

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. U. P.**

1876 - 1926

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**



**T**HE 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-

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tinguished 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

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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 remember 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 whenever 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 synonymous 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 incident 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.

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 catawampous 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 unfaltering 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

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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 Harvy 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 builded. 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-

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tarium. He has studied our institution and knows it well, and he knows Dr. Kellogg. We would be pleased to hear Governor Nestos at this time.

**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

**TOASTMASTER:** 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.

**DR. GEORGE THOMASON:** *Mr. Toastmaster, Ladies and Gentlemen:* 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 so great a 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, borne 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 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.' "

Dr. Kellogg's love and kindness, 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 kindness 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."

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### *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 strife,  
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.

[ 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.

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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 washbowl, 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

Englander, 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.

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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.

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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

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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

Paris, Oct. 12, 1926.

*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.")

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Copenhagen, Oct. 12, 1926.

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

Heartfelt congratulations to fiftieth anniversary.

SKODSBORG SANATORIUM.

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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.

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Detroit, Mich., Oct. 13, 1926.

*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.

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New York, N. Y., Oct. 13, 1926.

*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.

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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.*

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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.

---

Grand Rapids, Mich., Oct. 13, 1926.

*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

*After Fifty Years*

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.*

---

Toronto, Ont., Oct. 13, 1926.

*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.

---

Atlantic City, N. J., Oct. 13, 1926.

*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.

*After Fifty Years*

Dearborn, Mich., Oct. 12, 1926.

*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.

---

New York, N. Y., Oct. 13, 1926.

*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*

Nashville, Tenn., Oct. 13, 1926.

*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.

---

Lansing, Mich., Oct. 12, 1926.

*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. Fraternaly yours,

AMOS J. RIVERS, M. D.,

Of the Eye, Ear, Nose and Throat Department of the Sanitarium.

---

Detroit, Mich., Oct. 14, 1926.

*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

*After Fifty Years*

usefulness and effectiveness of thousands, and have gained the lasting gratitude of a multitude.

THOS. NICHOLSON.

---

Brooklyn, N. Y., Oct. 14, 1926.

*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.

---

Long Island, N. Y., Oct. 10, 1926.

*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 magnificent institution you have created.

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

Faithfully yours,

WALTER B. JAMES.

*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.

*After Fifty Years*

Olivet, Mich., Oct. 11, 1926.

*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.

---

Detroit, Mich., Oct. 2, 1926.

*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.

## *After Fifty Years*

Extending you my best wishes that you may reach the One Hundred Year Period of human existence, I am,

Sincerely yours,

WM. J. SMITH.

---

Lansing, Mich., Oct. 10, 1926.

*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.

---

Saginaw, Mich., Oct. 12, 1926.

*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



*After Fifty Years*

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,* Oct. 13, 1926.  
*Battle Creek Sanitarium,*  
*Battle Creek, Mich.*

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,* Oct. 13, 1926.  
*Battle Creek Sanitarium,*  
*Battle Creek, Mich.*

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.

---

Battle Creek, Mich., Oct. 19, 1926.

*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**

Mrs. Colver.

Agnes Kellogg Calver

Miss Newton Scott

Georgia Jackson Scott

*After Fifty Years*

Geo. Thomason.

Ema Thomason

Thomas and Luffey Page

Benjamin Page.

**After Fifty Years**

- Morton W. Wentworth

Myrtle H. Wentworth.

Elizabeth P. Stewart.

Chas. E. Stewart.

After Fifty Years

Henrietta M. Riley

William H. Riley

Chas. C. Green

Ella M. Green

Chas. Osborne  
Pamunake in  
Pamun Lake -  
Georgia  
and  
died at  
Michigan.

Thomas H. Gore  
Trenton, N.J.

After Fifty Years

Mrs. Morgan Butler.

It has been a delightful privilege  
to come here & to meet you.

You have been the great  
inspiration of my life

W. F. Martin

I owe my health to you

Cleanor P. Martin.

May your wonderful review  
to humanity partly enrich your life  
and bring abundant happiness

P. A. Nestor

James A. Elliott M. D.

Mrs James A. Elliott.

Mrs. Helen A. Kellogg

Mrs. Edw. J. Schaub



After Fifty Years

With gratitude and congratulations.  
Esse R. Mortensen

You have been my inspiration  
and courage in a work for  
Humanity -  
W. A. Mortensen

God speed your visions and ideals  
to the greater blessing of humanity -  
Henry W. Jordan.

Radys Butler Ellis

G. A. Murphy.

Arthur L. Eggleston  
You had the vision - "Where there  
is no vision the people perish"

After Fifty Years

Congratulations  
Gustav N. Eggstein.

A hearty God bless and keep you many  
years.

Alfred D. Olsen

Great honor and deep joy to you!

Francis Winifred Harvey, Hostess.

Elizabeth Kerr Harris.

Henry M. Stegman

Dr. Kellogg is the man who  
Reveals truth by its back.

Louise R. Stegman.

*After Fifty Years*

Thomas W. Nielsen

Evelyn O. Nielsen

Wangen J. Tiffelman

Mrs W. K. Boldyreff

Zou n. Buellett, m. D.

*After Fifty Years*

W. N. Boldyreff

Aymar Johnson.

Alice Treston

R. R. Helborn (M.D.)

Henry Neil

*After Fifty Years*

Caroline Hilborn.

Benjamin Birkbeck

Wm. Hardie Birkbeck.

Jessie Ray Volker

*After Fifty Years*

Robert Eric Hall

William B. Stearns

R. D. Williamson M.D.

John H. Saller M.D.

*After Fifty Years*

Rev. D. R. Dillon

Mr + Mrs C. H. Patterson

Mr + Mrs Leroy F. Sparks.

Charles C. Wheelock

*After Fifty Years*

Mrs. C. H. Wheelock-

C. J. Fote

Debra P. Fote

Mrs. Jesse Jared



*After Fifty Years*

Jesse Jared.

Lydia Jerguson.

Quinton S. Walker

Lula F. Walker

*After Fifty Years*

Mrs. S. B. Brandegee

Stewart B Brandegee

Mr & Mrs Mark D Batchelder

Mrs Emma Sheridan

*After Fifty Years*

*Mary Wesley Frazer*

*Ruth H. Harrigan*

*Rosabel May Turney*

*Jenni P. Garrett*

After Fifty Years

Emma J. Harney.

"Haeckel's *Mammals* pirated"  
Eli S. P. Hoffmann

E. D. Niece.

Francis Marion Seymour

*After Fifty Years*

Emma E. Vise

Robert W. Seymour

Mary Bryden Leach

Henry G. Westphal

*After Fifty Years*

Bertha E. Mosher

Mabel B. Estill

Bertrude Estill

Boyd H. Kocher

*After Fifty Years*

Uida Kocher

Mrs. Emma Ward

W. Ward

Mr. & Mrs. L. C. Coulston.

*After Fifty Years*

Winnifred Wencke

Gertrude Barnes Miller.

Oscar B Beuchel

Stella G Beuchel



*After Fifty Years*

Reuben Sperry Bayley

F. H. Bayley

Anna M. Thayer

E. H. Thayer

*After Fifty Years*

Mrs Lu Thayer

James B Thayer

Mrs Emma Carter.

John R Carter.

*After Fifty Years*

Rhoda S. Dunlap

H. W. Dunlap

Mr + Mrs. L. F. Lyster

Mr + Mrs R. A. Farrell.

Mr. J. H. Kellogg the great  
inspirer of many

After Fifty Years

Mr. and Mrs. L. Steen.

Mr. & Mrs. N. C. Gausse

Dr. and Mrs. J. R. Jeffrey

Mr. and Mrs. A. H. Miller

*After Fifty Years*

Mr & Mrs. N. C. Stewart

Mr & Mrs. George E. Budd

Mr & Mrs. Fred L. Strong

Margaret Pitelka

*After Fifty Years*

Anna - David Ottosen.

Dr. and Mrs. Nils O. Byland.

Dr. and Mrs. C. W. Heald.

W. K. Kunder  
''

*After Fifty Years*

Bruce White

Mr J. G. Cooper

Harry Knapp

Katherine Knapp

After Fifty Years

James Thomas Case

Helena M. Case

Ann T. B. Lumbard

Mary Haines Fry



*After Fifty Years*

*Robert Howard Fraser*

*John Hark Fraser*

*Mary Helen Pritchard*

*Stuart Pritchard*

*After Fifty Years*

A. W. Crane

John B. Jackson

Cloyd. E. Veinly.

Adaline M. Kellogg.

*After Fifty Years*

*Richard M. Kelley*

*Willa Y. Wiley*

*Paul Roth*

*Linda Gage Roth*

*After Fifty Years*

Mr and Mrs W R Chynoweth

Dr and Mrs Stanley J. Capron

Kitty Roderick

C. E. Roderick

*After Fifty Years*

Mary C. Russell

Edwin P. Russell

Joseph C. Hartzell

S. L. Ingram

*After Fifty Years*

Machida C. Messner.

Wilma C. Weeks.

Mrs. W. B. Lewis.

W B Lewis

*After Fifty Years*

*Mrs. Edw. F. Boehm*

*Edw. F. Boehm*

*Mrs. M. E. Newton*

*Anne V. Grohens*

*After Fifty Years*

Harold Cornell

Lois Mafedon Upson (Mrs. W.C.)

W. Upson

Angelina B. Riggs (Mrs. J.C.)



*After Fifty Years*

J. Clark Riggs

Tina M. Coburn

William G. Coburn

Wm. R. Riggs (W.R.R.)

After Fifty Years

Franklin B. Coates

Bessie Hanna, Philada)

Zelma Mackin - McManus.

Dr. Mary C. Mackin

*After Fifty Years*

Dr. Ralph Mackin.

Mr. Marshall Kuehn

Mrs. John Blackmar.

Dr. Mrs. S. E. Barhart.

*After Fifty Years*

A. H. Steinel

Mrs. A. H. Steinel

C. C. Warburton

Mrs. C. C. Warburton

*After Fifty Years*

Abbie J. Aldrich.

Frank Stevens, Virginia

Emily Stevens Postmaster Amer.

Cl M Mintz

*After Fifty Years*

Mrs A. M. Meritt

Willoughby L. Godfrey. M.D.

Caroline Zahn.

J. N. d. Gibson.

*After Fifty Years*

Mary B. Stoussard.

Geo. Gumbach

W. H. Hubby

O. O. Wilson

*After Fifty Years*

Shovald M. J. Aagaard.

Mary-Esther Nicole Hauck

Beth Hamilton

William T. Dreyer



*After Fifty Years*

Alta Dever.

Sally Montgomery

Emma Sherlock.

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*After Fifty Years*

---

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---

---

After Fifty Years

Lee Mallison  
C. S. Anderson  
Blanche L. Edwards  
Allie Allen  
Carol Klensk  
Nellie W. Brackett  
Hulda Christell  
R. Swanson.  
E. Krey.  
Rama J. Fournad  
Hazel Rudloff  
Elsie Curling  
Leone Hunt  
Hattie Lessard  
Virginia D. Rowe  
Maryone Chase  
Margaret A. Lassen  
Ludva Link  
Ethel M. Nalwood.  
Eleanor C. Palmer.  
Ruth McMillen Monahan  
Angelina B. Funkhouser  
Dorothy Bonnett Stone  
Hurley A. Nickley  
Nancy Coffin  
Elizabeth M. Clapham  
Grace Bohagan  
Lela C. Deibel  
Jennie Charles  
Winifred Bonell  
Florence H. H.  
Mrs E. The L. Van  
Mrs Myrtle Cook  
Bob Harvey  
Virginia Helichman  
Junk M. Warden  
Dorothy M. Mc Fee  
Merrill Goodman  
Ethan Johnson

After Fifty Years

Raymond Greenberg  
Marianne Walderson  
Mrs. Lida Babcock  
Dr. Ruth E. Mosher  
Dr. Clara Redabaugh

Oscar Burchel  
A. W. Grabe  
Mr & Mrs A. W. Peters

Pearle Thomas  
Mr & Mrs E. W. Belack  
Reta a Smith  
Oskada Nettleson

Dr. Schirmer Murray  
Charles H. Kelly  
A. F. Block

Mrs. James R. Haughey  
Robert M. Litch  
Josephine Simpson  
Estelle Delaney

Leo E. G. G. G.  
Mrs. Grace Johnson  
Mrs. C. E. Aldrich  
Dr. Mrs. S. S. Church  
Dr. Rossman  
F. J. Rossman

Mrs. F. Becker  
Mr. Mrs. C. E. Bayham  
Raymond Mrs. H. P. Johnson  
Charles E. Stewart

Dr. M. J. Judson  
Mr & Mrs W. E. Hibbs  
Emma J. Harney  
Elizabeth J. Burnham  
Caroline James

Dr. Mrs. Emil Lyle  
Dr. Mrs. Elizabeth Eggleston  
Mrs. Mary Staines  
Doctors J. Fred B. and Mary P.

Albertine M. Bernard  
Dr. Mrs. C. A. Seal  
Olson E. H. Clark  
Mrs. W. W. Rice

Dr. Mrs. A. L. Walker  
Mrs. J. L. Lightbody  
Bill W. Hodge  
Wilful H. H. H.

Mr & Mrs W. Summer  
Mr. Mrs. C. E. Talley  
Mr. & Mrs. L. C. C. C.

Dr & Mrs W. F. Martin  
Mrs. Mrs. Phil. Ross  
Mr. & Mrs. J. C. Grant  
Mr. H. H. H.

Mr. & Mrs. J. S. Bunch  
Mr & Mrs B. J. Van Horn  
Mrs. J. H. H.

W. & G. G. G. G.  
Dr. W. H. H.  
Dr. M. Overholt M. D.

Mr. & Mrs. H. H. H.  
Mr. & Mrs. H. H. H.  
Jennie E. G. G.

Mr. Mrs. Don S. Kelley  
Mr. & Mrs. J. H. H.  
Mrs. W. H. H.

Jennie Smith  
W. H. H. H.  
Rhoda E. H. H.  
Mrs. H. H. H.

After Fifty Years

- Jane Stetter  
Helen S. Kerner  
Myra A. Norton  
Jane B. Hickman  
Mr & Mrs J R Walters  
Dr & Mrs A R Allen  
Jesse Jared  
A E Kellogg & Wife  
Caroline Johnson  
Mrs Amanda E Brimmer  
Mrs Sella C. Johnson  
Grandah L. Jackson  
Helen E. Madman  
Dr. Spaw  
Dorothy M. Harvey  
Mrs. Mrs. Ernst & Black  
Mr & Mrs David Klein  
Mr & Mrs J. M. Minorskin - Kansas City, Mo.  
Mrs P. S. Kelly Sautonnes Calif  
E. J. W. La 87 Vermont  
Dr & Mrs Paul A. Black  
Emma Sheridan & Brother Keru McLeod  
James Boyer  
Frank L. Colman  
Rev. and Mrs. E. M. Halston.  
Catherine A. Rogers.  
Mrs Myrtle Regal  
Mrs Albert H. Telford.  
Mrs. Mrs. M. M. Brown  
Carrie Monfort  
Mr and Mrs. A. D. King  
E. L. Wilder  
Maudie Menov.  
Grace Lane  
Mrs. Mrs. J. J. M. Haskell  
A. S. Palmer & wife

After Fifty Years

Mildred Shauldie  
James Shauldie  
Gertrude A. Brauner  
Dr and Mrs R. J. Steinbach  
Mrs. Frederick W. Dunkley.  
Mrs. Nellie C. Fell.

---

Henry S. Bromberg  
Fred Sterling  
Thos C & Harriette Flowers Morgan.  
You and Mrs. Harry W. Brown  
Mrs L. R. Beebe  
Mrs S. Conkline

---

Miss Marie Gick Albion, Mich.  
E. Stelge & wife.  
Mary J. Anderson.  
Evelyn Mayer Derry  
Mrs Cass  
Mrs. Thompson  
B. E. Rodda  
Ed. Buchanan  
F. S. Snyder

---

E. Hildebrandt  
Jessie & Frederick  
Howard M. Estover  
Eva P. Pyle  
Mr. & Mrs. Honora Ethel.

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C. R. Breese  
Malles Evans  
Fatty Wade  
or 4 Mrs J. P. Jeffery  
Dr. and Mrs. W. O. Foppeano  
Minnie E. Staines, M.D.  
Estelle S. Norman, M.D.  
Mrs. Mary Allen Mrs. Rodman  
C. Estelle Talbot  
Olga Madzik

After Fifty Years

Mrs. Mahel C. Baker Robert W. Seymour  
Mrs. Arthur S. Kimball  
Mrs. Cass W. Humphrey Dudley Frances M. Seymour  
Baldyreffs Mrs. Amy Pravy Cutting  
Amy Anderson  
Edith C. O'Neil

---

Helen Mayley  
Mr & Mrs J. L. Simpson  
C. M. Macdonald

---

Margaret Humphrey W. Allister  
Mrs. Carl Grouph

Mrs & Mrs. Julia F. Hawton  
Mr & Mrs. Percy S. Grandell  
Mr. & Mrs. R. L. Hilliard

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Mr. & Mrs. Max Selula Atlantic City N. J.

Olara West Seneca New York N. Y.  
The George J. Wilent Jacksonville Florida

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Mr. and Mrs. N. Theodore Peterson  
Mrs. May Cleland

Jessie F. Zelinaky  
Mrs. George S. Dalhousie

~~Margaret Patch~~  
John C. Patch

Maie Alward  
Leta Browning  
Mrs. David Holmes

Mrs. Lenora Patch

Mrs. Alice C. Hubbard  
Mr & Mrs. H. P. Padamer

Mrs. Annie Lyle Eggleston

After Fifty Years

Rowland H. and Elizabeth K. Harris

Carl + Ruby W. Wencsek

Mrs. Ludwig E. Nielsen

Mrs. Mrs. de Sosa

John & Sybil

---

Bessie Strong

G. F. Korkby

Albert D. & Helen Maxon

Irene R. Thanna

---

L. J. Nicola

L. C. Hauck

Erma E. Hicks

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8-24-33

## 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. Gagnon,

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

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

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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., Fresno Calif

"Your efforts to correct diet, to  
eliminate tobacco & 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."

5  
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,

Bloomington, 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."



6

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."

7  
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."

Lewis 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."

Dr. K

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."

10  
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."

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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."

12  
Mrs. Mary E. Nealer,  
W  
Waterford, N. Y.

"Enclosed is 26¢ 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,

0101 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, temperance. 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."

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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. Lets have some more stories on India."

G. C. Sawall,  
New London, Wisconsin.

"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."

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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 worthwhile 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."

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**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 propoganda. 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."

D. 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,  
Philadelphia, Pa.

"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."

45  
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.

T "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,  
Slatington, 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,  
0101 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.

x "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,  
Fayetteville, West Virginia.

Oct. 31, 1928.

"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,

Jacksonville, Florida.

Nov. 19, 1928.

"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,

Kendallville, Indiana.

Dec. 11, 1928.

"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 persue 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,

Regina, Sask., Canada.

Dec. 18, 1928.

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

A. H. S. Flatt,

Angwin, California.

Dec. 19, 1928.

"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,

Tacoma, Wash.

Jan. 28, 1929.

"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,

New Orleans, Louisiana.

March 19, 1929.

"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 it's success.-"

Mrs. Mary E. Lohrey,

Yakima, Wash.

Mar. 25, 1929.

"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,

Pontiac, Mich.

April 19, 1929.

"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 received 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,

Colorado Springs, Colo.                      May 15, 1929.

"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."

66.

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 Kelløgg 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 cigarets. 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  
(over)

deadly human reacking 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."

71  
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,

16 Lincoln Ave., Cortland, N. Y. Oct. 17, 1929.

"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,

Covina, Calif.

Dec. 30, 1929.

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

Mrs. L. F. Welch, Detroit, Mich. Jan. 15, 1930.

"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."

74  
Mrs. Laura B. Jones,

Bloomington, Ohio.

Feb. 10, 1930.

"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,

75  
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,**

Umatilla, Fla.

June 9, 1930.

"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,

Carrollton, Ill.

Jan. 7, 1931.

"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,

Columbia Cross Rds., Pa.                      Jan. 26, 1931.

"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., Gouveneur, 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. S. Wisler, Nappanee, Ind.

"Since visiting Saw, I have been receiving S. H. and enjoy it very much. I find it very beneficial."

Feb. 20. 1939

Mrs. R. F. Young, 1901 Peabody Ave Memphis Tenn

"Enclosed you will find a check for \$4.50 and for S. H. Magazine. Thanks for sample copy have enjoyed it so much."

Nov. 1. 1938

Margaret Mae Dwyer  
Crossfield Alberta

"I am reading your S. H. 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,

Sacramento, Calif.

Mar. 26, 1931.

"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."



*sent to SHK*

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 cigatettes. Let the good work go on, and long live the editor and its influence."

H E Dunlap.

Liberal, Kansas

*sent to SHK*

"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 y ars."

Miriam Thornton

*sent to SHK*

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)

84  
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**

**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 sub-**

**scription 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

Mont, 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 ~~XXXX~~ Rasmussen

Sept 28, 1930

Ugden, 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

Apr 5, 1935

Newport, Delaware

"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,

Jan 21, 1932

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

Dec 9, 1931

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

Mar 7, 1932

Spokane, Wash

"We find GOOD HEALTH very helpful."

Jan. 14, 1932

A. M. D. Paterson, P. O. Woodbury Heights N. J.

"I have had G. H. now for several months  
and am delighted with it."

Alsie E Lane

Mar 14, 1932

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

Mar 12, 1932

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

Mar 18, 1932

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 McLallen, Sr.  
Orlando, 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.  
Kollogg 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 -~~xixix~~ I have had GOOD HEALTH for several ~~years~~ months and am delighted with it."

A J Billett

Jan 21, ~~1931~~ 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 24, 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 6 mos subscription to GOOD HEALTH for my sister. I feel it is well worth what it costs."

July 30, 1936

Mrs Sarah E Harger, 1419 W Jefferson St Boise, Idaho

"I appreciate the value of G H Magazine 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 thoroly but I think th ~~EXPONENTIAL~~ good health I enjoy is lrgely 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 Jan. issue 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, 29 1/2 Fourth Ave., East Orange, N.J.

"Enclosed please find my check to renew the subscription to G H 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 M Lee 520 Drew Ave Houston Tex

"Regret very much that I overlooked renewing my sub to G. H. before it expired. I do not want to miss any number of this fine mag and will therefore be obliged if you will allow my renewal sub to commence with the no. I missed. I have been a sub to G. H. for 20 yrs or more & do not find <sup>that</sup> I can get along without it. During all that time I have enjoyed excellent health & attribute it largely to your mag. I hope to be able to keep up my sub to it for the rest of my life."

Feb. 1, 1932

Mrs. Luenida Smith, Columbia Cross Roads, Pa.

"Enclosed is \$1.00 for sub to H. N. Mos. I have taken the journal for years & 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 H. N. Mos. God bless Dr. Kellogg! Maybe live many years to show people how to live."

Dec. 29, 1933

Jos. R. Carpenter Jr 1007 Delaware Ave Wilmington,

"Enclosed is \$5.00 for 1 yr sub to H. N. & a copy 'How to Have H. N.' I have been a sub for more than 20 yrs. I have no ailments of any kind. I will see 93 my next birthday."

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

"Enclosed is \$1.00 for which please renew my sub beginning with the Jan 1935 no. I was delayed but find I cannot do without H. N. 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 N 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."

June 9, 1938

Wm H. Spanjer, 267 Mt Pleasant Ave Newark, N. J.

"I have been a reader of your mag for a good many years and the results of same, I believe, have kept me in good physical condition."

2-10-39

Mrs. Marion S. Gilman, 210 W. 101<sup>st</sup> 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 H 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 14 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 Scherer, 2658 N Clark St., Chicago, Ill.

"Enclosed are several questions for the health Question Box. I have long been <sup>an</sup> 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, 424<sup>1</sup>/<sub>2</sub> 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 N 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<sup>038</sup>

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 propa~~g~~anda 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 13, 1937

John Panrucker, 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."

~~March~~ 3. 1941

C. W. Berryman, 5018 Lyard  
Omaha, Neb

Enclosed is my renewal.  
I don't think a magazine  
came 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. J. Blanton, 123 Elmhurst Dayton O

"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 R. Heins, 4719 Ohio St. New Orleans, La.

"Sending you for \$1.00 after reading  
one of your editions. I was so enthused  
by the articles therein that I decided  
to subscribe."

March 19, 1941

Mrs. L. L. Dillon, 1195 Sullivant Ave. Columbus, O.

"I have been taking the mag for about  
1 yr 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 H.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 Sheridan Blvd Denver Colo

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

May 28 1940

Mrs J. M. Lee, 520 Drew Ave Houston Tex

Enclosed is \$3.00 for 3 yrlly 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 20 yrs. and would not be without it."

May 13 1940

Mrs. Fred T. Fuge, 369 Perry St Fostoria O

"We enjoy the H. H. Mag very much"

March 22 1940

H. F. Bynum, 909 Olive St. Greensboro. N.C

"I rejoice that your most excellent  
mag has been reduced to 4 pages. 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. P. Alderson, Poncaville, W. Va.

"Enclosed is \$7.50 for spec offer for  
yrs sub I formerly took this mag for  
many yrs & am so glad to be able to have <sup>it</sup> again."

Feb 20 1939

Erwin T. Koch, 3135 Edgar Ave St Louis Mo

"Sent sub for 10 yrs"

Feb 19. 1939

J. F. Odenweller, 517 W. Cherokee Ave Enid Okla.

"I enclose check for \$7.50 for 7 yrs. I have  
been reading it for 25 yrs. Perhaps I shall  
not read it for more than 7 yrs longer.  
I am 91."

was paid to 942

Feb 23 1939

Mrs. Floy Van Meane 3104 Wesley St Greenville Tenn

"Enclosed is \$7.50 for which enters my sub  
to H. X. for 7 yrs. I have derived much  
help & knowledge from your paper & the  
four books I have of Dr. Kellon's"

Feb. 26 1939

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

"Enclosed is check for \$3.50 for which  
entered my sub to G.H. 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 tobaccos coffee & tea in  
the last 2 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, 1205. E. Elm Great Bend. Kans.

"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, & his own."

Feb. 28. 1940

Mrs. Hannah Iyszkowicz  
Paradise Valley Saw, Natl City Calif.

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

Feb. 26. 1940

Mrs. Josephine Brooks 9746 Ave N Chicago

"Enclosed is \$1.00. I am sorry to see the magz 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 1929 and still enjoy looking them over."

Oct. 15, 1940

Ellie Cowan, PO Box 95, Los Angeles Calif

"My sub expired some time in the spring  
'It's high time I subscribe again. Have  
missed your new issue of P. M. much  
cannot wait till I get my hands on  
another new issue."

Oct. 15, 1940

Mrs. Edna Schaub, 503 N. May Ave <sup>Compton</sup> Calif

"It's sure 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' sub. Have been without it for  
some time & missed 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 G. D. for many years. some one 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 rows & rows of poor suffering humanity in the Mayo Clinic I thought "They cure here. B. C. prevents & thus saves one from all this suffering and ~~has~~ ill health. I feel very grateful for what G. D. has done for me."

Mar 13 1939

Caleb W. Sheward 13 Red Oak Rd

Wilmington

"I am enclosing my check covering renewal of my sub to H.N. & also a new sub." I have been a steady sub to H.N. for a number of years. Some years ago, I was naming your special foods, 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 & Son 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 c/o Dr. S. J.  
Francois, Box 458, New Haven, Conn.

"Here is \$1.00 for yr. sub. I have  
read H. N. for many years."

Aug 12, 1940

Isabelle M. Ward 604 N. Johnson Clarkville  
Ark.

"I thank you for your letter of  
Aug. 8. Your mag. 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  
& in small gatherings."

Oct. 17, 1940

Katherine Miller 2009 Riverside  
Rd Lakewood, Ohio

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

Oct. 14, 1940

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"

Dec. 3, 1940

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

"We are reg readers of H. X.  
and greatly enjoy & appreciate  
its helpful instruction. etc.."



Mar 23 1940

J. Morgan Jones, 1530 East 86<sup>th</sup>  
N. Y.

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

Nov. 25. 1940

Mrs. E. N. Bitner, Shermantown 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 Lillian 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 B.N. for years. - as our whole family have been guests at the B.C. San Juan since I was a young girl."

Dr. B.C. Titus, 127 W. 11<sup>th</sup> St. New York N.Y.

"I am much interested in articles of tobacco poisoning. Have collected about 200 material which you Editor may use"

March 15 1940

Herbert McLean Purdy  
342 Madison Ave. New York, N.Y.  
"Encl. is \$1.00 for a yr sub to  
G. N. For \_\_\_\_\_

"I might add that I have  
just had all the 1939 copies bound  
in a nice Morocco binding. I  
want to congratulate you  
on your fine research  
work and all the good you are  
doing."

Sept 30 1940

Marjorie Donk, 4 E. 48<sup>th</sup> St. N.Y.

"Thanks for reducing the  
price of G. N. May I offer a suggestion:  
an adv. in large letters in Physical  
Culture + J. A. M. A. should bring you  
1000,000 sub. The McFadden readers are  
health conscious + the journal has millions of  
readers. I am not associated with  
riches - just interested in health  
articles."

Nov. 11, 1940

Dr. Arthur S. Harrison (Dentist)

Dawson, Mich.

I have been reading your D & 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 D. N. for 6 mos to 4<sup>th</sup> St.

Aug 2, 1934

(Charles)  
Mrs Sara Fuller Kellogg Monmouth Cal

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

Sitting all the time as I am obliged to, the back is ideal comfort for me.

Feb. 20 1939

Cora Jolls 725 N. Pine St.

Lansing, Mich

"Your good book rec'd 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' sub. for D. H. I have always been a great believer in anything <sup>that</sup> Dr. Kellogg was interested in (believe it or not) it is the truth."

Mar 9, 1939 Ohio

H. C. Stahl, Ohio Cultivator Co Bellevue

"I rec'd a copy of H. 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. W. W. Tridall 1007 E. 18<sup>th</sup> St.  
Bakersfield, Calif.

"Enclosed please find check  
for \$7.00 for the renewal of  
my sub. to H. H. Your magazine  
pleases me very much."

J. R. Ingalls Conneaut, Ohio  
"I have been a constant  
subscriber to H. H. for many  
years and have obtained  
much valuable information  
therein as well as from  
other publications of the  
good Doctor."

Mrs. M. C. Merritt, 210 S. Louise St.  
Glendale Calif.

"Am enclosing my remittance  
for the renewal of my sub  
to H. H. Mag. I still value  
H. H. very highly."

Etta H. Connolly, 281 Bement  
Ave. W<sup>est</sup> New Brighton, N.Y.

"I have subscribed to  
H. H. Magazine for at  
least 15 years and possibly  
longer. My sub 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, pleas  
renew my subscription. I like the magazine very  
much. There are not many subjects I am as much in-  
terested 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 R S Conrad, 220 W Mulberry St  
Kokomo Ind.

"I am happy to know that Dr. K  
is able to go on with the  
establishing the San in need  
quarters. and will be happy to ~~know~~  
see him again & hope the new  
location will be most satisfactory

Jan 31 1944

Dr. Wm Robert Boyd Walworth Wis

"It would be a serious mistake  
not to continue with the  
publication that has  
accomplished so much in  
educating the public. It  
would seem that it is  
needed more now than ever)

Miss S. H. Munnings  
10401 Huron Ave Detroit Mich  
"Enclosed is \$1.00 for sub to S.H.

I find this very interesting  
& helpful & always look forward  
each morn. to receiving it. I do  
not want to miss a number."

wants new cook book -

5/15/44 Mrs. Ida D. Hartzog  
211 Quincy St.  
Pueblo Colo

117/44 Mrs. Frank Korman - Graylake Ill.  
Mrs. Paul Shafer - 39 Kuegman Ct

4/4/44 Mrs. A. H. VanderLinden - B.C. York  
Pella Ia.

Mrs. E. J. Jones, c/o Mrs. Ulmer  
Apt 1-A - 142 E. 33<sup>rd</sup> St.  
N.Y. City

Mrs Harold Wedel 33896 Dixie  
Market

ND Mrs. Lacie Ross 3288 Perry Ave  
NY NY

NC Mrs H. Bloomfield  
631 W. 152<sup>nd</sup> St NY

NC Mrs H. C. Schildmeier  
3606 College St Indianapolis

Mass Mrs Huff Scranton Pa

NC Olga Sides 10205 Unity Ave  
Cleveland O

*Elite*

*GUEST BOOK*

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

—EMERSON



SAMUEL WARD—BOSTON

MADE IN U.S.A.

# GUESTS

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 Mr. G. H. Kellogg

# GUESTS

Hazel Udey Denny - 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.

# GUESTS

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  
employ 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 Ec  
women.



# GUESTS

Marjorie Hallabaugh 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 Post  
& Products 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  
most valuable.

# GUESTS

Eva Nisick Class of 1932.

Battle Creek Sanitarium until 1937

Columbia Presbyterian Medical Center as ward  
dentist and Sloane Hospital until 1940.

Therapeutic Dentist La Lakes Hospital New  
York city until present.

# GUESTS

Ruby Keith Wenske. Class of 1923.

Worked at the Sanitarium until 1928, taking care of metabolic diets under Dr. Hubby. Since my marriage in 1928 have lived at home taking care of my two children and doing any community work I can.

# GUESTS

Phyllis Haisington Royer - Class - 1931  
1932. I did my intern work at  
the Cook County Hosp. in Chicago.  
I worked at the Children's Hosp in  
the milk laboratory & after that I  
was appointed chief dietitian at  
the St. Vincent's Hospital - In  
1935 I married & came to B.C. I  
now have two children - my  
~~husband~~ <sup>husband</sup> is <sup>in the</sup> army serving foreign  
duty. My teaching at B.C. has  
been very valuable to me & I  
am hoping that the college will  
open again.

# GUESTS

1933. -  
Miriam E. Haugas. Battle Creek.  
223 Fremont Street. Battle Creek.  
Teacher of Home-making at Latavias  
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.

# GUESTS

Blanche E. Lanning<sup>(1926)</sup>, Consultant on Standards of Assistance with Illinois Division of Public Assistance, Armory Bldg, Springfield, Ill.  
also doctor Kellogg.  
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 Lanning

# GUESTS

Lorna Vincent Klier 1924

Chief Instructor - Veterans Administration  
Took Custer, Mich

Since graduation, I have been working for the  
Vets. Adm. - work with veterans of the last war, and  
making ready for those from the present war. Battle  
Creek ideas are not too acceptable with them as a whole,  
but I have always been grateful for my  
work at the College.

# GUESTS

Edith Bullabahu 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.



# GUESTS

Margaret P. Baker  
1924.

Jeanette Martin Norton  
1922

Chief-Deputation  
Charlotte New Hope  
Charlotte, N.C.

Etel Morrison Flower '27

Mary Herbert Lincoln '25

# GUESTS

Ruth Saslaw  
1926

Chief - Dietitian  
Beth - El Hospital  
Brooklyn, N. Y.

# GUESTS

Margaret Mc Laughlin Class of 1934  
after student training at the  
University Hospital in Minneapolis  
I spent over two years in  
Williamsburg, Virginia with the  
Favers and Ardinares

In 1937, I went to University  
Hospital as dietitian over the  
private pavilion at New Arbor.  
From 1939 to present time I have  
been with the University Residence  
Halls.

My classmates and fellow  
alumni have always made me proud  
to be a graduate of Battle Creek College.

# GUESTS

Sammy Steele 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 Lenna  
Croper at Montefiore Hospital, New York.  
I was married in 1941 and am now living  
at 29 Traverse Street, Battle Creek.

# GUESTS

Ruth Martin Strong. Class of 1922  
Dietician at the B.C. Sanitarium 1922  
Dietician at Fort Sarr Hospital - San-  
Antonio, Texas 1923-24. At Westmore-  
land Hospital, Greensburg, Penna.  
1924-25. Married in 1925 and  
have resided at 99 Guest St.,  
Battle Creek since that time.  
Have three children ages -

9 - 12 and 14 yrs.

