Guest Books
Registers
JOHN HARVEY KELLOGG (1852-1943)

GUESTBOOKS AND REGISTERS
The Board of Trustees
cordially invites you to be present
at a Banquet given in
commemoration of

Dr. John Harvey Kellogg's
Fiftieth Anniversary as
Superintendent of the

Battle Creek Sanitarium

Wednesday, Oct. 13, 1926
8 p.m.

Sanitarium Main Dining Room

R. S. V. P.
Our Honored Guest

John Harvey Kellogg

M. D., LL. D., F. A. C. S.

Superintendent of the Battle Creek Sanitarium

Presented by his associates at the banquet to mark the fiftieth anniversary of his becoming the head of the institution

October the thirteenth
Nineteen hundred twenty-six
THE ACORN from which has grown that mighty oak, the Battle Creek Sanitarium, was a small building, only part of which was two stories in height. It was opened in 1866 as a "water cure" establishment. It had some good ideas and some that were not so good. These more or less counterbalanced each other, for the institution made slow growth. In the Centennial year, 1876, however, a young physician, graduated the year before from the Bellevue Hospital Medical College, New York City, was placed in charge. So youthful was he in appearance that some of the patients found it hard to believe that he could really be the new superintendent.

Under this administration, changes were made. Practices not based on sound medical principles were quietly dropped. Such advances in the healing art as demonstrated their usefulness were adopted, whatever their source. Mankind, after all, has a rather unerring instinct for finding out a good thing, so the number of patients increased steadily. New buildings were erected from time to time. Adjoining properties were bought. More physicians, nurses, employees of all kinds were engaged. The scientific equipment was increased and improved. In short, a growth set in which has continued down to the present time and bids fair to go on at an ever-hastening speed.

Meanwhile the scope of the institution was broadening. Primarily its purpose had been to heal the sick. Gradually it became as well a center for health teaching, a lighthouse for spreading the beams of right living. Our Superintendent has expressed the idea thus:—

"This work, this institution, is not an achievement; it is a growth, a movement, one of the results of the growing sense of need for help, for succor from the ever-rising
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tide of disease and degeneracy which is rolling in upon the civilized world, an attempt to answer in a small way the world-wide cry for deliverance from sickness and suffering, the result of ignorance and departure from the normal and biologic way of life."

In accordance with this great purpose, schools were established in succession of nursing, home economics and physical culture. With the addition of a school of liberal arts and another of music, these have recently been united into the Battle Creek College, which is showing a vigorous vitality and a marvelous growth. Thousands of the graduates of these schools are spread over the earth, teaching and exemplifying in their own careers the lessons of biologic living which they learned there.

But the spoken word cannot reach the multitudes. Printers' ink has a much wider spread, and it has been employed on a lavish scale in the educational work. For half a century the magazine Good Health has been issued monthly, the total number of copies circulated running far into the millions. Our leader has contributed a stupendous bulk of articles to this journal. In addition he has written numerous books on health and medical subjects, of which more than a million copies have come into the hands of readers. Many more millions of tracts, booklets and leaflets have been scattered.

Merely to conduct the affairs of such an institution as the Battle Creek Sanitarium would be a big job for a big man. But the Superintendent has done much more—very much more. He has had personal charge of thousands of individual medical cases; he has performed thousands of surgical operations; he has conducted many experiments and researches leading to new knowledge about the curing of disease by the physiologic method; he has invented improved apparatus and instruments for medical and surgical purposes; he has helped in various civic move-
ments and was for sixteen years a member of the State Board of Health; he has traveled extensively in this country and abroad, to study the advances made in medicine by the great scientists, so that his own institution might benefit thereby; he has given thousands of lectures and addresses in Battle Creek and throughout the country; in his weekly Question Box he has answered inquiries on health subjects to a vast number; the health foods which he invented have given rise to factories in Battle Creek employing thousands of people; this dietary has changed the breakfast habits of the nation and been of effect even in foreign lands; his continuous and brilliant advocacy of the vegetarian principle has lessened the consumption of meat in many homes; our chieftain endowed the Race Betterment Foundation in 1906; its two conferences, one held in Battle Creek in 1914, the other at the Panama-Pacific Exposition in San Francisco in 1915, were attended by many men of distinction and the papers read gave an enlightening diagnosis of the ills of the human family as a whole; charitable work has been carried on continuously, the scale growing with the years; in the earlier days and often since then there have been heavy financial burdens to be borne, but the strength to bear them has never failed. All this is but a partial picture of the activities of the man who for half a century has been the head of the Battle Creek Sanitarium.

The fire which, in February, 1902, destroyed almost the entire plant, seemed at first a most crushing blow. The institution was left with "$18,000 less than nothing." But the indomitable spirit which had been at the helm so long, did not falter. The present magnificent building is a testimonial equally to his personal efforts and to favor with the public which the institution had won by its methods. In 1916 occurred the semi-centennial of the Sanitarium, marked by a notable and noble celebration spreading over three days and attended by many dis-
tunguished visitors. At that time the announcement was made that over one hundred thousand patients had been received. In the ten years since that date, the number has been about sixty-five thousand.

A fitting accompaniment to the golden jubilee which we are celebrating tonight, is the beginning of work on a fifteen-story addition to the Sanitarium. If history pursues the path which she has followed for half a century, even this enlargement will before long be outgrown and a further building program will be in order.
TRIBUTES TO OUR DISTINGUISHED LEADER

MR. M. W. WENTWORTH, TOASTMASTER: Ladies and Gentlemen: We have taken this fiftieth anniversary of Dr. Kellogg's being appointed to the position of superintendent of this institution as an occasion when his friends and co-laborers could meet with him and express to him in some slight degree their thoughts and their respect for him. We all recognize him as a man who has devoted his life to the service of his fellow-men. He is honored and respected by his state, his city, nationally, internationally and by his co-laborers.

We who have been associated with him know of the sacrifice that he has made, both of his time and his means, that the homeless, whether young or old, might be provided for. We know the inspiration that he has been to the lives of many; we know of the help that he has been to many who have been afflicted. We therefore deem it a great honor to have this privilege on this anniversary today to meet with the Doctor.

One of the first things in considering a man or making inquiry as to the character of a man is, what kind of citizen he is. How does he conduct himself as a citizen? It is our good fortune this evening to have with us the Mayor of our city, who will answer that question for us.

I will now introduce the Hon. Charles C. Green, Mayor of Battle Creek.

WORDS FROM MAYOR GREEN

HON. CHARLES C. GREEN: Mr. Toastmaster, Most Honored Guest, Ladies and Gentlemen: It was with considerable trepidation that I agreed to come here tonight and speak on the subject of Dr. John Harvey Kellogg as a citizen. I felt I was unable to do the subject justice, full justice at least, and when I learned that many friends from out of town, orators and eloquent gentlemen, had come to tell you about the Doctor as a physician and a surgeon and an altruist and an inspirational citizen and leader, I wondered what more I could say and what more it took to make a real citizen; but when I came to look about me and think of the many days that I had known the Doctor (I consider it a privilege to be aged about the same number of years he has been in service), I could not help but think that there are many other reasons why the Doctor is a good citizen.

We of Battle Creek who have known him know he has been our real city builder. I can think about some of our early days when Battle
Creek was a village — I like to call it a town now, a good-sized town instead of a city, because the spirit is better in a town — and I remem-
ber very distinctly that the one inspiration we had was Dr. John Harvey Kellogg. Notwithstanding that he was surrounded by pitfalls and
hardships such as our friend Wentworth has mentioned, he never yet lost faith in the enterprise and the work that he had undertaken.

All of you know that he has spent his entire life in trying to show
us how to live a righteous and decent life, and I hope that some of us
have profited by it. I can very well remember that this institution,
guided by Dr. Kellogg, in my mind was the nucleus from which our
growth started, and there never has been a time when Dr. Kellogg did
not respond with all that he had when called upon to assist or lead in
anything of a public nature.

I do not think it is necessary for anyone to be a leader in politics or
to take part in such a thing as that. I think he can be a leader by being
a good citizen and by being the same sort of builder that the Doctor
has been. Who is there here who has traveled far or near that when-
ever the name of Battle Creek was mentioned, has not always met with
the inquiry, "How about your Dr. Kellogg?" I consider it quite some
achievement to represent a city of fifty thousand people and be synony-
rous with the name of Battle Creek no matter where you are.

I do not know what the future means for Dr. Kellogg. It does not
matter. I consider that he is going to have a great and glorious good
time reviewing the past, and if it ever comes to the question as to who
is the first citizen of Battle Creek, I do not think there is anyone who
will hesitate to say Dr. John Harvey Kellogg.

I want to take this occasion to convey to you the regards of our
Congressman, Joseph Hooper. On account of fate and his position he
was unable to be with us tonight. I know how Joe feels about the
Doctor. I know that he appreciates him very much and he asked that
I should convey to you [addressing Dr. Kellogg] his regards, and I
know that when Honest Joe says anything he means it. [Applause.]

A PHYSICIAN’S ESTIMATE

TOASTMASTER: After ascertaining a man’s standing as a citizen, we
next inquire as to his standing in his profession, or his craft. We are
honored this evening in having with us a man of his profession who has
known the Doctor a number of years and who in his position is able to
tell you of his standing in his profession.

I am pleased to introduce to you at this time Dr. Oscar H. Rogers,
of the New York Life Insurance Company in New York City.
DR. OSCAR H. ROGERS: Mr. Toastmaster, Ladies and Gentlemen: I do not know that I am in a position to speak, especially as a member of his craft, about Dr. Kellogg's standing in the world, his standing in medicine, for the reason that quite early in my professional life I drifted into one of the side branches of medicine; namely, life insurance medicine, and I have remained there ever since. I am inclined to think, however, that the circumstance that I stood a little bit on the side of the main stream of medical thought gave me some advantages over those who were actively in the profession. It gave me something of a perspective of the progress in medicine, and I have been peculiarly interested in what has been going on in medicine with special reference to Dr. Kellogg and his activities.

Dr. Kellogg is my senior. You would never suspect to look at him that he is my senior by several years. And so he began his medical career a little bit longer before the great medical revolution than I did. By the great medical revolution I mean the work that was principally contributed to by Pasteur. I take it that we may say before Pasteur there was no scientific medicine. At any rate, so far as the infectious diseases are concerned, Pasteur stands in a class all by himself, and to him medicine may charge up the very great advance that has been made in one of the fields of medicine; namely, infectious diseases. I remember very well the first time the bacillus that causes tuberculosis was shown in New York City and the great stir that it created in the medical profession there, and it was the forerunner of many thrills in medicine, all leading up to the control of infectious disease. We may then say with regard to modern medicine that so far as the infections are concerned, Pasteur stands as the great pioneer.

About three years ago I had occasion to review the situation in medicine so far as the control of infectious disease is concerned, and I used for the purpose of the survey the statistics of the United States government for the last twenty-five years. And here is the curious phenomenon disclosed by that review — there has been a steady gain along the lines of infectious disease. Most of the infectious diseases have become less than one-half as potent to damage or destroy human life as was the case twenty-five years ago, but the rather painful aspect of this study disclosed itself in this fact, that the diseases that were the result of infections due to other causes, were being gained upon very little, if at all. The fact of the matter is, when we read nowadays about the improvements taking place in the control of disease, we must remember that for the greater part those improvements are the improvements incidental to the control of the infections. The progress has been comparatively slight in the control of those diseases that are due to the
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results of infection and those due to bad habits and bad manner of living.

Some years ago — I don’t know just how many — I heard rumbles and rumors of what was going on in Battle Creek, and presently it was my good fortune to meet our friend whom we have come here tonight to honor, and to hear at first hand of the wonderful work that he was striving to accomplish here at Battle Creek. Later I found that his preachments were gradually diffusing themselves through the country, and I came to a conclusion then, which every year since that time has been borne in upon me more and more strongly, and that is that he is the man who has had the vision to see what the real problem of the future of medicine was in the control of the damaged human body just as Pasteur had the vision to see the control of infectious disease. If I were asked to name a place for our friend in the roster of modern scientific medicine, I am inclined to think that I would have two names — Pasteur and John Harvey Kellogg. [Applause.]

This conviction, borne in more and more upon my mind with the passage of time, has led me to ask, “This is a strange phenomenon. On what food did this, our Caesar, feed that he hath become so great? Who is this that has created so great a stir in the annals of medicine?” He was graduated at twenty-three years of age from just an ordinary, common, garden variety of medical school like any of the rest of us, and I do not know that it had any advantages over any of the rest of us. Then he came out here — if your distinguished Mayor will allow me — to a very small community and took charge of a little sanitarium you could almost carry around in your vest pocket, and in two years things began to hum and they have been humming ever since. What could have turned a little bit of a place that was not worthy of the name of a sanitarium, perhaps a boarding-house — what could have turned it into an institution like this? I am inclined to think that the answer is — genius.

Genius has been variously described. Some people say that it is hard work. I made some little quiet inquiries to find out what actually has happened, and I doubt that any two of us in the same period of time could have done the amount of work that man has done. I made some inquiries about when he slept and he is suspected to have slept some, but everybody who knows him knows he has slept but a part of the time because he has been preoccupied in some scheme or another that has kept him awake.

I think he has shown an extraordinary genius for the selection of the people who work with him. He has surrounded himself with a group of lieutenants than whom I should not care to have the job of finding a better bunch anywhere on earth.

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I think there is another thing that has led to the Doctor's greatness as a physician, and that is his everlasting curiosity. I never saw anything like it. He is insatiable in his curiosity. Everything that he sees on the face of the earth stimulates his interest. I never saw another person interested in so wide a range of things. Something was said about Mark Twain, who said that someone was a catawampus cus, because when he was doing something bad he was thinking of something worse. In all sorts of intellectual activities I know of no man who falls in the same class with Dr. Kellogg.

I like to think there is another reason why Dr. Kellogg has reached the distinction that he has, and that is his unflagging adherence to what he believes to be true and right. I have never known it to fail. He yields not a bit. I never have seen him vary so much as a hair's breadth from what he believes is the right thing to do. Under those circumstances, is it any wonder that he is great? Is it any wonder that he is distinguished? What is the use of naming the extraordinary contributions he has made to medicine? I see no reason, and yet almost everywhere it is, "Kellogg has done this" and "Kellogg recommends that," and the whole face of medicine is coming to be spread over with Kellogg's doctrines, and it cannot come too soon, for the reason that only just the beginning has been made of the advance in the warfare against that aspect of disease of which Dr. Kellogg is preeminently the pioneer.

I take off my hat to him. He is the person whom I look upon as the most distinguished and altogether most worthily distinguished physician on the face of the earth at the present time.

I pray the prayer that the Easterners do,
May the blessing of Allah abide with you.
Wherever you stay, wherever you go,
May the beautiful palms of Allah grow.
Through days of labor and nights of rest
May the love of dear Allah make you blessed.
With my hand on my heart, as the Easterners do,
May the blessing of Allah abide with you.

[Applause.]

GOING BACK TO EARLY DAYS

Toastmaster: Having learned of a man's standing as a citizen and in his profession, we next make inquiry as to his community activities. Dr. Kellogg is interested in and has a great number of activities, so we must select those which are to our mind the most outstanding.

Recently, in reading over some of the records of the early history of this institution, I found the following (this is a meeting of the Board of Directors in August, 1873):

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Moved, That we invite Dr. J. H. Kellogg to visit the institution at times when convenient to assist in the examination of patients and to study and familiarize himself with the different departments of the institution. Also that three dollars per week be granted to the students of medicine studying under Dr. J. H. Kellogg.

Again in the records of a meeting held in July, 1876, we find the following:—

Director White stated that a mistake had been made in not securing and establishing Dr. J. H. Kellogg and his pupils in the institution last fall and that the institution could not be expected to succeed until this was accomplished. A committee was appointed to visit Dr. Kellogg and ask him to reconsider the former invitation extended him and his pupils.

It was as a result of this action that Dr. Kellogg returned to Battle Creek and took up his work in connection with the institution. We thus see that in that day he was interested in the work.

From talking with the Doctor and from talks he has given to the members of his staff here and his other associates, we learn that as a boy he used to play schoolmaster to the neighborhood children and he has continued to be a schoolmaster to a number.

In those early days there was associated with him a man (the Doctor has just given me the date—1878) who worked with him for a time and afterward devoted his life to educational work. It is our good fortune to have with us this evening this man, and I am pleased to introduce Prof. F. N. Scott, who holds the chair of English at the University of Michigan. Professor Scott.

Professor F. N. Scott: Mr. Toastmaster, Ladies and Gentlemen: My work at the university has compelled me for some time past to give attention to the subject of education, but I find the more I study it, the less I understand it, and I have finally come to the conclusion that if I study until I retire I shall not know anything about it at all.

I have, however, discovered one significant thing about education, and that is the difference between an educator and an educationist. It is not a distinction I should make myself nor have I found it in any books on education, but it seems to me to be an interesting distinction. An educationist is a man who goes about with his pocket full of boiled eggs, planting them in the muck of the child's mind and expecting them to grow. He is usually a rather stodgy sort of person, with little respect for the interests of students, but a great deal of respect for the ritual or system in his own mind according to which this planting is made.

An educator is a very different sort of person. He is rather like a man with a great flaming torch who runs on ahead and calls others to
follow him in the same path, and the test of the educator is whether he rouses up, as he goes along, loyal disciples to his following. The man who has following him a body of pupils or of disciples who are loyal to him, who will fight for him, who will give up all that they have for him — such a person is a real educator.

That Dr. Kellogg is a person of this latter type I need hardly say. The number of his loyal disciples, if you could get in communication with them, would be very large, and they are very loyal. In addition to this he has many qualities which no doubt characterize the educator, the ability to appeal to what is deepest and finest in human nature and the ability also to make people like him. The man who is able so to teach that his pupils will say, "Those hours with so and so were the pleasantest of my life," or, "A few words from such and such a teacher gave me the inspiration which has lasted all my life through," — such a person is on the way to become a genuine educator, and these are qualities which the Doctor has in very high measure.

Almost all that has been said here related to the past fifty years of Dr. Kellogg’s directorship. I wish to speak for the next fifty. I do not know just how the Doctor is going to employ that time, but I am quite sure of one thing which the preceding speaker mentioned, and that is, he is going to be hard at work. I feel very confident of that. Just how he is going to evade the Grim Reaper I do not know, but I am sure he is going to evade him.

Perhaps some of you will remember the story in one of Stewart Edward White’s books on Western life. An old miner told this story. He was going down a blind canyon one day, a very narrow canyon with precipitous sides, when he came upon a grizzly bear. He could not get around the bear and it wasn’t any use to run away, because the bear would be sure to catch him. The persons who had been listening to this story with mouths open said, "What would you do?"

"Me? My, I would just leak through the atmosphere." [Laughter.]

Perhaps Dr. Kellogg will just leak through the atmosphere, and I feel quite sure that that space, whatever it might be, is going to be devoted to the hardest kind of work and will result ultimately in books or pamphlets or other reading matter which will be of the highest interest to us. And since this is going to be done I would like to suggest three things Dr. Kellogg ought to do, and I hope those who are in sympathy with what I have said will urge it upon him.

In the first place, he should write his autobiography. If he cannot write it, he ought to get somebody else to write his biography. To my mind it would be a great loss to the world and to science and
humanity if he were allowed to get away without having written his autobiography. Things take on a different cast when one comes to turn out the very bottom of his soul and to think this is what he really means, what he said, and so on, and with it come precious things he would not himself suspect, but which will be of the greatest value to us in our estimate of human nature, in our knowledge of how success is won and the ideas about the universe of things and of men which come to one who has had long years of active work as well as reflection.

And he ought to write another book. A great many people of consequence have come to the Sanitarium at one time or another. Now and then you hear whispers that John D. Rockefeller or Henry Ford or somebody else is here incognito taking baths. We all know that a great many people of significance whose actions are well worth to be recorded, come here in order to see Dr. Kellogg, and they tell him a great many things they would not tell anybody else, naturally. They feel his position is that of a father confessor.

So I should like to have him write a book, "Great Men I Have Met," or "Great Men Who Have Visited the Sanitarium."

Then there is another book which he ought to write. You see he is going to have an infinity of time, so he might just as well write quite a number. The last thing I am going to mention is "Familiar Talks with Patients." Somebody might object that this is like Dorothy Dix. If it is, so much the better. We all know what her output is like, and if Dr. Kellogg's contribution is different, it will be original, which is something we must have. [Applause.]

FROM EX-GOVERNOR OSBORN

Toastmaster: We who have been closely associated with the Doctor know of his dedication of his life and work and means to the service of others, but it will be interesting to us to hear at this time from a man who as the former governor of our state has had an opportunity to meet men of various walks of life; also a man who is recognized as an author, a scientist and a lover of nature.

I am pleased to introduce at this time the Hon. Chase S. Osborn.

The Hon. Chase S. Osborn: This occasion is of more significance than the fragrant atmosphere of sentimental heartfulness discloses. With all of the beautiful colors of sentiment in mauve and gold that adorn this evening, there are also tremendous and everlasting values of sturdy meaningfulness. When those about the mythical Aesculapius saw him come and depart, there were few who realized that what he taught would convey his name in folds of truth down the ages forever. It was the same with Galen and Hippocrates. Their
contemporaries did not measure their altitude nor comprehend their majesty. It is different, let us fondly believe, at this happy time.

There are very many who believe that Dr. John Harvey Kellogg is greater than Aesculapius and Galen and Hippocrates. They lived when medicine was regarded as thaumaturgic. Now medicine must confront and satisfy the cold intellect at its highest point of development in the history of the world. And medicine has been framed in peculiar ethical rules that are barbed and almost poisonous.

Dr. Kellogg has confronted exacting conditions as an invincible master of truth and intelligence and has emerged a victor. He found the illiterates as intelligent in nourishing themselves as the most highly cultured. Neither knew how. So they suffered and died before their time. The Kellogg way has made for a new and fine and practical intelligence in living.

This Battle Creek hospice (and what a name where battle against ignorance is the cry of a leader) has been a clearing-house of humanity in the world. Men and women have come across the seven seas and climbed out of mountain trails and threaded Barchan deserts to learn to live. Incidentally they learned each other and when they returned to their scattered homes they were laden as bees with new knowledge of how to sustain not only the body but the soul. This makes for justice and mercy and love. So that is a Kellogg achievement; to have shown the way for the cure of the world by having it seen by unjaundiced eyes.

There is a great natural law that narrowed biologists have confined to inanimate kingdoms. I refer to symbiosis. It is that process by which dissimilar organisms live into each other for the good of both. Dr. Kellogg has proved that the symbiotic law also unmistakably applies to normal human beings. Conjunctive human symbiosis has been an actual fact in this great institution he has builted. And so we applaud him and love him as one of the greatest of the scientific adventurers in the world.

The gloaming is here, with low bells tinkling in green pastures by singing creeks. It finds dear Doctor Kellogg the best illustration of the truths he has taught and practised. His mind is alert, his spirit soars to the skies, his body is vigorous and his heart is as tender as childhood’s heart on the morning of the stars. [Applause.]

WORDS FROM EX-GOVERNOR NESTOS

TOASTMASTER: At the time the committee prepared this program they were not aware that we would be honored with the presence of ex-Governor Nestos. The Governor has many times been at our sani-
HON. R. A. NESTOS: Mr. Toastmaster, Ladies and Gentlemen: I am very happy indeed to be here this evening and to help all of the rest of you do honor to Dr. Kellogg for what he has done. I looked over the program tonight and I discovered that almost everybody is represented on the program except you and me. There is no one speaking for those who have come here seeking health, seeking to know something about sane, sound, sensible living and seeking to know something about full, clean living and clean thinking. That is what you and I came here for.

When I first came to the institution, eighteen years ago, it was because of the fact that I violated the laws of nature and I needed to come here to be taught by Dr. Kellogg and his associates how to live sanely, live in such a way that I might be able to accomplish the tasks that were before me in my own state of North Dakota. And so I have continued to come year after year, some six or seven times in the past eighteen years.

I wish to say at this time, on behalf of those who have come to the institution and who have become devoted to its ideals, that you have so splendidly taught and so splendidly lived during these years that we are ready to go out and to fight for the gospel that you have been preaching. I do not know how long you are going to be with us. I am confident, as has been said already, that you are good for fifty years' more work, but the day will come when you also will have to pass away.

The other day, as I passed Harper's Ferry on my way to the city of Washington, I thought of that old man there seventy years ago, impatient with the slowness of the working out of the great principles of justice in our national life, and in his impatience he took the step a little too early and sacrificed his own life. But he was devoted to a great cause; he had seen a great vision; he believed in a great ideal. And it was only a short time after that before they were singing throughout the United States, "John Brown's body lies a-mouldering in the grave, but his soul is marching on."

That is the great thing in the life of an individual — to be so devoted to a great ideal, a great cause, that when he passes on there will be thousands of others ready to take up the cause, to follow the call, to follow the banners, if you please, the standards that have been raised by him. So today we will say again in the words of the men and women of the United States of those days of John Brown, "We are coming, Father Kellogg, a hundred thousand strong, to fight with
all the might that we possess for clean living, for clean thinking, for finer social conditions and for humanity that may give the greater promise for the Union in all the years to come.” And because of the wonderful leadership that you have given us in this field, we do honor to you tonight, and feel that in doing so we are doing honor to ourselves. [Applause.]

FROM AN INTIMATE ASSOCIATE

T O A S T M A S T E R : Friends, we are most fortunate in having with us tonight one of our former associates here at this institution, a man who worked with Dr. Kellogg. He was with him day and night, whether at home or abroad. He probably knows Dr. Kellogg as none of the rest of us do. He went through those trials and hardships with him in the years gone by and he can speak for all of us who have been associated with the Doctor on the next subject better than anyone that I know of. I am pleased to introduce to you Dr. George Thomason, of California.

D R . G E O R G E T H O M A S O N : M r . T o a s t m a s t e r , L a d i e s a n d G e n t l e m e n : Such an occasion as this ought to bring out the best speech there is in a man. I must express my appreciation of the honor of being asked to participate in this program and the topic assigned me is one ever of which I am surely most enthusiastic — Dr. Kellogg as an inspirational leader.

I, of all men, ought to know what Dr. Kellogg is. He told me once, “Doctor, you know me better than any living man.” I have eaten with him, slept with him, traveled with him and worked with him often from one sunrise to the next. Only one thing I seldom did was to recreate with him. He always felt that the great call upon his life left almost no time for personal amusement or recreation. If this be true, my friends, then as one of the most intimate associates of the past, I bring it to you as the fixed and unchangeable conviction of my heart — Dr. Kellogg always has been, is now and always will be a great inspirational leader. To me personally the greatest and best evidence of his inspirational leadership is the fact that he has always been an inspiration to me. He inspired me by a single article which he wrote several years before I saw him and which crystallized in my mind a definite purpose in life. Then came the years of most intimate contact. Sometimes the days and nights were a bit strenuous, frequently to the almost utter neglect of food or drink or physical rest. But what an infinitesimal price was hunger or thirst or weariness of the flesh to pay for such intimate personal contact with such a great soul. At the end of this strenuous period of work he would say, “I have treated you shamefully, now I must feed you well.” And then would come the delight-
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ful feast, altogether the most wonderful feature of which was the beautiful intimacy and heart-to-heart chat of a great man with a young boy. Talk of inspiration! Those wonderful hours of uplifting influence are ever with me in reflection like "apples of gold in pictures of silver."

Never Yields Principle

Dr. Kellogg's espousal of great principles, his utter devotion and personal loyalty to them and his indefatigable labors in their promulgation stamp him as a great inspirational leader. In all the years of close personal study and observation I never knew him to deviate a single hair's breadth from the principle to which he had attached himself. As a path-finder blazing a new trail, as a voice crying in the wilderness, "This is the way, walk ye in it," he never left in the way obstructions over which others might stumble. He has always been the leading, outstanding and consistent devotee and exponent of these great principles.

Dr. Kellogg's courage, born of absolute faith in the message and the certainty of the ultimate triumph of truth, makes him a great inspirational leader. I have seen him in many places which would try any man's soul. I have never known him to hesitate or quail in the presence of an enemy. Like William Lloyd Garrison in his uncompromising attitude toward slavery, he said, "I will not equivocate, I will not compromise, I will not retreat a single inch and I will be heard." So with this disciple of anti-slavery he has gone steadily on, often in the face of what would ordinarily seem insurmountable obstacles, fulfilling the great call "to loose the bonds of wickedness, to undo the heavy burdens, to break every yoke and to let the oppressed go free."

After the Fire

I think Dr. Kellogg's courage and indomitable will were never better exemplified than at the time of the great fire. He was gone just at the time of the fire, possibly providentially so. It was suggested to me that I meet him in Chicago and accompany him home. I demurred. I felt I could not endure seeing his grief, but I evidently did not fathom the man. I saw him return, take one look at the smoking embers, express sorrow for one old man who lost his life. Then he said, "Call a board meeting." We came together within an hour. He said with electrifying enthusiasm in his voice, "We have had a fire, all the cockroaches are burned up and now we can have just such a building as we have been dreaming about and planning for so many years. As the optimistic Irishman said about his fence, when asked why he built it two feet high and three feet wide, 'When it blows over it will be higher than it was before.'"

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Dr. Kellogg’s love and kindliness, known and experienced by those who know him best, have made him an inspirational leader. His tremendous power of concentration, often making him utterly oblivious to his surroundings, has sometimes been interpreted as aloofness. His relentless battles with men whom he felt were blocking the wheels of progress and delaying the carrying on of life-saving principles were often by his opponents construed as personal attack. But a kindlier heart never beat in any bosom. He has felt that life-saving work should always have the right of way. But Dr. Kellogg’s battles have never been because of personal affront. No man ever lived more ready to carry out the Bible injunction, “If thine enemy hunger, feed him; if he thirst, give him drink,” and he never knowingly misses an opportunity to do this.

His Big Heart

My constant contact with his home life made me know of the bigness of his heart. The patter of a score of little feet in the rush to be the first to lovingly greet him and smother him with tokens of affection (and every one of these little folks once called by a different name) would have made me know, if I did not already know, that his love and kindliness made him an inspirational leader even to the little children.

Dr. Kellogg is an inspirational leader, not only in his towering strength, but also in his weaknesses. And he has them. I have seen them. Every great man has them. I am glad he has them because they have made him the more human. I would not speak of them to specify them even in a whisper. He is sufficiently conscious of them. He chides himself because of them. He is his most unrelenting critic. His weaknesses have put enough lead in his boots to keep his feet on the ground. Enoch was the only perfect man known in history and we know what happened to him.

Dr. Kellogg’s type of religion makes him a great inspirational leader. Personally, I like the brand. His is a religion of service rather than of an emotional nature. I have never heard him express the slightest concern regarding his own salvation, only to say he never felt he was worth saving, but he is infinitely concerned in the other fellow’s salvation. His is a religion of self-forgetfulness, self-abnegation, the kind most approved by the great Master, who, speaking very lightly of the unimpressionable Priest and Levite, commended in the highest terms the good Samaritan, who, apparently utterly unconscious that there was such a thing styled the “work of God in the world,” stooped down, lifted up a fallen brother and ministered to his physical needs. Dr. Kellogg's inspirational leadership always says, “Let us go and do likewise.”
After Fifty Years

Sees Work’s Fruit

And now, dear Dr. Kellogg, you have rounded out fifty years of constant service and always as an inspirational leader. We are glad this is a golden anniversary, and not a memorial service. God has permitted you to see in your day a great degree of triumph for these principles. You have lived to see and have helped to develop a scientific corroboration of principles formerly practised more or less empirically. Your inspirational life has beautifully exemplified the words of Meredith in “Lucile,” speaking of the influence of a life in the world:

... no stream from its source
Flows seaward, how lonely soever its course,
But what some land is gladdened. No star ever rose
And set without influence somewhere. Who knows
What earth needs from earth’s lowest creature? No life
Can be pure in its purpose, and strong in its strive,
And all life not be purer and stronger thereby.

Tonight we proffer to you our tribute of appreciation for your inspirational leadership. We hope it brings to your heart some sense of joy and recompense to see immediately about you, and scattered over the world, men and women who have lighted their torch from your bright flame and are endeavoring to hold up a guiding light to those who sit in darkness. [Applause.]

GREETINGS FROM LOCAL FRIENDS

Toastmaster: I will introduce to you at this time Dr. James Elliott, who will represent the Calhoun County Medical Association.

Dr. James Elliott: I remember very well the first time I ever knew there was such a man as Dr. Kellogg. My father was a country doctor, and at one time he had a patient sorely afflicted with cancer. It was an inoperable case, but the people wanted Dr. Kellogg in consultation and my father gladly called him. Of course it was a hopeless case and nothing could be done, but I remember my sensations as for the first time I beheld Dr. Kellogg. I had expected to see a man at least twelve feet tall, and when I saw the Doctor I was mightily disappointed, but my father did not seem to be disappointed at all.

As a representative of the Calhoun County Medical Society, I wish to assure Dr. Kellogg of the high regard in which he is held by the members of the Society, and as an expression of our respect and regard for him I have been delegated to present him a small floral offering from the Society. [Applause.]

Toastmaster: I will next introduce to you Mr. John I. Gibson, Secretary of the Battle Creek Chamber of Commerce.
After Fifty Years

[Mr. Gibson read a letter from the Chamber of Commerce.]

TOASTMASTER: Friends, I will now introduce Mr. Genebach, the President of the Chamber of Commerce.

MR. GENEbach: Doctor, in behalf of the Battle Creek Chamber of Commerce, I present to you these flowers as a token of our esteem.

TOASTMASTER: The next will be our own Walter, Dr. Walter F. Martin. He will present to us greetings from some of the Doctor's friends.

[Dr. Martin read a number of letters and telegrams of congratulations.]

TOASTMASTER: The next man I will introduce to you is the man who goes to bat as the Babe Ruth of the Sanitarium Board of Trustees, Dr. Benton N. Colver.

DR. BENTON N. COLVER: Mr. Toastmaster, Ladies and Gentlemen: As we gather here I am reminded of two other occasions in Dr. Kellogg's life history. These, with tonight's celebration, mark his career into three twenty-five-year eras, or stages.

The first was shortly after Dr. Kellogg's attainment of his medical degree. It indicated not only the end of his own personal fundamental growth, but was the milestone that marked the determination on his part to make this his life work. It was then that he assumed the Superintendency of the Health Reform Institute. It was then that things began to happen to make for steady, constant growth, the fruit of which we see today.

The second was about a quarter of a century later. Through stress and strain the Sanitarium had grown from a small farmhouse, with a dozen patients and a handful of helpers, to a world-known mecca for health seekers and students. The building had as many levels of roof and floor as an ancient castle. It had been built on faith and bended knee. Every brick represented sacrifice. Utility and necessity, rather than architectural unity or mere esthetics, dictated each addition to its organic structure. In it all, the integrity of its builder and his faithful co-workers shone to all the world. And then came an apparently overwhelming blow— the fire that utterly devastated the entire plant. But Dr. Kellogg, returning home the day after that fire, viewed its ashes, looked into the smoldering hole and turned away, remarking, "Bricks and mortar never made the Sanitarium. Give me a nurse with a fomentation cloth and the Sanitarium still goes on."

