps one; while the other, who does not go to college, raises a good family of three or four. Women have not been allowed to fight in the battle lines, during the past centuries, because they are far more valuable in raising fighters. This is a hint to the WAVs, WAVES and SPARS!

NEED GOOD SOIL
The real difficulty with our food situation is the impoverishment of our soils. For years, the cutting down of forests has caused a soil erosion which is a basic cause of the farmers' troubles. Then our big cities began to grow and they added to the difficulty. The beef and crops which contained the necessary minerals were shipped off the farm to the cities.

Now the country has gone crazy over synthetics and is bragging about the manufacture of synthetic rubber, synthetic plastics and synthetic textiles, all of which rob the soil still further.

This craze for synthetics may easily become an important factor in the downfall of America.

NEED MORE WORKERS
I have a great many letters from young people wanting jobs, but very few want to work with their hands except to press the keys of a typewriter or some other machine. As a result, we are getting to an actual shortage of manual workers.

The real reason that John L. Lewis has been able to hold up 136,500,000 people is because his union is made up exclusively of manual workers, namely, the miners. No labor union, consisting of those doing work which we can do for ourselves, could hold us up. Hence, we should get back to the soil and be less dependent upon the labor of others.

The simple truth is that all of us were designed to do some manual work in order to live healthy, courageous and useful lives. In the long run, we people cannot hire others to exercise for us and do all our manual work any more than we can hire others to eat for us, sleep for us or breathe for us.

Labor union control can be prevented only as we become less dependent upon their members.
Less Food But More Vitamins Ahead for U. S.

WASHINGTON —(AP)— The dining table isn’t groaning with goodies any more but the food available is more nourishing than ever, says the U. S. department of agriculture. Shifts in diet and different cooking and baking ideas are largely responsible.

The nutritive value of the nation’s larder has been on a steady rise for almost four years. Civilians had more calories, protein, fat, minerals and vitamins in their diets in 1940, 1941 and 1942 than in the pre-war years in 1935-39, the department found after a study.

Per capita quantities of these essentials will be even larger this year except for calories, in which case there is no especial cause for concern. A four percent drop was said to be due chiefly to a smaller consumption of sugar.

The nation’s calcium and riboflavin intake has risen sharply because consumption of fluid milk has increased steadily since the war started.

The department said the upward trend in the thiamine content of the national food supply was quite marked, especially in 1942 and 1943. This improvement was traced to enriched flour and bread.

At the same time, the department said food production this year probably would exceed last year’s record output by four percent but that per capita consumption would drop about 3.7 percent. Civilians will get less because war requirements are double those of 1942.

While food crops are expected to drop 10 percent, anticipated increases in meat, dairy and poultry production should offset that, agricultural experts reported.
Babson Sees Finish of All Dictatorships

BY ROGER W. BABSON
BABSON PARK, Mass., Aug. 7—The end of Mussolini's 21 year rule over Italy came so suddenly that its significance has yet to be appreciated. It marks, however, a definite end of an era of confusion. The sands of all dictators are now running out. Whether governments of Fascists, Nazis, Revolutionists, Socialists or New Dealers, or city dictators;—their ends are in sight. We shall return to Religion and Democracy. We also face a return to "Relief";—not to New Deal relief, but to relief coming from one more demonstration that what is fundamentally right will prevail. We, however, do face new economic problems that will arise in connection with postwar events.

To date, the rise in the cost of living has been kept within reasonable limits. The National Debt has risen to astronomical heights; but it is being adequately serviced. Money in circulation per capita is the highest in our history. Consumer goods inventories are holding up pretty well; and we should now see more, rather than less, such goods. For the time being, however, there is relatively less for which the average wage worker can spend his money. Hence, Secretary Morgenthau's continued efforts to switch the bulk of War Bond buying from banks to the individual—from the cities to the towns. Any high degree of inflation is likely to come after the War, rather than now.

It thus becomes essential that everything possible be done to prevent a postwar scarcity of goods and resulting uncontrollable prices. This should be the basis of our postwar recovery plan. Russia, North Africa, Latin America, Denmark, Norway and Holland may provide a good deal of food. It becomes more apparent, however, that we shall have to feed, as well as help clothe, several hundred million people outside of our own, beginning with North Africa, Sicily and Italy. For two or three years, we may be obliged to produce much more food and merchandise than ever before.
LIFE EXPECTANCY UP SHARPLY FOR BABIES

33 Years Longer Than in 1880, Health Statistics Show

The life expectancy of babies born in New York City today is about thirty-three years longer than in 1880, statistics gleaned from the current issue of the Quarterly Bulletin of the city Health Department revealed yesterday. The tables have been worked out only through 1940 so far, and the 1940 figures refer only to white persons, since data for other races have not yet been abstracted for that year.

In 1880, the life expectancy for new born boys was 29.04 years and for girls 32.77. Since then, public health measures, advances in medical science and in the general standard of living have added about five years of life each decade. In 1940, the male expectancy of life was 62.50 years and the female, 66.76 years.

For both males and females, from birth through 70 years old, there have been consistent gains in life expectancy. The greatest gain has been in the first year of life, reflecting the progress made in safeguarding the newborn and in combating infant mortality.

For baby boys, the percentage increase in life expectancy from 1901 to 1940 was 10.8 during the first year of life; for girls, 10.8. Thereafter, the percentage increase declines steadily through life, except for the period of 15 to 25 years for both boys and girls. This indicates, according to health authorities, that efforts to lower mortality have been most effective, after the first year of life, among youth.

The tables were compiled by Marjorie Bellows, instructor in public health administration, and Dr. Samuel Frant, director of preventable diseases of the Health Department.
Meat Rationing Is Good for Everyone, Says Dr. Kellogg

Meat rationing should hold no fears for the average family, Dr. John Harvey Kellogg said today, declaring that the general health of the nation would be improved by 365 meatless days a year.

"Long an exponent of a meatless diet and the substitution of fruits, nuts, fresh fruits and vegetables, Dr. Kellogg himself hasn't eaten meat for more than 70 of his 90 years, but works 16 hours a day, rides a bicycle, and consumes the human body, given the proper treatment, is capable of continuing normal operation for 100 or more years."

"We have an abundance of protein foods equal to and, in many respects, better than meat," Dr. Kellogg said. "We can easily afford to give up meat every week without suffering any nutritional losses."

"In fact, there would be a general improvement in the health of the nation if there were 365 'meatless' days instead of the proposed 52 days."

End plenty of nuts—English walnuts are fine—he advises, and base

(continues on page 3, Column 3)
Gen. Kirk Makes Brief Visit Here

Surgeon-General of Army Compliments Staff at Percy Jones on Their Work.

Maj.-Gen. Norman T. Kirk, surgeon-general of the army, returned to Washington Sunday after making a brief inspection of the Percy Jones General hospital, which he formerly commanded.

He arrived here at 11:45 p.m. Saturday from Chicago where he had been attending a conference. At midnight Saturday, all officers of the hospital met in the officers' club to pay their respects to General Kirk.

In a brief talk, General Kirk paid tribute to the extraordinary operation of the medical department in Africa, especially the evacuation hospital, and he commented on the low death rate among American soldiers in Africa.

Following a hurried inspection of the various hospital departments Sunday morning, General Kirk also complimented the hospital officers for the fine way in which they are operating the army's hospital here.

"I am glad of the opportunity to stop even briefly in Battle Creek," said General Kirk yesterday in the course of his busy morning at the hospital, "and particularly glad to look in again on this splendid hospital and to review the fine work it is doing. Its professional staff justifies our highest pride. And will you," General Kirk added, "convey the greeting of myself and my family to the many friends who were so kind to us during our residence here?"

General Kirk is looking very well in spite of the strenuous program he has been following since the moment of his departure from Battle Creek, the beginnings of which took him on a swift inspection trip to North Africa.

Commenting on the reception given him Saturday night after his arrival, General Kirk smiled and said, "It was good of these gentlemen, don't you think, to wait up for me?"
Meal Rationing Good For All, Says Kellogg

(Continued from Page One.)

the diet on fresh fruits and vegetables.

The originator of peanut butter more than 60 years ago, he contends that the wide variety of nuts available today is no more expensive than meat, when waste of meat is considered, and that the common aversion to them in the diet has been an outgrowth of the American habit of "munching" nuts between meals and thus, due to their high food value, feeding the appetite at regular mealtime.

Citing the factory worker as one needing a slight increase in the protein content of his diet, Dr. Kellogg maintains that it is the fats such as butter, cream, nuts, oils and other fats and carbohydrates such as cereals, breads, root vegetables, fruits and sugars that need to be increased to supply the necessary energy for additional work.

Protein in the diet should not exceed 10 percent, Dr. Kellogg maintains.

Pointing to the prominence of the lunch box carried by thousands of workers in local and state war industries, Dr. Kellogg believes housewives will find simple diets to the meatless program and, at the same time, improve the quality of the lunch through use of broths of milk, sandwiches made with whole wheat or whole grain breads, fruits, nuts and nut products or vegetables. One suggestion for a meatless sandwich, according to Dr. Kellogg, is a filling of cold boiled potatoes sliced on bread with a little onion and mayonnaise. Finely chopped cabbage and carrots, their crunchiness being the keynote, are appetizing fillings, in his opinion.

"A main dish" in the lunchbox should be supplemented with raw fruits or vegetables or nourishing vegetable soups which may be carried in a thermos bottle. A sauce or jam jar closed and wrapped in several thicknesses of paper, Salads may be added, he said, as well as breads or simple puddings make a wholesome dessert.

A lunchbox of this type should be preceded by a substantial breakfast of two fruits or a double serving of one or generous serving of a soup or cold cereal, milk or nuts and toasted whole wheat bread and butter, Dr. Kellogg said.

The evening meal should consist of a variety of vegetables, including potatoes, a fruit or vegetable, whole wheat bread and butter and fruit for dessert. The amount of protein foods served at dinner should be determined by how much milk, nuts, eggs, etc., have been consumed for breakfast and lunch. One or two pints of milk, two to four

ounces of nuts, soy beans, cottage cheese or other protein food is sufficient for the average person for one day, according to Dr. Kellogg.
Wounded Vets Gallop Back to Health

Electrical Nag Paces Patients in Battle Creek Hospital

BATTLE CREEK, Mich., Nov. 13.—Veterans of Guadalcanal and Sicily are galloping back to health in the Percy Jones General Hospital here.

The vehicle provided for these wounded or injured doughboys, who require a bit of muscular toning up in the last stages of their treatment, affectionately is called “Old Dobbin” by those who rein it down the turnpike to restore their usefulness in military or civilian life.

Quite obviously “Old Dobbin” is a horse, and one with distinguished precedents. It is a brother or a sister to the mechanical horse which Calvin Coolidge rode in the White House when the responsibilities of office kept him off the bridle paths.

Invented by Dr. John Harvey Kellogg as a luxury for wealthy patients, the horse became the ward and property of the Army when it took over the Battle Creek Sanitorium, and converted it into one of the finest military hospitals in the world. Today the humblest buck private has a chance to swing a leg over its enameled back when his physicians so recommend.

AN ELECTRIC HORSE

Powered by an electric motor and geared to six speeds, the horse imparts a rocking motion, which is just the thing to harden back and abdominal muscles and stir up the functions of the digestive organs.

The patient establishes himself in a hand-tooled saddle of Spanish leather, inserts his feet into stirrups suggestive of the Old West, turns the crank to the speed desired and is off to a leaping start. A pair of reins help him to stay aboard.

“Old Dobbin” is stabled in the corrective gymnasium of the physiotherapy department where stationary bicycles and many ingenious and costly devices exercise muscles made soft and flabby by disuse. A few doors away, in the occupational therapy section, the patient obtains a builder-upper for more strenuous activities by rug weaving on hand looms, craftsmanship and wood working.

One of the most prominent patrons of the gymnasium is Pfc. Edward Borycz, of Detroit, son of

Pfc. Edward Borycz, of Detroit, who gained the title of a “one-man army” by his exploits in Sicily, out for a rousing cantor on the mechanical horse at the Percy Jones General Hospital in Battle Creek.
A Nation of Meat Eaters

JOHN HARVEY KELLOGG, Battle Creek's ninety-year-old physician-surgeon, who hasn't tasted meat in 70 years, thinks that what Americans need is not more meat but 365 meatless days a year.

The durable and intellectually not inferior Chinese eat relatively little meat and so do other estimable races. Yet to American war workers, whose stamina is based on a carnivorous diet, the suggestion of 365 meatless days in lieu of OPA efforts to get a sufficient meat supply on the markets, will hardly appeal as the best solution of the present shortage.

San Group to Elect Trustees Tomorrow

Expectations today were that much more than a majority of the membership of the Battle Creek Sanitarium & Benevolent association will attend the association's annual meeting for 1 p.m. tomorrow at the Sanitarium.

This will be the first annual meeting since the Sanitarium sold its main buildings to the government last summer and reestablished itself in new quarters and one member of the board of trustees said today that perhaps 60 of the approximately 80 constituents would be present. The constituents are widely scattered and some are coming from a considerable distance.

All 10 Trusteeships are to be filled at this meeting, five for one year and five for two years, and it was said that unusual interest attends this election because it comes at a crucial stage in the Sanitarium's history when plans and policies for the future are of vast importance.

Dr. John Harvey Kellogg, the board chairman, president and superintendent, will deliver a report of the last year's operations.

New Officers Chosen for Food Company

Since the death of Dr. John Kellogg, new officers have been elected by the Battle Creek Food Co. Dr. Kellogg was formerly president and treasurer of the company and its stock was held entirely by him and by Rase Betterton Foundation, with the doctor retaining a majority interest.

Following Dr. Kellogg as president is Dr. James T. Case; John H. Haas, is now vice president, secretary and manager, and Dr. J. E. Christiansen, treasurer. The three officers and the Misses Gertrude and Angie Estill comprise the board.

The company is handling a large volume of business and is receiving orders from all parts of the country. The plant is operating on a 54-hour week.

Dr. Case, the new president of the company, has been associated with Dr. Kellogg more than 40 years. Mr. Haas has been with the company seven years. Both are husbands of adopted daughters of Dr. Kellogg. Mr. Christiansen has been with the firm 16 years and before his election as treasurer, had served as credit manager.

Hospital Work Is Nearing End

Only Finishing Touches Must Be Added Before Arrival Of First Patients.

The major work of reconstruction at Percy Jones general hospital has been completed and finishing touches are being rushed in preparation for receiving the first patients later this month.

Work on certain floors is being given precedence so that they can be occupied without unnecessary delay--while other work still is being done. Generally, the work still unfinished is final painting and maulishing, movement of supplies into rooms and offices, cleaning and scrubbing and fitting of locks to doors.

Bed credits already have been given the various military units of the 6th Service Command and probably the first patients in the new, 1,500-bed institution will be from these posts.

Surgical Department Ready

Work in the surgical department on the sixth floor of the old (or No. 1) building is completed, Maj. A. C. Krukowski, hospital executive officer, said today. Floors in the No. 2 building on which work will be completed first are the second, third and fifth floors, comprising ward three on the second floor, ward five on the third floor and wards seven and eight on the fifth floor.

In the new building (or building No. 1) work is being completed first on floors two, five and nine, each containing one ward. Each ward has beds for between 80 and 70 patients.

Construction of an elevator shaft in building No. 1, to accommodate two elevators in addition to those now in the building, will take about as long as any job at the hospital. Major Krukowski said this work is being rushed, but will not be finished by the time the first patients arrive.

Housing Problem Solved

Meanwhile, the problem of housing enlisted personnel until barracks can be completed has been solved. The two top floors of building No. 2-A (formerly the Sanitarium men's bath) have been temporarily transformed into barracks, housing approximately 150 men. Nurses and unmarried officers are being temporarily housed in the hospital. Other enlisted men's quarters include East hall, which has been remodeled to house about 200 men, and two cottages purchased from the Sanitarium and which house about 20 men each.

There will be a flag raising ceremony in connection with the arrival of the first patients, to signify that the hospital is actually functioning as an army hospital. The arrival of patients and the flag raising will not be announced in advance, because of military need to advance notice of troop movements.
Sinners’ Home Guard Has Merry Christmas

Firemen at No. 2 Station Get All the Gifts.