Happy memories,

Happier thoughts and

Happiest wishes always for

the B. C. College Home for Alumnae

# GUESTS

Imagine McNamee 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 that training I've had is responsible for the healthy family I have.

# GUESTS

Alice Cary Hornum

Class 1916.

Went to Brownson Hospital <sup>in Kala</sup> for two  
years; - to Kalamazoo State Hospital  
in 1918 until present.

Am always happy to return to Battle  
Creek and meet with members of the  
group from the Sanitarium and College

# GUESTS

Peg Stans Sparks

to law 1916

Had charge of the diet Kitchen 1917-1918

Was married in 1918. Have two daughters  
Live at 75 Greenwood Ave. Keep house and  
do community work.



# GUESTS

Ella M (Kahn) Wilson year '15

Dr Kellogg said "you are the 1st dietitian  
in restaurant - experimental dietitian

retired now growing victory garden  
and trying to follow your teachings

Dr. Kellogg - may you live many more  
years we need you

# GUESTS

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.

# GUESTS

Edna Mae Leach - 1924 - B.S., 1930

Chief Dietitian - Weston State Hospital  
Weston, West Virginia.

Dear Dr. Kellogg - 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 Leach

# GUESTS

Beatrice Pierce Sykes  
15 Jericho Road

1928 B.S. 1931  
Battle Creek

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 —

# GUESTS

Orange Wilson Carpenter 1930 - 3 yr course  
1932 - Degree.

I am very proud to be one  
of your B.C.C. guests. We have  
had such nice times.

# GUESTS

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 Food Co. very  
much and am looking forward to <sup>helping in a small way</sup> ~~the~~ in the  
production of <sup>and more complete</sup> better foods for a bigger and  
better race.

Josephine F. Williams

1922-26 B.S., 1928-M.S.

Battle Creek Sanitarium 1926<sup>33</sup>  
in the laboratories  
1933-36 - own laboratory  
1936 - Battle Creek Food Co.,  
Director of Laboratories.

# GUESTS

Lenna F. Cooper.

Oct. 23, 1942

Montefiore Hospital, N. Y. City.

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

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

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.

# GUESTS

Oct 23-1942.

Mary Cooper Hansen

47 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.



# GUESTS

Oct. 23 1942

Louis Spague White  
186 Fremont St.

Belle Creek, Michigan

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

L. A. W.

# GUESTS

Oct. 23, 1942

Lattie Johnson  
50 Manchester  
Bauls Creek, Mich

Graduated from Bauls  
Creek College in 1932

I have enjoyed my  
work at the Bauls Creek  
Sanitarium and at  
Miami Bauls Creek  
very, very much.

# GUESTS

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.

# GUESTS

May L. Guatkin  
2540 E Michigan  
Battle Creek Mich

Patricia Walker  
Michigan T. B. Law.  
Gaylord Michigan  
Graduated  
Battle Creek College  
1926

Guth Guston Speer  
839 Keddinger P.O.  
Grand Rapids, Michigan  
Graduated 1928

Betty Cole  
Mountainide Hospital  
Montclair, New Jersey  
graduated 1928

# GUESTS

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# GUESTS

In memory of Mrs. John Henry Kellogg 91<sup>st</sup> birthday

J. Christensen	FD Ceresco Mich.
Mrs H. Robert Stevenson	Battle Creek Mich.
Ludwig W. Haas	" " "
John H. Haas	" " "
Mrs. G. M. Hunt, Sr	" " "
Mrs C J Sady	" " "
Estella Gertrude Norman	" " "
Huberta Shayer Doty	" " "
Peg Sparks	" " "
Clairie Kendrick	" " "
Lydia Mae Creevy	" " "
Bessie Allwardt	" " "
Mrs Stumpen	" " "
Hazel Deerey	" " "



# GUESTS

F. M. Arnold.  
 J. J. Kaverly.  
 Mr. + Mrs. Chas. Follette  
 John Trayner  
 Mrs. Clara Grapo  
 Mrs. Sarah Elliott  
 Mrs. Viola Smith  
 Mrs. P. E. Chiedo  
 Mrs. B. O. Waterman  
~~Mrs. G. H. Warburgh~~  
 Mrs. Carrie M. Gray  
 Mr. + Mrs. Gerford C. Carver

319 Champion St. B.C.  
 398 Main St. " "  
 R-2 Battle Creek  
 87 Grand St. B.C.  
 22 Wilkes St.  
 15 Lansing  
 69 Grand St.  
 R. M. Battle Creek.  
 64 - W. Rittenhouse  
 69 Grand Ave.  
 R-1, Chimax, Mich.



# GUESTS

Mrs M. Alice Ward

Mrs E. Roy

Mrs Lydia Kearney

Mrs D. P. Vosburgh

Mrs Ida M. Frazier

Mrs Clarence Harrison

Mrs Mrs Chas Phillips

Mrs W. R. Ford

Pearl L. Ford

Mrs Laura Eastman

Mrs Lila Laniff

Geo. Wilkes

Mrs Anna Adamson

148 W Van Buren St

24 Vale st.

45 Walters Ave.

21 Wentworth Ct.

15 Ennord St

302 Hunter Street

302 Hunter Street

39 East Ave South

212 Capital Hill

192 East Ave

331 Ave C

# GUESTS

L m m m

6 m m

Battle

Cress

Mr & Mrs F. J. Barbine

Mrs F. M. Arnold.

Mary a Stinger

Naomi Fowler

Mr Mitchell

Evel J. Boss

Mrs Anna Steve

29 Tennyson Ave

319 Champion St.

4 Rishon

43 Waller

Orin

171 Grove

R. 4 Box 113 B. C.

# GUESTS

Mrs Lucy J Marshall

Elsie J Yager

Lucile Yager

Byron L Hoyt

Mrs. G. H. Vosburgh.

Mrs. Byron Hoyt.

Mrs. Emma Meyer

Mrs Edith Goodman

Mrs. J. D. Breece

Mrs Minnie Standley

Mrs Fannie Wilkinson

Mrs C Ray

9 Groveland

500 N. Washington ave.

69 N Wabash ave

62 N. Ritterhouse

69 N. Wabash ave..

113 Somerset Ave.

25-1 Grove St.

53 Douglas

249 East ave

100 N McKendry

# GUESTS

Mrs Phoebe Leggett  
Mrs Ernest Babcock  
Ronald Babcock  
Mrs Corrie M Silcox  
Mary E. Bran-Smith  
and Cora Davis  
Mrs Lora Monfort  
Elizabeth Fox  
Jack Neil Hogan  
Mrs Anne Hebbard  
Mr. Joe Bentley  
Mr. LaQuay  
Elizabeth Hanson  
Evelyn

39 Franklin  
40 do Cass St.  
66 N. Union  
96 Palmyra St -  
Climax  
60 N Union St  
21 Courvois St.  
99 Sharon Ave.  
140 Howard  
99 Sharon Ave  
1575 N. Ave B. @. W.  
21. Courvois St  
Albin, Michigan

Name

Address

Edna M. Tomison,  
Franza D. Marten

Tulsa - Oklahoma

Tulsa Okla.

Nelle Longworth Lampell

Cambridge, Ohio

Doris H. Strange

Greenville Mississippi

H. C. M. Canby m.d.

Versailles Ky

J. S. Sorensen

Ponca City Okla

Jean Adelle

Toronto, Canada

H. Marten

Tulsa Okla.

*Date*

*Memoranda*

*Aug. 16*

*1934*

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Name

Address

Mrs Anna E. Boldyreff

124 Manchester St

Tatiana W. Boldyreff

" " " "

W. N. Boldyreff

" "

*Date*

*Memoranda*

Aug. 21

1934

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Name	Address
Mrs Benj. Martin	Muskegee, Oklahoma-
Mrs. Luther H. Tucker	Albany; New York
Luther H. Tucker	" " "
<u>JM Wilson</u>	Department of State, Washington
Benj. Martin	Muskegee Oklahoma
Mrs. D. R. Wilder	Atlanta - Ga.
* Mrs R Lewis Jones	Memphis Tenn. "
Mary C. Armstrong	Natchez; Miss "
Geo. W. Armstrong	" " " "

*Date*

*Memoranda*

*Aug 28*

*1934*

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*Aug. 28<sup>th</sup>*

*1934.*

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Name

Address

Mr & Mrs R. H. Dear  
Katharine Bible Green

Jackson Mrs  
Detroit Mich

Harry Lee Spencer

Waco, Texas

Miss Mittie Hornung

Waukesha, Wisconsin

Edith Stenue

Wichita, Kansas

Ernie Stowers

" "

Mr. Mrs. Willard Stenue

Detroit Mich.

*Date*

*Memoranda*

8-4-1934

9-4-1934

9-4-1934

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Name	Address
Harry T. Weber	Route 1, Morgan Rd, Clevel, Ohio
Martha Ruth Weber	do
Miss Mildred M. Jones	Route 1, Willow Street, Pa.
Dr & Mrs S A Zimmerman	32 S. 13 <sup>th</sup> St Harrisburg Pa
Dr. & Mrs. A. S. Salbreath	16 W. Marking Ln St. Huntingdon, Pa.
Mr & Mrs. J. A. Neilson	East Lansing Mich
Bernice A. Reed	N.S. Dept of Agr. Washington, D.C.

*Address* <sup>*Date*</sup>

*Memoranda*

September 12 1934

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September 12 1934

Name	Address
Orrington Miller	Columbus, Indiana
Nettie S. Miller	Columbus, Indiana.
Hugh H. Miller	Columbus, Indiana
Frederick M. Clark	Milford Conn.
Louis Goumy Esq.	Edinburgh Scotland
Larissa Dickie Stewart	Battle Creek & Albion
Minnie Iwin Sweeney	Columbus Indiana

*Date*

*Memoranda*

Sept. 25, 1934

" " "

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Name	Address
Martha Berry	Mount-Berry-Georgia
Jasper E. Clyburn & Co.	Waverly Penna
Samuel S. Hill	" " "
Anne R. Ferguson	Cleveland-Ohio.
Lee H. Ferguson	" "
Inez W. Henry	Mount Berry, Georgia.
C. R. Maulrod 3/15/49	Washington 12 DC
C. J. Mathison MD	Wayzata Minn

Name

Address

A. Bradford Lewis  
Jennie June Lewis (his wife)  
~~Harriet Wie de hooft~~

St Louis.

Mrs Henry C. Haden

Houston, Texas.

Mrs. E. A. Walker

Oklahoma City, Okla.

Stening

Pittsburgh

Genl Edward Day

Baltimore, Md

E. A. Walker

Okla. City Okla

Dr. Chas. S. Ryan

Ashville, N.C.

Eva Tyner

Holland, Michigan

Hazel Mae Williams Davis

Tangewood School, Olivet Mich

Sept-4<sup>th</sup> 1935

Name

Address

Harry Lee Spencer

Waco, Texas

Mrs. F. M. Seymour

Boston Mass.

Mrs. R. B. Spencer

Waco Texas

Mr. James H. Donald

Wyoming - Fort

Mr. Harry Asen Albert

Burklyn. N. Y.

Mrs. J. Edwards

Jacksonville Fla

Dr. L. J. Pringle

St. Maladies, Quebec

Mrs. Dr. L. J. Pringle

" " " "

*Date*

*Memoranda*

*Sept. 4, 1935*

Name	Address
Mrs Anna J. Cotton	Houston Tex.
Mrs Simon Dudley - Chittenden	Tallahassee - Fla.
Mrs Emma P. Wheeler	Delaware Miss
Mrs J. Tibbatts Pittsboro	Winnipeg Canada " "
St. Brytlin	Atlanta, Ga.
Mrs Robert Army	Jackson, Mississippi
S. H. Wheeler	Decatur Miss
Mrs Underwood Hayes	Horseshoe Texas

Name

Address

Virginia Hoffman

Philadelphia Pa.

Marcelin. Garcia

Havana, Cuba

Dr E. Campodónico

Lima, Peru

Mrs. M. L. Bouchau, Jr.

Clinton, New York.

Robert A. Yarrington

Richmond Va.

W R Ronald

Mitchell, S. D.

Francisco Garcia

Havana, Cuba

Ward C. Foster

Miami and New York

Charlotte B. Huey.

West Chester Penna

June 1936

Name	Address
Rosa C. de Pons Mrs. Wm H. Austin Mr & Mrs C. M. Grinn	540 W. 136 St NYC Cleveland O New Orleans La
J. M. Montemayor Mrs. F. M. Seymour	Hidalgo Pte 578 Monterey Ave Boston Mass.
Robert W. Seymour M. G. Ginn	" New Orleans, Louisiana
Edna Sutton Smith Lanier Janet Pitten	New York N. Y. West Point Ga Huntington L. I.

Name	Address
Mrs. Charles M. Fisher	London St. Petersburg Intern.
Geo. F. Schneider	London to Petersburg Overseas
S. J. Keywell	18215 Parkside ave. Detroit
Mrs Charles A. Rolfe	613 North Palm View Beverly Hills Calif.
Mrs. S. G. Keywell	18215 Parkside av. Detroit, Mich.
Mr. Jerald Franklyn Walton	2750 Longview Ave. Pasadena Calif.
Jerald F. Walton	" " " " " "
Mrs P. H. Ströhmecker	40 Rockledge Dr. Pelham Mass. U.S.A.
Mrs. Allen M. Klages	5525 Beverly Place. Pittsburgh Pa.



*Name*

*Address*

*Barbara B. Davis*

*Olivet, Michigan*

*Ann Davis*

*Olivet, Michigan*

Name

Address

Jean Picard  
Jeanneth Picard

Minneapolis, Minn.  
1445 East River Road

*Date*

*Memoranda*

August 25 1937

Name	Address
Mrs. Carrie Runnels	345 Graham St Grand Rapids
Mrs J E Macgregor	1333 Sherman St.
Zinna Luten	233 Summer Ave " "
Mrs. E. E. Hetwiler	45 Cutler St. S.W. " "
Mrs John F. Clark and Son	1859 Horton Ave
Frances M. Sterling	1815 Horton Ave. " "
Charles Macanley	1747 Paris Ave S.E. G.R.M.
Mrs. G. A. Pinner.	644 Fuller Ave. R.E. "
Mrs. Mae Hertzler	206 E. Burton St.
Mrs John B Carpenter	2670 Alpine Ave N.W. G. R. Mich

Date

Memoranda

Aug. 28 1937

Thanks for the entertainment

" " "

" " "

" " "

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" " "

" " "

Wonderful time,

Thanks a lot.

Grand Rapids mich

You are a wonderful man.

Name	Address
Mrs. Mary Spaine Foy Mary E. Clark.	Sanitarium, Battle Creek <sup>Mich.</sup> Hanover, Mich.
Maudie Hall,	Battle Creek Mich.
Nellie H. Brackett	Battle Creek, Mich
Maie E. Thomas	Juneau Alaska
Mr. & Mrs T. H. Midgley	Hillsdale Mich
Mrs Iva Crawford Gardner	75 Hudson Ave City.
Mrs & Mrs W. W. Rose	Battle Creek R.D. 6
Mrs. Hattie Bennett	16 Wilson Ct. City.
Leatha Henke Caulston	R.R. #1, Palauyoo, Mich.

Name

Address

Dorothy Mulder Platt

Battle Creek, Michigan.

Ruth French Hoff

Battle Creek, Michigan

<sup>White</sup>  
Virginia Milhaud

Battle Creek, Michigan.

Anne Blackmore-Logan

Battle Creek, Michigan.

Lennie ~~Travis~~ Dausell

Battle Creek Mich

Effie L. Lynch

Kellogg Hall

Margaret L. Stays

Battle Creek - Mich.

Ruth Tappan

" " "

Jennie Clarke

" " "

Anne Alderson Royal

" " "

Name	Address
Kay Cole Weatherway	314 W. Green St Marshall Mich
Marion Richmond Jones	113 N. Jefferson, Marshall, Mich
Bernice Carey Leslie	31 Lincoln St. Battle Creek
Luis Thomas Jones	264 N. High St. Chillicothe, O.
Ella Mae C Palmer	Sanitarium
Daisy Bishop Fiske	Tulloch Hall
E Hamilton Fiske	do -
Greta May Fleming	68 Guest St Battle Creek Mich
Estelle Eggleston Cummings	, 45 White St " " "
Mabel Eubank Jones	11 Central St " "



Name	Address
Ann Norworthy McCampbell	120 Frelinghuysen, Battle Creek
Ruth Harney Aagaard	160 Howard St. Battle Creek.
Raina G. Fournad	'B.C. Sanitarium
Sarah O. Nielsen	411 Newry St. Jernak. Wis.
Bertha Krishnan Babcock	1739 N. Mich Battle Creek
Esther A. Rogers.	20 Thorne St. Battle Creek Mich.
Alva Phipps Foote	99 Bowen Ave " " "
C. J. Foote	" " "
Mrs Hattie Dunbar	14 Walnut Ave <u>City</u>
Goldia Adams Walker	Richland, Mich

Name	Address
V. O. Aagaard	160 Howland St. Big
Inez M. Spurgeon	N.S.V.A. H. - Knoxville, Iowa
Mrs. Berie Miller Burmister	Civil Eng. Dept. Columbia Univ. New York City.
Mrs Leah Flowers	9 Howland Place, City.
Miss Adelle Merritt	182 West Duch. Ave. <del>3rd</del> <sup>4th</sup> <del>St.</del> <sup>Clap</sup>
Luelle Starbuck Cummings	270 Manchester City.
Ruth Ackerman Sutton	Albion Mich
Elizabeth Stakeley	206 N. Washington Battle Creek
Nelda Huir Harris	210 Howland St., City.
Bernice Outlaw Davis	99 Manchester City.

Name	Address
Muriel Clouse	64 Grant St. City
M. Roskopf Wernam	41 S. Cedar Ave. City
Mrs Bernice Goodrich	719 W Van Buren City
Mrs Edith Rice	100 James St City
Mrs. Gueneyth McCormick Laird	68 S. La Vista Blvd. City
Martha Ann Comfort	Battle Creek Sanitarium
Shirley A. Nicklsey	Battle Creek Sanitarium
Edith Coono Wallace	53 Elizabeth St. Battle Creek
Ruth Weir Breslin	13 Bennett St Battle Creek
Bernice Frey Mapey	319 Sherman Av. Michigan City, Ind.

Name

Address

Gubinda Slainis Gamble

55 Grand Ave. City.

Delores Wonders Shilling

Sanitarium City

R. J. Gamble.

57 Grand Ave. City.

Susanne Rudy Campbell

88 Iroquois Ave.

Caroline R. Kurtz Miller

168 N. Wood St. B.C.

Irene Sabin Thoma

Sanitarium

Lillian Peachey

35 Magnolia Ave. B.C.

Mildred Church Kizzip

190 Eldred Ave B.C.

Katherine Puller

678 Emmett St. B.C.

Nils C. Bylund, M.D.

107 Greenwood Ave,

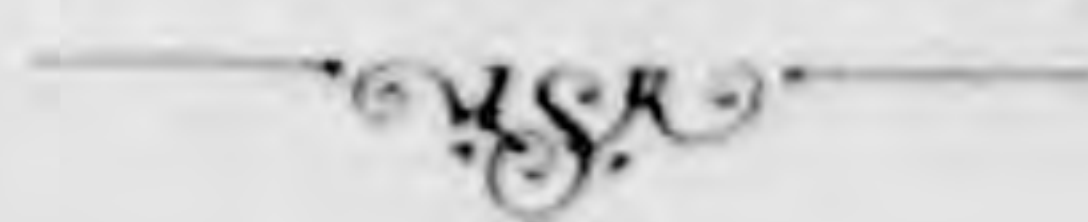
The Mrs Stewart who is here tonight is formerly of Battle Creek. She is making her home at the Sanitarium now. Her husband was a prominent lawyer.



Sept. 25/34

*The* BATTLE CREEK SANITARIUM  
BATTLE CREEK, MICHIGAN

GUEST STATIONERY



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.

Name	Address
Mrs. Nils O. Byland	107 Greenwood Ave.
Elizabeth Thomas Gwin	702 W. Walnut St. Hastings Mich.
Ethel Francis Dykes	515 East 18th St Cheyenne Wyo
Bernice Berd Wymon	Cresco, Mich R.R. 1
Hensie Peggy Whimer	56 West St. Battle Creek
Mrs. May Pinckston Sharp	Bashaw, Alta. Canada
Mrs Ruby Munnie Morrison 1919	Haileybury Ont. Can.
Mrs. Adair Hiller Thwaite	Santa Ana, California
Mrs Margaret Walde Sheldon	131 Walter Ave B.C., Mich
Mrs Edith Frances Fackler	31 Riverside B.C. Mich.

Name	Address
Edw. F. Bohner	102 Greenwood Ave B.C.
Hope Gregory Hayde	1431 Thomas St. St. Paul, Minn
Gladys Lichtmwater	359 Union St. Joliet, Ill.
Stella Hiatt Thiele	819 Cornelia Ave. Chicago, Ill.
Miry Jane Miller	Sanderson B.C.
Lillian Elizabeth Lowell	9 Burnham Ch. D.C.
Cecilia Linn	131 W. Van Buren
Beth Lancerman	Kellogg Hall, Battle Creek
Gladys H. Hunt	12 Myrtle, Battle Creek.
Dorance Apple Swaddle	Albany County Public Health Nurse Yoshen, Indiana.

Date

Memoranda

Elizabeth Klein-Hobbs Battle Creek  
Family Trees, class of 1891.

Lenore Shuckar, McCoy 1924.

Wazel Black Battle Creek

Lair Osborn-Koons Caldwell Mich 1900.



*Name*

*Address*

*Mrs Emery*

*Lake Wales Florida*

Name	Address
Hallie Holden	29 Ferndale Ct.
Bernice Goodrich (1913)	154 Chestnut St.
Dorothy Binder Jansen	R 2 Box 50 Augusta Mich
Alice Jones Rix	42 Manchester St. B. C. Mich.
Gertrude Blank	58 Grand Ave. B. C.
Alice Warren	Newton N. J.
Leila Connor Moore	265 Bellfontaine Ave Marion, Ohio
<del>Mary Jane Allison</del>	42 Manchester St B. C.
Bessie E. Newton	64 Green Ave. Madison, N. J.
Carol Klenk	Stirling, Mich.

*Date*

*Memoranda*

May 2 - 1944

" "

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" "

*Name*

*Address*

*Alicia Kay Byland*

*107 Greenwood Ave*

*Date*

*Memoranda*

May 2<sup>nd</sup> 1944

Neola M. Tomlinson - Asst. Dietitian  
Christ Hospital  
Jersey City, New Jersey

Marion G. Reel Home Keeper  
205 Kalamazoo St. - B. C. Mich  
Edith Dullabahn Snyder  
74 Sherman Road - B. C. Mich.

Helma Key - Kansas, Ill.

M. Myrtle Evans  
45 Kay St. N., Hamilton, Ontario.

Mildred C. Wiese  
333 West College St., Oberlin, Ohio.

Lera Rogers Skedel, 1925  
159 Fremont St.  
Battle Creek, Michigan.

Mabel Agnes Bailie,  
Kellogg Hall, Battle Creek, Mich.

Maria J. Klute - 1913  
333 - 15th St  
Richmond Ind.

Alice E. Ryder  
State College for Teachers  
Albany, N. Y.

H. Ovidene Matter  
Misericordia Hospital  
Philadelphia  
Penn

Olevia Hallorvell  
Sau-  
Batté Creek.

Huberts Shayer Doty and James Ann  
Batté Creek

Fern Ferguson.  
Z. L. C. C.  
Massillon, Ohio.

Mildred Pennell Niedeman  
Bryan, Ohio

Katherine B. Peggarr  
Dietitian, Sanitarium Hospital  
Battle Creek, Mich

Lowis Barber  
Kellogg Hall, Battle Creek, Mich.  
Instructor in Child Nutrition, B.C.C.

Lawrence Clark Kullbert  
241 W. Territorial Rd.  
Battle Creek, Mich

Julitta Erwin Ellsworth  
215 N. Kendall - Battle Creek

Bertha A. Damon,  
Damon's Tea Room  
1848 Coventry Rd  
Cleveland Hts., Ohio

Frazer Wood Manwin

2704 Rochester

Detroid, Mich

Lida Carpenter Smith  
Dietitian  
Newberry State Hospital Newberry  
Mich



Therese Day Buckner  
(M.J. 13) Washington D.C.  
Rockford Ill.

Catherine Noel Whanger  
1300 Broadview Ave.  
Columbus, Ohio.

Bessie Dillingham Coleman  
114 College St.  
Battle Creek, Mich.

Norma Algerier Lewis  
25 Manor Rd. E. Toronto Canada.

Dorothy Martin  
Kellogg Hall - Battle Creek, Michigan  
Lillian LeWhite  
Kellogg Hall, Battle Creek

Ella Marie Eck  
Sutton - Blodgett Memorial Hospital  
Grand Rapids, Michigan.

Mary Harman

Lecturer. Butterworth Hospital

Grand Rapids ✓

May A. Burt

McCormick Y.W.C.A.  
Chicago, Ill.

Margaret Royal Wheeler '21  
Shelby, Michigan

Joseph A. McGinnis  
Y.M.C.A. Kalamazoo, Mich. —

Edna Rodaway,

" Dining Service, Illinois Bell Telephone Co  
Chicago, Ill.

Neva E. Wiseman

The Halper Hospital

Gallopis, Ohio

Iida Jean Jain  
The Battle Creek Food Co.

Thelma Wilhite Hill  
Childs Research Dept.  
Childs Restaurant Co.  
N. Y. City

Rita Schmidt  
Battle Creek College

Pauline Goodhabe Eggleston  
1130 Parker Ave  
Detroit.

Mary L. Guwaker  
240 E. Michigan Ave.  
Battle Creek, Mich.

Mildred Moore  
Dayton, Ohio.

Mrs Bessie Lord  
2136 Market St  
Jacksonville Fla

Doris Kervell  
Norwegian Hosp.  
Bilbryn N.Y.

Uhel Morrison,  
San., Battle Creek.

Hannah Halperin  
Ed. Hines Jr. Hospital  
Hines Ill.

Florence Browne Coburn  
Edw. Hines Jr. Hospital  
Hines, Ill.

Almina Brossius  
Fort Mackenzie,  
Sheridan, Wyo.

Mrs. Lydia (Sprunger) MacCreery  
52 Howland St.  
Battle Creek, Mich.

Marion N. Piper

Kellogg Company Cafeteria  
Battle Creek Mich.

Abbie Tompkins

Res. 4020 - Bank St. Allen Normal School  
Batavia, N.Y. Thomasville, Va.

Pauline J. Burley

18 Lexington Place  
Pontiac, Mich

Marquieite Stans Sparks

25 Bowen Ave Battle Creek Mich  
Housekeeping

J. de J. Schuman Reed

4522 So. Blaney

Housekeeper. Louisville Ky.

Beatrice C. Reese

Kellogg Hall

Battle Creek Mich

Clara (Van Swingen) Sherwood Mrs. H.A.  
Kalamazoo Mich (RR 12)

Harriet (Ashley) Rice (cr.)  
1320 Burr St.  
Battle Creek, Mich.

Esther Beach MacFarvey  
Dearborn, Mich.

Mary Strong Jeffers  
Oil City, Pa

Fyale Cornish Brightman  
184 Rocky River, Dr.,  
Berea, D.

Ann Lillian Littell  
7601 Essex Av.  
Chicago, Ill.

Medea Josche Carmi  
1015 Heyton Rd.  
Cleveland Heights  
Ohio

Laviet Grant

Sanitarium

Battle Creek, Michigan

Mary Hanna

"The Oaks" Oxford Penna

Katherine Melody

Main Hospital

Buffalo, N. Y.

Mary Gibson Durand

2034 Cregier Ave

Chicago Ill

Margery Vaughan

Nutritionist, American Red Cross

St. Louis, Mo

Catherine Vaughn

Sanitarium Dietitian

Battle Creek, Mich.

Mildred Duncombe Speed '17  
(housekeeper) Twinsburg, Ohio.

Charlene Burgess Eliason, '16  
Centerville, Indiana.

Alice Cary Norman '16  
Kalamazoo Mich

Kathleen Doster  
teaching at Postopia. O.  
Greenfield. Ohio.

Annette Buchanan Schlater '21  
Whiting, Indiana

Margaret Ruth Spurr '25  
teaching Home Ec., Jr. High, Jackson, Mich.  
Joliet, Illinois

Margaret Auman '28  
Assistant Food Director, University of  
Michigan, Ann Arbor.

Grace Bartner  
company work  
Detroit Mich.



Lela Beechel - Kippley  
(House wife) Battle Creek Mich  
Ernestine Salmeri '24 Asst. Manager Dept. Store  
New York City.

Clara Prill Dammbrink (Housewife) '24  
472 Gramatan ave., Mt. Vernon, N.Y.

Mary E. Herbert  
Battle Creek Sanitarium

Mildred Adams (Gross)  
Detroit, Mich.

Olivia J. Henderson '27

Dist. W.A. Fort Memorial Hospital  
Jackson Michigan.

Anne S. Kenworthy '27  
Battle Creek Sanitarium

Maria C. Ledger '24  
Mission. Alliance. Ohio

Isabel Beth  
Cleveland, Ohio

Mildred Jones '23

Sanitarium  
Battle Creek.

Madeline Mower Bredt '22

504 Keech Ave  
Ann Arbor Mich (A Mother  
Housewife)

Mabel Lanson

Sanitarium  
Battle Creek

Emma Cook

Sanitarium  
Battle Creek

Ruby Keith Wheeler

Battle Creek

Ide McGuffey McCully

320 Euclid Ave.

Greensburg, Pa.

Dora M. Jost,

204 N. 1st Street,

De Kalb, Illinois

# *Elite Guest Book*



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

Nurses at Dr. Kellogg's, June 12, 1924

Name

Address

A. N. Attebery

1905

Ooltewah Tenn

Mia Haysner-Attebery

1902

"

May A. H. Sealy

1910

Alice M. Phillips

Mrs. L. F. Ball (M. Marsh)

1899

Boston, Mass.

Ruraland, Wt.

Mrs. Ruth Wier Bresler

1917

Battle Creek Mich.

M. Catherine Roberts

1918

Detroit, Michigan

Elsie M. Strutz

1920

Detroit Michigan

Mr. David Kelley

Shelby Ohio

Emaline Bender Kelly

1916

Battle Creek, Michigan.

Name	Address
Greta Wolf Fleming 1916	Battle Creek, Mich.
Margaret Van Eaton Martin 1917	Xenia Ohio
Ethel M. Bocher	Lorland Colo.
M. Phyllis Brown Federspill	Detroit, Mich.
Mrs. Mildred Parrish Roth 1906	Decatur, Mich.
Harriett W. Youngburg 1917	Buffalo, N.Y.
Mrs. E. Steven Heber 1900	Benton Harbor Mich
Ruth S. Jappan 1916	Battle Creek, Mich.
Ruth J. Keecker 1918	East Orange N.J.
Mrs. Della King Christofferson	Waupaca Wis.

Date

Memoranda

Pg Chusloffusa

Waukegan Wis

Clara Shafer Beach Battle Creek Mich

Name	Address
Philine E. Kreameer	Detroit, Mich
Lucille Denton	Sanford Fla.
Elizabeth Morgan	Battle Creek
Kittie E. Griener	Madison Wis.
Edith Linnon Heller	Cambridge Ohio
Estelle Eggeston Cummings	Battle Creek Mich
Louella Starbuck Cummings	" " "
Daisy Bishop Fiske	Battle Creek Mich
Hallie Alder	Walled Lake
Anna B Alexander	Battle Creek Mich



Name	Address
Clara Wood	St Petersburg Fla.
Mrs Eugene H Moore	265 Bellefontaine Ave Marion O
Mrs F. B. Fifield	Milwaukee Wis.
Emily Stevens	San Anna. B. C.
Dorothy Bieder	Aurora, Ill
Mrs. H. L. Wilbur	Granby Mo
Mrs. R. Peck	Washington, Ind.
Adaide Wilson	Detroit, Mich.
Mrs C. W. Vick	Kalamazoo Pa.
Hilda E. Wagner	Lowell O
Elvie Smith	Toronto Canada

Name	Address
Nina Merritt	Maple Street Hospital
Nellie V. Gorton	Ypsilanti, Michigan
Blanche Edwards	Law.
Aivilda Nicolay	Dawson Pa.
Ellen B. Paulson	Hinsdale Ill
Louise Peterson	Mitchell S. D.
Rothilda Olson	" " "
Sarah Nielsen	Greenock, Wisconsin
Bess Esthuae Becker	102 Greenwood B.C.
Virginia Pyle Worrell	Fort Wayne Ind

Name

Address

Mabel Winsor

Battle Creek, Mich.

Hazel Robinson Cain

Port Huron, Mich.

Mrs. Lora Bishop

Battle Creek, Mich.

Mrs. Lucille Murphy

Mattawan, Mich.

Miss Emma Reitz

Bellever, Ohio

Florence Farren

mt. Pleasant, Mich.

Mrs. Lou Cynouth

Battle Creek Mich

Mrs. W. A. Fynire

Congo Belge, Africa.

Mrs. W. P. Cranner

Hopkinton Iowa

Mrs. J. F. ~~Knapp~~

Port Huron Mich.

Date	Memoranda
Mrs. Olive Schermerhorn	Battle Creek, Mich.
Ada Christman Sloan.	Pasadena, Calif.
Gladys Liechtenwatter	Joliet, Illinois.
Lelia Pedicord	Battle Creek, Mich.
Clara Mutschach	Battle Creek Mich
Helen Faouz	Hughesville Penn.
Mrs A. B. Batha 367 N. Broadway Glendale Calif.	Glendale Calif.
Chas Schick Maurer 117 Lakewood City.	Lakewood City.
Bertrude Frasin Chichester Indianapolis Ind.	Indianapolis Ind.
Mary Anderson - Logel, 71 Prentiss St., Battle Creek, Mich.	Battle Creek, Mich.

Name

Address

Anna Mary Smith

1413 Calton Ave Elmside N.Y.

Mary M. Miller

Elizabeth West

Amelia Larren

59 Hill ~~St~~

Mae Dorrance

New Concord

David M<sup>r</sup> Donald

Walta, Colo

Ira Rice

Minerva, Fla.

James Maria Campbell

Warden, Ontario Canada

Daise L. Reichline

Bellefonte, Pa.

Margaret Mae

Kalamazoo, Mich.

Frances Elaine Hart

Champaign, Illinois

Date

Memoranda

Alice L. Ellis

Milton Oregon.

Edna Roe Newton

Pittsburgh Pa

Frieda Crane

Cincinnati, O.

Hannah Crane

Cincinnati, O.

Mrs. Ohio Sheldon.

Lansing, Mich.

Mrs. Jennie Chively

208 Pine Penna St.

Mrs. Anna Bremer Morris

Hinsdale Ill. Ill. Sav.

Mrs. Mary Johnson Parker.

Hinsdale Ill. Ill. Sav.

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. Belker.



Aileen Mosby - class of '24 - Judson College  
Marion, Alabama

Louise Cooper - Date of '26 + '28 Fort Wayne, Ind.

Amabel Husted - '26-'30, Battle Creek, Central Jr. High.

Blanche H. Chapman - 1927 - Phillips High School  
Birmingham, Ala.

Ruth Martin - 1923 - Battle Creek Public Schools.

Evelyn Schuster - '26 - { Marygrove College  
'27 - M.A. - { Detroit, Mich.

Ida Stockham - Rooster '29. Tempeld. Mich.  
D.C. Sanitarium.

Norma A. Miner '30 - Fremont, Mich.

Margaret Hill '30 - Piqua, Ohio

Evelyn Downey 1922 - 221 East Cedar St.  
Springfield, Illinois.

Dear Dr. Kellogg -

I have had many interesting experiences within the last eight years resulting from my connection with the B.C. Sanitarium - The most recent was I was hired as Camp Director on Lac Annecy, France, last summer because I knew Sanitarium foods and especially how to give melted nuts to children - This was a beautiful camp in the French alps near Chambourx + Mont Blanc. B.D.

Mathilde C. Messner

Battle Creek Sanitarium 1917-1930

Grace E. Quedquist.

1917

Nauegan Township High School,  
Nauegan, Illinois

Lela Burton Wyszka.

