JOHN HARVEY KELLOGG (1852-1943)

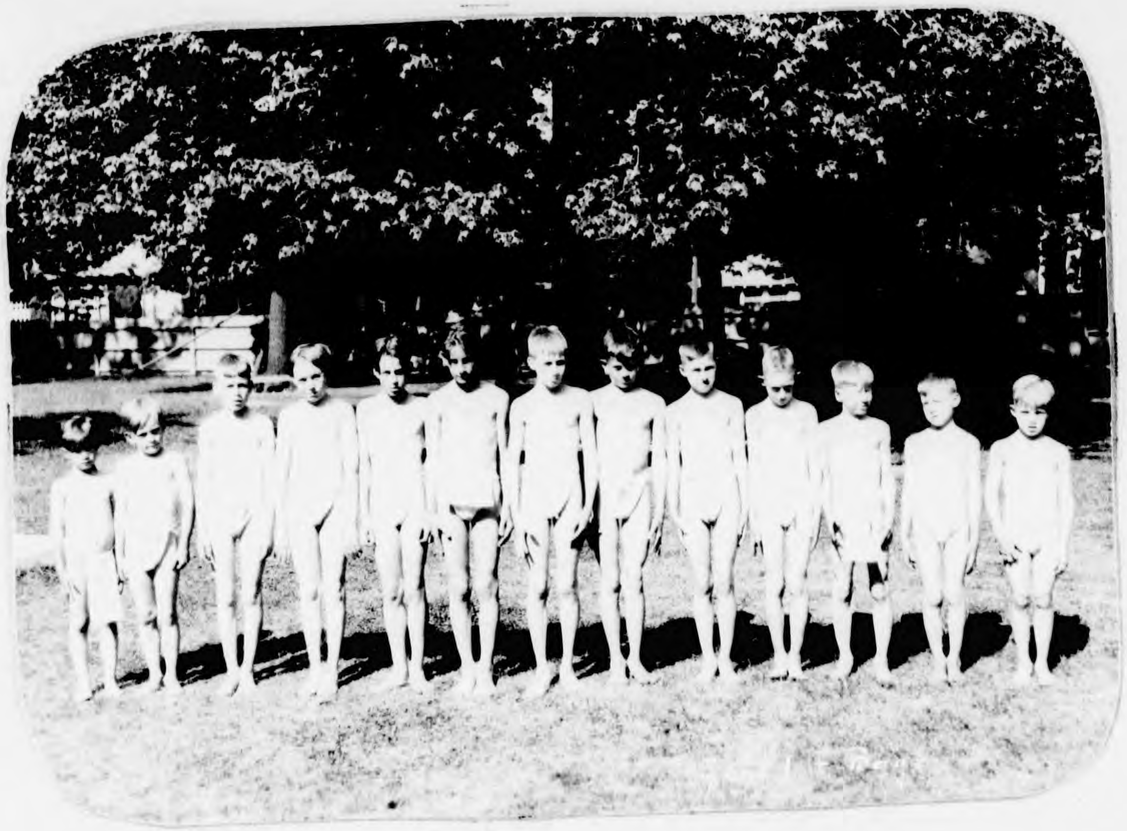
OVERSIZED: ALBUM, 1926, RE SUMMER PLAYGROUND - NUTRITION PROGRAM FOR CHILDREN

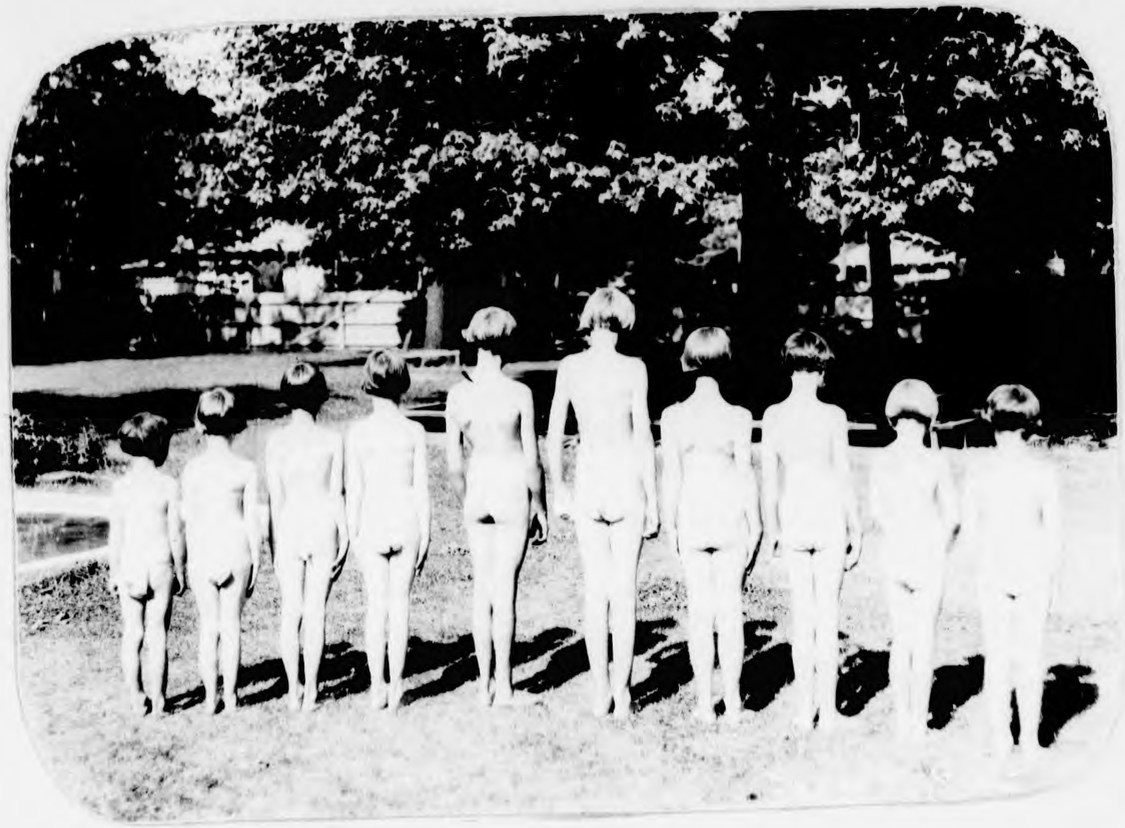
SUNSHINE PLAYGROUND

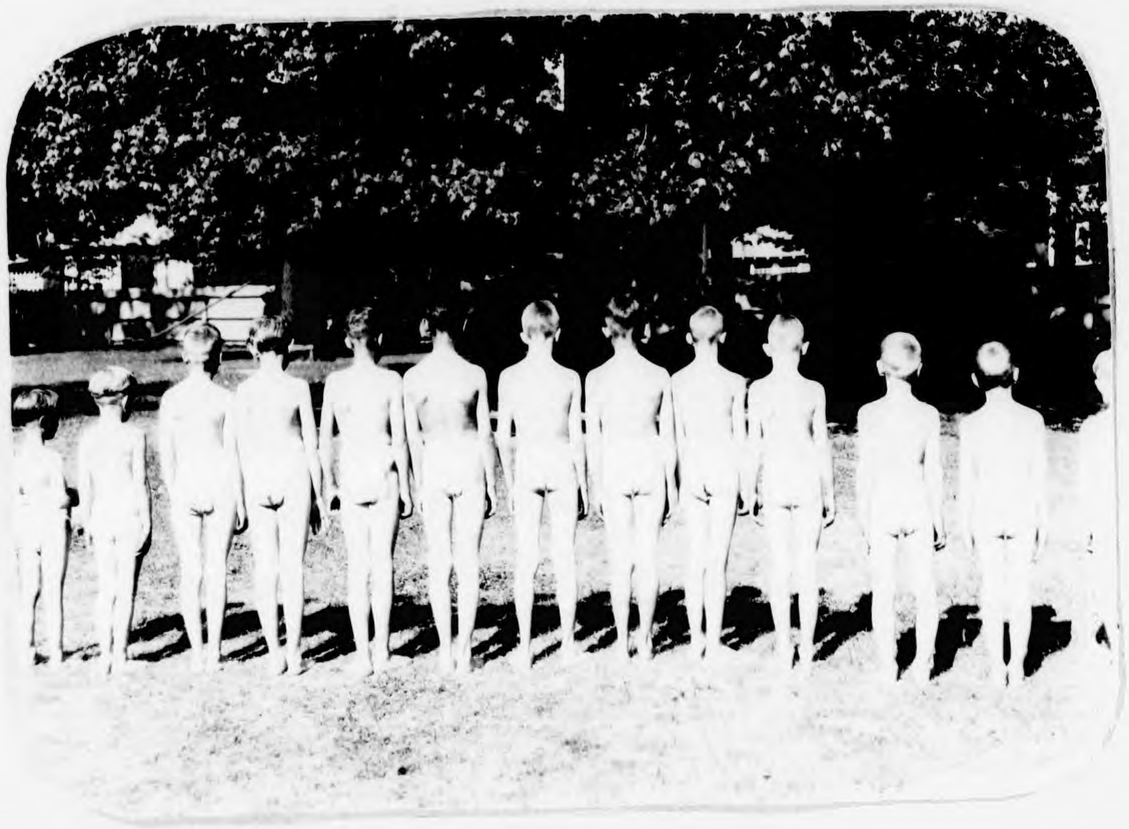
Dr. J. H. Kellogg

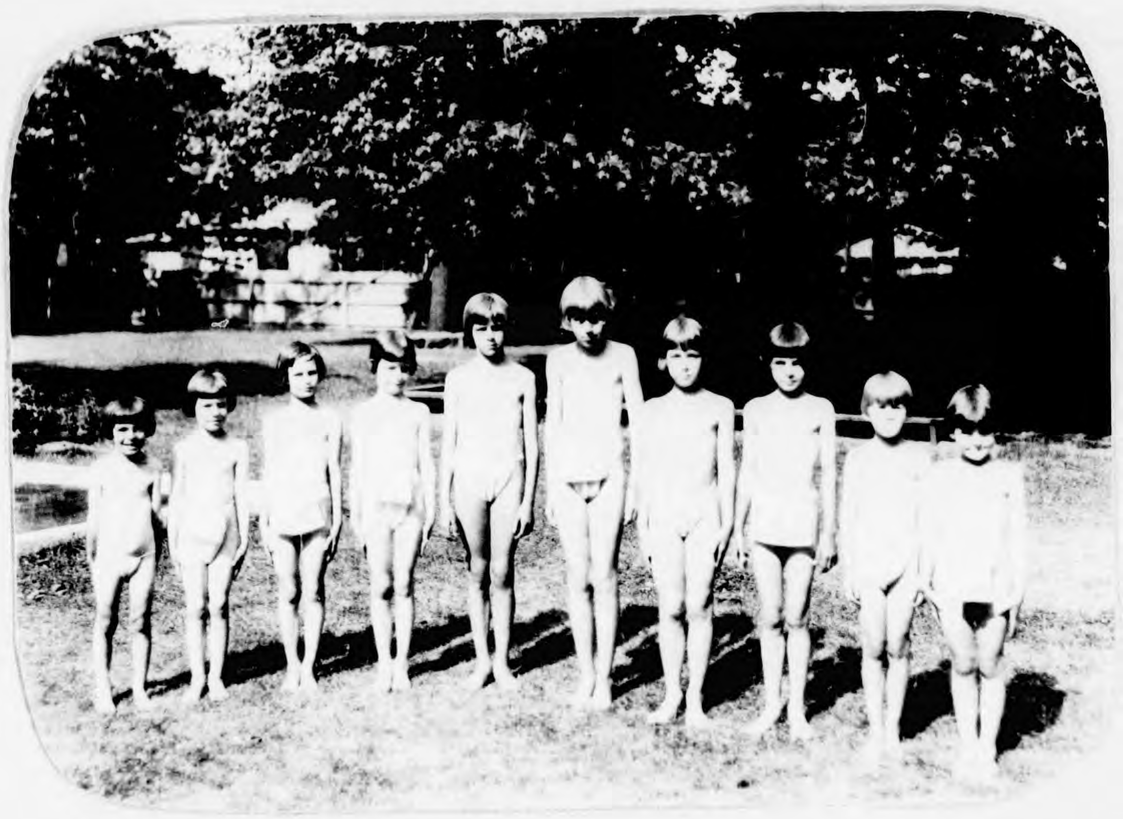
Reported + Compiled by
Lorna Barber - B.C. College

UAm
Kellogg, John H.