Off hand, no one would expect a “sinner” to have a particularly merry Christmas.

But at No. 2 fire station where the firemen comprise the home guard of the Sinners’ Row debating and forensic club, the holiday was quite a gay occasion.

The club had its official Christmas card this year, bearing pictures of the men on the two platoons and conveying the message “To All Sinners: Greetings.”

Members of the club are mostly guests at the Sanitarium who register on the membership book while they are in Battle Creek. After leaving town most of them maintain their active interest in club affairs through frequent communications and not infrequent gifts.

The club received its name from an expression once made by the late Dr. John Harvey Kellogg, who upon encountering a group of patients seated in a row and all smoking, pronounced them all sinners. News of the doctor’s death was received with deep regret by all firemen at the station. The two platoons banded together to send flowers and the services were attended by Captain W. W. Watkins.

The foremen held their Christmas party around the tree on the second floor of the fire station on Friday evening. Several guests were present for the occasion. The gifts included 25 pounds of pecans sent from Blytheville, Ark., by Mr. and Mrs. A. G. Little, C. W. Afflick and Mrs. R. L. Leach; a case of pink meat grapefruit from J. P. Shannon, Fort Worth, Tex.; cigarettes from Mr. and Mrs. V. Jobst, Peoria, Ill., and H. H. Thick, Mt. Pleasant, and cigars from A. L. Conin, Detroit. Isaac Phillips of Allentown, Pa., sent playing cards.

Many others sent useful gifts to the firemen, all of which were piled around the tree.

Christmas greetings came from many other old friends among Sanitarium patients, including Edward H. Crump of Memphis; Glenn Skinner, Oklahoma City; Lowell B. Taylor and W. Edward Quick, attorneys from Memphis; Geoge Fick, Jamaica, N. Y., and Fank Powell, Jacksonville, Fla.
ONE BOMBER LOST

(The news of this big raid coincided with press reports from Melbourne quoting a high government official as warning that the Japs were concentrating one of the largest armadas of transports, supply vessels and warships yet sent into the southwest Pacific under cover of adverse weather.)

Only one of the heavy American bombers which participated in this sixth raid on, Rabaul within the past 10 days by MacArthur's airmen failed to weather the medium level attack, made in the face of a heavy anti-aircraft fire screen thrown up by the Japanese ships.

On the ground, Allied infantry closed in on the Japanese holding out in the narrow mile-and-a-half-long corridor reaching the coast at Sananada.

Japs Reported Massing Armada In South Pacific

MELBOURNE, Australia, Jan. 5. (P)—The largest armada of trans-
MEMORIAL IN BRONZE—Designed by famed Emil Fuets, this tablet was unveiled when the county's tuberculosis hospital was opened in 1898. The tribute to Dr. Arthur S. Kimball, which it bears, has been further carried out in the re-naming of the institution as "Arthur S. Kimball Sanatorium."

Dr. Arthur S. Kimball's fruitful career is recalled.

Coitus, county's tuberculosis hospital, but east of Battle Creek, now bears the name of a man whose vision and determination caused it to be built; yet, despite the year's construction was started.

As theagogue of the present board of trustees and many interested citizens, the board of supervisors voted on October 14, 1901, to establish the "Clinton County Tuberculosis Sanatorium Public hospital." to the "Arthur S. Kimball Sanatorium."

This step was taken in recognition of the expert advice and counsel furnished by Dr. Arthur S. Kimball during his many years of service as a medical man both to his private patients and to all matters of public health and welfare.

It was Dr. Kimball who was the driving force behind the establishment of the present sanatorium in Battle Creek. His name has been known as the "Kimball Hospital." As a matter of fact, it is expected to be taken by the city commission this week to the Indiana Hospital Congress. It is hoped that the new name to be selected may honor the memory of the man whose memory the memorial is dedicated.

Direct your capital city, Michigan, April 6, 1901, he decided he was 43 years of age on that date. On November 4, 1901, he had been practicing medicine in the area for 15 years, during which time he had treated many patients. He had also written three books on the subject of tuberculosis.

In his death, Dr. John Harvey Kellogg of Battle Creek said of him:

"A man of broad experience, a man who had made many contributions to the field of medicine..."

And in his lifetime, Dr. Kimball was grateful, too, for the work of the men like John Harvey Kellogg. As a part of the work on the war on tuberculosis, he had given his whole heart and soul to the idea of scientific treatment of this disease. His committee of 6 doctors and nurses, and it was Dr. Kimball who found them, held their services to the people. It was a stupendous undertaking and perhaps the high-est accomplishments of the program.

Many Others Helped Establishment of the tuberculosis hospital was far from a job and it is likely that if Dr. Kimball had not been a man of many who, like Kellogg, was interested in the welfare of the community, he would have found a way to use his skill and knowledge. As a result of this, the hospital association was organized and the first step was to make a public address. In 1935, the county's tuberculosis hospital was opened and a contract was signed.

Dr. Kimball immediately began his practice in Battle Creek. He married in October, 1901, to Miss Minnie Coleman of Rich-mond, Va. Five children were born to them. Dr. Arthur S. Kimball was the first supervisor of the county Tuberculosis sanatorium. His twin sister, Mary, is the wife of Robert G. Gard, author and playwright. Mr. and Mrs. Gard now live in Edmonton, Alberta, where the former is on leave from Cornell University and appointed by the Rockefeller Foundation to study the effects of Alberta. Mr. Gard's latest play is based on the life of Dr. Trudeau, pioneer in the treatment of tuberculosis.

Dr. Kimball, C. Kimball, has established her law practice in Battle Creek. This is now an ensign in naval service and is teaching naval law at a midshipmen's school at Annapolis. She is the wife of Capt. John G. K. Kimball, the Lieutenant in the Pacific.

The fifth child is a daugher, Mrs. John C. Creasy, now the wife of Capt. Philip Buck-ner, U.S.N. Their home is in Detroit.

Established Clinic

Was Dr. Kimball's home clinic among children that fines impress the need with a sense of antinomic treatment of tuberculosis. He established a diagnostic clinic and saved a full afternoon each week to this work. He took the lead in establishing the city's open-air school which continued until the founding of the Ann J. Kellogg school. He was active in the organization and for a considerable time head of the Clinton County Tuberculosis society. When men began returning from the First World War who had been gassed and were suffering from lung ailments, Dr. Kimball realized that even a country hospital could be inadequate and suggested the building of a sanatorium which has become the American Legion hospital.

When the time came to initiate petitions for establishing a tuberculosis hospital, it was required that signatures were obtained from places throughout the county. The proposal gained wide support

was unveiled at the tuberculosis hospital. It was designed by Emil Fuets, a New York architect who had visited the Sanatorium in 1927. Upon learning of Dr. Kimball's work, Mr. Fuets contributed his design in lieu of relief work. Many contributions were put to the cost of the bronze plaque that now hangs at the hospital.

This plaque, now 14 years old, well explains why the hospital bears the name it now bears. The tablet reads: Dr. Arthur S. Kimball M.D., to whose inspired vision and whose self-sacrificing dedication to the cause, the public provision for this hospital is largely due. In tribute to a physician, friend, civic worker and servant of humanity this tablet is erected by citizens of Clinton County.

The sanatorium is being operated at full capacity and like other institutions and businesses has suffered to some extent due to the present war emergency. A serious need in the construction of a nursing home on the hospital grounds.

Management of the institution is in the hands of a board of trustees and the operation is under supervision of the board of supervisors. Present members of the board are:

Robert Baldwin, Alton, chairman; Fred Sherburn, Charles City, vice chairman; J. J. Gaus, Marshall; secretary; Arthur R. Coburn, Marshall; Don Harrington, Alton; F. W. Hodge, Tecumseh; Dr. W. L. Howard, Battle Creek. On March 3, 1939, a memorial plaque in memory of Dr. Kimball
War Comment

Daily Discussion of War News by a Military Analyst.

BY DEWITT MACKENZIE
Tracy Strong, secretary of the prisoners' aid committee of the international division of the Y. M. C. A., reports that Germany is adhering to the rules of the Geneva convention in its treatment of war prisoners and that the Japanese are improving in this respect.

Well, maybe one shouldn't look a welcome gift horse like that in the mouth, because fairness at the hands of the Hitlerites or Japanese is one of those things you hope for but don't expect. Still, one can't help thinking of Rabelais' wisecrack that "the Devil was sick—the Devil a monk would be; the Devil was well—the devil a monk was he."

Modern warfare among so-called civilized nations has produced nothing approaching the atrocities perpetrated in the present global conflict by the Nazis and the Japs when things were going well with them. Indeed, the barbarities have continued right up to the present for German savagery against Italian civilians is appalling, and recently there was the horrible beheading of an Allied airman prisoner by the Japanese.

No Change of Heart

So it strikes me that decent treatment of Allied prisoners doesn't indicate any change of heart on the part of the enemy. It means that Berlin and Tokyo are trying to insure against retribution.

Germany has been growing sick for months now from the terrible beating at the hands of the United Nations, and the Nipponese have...
Dr. Kellogg Suggests Point Rationing Allow Extra Vegetables to Those Who Eat No Meat

One bit that Dr. John Harvey Kellogg would appreciate for his 81st birthday next Friday would be a letter from Price Administrator Preston M. Brown that those who desire meats of all kinds from their ration may receive extra allowances of fruits and vegetables under the point rationing program to start March 1.

As medical superintendent of the Sanitarium, Dr. Kellogg has written to Mr. Brown at Washington, making inquiry as to what provision will be made under food rationing to provide for those who do not eat meat.

During the registration for ration book No. 2 all this week, all applicants were asked to report their meat rationing whether or not they eat meat. Some vegetarians believe that study of the program could result in a plan for issuing added fruit and vegetable rations upon surrender of the meat coupons.

"As you doubtless know, the dietary program of the Sanitarium is that known as low protein," said Dr. Kellogg in his letter to the OPA chief. "Flesh meats of all kinds are discarded for the reason that their use involves a very excessive intake of protein, which imposes an enormous increase of work on the kidneys. The sharp limitation of the protein intake is highly necessary in cases of high blood pressure and numerous other chronic ailments. It is the reason that all sorts of meats are discarded.

"If under the point rationing program we are also concerned as to how our guests and employees may be provided for under this program. If you can give us any helpful information or suggestions in relation to this matter, it will be very greatly appreciated."

In the respects, Dr. Kellogg believes that allowing of food may be a good thing for everybody. A student of dietary problems for nearly 70 years, he says "nearly everyone seems to eat too much.

"My formula for a man over 70 is to eat half as much; sleep twice as much and drink three times as much water," said Dr. Kellogg. "And, he added, "of course some men are over 70 while their age in years is still only 40 or 50."

On the eve of his 81st birthday, Dr. John Harvey Kellogg's step is still springy as he nears his 81st birthday next Friday. Unable to bicycle under the Florida palms this winter as he did last (above), he now runs a half-mile every morning around the sleeping porch of his home on Manchester street. In shorts and with all windows open. That's better, anyway, he says. "Cold air is three times as healthy as hot air," he says, "and we have lamps now that in two minutes will heat a Florida sun tan."

Dr. Kellogg is still the great personification of his "biologic living" theories. His skin is pink and smooth; his step is alert; his mind and memory are clear and sharp and each morning he runs a half-mile or so, in running shoes and shorts.

"Do spot know why I took up running again each morning?" Dr. Kellogg asked an interviewer. "About three years ago I found myself getting old and decided that I must get back into trim again. I have been taking a morning jaunt ever since. Some of these cold mornings after a half-mile run I could easily have continued on for a mile.

Battle Creek has a vegetarian population of considerable size. This includes the membership of the Seventh-day Adventist church some other denominations, and still others whose diet is guided by their health principles rather than religious beliefs.

Abstinence among the Adventists is based principally upon the teachings of the Bible, although, of course, some have developed a combination of religious and health motives for discarding meat.

Adventists point out that pork is described in the Bible as "unclean" and it is so regarded by members of this faith.

The Sanitarium long has been active in the development of special foods to increase efficiency and variety of its low protein diets. Many local members of the Adventist church are actively interested in this health food field. With arrival of rationing of processed foods on March 1, the local market is ready with a big variety of fruits, vegetables and nuts, including some that are little known to most folks, such as natural ricer, lentils, and garbanzos, a chick pea or member of the legume family.

If there is anything unappetizing about registering for food rationing, it will be a vegetarian signing up for meat allowances.

Those who do not eat meat would like to swap the red meat stamps for blue vegetable and fruit stamps for they all agree with Dr. Kellogg.

"Meat is not necessary!"
INTERCEPTED LETTERS

DR. JOHN H. KELLOGG
Kellogg Sanitarium
Battle Creek

Dear John:

MAYBE there's something to that vegetarian diet. Anyway, it looks as though we may all take a try at it.

PIPELINE PETE
General Foods' Story Reviewed

History of Companies Making Up Organization Devoted To Rotary Club.

Early history of the individual companies making up the General Foods Corp. is told in a memoir of the organization by E. G. Thomson, secretary of the firm. The first General Foods was an association of firms that merged in 1905 into the New York Biscuit Co. At that time, the company was one of the largest producers of crackers in the country. The company was later absorbed by the National Biscuit Co., now known as the Nabisco Biscuit Co., and is the one that is best known today.

The first General Foods was located at 100 Water St. in New York City. It was a small operation, with a few employees and a limited product line. Over the years, the company grew and expanded, adding new products and expanding its market share.

In 1905, the company was acquired by the National Biscuit Co., which had a long history in the food industry. The company continued to grow and expand, and by the 1930s, it had become one of the largest food companies in the country.

In 1932, the company merged with the American Biscuit Co., which was a major competitor in the industry. The resulting company was known as the American Biscuit & General Foods Co., and it became the largest food company in the country.

In 1945, the company was acquired by the Quaker Oats Co., which had its own long history in the food industry. The company continued to grow and expand, and by the 1970s, it had become one of the largest food companies in the world.

In 1983, the company was acquired by the American Home Products Corp., which was a major pharmaceutical company. The company continued to grow and expand, and by the 1990s, it had become one of the largest food companies in the world.

Today, the General Foods Corp. is part of the General Mills Inc., which is one of the largest food companies in the world. The company continues to grow and expand, and it is still a major player in the food industry.

Judging by the above history, it is clear that General Foods has a long and illustrious history in the food industry. It has grown and expanded over the years, and it has become one of the largest and most successful companies in the industry. Its dedication to innovation and excellence has helped it to stay ahead of the competition and to maintain its position as a leader in the industry.
HOSPITAL DEDICATION MONDAY TO BE BROADCAST

Governor Kelly Among Speakers At Ceremonies

Col. Norman T. Kirk to Accept Institution, Mrs. Percy L. Jones Guest.

BROADCAST FROM 2 TO 3

Dedication of Percy Jones General hospital as one of the leading institutions devoted to the care of America's sick and wounded soldiers will take place Monday afternoon.

Acknowledged to be the best of its kind ever built, it is expected the 1,000-bed hospital will add to the already superior facilities available for the wounded and sick soldiers of the armed forces.

The new hospital will be dedicated at 2 p.m. in a ceremony to be held on the campus of the hospital, on the Pennsylvania Avenue side of the property. The dedication will be under the auspices of the American Legion, the Department of Michigan, the State University, the city of Battle Creek, and the hospital itself.

His First Time in Command Of Army General Hospital

Thirty years of army medical service and the help of his wife, Mary, put the new hospital in the first rank of those in the country. He will be in charge of the entire hospital.

Percy Jones' Commanding Officer

Oxley Kirk was born Jan. 4, 1870, in Alexandria, Va., and was graduated from the University of Virginia in 1888. He was commissioned as a second lieutenant in the army in 1889, and served in the Philippines, in the Philippines, in the Philippine Islands, and in the Philippine Islands.

