JOHN HARVEY KELLOGG (1852-1943)

SCRAPBOOKS, UNBOUND, 1878-1929
MEMBERS.

Robert C. Krexie, M. D., Lansing, President.
Homer O. Hitchcock, M. D., Kalamazoo.
Hon. LeRoy Parker, Flint.
Henry F. Lyster, M. D., Detroit.
John H. Kellogg, M. D., Battle Creek.
Henry B. Baker, M. D., Secretary, and Sup'r of Vital Statistics, office at Lansing.

Michigan State Board of Health.

Battle Creek

July 7, 1879
THIRTY-SECOND ANNIVERSARY OF THE
FOUNDING OF THE BATTLE
CREEK SANITARIUM

Sept. 5, 1898

PROGRAM

Chapel, 10:30 A.M.,
History, Reminiscences, Music,
Addresses

Ex-Gov. Altgeld,
Hon. E. C. Nichols,
Hon. I. L. Stone,
Hon. Chas Austin,
Dr. J. H. Kellogg,
Dr. David Paulson,
A. T. Jones,
Ferdinand Schumacher,
Hon. W. C. Gage,
Dr. Abbie Winegar,
L. C. McCoy,
Hon. Clement Smith,
Hon. Geo. Willard,
Hon. J. N. Bishop,
Uriah Smith,
Dr. Ramd,
Dr. D. H. Kress,
G. A. Irwin,
Dr. Geo. E. Green,
S. S. Hubert,
G. C. Tenney,
and others.

Dinner, 1:00 P.M.

Review of the Sanitarium Training School,
2:00 P.M.

Inspection of the Various Departments of the Institution, the Haskell Home, and the James White Memorial Home, 3:30 P.M.

Informal Reception, 7:00 P.M., and School of Health in the Gymnasium
Annual Exercises

MISSIONARY

MOTHERS'

CLASS

Sanitarium

Gymnasium

Tuesday, Nov. 12, 1895

7:30 P. M.
Instructors.

J. H. Kellogg, M. D.  
David Paulson, M. D.
Kate Lindsay, M. D.  
Abbie Winegar, M. D.
Loretta Kress, M. D.  
Mrs. E. E. Kellogg.
Mrs. D. A. Fitch.  
Mrs. Mary S. Foy.
Mrs. E. H. Whitney.  
Mrs. S. M. Baker.
Miss Mina Rumery.  
Mrs. M. M. Morse.
Mrs. M. F. Stearns.  
Miss Eliza B. Burleigh.
Miss Minnie Calhoun.

MOTHERS' CLASS OF '95.

Mrs. Sarah Bean, Mo.  
Mrs. E. F. Eggemah, Mich.
Mrs. Maud Faulkner, Ohio.  
Miss Marie Guerne, Cal.
Mrs. I. F. Keller, Pa.  
Mrs. W. M. Lee, Pa.
Mrs. Jessie Stewart, Neb.

MOTHERS' CLASS OF '96.

Miss Carrie Clemens, Mich.,  
Battle Creek.
Miss Johanna Norderhuus, Norway.  
Miss Ella M. Osborne, N. Y.
Miss Nellie Patchen, Ohio,  
Miss Nettie Somers, Mo.,  
Miss Edna McGuire, Ia.
Seen
Through the Eyes
of a Visitor
SEEN THROUGH THE EYES OF
A VISITOR

By MARION B. BAXTER,
A Humble Worker in the W. C. T. U.

I know not where God's islands lift
Their fronded palms in air,
I only know we cannot drift
Beyond his love and care. —Whittier.
Battle Creek, Mich., Sanitarium, July, 1897.

HE only explanation I have to offer for the appearance of this little leaflet is that I really wanted to write it, and, like Topsy, "I've gone and done it." I may add, however, that there are no pecuniary considerations back of it, and I pass it on, winged by prayer not recorded here.
AT THE SANITARIUM.

If my memory serves me true, it is thirteen years since I first made the acquaintance of this Sanitarium and its management. It was during a heated political campaign. Parties and spoils hung in the balance. The "mudsill" was in evidence, and the office-seeker rested neither day nor night. And it came to pass that the writer was in some little demand in this portion of the State, before great audiences that assembled in search of light on the tariff and kindred questions. The one comforting thought to me now is, that after all my eloquence and wisdom, they survived.
The years have gone by, no one knows where,—it is the way with years,—and once again I am under this hospitable roof. Nor is there any lack of companionship; there are at least five hundred other guests, all of them in pursuit of health, and most of them find it. Many of them are in wheelchairs with attendants; others swing from hammocks under the tall old oaks, or wander over the wide-stretching lawns, bravely striving to forget that they are ill. And somehow it seems to me that an unspoken creed obtains here more than almost any other place I know, and it is this:—

"Scatter seeds of sunshine while you may."

Very naturally the interest of the newly arrived visitor or patient centers on the menu, for it is widely understood that foods and drink enter largely into the treatment here. To the initiated, the word "diet" brings no terror. If one desires meat, he may have it; for this is the place to find the best that can be secured. But it often comes to pass, as in my case, that after several days at these bountiful tables the desire for flesh food passes away. There is such a variety of dishes made from these health foods, such an abundance of fruits and nuts, such healthful drinks,—pure juice of the grape, milk from their own herd, caramel-cereal, rich in flavor, and the best substitute for coffee on the market,—that I forget all about meat. And speaking of the health foods, I have incidentally learned that the profits from the sale of them and the cereal coffee go directly into the missionary fund, and in all this institution there are no high-salaried men or women.

"The greatest thing in the world is love."
Each day, sitting by the wide staircase that leads to the spacious dining-room, one may see a demure little miss buried beneath the wilderness of flowers which she offers for sale. A white card attached to the flowers announces that they are from the Haskell Home,—and I may add, girl and all. In a dim way I knew something about the Haskell Home, but not until I had paid a visit there did I know its history. The story is sweet, and makes one’s blood run quicker. I will tell it to you:

Some years ago, among the guests here, was a Mrs. Haskell, well known to Chicago people because of her rich gifts to various institutions and enterprises. Like the writer, she was captivated with the missionary spirit pervading this place, but, happily, unlike the writer, had much of this world’s store with which to gratify her every wish. And it came to pass that she gave her check for $30,000 to build a home for homeless children. The plan and management were to be left to Dr. Kellogg; the home to be a memorial to her husband, who had fallen asleep. On the wall of a dainty parlor in this beautiful Home are the portraits of
these two glorious souls; and as I looked on the portraits and then down the broad corridors to see the happy children coming and going,—as I listened to their voices coming up from the lawn, so cheery, so sweet and bird-like,—something very much like a mist rolled before my eyes, and I went back to a winter’s day when I sat beside this queenly woman and held her hand, and we two talked of things past and to come, and I whispered softly to myself, “How splendid it is to yoke up, one with the other, for work for the Master, to pull true and steady for him.”

“In the morning sow thy seed, and in the evening withhold not thy hand.”
One day, drawn by very strong ties, I found myself in the gallery of the operating-room of the Hospital, looking down upon a strangely solemn scene. Nurses and physicians, capped, slippered, and gowned in white, moved softly about the place. Not a spoken word, save that of the surgeon-in-chief. Just for a moment he paused, as if in prayer, before a glass-topped table on which lay a young woman in a sleep very much like death; and then, with infinite tenderness, he let fall the shining blade that was to send her back to health again. And still she slept on. In and out among the delicate muscles moved the skilled fingers,—with not so much as a moan from the sleeper. Others came in like manner, and in like manner passed out; and as I looked down upon this awesome scene, it did seem to me that God was manifest there in power.

As I write, I look out upon the lawn, and see five young women from as many different States, who graduated into the Hospital, and on the same day, two weeks later, graduated out of it in a way to astonish all who know about it. Very pleasant it is to hear their merry voices, to see their smiles, and to know that once again they climb the hill of health, and that once again Hope sits in her place, and swings and sings. Little wonder is it that physicians come from remote portions of this and other countries to look on the skill that makes this Hospital famous. Say of it what you will, and explain it as you may, some who have attended the prayer services held by the nurses and physicians just before they enter this operating-room will always think that God is not far from the place.

Time and space forbid details touching the labyrinth of baths, the swimming-pool, the laboratory, the electrical appliances, the cooking-school and its ideal kitchen (where more delicate dishes are made out of fruits and grains than one can imagine unless he has been initiated into the mysteries of this cooking), hygienic dressmaking quarters, etc. As to the gymnasium, it is one of the largest and
best equipped in the country. The young woman who manages the morning and evening drills is sweet and beautiful to look upon, and her interpretations are graceful and strong. In this place they teach the value of every bone and nerve and sinew, constantly emphasizing the fact that the body is the temple of God, and that to sin against the body is to sin against him. Pretty good religion this,—and the more there is of it, the better.

There is an unwritten law over this place, not unlike the story of the Good Samaritan, which sends the workers out to look after the lowly and the helpless and makes them, first of all, to seek the kingdom of God in its righteousness,—and perhaps this is why all other things are added. Among the seven hundred helpers who come and go, I have heard no arguments on theological questions. They believe in the Bible, and study it carefully. Nurses and helpers are often seen with the Book of books in their hands; they are deeply in earnest, and practise and love more than they preach; and I have come to think that it is what we do, more than what we say, that counts. The religion they believe in, they live.
This religion sends them out to the highways and byways, among the sick and the poor, in the great cities, and wherever the field stretches away; and the record runs that Jesus went about doing the same thing.

My stay draws to its close, and last night I held an interview with Dr. Kellogg,—he who, more than any other, is widely known in connection with this institution. He stood by the window, and over his face fell the last ray of the going day. I said, "Dr. Kellogg, I have been studying this place and your people. My heart is touched with all your plans for the weary, struggling world. I am staggered at the sacrifice involved. I believe you have one of the very best equipped of all known machines for missionary work." With an alertness peculiar to himself he turned and faced me, and in a voice that made me think of Knox and Luther, of Lincoln and Frances Willard, and hosts of others, he said,

"Mrs. Baxter, six weeks hence we shall hold a summer school in our college over there; workers will be present from ocean to ocean, plans will be laid which will mean much in the days to come, and," speaking slowly, "if — God — will spare me fifteen years more, I shall see our medical missionaries moving around the whole earth."

The look and tone of the man stirred my soul to its depths. I went out, forgetting to say "Farewell," but all the way to my room I kept saying softly, "Yea, Lord, not only fifteen years, but many more." At last I slept, and saw through my dreams great numbers of people coming and going — now a white ribbon fluttered against a blood-red cross, and again the Salvation Army bonnet showed over the snow-white caps of the nurses.
On they came, pressing ever toward the fore; and ever as the battle waged. I saw above it a snow-white hand with a nail print in its palm, and over all sounded a voice of crimson color tinted with amber, and at the last spoken word the amber tint dropped in showers of pearls.

“For ye are all workers together with God.”
A BIT OF BLESSED HISTORY.

The Battle Creek Sanitarium opened thirty years ago in a little house where now stands one of the largest and best equipped institutions of the kind in the world. The Medical Missionary Association, organized in 1893, was merged into the International Medical Missionary Society in 1897, with Dr. J. H. Kellogg at its head. There has been no noise or fuss, no blowing of trumpets, but during the past three years ten new Sanitariums have been opened in various portions of the earth. Custom House Place, one of the darkest nooks in Chicago, has seen a great light, and thousands of dreary, sick, downhearted, and wretched men have come over the threshold of that home and awakened to better things. Rescue homes for women have been started; homes for helpless children and aged people opened. Forty-eight doctors have been sent forth to teach the new truths of the relation of the body to the spirit, and to heal the sick; two hundred and eighty-three medical missionaries have gone out in the name of the Master into the highways and byways; and I find that during these three years this Medical Missionary Association has met the needs of nearly half a million sick people, and that more than half of these have been charity patients.

This is indeed a bit of blessed history running on like a sweet, sweet story, and over it all, and through it all, is the shine of the Master’s face.
Vegetarian Menu

OCTOBER 17, 1897

Take not away the life you cannot give;
For all things have an equal right to live:
Kill noxious creatures, where 'tis sin to save;
'Tis only just prerogative we have:
But nourish life with vegetable food,
And shun the sacrilegious taste of blood.

— Pythagoras.
Green Peas Purée

Stuffed Potato       Vegetable Roast

Stewed Nuttose  
Asparagus
Celery          Lettuce

Granose with Maltol
Granose Biscuit with Cream

Beaten Biscuit
Whole-Wheat Puffs
Nut Crisps

Nut Cake          Lemon Pie
Fruit             Ambrosia

Cocoanut Caramel-Cereal
Malted Nuts
MANAGERS.
J. H. KELLOGG, M. D., Superintendent.
L. McCoy, Chaplain and Secretary.
G. H. MURPHY, Treasurer.
W. H. HALL, Steward.
Mrs. L. M. HALL, Matron.

OFFICE OF THE

Medical and Surgical Sanitarium

MEDICAL STAFF.
J. H. KELLOGG, M. D.
W. H. RILEY, M. D.
H. M. DUNLAP, M. D.
KATE LINDSAY, M. D.
A. J. HOENES, M. D.
A. N. LOPER, M. D.

Battle Creek, Mich., Dec. 27, 1892

Sanitarium, Battle Creek, Mich., 1892

The above data on appropriately balance most of the various points. This and employees of Battle Creek Sanitarium Society.}
BATTLE CREEK
Sanitarium
A Well-equipped and Scientific Medical Establishment.
Open all the Year.
Battle Creek, Mich., 1899
The Largest Sanitarium in the World.
Send for Circulars.

Battle Creek, Mich. May 25, 1885

Medical & Surgical Sanitarium.

J. H. Kellogg, M. D., Sup't.
G. H. Murphy, Treas.

Medical & Surgical Sanitarium,

Battle Creek, Michigan.

Sanitarium Press.
INCORPORATED, 1867.

REORGANIZED, 1876.

Medical & Surgical

SANITARIUM,

MAIN BUILDING.

BATTLE CREEK, MICHIGAN.
Faculty.

J. H. KELLOGG, M. D.,
Superintendent.
KATE LINDSAY, M. D.
ANNA H. STEWART, M. D.
W. H. MAXON, M. D.

Officers.

S. N. HASKELL, President.
J. H. KELLOGG, Vice-President.
W. H. HALL, Secretary.
G. H. MURPHY, Treasurer.
W. H. HALL, Steward.
MRS. L. HALL, Matron.

Board of Directors.

S. N. HASKELL.
G. I. BUTLER.
G. H. MURPHY.
L. M. HALL.
A. R. HENRY.
W. H. HALL.
J. H. KELLOGG.
GREETING SONG.


1. When loved ones after absence, Come back from paths that roam, The loving wait to greet them, And give them welcome home;
2. When thou didst leave us, trav'ler, We missed thee from thy place; The hall seemed lone and darkened For th' sun-shine of thy face.
3. We look to thee, O trav'ler, With glad expectancy; For thou hast brought us treasures From far across the sea.
4. We look up on the marvels That thou hast brought to-day. We're glad for thy home-coming, Glad thou hast been away.

So we, to-night, would greet thee, O trav'ler from the sea, With loving looks would meet thee, And words of sympathy.
We missed thy words of wisdom, We missed thy genial way; But God has brought and brought thee Safe home to us to-day.
As children, we are waiting For presents from thy hands,—For gifts from thy experience With many men and lands.
We praise the God that cared thee To help us up and on. God bless thee, God sustain thee, Till thy life work is done.

Welcome! welcome! trav'ler, welcome! From O'er the billows foam! With friendly cheer we greet thee here, And give thee welcome home.
Last V.—Welcome! welcome! trav'ler, welcome! When earth no more you roam, May angels greet, with welcome sweet, To thy eternal home.
INMAN AND INTERNATIONAL STEAMSHIP CO.
(LIMITED).

INMAN LINE.

DESCRIPTION OF THE NEW STEAMSHIPS
"City of Paris" AND "City of New York"
10,500 TONS EACH.

APPOINTED TO SAIL FORTNIGHTLY BETWEEN
NEW YORK AND LIVERPOOL.

PETER WRIGHT & SONS,
General Agents,
No. 6 Bowling Green, NEW YORK.
An improvement which will be highly appreciated by travelers and by invalids, is the location of the Kitchens; these are below, entirely isolated in a separate steel compartment, out of sight, and ventilated directly into the main smoke-stacks, so that no smell of cooking will be perceptible anywhere about these ships. Hydraulic power is employed instead of steam for the daily work of these ships, such as steering, hoisting stores, ashes, etc., etc. The hydraulic machinery is almost absolutely noiseless.

Attention is particularly requested to the special accommodations which are provided for travelers, and especially families, desiring greater privacy than is now obtainable on ocean steamships. These are the Suites and Deck Cabins. The former consist of Sitting-rooms, Bedrooms, Bathrooms and Toilet-rooms, all connecting, and every room furnished in the manner of those in the best private houses. The Deck Cabins are unusually large rooms, in which the berths fold up somewhat in the manner of those in Pullman cars, making of the bedroom a sitting-room for day use. Passengers occupying the Suites and these special rooms can have their meals served there, and the ability to, in this way, entertain friends or acquaintances who may be fellow-voyagers, will furnish an attractive novelty in the daily routine of the voyage. The large number of regular staterooms are of greater size than usual, and they are all very elegantly furnished. Great attention has been paid to the needs of passengers in respect to convenient location of bathrooms and toilet-rooms. The plans show the liberality with which these accommodations have been provided.

The ventilation, sanitary arrangements, plumbing, etc., have received scientific care, and the usual natural ventilation now existing in the best passenger steamers is supplemented by fans driven by electricity, so that uniform liberal circulation of air is secured without dangerous drafts. All rooms are equally well ventilated.

Berths can now be engaged for the season of 1889, and intending passengers are recommended to make early application for berths and staterooms.

In connection with this great improvement in the fleet, and to provide commensurate facilities for the transaction of its business with the public, the Company has arranged for unusually large and handsome offices at New York and London.

**LONDON OFFICES.**

The Company occupies the entire building at No. 13 Pall Mall, in the heart of the fashionable portion of London, opposite the Athenaeum, Travelers' and Reform Clubs, and near the foot of Regent Street, and
THE
S.S. City of New York Gazette.
PRINTED IN MID-ATLANTIC.

No. 1. WEDNESDAY, 27th MARCH, 1889. Price 6d.

INMAN AND INTERNATIONAL
S.S. "CITY OF NEW YORK,"
10,500 TONS.
Captain - ARTHUR W. LEWIS
Purser - STUART W. MILLER
Surgeon - R. LLOYD PARKER

NOTICE.
All contributions intended for insertion in this paper must be sent in not later than the evening prior to the day of issue.

DAILY RUNS.
The following are the daily runs up to the time of going to press:—
Left Sandy Hook, Wednesday, 20th March, at 10-20 a.m.
Thursday, Noon .......................... 320
Friday " .............................. 356
Saturday " .............................. 354
Sunday " .............................. 412
Monday " .............................. 413
Tuesday " .............................. 433
Wednesday " ..............................
Arrived at Queenstown

How to distinguish passing Atlantic Liners at sea.
A passing steamer at sea causes such interest to passengers that we give below the colours of the funnels of some of the principal Lines, by which they can be distinguished at a distance.
ALLAN LINE—Red, white band and black top.
ANCHOR LINE—Black.
AMERICAN S.S. Co.—Red, white keystone, black top and white band.
BREMEN LINE—Black.
BRISTOL CITY LINE—Black, centre white band, blue star.
CUNARD LINE—Red, black top.
DOMINION LINE—Red, white and red band, black top.
GEOX LINE—Black, broad red band.
HAMBURG-AMERICAN PACKET Co.—Black.
INMAN LINE—Black, white band and black top.
FRENCH TRANSALTIQUE Co.—Red, black top.
NATIONAL LINE—White, black top.
RED STAR LINE—Black, white band with red star.
STATE LINE—Light buff, red band, black top.
WHITE STAR LINE—Cream colour, black top.

SOME OF THE PRINCIPAL HOTELS.

LIVERPOOL.
Adelphi, near Central Station.
North Western, Lime Street.
Compton, Church Street.

IRELAND.
Queenstown—Queen's.
Cork—Imperial.
Kilkenny—Royal Victoria.

NEW YORK.
Hoffman House, corner of Broadway and 24th Street.
Fifth Avenue Hotel.
NOTES.

The outward run of the S.S. City of New York, from Queenstown to Sandy Hook, was accomplished in 6 days, 14 hours, although adverse winds were encountered.

The Library on board contains a choice selection of books, comprising Works of Fiction, Travel, &c. Catalogue may be seen and Books obtained from the Librarian, between the hours of 10-30 and 11-30; 2-30 and 3-30; and 7-30 and 9.

A well-appointed Hair-dressing parlour, under the superintendence of J. Doris, will be found at the entrance to the Saloon Smoke Room.

There is a difference of 4 hours 56 min. between New York and English time; the American time being that length slower than English.

When is a sailor not a sailor? When he is a seaman. If the sea were to be drained, what would Neptune say? I haven't a notion (an ocean.)

Over the water, and under the water, and always with its head down? A nai in the bottom of a ship.

Why is a sailor the most learned person as to what occurs on the other side of the moon? Because he has been to see (sea.)

When may a ship be said to be in love? When she wants a mate.

FROM LONDON TO CHICAGO.

A GLANCE during tour through America with Miss MARY ANDERSON and COMPANY, written on board the Inman and International Steamer, "City of New York," whilst on a passage from New York to Liverpool, 25th March, 1889.

Leaving London, on a Sunday, in October, '88, Spirits bright and looking forward to a future high old state;
Stayed a week at dirty Brum, at Liverpool and Manchester.
On to Dublin, meeting with a hearty Irish welcome there.
Leaving Queenstown for New York, in the "UMBRIA" so well named,
Storm and tempest, great sea-sickness, general moans till we land.
Vanish now all our troubles of the past long dreary week,
As we eagerly lock forward to the fan we're going to seek,
Visiting the Broadway Theatres, the Bowery, and the Central Park,
Hunting round and seeing what New York looks like after dark;
Using through the big election that taught G.C. what Tariff means;
There we journeyed to Boston—Boston, home of song and hymns,
There we eat our Christmas turkey, grew home sick and off would say;
"I wonder what the folks at home are doing now this Christmas Day?"
Staying quite a while in Boston, there to Philadelphia City,
Where the doorsteps are of marble, and the Quakers pretty.
Westward ho! on to Chicago, the future City of the States,
Where every man looks to himself, and no man for another wait;
Visiting Chicago's Stockyard, where pigs are transformed in a trio;
Are passed into a box alive, and served up as a sandwich nice.
From Indianapolis to St. Louis—of scurrilous newspaper fame,
Then to our fair Mary's birth-place, Louisville it is name;
Forward on to Cincinnati, our tour is drawing to an end.

So on we made to Washington, Inauguration Week to spend,
And such a week of rain and people, and bands and marchings too,
So soon as we had done the sights we were indeed all glad to go.
One short week at Baltimore, and then back to New York,
With experience enough for many evenings' talk;
Preparations for the voyage, getting ready, feeling glad,
Saying good-bye to our Yankee friends, and feeling rather sad.
Hoping that we'll come again, a farewell look and talk.
Stopping on our next week's home, the "City of New York."
At first some roughish weather, on deck the faces furrowed.
A calm, and faces soon up pop, that until then were new;
And as each one gets his "sea-legs," and the waves are a short stroll.
Friendships are made that brighten the way on through life.
Our trip is o'er, and the good ship bears us to the one alone,
Who is waiting on the other side to welcome us to Home.

FRANCIS RAPHART.
*(G.C.—Grover Cleveland.)*

MORNING SERVICE.

The usual Divine Service was held in the Saloon on Sunday Morning at 10-30; Captain Lewis reading the Service. Hymns, Ancient and Modern, Nos. 254, 215, and 370, were sung. Mr. J. C. Atkin kindly accompanying on the Organ. There was a very good attendance of passengers.

A poor bird sat on the topmost mast,
Flapping his wings in the furious gale
That roared along in an icy blast.
Battering beams and shattering sail.
And through the storm and wind had passed,
The poor bird wept a woful wail
"I sit me and weep as I gaze aghast
With nary a feather to tell the tail."

H. EBBEY MILLS.

Lines written whilst crossing the Atlantic on board the S.S. City of New York.

Oh what a noble ship in which we all abide;
Crossing the blue Atlantic, plunging through its tide;
We're coming from the West, over a raging foam,
Fighting with the tempest, speedily nearing home.

Speed on good ship of greatness, you never faltered yet,
The race you'll win eventually, for on you we will bet;
Propelled by mighty twin, swiftly turning round,
Feastless of the torments of the Ocean that abounds.

Through a spread of water, steaming to the east,
There to meet your sister ship, 'twill be a splendid feast,
Majestic like yourself, and of similar command,
Of equalised capacity, the greatest from man's hand.

The wonders of the age, two such ships as you,
And commanded by staunch officers, dastard and true;
The picked men of our land to navigate your way,
Through the Western Ocean as we proudly go to-day.

J. B.

PIGS IN CLOVER.

It is reported that Dr. Pendry, the Brooklyn Veterinary Surgeon, has brought a pen of pigs on board that are said to be very fond of clover, so much so that it is hard to drive them back when, let out to feed; many have tried without success, and so high has the excitement ran, that two well-known gentlemen have matched themselves for a thousand bottles of Bass to drive these pigs back into their pen in less than thirty seconds.

Time of match: Tuesday, 2 p.m.

Place: S.S. City of New York; weather to fine.
At the close of the Calhoun County Medical association meeting, Dr. J. H. Kellogg, president, entertained members at a Sanitarium dinner, then read a paper on "The Physician of 100 Years Hence." Senior nurses were present in uniform, with white caps and aprons.

Dec. 6, 1886

J. H. KELLOGG, M. D., Sup't.

G. H. MURPHY, Treas.

MEDICAL & SURGICAL SANITARIUM,
THE LARGEST SANITARIUM IN THE WORLD.
SEND FOR CIRCULARS.

Feb. 22, 1886
J. H. Kellogg, M.D.

IS A MEMBER OF THE

National Conference of Charities and Correction,

FOR THE YEAR 1900

H. H. Hart

GENERAL SECRETARY.

E. E. Fairchild

PRESIDENT.

NO 5311

Y.M.C.A. MINOR HALL, BELFAST.

Dr. J. H. Kellogg, M.D.

Superintendent of Battle Creek Health Sanatorium,

Michigan, will Address a Meeting in above Hall, on

Monday, 2nd June.

Subject — "How to live a Century."

Chair taken at Eight o'clock by J. Pyper, Esq., M.A.

ADMISSION FREE.

TO ADMIT BEARER AND FRIEND TO RESERVED SEATS.

American Academy of Political and Social Science

1900

This is to certify that

Dr. J. H. Kellogg

is a member of the Academy, and is entitled to receive its publica-

tions, to attend its meetings, and to enjoy all other privileges

of membership until January 1, 1901.

STUART WOOD,

Treasurer.

No. 029.

THE DETROIT & CLEVELAND

STEAM NAVIGATION CO.

1897

PASS

J. H. Kellogg, M.D.

Exemption of Courtisies.