All set to work under such leadership. A week later came the second occasion I have in mind. On that day Dr. Kellogg operated

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in a new operating-room in East Hall, made possible by sacrifice and hard work on the part of the nurses and students. Also on that day we celebrated his fiftieth birthday — the closing of the institution's period of fundamental growth and the establishment of a place for itself in the need of the world.

And tonight we celebrate the third of those occasions — his fiftieth anniversary as head of this institution, of this movement — the closing of a quarter of a century of wonderful expansion and the establishment of a firm foundation for future work.

Fifty years is a long time. Most of us can remember when we thought that a person fifty years old was certainly quite old. Most of us here tonight no longer feel this way about it. Within our lifetime the span of human life has been extended fifteen years. Nevertheless, even to live fifty years is still in itself quite an accomplishment. To live long enough actually to work fifty years is a more noteworthy accomplishment. To work fifty years at one job is still more unusual and noteworthy. And to have worked fifty years at one job, and that job of being the leader, the inspiration, the head of an important and growing world movement, is indeed most rare and remarkable. That is the event we are here gathered to celebrate; the completion of a half century of wonderful work as a leader of men, as an inspirational head of a great humanitarian and scientific movement. In such a life fifty years is indeed a long time. But we are happy to note that Dr. Kellogg at the close of his first half century is still keen, enthusiastic and determined in his onward drive in this, his great gift to the world.

On behalf of the Board of Trustees, I wish to present to Dr. Kellogg a memento which he may cherish as a reminder of the record of the past and the possibilities of the future. This gift is analogous to the flag of victory, to the mace of authority, to the insignia of office. It is in recognition of his accomplishments and a token of our respect.

[Hands Dr. Kellogg a walking-stick.]

Shall we not look forward to a fourth occasion when we shall again celebrate with our Chief another forward step, another era in the history of this great movement? Let us hope that this may be so — and as his life has seemed to run by quarter centuries, may it not be that this fourth occasion shall be when we, who survive, may gather to celebrate with Dr. Kellogg his one hundredth birthday?

REPLY OF THE GUEST OF HONOR

Dr. John Harvey Kellogg: It is past midnight, and according to my good friend Dr. Rogers, I am committing a crime in allowing you to stay here. I have been sitting here for the last four hours trying to find out what this thing means. I had a suspicion from the very start,
because as the orchestra was playing back here, it seemed to me that I could hear, in the overtones, exit, exit, and here comes, at the end of it, a cane, which means that I am to walk out.

But, my friends, I haven't any intention whatever of doing so. I like my job and when I exit I want to be right in the midst of a job. I never want to dodder out. I want to keep up my work until the end.

I feel terribly embarrassed tonight because of the eloquent and overwhelming eulogies to which I have been subjected, which, I assure you, have been extremely painful. Pleasant words have been said, but every pleasant word that has been uttered here to me has summoned up the very opposite, and as these kindly remarks have been made, I have seen before my mind a growing mountain of mistakes, of oversights, of things left undone, of things I wanted to do but did not do, until if the mountain I have seen piling up here should topple over, it would certainly bury me beyond rescue. So I assure you I do not take to heart any of the good things you have been saying about me, because they are not true.

As I said before, I really feel embarrassed and I marvel at the charity and the generosity of your various speakers here. I cannot imagine one of them who could have any reason for commending me in any way. As for my good friend the Mayor, here, I did not even vote for him. I reached the voting place just too late to get in—it was closed up—and I doubt if I have helped elect a half dozen mayors in my whole lifetime. I have been interested in the affairs of the city, but really have felt very much ashamed that I have contributed so little to its welfare.

My good friend Dr. Rogers and I made a bargain that I would spend a few hours in the open air every day if he stopped smoking, and he stopped smoking, it is true, and I took to sleeping outdoors at night and I have kept it up religiously. Now, I did try to play golf, but the war came on at that time and when I went out to the golf field and played two or three holes and I thought about those poor boys in the trenches, the situation kept appealing to me so strongly I had to come home. I have not played a game of golf since. I am very glad to know that the Doctor has not lapsed and that he still does not smoke. How he could say something kindly of me when I have deprived him of his greatest comfort, I cannot understand.

My good friend Professor Scott I abused as much as he would stand when he was associated with me. The meanest thing I did was to lose him in Colorado in 1878, but I did succeed in discovering him the next day. We had some interesting adventures, which I cannot take the time to tell you about.
My honorable friend Governor Osborn certainly owes me nothing. I felt highly honored and greatly favored and privileged when he made me a member of the State Board of Health and was glad to have an opportunity to do a few things that I hoped would be of service to the State. We all appreciate his presence here.

My good friend Dr. Thomason, I really was very much touched by his remarks, because I treated him worse than I ever treated any man in my life. I remember on one occasion on which I had been putting him through, not only from sunrise until sunrise, but until sunset and until another sunrise and still we were at work, and then the poor boy fainted away. What did I do? — I went over to the washtub, wet a towel in a little water and slapped him in the face with it and he said, "Thank you," and he went to work again. We were way down on the Mexican border. We were just finishing a book. I had to finish it and get it into the express before a certain train because I did not dare put it into the mails. In Mexico the mails are uncertain, and it represented many nights of hard work.

My friends Dr. Martin and Dr. Colver I believe are the chief conspirators in perpetrating this thing here tonight. I had no notice of it and was very much surprised when I learned of it two or three days ago and have been suffering great distress of mind ever since. I do not see how it is possible for me to survive such an avalanche of kindness and of sympathy and of courtesy as I have received here tonight.

I must say, although it is a great deal too late, I must say a word more, so you will not go away with a wrong impression. You certainly would have if you believe the things which you have heard tonight, which, as I have told you, are not true. I am not the originator of anything. The things I have been trying to promote here in this place are antique. I am a lover of the antique and I have devoted my whole life to endeavor to resuscitate the good things that have been forgotten—old things, the good old ways.

I became convinced many years ago that the human race was going down because we have gotten far away from the old, primitive ways of our ancestors, and what we need is a mild return to savagery. So I have been trying to develop here a center of scientific barbarism, if you please, and we have been trying to make of this institution an experiment station where we might find out the real true ways to live, and then to make it an educational institution, a sort of university of health from which we might propagate these ideas of sane, wholesome living.

This idea did not begin with me at all. This institution did not start fifty years ago. It began more than a hundred years ago. A hundred years ago Sylvester Graham, a wise man of the East, a New
England, a cultivated man, a university man, a man who was educated in the law, in theology and science, became impressed with this idea and started out to preach it all over New England and came out here to Michigan in the thirties. Almost a hundred years ago he was preaching this doctrine here in Michigan.

It was adopted in numerous places. Brook Farm was one of the places where the doctrines of Sylvester Graham were adopted. They had a Graham table. Bronson Alcott was one of his disciples. Bronson Alcott was our guest here for a week at one time and he told me all about his experience. For fifty years he had been following a biologic dietary. Wendell Phillips was another of the disciples of Sylvester Graham. He told me with his own lips, nearly forty years ago, that for fifty-five years he had abstained from flesh eating because he believed it was unbiologic, not because he thought it was unwholesome, not because he thought it was unhealthful, but because he thought it was not right. He ate only a little fish now and then when he was far out West and could not get anything else that was wholesome.

Other men were interested in this idea of returning to nature. Horace Greeley was interested. But the idea somehow fell into decadence. It was not so prosperous as it might have been had there been more business sense connected with it. At the Brook Farm there were one hundred forty of the leading lights engaged in that work. Charles Dana was one of these men. He was secretary, in fact, of the movement at that time. George Ripley was the leader of it. It failed when they had a fire and were left without insurance, so, their property destroyed, there was nothing left for them to do but to scatter. George Ripley compiled the American Encyclopedia, and others of these men were engaged in other important enterprises. Mr. Brisbane, the father of Arthur Brisbane, was one of the men associated with this colony. It was really a group of very noted men, but the work failed because they did not have a proper business organization.

However, the seeds that were sown out there in the East took root here in Battle Creek and a little group of people started in to develop a health center. There had been centers at other places, but this was about the only one in the far West. The work was first begun here in 1866, sixty years ago this summer, and carried on for several years, but it was started wrong. The policy was wrong and the result was that the work failed. The Chairman of the Board of Directors (you have heard one of their motions here tonight) was asked to visit me and ask me to come and take charge of the institution. I was in the East. He came to me and said that the Board had voted to close the institution because the work had failed, unless I would come and take charge of it.
I was a sort of Hobson's choice. There wasn't anybody else available. I was just out of college, a small boy. The year before they had asked me to take charge, but I felt I could not possibly do it. I was such a small, insignificant boy that I felt I could not possibly meet the people and see the disappointment in their faces. The Doctor over here told you how he felt when he met me, and I knew I should have to meet that in every person I saw. I felt that I just could not endure seeing the look of disappointment in the faces of the people I should have to meet.

But when they said they were going to close the enterprise, I thought about it very, very seriously and finally decided to come for one year. You haven't any idea, my friends, how I dreaded that job. I felt I was incompetent for it, that it needed a person of age and experience. But I did not have such a big job after all, because when I arrived there were only twenty patients, and the next day there were only twelve. I really felt relieved I hadn't quite so many people to deal with. These poor souls, I felt sorry for them. Every time before I encountered a patient I cried to heaven to help me to meet him right, for I felt I was utterly incompetent to do what was expected of me.

As I have said, the policy was wrong. This institution was started as a protest against existing medical practices and as a protest against almost everything that was customary and popular in the world at that time. The medical profession was regarded in a very hostile light and was denounced in a very vigorous way, and of course the doctors did not approve of the institution.

In my association with Dr. Austin Flint, the senior Austin Flint, grandfather of the present Austin Flint, as a private student in New York, I discovered that there were open-minded doctors. I discovered that there was a new movement beginning, physiotherapy, a movement in behalf of the rational treatment of disease. I wrote my thesis — I had to write a thesis in medical school — on the rational treatment of disease, or the natural cure of disease. I did not know whether my thesis would be accepted or not, but it was, and so I found that the medical profession was more open minded than the people who started the work here had imagined. So I thought there was an opportunity to do something in a different way.

The institution had gotten so far behind and was getting in debt worse every week, so it was necessary to close it up unless something different was done.
I began, in the first place, to work in the profession instead of out of it, to endeavor to work with the profession instead of fighting it, and I found I had a harder job on my hands than I had supposed I would have. It took a long time for the profession to find out there was a change of policy. The doctors undertook to turn me out of our medical society. The charge preferred against me was that I was trying to found a new school of medicine known as rational medicine. Well, this gave me an opportunity, in the discussion of the subject during the two years they were trying to turn me out, to convert them. We had meetings every three months and a discussion at each meeting, so in the course of the year I had converted the whole society and the next year I was elected by unanimous vote president of the society and I have never had any difficulty since.

The trouble was the doctors did not understand. They were not opposed to rational medicine, to the things we were doing here, but they had a misunderstanding as to our work. When they understood it, they were in entire sympathy. That has been largely true of the profession who have been opposed to our work. We have found that as the doctors became acquainted with our work they were always in sympathy with it. I have no fault to find with the profession. They have rapidly opened their minds and their hearts to the ideals of physiotherapy.

But this work has not been carried on alone from this center. We cannot take credit for the great work that has been done in physiotherapy. It has been developing all over the world, especially in Germany. We have tried to do our part to make such contributions as we could, but it would be preposterous for any one person to claim responsibility for the great progress made in the direction of rational living and the rational treatment of disease, for it is a world-wide movement.

I desire especially to call attention to one other thing. I feel my time is so limited I can say only a few of the things I should like to say. This institution is not a one-idea, not a one-man institution. It has been carried on by an organized effort. I am sure that I alone could not possibly have accomplished what we have done in our work here; nor do I think any other living man could have done it alone. What has been accomplished here has been done because we have had good teamwork, and I must say more than that.

This institution is a child of Providence, my friends. The obstacles that have been in the way I have often felt to be absolutely insurmountable. Hundreds of times in our Board meetings, as we have looked at the difficulties, we have felt that if God did not help us there would be no hope for us.
After Fifty Years

When we had a fire — our first building, when we put up this first building we borrowed $115,000 and we had only $10,000 to put into the building. We spent the ten thousand dollars and we spent the money we had borrowed. By and by the money was all gone. We did not have any money to pay our workmen. There was only one thing to do. The grocers sent us food — our credit was still good in town, and so we simply paid our workmen out of our larder and in that way we went on and kept going on.

We had a fire twenty-four years ago which burned up our institution, all we had accumulated in twenty-six years. We were left eighteen thousand dollars less than nothing. If we sold everything we had left on the face of the earth, we could not pay our debts. We lacked eighteen thousand dollars of enough to pay them. So we were really insolvent.

In the face of that we began building, borrowing a million dollars. For five years we did not know where the money was coming from to meet the obligations for the next week. As we built, week by week the money came. We did not know where it was coming from. We said that we would go on as long as we could and each week just enough kept coming to meet our bills for that week. So we went on. For five years we did not have any surplus credit. It was like looking straight at a blank wall. Fifteen to twenty thousand dollars to pay next week and we did not know where the money was coming from. It always came.

So I am telling you, my friends, this institution is a child of Providence. It has not grown by great wisdom and great skill, but it has been developing because of the power of a great idea. We did not originate the idea. It was in the world. All we have done here is to stand beside a splendid tree and see it grow. All we have done is to water it and do what we could to contribute to its welfare.

As I have said before, it has not been a one-man job. There are others who have been here many years, as well as I, almost as long as I, and have worked as hard as I have worked.

Here is Dr. Colver. He has been here twenty-five or thirty years. Dr. Case has been here as long. Dr. Eggleston, I know, has been here thirty years, and my colleague, Dr. Stewart, Associate Superintendent of the institution, thirty-one years. And here is Dr. Mortensen, who has been toiling away thirty-eight years. Mr. Judd, who has been here about the same length of time, and other members of the Board. My good friend Dr. Riley has been here forty-four years, building up a world-wide reputation, and has come to be known not only in this country, but in other countries as an able diagnostician. Here is my good
friend Mr. Murphy. For years and years he has been treasurer of the institution — forty-six years' service here. Then here is our superintendent of nurses, Mrs. Foy, who for forty-eight years has been on the job.

So you see I am not by any means entitled to all the credit for building up this institution. Here is a corps of workers who have been laboring hand to hand at this job and putting in their best efforts year by year and seeing it grow, not, as I said before — I am sure none of us have felt as the result of our efforts, but as the result of the intrinsic vitality in the idea. That is what has made this institution a success,—its ideals, and not the human push that has been put into it.

I must not forget to mention also those who have been here all the way from twenty-five to forty years on this job. I think we have nearly fifty people who have been here more than a quarter of a century. You cannot find a place anywhere, I think, where so many people have volunteered to remain and work together in a common cause in which there were no great emoluments, but only very ordinary returns for their efforts.

So I thank you, my friends, for coming here tonight to show your good-will toward your enterprise. I know it is the ideals of the institution and your respect for it that have brought you here, and if you have commended me and if you have respect for me it is only because of what I stand for, so I thank you all the more. [Prolonged applause.]
CONGRATULATORY MESSAGES

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

Cordiales felicitations cinquantenaire devouement bien publique.

Weinberg, Pasteur Institute.

("Cordial felicitations on the semi-centennial of your devotion to public welfare.")

Copenhagen, Oct. 12, 1926.

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

Heartfelt congratulations to fiftieth anniversary.

Skodsborg Sanatorium.

Rochester, Minn., Oct. 12, 1926.

Dr. W. F. Martin,
Battle Creek Sanitarium,
Battle Creek, Mich.

Please express to Dr. Kellogg our heartiest congratulations on the completion of fifty years of service as superintendent of the Battle Creek Sanitarium. He has been privileged to see modern medicine develop, and to take a conspicuous part in this development. He is blessed in the knowledge that he has been an aid and inspiration to many a student and practitioner of medicine and that he never has been more valuable to his profession than he is today.

W. J. AND C. H. MAYO.


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

Congratulations on your fifty years' service to the world at the Battle Creek Sanitarium. May you live another fifty years and expand
the Sanitarium tenfold and your blessing to humanity a hundredfold. Sorry I cannot be with you, but am helping Senator Butler and Coolidge prosperity here. Political and economic health is next in importance after biologic living.

CLARENCE W. BARRON.


Dr. Charles E. Stewart,
   Battle Creek Sanitarium,
   Battle Creek, Mich.

Please congratulate Dr. Kellogg upon his long and brilliant services to the science and art of living long, happily, and effectively. I owe a very large part of my present working capacity directly to him. Modern medicine has given us only a few great physicians, and he is one of them. May you and the world possess him for many years to come.

A. E. WIGGAM.

Perry, N. Y., Oct. 14, 1926.

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

Accept my sincere congratulations.

R. M. OLIN, Commissioner of Health.

Clarksville, Tenn., Oct. 13, 1926

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

Congratulations on a life of usefulness. May you have many more years.

GOVERNOR AND MRS. AUSTIN PEAY.


Dr. Charles E. Stewart,
   Battle Creek Sanitarium,
   Battle Creek, Mich.

Please extend the cordial greetings and good wishes of the members of the Michigan State Medical Society to Dr. Kellogg, whom we
all honor. All mankind has, and will continue to benefit by reason of his life and work. Our fervent wishes that he may continue to enhance all life for many years to come and inspire others to emulate his achievements.

F. C. Warnshuis, Sec.


Dr. W. F. Martin,
Battle Creek Sanitarium,
Battle Creek, Mich.

Congratulations to Dr. Kellogg. We appreciate what you and the Sanitarium have done for us.

John and Elizabeth McColl.


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

Congratulations on your long and useful term of service. May it continue another fifty years.

Battle Creek Dietitians,
At the American Dietetic Association.

Carlisle, Pa., Oct. 12, 1926.

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

My warmest congratulations on the occasion of the celebration of your completion of a half century of service as the superintendent of the Battle Creek Sanitarium. May you complete the century is the wish of your many friends. The world needs the idealism which you so well exemplify.

Paul F. Voelker,
President of Battle Creek College.

Board of Trustees,
Battle Creek Sanitarium,
Battle Creek, Mich.

Account of Mr. and Mrs. Ford’s absence from the city they are unable to accept kind invitation.

C. A. ZAhnow, Office of Henry Ford.

Washington, D. C., Oct. 11, 1926.

Chairman of the Board of Trustees,
Battle Creek Sanitarium,
Battle Creek, Mich.

Mrs. Adams is in Spain; she will regret inability attend commemorative banquet for she considers Dr. Kellogg’s great work as entitling him to the highest of honors. She is deeply grateful for benefits to health derived from visits to Sanitarium and joins with you in spirit of celebration.

Franklin Adams.


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

My heartiest congratulations to you on the successful completion of a half century of unparalleled service to man. Your splendid work and teachings will live forever. May you continue to enjoy the fruits of your work.

Wm. M. Scholl, M. D.,
112 S. Michigan Ave., Chicago, Ill.

Coronado Beach, Calif., Oct. 12, 1926.

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

From my heart I send to the world’s greatest benefactor greetings and congratulations (hoping somewhere in our travels there’s a curve on which we’ll meet). One of your grateful patients,

E. Burdine Crumm.
After Fifty Years


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

Invitation received late. Sorry. Will attend your one hundredth.
Best wishes.

M. H. Drouillard.

Nashville, Tenn., Oct. 12, 1926.

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

Regret we cannot be present to participate in the celebration of
the fiftieth anniversary of your superintendency of one of the greatest
and most useful medical institutions of the world. May you be spared
to continue your grand and noble work many years yet to come.

Dr. and Mrs. E. A. Sutherland.


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

Dear Chief: In the occasion of your golden jubilee with the Sanitarium I wish to present to you the testimony of my admiration and brotherly love, praying Almighty God that we shall enjoy the privilege of your inspiration for many more years. Fraternally yours,

Amos J. Rivers, M. D.,
Of the Eye, Ear, Nose and Throat Department of the Sanitarium.


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

Mrs. Nicholson joins me in sincerest congratulations upon the fiftieth anniversary of the founding of the Sanitarium. You have wrought a great work, you have saved hundreds of lives, added to the
usefulness and effectiveness of thousands, and have gained the lasting
gratitude of a multitude.


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

Heartiest congratulations on the fiftieth anniversary of your noble
work.

Mr. and Mrs. George S. Burnett.

New York, N. Y., Oct. 8, 1926.

Dr. W. F. Martin,
Battle Creek Sanitarium,
Battle Creek, Mich.

Absolutely impossible get to Battle Creek for celebration. Am
writing Dr. Kellogg. Please congratulate him and rest of his staff
on creating one of the most useful and stimulating institutions in the
world.

Walter B. James,
Eagle's Beak, Cold Spring Harbor.


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

Dear Dr. Kellogg: I cannot tell you how sorry I am, and how
disappointed that I am unable to be at your anniversary dinner. I
have already sent Dr. Martin a long telegram of regret.

I feel that I really belong there and ought to have a place at the
table, by reason of my great admiration for you and for the magnifi-
cent institution you have created.

Please accept my affectionate congratulations and my sincere
regrets that I cannot be with you.

Faithfully yours,

Walter B. James.

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After Fifty Years

Chicago, Ill., Oct. 8, 1926.

Dr. W. F. Martin,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Martin: Please tender to Dr. Kellogg my heartiest congratulations on his anniversary and on the present high position which the Battle Creek institution holds in American medical affairs.

Sincerely yours,
Morris Fishbein.

Stanford University P. O., Calif.,
Oct. 9, 1926.

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

My dear Kellogg: This is a letter of congratulation on your long and extremely useful service as director of the Battle Creek Sanitarium. It is also an expression of regret that Battle Creek is so far from this center of culture that I cannot be with you on October 13th.

Very truly yours,
David Starr Jordan.

Madison, Wis., Oct. 10, 1926.

Dr. W. F. Martin,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Martin: Kindly convey to Dr. Kellogg, and to all the friends who will be at the banquet, my sincere regrets that I cannot be present in person.

Cordially yours,
M. V. O'Shea.

New York, N. Y., Oct. 8, 1926.

The Board of Trustees,
Battle Creek Sanitarium,
Battle Creek, Mich.

Gentlemen: Please convey to Dr. Kellogg Mr. Childs' heartiest congratulations on his achievements in the past, and the hope that his humanitarian endeavors continue to bear fruit for many years.

Very truly yours,
L. A. McDonnell, Sec.

[ 36 ]
After Fifty Years


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

My dear Dr. Kellogg: I wish to congratulate you upon your fiftieth anniversary as head of the famous Battle Creek Sanitarium. My wish is for continued success for both the Sanitarium and the college.

Very sincerely,
A. E. Vestling,
President of Olivet College.


Dr. Walter F. Martin,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Martin: Your letter of September 28th, addressed to Dr. Victor C. Vaughan at Ann Arbor, has been forwarded to me.

Father is now in Honolulu and on his way to Japan. He will not return to America until after the first of January. It is, therefore, quite impossible for him to attend the banquet celebrating Dr. Kellogg's fiftieth anniversary. I am sure, however, that he would wish me to extend his best and sincerest respect to Dr. Kellogg on this occasion.

Very sincerely yours,
Henry F. Vaughan.

Battle Creek, Mich., Oct. 11, 1926.

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

My dear Doctor: It is with sincere regret I am compelled to leave the city tomorrow morning.

You know how much I admire the purposes of your wonderful life, which will be a heritage of the centuries. As long as I live it will be my privilege at all times to exert whatever individual influence and ability I possess in praise of your life work and your institution whenever I find the opportunity.
Extending you my best wishes that you may reach the One Hundred Year Period of human existence, I am,

Sincerely yours,

Wm. J. Smith.


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

My dear Dr. Kellogg: I cannot avoid believing, when I view your life work, that there is a divinity that shapes our ends. To most men it is given to work, to enjoy and to suffer. To many it is given to succeed in this or that, which the world, or a part of it, thinks worth while. But to few has it been given to "smite the chords" of youth, manhood and old age and out of them wake the harmonies of happiness and sweet content: to cut the bands of superstition, bigotry and all false standards to arrive at a sane solution at no matter what cost to self. To these immortals you belong. Every age needs such men to leaven the whole lump.

So when I wish that you may live and work until another proves his right to your scepter, I know I wish you a much longer life than the Scriptures allot the sons of men.

Sincerely yours,

A. F. Westphal.


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

My dear Doctor: I notice by the papers that they are celebrating the fiftieth anniversary of your advent as superintendent of the wonderful sanitarium over which you preside. As such, your ideas have been so thoroughly carried out that it has developed one of the greatest health restoring institutions in the world. There have been more wonderful cures effected under your watchful supervision than can be enumerated, and I am one of the fortunate ones. I learned the proper meaning and appliance of hygiene and proper diet, and today at sixty-four I am in perfect health and feeling better than for many years. I am still adhering to the teachings of your great health restoring methods, for when I entered your Sanitarium I thought I
was beyond all earthly help, but by applying what I was taught there, and fully convincing myself in my own mind that it was the correct formula, I have won a great battle. Wishing you many more long useful years dispensing words of wisdom and good cheer to the unfortunate, I am,

Yours very truly,

C. E. GAGE.

132 North Ave., Battle Creek, Mich.,

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

Oct. 13, 1926.

Dear Doctor: I cannot refrain from sending you a little message of gladness and good-will. Gladness because an all-wise God gave you to the world to follow up the work of the Man of Nazareth, "who went about doing good." Good-will, because you have awakened in my mind profound admiration and esteem.

I have been just a "small" person who, from a metaphorical tree, has watched with great interest your daily life.

I have never known a person who needed help turned away empty. I have seen cures that were little less than miraculous performed upon ailing human beings. I have seen you emerge, triumphantly, from crises that would have crushed a person who had a less certain foundation.

How splendid to leave a trail of healing whose recipients will bless you while life endures.

May the same Divine Power that has sustained you through the years still uphold you and add length of days for all of the good you will constantly bring to humanity.

In all sincerity, your friend,

(Mrs.) RUTH PRICE POWERS.

108 Greenwood Ave., Battle Creek, Mich.,

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

Oct. 13, 1926.

Dear Dr. Kellogg: Both Mrs. Chynoweth and I congratulate you sincerely on your fiftieth anniversary as superintendent of the Battle Creek Sanitarium.

Most sincerely yours,

Dr. and Mrs. W. R. Chynoweth.
After Fifty Years

Battle Creek, Mich., Oct. 9, 1926.

The Board of Trustees,
Battle Creek Sanitarium,
Battle Creek, Mich.

GENTLEMEN: We are happy in extending congratulations to Dr. Kellogg for this golden anniversary of service and hope that he may continue to seek truth and to do good for many years to come.

Very sincerely yours,

CARLETON BROOKS MILLER.


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

MY DEAR DR. KELLOGG: I certainly wish to join with the hosts innumerable in wishing you a happy continuation of your most eventful life after the long, long service of fifty years in our Battle Creek Sanitarium. If everyone who has been benefited by your kindly care and medical skill during these many years could come back and arrange themselves in line and pass before you in a mighty column, it would tax your time heavily just to grasp hands and say a happy word. Mrs. Anderson joins me in congratulations, and it is our hope and desire that you may live in active life to pass a full one hundred years in the institution which you founded and to be a valued citizen of Battle Creek for many, many years to come. Battle Creek loves you greatly and admires the undaunted spirit which you have shown in adversity as well as in success.

Yours very truly,

L. B. ANDERSON.

Battle Creek, Mich., Oct. 11, 1926.

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

DEAR DR. KELLOGG: At a meeting of our Board of Directors held recently, a resolution was adopted instructing our President and Secretary to convey to you our hearty congratulations on the occa-
sion of the fiftieth anniversary of your connection with the Battle Creek Sanitarium.

The great institution of which you are the head has been a benefaction to the world, and has brought fame and much publicity of the right sort to our good city. So it is a particular pleasure to us, on behalf of our entire membership, made up of more than a thousand manufacturers, bankers, merchants, professional and business men and women generally, to offer you our felicitations on this occasion, that the most successful institutions are but the lengthened shadow of one man.

We wish you many more years of health and happiness as the directing force of the greatest health institution of its kind that we know of, and remain,

Yours faithfully,

Battle Creek Chamber of Commerce,

G. J. Genebach, President,
John I. Gibson, Secretary.
After Fifty Years

[Frank Colman's signature]

Agnes Kellogg Colman

[Horatio N. Scott's signature]

Sergia Jackson Scott
After Fifty Years

Geo. Thomson.

Eva Thomson.

[Signature]

[Signature]

[Signature]
After Fifty Years
After Fifty Years

Henrietta M. Riley

William H. Riley

Chas. Green

Elia W. Green

Charles DeCamp

Necess. It Core

Charles H. Fee

Treas. H. Bee
Mrs. Morgan Frentzer.
It has been a delightful privilege to come here and to meet you.
You have been the great inspiration of my life.
W.F. Martin.
I owe my health to you.
Cleavon F. Martin.
May your wonderful service to humanity greatly enrich your life and bestow abundant rewards.
P.A. Neffco.

James A. Elliott, M.D.
Mrs. James A. Elliott.

Mrs. Helen H. Kellogg.
Mrs. E. G. J. S. Scharl.
After Fifty Years

With gratitude and congratulations

Jesse R. Mortensen

You have been my inspiration in courage in a work for humanity.

W. A. Mortensen

God bless your visions and ideals to the utmost blessing of humanity.

Henry R. Jordan

Kodas Butle, Ellis

G. A. Murphy

Frederick L. Eggleston

You had the vision — "Where there is no vision the people perish."
After Fifty Years

Congratulations,

Gertrude N. Eggertson.

A hearty God bless and keep you years.

Alfred D. Oleson

Great honor and deep grace to you.

Frances M.field Harvey, Hostess.

Elizabeth Kerr Harris

Henry M. Stimson

Dr. Kellogg is the man who
Recons truth by its badge.

Lottie M. Stimson
After Fifty Years

James W. Nielsen

Evelyn O. Nielsen

Margery J. Gilfillan

Mrs. W. J. Boldyreff

Zoe V. Bulpitt, M.D.
After Fifty Years

W. N. Boldy reft

Agnes Johnson

Alice Fresh

R. R. Helborn (M.D.)

Henry Neil
After Fifty Years

Caroline Hilborne.

Benjamin Birkbeck

W. Hardie Birkbeck.

Jessie Ray Voelker
After Fifty Years

Robert Eric Hall

Willie B. Steiner

R. D. Williamson M.D.

John W. Salter M.D.
After Fifty Years

Rev. T. A. Dillon

Mr. and Mrs. J. F. Patterson

Mr. and Mrs. Leroy T. Sparks

Charles E. Steele
Mrs. C. H. Wheelock

C. J. Foote

Delva P. Foote

Mrs. Jesse Jared
After Fifty Years

Jesse Jared.

Lydia Jefferson.

Quintin S. Walker.

Lula J. Walker.
After Fifty Years

Mrs. J. B. Crandell

Stewart B. Crandell

Mr. and Mrs. Mark A. Batchelder

Mrs. Emma Sheridan
Mary Dudley Tracer

Ruth A. Harrigan

Rosabel May Truney

James T. Scudder
After Fifty Years

Emma J. Harry

Harriet Munnin Young

Ella S. P. Hepburn

C. O. House

Frances Marion Reynolds
After Fifty Years

Budha E. Mosher.

Malch B. Estell.

Gertrude Estell.

Boyd H. Kocher.
After Fifty Years

Vida Rocker

Mrs. Emma Ward

H. Ward

Mr. & Mrs. L. C. Coulter
After Fifty Years

Winnifred Wencke

Gertrude Barnes Miller

Oscar B Beuchel

Nellie G Beuchel
After Fifty Years

Rhoda S. Dunlap

H. W. Dunlap

Mr. & Mrs. L. F. Layher

Mr. & Mrs. R. A. Farbell

Dr. J. H. Kellogg, the great inspirer of many
Mr. and Mrs. L. K. Freeman.

Mr. & Mrs. R. C. Jackson.

Dr. and Mrs. J. R. Jeffreys.

Mr. and Mrs. A. H. Miller.
After Fifty Years

Mr. and Mrs. J. N. Strong

Mr. and Mrs. George E. Smith

Mrs. Fred L. Strong

Margaret Ritchie
After Fifty Years

Anna - David Ottesen.

Dr. und Mrs. Nils O. Byland.

Dr. und Mrs. C. M. Hestad.

W. H. Moller
After Fifty Years

Bruce White

Mr. J. E. Cooper

Harry B. Knapp

Helen Evans Knapp
After Fifty Years

James Thomas Case

Helena M. Case

Annie C. B. Case

Mary Haines, Dy.
Robert Howard Fraser

Capt. Frank Fraser

Myna Helmer Pritchard

Stuart Pritchard
After Fifty Years

Richard M. Alley

William F. Velicky

Paul Roth

Linda Gage Roth
After Fifty Years

der and Mrs W. Chynoweth

Mr. and Mrs. Stanley P. Coproni

Tisey Roderick

C. T. Roderick
After Fifty Years

Mary C. Russell

Edwin P. Russell

Joseph C. Hartwell

J. L. Ingram
After Fifty Years

Matilda C. Messmer.

Wilma C. Weeks.

Mrs. W. B. Lewis.

W. B. Scammel
After Fifty Years

Mrs. Edw. F. Boehm

Edw. F. Boehm

Mrs. M. E. Newton

Inez V. Grohens
Harold Cornell

Lois Makedon Upson (Mrs. W.D.)

W. Upson

Angeline B. Riggs (Mrs. J.C.)
After Fifty Years

Mr. Clark Rippe

Anna M. Coburn

William G. Coburn

Anna W. Brigham (Mrs. W.)
After Fifty Years

Franklin E. (✓)

Bessie Hanna, Philada)

Zelma Mackin-McManus.

Wm. Mary E. Mackin
After Fifty Years

Dr. Ralph Mackin

Mrs. Martin Wieland

Mrs. John Blackman

Dr. Mrs. S. E. Barkart
After Fifty Years

D. H. Steinle

Mrs. A. H. Steinle

C. C. Warburton

Mrs. C. C. Warburton
After Fifty Years

Abbie J. Aldrich

Frank Stevens, Virginia

Emily Stevens, Boston, Mass.

C. M. Winton
After Fifty Years

Mrs. A. M. Bessey

Willingby H. Godfrey, M.D.

Caroline Zuber

J. M. A. Gibson
Mary H. Stouffer

Geo. Geneback

L. E. Hubly

O. O. Wilson
After Fifty Years

Thordal M. J. Hagaard

Mary- Esther Nicole Hanck

Beth Hamilton

William T. Deger
After Fifty Years

After dinner.