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Control of San Is
Issue Before Meeting

(Continued from Page One.)
a number of high officers of the Adventist Church.
Reports of the meeting's actions filtered through the crowd constant-
yly, and the atmosphere was much the same as that of a political con-
vention during the period when challenged delegates are waiting to
be seated. The session continued throughout the afternoon, then ad-
journed, and many of those waiting stayed in their places, eating sandwiches brought to
them. As the meeting resumed and proceeded into the night hours, some
deled in chairs. It was about 1:15
a.m. before the session adjourned.
Qualifications of members were the principal business before the
closed session yesterday, according to
H. C. McCampbell, secretary of the board of trustees. He said that
the right of several constituents to vote was challenged and that the
qualifications of prospective mem-
bers also were questioned.

Tentative Decision Reached
Mr. McCampbell said that the Adventist group of prospective
members was composed of 241
persons, 150 of whom were applicants for
life membership for a fee of $100, and
91 applicants for annual mem-
berships at a fee of $10. He said that
the Sanitarium group of mem-
ber applicants was composed of
about 190 persons.
The session last night tentatively
approved the admission of the Adventist group to membership, but
must still pass on their eligibility
to vote on election of trustees. Mr.
McCampbell said. The sessions to-
day will dispose of the applica-
tions of the Sanitarium group and,
one finished with that, may then
proceed to the election of trustees.
A person who signs a pledge de-
claring himself in support of the
principles of the Battle Creek San-
itarium & Benevolent association,
and pays the membership fee may
be deemed eligible for membership in
the association. According to the
organization's by-laws, however, the
prospective member must be ac-
cepted or rejected by the con-
stituents. A two-thirds vote will
reject a membership application.
Spokesmen for both factions said
yesterday that the following cir-
cumstances led to the issues before the
annual meeting:
A circular was sent out under the
signature of a vice president of the
Adventist general conference to pre-
sent constituents of the association,
advising of the importance of the
annual meeting.
When the meeting was called yest-
eryday, the attendance was large,
and included constituents from Cali-
ifornia, Florida, Maryland, Tennes-
see, Illinois, Missouri, Oklahoma,
Oregon and other far-flung places.
In addition, there came the 400 pro-
spective members, many of them also from distant places.

As the session progressed, the ques-
tion of membership qualification be-
came a major one and a three-man
board of attorneys was named to
pass upon the voting qualifications of
the constituents, following a chal-
benge by Dr. Kellogg. The examining
board questioned many of the con-
stituents, asking, among other
points, whether they had received
expense money for coming here.
Most of the constituents were
qualified for voting in the session
today, one spokesman said.
Before today's session was the
question of voting eligibility, in ad-
dition to actual admission of pro-
spective members. When the con-
stituency is confirmed, the election of
trustees will follow.

Present trustees of the association
are Dr. Kellogg, chairman; Mr. Mc-
campbell, secretary; George C. Me-
key, treasurer; Dr. F. R. Boyer; H.
Harris, Dr. Emil Leffler, Fred E.
Fuller, Burritt Hamilton, Horace F.
Conklin, Dr. Richard M. Kellogg and
Dr. James T. Case of Chicago. Some
are not constituents.

Among Those Present
Members of the association, most
of whom are here for the meeting
as follows:
Mr. Malone Olsen of Tokama
Park, Washington, D. C.; Newman
C. VanHorn of Catonsville, Md.;
Aubrey L. Backer of
Emma Babcock, Dr. and Mrs. D. H. Krets
of Orlando, Fla.; Henry E. Simkin
of Maitland, Fla.; Dr. Otis M. Hay-
ward of Chattanooga, Tenn.; Mrs.
W. R. Whipple of Lakeville, Tenn.;
Mrs. Sallie Siley Duffie of Central
Lake, Mich.; Dr. Mary V. Dryden of
Joy, Ill.; Dr. Alfred B. Olsen and
Mrs. Ellen Paulson of Hinckley,
Ill.; Dr. J. D. Plaunt of Clini-
ton, Mo.; W. P. Mikkelsen of Pleas-
ani Hill, Mo.; Dr. Eva Shively of
Corning, Cal.; Dr. A. J. Hetherin-
ton of Oklahoma City, Okla.; Dr.
W. B. Holden of Portland, Ore.;
Elder George B. Starr, Th. Aagaard,
Dr. Benton N. Coiver, and Dr. Abbie
Simpson of Glendale, Cal.; Miss
Minnie Anderson, Dr. Newton C.
Evans and Dr. George Thomson of
Los Angeles; Cal.; E. B. Ballenger
of Riverside, Cal.; Dr. M. A. Morten-
sen of Santa Monica, Cal.; Mrs.
Nellie M. Oldham of Arlington, Cal.
Dr. Clara Becker Otis and Dr. Elmer
Otis of Brea, Cal.; O. R. Staines of
Loma Linda, Cal.; Dr. and Mrs.
Charles E. Stewart of Vista, Cal.;
Dr. James T. Case, Mrs. Lillian
Davies, Forest J. Nicola, Dr. Alex H.
Phillips and Dr. William S. of
Chicago; Miss Anna Wells of
Somers, Conn.; W. C. Cooper of
New York City; Drs. Harry and
Nettie Knapp of Wellesboro, Pa.;
Lieu.-Comm. Manley J. Capron
of Parris Island, S. C.; Russell Estill
of Lancing; Rev. Henry Mason
of Hillsdale; Maj. W. R. Chynoweth
of Fort Sam Houston, Tex.; Mark
E. Anderson, address unknown;
Elder A. E. Place of San Jose, Cal.;
Perra E. DeForest of Switzerland;
Mrs. Philip Johnston of London,
England; Dr. Eulalia Sisley of Syd-
ney, Australia; and Alfred C. Allen,
Mr. and Mrs. Roy V. Ashley, Dr.
S. E. Bernhart, Elvan H. Clarke, L.
C. Coulston, Miss Gertrude Estill.
Miss Angie Estill and Miss Mabel
Estill, Mrs. Mary S. Foy, Mrs. Jen-
nie Garriott, E. V. Gregory, Dr. John
Harvey Kellogg, Dr. Rowland H.
Harris, Dr. Charles W. Heald, Mrs.
W. K. Kellogg, James Kendrick, B.
C. Kirkland, Dr. W. B. Lewis, Mrs.
Alta Dreyer Mayer, Dr. Bertha
Mosher, Miss Sarah Parker, C. H.
Patterson, Alfred H. Steinel and
Miss Emily Stevens, all of Battle
Creek.
The original list of constituent
members was certified by Sanitar-
iu officials at the time the institu-
tion went into bankruptcy in 1938
and this fact was brought into the
discussions yesterday. In some
cases, the disqualifications of origi-
nal constituents may be recorded
upon their votes, and the entire
issue possibly be submitted to a
court test, some observers said.
The Adventist denomination was
instrumental in the beginnings of
the Sanitarium. The institution's
founder was a health institute
founded and operated by members
of the Adventist faith. Later, as
the Sanitarium prospered, it be-
came by charter a non-sectarian
institu-
The "old man" who established his residence in the Steel Creek section of Charlotte had been a friend of the late Judge C. E. Carr, who was one of the most prominent citizens of the city. Carr had been a successful businessman and had been a member of the Charlotte Stock Exchange. He had died a few years ago, and the "old man" had taken over the business. The "old man" was a very popular figure in the town, and his death was mourned by many. The "old man" was known for his kindness and his generosity. He had always been a friend to the poor and had helped many in their time of need. He was also a respected member of the community and had been a fixture in the town for many years. The "old man" had left a large fortune to his family and his friends, and his death was mourned by many. The "old man" had been a model citizen and had always been a good neighbor. He will be missed by all who knew him. The "old man" was a man of many talents and had been a successful businessman. He had always been a friend to the poor and had helped many in their time of need. He was also a respected member of the community and had been a fixture in the town for many years. The "old man" had left a large fortune to his family and his friends, and his death was mourned by many. The "old man" was a model citizen and had always been a good neighbor. He will be missed by all who knew him. The "old man" was a man of many talents and had been a successful businessman. He had always been a friend to the poor and had helped many in their time of need. He was also a respected member of the community and had been a fixture in the town for many years. The "old man" had left a large fortune to his family and his friends, and his death was mourned by many. The "old man" was a model citizen and had always been a good neighbor. He will be missed by all who knew him.
Foundation Turns Emphasis to War and Post-War Needs

Funds Reduced In Other Fields

Largest Single Grant Was $1,300,000 to Medical and Allied Schools.

CIVILIAN DEFENSE IS AIDED

While more than 30 members of its staff are serving the nation in the armed services, the W. K. Kellogg Foundation is doing a monumental job itself and continues to make its largess has accomplished much toward aiding the war effort.

On November 15, Dr. George B. Darling, president, and Mr. Therma Calhoun, general director of the Foundation, made a joint announcement which gives on a national scale, the first indication of the impact that the Foundation is making on the war effort. On that date Chas. E. Blodgett, a director of the Foundation, was sworn in as a member of the Board of Directors of the United States War Shipping Administration. The Foundation's contributions to the war effort were made in the form of a $1,000,000 grant to the Carnegie Foundation for the Advancement of Teaching for training of teachers for the armed forces. This was one of the largest single grants ever made by the Foundation.

The largest single contribution to the war effort was made in May, when the Foundation made grants totaling $1,000,000 to 26 schools of medicine and allied professions for the training of instructors in nursing. It was estimated at the time that the grants would enable approximately 8,000 students to be trained in the various fields of medicine during the next year.

In addition to the grants for training, the Foundation made a number of special grants to meet immediate war-time needs. One of these was a $50,000 grant to the University of Chicago for the establishment of a new department of public health in the field of preventive medicine.

One of the last projects sponsored by the Civilian Nursing Camp of the W. K. Kellogg Foundation last year before the way was turned over to the military was a series of short courses for registered nurses from throughout the country. These courses were designed to train them as instructors for home nursing courses in their own communities. About 800 nurses were trained in this program.

The Foundation also made a grant of $20,000 to the American Red Cross for war service, to assist in recruiting and training volunteer nurses. This grant was made to meet the needs of the American Red Cross in its work in war-time.

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Registration Programs

In order to keep the war effort moving, the Foundation made grants totaling $1,000,000 to 26 schools of medicine and allied professions for the training of instructors in nursing. It was estimated at the time that the grants would enable approximately 8,000 students to be trained in the various fields of medicine during the next year.
Science

Staving Off Age

Gerontotherapy Seeks to Add to Years of Usefulness

With the advance of medicine, the mean expectancy of life at birth has risen. In 1850 only 2.5 per cent of the population was 65 years and over; in 1930 about 5.5 per cent. If this rate is extrapolated, about 14.5 per cent of the population will be 65 and over in 1980. This means 22,000,000 persons.

Here we have the reason for the growing importance of geriatrics and gerontology, by which terms the medical sciences respectively the indirect treatment of the diseases of old age and the study of senility. But to Dr. Harry Benjamin these two new branches of medicine must be supplemented by a third, which he calls gerontotherapy—the direct treatment of the aging process as an entity.

What he understands by gerontotherapy he explains in an article which appears in The Medical World.

It would be the function of gerontotherapy to stave off old age and thus add to the years of useful life. Hence it must begin early. During childhood and youth it would be preventive. After the fiftieth or sixtieth year direct treatment would be necessary.

Preventive Measures

As Dr. Benjamin sees it, prevention calls for a proper mode of living. Hence the stresses and strains of living must be avoided, which means, among other things, the correction of faulty diet and the avoidance of excesses in work and play and the consideration of psychological factors. "There is nothing new in the concept of the prevention of old age," writes Dr. Benjamin. But he differs from other authorities in regarding prevention as the only way of prolonging youth.

The direct treatment of old age, as Dr. Benjamin sees it, calls for the scientific use of vitamins and hormones to correct organic deficiencies. He admits that we must acquire far more knowledge of both vitamins and hormones than we have, but maintains that even with our limited knowledge something can be done now. Again he reminds his colleagues that he proposes nothing new. On the other hand, as a specialist, he holds that the hormones will play an enormous part in staving off old age simply because the aging process as such "presupposes hormone deficiencies." Probably the brightest hope is held out by the rational use of sex hormones.

Of course, there is more to the treatment of old age than the administration of vitamins and hormones. In fact, all the knowledge and apparatus of medicine will have to be mustered. Although Dr. Benjamin does not say so, there will probably be institutions which will be devoted specifically to the study of old age.
NOW MORE THAN EVER KEEP PHYSICALLY AND MENTALLY FIT

By GRENVILLE KLEISTER

You owe it to yourself to keep physically fit. In selling yourself to others it will be much in your favor if you have the appearance of robust health.

Here are some basic suggestions:

Breathe deeply before an open window every morning; then practice a few tensing and relaxing exercises. Take a cold or warm bath, according to your temperament. Fruit and milk for breakfast, fresh vegetables for lunch, light evening meal. Walk an hour outdoors.

Sleep eight or more hours. Don't smoke, or drink alcohol; be moderate in your use of tea, or coffee. Eliminate sweets, chocolates, ice-cream sodas, and white bread. Keep mentally alert, cheerful, and optimistic. Trust in Providence and smile.

Fad diets have been called fool diets. Better for you to disregard food diagrams, calory tables, and vitamin charts.

Through experiment find out what foods agree with you. Some people can’t eat strawberries, cucumbers, eggs, chocolate, bananas, radishes, oatmeal, nor drink coffee or milk. Eat what likes you, not necessarily what you like to eat.

Physical exercise, intended to build vitality and endurance, should be slow, smooth, regular, and rhythmical. The best exercises are done with the arms and legs, combining stretching, relaxing, and tensing movements.

The tired business or professional man sometimes needs change and relaxation rather than strenuous physical exercise. Extreme fatigue is detrimental to health.

An eminent French authority on nervousness recommends the patient to do everything very slowly, thoroughly, and concisely; to substitute the habit of moving deliberately for those hurried, flurried movements that waste valuable nerve force and seriously delay a patient's recovery.

This slowing up process should be applied also to the mind, since to think deliberately will lead you to talk and act deliberately.

When you have an important thing to do, reserve sufficient time in which to do it properly. Miscalculation as to time is a prolific cause of haste, waste, inefficiency, inconvenience, and disappointment.

Know how much you can accomplish in a certain time; then make your plans accordingly. Work that you do hastily or under pressure of time is not likely to be your best work. Plan the hours of the day so that they will yield the best results.

THE GUIDING LIGHT

THE PEOPLE'S FRIEND

To know what we are, but know not what we may be.
Below we publish a letter received from a noted U.S. surgeon, Dr. William Seaman Bainbridge, Delegate on the part of the United States of America to the International Congress of Military Medicine and Pharmacy (Life Member International Committee of Military Medicine) and to the Sessions of the International Office of Medico-Military Documentation, Capt. in Medical Corps, United States Naval Reserve.

Dr. Bainbridge recalls his first meeting with Lane and discloses the veneration in which he was held by the medical profession in U.S.A.

THE copy of New Health containing the appreciations of Sir Wm. Arbuthnot Lane, Bart., has just been received. As one who has been an admirer and devoted friend of the “Grand Old Man of Surgery” of our day, I must add my word of testimony to the greatness of the one who has probably contributed more to modern surgery than anyone else in the last fifty years.

Many years ago, after having done post-graduate study on the Continent, I was in London. It was Saturday, and my passage back to the States had been arranged for the following Monday. In my pocket I had an unused letter of introduction given to me by an outstanding surgeon in New York. It was addressed to Mr. Wm. Arbuthnot Lane, F.R.C.S., 34, Cavendish Square. My heart was divided: whether to go to a fine athletic exhibition that last Saturday afternoon before sailing or to call upon Mr. Lane, whose surgery I had heard severely criticised. Virtue won! I went down to Guy’s Hospital and presented the letter. That was the beginning of a long, sincere and deep friendship which I consider priceless. That meeting, too, resulted in the opening of new vistas for me in surgery.

After I presented the letter, Lane said, “What can I do for you?” I answered, “I would like to see you operate.” I had spent parts of several years in European clinics, I had been on the staff of Dr. Charles McBurney and Dr. William T. Bull, had had two years at the New York Presbyterian Hospital, and with the ego of youth, felt that I knew something. It was something of a blow to hear, “You do not know enough to see me operate.” He softened the pain by telling me that I was in the same category as a professor from Vienna and one from Paris who had just called upon him also. He continued: “They do not know enough either to see me operate, because they have been so prejudiced by believing I am what I am not, and thinking that I do things which I do not do, that it is impossible for them to judge fairly. I have prepared a preliminary orientation course downstairs in the Martha Ward” (it was the old Guy’s Hospital). I went down and found that on one side of the ward were patients who were to be operated upon; on the other side those that had been operated upon recently, and in the porch outside was a group of cases that had had surgical procedure from five to ten years previously. Full histories were placed before us, and the nurses and house surgeon were on hand to answer questions. Time passed quickly; the two hours I spent there with the professors from Vienna and Paris have never been surpassed in interest.