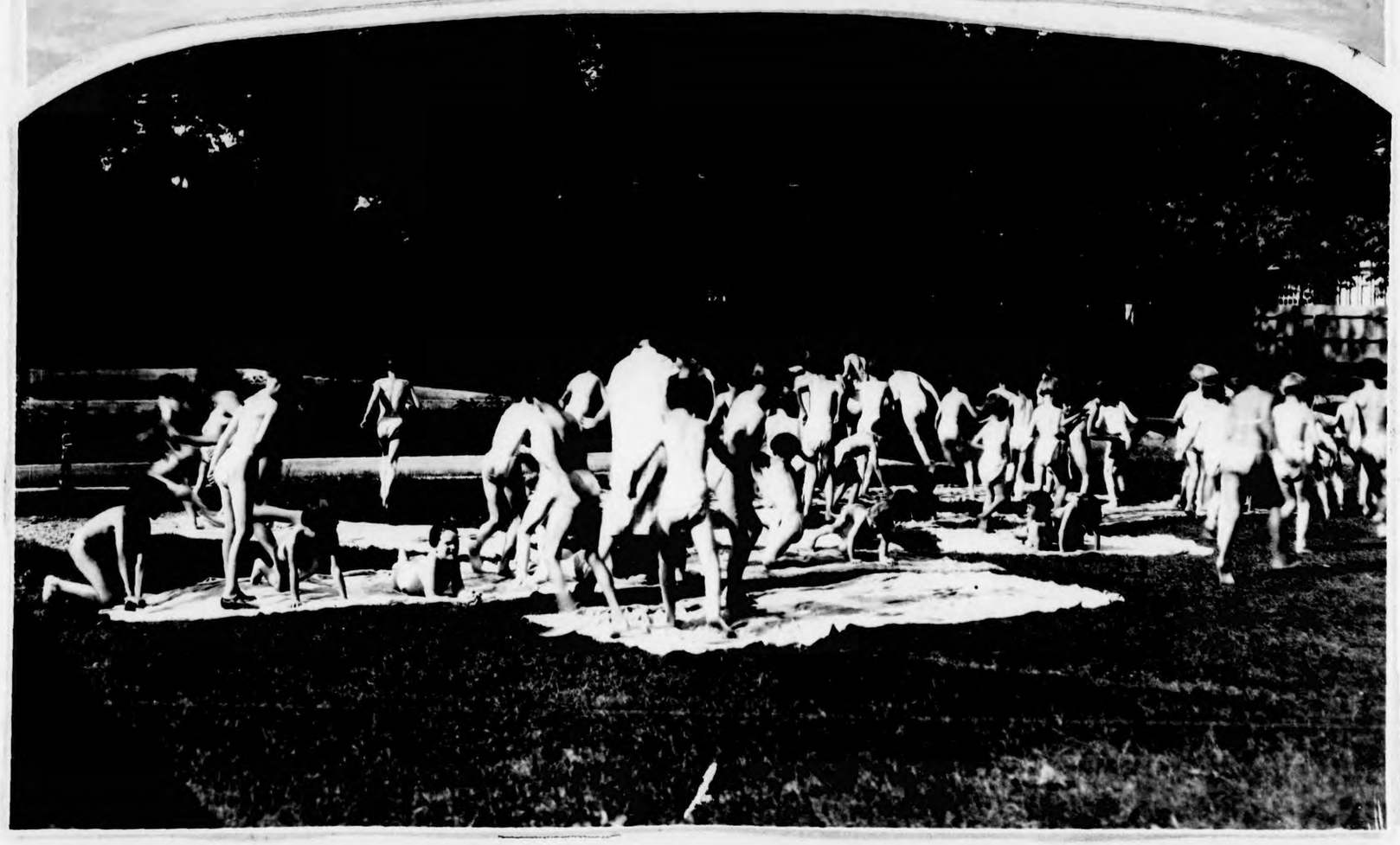


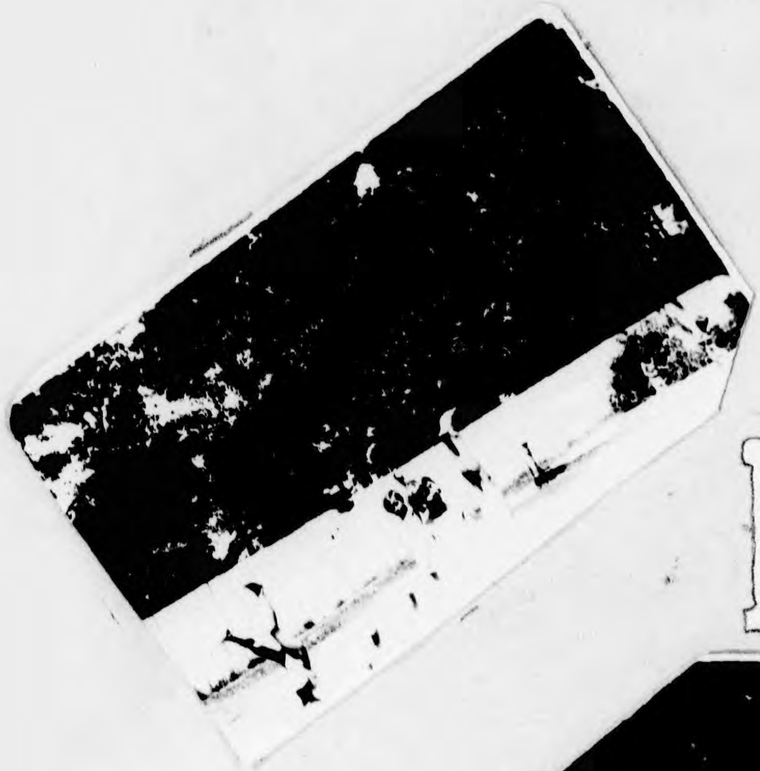






FUN



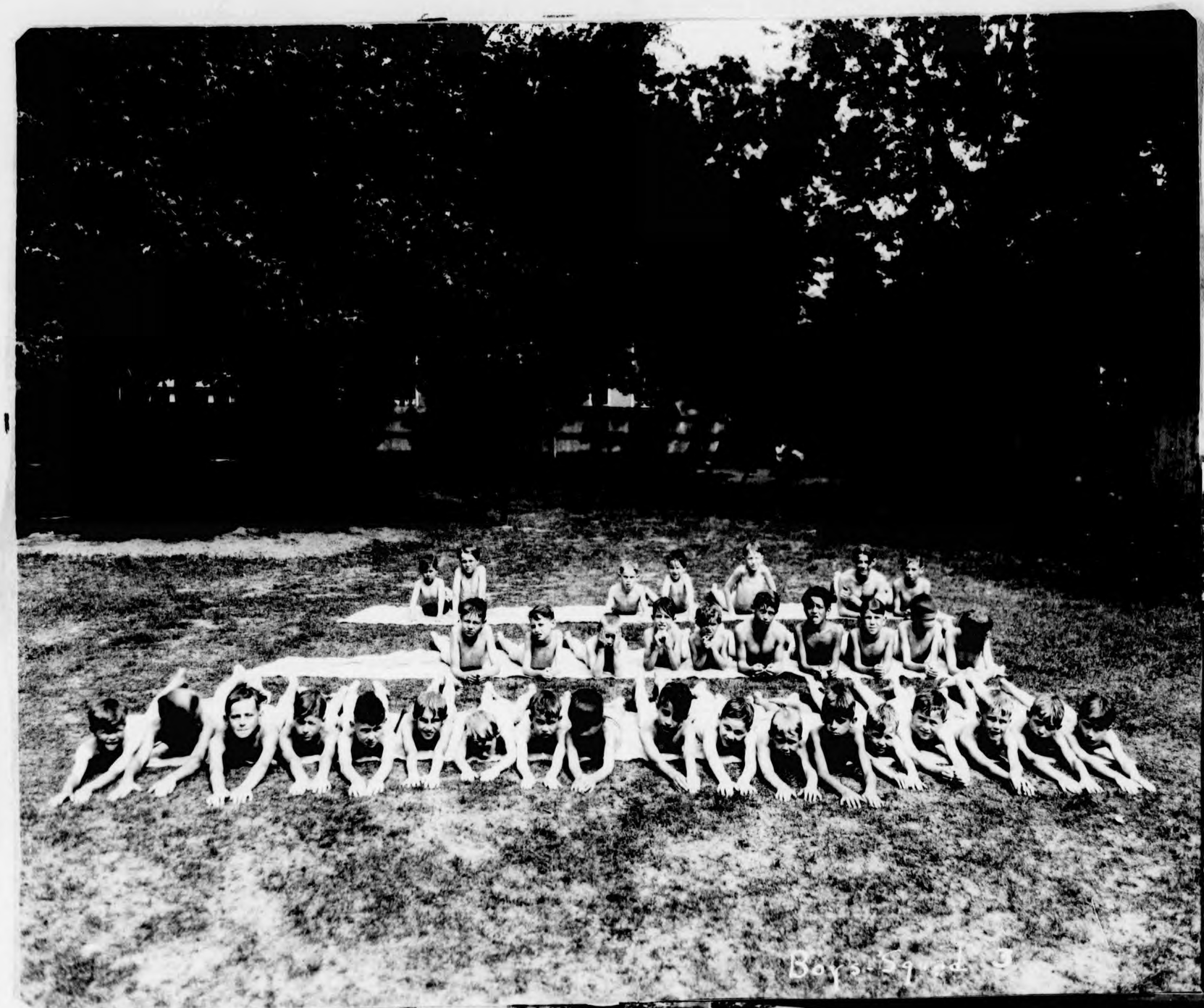


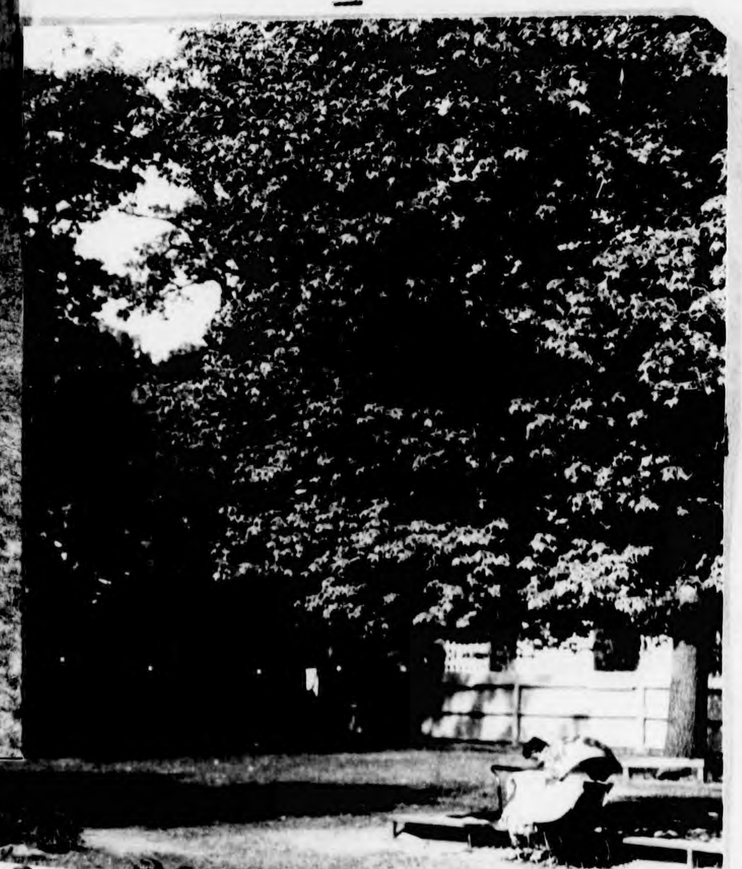