Sallye Montgomery

Emma Sherlock
After Fifty Years
After Fifty Years

Lee Mallison
C. S. Anderson
Brende E. Edwards
Dollie Allen
Carol Allen

Nellie W. Bostick
Nelda Christell
R. Swanson

E. Krey

Ruth J. Jenkins
Mary Russell

Glenn Dooling
Leo Dee

Lessie Caws

Kellie Lessard

Virginia J. Grace
Marjorie Grace
Margaret Hanson

Glena Link
Ella M. Stubbs

Delma C. Palmer

Bessie M. Monson

Engleby B. Fundrum

Sylvia Bonito Stone

Harley A. Rickley

Nnild Coffey

Elizabeth M. Clepham

Grace Bohlander

Eunice Anderson

Eunice Charles

Wm. B. Smith

Florence Tyce

Mrs. C. M. Allen

Mrs. Myrtle Allen

Abb Hardy

Viola Gallagher

Mrs. M. E. Bearden

Lucy Mae Allen

Grace Goodman
After Fifty Years

Jane Stiltner
George T. Tanner
Myra T. Horton

Anna J. Tinkham
Rev. Mrs. H. R. Walters

James B. Allen

Dorothy T. Allen

Mrs. H. A. Chesnutt

Mrs. N. H. Tinkham

Mrs. E. H. Tinkham

Mrs. M. J. Tinkham

Mrs. H. H. Tinkham

Mrs. E. H. Tinkham, Kansas City, Mo.

Mr. E. C. Tinkham, San Francisco, Calif.

E. L. Weller

Mrs. E. L. Weller

Rev. and Mrs. E. L. Weller

Mrs. H. E. Moore

Mrs. H. E. Moore

Mrs. H. E. Moore

Carrie Monfort

Rev. and Mrs. J. C. King

E. L. Weller

Mrs. E. L. Weller

Mrs. H. E. Moore

Mrs. E. L. Weller

Mrs. E. L. Weller
After Fifty Years

[Handwritten names and notes]

[Miscellaneous handwritten text]

[Handwritten names and notes]

[Handwritten names and notes]
After Fifty Years

Mrs. Woodruff B. Baker
Mrs. Robert W. Squirrel
Mrs. August Finkle
Mrs. Allan Humphrey
Dudley
Mrs. Frances W. Seymour

Mrs. Amy Brandy Cutting

Amy Anderson

Helen Maples
Mrs. Emma L. Jackson

Margaret Humphrey Alliston

Mrs. Earl Truett
Mrs. W. E. Hawley
Mrs. J. E. Brandree
Mrs. R. L. Hiday

Mrs. Mary Mag. Belkina Atlantic City, N. J.
Laura Maret Stecking New York, N. Y.
Mrs. Voge G. Wilcox Jackson, Fla.

Mary Mrs. Theodore Peterson
Mrs. Mary Cleveland

Invalid

Mrs. George B. Dickerson

Helen Furlow

Maine Allred
Sara Broming
Mrs. David Holmes

Mrs. Lenora Patch

Mrs. Alice F. Daubert
Mrs. E. Mc. Culahier

Mary Annie Clyde Eggleston
After Fifty Years


E. F. Holley

G. D. R. Ling

Dear Mr. and Mrs. Martin

John W. G. Bean

L. J. Nicola

J. E. Hauck

E. L. Pagelt

James P. Kline

Emma L. Efford
APPRECIATION OF TWENTY YEARS A SUBSCRIBER

We are glad to receive the following letter from our good friends, Mr. and Mrs. __________, who have been constant readers of Good Health for twenty years. Their appreciation of the magazine is shown by the fact that they still read every page:

"Enclosed is $3.00 for the renewal of our subscription to GOOD HEALTH and a set of 'The Battle Creek System of Health Training'. This is our twentieth year subscription and we intend to continue as long as we live. We read every page and are benefited thereby."
"GOOD HEALTH TESTIMONIALS"
Alfred S. Souter,
Montague, Mich
"Best thing that comes to my house."

Alberie J. Cagnon,
Montreal, Canada
"I have received the Battle Creek System of Health Training. I am glad to have it since it is writing by Dr. John Harvey Kellogg. I know that he knows his business."

Frank Goodwin,
Seattle, Washington
"I want always to have your great publication on

Mrs. Bruce Thomas,
Dallas, Texas
First I wish to thank you for your excellent magazine. We enjoy nearly all the articles, naturally, some topics appeal to each individual reader more than others and we obtain a fund of information every month on topics of which we
were in a sadly ignorant state before reading the GOOD HEALTH magazine."

Dr. Louisa Martin,
Ignacio, Colo
"I get so much good out of GOOD HEALTH."

Mrs. Sarah M. W. Bentley,
Jamestown, N. Y.
I have been a subscriber to GOOD HEALTH many years. Shall be 82 years old if I live until May 28th. Have no aches or pains and am enjoying life. I give credit for much of my enjoyment to what I have learned from reading GOOD HEALTH."

Mr. David Cole,
Rosedale, Kansas
"My little boy looked through the last issue and was disappointed when he found no children's page."
Mrs. Wm. Porritt,

Pontiac, Mich

"Please find money for renewal. Would have renewed before but could not spare the money I miss the magazine so can hardly get along without it."

B. F. Powers,

Beaver, Pa.

"I am pleased to renew my subscription to GOOD HEALTH as I prize it very highly."

Leonard L. Sutton,

Attica, Ohio

"Herewith find my check for $2.00 in settlement for renewal for another year to GOOD HEALTH. I am pleased to send you as each year for many years I feel that I get value received."
E. L. Bennett, M.D., Evans City

"Your efforts to correct diet, to eliminate tobacco and alcohol should receive the support of every thinking American."
Mrs. Caroline Staps,
Milwaukee, Wis

"I think my GOOD HEALTH Magazine has expired, please discontinue it. I like GOOD HEALTH very much and am buying your products at Gimble Bros. here."

Jonathan Froce
Cleveland Heights, Ohio

"We have recently become a subscriber to the GOOD HEALTH Magazine and we like it very much in fact, we are inclined to believe it is the best we have ever taken."

Lizzie S. Hollingsworth,
Santa Cruz, Ind

"I enjoy the magazine very much."
Mrs. J. A. Fiske,
Boonville, N. Y.

"Please discontinue GOOD HEALTH Magazine. Have enjoyed the booklets and magazine. Eating for Efficiency and the Biologic Life were good.

Martinus Nielsen,
Solvang, Calif

"Good Health is indispensable to me and I wish it a long life."

Laura B. Jones,
Bloomingburg, Ohio

"Send renewal subscription, $2.50. Have enjoyed GOOD HEALTH very much the past year as I have been a shut-in most of the time."

Ralph H. Burdick,
Tonopah, Nevada

"I value this reading above all other that is written upon the subject as I have always considered Dr. Kellogg an apostle of truth."
Lola M. Greenlee,
Muncie, Ind.

"I am reading and enjoying the GOOD HEALTH Magazine immensely and would be pleased to have you mail a sample copy to some of my friends whose addresses follow."

Miss Emily C. Saline,
Newark, N. J.

"I wish to assure you that I greatly appreciate and very much enjoy reading this excellent publication from cover to cover also pass it on to many of my friends with the distinct understanding that the same must be returned to me as I wish to preserve all of my copies."

Miss Frances C. Staples,
Grand Rapids, Mich

"Enclosed is my renewal. Have taken it many years and could not get along without it."
Miss Esther W. Wilson,
Luxor, Egypt

"Many thanks for check of $18 for article sent you. I hope to use it to start a child welfare center here."

Miss F. M. Sanborn,
Quincy, Mass.

"The February GOOD HEALTH is so fine I wish it might be sent to the enclosed addresses—may result in subscription. I have taken your magazine several years and have been much benefited in health by practicing its principles."

Wm. R. Owen,
Omaha, Nebr.

"I like your magazine very much. I live the principles of Health Culture myself as far as I have learned them and as a result I am in the best of health and spirits and I teach them to others when they are interested."
Harry McCollister,
Swedesboro, N. J.

"The reading of your estimable and valuable magazine has induced me to adopt a revolutionary diet to my great advantage and well-being. I am 64 years of age."

Lawrence B. Hall,
Chicago, Ill.

"I have read your magazine for years and quite agree with you but think you minimize the value of exercise at the same time recognizing its value."

M. Dingwall,
Regina, Sask

"Am very pleased with GOOD HEALTH Magazine."
Miss Elizabeth J. Gibson,
Los Angeles, California

"Your valuable magazine, GOOD HEALTH, has been either sent to me or taken by me many many years."

E. S. Dean,
Columbus, Ohio

"I have been subscribing to GOOD HEALTH for several years and have learned much of va value to me and wish to express to you my appreciation of your efforts along the line of teaching biological living."

Mrs. E. B. Delano,
Portland, Maine

"Discontinue subscription at expiration. My husband died in January. I am giving up some of the reading matter. Sorry, for I like GOOD HEALTH."
Mrs. P. R. Albright,
Wilmington, N. Car.
"We can't do without it."

George F. Woodward,
Kalamazoo, Michigan
"My March GOOD HEALTH is late. Why? I miss it badly. Have read it constantly for a long time, and don't want to miss a copy. It's superfine."

Gordon White,
"Okmulgee, Oklahoma
"I am a subscriber to GOOD HEALTH and enjoy it very much."

Miss Caroline Loomis,
New Haven, Connecticut
"I have just heard from Mrs. Connolly who is delighted with her first number of GOOD HEALTH."
Mrs. J. F. Phillips,
Winfield, Kansas

"I have formerly been a subscriber of GOOD HEALTH at different times. I think more of it than any health magazine or most any other magazine, but dropped it because I could not afford it at the time.

"I teach Junior High Foods to almost a hundred girls and you would be surprised to see how they enjoy reading it.

"When my last subscription was up you made me a renewal offer of $2.00 per year. I am wondering if that offer still holds good. I think I shall subscribe again if it does. Will you please let me know about it"? I can't afford the paper and can't afford to be without it either.

"I enjoy the magazine much. It gives much good scientific and health information."
Mrs. Mary E. Nealer,
W
Waterford, N. Y.

"Enclosed is 25¢ for one copy of GOOD HEALTH. I shall subscribe as soon as possible as I miss it so much. It's the best magazine published."

Miss Caroline L. Loomis
New Haven, Conn

"I find the magazine invaluable, having been a patient at the San in 1926. It shows me the only way to live and naturally wish to spread the good news to others."

John Velen,
Garrison, Kansas

"Please send G. H. As indicated on coupon, to begin with the January issue as I consider this number unusually valuable because of the listing of acid and basic foods and so would like them to have it."
M. K. Bartl,
Oakland, California.

"Enclosed you will find M. O. for $2.50 for my renewal to GOOD HEALTH. It is fine, and I do not want to be without it."

Mrs. Ada L. Lashbrook,
Pasadena, California.

"Please discontinue Mrs. J. E. Logan's subscription to GOOD HEALTH. She passed away June 3rd. I am her daughter and will say she was a faithful adherent to GOOD HEALTH ideas many years. She believed what Doctor Kellogg said could be relied upon. She was 84 years old.

Johanna M. Schrader,
New York, N. Y.

"I value the contents of your magazine greatly.

John K. Watson. (renewal)

"Would not be without it for many times this amount."
Mr. T. R. Hamilton,
Lima, Ohio.

"I have been a subscriber to your valuable magazine for a number of years - have in a number of instances recommended it to other people. I do not know how many of them have subscribed for it, but permit me to say that I consider it one of the most valuable magazines published in all the world.

"Again permit me to say that in my judgment your "grand old man" Doctor Kellogg is, and has been a most powerful factor in persuading people to live well and right and I am thoroughly convinced that his method, his plan of living, should be introduced, taught, used, and followed in the public schools of the land.

"The youth as well as the middle age can at all times profit well be the plan and simple methods of life and living so by him advocated."
E. Buck,
Waynesboro, Virginia.

"Am now going on toward my 74th birthday, became a biologic liver many years ago from reading and following advice given each month in pages of GOOD HEALTH. Still working my own garden and in winter look after my furnace and many other house chores."

Preston Mitchell,
Needham Heights, Massachusetts.

"Sent $2.75 for one year's subscription and Itinerary Book, and copy of February, 1928 magazine. This copy was loaned me, and there are so many good things in it, I want to have one to keep if possible.

Mlle. J. Bottentuit,
Connecticut.

"I enjoy so much the GOOD HEALTH magazine."
Dr. E. Delbert Jonesm,  
Superior, Nebraska.  

"Having purchased GOOD HEALTH Magazine every month for a number of years from the newsstands and often having considerable difficulty to always get them, I am enclosing $2.50 for a year's subscription for the magazine.  

"It is needless to say that I enjoy it hugely and would hate to have to do without it. Doctor Kellogg not only has the latest and best but what he says one can depend upon as being about as nearly correct and O. K. as is humanly possible to make things."

Mrs. H. D. Cammack,  
Crossett, Arkansas.  

"I have received the back numbers of GOOD HEALTH with the articles on sun baths and I appreciate them so much.  

"I am buying GOOD HEALTH now from the newsstand. I think it is a wonderful magazine. I am preserving all my copies."
H. A. Simmons,
Brooklyn, New York.

"I have gained a great many ideas and newer aspects and technic through merely a casual reading of GOOD HEALTH, and in my contacts with Physiotherapists in this city make many comparisons between Battle Creek technic and that of divers schools from which our people have been graduated. Many have but hazy or inadequate understandings of many vital factors.

"Being a state health officer, gives me this unusual opportunity and I am sure that as constant reader that my daily rounds will take on a new interest."

Sarah M. Bentley,
Jamestown, New York.

"Your article on vitamins is worth far more than the subscription price for one year. I am not a college graduate and have never studied chemistry and am 81 years old, and that article has given me just the right information I wanted."
Mrs. J. F. Phillips,
O101 Massachusetts St., Winfield, Kans.

"I have formerly been a subscriber of GOOD HEALTH at different times. I think more of it than any health magazine or most any other magazine but dropped it because I could not afford it at the time.

"I teach Junior High, and let my pupils read GOOD HEALTH, and you would be surprised to see how they enjoy reading it.

"When my last subscription was up you made me a renewal offer of $2.00 per year. I am wondering if that offer still holds good. I think I shall subscribe again if it does. Will you please let me know about it. I can't afford the paper, and can't afford to be without it either.

"I enjoy the magazine much. It gives much good scientific and health information."
Mrs. A. D. Maynard,
Polson, Montana.

"This wealth of information has been of untold value to me. I would like others to have your wonderful magazine. Thanking you over and over for what your magazine has done for me, I am your most sincere friend."

Frank A. Bell,
Bovina, Mississippi.

"Enclosed is $5.00 for two new subscriptions and renewal of my own. Think GOOD HEALTH a wonderful magazine worth more than all other papers combined. Success to better, plainer living, practiced food reform, better saner living, temperence. May Kellogg be spared many years to carry on the Good Work."

James Mayo,
Reading, Pennsylvania.

"I think it should be in every home."
W. R. Bennett,
Fayetteville, West Virginia.

"Enclosed find check for renewal. While I have read the GOOD HEALTH Magazine for twenty years and have acquired a great amount of information, and know better how to live, yet, I cannot afford to do without the great amount of new information it brings me every month."

"I am sure that the information it has given me has prolonged my life a long time. No person can afford to be without it. It should be in the home of every person in the world. If it were, all the great maladies from which the people are dying and suffering would be wonderfully reduced and in a few generations there would be no cancer no T. B. and few other diseases. Good Luck to Battle Creek."
Geo. F. Woodard,
Kalamazoo, Michigan.

"I have read many health magazines, except on one point (vaccination). I consider yours (GOOD HEALTH) one of the best if not absolutely the best, I ever read.

"I consider your Editor Doctor John Harvey Kellogg one of the noblest, grandest public benefactors that walks on God's earth."

E. H. Brunk,
Denbigh, Virginia.

"No doubt you will be glad for an expression of my appreciation of your GOOD HEALTH Journal. It seemed to me that every copy got better for the last six months. We cannot figure life and health with dollars and cents, but I can truly say that every copy is worth the price of a years' subscription. I try to get other people interested in biologic living, but it is surely a hard thing to do."
Mrs. Fidele R. Garduer,
Troy, New York.

"I can't tell you how much I think of the magazine. I am trying as I have opportunity to pass on its teachings. I am using my old magazine in this way. Have ten of them out now."

Mrs. Chas. Alber,
Eau Claire, Wisconsin.

"Enclosed you will find $2.00 for renewing my subscription, as I like the GOOD HEALTH Magazine very much and it gives me quite a great deal of knowledge."

Geo. W. Peterman,
Tacoma, Washington.

"I enjoy the GOOD HEALTH Magazine very much and could not do without it in our home."
Lennart Wiklund, (Vice Consul of Finland)
New York City.

"As I am very much interested in this publication, I would much appreciate it if you would kindly send me a copy of the November issue?"

Rev. L. B. Schick,
Chicago, Illinois.

"I enjoy the magazine very much and desire to have my file unbroken."

Mr. Frank P. Storm,
St. Louis, Missouri.

"There is no question about the benefits from your educational campaign as suggested in your magazine which is worth many times the amount of the subscription."

Carl Schaal,
Seward, Nebraska.

"I am a constant reader of GOOD HEALTH and intend to remain one in the future".
Mrs. C. J. Currie,
Toronto, Ont., Canada.

"Enclosed find check for two dollars and 24 cents, subscription to GOOD HEALTH Magazine, which I have enjoyed so much and have missed not having it."

Amos J. C. Baldwin,
Freeport, L. I., New York.

"It sure is a great value for $2.00. Let's have some more stories on India."

G. C. Sawall,

"Have gotten much valuable information from GOOD HEALTH. Keep the good work up. Wishing you a prosperous New Year.

Eva Ringgenburg,
Fort Wayne, Ind.

"Enclosed is my renewal. Think it is a fine magazine."
O. Stockwell,
Fitchburg, Mass.

"The GOOD HEALTH has been a guide and a great help in bringing up my family of eight boys and three girls. God took to Himself one dear little boy 9 months old, the other eleven all grew up strong, healthy and rugged, so now we (My wife and I) have lived together 57 years, have 31 grand children, 10 great grand children, having lost only one little grand child. It pays to live right and have a guide book. God helps those who try to help themselves. May His blessing rest on you and your work.

"If I remember correctly I commenced taking the GOOD HEALTH Magazine in 1876 when a young man living in Clinton, Massachusetts. Have been taking it most of the time since, but letting my subscription lapse it has failed to call on me and as I am growing older, 77 years, I miss my friend, so renew my subscription. I have learned more how to live from GOOD HEALTH than all
Stockwell - cont -
other books combined - the Bible in the 11th of Lev. and this Magazine."

Mrs. R. J. Clark,
Washington, D. C.

"Enclosed is $2.50 for GOOD HEALTH.
Delighted with reading it."

Katherine Pettit,
Pine Mountain, Kentucky.

"I think GOOD HEALTH is the most worth-while magazine we have."

W. C. Baker,
Ithaca, New York.

"The GOOD HEALTH Magazine I consider one of the most valuable periodicals of all those periodicals devoted to the well-being of humanity."
D. D. McDougall,
Cincinnati, Ohio.

"I regard the May issue of your invaluable magazine as one of the best that has appeared within the fifty years that I have been a reader of it. It is so virile with truths that will readily catch the eye and impress the heart of a new reader."

Esther W. Wilson,
Luxor, Egypt.

"I still continue to enjoy it very much and find it very helpful. I took sun baths this summer in this tropical sun and people thought I was crazy, but I covered my head carefully and came thru the summer with renewed energy and pep far above any of the others. I hope to take them this winter as I am able to arrange with my work."
M. P. Pro Pal,
Cleveland, Ohio.

"This is my sixth subscription for GOOD HEALTH that I am sending you within two months. I want no commissions, but please be advised that I am a reader of Doctor Kellogg's books and a follower of his ideas.

"Doctor John Harvey Kellogg is my authority when I talk about health."

R. W. Brown,
Long Beach, California.

"I am a constant reader of GOOD HEALTH Magazine, and I think very much of it and I want it in my sister's home."

Donald M. Paton,
Kenderson, Ky.

"Your article on "New Recipes for Diabetics" is very interesting and helpful and for that reason I would like to have the copy."
R. Kopfman,
New York, N. Y.

"Your health Journal has brought to me a very good deal of knowledge for which I am very much obliged to you. Since I was reading the first number of your valuable Journal before three years I have abandoned the bad habit of eating meat."

Lucina Whipple,
Los Angeles, California.

"We are enjoying your splendid magazine so much. Mr. Potter has two boys, nine and twelve, and he finds many articles which seem to apply strictly to them, while I am particularly interested in the Question Box."

B. F. Powers,
Beaver, Pennsylvania.

"We prize your publication highly."
W. H. Ruthrouff,  
Salem, Virginia.  

"I am a subscriber to your GOOD HEALTH Magazine which I find very helpful in its suggestions, and articles relative to living a healthy life. My years are now 75 and the comparatively short time remaining to me I wish to be healthfully and wisely lived."

W. F. Smith,  
Oakland, California.  

"I am well pleased with GOOD HEALTH. Find it both interesting and instructive."

J. J. Lybarger,  
Harrisburg, Pa.  

"Purchased copy of your April number GOOD HEALTH yesterday. Read it almost from cover to cover at one sitting. It is great."
Jos. Jessop,
Coronado Beach, California.

"That article on sugar making rotten teeth is fine. I found all that out 40 years ago and saved my children's teeth. Sugar is the cause of 90 per cent of all causes of cancer."

Mrs. John L. Day.
Wilson, North Carolina.

"Your grand magazine comes next to my Bible."

J. E. Wallace,
Hanlin Sta., Pennsylvania.

"Like GOOD HEALTH Magazine very much and have been benefited by what I find there. Have no particular ills to brag about and am doing all I can to keep in that condition for the remainder of the first hundred years."

Miss Florence Pendleton,
Owensboro, Ky.

"Thank you for the splendid mag. you publish."
Dr. J. D. Van Buskirk,
Seoul Chosen, Korea.

"I gratefully acknowledge the receipt of GOOD HEALTH as a complimentary subscription for the past years. I find many good things in it, particularly in public health propaganda. My seven year old daughter greets the arrival of GOOD HEALTH with great glee and is not content until we have read the stories and looked at all the pictures."

Mrs. H. H. Smith,
Columbia X-roads, Pennsylvania.

"I would not know what to do without it. It has saved my life, I believe. Such terrible constipation all my life and I am 75. I have to take Nujol all the time and eat the right kind of food or I could not live. Your book is doing a world of good, and the world more good than anything else only salvation, and that ought to help us to eat proper food."
Mrs. Marion S. Clause,
Wooster, Ohio.

"Please find a check for my 1927 subscription for your very much enjoyed magazine."

Nora K. Rodd,
Windsor, Ont., Canada.

"I am enjoying my GOOD HEALTH Magazine thoroughly and not the least of the enjoyment is that which I receive through sending it to grateful friends and relatives."

Mrs. Frederick A. Barnes,
Cleveland Heights, Ohio.

"We are living the biologic life and find your magazine a great help."

Miss Mary F. Powell,
Mount Dora, Fla.

"I like and enjoy GOOD HEALTH very much."
Henry G. Spencer,
Cambridge, Mass.

"I take this opportunity to express my great appreciation of your magazine. Many of the articles have been of help to me and opened new ideas for betterment of my health."

W. H. Hergist,
Houston, Texas.

"Words cannot express how much pleasure and information I get from reading this magazine."

K. H. Talley,
Taylor, Texas.

"I have been a reader and believer in the Journal almost 40 years."

Barney Lightfoot,
Atlanta, Georgia.

"Send sample copies to list enclosed. I feel that the three issues I have received have been worth three times the price. of years subscription
Miss Elizabeth C. Turrell,
Washington, D. C.

"Check herewith. It seems that I cannot economize by doing without the GOOD HEALTH Magazine."

Inez M. Mason,
Box 96, Angwin, California.

"I enjoy the GOOD HEALTH so much that I want everyone else to have it."

Rev. J. C. F. Rupp,
Wellsville, Ohio.

"The magazine has been a real help to me and especially to my neighbor who has been benefited by your treatment."

Mrs. T. R. Mallory,
Tacoma, Wash.

"I wish to be a subscriber for your wonderful magazine. I have been reading it through a friend, and am delighted."
Buell V. Stevens,
Casmalia, California.

"I am very much pleased with the foods
that I am using of yours."

B. S. Walker,
Madison, Indiana.

"I have taken GOOD HEALTH Magazine for
twenty years or more and have received much
benefit from it.

Katherine Pettit,
Pine Mountain, Kentucky.

"Enclosed is $2.50 for GOOD HEALTH for next
year. I could not do without it."

L. R. Clements,
Knoxville, Iowa.

"I have been a subscriber for GOOD HEALTH
for a number of years and certainly appreciate
it."
James L. Spurgin,
Detroit, Michigan.

"I get much enjoyment and benefit from your magazine. Am 72 years old and still peppy."

A. H. Mason,
Angwin, California.

"Should have subscribed before but felt we could not afford it, but now we feel we cannot do without it."

A. F. Hegg,
Detroit, Michigan.

"Have been reading your paper for several months, and I like it so well that I want to pass it on to others."

Mrs. F. A. Stops,
Milwaukee, Wisconsin.

"I enjoy it so much and thank you so much for the fine reading it contains."
Frank P. Storm,
St. Louis, Missouri.

"I find your magazine is not only entertaining, but of great educational value and will want to continue."

Mrs. Louis E. Calkins,
Seattle, Wash.

"We have enjoyed your magazine very much and have been benefited by its articles."

Miss W. E. Blanche Newton,
Seattle, Washington.

"Some months ago I subscribed for your publication GOOD HEALTH which I have been receiving regularly each month since placing my order, and might say that I thoroughly enjoy the magazine."
W. R. Bresie,
Decatur, Illinois.

"I get a good deal of information from this magazine, and cheerfully pay the price asked."

Anna E. Kirchner,

"We are so delighted with the GOOD HEALTH Magazine at home here that I wish to subscribe to it for a friend of mine. Every family ought to take this magazine, and I have recommended it to many persons. It gives me great pleasure to recommend it as it has helped us so much.

J. S. Robertson,
McAlister, Oklahoma.

"I gladly take this opportunity to thank you for the interesting literature you have sent to me from time to time. Wishing your institution and yourself every success in the battle for good health."
Susan B. Spencer,
Washington, D. C.

"I should greatly regret missing one issue of your splendid magazine."

Mrs. Andrew E. Moore,
Gastonia, North Carolina.

"I shall always be a subscriber as your magazine has been a wonderful inspiration to me."

H. E. Johnson,
1114 South Bank Bldg.,
Tacoma, Wash.

"I am more than pleased with my first sight of GOOD HEALTH and am certainly boosting it in these parts."

Harriet A. Foulks, Chicago, Ill.

"I cannot do without GOOD HEALTH."
Elizabeth J. Gibson,
% Mr. Edgar A. Thomas,
Los Angeles, California.

"Your magazine has always been a pleasure and profit to us all. Thank you and wishing you success."

M. K. Du Bois,
Freehold, N. J.

"It is a wonderful magazine. I have taken it a long while, eight or ten years."

Mrs. Timothy M. Griffing,
Riverhead, L. I., New York.

"I have taken your magazine for years myself and could not get along without it."

Chas. G. Purdy, M. D.,
Brooklyn, New York.

"Please accept my hearty congratulations upon the steady improvement of GOOD HEALTH."
Miss Lucina T. Whipple,
Los Angeles, California.

"We are enjoying the magazine very much, and find it extremely helpful. The current number is the finest yet."

Paul McWilliams,
210 South 11th St., Nashville, Tenn.

"I want to say that I am delighted with the magazine. The three copies which I received helped me greatly."

Mrs. Granville Craddock,
Halifax, Virginia.

"Every word in your magazine is worth while. Its interest and value I consider beyond any price."

S. J. Arnold, Dayton, Ohio.

"I find your directions much cheaper and more effective than medicines."
Mrs. Wm. B. Arnold,
North Abington, Mass.

"I am very much interested in all books that come from GOOD HEALTH."

Rev. M. E. Bartholomew,
Dundee, New York.

"Enjoy very much and am benefited by your splendid magazine for health."

Harriet O. Faulks,
Chicago, Illinois.

"Enclosed is my check for $2.50 for the renewal of my subscription. It's simply impossible to live without it. Beginning with January number which is already here and a beauty. Thank you." What has become of the Cooking Department in our magazine, GOOD HEALTH? Kindly put it back, we cannot get along without that highly important page. It is not GOOD HEALTH without it. Are you going to allow these meat eater (cannibal) menus given out by
Harriet O. Faulks, cont -
Radio to supplant your wholesome and life-giving recipes from now on? Heaven forbid! Faithfully yours since 1888."

Fred O. Gruber,
Newark, New Jersey.

"Enclosed find renewal. In my belief your magazine is one of the best, not only for knowledge but for good health as well. Positively, I am waiting from month to month to receive your valuable magazine for something new and it is always. I am a constant user of your foods, also Lacto-Dextrin and the new product, Psylla. It is wonderful. If anyone does not believe, send them to me. I am a man 67 years old in fine robust health since I began using your products. As long as I live, I won't be without them."
Richard Hoenichen, Sr.,
Paterson, New Jersey.

"Enclosed is check. Would not be without this grand magazine."

Mrs. T. G. Budington,
Burlington, Vermont.

"With pleasure and sincere appreciation of your magazine, I renew my subscription."

Ralph H. Burdick,
Tonopah, Nevada.

I certainly appreciate GOOD HEALTH. Doctor Kellogg's life and works have been a source of great inspiration to me, and I thank you for reminding me that I had let my subscription lapse."

L. Annis,
Lynn, Mass.

"Good Health is an excellent and trustful Magazine."
H. G. Clark,

Indianapolis, Indiana.

"The new appearance of GOOD HEALTH is most highly attractive and very fitting for the current good things it contains. We prize it more than any periodical that comes to us. Our best wishes for continued success."

Mme Neil Ammson,

Cornopolis, Pa.

"I am reading Good Health and would never be without it. Am also telling all of my friends about it trying to get them to subscribe for it. It simply is wonderful. How many doctor bills people could save if they would subscribe for GOOD HEALTH, read it, and live accordingly."

Mary M. Meller,

Elizabeth, Nebraska.

"It would seem hard to do without it. It is a welcome guest every month."
Louis I. Gilman,
Dorchester, Mass.

"I noticed a copy of the magazine on a newsstand for the first time today and am much more favorably impressed by it than by Physical Culture which seems to be 75% quack and semi-fake articles and advertisements. I wish you would take steps to have it as widely distributed on the newsstands as the above mentioned magazine."

W. H. Ruthrauff,
Salem, Virginia.

"I am a subscriber to your GOOD HEALTH Magazine which I find very helpful in its suggestions and articles relative to living a healthy life. My years are now 75, and the comparatively short time remaining to me I wish to be healthfully and wisely spent."
Miss Nellie S. Hathaway,
Bennington, Vermont.

"I am enclosing check for renewal of GOOD HEALTH which I have taken for two years or more. The magazine is excellent. I cannot get along without it."

John J. Kiernan,
Mt. Vernon, New York.

"When located there, I hope to be one of the boosters for this valuable and interesting journal and no doubt you will receive subscriptions from in and about this town."

Miss M. E. Hill,
Pasadena, California.

"Find renewal order for another year. I liked your magazine in the size in which you used to publish it, rather than the size it is now, as now published. It is easier to handle the old way. I like recipes in it too, and things relating to the cooking."
Mrs. Wm. Hardie,
Fresno, California.

"I have been a subscriber to GOOD HEALTH since July 7, 1881 up to the present time."

B. W. Dawson,
Buchanan, Virginia.

"I am very much pleased with the book (Itinerary) and the magazine also. I think it the best $2.50 investment I have ever made."

Mabel E. Moyer,
Slaton, Slaton, Pennsylvania.

"I enjoy reading the GOOD HEALTH Magazine very much."

Oscar A. Kahler,
Riverton, New Jersey.

"Received Book and April and March magazines. Find them very interesting and instructive."
Mrs. Mary L. Hine,
South Bend, Indiana.

"I have used the Battle Creek Foods for a long time, like them, and recommend them. I have great faith in Doctor John Harvey Kellogg. Read his books with interest and profit."

Mrs. J. F. Phillips,
Ol01 Mass. St., Winfield, Mass.

"My subscription expired a few months ago and I felt I could not afford to take it, but I get so much good from it, I feel I cannot afford to be without it even at a sacrifice of something else."

H. S. Payne,
Gardiner, Maine.

"I have been a reader of your Journal of Health for over three years and find it indispensable."
W. J. Luers,
Paterson, New Jersey.

"I am receiving the GOOD HEALTH Magazine and find it an up-to-date paper, well worth reading regularly."

B. F. Powers,
Beaver, Pennsylvania.

"Mr. Powers and I were at your Sanitarium last October. We were much pleased with the Sanitarium and greatly benefited by the treatment we received there.

"We prize GOOD HEALTH very highly. We find it a high-class, very interesting publication and we wish to continue our subscription."

F. D. Boucher,
Coronado, California.

"A reader of your GOOD HEALTH for 50 years, and I derived some great benefits and contentments during that time."
Miss Florence Pendleton,
Owensboro, Kentucky.

"Thank you for the splendid magazine you publish. It is a benediction to any home which it enters." (sent renewal)

Miss M. C. Merritt,
Glendale, California.

"Renewal for the magazine I prize."

Mrs. Sarah M. Bentley,
Jamestown, New York.

"I have been a subscriber many years and have learned much, very much that has been beneficial to myself and family and to my neighbors. I surely wouldn't be without the magazine. Cover or no cover, I believe it has been more useful, done more real good, has been more helpful to humanity than any other magazine published in the United States."
David S. Walker,
Madison, Indiana.

"Thanks for cheaper renewal. Can't do without the magazine. Have taken it for many years. My age is only about 89 years. Health good."

Norman Waterbury,
Lancaster, Ohio.

"The change in front cover of March number pleases me very much."

C. C. Strong,
Seattle, Washington.

"Shall have to ask you to discontinue the magazine for the coming year. Hope to buy them occasionally wherever we are. Lots of valuable information in them."
John C. Marakli,
Brooklyn, New York.

"Glad to renew. Attached find check."

Mrs. Bruce Thomas,
Dallas, Texas.

"I do not remember just when my subscription expires but please continue it. It has been very valuable to me and mine."

Alfred E. Souter,
Montague, Michigan.

"I enjoy each number very much and read practically every word of the publication. It gets better with every number or so it seems to me."

Mattie V. Mitchell,
Lake Worth, Florida.

"Enclosed find $2.00 for another year's subscription to GOOD HEALTH. It is a fine magazine, containing much valuable information."
Birdie W. Taylor,
Lynchburg, Virginia.

"I have just received another lovely copy of GOOD HEALTH. I enjoy each number so much and try to put into practice new ideas I get from them. They are full of such good teaching for a mother who is the dietician of the home."