No. 8634

GENERAL MANAGER.
United States
INTERNATIONAL
Exhibition.
PHILADELPHIA
May 10th
1414
Nov 10th
Press Ticket
Mr. J. H. Kellogg
Representing Unitarian Health Reformer
until Nov 10th
David G. Yates
Gen. Mgr. Dept. Admissions
Philadelphia Bank Note Company
THIS TICKET ONLY GOOD FOR ONE DAILY ADMISSION. THE HOLDER WILL OBTAIN A PASS CHECK ON LEAVING THE GROUNDS TO RETURN.

NOT TRANSFERABLE REQUISITE IF PRESENTED BY ANY BUT THE PROPER OWNER.
RULES

FOR

SANITARIUM DINING-ROOM WAITERS.
GENERAL RULES FOR SERVING.

1. In serving a dish from which you expect persons to help themselves, as bread, apples, etc., always go to the left-hand side.

2. In serving food in individual dishes which you place on the table yourself, place them at the right-hand side of the person's plate, and not too near the edge of the table.

3. In serving milk, water, or any beverage in a glass, place the glass at the person's right, as near the plate and at as great a distance from the edge of the table as possible, to avoid the danger of its being upset in the placing of other individual dishes. In taking the order, do not say, "What will you have to drink," but "Will you have milk, hot milk, water," etc.

4. When serving grains, see that each person is served with sugar and teaspoon, if needed.

5. Pass the bread two or three times during each meal, and keep careful watch that all are well supplied with it.

6. If there is gravy for potatoes or sauce for pudding, be sure that it is served at the proper time.

7. Do not serve articles before their turn by course, only in exceptional cases where people have a prescribed diet and cannot eat what is on the general bill of fare for the day.

8. Take especial pains to learn what patients who cannot use the articles on the general bill of fare, can eat, that is, what has been prescribed for them, and have it provided and ready for each meal.

9. As fast as dishes are emptied, remove them quietly from the table. Never allow empty soup-bowls to remain on the table, and as soon as a person has finished the meal, remove all the soiled dishes and crumbs from his place at once.

10. If any are late at table, serve them to the meal by course, beginning with the first, unless they have a special diet; in which case, serve them to what is required.

11. Should there be any persons at your table desirous of having their entire dinner brought to them all at one time, kindly and courteously say to them that if they are willing to wait until you have served the others to one or two courses you will be pleased to accommodate them; or better still, ask the dining-room matron to speak to such parties and explain to them that such a plan is impracticable with our method of serving, except where there are but one or two persons at a table. It is your duty as a table-waiter to give to each person at the table an equal amount of attention as far as they require it, and you cannot devote your entire time to one individual, except by neglecting the rest at the table. An efficient waiter will keep an eye on all at his table, and by little attentions will convince each that he is not forgotten.

12. Have a crumb-tray and brush always ready on the sideboard, and use it. Always brush all crumbs and refuse away when you clean a place after a person has finished his meal. Nothing is more uninviting than to sit at a table filled with soiled dishes, and with the cloth covered with refuse. The places should be so well cleared of crumbs and dirty dishes after each person finishes, that by the time the last person has left the table, it will be clean enough to reset at once, if need be, and will appear as neat and inviting to the last comer as to the first one who sat down at the table.

13. Care should be taken to have all foods hot that should be served in that condition.

14. Undivided attention must be given to the table, and the wants of the persons to be served during mealtime. Table-waiters should not sit idle, nor stand chatting with each other, or looking about the room during the serving of meals. Every moment should be occupied, either in serving, taking and carrying away soiled dishes, or in making preparations for the next course. Every table-waiter should use her brains as well as her eyes, and anticipate the wants of those at her table, and employ every moment not otherwise engaged in the other duties of her table, in making preparations for supplying those wants. If the bread-plate is nearly empty, and there is any reason to expect there will be any need for more, see to it that a new supply is provided, if there is an unoccupied moment to do it in. Never stand with tray in hand, idly waiting until something is needed and called for, as those desiring it must wait while you get it, when, with a little thinking ahead, you might have had it ready, or where you could get it at a moment's notice. If you know a person is late, make calculations accordingly, and have something kept warm and in readiness, where it can be gotten at once.

15. Never leave persons without a plate and knife, except long enough to go to the side-table. When a soiled plate and knife have been removed, have clean ones right on the tray to replace them, if possible, and always have a supply ready on the side-table.

16. Waiters must give their undivided attention to the wants of those whom they are serving. It should never be necessary for patients to rap upon the table, or beckon with the hand to call the attention of the waiter. The waiter should be sufficiently attentive to discover a person's wants, in most cases, before the individual has had an opportunity to wait for attention. So far as possible these wants should be anticipated, and may be almost entirely, by an intelligent and experienced waiter. Strive to
improve from day to day, and be ambitious to make all those under your particular care as comfortable as possible, and thus make the meal hour one of the most agreeable of the whole day.

17. When the waiter in charge of a table is absent, and a person appears to be in evident need of attention, any other waiter who notices the fact should at once either attend to the person's wants or see that he receives attention.

18. A discourteous manner, or talking back to patients, even when a provocation may have been given, will not be tolerated. Uniform civility must be shown to all, and special pains should be taken to give no possible occasion for impatience or fault-finding on the part of those who are known to be petulant or critical. If an accident or a mistake occurs for which the waiter is to blame, always say, "I beg your pardon," and try to rectify the same as far as lies in your power.

19. When an article ordered from the bill of fare is out, a kind apology should be made, and every possible effort should be put forth to satisfy the person by substituting something else.

20. New patients should receive special attention, and when necessary, some brief explanation.

ORDER OF SERVING MEALS.

To take orders for the different courses, it is only necessary to name over the different articles for the course on the day's bill of fare. Waiters should not lean upon the back of the chairs while taking orders, but should stand erect, in good position, at the left of each person. Begin taking the orders at the end of the table next the serving room, going in one direction all the way around the table, and deliver the foods in the same order. It is well to go around in one direction for one course, and in the other direction for a second course (always beginning at the same end of the table), as this does not leave the same one to be the last one served in each course.

BREAKFAST.

1. Serve the fruits first and pass the breads.
2. Take the orders for grains.
3. The orders for meats, eggs, and vegetables. When meats are served, they must always be brought on at the same time as the potato. If there is more than one vegetable ordered, and it is not practicable to bring it also, return a second time for the extra vegetable, but always bring the meat and potato together.
4. Take the orders for hot or cold milk and liquid foods.

5. Toast should now be served always dished in separate saucers, or on small plates for each individual.
6. Serve the sauces.
7. The bread should be passed again, and all glasses replenished with hot milk, if desired.
8. When steamed figs are served, they should be passed with a fork on the dish. Dates should be passed with a spoon to serve them.
9. Waiters of diet tables should serve only such articles as are found on the day's bill of fare. No butter, tea, coffee, chocolate, or meats are to be served on the diet table.

DINNER.

The order of courses at dinner is as follows:
6. Dessert.
Take the orders for soup first. After serving the soup, pass the breads to each person. Fill at once any special orders from persons who do not wish soup, or who have a prescribed diet. While the soup is being eaten, take the orders for meats and vegetables. When serving the meats and vegetables, take especial care to remove the soup-bowls from each plate at the same time.
Serve grains next and take the orders for sauce.

SUGGESTIONS.

Always bring on the potato with the meat. It will usually be necessary to return a second time to the serving room for the extra vegetables.
Remove all soiled dishes as soon as empty.
Do not forget to pass the sugar and tea spoons to every person who takes grains.
Carry the tray on the left hand.
Do not fill glasses and food dishes so full as to spill over in carrying.

CARE OF TABLES AND DINING-ROOM.

HINTS ABOUT SETTING TABLES.

1. At each plate, on the right hand, put the knife with the edge toward the plate; on the left, the fork with the tines up; beyond the plate, a soup-spoon and teaspoon, if for dinner; if for breakfast, a teaspoon, and in front of both, a glass with the napkin doubled in it.
2. Great care should be taken in putting each article on the table exactly even, to give an orderly appearance to the whole. Place spoon holder
sugar bowl, and milk pitcher at each end of the table, and let them form, together with the plates of bread, crackers, and other dishes of food to be placed on the table, a direct line through the table, both for the sake of order, and to leave as much space as possible around each person's plate.

3. Always see that salt dishes and sugar bowls are well filled and wiped free from finger marks, and that plates of crackers are free from crumbs, remnants, and crackers that are burnt or soiled. See that there are sufficient spoons in the holders and by the plates to allow two for each individual. Place spoons in the holders with the handles up. See that fruit dishes and all other glassware are clean and shining.

4. Glasses should never be filled more than three quarters full. This will prevent any slopping on the tray or cloth, and besides, if the glass is of hot milk, it is often desired to add to it some cold milk, lime water, or cream, which it is very inconvenient to do if the glass is full.

5. See that all fruits are well washed and wiped, and are not decayed, or too hard to be fit to eat.

6. All breads, gems, buns, etc., should be placed on the table when set.

7. All foods with a sauce, gravy, or juice, like cream toast, fruit toast, tomatoes, stewed potatoes, or vegetables of any kind, eggs, meats, puddings, pies, etc., must be dished in individual dishes.

8. Baked potatoes, potatoes boiled whole, green corn on the cob, baked squash, etc., may be served in large dishes, although individual dishes are preferable for all foods.

9. Foods should be served in proper order, except in exceptional cases.

DISHING.

12. Always gather all soiled and badly wrinkled napkins from the table, and those that are fit to use again be very careful to place at the same places as before. Nothing is more disgusting to sensitive people than to be tendered a napkin which has been used by some other person. An especial care in this direction is necessary at this institution, where the guests are all sick people, to see that there are no mistakes of this sort.

13. Gather all untouched foods and return them to the kitchen.

12. Carry all dishes on trays, never separately in the hands, and always have the trays as full as it can be safely and conveniently carried. Aim to take as much at one trip as possible.

13. Empty all slopes from cups and glasses, and scrape all plates and other dishes as clean as possible. Pack each kind separately in its appropriate place.

14. It is always best in cleaning, to collect all of each kind at the same time, whether food or soiled dishes.

15. The dishes that have been carried to the dish-washing room should be scraped and emptied, and packed, each kind by itself, ready for washing.

WASHING THE DISHES.

16. Always make the dishes as clean as possible before washing, and always wash the cleanest things first.

17. Arrange the dishes for washing, each kind separately, and all of a kind together.

18. If all are washed in the same place, they should be taken in the following order: Glasses, silver, cups, saucers, plates, and other dishes.

19. Do not use too hot water, and always rinse the dishes thoroughly. Be sure that the inside of all dishes and cups is thoroughly cleaned.

20. Handle with care, that dishes be not broken or nicked. Help will be held responsible for dishes broken or injured as the result of carelessness. The dining-room matron is required to investigate the cause of all breakages, and report the same at the business office.

21. A little ammonia should be used in the water for washing the silver, at least twice a week; at other times use only hot water. The silver should be polished each week.

CARE OF THE DINING-ROOM.

The dining-room must be thoroughly swept twice a day, and the crumbs brushed up after each meal, if necessary. Table-cloths and napkins should be changed at least three times per week. Floors must be washed twice a week, and oftener if necessary. All dining-room girls must assist in cleaning the windows, casings, etc., of the dining-room, whenever it is deemed necessary by the matron.

DRESS.

All dining-room girls must provide themselves with, and wear, the uniform dress arranged by the Managers, and also the white apron and cap during the serving of meals.

MISCELLANEOUS.

All dining-room girls are expected to be in the dining-room by seven a.m. and two p.m.

Dining-room girls must not eat in the serving-room or patients' dining-room, and must not take food from the tables or serving-room elsewhere to eat. Eating between meals is injurious to health, and is not allowed in the institution. Those disregarding this rule will forfeit one day's wages for each offense.

Dining-room girls are expected to have no intercourse with patients, aside from what is necessary to properly execute their duties in the dining-room. Chatting and visiting with patients is decidedly out of place,
PRINCIPLES.

1. We recognize God as the originator and founder of the institution and the work represented by it; we see his guiding and protecting hand in its history, and acknowledge our responsibility to him as the head and director of the work.

The Sanitarium, and the various enterprises connected with it, have been planted by Divine Providence for the work of the gospel, including the representation and promulgation of important reforms in relation to diet, dress, temperance, and other matters pertaining to the healthful care of the body.

2. Since man's faith is known by his works rather than by his profession, it is evident that when a person's course of life is such as to lead the majority of those who associate with him to the conclusion that he is not in harmony with these reforms, his influence is against, rather than for, the work, and thus he virtually separates himself from it.

3. One of the essential features of the work of the Sanitarium is the training of its workers for all kinds of practical missionary work. Therefore it is evident that when a person's course of life is such as to show plainly that he does not possess a true missionary spirit, he is by this fact excluded from the work, and can no longer be consistently regarded as a medical missionary or as a student in preparation for missionary work in any line.
4. All connected with the Sanitarium are God's stewards, and are individually accountable for their stewardship, which includes faithfulness in the performance of duties; conscientiousness in work, and in reports and use of time, in breakages, in mistakes, and in neglects; economy in the use of material,—light, heat, fuel, instruments, etc.; and honesty and fidelity in all relations to the work.

"Moreover it is required in stewards, that a man be found faithful." 1 Cor. 4:2.

"For the Son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch." Mark 13:34.

"And he called his ten servants, and delivered them ten pounds, and said unto them, Occupy till I come." Luke 19:13.

"He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much." Luke 16:10.

"Gather up the fragments that remain, that nothing be lost." John 6:12.

5. Singleness and sincerity of purpose should characterize all those connected with the work. To profess to believe the principles which underlie the work of the institution, as relates to dietetic, temperance, dress, and other reforms, while in life disregarding them, is evidence either of insincerity or moral weakness. In either case there is earnest work to be done in seeking God, that the heart may be changed and the life reformed, since the influence of such a life upon the work of the institution must be highly detrimental.

"He that is not with me is against me: and he that gathereth not with me scattereth." Luke 11:23.

"No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon." Matt. 6:24.

"And whatsoever ye do, do it heartily, as to the Lord, and not unto men; knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ. But he that doeth wrong shall receive for the wrong he hath done: for there is no respect of persons." Col. 3:23.25.

"For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things." I Tim. 6:10, 11.

6. To promote faithfulness, consistency, and simplicity of dress is one of the main objects of this work, and this reform should have the support and sympathy of all connected with the work.

7. To restore a primitive or Edenic diet.

Due respect for this feature of the work will lead to the adoption and enthusiastic support of thoroughgoing vegetarian principles, and of all other features of the advanced light which Providence has given us upon this important theme.

"And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and
to every fowl of the air, and to everything that
creepeth upon the earth, wherein there is life, I
have given every green herb for meat: and it was
so."  Gen. 1:29, 30.

"Blessed art thou, O land, when thy king is
the son of nobles, and thy princes eat in due seas-
on, for strength, and not for drunkenness!"  Eccl. 10:17.

8. This is a mission field as well as a training-
school, and hence every worker must consider
himself as a missionary, and always on duty, and
responsible to God and his fellow workers for the
influence he may exert by work, act, or attitude.
Our work is a public work, and on this account
even the remotest appearance of evil must be
shunned for the sake of the possible influence
which may be exerted.

"Abstain from all appearance of evil."  1
Thess. 5:22.

"And make straight paths for your feet, lest
that which is lame be turned out of the way."  Heb. 12:13.

"But I say unto you, That every idle word
that men shall speak, they shall give account
thereof in the day of judgment. For by thy
words thou shalt be justified, and by thy words
thou shalt be condemned."  Matt. 12:36, 37.

9. The responsibility to promulgate the prin-
ciples of reform grows out of the obligation
which rests upon every man to proclaim to others
the truth which God has given to him. Those
connected with the Sanitarium are under an ad-
ditional and most sacred obligation to labor most
earnestly for the extension of these principles, on
account of the implied interest in and regard for
them shown in connecting with a work of this
character.

"Let your light so shine before men, that
they may see your good works, and glorify your
Father which is in heaven."  Matt. 5:16.

"Ye are the light of the world. A city that
is set on a hill cannot be hid."  Matt. 5:14.

"Let him that is taught in the Word communi-
cate unto him that teacheth in all good things.'
Gal. 6:6.

10. Separation from the reform principles for
which the institution stands, or a course of con-
duct unbecoming a Christian, is separation from
the work.

"They went out from us, but they were not
of us."  1 John 2:19.

ORGANIZATION.

Board of Directors.

Dr. J. H. Kellogg, President ; Dr. Charles E.
Stewart, Vice-President ; Dr. E. L. Eggleston,
Secretary; G. H. Murphy, Treasurer; Dr. George
Thomason, Dr. David Paulson, Dr. W. H. Riley,

Business Department.

Superintendent, J. H. Kellogg.
Treasurer, G. H. Murphy.
Steward, M. W. Wentworth.
Cashier, George E. Judd.
Chaplain, L. McCoy.
Pastor, G. C. Tenney.
Head Clerk Correspondence Department,
N. K. Sheldon.
Matron, Miss Abbie J. Aldrich.
Assistant Matron West and South Halls, Miss Ida Thomason.
Assistant Matron East Hall, Miss Harriet Daman.
Housekeepers, Miss Rose Andre, Sarah Parker, and Mrs. F. A. Stahl.
Superintendent of Gentlemen Nurses, Dr. J. F. Morse.
    Assistant, A. I. Lovell.
Superintendent of Lady Nurses, Dr. Carrie S. Staines.
    Assistant, Miss Celia DuBois.
Medical Clerk, Dr. R. H. Harris.
Medical Matrons: Dr. Elizabeth Harris, Dr. Leona Wescott.
Helpers' Physician (Gentlemen), Dr. J. F. Morse.
Helpers' Physician (Ladies'), Dr. Lillian Eshelman.
Head Nurse, General, W. I. McFarland.
Head Nurses Ladies' Bath, Miss W. Frederick, Miss Alice Nathie.
Head Nurse Gents' Bath, Frank Hummel.
Head Nurse Operating Room, Miss Bessie Winkley.
Head Nurse Surgical Ward, Miss Anna Kellogg.
Gymnasium, J. W. Hopkins, Mrs. E. L. Eggleston.
Head Nurse Gentlemen's Massage Department, Albert Brandt.
Head Nurse Ladies' Massage Department, Miss Janie Harrison.
Superintendent of Kitchen and Caterer, J. C. Broady.

Superintendent of Dining Room, Miss Sadie Kingan.
Superintendent Helpers' Dining Room, Miss Anna Green.
Foreman Laborers and Farms, J. S. Comins.
Foreman Engineers' Department, J. E. Davies.
Foreman Tinshop, I. N. Bigelow.
Foreman Blacksmith Shop, Robert Walker.
Foreman Carpenter Shop, F. M. Mathewson.
Foreman Paint Shop, E. S. Parrott.
Superintendent of Laundry, Marie Jensen.
Electrician, A. L. Cleveland.
Florist, C. M. Vandervoort.
Pharmacy, J. K. Lippin, Pharmacist; F. F. Abbott, Assistant.
Postmistress, Mrs. Ava Chadwick.
Storekeeper, A. L. Curtis.

Medical Faculty.


Secretary Training-School for Nurses, Mrs. M. S. Foy.
Labor Committee: W. K. Kellogg, Dr. C. E. Stewart, M. W. Wentworth, J. S. Comins, Miss Abbie J. Aldrich.

Nurses Committee: Mrs. M. S. Foy, Dr. Carrie S. Staines, Dr. Julia A. White, Dr. J. F. Morse, Dr. George Thomason, G. C. Tenney.

INSTRUCTION AND INFORMATION FOR SANITARIUM HELPERS.

The managers wish it to be clearly understood that it is not their purpose to assume an arbitrary attitude toward the other members of the Sanitarium family. The following is a simple statement of principles and general duties applicable to all, which is presented especially for the instruction of those who come newly into the family. Every member of the family should consider that he has an interest in the prosperity and work of the institution fully equal to that of any other person, and in coming into the family assumes this responsibility.

A disregard of the principles herein stated will be taken as an evidence that the individual disregarding them does not belong to the family, and that he or she is not able to meet the obligations of his or her position. It is clearly the duty of the managers to recognise such a person as not suited to this work.

The committee most earnestly bespeak the hearty co-operation of all the family in carrying out the work we have in hand faithfully as unto the Lord. The aid of all is asked in upholding good order, in protecting the property and interests of the Sanitarium, and in checking any spirit of unfaithfulness or disloyalty, however it may be manifested.

Daily Program.

Breakfast will be served from 6.00 to 6.30; 7:00 to 7:45.
Dinner will be served from 1:00 to 2:45.
Evening lunch will be served from 6:00 to 7:30. Late lunch is for those who are assigned to night duty.
Family prayers, 6:40 a.m.
Sabbath: Preaching, 11:00; Sabbath School, 12:15.
Vespers at the beginning and close of the Sabbath in the Parlor.
General prayer meeting, Tuesday evening 7:30. Public services Sunday evening.

Hours of Labor.

The number of hours of labor required is fixed for each department, or each class of helpers; but as emergencies are constantly arising, it is necessary that each one should hold himself in readiness to answer emergency calls whenever it is necessary. In general sixty-five hours per week is required for a full week's work. Members of the preparatory nurses' class are required to work six hours daily, or forty hours a week. First year nurses work nine hours daily, fifty-eight hours a week.

It is expected that the employees in all departments will work four or five hours on the Sabbath when required so to do, or whatever time is required to do the work which must be done on the Sabbath. This rule applies to all persons
employed in the institution who are paid by the month or week.

The work of the Sanitarium is constantly going forward day and night, every day in the year. It is therefore manifestly impracticable to fix absolutely the number of hours which shall constitute a day's work which shall be applicable to all departments. It is expected that every person connected with the institution will hold himself in readiness not only to work the usual number of hours required for the day, but to answer emergency calls as necessity may require.

It is expected that helpers employed in departments where Sabbath work is not required, will do their part in assisting in the necessary work of other departments on the Sabbath, as they may be called upon by the managers.

Absence from Duty.

No helper shall absent himself from duty without permission of the person in charge of his department, and of all the departments in which he is employed. In case of sudden illness or accident necessitating absence, prompt notice should be sent to the heads of the departments in which the individual is employed.

Picnic parties or outings which involve a number of the employees should not be arranged for without first obtaining permission from the Labor Department.

Dress.

It is expected that every member of the Sanitarium family will dress in a neat and modest manner.

The rules of health and propriety should be carefully observed.

The wearing of jewelry and useless ornamentation is seriously discountenanced.

We should in all things seek to be consistent examples of the principles for which the institution stands.

Department.

Sanitarium helpers should deport themselves in a manner becoming Christian ladies and gentlemen, at all times, whether on duty or not. Visiting by helpers of opposite sex in private rooms is not allowed except by permission.

Religious Duties.

If in any case the work is by oversight so arranged as to prevent attendance upon religious duties, it should be reported to the managers.

All helpers are required to show respect for the Sabbath, and are expected to attend regularly the Sabbath services and Sabbath school.

All helpers who board at the Sanitarium are expected to attend family worship regularly, either at the Dormitory, or in the departments in which they work when morning prayers are held there.

Each helper is required to attend regularly the meetings held in the department in which he works.

All helpers are required to attend the regular monthly helpers' meetings. Any helper who may be necessarily absent will be required to present a satisfactory excuse to the labor department before receiving his order for meal tickets.
All employees are invited to attend the weekly prayer meeting and other public religious services, and to aid in the exercises.

The privilege of daily reading and studying the Bible and private devotion is urged upon all.

**Personal Habits.**

All helpers are expected to observe such habits in relation to health as are necessary to maintain themselves in good physical condition, as otherwise they will not be prepared to perform their duties in a satisfactory manner. It is especially important that regularity should be observed in relation to meals, proper sleep, outdoor exercise, daily cold bathing, and a suitable and sufficient dietary. It is expected that all will uphold both in theory and in practice the principles of diet reform, temperance reform, dress reform, and other reformatory principles which are known to be the basis of the work of the institution.

**Economy.**

Helpers are requested to observe carefully every method by which a saving can be effected. The following suggestions are deemed to be especially important:

- Do not allow lights to burn when not required for use.
- Do not waste water.
- Avoid the waste of fuel or steam.
- Take care to prevent the loss of heat in winter and damage from rain in summer, through leaving the windows open in unoccupied rooms.
- Do not neglect to care for articles or property likely to be damaged or lost.

An allowance is made to helpers for board, and each helper is required to pay for his food. Food taken without payment is stolen.

By a conscientious use of time during business hours and the careful and economical employment of material used in the work of the institution, a great saving will be effected.

Employees who are entrusted with implements, furnishings, supplies, or other property of the Sanitarium will be held responsible for the safe return of the same. This requirement applies to dishes sent out on trays, towels, treatment appliances, and all other articles. Helpers will be held accountable for all breakage of dishes, furniture, apparatus, windows, etc., for which they are responsible. Heads of departments are expected to see that this rule is observed, and to report all delinquencies which come under their observation.

**Order.**

Habits of order and quietness are enjoined upon all members of the family, especially so in view of the many sick and nervous people with whom we are constantly in contact. The slamming of doors and noise of every sort is out of order at all times, and especially during the rest hours.

The north elevator and stairway in the main building are for the use of helpers.

Helpers should not loiter in the lobby or halls of the main building, and should not pass through those parts of the building except when necessary.
RULES

FOR

Dining-Room Girls.

GENERAL RULES FOR SERVING.

1. In serving a dish from which you expect persons to help themselves, as bread, potatoes, apples, etc., always go to the left hand side.

2. In serving food in individual dishes which you place on the table yourself, place them at the right hand side of the person’s plate, unless the space is already full, in which case place them at the left, and always as closely as permissible.

3. In serving hot milk, take all the glasses to the the side table and fill from your pitcher there, as in pouring a glass full while on the table there is danger of being jostled and upsetting the glass, or spilling some of the milk either on the table or the people. When filled serve from your tray the same as anything else in individual dishes, placing the glass at each person’s right hand.

4. Keep a careful watch of the glasses for hot milk, and when empty, replenish if desired.
5. In serving grains, either dish them in small dishes before serving, or pass clean saucers at the same time for each to help himself, and in all cases see that each person is served to milk, sugar and teaspoon with grains.

6. Pass the bread two or three times during each meal, and keep careful watch that all are well supplied with it.

7. If there is gravy for potatoes or sauce for pudding, be sure that all are served at the proper time.

8. Do not serve articles before their proper time, except in exceptional cases where people have a prescribed diet and cannot eat what is on the general bill of fare for the day.

9. Take especial pains to learn what patients, who cannot use the articles on the general bill of fare, can eat, that is, what has been prescribed for them, and have it provided and ready for each meal.

10. As fast as dishes are emptied, remove them quietly from the table. Never allow empty soup-bowls to remain on the table, and as soon as a person has finished the meal, remove all the soiled dishes and crumbs from his place at once.

11. If any are late at table, serve them to the meal by course, beginning with the first, unless they have a special diet, in which case, serve them to what is required.

12. Do not run to the serving-room for one single glass of milk, or one order if there is any probability that others at the table will want the same. Secure all the orders of a special character at the same time, and fill them at one trip, since so many trips leave the table without a waiter too much. Use a little forethought, and calculate upon what is to be wanted by your table during the meal, and when consistent, provide your side-table with it beforehand. Never go to the serving room for anything which can be just as well kept on the side-table. Hot milk can be kept on the side-table, and such an extra supply of bread as is usually needed, all hot foods, however, should be dished directly from the serving-room.