Summing Trustees

Battle Creek Sanitarium 1916-1930

Ethel Nelson Thompson. Class of 1916.

Reshtigs, Wis.

Ones Kirk Relyea - 1916

La Porte, Indiana.

Wanda Newman Gunn (Mrs C. E.) 1916

Carbondale Ill.

Ignatz S. Wrie, M. D. S.

Class of 1917.

Edna von Pein Harris

Richmond, Indiana 1916

Felle Lyman Leubert 1916

Cuyahoga Falls, Ohio

Leroy F. Sparks - 1918 - B.S. 1929 - B.C. Sanitarium

Matilda G. Hugg 1918 - Akron, O.

Paul Roth Battle Creek Mich.

Mildred Shauldie " " "

Marg E. Hill Class of '24  
Cherokee, Iowa

Jane Guden Webb, Class of '22  
Ralfe, Iowa

Mary M. Eilola - class of '25.  
Hancock, Mich.

Ellie Mouson Bell Class of '28  
Detroit, Michigan

Mildred Trout Day - '25  
Marion, Ohio.

Lora L. Hoppough  
Battle Creek College

Linda Gage Roth - '15-'30  
Battle Creek College.

Mineva W. Cheahire 1915

Columbus, Kansas

Director Cherokee County Community High School

Mathilde C. Mesonen

Battle Creek Sanitarium 1917-1930

Grace E. Gundquist. <sup>1917</sup>  
Naukegon Township High School,  
Naukegon, Illinois

Lela Burton Wyszka.  
Summing Instructors  
Battle Creek Sanitarium 1916-1930

Ethel Nelson Thompson. Class of 1916.

Perhtigo, Wis.

Armas Kirk Relyea - 1916

La Porte, Indiana.

Wanda Newman Gunn (Mrs C. E.) 1916  
Carbondale Ill.

Ignatz S. Ulrie, M. D. S.,  
Class of 1917.

Edua von Pein Harris  
Richmond, Indiana 1916

Felle Lyman Leubert 1916  
Cuyahoga Falls, Ohio

Elaine Dickman Jackson 1919  
238 Maple St. Battle Creek Mich  
Allan White - 1600 Kellogg Hall  
Battle Creek, Mich.

Gilbert Pierce - 1925  
Purdue University  
Lafayette - Ind.

Margaret Elder Parker (Mrs. Dowd)  
108 Highland Ave.  
Battle Creek.

Effie Hilt '24  
W. Med. Gym.

Mabel Eavenport '19  
W. Med Gym.

Margie Feeney '26  
East Lansing, Mich.

Myrtle Eldredge '20  
Dayton, Ohio.

Camilla McLean 1923  
Wayton, Ohio.

Loris Rowley 1922  
Wayton, Ohio

Bertrude Estell 1917.  
Battle Creek, Mich.

Grace Luther Patrick - 1908  
Kansas City, Mo.

Dorothy Mary Calhoun - 1930  
York, Pennsylvania

Erma Evely Fey. 1916  
1792 York Blvd., Dearborn, Mich.

Madeline Snow-Howard '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 Hemilton 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-**

**POSITIONS HELD -- 1912-1915 State Normal School, Edinboro, Pennsylvania.  
1915-1918 Instructor, N.S.P.E., Battle Creek, Michigan.  
1919-1921 Supervisor Public Schools, White Plains, New York.  
1921-1926 Director Health Education, Teachers' College, East  
Stroudsburg, Pennsylvania.**

**DEGREES -- B.S. in Education, 1928, 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**

**POSITIONS HELD -- Private Practice, Park Ridge, Illinois.**

**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 Alsup**

**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 -- Lynbrook High School,  
Longbrook, Long Island, New York.

NAME -- Erma Exley Fey

CLASS -- 1916

PRESENT OCCUPATION -- First Assistant in charge of girls Phys. Ed. Southeastern  
High School, Detroit, Michigan.

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 Senbert**

**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.**  
" " " " Marquette, Wisconsin.  
**Playground Director, Milwaukee, Wisconsin.**

**DEGREES -- None**

**MARRIED**

**CHILDREN -- Two boys**

**PRESENT ADDRESS -- Pestego, 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,**  
**Worcester, Mass.**

**NAME -- Alice W. Frymir**

**CLASS -- 1917**

**PRESENT OCCUPATION -- Field Representative, A. S. Barnes & Co. Publishers**

**POSITIONS HELD -- Public Schools, Salem, Ohio.**

**State Teachers College, Manisato, 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 Steketee & 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.X. Teachers College, Columbia University, New York City, 1924.**

**SINGLE**

**PRESENT ADDRESS -- Steketee 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  
Schol, 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 -- 58 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  
Taught Gym. Wm. Smith College, Geneva, New York, 1923.**

**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.  
Head of Phys. Ed. Dept. Albion State Normal School, Albion,  
Idaho, five years.**

**DEGREES -- B.S. Battle Creek College, 1930**

**SINGLE**

**PRESENT ADDRESS -- Irving, Kansas.**

**NAME -- Elsie D. Anderson**

**CLASS -- 1918**

**PRESENT OCCUPATION --**

**POSITIONS 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**

**POSITIONS 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.**

**POSITIONS HELD -- Head of Dept. of Phys. Ed. Central High School, Grand Rapids, Mich.  
" " " " " " 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 OCCUPATION -- Teacher**

**POSITIONS HELD -- Supervisor Phys. Ed., 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 OCCUPATION -- 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, Meauauonie, 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 -- 278 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**

**PRESENT OCCUPATION -- Teaching Phys. Ed. Hamilton Jr. High, Long Beach, Calif.**

**POSITIONS HELD -- Phys. Ed. Grand Rapids, Mich.  
" " 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**

**POSITIONS HELD -- Phy. sec. Y.W.C.A., Moose Jaw, Sask. Canada.  
Phy. Sec. Y.W.C.A., Danville, Illinois.  
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.**

**POSITIONS HELD -- Medical Gym. Battle Creek Sanitarium, 1920-1923; 1928.**

**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, 1924-1928  
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., 1923-23  
University of Oregon, Eugene, Ore., 1924-28  
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 E. 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,  
Geneva, New York.**

**NAME -- Aileen Moody**

**CLASS -- 1924**

**PRESENT OCCUPATION -- Teaching**

**POSITIONS HELD -- 1924-27 Director Phys. Ed. Nordlam High School, Birmingham,  
Alabama.  
1927-30 Director Phys. Ed. Judson College, Marion, Alabama.**

**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-Siggins

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, Oltunwa, Iowa,  
Supervisor of Grades.**

**POSITIONS HELD -- Forrest Public School, Forrest Illinois.**

**DEGREES -- B.S. Battle Creek, 1929.**

**SINGLE**

**PRESENT ADDRESS -- 120 W. Union,  
Oltunwa, 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 Arnova 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 Gymnasium**

**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**

**PRESENT OCCUPATION -- Teacher of Phys. Ed. Harding School, Kalamazoo, Mich.**

**POSITIONS HELD -- June-Aug. 1926 Playground work in Des Moines, Iowa.**

**Sept. 1926-June, 1928 Teacher of Phys. Ed. and Health in**

**Sept. 1928-June, 1930 " " " " " " Health in**

**Des Moines**

**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**

**POSITIONS HELD -- Instructor of Phys. Ed. Buchanan High School, Buchanan, Mich.**

**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. Champen "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 Willey 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**

**PRESENT OCCUPATION -- Phys. Ed. Instructor, Grand Rapids, Michigan.**

**POSITIONS HELD -- Camp Councillor, Camp Tanadoona, Minneapolis, Minn.  
Instructor in Med. Gym. Battle Creek Sanitarium.  
Phys. Ed. Teacher, Grand Rapids, Mich. two years.**

**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.**

**DEGREES -- B.S. Michigan State Normal College, Dec. 1929.**

**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.**

**NAME -- Ida Stockham**


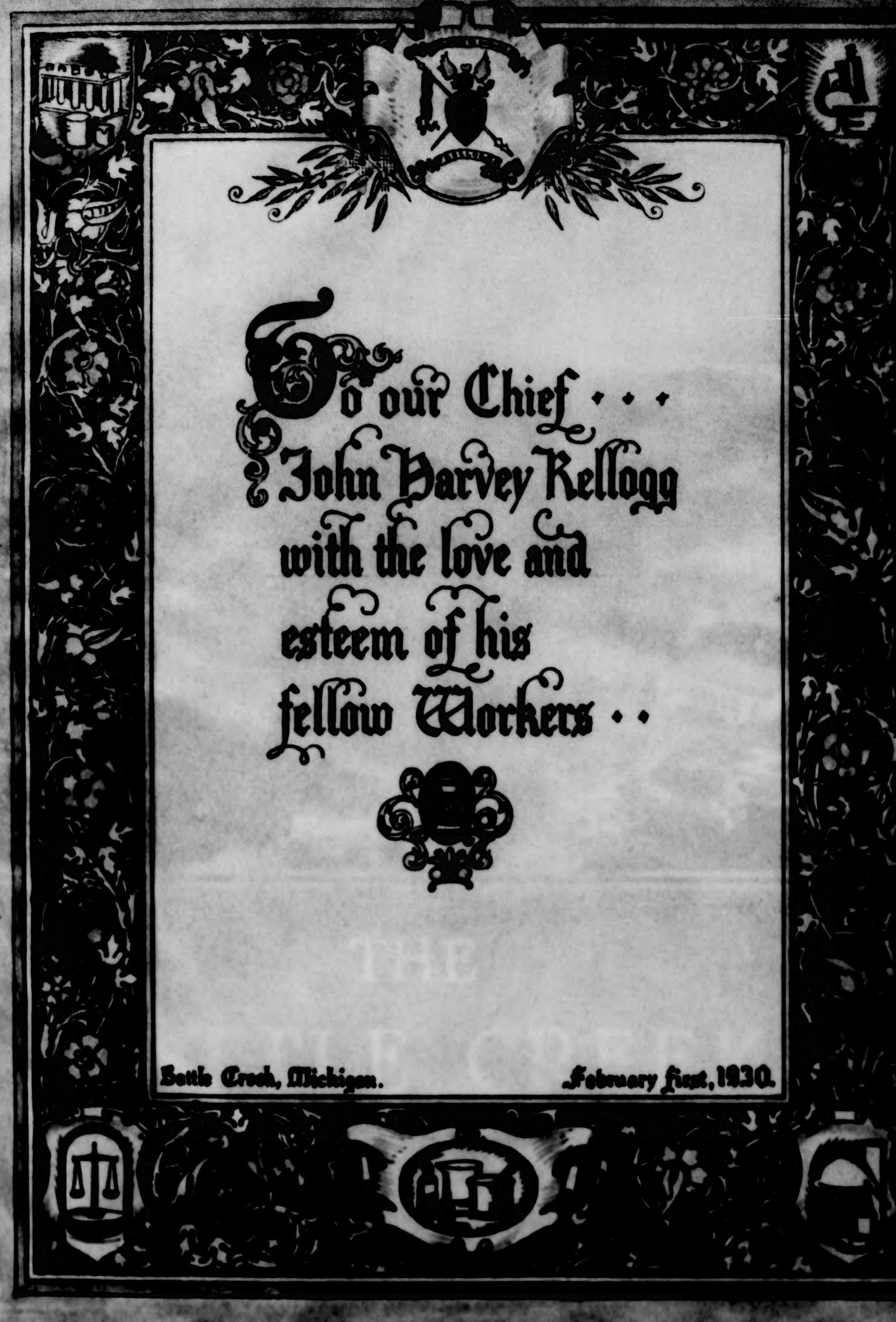
**CLASS -- 1929**

**PRESENT OCCUPATION -- Instructor in Women's Medical Gym. Sanitarium**


**DEGREES -- None**

**SINGLE**

**PRESENT ADDRESS -- Box 109,  
Battle Creek Sanitarium.**

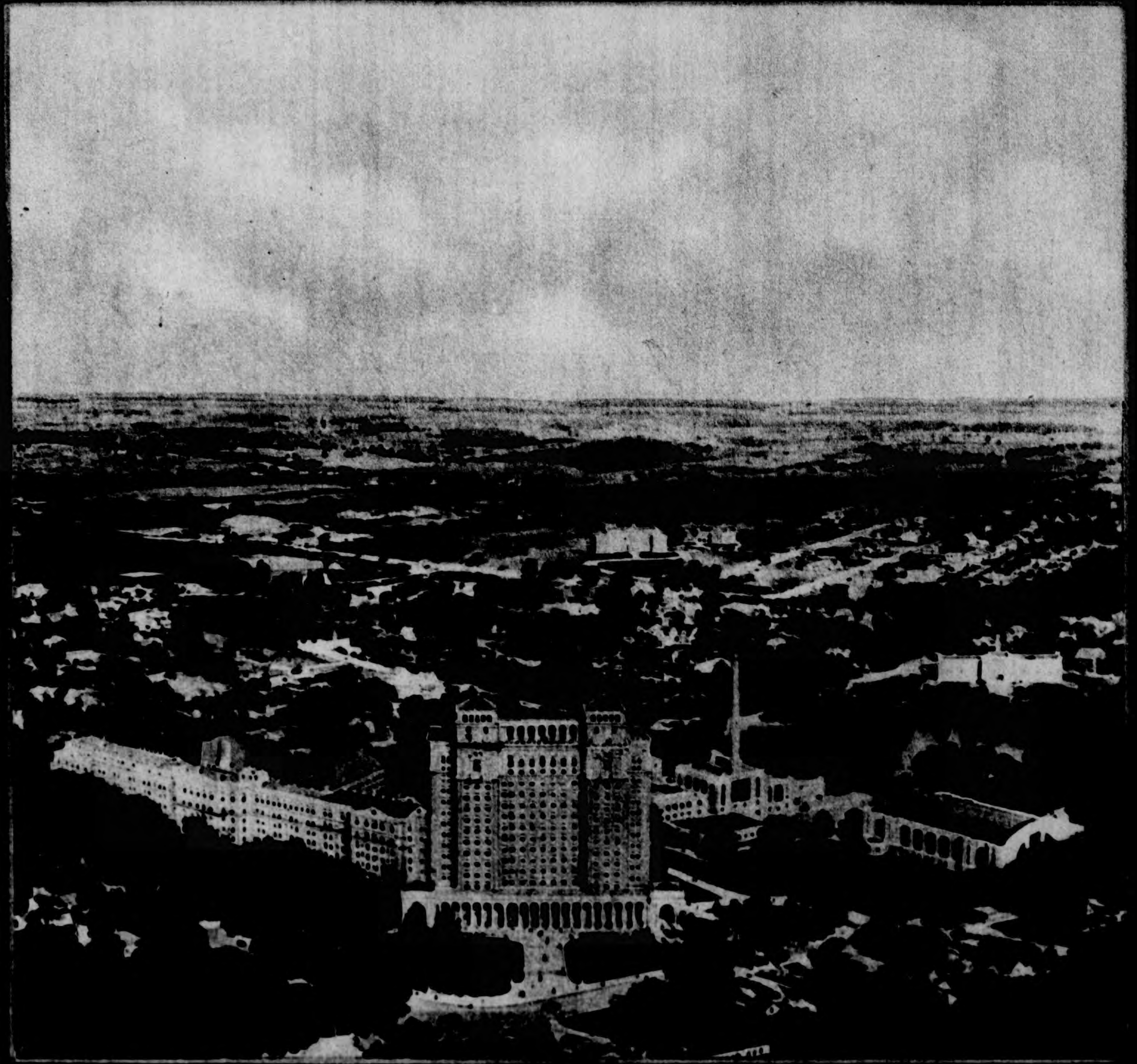


To our Chief . . .  
John Harvey Kellogg  
with the love and  
esteem of his  
fellow Workers . .



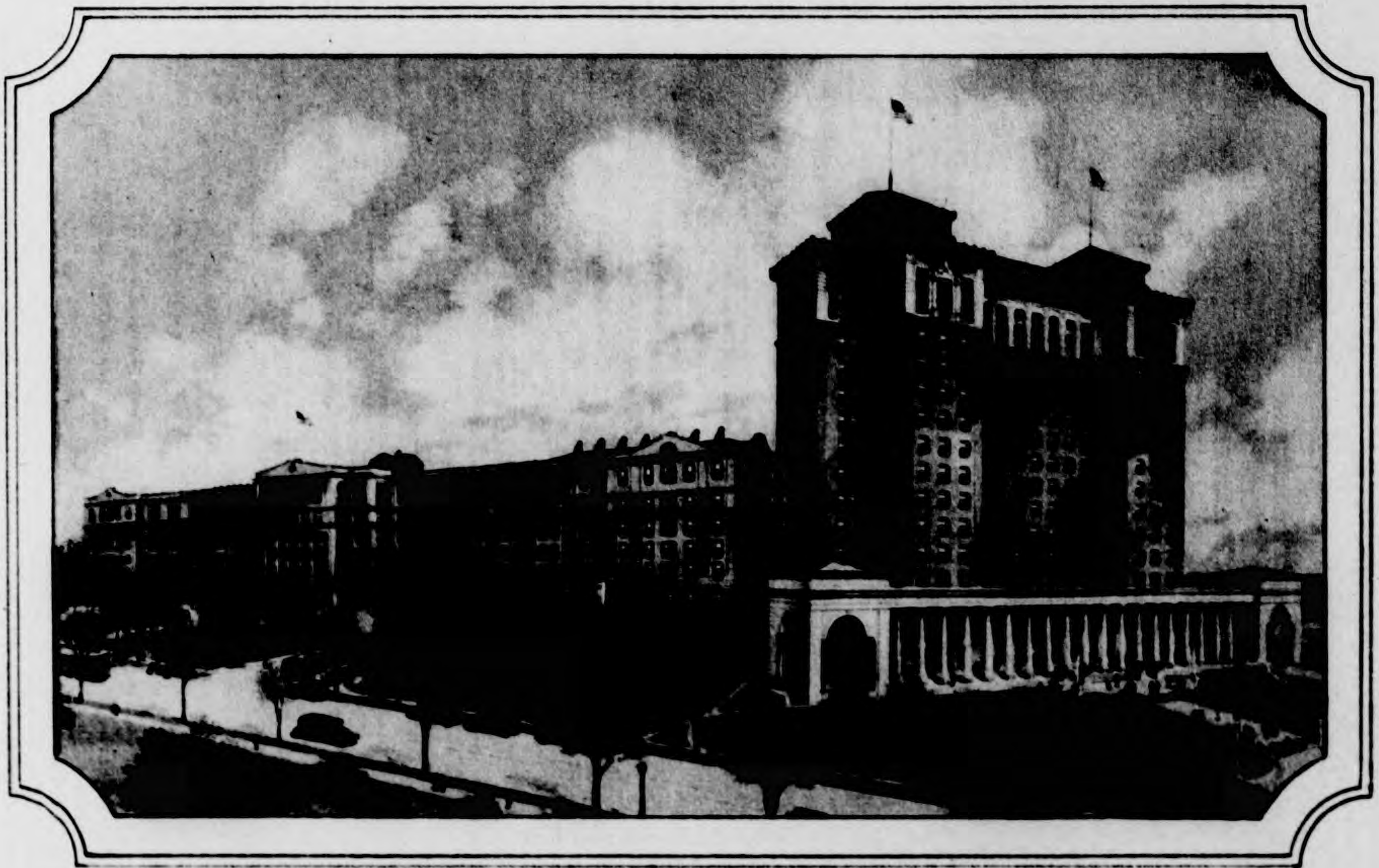
Battle Creek, Michigan.

February first, 1930.



THE  
BATTLE CREEK  
SANITARIUM

Copyright 1930  
By the Battle Creek Sanitarium  
Battle Creek, Mich.



## 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

**T**HE 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*





*Original home of the Battle Creek Sanitarium, founded in 1866. It was then only a small farm house. During the first year of its existence fifty-three patients received treatment.*

ient to acquire any new method, apparatus or equipment proven of essential value in the treatment of the sick. The thought is never "What does it cost?" but always "How well will it serve?"

## The Battle Creek Sanitarium A Pioneer

Here is no place for guess work. Every treatment, method and appliance employed has gone through the fire of thorough study and investigation. Nothing that 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-

Many of the scientific ideas, methods and appliances pioneered and developed by the Sanitarium are accepted and used by the medical profession throughout the world. Every year thousands of patients are sent here by their personal physicians. And not a few of these selfsame physicians, representing almost every school of medical thought, also come when in need of special treatment and rest. Others come for investigation and study.

It is interesting to note that the word "Sanitarium" was coined here to characterize the Battle Creek Idea. The word, unfortunately, has been abused by loose application to small private hospitals and the like, to the confusion of its authentic meaning.

To realize the full significance of the term one must envision the Battle Creek Sanitarium with its extensive buildings and equipment costing millions of dollars; its large corps of physicians, nurses and attendants; its advanced medical methods and vast facilities for their application.



*Guests Arriving at the South Pavilion of the Colonnade*





*Dr. Kellogg Delivering One of his Famous Monday Evening Question Box Lectures*

## Health by Training

**T**HE 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 culti-

vate 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-



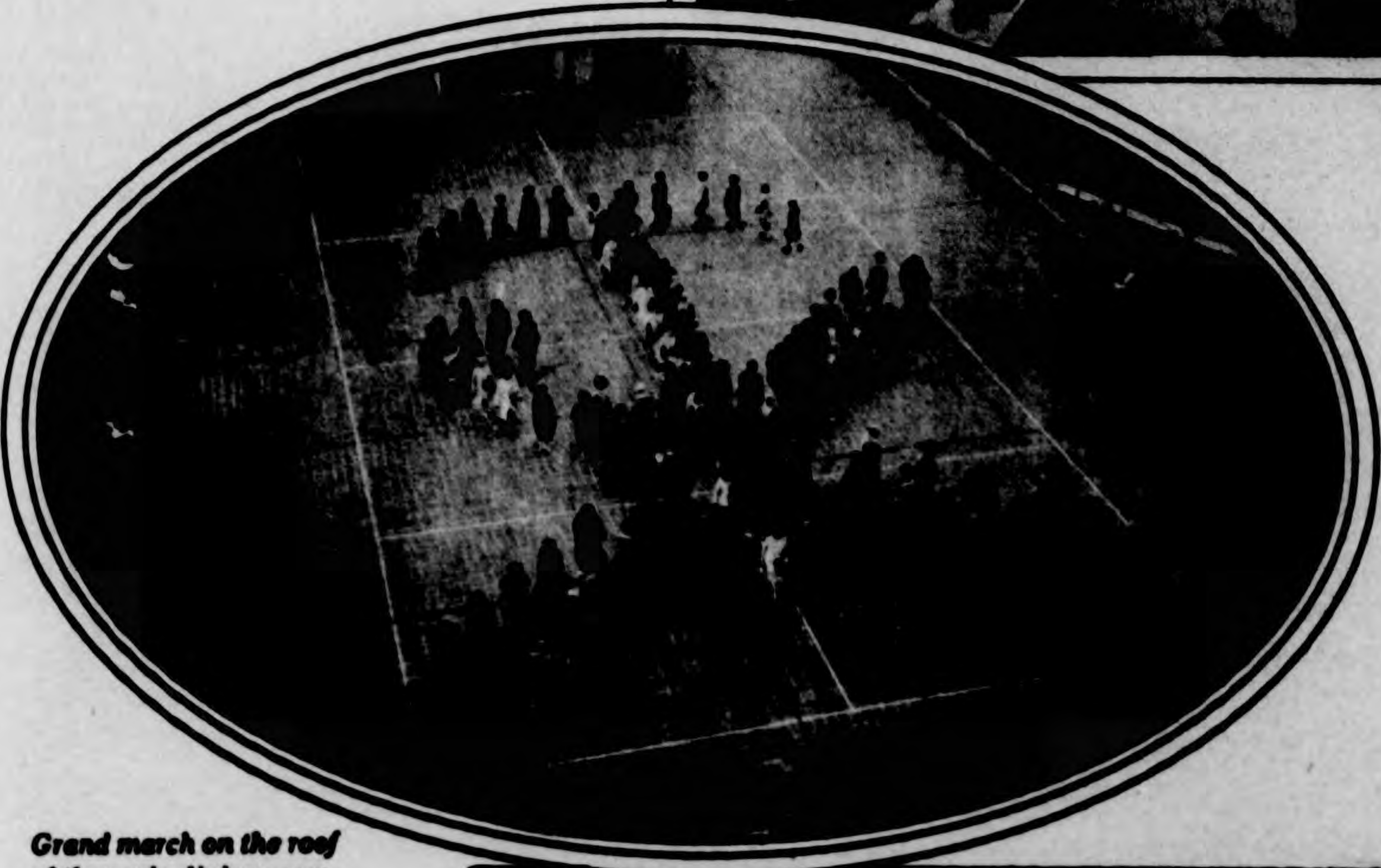
*Instructor on Health Subjects delivering a health talk*

sive health training, when applied with thoroughness and expert direction, usually produces remarkable results. Nor is such a program a hardship. It is really a delightful experience if one enters into it with intelligent understanding of the procedure.

The Battle Creek Program of health training involves not only the muscles but also the training of the skin, stomach, colon, heart, lungs, nerves—in fact every important organ and function of the body. Reconstruction is the object of the Sanitarium physician, not mere elimination of symptoms.

The first step is a thorough medical

*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.*

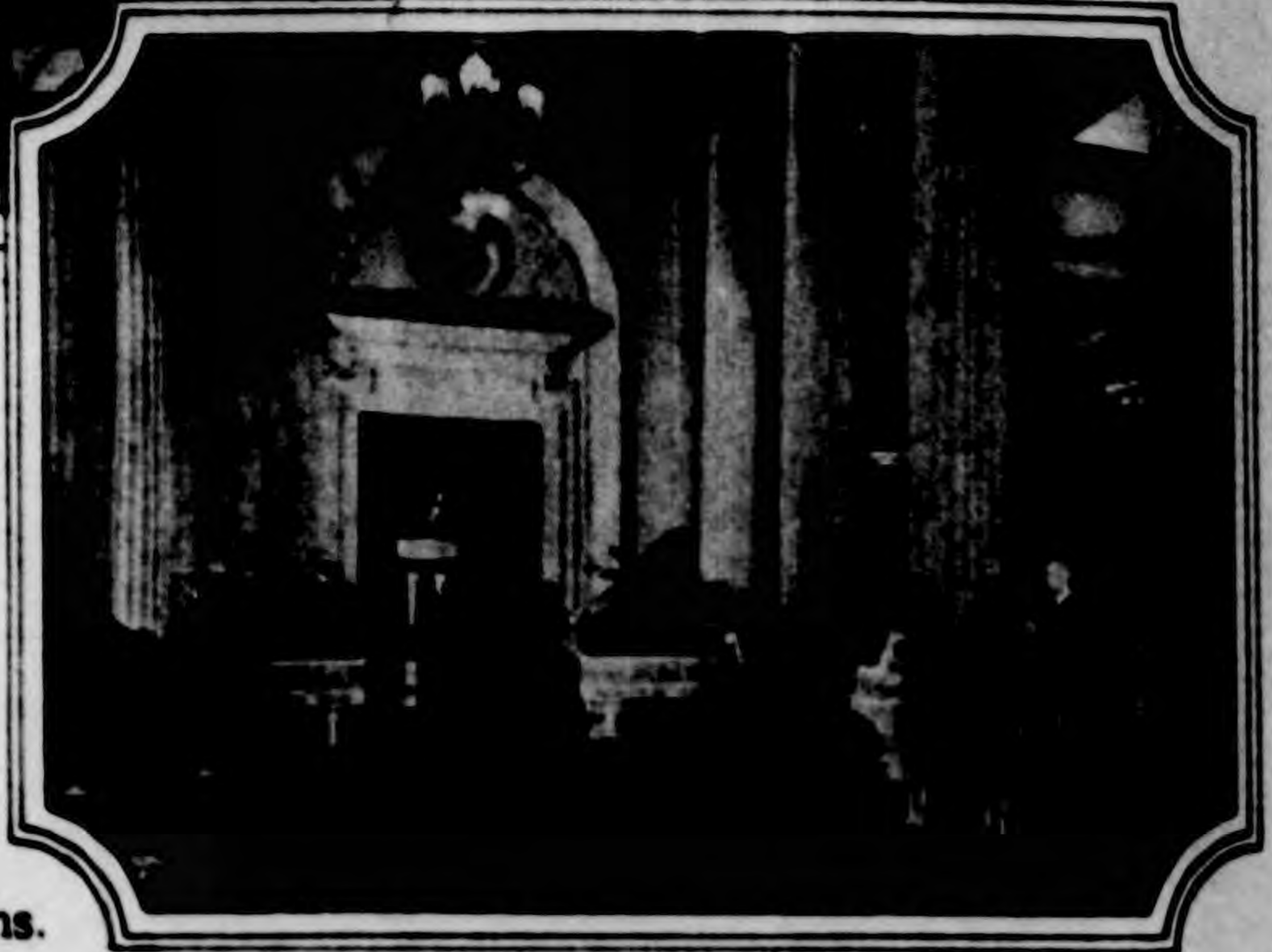


*Virginic Reel on the Dining Room Roof. Another very popular Sanitarium institution very much enjoyed by guests*



*Mezzanine Porch. It is enclosed and is an ideal place for a winter stroll or airing*

*Main Lobby. The visitor is at once impressed with the air of quiet dignity, simplicity and homelike atmosphere which are characteristic of the entire institution*



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**

**A**S 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.



*A glimpse of the new Sanitarium Fifteen-Story Addition from the Rock Garden*

*Miniature Golf Course on the Sanitarium Grounds*

*Golfing at the Battle Creek Country Club. A fine course that will test the mettle of the most skilled player. There are many other courses in the immediate vicinity of Battle Creek available to Sanitarium guests*



Sanitarium site comprises fifty acres of beautifully landscaped grounds.

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**

**T**HE 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

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.



*On the Roof of the new Fifteen-Story Addition. A broad promenade offering a splendid view of the beautiful Battle Creek countryside*



*Recreation room, providing billiards for those who enjoy wielding the cue. Tables are kept in perfect condition and are well lighted*

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 unusu-

ally 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



*Tennis Courts on Sanitarium Grounds Facing Kellogg Hall of Battle Creek College*



*The Sanitarium Motor Bus on a Pleasure Trip to Gull Lake*

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-

*The Women's Lounge*



*The Men's Lounge*

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.

**The Sanitarium Laundry.** The largest private laundry in the state, turns out 1,000,000 pieces every four weeks.

ments, the Palm Garden, physicians' offices and other important departments.

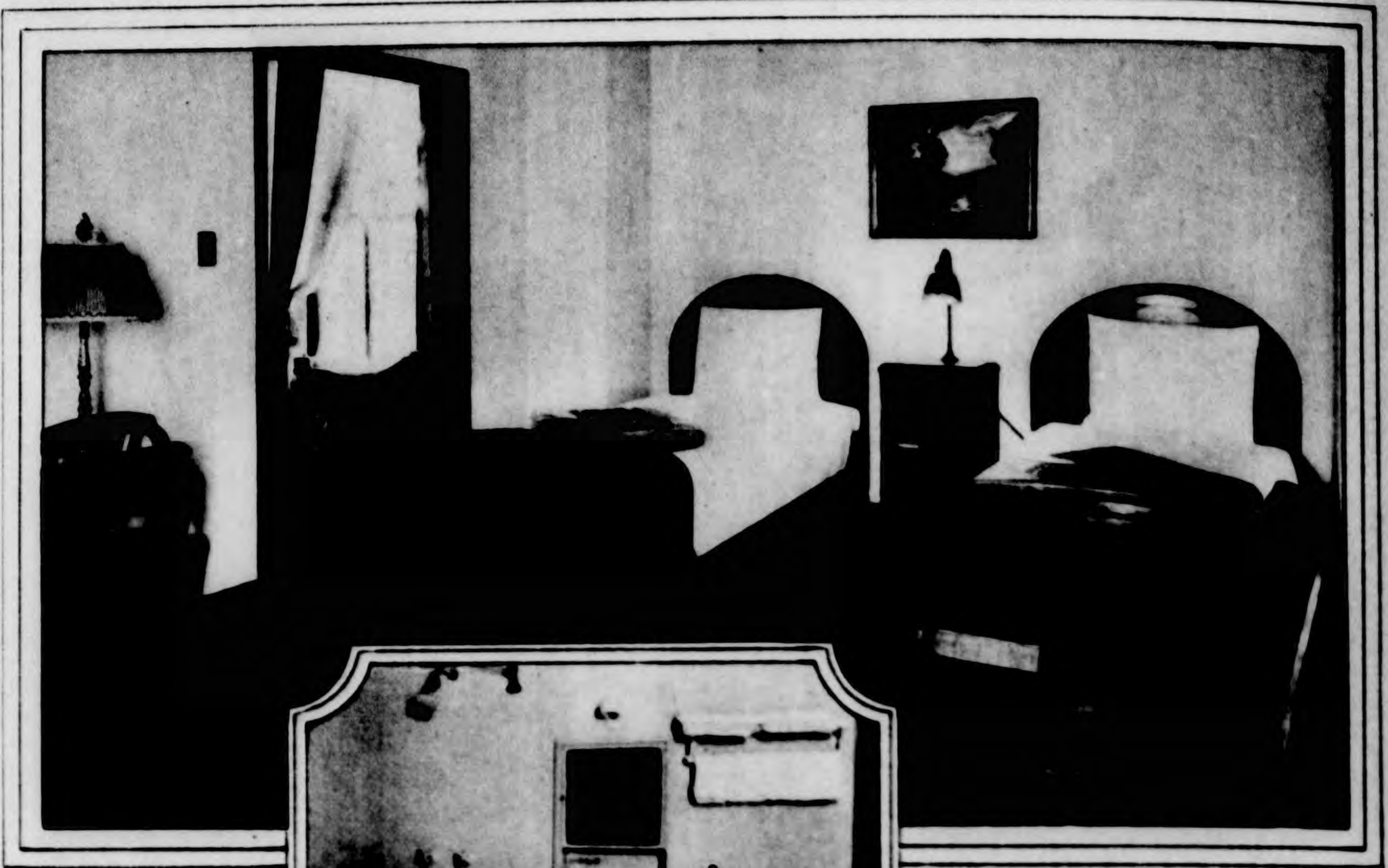
**Hospital.** A spacious hospital, a few steps north of the Main Building, embodies all modern scientific conveniences and appliances for the care of the sick. It contains 60 pleasant rooms.