The door to the ward opened. Lane stood before us, and with his endearing, kindly smile, said: “Now, graduates, come up.” What I saw that afternoon caused me to delay sailing for home for some days. On my many trips abroad thereafter, whenever I was in London, Lane’s home was always open to me. I watched him operate and operated with him. When he came to America we held many clinics together; he demonstrated his skill through the United States. One year, when he was scheduled to come over to this side of the water and was detained at the last minute, I took up his schedule for him, at his own request, at different centres over my country. In one of the last letters he wrote, and which I prize highly, he said to me: “It reminds me so happily of the delightful days you and I spent together, each doing our utmost to move surgery on.”

One of Lane’s many accomplishments was the formation of the New Health Society. It has been a pleasure to meet a large number of your Editorial Board, and particularly yourself.

London will not be the same for me without Lane, but memories are precious, and I feel privileged that I was able to call him “friend.”

With very best wishes, I remain, sincerely yours,

Wm. Seaman Bainbridge, M.D.
A LANE STORY

MR. HAROLD CHAPPLE, Sir Arbuthnot Lane’s son-in-law, and formerly his house surgeon at Guy’s, told overseas listeners: “Conan Doyle, the creator of Sherlock Holmes, once told us how much he owed to Dr. Bell of Edinburgh and ‘Mr. Arbuthnot Lane of Guys.’

“Lane was the first man to perform many operations which to-day are everyday surgical procedures. You’ll remember the serious illness of King George V, and how his life was saved by an operation on his chest. This particular operation was invented and first performed many years before by Arbuthnot Lane, and the story’s not without interest. When some of his brother surgeons first heard of this operation, they were violently opposed to it, telling Lane that if the patient died they would not support him. Lane remained quite unmoved. ‘Well, gentlemen,’ he replied, ‘I’ve already done this operation twelve times without any of the bad results you predict. But,’ he added, ‘should I ever need your assistance I will let you know.’”
Notes on Science

Public Health Study Planned — Food's Effect on Mind

HEALTH INSTITUTE—The University of Michigan has established an Institute on Public Health Economics with the aid of a grant from the Rockefeller Foundation, through the Committee on Research in Medical Economics. Under the direction of Dr. Nathan Sinai and a committee of physicians and public health authorities the institute will consider the health problems of urban and rural populations, survey the wide variety of health plans that have been operating throughout the country, and study, in detail, methods of organization and administration. The needs of two groups of students will be considered—those who have demonstrated executive ability in health fields and who are interested in the organization and administration of prepayment plans, and those who are interested in specialized fields of administration, such as public education, statistics, community appraisals, personnel management, machine accounting.
A recent contribution of the W. K. Kellogg Foundation of $9,150 annually for promotion of health education in the state of Wisconsin, was made by the basis for a lengthy feature story in the Milwaukee Journal of July 19 under the title of "Michigan's Amazing Kelloggs."

The article was illustrated with portraits of W. K. Kellogg and the late Dr. John Harvey Kellogg and a photo of W. K. Kellogg with one of his thoroughbred Arabian stallions at Pomona, Calif.

The fund contributed by the Foundation is to be administered by the Wisconsin department of public instruction and under the present plan will be available each year for the next five years.

"The money can be considered by the people of Wisconsin as a partial return to them of the profits on all boxes, bales, cases and carloads of the donor's breakfast foods they have chewed up in the last 40 years," said the Milwaukee Journal.

"Will K. Kellogg is the first citizen of Battle Creek, Mich., and a multi-millionaire," the article continues. "Persons who know him well doubt that he was ever more interested in the money, but was motivated more from a deep conviction that his breakfast foods were more for the human race."

"The corn flakes that made the millions now being generously given away were the invention of Will Kellogg's elder brother, John Harvey Kellogg, a celebrity in his own right, and one of the leading physicians of America. He died in December, 1943, at 81."

The Milwaukee article then gives a brief sketch of Dr. Kellogg's career. It again gives his birthplace as Tyrone, N.Y., when it should have been Tyrone, Mich. It recounts the doctor's early education and how he came to Battle Creek to take over the "water cure," contrary this struggling institution into a world famous Sanitarium.

"The ideology of temperance and abstinence from flesh foods and tobacco was fervently embraced by Dr. Kellogg and as the years went by he became more and more convinced of its soundness," it was reported. "In an age when the standard American diet was meat, bread, potatoes, pie and coffee, he became a follower of Sylvester Graham and joined the cult of 'grass eaters and bran chewers.'"

"Diet reform became a major activity of Dr. Kellogg and he preached his doctrine for 70 years. Meat, he held, creates an excess of protein in the human body and produces intestinal putrefaction."

"Patients at his Sanitarium came from every state and from foreign countries. Battle Creek, with a world-famed Sanitarium and with its unique food factories became known as the 'health city.'" The call letters of the Battle Creek radio station are "WELL."

Continuing, the article gives a most complete review of the progress and development of the Sanitarium and the achievements of Dr. Kellogg, his various inventions, his preference for white clothing, his numerous writings and how he achieved physical fitness himself by following the dictates of his teachings.

The story then continues: "In the years that Dr. John was building a great health center and becoming internationally famous, Brother Will was building a great business and becoming immensely wealthy manufacturing the health foods his brother had invented, and selling them around the world."

"A heavy user of advertising, Will Kellogg made his name a household word and his corn flakes a breakfast dish of many millions of Americans. Branches of the Kellogg Co. were set up in Canada, England and Australia."

"The Kellogg factory in Battle Creek became a mighty industrial plant. The company, however, was not without nearby competitors. Charles W. Post was a patient at Dr. John's Sanitarium and became enthused over Dr. Kellogg's dietary ideas and after regaining his own health partially, had established his own food plant, producing Post Toasties, Grape Nuts and Postum."

"Post's business was later merged with General Foods, but Will Kellogg announced bluntly that the Kellogg Co. would not merge with anybody, adding 'We're doing all right by ourselves.'"

The article concludes with an outline of the many benefactions bestowed by Will Kellogg personally and through the Foundation he established. Recounted also is the six-hour day plan which was adopted at the Kellogg Co. and how the operation of the Foundation has extended its help to many communities, including the recent gift to the state of Wisconsin.

Former Resident Writes — A request for a copy of the special Enquirer and News edition on the life of the late Dr. John Harvey Kellogg brought news of a former Battle Creek resident who has lived in Florida since 1903. He is E. H. Gore, who identifies himself as once having been a cashier for the Battle Creek Daily Journal. "I spent every Tuesday in the west end, or 'Advent town' as we called it then," Mr. Gore wrote. "I collected from house to house and often visited the Adventist printing office, the Sanitarium and the Haskell home."

Mr. Gore said he went to Florida in 1903 for his health and has remained there ever since. He said that his uncle, Mahlon Gore, a pioneer resident of Orlando, Fla., started a sanitarium there many years ago and that it has now become a large institution. He mentions one of the present doctors at the Orlando sanitarium, D. H. Kress, who Mr. Gore says was once associated with Dr. Kellogg many years ago. Dr. Kress is now 80 years old and his wife, Dr. Laurette E. Kress is with him in Florida and active, Mr. Gore relates.
Dr. Kellogg Will
To Be Contested

Hearing Again Adjourned in Probate Court for Week.
7/6/18/44

Hearing on the will of the late Dr. John Harvey Kellogg was again adjourned for one week in probate court this morning.

Following this most recent adjournment it was learned that formal notice of contest of the will had been filed on behalf of George J. Kellogg of Detroit, one of the doctor's adopted sons.

Appearance has been filed in the case also on behalf of the children of another adopted son and the reason for the adjournment today was the death of Attorney Benjamin C. Hughes of Detroit, who had filed the appearance. Under the law a notice of 30 days is required to permit the parties to obtain another attorney.

Dr. Kellogg named five executors in his will, but pending probate of the will, John H. Haas, one of the executors, is acting under official appointment as temporary administrator of the estate.
FIFTY YEARS AGO TODAY—James R. Sovereign of the Knights of Labor addressed a large audience at the opera house on “Why We Have Hard Times.”

The Chicago Inter-Ocean had an illustrated article on the work being done by the Pacific mission of that city under the direction of Dr. J. H. Kellogg of the Sanitarium.

Lem Kee and other local Chinese residents celebrated the Chinese New Year. Feb. 4/44

The Daily Journal reprinted in full an article from the Chicago Inter-Ocean describing the work being done by Dr. J. H. Kellogg in the establishment of the Pacific Mission in that city.

LOCAL FACTORY WORKER
(From the Daily Journal Files)

FIFTY YEARS AGO TODAY—
Two persons were killed and an unknown amount of loot taken when the Southern Pacific northbound Overland express was wrecked and the express car dynamited 13 miles north of Los Angeles at Roscoe.

Mrs. Foy and Mrs Baker, medical nurses at the Sanitarium, left for California.

Feb. 15 1944
Percy Jones Annex Will Open Tomorrow

100 Patients Will Occupy Kellogg Estate at Gull Lake.

Percy Jones General hospital's W. K. Kellogg annex at Gull Lake will be opened officially Friday with the arrival of 100 convalescent soldier patients at the million-dollar estate recently given to the hospital by Mr. Kellogg.

Several patient-officers will supervise training designed to fit the patients for return to active duty. Only enlisted men will be sent to the lake camp to complete the period of convalescence, according to Capt. Edwin S. Marsh, hospital public relations officer. The camp will be under the immediate supervision of Lieut. William C. Kavanaugh.

Patients will handle their own housekeeping details, operate their military guard and perform KP duty, thus eliminating the necessity of assigning very many men from the regular enlisted personnel of the hospital to duties at the annex. Gardens have been planted to grow a part of the produce needed and patient details will care for them.

Very few changes have been made in the estate, which once served as the summer home of Mr. and Mrs. Kellogg, and shortly after the war was leased as a training station for the coast guard. When the coast guard training here was halted, Mr. and Mrs. Kellogg and the Kellogg Foundation gave the estate to the army as a permanent annex to Percy Jones hospital.

The principal changes made in preparing the large manor house and other buildings for use by patients were improvements on the sewage disposal system and the moving of a building from Kellogg Field to the lake to serve as a mess hall.

Various Michigan organizations have donated athletic equipment and boats for use of the patients.

There are 44,000,000 telephones in the world.
TEN YEARS AGO TODAY—An anti-militarist note marked the opening of the Japanese diet today as the government was criticized for allowing publication of inflammatory articles and predictions of a Japanese-American war.

Involved in the Stavisky scandal in France are Premier Chautemps, Bonnet, Raynaldy, and Laurenteynac, cabinet members.

The administration will ask Congress at this session for an appropriation of from $15,000,000 to $25,000,000 for construction of new warships. Admiral Standley told the house naval committee.

The mid-year graduating class at Central high school has 72 members.

TWENTY-FIVE YEARS AGO TODAY — Shipping arrangements are now complete by which 300,000 American soldiers will return monthly from overseas duty. Of the 785,000 in camps at home, General March predicts every man will be out in a month except those detained for overseas duty.

Dr. John Harvey Kellogg has taken a cottage at Tampa, Fla. His last visit to Tampa was 30 years ago. He is using a car to tour Florida.

Gen. Leonard Wood has sent his regrets to Secretary Zang of the Chamber of Commerce, explaining that pressure of other business prevents him from accepting an invitation to the annual meeting of the chamber.

Fred Strieg, who is with the ambulance corps in Italy, writes that he shook hands with President Wilson at a palace reception in Milan.

FIFTY YEARS AGO TODAY—Word has been received from Xenia, O., of the death of J. M. Lewis, former proprietor of the Lewis house, now the Bidwell.

Alexander Dixon is attending the Masonic grand lodge in Grand Rapids.

A. D. Cortueau has opened a photograph gallery at 7 North Jefferson.

A debate on “Shall the Hawaiian Queen be restored?” featured the program at the Wednesday Night Club, which met at the home of Abram Mingus.
Workers Needed at Percy Jones

Slash in Military Personnel Brings Critical Situation.

A critical need for civilian employees to aid in the care and treatment of the hundreds of battle casualties now at Percy Jones General hospital was revealed Saturday by Brig.-Gen. Joseph E. Baston, commander of the hospital.

Pointing out that the sharp reduction in military personnel tending the sick in the 9th Service Command in order that the maximum number of overseas casualties be sent home is being felt at Percy Jones hospital as well as at other Michigan, Illinois and Wisconsin posts, General Baston emphasized that additional civilian employees must be found if the quality of treatment afforded returned veterans is not to suffer.

"Civilian employees at Percy Jones have always played an important part in making this one of the army’s finest hospitals as have our doctors and nurses," General Baston stated. "With the gradual reduction in the strength of our military personnel, the part they must play is obviously becoming larger and larger."

Vacancies exist now for mess attendants, janitors, laborers, laundry workers, drivers, stenographers and workers in many other capacities. Applicants may apply at the civilian personnel office in the hospital.

History As News

The Ten Years Ago from Our Files

TEN YEARS AGO TODAY—Another all-time heat record was equalled at Battle Creek, that the thermometer reached 100 for the fourth successive day. The first time had been on July 28, 29, 30 and 31, 1916.

Crude concern was felt for the safety of Adm. Richard E. Byrd as a tractor passed which had set out to bring him back to the main base of his expedition in Little America, reported it could not pick up the trail to his lonely weather observatory outpost.

Joseph C. Grant, addressing the local Rotary club in his capacity of president of the Michigan Retail Dry Goods association, asserted that Battle Creek’s independent merchants employed 2,830 persons with an annual payroll of $970,127 and that the independent merchants did 65.7% percent of the city’s retail business.

History As News

TEN YEARS AGO TODAY—The faculty of the Sanitarium, together with a few heads of departments, and their families held a picnic at Mead Park, for an annual dinner of the Sanitarium. In honor of Dr. John Harvey Kellogg, the band returned from Florida. The committee on arrangements consisted of Drs. W. L. Martin, Paul Booth and C. Ward Crampton. Miss Loretta Van Doren, head dietitian, directed preparation of the Sanitarium-style meal; and Drs. E. L. Figgie, M. A. Mortensen, Mary F. Dryden, J. S. Pritchard, E. C. Roddick, J. T. Case and W. H. Riley participated in the program of entertainment.

Battle Creek’s traffic policemen appeared for the first time in their new uniforms with white-topped caps, white gloves, leather uniform and arm insignia indicating the branch of the department.

B. A. Knapp announced that on and after August 1 the partnership existing among himself, E. P. Bogs and J. C. Studer would be taken over by himself alone, to continue the real estate business with Larry McBeth, returned Arl health veteran, as associate.

Dr. Kellogg’s Death Anniversary Is Noted

Memorial Program Is Held in Parlor of Sanitarium.

First anniversary of the death of Dr. James Harvey Kellogg was to be observed with a memorial program in the parlor at the Sanitarium this afternoon, in charge of the Rev. Henry Jordan, chaplain.

During the first year in which the Sanitarium has operated without the services of Dr. Kellogg, it has continued to widen its influence and has adhered rigidly to the principles and practices as developed by the late medical chief.

As an indication of the continuous growth, the Sanitarium was transferred to its present quarters, it was revealed today that the number of patients and guests for the year now ending has averaged about 75 above the totals of the last few years when the institution was in the large buildings now occupied by Percy Jones General hospital.

Hundred Turned Away

The annual number of arrivals this year up to December 8 was 3,968 as compared with 2,771 up to that same date in 1944. During the peak season last summer the Sanitarium was forced to turn away about 650 who sought reservations while the building was filled to capacity.

By coincidence, the present board of trustees president was meeting this afternoon at the Sanitarium library on this anniversary. A meeting of the board of the Battle Creek Food Co. also was held this morning.