H. L. Richardson,
Tacoma, Washington.

"I am accepting your offer to send a sample copy of your magazine to friends as per list and am hoping one or more of them will subscribe for it and take as much pleasure and benefit out of it as I have."

W. R. Bennett,

"Please find enclosed check for renewal. Send me the October number. I must have this publication as it has been a great help and preserver of me. You will always receive your money."
Anna Rasmuson,
Ogden, Utah. Nov. 7, 1928.

"The November number arrived yesterday. Every number is splendid. I read them from cover to cover and when they do not arrive on time, I miss them."

Miss F. B. Daniel,
Saranac Lake, N. Y. Nov. 12, 1928.

"I haven't gotten Magazine regular. Please see that I do as I value them."

H. A. Greve,

"Am well pleased with your monthly magazine GOOD HEALTH and enjoy reading same."
Miss Lucina Whipple,
Los Angeles, California. Nov. 27, 1928.

"We are both enjoying GOOD HEALTH and find the magazine very helpful. Mr. Potter reads the different articles to his two boys and they also appreciate them. After I have finished reading my magazine I send it to my cousin who lives in Providence and who has two little girls. She writes me what a splendid magazine it is and what a help she finds it in bringing up her children."

W. S. Hiser,
Indianapolis, Ind. Dec. 5, 1928.

"Thanking you, believe me I wish you well in all things and particularly in the splendid and very helpful influence of this the best Health magazine in the world."
Mrs. Matilda Van Minan,

"Enclosed find Post Office Order for the GOOD HEALTH Magazine and "The Itinerary of a Breakfast". I am thankful I can take the GOOD HEALTH and hope I will be fit to pursue its pages while I live. Have taken it so long it is part of my life. Am 80 years old today. I wonder how Dr. Kellogg is. He ought to write and tell me he is not quite so ancient as myself."

M. Dingwall,

"I find GOOD HEALTH Magazine most interesting and helpful."

A. H. S. Flatt,

"I am a faithful subscriber."
Jacob B. Braddock,  
Christopher Mills, N. J.  

Dec. 17, 1928.  

"GOOD HEALTH is a magazine I cannot afford to do without."

Michael Zoghibe,  
Olean, New York.  

Dec. 17, 1928.  

"Enclosed is check for renewal of my subscription. I cannot be without it as it is my daily "Bible".

Mrs. Chas. Alber,  
Eau Claire, Wis.  

Dec. 26, 1928.  

"Every month if I receive your magazine it is a great pleasure for me."

Robt. S. Karr.  
Bluefield, W. Va.  

Jan. 23, 1929.  

"Please renew my subscription to GOOD HEALTH as I cannot do without so valuable a magazine."
Geo. W. Peterman,

"We enjoy the GOOD HEALTH Magazine very much in our home. We could not do without it. I enjoy every number and long for the succeeding months issue."

Mrs. L. M. Clark,

"Thanks and have enjoyed it every issue."

J. G. Erickson,
Boston, Mass. March 18, 1929.

"Enclosed is $4.00 (renewal and one new subscription). We feel well repaid about your magazine."

Alice Park,
Palo Alto, California. March 27, 1929.

"Please send me Nov. '28 GOOD HEALTH. Enclosed is 25 cents. Am glad the Magazine goes right on teaching people necessary vital knowledge."
F. T. Balmer,
Sidney, B. C., Canada. Mar. 25, 1929.

"We enclose our check for two renewals, etc. We appreciate your magazine very much and enjoy the very helpful articles that are given from time to time. With every good wish for its success." 

Mrs. Mary E. Lohrey,

"Enclosed is $2.50 for subscription to GOOD HEALTH and Diet Table book. I am greatly interested in how I can gain my health back by my diet. I cannot do without your magazine. There is so much to learn and if I could afford to try out your different foods. My very best wishes." 

Mrs. T. C. Howell,
Glendale, California. April 15, 1929.

"Your magazine is very good indeed. We are sending it this year as a birthday present to our two boys and their families."
Emma Feick,
Erie, Pennsylvania.        April 15, 1929.

"I am anxious to renew my subscription, as I am always glad to get them from month to month, ever ready to read the news they bring and feel I can't get along without them."

Mrs. Wm. Porritt,

"I wish to renew my subscription to GOOD HEALTH. I have taken the magazine most of the time for over thirty years and cannot say enough good for it. I have sent people there for treatment and got some to take the books. I was there twice as a patient. I have more faith in your doctrine than any other in the world. You have done a great deal for me for which I am thankful."
Miss Gladys Holton,
Baxley, Georgia. 

June 17, 1929.

"Enclosed is check for renewal. I have
taken your magazine for one year and have re-
ceived much help and valuable advice from it."

Mrs. Sara Kelley,
Philo, Ohio. 

May 10, 1929.

"Here is my renewal. I surely enjoy
your magazine."

Mrs. Chas. W. Wilde,
Marne, Michigan. 

Sept. 9, 1929.

"We have taken your magazine for a
number of years. My husband Chas. W. Wilde
passed away last winter at our winter home
at Orlando, Florida. We still need your
magazine. Enclosed find check for renewal."
Miss Mary S. Hart,

"Having found GOOD HEALTH of great help to me during the past year, I am glad to send second subscription."

John M. Pope,
Baltimore, Maryland.       July 2, 1929.

"I like your magazine. Enclosed is renewal."

K. B. Sparks,
Oakland, Calif.        May 10, 1929.

"Am enclosing $2.50 for subscription to GOOD HEALTH. I read GOOD HEALTH nearly regularly and like it very much. It and Physical Culture are my favorite magazines. I think the leading health magazines, as Mr. Jackson reads Health literature often I am giving him some of the best."
No name or address given -  

"Good Health is indeed a splendid journal. In fact without doubt is the finest publication on health in the world. Then it contains so much information of interest to everyone and is so beautifully gotten up. I like the new cover and no wonder people are pleased with it."

Robt. I. Bennett,  
Pittsboro, Ind. February 20, 1929.

"Enclosed find check for renewal subscription to your valuable magazine. We take some papers for news, some to amuse, but yours for instruction on the most important topic to us, in the world. I feel that I have been greatly benefited and my wife's life prolonged by trying to live the biologic life as taught by GOOD HEALTH."
Frank J. Talbot,
201 Linden Blvd., Brooklyn, N. Y. May 28, 1929

"Enclosed is check for subscription for --. Please begin with the April issue. Mighty good articles in that number!"

W. L. Crockett,
El Paso, Texas. August 9, 1929.

"I am enclosing $2.00 for GOOD HEALTH Magazine which I enjoy very much. I feel fortunate in having been able to have known your Doctor Kellogg and read his able and entertaining articles on health. I wish you continuous prosperity."
Miss Etta E. McKee,
R. #1, Listowel, Ont., Canada.

"Along with my enclosed renewal subscription for one year to GOOD HEALTH, I want to tell you that it is thoroughly enjoyed - a each number comes along - by all the members of my family.

"We find it helpful in so many ways and so interesting to learn through its pages of the health and manners of living of the people of so many nations.

"During the time I have been receiving GOOD HEALTH - one year and five months - I do not recall having seen much on the subject of Goitre and being vitally interested in this trouble - Am hoping to find something about it in your journal some time. Appreciating the value of GOOD HEALTH, I am, --"
Mr. C. L. Bute,
Jackson, Minnesota.

"I am a little late in sending but I have a good deal of money to raise this winter so will try to do better the next time, but please send January and February numbers as I don't want to miss anything. Yours for half century.--"

Mr. O. A. Moore,
Box 153, College View, Nebraska.

"I have been a reader of GOOD HEALTH for the past few years and will say that I prize it as one of the very few magazines which stood four square for the best things that go to make human race better. On page 46 in the June number is an excellent piece on the use of tobacco and the deadly cigarettes. On page 47 is an advertisement showing one of the characters exhibiting a machine used by the human race to administer that deadly weed, tobacco, a pipe. I would like a word to know if you have turned with the gang to help support one of the most
deadly human reaching evils of the age.

(Sent to Dr. Kellogg.)
J. S. Shoemaker, M. D.,
New Lothrop, Michigan.

"Please send GOOD HEALTH to Mrs. W. T. Parker, Owosso, Michigan. It is the best of all health publications."

Mrs. M. K. Bartl,
Oakland, California.

"Enclosed you will find M. O. for my renewal for GOOD HEALTH. I do not feel that I want to do without it."

M. E. Seymour,
Reedsburg, Wis.

"I am enclosing check for two dollars for which please renew my subscription for your magazine. I don't seem to have received any January number and dislike to miss a copy."

Mrs. Flora M. Pinkerton,
1805 W. Park Pl., Oklahoma City, Okla.

"I have been a subscriber and reader of GOOD HEALTH and prize it very highly."
Mrs. Mary B. Thompson,
2387 So. Lucerne, Los Angeles, Calif.

"It has just occurred to me that my subscription to your magazine expired with the December number so I am enclosing check for renewal for 1930. I like it very much and find it most helpful. The use of the different color tones for the covers is a pleasing departure from the stereotyped designs of most magazines and is very artistic. I enjoy seeing all the different colors and the wide range of pastel shades. Wishing you all success.--"

Dr. T. M. King,
Springfield, Mo.

"I do not know whether my subscription expired with the end of December or not but I am enclosing my check for $2.50 to renew from time of expiration for I do not want to miss a single copy."
M. W. Fleming,
Little Rock, Ark.

"My January copy of your valued magazine has not yet arrived. It comes so irregularly. I often wonder why you do not have a regular day for publication, instead of going to press at such time as you happen to think about it, as seems to be the case now. It is possible, of course that it may have gotten lost in the mail. Please forward my copy at once and oblige me greatly. I always look forward to its coming and am disappointed when it is delayed."

Mrs. E. S. Hutchinson,
Norfolk, Virginia.

"The reason I have not replied to your letter sooner is because I was waiting for the January number of GOOD HEALTH to arrive. Neither Mrs. Joyner or I have received our Jan. number. My subscription lasts until July. However as your letter is urgent I have renewed the subscription to GOOD HEALTH for Mrs. Joyner. over
She and her family, grown-up children enjoy every copy very much. 'Read every inch of it'. 
Mrs. J. W. Pyle,
West Chester, Pa. Nov. 11, 1929.

"Please send one of the November '29 Magazines to my son. It is an interesting number and I think he will like it."

Mrs. F. I. Graham,

"You will find enclosed 50 cents for which please send me two copies of the October number of GOOD HEALTH. It is a splendid number."

Mr. W. P. Watts,

"I think a great deal of the GOOD HEALTH Magazine and I think I have taken it for twenty years."


"Please send me the GOOD HEALTH Magazine for six months. I miss not having it dreadfully."
Mrs. Marion Clouse,  
Wooster, Ohio.  

1-22-30.

"Enclosed is my check for $2.00. I enjoy it much and have been helped by its columns and I pass it on to others that feel they cannot take it."

Mr. Geo. W. Peterman,  
Tacoma, Wash.  

Feb. 7, 1930.

"Enclosed find M. O. etc. I enjoy reading your GOOD HEALTH Journal and let my friends read them too and encourage them to subscribe for it. I think you are in a good work at your B. C. Sanitarium, and the publication of GOOD HEALTH Journal."

Mrs. S. W. Eldred,  
Carrollton, Illinois.  

Feb. 20, 1930.

"We much enjoy GOOD HEALTH and value its teaching. Do not wish to miss a number."
Mrs. Laura B. Jones,

"Enclosed is my check for GOOD HEALTH. Best wishes for GOOD HEALTH which is much appreciated and brings me cheer in my 80th year. Hope to enjoy it many years to come."

Lily F. Carpenter, M. D.,
Cincinnati, Ohio.

"I enclose check for price of a year's subscription to your fine journal. I used to be a subscriber and find I must have its valuable help again. Please begin sending it with the March number."
Miss Mary E. Buxton, Mar. 1, 1930.
Patton House, Portland, Oregon.

"Enclosed is a M. O. for the renewal of my subscription to GOOD HEALTH. I do really like my Journal."

S. A. Morgan,
Torrington, Conn. Apr. 3, 1931.

"Please send sample copies to names on attached list. I am a regular reader of GOOD HEALTH and have profited greatly therefrom."

Mrs. E. S. Hutchinson,
Norfolk, Virginia. May 10, 1931

"I am enclosing $2.50 for the renewal of my subscription. To me it is more interesting every new number."
Emma Flick,
515 W. 7th St., Erie, Pa. May 1, 1930.

"Enclosed please find $2.00 for renewal. I do not want to give it up, so please enter my subscription for another year. I feel that I cannot afford to do without the Magazine."

Vera Foster,

"Find enclosed $1.00 for 6 mos. renewal subscription. I enjoy it very much also the Sanitarium Bulletin which is very interesting."

Mr. M. L. Makin,
Indiana, Pa. July 8, 1930

"Here is a subscription for ----------. Please commence with the July number as I think this present number is just fine."
Mr. Hollis Dann,
New York, N. Y.  July 17, 1930.

"Enclosed is my check for my renewal. I read the Magazine with real enjoyment and great profit. So thoroughly do I believe in Dr. Kellogg's philosophy that I have recommended the Magazine to my friends and in several cases have subscribed for the Magazine for them."

John M. Pope,
Baltimore, Md.  Aug. 8, 1930.

"I am a great admirer of GOOD HEALTH."

Mr. H. A. Foulks,
4216 Langley Ave., Chicago, Ill. Aug. 12, 1930.

"Dear GOOD HEALTH: Enclosed is my remittance for another year of GOOD HEALTH. I have been unavoidably delayed in sending in my subscription. Continued success to you. I cannot live right without you."
Mr. Edwin H. Abrams,
Cos. Cob, Conn. 

October 25, 1930.

"I find every issue of your publication contains valuable and helpful articles."

Mr. John C. Marakle,
Brooklyn, N. Y. 

November 14, 1930.

"It is a pleasure to renew. Thanks."

Father Eug. A. Papineau,
Little Current, Ont., Can. Nov. 11, 1930.

"I enclose $2.00 for my renewal of subscription to your ever excellent Magazine, "GOOD HEALTH."

Mrs. Emma J. Harbours,
Atlantic City, N. J. Nov. 11, 1930.

"We got so much comfort and help from GOOD HEALTH that I would like to take it another year. My dear husband enjoyed it so much now that he is gone and I am so lonely I know that it will help me. Enclosed find $2.00. "
Mrs. C. F. Walker,
3533 Campbell St., Kansas City, Mo. Nov. 20, 1930.

"Enclosed find my check. I have been a subscriber for one year and have enjoyed it very much indeed."

Miss Martha W. Moore,
Maplewood, N. J. Dec. 15, 1930

"I enjoy it very much. Do not want to do without it." (To Dr. K.)

Mr. M. J. Spalding,
Denver, Colo. Dec. 8, 1930.

"Enclosed is check. I do not want to miss any number of GOOD HEALTH." (To Dr.)

Mr. Robt. S. Karr,
521 - 3rd St., Bluefield, W. Va. Jan. 7, 1931

"Enclosed is my check for $2.00. I am hard up but cannot do without the valuable information I get out of this Magazine."

(To Dr.)
Alice Holtman,
Omaha, Nebraska. Jan. 26, 1931.
"Your Magazine is great." (To Dr.)

Mr. J. Y. Player, Jr.,
5508 Cabanne Ave., St. Louis, Mo. Jan. 16, 1931
"Here is my renewal gladly. Most interesting Magazine I get." (To Dr.)

Mrs. S. W. Eldred,
"Enclosed is check. I have read GOOD HEALTH a long time and think its teaching very valuable." (To Dr.)

Mrs. Chas. Thompson,
Stanford, Conn. Jan. 9, 1931.
"Enclosed is my check for renewal of Magazine. We would miss it very much if it were stopped. We find many helpful topics in the book." (To Dr.)
Mrs. Lucinda Smith,

"Enclosed is $2.00. I have taken your GOOD HEALTH Journal for ten years or more. I think I would not have been here to tell the story if I had not had those books. Constipation would have killed me before this time. If I live until Mar. 28, will be 80, probably will never renew my subscription. I count the GOOD HEALTH book next to my Bible. Wish it might be in every family. Long may Dr. Kellogg live to Edit the best and most healthful Magazine in the world." (To Dr.)

Geo. W. Harris, Feb. 10, 1931.
109 Rock Island St., Gouverneur, N. Y.

"Enclosed find check for $2.50 for GOOD HEALTH for one year. It is a wonderful Magazine and should be in every home." (Not sent)
Nov. 7, 1938

E. F. Wielar, Nappanee, Ind.

"Since visiting Sam, I have been receiving $5.75 and enjoy it very much. I find it very beneficial."

Feb. 20, 1939

Mrs. C. T. Young, 901 Peabody Ave, Memphis, Tenn.

"Enclosed you will find a check for $5.50 and for $5.75 Magazine. Thanks for sample copy. I have enjoyed it so much."

Nov. 1, 1938

Margaret Mae Brady
Crossfield, Alberta

I am reading your $5.75 Mag. and enjoy it very much."
Fritz Rudin,
221 Wooster St., Elyria, Ohio. Feb. 10, 1931.

"Please send me three extra copies of February, 1931 issue of GOOD HEALTH. It is such an exceptionally good number I want to give it to some of my friends." (To Dr.)

Capt. Matthew Neil,

"GOOD HEALTH Magazine is indispensable to me."

Mrs. Foss Zartman,
1120 W. Elm St., Lima, Ohio. Mar. 24, 1931.

"Find enclosed $2.00 in check for the renewal of my subscription to your Magazine. I read every word from cover to cover of every number and have learned many things from GOOD HEALTH so that I feel I cannot be without it."
Mrs. Lovilla Rice

Los Angeles, Calif

"I am enclosing a check for $21. $2.00 for my renewal subscription. I expect to return to my home in Ohio soon so I am having my paper sent to my old address, Sullivan Ohio. I wish to thank the editor for the good work done against cigarettes. "Let the good work go on, and long live the editor and its influence."

H E Dunlap.

Liberal, Kansas

"I have known of Dr. Kellogg's work for 56 years. Was in a similar institution in 1880 and 1881. Have taken GOOD HEALTH for many years."

Miriam Thornton

Midway, Kentucky

"I think Kabe is wonderful. I keep a 3 lb. tin on hand continually."
Caroline C. Scovell,
Zanesville, Ohio.  Apr. 24, 1931.

"Enclosed is draft for which enter my subscription for one year. The Magazine has been coming regularly in my brother's name but the subscription expires with the next issue and as he is in Chicago now, and will not renew his subscription I do not want to miss any numbers, as I think the magazine one of the best I have ever read, if not the very best health magazine. I wish I could afford to subscribe for GOOD HEALTH Magazine for others but cannot at present but I have had the privilege of passing the copies on to others to read when we were through with them and I intend to continue to do so, thereby hoping to interest others in eating and living right for their health's sake.

Mrs. C. W. Tickell,
Painesville, Ohio.  May 16, 1931.

"I enjoy your Magazine and send it to friends near and far. It has been the means (over)
Mr. Robt. I. Bennett,
Pittsboro, Ind. Apr. 28, 1931.

"I received your letter some time ago telling me of the need of renewing for your valuable paper, but it is tax paying time and money very scarce and I was tempted to drop it but we enjoy it so much and it is such a health guard I borrowed part of the money and am sending in my renewal. I noticed my first GOOD HEALTH Magazine was dated December 1923 so I must be starting on my eighth year. We like the way you "dig in" on the "Live Stock Commission". The article on Eugenics and practically all, as I have never missed reading every article since I subscribed."

Annette Francis,
Durham, Conn. May 12, 1931.

"I have great confidence in this Magazine. I feel that it stands at the head of the list of Magazines of its class."
Mrs. Haiganouch der Hagopian
Stanbul, Turkey

"I consider myself fortunate that in this far-off land I came across GOOD HEALTH and became a subscriber to it. I have tried to follow its wise precepts as much as possible with great profit. I wish to tell you again how helpful your excellent magazine has been for me. I have great faith in your biologic system. Enclosed is $5.00 for a year's subscription to GOOD HEALTH and "How to Have Good Health."

Etta G. Connolly,
West New Brighton, N.Y.

"I have subscribed to GOOD HEALTH Magazine for at least fifteen years and possibly longer. My subscription has run yearly from January to January."

F H Luthe
Des Moines, Iowa

"Herewith enclose renewal funds. Please receipt and return the statement to me. The magazine is worth its weight in silver."
George W. Peterman                  Mar 15, 1932
Tacoma, Wash

"Enclosed find remittance of $2.00 to pay for renewal to GOOD HEALTH. Money has been hard to get so I could not renew my subscription when it was out. I cannot do without the GOOD HEALTH Journal. I am doing all I can do to boost it and your foods which are sold here."

Josephine E Woodward                Apr 9, 1932
Aont, Ohio

"Having received the 6 copies of GOOD HEALTH free since my visit to the Sanitarium would consider it a great loss to have it discontinued so thanking you for the pleasure and profit received from these copies. I enclose check for renewal."

Anna Sven Rasmussen                 Sep 28, 1930
Ogden, Utah

"Enclosed is check. I enjoy it very much and would not like to be without it."
Mrs. J. D. Butler

411 S Fremont St., Los Angeles, Calif

"I have been getting GOOD HEALTH from our Public "library and to my mind it is the finest magazine on health I have ever found. I have received a million dollars worth of good from it."

Mrs. May W Nock

Newport, Delaware

Apr 5, 1935

"Money is so scarce that it is simply impossible for me to renew my subscription, now, but I am going to ask you to please keep my name on your list until next month at which time I may be able to have the necessary subscription price. If it should still be impossible I will pay for whatever extra copies I may have received. I do most earnestly hope it will not be necessary for me to cancel my subscription to GOOD HEALTH as the magazine has meant so very much to me through the years during which I have been receiving it."
A J Billett,  
Royal Oak, Mich  
"Your magazine is a very wonderful publication  
I am a reader but not a subscriber but hope to be  
sometime."

Matthew Neil  
Sacramento, Calif  
"Please extend for one year from Apr '32 my  
subscription to your incomparable GOOD HEALTH Magazine.  
I anticipate with pleasure the arrival of each new  
number."

Mrs. E L Powell  
Spokane, Wash  
"We find GOOD HEALTH very helpful."

A. McD. Paterson, D. J. Woodbury Heights N. J.  
"I have had M. H. now for several months  
and am delighted with it."
Alcie E Lane
Gardiner, Maine

"Please continue my subscription to GOOD HEALTH Magazine. I thought I would try to do without it this year but I miss it so much I think I'll have to have it."

Mrs. Robt Warner
Spokane, Wash

"Enclosed is check. May I add our family have been greatly benefited profited by and are enthusiastic over Dr. Kellogg's magazine on health health problems?"

Cecil B Grigory
Houston, Texas

"Enclosed is check. I have been purchasing GOOD HEALTH Magazine thru news stands for several years and am informed that they have quit taking the magazine. I did not get Feb and March issues and if you can do so would like for you to send me both of these issues."
Mrs. S. W. Eldred

Carrollton, Illinois

Dec 16, 1931

"I am pleased to send you 3 gift subscriptions. We value the magazine and appreciate the health bulletins."

E L Mcallen, Sr.

Orlandmo, Florida

Nov. 23, 1936

"I enjoyed your November issue so much that I wish to send a copy to my two sons."

Marietta C. Bishop

Horton, Mich

Nov 1931

"There is no finer magazine of its kind than GOOD Health under the supervision of the famous Dr. Kellogg of the B C Sanitarium."
Mrs. C. H. Knight  Dec 18, 1931
Canton, Ohio

"Enclosed is check for $5.00 for 2 subscriptions.
I am taking it and benefit by it greatly."

Mrs. J. R. Morton  Jan 9
Jennings, La.

"We enjoyed and appreciated the numbers received after
having been guests at Dr. Kellogg's Sanitarium-
always passed them on to friends. I cannot well afford
to renew or send my subscription but believe much more
good can be done suffering humanity through Dr. Stanton
hence I am happy to present him with a year's subscription."

A M Paterson, D D  Jan 14
Woodbury Heights, N J

"Enclosed is $2.50 -xENUS I have had GOOD HEALTH for
several years months and am delighted with it."

A J Billett  Jan 21, 1932
Royal Oak, Mich
August 17, 1931

Mrs. A B Nash, Spray, North Carolina

"I have been a reader of GOOD HEALTH for 25 years."

November 21, 1936

Joseph P Cassidy, 66 Peck Ave., Newark, N. J.

Enclosed is $2.50 for the special offer of two years to GOOD HEALTH Magazine as advertised in the November issue. In my opinion, Your health magazine is the best on the market. I find it very instructive and interesting.

September 14, 1936

Mrs. William Porritt, Pontiac, Michigan

"Enclosed is $1.00 for 6mos subscription to GOOD HEALTH for my sister. I feel it is well worth what it costs."

July 30, 1936

Mrs. Sarah E Farger, 1419 W Jefferson St Boise, Idaho

"I appreciate the value of G H Magazi ne and am sure I shall read with interest the book offered. Thank you very much for it. I enclose $2.50."
Dec 29 1936

Mrs J M Lee, 520 Drew Avenue, Houston, Texas

Enclosed is my check for the renewal of subscription to GOOD HEALTH for Mrs. T C Swoper and my own.

I have been a subscriber to this magazine now for 25 years or more and would not do without it and it is about the only magazine I have time to read so thoroughly but I think the good health I enjoy is largely due to this fact."

Jan 5, 1937

Edward O Thomson, 22 N Summit Ave., Chatham, New Jersey

"Please continue my subscription to GOOD HEALTH as I do not want to miss any copies. I find your magazine most interesting and think I must have been a subscriber for at least 20 years or more."

Jan. 11, 1937

Adam Vogt 1505 Rosewood Ave. Louisville Ky

"Enclosed is check for renewal. We consider your joining contains some very valuable information and believe if you will mail a copy of this issue to them can get them interested in subscribing for your journal."
January 15, 1934

J Chevalier, 291 Fourth Ave., East Orange, N.J.

"Enclosed please find my check to renew the subscription to G F Magazine to be sent to John F Chevalier 1463 Beacon St., Brookline, He has just written asking me to renew the subscription. He has changed his mind the last number of the magazine did it."

Sept 11, 1934

Miss A B Vandermart, Box 252, Manitou, Colorado

Enclosed is $2.00. Please renew my subscription to GOOD HEALTH Magazine. I enjoy it very much."

May 17, 1934

Mrs J W Lee 5708 S Barr Creek Park Houston Tex

"Regret very much that I overlooked renewing my pub to G F before it expired. I didn't want to miss any number of this fine mag and will therefore be obliged if you will allow my renewal pub to commence with the no. I missed. I have been a pub to G F for 20 yrs or more & do not feel I can get along without it. During all that time I have enjoyed excellent health and attribute it largely to your mag. I hope to be able to keep up my due to it for the rest of my life."
Feb. 1, 1932

Mrs. Luccinda Smith, Columbia Cross Roads, Pa.

"Enclosed is $0.60 for subscription to J. H. Kellogg. I have taken the journal for years and do not know how to get along without it. I am 80 and probably will not need it very long. I would not have lived to this age had it not been for what I have learned from the J. H. Kellogg. God bless Dr. Kellogg! May he live many years to show people how to live."

Dec. 29, 1933

Joe R. Carpenter Jr. 1007 Delaware Ave, Wilmington

"Enclosed is $0.50 for 1 yr. subscription to J. H. Kellogg's "How to Have J. H." I have been a subscriber for more than 30 yrs. I have no ailments to fanny the mind. I will be 93 my next birthday."

Mrs. Annie B. Nash, Jersey, N. C.

"Enclosed is $0.50 for which please remit my subscription beginning with the Jan. 1935 issue. I was delayed until 1935. I have been a reader for 25 yrs or more."
Feb 14, 1938

Dr Raymond B Kale, 302-4 Kraft Bldg., Des Moines, Iowa

"Enclosed find check. I enjoy reading it and have received some very valuable information from its pages."

April 22, 1938

Mrs. J F Reynolds, Kingston, Okla.

"I always want the magazine. Would never be without it if I had the money."

Feb 13, 1938

Mabel A McWilliams, 522 W Madison Ave Bay City, Mich

"We have taken the magazine the past year and have enjoyed every number so much and wish to continue it."

1938

George Peterman, Pasadena, Calif.

"I enjoy the GOOD HEALTH very much."

Jun 9, 1938

Wm H. Spanjer, 2677 Mt Pleasant Ave Newark, N. J.

"I have been a reader of your magazine for a good many years and the results of some. I believe, have kept me in good physical condition."
2-10-39

Mr. Marion F. Gilman, 210 W. 101st St. N. Y.

"Please send a sample copy to the following address, etc. I have spoken about it very highly and do not like to lend my copies because so much handling makes them shabby and having every number since I began getting them, I often go back for information I consider valuable & helpful.

"I feel that your little monthly magazine is an education to all who receive it."
Mrs I P Downing, High Street, Jefferson, Mass.

"Needless to say I value the magazine highly and do not want to miss any numbers."

Elizabeth Cleveland, Glendale, OHIO

"I surely enjoy your magazine. Enclosed is my renewal.

Mrs. Alice B Waterbury, Lancaster, Ohio

"Next August it will be 50 years since I have tasted fish, flesh or fowl. I was 12 years old when I first tasted them. Then, for a period of 1½ years, I ate of meats sparingly. Now in my 76th year, I am in excellent health. Fruits, especially apples enter very largely into my bill of fare.

"I take pride in my list of 'nevers.' I never tasted pork, nor drank a cup of tea or coffee, nor took any medicine of any kind, nor ate a cucumber pickle. My husband never even tasted coffee.

"Ever since it was the HEALTH REFORMER (1875), GOOD HEALTH has come regularly into my hands in the name of several different members of my family."
Thomas K Cochrane, 340 W Main St., Johnson City, Tenn

"I find GOOD HEALTH Magazine both interesting and enlightening."

Charles M Scherger, 2658 N Clark St., Chicago, Ill.

"Enclosed are several questions for the health Question Box. I have long been interested and admiring reader of GOOD HEALTH and look forward to its coming with pleasure."

Miss L Kaeding, 4036 Townsend Ave., Detroit, Michigan

"I would be most grateful to you if you would answer the following questions in the Question Box. I am a faithful follower of your plan of biologic living and have found it the only means of curing my case of colitis."

Mrs. F M Pendleton, 424½ North 8th St., Quincy, Illinois

"Enclosed is $2.00 for the renewal of my subscription to GOOD HEALTH. Because of the depression I have not been taking the magazine for awhile but miss it."

Edward Moreau, 4707 Magnolia Ave., Chicago, Illinois

"Enclosed is $5.00 for year's subscription to GOOD HEALTH and HOW TO HAVE GOOD HEALTH. I have been a subscriber to your valued magazine for several years but conditions forced me to drop out during the recent depression, to my great regret."
Sept 3, 1937

William M Watters, R 1, Lebanon, Oregon:

"Enclosed is check for $2.00. Can't get along without your good magazine."

Apr 14, 1937

Annie S Johnson, 374, Grand Ave., New Haven, Conn.

"Became subscriber 1913. Same age as Dr Kellogg."

Feb 16, 1937

A C Rothermel, Kutztown, Pa.

"I enclose check for the renewal of my subscription to GOOD HEALTH. This is a remarkable magazine. Every reader if he follows the information and instruction as a guide will live his life on a higher, longer healthier and happier plane."

Feb 4, 1937

Asa Clark, P O Box 7, Fairburn, South Dakota

"Enclosed you will find check for $2.50 for extension of my subscription to GOOD HEALTH. I have been a subscriber since before I was 50 years old and next March I will be 80 years old. I guess you have not got many subscribers that have been on your list that long."
Feb 5, 1937

Mrs Ida V Adams, Bloomfield, Missouri

"I think my subscription will expire this month. I cannot live without it! So am taking advantage of the special combination offer of one year and THE CRIPPLED COLON. With sincere wishes for the continued success of your wonderful propaganda of sane and sound method of living and cure of disease by these nature remedies. I have been a subscriber since I saw your first magazine."

Feb 2, 1937

J W Noble, 712-6th St., Garden City, Kansas

"I appreciate your magazine very much and regret that I was unable to renew sooner."

Mar 18, 1937

Oscar C Mueller, 249 Ladera Drive, Beverly Hills, Calif.

I enjoy reading Dr. Kellogg's articles and hope that you will live long to continue them.

July 17, 1937

John Panfrucker, Malvern, England

"I have been a subscriber for only one year and although I have been interested in physical culture practically all my life I have gathered the most valuable information from the pages of GOOD HEALTH."
C. W. Berryman, 5018 3rd
Omaha, Neb.

Enclosed is my renewal. I don't think a magazine can be for Dec. I keep all copies and would not want to miss any. Would not be without the magazine. Consider it most valuable.

April 9, 1941

Mrs. J. T. Blount, 123 Elmhurst, Dayton 0

"I think so much of this mag and all B. C. products that I am sending it to both my sons. I think it a grand help to anyone."

April 1, 1941

Henry H. Heins, 4719 Ohio St., New Orleans, La.

"Sending this for $1. 00 after reading one of your edition. I was so enthused by the articles therein that I decided to subscribe."

March 19, 1941

Mrs. R. E. Dillon, 1195 Bellewon Ave., Columbus, O.

"I have been taking the mag for about a year now & sure enjoy it so much."
May 3, 1940

J. H. Erickson, 66 Hancock St. Everett Mass:

"Enclosed is $3.00 for 3 subs. to J.H. friends who I know are very much interested in Dr. Kellogg. I personally have followed him for 20 years."

Feb. 6, 1940

M. J. Spalding, 3917 Shantina Denver Colo

"Enclosed is $7.00 for 2 yly subs. I have taken J.H. for nearly or quite 40 years."

May 78, 1940

Mrs. J. M. Lee, 570 Drew Ave. Houston Tex

Enclosed is $3.00 for 3 yly subs. I enjoy your magazine so much that I want my friends also to have it. I have been a sub now for more than 40 yrs. and would not be without it."
May 13 1940

Mrs. Fred T. Funge, 369 Perry St., Fort Street 0

"We enjoy the R.T. very much."

March 22 1940

W. F. Bynum, 907 Oliver St., Greensboro, N.C.

"I rejoice that your most excellent may has been reduced to 1 year. I am sure that you will now reach many more people with the gospel of good health."


Nov. 3, 1939

Mrs. Donald B. Craig, 705 San Roque Rd., Santa Barbara, Calif.

"I enjoy the articles in your mag so much"

Feb. 7, 1939

Mrs. E. O. Alderson, Connersville, W. Va.

"Enclosed is $7.50 for one year's subscription. I formerly had this mag for many yrs and am glad to be able to have again."

Feb 20, 1939

Ervin T. Koch, 313 S. Edgar Ave. St. Louis, Mo.

"Sent asb for 10 yrs."