**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-

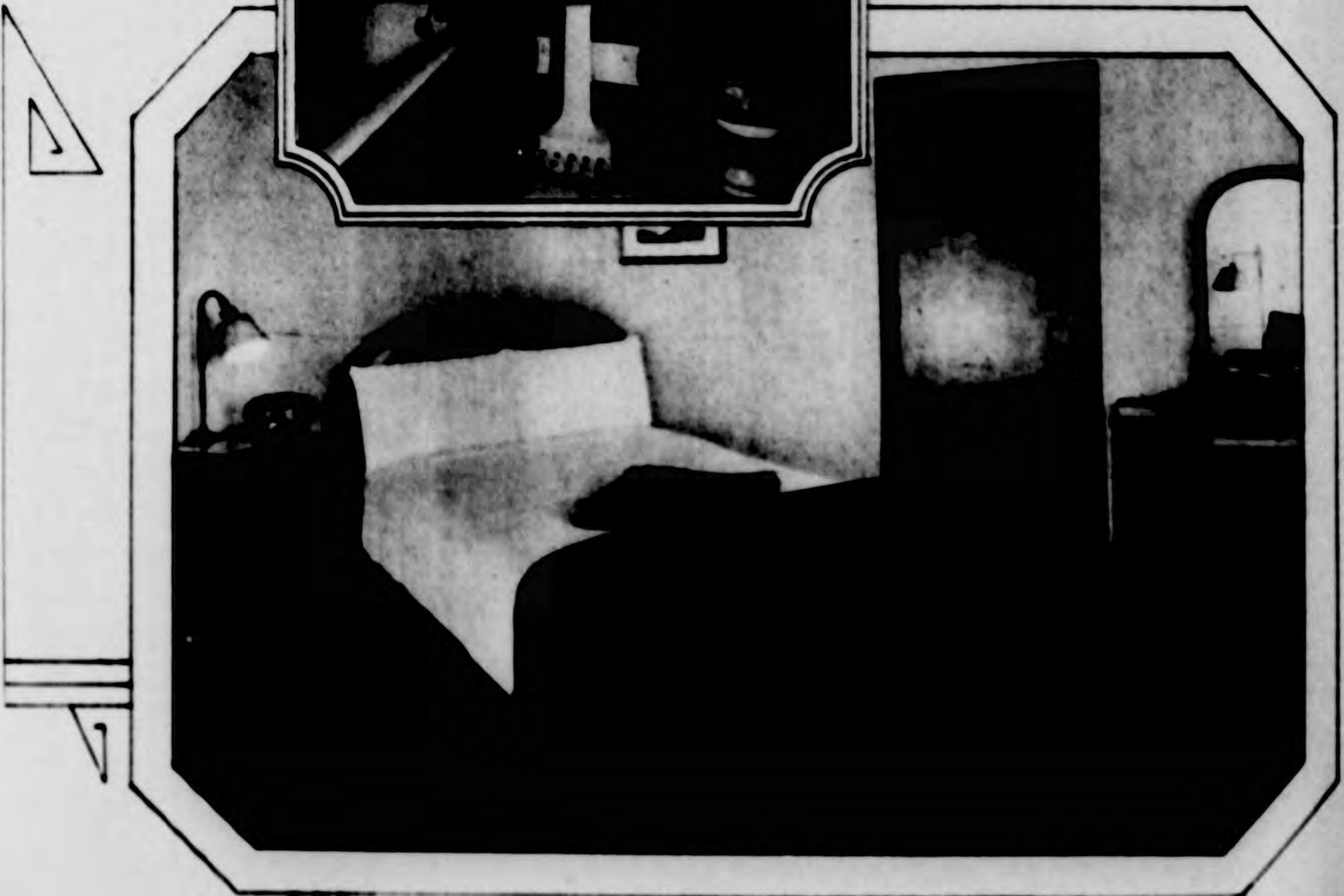
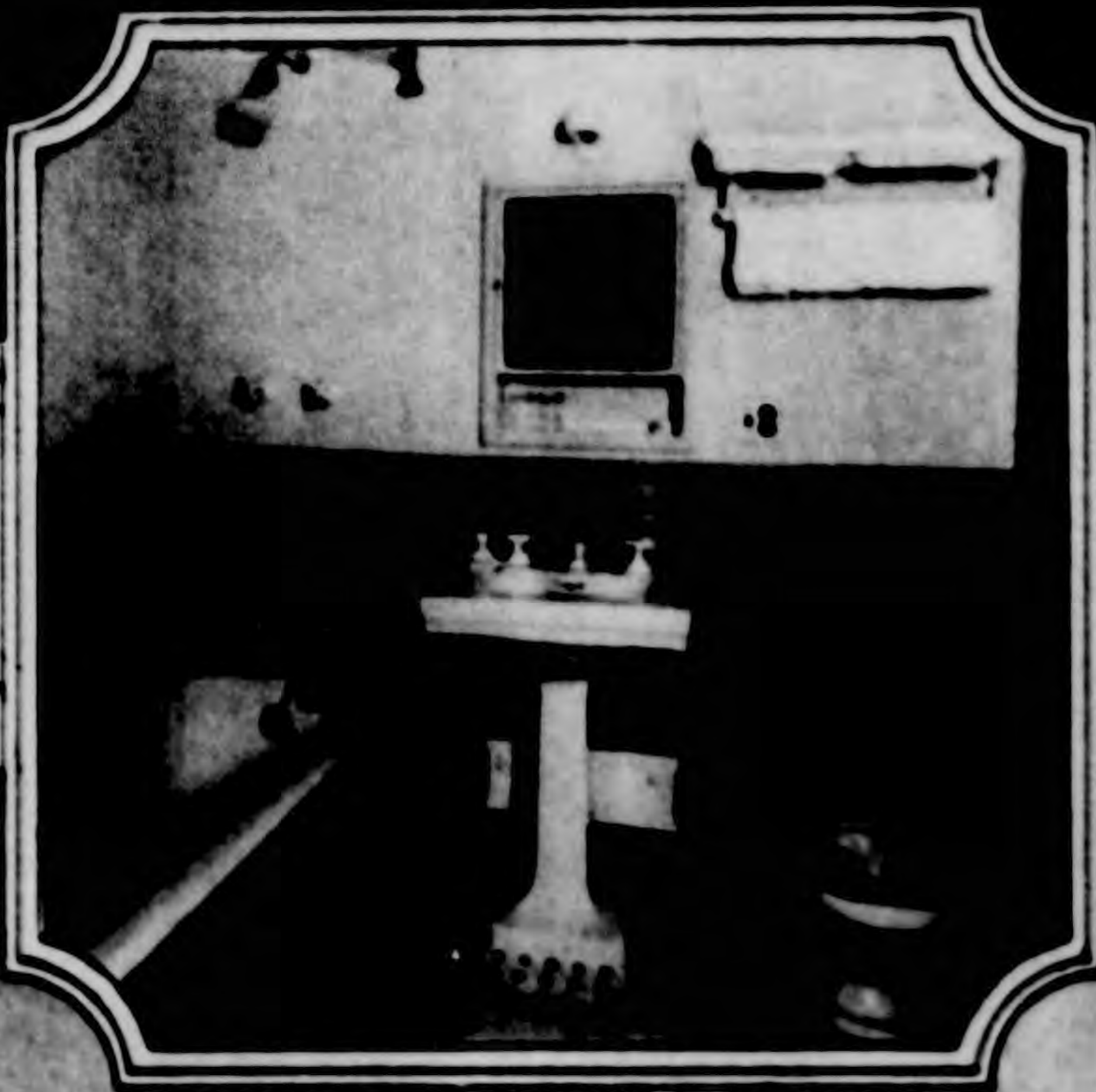


*Patients' Library and Reading Room*



*Guest suites are furnished in simple elegance with every provision for comfort and convenience*

*Typical Tiled Private Bath Room*



*Typical Guest Room in the New Main Building*



*Special Hydrotherapy Treatment Rooms, conveniently located on every guest room floor of the new building*



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**

**T**HE 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



*Physicians' Library*





*Nursing Supervisors*



*Group of Dieticians*



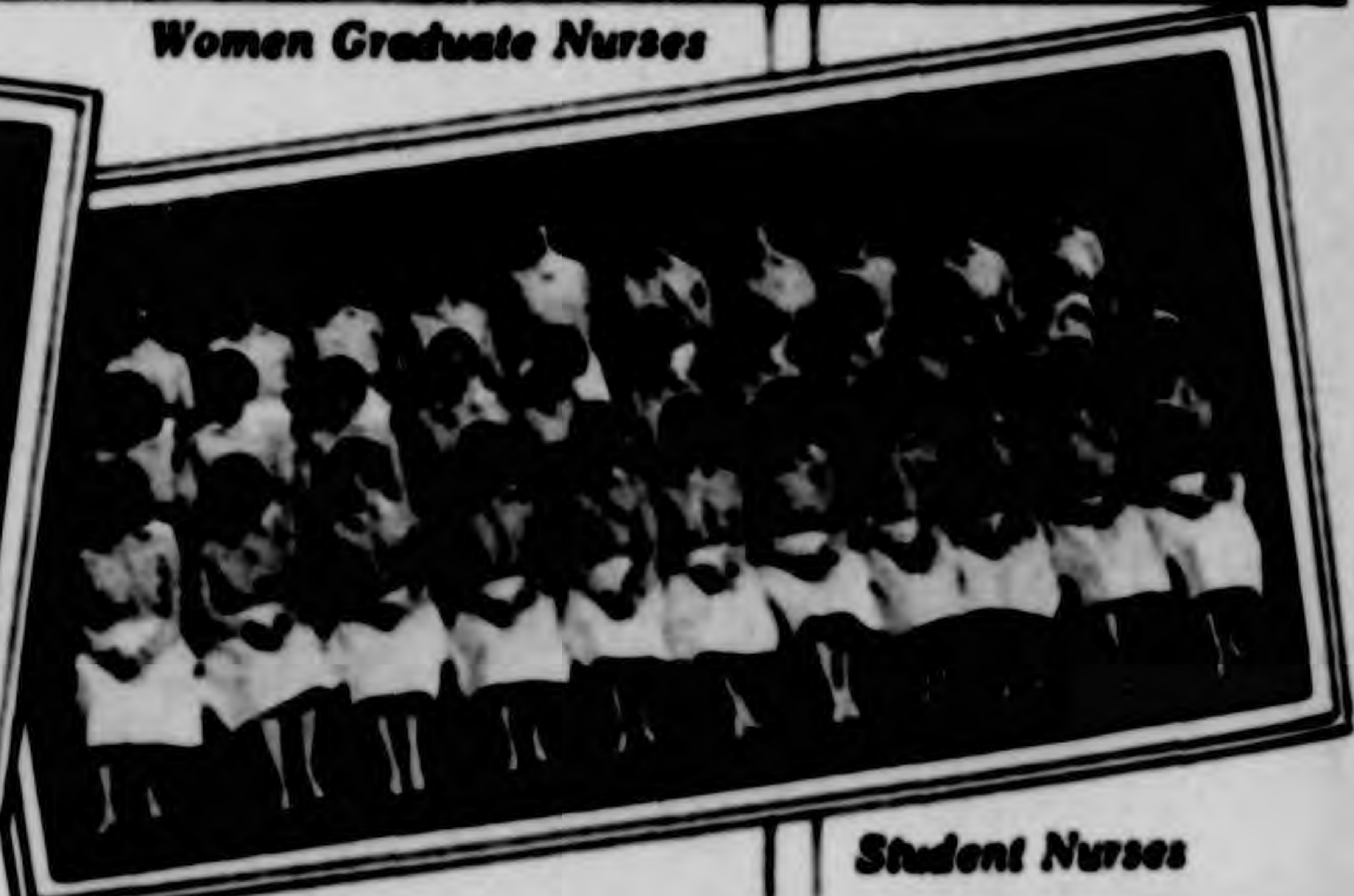
*Undergraduate Nurses*



*Women Graduate Nurses*



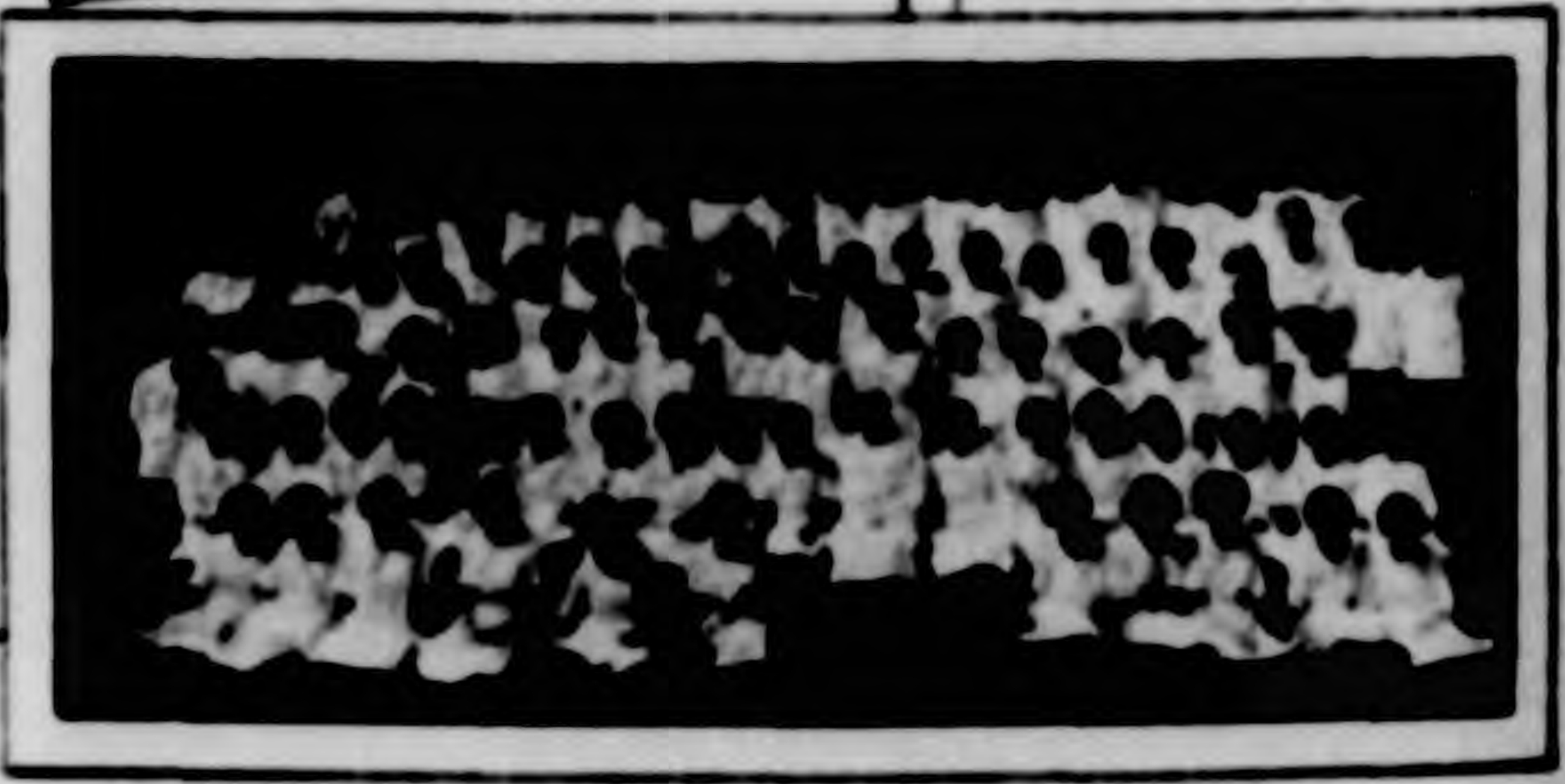
*Men Nurses*



*Student Nurses*



*Cell Boys*



*Dining Room Helpers Personal Service*

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.



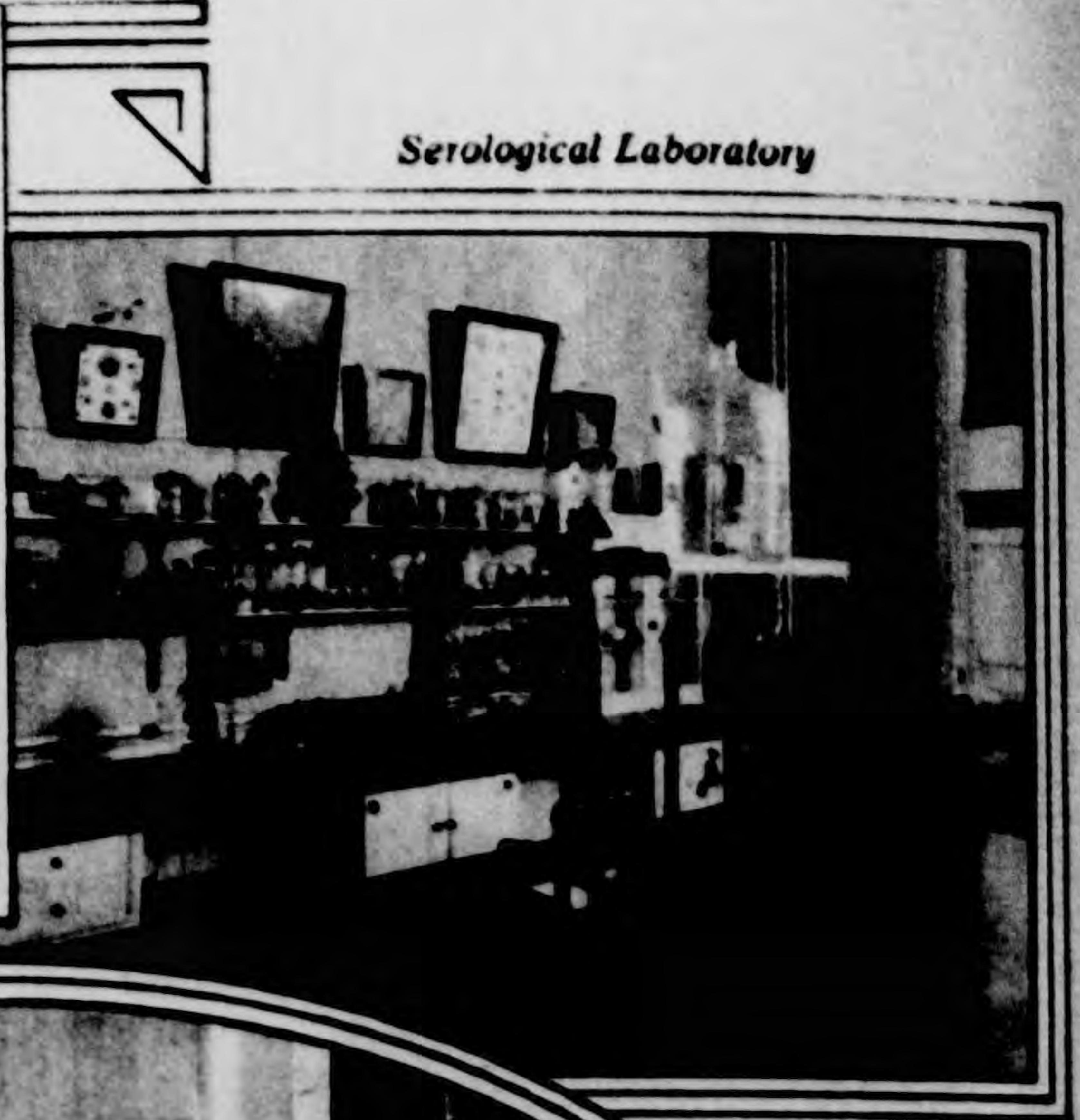
**Chemical Laboratory.** Here hundreds of intricate tests and analyses are made every week



**Bacteriological Laboratory**



*Serological Laboratory*



*Serological Laboratory*



*Bacteriological Laboratory*



*Urinary Laboratory*



*Fecal Laboratory*



*Testing Strength of Muscle of the Lateral Trunk*



*Testing Strength of Deltoid Muscle*



*Making a Posture Shadow Photograph*



*Testing Strength of Hand Flexor Muscle*



*Testing Strength of Foot Extensor Muscle*

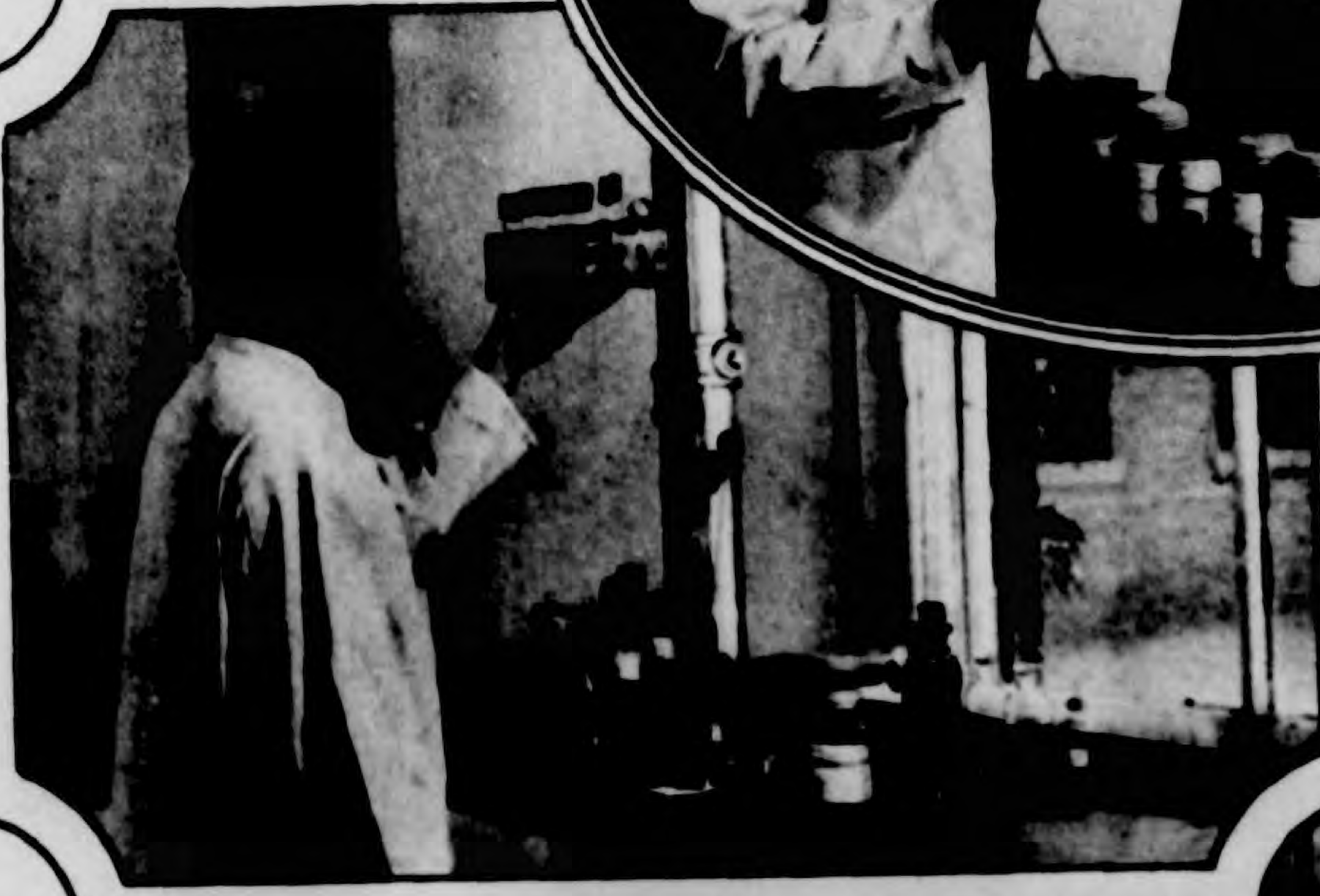


**Testing the Carbon Dioxide  
Combining Power of the  
Blood. A Test for Acidosis**

**The Gastric Test. Deter-  
mining 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 Predisposition to Diabetes*



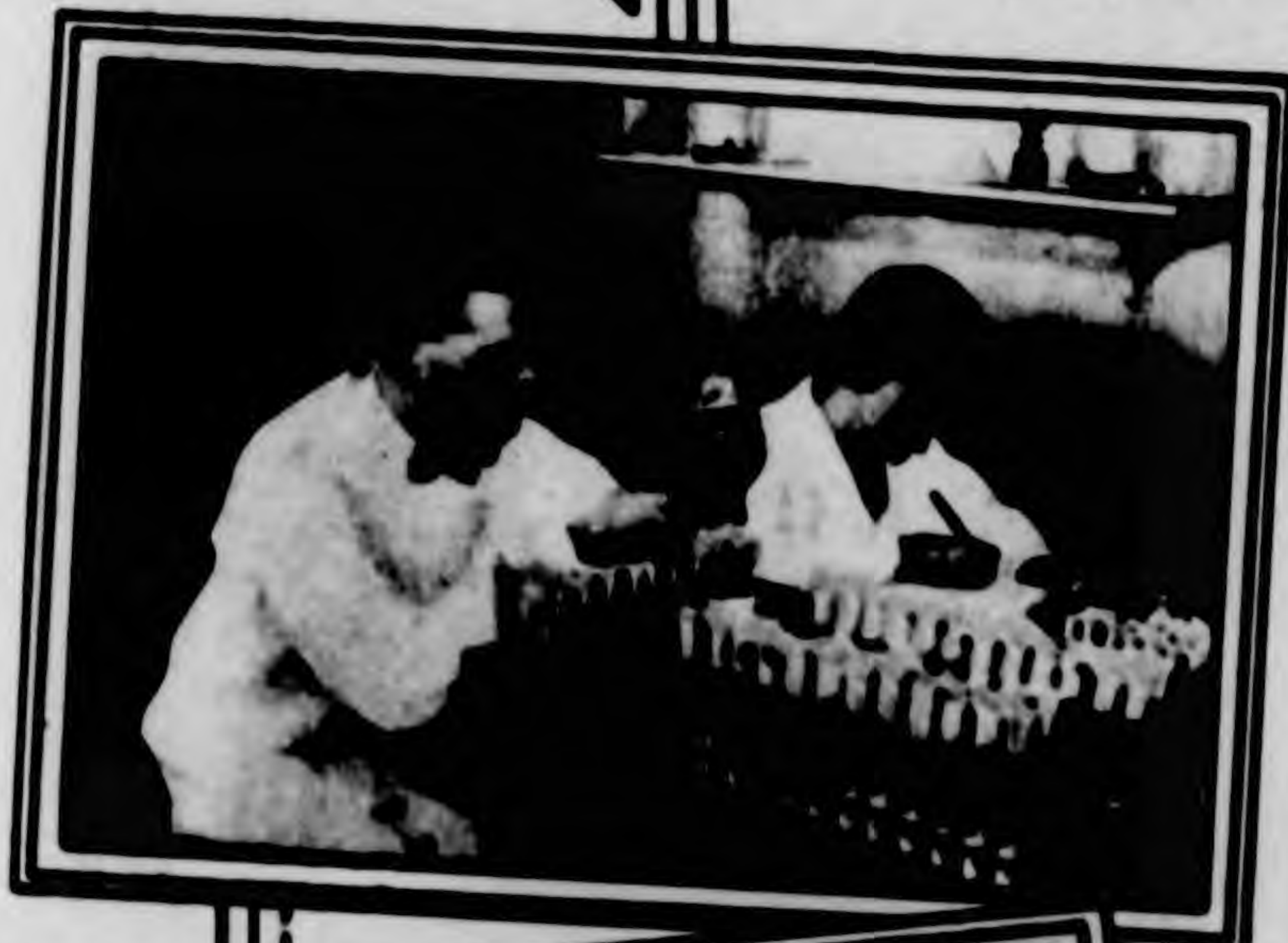
*Determining the Amount of Ammonia in Urine*



*Placing Blood Serum in Test Tubes for Serological Examination*

*Fermentation Test for Determining Presence of Gas-Producing Bacteria in Feces*

*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

**C**URATIVE 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.

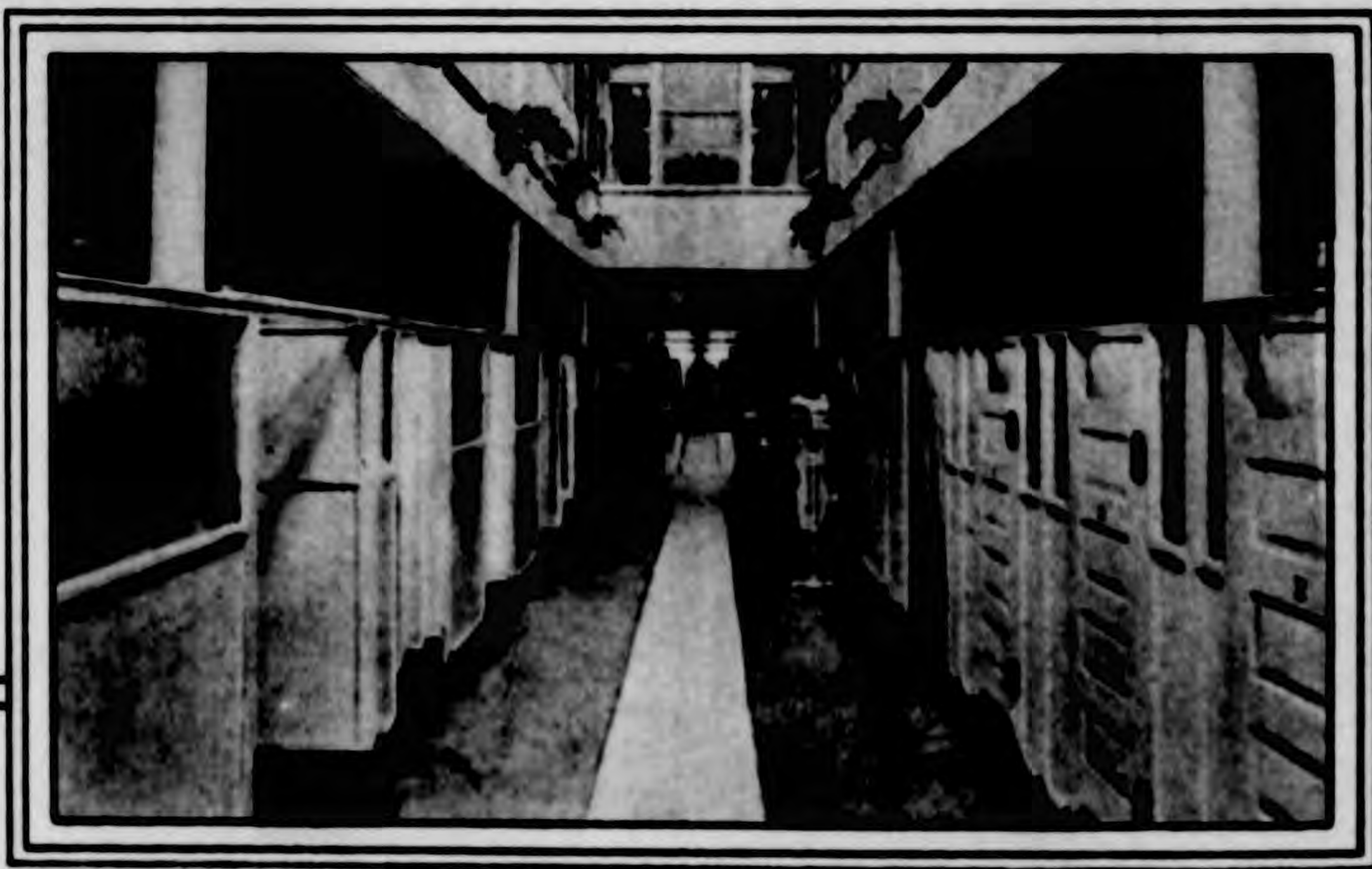
If not the direct cause of his malady, they at least predispose to disease, greatly handicapping nature in her efforts to effect a cure.

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

**W**ATER, 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."



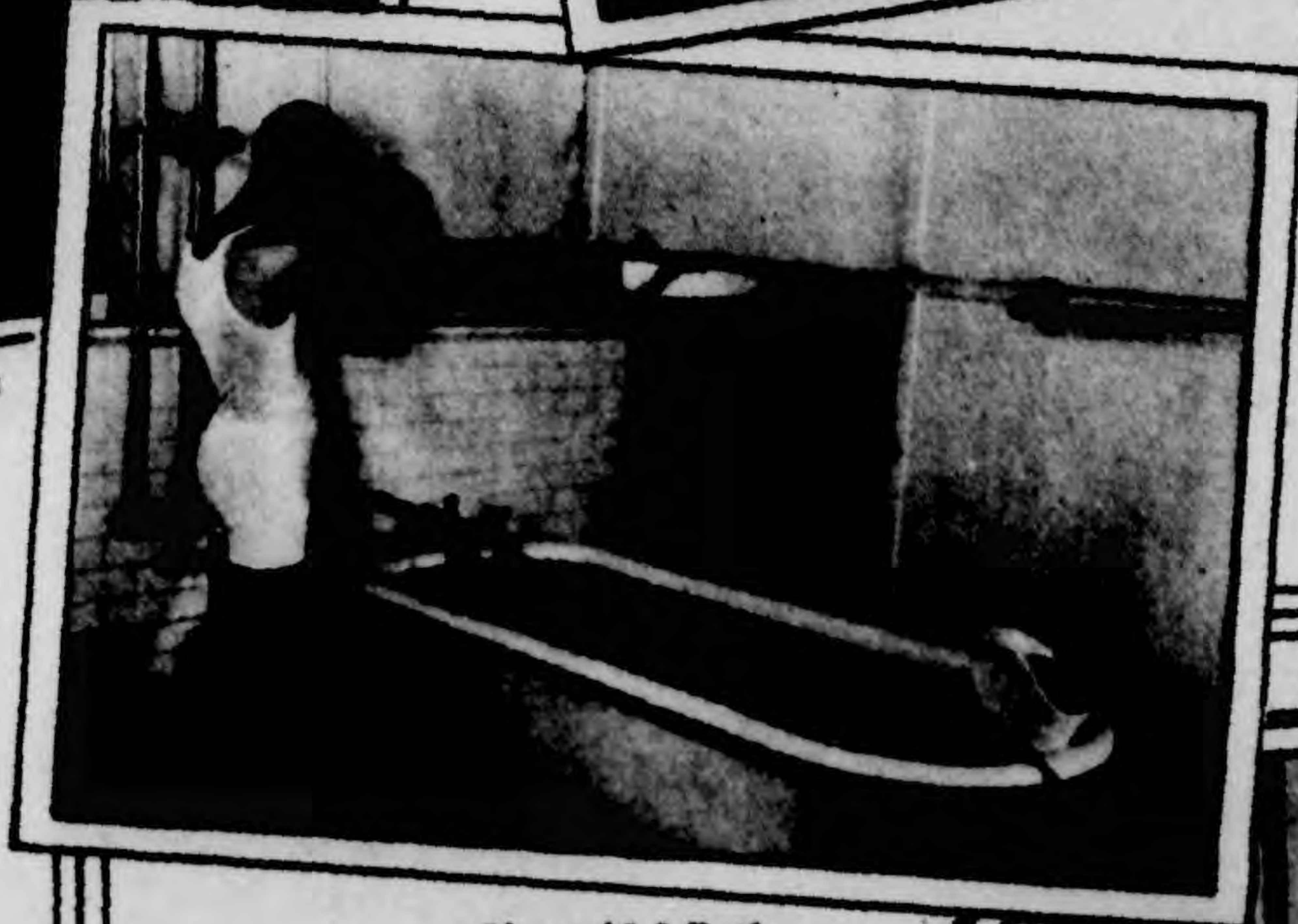
*Corridor, Men's Hydrotherapy Department*



*Hot Foot Bath*



*Fomentations*



*Sinusoidal Bath*



*Electric Light Bath*



*Sitz Bath*

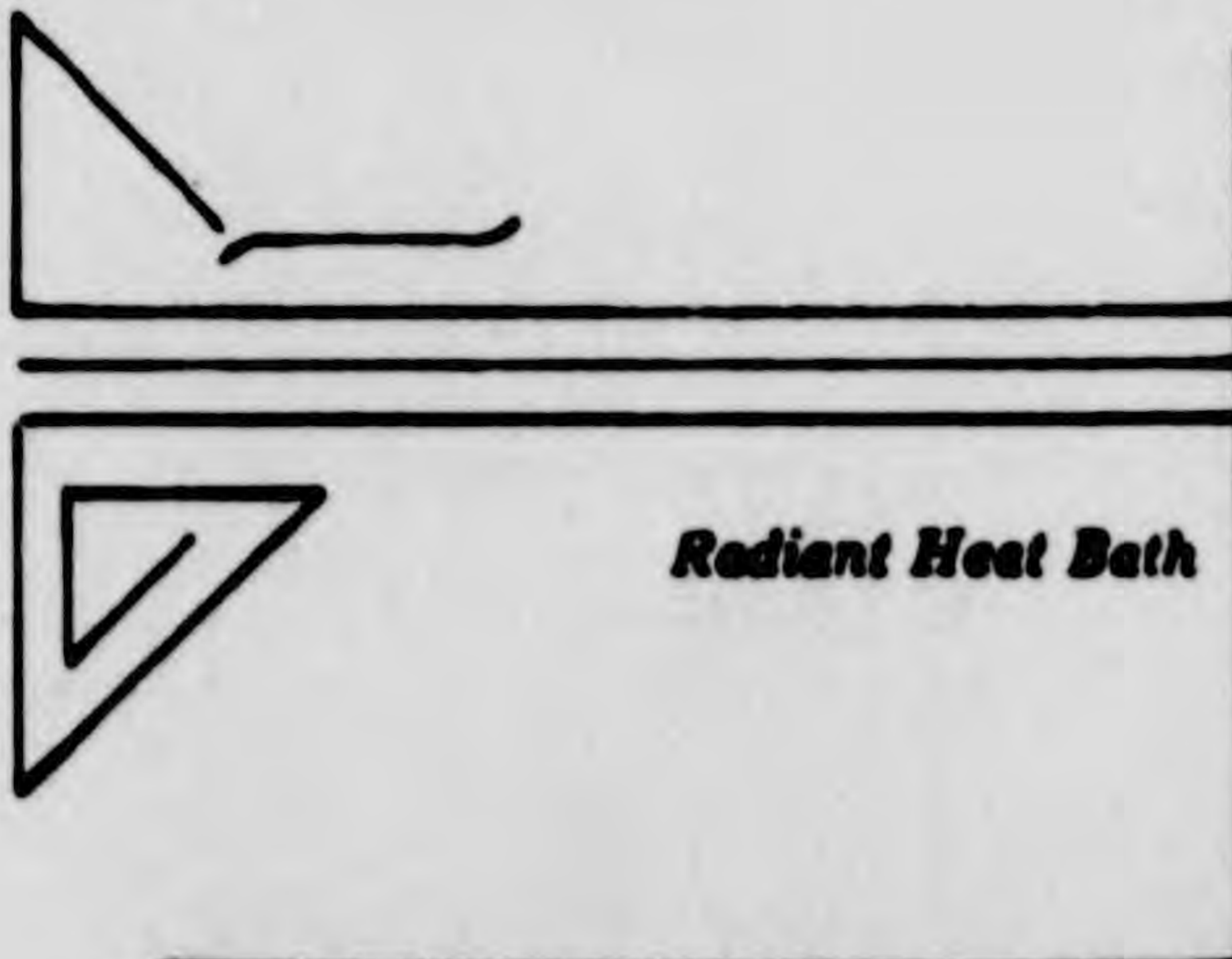




*Spray Bath*



*Electric Light Bath*



*Radiant Heat Bath*



*Bubble Bath*



*Self Glow*

“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 hydriatic 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