Dr. Kellogg died suddenly a year ago today, at the age of 91 after a long outdoor life of service. Up to within a few days of his death he had continued as the active head of the institution correcting its affairs down to the smallest detail. He had also observed the transfer of the institution from the buildings across the street and before his death had re-established the Sanitarium in its present quarters.

One of last statements was an inquiry concerning the progress of the building installation at the Sanitarium and assurance that the noise and disorder attendant upon this work was not unreasonably disturbing to the patients.

An oil painting of Dr. Kellogg, which has a genuinely life-like quality, hangs over the fireplace at the entrance of the building. The picture was painted by J. Dubois, a French artist, who is with the Munio studios in Miami, Fla.

Dr. Kellogg still continues to make his presence felt both at the Sanitarium and among the friends of his health program throughout the world.

 Bowen Memorial Edition

At the program in the Sanitarium parlor this afternoon those guests were to be presented with a copy of the Bowen Memorial Edition of the Sanitarium bulletin which Dr. James H. Kellogg was editor. During this last years of publication, the new edition increased. The present editor is Dr. James T. Case of Chicago and the managing editor is the Sanitarium’s board, and the managing editor is A. B. Blose, for many years president of the Sanitarium, and secretary to Dr. Kellogg. Mr. Blose spoke also that this year has also brought a increase in the sale of Dr. Kellogg’s books.

During which Dr. Kellogg had outlined will be started at the Sanitarium soon after the first of the year. This will be a series of thes in the library building auditorium in which well known lecturers will address the public. The purpose of the series will be to broaden public knowledge concerning subjects conducive to good health.
San Litigation
Recessed Again

W. K. Kellogg Gives Testimony at Short Court Session.

Litigation between the Battle Creek Sanitarium and the Seventh-day Adventist Conference was back in circuit court at Marshall for about an hour this morning and was again recessed indefinitely, probably until after the first of the year.

The brief session was held today to permit taking of testimony from W. K. Kellogg, who plans to leave Battle Creek soon to spend the winter in the west.

Mr. Kellogg testified as to his early connection with the Sanitarium and gave the details of his gift of $6,000 to the Adventist conference to help defray the expenses of bringing its representatives here for the meeting of the "old constituency" in March, 1943. This meeting led to an injunction being issued restraining the church and other defendants from interfering in affairs of the Sanitarium and the suit now pending in court. While the litigation is pending, the Sanitarium is being conducted by trustees pendente lite appointed by Judge Blaine W. Hatch.

Mr. Kellogg said his gift of $6,000 to the church was unsolicited and was made in two installments. He recounted also his connection of 25 years with the Sanitarium in its earlier years and expressed his belief that the Adventists could operate the Sanitarium successfully. He said that at one time he had advised his brother, the late Dr. John Harvey Kellogg, to bring about a closer working relationship with the church.

The Sanitarium was represented in court by Attorney Burritt Hamilton, Dr. James T. Case of the present Sanitarium board, who has also been made a party to the case, was represented by Attorneys Stewart White of Niles and Clifford Longley of Detroit. Byron Ballard of Lansing appeared as counsel for the Adventist church conference and other defendants.

History As News

(Ten Years Ago Today—Attorney John A. Wagner was Battle Creek's sole representative at a reunion of the candidates and county committeemen of the 1912 Michigan Progressive party, the active supporters of Theodore Roosevelt's "Bull Moose" campaign. Mr. Wagner was temporary chairman of the meeting.

Lieut. Harold J. Payette post of the Veterans of Foreign Wars elected Harold DePriester commander to succeed Claude Hardwick, and Hudson B. Keagle senior vice commander to succeed Harvey Warrfield.

Leaders of the Seventh-day Adventist denomination from all parts of the world were arriving in Battle Creek to attend the fall conference at the local tabernacle. Among them were Elder A. V. Olson, president of the southern European division of the general conference; Elder J. L. McElhany, general field secretary; Dr. H. W. Miller, of Shanghai, China, and Elder L. V. Finster of Balboa, Canal Zone.

(Twenty-Five Years Ago Today—H. B. Chapman, formerly of Battle Creek, when he was employed on the old Pilgrim magazine, returned to this city to make his home after 17 years residence in California. Temporarily, he and Mrs. Chapman were residing with Mr. Chapman's mother, Mrs. E. E. Chapman, 341 West VanBuren.

With the aid of 25 young ladies from Battle Creek, the YMCA at Camp Custer sang its "Swan Song" in the form of an old fashioned Halloween party. The "Y" huts at the camp were to be closed at the end of the month.

(Fifty Years Ago Today—Dr. John Harvey Kellogg gave a stereopticon lecture in the chapel of St. Thomas Episcopal church on "The Dark Side of Chicago," showing many scenes of the squalor, poverty and filth on the back streets of the metropolis.

Mrs. R. E. Manby received a telegram from her husband announcing his safe arrival in New York City from an eight weeks visit to his old home in England and other parts of Europe.)
Associates of Dr. Kellogg
Invited to Aid in Program

Possibility that the associates of the late Dr. John Harvey Kellogg may have the opportunity of cooperating with the program for the advancement of physical medicine, to which Bernard M. Baruch, prominent financier and philanthropist recently contributed $1,100,000, is indicated by a telegram received from Mr. Baruch by the Enquirer and News.

Physical medicine is the treatment of disease and injuries through use of light, water, heat and cold, electricity, exercise and massage. Dr. Kellogg and Mr. Baruch's father, the late Dr. Simon Baruch, were pioneers in the development of this field of medicine.

Seeks Suggestions

In response to an inquiry from the Enquirer and News the relation of the activities of these two doctors, Mr. Baruch, paid tribute to the work of Dr. Kellogg and invited his associates at the Battle Creek Sanitarium to offer "any suggestions they may have in mind" with respect to the program.

Mr. Baruch's telegram, sent from Georgetown, S. C., follows:

"I did not know Dr. Kellogg, but knew of him and his work, as who has not. I heard my father, now dead 23 years, speak of Dr. Kellogg and his activities. How much they corresponded or met I do not know.

"I should be pleased to see Dr. Kellogg's work recognized or have his friends take up with Dr. Wilbur and Dr. Krusen any suggestions they may have in mind. This is a big field and beliefs us all on to help the sick and wounded. I welcome any suggestions you may have." 

Program Director

Dr. Wilbur, best known here, referred to in Mr. Baruch's telegram, is Dr. Ray Lyman Wilbur, chairman of the administrative board set up to develop the program of research and teaching in physical medicine, and Dr. Frank H. Krusen, who has been designated to act as program director. Dr. Wilbur, president of Stanford university, is a former president of the American Medical association and was secretary of the interior in President Hoover's cabinet.

Dr. Krusen is professor of physical medicine at the University of Minnesota and head of the physical medicine section of the Mayo clinic.

Mr. Baruch's message has been forwarded to Dr. James T. Case, of Chicago, a member of the board of trustees of the Sanitarium and chairman of the board of the Race Betterment Foundation established by Dr. Kellogg. The Case will indicate deep interest in the program being developed by Mr. Baruch, is associated on the staff of Northwestern university medical school with Dr. John Coulter, director of the physical therapy department of the school and chairman of the clinical research committee of the northern medical fund.

Visited Dr. Kellogg

Associates of Dr. Kellogg at the Sanitarium recall that Dr. Baruch was Dr. Kellogg's guest on at least one occasion prior to the first World War. The two men corresponded frequently, and Dr. Kellogg's library contains a number of books by Dr. Baruch bearing the autograph of the late president.

Mr. Baruch is professor of hydrotherapy at the Columbia College of Physicians and Surgeons, died June 3, 1921. Dr. Kellogg not only helped pioneer the field of physical medicine but invented many of the mechanical devices used in its practice, including the electric light lamp, a sun lamp, the mechanical bone and equipment for special baths. A book on "Rational Hydrotreatment," by Dr. Kellogg, was one of the earliest textbooks on the subject and is still in use in revised form.

Mr. Baruch, in announcing the gift, indicated that if the program proves effective he plans to devote "the whole of" his fortune to the advancement of physical medicine. Particular emphasis is being placed on the training of technicians in this field to aid in the treatment of sick and wounded soldiers in military and veterans' hospitals.

Aside from his activities as a financier and philanthropist, Mr. Baruch has served as a homefront advisor to Presidents Wilson and Roosevelt in both World wars.

Kellogg

Will Suit

Date Set

MARSHALL, Feb. 26—Probate Judge Francis A. Culp indicated today that he would certify the petitions of adopted children and their heirs in the attempt to break the will of the late Dr. John H. Kellogg, and put the case into circuit court Monday.

Two adopted children and the three heirs of another adopted child are the plaintiffs in the suit and have petitioned for a jury trial. They are George John Kellogg, Detroit, and Mrs. Bessie MacPherson, Cheyenne, Wyo., who were adopted by Dr. Kellogg, and the children of the late Paul Morrison Kellogg, who are now living in Detroit. The children are William Leigh, Evelyn, and Helen Kellogg Bowles.

Another suit, that of the Battle Creek Sanitarium against the Seventh Day Adventist Church, in which Dr. Kellogg charged that the Adventists had conspired to gain control of the sanitarium and its million dollar assets has been delayed, pending the outcome of the probating of the doctor's will. The will contest probably will further delay the conspiacy case which was due to start in April.

The sanitarium is now being operated by a commission appointed by Judge Blaine W. Hatch, which consists of representatives of the sanitarium, the Adventists and the state, with John Duthers as chairman. Judge Hatch also will try the will-breaking case, should it be certified Monday.

While the value of the Kellogg estate is supposedly near $1,000,000, attorneys pointed out that most of it had been disposed of to charitable organizations, long before the doctor's death. They also pointed out that, in the event the will is broken, the 17 other adopted children would also benefit.
OBITUARY

DR. JOHN HARVEY KELLOGG

READERS will regret to learn of the passing on last December of Dr. John Harvey Kellogg, in his 92nd year, at Battle Creek, Michigan.

The Battle Creek College and Sanitarium of world-wide reputation had been the chief interest of Dr. Kellogg for at least sixty-four years, and for more than fifty years he had been President of the Board of the Sanitarium and Superintendent of the College.

The life work of Dr. Kellogg cannot be too highly praised. The Battle Sanitarium and College are a standing monument to his astounding and ever-cheerful labours. Some idea of their activities may be gauged by the fact that the staff of the Sanitarium numbers some 1,500, and the students of the College average 600.

One of the most important functions of the Sanitarium and College is the training of expert dieticians. The Battle Creek standards and ideals are thus disseminated throughout America. Every week the Battle Creek diet service receives as many as 5,000 enquiries.

In addition to the many duties in connection with the large institution over which he presided, Dr. Kellogg had an amazing vitality, his day's work being usually from twelve to sixteen hours in duration. As well as being a doctor of medicine, he was a Fellow of the American College of Surgeons, and in a biographical sketch written some ten years ago he is recorded as having performed over 22,000 major operations, whilst more than fifty volumes have issued from his pen. He had edited the American journal, "Good Health," since 1875.

Seventy years ago Dr. Kellogg gave up eating flesh foods. He also avoided, as far as possible, eggs and milk, and was a life abstainer from alcohol, tea, coffee and tobacco.

Our late Editor, Mr. F. Wyatt, vividly described the work of the Battle Creek Sanitarium and College, in an article in the "Vegetarian News," 1930, when he wrote:—

"The Battle Creek Sanitarium plan of health-training is simply a rational, scientific, medical method of health-building and training. It is unique only in that it represents over a half century of systematic effort to bring together in one place and under unified control, all the
resources that modern medical science has developed. It is dedicated to the sole purpose of helping the sick regain and retain health by organised diagnosis, treatment and rest; and to the prevention of disease by educating the public in the methods of healthful living. The aim of the Battle Creek Sanitarium plan goes far beyond temporary relief from suffering. It is designed to lift the individual to a higher level of physical existence; to give him a new lease of life and a new sense of well-being through teaching him the principles of right living.

"The Sanitarium represents no one school of medicine or practice; nor does it exploit the particular ideas of any individual. It is not a fad, nor does it employ radical or theoretical methods. No violent measures, no empirical formulae, no secret methods are embodied in its plan. Nor does it claim to offer a panacea for all human ills. It is founded upon the solid rock of sound medical knowledge. Fifty years of steady growth attest its unwavering adherence to fundamental principles of scientific health building.

"Patients are treated scientifically and with a thoroughness and close attention to detail that is the admiration of the medical world. But, above all, here reigns common-sense; and a refreshing absence of a depressing hospital atmosphere. Regaining health is not a penance at the Battle Creek Sanitarium. It is made as natural and pleasant an experience as is humanly possible. No expense has been spared to make the institution, its equipment and personnel, as complete as possible. The Sanitarium is not operated for profit. All income in excess of expenses is put into further development of the institution along medical and educational lines.

"Many of the scientific ideas, methods and appliances pioneered and developed by the Sanitarium are accepted and used by the medical profession throughout the world. Every year thousands of patients are sent here by their personal physicians. And not a few of these selfsame physicians, representing almost every school of medical thought, also come when in need of special treatment and rest. Others come for investigation and study. It is interesting to note that the word 'Sanitarium' was coined here to characterise the Battle Creek Idea. The word, unfortunately, has been abused by loose application to small private hospitals and the like, to the confusion of its authentic meaning."

Dr. Kellogg has paid many visits to Europe, and was well known to vegetarians in this country. We salute him with grateful thanks for his life's work in the cause we all have at heart.

"The chief food of the Roman gladiator was barley cakes and oil, a diet eminently fitted to give muscular strength and endurance."—Hippocrates.
A Great Man Has Fallen

Dr. John Harvey Kellogg passed to his rest the evening of Dec. 14, 1943; he lacked only a couple of months of being 92. He was quite active until just a few days before he died of pneumonia.

This celebrated physician was a great man. We question whether any one has ever been such a great benefactor to the world from the physical standpoint as Dr. Kellogg. He took a most positive stand for nature's method of living, and treating disease. It was thru his persistent efforts that the Battle Creek Sanitarium had such world-wide reputation. Thousands if not hundreds of thousands of people attribute their renewed health to the work of this institution. Dr. Kellogg was very pronounced against the use of drugs; but advocated with all his ability fresh air, sunshine, a vegetarian diet, proper exercise, and hydrotherapeutic treatments.

It was my privilege to hear him give a number of lectures to patients in the Sanitarium parlor. On one occasion he made the statement that the Sanitarium had every device known to man that gave promise of restoring or improving health; he said they spared no money in providing themselves with everything that contributed to build up one's constitution, and he declared that fully 90 per cent of the success that they had achieved, was due to the regulation of their diet. He emphasized repeatedly that they could build up their own health by proper methods of living without coming to the Sanitarium.

The doctor's sphere of influence was the world; he was not satisfied with simply building up a big institution; he organized nurses' training schools, medical schools, and physical culture schools, with the view of carrying the principles of right living to the entire world. We hope that God will raise up someone to carry forward the work which he so nobly established.

It was no easy task for the doctor to establish the principles of right methods of treating disease, even among his brethren. He once said that he had "spent the most of his life in fighting the world, the flesh, and the General Conference."

When Dr. Rand was preparing for his medical course, he was employed in the culinary department of the Sanitarium; he complained bitterly to Dr. Kellogg for having to cook flesh meat for Mrs. White when she visited the institution. On another occasion he was attending an SDA camp meeting in the days
when they always erected a grocery store on the camp ground, and had not yet ceased to sell flesh meat. He protested very strenuously against their providing meat for the campers. The ministers protested that they had already bought the meat and paid for it; consequently they didn’t feel like losing their investment. In reply to this Dr. Kellogg volunteered to pay for all the meat they had if they would take it off the market. They accepted his offer, and later he learned that the ministers of that conference divided up the meat among themselves for home consumption.

Soon after Elder A. G. Daniells was made President of the General Conference, he found himself in disagreement with Dr. Kellogg. The controversy grew more bitter rapidly. Finally, Eld. Daniells won out, and he did it by getting Mrs. E. G. White on his side. During the struggle between these two men Elders Daniells and W. W. Prescott called on Mrs. White, and labored earnestly to get her to sign a condemnation of Dr. Kellogg. They finally succeeded in getting what they wanted. When they left her room, she walked the floor back and forth with tears streaming down her cheeks saying over and over again: “They made me say it.” This experience was related to me without solicitation, by Sarah McEnterfer who was Sister White’s maid-in-waiting for many years.