13. Have a crumb tray and brush always ready on the side-board, and use it. Always brush all crumbs and refuse away when you clean a place after a person has finished his meal and before serving dessert. Nothing is more uninviting than to sit at a table filled with soiled dishes, and with the cloth covered with refuse. The places should be so well cleared of crumbs and dirty dishes after each person finishes, that by the time the last person has left the table it will be clean enough to reset at once if need be, and will appear as neat and inviting to the last comer, as to the first one who sat down at the table.

14. All large dishes of food, except bread and relishes, should be kept on the side-table and served from there.

15. In order to have the food hot, it must not be dished up before-hand and left on the side-boards to cool.

16. Oatmeal, cracked wheat, and other grains become hard and dry as they become cool, and are not inviting. At breakfast, grains are served first, and can be kept in the serving-room and brought in by each waiter on her tray, in the same manner as the soup is at dinner. After all are through with grains, the dish of grains should be returned to the serving-room and turned out into the large dish to be kept warm and fresh for any late comers. When wanted for late comers, dish up a small portion only, in individual dishes, and serve in
that way. Never allow the dish of grain to stand on the side table, or on the coils to keep warm for late comers, because on the former it will become cold and hard and on the latter it will bake. At dinner, serve the soup first, then pass the bread or crackers to each person. Next take the orders for meat and eggs. If either must be specially prepared, take the order at once to the serving-room. Serve the hot milk and then the meats and vegetables.

17. Care should be taken to have the grains and vegetables hot.

18. Undivided attention must be given to the table and the wants of the persons to be served during meal time. Table waiters should not sit idle, nor stand chatting with each other, or looking about the room, during the serving of meals. Every moment should be occupied either in serving, taking and carrying away soiled dishes, or in making preparations for the next course. Every table waiter should use her brains as well as her eyes, and anticipate the wants of those at her table, and employ every moment not otherwise engaged in the other duties of her table, in making preparations for supplying those wants; for instance, if a person is in the habit of using two glasses of hot milk, and an interval occurs when there is no other demand on her time, she should see whether she has a supply on hand to give him the second glass, and whether it will be hot enough for the purpose, if not, she should use her spare moments in getting what will be required. Never wait until the patient's glass is empty, and he has asked for its replenishing before getting a new supply on hand, if there is any reason to expect it will be wanted, and the waiter has time to get it beforehand. And just so with all other things. If the bread-plate is nearly empty, or the oatmeal cold, or the potatoes all gone, and there is any reason to expect there will be any need for more, see to it that a new supply is provided, if there is an unoccupied moment to do it in. Never stand with tray in hand idly waiting, until something is needed, and called for, as those desiring it must wait while you get it, when with a little thinking ahead, you might have had it already, or where you could get it at a moment's notice. If persons are late make calculations accordingly, and have something kept warm and in readiness where it can be got at once.

19. Never leave persons without a plate and knife, except long enough to go to the side-table. When a soiled plate and knife have been removed, have clean ones right on the tray to replace them, if possible, and always have a supply ready on the side-table.

20. Waiters must give their undivided attention to the wants of those whom they are serving. It should never be necessary for patients to rap upon the table, or beckon with the hand to call the attention of the waiter. The waiter should be sufficiently attentive to discover a person's wants in most cases, before the individual has had an opportunity to wait for attention. So far as possible these wants should be anticipated, and may be almost entirely by an intelligent and experienced waiter. Strive to improve from day to day, and be ambitious to make all those under your particular care as comfortable as possible, and thus make the meal hour one of the most agreeable of the whole day.

21. When the waiter in charge of a table is absent and a person appears to be in evident need of attention, any other waiter who notices the fact should at once either attend to the person's wants or see that he receives attention.
22. A discourteous manner or talking back to patients, even when a provocation may have been given, will not be tolerated. Uniform civility must be shown to all, and special pains should be taken to give no possible occasion, for impatience or fault-finding on the part of those who are known to be petulant or critical.

23. When an article ordered from the bill of fare is out, a kind apology should be made, and every possible effort should be put forth to satisfy the person by substituting something else.

24. New patients should receive special attention, and when necessary, some brief explanation.

Resume.—25. The leading things to be observed in the serving of meals should be to have the food hot when served; to give each person just the same amount of attention; to see that the table is in just as good condition for one as another, and that the food is just as invitingly prepared for one, as for another.

ORDER FOR SERVING MEALS.

Breakfast.—1. Serve the grains first, remembering to pass the sugar and milk at once, to all who desire it, and then pass the bread. Serve the hot milk next, after which take the orders for meat and eggs, and any special orders from those who wish neither grains nor meat, or who have a prescribed diet.

2. Meats, eggs, and vegetables come next, and the soiled grain saucers should be removed, as the meat and vegetables are served.

3. If fruit toast or cream toast is provided for all, it should be served next, always dished in separate saucers or on small plates for each individual, and never on a platter to be passed around, since by the time it reaches the last one it will not be in a presentable condition.

4. The bread should be passed again and all glasses replenished with hot milk if desired.

5. When steamed figs are provided, they should be passed with a fork always placed on the dish, after the meats, etc., as a sort of dessert. If dates are provided, they should be passed at the same time with a spoon to serve them.

6. Last of all, pass the fruit.

Dinner.—7. Serve the soup first and pass the bread to each person.

8. Serve the hot milk, and take and fill at once any special orders from persons who do not wish soup, or who have a prescribed diet. While the soup is being eaten, take the orders for meats, and send them at once to the meat cook to be filled. After the soup, serve the meats and vegetables, always serving at least two vegetables at the same time, that persons may have a chance for choice, and taking especial care to remove the soup bowls from each plate at the same time.

9. Serve grains next and take the orders for sauce. Do not forget to pass the sugar, milk and teaspooons to every person who takes the grains.

10. Pass the bread and replenish the glasses. As fast as dishes are emptied remove them quietly from the table to the side-table, and before serving the dessert remove all soiled dishes and refuse, such as crumbs, potato skins, egg shells, etc., from the table cloth. Provide a clean plate and knife, and then serve the dessert. If the dessert is pie, see that each piece is provided with a fork before serving it. In case the dessert is pie, the extra plate can be dispensed with, but a clean knife is especially essential, as all will wish fruit, and
most people particularly dislike to eat fruit with a knife previously used to cut meat, fish, eggs or butter. At the vegetarian tables, or in cases where persons having a prescribed diet have soiled neither the plates nor knives it is not necessary to change them. But in all cases where knives or plates have been used for vegetables, meats, and butter, or are otherwise soiled, they should be changed. Fruits come last after dessert. If nuts are provided, they should be served with fruit. If cake is provided, it should be passed with the dessert.

CARE OF TABLES AND DINING-ROOM.

Hints about setting tables.—1. At each plate, on the right hand, put the knife with the edge toward the plate; on the left, the fork with the tines up; beyond the plate, a soup spoon, if for dinner, if for breakfast, a teaspoon, and in front of both, a glass with the napkin doubled in it. If butter is used, place a butter plate-at each plate at each place, if cream is used, a small glass filled with cream, instead.

2. Great care should be taken in putting each article on the table exactly even, to give an orderly appearance to the whole. Place spoon holder, sugar bowl and milk pitcher at each end of the tables, and let them form, together with the plates of bread, crackers, and other dishes of food to be placed on the table, a direct line through the table, both for the sake of order, and to leave as much space as possible around each person's plate.

3. Always see that salt dishes and sugar bowls are well filled and wiped free from finger marks, and that plates of crackers are free from crumbs, remnants, and crackers that are burnt or soiled. See that there are sufficient spoons in the holders and by the plates to allow two for each individual. Place spoons in the holders with the handles up.

4. Glasses should never be filled more than three-quarters full. This will prevent any slopping on the tray or cloth, and besides, if the glass is of hot milk it is often desired to add to it some cold milk, lime water, or cream, which it is very inconvenient to do if the glass is full.

5. Place fruit dishes in the the center of the tables, remembering to see that the fruit it contains is of a character that all may be served alike. If the fruit is apples, pears, or peaches, see that they are well wiped, and are not decayed and two hard to be fit to eat. If the fruit is oranges, bananas, plums, or cherries, be sure that there are enough for all. If grapes, see that there are bunches enough for all and that they are of about equal proportions. This can easily be done by cutting the larger bunches.

6. All breads, gems, buns, cake, or cookies should be placed on the table when set, but be sure that you have enough to supply every person, especially of bread; have at least enough to go twice around for each individual, either on the table or side-board.

Dishing.—7. All foods with a sauce, or gravy, or juice, like cream toast, fruit toast, tomatoes, stewed potatoes or vegetables of any kind, eggs, meats, puddings, pies, etc., must be dished in individual dishes.

8. Baked potatoes, potatoes boiled whole, green corn on the cob, baked squash, etc., are best served in large dishes.

9. Foods should be served in proper order, except in exceptional cases.

Clearing the tables.—10. Always gather all soiled
and badly wrinkled napkins from the table, and those that are fit to use again be very careful to place at the same plate as before. Nothing is more disgusting to sensitive people that to be tendered a napkin which has been used by some other person. An especial care in this direction is necessary at this institution, where the guests are all sick people, to see that there are no mistakes of this sort.

11. Gather all untouched foods and return them to the kitchen.

12. Carry all dishes on trays, never separately in the hands, and always have the tray as full as it can be safely and conveniently carried. Aim to take as much at one trip as possible.

13. Empty all slops from cups and glasses, and scrape all plates and other dishes as clean as possible. Pack each kind separately in its appropriate place.

14. It is always best in cleaning, to collect all of each kind at the same time, whether food or soiled dishes.

15. The dishes that have been carried to the dishwashing room should be scraped and emptied and packed each kind by itself, ready for washing.

Washing the dishes.—16. Always get the dishes as clean as possible before washing, and always wash the cleanest things first.

17. Arrange the dishes for washing, each kind separately, and all of a kind together.

18. If all are washed in the same place, they should be taken in the following order: Glasses, silver, cups, saucers, plates and other dishes.

19. Do not use too hot water, and always rinse the dishes thoroughly. Be sure that the inside of all dishes and cups are thoroughly cleansed.

20. Handle with care that dishes be not broken or nicked. Help will be held responsible for dishes broken or injured, as the result of carelessness, and the dining-room matron will be required to investigate the cause of all breakages, and report the same to the office.

21. A little ammonia should be used in the water for washing the silver at least twice a week, at other times only use hot water. The silver should be polished each week.

Care of the dining-room.—The dining-room must be thoroughly swept twice a day, and the crumbs brushed up after each meal if necessary.

Table-cloths should be changed at least three times per week.

Napkins should be changed every forenoon.

Floors must be washed twice a week and more often if necessary.

All dining-room girls must assist in cleaning the windows, casings, etc., of the dining-room, whenever it is deemed necessary by the matron.

Miscellaneous.—All dining-room girls are expected to be in the dining-room by seven A. M., and one P. M.

Dining-room girls must not be eating and munching apples or other food in the serving-room or patients' dining-room. All eating between meals is injurious to health, and not allowed in the institution.

Dining-room girls are expected to have no intercourse with patients, aside from what is necessary to properly execute their duties in the dining-room. Chatting and visiting with patients is decidedly out of place, and an improper use of time. Strict attention to business should be the motto of all dining-room girls during work hours, especially during the serving of meals.

Waiters must not take an article from another's side
table without her knowledge, nor take articles from the elevator sent to fill another’s order.

Familiar talking or gossiping with patients either during, or after the meal is strictly prohibited.

All persons employed in the dining-room are required to obey implicitly and promptly all the orders received from the matron or dining-room matron.

Failure to be on duty at the proper hour without previous notice of necessary detention, will be considered sufficient cause for immediate dismissal from the employ of the institution.

Dress.—All dining-room girls must provide themselves with, and wear the uniform dress arranged by the managers, and also the white apron, during the serving of meals.
A reception was given for Dr. J. H. Kellogg last night at the Sanitarium and the large parlors, halls and doorways were packed, mostly with patients, though a few outsiders were present, including Mayor S. S. French and former Mayor William C. Gage. Mrs. Hall-the matron, and Mrs. Sawyer, assistant matron, were given much credit for the success of the event. Five hundred and thirty-one patients were welcomed to the Sanitarium in the last six months.

Ashley Calvin died suddenly

July 10/83
You are cordially invited to attend
A NORMAL INSTITUTE
of
Hygiene and Heredity,
TO BE HELD UNDER THE AUSPICES OF THE
WOMAN'S
CHRISTIAN TEMPERANCE UNION,
OCT the District of Columbia,
AT
CALVARY BAPTIST CHURCH;
Cor. 8th and H Sts., N. W.,
MONDAY, TUESDAY & WEDNESDAY,
May 5th, 6th and 7th, 1884.

ADDITIONS BY

ELLIOT COUES, M. D., Prof. of Anatomy, Medical Department,
Columbian University.

ALBERT L. GIHON, M. D., Medical Director U. S. Navy, and
President American Public Health Association.

JOSEPH TABER JOHNSON, M. D., Prof. of Obstetrics, Medical Depart-
ment, University of Georgetown.

WILLIAM LEE, M. D., Prof. of Physiology, Medical Department,
Columbian University.

J. H. KELLOGG, M. D., Member of Michigan State Board of Health,
and others.
OPENING SESSION.
Monday Afternoon, May 6.

1.30. Devotional Exercises, ... Mrs. R. Burris.
1.45. Address of Welcome, ... Miss Cora Thomas.
2.00. Address, Mrs. M. E. McPherson, District Superintendent of Hygiene.
2.15. Address, The Relation of Hygiene to Temperance, Mrs. Dr. J. H. Kellogg, National Superintendent of Hygiene.
2.30. Lecture, The Human Mechanism, Elliot Coues, M. D., Prof. of Anatomy.

MONDAY EVENING,
8 o'clock.
Address, Hygiene of Respiration and Ventilation, (Illustrative Lesson,) J. H. Kellogg, M. D.

Tuesday, May 6.
MORNING SESSION.

10.00. Devotional Exercises, ... Mrs. Bishop Andrews.
11.15. Lecture, Some of the Causes of Ill Health of the Present Generation, Joseph Taber Johnson, M. D.

AFTERNOON SESSION.

1.30. Devotional Exercises, ... Mrs. M. M. Chapin.
2.00. Lecture, Household Hygiene, Albert L. Gihon, M. D.
3.00. Special Meeting for the W. C. T. U. Workers, with Question Box, and Short Answers.

EVENING SESSION, 8 o'clock.

Bible Reading, Hannah Whitall Smith, National Superintendent Evangelistic Work.

MORNING SESSION,
Wednesday, May 7.

10.00. Bible Reading, ... Hannah Whitall Smith.
11.00. The Wonderful Problem of Digestion and the Use and Value of Fluids, J. H. Kellogg, M. D.
11.30. Address, Muscle Hygiene, William Lee, M. D.

AFTERNOON SESSION.
YOUNG LADIES' MEETING,
MISS BELL FITZGERALD, Presiding.

1.30. Devotional Exercises, ... Miss Laura Towner.
1.45. Address, Mrs. S. A. Mayse, District Superintendent of Heredity.
2.00. Address, A Girl who wants to speak to Girls, Mary Whitall Smith.
2.30. Question Social for our Girls.
3.00. Recitation, ... Miss Annie White.

EVENING SESSION,
8 o'clock.

Lecture, Nervous System.
Address, ... Mrs. J. H. Kellogg.
**OFFICERS.**

MRS. C. L. ROACH, PRES.
MRS. R. E. HARTWELL, COR. SEC.
MISS L. KESSLER, ASST. REC. SEC.
MRS. L. H. TILTON, REC. SEC.
MRS. S. D. LA FETRA, TREAS.

Public School Teachers especially invited to attend the afternoon and evening sessions.

Workers furnished with books and pencils.
YOU ARE MOST CORDIALLY INVITED

TO SPEND

THURSDAY EVENING, JULY 24, 1884,

WITH

Dr. and Mrs. J. H. Kellogg,

at their Residence, in the Old Main Building.

HOURS, FROM 7:30 TO 10 P. M.
Blastoma Sarcoma of the Blennion

Giant Cell Sarcoma of Leg

Net-cell Sarcoma of Leg

Giant Cells with many nuclei

Secondary Malignant Sarcoma of Liver

Giant Cell Sarcoma of Lower Jaw
Round cell Sarcoma of Woman

Spindle-celled Sarcoma of
tentorium

Alveolar Sarcoma, Secondary
of tentorium

Histology and Pathology Laboratory
Full size of room
$23\frac{3}{4} \times 82\frac{1}{4}$

1-2-3-4 Massage and
Dressing Rooms
in one.
Pledge.

We, the undersigned, Directors and Physicians of the Health Institute, do hereby pledge ourselves collectively and individually, to heartily co-operate with old James White, in his plans for the circulation of the Reformer and the production of such health works as he may deem advisable for the furtherance of the cause of Health Reform.

As a board of Directors, we do also agree to recommend him for his services and to allow W. C. Butler and J. W. Kellogg to board at the Institute and be permitted to enjoy the adv.
vantages and privileges of the
institution free of charge.

Names

M. S. Muriam
the Abbey.

C. B. Castile

C. W. Warren

W. Lindsay

Bern Anten

J. W. Gidley

W. W. Russell

M. A. Chambers

J. W. Parson.
The Board of Directors of the Medical and Surgical Sanitarium cordially invite you to attend the Dedication Exercises to be held at the opening of the new building, Wednesday, April 10, 1878.

Battle Creek, Mich. March 25, 1878.
Order of Exercises.

1. Dedicatory Prayer and Sermon, with a History of the Institution and Statement of its Object. 10:30 A. M.

2. Dinner. 1:00 P. M.

3. Toasts and Congratulatory speeches. 2:00 P. M.

4. Inspection of the New Building, by the Guests. 4:00 P. M.

5. Reunion. 7:00 P. M.

Music, both Instrumental and Vocal, will accompany the other exercises.

Guests from abroad will be entertained at the Sanitarium.
In Memoriam

OF

MRS. ANNA J. KELLOGG

BORN IN GENESEE COUNTY, NEW YORK,
MARCH 20, 1824.

DIED MARCH 30, 1893,
AT BATTLE CREEK, MICHIGAN.

FUNERAL SERVICES CONDUCTED BY ELDER U. SMITH,
At the Residence of the Deceased,
Battle Creek, April 1, 1893.
Remarks:

ELDER U. SMITH, who conducted the services, and who has for many years been pastor of the church of which Mrs. Kellogg was a member, introduced his remarks with the following brief sketch of the deceased:

Mrs. ANNA J. KELLOGG, wife of J. P. Kellogg, was born in Genesee Co., N. Y., March 20, 1824. Her maiden name was Stanley, her father being descended from the English family of that name. When a girl, her parents moved to this State, and settled in the Saginaw Valley. Having had exceptional opportunities for education, she began teaching school at the age of sixteen years, riding alone on horseback twenty miles through the dense forest to reach her first school in a new settlement.

In 1842 the deceased married John P. Kellogg, an early settler in the Saginaw Valley, and took charge of his family of five children, who had been bereaved of their mother several years before. These, with eight children of her own, she reared to manhood and womanhood. The deceased came with her husband to this city thirty-eight years ago, and, at the time of her death, was one of the oldest residents.

Mrs. Kellogg was a woman of remarkable vigor and endurance. She was possessed of an indomitable will which carried her through trials and difficulties to which most women would have succumbed. Of an exceedingly amiable disposition, she was genial, frank, and sociable with her friends, although reticent with strangers, and had few intimate acquaintances. Those who were not personally acquainted with her, might sometimes have mistaken her reticence and dignity of character and bearing for coldness of disposition, but those who came near to her knew her to be an uncommonly generous and exceedingly
tender-hearted woman. Her children were all trained in the school of frugality and economy. Though in her early years deprived of the advantages of many accomplishments, and compelled to undergo the trials and hardships of pioneer life, the deceased possessed a native love for the beautiful, which rendered her keenly appreciative of whatever was truly good in art and music. She was a most devout lover of nature, being interested in and watching every new development in science, particularly in the natural sciences. Her intuitions were remarkably keen, and the judgments of men and things based thereon seemed to be infallible.

One of Mrs. Kellogg's most prominent traits of character was her fearless espousal of and firm adherence to whatever she deemed true and right. Naturally of a most retiring disposition, she was ready to take any stand required in defense of the right. In the days of slavery, she aided her husband in maintaining a station on the "underground railroad," by which so many were assisted to reach British territory in Canada, and find there their freedom.

Her dignified bearing and perfect self-possession gave her a remarkably commanding air. A glance from her piercing black eyes was sufficient to bring the most rebellious child speedily to terms. She always commanded the most complete respect not only of all her children, but of all who knew her.

Early in life, the deceased became an earnest Christian, and her whole life was devoted to unselfish labor for others. She was constantly active in doing for the comfort of those about her. She was remarkably expert in needlework and embroidery of all sorts, and possessed of a true artistic instinct which gave to all her work an air of good taste and appropriateness. She continued her labors almost to the very moment of her death, which was wholly unexpected. Her independence of spirit had led her to express, many times, the wish that her last illness might not be a protracted one. She had for many years entertained the belief that death would come to her suddenly. There was, however, nothing apparent in her physical condition which seemed to indicate the probability of such a termination, and on the day of
her death she was feeling as well as usual, and much better than a few days before, when she had been somewhat indisposed. She was about as usual, took a short walk in the morning, and greatly enjoyed a few minutes’ sport with one of her grandchildren.

At 12:30 p.m., she was engaged in taking the last stitches upon a beautifully-made garment upon which she had been engaged for a day or two. At that hour, her daughter, Mrs. Butler, entered her room and inquired if she could do anything for her comfort, receiving the reply, accompanied with a smile, “No, nothing more; I have everything I wish.” Half an hour later, a nurse from the Sanitarium, who was still giving her daily treatment, called and found her sleeping upon a sofa in the room, upon which she was accustomed to take a daily noonday nap. The nurse thought it best not to awaken her, and passed out, remarking to Mrs. Butler, as she did so, that Mrs. Kellogg was sleeping so soundly she thought it best not to awaken her, but would call again at four o’clock. An hour later, Mrs. Butler looked into the room, but found her still asleep. Soon after three o’clock she stepped into the room again, and then observed a change in the expression of the features, which led her to think her mother might be ill. As she grasped her hand, and spoke to her to arouse her, she discovered that she was dead. Dr. Kellogg was immediately summoned, but not a sign of life could be discovered. The deceased had been granted her wish. Death had come suddenly and painlessly, through heart failure. A shortness of breath had been noticed during exercise for a few days previous. A quiet, natural sleep had passed, without the interruption of pain or suffering of any kind, into the sleep of death, but not death without hope. Certainly this patient, faithful woman, who had thought and toiled almost unceasingly, and ever unselfishly and uncomplainingly for more than half a century, will, in the Great Day of final recompense, receive a reward such as will only be granted to those who have been equally true in their adherence to right, and equally unflinching in their performance of duty.
Although nearly seventy years of age at the time of her death, the deceased was as erect in her carriage as a girl of sixteen. Her mental faculties were undimmed; her appreciation of life and all its relations and joys, was as keen as ever. Her natural dignity of bearing, both physical and mental, were not in the slightest impaired by any indication of childishness or mental decay, and her children and friends fondly hoped that there were still before her many years of comfortable and happy old age. Probably few persons of her age more thoroughly enjoyed life than did she. She was always hopeful, adopting the motto: "Prepare for the worst, and hope for the best." Her sudden death was a great shock to those whom she leaves behind. The members of her family who survive her, number seven children, four step-children, with their husbands and wives, and twenty-one grandchildren.

In 1855, the noble husband, J. P. Kellogg, one of the prime movers in the establishment of the Review and Herald office in this city, moved to this place from Jackson, and twelve years ago the fourteenth of this month, we bore him from this house to his last resting-place. During these long years, his companion has been a member of our church, and has gone in and out, and we have been more or less acquainted with her life. It is especially those who were acquainted with her in those far, bygone years, old acquaintances who have lingered lovingly over her remains here to-day, who became associated with her in that intimate acquaintance spoken of in this brief sketch of her life, so bright with its amiability and its grandeur,—these can bear testimony to the truthfulness of what is here said respecting her noble character.

The circumstances of her death were such as it seems to me any one might well covet. Although it was, as stated, a sudden shock to those of her friends who were present on the occasion, nevertheless, as we look back upon it calmly, how could one better pass from this state of existence? As death is the inevitable lot of all,—and, although a mystery in itself, its presence here among us is not a mystery, since death must come,—how could it better come than as it came to her, passing, as she did, from a quiet, natural
slumber to the more prolonged slumber of death, but without pain, without consciousness, without disturbance, knowing nothing of taking her departure from this life, but only waiting for the morning of the resurrection to open her eyes upon the glories of the eternal world? These circumstances remind us of the words of the psalmist: "He giveth his beloved sleep." Ps. 127:2.

The discourse which followed was based upon the texts: "Wherefore, comfort one another with these words," and, "But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope." 1 Thess. 4:18, 13. The speaker pointed out the fact that the Christian's hope for the future is wholly based upon the resurrection of the dead, as pointed out in the fifteenth chapter of 1 Corinthians. The same voice that called the world into existence at the beginning will be heard again, as declared in John 5:25: "The hour is coming, . . . when the dead shall hear the voice of the Son of God: and they that hear shall live."

At the conclusion of the speaker's remarks, the following verses, clipped from some publication, and found among the private papers of the deceased after her death, were sung to music written for the occasion by Prof. Edwin Barnes:—

"Home is not home, for mother's not there!  
Dark is her room, empty her chair;  
Now will she rest from her labor and care,  
Till that morning fair."
"Oft the dear eyes grew dim with sad tears,  
Guiding our untried feet through the years,  
Planning our future with hopes and with fears,  
Drying our falling tears.

"Sleep, mother, sleep, with your hands on your breast;  
Poor, weary hands! they needed their rest;  
Well have we loved you, but God loved you best;  
'Tis thy God giveth rest."

As this publication is intended only for private circulation among the special friends and relatives of the deceased, and especially for the benefit of those who were not present on the sad occasion, it may be proper to add a few words.

At the time of Mrs. Kellogg's death she was living where she had resided for nearly twenty years, in the house at the corner of Champion and Washington Streets. Her children had taken great pleasure in refitting the home for her within the last few years, and surrounded her with every comfort and convenience; and free from the cares and anxiety of which she had borne much more than fall to the lot of most women, and happy in the Christian's hope, she apparently enjoyed greatly the comfort and rest of her declining years, being almost altogether free from the infirmities which usually attend advanced age. Her daughter Clara, Mrs. Butler, was the only one of the children residing with her at the time of her death. Her sons J. H. and W. K. Kellogg were the only other children residing in the city at the time.

The funeral services were held at the residence, as the deceased was known to have often expressed an aversion to public funerals. At the services, the casket was placed just in front of the bow-window of
the sitting-room. The entire walls and ceiling of the room were draped in black, the window also being covered. The recess of the window behind the casket was filled with beautiful plants and flowers, through the kindness of friends from the Sanitarium. Over the casket was placed a beautiful crown of lilies, so arranged as to be illuminated by the sunlight, making a beautiful emblem of the Christian's hope.

After the services a long procession followed the remains to Oakhill Cemetery, where they were deposited beside those of the husband and father. A suitable granite monument has since been erected over the two graves.

The old home, which at his mother's request had been purchased by J. H. Kellogg before her death, is now used as a Widows' Home, arrangements having been made for the care of five or six widows, with their children, who find in this a very comfortable home, with advantages for supporting and properly rearing and educating their little ones.