FROLIC

SWIMMING

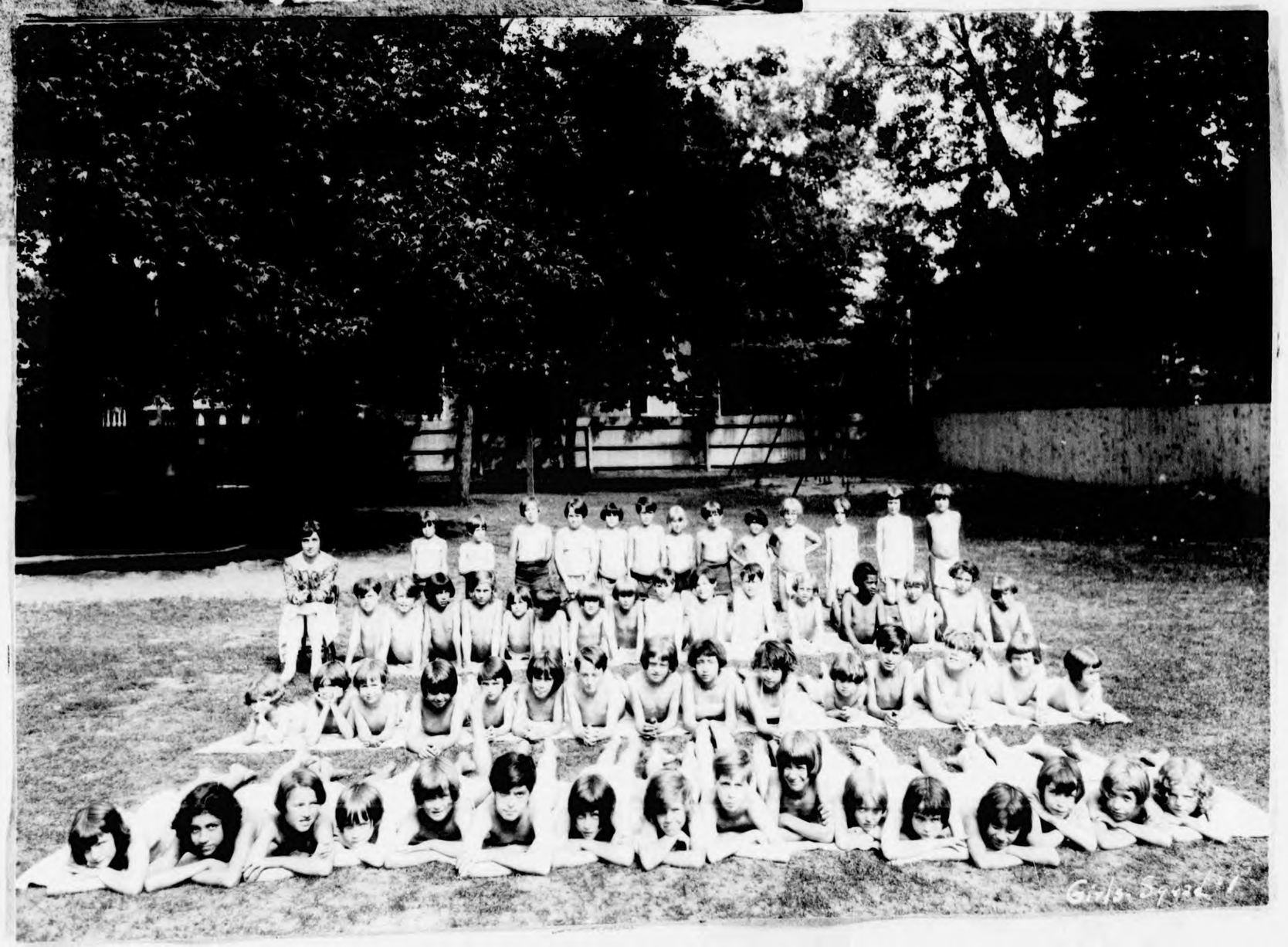
S2-FF-29

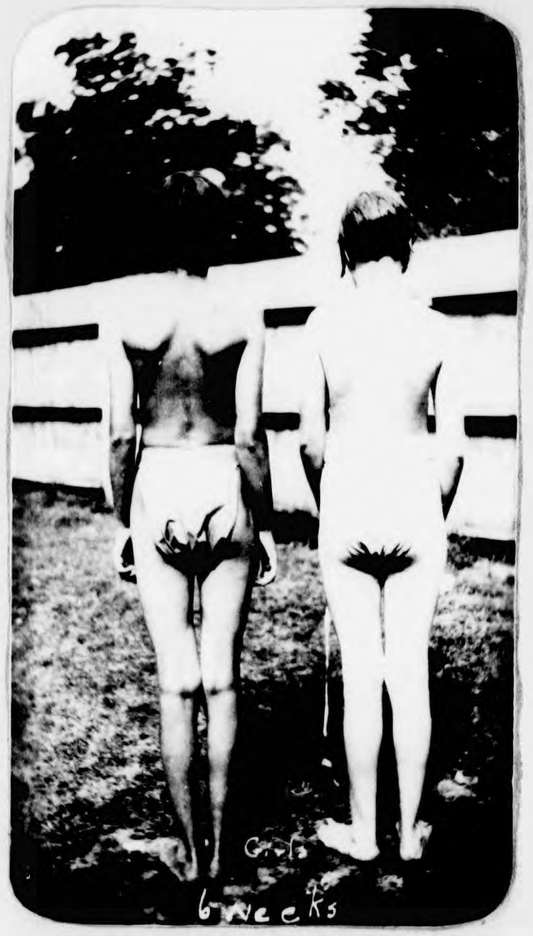
SUN

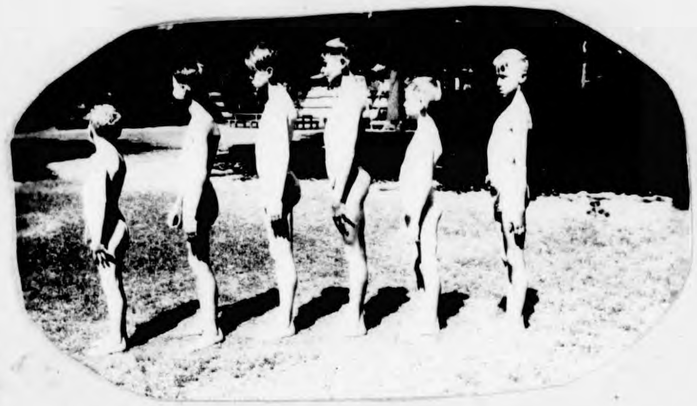




BATHS