An Untruthful Statement
We were pleased to note that the REVIEW & HERALD of December 30, 1943, page 24, mentioned Dr. Kellogg’s passing in a very kind manner; but in this they made one false statement. We quote one sentence:—“Some years ago, he decided to dissociate himself from the denomination.” This is not so. Dr. Kellogg did not dissociate himself from the denomination. He was disfellowshipped by the Battle Creek SDA church; and the one who maneuvered this unchristian act was none other than Elder M. N. Campbell who recently retired from the position of Vice-President of the General Conference without any reason being given. No charge was brought against Dr. Kellogg, except that he was not in harmony with the organization. Eld. G. C. Tenny was turned out of the church at the same time. No charge was brought against him, except that he refused to leave the Sanitarium; he was called to this institution to teach the Bible to the nurses, and to act as chaplain. No one ever questioned his loyalty to the teachings of the denomination, and he was offered prominent positions in the denomination if he would leave Dr. Kellogg.

No doubt this notice was written by one of the younger editors of the R & H who probably did not
Know the facts, but the editor of this paper knew that it was not so, and they still have continued it, in the case of Dr. K., the B.C. Doctor. In the case of Dr. K., the B.C. Doctor, to play safe, sent church to interview Dr. K. and Dr. L. On the trial that Dr. K. before the trial, that considered lasted for some hours, thing like five or six hours, and Dr. L. Ellerg filled up such an array of facts that all clues and red pioneers were unable to explain them, but who, nevertheless, joined in evicting him out of the church.

Jan. - Feb. 44
DR. JOHN HARVEY KELLOGG WAS
A GREAT MAN, MADE GREATER BY
THE OPPORTUNITIES OF AMERICA

By GRENVILLE KLEISER

Dr. John Harvey Kellogg dedicated his life of ninety-one years to a broad concept of philanthropy and near its close wrote a will leaving his entire personal estate for the welfare of humanity.

He was not only a great physician and surgeon, but a great public benefactor and philosopher. He radiated good health and good cheer to all who came under his benign influence. He worked incessantly and unselfishly for race betterment.

I knew him intimately. Through the years we often motored and visited together. He had a prolific mind and a genial personality that drew to him many lifelong friends. He was beloved by his grateful patients.

To live to a ripe age he said:

"Eat half as much, sleep twice as much, drink three times as much and laugh four times as much."

At his request I gave an informal talk one afternoon to the Sanitarium patients. He was chairman. When I was well launched into my subject, I turned to see what impression I was making on him. He was sound asleep.

John D. Rockefeller, Jr., said of him:

"I am deeply saddened to learn of the death of Dr. John Harvey Kellogg my warm friend for many years. Throughout his long and fruitful life he devoted himself in countless ways to the relief of human suffering and prolongation of human life. His many friends, known and unknown throughout the length and breadth of the land, will mourn his going and bless his memory."

The life of this extraordinary man should be an inspiration to American men and women. He began with high ideals and from them he never swerved. He looked difficulty and discouragement in the face and refused homage to either.

He was one of the greatest men of our time in his consistent advocacy of building a better civilization through biologic living. His name will long be revered because of his singleness of purpose and utter devotion to the ideals of better living. His was a long lifetime of service to humanity.

Dr. Kellogg always knelt down in prayer before performing an operation. "Prayer," he said, "is a cry for help instinctive to all life. We call for help when we are at the end of our rope. There would be no thirst if there were no water; no hunger if no food. A scientific experiment is a prayer. Ideas, born of silence and concentration, by entering into one's inner chamber, are also answers to prayer."

We offer our tribute not only to this eminent, God-fearing man, but also to our American Way of Life which makes such men possible. Here in this land of opportunity, freedom and personal incentive, men of this type grow and mature into great personalities.
gan School Health Association followed the adjournment of the public health conference.

**PAN AMERICAN HEALTH DAY ESSAY CONTEST**

Dr. Hugh S. Cumming, the Director of the Pan American Sanitary Bureau, Washington, has recently announced, in connection with Pan American Health Day, that there would be held an essay contest for high school students to encourage thought about the value of health and of international cooperation in health matters. The prizes, offered by the Lily Tulip Cup Corporation, will consist of $75, $50, and $25 War Bonds. The theme of the essay is to be "What My Country Has Contributed to International Health Cooperation or Knowledge in the Field of Water, Food and Beverage Sanitation." The essays, which are limited to 2,000 words, must be received by the Pan American Sanitary Bureau not later than May 31, 1944, and the contest is open to students in the 11th and 12th grades of high school. Further information can be obtained from the Pan American Sanitary Bureau, Washington 6, D. C.

**CENTER FOR THE DEVELOPMENT OF PHYSICAL MEDICINE**

The National Foundation for Infantile Paralysis, Inc., has announced a grant to the Graduate School of Medicine of the University of Pennsylvania, Philadelphia, totaling $150,000 for a 5 year period for the establishment of what is said to be "the first center for the scientific study and development of physical medicine as a branch of medical practice."

According to Basil O'Connor, President of the Foundation, this represents a continuation of the interest which the Foundation has had in the part which physical medicine can play in the treatment of infantile paralysis. More than $350,000 has been spent during the past 6 years to educate and train physical therapy technicians. An additional $364,000 has been granted for the study of problems in physiology and medicine bearing on physical therapy. The Departments of Anatomy, Physiology, Pathology, and other basic sciences of the University of Pennsylvania will cooperate in this program which will be under the general direction of Dr. Robin/C. Buerki, Dean of the Graduate School of Medicine.

**SOUTH CAROLINA PUBLIC HEALTH ASSOCIATION**

At a recent meeting, the South Carolina Public Health Association elected the following officers to serve for the coming year:

- **President**—G. S. T. Peeples, M.D., Columbia
- **1st Vice-President**—Lavinia Baskin, R.N., Moncks Corner
- **2nd Vice-President**—C. G. Leonard, Spartanburg
- **Secretary-Treasurer**—Mrs. Frank George, R.N., Columbia

**DR. J. H. KELLOGG DIES, A.P.H.A.'S OLDEST MEMBER**

John Harvey Kellogg, M.D., of Battle Creek, Mich., died on December 14 after a brief illness, at the age of 91. For many years Dr. Kellogg was Director of the Battle Creek Sanitarium where he developed many routines for what he called "biologic living."

Dr. Kellogg joined the American Public Health Association in 1878 and recently completed 65 years of continuous membership, the longest on record. He is believed also to have been the oldest member of the Association. A certificate for long membership in the American Public Health Association was given to Dr. Kellogg in 1936 when the Association met in New Orleans.

Active up to the last, Dr. Kellogg maintained his interest in diet and in efforts to avoid what he believed to be a serious racial deterioration as the result of unhygienic living.
Dr. John Harvey Kellogg

Shortly before his ninety-second birthday, death came to Dr. John Harvey Kellogg in December last year. So passes from the health field a great pioneer whose name and help were known to millions.

Dr. Kellogg was unique. In his long life he personified the vibrant health principles which he so stoutly advocated. He saw the light of health ideals when, as a boy of eleven, he told his mother he was going to be a doctor when he grew up. There is a touching scene recorded of this. "One day as I was going past my mother’s door," he said, "I heard her mention my name. I entered the room and found her kneeling, praying for me. I knelt down beside her, and she placed her hand on my head and dedicated me to the Lord for human service. From that moment on I have never had any desire except to do everything that I could for humanity, and to spend my life in human service."

Dr. Kellogg was born on a farm in Tyrone, Michigan, February 26th, 1852, one of sixteen children. When he was four years old the family moved to Battle Creek, then a very small village of a few hundred inhabitants. For many years now Battle Creek has been world-famed as the home of the Battle Creek Sanitarium.

For more than seventy years Dr. Kellogg edited Good Health, and for many years wrote almost every word that appeared in it himself.

Of his unbounded enthusiasm for work, and his insatiable appetite for information, the stories are legion. He experimented with the production of a flaked breakfast food, and when successful, had the satisfaction of seeing the American breakfast changed. He founded the Toasted Corn Flake Company, and after it was well launched became so overwhelmed with professional work that he sold out his interest to his brother. The proceeds of the sale were used by the doctor to found the Race Betterment Foundation. His will reveals, as his close friends felt quite certain would be the case, that his entire fortune has been left for the betterment of mankind.

Although Dr. Kellogg performed over 22,000 surgical operations, and saw in consultation many times this number of medical cases, he never accepted a fee.

Among his many trips abroad to study surgery under the world’s greatest surgeons, Dr. Kellogg called on the late Sir Arbuthnot Lane when in London. The two were great friends.

He invented peanut butter, having seen in nutrition laboratories how complete is the protein of the peanut. Soon after Thomas Edison perfected the electric light in 1891, Dr. Kellogg realized its therapeutic value, and devised an electric light bath and a number of other appliances for the application of light therapeutically.

From the very beginning of his work Dr. Kellogg made extensive use of sun baths, and the Battle Creek Sanitarium had numerous examples of his pioneer health activities in the shape of apparatus to build health. When the Dionne quintuplets were only a few months old Dr. Kellogg sent to Dr. Dafoe a small quantity of soya acidophilus milk to combat the severe bowel trouble which they had, and which was threatening disastrous results. In ten days Dr. Dafoe said that his charges were well on the way to recovery.

After the 1902 fire, when the Sanitarium was burned out, a new set of buildings was erected.

Many were the patients who were restored to health at Battle Creek and through his writings on health. Many are the people who are glad to have read what this pioneer had to say on medicine, health and life generally. New Health adds its tribute to the memory of one who, for many years acted as a distinguished member of the Editorial Advisory Board.

Battle Creek Sanitarium and the journal Good Health will continue to help the sick and to keep the fit well and strong.


Better Food Standards Lengthen Life

Sir John Boyd Orr, the nutrition expert, stated recently that the adoption of better food standards would increase the expectation of life in England by five years, and in Scotland—where housing and feeding were dreadful—by ten years.

It would be the biggest of all political swindles if the Government did not carry out the policy devised at the Hot Springs Food Conference.

The normal expectation of life in peace time in India was twenty-seven. Forty million additional acres and a 75 per cent. increase in fruit and vegetable cultivation would be needed in U.S.A. to raise the food standard of its peoples.

Sir John envisaged a post-war world of prosperity, due to the need for industrial activity at home, and the agriculture of China and India needing millions of tractors, motor cars, engines and miles of roads.

Support for Sir John’s view was given by Mr. Walter Last, Deputy Prime Minister of New Zealand, who added this warning: “We cannot do it for ourselves alone. It must be done for all people. If it is not, then in the long run we have got to fight again as we are fighting now.”

Yadil The Antiseptic for Internal Use

YADIL, a scientific preparation, is an antiseptic containing the essential oil of garlic—has great germ destroying properties and is unsurpassed for internal use, purifying the blood stream and cleansing the entire bodily system. Externally also, YADIL is one of the finest first-aid dressings. Of all Health Food Stores or Chemists, 1/8 (including Purchase Tax) and larger.


Olbas (reg’d) Potent Healing Oil

is again available, but only in double standard size flasks.

An extraordinarily effective, non-suppressive, refreshing distillation of non-poisonous plants. Of proved efficacy in COLDS, all forms of CATAARRHS, SINUS trouble, INFLUENZA, BRONCHITIS. A boon to sufferers from HEADACHE, EYES-TROUBLES, NEURITIS, RHEUMATISM, CHILBLAINS, PILES, etc. Excellent first-aid for BURNS. Safeguard against INFECTION. Flask 9/- (including Purchase Tax). Postage 4d.

Supplied by Health Stores, Chemists, or direct from G. ASHLEY & Co., 104, Christchurch Road, London, S.W.1.

Borwick’s Baking Powder makes good wholesome cakes, pasty puddings

Lighter, more appetising and digestible because Borwick’s improves the texture, taste and attractiveness.

Borwick’s Baking Powder The Best in the World II
Dr. Kellogg Will Go to Probate

San's Goal

(Continued from Page One)

present building, the hospital and other miscellaneous properties.

Four Activities Associated

Under the direction of Dr. Case and Mr. T. R. Case, the San will be operated under the aegis of the San's Board of Directors. The new medical center will at least be associated in the future with the American Tuberculosis Association.

"We have had to buy our freedom from a heavy price, but at least we can understand," said Dr. Case, "and we can scientifically do that."

Initially what we asked for in the way of a two-year-old, Dr. Kellogg, with the help of the loyal San Francisco Sanatorium employees, chopped the rate which was anticipated two years ago. Because of the circumstances we were forced to settle or face the threat of losing the Sanatorium.

The Board of Directors, representing to Dr. Case in reference to opportunity that many of the patients who had been discharged from the buildings now occupied by the Sanatorium were as the Sanatorium in Washington Avenue where the Sanatorium now is, have asked permission to come from the personal estate of Dr. Kellogg, has been agreed to, and the Sanatorium will be added to the estate of the Broad Street Center.

See Financial Strengthening

It was estimated yesterday that avoiding the interests of these groups would add approximately $100,000 to the existing capital assets that are held by the Sanatorium, and give it actual financial strength which would be greater than at any time in its history.

Dr. Case is himself a member of the board of each of these organizations that were associated with the late Dr. Kellogg. The Foundation was a member of the board of the Sanatorium.

The Adventists have been represented throughout the term of the litigation by Byron Ballard of Lasky, M. C. Tall, church attorney from Washington.

In 1918, the case was held for the Sanatorium by Attorney Elmo Bigler and Curtis, Hamilton of Broad Street, church attorney from Chicago. Mr. Bigler took the position of the church and other defendants from inter- ference in the affairs of the Sanatorium.

For both plaintiff and defendant in the court today, holding their own conferences, the morning in the proceedings, the settlement of the case has been accomplished.

Attorneys for both the plaintiff and defendant were in the court today, the morning in the proceedings, the settlement of the case, the other defendants from interference in the affairs of the Sanatorium.

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With this agreement the Andrews have been represented throughout the term of the litigation by Byron Ballard of Lasky, M. C. Tall, church attorney from Washington.

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Decree settles Sanitarium suit.

Litigation ends in division of assets with Seventh-day Adventists.

NEW BOARD TO FUNCTION

More than two years of litigation between the Battle Creek Sanitarium and the Seventh-day Adventists was ended in Calhoun circuit court here today when Judge Blaine W. Hatch entered a decree in accordance with a compromise settlement reached in March.

Out of this settlement emerge the Battle Creek Sanitarium, re-incorporated under the old name of the Battle Creek Sanitarium & Benevolent Association, with all legal contact with the Seventh-day Adventists, and the Michigan Sanitarium, Inc., a new organization set up by the Adventists, with headquarters at Grand Rapids, where the denominations has its Emmanuel Missionary college.

The present Battle Creek Sanitarium & Benevolent association, of which Dr. Kellogg was for years the medical director, dies at the expiration of 20 days, the statutory time which must elapse to allow for filing an appeal. In the case, however, the state supreme court has ruled that no such appeal will be filed, however, as the two parties to the settlement have agreed not to do so.

Constituency to Disappear

When the 20 days are ended the new corporation of the same name will come into existence, following the same setup as the old corporation with the exception that there will be no constituent members, initial draft of the litigation which began March 31, 1943.

The new board of trustees will include Dr. James T. Case, Chicago surgeon and son-in-law of the late Dr. Kellogg, whose place he took in the litigation, thus becoming president of the Sanitarium; George C. McKay, chairman of the board of the Security National bank; A. L. Miller, publisher of the Enquirer and news; Dr. James R. Jeffery, agent of the Court of the Sanitarium; Harold C. McCallister, businessman of Burritt Hamilton, legal counselor to the case, and Dr. Emil Leffler, dean of Albion college and president of the now dormant Battle Creek college.

For the next 20 days, however, the temporary board set up by the court to operate the Sanitarium during the litigation will continue to function. It is composed of John Dethmers, state attorney general, as chairman, Dr. Case and Dr. Jeffery, representing the Sanitarium, and Dr. Rowland B. Harris and Eldr Taylor G. Bunch, representing the Adventists.