The following is an obituary notice which appeared in the columns of the *Review and Herald*, May 16, 1893. Extended notices also appeared in the several city papers: —

"**Kellogg.** — Died in Battle Creek, March 30, 1893, of heart failure, Mrs. Anna J. Kellogg, wife of the late J. P. Kellogg, and mother of Dr. J. H. Kellogg, of this city. She was aged sixty-nine years and ten days, having been born in Genesee Co., N. Y., March 20, 1824. Though in feeble health for some time, there was nothing on the day of her death to indicate that the close was so near. She was feeling better than a few days previously, and at 12:30 P. M. was engaged in taking the last stitches on a beautifully-made garment, when she lay down on the lounge for her accustomed noonday nap. As she seemed to be sleeping so peacefully, the attendants suffered her to remain a little longer than usual, when it was found that life was entirely extinct. Thus, without a struggle, or apparently a moment's consciousness, she passed from the sleep of nature to the sleep of death. She had often expressed the desire that death might come to her suddenly and painlessly; and thus it was permitted to be."
"This noble woman possessed many estimable traits of character. Her maiden name was Stanley, her father being descended from an English family of that name. An indomitable will, accompanied with remarkable constitutional vigor and endurance, carried her through any enterprise which she thought was right, under trials and difficulties to which most women would have yielded. A natural reticence with strangers, which some might have mistaken for coldness of disposition, reduced, perhaps, the number of her intimate acquaintances; but with her friends she was genial, frank, and sociable; and those who had come to know her, will remember her as one of an uncommonly generous and tender-hearted nature. She possessed a love of the beautiful, and appreciated whatever was truly good in art and scientific accomplishments, in some of which she herself excelled. In early life she became an earnest Christian, continuing such to the close, and so falling asleep in hope.

"In 1842 she married J. P. Kellogg, taking charge of his family of five children, who had been bereaved of their mother several years before. These, with eight children of her own, she reared to manhood and womanhood. Of this large family, seven children and four step-children, with their husbands and wives, survive. There are also twenty-one grandchildren living. When the Review Office was moved from Rochester, N. Y., to this city, thirty-eight years ago, the deceased, with her husband, one of the principal promoters of this enterprise, moved to this place. She remained a faithful and honored member of this church till her death.

"The funeral was held from the family residence, April 1, in the midst of every token of respect and affection which surviving friends and relatives could bestow."
Notice of the death of J. P. KELLOGG,
taken from the Review and Herald:—

"KELLOGG.—Died in Battle Creek, Mich., May 10, 1881, of consumption, J. P. Kellogg, in the seventy-fourth year of his age. The name of Father Kellogg is one with which the earlier friends of the cause are all familiar. Having become in his youth interested in the great question of the religion of the Bible, he made his influence felt wherever he might be. Entering a pioneer settlement in Livingston Co., Mich., forty-five years ago, he was the first to call in the living preacher, and establish religious meetings in his neighborhood. As early as 1852, he embraced the doctrines of Seventh-day Adventists, and ever after manifested a deep interest in the progress of this work. At a Conference held in Battle Creek, Mich., May 20, 1856, his official relation to this cause began by his being appointed one of a committee of five, of which he was treasurer, to manage tent operations in this State. At the same meeting, he was elected one of a publishing committee of three on the Review and Herald, in which capacity he served till the formation of the Publishing Association in May, 1861, when he became one of the corporators of that institution, and served on the Board of Trustees till 1863. In 1867, he joined with nine others in signing articles by which the Health Reform Institute, now known as the Sanitarium, was incorporated, leading the list by the largest subscription to its capital stock. He was elected one of the Board of Directors in that institution, and served till 1869. Brother Kellogg was also the first superintendent of the first Seventh-day Adventist Sabbath-school in Battle Creek, which we believe was also the first Sabbath-school established among our people. The later years of his life, owing to increasing bodily infirmity, were
"Oft the dear eyes grew dim with sad tears,
Guiding our untried feet through the years,
Planning our future with hopes and with fears,
Drying our falling tears.

"Sleep, mother, sleep, with your hands on your breast;
Poor, weary hands! they needed their rest;
Well have we loved you, but God loved you best;
'Tis thy God giveth rest."

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years of comparative retirement and inactivity; yet he maintained an abiding confidence in the truth he had espoused, and a sustaining trust in the Lord, his Saviour. And thus his life came to a serene and peaceful close. A large congregation attended the funeral at the Tabernacle, the fourteenth, when remarks were made from Rev. 14:13: 'Blessed are the dead which die in the Lord from henceforth.'

"Beyond life's toils and cares,
Its hopes and joys, its weariness and sorrow,
Its sleepless nights, its days of smiles and tears,
Will be a long sweet life, unmarked by years,
One bright, unending morrow!

"Ear hath not heard the song
Of rapturous praise within that shining portal;
No heart of man hath dreamed what joys belong
To that redeemed and happy blood-washed throng,
All glorious and immortal."
NOT HOW MUCH, BUT HOW WELL

November 1898
A Visit to Two Great Atlantic Liners.
Thanksgiving Hymn.
Better to Fail Than Not to Try: *Poem*
As Thanksgiving Should Be.
A Thanksgiving Menu.
Clippings.

Vol. 1 | J. W. Kellogg
Editor in Chief | No. 3
ed, and great preparations were made for the dinner.

Even the children enjoyed the day. Little Patience and Charity Minter sliced the pumpkin for pies, and little Remember Allerton brought in baskets laden down with wild fruit. When those delicious pies and cakes were slowly drawn from the great brick oven, how those little lips smacked! Yet each gentle Puritan mother tried to impress upon each childish mind that it was a thanksgiving more than a feast day.

The children, with their sober little faces and their simple gowns, wended their way to the quiet church with their fathers and mothers, and sat quietly through the long sermon in which Elder Brewster impressed the duty of thankfulness upon each heart.

After the sermon, came the dinner, which was generously shared with the Indians, some of whom had not prospered as much as the white men.

As the blessing fell from the devoted leader's lips, each heart was lifted in true thankfulness to the Father of all, and when the feast had ended and the Indians were starting for home, Massasoit, the Indian chief, glanced back and said in true Indian fashion, "Ugh! Great Spirit loves the white children best." No, he loves us all the same, even those poor beasts that are slain all over the land on this day. They surely feel nothing to be thankful for when they see the knife raised to take the life which to them is as dear as ours is to us. How much better to crown the year with good things which Nature in her bounty provides for us.

A Thanksgiving Menu.

Below is given a Vegetarian Thanksgiving menu which can be easily prepared and is both simple and appetizing.

Canned Corn Soup
Mashed Sweet Potato
Browned Irish Potato
Cauliflower with Tomato
Celery
Mashed Parsnip
Lentil Roast
Brown Bread
Hickory-Nut Crisps
Toasted Granose Biscuits with Nuttolene Buns
Rice with Grape Sauce
Granose Flakes with Cream Cranberry Pie with Nut Crust Nuts, Bananas, Pears
Caramel-Cereal, Malted Nuts
sent to the factory for repairs and we were compelled to wait several weeks for its return, much to our regret.

We hope to be out on time hereafter, and will make up the full number of issues before the volume closes.

Oh! but we saw a strange sight the other day. It looked like a funeral procession.

There were a lot of men and women and boys going along the street and, its most too horrible to tell, but everyone of them was carrying a corpse; and the dead bodies were not well wrapped up so you could see toes and sometimes two feet sticking out. And they didn’t have any shoes or stockings on their feet; but they were dead, and so of course they didn’t mind it very much, “poor things”.

And the people all seemed to be in a hurry; wouldn’t a person naturally feel in a hurry if he had to carry a corpse?

And where do you think they were going? The paper didn’t say, but one of the men kept looking hard at one of them and smacked his lips as though he might be a cannibal and wanted to eat it.

Wasn’t that awful? The picture was labeled, “The Day Before Thanksgiving”.

Our editorial heart was almost broken because this number was not mailed before Thanksgiving as we hoped. We wept hot briny tears of grief, and heaved great sobs of woe, and burned lots of midnight oil, but fate was against us.

And so here we are, just too late to be counted in with the other blessings of the day, but the effort has been good moral gymnastics for us at any rate.

We fear that some of our subscribers will think that The Cricket has given up its struggle for existence. Such is not the case, however. Through the months of July and August the editors were away on a vacation, but returned in time so that the September number would have been issued but for a break down in the press.

The broken part had to be
THE CRICKET.

February, 1899.

A VISIT TO MEXICO.

Chapter III.

We have now entered the City of Mexico, and a more varying scene of human life we never witnessed. The population seems to consist of all classes and nationalities, and the majority of people are poorly clothed.

They carry every conceivable thing on their heads,—baskets of fruit, trays of meat, baskets of chicken, and even their beds already made. Jars of water or milk are carried on the back with the aid of a strap. Bundles, coal, babies, trunks, old men and invalids are carried in the same manner. Donkeys are used to carry loads which are too heavy for men, such as bales of hay, vegetables, large stones, and lumber.

The donkeys are so small and the hay is piled on their backs in such a way that it looks as if the hay were walking, all you can see of the donkey being its head.

The police, who are everywhere to be seen in the city, were many of them formerly bandits and highway robbers. They stand a block apart, always ready for action. At night each one has a lantern by his side, and stands in the middle of the street, and the inspectors can thus tell when they are at their post. They wear blue suits with white caps and gloves, and it is a very pretty sight to look down the long street and see them in perfectly straight lines. There are also country police that are mounted on horseback. They wear sombreros, and leather suits.

Mexico has more different kinds of cabs than almost any other city. The drivers put up different colored flags to indicate their price per hour, and the wheels are painted the same color as the flag. The cabs having blue flags are $1.50 per hour or 75 cents per passenger; the "red" cabs are 75 cents per hour, 25 cents a passenger; and the "yellow" are 50 cents per hour. I should advise a stranger to take one of the more expensive hacks, as a cheap one may be dear in the end. As we were riding down the street in a yellow hack, one of the horses fell dead.

Quite a mob gathered around us at once, and said that we killed the horse, and wanted us to pay for him, but the police dismissed the crowd, and we went on our way on foot, glad to get off so easily.

The street cars are drawn by mules. The driver blows a tin horn at each street crossing.

There are first and second-class cars, for the wealthy people will not in any way associate with the lower classes. The first-class cars are buff or white in color, and the others, green. Private or special cars are a common sight in the city. They bear the name "special," and the "general public" do not bother them. There are flat and box cars used for freight and funeral cars. Mexico City is the only city in the world which has funeral cars. These cars are painted black and white.

There are a good many deaths in the city. A person standing at a
THE CRICKET

certain place for fifteen minutes
may sometimes count eight or ten
funeral trains passing.

To be concluded.

J. W. K.

SHOES

CLOTHING for the feet in the form
of sandals or shoes has been in use
in every country since ancient times.
The early shoe was a sandal con-
sisting of a sole held to the foot
by straps or thongs.

Many different materials have
been used for the manufacture of
shoes. The early Egyptian shoes
were of strips of papyrus interwoven
like a mat. The shoes of the Rom-
ans were of buckskin, and were
similar in appearance to the mocca-
sin of the American Indian.

Long-toed shoes were invented
by Fulk, Count of Anjou, to hide a
tumor on one of his feet. The shoe
toes were so long as to be fastened
to the knees with gold chains.

In Japan, sandals of straw are
worn by the common people.

Among the poorer classes of peo-
ple in some parts of Europe, wood-
en shoes are worn. These wooden
shoes are made by hollowing out a
piece of wood to fit the foot, and
shaping it like a shoe.

In some parts of Africa a clog of
wood is used. Clogs are wooden
soles with an upright piece fastened
under both the heel and the toe, to
raise the foot from the ground.

The sole and heel are made from
one peice, — a block of wood two
inches thick, and a little larger
and broader than the common shoe.
These clogs are worn while the
wearer is working in sloppy places,
as they keep the feet dryer than
either leather or rubber.

In China the little girls' feet are
bandaged up very tight, and in the
course of six or eight years the feet
have been so compressed that the
heel and the great toe are about all
that is left of the foot. The foot is
then thrust into a little embroidered
shoe about three inches long,
the heel of which is usually about
an inch higher than the toe. A
block of wood is put in the back part
of the shoe to support it.

In our own and European coun-
tries we depend chiefly upon the
skins of animals for material for
our shoes. Millions of animals have
to give up their lives every year to
satisfy the demands of this great in-
dustry.

A great many of the hides are im-
ported from South America, espe-
cially the hides of wild horses and
oxen. The skins of calves, sheep,
and goats are also largely used.
They are put through a proces-
called tanning before being made
into shoes, to make them firmer.

Shoes consist of two parts, — the
sole, made of thick leather, and the
uppers, made of softer leather or
cloth. These parts are attached to
each other in different ways, but
usually by sewing or pegging.

In the early days of our country,
our grandfathers used to make all
the shoes for the family. They
cut out the soles and the uppers by
metal patterns, and then our grand-
mothers would sew them together by first fastening them between two iron jaws called clamps, punching holes all along the edge with an awl, then sewing through these holes with coarse waxed thread. After this they were given back to the "shoe-maker," and finished.

Now, all the work of shoe-making is done by machinery. One of the many machines used is the one that sews the soles, improved by Gordon McKay; this machine in the hands of a good operator and one that knows his business can easily sew on the soles of eight hundred pairs of ladies shoes in ten hours. There is no operation in shoe-making for which there has not been some machine invented.

E. M. E.

IN THE COTTON FIELDS

To one who has never visited the South, and seen an open field of cotton, the first sight of one is peculiarly interesting. Being very unlike other forms of vegetation, it may well inspire curiosity.

The seed is sown in rows about three feet apart, and after it reaches the height of two or three feet it is "chopped," or thinned out, until the plants are about ten inches apart. The plant itself is very much the shape of a well, formed tree, and grows about four feet high, sending out numerous alternate branches. Sometimes, when the soil is very good, it reaches the height of ten feet.

Beautiful blossoms appear when the cotton plant is nearly grown, three or four growing on each branch. At first they are as white as the cotton that later takes their place; then they turn red and soon fall off making way for the growing boll which holds the cotton. This increases to the size of a guinea-hen’s egg, and has much the same shape. Soon it opens, showing the snowy whiteness of the cotton.

When all the plants of a large field have thus thrown open the green portals of their bolls, presenting their downy contents for the use of man, the field at once becomes a scene both odd and beautiful.

But now the picking time has come. Men, women, and children, each with a loose sack hung from their shoulders, flock to the fields to gather the cotton. As it is but insecurely fastened in the boll, one grab empties the boll of the treasure which it has been storing up.

The cotton house is an indispensable adjunct to the cotton field. Here the cotton is stored until it can be hauled to the gin, and here the pickaninnies like to roll and tumble in sport over the soft bed of cotton.

It requires about two acres of average soil to produce a bale of lint cotton weighing 500 lbs. The same amount before being separated from the seed weighs about three times as much. Thirty or forty cents a hundred pounds is paid to the laborers for picking. A good picker is able to pick 150 pounds a day.

C. A. Owen.
THE CRICKET

THE MANUFACTURE OF GLASS.

The beginning of the history of glass may be dated as far back as the time of the ancient Egyptians. These people were an idolatrous and superstitious race, yet they discovered something which no class of people in the civilized world can do without.

The Egyptians used some chemical preparation of alkali and straw, and sand from their shores, for making glass which they formed into crude vessels. They stained the glass many different colors, although that which has been found, buried in ruins in Egypt had turned to an olive green.

Egypt had been making glass a long time before the other nations found out their secret, although we know that the art was known to the Phœnicians, for it is said that they landed on the shores of the Holy Land, and cooked their food in vessels upheld by cakes of nitre which they brought with them.

How amazed the people of Palestine must have been at the sight when, on mixing with sand, it was changed into a beautiful transparent glaze. Then imagine them staring at our window panes and cut glass! Soon the industry spread to Rome, Britain, Germany, and other countries. The Romans had a theater, the second story of which was built of glass.

The Venicians were superior in the industry in the thirteenth century. The Bohemians were the next to take up the manufacture of glass, and the glass made by them is said to have been clearer and finer than that made by the Venicians, the reason for this being that Bohemia produced better sand.

It was not long before England discovered flint, or lead glass, and from England the secret of glass making was communicated to the United States.

But when did America begin the manufacture of glass? Long before our forefathers saw the wild, desolate shores of New England, in the village of Jamestown Virginia, the first American factory was built, and in it glass bottles were made. These were the first articles exported from America. Later on, glass beads were made in this factory, and exchanged for skins, furs, or anything that the English desired from the Indians.

New England soon began the manufacture of glass, and then the art was rapidly communicated to all the early colonies. And now we have glass factories all over the United States.

The principal ingredients of glass are sand, oxide of lead, potash, and nitrate of soda. These are subjected to an intense heat, and changed to a molten mass, which is taken out of the furnace, and through a long hollow iron tube, is blown into all sorts of different and beautiful shapes.

Afterwards a cutter shapes the edges and makes the designs in the rough. He has to take much pains in his work, or the whole article will be spoiled. Each article has to go through many hands before it is ready for use.

Window panes are made differently. As soon as the mass comes from the furnace, it is run between heavy rollers until it is smooth and not a bubble can be seen, and comes out in long sheets of pure transpar-
A GREAT WORK.

What the Chicago Pacific Mission is Doing for the Destitute.

THEY ARE CLEANSED AND REDEEMED.

Free Medical Attendance Given to All Who Apply—How Relief and Help for the Fallen is Dispersed in the Slums.

From the Chicago Inter-Ocean.

At the rooms of the Pacific Mission, No. 100 Van Buren street, a noble work is being done in the interest of charity. Not only are souls being saved but bodies are being cleansed and redeemed.

The mission is two-fold, the one being distinctly evangelical, the other a medical mission under the direction of Dr. J. H. Kellogg, of the Battle Creek Sanitarium, by whom it was established. Neither is dependent upon the other or in any wise conflicting. Both rent the rooms from Mrs. Clarke, occupying them at different hours. This explanation is necessary, as the two, the Pacific Mission and the Chicago Medical Mission, are often confused.

Yesterday morning a reporter for the Inter-Ocean visited the place, led not by curiosity, but by a desire to see the line of work being done. It needed but one visit to show it in its entirety, and assurance can be given that nowhere in the city is more being done to raise the lowly and the fallen, and in no quarter is the work more needed.

Dr. Kellogg has always taken an interest in missionary work, and has always had doubts as to the manner in which it is generally done. He does not hesitate to say that he long ago awakened to the fact that the work done in foreign lands was disproportionate, and that too little attention is bestowed upon the heathen at home. Moreover, the doctor’s observation was that as soon as the heathen were thoroughly converted they died off. Therefore he resolved to go out into the highways and byways of life and preach unto the poor and disconsolate a new gospel, that of cleanliness. In short, he made up his mind first to clean and heal, then to lead upward in other ways.

WORST PLACE IN CHICAGO.

Last June Dr. Kellogg came to Chicago, and before locating his mission made a call upon the chief of police.

"I want," said he, "to find the vilest, dirtiest part of the city in which to work. I am now looking toward Pacific avenue and Van Buren street, but would like you to advise me further." The answer was: "As a searcher for dark places you certainly are a brilliant success. You can find no worse place in all Chicago."

So the medical mission was founded, the first step being the free baths, of which 35,000 persons have taken advantage. They are not elegantly fitted up, and the way to them is down a dark and winding staircase, but they are a godsend to the poor, and the smell of soap and water is exceedingly pleasant after the vile odors of the upper tenement. The reporter was escorted through there and found it good and sufficient reasons the mandate went forth, "get into your rooms," enough was seen to show how well the place is patronized Sunday mornings. The class who are to be found there now are more particularly workers from the street, who find no other time to go. Just back in the baths in the laundry, and there the sight was really pitiable. The dozen or more tubs were monopolized by early comers while around the room sat others waiting their turn. The air was filled with nothing, and about half the men were nude to the waist, although some had drawn over their bodies their vests, a toilet singularly suggestive of the Orient, being somewhat decollete and decidedly sleeveless. The establishment of the laundry which followed closely upon the baths brought out some curious facts. Men rushed eagerly in to take advantage of it, while the women of the neighborhood remained content to follow the time honored custom in the slums of using their dishpans for laundry purposes, and it is still, men largely predominate in the case of both bath and laundry, notwithstanding the fact that three afternoons in the week are reserved for women.

The women take advantage of the medical department, and the cases treated there are sometimes very sad ones. No one is turned away, and women of the town are treated as well as the poor, and driven there by poverty. In fact, work among fallen women is one of the features of the medical mission, and they are not only brought in, but sought out, and in such cases where reformation is possible they are put into homes. These homes are scattered through Illinois, Indiana, and Michigan, and the men are also sent to them. Men, too, are cared for and put to work in the mission, such as show themselves willing being made assistants in various ways.

The penny dinners, which are a great feature of the mission, were started last September, and it is said were the first of the kind served to the poor in the city. Soup and bread, of course, form the menu, but it is cleanly and palatable and is relished, if one can judge from the manner in which it disappears. The number of dinners served since September runs up to more than 65,000. Coupon books have been issued good for 100 dinners, and these many business men keep by them, giving a coupon to any hungry man they meet. To them it means a penny to the starving a longer lease on life. Clothing is also distributed, the room in which it is stored showing pile upon pile, pigeon-hole of every sort of garment. A glance at it shows why so

ONE OF THE NURSES.
many incongruous garments are often seen on the streets.
The rich have sent from their abundance as well as those of medium means, and glimpses were obtained of brocaded and fur-trimmed garments as well as of tiny gowns evidently once worn by a curled darling of some palatial home.

TRAINING FOR NURSES.
The nurses who visit day and night among the poor are drawn from the mission class of the Battle Creek Sanitarium and are all preparing to go to other work in foreign lands. No young misses are sent into the very depths of the slums, only old experienced hands being trusted with that. At the start there were but two district nurses; now there are thirty-six.
The mission is supported by the Benevolent Mission Society of Battle Creek, and is non-sectarian. Dr. William Hubbard is in charge during the absence of Dr. Kellogg. Dr. Kellogg himself is a man of remarkable charity as his work shows. Busy as he is in his sanitarium work, he comes every Sunday to Chicago and passes the day in the slums. He consoles the fallen, uplifts the weak-hearted, and follows in every way the precept which teaches that the guests of the wedding feast must be sought among the halt and the lame. The work is not pleasant. It must at times be offensive, but he treads the path as cheerfully as though it led through rose gardens and as though to his nostrils floated the odors of the spice of Arabia in place of those which come from neighboring kitchens.

B.C. Daily Journal,
Feb. 10, 1894
The American Medical Missionary College has taken the building vacated by the Home for the Friendless, 1926 Wabash Avenue, from which center several lines of work will be prosecuted. From an interview with Mr. Saddler, now in charge of the work, we learn that—

1. The American Metical Missionary College will have a dispensary and surgical ward. In this school only young men and women who have dedicated their lives to work for humanity are received.

There are at present one hundred and twenty-five students in the Medical College. A part of their work is done in Battle Creek.

2. The Chicago Medical Missionary Training School is a course of instruction calculated to prepare Christian workers. This course consists in the study of the Bible with the especial view of qualifying the student in practical lines of Gospel and Rescue work. A large part of the day will be spent in doing practical work in the various institutions and lines of work under the direction of the International Medical Missionary and Benevolent Association, also other institutions in the city.

Dr. J. H. Kellogg of Battle Creek, Mich., is Superintendent of these schools. This department now has seventy-five pupils enrolled.

A section of the building will be devoted to the care of men and women who have been taken from the bondage of sin, and who are in need of conscientious Medical attention.

A Kindergarten will be conducted. Also classes for those who desire to fit themselves for teaching in this line.

Many of the elderly ladies connected with this school will be employed in connection with the "Life Boat" Rescue Service, which Dr. Kellogg has maintained in the city for more than a year.

Boys' clubs will be organized, at which instruction concerning the care of physical health will be given in connection with other lines of work.

Aside from the regular classes, Gospel Service will be held on Sunday and other days of the week.
PRISON SUNDAY

October 24th, 1897.

A general meeting to present the claims of the Prison Work and Reform, will be held in the Woodward Ave. Baptist Church (Cor. Winder), on Sunday afternoon, October 24th, at three o'clock.

GEN'L BRINKERHOFF, of Mansfield, Mich.,
The great Prison Reformer.

DR. J. H. KELLOGG, of Battle Creek, Mich.,
Founder and Originator of the Workingmen's Home of Chicago, Ill., will speak.

The Hon. HAZEN S. PINGREE, Governor of Michigan.
The Hon. W. C. MAYBURY, Mayor of Detroit.
Hon. W. CHAMBERLAIN, Warden of Jackson Prison.
Hon. OTIS FULLER, Warden of Ionia S. H. of C., Ionia, Mich.
J. E. ST. JOHN, ESQ., Supt. of Industrial School, Lansing, Mich.
MRS. LUCY M. SICKLES, Supt. of Industrial Home, Adrian, Mich.
AGNES L. D'ARCAMBAL, Founder of the Detroit Home of Industry.


Rev. D. D. MACLAURIN will introduce the Hon. Mayor, who will preside as Chairman of the meeting.

You are requested to be present.
ENTHUSIASTIC
Nov. '97

Was the Y. M. C. A. Gymnasium Dedication.

DINNER TO THE OFFICERS.

Many Distinguished Guests Kept To Toasts.

DR. J. H. KELLOGG’S LECTURE.

Teols Why a Gymnasium Is Necessary.

IS A MEANS OF GRACE.

The dedication of the Y. M. C. A.'s splendid gymnasium was accomplished last night successfully and enthusiastically. The officers of the association were assisted generously by officers of associations abroad, by Mr. Henry Watterson and by Dr. J. H. Kellogg, the celebrated philanthropist, of Battle Creek, Mich.

The handsome gymnasium was filled with about 1,000 people, who are in sympathy with the Y. M. C. A. movement.

Preliminary to the exercises the association officers gave a dinner in honor of Dr. Kellogg and invited guests, among whom were: Dr. J. H. Kellogg, Messrs. W. A. Kling, of Cleveland; G. E. Shurcliff, of Cleveland; W. J. McNair, of Charleston, Va.; L. L. Messer, of Chicago; F. W. Ober, of Chicago; D. A. Sinclair, of Daytona; D. T. A. Hildreth, of Indianapolis; S. H. Thomson, of St. Louis; F. E. Swanson, of Memphis, and B. B. Wilcox, of Frankfort, Ky. Among the local guests were: Rev. W. B. Collins, Mr. Henry Watterson, the Rev. S. L. Hamilton, Messrs. J. E. Hardy, C. M. Phillips, W. T. Covington, A. W. Meyer, S. M. Baver, Dr. S. E. Woody, Dr. H. F. Tilleson, Mr. H. B. Knapp, Rev. E. L. Powell, Dr. H. C. Cass, Dr. T. M. Hawes, Mr. W. S. Chamberlain, Jr., Dr. W. S. Peak, Dr. T. E. Comeau, Col. Bennett H. Young, Messrs. T. C. Minky, H. C. Loomis, B. A. Robinson, Jr., W. S. Parker, G. A. New-


Dr. J. H. Tilden, Chairman of the Central Department Committee of Management, presided over the table. The welcome address was delivered by the Rev. John R. Sanpoy, second Vice President of the association, who greeted the guests, referring to the building which was held as an old Kentucky home with an old Kentucky welcome.