*Corridor, Women's Hydrotherapy Department*



***Spray Bath With Percussion***



***Cold Mitten Friction,  
Foot Bath and Powder Rub***



***Sitz Bath***



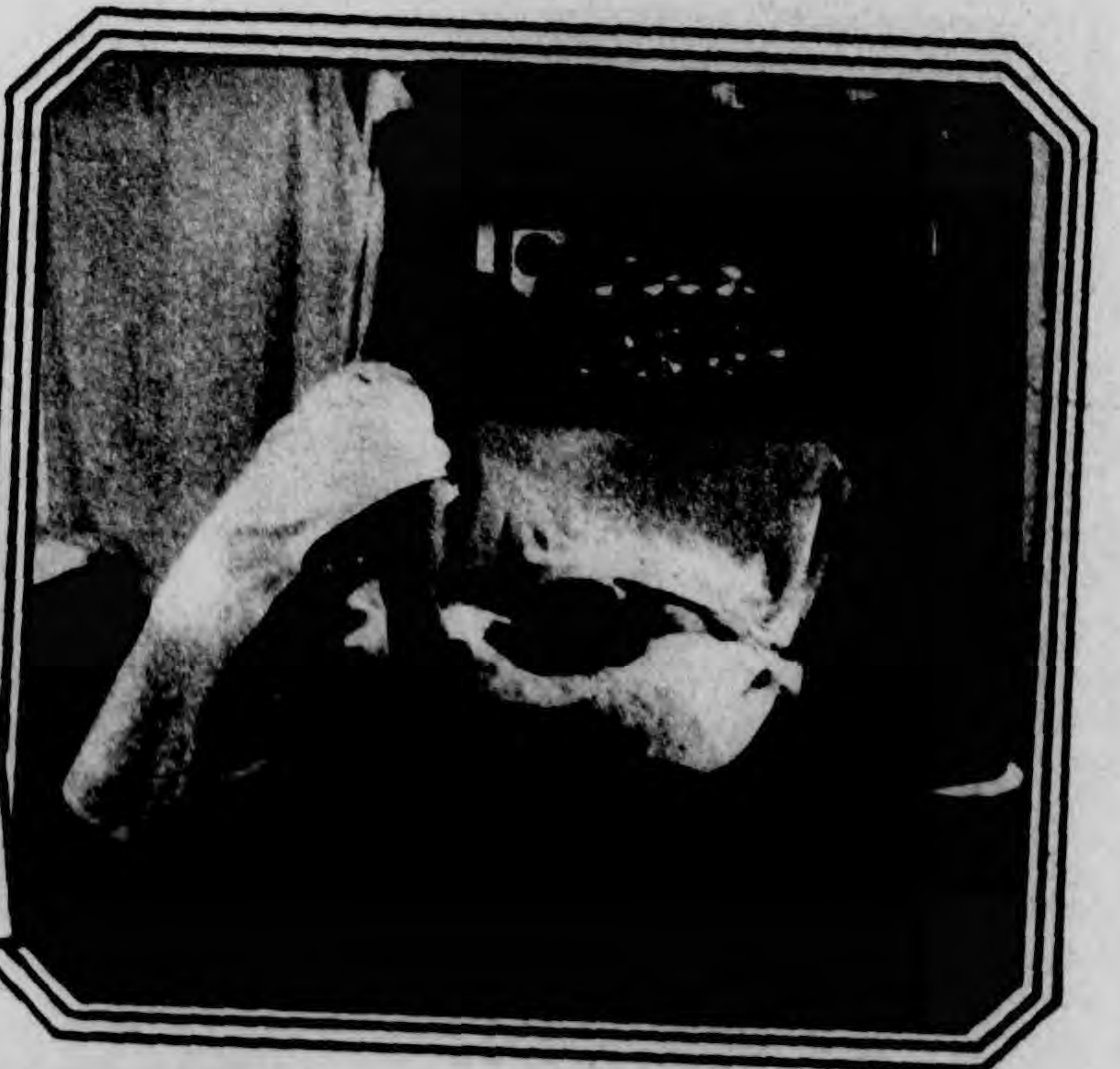
***Foot and Leg Bath***



***Local Electric Light Bath***



**Electric Light Cabinet  
Room**



**Reclining Electric Light  
Bath**



**Salt Glow**



**Sinusoidal Tub Bath**



**Hot Blanket Pack**



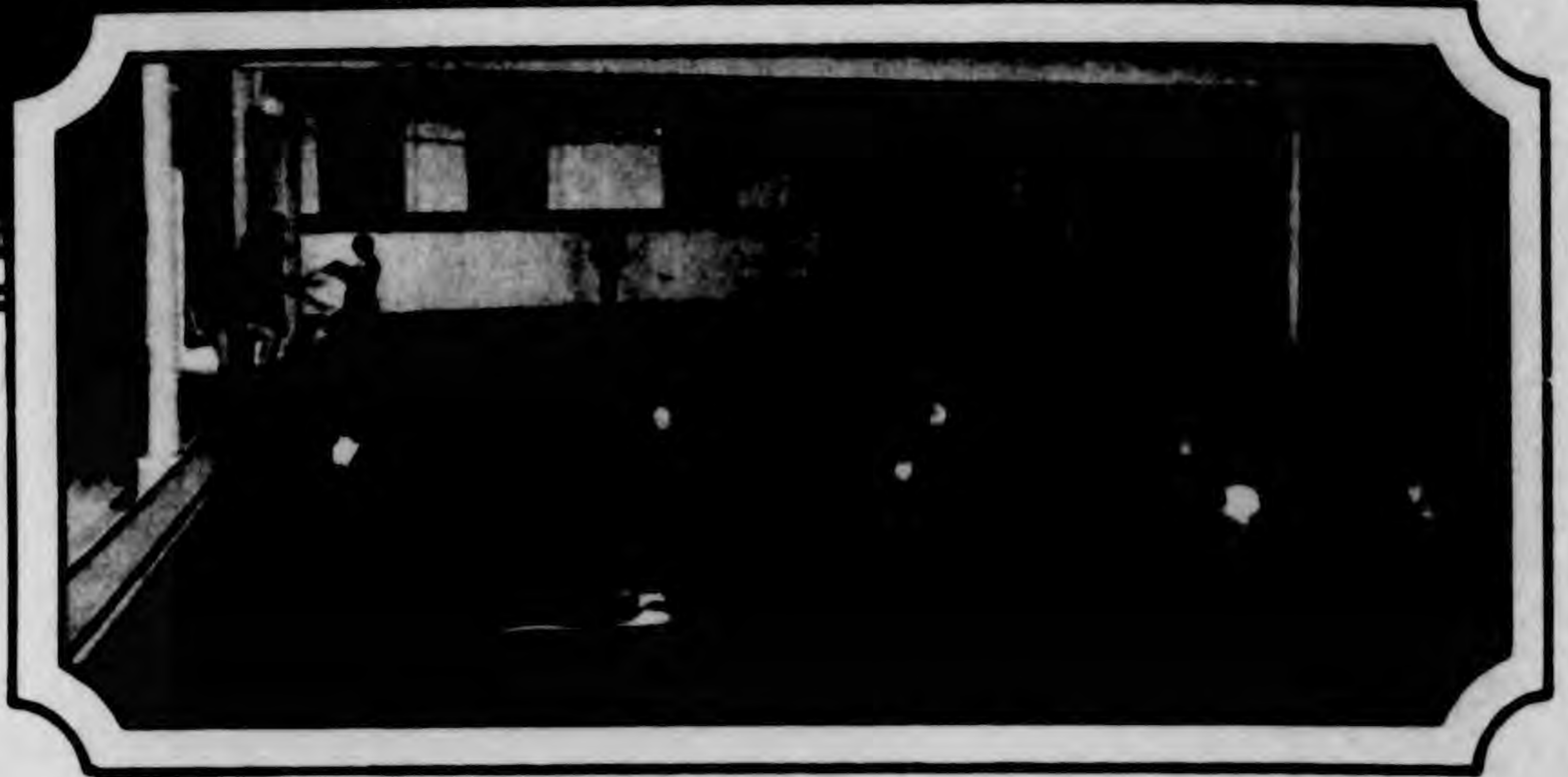
*Indoor Swimming Pool for Men*

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**

**O**F 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



*Indoor Swimming Pool for Women*

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



*Artificial Sunlight Bath for Men*



filled with rich vitalized blood.

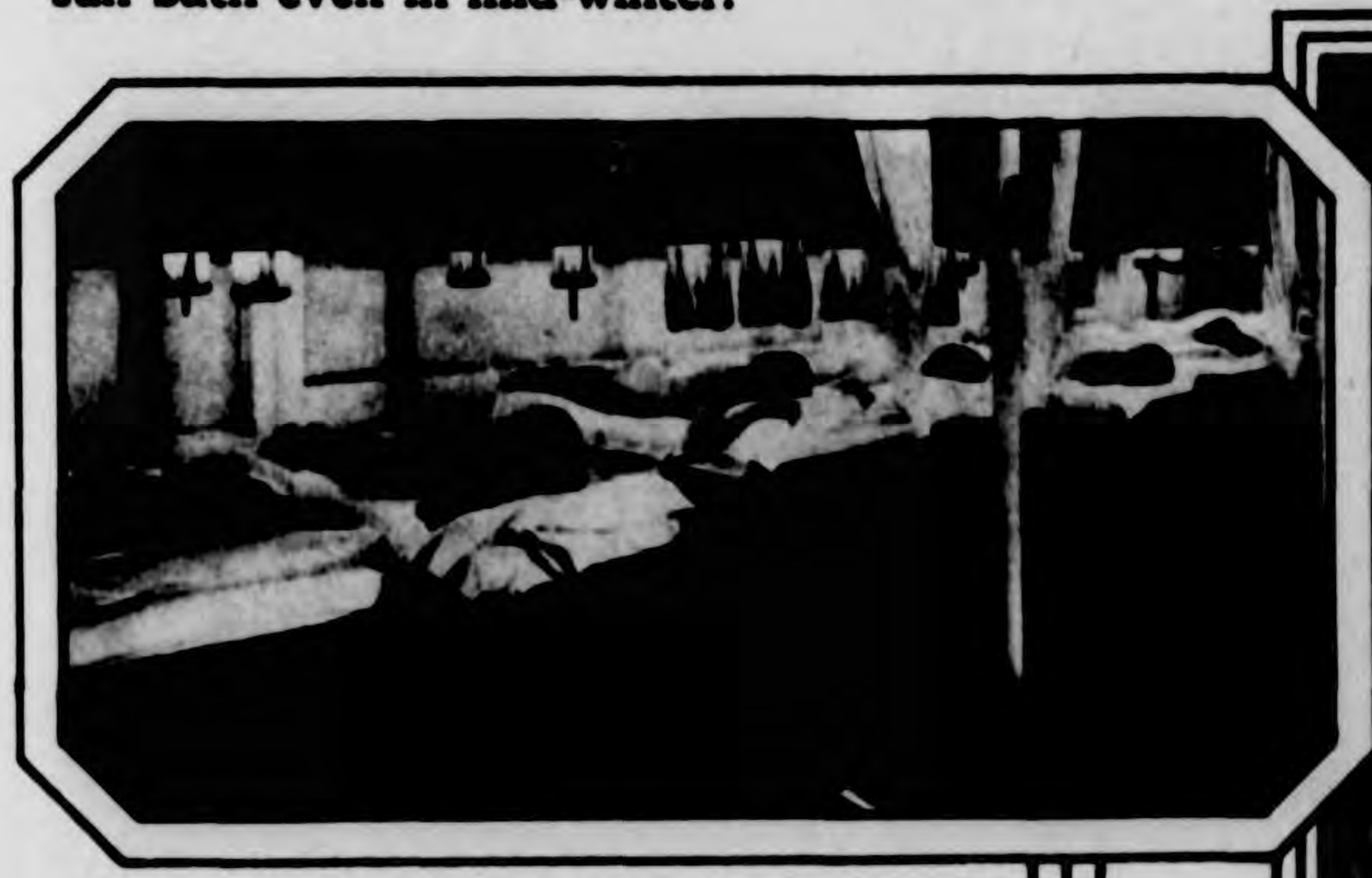
An ideal combination for health building is the cool tonic air of Michigan and daily sunlight baths as given at the Sanitarium. During the winter and on cloudy days the Sun Bath Departments are utilized for general sun bathing as well as for special treatments for specific effects.

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.



*Quartz Light Bath*

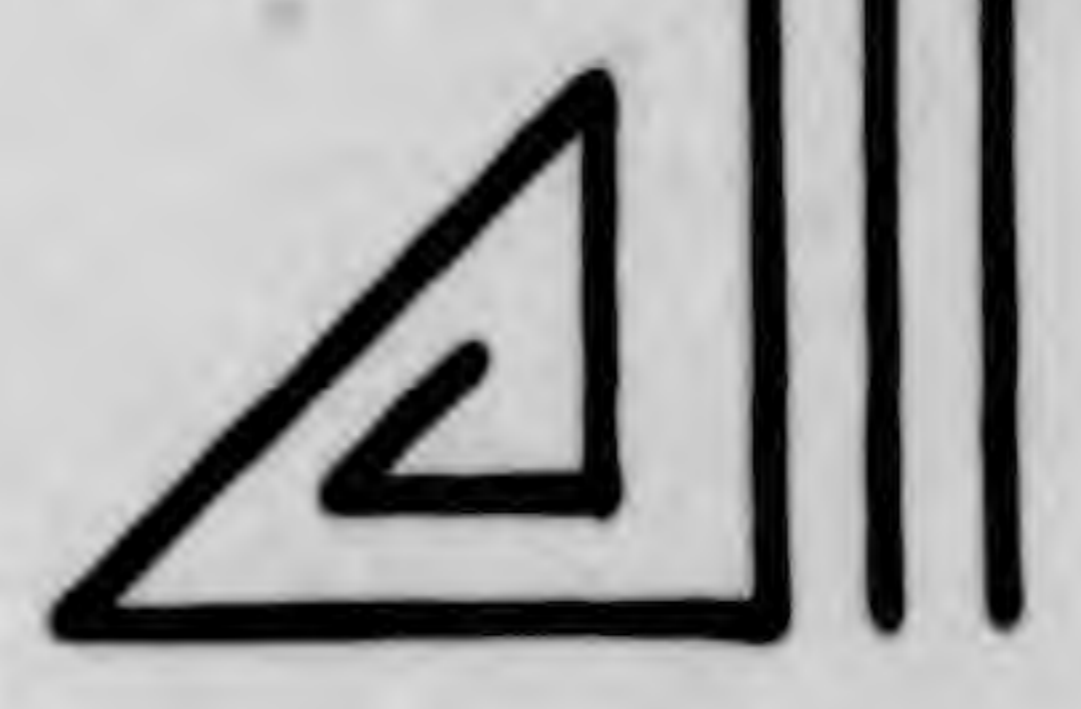
Sun Bath Departments are provided for guests on the roof of the new addition. Windows in the guest rooms of the new buildings are also equipped with vita glass allowing the transmission of health-giving ultra-violet rays which are excluded by



*Women's Artificial Sunlight Bath*



*Alpine Light Bath*





*Mechanotherapy Department for Men*

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**

**M**OST 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 bed-ridden 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.

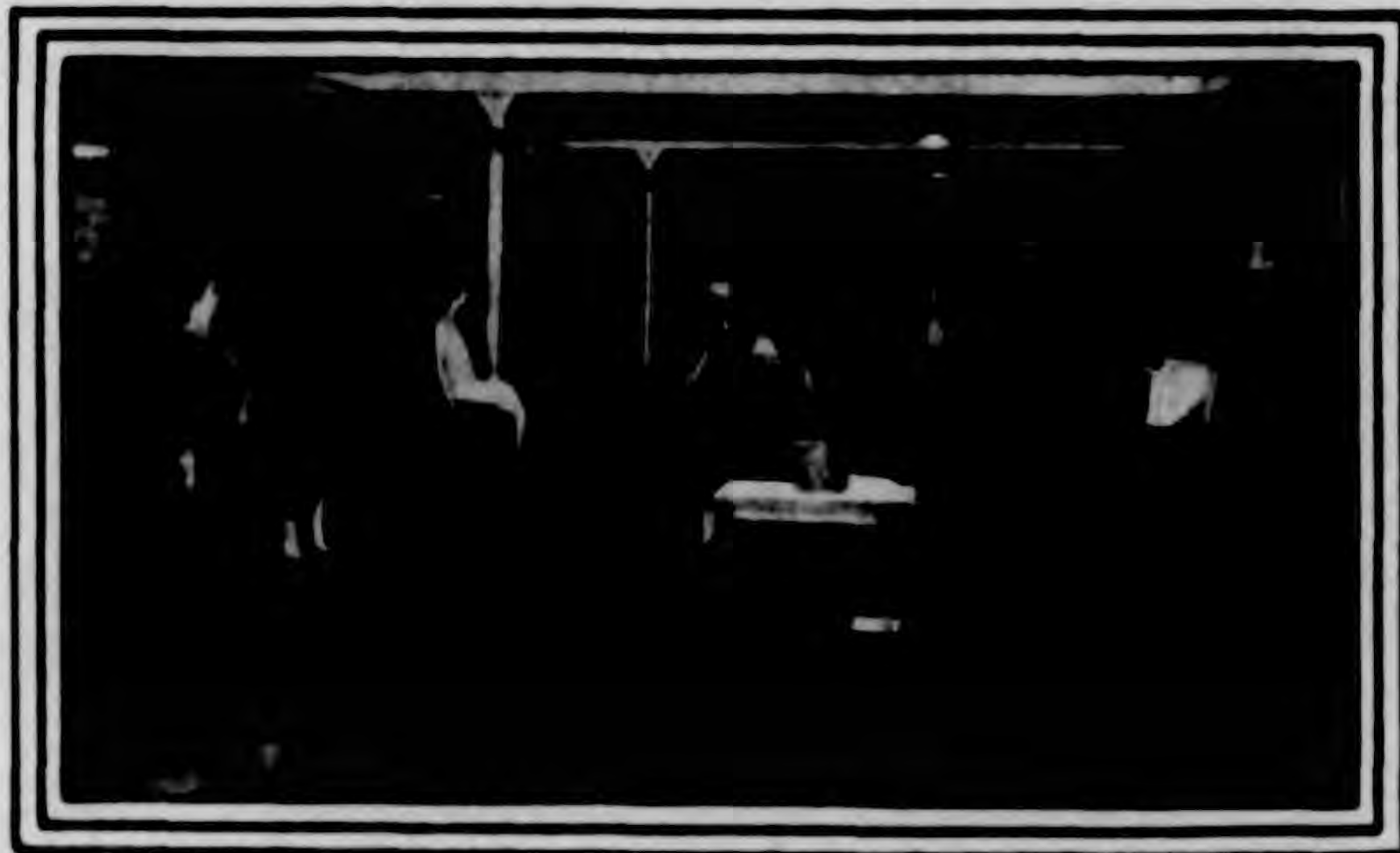
First of all, a careful diagnosis of the patient's muscular

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



*Mechanotherapy Department for Women*



*Swedish Massage for Men*

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.



*Swedish Massage for Women*

## Cold Air Therapy

**I**T 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

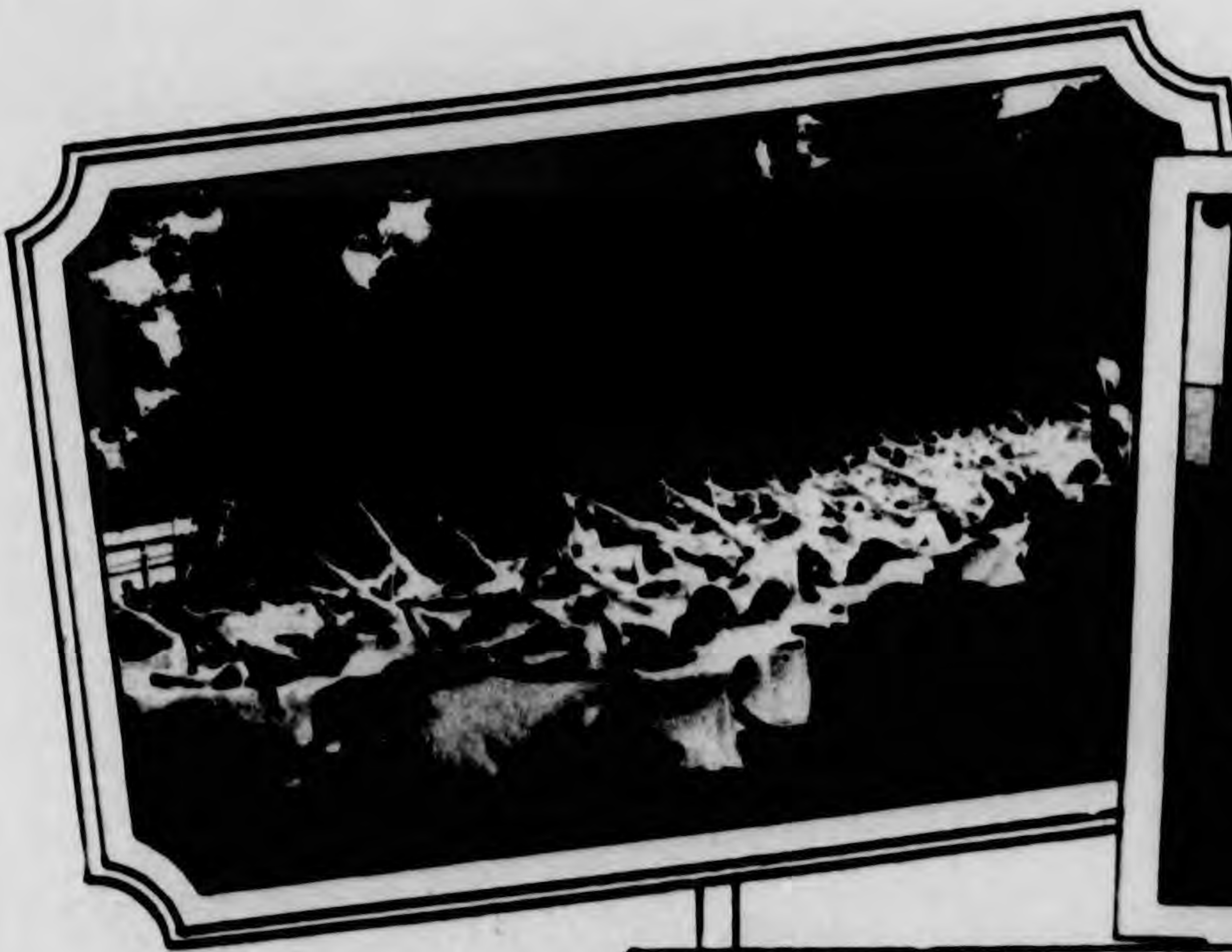


*Cold Air Treatment on Roof of Sanitarium*



*Indoor Cold Air Treatment*





*Exercise Class on  
Cots, Men's Out-  
door Gymnasium*



*Exercise on Roof  
of New Building*



*Volley Ball on  
Roof of New  
Building*



*Exercise Class on Porch*



*Exercise on Roof of New  
Building*



*Exercise Class in Women's Outdoor Gymnasium*



*General View of Men's Medical Gymnasium*

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

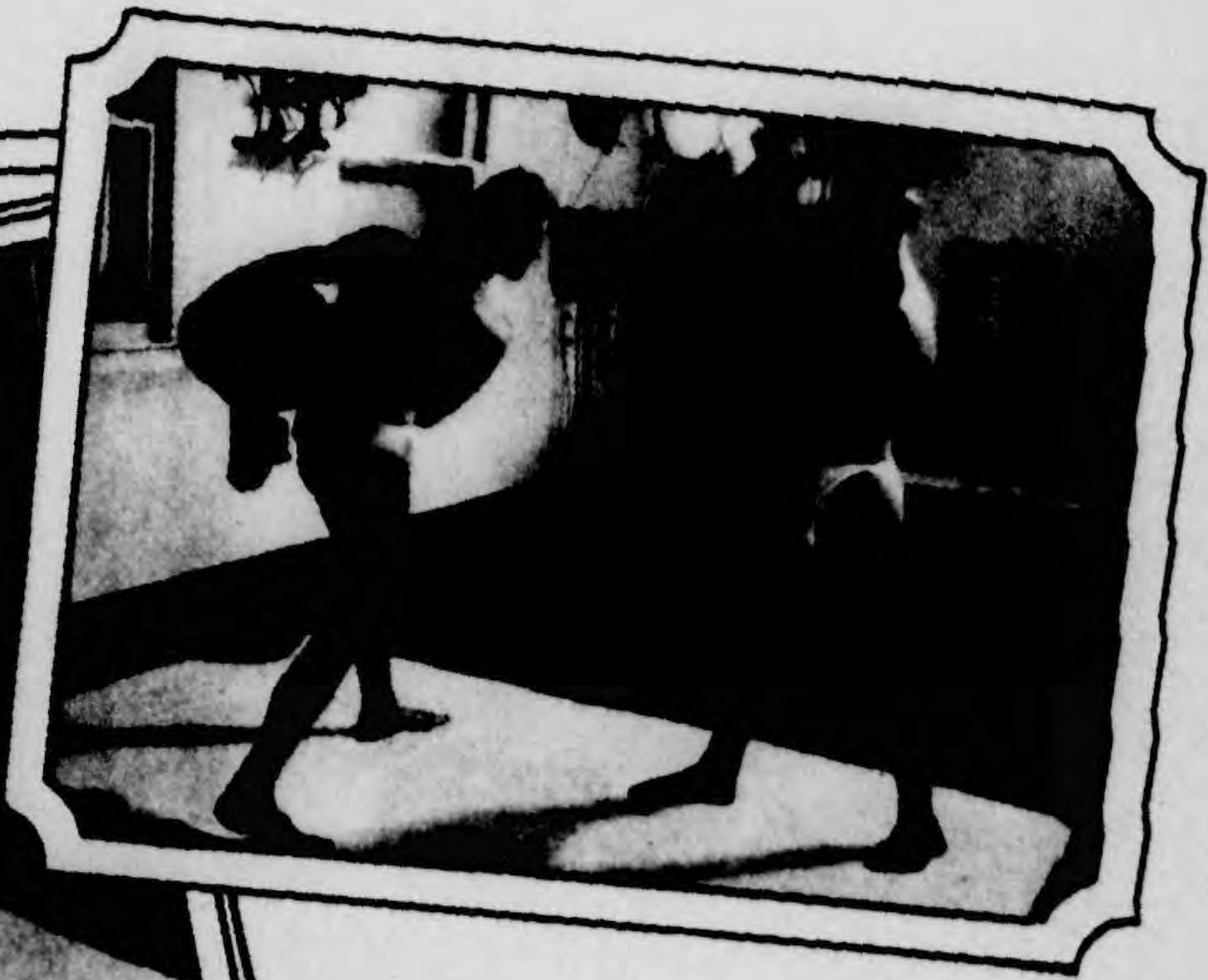
**B**Y a special application of sinusoidal electrical current, any amount of muscular exercise desired may be administered to a patient automatically and painlessly. This method prevents the

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, the other leg, the abdomen, the back; then a repetition of the same series of contractions, about once every two



*General View of Women's Medical Gymnasium*



*Men's Medical Gymnasium. Typical Exercises on the mat, with the medicine ball and on the horizontal bar help to strengthen weak muscles*

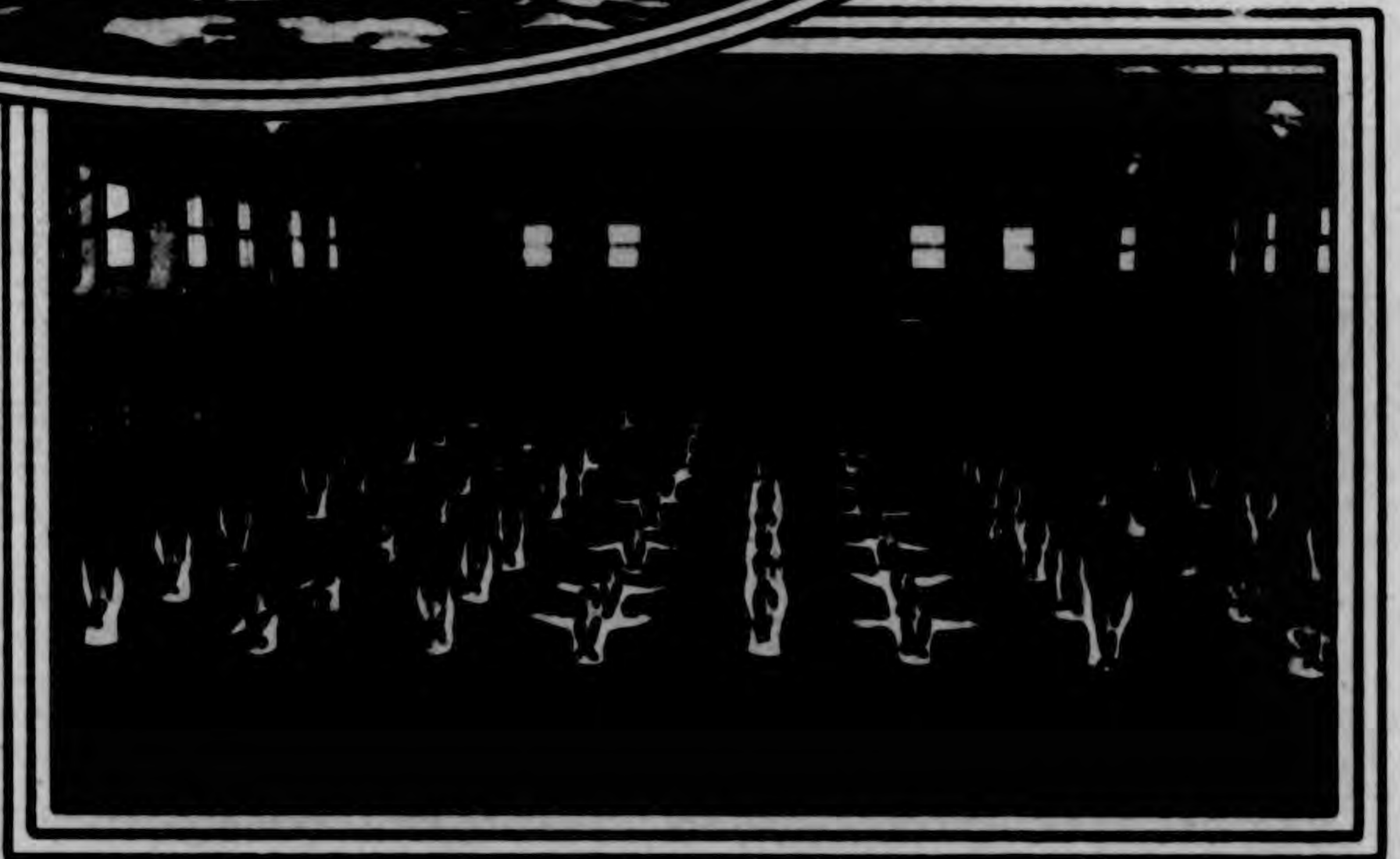




*Volley Ball in Men's Outdoor Gymnasium. Here privacy permits the minimum of wearing apparel and therefore the maximum exposure to health-bringing sunlight and fresh air*



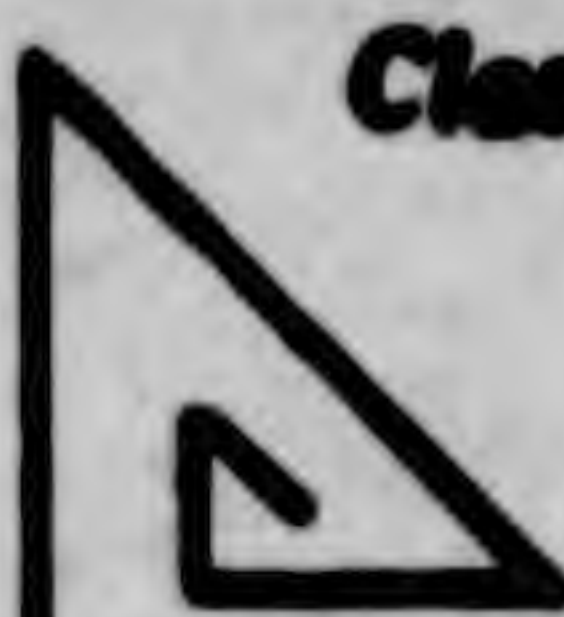
*Swimming Pool in the Men's Outdoor Gymnasium*



*Class for Women in the Indoor Gymnasium*

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.



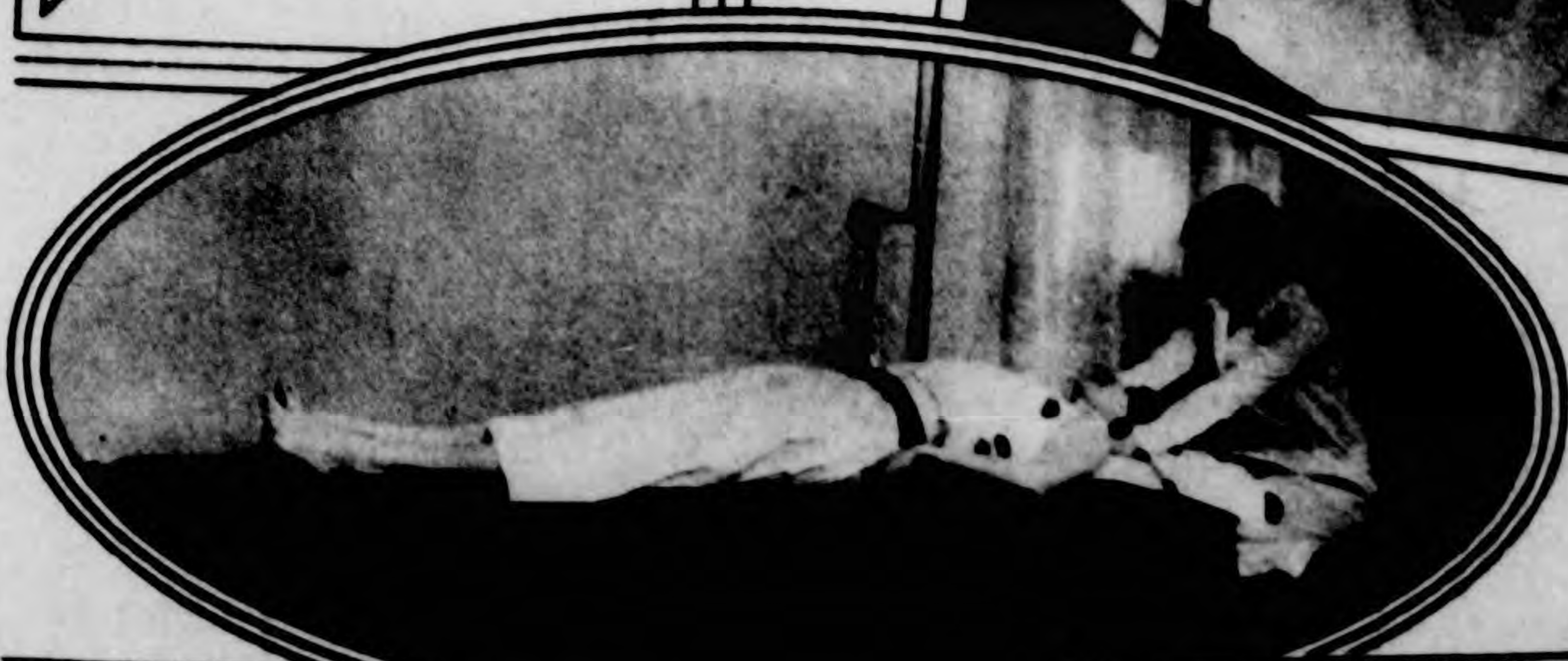
Automatic exercise is to a certain extent the "lazy man's gymnasium," for by this means he may receive many of the benefits of natural exercise without the least physical exertion.