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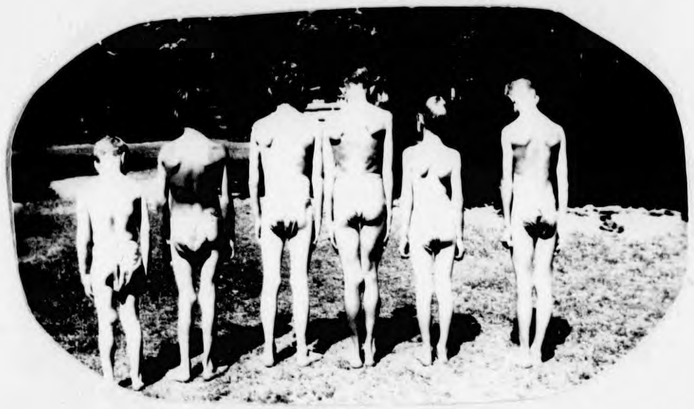

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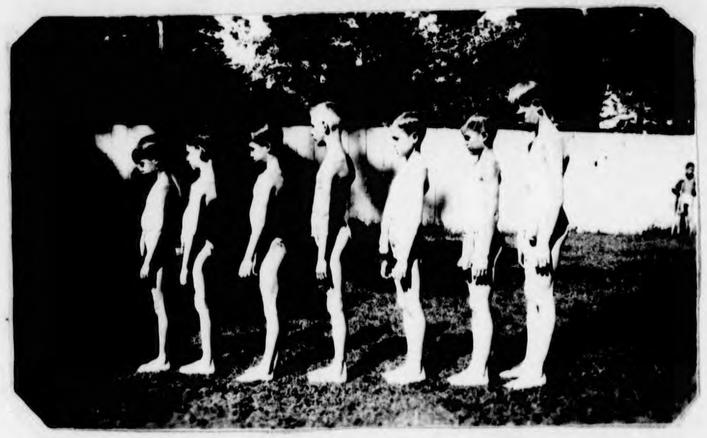