Feb 17, 1939


"I enclose check for $7.50 for one year's subscription and have been reading it for 15 years. Perhaps I shall not read it for more than five more years. I am 91."

Feb 23, 1939

Mrs. Roy Van Cleave, 3104 Wesley St. Greenville, Tex.

"Enclosed is $7.50 for one year's subscription due to 1-1-39 for yrs. I have derived much help and enlightenment from your paper & the four books I have of Dr. Kelly's."
Feb. 26, 1939

Geo. R. Zundel, Ph D., Pa State College, Pa.

"Enclosed is check for $3.50 for which I entered my sub to J.T.N. for three yrs. etc.

"I nearly missed seeing this offer. I have found Good Health almost indispensable. I am glad that I found the offer. I wish that the articles on tobacco, coffee & tea in the last issues of Good Health would be read by everybody. Some teachers here in Penn State allow both girls & boys to smoke in the class rooms and even some of the teachers smoke while teaching class or conducting an exam. The condition is terrible."
Feb. 21, 1940

David Cole, 1705 Elm Street, Council Grove, Kansas.

"I regard H. N. as being the most significant paper published in America and hope you success in your undertaking. I remitted $16.00 for 17 school libraries...this year."

Feb. 28, 1940

Mrs. Hannah Tyszkurwicz
Paradise Valley, 1296 North B Street, Cali.

"I am renewing my sub to H. N. I enjoy the old book...your faithful friend..."

Feb. 21, 1940

Mrs. Josephine Brooks, 9746 Ave. N Chicago

"Enclosed is $1.00. I am sorry to see the magazine reduced in size and hope you can soon bring it up to what it was some years ago. I have them as far back as 1909 and still enjoy looking them over."
Dec. 15, 1940

Letia Coward, P.O. Box 95, Los Angeles, Calif.

"My ads expired some time in the spring. To high lose. I subscribe again. Have missed your new quarter of T.T. and cannot wait till I get my hands on another new issue."

Dec. 15, 1940

"Mrs. Edna Schaub, 503 N. Maywood, Compton, Calif.

It's (I'm a wonderful paper) for health minded people."

July 8, 1940

Rose Leech, 90 N. Broadway, Nyack, N.Y.

"Enclosed you will find $1.00 for years pub. Have been without it for some time. I miss it very much. However, I wish you continued success in the wonderful work you are doing."
Jan. 9, 1935

Lila A. Thompson, Forest Glen Rd.
Longmeadow, Mass.

"I have taken H. H. for many years. Someone sent it to me. I never knew who. If I had followed it more closely, I think I would have been much better. As I looked around on row upon row of poor suffering humanity in the Mayo Clinic, I thought "They cure here. B.C. prevents. This saves one from all this suffering and loss of health. I feel very grateful for what H. H. has done for me."
Mar 13 1939

Caleb W. Shewar 13 Red Oak Rd
Wilmington

"I am enclosing my check covering renewal of my pub to H.H. & also a new pub. I have been a steady pub to H.H. for a number of years. Some years ago, I was using your special goods, having you send them direct to me. Within a short time a number of my friends also were interested in obtaining your products & I was instrumental in making James Morrow for this city to your agent here which arrangement was carried on for several years. I also was instrumental in sending two of my friends to your institution both of whom were benefited."
Nov. 5, 1940

Alexandre Francois to Dr. S. J.
Francois, Box 458, New Orleans, Miss.

"Here is $1.00 for you. I have read H. N. for many years."

Aug. 17, 1940

Isabelle M. Ward 604 N. Johnson Clarksville

"I thank you for your letter of Aug. 8. Your magazine has been a source of much help to me and I shall be very grateful if you will continue sending it. I believe in the things it stands for and it gives me many helpful suggestions to pass on to the college students and others here. I have often used statistics from it both in public speeches and small gatherings."
Katherine Miller 2009 Riverside Rd, Lakewood, Ohio

"I am enjoying reading GS. X very much try to make use of suggestions offered."

Herbert Dickson, Chili High School Chili, Ind.

"Is a sub. We are using it in our two health classes & find it makes fine supplementary material"

J.C. Myers, 2000 Park Pl, Dayton, O

"We are req readers of GS. X and greatly enjoy & appreciate its helpful instruction. EK..."
Mar 73 1940

J. Morgan Jones, 1530 East 86th St.
N.Y.

"Wishing your valued publication increasing success in the future
Thanks for the extension of
pub due to price change."

Nov. 25, 1940

Mrs. E. H. Bittner, Shreimanstown, Pa

Thank you very much
many times for your fine
journal. I greatly enjoy it. I
hope you enjoy many more
years."
March 26, 1940.

Mrs. Eillian Porter Butler
4608 Lakeside Dr. Dallas Texas.

"Will you kindly send your wonderful magazine to my daughter. The March issue is splendid. Some member of our family has taken H. N. for years—so our whole family have been guests at the B.C. San ever since I was a young...

Dr. B.C. Cities, 127 W. 11th St. New York N.Y.

"I am much interested in articles of tobacco poisoning. Have collected a nice amount material while your Editor may as"
March 15, 1940

Herbert McLean Bundy
342 Madison Ave., New York, N.Y.

Encel. is $1.00 for a yr. send to G. W. for

"I might add that I have
just had all the 1939 copies bound
in a m/ei morocco binding. I
want to congratulate you
on your fine research
work and all the good you are
doinj."

Sept 30, 1940

Margorie Donk, 4 E. 48th St., N.Y.

"Thanks for reducing the
price of H. W. May I offer a suggestions
an adv. in large letter in Jewish
Culture & GA We should bring you
2000,000 pub. The McFadden readers are
health conscious & the first has millions of
readers. I am not associated with
richy - just interested in health
articles."
Nov. 11, 1940

Dr. Arthur S. Harrison (Dentist)
Davison, Mich.

I have been reading your J N mag for some time & have been very interested in the splendid articles it presents each mo. It would do a tremendous amount of good if it would go into every American home. Please send G N. for 6 mo to 424.

Aug 21, 1934

[Handwritten note]

"My sincere thanks are due you for that wonderful chair back my husband brought me on his return from B.C.

It is always a treasure and I am obliged to the back as ideal comfort for me."
Feb. 20, 1939

Cora Jolls 125 N. Pine Rd.
Kalamazoo, Mich.

"Your good book reed and read with interest and fully intending writing before this to let you know I appreciated your offer but have been sick.

"Please find enclosed $2.50 for two yrs. pub. for D. H.
I have always been a great believer in anything D. H. Kellong was interested in. (Believe it or not) it is the truth."
Mar 9, 1939, Ohio

H. C. Stahl, Ohio Cultivator, G. Bellevue

"I read a copy of J. H. for Jan and think it is a fine magazine. I note that Dr. Kellogg is the Editor. Over 20 yrs ago, I went to B. C. and if it had not been for Dr. Kellogg, I do not believe I would be here today.

Here is check for $3.50 for special offer to the following. — I think I will get up to B. C. sometime during March or April but you do not need to send me any literature as I know all about the place."
J. N. H. Tindall 1007 E. 18th St.
Bakersfield, Calif.

"Enclosed please find check for $5.00 for the renewal of my sub. to J. H. Your magazine pleases me very much."

J. R. Ingalls Conmeaut Ohio

"I have been a constant subscriber to J. H. for many years and have obtained much valuable information therein as well as from other publications of the good Doctor."
Miss M. C. Merritt, 210 S. Louise St.
Glendale Calif.

"Am enclosing my remittance
for the renewal of my sub

to Y. H. Mag. I still value
Y. H. Very highly."

Etta H. Connolly, 281 Bement
Ave. When Brighton, N.Y.

"I have subscribed to
Y. H. Magazine for at
least 15 years and possibly
longer. My pub. has run
yearly from Jan. to Jan."
Clara Mosseman, 3642 Cadman Drive, Los Angeles 27, California writes:

"Inclosed please find check for $1.00 for GOOD HEALTH magazine. Have been reading GOOD HEALTH over 40 years."  
12/22/44

Mrs. M. E. Gillespie, Hampshire Arms Hotel, Minneapolis, Minn writes: Enclosed is $1.00 for which please send me the GOOD HEALTH Magazine for another year. I find it so helpful and look forward each month for my copy." 12.4.44

Clara S. Wall., Grampian, Pa., writes, "Friends, please renew my subscription. I like the magazine very much. There are not many subjects I am as much interested in as GOOD HEALTH." 12/20/44

Mrs. Frank L. Rogers, 1432 N. Dunton Ave., Arlington Heights, Illinois, "Enclosed find my check for $1.00 for renewal of my subscription to GOOD HEALTH Magazine which we all enjoy reading and look forward to each month." 12/15/44
Mrs S. Conroy, 220 W Mulberry St
Rockford Ill.

"I am happy to know that Dr. R
is able to go on with the
establishing the Pan in Need
quarters. and I will be happy to kept
ree here again I hope the new
location will be most satisfactory

Jan 31, 1944

We write to Rotar Boys Waleswik Wis

"It would be a serious mistake
not to continue with the
publication that has
accomplished as much in
educating the Public. It
would seem that it is
needed more now than ever"
Mrs. J. M. McGinty
10401 Huron Ave. Detroit, Mich.
Enclosed is $1.00 for subscription.
I find this very interesting and helpful & always look forward to receiving it. Do not want to miss a number.
Wants new cook book.

5/15/44
Mrs. Ada S. Hartogh
211 Quincy St.
Cleveland Oh.

11/7/44
Mrs. Frank Ronder - Graycliff Rd.
Mrs. Paul Schafer - 39 Kingsmont
4/9/44
Mrs. H. Wakerlin - Belle Rd.
Mrs. C. G. Taint - 4384 Mainline
Apr 1 - 3 1/2 E. 33rd St.
N. Y. City
Mrs. Harold Need - 33896 Market
NY Mrs. Eddie Ross - 33888 Perry Ave
NY NY

NC Mrs. N. Bloomfield
63 W. 152 2nd St NY

NC Mrs. N. Qualhim -
3606 College St. Indianapolis

Mass Mrs. Huff - Scranton, Pa

NC Edgar Babies 10205 Thirty Ave
Cleveland Oh.
Elite

GUEST BOOK

"The ornaments of a house are the friends that frequent it"
—EMERSON

SAMUEL WARD—BOSTON

MADE IN U.S.A.
Mrs. Minnie A. Emmons
R-7-153
Battle Creek, Michigan.

Graduated in the class of 1907
Received a B.S. degree from Battle Creek College in 1926

Since retiring from the teaching of Home Economics I have been acting in the capacity as a teacher and judge for the Michigan Horticultural Society and the State Dahlia Society of Michigan.

The measure of my success is due in large measure to our beloved Dr. J. H. Kellogg.
Hazel Udy Dewey graduated from School of Home Economics in 1931 in which year I started teaching in the Battle Creek schools and continued until 1935. I was married in '34 and my present address is 314 Hamilton Lane, Battle Creek.
Mary Daisy Wallace Hunt
Class of 1909
Married Guy M. Hunt 1912
Have two sons - both
married - older one
Guy Jr. is a doctor in
service.
Kirk youngest civilian
employed in Air Plane
factory in California.
It is very pleasant to come
back to the residence
and I hope it will long be
a home for the home
women.
Marjorie Hollabaugh Jones - Home Economics class 1931 - Taught Home Economics in Indiana for 2 years.
Married, and back to Battle Creek in 1933 - Y.W.C.A. Cafeteria for 1 year. 1935 then to Feast Product. Cafeteria - there at present time.
Enjoying my work and my home very much.
Have pleasant memories of Battle Creek College and feel that my experiences there have been very valuable.
Elva Kuechler Class of 1932.
Bartle Creek Sanitarium until 1937.
Columbia Presbyterian Medical Center as Ward Dietitian and Shaner Hospital until 1940.
Therapeutic Dietitian St. Luke's Hospital New York City until present.
Arlye Keith Wencke. Class of 1923.

Worked at the Sanitarium until 1928, taking care of metabolic diets under Dr. Hubly.

Since my marriage in 1928, have lived at home taking care of my two children and doing any community work I can.
Phyllis Washington Boyer - Class 1931
1932. I did my intern work at the Cook County Hospital in Chicago. I worked in the Children's Dispensary, the milk laboratory, & after that I was appointed chief dietitian at the St. Vincent's Orphanage. In 1935 I married & came to B.C. I now have two children - my husband is doing service abroad. My teaching at B.C. is very valuable to me & I am hoping that the college will open again.
Miriam E. Kaugas
323 Tremont Street
Battle Creek
1933 -

Teacher of Homemaking at Sabine
School, Battle Creek, for the last nine
years! I have enjoyed my work
very much. I have always been
proud to have had my training at
Battle Creek College.
Blanche E. Lenning, Consultant on Standards of Assistance with Illinois Division of Public Assistance, Armory Building, Springfield, Ill.

I have never forgotten that you tell me one day that what you eat today walks around tomorrow. I continue to admire you as the best example of biologic living.

Sincerely, Blanche Lenning
Lorna Vincent Kline  1924
Chief Judge - Veterans Administration
Fort Custer, Mich.

Since graduation, I have been working for the Vet. Admin. - work with veterans of the last war, and
making ready for those from the present war. Little
Creek ideas are not too acceptable with them as a whole,
but I have always been grateful for my
work at the College.
Edith Dellabene Snyder - 1925
190 West Street, Beetle Creek

After my graduation, I worked for a year and after June 1926 made my home here. I have two children, nine and eleven which still keep me very busy. I’ve been delighted to see so many familiar this evening and to chat over old times with some of the girls.
Margaret P. Baker
1924.

Jeanette Martin Norton
1922

Etel Marvin Flower '29
Mary Herbert Lincoln '25
GUESTS

Ruth Saeluck
1926

Chief Dietitian
Beth-El Hospital
Brooklyn, N.Y.
Margaret McLaughlin Class of 1934 after attending traveling at the University Hospital in Minneapolis
I spent over two years in Williamsburg, Virginia with the Tanners and Ordinaries
In 1937 I went to University Hospital as a dietitian on the private pavilion at Acca Arba
From 1939 to present time I have been with the University Residence Hall
My classmates and fellow alumni have always made me proud to be a graduate of Battle Creek College.
Sammy Stella Howard  Class of 1935

worked as student dietitian at the
Battle Creek Sanitarium during my junior &
senior years in college, and as graduate dietitian
in '36. Took student training under Miss Emma
Cooper at Montefiore Hospital, New York.
I was married in 1941 and am now living
at 29 Traverse Street, Battle Creek.
Rudl Martini Strong

Dietician at St. Joseph Hospital
Dietician at Fort Sam Houston - San Antonio, Texas 1923-24. At Westminster
Jewish Hospital, Greensburg, Penna.
1924-26. Married in 1925 and have reached at 99 Guest pt.
Barile girls send that home.
Have three children: ages
9-12 and 14 yrs.

Happy memories.
Happier choices and
Happiest wishes always for
the B. C. College Home for Alumni
Marjorie McNames

DeBalt - Class of 31.

I worked one year at a dormitory in Ann Arbor then I was married. I have two children. I have always been so thankful for the training I had and not a day goes by that I don't use it. I feel that the training I've had is responsible for the healthy family I have.
Alice Cary Norman

Class 1916

Hired to Bronson Hospital for two years, to Kalamazoo State Hospital in 1918 until present.

Always happy to return to Battle Creek and work with members of the group from the Sanitarium and College.
Peg Starnes Sparks Class 1916

Had charge of the diet kitchen 1917-1918

Was married in 1918. Have two daughters

Live at 72 Greenwood Ave. Keep house and do community work.
Ella M (Rahn) Wilson  year ’15

Dr. Kellogg said “you are the 1st dietician in restaurant. Experimental dietician
retired now growing victory garden and trying to follow your teaching. Dr. Kellogg - may you live many more years we need you.”
Mildred Moore yr. 1924

Have been in Y.W.C.A. ever since here.
B.C.C. has been everything to me and I have enjoyed your wonderful hospitality tonight. May you have many happy years.
Edna Mae Leong - 1924-135, 1930
Chief Dietitian - Preston State Hospital
Preston, West Virginia.

Dear Dr. Kellog, you have been a great inspiration in our whole family. My father came to Battle Creek Sanitarium about 1900 and learned cooking. We were always taught that the Sanitarium was the most wonderful place. I think so myself.

Edna Mae Leong
Beatrice Prince Sykes
15 Jericho Road
Battle Creek

1928 BS 1931

After graduation in 1928 had charge of dining room, kitchen at Kellogg Hall. Then taught at Lansing 4 years, at Nazareth College, Kalamazoo 2 years, & at Battle Creek High School 2 years.

I am very proud to be a graduate of Battle Creek College & to have had the privilege of knowing Dr. Kellogg.
Marage Wilson Carpenter 1930 - 3 yr course
1932 - Degree

I am very pleased to be one
of your B.E. E. guests. We have
had such nice times.
Josephine F. Williams
293 Ave. C.
Battle Creek, Michigan

Dear Dr. Kellogg:

You are always an inspiration to me. I have enjoyed my work at the Ford Co. very much and am looking forward to my work in the production of better foods for a bigger and better race.

Josephine F. Williams
Lena F. Cooper
Montefiore Hospital, N.Y. City.

Delighted to be in Battle Creek on the occasion of the B.C. College Alumni Alumni of Home Economics Dept.

You and I have great reason to be proud of our alumni.

My heartiest congratulations to you for all the wonderful things you have done and the influence you have exerted for the good of mankind.

L. F. C.
Oct 23, 1942.

Mary Cooper Hanson
147 Orchard Place
Battle Creek, Mich.
graduated from Battle Creek College 1926.

Enjoyed my work in school very much and use the knowledge acquired all the time. Hope the school can be reopened sometime soon again. M.C.H.
Oct. 23 1942

Lucie Bogue White
186 Tremont St.
Bailea Creek, Michigan

Graduated from Home Ec. School in 1922, returned again to teach from 1924-27.

L. A. W.
Oct. 23, 1942

Lottie Johnson
50 Manchester
Belle Creek, Mich.

Graduated from Belle Creek College in 1932. I have enjoyed my work at the Belle Creek Sanitarium and at Mainie Belle Creek very, very much.
Oct 23, 1942

Elizabeth Lapham Robbins
32 Fairfield Ave
Battle Creek, Mich.

Graduated from Battle Creek College in 1936. I hope that the college will be reopened so that my little girl can take the same course.
Mary L. Swatkin
2540 E. Michigan
Battle Creek Mich.

Bectitis

Michigan Teachers
Michigan T. B. San.
Bayfield Michigan
Graduated
Battle Creek College
1926

Guth Austin Speeg
839 Kedding's P.E.
Grand Rapids, Michigan
Graduated 1928

Betty Cole
Mountaindale Hospital
Montclair, New Jersey
Graduated 1928
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Mrs. H. Robert Stevenson</td>
<td>Battle Creek, Mich.</td>
</tr>
<tr>
<td>Husband</td>
<td></td>
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<tr>
<td>Mrs. G. M. Hunt, Sr.</td>
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<tr>
<td>Son C. F. Sayer</td>
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<td>Estella Gertrude Norman</td>
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<td>Peg Speake</td>
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<td>Clare Kendrick</td>
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<td>Hazel Deevey</td>
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F. M. Arnold
J. J. Harrity
Mr. & Mrs. Char. Follett
John Frayer
Mrs. Clara Graham
Mrs. Jacob Elliott
Mrs. Viola Smith
Mrs. P. E. Childs
Mrs. B. D. Metcalf
Mrs. J. H. Furbough
Mrs. Carrie M. Grey
Mr. & Mrs. Gerhard C. Carver

319 Champion St., N. C.
398 Main St.

R-2 Battle Creek

240 Magnolia St.

21 Wilkes St.

51 Jackson

69 Grand Ave.

R. M. Battle Creek

64 W. Rittenhouse

29 Grand Ave.

R. I., Chineko, Mich.
GUESTS

Mr. M. Alice Ward
Mrs. G. Bay
Mrs. Lydia Kearney
Mrs. D. P. Vorburgh
Mrs. Ida M. Frazier
Mrs. Clarence Harrison
Mrs. Mrs. Ehr Phillip
Mrs. W. H. Ford
Pearl L. Ford
Mrs. Laura Eastman
Mrs. Elsie Cammiff
Geo. Wilkes
Mrs. Anna Adamson

148 W. Van Buren St.

24 Yale St.
45 Walters Ave.
21 Wentworth St.
15 Ennord St.
302 Hunter Street
302 Hunter Street
39 East Ave. South
212 Capital St.
192 East Ave.
331 Ave. C
Mr. & Mrs. F. J. Barbee
Mrs. F. M. Arnold
Mrs. J. A. Stender
Mr. J. J. Boss
Mrs. Anna Steve

29 Tunney Ave
317 Champion St
43 Kuller
0 sin
111 Grove
R. 4 Del 113 B. C.
Mrs. Lucy J. Marshall
Elsie J. Jager
Lucile Jager
Byron L Hoyt
Mrs. G. H. Vosburgh
Mrs. Byron Hoyt
Mrs. Harma Meyer
Mrs. Edith Goodman
Mrs. Jo R. Breece
Mrs. Minnie Standley
Mrs. Fannie Wilkinson
Mr. C. Ray

9 Groveland
500 N. Washington Ave.
69 W. Wabash Ave.

62 W. Rittenhouse
69 N. Wabash Ave.
113 Somerset Ave.

251 Grove St.
53 Douglas
249 East Ave.
500 N. McRae
GUESTS

Mrs. Phoebe Leggett
Mrs. Ernest Babcock
Ronald Babcock
Mrs. Carrie M. Silcox
Mary E. Bunn-Smith
Mrs. Cora Davis
Mrs. Doris Monfort

Elizabeth Fox
Jack Craig Hogan
Mrs. Annie Hebbard
Mrs. J. C. Bentley
Mrs. L. A. Stewart
Elizabeth Hansot

99 Franklin
46 1/2 Cass St.
66 N. Union
66 Kalamazoo St.
60 N. Michigan St.
21 E. Huron St.
99 Sharon Ave.
140 Pearl St.
99 Sharon Ave.
375 N. E. Ave. Bldg.
21 Connick St.
Albion, Michigan

1885
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Elin M. Johnson</td>
<td>Tulsa, Oklahoma</td>
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<tr>
<td>Franza D. Marten</td>
<td>Tulsa, Okla.</td>
</tr>
<tr>
<td>Nella Longsworth Campbell</td>
<td>Cambridge, Ohio</td>
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<tr>
<td>Delia H. Strange</td>
<td>Greenville, Mississippi</td>
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<td>L. C. McQueary, M.D.</td>
<td>Vicksburg, Ky.</td>
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<tr>
<td>Mrs. Somahine</td>
<td>Ponca City, Okla.</td>
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<tr>
<td>Jean A. Shier</td>
<td>Toronto, Canada</td>
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<tr>
<td>H. Marten</td>
<td>Tulsa, Okla.</td>
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<tr>
<td>Date</td>
<td>Memoranda</td>
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<tr>
<td>Aug. 16</td>
<td>1934</td>
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<td>Name</td>
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<tr>
<td>Mrs Anna E. Boldyreff</td>
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<td>Tatiana W. Boldyreff</td>
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<td>Mrs. Benj. Martin</td>
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<tr>
<td>Mrs. Luther H. Tucker</td>
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<td>Harry F. Lohr</td>
<td>Route 1, Morgan Rd., Cleveland, Ohio</td>
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<tr>
<td>Martha Rush Weber</td>
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<td>Miss Mildred M. Jones</td>
<td>32 S. 13th St., Harrisburg, PA</td>
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<tr>
<td>Mr. &amp; Mrs. A. Zimmerman</td>
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<td>Frederick M. Clark</td>
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<td>Louis J. Young Esq.</td>
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<td>F. E. Lysa Stiee</td>
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<td>Samuel S. Lee</td>
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<tr>
<td>Mr. Bransford Lewis</td>
<td>St. Louis.</td>
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<td>Jennie June Lewis (his wife)</td>
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<td>Harriet Wiedebracht</td>
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<td>Mrs. Henry C. Haden</td>
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<td>Harry Lee Spencer</td>
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<tr>
<td>Mrs. H. M. Seymour</td>
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<td>Mrs. E. B. Spencer</td>
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<td>Dr. J. Edwards</td>
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<tr>
<td>Mrs. Sarah Smith</td>
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<tr>
<td>D. L. Prince</td>
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<tr>
<td>Mrs. E. L. Prince</td>
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<tr>
<td>Mrs. Anna J. Cotton</td>
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<tr>
<td>Mrs. Simon Dudley - Shattuck</td>
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<td>Mrs. Emma P. Wheeler</td>
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<td>Dr. I. B. H.</td>
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<td>Mrs. Robert Kemp</td>
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<tr>
<td>Mrs. In. L. Bowham, Jr.</td>
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<td>Charlotte P. Strey</td>
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<td>Thos R. de Pons</td>
<td>540 W. 136 St. NYC</td>
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<td>Mrs. Charles M. Richer</td>
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<tr>
<td>L. P. Keywell</td>
<td>18215 Parkside Ave., Los Angeles</td>
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<tr>
<td>Mrs. Charles A. Rolfe</td>
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<tr>
<td>Mrs. S.G. Keywell</td>
<td>16215 Parkside Ave., Detroit, Mich.</td>
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<tr>
<td>Mr. Gerald Franklin, K.</td>
<td>8730 South Park Blvd., Brandon City</td>
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<tr>
<td>Mrs. Gerald Walton</td>
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<tr>
<td>Mrs. N. Strohmenger</td>
<td>5525 Beverly Place, Pittsburgh</td>
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<td>Mrs. Allen M. Klages</td>
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<tr>
<td>Barbara B. Davis</td>
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<tr>
<td>Jean Riccard</td>
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<tr>
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<td>Mrs. Carrie Rummels</td>
<td>345 Graham St. Grand Rapids</td>
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<td>Mrs. J.E. Macgregor</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Mrs. Ina Holzentrau</td>
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<tr>
<td>Mrs. John O. Carpenter</td>
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</tr>
<tr>
<td>Aug. 28</td>
<td>Thanks for the entertainment</td>
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<tr>
<td></td>
<td>&quot;Wonderful time. Thanks a lot.</td>
</tr>
<tr>
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<td>&quot;Grand Rapids mich</td>
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<tr>
<td></td>
<td>You are a wonderful man.&quot;</td>
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<tr>
<td>Mrs. Mary Stamm Fury</td>
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<tr>
<td>Mary E. Clark</td>
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<td>Mr. &amp; Mrs. T.H. Mingley</td>
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<td>Mrs. Isaac Gardner</td>
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<tr>
<td>Mr. &amp; Mrs. J.D. Love</td>
<td>Battle Creek R.D. 6</td>
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<td>Dorothy Weidler Plott</td>
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<tr>
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<td>Virginia Millard</td>
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<td>Margaret L. Hayes</td>
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<td>Ruth Tappan</td>
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<td>Jennie Clarke</td>
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<td>Kay Cole Weatherway</td>
<td>314 W. Green St, Marshall Mich</td>
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<td>Bessie Carey Leslie</td>
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<td>Lois Thomas Jones</td>
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<td>Daisy Bishop Fiske</td>
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<tr>
<td>Ann Norwood McCampbell</td>
<td>120 Frelilngtley Ave. Battle</td>
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<td>Ruth Harvey Aagaard</td>
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<tr>
<td>Bertha Kirchner  Debeck</td>
<td>1739 W. Mich Battle Creek</td>
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<tr>
<td>Esther A. Rogers</td>
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<tr>
<td>Alfred S. Foote</td>
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<td>C. F. Foote</td>
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<tr>
<td>Mrs. Haute Burnham</td>
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<tr>
<td>Goldia Adams Walker</td>
<td>14 Walnut Ave. City, Richland, Mich</td>
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<tr>
<td>V.O. Asgaard</td>
<td>160 Howland St. Biz</td>
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<tr>
<td>Ing m. Spurgeon</td>
<td>N.S. Va. Ft. - Knoxville, Iowa</td>
</tr>
<tr>
<td>Mrs. Bessie Miller Bumister</td>
<td>Civ Eng Dept. Columbia Univ., New York City</td>
</tr>
<tr>
<td>Mrs. Leah Flowers</td>
<td>9 Howland Place, City.</td>
</tr>
<tr>
<td>Miss A. Mitchell</td>
<td>182 W. N. Church Ave. Battle Creek</td>
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<tr>
<td>Lula Darby Bumgarre</td>
<td>270 Manchester City</td>
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<tr>
<td>Ruth Ackerman Sutton</td>
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<tr>
<td>Elizabeth Stokely</td>
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<tr>
<td>Nelda M. Harris</td>
<td>210 Howland St., City.</td>
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<tr>
<td>Bernice Outlaw Davis</td>
<td>79 Manchester, City.</td>
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<tr>
<td>Manuel Clause</td>
<td>64 Grant St. City</td>
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<tr>
<td>M. Rockoff Hermain</td>
<td>41 S. Cedar Ave. City</td>
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<tr>
<td>Mrs. Bernis Goodrich</td>
<td>719 W. Van Buren City</td>
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<tr>
<td>Mrs. Edith Rose</td>
<td>100 James St. City</td>
</tr>
<tr>
<td>Mrs. Genevieve Morrison Laird</td>
<td>68 S. La Vista Blvd. City</td>
</tr>
<tr>
<td>Marche Ann Comfert</td>
<td>Battle Creek Sanitarium</td>
</tr>
<tr>
<td>Shirley A. Nicklay</td>
<td>Battle Creek Sanitarium</td>
</tr>
<tr>
<td>Edith Coons Wallace</td>
<td>53 Elizabeth St. Battle Creek</td>
</tr>
<tr>
<td>Ruth Weir Breslin</td>
<td>13 Bennett St. Battle Creek</td>
</tr>
<tr>
<td>Bernice Grey Magee</td>
<td>319 Throopman Ave. Michigan City</td>
</tr>
<tr>
<td>Name</td>
<td>Address</td>
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<tr>
<td>Zubriner Selvies Yumula</td>
<td>58 Strand Ave. City.</td>
</tr>
<tr>
<td>Delores Wonders Shilling</td>
<td>Sanitarium City</td>
</tr>
<tr>
<td>Susanne Rudy Campbell</td>
<td>88 Serquois Ave.</td>
</tr>
<tr>
<td>Caroline B. Kurtz Miller</td>
<td>168 W. Wood St. B.C.</td>
</tr>
<tr>
<td>Irene Sabin Thoma</td>
<td>Sanitarium</td>
</tr>
<tr>
<td>Lilian Peschey</td>
<td>35 Magnolia Ave. B.C.</td>
</tr>
<tr>
<td>Mildred Church Tripp</td>
<td>190 Eldred Ave. B.C.</td>
</tr>
<tr>
<td>Katherine Pullen</td>
<td>678 Emmett St. B.C.</td>
</tr>
<tr>
<td>Nils B. Bjornard, M.D.</td>
<td>107 Greenwood Ave.</td>
</tr>
</tbody>
</table>
The Mrs Stewart who is here tonight is formerly of Battle Creek. She is making her home at the Sanitarium now. Her husband was a prominent lawyer.

Memo for J.H.K.

Mr & Mrs Miller who are here tonight are perhaps the very best friends the Sanitarium has. Mr Miller is a banker from Columbus, Indiana. It is his 30th trip to the Sanitarium and he has sent many, many people here. Whenever he wants to do something nice for a friend, he finances him to a trip to Battle Creek. He has been at your house once before, but his family never have. Mrs Sweeney is Mrs Miller's mother. They come here every six months. They are great admirers of yours.

Mr Miller is the man with the grayish skin.

Mr Young is from Edinburgh, Scotland. He was one of the famous 'Royal Scots' during the war—a captain in the war.

Mr Clark is a very well known seed man. He comes from New Haven, Conn. He has men in several parts of the country doing research work on vegetable seeds. It is a very large concern.

Mrs Miller is on your left, right, her mother on your left.
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Mrs. Nils O. Byland</td>
<td>107 Greenwood Ave.</td>
</tr>
<tr>
<td>Elizabeth Thomas Gwinn</td>
<td>102 W. Walnut St., Hastings, Mich.</td>
</tr>
<tr>
<td>Ethel Francis Aykes</td>
<td>515 East 15th St., Cheyenne, Wyo.</td>
</tr>
<tr>
<td>Eugene Bad Wyman</td>
<td>Cresco, Mich R.R. 1</td>
</tr>
<tr>
<td>Alencia Peggy Weaver</td>
<td>56 West St., Battle Creek</td>
</tr>
<tr>
<td>Mrs. May Pinckerton Shays</td>
<td>Baclaw, Alta, Canada</td>
</tr>
<tr>
<td>Mrs. Ruby Frances Morrison</td>
<td>Haileybury, Ont. Can</td>
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<tr>
<td>Mrs. Adair Hiller Thwaitt</td>
<td>Santa Ana, California</td>
</tr>
<tr>
<td>Mrs. Margaret Walla Sheldon</td>
<td>131 Walter Ave, B.C. Wash</td>
</tr>
<tr>
<td>Mrs. Edith Frances Tachler</td>
<td>31 Revere Ave, B.C. Wash</td>
</tr>
<tr>
<td>Name</td>
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<td>Eido F. Boshun</td>
<td>102 Greenwood Ave, B.C.</td>
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<tr>
<td>Hope Gregory Hayde</td>
<td>1431 Thomas St., St. Paul, Minn</td>
</tr>
<tr>
<td>Gladys Lichtmaiter</td>
<td>359 Union St., Gollet, Ill.</td>
</tr>
<tr>
<td>Stella Steatt Thiele</td>
<td>819 Cornelia Ave., Chicago, Ill.</td>
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<tr>
<td>Mary Jain Allison</td>
<td>Sanitorni</td>
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<tr>
<td>Beth Dancerman</td>
<td>R. Burnham Ch. B.C.</td>
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<tr>
<td>Gladys K. Herrin</td>
<td>131 W. Van Buren</td>
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<tr>
<td>Florence Apple Swaddle</td>
<td>Kellogg Hall, Battle Creek</td>
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<td></td>
<td>12 Mayfield, Battle Creek</td>
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<td></td>
<td>Robert County Public Health Nurse</td>
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<tr>
<td></td>
<td>Elizabeth Klein Noble Battle Creek</td>
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<tr>
<td></td>
<td>Emily Stevens, class of 1891.</td>
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<td>L. More Sheehan, McCoy 1924.</td>
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<td></td>
<td>Hazel Black Battle Creek</td>
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<td>Laid Osborn-Koons Coldwater March 1900.</td>
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<tr>
<td>Name</td>
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<tr>
<td>Mrs Emery</td>
<td>Lake Wales Florida</td>
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<td>Name</td>
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<tr>
<td>Hallie Holden</td>
<td>29 Ferndale Ct.</td>
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<tr>
<td>Bernie Goodrich (1913)</td>
<td>15-4 Chestnut St.</td>
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<tr>
<td>Dorothy Bender Jansen</td>
<td>B2 Brt 50 Augusta Mich.</td>
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<tr>
<td>Alice Jones Aix</td>
<td>42 Manchester St. B. C. Mich.</td>
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<tr>
<td>Gertrude Blanck</td>
<td>58 Grand Ave. B. C.</td>
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<tr>
<td>Alene Warren</td>
<td>Keeton N.J.</td>
</tr>
<tr>
<td>Leila Connor Moore</td>
<td>265 Beedfort Ave. Motion, Ohio</td>
</tr>
<tr>
<td>Mary Jane Allison</td>
<td>42 Manchester St. B. C.</td>
</tr>
<tr>
<td>Berneil A. Keeton</td>
<td>64 Green Ave. Madison, N. J.</td>
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<tr>
<td>Carol M. Lashk</td>
<td>Stirling, Mich.</td>
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<td>Date</td>
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<td>May 2, 1944</td>
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<tr>
<td>Alice Kay Byland</td>
<td>107 Greenwood Ave</td>
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<tr>
<td>May 2nd, 1944</td>
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</tr>
</tbody>
</table>
Nesta M. Tomlinson - Ass. Diatist
Christ Hospital
Jersey City, New Jersey

Marion G. Reel - Home Keeper
205 Kalamazoo St. B.C. Mich

Edith Dullabin - Snyder
74 Sherman Road B.C. Mich.