*Automatic Exercise*



*Men's Diathermy Department*



*Stretching Table,  
Women's Medical  
Gymnasium*



*Women's Diathermy  
Department*



*Metabolism Laboratory,  
Where "The Breath of  
Life" is Analyzed*

## Swedish Massage

**A**LL 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

**H**ERE 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

**O**UTDOOR 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

**A**T 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.

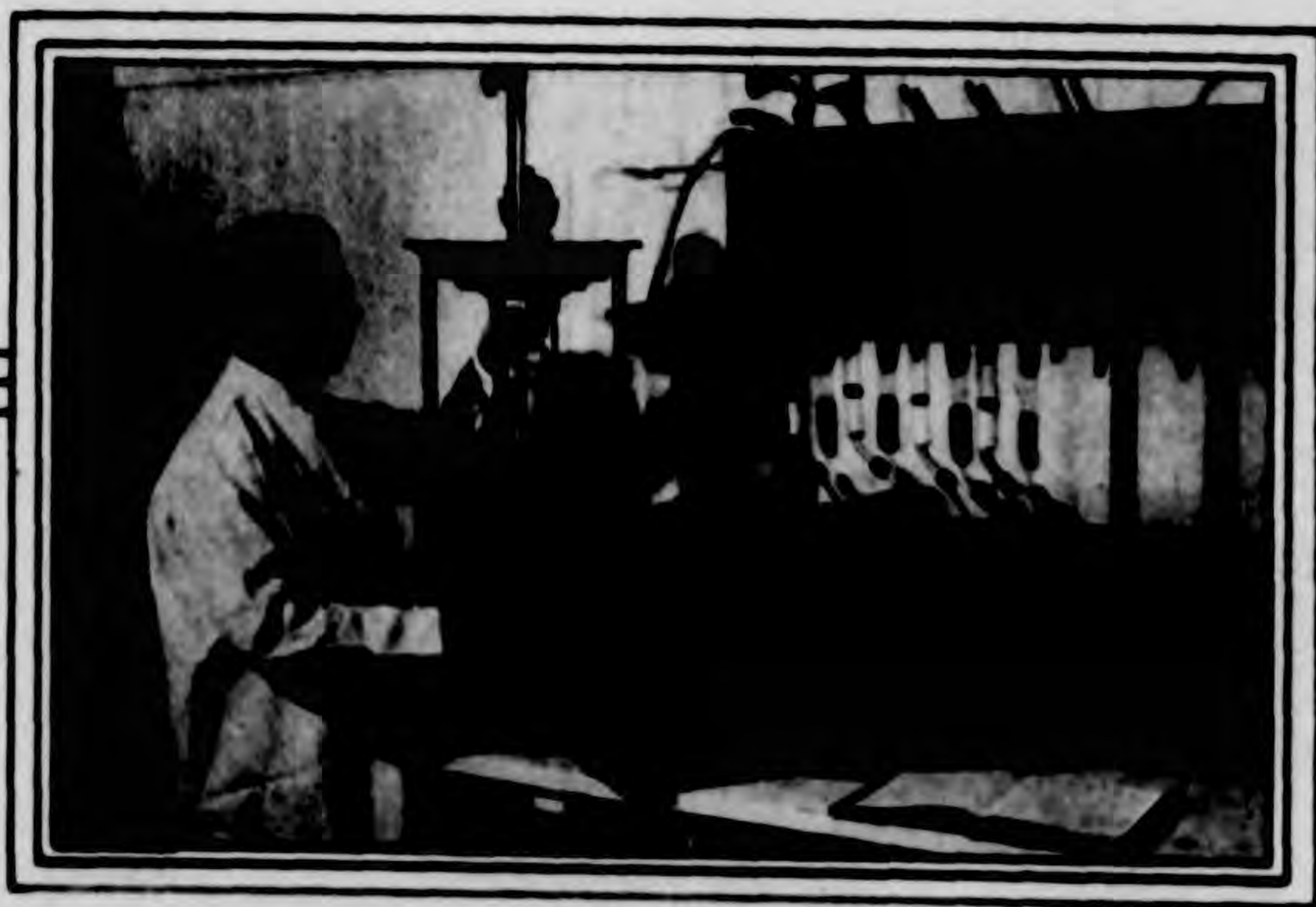
This arrangement enables the physician, the dietitian, or the instructed patient, to balance his bill of fare so as to provide nutrient material of the right sort in such proportions as the physician may deem best to prescribe.

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



*Analyzing Food by Means of the Bomb Calorimeter*



*Main Dining-Room, Seating 1,000 Guests*

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.



*Private Dining Room for Small Gatherings*



*Banquet Hall for Large Gatherings*



*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*



*Main Kitchen*



*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*



*View of the Serving Room*



*Interior of Refrigerating Room*



*Special Diet Kitchen*



*Vegetable Preparation Room*



*Kitchen Stock Room*



*Pastry Kitchen*



*Cafeteria Store Room*



*Cafeteria for Employees*

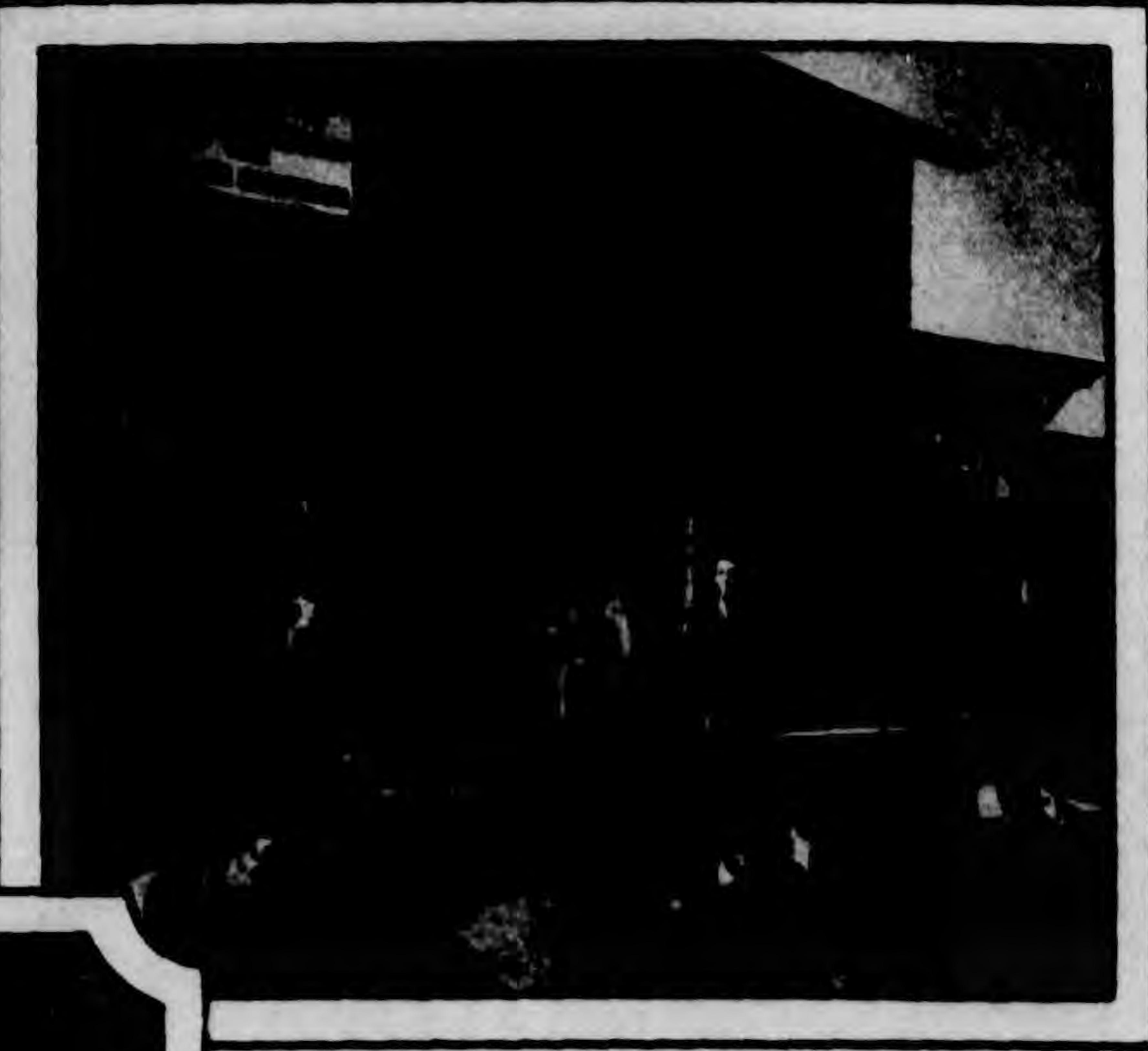


*Cafeteria Service Counter*

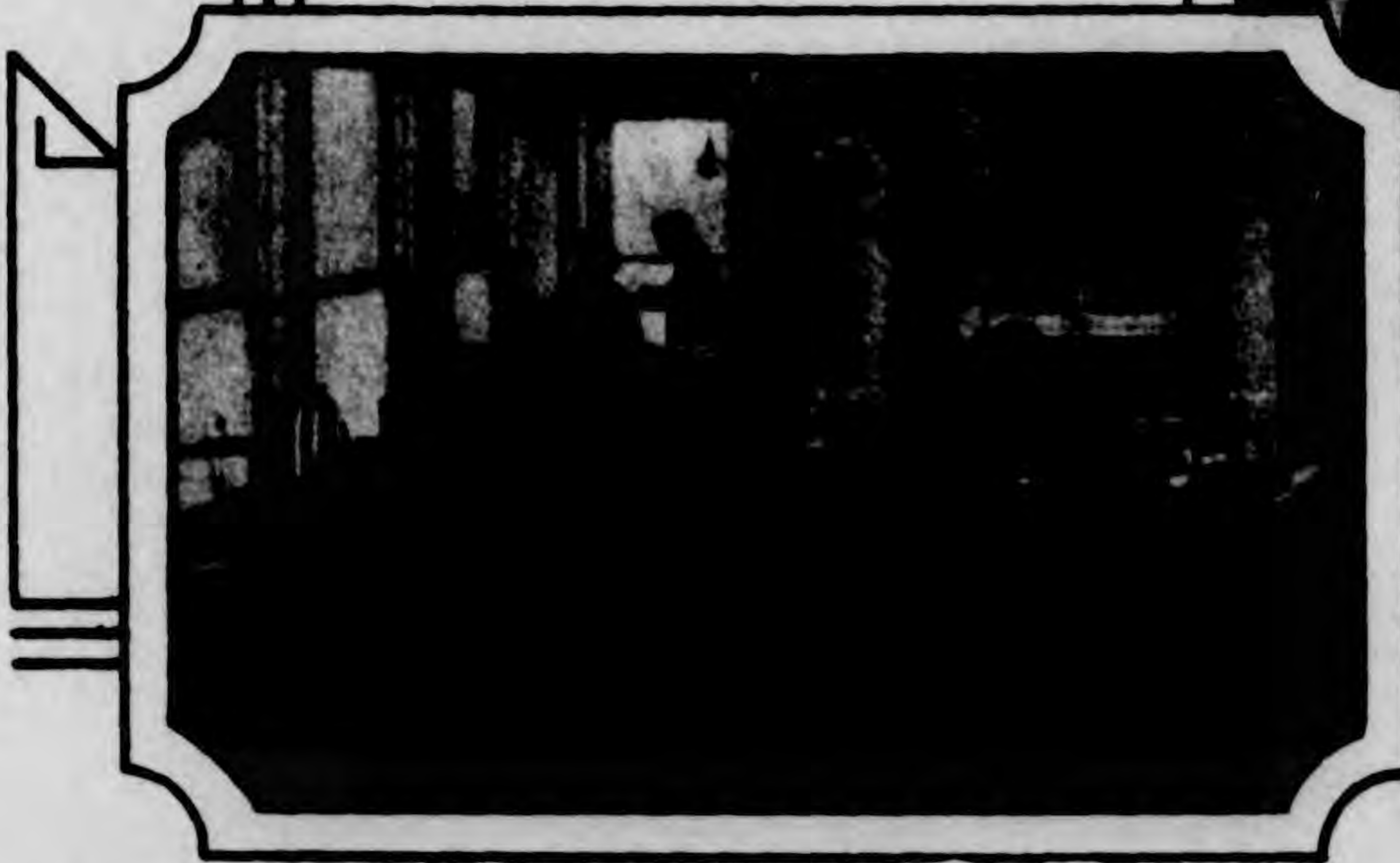


*Nutrition Research Laboratory. White Rats are used as Experimental Animals*

*Pavlov Institute Laboratory*



*Pavlov Physiological Institute, Exterior*



## The Pavlov Institute

**T**HE 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

**F**OR 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*

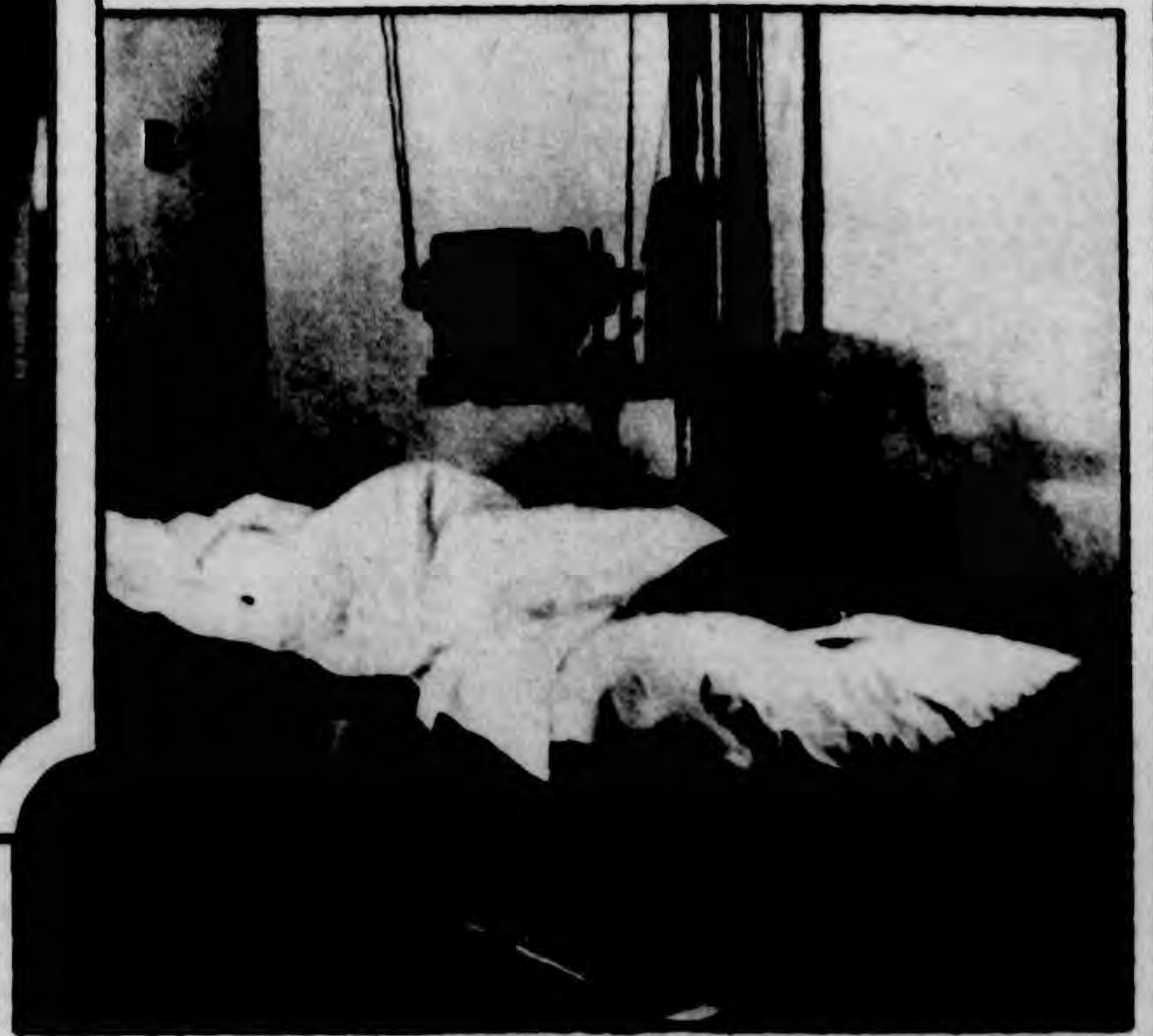


*Test for Acetone in Expired Air*

*Stomach Table for X-Ray Examination*



*Fluoroscopic Examination of the Stomach  
In the Barium Meal Test*

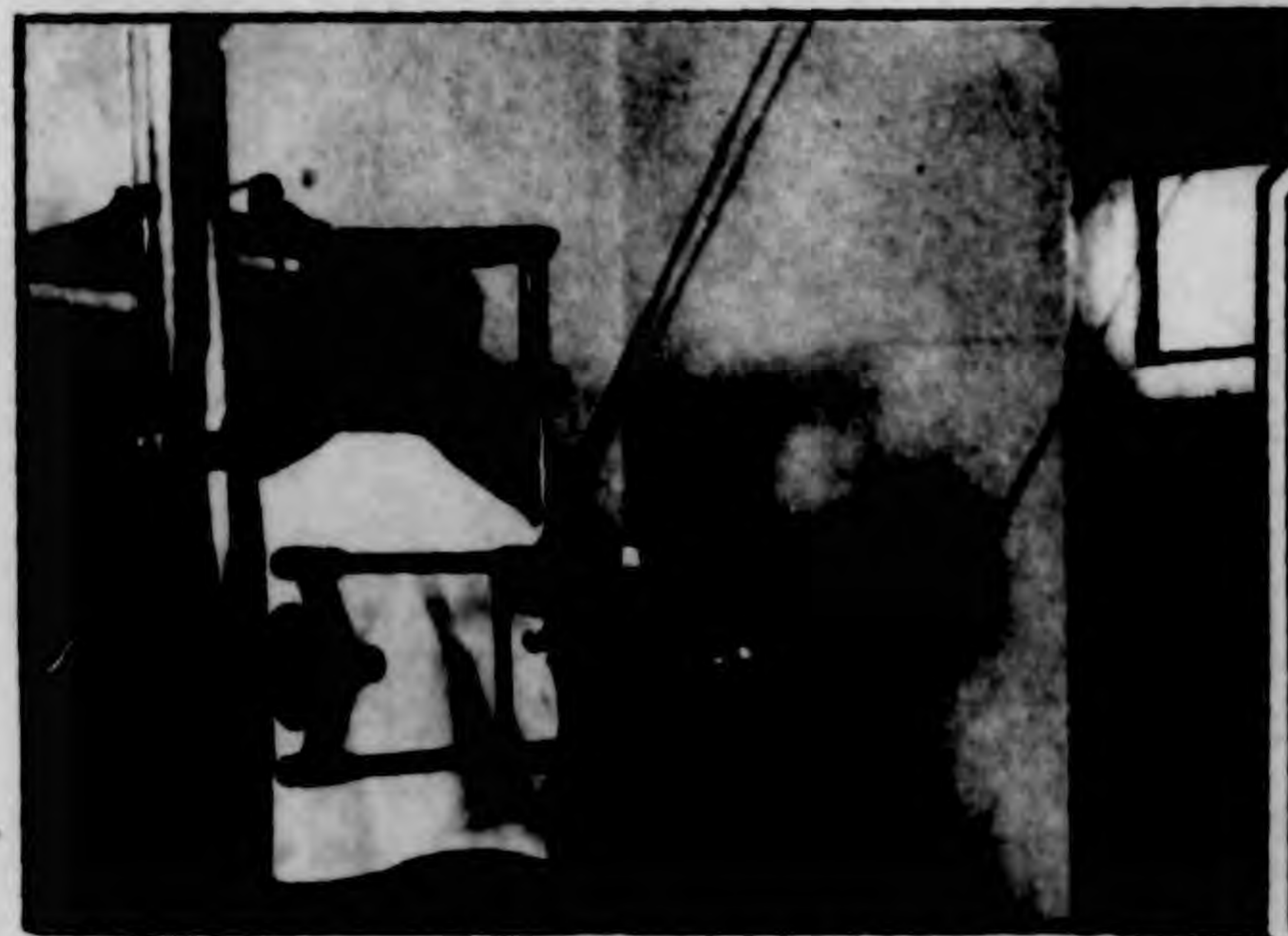


## The X-Ray Department

**T**HE 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-



*X-Ray Machine for Chest Examination*



*Injecting Dye for Graham Test*



*Taking an X-Ray of  
the Sinuses*



*Taking an X-Ray of the Sinuses*

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

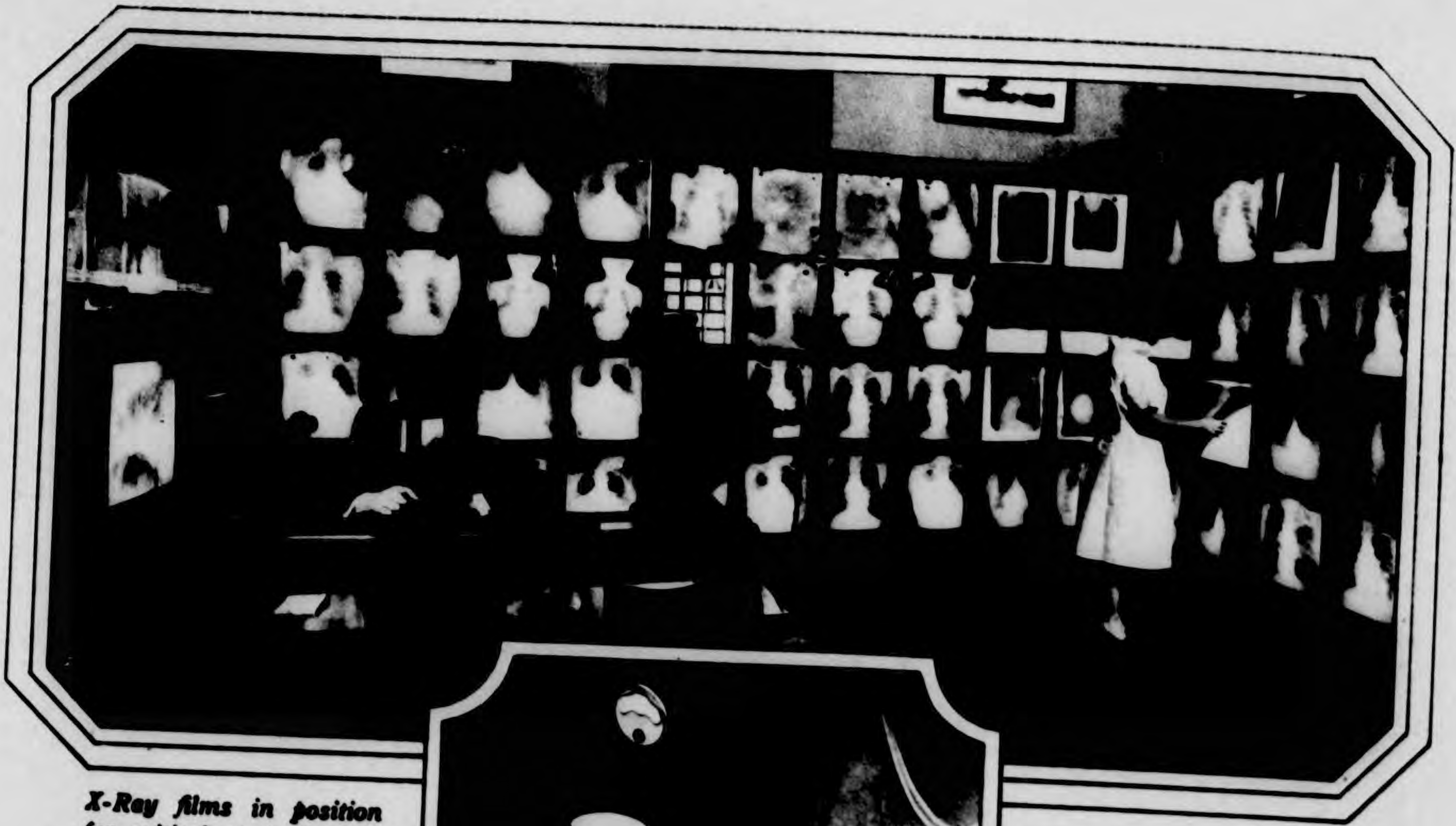
in this department is a powerful apparatus for deep X-ray therapy used in the treatment of many benign tumors and malignant growths otherwise not accessible.

There is also a photographic dark room, where on busy days, hundreds of films are developed, washed and dried in the huge mechanical drier.



*Dental X-Ray*

*Fluoroscopic Examination of the Stomach after a Barium Meal. The progress of food through the alimentary canal and digestive processes are thus made visible, revealing much valuable information*



*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*



*Operating Room, Ear, Nose and Throat Department*

## The Ear, Nose and Throat Department

**T**HIS 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 tonsil 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.

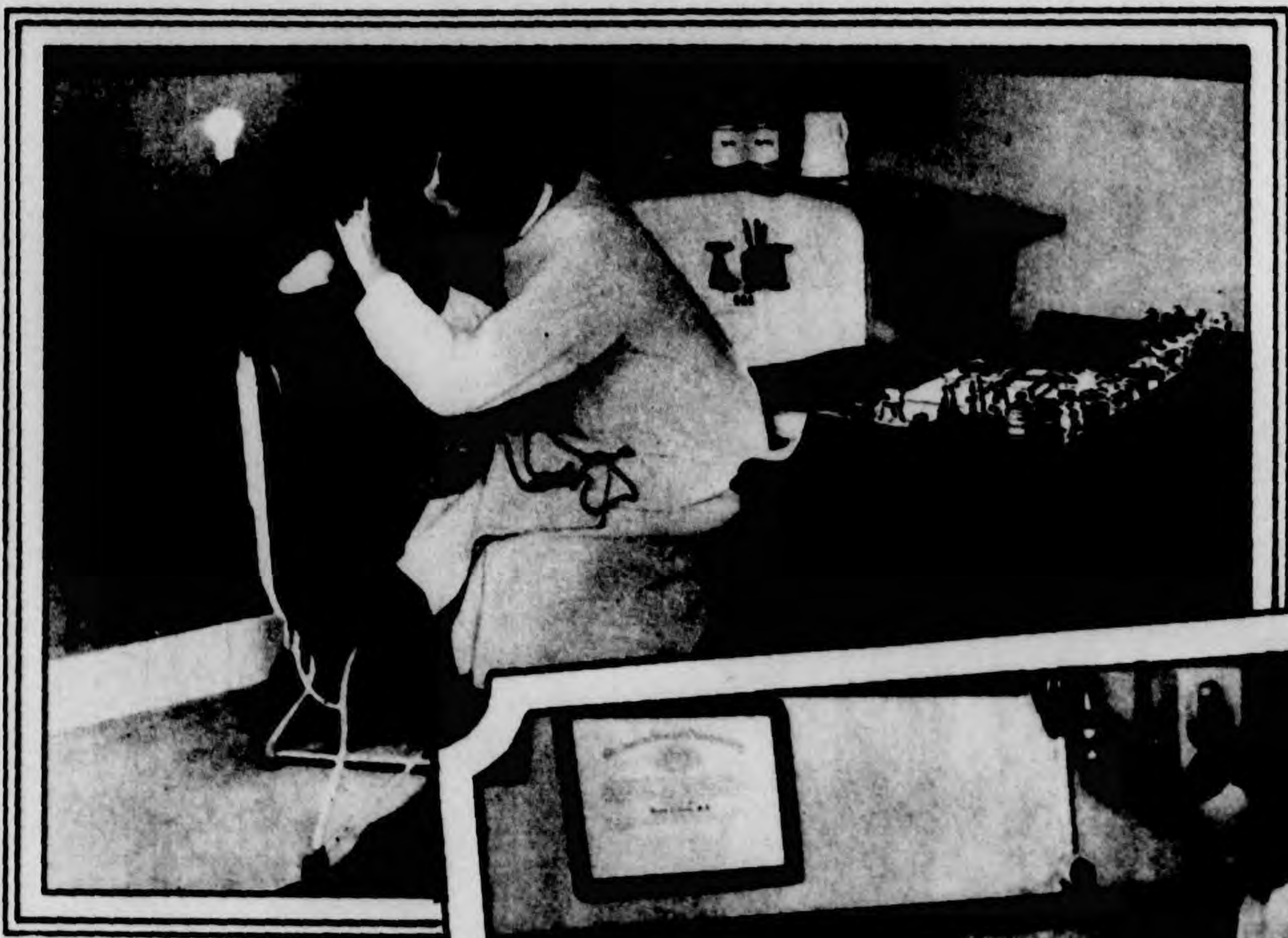
These instruments have a tiny electric light which illuminates the interior recesses of the organs and make them visible to the examining physician. The iodized oil method of X-ray examination, a recent development, is used by this department for the investigation of sinuses and closed cavities within the bony structures of the head and face which heretofore were enigmas.

## The Eye Department

**M**ANY 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.





**Ear Examination**



**Test of Hearing**



**Tonsil Examination**





*Near Muscle Test to Determine Balance or Imbalance of the Eye*



*External Examination of the Eye*

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.



*Eye Test*



*Eye Test*



*Dental Department*

**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.

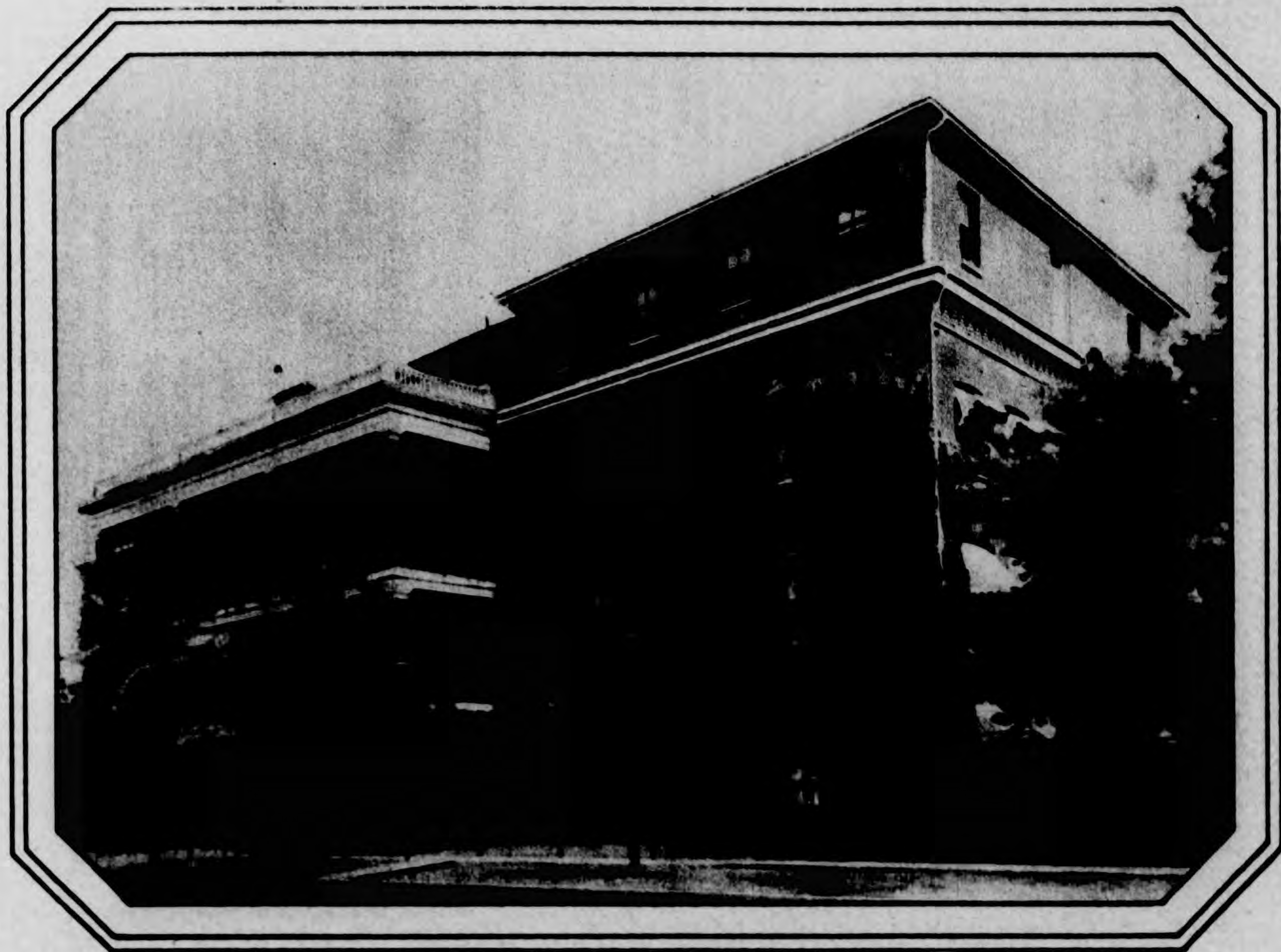
### **Other Departments**

*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 gastro-enteric 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.