During the dinner the following toasts were responded to: "Chief characteristics of an all-round Association man,"—J. W. Ober; "Who is responsible for the management of an Association?"—L. W. Messer; "Business Management. What is it?"—G. E. Shurcliff; "How can a strong constituency be developed?"—W. S. McNair; "Is the Association Extravagant?"—D. A. Sinclair; "What is the ultimate object of our work?"—B. B. Wilcox; "Association Literature."—T. A. Hildreth; Dr. T. M. Hawes and Col. Bennett H. Young also made addresses.

The dinner was given in the parlor on the second floor, and at its conclusion the party repaired to the lower floor, on which the gymnasium is situated. The exercises were opened with a prayer by Mr. W. L. McNair. The Rev. E. L. Powell offered prayer. Mr. Owen Gathright, President of the association, stepped forward to make some explanations. It seems as if the gymnasium parasherphania had not yet arrived, some of the doors and windows would have to be omitted. It had been the plan to have the contractor turn over the key to the association, but since the key would have a strong tie to it, it was thought best to omit this ceremony until all the trappings were in place. He said when the whole building was completed and fully equipped, there would have been expended, which was a very valuable feature in the improvements. He closed by introducing Mrs. Henry Watterson, who would present the speakers of the evening.

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SPAKER INTRODUCED.

Mr. Watterson said it was certainly an occasion for just pride and satisfaction to those who had assembled in the gymnasium which was dedicated to such a noble purpose. It was remarkable that in such a short time and with what really was such a small means such a welcome should be made.

He said that he could not be a source of great pride to every good citizen of Louisville to know that the Y. M. C. A. is so prosperous and so well housed over the country he had seen much of the work of the association and knew of the good work done by the association, that he knew of no institution in Louisville doing so much good as the Y. M. C. A. He knew the future would augment the good work done in the same degree.

He expressed a wish to talk longer, but the cold weather made it necessary to end the page, and the fact that he was there to introduce another speaker prevented him from doing so. He was going to present a man, he said, who was celebrated as a great draughtsman, a great experimenter on subjects of interest to the Y. M. C. A. and knew of no one more eminent man and philanthropist than Mr. Kellogg. "Allow me to introduce the gentlemen who will further remark," said Mr. Watterson.

Dr. Kellogg was given a hearty welcome. He was no stranger to many of those who were assembled to hear him, having spoken on subjects of interest to the association members before.

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DR. KELLOGG’S ADDRESS.

Dr. Kellogg said statistics showed that the race was degenerating from the hill. The members of the Y. M. C. A. were not degenerating, but only 3 per cent of the youth in Louisville, for instance, were members of the association. He said there were three times as many idles and insane people in the asylum over the years were fifty years ago. All this was due to the lack of general health cultivation. He cited the example of the physical man. Their cities were crowded with baths
BELIEVES IN STYLE.

A man, exercising, breathes in seven times as much as a man at rest. This ventilates the whole system just as the free circulation of air in a room ventilates that room.

The speaker said it was a shame that the young women were not allowed the privilege of a gymnasium. There was nothing like gymnastic exercises, he said, for developing style in a person. He believed in standing erect and throwing the head back in the habitual style. It put a man or a woman in a good humor, and that made it easy for a man or woman to be a great Christian. He knew that had he a man to come to him at Battle Creek. He felt the man's pulse and looked at him, and couldn't tell how old you are," said the doctor. "By your pulse I should say you were a hundred years old."

The man was fifty-five. He was the superintendent of a railroad, and had taken no exercise for thirty years. He suffered from arterial degeneracy.

The building is $20,000 SANITARIUM
To Be Erected in South Lancaster by the Advent Society.

Will Be One of Several Branches of the Great Sanitarium at Battle Creek, Mich., which is Presided Over by Dr. Kellogg.—Site Near the Academy.

Lancaster is soon to have a sanitarium, which is to be erected by the Seventh Day Adventists on the grounds of the Lancaster academy. The project has been considered for some time by the promoters of the scheme, and Dr. J. H. Kellogg, the superintendent of the Battle Creek, Mich., sanitarium, which is the largest in the world, is to have charge of the Lancaster sanitarium, if the supplies of capital are secured. The building will be of brick, and is estimated to cost $20,000, and $10,000 of this is already subscribed.

The question might be asked, "What is the need of a sanitarium in Lancaster?" But a sanitarium is for broader uses than a hospital. The fundamental idea of an institution of this sort is the thought that health is a matter of habits and drugs either; in most cases, one of climate, but rather a matter of training and education. A great many patients who come to a sanitarium for treatment are sick because the promoters of the functions of the various schools of health. The care of these patients in a sanitarium is accomplished by a course of systematic training in which they will be educated out of their evil ways. The treatment is such that all the habits of life will conform to the rules and principles as will efficiently and continuously modify the disturbed vital processes. Without such a system of instruction, the aid of a liberal supply of the above-mentioned modern ideas of hygiene, sanitation, and rational medicine, the patient is trusting only in a change of his worldly state into a condition of health.

Lancaster is certainly an admirable place for the location of an institution of this sort and it is to be hoped that the leaders of the idea will be able to receive the remaining financial aid necessary in order to establish the institution on a firm foundation.
Y. M. C. A.'s Series of Lectures and Meetings.

DR. KELLOGG'S TALKS.

"Man, the Masterpiece," His Morning Subject.

THE ASSOCIATION'S INFLUENCES.

Yesterday was a red-letter day in the history of the Y. M. C. A. It was taken up with exercises in celebration of the opening of the gymnasium—in the morning at the Temple Theater, and in the afternoon in the new gymnasium building. The attendance was entirely satisfactory, considering the weather. The pleasure of both meetings was augmented by the singing of Prof. C. C. Case and his male choir and Mr. W. L. McNair, formerly of Louisville, but now of the University of Virginia. During the morning Dr. J. H. Kellogg talked entertainingly on "Man, the Masterpiece," dealing with the secret sins of man, while during the afternoon he spoke just as entertainingly of the splendid work being done by the Y. M. C. A. all over the country. Speeches were also made by a number of the visiting Secretaries from other States.

It was announced that all the gymnastic appliances would probably be in place by next Thursday, and the doors would be thrown open Thursday and Friday to allow the public to inspect them.

The exercises at the Temple Theater began at 11 o'clock, fully an hour being taken up in singing, which was thoroughly enjoyed. When Dr. Kellogg stepped forward he said at the outset that he was neither a lecturer nor a preacher. He was simply a doctor of physics. He was not present to deliver any set lecture, but would talk briefly on "Man, the Masterpiece." He said a man who had examined the human form with a microscope and a scalpel did not need to be told that the human form is the highest example of machinery that could be created. The human body, he said, is a perfect engine. It is the most economical consumer of fuel. The amount of force created in the human form every day is equal to 600 tons—that is, if all the strength expended during the day were concentrated in lifting one weight it would be enough to lift 1,800,000 pounds one foot high.

The smokers will be interested in knowing that if a man had no liver he could not smoke two days without dying. The liver destroys the poison up to a certain time, and then it wears out and he is a wreck. The work is not only a few days ago he experimented with cigarettes and frogs. He got enough poison out of a cigarette to kill two frogs, and frogs, he said, are very hard to kill. The head of a frog can be cut off and he will hop around for some time if nothing had happened.

It is the abuse of one's health that makes people susceptible to disease. It is this abuse that causes some people to die of yellow fever, while others get well. All of the men get the same germs, perhaps in the same quantities, but the man who has not mistreated his body is better able to combat the germs. Nature is a careful book-keeper. She puts down every point for and against man. It is astonishing in view of these facts that men live so carelessly of their health.

AFTERNOON SERVICES.

The exercises at the gymnasium during the afternoon were well attended in spite of the inclement weather. Mr. L. W. Messer, General Secretary of the Y. M. C. A., presided over the meeting. He introduced Mr. F. W. Ober, editor of "Man," the International organ of the Y. M. C. A., who spoke in connection with the world-wide association movement, telling of its remarkable ramifications into almost every country on the globe and commenting upon the wonderful growth of the comparatively young association.

Dr. J. H. Kellogg spoke on the social and physical adaptation of the association to the city. He introduced his remarks by telling the story of a little street urchin of Chicago who had been kicked and cut and bruised so much that his little memory could recall. He finally found himself in one of the missions in which Dr. Kellogg takes an interest. He was washed and dressed, and a short time afterward a lady called at the mission and wanted a little boy. She liked the little urchin and asked him if he wanted to go home. He became serious and said he didn't know. Then she promised him toys and playthings and a life of joy. Finally he looked up into her eyes and said seriously: "Say, would you love a fellery?" He clasped the urchin to her breast and carried him home. The Y. M. C. A. serves much the same purpose as established to show the stranger that there is some one interested in his welfare.

In speaking of the physical adaptation of the association to society, the doctor gave football a bad name. He said that the Y. M. C. A. gymnasium did not serve to make pupillists out of boys and men, as many other gymnasiums had. He was glad to see that. He was also glad to see other more civilized and civilizing forms of exercise taking the place of that other form of pupillage known as foot-ball. He also condemned dancing, not for the exercise it gave, but for the associations it brought about. Mr. B. K. Shutifff then gave the same question from an educational and spiritual standpoint. He said that the educational and political questions by educating those late in life who were unable to secure an education early in life. He also spoke of the Christian influences of the association. Mr. Messer made a plea for money in behalf of the association. He said it was expected to raise $5,000, but the weather held the crowds down and he was willing to take less. Quite a handsome sum was subscribed.
THE FINAL FEAST.

Given by Dr. and Mrs. J. H. Kellogg to Civic Conference Speakers.

During the past week there have been banquets and feasts—feasts mental, moral and physical, but that which was the culmination of the latter kind, before the closing of the great conference, was a vegetarian or hygienic dinner given by Dr. and Mrs. Kellogg at 6 o'clock last evening at their home on Manchester street, to the remaining delegates and a few others.

Leaving the hotel at an early hour they were thus permitted to enjoy a half hour with host and hostess before dinner was announced. The reception hall was a scene most inviting, with its long, old fashioned fireplace, whereof were rising logs to radiate warmth and cheer, while the chill October air reminded us of approaching winter. The mantel itself betoken fall, with the decorations of autumn leaves, clothed in all the beauty of nature, varicolored and perfect.

Dr. Kellogg anticipated the comfort of his guests, and one used to thinking of him as the great surgeon of the sanitarium, always wrestling with scientific problems and burdened with a multitude of duties, would be surprised to see him execute upon the piano, overtures, symphonies and classic music of all kinds, to the extreme delight of his listeners. With the acolian attachment to the piano this was made possible, and by producing friction with the foot thus turning the rollers upon which the perforated paper and music is placed, melody issues as if some masterful hand was sweeping over the ivory.

Dr. Kellogg said, by the way, it was as good as a bicycle ride.

The beautiful home, modern and unique in its appointments, the interesting children who were all clad in white and the warm and comfortable hospitality would have entertained us there been more past. The table, spread for twenty-four, was significant for its simple elegance, while the feast, for which no living thing had shed one drop of blood, was a lesson in perfect living, and under the supervision of such a noted scientific cook as Mrs. Kellogg could not help but be palatable and appetizing.

Take the life you cannot give: For all things have an equal right to live; Kill nothingCreator, where a beast is to save, 'T is only just that we have: Use nourish it" with vegetables, And shun the sacriligious act of blood.

The following is the menu:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>Stuffed Potato</td>
<td>5</td>
</tr>
<tr>
<td>Vegetable Roast</td>
<td>10</td>
</tr>
<tr>
<td>Stewed Nuts</td>
<td>3</td>
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<tr>
<td>Asparagus</td>
<td>2</td>
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<tr>
<td>Atkins Leature</td>
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<tr>
<td>Granose with Malted</td>
<td>2</td>
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<tr>
<td>Granose Biscuits with Cream</td>
<td>5</td>
</tr>
<tr>
<td>Bacon Biscuits</td>
<td>10</td>
</tr>
<tr>
<td>Whole Wheat Puffs</td>
<td>10</td>
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<tr>
<td>Nut Crops</td>
<td>5</td>
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<tr>
<td>Nut Cake</td>
<td>2</td>
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<tr>
<td>Lemon Ice</td>
<td>2</td>
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<tr>
<td>Fruit</td>
<td>5</td>
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<tr>
<td>Ambrosia</td>
<td>2</td>
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<tr>
<td>Coconut Caramel-Cereal</td>
<td>1</td>
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<tr>
<td>Malti Nuts</td>
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The association is delighted this week to entertain as guests attending the opening ceremonies of the Sanitarium, Messrs. W. A. King, State Secretary of Ohio; General Superintendent, L. H. Shurtleff, of Cleveland; O. L. Wilbur, of Chicago; D. A. Sinclair, of Dayton, O. L. A. Hildreth, of Indianapolis; Dr. and Mrs. H. B. Wilcox, of Frankfort, Ky.; F. E. Swanson, of Memphis, Tenn.; Mr. and Mrs. H. McIlvaine, of Charlottesville, Va.; Mr. Frank W. Ober, of Chicago, the wide awake editor of "Miscellaneous," the International Association Newspaper, together with Mr. S. H. Thompson, of St. Louis, and Dr. J. H. Kellogg, Superintendent of the Battle Creek, Mich. Sanitarium.

These gentlemen are well versed in association work and will delight Louisville people with a number of important addresses.

A social luncheon for the guests from other associations, directors, committees of management, State officers and secretaries will be given by some generous women who are warm friends of the association at 5:30 o'clock this evening.

A number of toasts will be responded to by association men, representing associations in nine different States. The directors propose to personally place a fund at the disposal of the luncheon, while they, in turn, plan to contribute the entire amount toward purchasing the new tarpaulin for the gymnasium.

The new gymnasium will open its doors to welcome every association member this evening at 8 o'clock. Its fine wood floor will be covered with tarpaulin and specially seated for the occasion. Men are tumbler over each other in their haste to procure this privilege.

On account of unavoidable delays the building will not be as comfortably furnished as projected. Waiters will introduce the speaker of the evening Dr. J. H. Kellogg, of Michigan, who bristles with scientific and physical facts, will speak on "Why this Gymnasium," after which a "quiz" will be enjoyed. The keys to the building will be presented to President Gathright, who will then invite all present to inspect the baths, locker rooms, swimming pool, running gallery, etc., members can bring a young man friend by asking for a ticket at the office.

Sunday at 3 o'clock in the new gymnasium a mass-meeting of men and women will be held. To this meeting all the friends of the association are invited.

Dr. L. Wilbur Messer, of the Chicago association, will preside. Bro. C. Case and a male choirmaster will hold charge of the music. Mr. G. H. Shurtleff, of Cleveland, and Mr. Frank W. Ober, of Indiana, will each address the audience on appropriate topics.

Besides the mass-meeting announced above there will be a meeting for men only at the same hour at the Methodist church which will also be a meeting for men only at the Twenty-second and Walnut-streets Baptist church. The meeting in the Methodist church will be conducted by Mr. W. A. King, of Cleveland, and Mr. T. A. Hildreth, of Indianapolis. The meeting in the Baptist church will be conducted by Mr. A. Sinclair, of Dayton, assisted by Mr. B. B. Wilcox, of Frankfort, Ky., and Mr. F. E. Swanson, of Memphis, Tenn. Tickets for either one of these services may be obtained from the association building, Fourth avenue and Broadway.
OLD CHINA'S CAPITAL.

Peking Said to Be Worse Governed than Chicago.

CHINESE LOVERS OF NOISE.

Interesting Facts About the Fireproof Building

The Oregon Emperors.

Paints from the Museum.

Old China’s Capital.

An interesting feature of the Chinese buildings is the use of colors.

One of the most striking features of this city is the use of colors.

The Chinese buildings are painted in a variety of colors, such as red, green, blue, and yellow. These colors are used to symbolize different things in Chinese culture. For example, red is used to symbolize good luck and happiness, while green is used to symbolize health and longevity.

The use of colors in Chinese architecture is also influenced by the climate and environment. For example, the colors used in the buildings in the northern part of China are different from those in the southern part. This is because the northern part of China is colder and drier, and the southern part is warmer and moister.

The Chinese also use different colors for different times of the year. For example, red is used during the New Year festival, while blue is used during the Chinese Spring Festival.

Another interesting feature of Chinese architecture is the use of patterns. The Chinese use intricate patterns on their buildings, such as dragons, phoenixes, and clouds. These patterns are often used to symbolize good luck and prosperity.

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In conclusion, the Chinese use colors and patterns in their architecture to symbolize different things and to adapt to the environment. These features make Chinese architecture unique and fascinating.

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Another interesting feature of Chinese architecture is the use of patterns. The Chinese use intricate patterns on their buildings, such as dragons, phoenixes, and clouds. These patterns are often used to symbolize good luck and prosperity.

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In conclusion, the Chinese use colors and patterns in their architecture to symbolize different things and to adapt to the environment. These features make Chinese architecture unique and fascinating.

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CHINESE LOVERS OF NOISE.

Interesting Facts About the Fireproof Building

The Oregon Emperors.

Paints from the Museum.

Old China’s Capital.

An interesting feature of the Chinese buildings is the use of colors.

One of the most striking features of this city is the use of colors.

The Chinese buildings are painted in a variety of colors, such as red, green, blue, and yellow. These colors are used to symbolize different things in Chinese culture. For example, red is used to symbolize good luck and happiness, while green is used to symbolize health and longevity.

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HEALTH AND MORALS

A Profitable Interview with Dr. J. H. Kellogg of Battle Creek.

A representative of The Tribune had a pleasant interview this morning with Dr. J. H. Kellogg, who is to deliver a lecture tonight in Rosenberg hall. The subject of the lecture is "Are We a Dying Race," and the Young Men's Christian association cordially invites the general public to hear the lecture free of charge, as the doctor is giving it entirely in the interest of science and humanity.

The Tribune reporter found the doctor in the lobby of the Tremont hotel engaged in conversation with Maj. Mott, who is a warm personal friend of his. Dr. Kellogg is a genial looking man of less than medium stature, but with a superabundance of energy and the very picture of health. He belongs to various medical and scientific societies of the country, and is also a member of the British association for the advancement of science, the Societe d'Hygiene de France, editor of Good Health and the head of fifteen sanitariums located in all parts of the globe, including the one at Battle Creek, Mich., which is well known to many Galveston people.

The doctor spoke very highly of Galveston, its surf bathing and genial climate, and dropped the hint that he was especially interested in the city as a possible location for the sanitarium that he wishes to establish in the south. The idea, however, was in its infancy and he did not care to go into details further than to say that the public would be likely to learn more about the matter later when his representative comes to the city to investigate the field and the needs of the place.

On asking the doctor what his idea was in lecturing in the city, he replied that as secretary and representative of the International Medical and Missionary Benevolent association he was going to Guadalajara, Mexico, to incorporate a mission and sanitarium. The idea of the sanitarium was to make money to carry on the mission. The work of the mission was to benefit the race morally and physically, teaching the people how to care for the body through proper physical exercise and diet, and also to lead to proper modes of life along other lines. In connection with the mission there is an orphanage, and a rescue work for men and women.

As the doctor spoke of the orphanage he grew very enthusiastic, and stepping to the table he brought out photographs of about a score of children that he and his wife had adopted at various times. Some were pictures of girls that had been adopted in infancy and had now reached maturity fitted for responsible positions in life in his own home and school. Others were pictures of wee bits of children rescued in Mexico and Wales and Ireland, or from the streets of large cities like Chicago. The doctor's voice grew very ten-
The Phelps Sanitarium Co. advertised for 300 cords of stone for the building in process of construction on North Washington avenue, this in addition to the 300 cords already bought from the Austin farm.

Jan. 16, 1899

The Sanitarium ice harvest was over and 946 loads were in the storage houses.

Jan. 16, 1899

Patients at the Sanitarium consume 600 loaves of bread per week, and the Sanitarium bakery turns out 12 barrels of crackers daily.
The main text content is not visible in the provided image.
UNIQUE EXPERIMENTS.

[Continued From First Page]

In this case, he had had so little attention that he was not even skilled on the rope. He had no idea. He was beamed with vermillion. He had a few months, he had said on the nose, the time being quite early, and one of the best sort of a day. Had a few months, he had said on the nose, the time being quite early, and one of the best sort of a day. Had a few months, he had said on the nose, the time being quite early, and one of the best sort of a day. Had a few months, he had said on the nose, the time being quite early, and one of the best sort of a day.

OEE OF THE CHILDREN.

and energy, ride a bicycle with remarkable.

The idea is that the children's minds are remarkably.

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The idea is that the children's minds are remarkably.
ADOPTS 22 CHILDREN TO MAKE "GENTLEMEN" IN ONE GENERATION

A PHYSICIAN in Battle Creek, Mich., is working to upset the theory long current among civilized nations that "three generations go to the making of a gentleman."

He has in his big luxurious home some twenty-two children gathered at various times from situations of extreme poverty, and upon them are tried the refining virtues of polite environment. Such confidence has this experimenter—Dr. J. H. Kellogg—in the correctness of his own reasoning that he devotes his time and fortune to the long, difficult series of experiments necessary to an exact demonstration. There is even a certain peril incurred, for Dr. Kellogg will take under his own roof waifs whose antecedents have been tainted by crime and moral degeneracy.

A true "gentility," he holds, must come through true gentleness of heart. Actions which express kindness and good will toward others are the essential marks of what we term polite manners. This generous disposition once acquired, the small courtesies and outward veneer of manners come readily and serve merely to add a finish—desirable, though not indispensable—to a sound, true nature.

Thus a gentleman, in the real sense of that much-abused term, may be created in the space of time between childhood and maturity quite as well as in the traditional "three generations."

The rules of the Kellogg house are simple. The children rise when they like. Stern discipline is conspicuous by its absence. The work of the house is done entirely by the children, under the direction of Mrs. Kellogg. School begins at 10 o'clock. No punishments are given for unruly conduct. If a boy or girl misbehaves the doctor merely says: "My boy, is that the way a guest should behave in another's house?" The unruly one is always abashed and the rebellion quelled. The children call the doctor "papa" and Mrs. Kellogg "mamma." They are devoted to their foster parents. The house is a three-story structure, surrounded by handsomely laid out grounds. Tame deer scamper across the well-kept lawn. Flowers bloom everywhere in their season. All around the children are refining influences. Dr. Kellogg and his wife are always gentle and kind; the chief lesson taught at the home is that calm and courteous conduct should distinguish the action of one child to another. The children have learned this lesson so well that it would be difficult to find a more refined aggregation of little gentlemen and ladies than are to be met at this Kellogg refuge for waifs and strays.

The physician began his remarkable experiment several years ago by adopting a poor little waif into his home. With the development of this child the interest in his whole theory increased daily, and he went forth into the highways and byways of life to add others to the human "subject" of his scientific demonstration.

The more distressing and equal the surroundings in which he found the child, the more eagerly he sought to obtain full possession, for it was necessary to the success of his test to select, among others, children who had been born with some incentive to moral weakness.

When Dr. Kellogg had so many children in the large house that every available room was used to accommodate the occupants, the trips in search of infant waifs were abandoned. He and his wife concentrated their whole attention on the task before them, striving to prove just what effect good and wholesome surroundings would have in overcoming the tendencies of heredity.

Dr. Kellogg believes he has proved his case. He considers that the work has already passed the experimental stage, and he invites the world to come and see the results.

Two of the twenty-two children brought up under the system of training devised by the doctor were found in the dark days of infancy seated beside the body of their mother, who had died suddenly. There was no food in the poverty-stricken den. The babies were gnawing yellow candies. Since that evil period the children have lived in comfort, almost in luxury. They are now as handsome a boy and girl as can be found in America. Seeing them for the first time a stranger might take them to be the children of some well-to-do merchant brought up in the refined circle of a well-governed home. It would seem too absurd to imagine that they had once been found eating yellow candies beside the dead mother in a dark and dirty den. Anywa Kellogg, the girl, a ruddy-cheeked brunette, teaches a silver-gaine in the Kellogg home; the boy, Willie, a bright-faced young fellow, is studying hard in a Nebraska college.

While lecturing once in a Pennsylvania town Dr. Kellogg was approached by a big, roughly-dressed man who carried in his arms a very sickly, wan-faced child. The big man explained that he had just lost his wife, and that he felt himself unable to properly care for his little daughter. The doctor adopted this little girl into his family, and she is not only a refined and clever young woman to-day, but is well and strong.
MRS. ADAMS' VIEW

Tells of the Spirit of Battle Creek.

BESTFUL AND UPLIFTING.

Dr. Kellogg's Thirty Adopted Children
—Baths, Diet and Out-Door Life

Accompaniments of the Serene Mind.

To the Editor: I am so often asked what it is that makes the power and influence of this institution, I am constrained to use your columns to reply. I do so the more gladly as two branches of the work are already established in your city.

I confess at the outset the impossibility of describing successfully the place or the work. It has so many sides, it appeals to so many different points of view, the same side seems often so very unattractive to one and so attractive to another, whoever attempts to describe must do so simply from the point of view of the writer.

To tell of externals is easy—the large building where several hundred guests find rest and comfort while they are found; the ample grounds that surround the building. It is well kept by women, their stately trees, the chairs and benches occupied at all hours of the day and evening, their palms and blooming plants, all making a picture pleasant to contemplate. Opposite this are the two fine college buildings where the students receive their instruction. In the rear, and fronting another avenue, is the large dormitory with ample accommodations for 300 young women nurses; and across the street the well appointed hospital with every modern appliance. Add to these buildings eighty or more cottages, all filled at this season, and one receives at least some idea of the magnitude of the work, for there are here at the present time numbers equal to the population of a good-sized New England village. So much for the outside, the visible, the external.

The equipment is the best; this finds first place in the corps of able physicians, trained not only in the finest schools of this country, but in Europe, and bringing to their work a spirit of unselfish devotion that has won for it the reputation it deserves, and accomplished the marvelous cures that bring to the work its highest praise.

The baths and laboratories are perfect in scientific detail and modern method, and although the building is simple in furnishing and in no place profuse in adornment, no expense is spared in the facilities for treatment these are unrivaled. There is another agency that must not be overlooked, since it counts so much in the success of the institution. Not more remarkable is the power to heal than the ability to train the workers who come here and upon whom the sanitarium sets the seal of consecration that is at once the comfort and joy of all the workers, and all who come under its self-sacrificing and divine ministry.

It may be said that no one asks to enter here as a worker who is not imbued with the true missionary spirit, who does not desire to do the work as called of God and ready to go wherever He commands. Admitting this, there is still the condition that the touch is upon the student trained here, and those who are studying the so-called higher education could not but rejoice to know how the results are obtained that are here exemplified in the daily service. These men and women may not always express themselves in smooth sounding phrases or finished rhetoric, but they are filled with a knowledge born of the heart and sanctified by love. Truly to be a Battle Creek nurse is to wear a badge of honor, though the bearer is all unconscious of its existence and even unaware of its existence. Can this be said of all of them? you will ask. That would be too much to claim, where so many hundreds are enrolled; but an observation of over five months leads me to say that the number of whom it cannot be said is as small as not to deserve mention. The large majority represent to a sick room, to a suffering body and a tired soul, a blessing more than can be purchased and no other good replace. It may be said in passing that the health of this small army of toilers, having adopted and legally adopted, is the least of the many witnesses to the claim made here for the pure food and the simple living.