Relma Hay - Kansas, Ill.

M. Maye Evans
45 Hay St. N., Hamilton, Ontario

Wildred C. Wiel
333 West College St., Oberlin, Ohio

Sara Rogers Kedel, 1925
159 Tremont St.
Battle Creek, Michigan.

Mabel Agnes Bailie
Kellogg Hall, Battle Creek, Mich.

Mabel J. Hulse - 1913
333 350 15 S.
Richmond, Ind.
Olive E. Ryder
State College for Teachers
Albany, N.Y.

9. Cunpron Matter
Mission Bazar
Philadelphia
Pennsylvania

Olevia Hollowell
San Battle Creek

Hubert Shaw, Doty & James Ann
Battle Creek

Terri Ferguson
Y. M. C. A.
Massillon, Ohio

Mildred Pennell Fiederman
Bryan, Ohio
Katherine B. Pegram
Dietitian, Sanitarium Hospital
Battle Creek, Mich.

Sandra Baker
Bischoff Hall, Battle Creek, Mich.
Instructor in Child Nutrition, B.C.C.

Janet Ann Clark Kelbert
241 W. Territorial Rd.
Battle Creek, Mich.

Juliette Erwin Ellsworth
247 N. Kendall - Battle Creek

Bertha A. Damon
Damon's Tea Room
1848 Coventry Rd.
Cleveland Hts., Ohio

Frances Wood Mann
2704 Rochester

Dietitian, Mich.

Lida Carpenter Smith
Dietitian, Newberry State Hospital, Newberry, Mich.
Therice Day Buckter
(Wm.18)
Washington D.C.

Catherine Noel Whanger
1300 Broadview Ave.
Columbus, Ohio

Bessie Dillingham Coleman
144 College St.
Battle Creek, Mich.

Nannie Allinger Lews
25 Mannus Rd. E. Toronto, Canada

Dorothy Martin
Kellogg Hall. Battle Creek, Michigan

Ellena Marie Eck
Delitare Bledgett Memorial Hospital
Grand Rapids, Michigan
Mary Harman
Grand Rapids

Mary A. Burtman
McCormick Y.W.C.A.
Chicago, Ill.

Margaret Royal Wheeler '21
Shelby, Michigan

Edna Rodaway
Dining Service, Illinois Bell Telephone Co.
Chicago, Ill.

Neva E. Felderman
The Kolpaj Hospital
Alligator, Ohio
Ida Jean Rain
The Battle Creek Food Co.

Thehna Willhite Heid
Childs Research Dept.
Childs Restaurant Co.
N. Y. Cty

Ada Schmidt
Battle Creek College

Pauline Goodbrand Eggleston
1130 Parker Ave
Detroit

Mary E. Hevalken
240 E. Michigan Ave.
Battle Creek, Mich.

Mildred Moore
Dayton, Ohio

Mrs. Busse Lord
2136 Market St
Jacksonville, Fla
Doris Herrick  
Norwegian Coop  
Bideford, N.Y.

Wendy Morrison  
San. Battle Creek

Harwood Halperin  
Edw. Vines Jr. Hospital  
Vines, Ill.

Homer Brown Cohen  
Edw. Vines Jr. Hospital  
Fres. Calif.

Alma Brown  
Fort Mackenzie  
Shidam, Wyo.

Mrs. Lydia (Spruagel) MacCreery  
52 Howland St.  
Battle Creek, Mich.
Marion N. Piper
Kellogg Company Cafeteria
Battle Creek, Mich.

Abbie Tompkins
Res. No 20 - Bank St. Allen Normal School
Batavia, N. Y.

Pauline J. Baldwin
15 Lexington Place
Pontiac, Mich.

Margaretta Slauson Sparks

Housekeeping

Ida Shinneman Reed
4522 S. Glenn

Beatrice G. Pierce
Kellogg Hall
Battle Creek, Mich.
Clara (Van Swearingen) Sherwood McGa
Kalamazoo, Mich (PP12)

Harvey (Ashley) Rice (nr.)
6320 Buir St.
Battle Creek, Mich.

Letter Box: MacArthur
Dearborn, Mich.

Mary Strong Jeffrey
Oil City, PA

Rydel Cornish Brightman
1841 Rocky Ridge Dr.,
Berea, O.

Ann Sibthian Littel
7601 Essex A.
Chicago, Ill.

Maudie Joelle Carrui
1015 Trenton Rd.
Cleveland Heights
Ohio
Harriet Grant
Sanitarium
Battle Creek, Michigan
Mary L. Hanna
"The Cats" Oxford Penn
Katharine Melody
Marine Hospital
Buffalo, N.Y.
Mary Lee D'Amato
3034 Cregier Ave
Chicago, Ill.
Margery Vaughn
Nutritionist, American Red Cross
St. Louis, Mo
Catherine Vaughn
Sanitarium Dietitian
Battle Creek, Mich.
Mildred Dunscombe Speed '17  
(Twinsburg, Ohio)

Charlene Burgess Eliason '16  
Centerville, Indiana

Alice Cary Norman '16  
Kalamazoo, Mich.

Kathleen Foster  
Teaching at Fortasia, O.  
Greenfield, Ohio

Annette Buchanan Schlater '21  
Whitney, Indiana

Margaret Ruth Spurr '25  
Teaching, home to, Jr. High, Jackson, Mich.  
Joliet, Illinois

Margaret Auman '28  
Assistant Food Director, University of Michigan, Ann Arbor

Grace Bartner  
Unemployed work  
Detroit, Mich.
Lela Beuchel - Heffley
Housewife, Battle Creek, Mich

Elizabeth Salmine, 24, Asst. Manager Dept. Store
New York City

Clara B. Hill, Mannenbrink (Housewife), 24
472 45th Street Ave., Mt. Vernon, N.Y.

Mary E. Herbert
Battle Creek Sanitarium

Michael Adams, Brad
Detroit, Mich.

Elaine A. Henderson, 27
Nutritionist, W.S. Foote Memorial Hospital
Jackson, Michigan

Anne E. Kincaudley, 27
Battle Creek Sanitarium

Marie C. Ledger, Dietitian
Alliance, Ohio

Isaak Ben
Cleveland, Ohio
Mildred Jones '23
Sanitarium
Battle Creek.

Madeleine Maurer Bridg '22
504 Kech Ave
Ann Arbor Mich  (A Mother)

Mabel Hanson
Sanitarium
Battle Creek

Emma Cook
Sanitarium
Battle Creek

Ruby Keith Cleereke
Battle Creek

Ida McGuffey McCollum
320 Enclid Ave
Greensburg, Pa.
Dora M. Jason
204 N. 1st Street
O"Fallon, Illinois
Élite Guest Book

"The ornament of a house
are the friends that frequent it"
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>A. N. Atterbury</td>
<td>Ooltewah, Tenn</td>
</tr>
<tr>
<td>Miss Haysler-Atterbury 1907</td>
<td></td>
</tr>
<tr>
<td>Mrs. C. M. Sealy 1910</td>
<td></td>
</tr>
<tr>
<td>Alice M. Phillips 1899</td>
<td>Boston, Mass.</td>
</tr>
<tr>
<td>Mrs. E. F. Ball (Mrs. March)</td>
<td>Rutland, Ut.</td>
</tr>
<tr>
<td>Mrs. Ruth Warren Berlin 1917</td>
<td>Battle Creek, Mich</td>
</tr>
<tr>
<td>Mrs. Catherine Roberts 1918</td>
<td>Detroit, Michigan</td>
</tr>
<tr>
<td>Elsie M. Strutz 1920</td>
<td>Detroit, Michigan</td>
</tr>
<tr>
<td>Mrs. David McCullough</td>
<td>Shelby, Ohio</td>
</tr>
<tr>
<td>Caroline Bender Kelly 1916</td>
<td>Battle Creek, Mich</td>
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<tr>
<td>Name</td>
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<tr>
<td>Margaret Van Etta Martin 1917</td>
<td>Xenia, Ohio</td>
</tr>
<tr>
<td>Ethel M. Rucker</td>
<td>Pontiac, Colo.</td>
</tr>
<tr>
<td>Mrs. Mary L. Brown Federphill</td>
<td>Detroit, Mich.</td>
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<tr>
<td>Mildred Parrish Roth 1906</td>
<td>Decatur, Mich.</td>
</tr>
<tr>
<td>Harriett W. Youngburg 1911</td>
<td>Buffalo, N.Y.</td>
</tr>
<tr>
<td>Mrs. E. Steven Hebrun 1900</td>
<td>Benton Harbor, Mich.</td>
</tr>
<tr>
<td>Ruth S. Beeske 1918</td>
<td>East Orange, N.J.</td>
</tr>
<tr>
<td>Mrs. Stella Wing Christoffner</td>
<td>Saugus, Mass.</td>
</tr>
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<td>Date</td>
<td>Memoranda</td>
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<tr>
<td>P. J. Christoph</td>
<td>Waukesha, Wis.</td>
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<tr>
<td></td>
<td>Clara Shafer Beach, Battle Creek, Mich.</td>
</tr>
<tr>
<td>Name</td>
<td>Address</td>
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<tr>
<td>Phine E. Sreamer</td>
<td>Detroit, Mich</td>
</tr>
<tr>
<td>Lucille Denton</td>
<td>Sanford, Fla.</td>
</tr>
<tr>
<td>Elizabeth Morgan</td>
<td>Battle Creek, Madison, Wis.</td>
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<tr>
<td>Kittie E. Grieve</td>
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<tr>
<td>Editha Lemmon Keller</td>
<td>Cambridge, Ohio</td>
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<tr>
<td>Estella Eggleston Cumings</td>
<td>Battle Creek, Mich</td>
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<tr>
<td>Eunice Starbuck Cummings</td>
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<tr>
<td>Daisy Bishop Eise</td>
<td>Battle Creek, Mich</td>
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<tr>
<td>Hallie Holdeo</td>
<td>Dallas, Tex.</td>
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<tr>
<td>Anna P Alexander</td>
<td>Battle Creek, Mich</td>
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<tr>
<td>Clara Wood</td>
<td>St. Petersburg, Fla.</td>
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<tr>
<td>Mrs. Eugene H. Moore</td>
<td>265 Bellefontaine Ave. Marion</td>
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<tr>
<td>Mrs. J. B. Higfield</td>
<td>Milwaukee, Wis.</td>
</tr>
<tr>
<td>Emily Stevens</td>
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<tr>
<td>Dorothy Borden</td>
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<tr>
<td>Mrs. H. L. Wilbur</td>
<td>Frankly Two</td>
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<td>Mrs. R. Peck</td>
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<td>Adelaide Wilson</td>
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<td>Mrs. C. W. Uphor</td>
<td>Williamsport, Pa.</td>
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<tr>
<td>Wilda E. Wagner</td>
<td>Lowell, Mass.</td>
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<tr>
<td>Elsie Smith</td>
<td>Toronto, Canada</td>
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<tr>
<td>Nina Merritt</td>
<td>Maple Street Hospital</td>
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<td>Nellie L. Gorton</td>
<td>Ypsilanti, Michigan</td>
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<tr>
<td>Blanche Edwards</td>
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<td>Arilda Nicolay</td>
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<td>Ellen J. Faulen</td>
<td>Mitchell T. D.</td>
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<td>Louise Peterson</td>
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<td>Ruthilda Olson</td>
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<tr>
<td>Sarah Nielsen</td>
<td>Neenah, Wisconsin</td>
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<tr>
<td>Bess Stithman Bauer</td>
<td>102 Greenwood B.C.</td>
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<tr>
<td>Virginia Ogle Worrall</td>
<td>Fort Wayne Ind.</td>
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<tr>
<td>Mabel Winson</td>
<td>Battle Creek, Mich.</td>
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<tr>
<td>Hazel Robinson Cain</td>
<td>Port Huron, Mich.</td>
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<tr>
<td>Mrs. Dora Bishop</td>
<td>Battle Creek, Mich.</td>
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<tr>
<td>Mrs. Lucille Murphy</td>
<td>Mattawan, Mich.</td>
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<tr>
<td>Miss Emma Reitz</td>
<td>Bellevue, Ohio</td>
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<td>Mrs. Lou Clayworth</td>
<td>Battle Creek, Mich.</td>
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<td>Mrs. W. A. Frymire</td>
<td>Congo Bridge, Africa</td>
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<tr>
<td>Mrs. W. P. Cranmer</td>
<td>Hopskinton Lower</td>
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<tr>
<td>Mrs. Olive Schermerhorn</td>
<td>Battle Creek, Mich.</td>
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<tr>
<td>Ada Christina Sloan</td>
<td>Pasadena, Calif.</td>
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<tr>
<td>Gladys Lichtenwalter</td>
<td>Joliet, Illinois.</td>
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<tr>
<td>Delia Johnson</td>
<td>Battle Creek, Mich.</td>
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<tr>
<td>Clara Mustach</td>
<td>Battle Creek, Mich.</td>
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<tr>
<td>Helen Franz</td>
<td>Hughesville, Penn.</td>
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<tr>
<td>Mrs. A.B. Batten</td>
<td>367 N. Broadway, Glendale, Calif.</td>
</tr>
<tr>
<td>Leo Schick</td>
<td>Manor 117 Oakland City.</td>
</tr>
<tr>
<td>Ferdinand Schlepke</td>
<td>Indianapolis 2nd.</td>
</tr>
<tr>
<td>Mary Anderson-Vogel</td>
<td>11 Buena St., Battle Creek, Mich.</td>
</tr>
<tr>
<td>Name</td>
<td>Address</td>
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<tr>
<td>Anna Mary Smith</td>
<td>1478 Calo Av, Elgin, Ill.</td>
</tr>
<tr>
<td>Mary M. Miller</td>
<td>Elizabeth Net, 59 Hill</td>
</tr>
<tr>
<td>Andria Larson</td>
<td>New Concord, Delta, Colo.</td>
</tr>
<tr>
<td>Mae Dossance</td>
<td>Munnamo, Fla.</td>
</tr>
<tr>
<td>David W. Donald</td>
<td>Osgood, Ontario Canada.</td>
</tr>
<tr>
<td>Ida Rye</td>
<td>Bellefonte, Pa.</td>
</tr>
<tr>
<td>Frances Victoria Campbell</td>
<td>Zalambazar, Nici,</td>
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<tr>
<td>Daise L. Reichline</td>
<td>Champaign, Illinois</td>
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<tr>
<td>Margaret Haege</td>
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<td>Frances Elaine Hart</td>
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<tr>
<td>Alice Y. Ellis</td>
<td>Milton Oregon</td>
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<tr>
<td>Edna Roe Newton</td>
<td>Pittsburgh PA</td>
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<tr>
<td>Frieda Spanish</td>
<td>Cincinnati, O.</td>
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<td>Hannah Spanish</td>
<td>Cincinnati, O.</td>
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<tr>
<td>Mrs. Jennie Chirely</td>
<td>201 Prin Perri IL.</td>
</tr>
<tr>
<td>Mrs. Anna Krenner Morris</td>
<td>Hinsdale IL. San.</td>
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<tr>
<td>Mrs. Mary Johnson Paulson</td>
<td>Hinsdale IL. San.</td>
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</table>
July 31, 1930.

Dear Dr. Kellogg,

Last spring we sent to our alumni a questionnaire. The information received has been copied into this book. We hope it will be of interest to you.

Yours sincerely,

Effie Hilt
Alumni secretary.
Dear Doctor Kellogg:

We whose names are inscribed in this little book send it to you with a message of gratitude for all you have done for us; we wish it to convey also the affection which we feel for you personally, and we desire that it express to you individually and collectively our earnest resolution to be of service in the great cause of Race Betterment which you have so unselfishly and heroically promoted.

Respectfully,

Paul F. Velker.
Aileen Moody, class of '24, Judson College, Marion, Alabama.

Laurie Leaper, Dale '26, Fort Wayne, Ind.

Carrie Hunter, '26-'30, Battle Creek Central JH.


Rachel Martin, 1923, Battle Creek Public Schools.


Margaret Hile, '30, Piqua, Ohio.

Evelyn Doughty, 1922-23, 221 East Cedar St., Springfield, Ill.

Dear Dr. Kellogg,

There have been many interesting experiences within the last eighteen years resulting from my connection with the Bl. Sainturmin - the most recent was I was hired as Camp Director on Lake Annecy, France last summer because I know Sainturmin food; and especially how to give melted mists to children. This was a beautiful camp in the French Alps near Chatel and Mont Blanc. CDP.
Mathilde C. Messner
Battle Creek Sanitarium 1917-1930

Emma E. Ruchman
1917
Mankato Township High School
Mankato, Minnesota

Fela Burton Wycella
Surrounding Instructors
Battle Creek Sanitarium 1916-1930

Ethel Nelson Thompson
Class of 1916
Peshtigo, Wis.

Anna Viola Blyea
1916
La Porte, Indiana.

Wanda Neumann Gunn
Orno C.E. 1916
Carbondale Ill.

Ignatz G. Marie
D.D.S.
Class of 1917

Edna von Reim Harris
Richmond, Indiana 1916

Nella Lyman Saybolt 1916
Cuyahoga Falls, Ohio
Larry F. Sparks - 1918 - B.S. 1929 - B.C. Licentiates
Matilda G. Kipp 1918 - Akron, 0
Paul Roth - Battle Creek, Mich.
Mildred Shackle
Marge E. Hie - Class '24
Cherokee, Iowa
Jane Green Web - Class of '22
Ralph, Iowa
Mary M. Eidel - Class of '25
Hancock, Mich.
Elida Manoe Bee - Class of '26
Detroit, Michigan
Mildred Pratt Ivey - 25
Marion, Ohio

Bora L. Norsough
Battle Creek College

Lynda Sage Roth - '35-'30
Battle Creek College.

Merna W. Cheshire 1915
Columbus, Kansas

Dierick Cherokee County Community High School
Mathilde C. Mesner
Battle Creek Sanitarium 1917-1930

Grace E. Knecht gun
Naukactus Township High School.
Naukactus, Illinois

Sela Burton Wright
Surinaming Instructress
Battle Creek Sanitarium 1916-1930

Reedsburg, Wis.

Oreas Kirk Pylea - 1916
La Porte, Indiana.

Wanda Newman Gunn Orns C.E) 1916
Carbondale I.Il.

Ignatz S. Weis, M.D. B.S.,
Class B 1917.

Edna von Pein Harris
Richmond, Indiana 1916

Kelle Lyman Lembert 1916
Cuyahoga Falls, Ohio
Eleanor Dickman Jackson 1919
238 Maple St. Battle Creek Mich
Ethel White 1600 Kellogg Hall
Battle Creek Mich

Eileen Pierce 1925
Purdue University
Lafayette - Ind.

Margaret Elder Barker (Mrs. Don 10)
108 Highland Ave
Battle Creek

Effie Hilt '24
W. Med. Gym.

Nadal Emensport '19
W. Med Gym.

Margie Feeney '26
East Lansing, Mich.

Myrtle Eldredge '20
Dayton, Ohio
Camilla McLean 1923
Dayton, Ohio.

Loris Rowley 1922
Dayton, Ohio

Lettie Willard 1917
Battle Creek, Mich.

Grace Luther Patrick - 1908
Kansas City, Mo.

Dorothy Mary Calhoun - 1930
York, Pennsylvania

Erna Edley Hey. 1916
1792 York Blvd., Dearborn, Mich.

Frederica Sprow - Howland '16
Battle Creek College
Battle Creek, Mich.
Dept. of Corrective Physical Education
NAME -- Mabel P. Bacon

CLASS -- 1911

PRESENT OCCUPATION -- Associate Professor, Michigan State Normal College, Ypsilanti

POSITIONS HELD -- Battle Creek Public Schools
                  N.S.P.E. Battle Creek, Michigan.

DEGREES -- A.B. Michigan State Normal College, 1917
           A.M. University of Michigan, 1927.

MARRIED OR SINGLE -- Single

PRESENT ADDRESS -- 952 Washtenaw Street,
                  Ypsilanti, Michigan.

NAME -- Rex H. White

CLASS -- 1911

PRESENT OCCUPATION -- Lieutenant Commander U.S.N. on the U.S.S. Wright, home port, Norfolk, Virginia.

POSITIONS HELD -- Physical Director Hobart College 1912-13.

DEGREES -- Graduate Harvard Summer School (in Physical Education)
           Graduate Vanderbilt University, M.D., 1918.

PRESENT ADDRESS -- Park Manor, Apt. G 4,
                  3915 Granby Street,
                  Norfolk, Virginia.
NAME -- Virginia Hamilton White  
CLASS -- 1912  
PRESENT OCCUPATION -- Home Maker  
POSITIONS HELD -- Physical Director, Y.W.C.A., Newburgh, New York. 
Assistant Physical Director, Instructor, in Normal School of 
Physical Education, Y.W.C.A., St. Louis, Missouri. 
Physical Director, Ashland College, Ashland, Ohio. 
Instructor, Ohio Wesleyan University, Delaware, Ohio.  
DEGREES? -- B.A., 1925, Ashland College  
MARRIED OR SINGLE? -- Married to Rex H. White, class of 1911  
CHILDREN? -- Two boys, and one girl.  
PRESENT ADDRESS -- Park Manor, Apt. G 4,  
3915 Granby Street,  
Norfolk, Virginia.

NAME -- Richard F. Hayes  
CLASS -- 1912  
PRESENT OCCUPATION -- Physical Director, Franklin J.H.S., Yonkers, New York, 1926-  
1915-1918 Instructor, N.S.P.E., Battle Creek, Michigan.  
1921-1926 Director Health Education, Teachers' College, East Stroudsburg, Pennsylvania.  
DEGREES -- B.S. in Education, 1926, School of Education, New York University.  
M.A., 1929, School of Education, New York University.  
MARRIED OR SINGLE -- Married  
CHILDREN -- One boy  
PRESENT ADDRESS -- 125 Elliott Avenue,  
Yonkers, New York.
NAME -- Isabel Crane

CLASS -- 1913

PRESENT OCCUPATION -- Supervisor Physical Education Training School, W.S.T.C.
                         Physical Education, Public Schools, Kalamazoo, Michigan.
                         Supt. Physical Education, Public Schools, Raton, New Mexico.
                         Physical Education Junior and Senior High Schools, Hastings, Nebraska.

DEGREES -- B.S. Battle Creek College, 1927.

MARRIED OR SINGLE -- Single

PRESENT ADDRESS -- Training School,
                          Western State Teachers College,
                          Kalamazoo, Michigan.

NAME -- Lorne A. Summers

CLASS -- 1913

PRESENT OCCUPATION -- Physio Therapist Armour and Co., Chicago


MARRIED OR SINGLE -- Married

CHILDREN -- Two girls

PRESENT ADDRESS -- Armour and Co.,
                    Union Stock Yards,
                    Chicago, Illinois.
NAME -- Leila E. Broughton

CLASS -- 1914

PRESENT OCCUPATION -- Associate Professor of English

POSITIONS HELD -- Dean of Women, Instructor Normal Schools and Teachers Colleges

DEGREES -- B.S. and M.A. Columbia University, 1927 and 1923.

MARRIED OR SINGLE -- Single

PRESENT ADDRESS -- 831 East 10th Street,

Ada, Oklahoma.

NAME -- Isabelle Louise Alsop

CLASS -- 1916

PRESENT OCCUPATION -- Office Manager, Organization and Business Department, Financial Campaign Work.

POSITIONS HELD -- 1919-1924 Instructor Commercial Department, Chattanooga High School, Chattanooga, Tenn.

1925-1926 Physical Director, "The Portals", Asheville, N. Carolina

Present position since June, 1927.

DEGREES -- None

MARRIED OR SINGLE -- Single

PRESENT ADDRESS -- 925 American National Bank Bldg.,

Richmond, Virginia.
NAME -- Bess Martin Baker

CLASS -- 1916

PRESENT OCCUPATION -- Health Education Director, Madison Junior High, Rochester, N.Y.

POSITIONS HELD -- Physiotherapist, Army Service during war for eighteen months.
                  Physical Education Instructor, State University of Iowa, four years.

DEGREES -- B.S. University of Rochester, Rochester, N.Y., 1927.
          M.A. " " " " " " ; 1929.

MARRIED OR SINGLE -- Married.

CHILDREN -- None.

PRESENT ADDRESS -- Rochester, New York.


NAME -- C. P. Blakeslee

CLASS -- 1916

PRESENT OCCUPATION -- Director of Athletics

POSITIONS HELD -- Battle Creek High School
                  Mankato, Minn. High School
                  Fort Dodge, Iowa, High School
                  Edison High School, Minneapolis, Minn.
                  Edinboro, Pa., State Normal
                  Mankato, Minn. State Teachers College

DEGREES -- B.S., University of Minnesota, 1926.

MARRIED OR SINGLE -- Married Elsie Patterson, Class of 1917, Battle Creek

CHILDREN -- Two girls

PRESENT ADDRESS -- State Teachers College, Mankato, Minnesota.
NAME -- James J. Carter

CLASS -- 1916

PRESENT OCCUPATION -- For ten years Director Health Education Lynbrook, L.I., N.Y.

POSITIONS HELD -- Same, Northport, N.Y., U.S.A. Aviation Corp.

DEGREES -- None

MARRIED OR SINGLE -- Married

CHILDREN -- One girl

PRESENT ADDRESS -- Lynnbrook High School,


NAME -- Erma Exley Fey

CLASS -- 1916


POSITIONS HELD -- Kalamazoo Elementary, 1916-1918
Monmouth, Illinois, supervising, 1918-1921
Akron, Ohio, Intermediate, 1921-22
Hammond, Indiana, High School, 1922-1924
Detroit Teachers College 1925
Detroit High School 1926-1930

DEGREES -- B.S. Columbia University, 1925.

MARRIED, but no children.

PRESENT ADDRESS -- Box 94,

Dearborn, Michigan.
NAME -- Mrs. C. E. Gum (Wanda Newsum)

CLASS -- 1916

PRESENT OCCUPATION -- Home maker

POSITIONS HELD -- Southern Illinois Normal University, Carbondale, Illinois.

DEGREES -- None.

MARRIED OR SINGLE -- Married

CHILDREN -- One boy

PRESENT ADDRESS -- Box 112,
Carbondale, Illinois.

NAME -- Edna Von Pein Harris          "Peiny"

CLASS -- 1916

PRESENT OCCUPATION -- Wife and mother

POSITIONS HELD -- High School, Sandusky, Ohio.
Public Schools, Richmond, Indiana.

MARRIED OR SINGLE -- Married

CHILDREN -- Three girls

DEGREES -- None

PRESENT ADDRESS -- Richmond, Indiana.
NAME -- Ivalclare Sprow-Howland

CLASS -- 1916 and 1926

PRESENT OCCUPATION -- Housewife, Mother, Instructor

POSITIONS HELD -- Corrective Phys. Ed. Battle Creek College
Norwich, New York, Public Schools, P.E. Director
Hudson, " " " " " " " University of Wyoming,

DEGREES -- B.S. Battle Creek College, 1926.

MARRIED OR SINGLE -- Married

CHILDREN -- One Girl

PRESENT ADDRESS -- Greenwood Street,

Battle Creek, Michigan.

NAME -- Walter F. Jones

CLASS -- 1916

PRESENT OCCUPATION -- Principal East Stone Gap High School, Virginia.

POSITIONS HELD -- Teacher, Lincoln Memorial College, Tenn.
Principal Ewing High School, Virginia.

DEGREES -- B.S. Michigan State College, 1921
M.A. Columbia University, New York, 1929.

MARRIED

CHILDREN -- Five girls

PRESENT ADDRESS -- Harrogate, Tenn.
NAME -- May Yole Jones

CLASS -- 1916

PRESENT OCCUPATION -- Housewife

MARRIED

CHILDREN -- Five girls

PRESENT ADDRESS -- Harrogate, Tenn.

NAME -- Edna Wellman Noud (Mrs. Reuben P.)

CLASS -- 1916

PRESENT OCCUPATION -- Housewife

DEGREES -- None

MARRIED

CHILDREN -- Two girls

PRESENT ADDRESS -- 427 Fifth Street,

Manistee, Michigan.
NAME -- Dorcas Kirk Relyea

CLASS -- 1916

PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- Physical Director in Clinton, Iowa.
                   " " Lovington, Illinois.
                   Assistant P. " at Miliken University, Decatur, Illinois
                   Swimming Instructor Sanitarium Outdoor Pool
                   Physical Director in High School, South Bend, Indiana.

DEGREES -- None

MARRIED

CHILDREN -- Two boys

PRESENT ADDRESS -- 212 K. Street,
                  LaPorte, Indiana.

NAME -- Nelle Lyman Sembert

CLASS -- 1916

PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- Sandusky Public Schools
                   Monmouth High School
                   Reconstruction Aide of World War, Fort Sheridan

DEGREES -- None

MARRIED

CHILDREN -- Two boys and one girl

PRESENT ADDRESS -- 1777 Tenth Street,
                  Cuyahoga Falls, Ohio.
NAME -- Mrs. Theodore G. Thompson
CLASS -- 1916
PRESENT OCCUPATION -- Housewife
POSITIONS HELD -- Physical Director Public Schools, Sandusky, Ohio.
                 " " " " " Marriette, Wisconsin.
                 Playground Director, Milwaukee, Wisconsin.
DEGREES -- None
MARRIED
CHILDREN -- Two boys
PRESENT ADDRESS -- Peshtigo, Wisconsin.

NAME -- Helen Bartlett (Wassoll)
CLASS -- 1917
PRESENT OCCUPATION -- Housewife
POSITIONS HELD -- Physical Director Gorham Normal School, Gorham, Maine.
                 Head of Phys. Ed. Dept. for Women, University of New Hampshire,
                 Durham, New Hampshire.
DEGREES -- None
MARRIED
CHILDREN -- One boy, one girl
PRESENT ADDRESS -- 6 Dellwood Road,
NAME -- Alice W. Frymir

CLASS -- 1917

PRESENT OCCUPATION -- Field Representative, A. S. Barnes & Co. Publishers

POSITIONS HELD -- Public Schools, Salem, Ohio.
    State Teachers College, Mankato, Minn.
    Battle Creek College, B. C. Michigan.
    Summer school teaching at Columbia University.
    "    "    "  State Agriculture College, Conwallis, Ore.

DEGREES -- B.S. Teachers College, Columbia University, 1920.

SINGLE

PRESENT ADDRESS -- 39 West 91st Street,

    New York, N.Y.

NAME -- Gertrude Estill

CLASS -- 1917

PRESENT OCCUPATION -- Director Sunshine Center, Battle Creek, Michigan.

POSITIONS HELD -- Manager Modern Medicine Publ. Co., Battle Creek, Michigan.
    Executive Secretary to Dr. Kellogg, Battle Creek, Michigan.

DEGREES -- None.

SINGLE

PRESENT ADDRESS -- Battle Creek, Michigan.
NAME -- Helen Hayes Harman

CLASS -- 1917

PRESENT OCCUPATION -- Personnel Director, Paul Stekete & Sons, Grand Rapids, Mich.

POSITIONS HELD -- Supervisor of Physical Education, Lewiston, New York, 1917-18
Associate Professor of Physical Education, East Texas State Teachers College, Commerce, Texas, 1918-1920
Educational Director, N.Y.C. Children's Hospital and School, N.Y.C., 1920-1927.

DEGREES -- B.S. Teachers College, Columbia University, New York City, 1924.

SINGLE

PRESENT ADDRESS -- Stekete Company,

Grand Rapids, Michigan.

NAME -- Julia Bondzinski Lee

CLASS -- 1917

PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- Physical Director of Public Schools, Clarksville, Tennessee, 1918-1919

DEGREES -- None.

MARRIED

CHILDREN -- Three Boys

PRESENT ADDRESS -- 254 Minnesota Avenue,

Buffalo, New York.
NAME -- Leola F. Mayer

CLASS -- 1917

PRESENT OCCUPATION -- Instructor Physical Education, State College,
                        San Jose, California.

DEGREES -- A.B. State College, San Jose, Cal., 1927.

SINGLE

PRESENT ADDRESS -- 298 South 9th St.,
                   San Jose, California.

NAME -- Mathilde C. Messner

CLASS -- 1917

PRESENT OCCUPATION -- Supervisor Women's Medical Gum. Dept., Battle Creek San.,
                       Battle Creek, Michigan.

DEGREES -- B.S., Battle Creek College, 1928.

SINGLE

PRESENT ADDRESS -- Battle Creek Sanitarium
                  Battle Creek, Michigan.
NAME -- Grace E. Rundquist

CLASS -- 1917

PRESENT OCCUPATION -- Physical Director and Dean of Girls, Waukegan Township High School, Waukegan, Illinois.

POSITIONS HELD -- Physical Director, St. Joseph, Missouri. " " Chisholm, Minnesota.

DEGREES -- B.S. Columbia University, 1925.

SINGLE

PRESENT ADDRESS -- 124 N. County St.,

Waukegan, Illinois.

NAME -- Edna J. Siener

CLASS -- 1917

PRESENT OCCUPATION -- Physical Director, Newburgh High School, Newburgh, N.Y.

DEGREES -- None.

SINGLE

PRESENT ADDRESS -- 56 Townsend Avenue,

Newburgh, New York.
NAME -- Edith C. Smith

CLASS -- 1917 and 1925

PRESENT OCCUPATION -- None

POSITIONS HELD -- Taught girls' Gym. at South High, Grand Rapids, Michigan, 1917, 18
Reconstruction Aide in Physiotherapy, 1918-1921 with Veteran's Burea

DEGREES -- B.S. Battle Creek College, 1925

SINGLE

PRESENT ADDRESS -- 150 Rutgers St.,
Rochester, New York.