*Sanitarium Hospital*

## The Sanitarium Hospital and Clinic

**T**HE 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 immunizing and healing power of the body.

Arc light, Mercury Vapor light, diathermy, thermophore and radiant heat



*Performing an Operation*

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



*Sterilizing Room*

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**

**A**N 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



*Typical Hospital Private Room*



*Operating Room*



*Maternity Department*

the best of obstetrical care and expert medical attention but also for the unexcelled health building facilities provided by



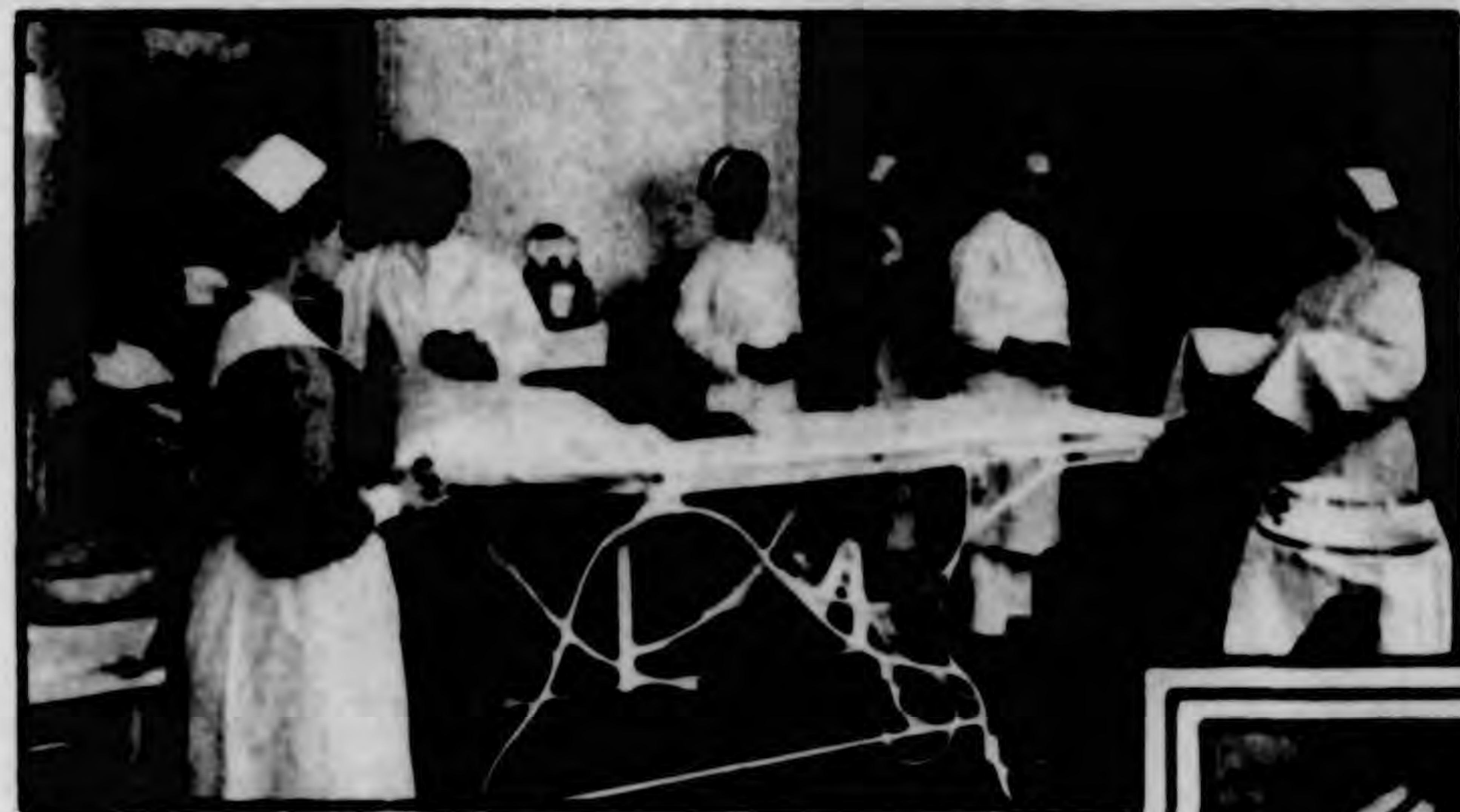
*Room, Maternity Department*

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 de-

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.



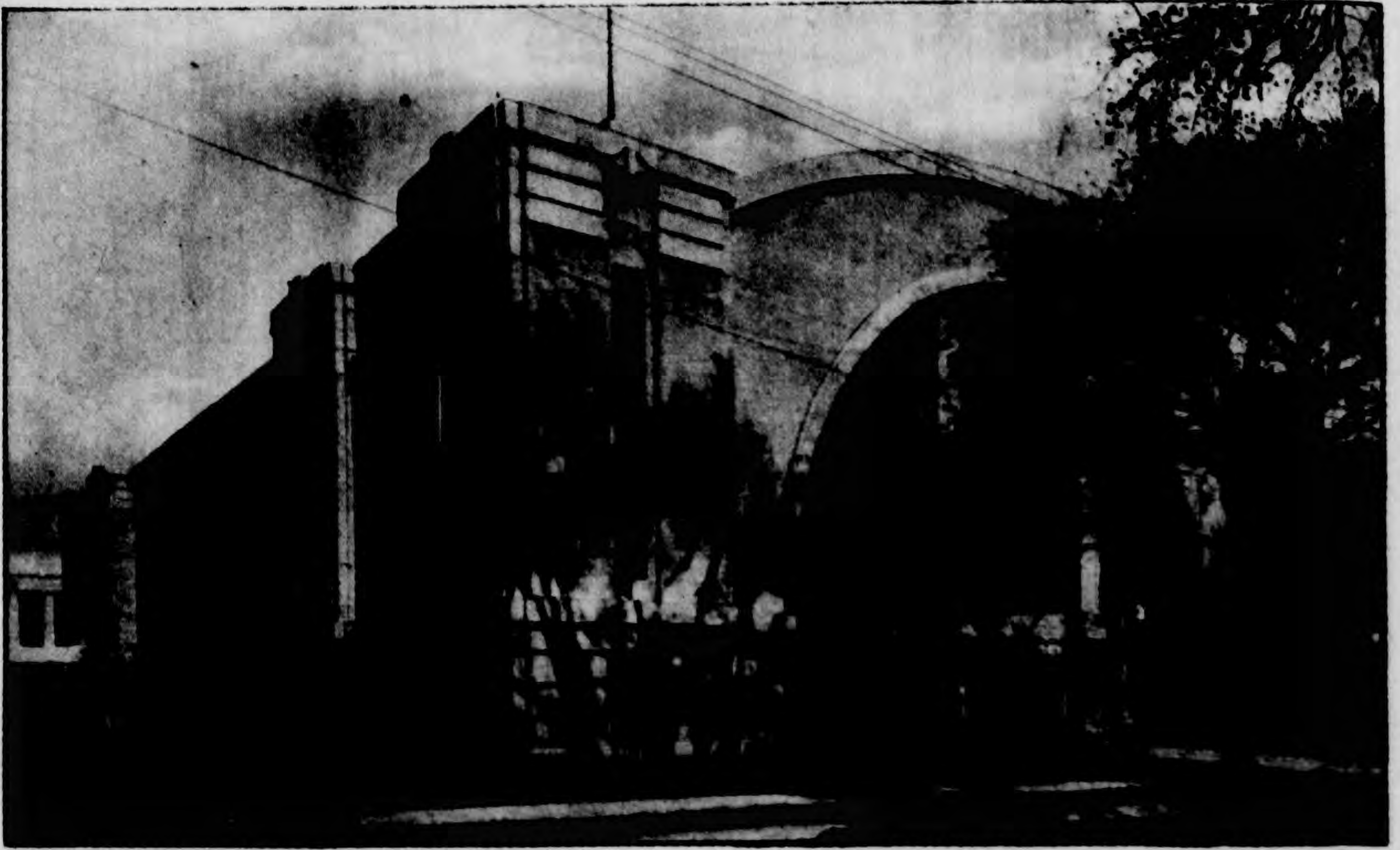
*Delivery Room, Maternity Department*

*Nursery*

livery 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





*Union Building*

## A Recreation Center for Sanitarium Employees

**T**HE 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, dra-

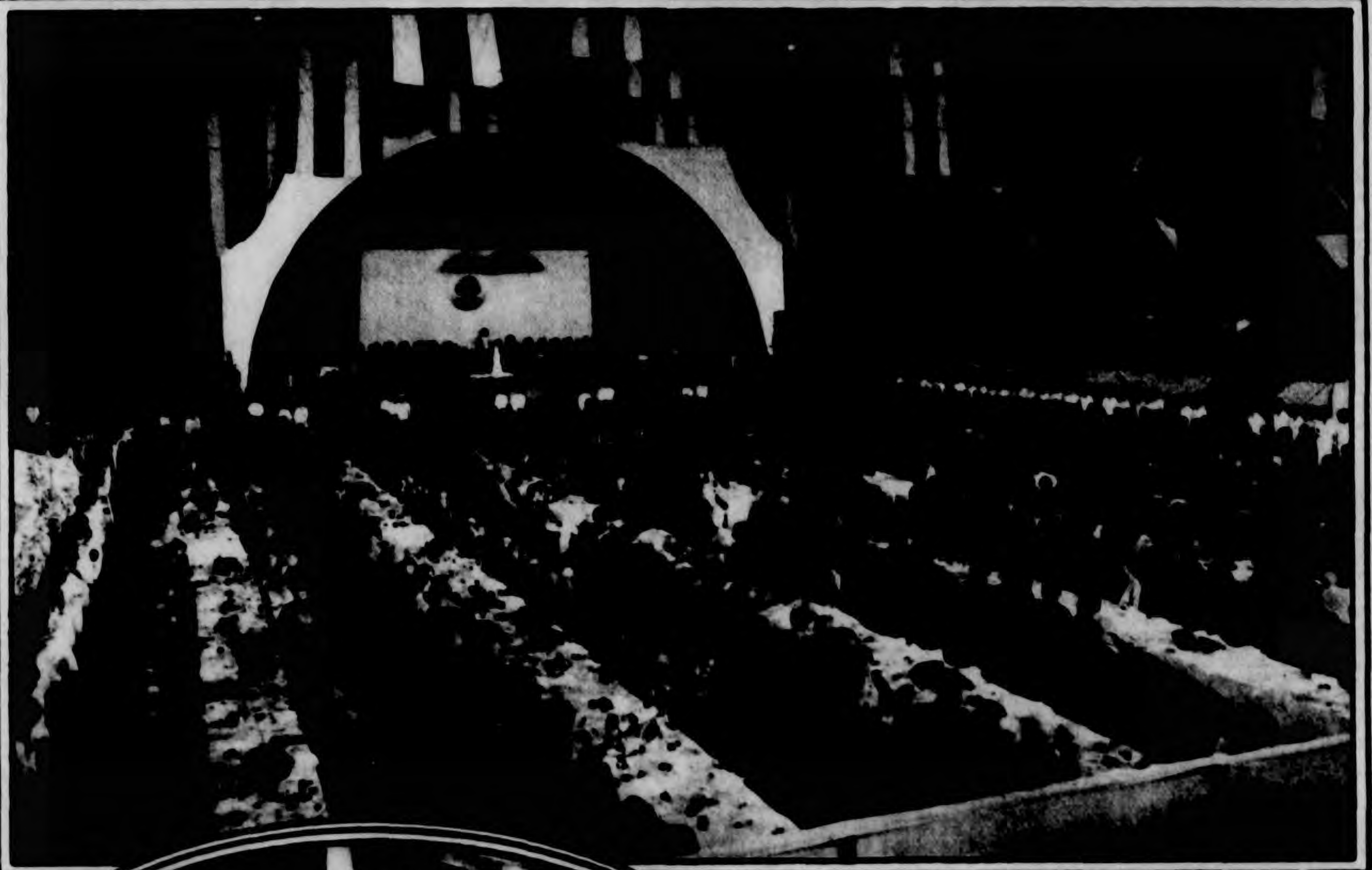
matics and concerts. A motion picture projection room is located in the balcony.

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 basket ball, hand ball, volley ball, 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.

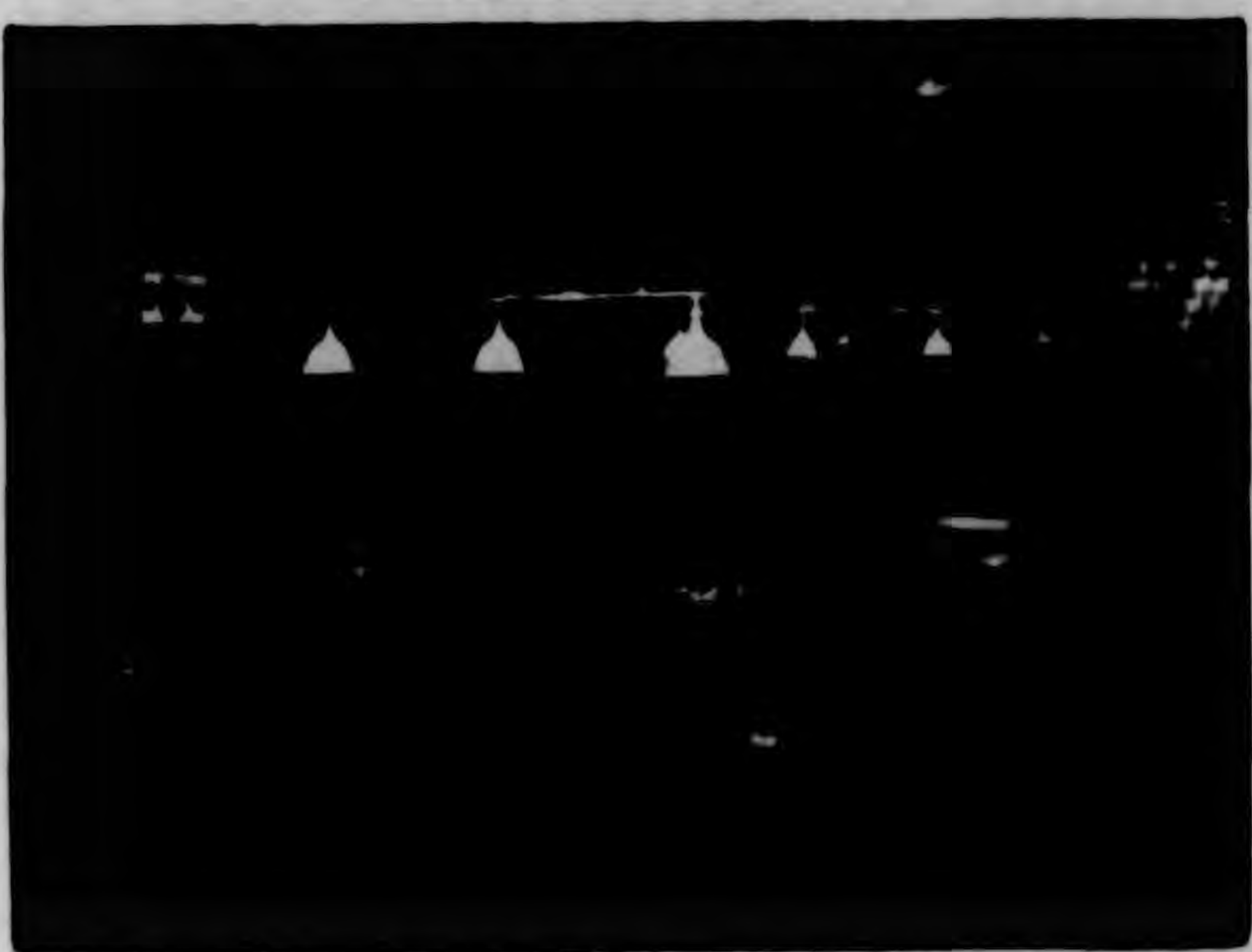


*State Parent-Teachers' Banquet in Union Bldg.*



*Bowling Alleys in the Union Building*

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.



*Billiard Room in the Union Building*



*Swimming Pool in the Union Building*



*West Hall  
Nurses' Dormitory*



*East Hall, Dormitory for Patients*



*College Building  
Laboratories and  
Extension Dept.*



*Oxford Cottage*



*Cleveland Cottage*



*Rest Chair Park. Quiet, peaceful, secluded—an ideal place for repose, in fresh air and sunshine*

## Organized Rest Without Ennui

**T**HE 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.

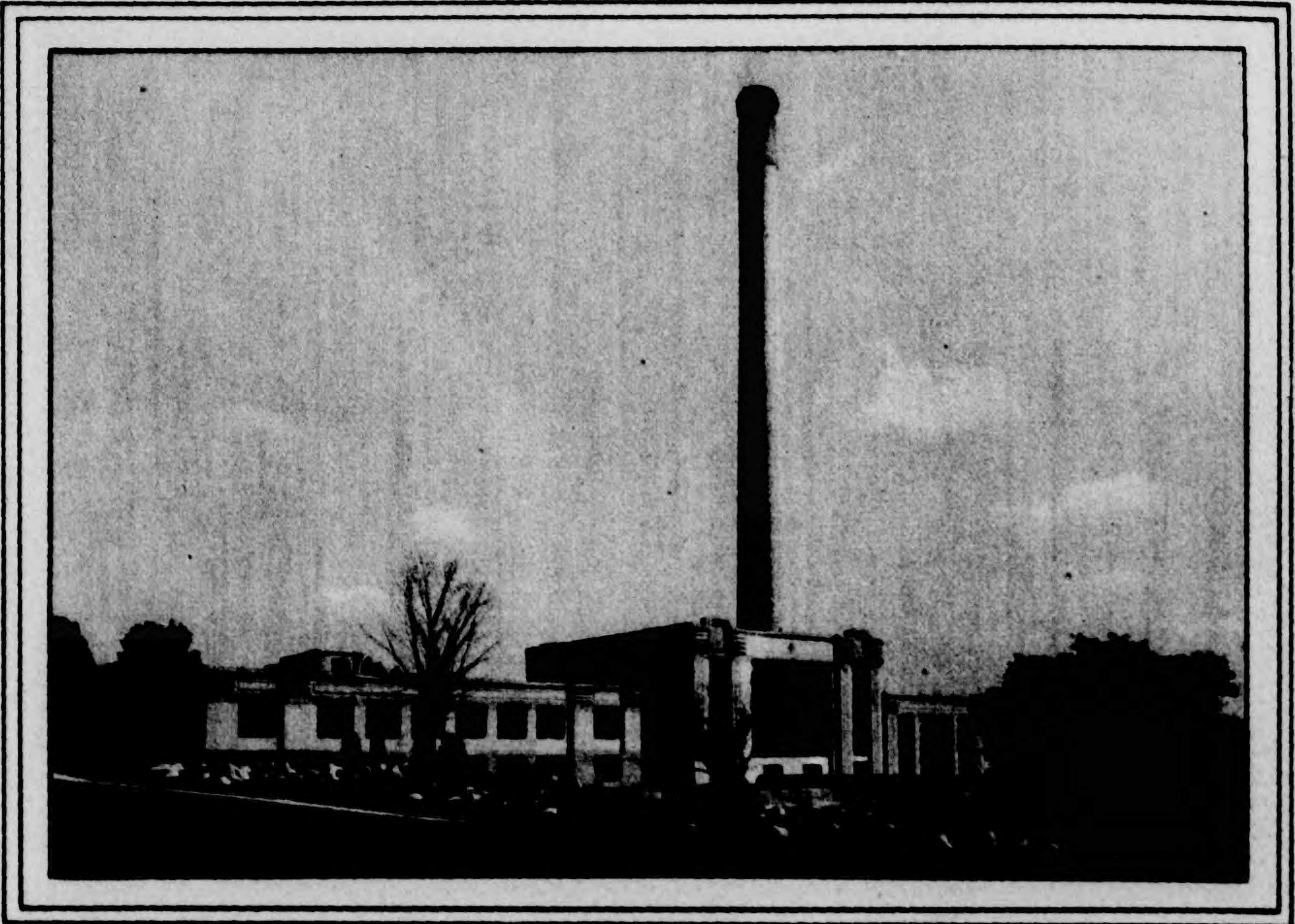
The visitor eats, sleeps and lives daily for health in a wholesome, health-winning environment. Beautiful expanses of shaded lawn, picturesque views and the delightful climate for which Michigan is noted, make Battle Creek a favored resort. One week of enjoyable health-building is worth many weeks of formal or exciting amuse-

ment 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.



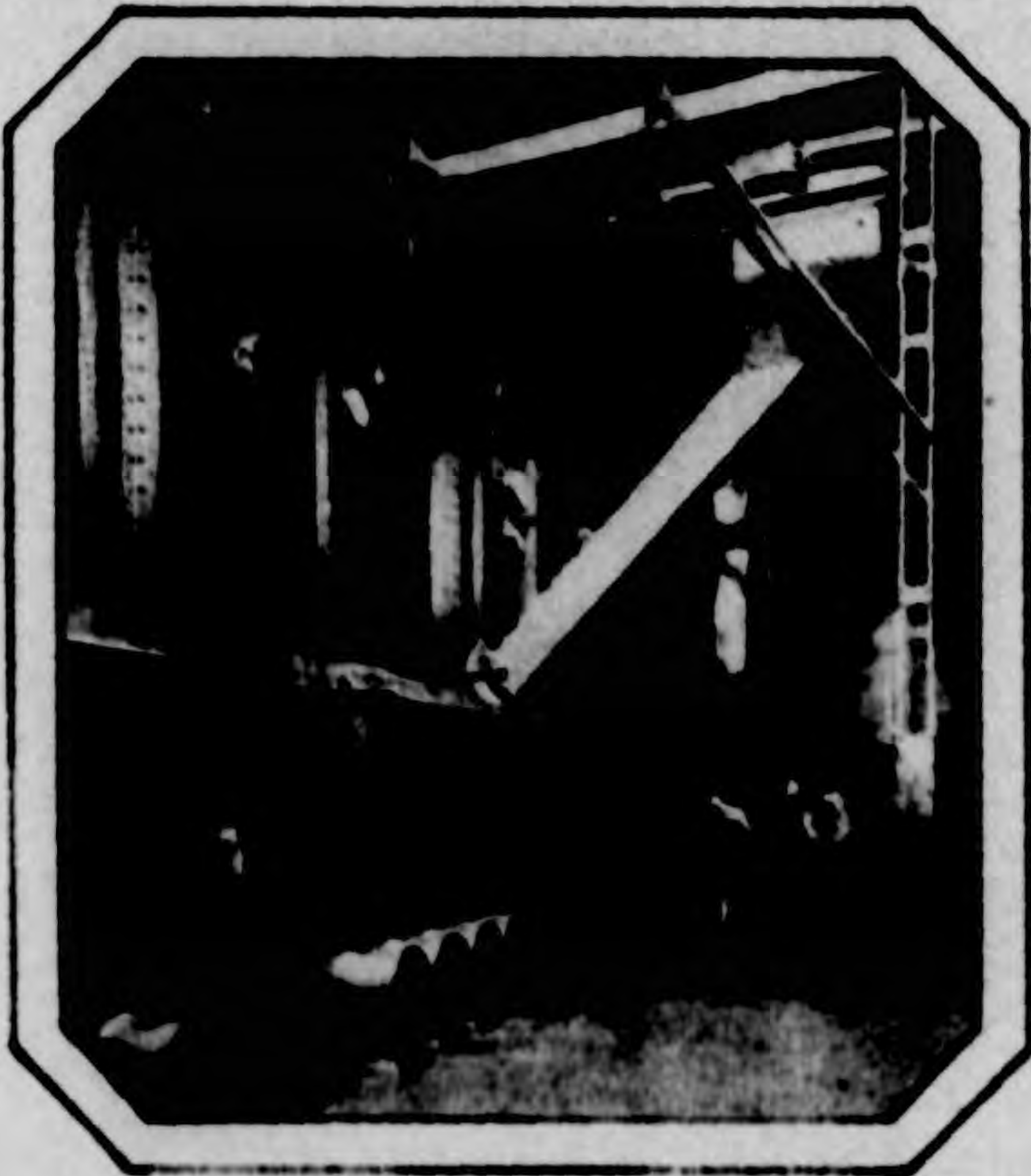
*Sanitarium Power Plant*

### **The Sanitarium Power Plant**

**[I]t is the aim of the Sanitarium to make itself as independent as possible of out-**

**side 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.**



*Boiler Room*



*Dynamo Room*



*Tin Shop*



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.



*Electrical Shop*

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.

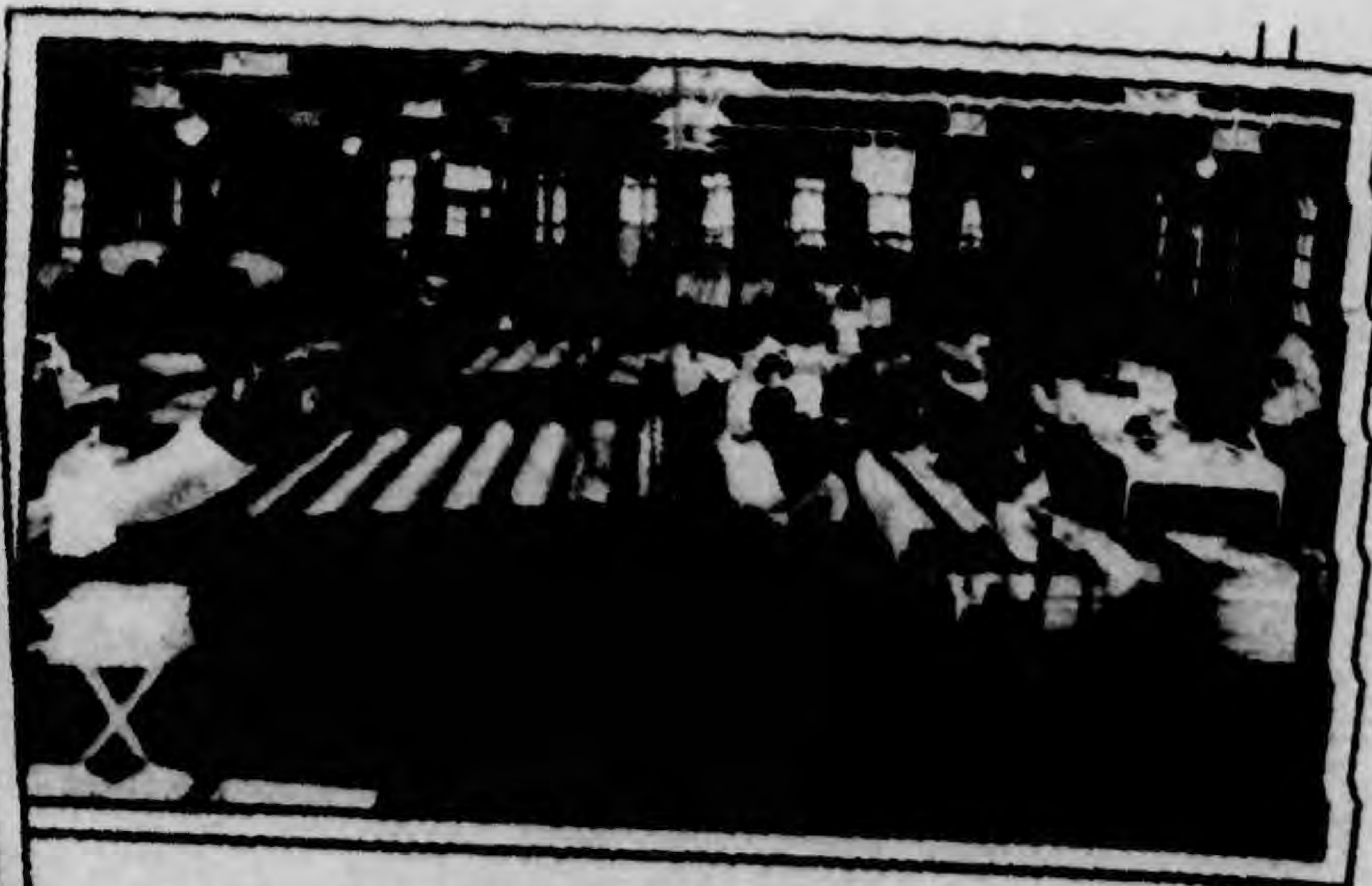
The Sanitarium Laundry is fully equipped to handle all types of laundering, including flat work, personal laundry, and the laundering of silks and woolens.



*Carpenter Shop*



*Machine Shop*



*Views of the Sanitarium Laundry*

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**

**T**HE 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.

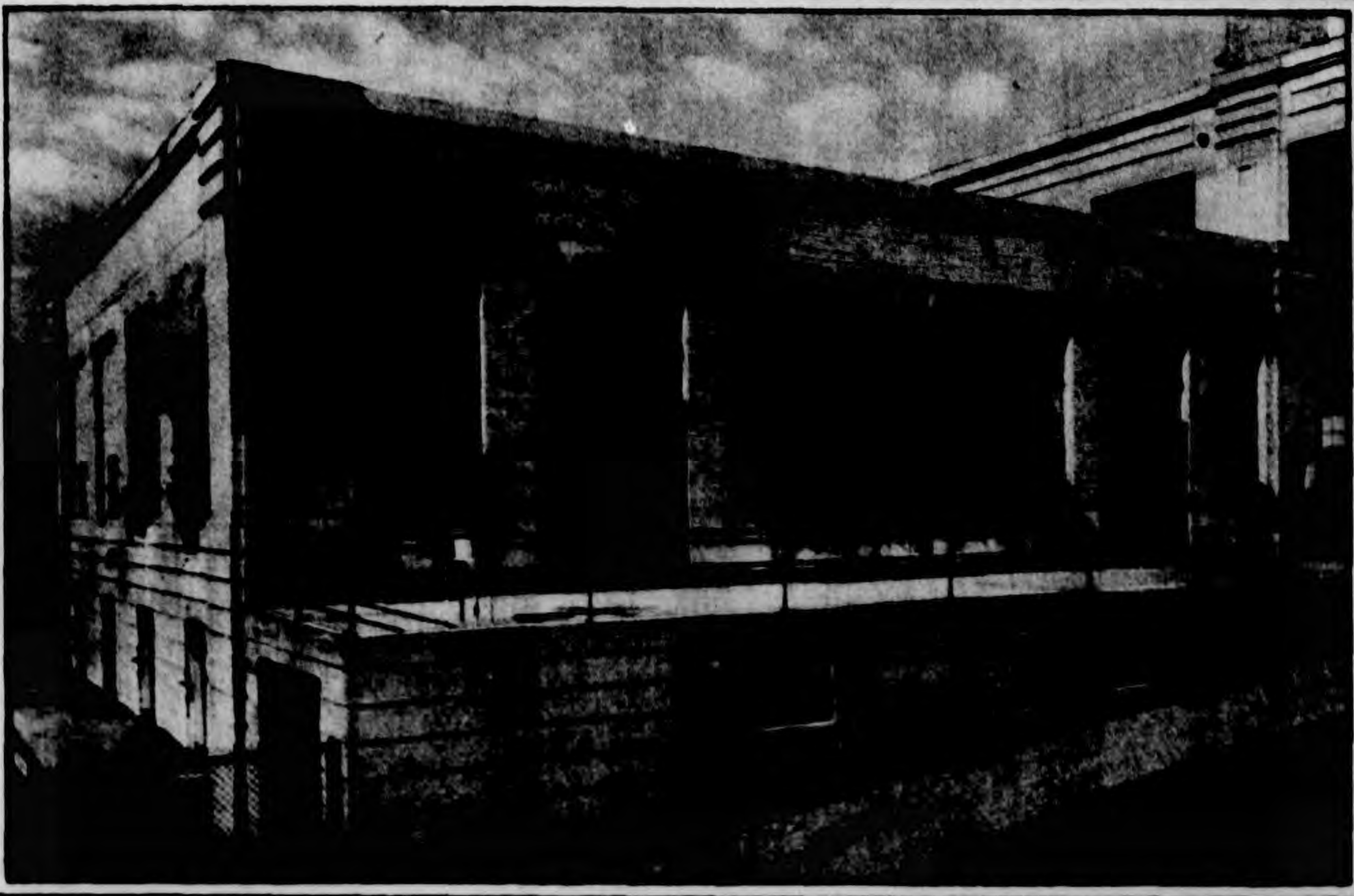
Three new pasteurizing machines, especially built, are used for the pasteurization of all milk used in the manufacture of cheese and dairy products. The use of nickel throughout establishes a world precedent—its more than treble cost is justified by avoiding all possibility of contamination by the metallic salts of copper, tin or other metals.



*Linen Room*



*Supply Room*



*Sanitarium Creamery*

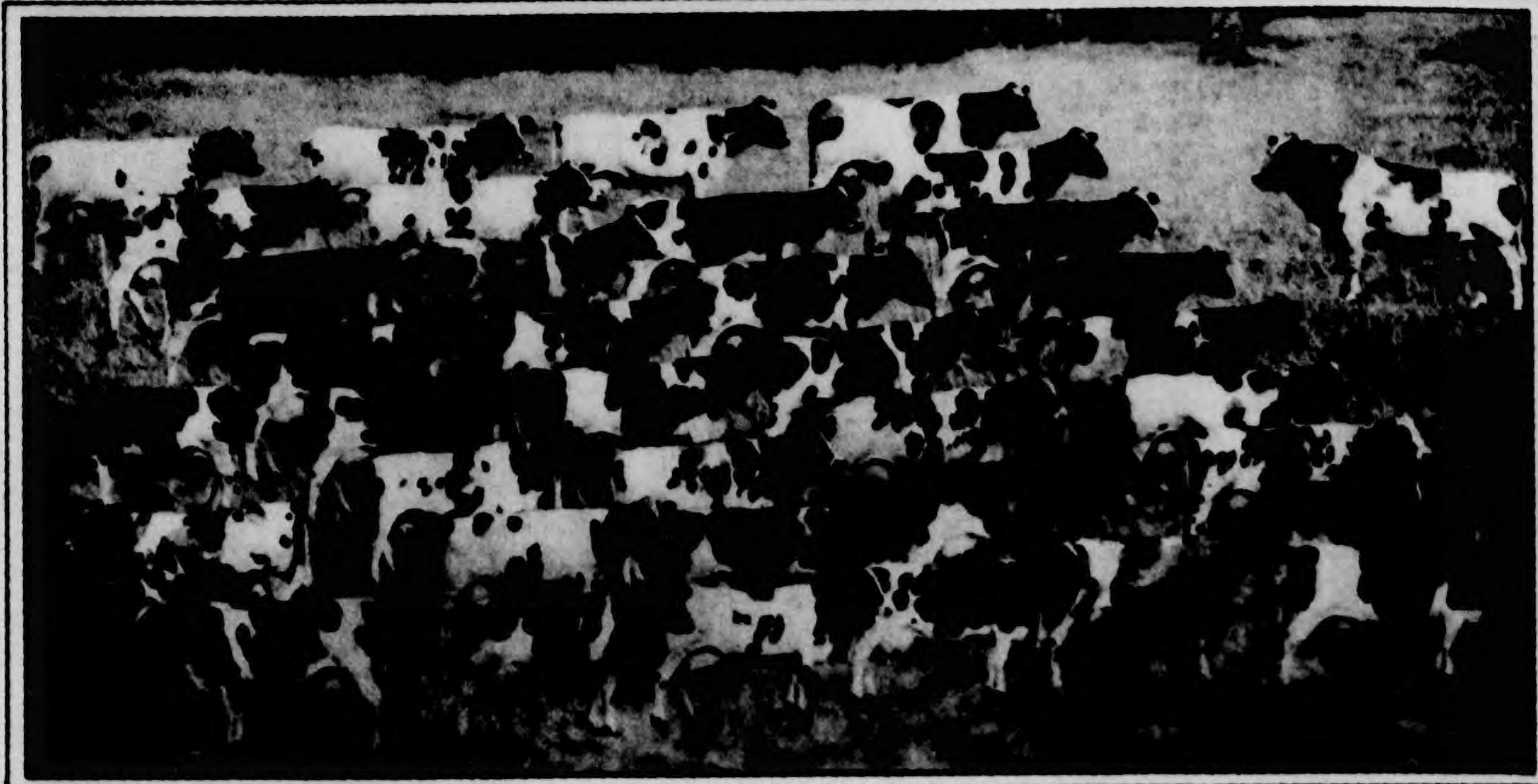
All butter and cheese are made from pasteurized cream. The milk for making acidophilus buttermilk is also pasteurized. A new acidophilus machine, has been installed to manufacture the large quantity of buttermilk, which the Sanitarium uses daily; also a new Cheddar cheese making machine.

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.



*Interior View of Creamery*



*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.