Dr. Case, in commenting on the future of the Sanitarium this morn-
Decree

(Continued from Page One)

There are three on the board of trustees: A. K. Ness (1929) and E. J. Nethery and B. M. Harrison. Mr. Ness is president of the Board of Trustees and W. E. Hobson of Washington D. C. and B. M. W. Thomas of the Board of Trustees of the Seventh-day Adventist, B. S. of Michigan, is vice-president and A. R. Mooney of Lansing is secretary.

It is the opinion of the board of the new corporation that the building is in the good hands of the three members of the board. The plans for the establishment of the new corporation have been worked out by Mr. Ness and Mr. Mooney, through the Michigan Board of Trustees, and the Michigan Board of Trustees is the member of the new corporation that the building is in the good hands of the three members of the board.

The members of the board of the new corporation have been working on the building for the establishment of the new corporation and the Michigan Board of Trustees has been working on the building for the establishment of the new corporation. The Michigan Board of Trustees has been working on the building for the establishment of the new corporation.

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Counsel in San Case Continuing Its Work

Counsel for the opposing parties reported today that progress is continuing toward final and complete settlement of the litigation between the Sanitarium and the Seventh-day Adventist church conference, although the final draft of the settlement has not been fully typed and signed.

Since the case was formally closed before Judge Blaine W. Hatch on Wednesday with agreement that both sides would submit briefs, the lawyers have been in practically continuous session working out the final settlement.

It appeared today that the documents might be signed this afternoon and the possibility was discussed that the proposals might be referred to Judge Hatch.
Series Ends Tuesday — The final program in the health series of lectures and demonstrations at the Sanitarium library building will be concluded with the program to be held at 2 p.m. Tuesday. The series is sponsored by the Race Betterment Foundation. It has already been announced that the foundation will sponsor a series of three Sunday afternoon programs in March. At the Sanitarium library on Tuesday afternoon of this week, Miss Grace Cohagen will give a demonstration of simple home treatments. The program and the series will be concluded with club swinging, marching, and folk dancing, led by Harry MacCreery, physical director.

Lenten Vesper Service — The Woman's Missionary Society of...
The Work Goes On

The series of weekly public lectures and demonstrations on health and diet which starts tomorrow afternoon at the Sanitarium library building, under the sponsorship of the Race Betterment Foundation, represents more than the fulfillment of a legal trust by the foundation established by the late Dr. John Harvey Kellogg.

It is also a reminder to the community that while a great pioneer of health education rests from the strenuous labors of a long and remarkable life, "his works do follow him."

Local residents and members of the Sanitarium "family" attending these programs will miss the familiar sight of the white-garbed doctor whose "Question Box" and other health lectures were a tradition of the institution during the more than 65 years he was its active head. But they will understand that Dr. Kellogg is still there in spirit.

The Sanitarium was never just another health institution or hospital. In Dr. Kellogg's mind and in fact it was also a "school of health," dedicated to the propagation of definite principles of physical well-being. And in this role the institution won world-wide renown not only for itself and Dr. Kellogg but for Battle Creek.

The trustees of the Race Betterment Foundation, working in cooperation with the Sanitarium staff, are giving welcome assurance through their health education activities that this role is to be perpetuated.
Trustees Reelected By Foundation Here

Race Betterment Group Hears Reports at Annual Meet

Annual meeting of the Race Betterment Foundation, organized here 40 years ago by the late Dr. John Harvey Kellogg to promote health education and public service, was held here yesterday.

Four of the trustees were reelected: Dr. Emil Leffler, Dr. James T. Case, Miss Gertrude Estill and John H. Haas. Dr. Richard Kellogg, now serving in the navy dental corps and who is absent from the city was not reelected.

The trustees heard annual reports of activity of the Foundation during the last year and adopted the financial report. The Foundation is the owner of the property now occupied by the Battle Creek Sanitarium and holds also a large block of stock in the Battle Creek Food Co.

The Foundation is conducting a current series of health programs each Tuesday afternoon in the Sanitarium library building, to which the public is invited. During the last year two series of lectures were presented to the Three-Quarter Century club; weekly programs have been conducted for patients and guests at the Sanitarium by Dr. Leffler, who has delivered numerous talks before audiences in other cities.

The Foundation is also the publisher of Good Health magazine, of which Dr. Case is editor and A. F. Bloese is associate editor. A report from this publication showed a growing circulation and an increasing interest in the teachings of Dr. Kellogg through a much larger sale of his books on health subjects.

Sanitarium Case Accord Reported

Settlement Is Expected to Be Signed by Tonight.

Agreement on all details that will lead to settlement of the litigation between the Sanitarium and the Seventh-day Adventist church conference was reached by opposing counsel last night.

It was announced today that the settlement will be placed in writing today and probably signed by tonight.

Pending the actual signatures, however, none of the details of the compromise agreement will be announced.

The case was started more than two years ago, when the late Dr. John Harvey Kellogg obtained an injunction in circuit court to restrain the Adventists and other defendants from interfering in the affairs of the Sanitarium.

Some testimony was taken in the case, but hearings were recessed and continued from time to time, sometimes with lapses of many months. As recently as yesterday, the attorneys agreed to regard themony as complete and arrangements were made to file briefs with possible final determination of the case expected by next fall.
1944 Is Successful Year for Sanitarium

It Is First Complete One Since Dr. Kellogg's Death.

The Battle Creek Sanitarium has completed its first full year of operation since the death of Dr. John Harvey Kellogg, its guiding genius for so many eventful years. It has been a successful year and 1945 is anticipated as another which will bring greater progress.

The Sanitarium is now well established in "the big stone" building, following the sale of the property on the east side of Washington avenue to the government for use as Percy Jones General hospital.

The first anniversary of the doctor's death was commemorated with a service at the Sanitarium on the afternoon of December 14. As evidence of the place he had won in the health world during 67 years at the Sanitarium, it was reported that there has been a marked increase in the demand for his books on health subjects.

Since September, 1943, the operation of the Sanitarium has been in the hands of a board of trustees pendente lite. The board named by Judge Blaine W. Hatch to serve pending litigation brought by Dr. Kellogg and the Sanitarium against the Seventh-day Adventist Conference and other defendants, originally comprised Dr. Kellogg, John R. Dethmers, now attorney general, Dr. James T. Case, Dr. R. H Harris and Elder T. G. Bunch. On January 28, Dr. James R. Jeffrey of the Sanitarium staff was named to the board to succeed Dr. Kellogg and on April 14, Dr. Jeffrey was named temporary superintendent.

The litigation still pending had its beginning in March, 1943, when Dr. Kellogg obtained an injunction restraining the defendants from interfering in affairs of the Sanitarium. Several weeks were consumed in court last year and the trial was then recessed. Except for one day in court when W. K. Kellogg testified at Marshall on September 23, no further progress has been made in trial of the case. At this time negotiations for a possible settlement are pending.

During this last year, the list of guests and patients has succeeded the totals in the final years of the institution in its larger buildings. During several months last summer the Sanitarium was filled to capacity and approximately 600 requests for reservations had to be turned down.
Judge Receives
Sanitarium Suit

Litigation with Adventists
Awaits Formal Decision.

Submission of evidence in the suit of the late Dr. John Harvey Kellogg and the Sanitarium against the Seventh-day Adventist church conference and others was completed before Judge Blaine W. Hatch in circuit court here this noon. Both sides rested their cases.

Counsel returned to court today after a further effort to reach an out-of-court settlement had proved unavailing. While the possibility of a settlement is not ruled out, the status of the case now is that it finally is in the hands of the judge for adjudication.

Judge Hatch, instructing the litigants to file briefs in the case, indicated a decision would not be forthcoming before fall. Plaintiffs were given 60 days in which to file briefs after which defendants will have 30 days to file theirs. Then plaintiffs will be given an additional 10 days for an answer.

Dr. Kellogg obtained a temporary injunction on March 31, 1943 asking that the Adventists and others be restrained from interfering in affairs of the Sanitarium. The "old constituency," however, went ahead with an election. The present action will determine if that election was legal.

The morning's court section was brief involving only the introduction of additional exhibits. Testimony in the case was completed some time ago.
STATE OF MICHIGAN—THE CIRCUIT COURT FOR THE COUNTY OF CALHOUN—IN CHANCERY.

Battle Creek Sanitarium and Benevolent Association, and James T. Case, Plaintiffs.

vs.

No. 35-551


Order of Appearance and Publication

Suit pending in the Circuit Court for the County of Calhoun, in Chancery.

In the above entitled cause, it appearing that the persons hereinafter named have been joined as parties defendant in said cause by order of said court dated June 15, 1945, and that said defendants so joined and hereinafter named do not reside in this state, but reside out of the state and at the addresses herein written opposite their respective names, to wit:

Mark E. Anderson, Box 3155, Perris, California.

Dr. M. J. Capron, (Captain), M. C. U. S. N. U. S. Navy Hosp., 128 c/o Fleet P. O. San Francisco, California.

Leona F. Cooper, Montefiore Hospital, Gunhill Road, New York City, New York.

Mrs. Lillian Davis, Institute for Juvenile Research, Chicago, Illinois.

Phyllis DeForest, Gian Court, Vaud, Switzerland.


Nellie N. M. Oldham (formerly Mrs. Alfred Martin), R. 2, Box 242, Arlington, California.

Dr. J. Carl Ottosen, c/o Sanitarium, Skodsborg, Denmark.

Elder A. E. Place, 1028 E. Santa Clara St., San Jose, California.

Dr. Eulalia Silsley Richards, 91 Fox River Rd., Wahroonga, N. S. W., Australia.

And it appearing that, by reason of said non-residence in this state, said defendants above named, joined in this cause by said order, could not, nor could they, be served with process in this state, as appears by proofs on file:

Now, therefore, IT IS HEREBY ORDERED that said defendants and defendants above named, joined in this cause by said order, and who are described therein, be served with process in this state, as appears by proofs on file.

History As News

(From the Enquirer and News Files)

TEN YEARS AGO TODAY — The state of New Jersey asked that there be "no mercy" for Bruno Richard Hauptman, on trial for his life in the kidnapping and murder of Charles A. Lindbergh, Jr.

Cordell Hull, secretary of state, was named to deliver the annual commencement address at University of Michigan.

The board of education went on record as being in favor of physical education for Central high school girls as well as boys.

A group of local persons was reported to have made tentative arrangements for a speech by Cornelius Vanderbilt, Jr., in the Recreation Union the next Sunday afternoon, following his cancelation of a scheduled World-at-Our-Door lecture on the excuse that his proposed speech had been "censored." Meanwhile, Amelia Earhart Putnam, noted aviatrix, flew here with her publisher-husband to fill the vacated lecture date.

(From the Enquirer and News Files)

TWENTY-FIVE YEARS AGO TODAY—Dr. John Harvey Kellogg leased the island at Gull lake, with privilege of purchase, from the Gull Lake Improvement association, to establish a summer school for the Normal School of Physical Education.

The Enquirer and News postcard canvass of public opinion as to presidential preferences, just under way, gave 18 votes to Gen. Leonard Wood, 12 to Governor Lowden of Illinois, 3 to Senator Hiram Johnson, 2 to Herbert Hoover, and one each to William Howard Taft, Judge Ebert H. Gary, Gov. Calvin Coolidge of Massachusetts, Senator Pomerene of Ohio, and William Gibbs McAdoo. One ballot was marked only with a big question mark.

(From the Daily Moon)

FIFTY YEARS AGO TODAY — The Wolverine Cooperative association, of which J. J. Miller was manager and F. H. Rounds secretary, purchased the furniture factory formerly owned by G. M. Houck on Washington street, together with the machinery.

Hon. George Willard, editor of the Journal, declined to accept the free silver party nomination for congress on the grounds that, although it would be easy to secure the nomination, it would be difficult to be elected on that platform and a defeat would kill him politically, according to the Kalamazoo Telegraph.

(ADVERTISEMENT)
16 from Battle Creek On March Term Jury

Circuit Court to Convene in City March 6.

MARB. HILL — Sixteen Battle Creek residents have been drawn to serve on the March term of circuit court which will open Tuesday, March 6, in Battle Creek. The calendar will be called the preceding Monday afternoon. County Clerk Edward Morse, Sheriff Fred Hollingsworth, Justice R. D. Scott and Justice M. M. Perrett, Jr. drew the names.

Those from Battle Creek are: Harry M. Sloutt, 74 West Roosevelt; Eloise E. Rowlee, 190 West Union; Asiabelle M. Clemmer, 911 West Michigan avenue; Samuel S. Perry, 145 West VanBuren; Ethel May Rowland, 279 Manchester; Lillian Southard, 51 Elm; Eva M. Sherman, 170 Grove; Grace E. Spencer, 25 West Fountain; Agnes Brutsche, 74 East Kingman avenue; Ethel Hieck, 106 Summer; Edw. M. Bowne, 709 West Michigan avenue; Sam Bullis, 15 Oneita; John Cahill, 96 Calhoun; Deland Davis, 32 South Broad; Harry H. Schill, 34 Vale and Charles E. Bartrem, 106 Main.

Other persons drawn to serve are: George Halder, Mrs. Evaline Chiappone of Marshall; Mrs. Brockway Dickie, Kate Davis, Mrs. Walter Miles, Floyd Hoyt and C. C. Llewellyn, all of Albion; William Davis, Albion township; L. D. Hess, Predonia township; Mrs. Bernice Clark, Tekonsa; Herbert Clute, Convis; Milledge Chichester, Battle Creek township; John Philo, Eckford township; Seth Whitcomb, Homer; Sanford Thomas, Emmett township; Mrs. Walter Drumm, Clarence township; Brady Moore, Leroy township; Frank Stults, Lee township; Clara Wilson, Marengo township; Charles Perry, Burlington township; Mrs. Oscar Morse, Bedford township; Edith Moon, Pennfield township; William Jube, Athens; Mrs. Edna Lutz, Marshall township and Charles A. Drumm, Sheridan township.
$10,000 Damage Suit Is Settled for $400

The first jury trial of the March term of circuit court ended abruptly Thursday afternoon when Mrs. Idamae Aronstein's $10,000 damage suit against Herbert Moore was settled out of court for a reported $400.

Five men and seven women on the jury heard through a forenoon's testimony during which the plaintiff was endeavoring to establish that she is suffering from progressive arthritis resulting from shock suffered in a traffic accident on Jan. 27, 1944.

Mrs. Aronstein, a former Post Products employee, was struck by a car driven by Mr. Moore in East Michigan Avenue near Gilbert and was hospitalized for some time because of injuries received.

Judge Blaine W. Hatch excused the jurors until March 26, when the Dr. John Harvey Kellogg will contest is scheduled to be tried.

The present court term promises to be the longest for jurors in several years. The calendar had been cleared of criminal trials before the close of the term.

The motion was made on the grounds that Attorney Fred Dewey of Detroit, who first was designated to conduct the plaintiff's case, is now in Arizona; that Attorney Jay N. Linsey of Grand Rapids, substitute counsel, has reservations for a trip to Hot Springs on March 10 and will be absent for about a month, and that Attorney Morris Dreffus of Detroit, also a plaintiff lawyer, has been advised by his physician to abstain from court appearances because of a heart ailment.

Plaintiffs in the action are the adopted children of Dr. and Mrs. Kellogg, who are attempting to set aside his will.

Today in History

10 YEARS AGO — By proclamation of Gov. Murray D. Vanwagner the day was set aside throughout Michigan as "Dr. John Harvey Kellogg day," honoring his 80th birthday.

The city commission voted purchase of two new fire trucks, a pumper and an aerial ladder vehicle, both for No. 1 station. Cost was $33,350.

At Lincoln school, which he attended in 1857, State Rep. F. Jack Neller gave an address on Lincoln and Washington that featured "Good Citizenship week."

25 YEARS AGO — Six Blue Bird groups were organized here by the Camp Fire Girls in two weeks.

General Manager John Collins of the Michigan Electric Railway conferred with Mayor C. C. Green and the local safety committee to plan for handling freight off the river street yards and eliminate such traffic on Main.

Mrs. A. S. Kimball spoke to the Van Buren school Parent-Teacher association on "Defects of Pre-school Children and Their Correction."