NAME -- Mildred E. Thomson

CLASS -- 1917 and 1930

PRESENT OCCUPATION -- None

POSITIONS HELD -- Physical Director at Benton and Central High Schools, St. Joseph, Minnesota, five years.

DEGREES -- B.S. Battle Creek College, 1930

SINGLE

PRESENT ADDRESS -- Irving, Kansas.
NAME -- Elsie D. Anderson

CLASS -- 1918

PRESENT OCCUPATION --

POSSESSIONS HELD -- Housewife

DEGREES -- None

MARRIED

CHILDREN -- One girl

Mrs. E. D. Anderson passed away March 16, 1930. Mrs. John Deuse, her mother.

NAME -- Annis Baldwin

CLASS -- 1918

PRESENT OCCUPATION -- University of Vermont, Instructor in Dancing and Advanced Tennis

POSSESSIONS HELD -- Supervisor Physical Education, Rome, New York, Public Schools 1918-1919

Instructor Corrective Gymnastics, B. C. San., 1919-1923

Private Studio, Deland, Florida

" " Chicago, Illinois, 1923-1926

Present Position 1926-1930.

DEGREES -- None

SINGLE

PRESENT ADDRESS -- Hotel Van Ness,

Burlington, Vermont.
NAME -- Sylvia G. (Huntley) Haverstock

CLASS -- 1918

PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- Physical Instructor, Victoria High School, Victoria, B.C., Canada, 1918-1923.

DEGREES -- None

MARRIED

CHILDREN -- Two girls

PRESENT ADDRESS -- 1970 Fortythird Avenue, W.,

Vancouver, B.C.? Canada.

NAME -- Dorothy Wing-Binsacca

CLASS -- 1918

PRESENT OCCUPATION -- Teaching. Resigning in favor of housekeeping at end of year.


" " " " " Teachers College, Valley City, North Dakota.

" " " " " High School, Santa Cruz, California.

DEGREES -- A.B. San Jose State College, San Jose, Cal., 1929

MARRIED

CHILDREN -- None

PRESENT ADDRESS -- 20 Miles St.,

Santa Cruz, Calif.
NAME -- Margery Bennet Harvey

CLASS -- 1918

PRESENT OCCUPATION -- Windham High School, Physical Director, Willimantic, Conn.

POSITIONS HELD -- Wallingford High School, 1918-1922
                  Present Position 1922-

DEGREES -- None.

SINGLE

PRESENT ADDRESS -- 281 Walnut Street,
                  Willimantic, Conn.


NAME -- Martha L. Myers

CLASS -- 1918

PRESENT OCCUPATION -- Physiotherapist with Saginaw Society for Crippled children

POSITIONS HELD -- Physiotherapist in government hospitals, 1918-1922
                  Present position 1923-

DEGREES -- None, but holds certificate from Harvard Medical School for post-graduate
          course in Physiotherapy, summer of 1923.

SINGLE

PRESENT ADDRESS -- Franklin Street,
                  Saginaw, Michigan.
NAME -- Mabel Aleta Shaw

CLASS -- 1918

PRESENT OCCUPTION -- Teacher

POSITIONS HELD -- Supervisor Phys. Educ., Mankato, Minn.
    Director Phys. Educ. for Girls, Technical High, Omaha, Nebraska.
    "    "    "    " Forest Ave. High School, Dallas, Texas.

DEGREES -- B.S. in Education, Nebraska State University, June 7, 1930.

SINGLE

PRESENT ADDRESS -- Blackstone Apt. 206
    Grand Island, Nebraska.

NAME -- Irma Schuh

CLASS -- 1918

PRESENT OCCUPTION -- Instructor in Physical Education, The Liggett School,
    Detroit, Michigan.

POSITIONS HELD -- State Teachers College, Johnson City, Tenn.
    N.C. College for Women, Greensboro, N.C.
    Baylor College, Belton, Texas.
    Student Assistant in Swimming, University of Illinois, Urbana, Ill.
    State Teachers College, Marysville, Missouri.

DEGREES -- B.S., Columbia University, New York, 1926.

SINGLE

PRESENT ADDRESS -- 321 Seventh St.,
    Cairo, Illinois.
NAME -- Hazel Wimans Smith (Mrs. Thomas J.)

CLASS -- 1918

PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- Health Education teacher, Public Schools, Alpena, Mich., 1920-21
" " " " " " Hamtramick, Mich.
1922-25.

DEGREES -- None.

MARRIED

CHILDREN -- Two boys, one girl.

PRESENT ADDRESS -- 734 Kings Highway,

Wyandotte, Michigan.

NAME -- Agnes S. Anderson

CLASS -- 1919 and 1929

PRESENT OCCUPATION -- Student, Columbia.

POSITIONS HELD -- High School, Mequon, Wisconsin.
University of Minnesota.

DEGREES -- B.S. Battle Creek, 1929
M.A. Columbia, 1930

SINGLE

PRESENT ADDRESS -- Battle Creek College,

Battle Creek, Michigan.
NAME -- Edna Snyder Carey  (Mrs. D. A.)

CLASS -- 1919

PRESENT OCCUPATION -- Home-maker

POSITIONS HELD -- None

DEGREES -- None

MARRIED

CHILDREN -- One boy

PRESENT ADDRESS -- 138 Ashton Avenue,
                      San Francisco, Calif.


NAME -- Martha Greene Van Allen

CLASS -- 1919

PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- Kalamazoo Public Schools, 1919-1921
                 Kalamazoo College, 1919
                 Kalamazoo, Director Girl Scouts, 1921-22
                 Buffalo, N.Y., Swimming Director, Kenmore Y.W.C.A., 1928-1929

DEGREES -- None.

MARRIED

CHILDREN -- One boy, one girl.

PRESENT ADDRESS -- 273 Fairfield Avenue,
                     Hertel Station,
                     Buffalo, New York.
NAME -- Mabel R. Davenport
CLASS -- 1919
PRESENT OCCUPATION -- Instructor Medical Gymnastics, Battle Creek Sanitarium, Battle Creek, Michigan.

NAME -- Marjorie Carlon Harriman
CLASS -- 1919
  "  " Eldridge, California.
  "  " Long Beach, California.
DEGREES -- None.
MARRIED
CHILDREN -- None.
PRESENT ADDRESS -- 1018 Bennett Avenue,
                 Long Beach, California.
NAME -- Ellamae Dickman Jackson
CLASS -- 1919
PRESENT OCCUPATION -- Housewife
            University of Mississippi, Summer School, Oxford
DEGREES -- None.
MARRIED
CHILDREN -- None.
PRESENT ADDRESS -- Maple Street,
            Battle Creek, Michigan.

NAME -- Helen G. Saum
CLASS -- 1919
PRESENT OCCUPATION -- Director, Physical Education for Women, Kansas State Agricultural College, Manhattan, Kansas.
POSITIONS HELD -- Instructor, University of Texas, Austin, Texas.
            " State University of Iowa, Iowa City, Iowa.
            " Ohio State University, Columbus, Ohio.
DEGREES -- B.S. in Education, Ohio State University, 1927.
SINGLE
PRESENT ADDRESS -- State Agricultural College,
            Manhattan, Kansas.
NAME -- Lura Arlin Rhoades

CLASS -- 1920 and 1925

PRESENT OCCUPATION -- Following geologist husband over Java and Sumatra.


DEGREES -- B.S. Battle Creek College, 1925.

MARRIED

CHILDREN -- None.

---

NAME -- Martha Hill

CLASS -- 1920

PRESENT OCCUPATION -- Instructor of Physical Education, Lincoln School of Teachers College, Columbia University, New York.
Kellogg School of P.E.
Teachers College of Hays, Kansas State
University of Chicago
University of Oregon

DEGREES -- B.S., T.C. Columbia, 1929.

SINGLE

PRESENT ADDRESS -- Shall be teaching this summer at the New York University Summer Camp of the School of Education, Dept. of Physical Education and Health; and next year at New York University.
NAME -- Mrs. K. B. Edwards (Elsie Young)

CLASS -- 1922

PRESENT OCCUPATION -- Head of Dept. of Physical Training in Junior High School

DEGREES -- B.S. Battle Creek, 1926.
        M.A. Oglethorpe University, 1931.

MARRIED

CHILDREN -- None

PRESENT ADDRESS -- 627 Moreland Avenue, N.E.,
        Atlanta, Georgia.

NAME -- Evalynn Downey

CLASS -- 1922

PRESENT OCCUPATION -- Instructor of Physical Education

POSITIONS HELD -- Springfield, Illinois, Public Schools, 1922-23
        University of Illinois, 1924-1925
        Cortland, New York, Supervisor of P. E., 1 year.

DEGREES -- B.S., T.C. Columbia, 1924.

SINGLE

PRESENT ADDRESS -- 16 Monroe Heights,
        Cortland, New York.
NAME -- Loris Rowley

CLASS -- 1922

PRESENT OCCUPATION -- Phys. Director Wilbur Junior High, Dayton, Ohio.

POSITIONS HELD -- Phys. Director Snyder Park Junior High, Springfield, 2 yrs.

DEGREES -- B.S. Battle Creek, 1930.

SINGLE

PRESENT ADDRESS -- 2066 Ravenwood,

    Dayton, Ohio.


NAME -- Mary Josephine Shelly

CLASS -- 1922

PRESENT OCCUPATION -- Part-time instructor in physical education, Teachers College
                      Candidate for Ph.D. degree by June 1931, maybe.

POSITIONS HELD -- Public Schools, Grand Rapids, Mich., 1922-23
                  Public Schools, Battle Creek, Mich., 1923-25
                  University of Oregon, Eugene, Ore., 1924-26
                  Teachers College, Columbia University, 1929-30

DEGREES -- A.B. Oregon, 1926.
            M.A. Columbia, 1929

SINGLE

PRESENT ADDRESS -- Box 70

    Columbia University, New York.
NAME -- Fanny J. Sutter

CLASS -- 1922

PRESENT OCCUPATION -- Physiotherapist School for crippled children, Rochester, N.Y.

POSITIONS HELD -- Y.W.C.A. Health Education Sec., Cedar Rapids, Iowa, 1922-23
Y.W.C.A. " " " , Lancaster, Pa., 1923-27

DEGREES -- None

SINGLE

PRESENT ADDRESS -- 102 Spring Street,

Rochester, New York.

NAME -- Hazel I. Tomkinson

CLASS -- 1922 and 1925

PRESENT OCCUPATION -- Health Director in Rochester, New York, Public Schools

POSITIONS HELD -- Taught French and English in Junior High in Cermont, 1922-23
" Phys. Ed. in Hazleton, Pa., 1923-24
Senior High, Evansville, Indiana, 1925-26
Rochester, 1927-30

DEGREES -- B.S. Battle Creek, 1925

SINGLE

PRESENT ADDRESS --

Rochester, New York.
NAME -- Jane Gordon Webb (Mrs. Morris W.)

CLASS -- 1922

PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- Physical Director Public Schools, Dowagiac, Michigan. " " " " Lake Forest, Illinois.

DEGREES -- None.

MARRIED

CHILDREN -- One girl

PRESENT ADDRESS -- Rolfe, Iowa.


NAME -- Camilla M. Lean

CLASS -- 1923

PRESENT OCCUPATION -- Physical Director Lincoln Junior High, Dayton, Ohio.

DEGREES -- B.S. Battle Creek, 1928

SINGLE
NAME -- Barbara Page

CLASS -- 1923

PRESENT OCCUPATION -- Assistant Professor of Physical Education, Dept. of Phys. Educ. for Women, Ohio Wesleyan University, Delaware, Ohio.

POSITIONS HELD -- Instructor, Noy, Oregon, 1923-25
   Director Girls' Phys. Educ. Chico High School, Chico, Calif. 1925-1926
   Instructor Dept. of Phys. Ed. University of Colorado Summer Session, 1928
   Assistant Prof. Dept. of Phys. Ed. University of Colorado Summer Session, 1929
   Present position since 1926

DEGREES -- B.S. Noy, Oregon, 1925.
   Now working on Master's in Philosophy here at Ohio Wesleyan and University of Wisconsin

SINGLE

PRESENT ADDRESS -- Ohio Wesleyan University,
   Delaware, Ohio.

NAME -- Madge H. Hill

CLASS -- 1924

PRESENT OCCUPATION -- Instructor Iowa State College, Ames, Iowa.

POSITIONS HELD -- Above position for six years.

DEGREES -- B.S. Battle Creek College, 1926.

SINGLE

PRESENT ADDRESS -- Ames, Iowa, c/o Ames College.
NAME -- Effie Hilt

CLASS -- 1924

PRESENT OCCUPATION -- Women's Medical Gym. Battle Creek Sanitarium

POSITIONS HELD -- Phys. Director, High School, Wilson, N.C.

DEGREES -- B.S. Battle Creek College, 1924.

SINGLE

PRESENT ADDRESS -- 180 N. Washington Ave.,

Battle Creek, Michigan.


NAME -- Margaret Helen Kelly

CLASS -- 1924

PRESENT OCCUPATION -- The Haley M-O Company Inc. Pharmaceuticals

POSITIONS HELD -- Shipping and Advertising

DEGREES -- None

SINGLE

PRESENT ADDRESS -- 89 Grove Street,

NAME -- Aileen Moody

CLASS -- 1924

PRESENT OCCUPATION -- Teaching


DEGREES -- None.

SINGLE

PRESENT ADDRESS -- Judson College,
Marion, Alabama.

NAME -- Flora Louise Salmans

CLASS -- 1924

PRESENT OCCUPATION -- Orthopedic Teacher

POSITIONS HELD -- This is my fourth year.

DEGREES -- B.S. Battle Creek College, 1924

SINGLE

PRESENT ADDRESS -- 656 Atlantic,
Long Beach, California.

POSITIONS HELD CONTINUED -- 2 yrs. Dallas, Texas, as Playground Supervisor
4 yrs. Long Beach, Calif. as Orthopedic Teacher.
NAME -- Helen Eldredge-Siggen
CLASS -- 1925
PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- 1925-26 Instructor, South Jr. High, Cleveland, Ohio.
1926-27 " " " " " "
1927-28 Director, Addison Jr. " " " "
1928-29 " " " " "

DEGREES -- None

MARRIED

CHILDREN -- None

PRESENT ADDRESS -- Ghaska Beach, Ohio.

NAME -- Mildred DeLong
CLASS -- 1925
PRESENT OCCUPATION -- Teacher, Jefferson Intermediate School, Detroit, Mich.

POSITIONS HELD -- Teacher, Franklin High School, 1925-26, Franklin, Pa.
Detroit Schools, 1927-30

DEGREES -- B.S. Battle Creek, 1928

SINGLE

PRESENT ADDRESS -- 704 Ontario Avenue,

Renova, Pa.
NAME -- Mary M. Eilola
CLASS -- 1925
PRESENT OCCUPATION -- Supr. of Phys. Ed. in Hancock, Michigan.
POSITIONS HELD -- Teacher of Phys. Ed. in Grand Rapids, Michigan.
DEGREES -- None
SINGLE
PRESENT ADDRESS -- 813 Summit St.,
Hancock, Michigan.

NAME -- Alberdine L. Jontry
CLASS -- 1925
PRESENT OCCUPATION -- Physical Director for Girls, High School, Oltumwa, Iowa,
Supervisor of Grades.
POSITIONS HELD -- Forrest Public School, Forrest Illinois.
DEGREES -- B.S. Battle Creek, 1929.
SINGLE
PRESENT ADDRESS -- 120 W. Union,
Oltumwa, Iowa.
NAME -- M. Margaret Kirkendall

CLASS -- 1925

PRESENT OCCUPATION -- Teaching Phys. Ed.

POSITIONS HELD -- Assistant Prof. Phys. Ed. in Dept. of Phys. Ed. for Women, Mech. and Agri. College, Stillwater, Oklahoma, five years.

DEGREES -- A.B. Simpson College, 1921
           B.S. Battle Creek College, 1925.

SINGLE

PRESENT ADDRESS -- Mech. and Agri. College,
                  Stillwater, Oklahoma.

NAME -- Margaret I. Rees

CLASS -- 1925

PRESENT OCCUPATION -- Dancing Instructor Y.W.C.A. Long Beach, California.

POSITIONS HELD -- Y.W.C.A. Newark, New Jersey.
                  Y.W.C.A. Fort Wayne, Indiana.

DEGREES -- Dancing Certificate, Anna Aranova School of Dancing, New York City.

SINGLE

PRESENT ADDRESS -- Y.W.C.A. Long Beach, California.
NAME -- Leonore Weeks "Pet"
CLASS -- 1925-28
PRESENT OCCUPATION --
POSITIONS HELD -- Battle Creek Sanitarium Medical Gumnasium
DEGREES -- None
SINGLE

Started with class of 1925. Illness interfered, so did not finish until 1928.

Died July 11, 1930.

NAME -- Mary Alena Hort
CLASS -- 1926
PRESENT OCCUPATION -- Teaching in Kalamazoo Public Schools since 1926.
POSITIONS HELD -- See above.
DEGREES -- B.S. Battle Creek College, 1926.
SINGLE
PRESENT ADDRESS -- Burlington, N.C. (Teaching there this year)
NAME -- Mrs. Louise Cooper Dale
CLASS -- 1926 and 1928
PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- 1926-27 Teacher of Phys. Ed. in Public School, Webster Groves, Missouri.
1927-28 Director of Swimming Dept. Y.W.C.A. St. Louis, Mo.
Feb. 1929-Aug. 1929 Director of Health Education, Dept. Y.W.C.A.
Fort Wayne, Indiana.

DEGREES -- B.S. Battle Creek, 1928.
MARRIED -- Sept. 23, 1929.
CHILDREN -- None.
PRESENT ADDRESS -- 602 Pierce Avenue,
Fort Wayne, Indiana.

NAME -- Aleda Olmsted
CLASS -- 1926

POSITIONS HELD -- June-Aug. 1926 Playground work in Des Moines, Iowa.
Sept. 1926-June, 1928 Teacher of Phys. Ed. and Health in Des Moines
Sept. 1928-June, 1930 " " " " Health in Kalamazoo

DEGREES -- B.S. Battle Creek College, 1926
SINGLE
PRESENT ADDRESS -- 4331 Woodland St.,
Des Moines, Iowa.
NAME -- Rubye E. M. Seitz

CLASS -- 1926

PRESENT OCCUPATION -- Physical Director Public Schools, Lincoln Park, Detroit, Michigan.

DEGREES -- B.S. Battle Creek College

SINGLE

PRESENT ADDRESS -- 1724 Chandler, Lincoln Park, Detroit, Michigan.

NAME -- Mary Jo Allington

CLASS -- 1927

PRESENT OCCUPATION -- Instructor, Ypsilanti High School


DEGREES -- B.S. Battle Creek College, 1927.

SINGLE

PRESENT ADDRESS -- Buchanan, Michigan.
NAME -- Virginia E. Appel

CLASS -- 1927

PRESENT OCCUPATION -- Elementary Corrective in the Los Angeles, Calif. Public Schools

POSITIONS HELD -- Instructor of swimming and gym. at the Los Angeles Women's Athletic Club from June 1927 to Jan. 1929. Evening gym. classes for business women at Paramount Lasky Studio for the last year and a half.

DEGREES -- B.S. in Education, University of Southern California. Work completed at end of 1929 summer session, degree received June 7, 1930.

SINGLE

PRESENT ADDRESS -- 2100 Mayview Drive,

Los Angeles, California.

NAME -- Blanche H. Champan "Chappie"

CLASS -- 1927

PRESENT OCCUPATION -- Teacher

POSITIONS HELD -- Phillips High School, Birmingham, Alabama. Counsellor, Camp Pottawottamie, 1927-1928

DEGREES -- B.S. Battle Creek College, 1927

SINGLE

PRESENT ADDRESS -- Birmingham, Alabama.

Phillips High School.
NAME -- Vada Chumley
CLASS -- 1927
PRESENT OCCUPATION -- Bookkeeper
POSITIONS HELD -- Buyer and sales lady for lingerie dept. in Dept. Store. Present position as bookkeeper.
DEGREES -- None.
SINGLE
PRESENT ADDRESS -- Middlesboro, Kentucky.

NAME -- Gertrude B. Raz
CLASS -- 1927
PRESENT OCCUPATION -- Supervisor of Physical Education, Morgantown, West Virginia.
POSITIONS HELD -- Above position for three years. Taught Phys. Ed. at West Liberty State Normal, West Liberty, West Virginia, nine weeks summer, 1929.
DEGREES -- B.S. Battle Creek, 1927.
SINGLE
PRESENT ADDRESS -- 248 Wolley St.,
Morgantown, West Virginia.
NAME -- Julia E. Dickinson VanCamp

CLASS -- 1927 and 1929

PRESENT OCCUPATION -- Instructor of Physical Education

POSITIONS -- Elementary teacher, Kennedy School, Detroit, Michigan.

DEGREES -- B.S. Battle Creek College, 1929.

MARRIED

CHILDREN -- None

PRESENT ADDRESS -- 106 N. McKinley St.,

Battle Creek, Michigan.

NAME -- Jeanette Brauns

CLASS -- 1928 and 1930

PRESENT OCCUPATION -- Student

POSITIONS HELD -- Bosse High School, Evansville, Indiana.

DEGREES -- B.S. Battle Creek College, 1930.

SINGLE

PRESENT ADDRESS -- 1105 Chandler Avenue,

Evansville, Indiana.
NAME -- Theodora Hunt

CLASS -- 1928


POSITIONS HELD -- Camp Councillor, Camp Tanadoona, Minneapolis, Minn.

DEGREES -- Life Certificate, Battle Creek College, 1928.

SINGLE

PRESENT ADDRESS -- Public Schools, Grand Rapids, Michigan.

NAME -- Mildred Stephen Lundy

CLASS -- 1928

PRESENT OCCUPATION -- Housewife

POSITIONS HELD -- Montrose School for Girls, Md.
Playground Athletic League, Md.

DEGREES -- None.

MARRIED

CHILDREN -- One baby boy

PRESENT ADDRESS -- Metamora, Michigan.
NAME -- M. V. Sellers
CLASS -- 1928
PRESENT OCCUPATION -- Director Girls' Physical Ed. Senior High School, Mansfield, Ohio.

DEGREES -- B.S. Battle Creek College, 1928.
SINGLE
PRESENT ADDRESS -- 165 Bartley Avenue,
Mansfield, Ohio.

NAME -- Marion Smith
CLASS -- 1928
PRESENT OCCUPATION -- Teaching in Detroit
POSITIONS HELD -- Part-time teaching at the Michigan State Normal College while working on degree.

SINGLE
PRESENT ADDRESS -- 203 Maple Street,
Elmhurst, Illinois.
NAME -- Marian C. Sprow

CLASS -- 1928

PRESENT OCCUPATION -- Teaching Phys. Ed.

POSITIONS HELD -- Student Teacher, Defiance College, Defiance, Ohio.
West Junior High School, Lansing, Michigan.

DEGREES -- B. S. Battle Creek College, 1929.

SINGLE

PRESENT ADDRESS -- West Junior High,
Lansing, Michigan.

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NAME -- Ida Stockham

CLASS -- 1929

PRESENT OCCUPATION -- Instructor in Women's Medical Gym. Sanitarium

DEGREES -- None

SINGLE

PRESENT ADDRESS -- Box 109,
Battle Creek Sanitarium.
To our Chief...  
John Harvey Kellogg
with the love and
esteem of his
fellow Workers...

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Bottie Creek, Michigan.  
February first, 1930.
THE

BATTLE CREEK
SANITARIUM
AN INSTITUTION
FOR HEALTH BY TRAINING

A WORLD-FAMOUS medical missionary down from the frigid wilds of Labrador and a banana planter up from the tropic jungle of Honduras; a school teacher from a prairie village in North Dakota and a social leader from New York; perhaps a Florida bookkeeper and an English novelist; or a California farmer and a New England Senator — personalities typical of the hundreds whose names may be found on an average daily roster of the Battle Creek Sanitarium.

This is tribute, indeed, to the world-wide renown of a program of treatment and health building by training that has come to be known as The Battle Creek Idea!

And so, out of all walks of life, and from every corner of America and many foreign lands, come the sick and the well in quest of the Battle Creek Sanitarium treatment, training and methods of right living which lead to health and happiness.
THE BATTLE CREEK SANITARIUM
Origin, Purpose and Methods

The Sanitarium was founded in 1866, as a small water cure called a Health Reform Institute. Prospering moderately for a few years, its success soon declined along with others of its kind. At the end of ten years it was ready to close, when Dr. John Harvey Kellogg was asked to take charge. He consented on the condition that he be permitted to reorganize the work on a scientific basis.

From that time (1876) until today, the institution has been under the same general management, which at present includes a board of ten trustees, all of whom are connected with the institution as physicians or business managers.

The Battle Creek Sanitarium is wholly independent of any other enterprise or association. It has no connection with any so-called Battle Creek "Treatment Rooms" or other Sanitariums in various parts of the country. Nor is it owned, endowed or controlled in any way by members of any sect.

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

*Looking through the magnificent colonnade*

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 organized 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 Battle Creek 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.

The Battle Creek Sanitarium 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.

*A pavilion is located at each end*
Here is no place for guess work. Every treatment, method and appliance employed has gone through the fire of thorough study and investigation. Nothing has not been proven by scientific research, either by the Sanitarium staff or by the world’s leading medical laboratories and clinics ever has or ever will find a place in this institution.

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. The management, therefore, always has funds suffic-
Health by Training

THE Battle Creek Sanitarium is in reality an educational institution, that by treatment and teaching trains the patient in the art of acquiring and maintaining good health.

Health by training? Certainly! Our training begins the day we are born. The growing child is trained to take his place in the family, then in society as a whole. Later, he is trained for some work or profession that will enable him to earn a living. But he is rarely, if ever, trained in the business of right living which means the building and preservation of health; and yet, it is upon this that human existence and happiness depend.

Most chronic maladies are the result of wrong methods of living; of bad habits, errors in diet, lack of exercise, neglect of elimination, etc. We may inherit weaknesses and predispositions; but no one ever inherited Bright's disease, heart disease or hardening of the arteries.

The cumulative effects of years of unhygienic living exhaust the body's vital resources, with consequent suffering and disabilities. Thus, unwittingly, we cultivate disease. Obviously, the rational methods of retaining and regaining health is to reverse the process: to cultivate health.

Health is not an unlimited bank account that allows extravagant expenditures. Sound living economy dictates that we hoard our vital resources and increase them by every rational means in order to combat the forces of disease.

Modern medical science points the way. Comprehen-
Cooking School for Sanitarium Patients. Here patients are taught to prepare many healthful, tasty dishes in accordance with the Battle Creek principles of diet. Many patients continue the Battle Creek diet at home and this instruction serves them well in their own Kitchens.

Grand march on the roof of the main dining room, a very popular institution of many years' standing at the Sanitarium, conducted every evening between 7 and 7:30 P.M.

Virginia Reel on the Dining Room Roof, another very popular Sanitarium institution very much enjoyed by guests.
examination upon arrival at the Sanitarium. Every important organ and function is carefully investigated and tested for efficiency. A complete inventory of the patient's vital assets is made and this inventory is used as the basis for subsequent treatment under physicians' instructions.

The health seeker who puts himself under training by up-to-date, scientific or biologic methods, usually notes some highly significant improvements within a few days after he begins the new program of living. That “tired feel-
ing” in the morning—the dread of rising and tackling the problems of the day, is lessened. Former vigor begins to return. He already has a foretaste of complete rejuvenation and deliverance from ills that will be complete after a few weeks or months of real health training.

New Health Habits

As soon as the new arrival has passed through the Medical Assignment Office and preliminary examinations, he begins to find his place in the general health crusade against his old harmful appetites and practices. Within a day or two he begins to like it. It is interesting and entertaining as well as enjoyable, and so reasonable, that “common sense” tells him he is on the right track. The cloud of illness lifts and reveals the silver lining of health just ahead.
By undergoing this systematic training and scientifically regulated diet the body is thoroughly overhauled and re-educated. The result is a new set of habits... good habits that replace old bad habits... a rejuvenated body that glows and thrills with health. Health acquired by sensible training plants one's feet permanently on the road to happiness. And that, after all, is the only worth-while goal in life!

Elsewhere in this book, the various therapeutic methods employed by the Sanitarium are described in detail.

**Equipment and Organization**

The original institution, founded in 1866, occupied a small farm house on the present grounds of the Sanitarium. Such was the humble beginning of a great health movement whose influence today extends to the remotest corners of civilization!

Under the present management, the Sanitarium has expanded until its properties now number seventy-five buildings with fifteen acres of floor space. The Sanitarium site comprises fifty acres of beautifully landscaped grounds.

In the first year of its existence, the institution took care of fifty-three patients. Since then it has cared for more than 350,000. The present buildings can comfortably accommodate about 1,250 guests at one time.

The average staff numbers about 1,500 persons, including doctors, nurses, executives, clerks and assistants. Of this number, 175 are physicians and trained technicians.
Following is a brief description of the more important structures of the Sanitarium group:

**Main Building.** A new Fifteen-Story Addition adjoining the large six-story Main Building has recently been completed at a cost of over three million dollars. A colossal colonnade, two stories in height, with artistic pavilions at each end extends the full length of the building.

The Main Lobby, two stories high with mezzanine floor, is unusually beautiful with its black and gold Mankato marble columns, providing a stately background for the richly carved and ornamented Florentine ceiling and the mirrored lighting fixtures.

Oriental rugs, exquisite draperies and comfortable furniture and artistic decorations lend an atmosphere of quiet good taste and distinction.

The service, business, administrative and medical offices are on the first floor of the Main Building. Over 600 beautifully furnished guest rooms and suites, a majority of which have private baths and many with adjoining fresh air sleeping alcoves and private treatment rooms, offer attractive accommodations.

A wing, recently completed, houses the kitchen, banquet rooms and a beautifully appointed top floor dining-room with accommodations for a thousand guests. A sun garden
on the top of the dining-room wing is an attractive feature of this addition. Sunbathing facilities and dressing-rooms for both men and women and a spacious promenade are provided on the roof of the new fifteen-story structure.

In the former Main Building are located the big recreational gymnasium, bath depart-

iments, the Palm Garden, physicians' offices and other important departments.

Hospital. A spacious hospital, a few steps north of the Main Building, embodies all modern scientific conveniences and appliances for the care of the sick. It contains 60 pleasant rooms.

New Power and Heating Plant. A new power and heating plant was recently completed at a cost of nearly $520,000.00; also a pumping and water softening plant costing $55,000.00.

New Gymnasium and Recreational Center. The Battle Creek Sanitarium Union Build-

ng recently dedicated to the social and recreational needs of Sanitarium employees was built at a cost of over $350,000.00.

New Creamery. A new creamery was completed in 1926 at a cost of over $56,000.00; is a model of modern cleanliness and efficiency. Here all the butter, cheese and acidophilus milk used on Sanitarium tables are manufactured.

Sanitarium Laundry. The largest private laundry in the state, turns out 1,000,000 pieces every four weeks.
But no mere category, no imposing statistics, no casual inspection can give an adequate picture of the vastness, the thoroughness, the completeness of what is the largest institution of its kind in the world. A tour of inspection would require at least a full day’s time with a well-informed guide. Expressions of astonishment are a daily occurrence from those who visit the Sanitarium for the first time. For here is a veritable city of health—the last word in modern medical organization and equipment.

Yet, buildings and equipment, essential as they are, can only be the material embodiment of the Battle Creek Sanitarium. They would be but sticks and stones were it not for the motivating force of the Battle Creek Idea plus the enthusiasm, knowledge and experience of those who make this ideal their lifework.

The Battle Creek Laboratories

The scientific methods employed by the Sanitarium require extensive laboratory facilities and a corps of highly skilled technicians. Their equipment calls for hundreds of costly precision instruments. Each laboratory worker must be a specialist in constant touch with the latest scientific developments in his field.

Laboratories play a vital role in the Battle Creek Plan. They work hand in hand with Sanitarium physicians, controlling
every procedure. Without them, accurate diagnosis would be impossible; complete results obtained by treatment, unknown.

Here every important structure and function of the body are examined and tested. While each is a complete unit in itself, all these laboratories co-operate to one common end: accurate scientific knowledge of the patient’s physical condition at all times.

Only through such collaboration in diagnosis and treatment is it possible to give the sick the full benefit of expert medical advice and care. Working in perfect co-ordination are the following laboratories.

**Chemical Laboratory:** Makes intricate tests and analyses of various kinds. Sugar and nitrogen content of the blood are also determined.

**Bacteriological and Serological Laboratories:** Make routine and special bacteriological examinations of urine, blood, gastric fluids, stools, etc., and prepare such vaccines and serums as may be required.

**Blood Laboratory:** Here the blood is examined microscopically and the number of leucocytes (white cells) and red corpuscles, as well as the amount of haemoglobin (red coloring matter) determined.

**Urinary Laboratory:** Applies every known scientific test to the urine and determines the patient’s kidney efficiency as well.

**Fecal Laboratory:** Makes a thorough examination of the stools or fecal discharges, determining the kind of intestinal bacteria and parasites, etc.

**Anthropometric Laboratory:** Makes a complete record of the patient’s physical measurements, strength, lung capacity, etc.

**X-ray Laboratory:** Here, by means of the fluoroscope and X-ray film, much valuable information as to the condition and functioning of internal organs is revealed.

**Nutrition Laboratory:** Analyzes foods; makes various nutritional studies.

**Research Laboratories:** Conduct investigations and experiments in an effort to solve various physiological problems of interest to medical science.

**Metabolism Laboratory:** Measures the functional activity of the body especially in cases where it is suspected that the thyroid gland and other parts of the governing mechanism of the living process are out of order.
Testing the Carbon Dioxide Combining Power of the Blood. A Test for Acidosis

The Gastric Test. Determining the Functioning of the Stomach

Glucose Tolerance Test. Determining Ability to Utilize Sugar

Liver Function Test to Determine Liver Efficiency
Bergell Test of Urine. An Early Indicator of Carbohydrate Intolerance or Pre-disposition to Diabetes

Determining the Amount of Ammonia in Urine

Fermentation Test for Determining Presence of Gas-Producing Bacteria in Feces

Placing Blood Serum in Test Tubes for Serological Examination

Estimating Nitrogen Content of Blood to Detect Disturbances of Cardiovascular Renal System and of Elimination

Examining "Plate" Cultures for Acid-Producing Bacteria in Feces

Blood Cells Being Counted by Means of the Microscope
Advanced Therapeutic Methods

Curative forces are within the body rather than outside of it. This fundamental principle is never lost sight of by the Sanitarium.

The chronically ill are in a state of lowered resistance to disease. Unbiologic habits of living have so burdened and handicapped the natural forces of the body that little vitality remains to combat the invasion of germs and other causes of disease.

The first step, therefore, is to correct faulty habits of living and get the patient established in a biologic mode of life.