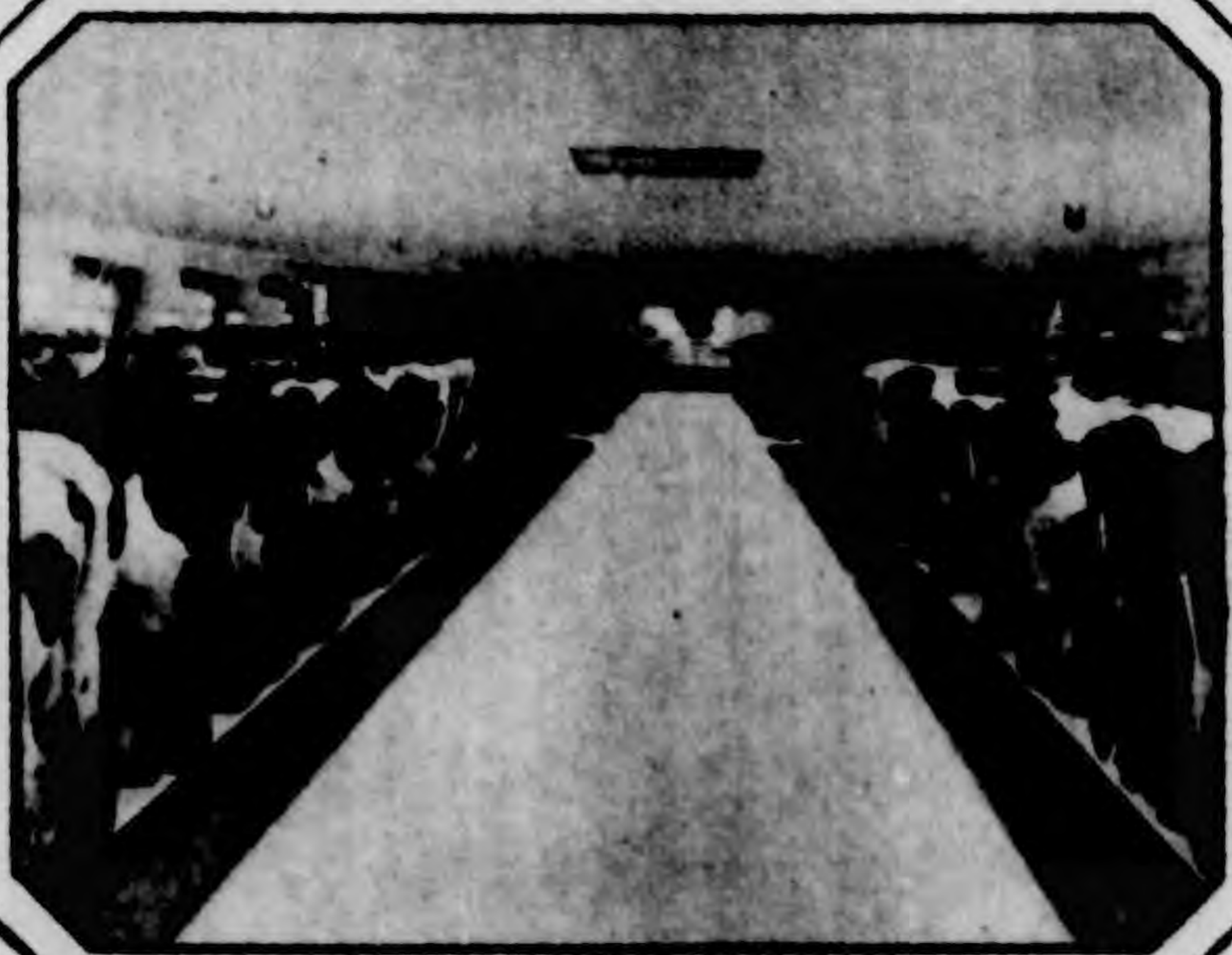
70,000 dozen eggs.

2,499 bushels of apples.

2,433 cases of citrus fruits.

6,667 bushels of potatoes.

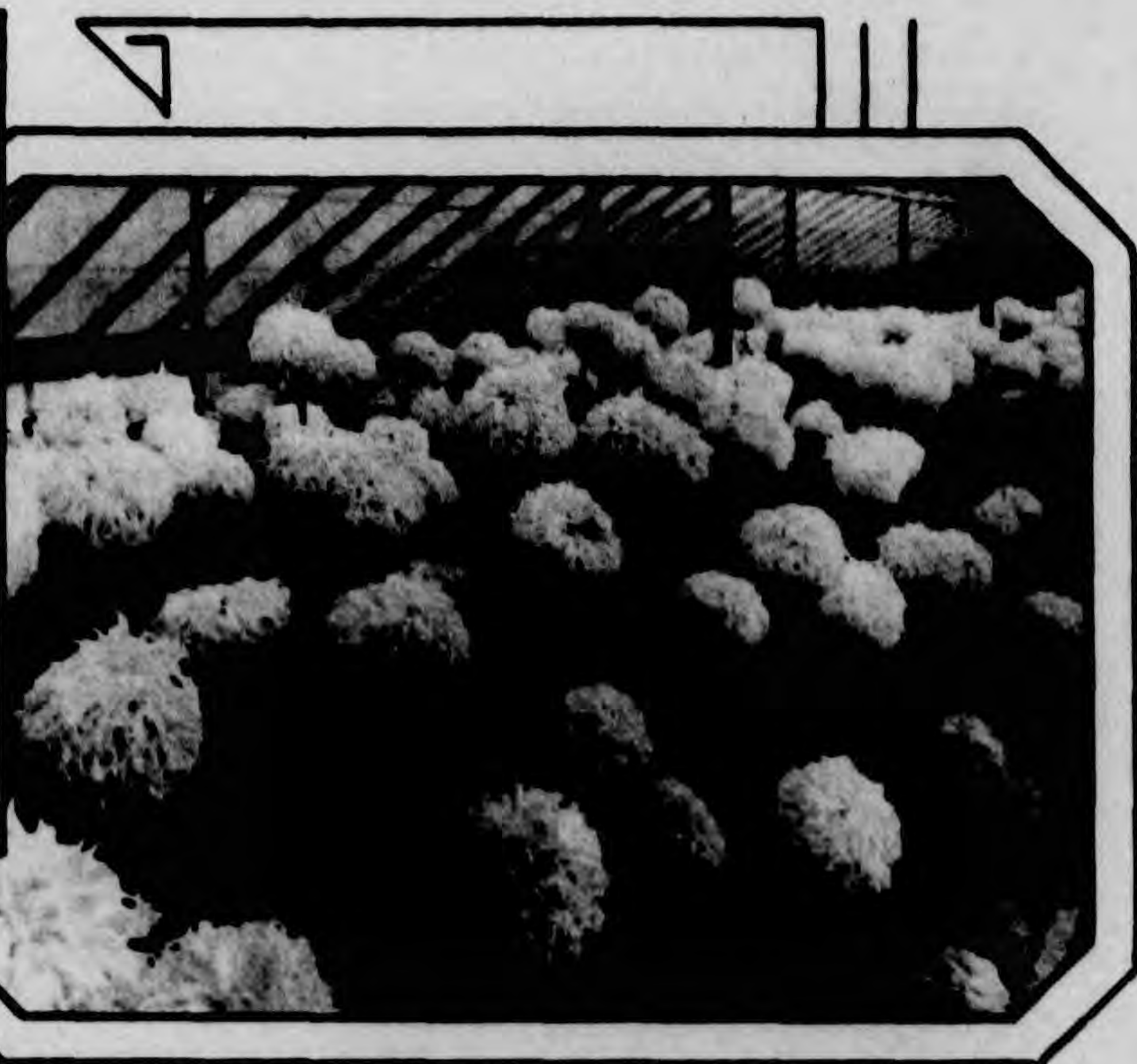
64,000 pounds of spinach and other greens.



*Interior View of Cow Barn*



*Buildings at One of the Sanitarium Farms*



1,650 tons of ice manufactured by the institution.

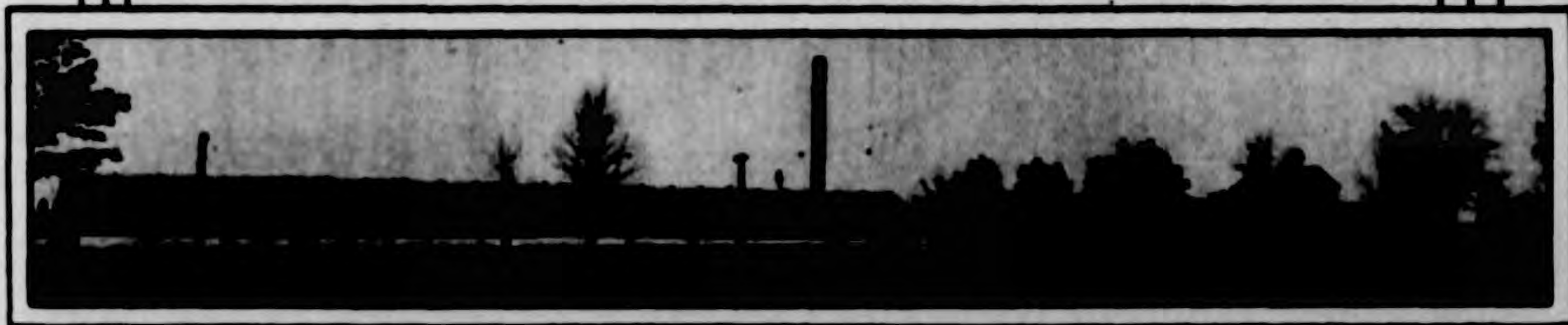
40,000 pieces of linen, towels, sheets, etc., worn out. 100,000 cakes of soap.

### The Sanitarium Farms

**T**HE 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.



Sanitarium Greenhouses





*Sanitarium Truck Farm*

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.



*View of the Sanitarium Chicken Yard. Plenty of fresh eggs daily*



*Sanitarium Pharmacy*



*Sanitarium Barber Shop*



*Chiroprody Department*



*Transportation Office, Main Lobby*



*Check Room*



*Setting Wave in Beauty Parlor*



*Hair Drying by Means of Sun Lamps,  
Beauty Parlor*



W.H. Riley.  
M.A. Mortensen  
A. O. Oleson  
W. J. Martin  
Estella G. Norman  
Gertrude Johnson.  
Carl B. Wencke  
Lyman B. White  
G. M. Nelson  
Buelchyste.  
J. K. M. Torson  
Stuart Pritchard  
E. E. Hubby  
J. M. Van der Vort  
Elihu L. Eggleston  
Maulu J. Capron  
C. E. Rodrick  
W. Schynoweth  
James R. Jeffery  
Cloyd E. Deity  
Mungus J. Eifillan  
D. E. Paruhart  
Nils C. Byland.

Robert H. Tracer  
Arthur H. Katchma  
R. W. Barclay.  
Nettie Evans Knapp.  
Clara V. Radabaugh.  
Trevor G. Browne.  
J. E. Casper  
Dennis V. Smith.  
D. M. Brokens-Cornell.  
Howard T. Moor  
W. B. Sewis  
Paul Roth.  
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Zelma Mc Manus  
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Mrs. Stewart  
James Case

Mrs Elsie Camp  
Joyce T. Gardner  
Jessie C. Murton.  
Evel S. Bennett  
Mary C. Thorsquist  
Maud M. Farrell  
James H. Hendrick.

Wm Brookhouse

Aima F. Mc Cauley.  
Mabel Larson  
Emma J. Cook  
Margaret Anderson  
Harriet Grant  
Vera McDonald  
Maggie Wilson  
Julia Dix Kennedy  
Helen G. Harding  
Mabel Brackett.  
Ella Wilson  
Clara Walker.  
Mary Schuth  
Elizabeth Evans  
Leila Hurley  
Evelyn Waterman  
Julia Knapp  
Myrtle Moulton.  
Florence Melikian  
Nell Siddall.  
Eda Sundberg  
Jeanne Sandberg  
Vera Cotton  
Rosalie Holmwood  
Bruce Robert Cleaver  
Harriett E. Fisher  
Panama Shafer  
Mildred Teegardia  
Rose Edward.

Thurston A Scandian  
Harold Davis  
Wilbur H. Moore  
Ralph D Edwards  
Margaret Jiles.  
Belle D. D. D.  
Marian Loomis  
Mildred M. Casey.  
Ann Schopf  
Francis Scanlito.  
Guth V. Richmond.  
Martha Norstine  
Norma Mines  
Marg Davis.  
Hazel Hedberg  
Mrs L. B. Shetterly.  
Ray Norweg  
Rayne F. Johnson  
Forrest G. Shuffelbarger  
Mildred Olson  
Wm W. Bailey  
Mabel E Hoyt  
Florence H. Phenix  
Bernice Carruther  
Walter H. Chapman  
Myrtle Chapman  
Grace H. Moore

Marie Picklefs  
Mayme Deasy  
Carleton C. Clothier  
Elizabeth Clothier  
Lulu Kilt  
Mary Hustwick

Minnie Marsh  
Lloyd G. M. Daniel  
Jane D. ass.  
Archie Stiede.  
Florence Evans  
Walter D. Miller

Waman Buel  
Myra Miller.  
Mrs Annie Rowley  
David Dean

B. F. Edridge  
Ethel M. Swift  
Marguerite Hunt  
Emma Lawless

Clare Heywood  
Ruth Hicks.  
Ethel Alexander.

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May Bailey  
Lucie Parker  
Helen Porter

Alice Allen

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Loran J. Shewood.  
Hattie Niles.

Maudie Whitright  
George B. Rees.  
Ethel Lykes

Willard O. Merrill  
William B. Ryder

Lucille Tople  
Lillian B. Price

Th. Asgaard.  
J. A. Riggs.  
Harry D. MacCreery  
Earl A. Bungor.

Carter C. Cox  
E. W. MacCreery  
Alvin Radabough.  
Noire Welborn.  
Bessie M. Thayer  
Margaret Gallagher

L. C. Coulton.  
Earl F. Pratt  
Lyle Her  
Lunt R. Ostrander  
Reh Stillman  
Veana Myers  
Morton Perry  
Raymond Lassum.

Harold Perry  
David Davis  
Robert Thompson.  
Wendell Kellogg  
Lynden H. Garrison  
Adron M. Ingle  
H. R. Davis  
Colver Hall

Arthur J. Wright.  
Lawrence T. Adgett  
Don Fisher  
Willis E. Everson  
John S. Penherton

Frank P. Kercheval  
David Ladley  
Robert S. Kieckhoff  
Edward C. Trumper  
Raymond K. Cusell

Mrs. A. Eldridge  
Mrs. W. H. Nelson  
Blanche Colledge  
Erving M. Carr  
Betty Robinson  
Leah Hoffman.

Charles L. Downs  
Harold Bennett.  
Ambrose Lane  
John G. Adams  
H. F. Balke

Byron J. De Ling  
Elizabeth Knowles  
M. Grace Robinson  
Eden Miller



Mary Stainer 707  
Charlotte Hoffmann  
Carol Kleck  
Virginia N. Rowe.  
Fern Sheick  
Lore Sweet  
Jessie Midgley.  
Etta House.  
Caroline Zahm.  
Flora Julian  
Callie Allen  
Hilda W. Hamilton  
Jennie Clarke  
Shirley A. Nicklay.  
Margaret H. Laeger  
Edw. F. Boehm  
Isabelle M. Gillinson  
Elizabeth M. Clapham  
Ewa Osborn  
Winifred Howell  
Mary E. Wilbur  
Grace Cochagan.  
Zenayda E. Manzano  
Lora Stewart  
Irene Hutson  
Esther Rogers  
Nina Coffin  
Dorothy Binder  
Cleo F. Haley

Margaret W. Cook.  
Edna Goodrich  
Annina Deming  
Nellie Brackett  
Sara Estava  
Edit Risberg  
Hilma Carlson  
Linea Carlson  
Mary Vogel.  
Julia Jones  
Blanche Edwards  
Jane Osenhauer  
Alice Jones Pix  
Leuit. Noel Williams  
Vivian Harmann  
Alda Emery  
Maudie A. Comfort  
Phyllis E. Palmer  
Luille Taylor  
Grace C. Burdick  
Margaret C. Sheldon  
Beth Saucerman.  
Zelen Riedl.  
Debra Foote  
Nettie G. Jones.  
Raina G. Fournad  
Mary Allison  
Hazel U. Butterfield  
Ellen E. Cahill  
Maud G. Tinsley  
Mildred Keller.

Will Albee  
David P. Schechter  
Viola Emmert  
Muriel Chase  
Joseph Daga  
Florence Dixon  
Florence Weber  
Edith Spars  
Isabelle Mc Christie  
Clara L. Ash  
Annie L. Scott  
Veda E. Quitt  
Ethel C. Palmer  
Alvina C. Ahlberg  
Abigail Ann Wharran  
Amelia E. Sorenson  
Ernestine A. Irvine  
Esther Simpson  
Nellie G. Clashman  
Hazel Dennis Grabo  
Lelia Peirard  
Ruth Stealing  
Gertrude Wallerue  
Leis W. Thomas  
Grace B. Harris  
Emily S. Raising  
Othello J. Fulton  
Luelle Dickley

Marthelyn Stilkerson  
M. M. Mills  
Jane B. Jalundann  
Emma M. Green  
Florence J. Gibb  
Otha Mae Purdy  
Annie M. Bissen  
Larue Hogshead  
Dorothy Jamieson  
Beatrice Babcock  
Hilda E. Frinn  
Edaphia Swapho  
Majoris Chase  
Elizabeth Natalia Pukos  
Mildred Mc Pherson  
Ethel M. Gilbert  
Mahel Irene Haldin  
Kathleen Rose  
Charlotte Albert  
Mary Leber  
Leis Robert Butts  
Lois Weber  
Gertrude Henke  
Mary Halbedel  
Finn Koepfing  
Ethel Bumbaugh  
Bernice S. Outlaw  
Dorothy V. Frinn  
Leah K. Volbrecht  
Lillian C. Mac Kenzie  
Verna White  
Edna White

Olevia Hollowell	Lawrence Hawley.
William O. Snyder.	W. M. Centers
Ada B. Mc Callou	Harry Christensen
Leland Johnston	Alberta Hedel
Laura Mallernee	Mary Ryason
Heleu Culbert.	Lucene Wondengen
Emilie Traine	Holland Bartram
Opal Kure	Mary Eversole
Marie Curran.	John Tupper
Elizabeth Clothier	Elsie. Soheen
Lodema Emerson	Sarah Hanna
U. N. Redder	Lucile Dyer.
Sarah Atkinson	Mary Smith
Lais Frasier.	Eulyn Kirtland
Lucile G. Mitz.	Lawrence Faine
Glyde Crow.	Lucille Barr
Anson Sharpsteen	Carol J. Pierce
John P. Hocketta	Dorothy Perry
E. L. Pluckbrough	Augusta Blofeld
Sallie Montgomery	Lyda Nell Beaublason
Adelene Alderson	Karolyne E. Meyer
Ethel Crow	Margaret Wadd
John Jr. Evance.	Lucy Eggleston
Winifred Tenkum	Grace Jones

Ivan Dimitroff  
Paul C. Siegel  
Bernice L. Perkins  
Dorothy Nelson  
James Forsyth  
Edna Kivack  
John Fuller  
Una J. Cassell  
Marjorie Hallabaugh  
Richard Garrow  
Augusta C. Turner  
Margaret Greenwald  
Elfrieda Overmann  
Howard Heine  
Helen Curtis  
Leora Jenney  
Elna Kivack  
Arthur R. Lueders  
Ethel Canfield  
Ralph H. Jones  
Doris Cook  
Catherine Howard  
Phyllis Hinderliter  
Mary Ruth Burson  
Jane Hinson  
Toshiko Kano  
Marcia Harris

Mrs Nettie Gething  
Mrs Emma Sherlock  
Lenna Van Horn  
Eva L. Mason  
Doris Longman  
Lottie Johnson  
Sarah A. Briggs  
Hester E. Garrett

Ella Eshire

Mrs Emma J. Cook  
Mrs Ella Prichard

Charles Holm

Nettie Holm

Anna J. Prior

Mrs Bessie Spencer

Mrs Sadie Holmes

Glenn De Forest

Lucille Ampey

J. Williams

Mrs Emma Welch

Edward Dennis

Annje Charnley

Lula Crook

Lilian MacBride

Edith West

Emma Anderson

J. E. Collins

Henry L. Jørgensen  
Hartman C. Engen  
Auel Holmes  
Rignald B. Maden  
Carl M. Joslin  
J. Manning Jones  
R. E. Martin  
H. E. Nelson  
J. M. Wilbur  
Carl Kutschbach  
Raymond L. Simpson  
Joseph Linn  
O. M. Krater  
Johan Svensson  
Robert B. Stone  
Myron J. Green  
Roy B. Walker  
C. J. Foote  
H. P. Dickey  
J. H. Yepez  
J. P. Hansen  
Johannes Rasmussen  
O. R. Van Horne  
J. McKillen  
H. A. Lunde  
R. J. Covill  
W. W. Goos  
George Elstrom

Elias Yepez  
Robert D. C. Rose  
Andrew R. Nordlund  
Orville E. Yingling  
J. D. Partridge  
J. T. Vogt  
Ray Simmons  
M. Linn  
Edward Tiborsale  
Percy Stevens  
Frank P. Murillo  
G. Thiel  
C. Hamilton Liska  
Jesse Järed  
Joseph G. Shuksnes  
James Donnelly  
Oscar D. Roof  
Chris H. Petersen  
S. K. Leatherman  
T. D. Patton  
R. J. Mangano  
D. J. Metcalf  
Ernest C. Cowell  
P. D. Berg  
H. H. Nacker  
James Bunsfeldt

John J. Cover

W. H. Taylor.

Arnold H. Hambley.

Robert E. Ludlum

E. A. Clark

B. F. Covert.

E. L. Johnson

Sir. Ballouay

R. E. Litron

L. E. Hunter.

L. V. Eberhardt

K. F. Brown

H. L. Schmidt

Newburyport  
G. A. Murphy

M. Steiner

L. C. Tarsball

Mrs. Ralph Leppo

Edward May

E. Thae Belbrecht

Allen C. Lawson

Bessie L. Patterson

E. B. Davis

J. W. LeFevre

Raymond Casell

H. G. Melvin

Louis B. Redden

C. H. Nielsen

James Shilling

M. E. Black

T. E. Sprague

J. V. Anderson

A. E. Skaggs

Dorothy M. Frost

Lenore Ely

O. O. Milson

Leah M. Wilson

Edna M. Knuth

L. A. Lawson

E. L. Hattler

H. L. Buckner

J. B. Chambers

Chas. F. Frederick

Jessie Miller

Mrs. M. B. Borden

George E. Judd

Fred L. Strong

Margaret B. English

Paul Bliss Cox

Alice W. Fifield

Nellie Britton

Bernice Sharpe

Julia Allen

Angeline B. Riggs

Mary E. Judd

Mary Hall

H. C. Mc Campbell

Paul Roth  
Pearl Buckingham

Ira Masson  
Mrs. Eleanor Turner  
Mrs. Lola Burk.  
Alice Stein

Paul A. Crandall

Agnes Bond

W. B. Lewis

Jeanne Eysmann

Mrs. Florence Ellis

Mrs. Lulu Hill

Rex P. Bond.

E. H. Clarke

Georgia Sutton

Leola C. Davis

Wilbert Davis.

Alan S. Mitchell.

Ethel Cox.

Sila Miller

Lyle Brandall

Fred Palmer

Stanley Hartsell

Carrie Crandall

John Bauer

Stella H. Ellis

Mrs. Ora Kent

Glen Hemminger

Mrs. Naomi Tweichel  
Ella Mitchell

Mrs. Marjorie Mason

Lila Leure

Miss Mary H. Irist

Geo. M. Lewis

Josephine F. Willeson

Moseclyn H. Williams

Edgar B. Race

Greydon Hynes

J. W. Smyth

Fatiana Roldyreff

Jida S. Kocker

Chas M. Erard

Fred Carlson

John L. Sheldon



Calverston.

Ruth Kekey  
Roy V. Ashley  
Clise Fander  
Virginia M. Russell  
Anna B. Finkbines  
June J. Gilbert  
Sarah C. Studley  
Sarahy Unruh  
Virginia Balluff  
Phyllis Howard  
Madalene Schueler  
Thelma Cooke  
Huldah Cowles  
Jeannette Puffer  
Rosemary Balluff  
Edythe Crawford.  
Dorothy Hayes  
Jane Hinckie  
Girson Carter  
Luella H. Kirkman

Nelle McLarn  
Esther Zaback  
Laurie B. Martin  
Frances Lennon  
Hazel Ziegler  
Aline Lake  
Clara Siegel

Oscar B. Beuchel  
Marie M. Hattie  
Geneva Logan  
Lulu Payne  
Flora Schueler  
Beatrice Miteley  
Emma Green  
Mary Mason  
Ellen Hellis  
Herford A. Fiske  
Thomas W. Mahoney  
Mrs. F. White  
Dorothy Green.  
Nola Evans  
Mrs. Emma Campbell  
Helen Blackwood  
Addie Young  
Olive Davis  
Hattie Cordrey  
Laura Harlian  
Lora Dugas.  
Lina Cook  
Alta Benedict

Mrs. Rose Harding.  
Lena Steele.  
Mrs. Lila Decker.  
Bessie Harrison  
Myrtle Case  
Dora Doyle  
Ella Kesser  
Rosabelle Reed  
Ora L. Van Horn.  
Vernice De Ling.  
Mrs. Cora Ryder  
Mrs. Lora Wiegand.  
Miss Mae Piskey  
Mrs. Laura Ashley  
Mrs. Laura DeGrave  
Mrs. Jeannette Hubert.  
Elizabeth Hubert.  
Mrs. Marie Kuntz.  
Elma Hilliard  
Edwin Ross  
Emma Garbon  
Ethel Wiegand  
Hattie Cook

H. S. Allen

Edna Bacon

Mabel Finn

Nellie Beaudin.  
Bessie Wright

Mrs Rosa Nichols

Elija Reynolds

Mrs Viola Park

Elizabeth Alling

Betty Kent

Virginia Gonzalez

Mrs. Ruth Sackett

Eula Schley

Mrs Dorothy Carl

Wanda Stanton

Mrs. Ethel Hicks

Alberta Whitman

Mabel Drake

Olive Wakeham

Helen Stevens

Theodore G. Lewis.

Fatye Evans

Arthur Ellis

Mabel Peterson

Frank McHattie

Grace Saunders

Ralph Burton

Lena Brocker

Fred Eddy

Kathleen Gonzalez

Gerald. Kunt

Dulcie Hurt

John O. Gray

Mary Howard

Paul J. Rood.

Denario Drake

Coletta Day

Geo Stagg

Ada Evans

John Salinas

Esther Salinas

James O. Thomas

Margaret Gonzalez

Willard Fox

Grace Palmer

Beta Alvares.  
Margaret Johnson  
Edith Ladstrop Petersen  
Ruby Tyrell Stedman.  
Ether Hedman  
Dorothy Sheldon  
Margaret Lindsay  
Edna Rindock.  
Martha Frawley.  
Vera Wolfe  
Mory Jo Salinas  
Florence Henderson  
Ruth Fellen  
Henrietta Fairchild  
Alberta Robbins  
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Mrs Irene Sisoe  
Mrs. Gladys Nelson.  
Mrs. Dorothy Kennedy.  
Mattie Thompson  
C Ringo  
Louise Briss.  
Mabel Wenger  
Rebecca Shetzler  
Gladys Hardy  
Lyle Mae Stettin

M. Gilbert  
H. Mac Naughton  
Zella Burton  
Mrs May Bell.  
Gwen Gilrow.  
Lea Wyckoff.  
Grace Watson  
Ann Lee Hall  
Erna Grasher  
Mrs. Beulah Green  
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Jeanette Beddingers  
Bernice McVickers  
Dorothy Rothrock  
Esther Rothrock  
Henna Brinkman  
Elsie P. Pucher  
Doris Kempf  
Pauline Herum  
Genevieve Nelson  
Gertrude Nelson  
Leona Murphy  
Margaret Holiday  
Ophelia Waters  
Ruby Hibbs  
Dorothy Bonnett  
Ruth Stebbins.  
Violet Shindow  
Muriel Clouse.

Helen Bovee

Mrs. A. J. Fulton

Mrs. Vilhelm Kjellin

Mrs. Edith O'Reilly

Mrs. Margaret Sheldon

Beth Saucerman

Edith Spauls

Helen Lambert

Blanche Edwards

Martha Hartsock

Mrs. Edith Jackson

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Jane Eskowen

Klarence Weber

Lydia Wolfe

Ella Duguid

Emilie Muscat

Mary Lee Wanda

Dorothy Wilson

Mrs. Hulda Christoff

Mrs. Maude Hill

Esther Kososky

Z. L. Manzano

Mrs. H. N. Moon

Katherine Pullen

Hazel Rudloff

Mary J. Allison

Bertha Bagwell

J. B. Randolph

Gerald Frost

Charlie Wygant

Rowe Yowell

Ernest Steiner

Chas. Pearson

Jesse Welch

Gerald. Usinger

Cecil Davis

Cecil Britton

Anna E. Britton

Dorothy Metzger

Alonzo Britton

Edna Britton

Emmitt Thayer

C. H. Patterson

James Seenev

James Seenev Jr.

Dora Barber

Donald Bayley

Laurence K. Steer  
John R. Leater.  
Elihu Grantam.  
C. C. Hicks  
Carl O'Reilly  
Lena Cunningham  
Glen A. Murrum  
Charles Gilchrist.

W. W. Nelson  
F. M. Witzki  
Harvey S. front  
Ivan Joseph  
J. M. Hunt  
W. E. Marsh.  
A. C. Kimmey  
Mitchell Cunningham  
Roy S. Hayes.  
Roy Cripps.

Andrew H. Robbins  
Forest Cripps  
Ralph E. Merriam  
Emile Cripps  
M. L. Lowrey  
Guy M. Hunt.  
Theo. Wilkinson

Ethan Babcock.  
Harve Wright  
Arthur L. Leason  
Glenn J. Reed  
F. L. Johnson  
Ernest Carter  
O. W. Conterly  
Wm Moon

Howard G. Bayley  
John G. Minichin  
W. J. McKay  
A. G. Armstrong.  
B. H. Bottoms  
H. A. Bottoms  
E. C. Sherman  
B. M. Armstrong.

Ray C. Jansen  
Paul Jansen  
Julius Mason



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G. W. Horie  
Geo W Huffman  
Chas Fackler.

Stanley Reesman  
Guy Burgess  
H. L. Leadwell  
Ch. L. Woffat  
James O'Rilly  
Russell Hicks.

J B Phayer  
A. Ribby  
E. W. Foster

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B. L. Aldrich.  
H. N. Klingefer  
Geo A. Beach  
R. B. Beach  
Floyd Kienast  
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Alford A. McFarland.  
Frank Kienast  
Frank H. Knight  
R. B. Reynolds  
Lewis Bisch  
Ed. Ware.  
John Landreth

Cara Smith  
Elsie Wright  
Ray Dennis  
Isabella Collins  
Mable Richardson  
Ninnie Coker  
Lula Culler  
Edna Kierrodt  
Bertha Rogers  
Lizzie Mc Mullen  
Mary Waldon  
Mary E. Boughner  
Mrs D.B. Voorhis  
Mary Pitt  
Mrs Winifred Downes  
Maymie R. Hale  
Lee Foster  
Jessie Lamb  
Marian Jones.

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Mr. M. Speer  
Miss Florence Young  
Mrs Louie M. Sallume  
A Blum  
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Ola Copeland  
Julie Terry  
Ray Ober  
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Sadie V. Marshall.  
Mrs Follie Ellis  
Mrs Flossie Cass  
J T Jones  
Mrs E. L. Hudson  
Kath K. Stephens  
Rosa Danilly  
Bertha Sprutt.  
Beulah Scudder  
Silda C. Moore  
Mae Mc Kinley  
Vellie C. Wilson  
Frankie Morris  
John H. Culver  
Basil W. Wright  
Sarah Kirkpatrick  
Ella Sweet  
Pearl Sheppard  
Maie Thomas  
Winifred McEach  
Willie Reynolds.

Jennie T. Garrett  
A. Winifred Larkin

Mayme Christensen  
Harriet Ann Sawyer  
Mildred E. Miller  
Grace E. Gould.  
Bertha Ann Bailey  
Kathryn E. Kreson  
Helen G. Abbott.  
Lulu F. Siders  
Mary Ellen Jones  
Marguerite Kramb  
Margaret Richardson  
Ruth Still  
Bernice Jones  
Isabelle Smith  
Mildred Kolf  
Helena Sawyer  
Edith E. Miller  
Grace E. Wall  
Hazel E. Messer  
Edna Fay Syfert  
Sarah Bright.  
Ruth Carner  
Mae E. Sloan  
Laurie Boland

Madge Fursten  
Ruth H. Jensen  
Grenia Loney.  
Quik Goffins  
Vera Brant

Evelyn Wallace  
Mabel Lovstad  
Loue Oyster  
Catherine Hansen  
Marie Hanson  
Helen Hansen  
Anna Kaufee  
Lola Stone  
Helen Kinne  
Allene Morrell  
Arlene E. Gess.  
Hilda Lanham  
Marion Beardsley.  
Eileen M. Hanna  
Ruth Harmon  
Cora Bourlon  
Olive Jamieson  
Helen Kasper  
Ethel Whitfield  
Helen Cropper.  
Frances E. Howesley.  
Bernice Van Deventer.  
Wilma Gleday  
Frances Groe  
Elizabeth E. Jones.  
Irene Peters.  
Loui S. J. J. J.  
Ruth Coamer.  
Helen Mc Murray.  
Luis Lwiper.  
Stacy Smith.  
Madelyn Pierce

Annie Pisson

Helen E. Myers  
Evelyn Allton  
Carl Shephardson  
Laura Schletter  
Bernice E. O'Brien  
Corda Hertz

Blanche Van Atta

Jessie M. Kovan.

Eleanor Layton.

Maudie Smith

Mary M. Healy.

Lydia M. Rowland

Jessie Ann Sotock  
Frances Rhodes

~~Katherine O'Connell~~

Dorothy Mufder

Hannah Haugen

Elizabeth Stakeley

Adah M. Secor

Florence E. Ferris

Lais Barlow

Kathryn Wood.

Nylene Stilwell

Gertrude Olsen

Arleta Quigley

Rachel Mace

Hertrude Seiger.

Eula Simmons

Aylia Eana Coy

Stella Mae Bannant

Mary Ann Bannant

Freda Kilgus

Gene Merrill

Mildred Valey

Carmen Bon

Ohrie Euhank

Eva Louise Tate

Ruth Horsley

Grace D. Hancock

Inez Sondrol

Elizabeth White

Margaret Odom

Mary Needs

Ruth French.

Portia Moss

Janeta Mitchell

Lais Mohler

Alice Kenney.

Lais Barlow

Marianna Smith

Ruth Schlagubey

Trilba Mae Crill

Emiley Ranshaw

Lorna White

Ardolyn Coppock

Audrey Shoemaker

J. Winifred Harvey.

Hera Converse

Mable Brandenburg

Louise Pittman

Mary Ann Estes

Dorene Lobdell

Marie Vogt

Cleyp Gowell

Beatrice Scott

Margaret Mae Donald

Muriel Rumerice Davis

Laura Lee Bailey

Honor Robinson

E. Grace Miller

Marguerite Minier

Alice M. Herstein

Bessie Strong

Beatrice Dilva

J. A. Hanson.

Viola Tracheis

Char. Sturgell.

Anna Tubor B. Lumbrook

Edith L. Kenast

Ms. A. Warden.

A. E. Hubbard.

E. W. Child.

Velma Morris

Leala Long

Kathryn Richmond

Vivian Berry

Hazel Stambach

Ella Eccles.

Helen Wunderlin

may miller

marjorie Stevens

Florence Omsbaugh

Florence Smith

J. W. Gibson.

Leta Browning.

Henry M. Stegman

Leroy F. Sparks.

Henry N. Jordan.

Thomas J. Frost.

Lillian L. Cooke

Nettie Amy

Effie Howard.

C. W. Coon

Laurel King

Wm. Houghtaling.

do. Woodhouse.

Earl Failing.

James Mulholland

Ellis Lepird.

Sylvia Clark.

Alta Dever

William T. Dever

John Hollman

Mary Esther Nicola Hauck

Annette M. Gould

Phoebe Flemer

Rosalba May Jamney

Virginia de Noailles

Ruby Jane Siltrab

Edith Notke

Nina Glomstad

Clare Y. Wildenberg

Irene Moffitt

Fern Alcorn.

Ella Glomstad

Erma E. Hicks

Nina Watere

Edith Wilson

Florence Hyndman

Hazel Kirkland

E. C. Clay

Kathryn Jewell

Maryon Shults

Clarence Rosenberger

Florence Ulrich.

Halbert B. Wood

Harold Williamson

Margaret Williams

Rafael Teust.

I. Craddock

Colebert Davis

Jennie L. Ritchey

Ila M. Ojala