And now I come to the possession most difficult to convey to another—doubt if it can be conveyed. It must be felt, known, realized. Once felt it can never be lost. The baths are loved, the baths are loved; the love is shared by all. To describe it is impossible. Some would name it godliness—others a deep pervasive spirituality. It permeates the work and the workers. It is free from cant, sham, pretense. It is real and vital as a breath from heaven. And by whatever name it is called it is the nearest life-giving evidence of the spirit of Christ I have ever seen. The world exists only as a place to serve Him; the things that pertain to the world are of no value as they contribute to this service. Money is never regarded as a possession only as it advances some good and makes holier some toil. Many illustrations of this might be cited, but if any were told, the Power that makes it possible whispers of the silence in which all is done which is too sacred to invade. It is this same Power that makes it easy to spend long months here in the presence of sickness and suffering and yet know a cheerfulness and serenity not surpassed in the world where life is known only health and activity.

Even in this crowded season when hundreds are here seeking healing and help, when every room is filled, every cottage occupied, there is still a summer restfulness and, for some, a summer holiday. Pain is relieved, health returns, energy increases, life looks fairer, brighter, happier. No one denies that remedies are used—much stress is put upon the three great reme-
OFFICERS ARE ELECTED BY THE DOCTORS

Dr. W. W. Stowe, of Henderson, was elected President of the Ohio Valley Medical Association—Dr. Floyd, of Evansville, is Secretary-Treasurer—Appointment to Ask States to Care for Inebriates—Important Moving Comes to an End.

A message was delivered to the Ohio Valley Medical Association by Dr. W. W. Stowe, of Henderson, as President of the Ohio Valley Medical Association, which made an appeal for the medical profession to assist in caring for the inebriates in the states, suggesting that the state of Ohio form a committee to study the problem of inebriety.

The meeting was held in the Ballroom of the O. V. M. Association Hotel, and was attended by a large number of the members of the medical profession of the state.

The following officers were elected: President, Dr. W. W. Stowe, of Henderson; Vice-President, Dr. H. H. Shannon, of Cincinnati; Secretary-Treasurer, Dr. A. H. Brown, of Columbus; Assistant Secretary, Dr. H. H. Shannon, of Cincinnati.

The message was delivered by Dr. W. W. Stowe, and was as follows:

"The problem of inebriety is one that is growing in importance in the medical profession, and it is one that requires the attention of all of us. The state of Ohio should be the leader in the work of caring for the inebriates, and it is hoped that the state will form a committee to study the problem, and make recommendations for the care of the inebriates in the state."

Dr. H. H. Shannon, of Cincinnati, expressed the opinion that the state of Ohio should form a committee to study the problem of inebriety, and make recommendations for the care of the inebriates in the state.

The meeting adjourned without further action.
OHIO VALLEY MEDICAL ASSOCIATION GATHERS HERE IN ANNUAL MEETING

Doctors From Central States in Convention in Evansville---Important Program to Be Given---Famous Physicians and Surgeons Here---Banquet and Ball To-night.

The Western convention of the Ohio Valley Medical Association began at 9 o'clock last night, lasting until 11.30, and last night the meeting was a gala occasion. The reception given by the prohibitionists to the members of the association was described as one of the most impressive and successful of the kind. The program of the meeting was arranged by the local committee, and the speakers included J. W. Wells on the opening address, and B. H. Edwards on the closing address.

MISSOURI DOUBTFUL

LEADING REPUBLICAN AND DEMOCRATIC PAPERS CLAIM STATE---FOLK'S ELECTION CONCEDED.

ST. LOUIS, Sept. 3.--While the Missouri papers are on the record as electing an emperor, according to the Democratic and Republican party, certain leading Missouri papers have been quoted in which the Missouri papers are quoted as electing the same man, the Missouri papers being in the interests of the Democratic party. The Missouri papers are quoted as electing the same man, the Missouri papers being in the interests of the Democratic party. The Missouri papers are quoted as electing the same man, the Missouri papers being in the interests of the Democratic party.

JIMMY RYAN TO MANAGE BALL TEAM

EX-LEAGUE PLAYERS TO BECOME PART OWNER OF LOCAL CLUB--THE OUTLOOK FOR NEXT YEAR IS MOST ENCOURAGING.

Superintendent of the Famous Battle Creek Sanitarium at Battle Creek, Mich.

JIMMY RYAN TO MANAGE BALL TEAM

EX-LEAGUE PLAYERS TO BECOME PART OWNER OF LOCAL CLUB--THE OUTLOOK FOR NEXT YEAR IS MOST ENCOURAGING.

Superintendent of the Famous Battle Creek Sanitarium at Battle Creek, Mich.
AT THE SANITARIUM

The guests and patients of the Sanitarium were given an interesting list of lectures and entertainments of late. The entertainments had been arranged by the Sanitarium Superintendent, and his famous dog, Bronco; a stereopticon lecture by Prof. Worden on "Touring Great Britain." The fashion show was arranged by Capt. Jack Crawford, the Poet Scout; Mrs. Florence Pierson Hartman, Solicitor, and the master of ceremonies, Mrs. Byington. The Syntaxic faculty have recently lectured on essayists. Dr. Riely on milk, Dr. Moin on habits and health. Dr. Rollins gave the master muscles. Dr. Ryley on the nervous system, and Dr. Reed on a home dispensary, also giving a lecture on "How to Detect and Avoid Common Food and Medicine Adulterations," this lecture having been furnished by the Board of Managers of the State Federation of Woman's Clubs. Dr. Getael has returned from Europe with a rich harvest of some of her most instructive and entertaining parlor lectures. Today at 3:30 P.M., she will give a lecture on a subject of dress reform.

Dr. J. H. Kellogg's return from his European trip is looked forward to with much interest and expectancy, as it is known that the subject of his trip to Europe at this time is for the purpose of visiting the famous Prof. J. F. Pawlow, of St. Petersburg, R.S., a psychological physician who has made such remarkable discoveries in relation to food and digestion. Dr. Kellogg's lectures have been so well received, that the people of Canada have even made special arrangements to hear him. Some of his lectures have been so well received (as the study of the steamship Empress of Ireland) that some have been a little difficult to digest from that source. The following are a few hints from Dr. Kellogg's wholly interesting parlor lectures:

Cashier Geo. C. Judd is furnishing his friends and co-workers at the Sanitarium with the news of their trip abroad, including a diary of happenings while on the ocean and company. The menu of the steamship Empress of Ireland differs somewhat from that furnished at the Sanitarium, because it is too much English plum pudding and too much tea, and during the afternoon he had to contribute his part to the general discussion. It included rice, potatoes, and other extracts from his diary reads thus: "Arose about 8:30 a.m. Did not go to breakfast, but had a small cup of coffee." Gluten biscuits and fresh air are good preventatives of sea sickness.

The guests and patients are promised a treat on Saturday evening with Mr. Martin, an accomplished and dramatic reader, who will furnish an entertainment to the benefit of the gymnasium for the benefit of the Sanitarium. Mr. Martin comes from the east highly recommended.

The register contains nearly 350 names for the first eighteen days of April. The southern states are contributing many arrivals.

Dr. Martin will lecture in the parlor this evening, his subject being: "Conservation of Energy as Applied to the Human Body."
DR. KELLOGG HEADS FOR RUSS

Battle Creek is on a Notable Trip to the Home of the EAR.

Dr. John H. Kellogg, head of the Battle Creek Sanitarium is absent on a foreign mission, his chief mission being to visit and consult with Prof. J. C. Pawlow, the world renowned physiologist of St. Petersburg. Dr. Kellogg is on the way to St. Petersburg late letters to friends here being dated at Paris.

1885

FOE DR. REED

An Effort to Help a Gentleman Deeply Mourned.

Afflicted.

The members of the Charlevoix Relief Association met on Wednesday evening at the residence of Mr. Charles F. Reed to pay their respects to those deeply affected by the recent death of Mr. Charles F. Reed.

A subscription was to be taken to assist the family of Mr. Reed. Among the names to whom the solicitation is due of discovering this case of suffering and bringing it to the attention of the public were Mr. O. S. Granger, Mrs. Charles K. Reed, Mr. E. W. Woodford, and Mr. L. W. Woodford.

On motion, Mr. Woodford was elected to fill the place of vice president, made vacant by the death of Mr. Hoag, who was present.

For the successful carrying on of the work, Mr. Woodford pledged himself to be responsible for five yearly subscriptions of ten dollars each.

The treasurer reported that there was only a small amount of money left. All present concurred that immediate action should be taken to carry out the purposes of the association.

APPEAL

Two years ago a few of the citizens of Brooklyn, who were aware of the wealth of the community, organized a benevolent society to relieve the suffering and hardships of eighteen years' standing. It was called the Brooklyn Relief Association. It was formed by Mr. Charles F. Reed, who was a prominent member of the society.

The object of the society was to relieve the distress of the poor and needy. It was a voluntary organization, and all the members took an active part in its work.

After the death of Mr. Reed, the society was formed by the remaining members. It was a voluntary organization, and all the members took an active part in its work.

The society is now in need of funds to carry on its work. It is hoped that the public will come forward and contribute to the cause.

The treasurer reported that there was only a small amount of money left. All present concurred that immediate action should be taken to carry out the purposes of the association.
Tomato Soup

Escaloped Vegetable Oysters

Vegetable Roast

Stewed Nuttose with Potatoes

Peas Patties

Celery Lettuce

Granose with Maltol

Toasted Granose Biscuit
Nut sticks
Graham Puffs

Prune Pie
Fruit Ambrosia
Roasted Almonds

Hot Almond Cream
Malted Nuts
The Battle Creek Sanitarium Fire.

The Battle Creek Sanitarium burned to the ground, Tuesday, Feb. 18, 1902. Of the four hundred guests occupying the buildings, every one was rescued. One elderly gentleman became confused and wandered back into the building and was lost, the only fatality. Aside from one fractured limb and two sprained ankles, no other person was injured. This great saving of life was due to the fact that convenient fire escapes were accessible from every room, and the three hundred and fifty nurses were well drilled in the duties devolving upon them in such an emergency, and responded bravely to the demands of the occasion.

Although two large buildings were burned, the Battle Creek Sanitarium was not annihilated. Four large buildings remain. Two of these were occupied by nurses and other employees. These buildings were at once vacated, and fitted up for patients, who are now occupying them. Many patients have gone to our branches in different parts of the country. About two hundred remain, and are receiving efficient and satisfactory treatment. An elevator is being put into East Hall, formerly the nurses' dormitory, which will accommodate one hundred and fifty or more patients. New treatment rooms have been fitted up. Temporary provision is being made for the accommodation of one hundred and fifty to two hundred more patients. All who come will be cared for, and treatment will be carried forward as efficiently and with as satisfactory results, though not quite so conveniently as heretofore.

In the meantime, the erection of a new, fire-proof building will be pushed as rapidly as possible. We hope it will be completed early in July. The new building will consist of brick, iron, and concrete, solid floors and partitions, and a model in every particular.

We have met with a great loss, but the Sanitarium still lives, and its work will be pushed forward more energetically than ever. Anything you can do to help us will be appreciated.

Yours for humanity,

J. H. KELLOGG.

P. S.—The accompanying cuts show the main building burning, and the four large buildings which remain.
Practical
Vegetarian Cookery.

Course of Twelve Lessons by TRAINED INSTRUCTORS from the Battle Creek and New England Sanitariums.

Given in the Bible Training School, 426 Franklin Avenue, Brooklyn.

Full Course, Three Dollars. Single Lessons, 40 Cents.

Opening Lesson, Tuesday, March 3, 1903, 7.30 P.M. Sharp.

Tickets for sale at the Bible Training School, 426 Franklin Avenue, and Sanitarium Health Food Store, 1098 Fulton Street.
LESSON I.  
Tuesday, March 3rd.

Lecture—Soup Stocks.

French Nut Soup  Cream of Corn Soup  
Tomato Bisque Soup  Kidney Bean Soup  
Fruit Soup  Lentil Soup  
Vegetable Oyster Soup

LESSON II.  
Thursday, March 5th.

Lecture—Pastry without Baking Powder.

Cornucopia  Cream Puffs  
Nut Cake  Sunshine Layer Cake  
Cottage Pudding  Drop Cake

LESSON III.  
Tuesday, March 10th.

Lecture—Value of Nuts.

Nuttolene Pie  Protose Roast  
Nuttose  { How to make  
{ How to serve  
Baked Peanuts  Nut Butter  { How to serve  
    { How to serve  
    Nuttolene Sausage

LESSON IV.  
Thursday, March 12th.

Lecture—Unfermented Breads.

Cream Sticks  Graham Gems  
Whole Wheat Puffs  Granose Drop Cake  
Corn Puffs  Nut Sticks  
Fruit Crackers
LESSON V.  

Tuesday, March 17th.

Lecture—Broths and Gruels.

Granose Gruel  
Gluten Gruel
Brazil-nut Broth  
Oatmeal Gruel
Protose Broth  
Vegetable Broth

LESSON VI.  

Thursday, March 19th.

Lecture—Value of Vegetables.

Escaloped Potatoes  
Baked Parsnips
Creamed Carrots  
Stewed Celery
Baked Beets  
Baked Squash with sauce
                         Escaloped Vegetable Oyster

LESSON VII.  

Tuesday, March 24th.

Lecture—Fermented Breads.

Plain White Bread  
Oatmeal Bread
Raised Corn Bread  
French Rolls
Fruit Bread  
Graham Bread

LESSON VIII.  

Thursday, March 26th.

Lecture—Proper Desserts.

Apple Pie, Nut Crust  
Cranberry Tarts
Lemon Pie, Granola Crust  
Brown Betty
Squash Pie, Cream Crust  
Snow Pudding, Fruit Sauce
                         Pressed Fruit Pudding with Whipped Cream
LESSON IX. Tuesday, March 31st.

Lecture—Legumes.

Marbled Beans
Lentil Roast
Boston Baked Beans
Savory Lentils
Peas Puree
Creamed Lima Beans

LESSON X. Thursday, April 2nd.

Lecture—Salads and Relishes.

Pickled Beets without Vinegar
Fruit Salad
Mock Chicken Salad
Shredded Cabbage
Cottage Cheese
Chilli Sauce without Chillies

LESSON XI. Tuesday, April 7th.

Lecture—Grains.

Browned Rice
Hulled Corn
Pop Corn Balls with Meltose
Oatmeal Jelly
Granose Cakes and Malt Honey
Boiled Wheat
Granola Mush with Dates

LESSON XII. Thursday, April 9th.

Lecture—Unfermented Wines and Refreshing Drinks.

Egg Nog
Caramel Cereal
Orangeade
Unfermented Wine
Pineapple Beverage
Malted Nuts
Punch

Samples served at close of each lesson.
Official Program

Michigan State Teachers' Association-Institute

FIRST DISTRICT

SEVENTIETH YEAR
DETROIT, OCT. 25th AND 26th.
1923
DISTRICT MEETINGS.
No. 2—Bay City—Nov. 1-2.
No. 3—Lansing—Nov. 1-2.
No. 4—Kalamazoo—Oct. 29-30.
No. 5—Traverse City—Oct. 29-30.
# OUTLINE OF PROGRAM

**Thursday, October 25, 1923.**

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<td>Nature Study and School Gardening</td>
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<td>Small High School</td>
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<td>8:00 P. M.</td>
<td>General Session (Stefansson)</td>
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**Friday, October 26, 1923.**

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<td>Special Education (General)</td>
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OFFICIAL PROGRAM

MICHIGAN STATE TEACHERS' ASSOCIATION

OFFICERS

President ................................................. E. L. Miller, Detroit
Vice-President ......................................... H. W. Longman, Muskegon
Treasurer ................................................ C. C. Barnes, Mt. Pleasant
Executive Secretary .................................... E. T. Cameron, Lansing

EXECUTIVE COMMITTEE

Fred C. Fischer, Belleville.................................. 1923
Christine M. Keck, Grand Rapids............................ 1923
C. W. Crandell, Cadillac.................................... 1924
F. E. Ellsworth, Kalamazoo................................. 1924
E. J. Willman, Owosso.................................... 1925
Mary Ensfield, Kalamazoo.................................. 1925
T. E. Johnson, Lansing, State Superintendent........... Ex-officio
L. A. Butler, Ann Arbor, Chairman Dist. 1.............. Ex-officio
W. W. Warner, Saginaw, Chairman Dist. 2................. Ex-officio
C. H. Griffey, Adrian, Chairman Dist. 3................ Ex-officio
Mrs. Lou I. Sigler, Grand Rapids, Chairman Dist. 4..... Ex-officio
Fred H. Kinney, Evart, Chairman Dist. 5................. Ex-officio
George H. Curtis, Alpena, Chairman Dist. 6.............. Ex-officio

STANDING COMMITTEES

Necrology—S. J. Gier, Hillsdale; O. S. Trumbull, Jackson; Sadie M. Alley, Detroit.

Resolutions—Charles McKenny, Ypsilanti; Carl Titus, Cheboygan; W. A. Greeson, Grand Rapids; Webster Pearce, Mt. Pleasant; Irene Louise Getty, Kalkaska.

MEMBERSHIP

The constitution of the Association provides that any person interested in educational work may become a member by paying the annual membership fee of two dollars. Membership includes a subscription to the Michigan Education Journal and the privilege of participation in the activities of the Association. The annual meetings are a prominent feature of the Association's activities, but the work of the Association goes on steadily throughout the entire year, and every teacher may well consider it a privilege to belong to such an organization regardless of whether the meeting can be attended or not.

ALL DISTRICT MEETINGS ARE INSTITUTES

This meeting is a state institute, to which the institute law applies, and teachers may close their schools and attend without the loss of pay. However, to be legally entitled to this privilege teachers must present to their boards of education a certificate of attendance that will be issued free to members who apply for the same at enrollment headquarters on the afternoon of the second day.

Section chairmen will be provided with attendance cards designed to be filled out by individual teachers. These will provide additional evidence of attendance and furnish officers of the Association a good basis for future work.

REPRESENTATIVE ASSEMBLY

The Representative Assembly of the Michigan State Teachers' Association will be held in Lansing, Mich., during the Christmas Holidays.

The President and Executive Committee are arranging a program which will be announced at an early date.

RAILROAD ARRANGEMENTS

Return railroad tickets must be stamped (validated) by the ticket agent in Detroit, and when validated will be good for return leaving on any day within transit limit shown on ticket, but passengers must reach original starting point not later than midnight on November 1st.

LOCAL ARRANGEMENTS

Enrollment and rooming directory clerks will have offices during the meetings in Room 113, Cass Technical High School. This will be the registration headquarters, and will be in charge of Mr. McNally. Teachers arriving in Detroit without having enrolled or without advance rooming arrangements should go immediately to Cass Technical High School. A free check
room for parcels and baggage will be provided in Room 101, Cass Technical High School, with a rest room for ladies.

The officers of the Association will have their headquarters at the Statler Hotel.

Boy Scouts in uniform will be found at all railroad stations to direct incoming visitors to their rooming places or other points. The service will be free of charge.

Cass Technical High School Cafeteria, one of the finest in the city, will be available to all who desire to patronize it.

INDUSTRIAL TOURS

Mr. E. L. Hayes, Cass Technical High School, Detroit, has arranged for a personally conducted trip through the following institutions, Saturday forenoon:

- Burroughs Adding Machine Company;
- General Motors Building;
- Highland Park Branch of Ford Motor Company.

All desiring to make this trip must register at Cass Technical High School on Thursday.

Cars will leave Cass Technical High School at 9:00 a. m., Saturday.

The Detroit News has extended an invitation to all members of the Association who attend the First District meeting to visit their plant at the corner of Lafayette and Second Boulevards. They state that they have regular trips through the plant which take about an hour and a quarter, but will make special arrangements for parties desiring to go through at other times.

The Detroit News is one of the most modern equipped plants in the world and the trip should be both interesting and instructive.

AUTO SERVICE

Free auto service for visitors will be provided by the Detroit Teachers' Association during the District Meetings with Mr. James G. Lake, Chairman, in charge.

COMMERCIAL EXHIBITS

Commercial exhibits will be displayed at the Cass Technical High School.

GENERAL ANNOUNCEMENTS

The "Official Program" may be secured at enrollment headquarters, in the Cass Technical High School, in the lobby of the Statler Hotel, and in the vestibule of each auditorium where Thursday meetings are held.

The program this year bears the usual legend, "Doors will be closed during the time occupied by each speaker." This
regulation is enforced, not to try the patience of the comparatively few who find themselves "outside," but to allow the several thousand persons who are on the "inside" to hear the program—and closing the doors seems to be the only plan that assures this privilege. The doors will always be opened a reasonable time between speeches. Programs will begin promptly.

WAYNE COUNTY TEACHERS' LUNCHEON

The teachers of Wayne County will attend a luncheon at the Hotel Tuller on Thursday, October 25th at 12:30 p.m. Tickets at $1.00 each may be procured from Commissioner E. W. Yost, County Building, Detroit, or Edith Wellever, Detroit Teachers' College.

DETROIT SCHOOLMEN'S CLUB BANQUET

The Detroit Schoolmen's Club will hold a banquet on the evening of Wednesday, October 24th, 1923, in the banquet room of the Board of Commerce, Detroit, Michigan. Among the guests invited are: Raymond Robins; Edward A. Steiner; Vilhjalmur Stefansson; Will C. Wood, State Superintendent of Schools of California; E. C. Hartwell, Buffalo, N. Y.; Allan Hoben, President of Kalamazoo College; Dr. E. E. Slosson, Washington, D. C., and J. H. Kellogg, Head of Battle Creek Sanitarium.

MICHIGAN RURAL EDUCATION SOCIETY DINNER

The Michigan Rural Education Society will have breakfast at the Wolverine Hotel, Witherel and Elizabeth streets, on Friday, October 25, at 8:00 a.m.; price, $1.00 a plate. Members and friends of the society are urged to attend. Make reservations with Mary E. Howe, Head of the Rural School Department, Detroit Teachers' College.

UNIVERSITY OF MICHIGAN

University of Michigan Headquarters will be maintained at the Statler Hotel, in charge of Miss Margaret Cameron.

COLUMBIA UNIVERSITY BREAKFAST

Teachers College, Columbia University, Breakfast at 8:00 a.m., Friday, October 26th, Hotel Statler. All who have spent any time at Teachers College cordially invited. Tickets, $1.00. A speaker from Teachers College, Columbia University, will be present. Write for reservations at once to Miss Z. Voorheis, Northern High School, Detroit.
DETROIT TEACHERS COLLEGE

The Alumni Association of the Detroit Teachers College will have a luncheon at the Statler Hotel Thursday, October 25th, at 12:15 o'clock. The tickets are $1.50 and can be obtained from the Alumni Aide in any school or from Miss Patterson at the Marr School, Walnut 5141. All Alumni members are urged to be present.

STATE NORMAL COLLEGE

The State Normal College will maintain headquarters on the Ballroom floor of the Statler Hotel. Reunion and banquet at the Board of Commerce, Wayne and Lafayette streets, Thursday evening, October 25. Reunion at 5:30; banquet at 6:00. Tickets for the banquet may be secured at headquarters, price $1.50. Alumni should procure tickets early as the number is limited.

WESTERN STATE NORMAL SCHOOL

The banquet of the Western State Normal School will be held at the Hotel Statler, at noon on Friday, October 26th.

CENTRAL MICHIGAN NORMAL SCHOOL

Headquarters, Hotel Statler.
Banquet, Detroit Board of Commerce, Friday, October 26, 12:00 o'clock.
Chairman, Committee on Arrangements, Principal R. F. Hire, Wyandotte High School.

OLIVET COLLEGE REUNION

A reunion and luncheon for the graduates of Olivet College in the Detroit District is being planned. Detailed announcements will be made by the President of the Detroit-Olivet Association, Mr. Joseph P. Selden, City College of Detroit, Cass Ave. at Warren, through whom reservation should be made.

ORGANIZATION OF THE PROGRAM

In arranging the program of the annual meeting three main types of meetings have been provided:

1. **General Sessions** where lectures are provided upon topics of especial interest and timeliness, without particular reference to the specialized field of education.

2. **Department Meetings** for the formal discussion of problems pertaining to some of the broader departments of public education.

3. **Section Meetings** which are designed to give groups of teachers whether large or small, occasion for the intimate investigation and discussion of their special interests, and to provide an opportunity whereby every teacher may participate directly.
DIRECTORY OF MEETING PLACES

Cass Technical High School—Grand River Ave. at Second St. Jefferson cars marked "Grand River."

Central High School—Cass and Hancock Sts., either Woodward or Crosstown cars.

Central Methodist Church Home—Woodward and Adams Ave., East.

Marx School—6250 Grand River Ave.

Northern High School—Woodward Ave. at Josephine, Woodward car.

Northwestern High School—Grand River Ave. at Grand Boulevard.

Public Library—Woodward between Merrick and Putnam.

Statler Hotel—Grand Circus Park West, Woodward car.

Y. M. C. A.—Grand Circus Park East, Woodward car.


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Admission to all meetings by badge only.

Please display badges prominently.

Door will be closed during the time occupied by each speaker.
MICHIGAN STATE TEACHERS' ASSOCIATION INSTITUTE

GENERAL PROGRAM

FIRST DISTRICT, DETROIT.

Chairman—L. A. Butler, Superintendent of Schools, Ann Arbor.
Secretary—Ada Packer, Ferris School, Highland Park.

Thursday, October 25, 1923.

10:00 A. M., Cass Technical High School Auditorium.
Invocation—Rev. Chester B. Emerson.
Address—“Soviet Russia,”
Raymond Robins, Red Cross Commissioner to Russia.
Address—“The Immigrant,”
Edward A. Steiner, Author and Lecturer.

Thursday, October 25, 1923.

8:00 P. M., Cass Technical High School Auditorium.
Invocation—Rev. Chas. J. Linskey.
Address—“Abolishing the Arctic,”
Vilhjalmur Stefansson, Arctic Explorer.

Friday, October 26, 1923.

2:00 P. M., Cass Technical High School Auditorium.
Invocation—Rabbi Leo M. Franklin.
Address—“Modern Arabian Nights,”
Ruth Bryan Owen, A Woman of Achievement.
Address—“The Outlawry of War,”
Raymond Robins, Red Cross Commissioner to Russia.
DEPARTMENT MEETINGS

RURAL

Friday, October 26, 1923.
Northern High School Auditorium.
Chairman—Will L. Lee, Commissioner of Schools, Mt. Clemens.
8:45 A. M.
Music—Northern High School Orchestra.
9:15 A. M.
Address—Will C. Wood, State Superintendent, California.
Address—J. H. Kellogg, M. D., Battle Creek Sanitarium.

ELEMENTARY

Friday, October 26, 1923.
Cass Technical High School Auditorium.
Chairman—Edith Adams, State Normal College, Ypsilanti.
8:45 A. M.
Music—Northwestern High School Orchestra.
9:15 A. M.
Address—E. C. Hartwell, Superintendent of Schools, Buffalo, N. Y.
Address—Allen Hoben, President Kalamazoo College, Kalamazoo.

HIGH SCHOOL

Friday, October 26, 1923.
Central High School Auditorium.
Chairman—R. W. Ward, Principal High School, Mt. Clemens.
8:45 A. M.
Music—Central High School Orchestra.
9:15 A. M.
Address—"The Human Side of Chemistry,"
E. E. Slosson, Scientist, Washington, D. C.
Address—Edwin Mims, Vanderbilt University.
SECTION MEETINGS

AGRICULTURE

Chairman—O. W. Laidlaw, Ypsilanti.