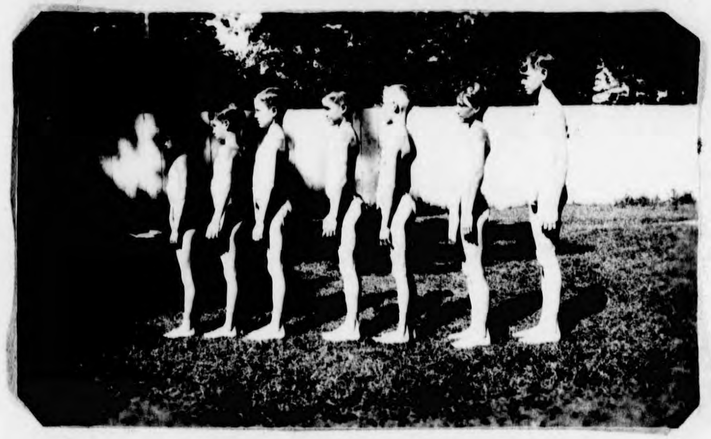

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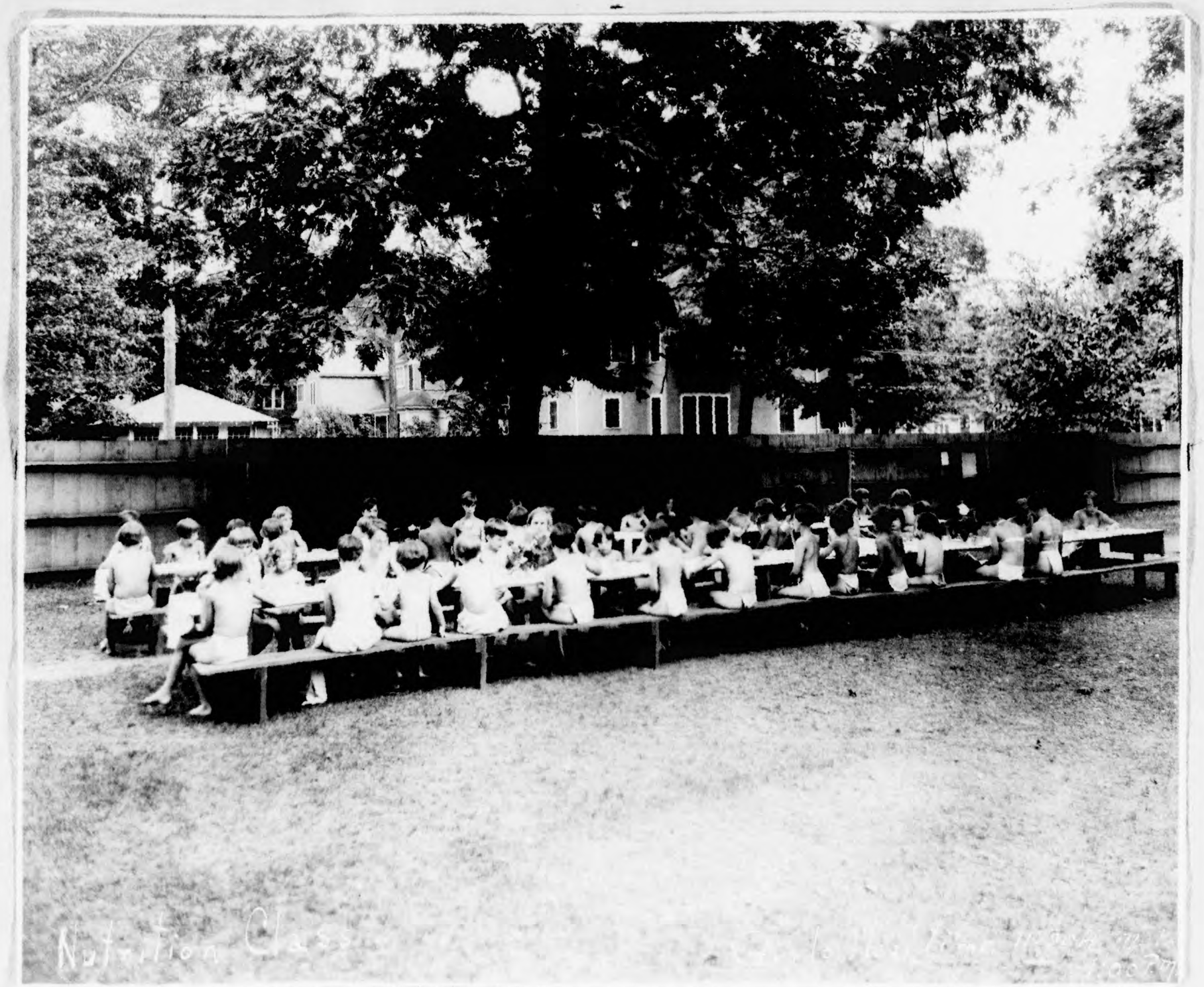
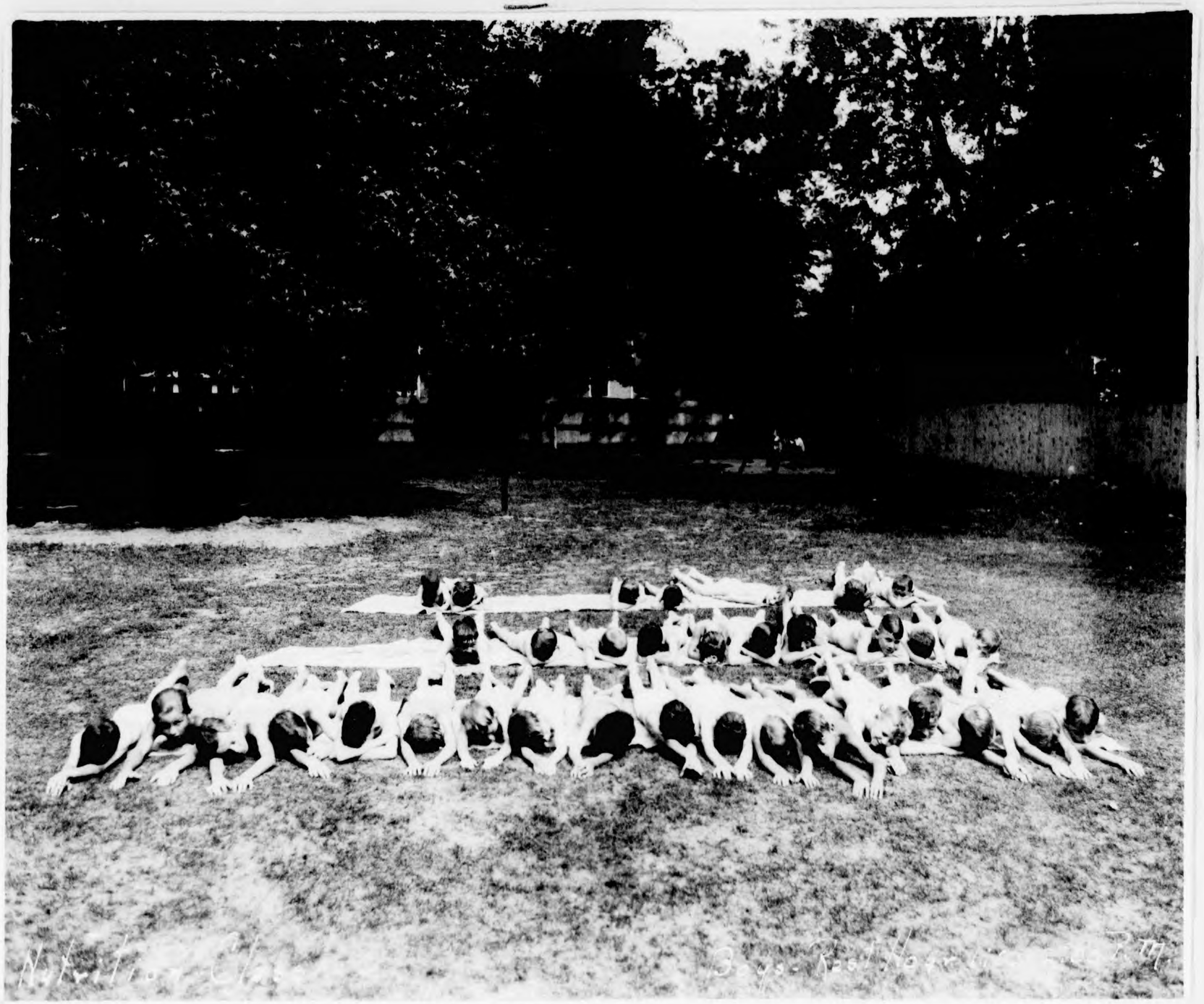