50 YEARS AGO — Harry Hurlbut of Boulder, Colo., was visiting his mother, Mrs. Clara S. Salisbury, a manufacturer of health corsets.

Past Master William C. Dumphy was honored by Battle Creek Lodge No. 12, F.A.M., for rounding out 50 years as a member. Dr. A. T. Metcalf presented him with a silver-headed cane from the lodge.

The local postoffice did the largest business in the state, with the exception of Detroit and Grand Rapids, in 1901. It totaled $88,532.

Vacation or No, Lawyers Ordered To Try Will Case

An attorney's vacation is no justification for a third adjournment of a circuit court case, Judge Blaine W. Hatch stated in court here yesterday in denying a motion by Attorney Cyrus J. Goodrich for a further postponement in the contest over the will of the late Dr. John Harvey Kellogg.

Expressing doubt that the trial can be completed within a single court term due to the fact that more than 100 witnesses are expected to testify, Judge Hatch set the trial to start on March 26.

The judge said that while a third adjournment was within his discretion, that it has been a court policy to permit a third postponement only in the event that key witnesses would not be available for trial within the court term.

The motion was made on the grounds that Attorney Fred Dewey of Detroit, who first was designated to conduct the plaintiff's case, is now in Arizona; that Attorney Jay N. Linsey of Grand Rapids, substitute counsel, has reservations for a trip to Hot Springs on March 10 and will be absent for about a month, and that Attorney Morris Dreffus of Detroit, also a plaintiff lawyer, has been advised by his physician to abstain from court appearances because of a heart ailment.

Plaintiffs in the action are the adopted children of Dr. and Mrs. Kellogg, who are attempting to set aside his will.

HEALTH LECTURE SERIES OPENS THIS AFTERNOON

A schedule of three health lecture programs for March, the first of which will be given today, was announced Saturday by the Race Betterment Foundation.

A series of such health lectures will begin January 23 and continued through February. These lectures will be conducted in the auditorium of the Sanitarium building at North Washington and Manchester.

Today's program will start at 3 p.m. with a half-hour program of music by the Sanitarium trio. It will be followed by a lecture entitled "The Heart," by Dr. J. R. Jeffrey. "Digestive Disturbances" is the topic of the lecture to be given March 11 by Dr. E. G. Norman. This will be preceded by trio music, and the trio will be presented again March 18 when Dr. Emil Leffler, trustee of the foundation, will speak on "Adapting Ourselves to Present Day Needs."

STATE OF MICHIGAN. — The Probate Court for the County of Calhoun, at a session of said court, held at the Probate Office in the city of Marshall in said county, on the Twelfth day of April A.D. 1945, Present: Hon. Francis A. Kulp, Judge of Probate. In the Matter of the Estate of John Harvey Kellogg, Decedent.

On an affidavit of said deceased, that during the time for presentation of claims against said estate should be limited, and a time and place be appointed to receive said claims and demands against said deceased, as set out in the order of the Court, to wit: That all of the executors of said deceased are required to present their claims, to said Court at 49 West Main and started out again in the same manner.

R. W. Surby announced that his Lake Goguac resort was prepared to accommodate the general public with fishing boats by the hour or day, also fishing tackle and bait. Pickerel and lake bass were biting.

Frank Manchne had bought the grocery stocks of C. H. Hoagland at 49 West Main and started out again in the same manner.

C. H. Newbry was doing a rushing business in the making of brick ice cream and ices for weddings and banquets.

STATE OF MICHIGAN. — The Probate Court for the County of Calhoun, at a session of said court, held at the Probate Office in the city of Marshall in said county, on the Twelfth day of April A.D. 1945, Present: Hon. Francis A. Kulp, Judge of Probate.
Jury Finishes Term Without a Decision

Jurors called for the March term of circuit court were excused by Judge Blaine W. Hatch Wednesday without having sat to a verdict in a single case during the term. It was the first court term since Judge Hatch took the bench nearly 18 years ago that no case has been decided by jurors.

Jurors were called for only one trial during the term, the $10,000 damage suit of Idamae Aronstein against Herbert Moore, but that was settled out of court for $40 after the jury of five men and seven women had listened to a forenoon's testimony. The plaintiff, claiming permanent disability, sued to recover on injuries suffered when she was struck by the defendant's car on East Michigan avenue, Jan. 27, 1944.

When the jurors were excused by Judge Hatch on settlement of that case they were instructed to report again next Monday, March 26, for the John Harvey Kellogg will contest.

Court attaches said today that progress toward a settlement of the Kellogg case is being made out of court and that even if it goes to trial, counsel has agreed to try the case without a jury.

Jury costs for the term, totaling less than $300, will be the lowest of recent years.

Plan Commemoration Of Dr. Kellogg's Birth

His Portrait to Be Dedicated On Anniversary, Monday.

Anniversary of the birth of the late Dr. John Harvey Kellogg will be commemorated at a program to be held at 8 p.m. Monday evening in the Sanitarium library building.

It will include the formal dedication of an oil painting of Dr. Kellogg, which is the gift of the Battle Creek college home economics alumni.

In addition to the gift of the picture, it was announced Saturday that the alumni association has also established a student loan fund in the home economics department at Michigan State college, which is to be known as the John Harvey Kellogg Memorial Fund.

The public is invited to attend the Monday evening program at the Sanitarium library building. The program follows:

Battle Creek Sanitarium ensemble; Invocation, Rev. Henry L. Jordan; vocal selections by Mrs. Colbert Davis and with Max Newkirk, accompanist; "The Battle Creek Idea," Dr. Estella Newman of the Sanitarium staff; "A Continuing Life," A. L. Miller; unveiling of the painting, Mrs. LaVern Robbins, president of the alumni association; "Star Spangled Banner," led by Mrs. W. O. Upson.

The oil painting of Dr. Kellogg is the work of J. Duitoz, a French artist, at Miami, Fla. He painted the picture from a photograph of Dr. Kellogg and accomplished a most lifelike work.
NOTES

Foundation, in step with its program to further the health teachings of the late Dr. John Harvey Kellogg, who established the foundation.

Radio Forum Announced — Mrs. Clarice Platt, children's worker with the Calhoun County Child Welfare Services, will be one of the speakers on a forthcoming program in the new series of weekly radio discussions on current topics, sponsored by Western Michigan college and radio station WYNS, Kalamazoo.

Conference — A field-planning conference for service education will be held at the Western Michigan college on Saturday. Groups of administrators and teachers in schools of southwestern Michigan have been invited to attend. Among those from here will be Floyd M. Hazel, superintendent, Miss Louisa Durham, junior high principal, and Miss Betty Gardiner, teacher of the Lakeview schools; and Theodore L. Bystrom, Central high principal, Mrs. Hilda Lockwood, visiting teacher, Miss Bernice Dowdle, administrative office manager, and Miss Gretchen Osias, post school teacher, of the Battle Creek public schools.

Health Talk Tuesday — The third program in the series of health talks and exercises at the Sanitarium, will be held at 2 o'clock Tuesday afternoon in the Sanitarium library building. The general subject this week will have to do with proper digestion of food and the eliminating of constipation. Dr. E. G. Norman will speak on "The Itinerary of a Breakast," and Mrs. Horace Bennett, dietitian, on "Diet for Combating Constipation." The program will conclude with a dumb bell, marching and folk dancing, led by Harry D. MacCreery. The series is sponsored by the Race Betterment

— QUALITY

John Harvey Kellogg
Portrait Is Unveiled

Anniversary of Noted Physician’s Birth Is Observed.

Memories of the late Dr. John Harvey Kellogg and his world-famed career at the Sanitarium were evoked last night in the Sanitarium auditorium in observance of the anniversary of his birth. The occasion was marked by the unveiling of a new portrait of the physician and announcement of a memorial fund.

The portrait, done by J. Dultoaz, a French artist now residing in Miami, Fla., was unveiled by Mrs. C. LaVern Robbins, president of the Battle Creek College Alumna, which commissioned the artist to do the work.

The artist also has set up the John Harvey Kellogg Memorial fund, a scholarship fund in the Michigan State college school of home economics, "as a last tribute to a great benefactor of mankind."

Music by the Sanitarium ensemble opened the program, after which the Rev. Henry N. Jordan, chaplain, invoked the blessing. Two soprano solos were given by Mrs. Colbert Davis, accompanied by Max Newkirk. They were "This Is My Day," "Ware," and "When Blossoms Come," "Grey."

Dr. Estella G. Norman, long a member of the medical staff of the Sanitarium, gave a talk on "The Battle Creek Idea." It was the name Dr. Kellogg gave to his philosophy of health and included the basic practice of the Sanitarium in diet and the various forms of therapy.

A. L. Miller followed, speaking on the theme of "A Continuing Life." He said that the occasion was "in no sense a melancholy or sorrowful contemplation of the loss or ending of a life; but, rather, a cheerful confident and, particularly, a grateful recognition of a life which lives on through great teaching, great example and great leading."

Mr. Miller related a few stories on the "human side" of Dr. Kellogg and told especially of an interview with him at the depths of the great depression. Dr. Kellogg then being past 80 years of age. The physician declared in the interview that there is never a time in which to be discouraged, for such times are only passing phases.

The unveiling of the portrait and announcement of the scholarship fund followed, and the program ended with the singing of "The Star Spangled Banner," led by Mrs. W. O. D. Upson.

After the program the portrait was taken to the Sanitarium lobby, where it was hung over the large fireplace. An informal reception took place in the lobby for the alumni, their friends and Sanitarium guests.
WCTU Is Now 84 Years Old

Members Carry On Old Fight

By William Conway
EVANSVILLE, III. — It is
Against the blazing lid of
liqueur, wine and beer
that temperance women
are fighting for their
alcohol menace.

They have been fighting
the flood for 84 years. They
have lost many of their
battles. It has been a
struggle, but a never
yielding battle. They have
won many of the
battles, and few more
victories than do the
WCTU. We cannot
ignore the fact that there
is a bigger battle than
ever before.

They marched into barrooms
in 1873, prayed, sang hymns and
imported saloon keepers
to close up shop.

They do not ask for
lends, but they ask for
laws that will protect
the men and women
who are fighting for
their condition.

They do not ask for
lends, but they ask for
laws that will protect
the men and women
who are fighting for
their condition.

They are the women who
have licenses to operate saloons.

They are the women who
have licenses to operate saloons.

MRS. GLADYS WAYS, girlhood
friend of Mrs. Hays, says:
"She is a woman of
exceptional ability."

Gladys Ways, who
was Miss Gladys Wilson, a
girlhood friend of Mrs. Hays,
says: "She is a woman of
exceptional ability."

Gladys Ways, who
was Miss Gladys Wilson, a
girlhood friend of Mrs. Hays,
says: "She is a woman of
exceptional ability."

MRS. WAYS, who
came to Evansville
in 1873, says: "She
is the most
outstanding woman
in the United
States."

MRS. WAYS, who
came to Evansville
in 1873, says: "She
is the most
outstanding woman
in the United
States."

MRS. WAYS, who
came to Evansville
in 1873, says: "She
is the most
outstanding woman
in the United
States."

The average member, in
the words of Gladys Ways, is a
woman of
exceptional ability.

The average member, in
the words of Gladys Ways, is a
woman of
exceptional ability.

The average member, in
the words of Gladys Ways, is a
woman of
exceptional ability.

The average member, in
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woman of
exceptional ability.
San Properties Now Sold Out

Properties Purchased from Race Betterment Foundation.

The Battle Creek Sanitarium has purchased the Trow College. This is a part of the Race Betterment Foundation all the property occupied by Sanitarium operations on the east side of North Washington avenue. The purchase includes the present Sanitarium library building, built in the unusual cobblestone structure occupying the corner at North Washington and Arnn avenue and is more known as John Harvey Kellogg hall; and the former college library building to the rear of the old office building and John Harvey Kellogg's present main Sanitarium building by a corridor built to house doctors' offices which are now a part of the Race Betterment Foundation and its present location following the sale of the Sanitarium property on the east side of Washington avenue to the government as Percy Jones General hospital. The sale of the building by the Sanitarium just concluded also includes the frontage directly across the street from the old Trow College building owned by the old brick building which at one time housed Sanitarium administration offices and later supplied recitation rooms for Battle Creek college when the college was in operation. This old building contains the Sanitarium laundry and Sanitarium storage.

Race Betterment Foundation is a non-profit corporation formed by the late Dr. John Harvey Kellogg to aid the church in its various service undertakings. In the course of time it came into the ownership through death of Dr. Kellogg of the property now disposed of. In company with the estate of the late John Harvey Kellogg, the Race Betterment Foundation also owns the stock of the Battle Creek Sanitarium Co.

When the government bought the Sanitarium buildings on the east side of Washington avenue, it was prepared to establish there the great army hospital. After occupancy of the premises, Dr. Kellogg proceeded to make plans for the sale of the large, cobblestone building diagonal across the street, taking in also what had been the Trow college library building to the south and the old academic building, three by a corridor. The re-location project involved a considerable amount of rearrangement of the buildings. To what had been John Harvey Kellogg Hall and was originally built in the shape of a "Y" in the corner of the Bremn here, to house the Phelps Sanitarium. While the two corporations, the Race Betterment Foundation and the Sanitarium, were not identical they had similar interests and Dr. Kellogg headed them both. The present purchase brings all Sanitarium property under Sanitarium ownership.

The Sanitarium also owns the house on the property on the corner of the street and known as the hospital building, and operated as part of the Sanitarium. Various improvements including elevator installation are still going forward. The present Sanitarium building, and plans are under way for an extension to the rear of the present main building to house a heating plant and to provide added guest room which are now available to nurses during the autumn.

Sale of the properties was concluded in action of the two boards of the respective corporations yesterday.
SAN SETTLES WITH ADVENTISTS FOR $625,000

Dr. Case to Head...

(Continued from Page One)

...six farms of 121 acres lying north of Osage street; the Osage farm of 112 acres, south of Osage and one, one-eighth mile north of which is the 134 acres which have the Frontier along West Territorial road. All are situated in growing residential areas and are regarded as possibly the future site of a hospital and residence for old people.

Price Set 75,000

The sanitation group led by Dr. Case regards the creation of the institution's name and good will as paramount to any of the physical assets involved.

Byron Ballard of Lansing, counsel for the Adventist group, said today that he believed all parties in the suit would be satisfied with the settlement.

The suit was started on March 31, 1945, when Dr. Kellogg obtained an injunction restraining the Adventists from interfering with the affairs of the Sanitarium. This was followed up with a formal suit for cancellation of the lease agreement, with the suit being accompanied by a request for an injunction from time to time and attorneys' fees for the same reason.

It was contended by Dr. Kellogg that the church committed fraud in the sale of some of the old Sanitarium who would vote against Dr. Kellogg and that the suit would be brought against the church to pave the way for the sale of the Sanitarium.

The suit was marked as D. H. H. appointed trustees to handle the Sanitarium pending the litigation.

Bodell said the case hinges on the question of whether the Sanitarium, as a not-for-profit corporation, can sell its assets without the consent of its members.

Judge of the Superior Court held that the members of the Sanitarium were not entitled to a serious hearing on the merits of the case.

It was because of the uncertainties involved in a new election and the possibility that the entire Sanitarium might be lost that the court determined that the sale would proceed.

The Sanitarium was sold for $625,000 and the Adventists bought the Sanitarium's property for $625,000.

A. H. W. Hatch for formal approval. It provides for the establishment of a new Sanitarium at Battle Creek, Sanitarium, which is to be operated by the Sanitarium Association.
ADVENTISTS PLAN

NEW SANITARIUM

Lansing, June 29--Informed sources revealed today that Lansing is among three Michigan cities being considered as a site for a Seventh Day Adventist sanitarium, which would be comparable or larger than the Battle Creek health institution.

It was revealed that Detroit and Grand Rapids also were being considered for the proposed structure. However, Lansing, being centrally located in the state, was thought to be the logical site, it was said.

The institution would probably be constructed from the $700,000 which was awarded the Seventh Day Adventist organization by a Calhoun County circuit court last week in litigation involving the Dr. John H. Kellogg estate.

--Detroit Times, June 29, 1945.