Thursday, October 25, 1923.
2:00 P. M., Cass Technical High School, Room 205.
Program not complete.

AMERICANIZATION

Chairman—Nina J. Beglinger, Supervisor of Work with Foreign Born, Detroit.

Thursday, October 25, 1923.
2:00 P. M., Northern High School Auditorium.

"The Detroit Council on Immigrant Education and How it Functions,"
Superintendent Frank Cody, President D. C. on I. E.

Address—
Dr. Edward A. Steiner.
Address—“Health Education for Foreign Born Mothers,”
Mary I. Connolly, Educational Nurse, Detroit Board of Health.
Address—“Special Training for Teachers of the Foreign Born,”
Wade O. Hulbert, Principal Dwyer Elementary Evening School, Detroit.
Address—“Problems of Administration in City Evening Schools,”
Frederick S. DeGalan, Supervisor Evening and Summer Schools, Detroit.
Address—“Intimate Glimpses of Europeans at Home,”
Anne Sprague, Executive Secretary, International Institute.
Program given under the auspices of Detroit Council on Immigrant Education.

ART

Chairman—Louise L. Green, Head of Art Department, Cass Technical High School, Detroit.
Secretary—Mary L. Davis, Cass Technical High School, Detroit.

Thursday, October 25, 1923.
2:00 P. M., Arts and Crafts Bldg., Watson St.
Address—"Commercial Art,"
   "Cozzy" Gotsdanker of Howard, Garfield, Gray, Art Studios.
Address—"Color and Design,"
   Ralph H. Johonnot.

BOY SCOUT

Thursday, October 25, 1923.

2:00 P. M., Central High School, Room 165.

Chairman—Waldo R. Hunt, Field Scout Executive, Detroit Public Schools.

Address—"The Teacher and Boy Scout Work,"
   (a) Scout Principles and Philosophy Explained.
       A. D. Jamieson, Scout Executive, Detroit.
   (b) Suggested Ways:
       1. To Help Scouts
       2. To make the good things in Scout work carry over into School Work.
       W. R. Hunt, Field Scout Executive, Detroit Public Schools.

Discussion.

CLASSICAL

Chairman—Gordon E. Van Loon, Head of Language Department, Highland Park.
Secretary—Elsie Cooper, Northwestern High School, Detroit.

Thursday, October 25, 1923.

2:00 P. M., Central High School, Room 111.

Address—"Getting Results,"
   Evelyn Davison, High School, Highland Park.
Address—"Collaboration of the Classical and the Modern Languages,"
   Lilly Lindquist, Supervisor of Foreign Languages, Detroit.
Discussion—Professor Benjamin D'Ooge, State Normal College, Ypsilanti.
Address—"Some Problems in Teaching Latin in a Small High School,"
   Frieda Smith, High School, Rochester.
Address—"How May History and Latin Be Correlated in the High School?"
   Professor O. O. Norris, State Normal College, Ypsilanti.
Business Meeting.
COMMERCIAL
Chairman—C. W. Blanchard, Northern High School, Detroit.
Secretary—Bessie Carpenter, High School, Pontiac.

Thursday, October 25, 1923.
2:00 P. M., Central High School, Room 211.
Address—“General Salesmanship,”
J. R. Schindler, Northern High School, Detroit.
Discussion.
Address—“The Opportunity for the Commercial Teacher in the Business Community,”
Professor F. H. Elwell, University of Wisconsin.
Address—“Teaching Shorthand with a Vision,”
Hubert A. Hager, New York City.
Report of Nominating Committee.

COMPULSORY EDUCATION
Chairman—George A. Brown, Attendance Officer, Highland Park High School, Highland Park.
Secretary—Mrs. Jennie M. Keech, Attendance Officer, Ann Arbor.

Thursday, October 25, 1923.
2:00 P. M., Cass Technical High School, Room 217.
Address—“Holding the Parent Responsible for Child Delinquency,”
Judge Henry S. Hulbert, Juvenile Division, Probate Court, Wayne County, Detroit.
Address—“Change of Environment as a Remedy for Delinquency.”
Roland A. Welch, Supervisor, Parental Home and District Supervisor of Attendance, Detroit.
Address—“Defects in Our Compulsory Education and Child Labor Code and Remedial Legislation,”
Arthur F. Lederle, Supervisor of Attendance, Detroit.
Address—“The New Working Permit and the Success and Defects of the James Law,”
K. G. Smith, State Supervisor of Industrial Education.
Election of Officers.

EARLY ELEMENTARY
Chairman—Eleanor Meston, State Normal College, Ypsilanti.
Secretary—Elizabeth Coolidge, Kindergarten, Detroit.

Thursday, October 25, 1923.
2:00 P. M., Central High School Auditorium.
Address—“The Contributions of Early Elementary Education to General Education,”
Address—“Factors Determining Disposition and Character in Young Children,”
Dr. Helen T. Woolley, Asst. Director, Merrill-Palmer School, Detroit.

ELEMENTARY SCHOOL PRINCIPALS

Chairman—Edgar F. Down, Principal Frances E. Willard School, Highland Park.
Secretary—Madeline Holmes, Sampson School, Detroit.

Thursday, October 25, 1923.
2:00 P. M., Cass Technical High School, Room 617.
Address—“The School Exhibit as a Factor in Administration,”
Burton Barnes, Supervisor of Visual Education, Detroit.
Address—“The Value and Use of the Assembly Room in Elementary Schools,”
Alice Hazard, Frances E. Willard School, Highland Park.
Address—“Relationship of Supervisor and Principal,”
George Birkham, District Principal, Detroit.

ENGLISH

Chairman—E. Estelle Downing, Professor of Rhetoric, State Normal College, Ypsilanti.
Secretary—C. C. Certain, Assistant Director, Detroit.

Friday, October 26, 1923.
2:00 P. M., Northern High School Auditorium.
Address—“Problems in English,”
Professor John L. Brumm, Ann Arbor.
Discussion—(Each speaker limited to eight minutes.)
1. Does Formal Training in English Tend to Develop Power?
   O. C. Johnson, Ann Arbor.
2. What Possible Weaknesses in the Informal Method of Teaching English?
   Mrs. Mabelle Ervin, Ypsilanti.
3. What Should We Lose by “Scraping” Formal Training in English?
   E. Juline Kerr, Highland Park.
4. How Can We Improve Our Teaching of English Composition?
   Leila Nelson, Detroit.
5. How Can We Make Our Teaching of English Grammar More Vital?

Dr. Alma Blount, Ypsilanti.

Report—The State Branch of the National Council of Teachers of English.
George Starr Lasher, Ann Arbor.

GEOGRAPHY

Chairman—A. R. Gilpin, Secretary, Geography and Geology Conference of Schoolmasters’ Club.

Friday, October 26, 1923.

2:00 P. M., Central High School, Room 166.

Address—“Effect of Environment on the Development of Abyssima,”
Elizabeth Hall, First Asst. Brady School, Detroit.
Address—“Physiographic Influence on the Life of New England,”
(Based upon field studies.)
Alice Camerer, Detroit Teachers College.
Address—“An Avenue of Approach to the Study of South America,”
(Model Class to be used.)
Maude Barber, Miss Newman’s School.
Address—“The Blackboard as a Visual Aid in Teaching Geography,”
B. A. Barnes, Head of Dept. of Lecturers and Visual Education.

GRAMMAR SCHOOL

Chairman—John Merrill, District Principal, Lingemann School, Detroit.

Secretary—Rose K. Stanch, Principal Dickerson School, Hamtramck.

Friday, October 26, 1923.

9:00 A. M., Statler Ball Room.

Address—“Training in Human Relationship,”
A. S. Barr, Asst. Director of Instruction, Detroit.
Illustrated Address—“The Relationship of Different Levels of Intelligence to Problems of Instruction,”
Dr. H. J. Baker, Clinical Psychologist, Detroit.
Address—“The Significance of the New Education,”
S. A. Courtis, Dean of Detroit Teachers’ College.
Friday, October 26, 1923.

2:00 P. M., Statler Ball Room.

Address—"Adapting of Classroom Instruction to Various Levels of Ability,"
Dr. M. S. Pittman, Professor of Rural Education, State Normal College, Ypsilanti.

Address—"Training for Citizenship in the Teaching of Geography and History,"
F. W. Frostic, Supt. of Schools, Wyandotte.

Address—"The Need of Vocational Education in the Grammar School,"
Dr. E. E. Lewis, Supt. Schools, Flint.

Business Meeting.

HANDWRITING

Chairman—Ethel D. Galloway, Director of Penmanship, Highland Park.
Secretary—Elizabeth Edwards, Detroit.

Friday, October 26, 1923.

9:00 A. M., Cass Technical High School, Room 417.

Opening Address—Ethel D. Galloway, Director of Penmanship, Highland Park.

Address—"The Business World’s Demand for Legible Handwriting,"
John W. Smith, Postmaster, Detroit.

Address—"Applied Writing,"
T. J. Knapp, Superintendent of Schools, Highland Park.

Round Table Discussion.
Four-minute assignments to teachers in District I.

Election.

Exhibition.

On the walls—papers sent from entire district.

Model Second Grade Lesson—Mrs. Clara Tuttle, Angell School, Highland Park.

HISTORY

Chairman—Charles C. Barnes, Northern High School, Detroit.
Secretary—Edith L. Hoyle, High School, Ann Arbor.

Thursday, October 25, 1923.

2:00 P. M., Central High School, Room 175.

Address—"The World Survey Course in History,"
A. S. Barr, Asst. Director of Instruction, Detroit.

Discussion.
Address—"Does the Teaching of Civics Function in Citizenship?"
Elizabeth Carlisle, Washington Junior High School, Port Huron.

Five-minute Discussions.
Arthur Dindineau, Supervisor of Social Studies.
Dorothy Froelick, Whittier Bldg., Royal Oak.
Enrique Beeman, High School, Dearborn.

Fifteen-minute General Discussion.
Address—"The Status of Social Science in Michigan High Schools."
Ross F. Smith, Head of History Department, Highland Park.
Discussion—Principal L. L. Forsythe, High School, Ann Arbor.
Address—"The Function of the National Council for the Social Studies."
Nellie Jackson, Cor. Secretary of the National Council.

Business meeting.

**HOME ECONOMICS**

Chairman—Coral R. Havens, Hutchins Intermediate School, Detroit.

Secretary—Lulu M. Becker, Southwestern High School, Detroit.

*Thursday, October 25, 1923.*

2:00 P. M., Central High School, Room 275.

Business Meeting.

Address—"Making Ends Meet by the Budget Route."
Mrs. Frank Rosenblatt, Director of Educational Department,
First National Bank, Detroit.

Address—"The Teaching of Clothing Selection."
Miss Ethel G. Webb, Michigan Agricultural College.

Conferences—"Methods of Teaching."
Leader—Miss Faith Kiddo, Michigan State Normal College.

"Nutrition Work in Schools."
Leader—Miss Helen Osborne, Detroit Board of Health.

"City High School Home Economics."
Leader—Miss Caroline Lewis, Ypsilanti.

**LIBRARY**

Chairman—F. L. D. Goodrich, Associate Librarian, U. of M., Ann Arbor.

Secretary—Margaret Fullerton, Librarian, Franklin School, Detroit.

*Friday, October 26, 1923.*

2:00 P. M., Public Library Lecture Room.

"The Auditorium and the School Library."
Miss Gilday, Library Teacher, Pattengill School, Detroit.
"The Child and the Book,"
L. J. Bailey, Librarian, Public Library, Flint.
"What the County Librarian Can Do for the Schools,"
Loleta I. Dawson, Wayne County Librarian, Detroit.
"What Do High School Students Read?"
S. W. McAllister, Librarian, Public Library, Ann Arbor.
Business meeting.

MANUAL ARTS AND INDUSTRIAL EDUCATION
Chairman—Wm. A. Sargent, Central High School, Detroit.
Secretary—R. C. Sprague, Central High School, Detroit.

Thursday, October 25, 1923.
2:00 P. M., Cass Technical High School, Room 417.
"Outstanding Developments of the Year,"
K. G. Smith, State Supervisor of Industrial Education.
"The Ford School for Apprentices,"
S. E. Searles, Detroit.
"An Experiment in General Shop in Academic High School,"
Robert D. Gould.
"Do Graduates of Academic High Schools Need Training in Industrial Intelligence?"
J. H. Tryborn, Director of Industrial and Manual Arts, Detroit.
"Lettering Tests in Mechanical Drawing,"

MODERN LANGUAGE
Chairman—Gretchen K. Lutz, Northern High School, Detroit.
Secretary—Muriel Netzorg, Northwestern High School, Detroit.

Friday, October 26, 1923.
2:00 P. M., Cass Technical High School, Room 517.
Address—"Our Spanish American Policy—What Shall It Be?"
Mr. Philip Rosenthal, Central High School, Detroit.
Address—"An Eye-Opener in Education,"
Miss Johanna Alpermann, Michigan State Normal College, Ypsilanti.
Address—"The Function of Grammar in the Study and Teaching of a Foreign Language,"
Professor Michael S. Parget, University of Michigan, Ann Arbor.
MUSIC

Chairman—Clara Ellen Starr, Department of Music, Northwestern High School, Detroit.
Secretary—Sigred Greenhill, Supervisor of Music, Monroe.

Thursday, October 25, 1923.
2:00 P. M., Hotel Statler Ball Room.

Address—"Responsibility of the Public Schools in Developing Taste in Music,"
Edith M. Rhetts, Director of Music Appreciation for the Detroit Symphony Society.

A Group of Choruses—Selected.
Highland Park Glee Clubs, Roy M. Parsons, Director.

"An Experiment in Community Service,"
Harry Quayle, Supervisor of Music, Pontiac.

Chamber Music—Selected.
Northwestern High School String Quartette, Alice M. Louden, Director.

"The Music Supervisors' National Conference in 1924,"
Mariquita Wallin, Highland Park.
George Oscar Bowen, Supervisor of Music, Ann Arbor.

NATURE STUDY AND SCHOOL GARDENING

Chairman—Edith M. Bader, Grade Supervisor, Ann Arbor.
Secretary—Clara E. Bailey, Cass Technical High School, Detroit.

Thursday, October 25, 1923.
2:00 P. M., Northwestern High School Auditorium.

"Adventures in Nature Study;"
"Keeping up with the Children"—Mrs. Kate Hubbard, W. S. Perry School, Ann Arbor (10 min.).

"A Bird Feeding Project"—R. E. Rodock, Science and Agriculture, Ypsilanti (20 min.).

"Science Technique;"
"Science Chart for the Elementary and Intermediate Schools"—Fred Leonhard, Christian Mack School, Ann Arbor (10 min.).

"Science Teaching"—W. B. Templeton, Barbour Intermediate School, Detroit (10 min.).

"Biology Tests"—Mr. Laidlaw, Senior High School, Ypsilanti (10 min.).

"A Practical School Garden Technique,"
J. M. Hover, State Normal College, Ypsilanti (30 min.).

"The Significance of Modern Tendencies in Science Teaching,"
S. A. Courtis, Dean of Teachers' College, Detroit (40 min.).
General Discussion—
Opened by F. W. Frostic, Superintendent of Schools, Wyandotte.

Friday, October 26, 1923.
3:15 P. M., Marr School Auditorium.

“Educational Films,”
Burton Barnes, Supervisor of Visual Education, Detroit.

PARENT-TEACHER

Chairman—Carrie L. Dicken, Principal W. S. Perry School, Ann Arbor.
Secretary—Mrs. Earl F. Carr, Detroit.

Friday, October 26, 1923.
2:00 P. M., Central High School, Room 175.

“Outlook for Michigan Parent-Teacher Association,”
Mrs. Edgar W. Kiefer, President Michigan State P. T. A., Port Huron.
Address—“The Family at Home Again Around the Evening Lamp—A Government Undertaking,”
Miss Ellen Lombard, Director of Home Department, Bureau of Education, Washington, D. C.
Address—“A European Mother Hubbard,”
Mrs. Chas. E. Stewart, Hon. President Michigan P. T. A., Battle Creek.
Election of Officers.

PHYSICAL EDUCATION

Chairman—V. S. Blanchard, Athletic Director, Central High School, Detroit.
Secretary—Jessie Whitam, Physical Director, Central High School, Detroit.

Friday, October 26, 1923.
2:00 P. M., Northwestern High School Auditorium.
Address—“The Relationship Between the National and Middle West Societies of Physical Education,”
Floyd A. Rowe, State Director of Physical Education, Lansing.
Address—“The Attitude of the Academic Teacher Toward Health Education,”
Owen A. Emmons, Assistant Principal, Southwestern High School, Detroit.
Address—“Problems in Health Instruction in the High School,”
SUB-SECTION MEETINGS

2:00 P. M., Central Methodist Church House.

Sub-section on the Accelerated.

Chairman—Mrs. Aura B. Omans, Highland Park.
Address—"An Experiment in Enriching the Course of Study for Gifted Children,"
Mrs. Genevieve K. Brewer, Jackson.
Address—"A Comparison of Intelligence Levels in Terms of Achievement in the First Grade,"
Ruth Hempleman, Detroit.
Address—"How Should Standards of Achievement for Gifted Children Be Determined?"
Prin. E. J. Welch, Battle Creek.
Address—"Types of Work Done by Special Advanced Classes,"
Katherine Otterbein, Detroit.
Discussion.
Business Meeting.

Sub-section on the Crippled.

Chairman—Florence Dickinson, Grand Rapids.
Address—"Welfare Work for the Crippled Children of Michigan,"
Miss Alberta Chase, District Worker, Rotarians.
Report on Questionnaire on Legislation, Care and Training for Crippled Children Throughout the United States.
Pictures of Work in Various Cities in Michigan.
Business Meeting.

Sub-section on the Deaf.

Chairman—Supt. I. B. Gilbert, Michigan School for Deaf, Flint.
Address—"Auricular Training in Deaf Children,"
Dr. M. A. Goldstein, Central Institute for the Deaf, St. Louis.
Round Table Discussion—"The Course of Study for the First Six Grades,"
Led by Miss Gertrude Van Adestine, Principal Day School for the Deaf, Detroit.
Business Meeting.

Sub-section on the Delinquent.

Chairman—Yervant Basmadjain, Detroit.
Address—"Truancy from the Psychological Standpoint,"
Arthur Lederle, Head of the Attendance Dept., Detroit.
Address—"Truancy and the Home,"
Paul Thompson, Attendance Dept., Detroit.
Discussion.
Business Meeting.
Sub-section on Open Air.
Chairman—Lillian Annette Scott, Detroit.
Address—"Group Reading in the Open Air Rooms,"
Sarah Kerr, Detroit.
Address—"Construction Work in the Primary Open Air Room,"
Florence Blue, Detroit.
Discussion.
Business meeting.

Sub-section on the Psychological Clinic.
Chairman—Dr. Harry J. Baker, Psychological Clinic, Detroit.
Address—"The Constancy of the I. Q."
Alice B. Carter, Examiner, Detroit Psychological Clinic.
Address—"Certain Aspects of Group Intelligence Tests,"
Hayden Gallagher, Examiner Detroit Psychologicial Clinic.
Address—"Summary of a Questionnaire on Mental Testing in Michigan,"
Blanche Towne, Michigan State Normal College.
Discussion.
Business meeting.

Sub-section on Sight Conservation.
Chairman—Miss Fannie Fletcher, Detroit.
Address—"The Problem of Reading and How to Adapt the New Methods to the Materials We Can Obtain and Use,"
Miss Emma Wilcox, Detroit.
Discussion.
Address—"The Problem of the Mentally Defective Blind and Partially Blind, and Different Ways of Handling Them,"
Mrs. Cordelia Creswell, Grand Rapids.
Discussion.
Business meeting.

Sub-section on Social Service.
Chairman—Mrs. Irene H. Wolfschlager, Detroit.
Secretary—Bertha Giffin, Detroit.
Address—"Social Service in an Elementary School,"
Ella Fitzgerald, Principal Majeska School, Detroit.
Address—"The Importance of Early Habit Training in Children,"
Dr. Nellie Perkins, Wayne County Psychopathic Clinic, Detroit.
Address—"The Community School and the Visiting Teacher,"
Mrs. Irene H. Wolfschlager, Visiting Teacher, Balch School, Detroit.
Address—"Child Placement,"
Emma S. Hardcastle, Children's Aid Society, Detroit.
Discussion—Led by Bertha Giffin.

Sub-section on Speech Correction.
Chairman—Clara B. Stoddard, Detroit.
Address—"The Effect of Emotions on Health and Speech,"
E. Norman Pearson, Detroit.
Discussion.
Five-minute Reports on Interesting Cases by Teachers in the Speech Correction Department of the Detroit Public Schools.
Discussion.
Business meeting.

Sub-section on the Subnormal.
Chairman—Carl G. Beck, Detroit.
Address—"The New Course of Study in Geography for Special Classes in Detroit Schools,"
Clara Lang, Instructor of Special Class Girls, Fairbanks School, Detroit.
Address—"Occupations and Earning Power of One Hundred Unselected Special Class Cases,"
Mrs. Emma Dennison, Asst. Supervisor of Special Classes, Grand Rapids.
Address—"Character Development of the Subnormal Child,"
William Smafield, Instructor of Special Class Boys, Norvell School, Detroit.
Address—"Report of the Meeting of the International Association for the Education of Exceptional Children,"
Alice Metzner, Supervisor of Special Classes, Detroit.
Discussion.
Business meeting.
MICHIGAN, MY MICHIGAN

I.

A song to thee, fair State of mine,
Michigan, my Michigan;
But greater song than this is thine,
Michigan, my Michigan;
Thy whisper of the forest tree,
The thunder of the inland sea,
Unite in one grand symphony
Of Michigan, my Michigan.

II.

I sing a State of all the best,
Michigan, my Michigan;
I sing a State with riches blessed,
Michigan, my Michigan;
Thy mines unmask a hidden store,
But richer thy historic lore,
More great the love thy builders bore,
Oh, Michigan, my Michigan.

III.

How fair the bosom of thy lakes,
Michigan, my Michigan;
What melody each river makes;
Michigan, my Michigan;
As to thy lakes thy rivers tend,
Thy exiled children to thee send
Devotion that shall never end,
Oh, Michigan, my Michigan.

IV.

Thou rich in wealth that makes a State,
Michigan, my Michigan;
Thou great in things that makes us great,
Michigan, my Michigan;
Our loyal voices sound thy claim,
Upon the golden roll of Fame,
Our loyal hands shall write the name
Of Michigan, my Michigan.
AMERICA, THE BEAUTIFUL

I.

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain.
America! America!
God shed His Grace on thee,
And crown they good with brotherhood
From sea to shining sea.

II.

O beautiful for pilgrim feet
Whose stern impassioned stress
A thorough fare for freedom beat
Across the wilderness.
America! America!
God mend thine every flaw,
Confirm they soul in self-control,
Thy liberty in law.

III.

O beautiful for heroes prov'd
In liberating strife,
Who more than self their county loved,
And mercy more than life.
America! America!
May God thy gold refine
Till all success be nobleness,
And every gain divine.

IV.

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears.
America! America!
God shed His grace on thee,
And crown they good with brotherhood,
From sea to shining sea.
GODDESS OF THE INLAND SEAS

I.
Sing no more the fair Aegean
Where the floating Cyclads shine,
Nor the honeyed slopes Hyblaean,
Nor the blue Sicilian brine;
Sing no storied realms of Morning,
Robed in twilight memories,—
Sing the land beyond adorning,
With her zone of inland seas.

II.
Here the gods of Hellas wandered
When they left their hills and brooks;
Here a Pan has piped and pondered;
Here the Nymphs have filled the nooks;
Here the Satyrs, without warning,
Creep upon the Nalades;
Here the golden god of Morning
Rises from the inland seas.

III.
Now the eyes that are anointed
See the blossom-tide of spring:
Ours the blissful age appointed,
Ours the clime the poets sing.
Hark, O Maid of western Morning—
Wave and woodland, brook and breeze,
Hail thee, Queen, beyond adorning,
Girdled with thy inland seas.

IV.
Lo, the sacred fires of knowledge
In thy temples are enshrined,—
Through the cloisters of thy college,
Choruses eternal wind!
And, all other incense scorning,
Michigan, they bring thee these
Hearts of ours, and songs of morning,
Goddess of the inland seas.
50 Eia Street,
Belfast, 30th May, 1902.

Rev. and Dear Sir,

Would you kindly intimate Dr. Kellogg’s Meeting from your Pulpit, on Sabbath, at both diets of worship?

Dr. Kellogg is a Christian Temperance Reformer, greatly renowned in America as the Superintendent of Battle Creek Sanatorium, Michigan.

His only object in this country is to advance the cause of health from a religious and rational standpoint.

Would you kindly hand enclosed Cards to your Office-bearers?

Thanking you in anticipation,

I remain,

Yours truly,

R. Semple
INTERNATIONAL MEDICAL MISSIONARY SOCIETY
121 EAST 45TH STREET, NEW YORK

ADMIT ONE TO THE
RECEPTION AND LUNCHEON
to
All Medical Missionaries attending the Ecumenical Missionary Conference
CALVARY BAPTIST CHURCH, (57th Street, near Sixth Avenue)
At 12.15 p.m., sharp
Monday, April 30th, 1900
The person accepting this pass assumes all risks of accidents, and expressly agrees that the company is not liable, under any circumstances, for injury to person or loss of or damage to baggage or property.

Not good unless signed in ink by the person to whom issued.
The Faculty and Senior Class of the American Medical Missionary College request your presence at the Annual Commencement, on Tuesday evening, June twenty-fifth, nineteen hundred and one, Tabernacle, Battle Creek, Michigan.
OVERTURE—"Le Macon"  -  -  -  Auber
Germania Orchestra

INVOCATION  Eld. A. G. Daniells

ADDRESS  Rev. William Penn Alcott

PARAPHRASE—"Lorely"  -  -  -  Nesvadba
Orchestra

FOR THE CLASS  Lyra E. Hunt
Albert R. Satterlee

PRESENTATION OF DIPLOMAS
Dr. J. H. Kellogg

TYROLIENNE—"Sunrise on the Mountains"  -  Thiere
Orchestra, Cornet Obligato, Mr. Brucher

Benediction  Eld. L. McCoy
MOTTO: WHERE SUFFERING CALLS

ELIZABETH MAUD LOUISE BULL
FRED GRANT DRYDEN
CHARLES THOMAS FERGUSON
ROWLAND HILL HARRIS
AMY LOIS HAWKE

ALBERT JACKSON HETHERINGTON
LYRA ERNESTINE HUNT
CARRIE MAY JOHNSON
ALFRED ERNEST LEMON
RUSSELL LIVINGSTON MANTZ
ELSIE BELLE MERRITT

LOVINA RUTH MERRITT
WILLIAM EUGARDE PHILLIPS
ALBERT ROBINSON SATTERLEE
HOWARD EUGENE TRUEX
WILLIAM WORDSWORTH WORSTER
SILAS YARNELL
PLEASANT RECEPTION

Given Last Evening by Dr. and Mrs. J. H. Kellogg to West End People.