Natation Class



Nut. Class Rept Mgs

A Few Foods Served to the Nutrition Class

Lentil Soup
Vegetable Soup
Cream of Tomato Soup
Creole Soup
Spinach Loaf
Fresh Spinach with Lemon
Creamed Carrots and Peas
Savory Potatoes
Buttered Beets
Raw Carrots
Creamed String Beans
Baked Beans
Vegetable Loaf
Protose and Potato Stew
Rice and Raisin Pudding
Zo with Bananas
Zo with Peaches
Zo with Strawberries
Fig Bran
Milk
Malt Honey
Ferron

Healthful Living was taught to the children every day. Special organized health talks were given twice each week. The following are a few topics that were discussed:

The physiology and care of the body.
Care and structure of the teeth.
Value of Cereals.
Milk as a food.
The vegetable and it's content.
Fruits and their use to the body.
Posture – corrective exercises.
Exercise in open air
Fresh air and sunshine.
Happiness.

Report of Sunshine Playground

Summer 1926

Dr. Kellogg's

Total no. children on the playground	11,400
Families represented daily	184
Approximate no. of visitors	650

Nutrition Class Summary

Average no. in class	76 children
Average total gain	55.5 lbs.
	24.0 ins.
Actual total gain	153.8 lbs.
Average gain per child	.9+ lbs.
	.5 ins.
Actual gain per child	2.1+ lbs.
Average gain in hemoglobin per child	4.1+ pts.
No. physical examinations	66
No. family interviews	62

Medical Examination Record and Record Card of one boy

Name Griffin, Charles

Age 4 yr.

Address 70 Manchester

Ht. 57.1 - 57.7 in.

Parents 1732 S.

Wt. 70.1 lbs.

REPORT

Report of the Nutrition Class - Sunshine Playground - Summer 1926

Names	Hemog. on entering (Dr. K's)	Hemog. on leaving	Age	Ht. on entering	Ht. on leaving	Wt. on entering	Wt. on leaving	Av. Wt. for Ht. (Emerson)	Av. Gain for child	Actual Gain	Remarks
xoAnderson, John	80	88	7	47.2	47.2	50.5	53.0	51.0	10	3.0	
xoAnderson, Georgia	88	90	10	53.2	54.2	65.5	70.0	69.0	10	4.5	
xoBedore, Adeline	86	90	10	50.5	50.7	53.2	56.0	60.0	.5	2.8	
xoBentley, Helen	80	86	13	58.5	—	79.0	81.2	79.7	.7	2.2	
xoBentley, Maxine	80	85	9	49.0	—	55.7	57.5	55.0	.7	1.8	
xoBoyd , George	90	—	11	62.2		81.2	83.0	106.0	.2	1.8	
x Brubaker, Dorothy	80	85	12	61.2	61.5	87.0	89.7	109.5	.7	2.7	
xoColeman, Buddy	88	89	6	44.7	45.5	42.2	43.5	45.5	.7	1.3	Irregular
xoBrower, Barbara Jo	87	—	5	41.5	—	39.5	40.5	37.0	.6	1.0	Corrected night coughing
xoCummins, Jeanette	79	85	9	48.7	49.5	54.2	55.5	54.5	.7	1.3	Irregular
xoElliott, Jesse	88	85	6	45.5	—	46.5	49.0	49.0	.7	2.5	Very irregular
xoElliott, Gertrude	85	90	10	51.2	52.2	57.0	58.5	62.0	.7	1.5	
xoEllsworth, Mary Elizabeth	85	87	6	48.5	49.7	55.2	57.5	54.0	1.0	2.3	
xoEverett, Stanley	87	89	7	49.5	49.5	51.0	52.5	57.0	.3	1.5	
xoErskine, Lodona	88	—	10	52.0	—	55.7	57.5	64.0	.7	1.8	Irregular
xoFiske, Rowland	88	88	5	43.7	44.5	42.0	43.5	43.5	1.0	1.5	
xoFiske, Mildred	87	90	9	49.5	50.0	52.0	53.0	57.0	1.0	1.0	Irregular
xoFuller, Barbara	80	85	8	51.7	52.0	57.5	60.5	63.5	1.0	3.0	
xoGodsmark, Oleen	85	—	9	53.0	—	61.0	63.5	68.0	.7	2.5	Irregular
x Gould, Virginia	85	90	11	50.7	51.2	59.5	60.7	60.5	.9	1.2	
xoGriffin, Charles	80	90	11	57.1	57.7	69.5	72.5	84.0	.9	3.0	X-ray-Chest
xoHargass, Buddy	85	90	6	44.0	45.2	40.0	45.0	44.0	1.0	5.0	Tonsilectomy
xoJames, Bill	90	90	10	56.7	57.2	75.5	78.0	81.0	1.0	2.5	
x Kamberling, Hubert	87	90	11	54.1	—	67.5	69.0	72.0	.5	1.5	Boils
xoKemp, Pricilla	87	—	9	47.2	—	53.5	54.0	50.5	.5	.5	Irregular
xoKemp, Marybeth	85	—	11	54.7	—	64.5	65.5	70.5	.5	1.0	"
xoKimball, Jo Clarke	84	87	10	54.0	54.2	75.5	77.5	71.0	1.0	2.0	Hay Fever
xoKing, Elizabeth	85	87	10	56.5	—	66.0	69.5	87.0	.5	1.5	Irregular
xoLobdell, Frank	88	88	5	40.7	—	39.0	43.7	37.5	1.0	4.7	
xoLobdell, Kathryn	90	98	9	48.2	49.0	55.2	57.0	53.0	1.0	1.8	
xoLobdell, Mary	89	90	7	45.7	46.2	44.7	46.7	46.5	1.0	2.0	Tonsilectomy
xoLong, Alice	87	—	12	58.2	—	78.5	79.0	86.0	.5	.5	Colored
Malnaree, Lewis	80	89	11	50.0	—	57.0	58.5	58.0	1.0	1.5	Irregular