This is done by careful instruction, special treatments and wholesome environment, resulting in a gradual substitution of good habits for bad habits of living. After a few days' experience the patient begins to realize the benefits of the new program. Results convince him that he is on the right road.

The average chronic invalid who comes to the Sanitarium is suffering from auto-intoxication; that is, from chronic poisoning due to the absorption of toxins produced by putrefactive bacteria thriving in his colon.

If not the direct cause of his malady, they at least predispose to disease, greatly handicapping nature in her efforts to effect a cure.

To remedy this condition, one of the first things done is to change the intestinal "flora"; that is, the substitution of beneficial bacteria for harmful poison-producing bacteria. This is usually accomplished within a few days by special diet and other simple methods.

Scientific Hydrotherapy

Water, hot and cold, is by far the most versatile and universal of all therapeutic agents. It may be employed in scores of ways to meet various types of organic and functional disorders.

At the Battle Creek Sanitarium no "courses" or "routines" are prescribed. Such methods are a relic of the old "water cure" days, which unfortunately are still dominant at many "bathing places."

Corridor, Men's Hydrotherapy Department
"resorts," and "springs here" and abroad.

Hydrotherapy at the Sanitarium is employed only under the physician’s prescription. Temperature, pressure and duration are carefully noted and controlled. The old crude methods have been refined and supplemented by carefully graduated procedures.

By cold applications, suitably applied, every bodily function may be stimulated. By hot applications properly applied, excessive action may be controlled, pains relieved and blood diverted from congested parts. By various other applications most powerful sedative, alternative and restorative effects may be produced.

Scientific hydrotherapy, applied with intelligence and skill, affords the most direct, the most rapid means of influencing the great functions of life, including circulation, respiration, the action of the brain and nerves, and functions of the liver, kidneys, stomach and bowels.

Cold applications, suitably managed, are essential to the production of strong and lasting tonic effects, so that, almost without exception, the physicians aim to accustom the patient as rapidly as possible to the use of cold water by carefully graduated and progressive measures. This constitutes what might be termed a hydraulic ladder up which the patient climbs.

Packs, fomentations, applications to the spine, foot baths, sitz baths, sinusoidal baths, and various other measures are used in connection with general cold applications to produce desired local effects; but the general cold application must be progressively increased in intensity as a means of increasing vital resistance and raising the general tone of the system. The exhilaration and sense of well-being and buoyancy following the cold rub or douche will be ample compensation for the efforts made to accustom one’s self to this most powerful of all known tonic remedies.

The Sanitarium provides two completely equipped hydrotherapy departments—one for men and one for women. Treatment rooms are scientifically
Spray Bath With Percussion

Cold Mitten Friction, Foot Bath and Powder Rub

Sitz Bath

Foot and Leg Bath

Local Electric Light Bath
planned and are models of cleanliness and efficiency. There is a large number of dressing and rest rooms, private bath and massage compartments and other special hydrotherapy rooms. All are finished in white enamel, frosted glass and marble. In each department there is a spacious swimming pool in which the water is kept at a uniform temperature.

Light Therapy — A Modern Method

OF ALL the forces of Nature, Sunlight is the most potent, the most beneficent. The more sunlight the body is able to store up, the greater the vital energy and resistance to disease.

This almost magical power is due to certain invisible emanations known as ultra-violet rays. During the winter months these rays are almost wholly lacking in this region. Fortunately science has found a means of converting electricity into sunlight—not imitation sunlight or something "just as good," but the real thing. Artificial sunlight has an added advantage in that it is much richer in ultra-violet rays than even the strongest natural sunshine. More can be accomplished by a fifteen-minute application of the artificial sun bath than by one of two hours’ exposure to natural sunlight. The first electric light sun bath was devised and constructed at the Battle Creek Sanitarium in 1890.

Artificial light has another advantage in that it is not dependent on season or weather, but can be used at any time, day or night. It is no longer necessary during our six fall and winter months to take long journeys to arid climes in order to enjoy the full benefits of sunshine.

Sunlight is the best of all rejuvenators. It is vital food. Indoor life and clothing starve the skin and rob the body of the vitalizing influence of the powerful ultra-violet rays.

Sun baths are, however, most often employed in conjunction with other agents and should never be undertaken except upon the advice of a physician.

Getting the skin tanned is a real reconstructive experience. Every bodily organ participates in the regenerative change. Day by day as the tan gets deeper, the skin becomes thinner, finer, more elastic, more resistant to cold and to disease because its blood vessels are
filled with rich vitalized blood.

An ideal combination for health building is the cool tonic air of Michigan and daily sunlight baths as given at the Sanitarium. During the winter and on cloudy days the Sun Bath Departments are utilized for general sun bathing as well as for special treatments for specific effects.

Every chronic invalid, every tired sedentary worker, needs the vitalizing influence of sunshine, natural or artificial. At the Battle Creek Sanitarium such ample facilities are afforded that every guest may enjoy the benefits of a daily sun bath even in mid-winter.

Sun Bath Departments are provided for guests on the roof of the new addition. Windows in the guest rooms of the new buildings are also equipped with vita glass allowing the transmission of health-giving ultra-violet rays which are excluded by
ordinary window glass. Guests also enjoy sun bathing during summer months in the spacious outdoor gymnasium parks.

During winter months, thousands of sun baths are given in the Sunlight Bath Departments for men and women. A portable carbon arc light bath is available for special use in rooms. Guests may call for a sun bath at any time, day or night.

Medical Gymnastics

Most women and a large proportion of men who visit the Sanitarium are suffering from deficient muscular development and incorrect posture. Exercise is one of the most effective means of correcting this.

The program of medical gymnastics developed here is comprehensive enough to meet all needs, from the feeblest bedridden patient to the "stale" athlete who is anxious to "come back," or the portly business man who must make haste to escape the consequences of unhygienic living by a moderate return to boyhood activities.

First of all, a careful diagnosis of the patient’s muscular system is essential. This is accomplished by means of a universal Dynamometer which was developed here after many years of persevering effort. It has now been in use by the institution for nearly forty years.

Through this instrument the strength of each of thirty major groups of muscles is determined as well as the total strength of the body. A graphic made from the data thus obtained shows at once the relative strength or weakness of each group of muscles, and the relative strength of the patient and of each of his principal muscle groups to that of a normal person of the same height.

The data obtained from the strength graphic together with the results of other examinations, enable the physician to determine the special needs of individual patients and prescribe a course of exercises.

Light calisthenics, Swedish movements, indoor gymnastics, swimming, outdoor gymnasium work, folk dancing, hikes, boating, automobiling, horseback riding, etc., are the exercises employed. As much exercise as possible is taken in the open...
air, especially in the warmer months. In the winter, outdoor walks, sleigh riding, tobogganing, skating, skiing and other winter sports are popular. All exercises are given under medical direction.

Re-examinations by the dynamometer show the progress being made. A patient who finds, as is often the case, that he has gained 500 pounds in strength has reason for encouragement and, if overfat, rejoices to find that he has also dropped considerably in weight.

Not only is every effort made to build up the patient's muscular system by carefully planned and directed exercises but he is also provided with a thorough grounding in physical training which he may successfully carry on after leaving the institution.

**Cold Air Therapy**

It is a popular notion that many of the diseases current during the winter season are caused by cold air. Nothing is farther from the truth. Cold air is a friend, not an enemy; a powerful healing agent, not a cause of disease. Winter air—the cold, fresh, sparkling air of the great outdoors—is clean air, free from dust and disease producing bacteria.

Disease bacteria can thrive only in stuffy, overheated living, working and sleeping rooms where windows are tightly shut. Avoidance of cold air, not exposure
to it, causes the common diseases of winter.

Cold air baths, under doctor’s orders, are employed at the Sanitarium during the winter as a stimulating tonic. They are especially beneficial to those of low resistance. Cold air baths are started carefully. At first only a small part of the body is exposed. As resistance increases more is exposed, until finally the entire body is included. When this stage is reached the cold air bather exercises vigorously, taking care, however, not to work up a sweat.

Cold air baths fortify the body against lung tuberculosis, pneumonia, influenza and colds. They bring more pure oxygen,—the breath of life,—into contact with the exterior and interior portions of the body than any other type of treatment. All vital processes are stimulated thereby into health-giving activity.

**Automatic Exercises**

By a special application of sinusoidal electrical current, any amount of muscular exercise desired may be administered to a patient automatically and painlessly. This method prevents the mental and nervous fatigue which often follows exercise, for which reason neurasthenic patients especially, dread and avoid physical activity as much as possible, and greatly to their injury. Indeed, a feeling of refreshment and even of exhilaration, instead of fatigue, is often felt after this kind of exercise.

The patient takes his place in an easy reclining chair. The electrodes are adjusted to arms, legs, abdomen and other fleshy parts. Muscular contractions begin, first one arm and then the other, then one leg, then the other leg, the abdomen, the back; then a repetition of the same series of contractions. About once every two
Men's Medical Gymnasium. Typical exercises on the mat, with the medicine ball and on the horizontal bar help to strengthen weak muscles.
seconds, until the desired amount of work has been done.

No prickling, tingling, or other unpleasant sensation is felt; only the consciousness of motion created by muscular contraction. The strength and duration of all automatic exercise treatments are regulated according to the individual requirements of the case. The patient, though reclining at ease, will be fairly drenched in perspiration after a few minutes and may lose as much as two pounds in weight in thirty minutes.

Automatic exercise is to a certain extent the "lazy man's gymnasium," for by this means he may receive many of the benefits of natural exercise without the least physical exertion.
Swedish Massage

All the classical methods are applied by well trained attendants. While massage does not take the place of exercise because of its small influence upon metabolism, it is nevertheless of real service in regulating the circulation, in restoring mobility to stiffened and contracted parts, and in promoting the absorption of exudates.

Special attention is given to the correction of such very common deformities as round shoulders, flat chest, and other defects due to bad posture.

Special trainers take these cases in hand and by "setting up" drills and other exercises, usually succeed in making a great improvement in the habitual physical bearing of the patient and a commensurate improvement in health.

The training of these cases consists of drills and exercises with and without the aid of inclined tables and other special appliances adapted to the education of weakened muscular groups which require special attention.

Mechanotherapy

Here mechanical Swedish movements are given. There are kneading machines for the abdomen, to stimulate sluggish bowels to normal action. There are vibrating chairs, tables, stools, and bars, which warm the extremities, dissipate weariness and the "numb," "cold," "creeping" and other queer sensations which worry the neurasthenic.

It is really remarkable how quickly heaviness and other discomforts which follow eating in many cases of indigestion, disappear under the influence of vigorous vibration. Rubbing and percussing machines, and other apparatus, all do something helpful. Improved new apparatus of the Zander type—the trotting horse, the camel, and various other machines are also employed.

Diathermy, or Thermo-penetration. This is a new method of applying electricity in which the electrical current is converted into heat within the body. The patient feels none of the ordinary effects of electrical sensation, nor muscular contraction; the only sensation is that of warmth. The heat may be concentrated in any part of the body, making it possible to reach internal parts heretofore inaccessible.

This method has been found of very great advantage as a means of stimulating the activity of the liver, kidneys, and other internal glands when inactive. It is also of service in cases of high blood pressure.

Diathermy is highly useful in the treatment of pneumonia, neuralgia, migraine and other forms of headache; also sciatica, neuritis and muscular rheumatism. It is altogether one of the most useful additions which have been made to physical-therapy in recent years.

Vacuum and Vacuum Light Treatment. By the combination of light therapy which is known as the light vacuum method, the good effects of these two powerful means of influencing the bodily functions are not only combined but intensified. This method is of special service in the treatment of sciatica, rheumatic joints, stiff joints and muscular rheumatism, deep-seated pains, old sinuses, furunculosis, scleroderma, etc.

Outdoor Air

Outdoor life is one of the fundamental principles of the Battle Creek plan of health building. It is made inviting by the beautiful scenery surrounding the Sanitarium and unusual facilities for recreation.

In summer there are outdoor swimming, golf, tennis, volley ball, horseback riding, motoring and boating, while the large outdoor gymnasium is always popular. Here, clad in simple garments that the seclusion of the place makes possible, you may bask in the sunshine or lounge in a cool place. The water in the outdoor as well as the indoor swimming pool is always kept at an agreeable temperature.
The Battle Creek Diet System

At the Battle Creek Sanitarium, man not only eats to live, but to live healthfully. Eat and be well, is the keynote. No single feature of the Battle Creek Idea has wrought more beneficial results to patients, has done more to aid the cause of race betterment and has aroused more interest and discussion than the Sanitarium’s diet system.

This institution was the first to provide patients with a scientific bill of fare, so arranged as to make possible exact regulation of diet in quantity and quality.

Food is served by calories, not weight. This makes possible a quick and accurate estimate of the energy value of a “serving” and of a meal. The menu not only shows the total calories but the number of calories of protein, fat and carbohydrates. The “reaction balance,” that is, whether the particular foodstuff will make the fluids of the body normal in reaction and to what extent, is also indicated.

This arrangement enables the physician, the dietitian, or the instructed patient, to balance his bill of fare so as to provide nutrient material of the right sort in such proportions as the physician may deem best to prescribe.

Recent progress in food chemistry has made possible a further advance in accurate dosage of food by which the diet is also balanced for food lime, iron and other organic salts, as well as for essential vitamins.

Of course, such a system as this, to be of value, must be accurate in every detail. The kitchen becomes a scientific laboratory. Specially trained cooks are required. The presiding genius of the kitchen must have the same sort of training as the head of a chemical laboratory. Twenty-five dietitians always in attendance in the dining-room during meal time, balance the bills of fare for the patients.

Dietitians are required to undergo an elaborate course of training, including two years of practical study and training in the institution before being trusted with the responsibility of acting as dietetic aids in carrying out instructions for the physicians.

The guest may place the entire responsibility for the selection of his food upon his attending dietitian. She will mark his menu with the proper selection, for
each meal. Menus are retained on file in the dietician’s office for future reference.

The well-established diet system of the Sanitarium is the result of half a century of thorough, scientific research. It is not based upon fads, guesswork or unproven theories.

The bill of fare is simple and wholesome, yet surprisingly varied and appetizing. Tempting and nutritious preparations take the place of heavy, indigestible foods. A choice variety of fresh fruits and vegetables, hygienically prepared, and a thousand and one delectable dishes appetizingly served, add zest to the meal.

Special foods, including cereals, breads, nut foods, and dozens of other health dainties, are manufactured especially for the Sanitarium, in the great food laboratories which for many years have catered to the guests of the institution.

Here even the epicure can discover a new thrill in food. Most people who visit the Sanitarium are so pleased with the diet that they continue it with pleasure and profit after leaving.
The Sanitarium Kitchens represent the last word in modern culinary science. Facilities unequalled by the finest hotels of the world. Everything is of polished monel metal. Spotless cleanliness, ample ventilation and a flood of sunshine make this a perfect place for the preparation of hundreds of tasty Battle Creek dishes.

Everything is so arranged as to make possible rapid, efficient service to guests. An endless belt system conveys dishes from all dining-rooms back to the kitchen for cleaning. An average of 51,000 pieces of silver, glassware and china are washed daily.
The Pavlov Institute

The Pavlov Institute, one of the important parts of the Sanitarium’s research activities, is conducting physiological investigations of great importance to medical science. It was organized at Battle Creek by Dr. W. N. Boldyreff, a famous Russian scientist who was invited to take charge by the Sanitarium management.

The research deals primarily with gastric and intestinal secretions and their effects upon different foods. The phenomena of digestive disturbances are closely studied; also experimental studies are conducted on diabetes and anemia, etc. Various problems of considerable clinical importance are continuously being investigated in collaboration with members of the Sanitarium staff.

The Institute has gained world-wide recognition. Results of the work find frequent publication in leading medical journals. It is often visited by scientists eager to acquaint themselves with its research and technique.

The Nutrition Research Laboratory

For the past ten years the Sanitarium has been conducting a Nutrition Research Department for the purpose of investigating certain food values and general nutrition principles. This work is done not only to develop the principles of scientific nutrition in the Sanitarium, but also as a contribution to the general knowledge of the subject.

Many interesting experiments are constantly being conducted dealing with vitamins, proteins, iron, etc., provide medical science with much valuable knowledge pertaining to anemia, rickets, malnutrition, etc. The work of this laboratory is widely known. When published it is always a noteworthy contribution to science.
Giving a High Enema

Colon Massage

Electrocardiograph

Alveolar Carbon Dioxide Test

Oxygen Therapy Apparatus, for administering oxygen in cases of pneumonia and in various other diseases where the circulation is seriously disturbed

Test for Acetone in Expired Air
The X-Ray Department

The X-ray plays a very important part in the diagnostic and therapeutic work of the Sanitarium. This department is one of the largest, best equipped and most up-to-date X-ray laboratories in existence. The physicians and technicians in charge are men of long experience and great skill. Their work has attracted world-wide attention.

Numerous elaborate and searching examinations are made here every day, either by direct fluoroscopic examination or by X-ray photographs.

The equipment includes: special X-ray apparatus for making stereoscopic films of the chest, valuable in diagnosing diseases of the lungs, heart and blood vessels; a Bucky X-ray table for making X-ray films required in the Graham test of the gall-bladder and barium meal ex-

Inj ecting Dye for Graham Test
amination of the digestive tract; a special instrument for making roentgenograms of the stomach during the barium meal test; special apparatus for work on the skull, bones and sinuses; facilities for making dental films; and a special cystoscopic room for making films of the urinary tract.

Another important piece of equipment in this department is a powerful apparatus for deep X-ray therapy used in the treatment of many benign tumors and malignant growths otherwise not accessible.

There is also a photographic dark room, where on busy days, hundreds of films are developed, washed and dried in the huge mechanical drier.
X-Ray films in position for critical study by the Roentgenologist. In the cabinet are many films of the chest showing diseases of the lungs, heart, blood vessels, etc.

Deep Therapy Department. X-Rays are here employed to treat deep seated diseases such as cancer which can not be reached by any other means.

Making Cystoscopic Examination with the aid of X-Ray

X-Ray Observation Table
The Ear, Nose and Throat Department

This department, like all other medical departments of the Sanitarium, is in the charge of competent specialists. They have at their disposal the most up-to-date instruments and appliances for accurate diagnosis and effective treatment.

Every patient undergoing the routine physical examination has his tonsils examined here. A careful bacteriological study is made to determine the presence of tonsill infection and its nature. Removal of the tonsils is performed or treatment given where so indicated by the diagnosis.

Delicate instruments, like the audiometer, are used to accurately test hearing ability.

In the region of the respiratory tract the laryngoscope, bronchoscope and nasoscope facilitate the examination of the larynx, bronchi and nasal passages.

These instruments have a tiny electric light which illuminates the interior recesses of the organs and make them visible to the examining physician. The iodised oil method of X-ray examination, a recent development, is used by this department for the investigation of sinuses and closed cavities within the bony structures of the head and face which heretofore were enigmas.

The Eye Department

Many patients who come to the Sanitarium are troubled with eye defects which unbeknown to them are the cause of headaches, nervousness, and other disorders.

During the course of the physical inventory the vision of the patient is tested; likewise the eye muscles for balance and imbalance. An external examination is also made to determine any abnormalities or diseases.
Following these examinations glasses or special treatments are prescribed when necessary.

Among the many special instruments employed by this department are:

Amblyoscope and Wells's stereoscopes for training binocular vision and the fusion faculty. Corneal microscope and slit lamp for microscopic examination of the anterior segment of the living eye. Lancaster's Giant Magnet. The presence of foreign bodies such as iron or steel in the eye is shown by the slit lamp microscope, and may frequently be removed by the Giant Magnet.

Ophthalmoscopes. — Instruments for examining the interior of the eye. The bloodvessels and nerves and other tissues in their normal positions may be studied by the use of these instruments. (Many internal disorders produce characteristic changes in the fundus of the eye.)

Ophthalmometer.—An instrument for determining the corneal astigmatism. Perimeter, Campimeter, Lloyd's slate, Bjerrum's screen are used for measuring the whole or parts of the visual fields, and the mapping of scotomata. Red-free light apparatus for differential examination of the vessels and nerves of the eye fundus.
Retinoscope.—An instrument for determining the refraction of the media of the eye by the "Shadow Test." Trial lenses and frames used in refraction and the fitting of glasses.

Tropometer.—Used for measuring the strength of individual external muscles of the eye. Also innumerable special instruments for treatments and operations on the eye.

The Dental Department

A SKILLED dentist and oral surgeon carefully examine the mouth surface and teeth. An X-ray examination, when thought necessary, is suggested by the dentist to determine hidden sources of infection.

Patients may have all necessary dental work done by this department while they are in residence at the Sanitarium.

Other Departments

The Neurology and Psychiatry Department is in charge of an experienced specialist with special wards for patients belonging to this class.

The Cardiovascular and Renal Department diagnoses and treats diseases of the heart and blood vessels.

The Stomach and Intestinal Department deals with all forms of gastroenteric disorders. In addition the colon is studied to determine the causes of existing constipation. Special treatment is then applied to assist the crippled colon in disposing of body wastes in an efficient manner.

The Genito-Urinary Department makes examinations of the bladder, kidneys and other parts of the genito-urinary system and administers necessary treatments.
The Sanitarium Hospital and Clinic

The Sanitarium Hospital has for many years been an important and indispensable part of the institution. It occupies a splendidly equipped five-story building just a few steps north of the main building of the Sanitarium.

The equipment includes thoroughly up-to-date operating rooms, with every surgical appliance for all lines of surgery; also a modern surgical ward unexcelled in perfection of appointments and administration.

Operating rooms are well lighted and ventilated with washed air which is heated or refrigerated to the desired temperature. Every possible antiseptic precaution has been observed in the construction and finish. Here a group of experienced surgeons perform hundreds of critical operations every year.

There are sixty pleasant, spacious private rooms. A large corps of nurses are in constant attendance and the Sanitarium system of nursing and supervision assures the patient the utmost comfort and the most speedy convalescence possible.

The Hospital furnishes the best possible post-operative care of patients. The regime is unique and different from that of the average hospital because of the extensive use made of the physical therapy methods.

Hydrotherapy, including fomentations, friction rubs and hot packs not only helps to relieve the pain and make the patient more comfortable but assists greatly the natural immunising and healing power of the body.

Arc light, Mercury Vapor light, diathermy, thermophore and radiant heat
applications are used extensively for the relief of pain and they too greatly stimulate the immunizing powers of the body. There are also very convenient sun-bath porches, where patients may be wheeled out in their beds and exposed to the unfiltered direct rays of the sun. This is considered a very efficient measure in the post-operative care of all surgical cases.

Spacious grounds studded with an abundance of shade trees, flower gardens and shrubbery are admired by the convalescent patient. They can be wheeled here either in chairs or on surgical beds.

As soon as patients have recovered from the acute surgical condition they are put through bed-side medical gymnastics which is valuable in keeping their muscles in good tone and prevents them from becoming weak and flaccid.

All of these measures tend not only to shorten the patient’s stay in the Hospital but are so comforting and diverting as to make the time spent there more pleasant.

**The Lying-In Department**

An obstetric ward and out-patient service are conducted by the Sanitarium under the supervision of an experienced corps of obstetricians. The lying-in woman is not only brought safely through her confinement, but may, if she
chooses, have the preliminary care and training to prepare her in such a manner as to mitigate the anxiety and suffering involved.

The obstetrical ward provides rooms with every facility for proper care and comfort. Patients find this not only an ideal place for safe delivery but also a haven of rest afterwards. Particular attention is given to "after" care so vital in assuring a quick recovery to normal health.

Women from out of town are coming to the Sanitarium Lying-in Hospital in increasing numbers every year because it not only offers them the best of obstetrical care and expert medical attention but also for the unexcelled health building facilities provided by the Sanitarium both before and after delivery, assuring them perfect rest in a pleasant and happy environment.

For the child there is an up-to-date, well equipped nursery.
A Recreation Center for Sanitarium Employees

THE new Union Building, completed early in 1927, was especially erected as a social and recreational center for the large family of Sanitarium employees.

The Union is the outgrowth of many years of organized employee activity. For many years, lacking other facilities, they were compelled to use the Sanitarium Gymnasium. To relieve the congestion and to provide employees with a home of their own, the Sanitarium Board built the Union Building at a cost of $350,000.

It is a fine brick structure, 135 feet by 220 feet, three stories high. It houses a huge gymnasium with every facility for exercise and indoor athletics. A large swimming pool, 30 feet by 120 feet, is located on the basement level.

A spacious stage, comparable in size and equipment to those in the largest theatres, is available for pageants, dramatics and concerts. A motion picture projection room is located in the balcony.

The big combined gymnasium and auditorium, together with the balconies, will seat an audience of 3,500 comfortably. It is the scene of interesting social gatherings, games and entertainments.

Locker rooms, social rooms, shower rooms, rest rooms, reading and recreation rooms, etc., are duplicated on each side of the basement floor for the use of men and women. There are also bowling alleys, a billiard room and ample facilities for basketball, hand ball, volleyball, and other indoor games.

The Union is now practically self-sustaining, each employee contributing five dollars per year towards its maintenance.

The Union and its activities contribute much to the esprit de corps of the Sanitarium personnel—a spirit which is reflected in the highly efficient services rendered.
Employees are ever alert to the needs of the Sanitarium guest and every service is performed with a willingness and cheerfulness that is refreshing to all who visit the institution. All co-operate to make the patient's stay as pleasant and beneficial as possible; and all have one fundamental aim: your health advancement.
Organized Rest Without Ennui

THE Battle Creek Sanitarium is not merely a place for the sick. To the tired business or professional man, to the woman weary of social demands, and to all who seek refreshing rest and diversion, the Sanitarium offers an ideal resting spot. The Sanitarium has, in fact, long been the rendezvous of distinguished men and women who find the life here more attractive and a vacation more profitable than at any of the famous summer and winter resorts.

The visitor eats, sleeps and lives daily for health in a wholesome, health-winning environment. Beautiful expanses of shaded lawn, picturesque views and the delightful climate for which Michigan is noted, make Battle Creek a favored resort. One week of enjoyable health-building is worth many weeks of formal or exciting amusement at the seashore or other popular resort.

There is no binding routine for those who come to rest. The visitor may suit his own tastes. He may live in absolute seclusion or he may, if he pleases, indulge in varied activities. Whether it is a book in a quiet corner of the library, a round of golf or a set of tennis, horseback riding or motoring . . . or what would you? . . . the Sanitarium offers every facility.

And the guest will always find interesting people. There is a spirit of good cheer, of camaraderie among the Sanitarium health seekers that is contagious. There is no room for gloom here. And never a dull moment.

If you are planning a sojourn or vacation, consider the advantages of a real rest vacation at the Battle Creek Sanitarium.
The Sanitarium Power Plant

It is the aim of the Sanitarium to make itself as independent as possible of outside sources for every service and supply vital to its efficient, economic operation.

The new Sanitarium Power Plant, recently constructed at a cost of $550,000.00, compares both in size and efficiency with that of many a large industrial concern.
Nothing serves better to characterize the immense size and completeness of the Institution.

Here all power, electric current and heating are generated. There are four 500 horse power Sterling Water Tube boilers. These boilers feed automatically by conveyors from a bin holding 400 tons of coal. About 14,000 tons of coal are consumed annually.

About 3,000,000 Kilowatt hours of Electricity are generated during the course of a year by two 500 Kilowatt Turbo-generators—enough by the way, to take care of the needs of a city of 5,000 population. An enormous amount of current is consumed by the kitchen, laundry and the various electro-therapeutic machines and instruments of the Sanitarium.

The service and maintenance departments are unusually well organized. There is a complete electric shop for the installation and repair of general electric equipment and electro-therapeutic appliances. A machine shop and garage for the repair and development of various mechanical devices and care of the Sanitarium motor trucks. A Carpenter Shop for general repairing, remodeling and the building of special furniture, etc. Also a fully equipped Pipe and Plumbing Shop and Masonry Construction Department to take care of various other repairs and installation.

The Sanitarium Laundry is fully equipped to handle all types of laundering, including flat work, personal laundry, and the laundering of silks and woolens.
There is special equipment for the laundering of the many woolen blankets used at the Institution.

During the summer months, when patronage is the highest approximately 200,000 pieces of flat work, and double that amount of personal work, including uniforms for nurses and dining-room help, and patients' and employees' clothing, is taken care of during a month. An average of 1,600 white uniforms are washed and ironed weekly.

The Dairy Department

The Sanitarium Creamery represents the last word in the science of handling and manufacturing dairy products.

It is a two-story structure, 70 x 60 feet, and large enough to meet the demands of five thousand guests with attending personnel. Seven and one-half tons of milk a day can be easily handled in the new creamery, and so efficient is the machinery and equipment, that this may be done by four men.

The walls and ceilings are of vitrolite. The interior trim is of marble and the polished terrazzo encases even the furniture and curving base-boards.

Three new pasteurizing machines, especially built, are used for the pasteurization of all milk used in the manufacture of cheese and dairy products. The use of nickel throughout establishes a world precedent—its more than treble cost is justified by avoiding all possibility of contamination by the metallic salts of copper, tin or other metals.
All butter and cheese are made from pasteurized cream. The milk for making acidophilus buttermilk is also pasteurized. A new acidophilus machine, has been installed to manufacture the large quantity of buttermilk, which the Sanitarium uses daily; also a new Cheddar cheese making machine.

The quantity of dairy products manufactured and consumed by the Sanitarium is unusually large. Last year, for example, the dining-rooms and cafeteria used 88,750 pounds of butter; 66,000 pounds of cottage cheese; 11,000 gallons of acidophilus buttermilk and yogurt, the latter a product used almost exclusively by the Sanitarium; 11,000 pounds of American whole milk cheese or cream cheese as it is popularly known; more than 8,000 gallons of ice cream; and 2,000 pounds of savita butter, another original product of the creamery. This year the quantity of dairy products manufactured and consumed will be even larger.
Sanitarium Dairy Herd

The size of the institution is further indicated by the following record of other food stuffs and supplies consumed during the course of an average year:

- 3,500 gallons of grape juice.
- 3,000 gallons of loganberry and other fruit juices.
- 150,000 loaves of bread.
- 70,000 dozen eggs.
- 2,499 bushels of apples.
- 2,433 cases of citrus fruits.
- 6,667 bushels of potatoes.
- 64,000 pounds of spinach and other greens.
1,650 tons of ice manufactured by the institution.
40,000 pieces of linen, towels, sheets, etc., worn out. 100,000 cakes of soap.

The Sanitarium Farms

The Sanitarium Farms comprise 657 acres with all buildings and implements necessary to efficient operation. Sixty acres are used for truck and vegetable gardening, providing the Sanitarium tables with abundant fresh produce in season.

There are two greenhouses, each 40 ft. by 200 ft., where flowers and vegetables are grown for the institution. These greenhouses furnish the fresh cut flowers all through the year for the dining-rooms.
The dairy herd consists of 200 pure bred Holstein cows producing all the milk used by the Sanitarium. Some additional cream must be purchased from outside sources, however, in order to meet the total manufacturing requirements of the Sanitarium creamery and elsewhere in the institution.

All milk is produced under the strictest sanitary conditions in accordance with the highest standards required for a certified product.

A flock of 5,000 White Leghorn hens is maintained at the poultry farm, producing all eggs used by the institution.
W.T. Riley
M.A. Scortens
A.O. Asay
A.J. Martin
Britt J. Norman
Gertude Johnson
Bert R. Wener
Lyman B. White
J.M. Nelson
Archie Lyle
J.K. T. Jordan
Stuart Hutchard
Lyle Hare
Jim Vander Voort
Elever L. Eggleson
Maurie J. Capron
C.E. Rodrique
Osebichnoweth
James R. Jeffrey
Lloyd E. Dainty
Furgeson J. Eifillian
S.F. Barachart
Nils C. Byland.

Robert H. Traver
Arthur H. Ketchum
H.W. Barlow
Merritt Evans Troutt
Clara V. Radabaugh
Trevor G. Brown
J.E. Casper
Dennis V. Smith
Oney Brothers-Cornell
Winston Monroe
W.P. Sallie
Paul Roth
Lydia Jeppson
Zelma McManus
W.N. Boldt reff.

M. Stewart
James Call
Mrs. Elsie Camp
Roger T. Gardner
Susie W. Morton
Evel S. Bennett
Mary C. Thraust
Maud M. Parrott
James H. Hendrick
Anna F. McCauley
Neddy Farnon
Emma B. Carl
Margaret Anderson
Helen Grant
Vera McDonald
Madge Wilson
Juliette Shemdin
Mabel Brackett
Ella Wilson
Clara Walker
Mary Schurth
Elizabeth Evane
Seila Hurley
Estella Natsman
Julia Knapp
Myrtle Moulton
Florence Melikian
Nell Siddall
Ida Smidberg
Jeanne Landis
Ted Chatterton
Romie, Kolman
Bruce Robert Cleaver
Harriett E. Fisher
Panahah Shafer
Harriet E. Fisher
Mildred Zeigardia
Rosa Edwards
Thurston A. Scamander
Harold Davis
Hilburn H. Moore
Ralph A. Edwards
Margaret Teilsa
Bebbe Delano
Marian Lomax
Mildred M. Cary
Ann Schapf
Frances Scanglow
Ruth V. Richmond
Marilla Philstein
Nanna Miske
Mary Davis
Vazel Bedfrel
Mr. L. B. Shellerly
Harry N. Mandell
Forrest E. Shufflebarger
Mildred Dobson
Mr. W. Bailey
Mabel E. Hoyt
Irene H. Chins
Bernice Carruthers
Panahah Shafer
Walter H. Clayman
Muriel Cloughman
Rose H. Moore
Marie Pickles
Mayme Deasy
Carleton Clotheer
Elizabeth Clothier
Lulu Hilt
Mary Houstwick

Corral Beuke
Myrtle Miller
Mrs. Annie Howley
David Dewan

Clare Heywood
Ruth Hicks
Ethel Alexander
Alice Allen

McMillen Thomas
Koran J. Sheword
Hattie Hiles

Clifford O. Warren
William B. Ryder

Minnie Marsh
Shyld E. H. Daniel
Dave Davis
Archie Stude

Florence Evans
Walter D. Miller

B. P. Eldridge
Ethel M. Swift

Margaret Hurd
Emma Hawks

James A. Mitchell

Mary Bailey
Susie Parker
Helen Porter

Hurdie Whitney
George B. Rees

Ethel Sykes

Lucille Teple
Lillian B. Price
Sh. Aysard.
J. C. Riggs.
Harry Macleod.
Earl A. Bungo.
Carter C. Cox
E. W. Macleod.
Alvin Badgborough.
Noite Welden.
Bessie M. Thayer.
Margaret Gallagher.

L. C. Coulston.
Earl T. Pratt.
Lyle Allen.

E. J. Peterson.
Pete Stillman.
Verna Myer.
Martin Perry.
Raymond Loomis.

Harold Perry.

David Davis.
Robert Thompson.
Wendell G. Kellogg.
Lynden F. Garrison.
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