Medical Examination Record and Record Card of one boy

Name Wilfred Charles Age 11 yr.

Address 70 Broadway Ht. 57.1 - 57.7 in.

Parents 1732 J. Wt. 70.1 lbs.

Report of Nutrition Class - Sunshine Playground - Summer 1926

Dr. Kellogg's

Names	Hemog. on entering (Dairfield)	Hemog. on leaving	Age	Ht. on entering	Ht. on leaving	Wt. on entering	Wt. on leaving	Av. Wt. for ht. (Emerson)	Av. Gain for child	Actual Gain	Remarks
xoLongman, Roberta	75	85	11	50.8	51.2	51.2	53.5	60.5	1.0	2.3	Tonsilectomy
Malnaree, Rollin	90	92	12	59.3	60.5	84.0	87.2	89.0	1.0	3.2	Irregular
xoMcMillian, Jimmy	80	90	8	48.5	—	54.0	55.0	54.0	.5	1.0	
xoMead, Thomas	89	—	9	52.2	—	62.0	64.0	65.0	.8	2.0	
xoMulnix, Nancy Jane	86	—	7	49.2	—	54.0	54.5	56.0	.5	.5	Irregular
xoMustard, Esther Jane	86	—	10	52.2	—	59.0	61.0	65.0	.5	2.0	Throat Infection
xoMustard, Mary	85	—	6	46.5	—	45.2	46.0	49.0	.5	.8	" "
xoMustard, Sally	87	—	8	53.5	—	61.0	62.5	70.0	.5	1.5	" "
xoOrand, Dewitt	80	87	5	42.7	43.5	41.2	44.0	40.5	.9	2.8	Running Ear X-ray Chest
xoOrand, Marguerite	83	90	6	46.7	47.0	49.2	50.0	49.5	.9	.8	
xoPlammons, Anthony	89	92	10	54.5	55.0	60.5	64.0	73.0	1.0	3.5	
Parker, Jennette	84	84	7	51.5	51.5	55.0	57.0	63.0	.2	2.0	Very irregular
xoPeck, Marjorie	75	82	7	48.0	48.7	49.0	51.0	52.0	.5	2.0	
xoPowers, Vernetta	86	87	8	48.0	48.7	50.7	51.5	52.0	.9	.8	
xoSavern, Thelma	80	—	6	45.5	—	45.5	46.5	46.0	.5	1.0	Whooping Cough
xoSavern, Bobby	83	—	4	40.5	—	39.7	40.7	37.0	.5	1.0	" "
xoSawyer, Ruth	85	87	12	59.2	59.2	68.2	72.2	98.0	1.0	4.0	
xoSchuster, Betty	82	85	6	48.2	48.5	55.2	56.0	53.0	.7	.8	Tonsilectomy
xoSchuster, Paula	85	83	7	50.0	50.5	55.7	52.2	56.2	.7	-2.5	" & Infection
x Sheffield, Vernon	83	85	8	50.0	—	53.7	55.7	70.5	.3	2.0	Irregular
xoSimmons, Phillip	84	90	10	51.0	51.2	53.0	55.5	60.0	.7	2.5	Measles
xoSmuts, Albert	87	90	5	43.5	44.0	42.0	45.5	43.0	.7	3.5	Circumcision
xoSmart, Thomas	87	87	9	54.2	—	70.5	70.5	72.0	.3	0.0	Very irregular
x Spars, Victor	86	89	10	52.8	52.7	65.0	67.7	66.0	.9	2.7	
Spencer, Dorothy	84	87	11	51.2	51.7	60.2	62.5	62.0	.3	2.3	
xoStark, Bernita	90	87	8	50.2	50.5	57.0	59.5	59.0	1.0	2.5	Flu
xoStark, Elin	90	90	10	53.0	53.5	59.5	75.7	68.0	1.0	6.2	"
xoStark, Russell	85	—	13	59.5	—	88.2	91.2	91.5	.3	3.0	Appendicitis
Strout, Hazel	84	87	10	50.0	—	55.2	57.0	58.0	.5	1.8	
xoStronegerust, Derrick	86	—	6	46.5	—	47.2	47.2	42.0	.3	0.0	Very irregular
x Thompson, Beverly	84	88	10	52.5	52.5	56.2	57.2	66.0	1.0	1.0	
xoThompson, Layla	84	87	8	48.0	—	47.5	48.2	52.0	.5	.7	
x Trudgeon, Ford	86	91	12	57.5	58.5	73.2	76.0	84.0	.7	2.8	
xoVanwarmer, Evelyn	80	85	13	60.3	—	77.7	79.7	103.0	.5	2.0	
Watkins, Johnny	84	90	11	51.0	51.7	59.0	60.2	61.0	.5	1.2	Crippled

Medical Examination Record and Record Card of one boy

Name Dwight Jones Age 11 yr.

Address 70 Monadnock Ht. 57.1 - 57.7 in.

Parents 1732 f. Wt. 70.1 lbs.

Report of Nutrition Class - Sunshine Playground - Summer 1928

Dr. Kellogg's

Names	Hemog. on entering (Sahli)	Hemog. on leaving	Age	Ht. on entering	Ht. on leaving	Wt. on entering	Wt. on leaving	Av. Wt. for Ht. (Emerson)	Av. Gain for child	Actual Gain	Remarks
x Watson, Ardoth	86	—	7	45.5	—	46.7	49.0	47.0	.5	2.3	
xoYager, Jano	80	88	8	46.2	48.5	56.5	57.5	53.0	1.0	1.0	
xoYepez, Elizabeth	87	90	9	54.2	54.7	68.0	70.0	72.0	.7	2.0	Mexican
oYepez, Humbert	83	86	5	44.2	45.0	47.7	49.7	44.5	1.0	2.0	
oYepez, Martha	80	86	7	46.0	46.7	45.2	48.0	43.0	.6	4.8	"
oYepez, Mary	80	88	6	45.2	45.5	45.5	48.5	46.5	.7	3.0	"
xoYepez, Oscar	88	90	10	55.5	56.0	76.0	77.0	76.0	1.0	1.0	Constipation
xoYepez, Wilhelminia	81	89	12	56.5	57.0	75.5	78.5	81.5	.3	3.0	Mexican
						Total			55.5	153.8	
						Av. Gain per Child			.9+	2.1	
						Av. no. attending nut. group				76	
						Av. gain in hemo. per child				4.1+	

x indicates physical examinations during the summer
o " family interviewed

Medical Examination Record and Record Card of one boy

Name [illegible] Age 11 yr.
Address 70 Monadnock Ht. 57.1 - 57.7 in.
Parents 1732 J. Wt. 70.1 lbs.

Medical Examination Record and Record Card of one boy

Name	Griffin, Charles	Age	11 yr.
Address	70 Manchester	Ht.	57.1 - 57.7 in.
Parents	1732 J.	Wt.	70.1 lbs.
~~School~~	80-90 Grade	Av. Wt. for Ht. and Age	84 lbs.
Teacher	Norman	Underweight	14 lbs.
Date	July 6, 1926	Overweight	lbs.
Registered by	Lorna Barber	Percent	16½ %

JOHN HARVEY KELLOGG, M. D.
MEDICAL DIRECTOR

CHAS. E. STEWART, M. D.
ASSOCIATE MEDICAL DIRECTOR

THE BATTLE CREEK SANITARIUM
BATTLE CREEK MICHIGAN

July 29, 1926

INTERNAL MEDICINE
DISEASES OF THE CHEST

STUART PRITCHARD, M. D.
BRUCE WHYTE, M. D.
J. K. M. GORDON, M. D.

CASE OF CHARLES GRIFFIN

(DR. E.P. RUSSELL)
Case No. 190-063

EXAMINATION OF THE CHEST.

Comes for chest examination. One of the boys in the Sunshine Play Ground in the city. Gives a history of measles a year ago. Whooping cough and scarlet fever as a baby. Mumps two years ago.

PHYSICAL EXAMINATION OF THE CHEST:
Boy looks a little pale. Fairly well nourished. Flat type of chest with good mobility. No rales were noted. No rub was noted. Expansion was good but he has considerable snuffles.

INTERPRETATION OF STEREO CHEST FILMS:
Bronchial markings are definitely thickened throughout each chest. Each lung root is enlarged and somewhat bushy in appearance. The heart is normal in size, shape and position.

SUMMARY:
The indications here are of under nourishment.and enlarged bronchial glands. Would suggest every measure being taken to build up this boy and if need be the addition of cod liver oil to hasten his return to normal conditions.

SP:K

Stuart Pritchard
Drs. Pritchard-Whyte-Gordon

Date of Admission

DEPARTMENT OF HEALTH—CITY OF BATTLE CREEK

No.

Date of Birth

DIVISION OF CHILD WELFARE

Referred by

Name Griffin, Chas.

Age 11 Sex Nativity

Address 70 Manchester

Chief Complaint

Father Age Nativity Time in U. S. State City

Mother Age Nativity Time in U. S. State City

F. H. Children Living Dead Cause

Nervous Disease T. B. Syph. Miscarriages

P. H. Child Birth normal—instrumental—at term Labor Birth Weight

Diseases Measles yes 2 times Mumps yes Scarlet Fever yes Chicken Pox yes Pertussis yes

Diphtheria 0 Chorea 0 Joint pain or swelling 0 Vaccination yes

Sore Throat often Cold Ear

Respiratory not now

Gastro Enteric 0

Habits Sleep—Day 0 Night 10 hrs. Breathes through Mouth sometimes Fresh Air yes Bath Regular 2 times week

Appetite—Eats between meals Vomits Bowels Stools

Feeding—Breast every hours irregularly Then

Present diet

Present illness began in Winter with a cold following measles. Has coughed considerably since.

PHYSICAL EXAMINATION

Height 57.1 (57.7) Weight 70.1 (81) Temperature 99.2 Apparent Mental Condition OK

Nutrition ++ Color fair Muscles flabby Reflexes OK

Head OK. Fontanels Eyes R 20/20 L 20/20 Ears Normal Hearing O.K.

Nose O.K. Tongue Clean Teeth Malocclusion Tonsils Out Adenoids yes.

Glands palpable glands

Thorax—Shape ——— Rosary ——— Groove ———

Heart normal

Lungs musical Rales both. Pronounced Rt. apex.

Abdomen Liver Spleen Umbilicus

Genitals neg. Inguinal Hernia no

Extremities Joints Spine Head, Shld Forw } 4+ Flat Ches

Feet — Flat 4

Hum. 80-90

DIAGNOSIS— Chronic Bronchitis? ? 2 Bil.

TREATMENT RECOMMENDED—

Re-exam. lungs. at intervals — X-ray lungs

Grip.
R-1144 Ads.

Date	Weight
7/6/46	70.0
	70.5
	69.7
	69.7
	70.7
	72.5
	72.7

Foods	Amount	Cost
Milk	1200 qts. @ 15¢	$ 180.00
Zo	75 lbs @ 12½¢	9.38
Fig Bran	12 lbs @ 14¢	1.68
Bread	10 loaves @ 12¢	1.20
Macaroni	14 lbs. @ 15¢	2.10
Rice	5 lbs. @ 15¢	.75
Whole wheat Biscuit	1 pk. @ 35¢	.35
Cheese	3 lbs. @ 35¢	1.05
Butter	40 lbs. @ 50¢	20.00
Salt	1 box	.15
Protose	5 lbs. @ 60¢	3.00
Savita	8 lbs. @ 3.90 per ⅗	14.60
Ferrom	7 gals. @ 5.50	38.50
Carmen Capsules	8 boxes @ 75¢	6.00
		278.76

Foods	Amount	Cost
Eggs	2½ doz. @ 38¢	$ 278.76
Malt Honey	9 gals. @ 3.50	31.50
Fig Marmalade	6 jars @ 75¢	4.50
Health Chocolates	10 lbs @ 1$	10.00
Meltose Sweets	50 boxes @ 25¢	12.50
Strawberries	6 qts. @ 30¢	1.80
Raisins	3 lbs. @ 15¢	.45
Bananas	55 lbs @ 10¢	5.50
Peaches	12 lbs. @ 3 for 25¢	1.00
Onions		2.80
Tomatoes	40 qts. @ 25¢	
	25 lbs. @ 08¢	12.00
Corn	2 cans @ 20¢	
	14 doz. cans @ 25	3.90
Peas	15 cans @ 25¢	
	7 lbs. @ 20¢	5.65
		371.31

Foods	Amount	Cost
Carrots	40 lbs @ 5¢	$ 371.31 2.00
Beets	1 pk.	1.00
Beans (navy)	10 lbs. @ 10¢	1.00
String Beans	20 lbs. @ 3 for 25¢	.73
		$ 376.04
Spinach	10 bu. @ 1$	10.00
	40 cans @ 25¢	10.00
Celery		1.50
Potatoes	3 bu. @ 1$	4.50
Total		$ 402.04

Food Costs

Appoximate Cost to Maintain a Sunshine Playground

	$
Equipment	
Trunks - 200 @ 10¢	20.00
Canvas - 5 @ $4.00	20.00
Tin cups - 200 @ 3 for 10¢	6.70
" plates - 85 @ 3 for 10¢	2.80
" dish pans - 8 @ 25¢	2.00
Oilcloth for tables	5.00
Spoons - 100	2.00
Dish towels - 50	5.00
Total Cost of Food	402.04
Prizes	15.00
Charts	2.00
Medical Service	
Hemoglobin	150.00
Examinations	150.00
Help	
Supervisor	400.00
Instructors (Atheletic) 2	500.00
Cook	76.50
Assistant	50.00
	$ 1809.04

Total

Kellogg, John H.