July 3, 1901

Another of those pleasing receptions, which Dr. and Mrs. J. H. Kellogg have so often taken pleasure in giving, was held last evening at their beautiful Manchester Street residence, to which had been cordially invited the officers and employes of the Sanitas Nut Food Company, the Sanitarium Food Company and the Good Health Publishing Company. Judging from the large company of interested and delighted visitors present, the kind invitation had been quite generally accepted. The rooms and verandas were quite beautifully and brilliantly lighted with electricity, and the grounds made still more attractive by many Chinese and Japanese lanterns suspended from the gently swaying branches of the trees. In rear of the house to the northeast was set a raspberry-lemonade booth, encircled by Japanese lanterns, to which the visitors were bidden a kindly welcome, and from which the most delicious nectar was generously served.

Prof. Harry J. Chalmers' Metropolitan orchestra occupied the broad veranda, and discoursed pleasing sounds the evening through. The interior of the house presented the appearance of a veritable midway, each room representing a distinctive country, and filled with rich and rare curios, particularly its own, each presided over by a native of the country in national costume. The South Sea Island room was presided over by Mr. and Mrs. J. C. Green, of this city, returned missionaries from that land, while Mr. Francisco Aguilar, also of this city, a native Mexican, represented Mexico. The guests passed through the building and examined the many beautiful and curious things, adroitly displayed upon shelves and tables. Dr. J. H. Kellogg accompanied the party and gave pleasing talks concerning the countries and peoples. The Enquirer is greatly indebted to the genial doctor for the courtesies extended our reporter upon his call, and the pains taken to pilot him from room to room in this little trip around the world.
THE BOOKSELLERS' LEAGUE DINNER

The last dinner of the season was given by the Booksellers' League on Wednesday, May 8, at the rooms of the Aldine Association, 111 Fifth Avenue. The Entertainment Committee of the League always provides something new, and this time it was a strictly vegetarian dinner. About fifty members were present to entertain their special guests, Ernest H. Crosby, President of the Vegetarian Society of New York, an enthusiastic vegetarian, and James Clarence Harvey.

The menu was printed in green ink on a vegetable-colored sheet of blotting paper. It was as follows:

MENU

Cream of Asparagus
Celery
Radishes
Olives
Braised Celery, Cream Sauce
Spinach Patties
Lentil and Rice Croquettes, Tomato Sauce
Pineapple Sherbet
Cauliflower Hollandaise
Creamed Bermuda Potatoes, Parsley Sauce
Chicory Salad
Frozen Sago with Strawberries
Assorted Cakes
Coffee

Mr. S. Edgar Briggs, the newly-elected President of the League, before introducing the speakers of the evening,
thanked the members for the honor they had conferred upon him. In the course of his remarks he said:

"This opening of the new century, it is confidently hoped, will prove to be the opening of a new era for our honored calling, not only in the large centers, but in the smaller. The new order of things inaugurated by the publishers this month should not be discounted by the bookseller, but should be accepted in the true spirit offered—net—not the old misnomer 'net,' but as our English cousins would spell it, nett—two T's tied taut. This League, as a body, is this evening to take official action of this long-looked-for event. As individuals we can materially help forward the movement by an optimistic consideration and application of the new scheme. Perhaps it is not as inclusive a scheme as we should have framed, but it surely is a long step in the right direction, and as such should be welcomed.

Mr. S. F. McLean offered the following resolution, which was unanimously adopted, and the Secretary was instructed to mail a copy to both the American Publishers' Association and the American Booksellers' Association:
That Dinner

"The Booksellers' League, in meeting assembled, at their first Vegetarian Dinner, their heads being clear and their stomachs not cloyed with meat which doth make gross, felicitates itself and congratulates the American Publishers' Association and the American Booksellers' Association on the auspicious inauguration of the 'No-Cut' plan in the book business.

"As an earnest of what yet remains to be done, in the spirit of fairness and equality in which it is offered, we heartily accept what has been accomplished, and pledge the moral and material support of the Booksellers' League to the happy end when all branches of the profession shall mutually share in material benefit."

NEW YORK, May 8, 1901.

Mr. Briggs then introduced Mr. Crosby, the son of the well-known theologian.

Mr. Briggs made a happy speech on "Why Bookmen Should Be Vegetarians." He claimed that all domestic animals were more or less unhealthy, and must breed disease in those who consumed them.

Mr. James Clarence Harvey recited a poem he had written especially for the occasion, on "The Garden of Eden;"
That Dinner

also an earlier poem of his on "The Cannibal Maid and the Missionary." One of the verses in the former poem ran as follows:

The Tree of Knowledge now has countless leaves, "Returned Unsold." They come in shocks and sheaves,
With here and there, a glimpse of ripened fruit,
Which, for an hour, the public seems to suit.
A "David Harum" swaps a balky horse,
And brags about the trade without remorse;
The publisher who coughed and hemmed and hawed,
Wakes up to send his family abroad.
An "Eben Holden" makes its author stare,
And sweeps the town with hayseed in his hair.
A Mary Johnstone learns "To Have and to Hold" Her royalties in unexpected gold.
"Alice of Old Vincennes" arrives too late.
To fan the torch of fame, this side the gate
Which all must pass—and her creator dies
Just as his fingers close upon his prize.
"Monsieur Beaumarche," "The Palace of the King," And Mr. Dooley with its Celtic ring.
And not forgetting "Tales of the Ex-Tanks," Must all extoll your lesson heartily thanks.
They'd all be slumbering now, in calm repose,
Did you not thrust them 'neath the public's nose.
The public does not know just what to read,
They'll follow any literary lead.
They'll take "Love Letters" ably edited,
Or, lacking those, they'll take "Unleavened Bread."

At the meeting of the Board of Managers, Mr. Henry Hoyne and Mr. C. A. Montgomery, Treasurer of the Vegetarian Society, were elected members.

The evening passed off very pleasantly, and all parted as satisfied as if they had had "the fatted calf" prepared for them.
That Dinner

The foregoing is simply an indication of the prominence now being given vegetarian and hygienic principles.

Our books:

*Friend in the Kitchen, 60c*
*House We Live In, 75c*
*Health: How to Find It when It’s Lost; How to Keep It when It’s Found, $1.00*

although new, have had a sale of over 20,000 copies and are now selling more rapidly than ever.

We have also secured the sole Pacific Coast agency for the following books by Dr. J. H. Kellogg, Superintendent of the Battle Creek, Mich., Sanitarium.

*Home Hand Book of Hygiene and Medicine* - *Sheep, $5.50*
*Ladies’ Guide in Health and Disease* - *" 1.75*
*Man the Masterpiece* - *" 3.75*
*Art of Massage* - *Cloth, 2.25*
*The Stomach: Its Disorders and How to Cure Them* - *" 1.50*
*Science in the Kitchen* - *Oileth, 1.90*
*Every-Day Dishes* - *Board, .80*

Pacific Press Publishing Co.
Oakland, Cal.
Dr. O. S. Phelps, head of the new Phelps Sanitorium, arrived here to remain permanently, making arrangements for opening of the new building.

Feb. 4, 1900
The American Association for the Advancement of Physical Education

CERTIFICATE OF MEMBERSHIP

New York City, February 14, 1902

This will Certify that J. H. Kellogg, M.D. has paid the regular membership fee of The American Association for the Advancement of Physical Education, and is entitled to all the rights and privileges of membership to December 31, 1901

Secretary,
How to Live Well

ON A DIME A DAY OR LESS

"Wherefore do ye spend money for that which is not bread? and your labor for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness."

Isa. 55:2.

Price, 5 Cents.

GOOD HEALTH, Battle Creek, Mich.
WHEN Moses lived in Egypt, the cost of rearing, feeding, clothing, and educating a boy from infancy to manhood was less than fifty dollars. In India, to-day, three cents will comfortably feed and clothe a boy or girl at school one day. The writer has for several years had five boys in a boarding-school in India, and has paid regularly, as the total expense for the five, fifteen cents a day. The actual cost of food may be reduced, if necessary, to two cents a day. The cost of food in this country is more than in India, nevertheless we pay far more for luxuries than for necessities. A little less than thirty years ago, when the writer was a young man at school, he kept careful account of the cost of the food eaten during three months. He found the average to be exactly forty-two cents a week, or six cents a day. He remained in good health, notwithstanding that he did considerably more than the average amount of
work. The Mexican laborer receives for his wages the equivalent of from ten to fifteen cents American money, which small sum must purchase both food and clothing for himself, his wife, and three or four children.

According to Atwater, who has made a careful study of this subject, the average wage-earner spends twenty-six cents daily for food, one half of which he invests in vegetable products, the other half in flesh foods of various sorts. The thirteen cents invested in vegetables furnish him fifty-eight per cent. of the amount of nutrient material which he consumes, while the thirteen cents paid for animal products pay for only forty-one per cent. of his food supply. The daily amount expended for food by the wealthy classes is certainly several times that expended by the wage-earner, and the disproportionate cost of meats and unnecessary or harmful luxuries is also much greater.

The series of studies upon which this estimate is based allowed an amount of food having a fuel value of about 3,300 calories, or about twenty per cent. more than the amount shown by more recent experiments to be really necessary.

There are good grounds for the belief that a working man getting food at first hand, and making economical use of it, can live well on an average of six cents a day.

In order that one may attain the highest economy in diet from a monetary point of view, several things are essential.

1. He must know what elements, or food substances, are necessary to sustain life, health, and strength.
2. He must know, approximately at least, the proper quantity of food for the daily ration.
3. He must know how to combine different food substances so that just the right proportion of each element may be received, thus avoiding waste.

4. He must know what food substances afford the necessary elements in wholesome and suitable form, and at least expense.

As this information is not readily accessible to everybody, and as this question is one that is being more and more frequently asked, the writer has undertaken to give in this little pamphlet a brief summary of the facts of special interest in this connection.

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**The Elements Necessary for Nutrition.**

Three classes of food elements are especially required for the perfect nutrition of the body; viz., the following:

a. **Proteids,** represented by albumen, gluten, fibrin, casein, found in the white of an egg, lean meat, the curd of milk, the gluten of wheat. Proteids are also found abundantly in all the legumes, peas, beans, lentils, and especially in nuts.

b. **Fats,** found in very limited quantities in grains, but very abundantly in nuts.

c. **Carbohydrates,** represented by starch and sugar in various forms.

These elements are found in combination in most vegetable foods, but in greatly varying proportions.

*Grains* contain starch and proteids, very little sugar, and practically no fats. *Fruits* contain sugar, dextrin, usually acids, very little albumen, and no starch or fats, with the exception of the olive, which contains fat.
Nuts contain a large amount of proteids or albumen,—more than an equal weight of beef-steak,—about fifty per cent. of their weight of fats, practically no sugar, and no starch, with the exception of the chestnut, which contains a large percentage of starch, in this respect resembling the acorn.

The legumes (peas, beans, lentils) contain a large amount of starch and a very high proportion of proteids, more, in fact, than are found in ordinary flesh foods.

Vegetables, like the potato and other fleshy roots, consist chiefly of starch, a very small amount of proteids, and no fats.

Proteids are necessary for the building up of the blood and the active tissues,—the muscles, nerves, etc.

Fats and carbohydrates are necessary to maintain the heat and energy of the body.

By experiments upon a large number of persons, we have found that the average amount of water-free food required per day is about twenty ounces, of which fourteen per cent. must be proteids, six per cent. fats, and eighty per cent. carbohydrates. In other words, one must eat daily of water-free proteids, 2.8 ounces; of fats, 1.2 ounces; of starch and sugar, 16 ounces. This quantity is best taken at two meals, about equally divided between the two. It is impossible to eat physiologically and eat more than twice a day, unless one exercises great care to take articles that are capable of being very quickly digested.

Food Combinations.—There is, perhaps, no single food in nature which contains all the elements necessary for the healthy maintenance of the body,
and in just the right proportion. It is hence necessary to combine different food substances in such a manner that the deficiency of one will be complemented by the surplus of another. Such a combination will constitute a well-balanced or symmetrical bill of fare. In combining food substances, it is also well to regard the law of compatibilities from a digestive standpoint, remembering that fruits and vegetables, milk and vegetables, milk and meats, are not good combinations, and are highly promotive of indigestion, and also that fats in a separated or unemulsified state are very prone to produce indigestion, disagreeing more or less with all other food elements. It is for this reason that butter, lard, suet, and oils so often provoke indigestion, whereas fats in the form of cream, milk, or suitably prepared nuts are readily assimilated.

In arranging the bill of fare with special reference to economy of cost, it is first of all necessary to discard all second-hand foods; that is, flesh foods of all kinds. As will be seen by the accompanying table, such foods are least economical, their nutritive value being less than that of the more nutritious class of vegetable foods.

Table I shows the cost and the nutritive values of some of the most common food substances.


<table>
<thead>
<tr>
<th>MATERIALS.</th>
<th>Cost per lb.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat Flour</td>
<td>$0.02</td>
</tr>
<tr>
<td>Rolled Oats</td>
<td>$0.047</td>
</tr>
<tr>
<td>Bolted Corn-meal</td>
<td>$0.017</td>
</tr>
<tr>
<td>Hominy</td>
<td>$0.09</td>
</tr>
<tr>
<td>Graham Crackers</td>
<td>$0.15</td>
</tr>
<tr>
<td>Crystal Wheat</td>
<td>$0.075</td>
</tr>
<tr>
<td>Granose Biscuit</td>
<td>$0.15</td>
</tr>
<tr>
<td>Granola</td>
<td>$0.12</td>
</tr>
<tr>
<td>Wheatose</td>
<td>$0.15</td>
</tr>
<tr>
<td>Whole-wheat Wafers</td>
<td>$0.15</td>
</tr>
<tr>
<td>Zwieback</td>
<td>$0.15</td>
</tr>
<tr>
<td>Hulled Wheat</td>
<td>$0.15</td>
</tr>
<tr>
<td>Beans</td>
<td>$0.035</td>
</tr>
<tr>
<td>Peas, split</td>
<td>$0.026</td>
</tr>
<tr>
<td>Potatoes</td>
<td>$0.008</td>
</tr>
<tr>
<td>Pumpkin, canned</td>
<td>$0.038</td>
</tr>
<tr>
<td>Squash, green</td>
<td>$0.025</td>
</tr>
<tr>
<td>Squash, canned</td>
<td>$0.033</td>
</tr>
<tr>
<td>Turnips</td>
<td>$0.007</td>
</tr>
<tr>
<td>Beets</td>
<td>$0.008</td>
</tr>
<tr>
<td>Cabbage</td>
<td>$0.02</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MATERIALS.</th>
<th>Cost per lb.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parsnips</td>
<td>$0.02</td>
</tr>
<tr>
<td>Tomatoes, canned</td>
<td>$0.042</td>
</tr>
<tr>
<td>Peas, canned</td>
<td>$0.08</td>
</tr>
<tr>
<td>Sweet Corn, canned</td>
<td>$0.075</td>
</tr>
<tr>
<td>Macaroni</td>
<td>$0.10</td>
</tr>
<tr>
<td>Apples</td>
<td>$0.015</td>
</tr>
<tr>
<td>Blueberries</td>
<td>$0.075</td>
</tr>
<tr>
<td>Bananas</td>
<td>$0.035</td>
</tr>
<tr>
<td>Apples, evaporated</td>
<td>$0.08</td>
</tr>
<tr>
<td>Apricots, dried</td>
<td>$0.10</td>
</tr>
<tr>
<td>Prunes</td>
<td>$0.08</td>
</tr>
<tr>
<td>Raisins</td>
<td>$0.05</td>
</tr>
<tr>
<td>Eggs</td>
<td>$0.13</td>
</tr>
<tr>
<td>Milk</td>
<td>$0.02</td>
</tr>
<tr>
<td>Beef, tenderloin</td>
<td>$0.20</td>
</tr>
<tr>
<td>Fowl</td>
<td>$0.15</td>
</tr>
<tr>
<td>Salmon</td>
<td>$0.25</td>
</tr>
<tr>
<td>Nutrose</td>
<td>$0.30</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>$0.30</td>
</tr>
<tr>
<td>Malted Nuts</td>
<td>$0.75</td>
</tr>
<tr>
<td>Bromose</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

From the above table it is very evident that, relatively, animal products of all sorts are much more costly than vegetable products, but this fact becomes still more apparent when the nutritive value of the several products is taken into account, as will be seen in Table II, in which is shown the cost of an equivalent amount of nutrient material contained in different food substances, taking corn-meal, one of the most nutritious of foods, as the standard. In other words, the table shows the cost of an amount of each of the different food substances named equivalent in nutritive value to one pound of corn-meal.
<table>
<thead>
<tr>
<th>Food</th>
<th>Quant. required to equal 1 lb. of corn-meal in nutrient value</th>
<th>Cost of quantity required to equal 1 lb. of corn-meal in nutrient value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn-meal</td>
<td>1</td>
<td>$.03</td>
</tr>
<tr>
<td>Rice</td>
<td>1.01</td>
<td>.06</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>.88</td>
<td>.04</td>
</tr>
<tr>
<td>Barley</td>
<td>1.01</td>
<td>.02 1/8</td>
</tr>
<tr>
<td>Hulled Wheat</td>
<td>1.01</td>
<td>.08</td>
</tr>
<tr>
<td>Granola</td>
<td>.89</td>
<td>.08</td>
</tr>
<tr>
<td>Granose</td>
<td>.87</td>
<td>.10</td>
</tr>
<tr>
<td>Zwieback</td>
<td>.98</td>
<td>.11</td>
</tr>
<tr>
<td>Graham Crackers</td>
<td>.79</td>
<td>.09</td>
</tr>
<tr>
<td>Wheatose</td>
<td>97</td>
<td>.07</td>
</tr>
<tr>
<td>Whole-wheat Bread</td>
<td>1.37</td>
<td>.05</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1.28</td>
<td>.06</td>
</tr>
<tr>
<td>Beaten Biscuit</td>
<td>.92</td>
<td>.11</td>
</tr>
<tr>
<td>Beans</td>
<td>1.08</td>
<td>.08</td>
</tr>
<tr>
<td>Peas</td>
<td>.96</td>
<td>.07</td>
</tr>
<tr>
<td>Potatoes</td>
<td>4.35</td>
<td>.11</td>
</tr>
<tr>
<td>Cabbage</td>
<td>12.39</td>
<td>.37</td>
</tr>
<tr>
<td>Squash, canned</td>
<td>6.46</td>
<td>.84</td>
</tr>
<tr>
<td>Corn, canned</td>
<td>3.46</td>
<td>.52</td>
</tr>
<tr>
<td>Tomatoes, canned</td>
<td>15.81</td>
<td>1.58</td>
</tr>
<tr>
<td>Apples, fresh</td>
<td>4.60</td>
<td>.97</td>
</tr>
<tr>
<td>Peaches, fresh</td>
<td>6.74</td>
<td>.44</td>
</tr>
<tr>
<td>Oranges, fresh</td>
<td>7.21</td>
<td>1.15</td>
</tr>
<tr>
<td>Bananas, fresh</td>
<td>2.84</td>
<td>.23</td>
</tr>
<tr>
<td>Grapes, fresh</td>
<td>4.13</td>
<td>.41</td>
</tr>
<tr>
<td>Raisins, dried</td>
<td>1.54</td>
<td>.15</td>
</tr>
<tr>
<td>Prunes, dried</td>
<td>1.43</td>
<td>.17</td>
</tr>
<tr>
<td>Cranberries</td>
<td>7.33</td>
<td>.40</td>
</tr>
<tr>
<td>Raspberries, fresh</td>
<td>20.49</td>
<td>1.22</td>
</tr>
<tr>
<td>Nuttose</td>
<td>.73</td>
<td>.22</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>.73</td>
<td>.16</td>
</tr>
<tr>
<td>Bromose</td>
<td>.75</td>
<td>.28</td>
</tr>
<tr>
<td>Nut Meal</td>
<td>.63</td>
<td>.24</td>
</tr>
<tr>
<td>Maltol</td>
<td>.75</td>
<td>.34</td>
</tr>
<tr>
<td>Malted Nuts</td>
<td>.72</td>
<td>.40</td>
</tr>
<tr>
<td>Ambrosia</td>
<td>1.72</td>
<td>.40</td>
</tr>
<tr>
<td>Milk</td>
<td>4.95</td>
<td>.20</td>
</tr>
<tr>
<td>Kumysse</td>
<td>5.10</td>
<td>.66</td>
</tr>
<tr>
<td>Cream</td>
<td>1.36</td>
<td>.15</td>
</tr>
<tr>
<td>Eggs</td>
<td>2.19</td>
<td>.33</td>
</tr>
<tr>
<td>Beef</td>
<td>2.79</td>
<td>.51</td>
</tr>
</tbody>
</table>

Even a very superficial study of the foregoing table will bring clearly before the mind the fact that the greatest economy in diet can be secured only by discarding flesh foods altogether, as these
food substances are not only highly expensive, but of small nutritive value when compared with wheat, corn, rice, beans, nuts, and other nutritious vegetable products.

It is not at all difficult to dispense with flesh food, provided one takes pains to provide a proper substitute, as will be shown by the bills of fare given in the following pages. It is instructive to remember that a pound of beans contains not only three times as much nutrient material as a pound of beef, but at the same time contains a much larger proportion of proteids, the characteristic element of beef, than does an equal weight of beef. In other words, there is more beefsteak in a pound of peas than in a pound of beef, and twice as much more nutrient material of other kinds.

Dr. Beaumont's table, showing the time required for the digestion of various articles of food, also Professor Atwater's investigations of the same subject, show that the best products of the vegetable kingdom require less time for digestion than do meats. This is especially true of fruits and cereals. These classes of foods enjoy special pre-eminence over all others, being not only more nutritious, but at the same time more digestible, hence a more safe and convenient source of nutrient material; while to these valuable properties may be added the additional merit of being far less expensive than the less digestible, less nutritious, and more expensive products of the animal kingdom.

Special attention is called to the high nutritive value of nut products, which present the largest
amout of nutrition in a given bulk of any known foods. Should it be remarked that the cost for an equivalent amount of nutritive matter in the form of nuts is greater than in the form of cereals and some other foods, it must be remembered that nuts are, of all food substances, the scarcest and the highest priced. A pound of blanched almonds, for example, sells in the market for seventy-five cents, whereas a pound of corn-meal sells for one and one-half cents. Nuts of all kinds are high priced in comparison with other foods. The reason for this is the small production of this class of food substances. Nuts having heretofore been used only as luxuries, the demand has not been sufficient to justify a large production. When the food value of these most remarkable and valuable of all vegetable products is fully appreciated, the increased demand will result in increased production, and the development of cheaper methods of production, so that, in time, it may perhaps become possible to live as cheaply upon a diet of nuts, or nuts and fruits, as upon any other class of vegetable products. For the present, however, for a cheap dietary, one must depend chiefly upon grains, adding nuts and fruits in such quantities only as are required to make a thoroughly symmetrical dietary.

Table III shows the amount and cost of each of the various food substances required to furnish the same amount of proteins, or blood-making elements, found in one pound of peas (twenty-five per cent.).
### TABLE III.

<table>
<thead>
<tr>
<th>Food</th>
<th>Quantity required to furnish as much protein as 1 lb. of peas (20% per cent.)</th>
<th>Cost of quantity required to furnish the amount of protein equal to 1 lb. peas.</th>
<th>No. of food units contained in 1 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas</td>
<td>1</td>
<td>$0.07</td>
<td>106</td>
</tr>
<tr>
<td>Corn-meal</td>
<td>2.57</td>
<td>$0.08</td>
<td>102</td>
</tr>
<tr>
<td>Rice</td>
<td>3.73</td>
<td>$0.22</td>
<td>101</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1.65</td>
<td>$0.07</td>
<td>116</td>
</tr>
<tr>
<td>Barley</td>
<td>2.19</td>
<td>$0.06</td>
<td>110</td>
</tr>
<tr>
<td>Hullled Wheat</td>
<td>2.15</td>
<td>$0.16</td>
<td>101</td>
</tr>
<tr>
<td>Granola</td>
<td>1.66</td>
<td>$0.15</td>
<td>101</td>
</tr>
<tr>
<td>Granose</td>
<td>1.62</td>
<td>$0.18</td>
<td>117</td>
</tr>
<tr>
<td>Zwieback</td>
<td>1.83</td>
<td>$0.21</td>
<td>104</td>
</tr>
<tr>
<td>Graham Crackers</td>
<td>2.55</td>
<td>$0.29</td>
<td>136</td>
</tr>
<tr>
<td>Wheatose</td>
<td>1.16</td>
<td>$0.09</td>
<td>75</td>
</tr>
<tr>
<td>Whole-wheat Bread</td>
<td>2.13</td>
<td>$0.09</td>
<td>79</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>2.63</td>
<td>$0.13</td>
<td>79</td>
</tr>
<tr>
<td>Beaten Biscuit</td>
<td>2.13</td>
<td>$0.24</td>
<td>110</td>
</tr>
<tr>
<td>Beans</td>
<td>1.0</td>
<td>$0.07</td>
<td>95</td>
</tr>
<tr>
<td>Potatoes</td>
<td>12.5</td>
<td>$0.31</td>
<td>23</td>
</tr>
<tr>
<td>Cabbage</td>
<td>12.5</td>
<td>$0.37</td>
<td>8</td>
</tr>
<tr>
<td>Squash, canned</td>
<td>25.5</td>
<td>$0.36</td>
<td>16</td>
</tr>
<tr>
<td>Corn, canned</td>
<td>8.33</td>
<td>$1.25</td>
<td>29</td>
</tr>
<tr>
<td>Tomatoes, canned</td>
<td>25.5</td>
<td>$2.35</td>
<td>6</td>
</tr>
<tr>
<td>Apples</td>
<td>25.5</td>
<td>$3.40</td>
<td>14</td>
</tr>
<tr>
<td>Peaches</td>
<td>35.71</td>
<td>$2.32</td>
<td>22</td>
</tr>
<tr>
<td>Oranges</td>
<td>25.0</td>
<td>$3.40</td>
<td>14</td>
</tr>
<tr>
<td>Bananas</td>
<td>12.50</td>
<td>$1.00</td>
<td>36</td>
</tr>
<tr>
<td>Grapes, fresh</td>
<td>4.16</td>
<td>$0.42</td>
<td>15</td>
</tr>
<tr>
<td>Raisins, fresh</td>
<td>10.41</td>
<td>$1.04</td>
<td>66</td>
</tr>
<tr>
<td>Prunes</td>
<td>12.50</td>
<td>$1.50</td>
<td>71</td>
</tr>
<tr>
<td>Cranberries</td>
<td>50.0</td>
<td>$2.75</td>
<td>14</td>
</tr>
<tr>
<td>Raspberries</td>
<td>62.50</td>
<td>$3.75</td>
<td>5</td>
</tr>
<tr>
<td>Nuttose</td>
<td>0.83</td>
<td>$3.25</td>
<td>139</td>
</tr>
<tr>
<td>Nutfolene</td>
<td>0.83</td>
<td>$3.25</td>
<td>139</td>
</tr>
<tr>
<td>Bromose</td>
<td>1.27</td>
<td>$4.85</td>
<td>139</td>
</tr>
<tr>
<td>Nut Meal</td>
<td>0.88</td>
<td>$3.33</td>
<td>260</td>
</tr>
<tr>
<td>Peanuts</td>
<td>88.88</td>
<td>$0.67</td>
<td>160</td>
</tr>
<tr>
<td>Malted Nuts</td>
<td>1.04</td>
<td>$0.59</td>
<td>141</td>
</tr>
<tr>
<td>Ambrosia</td>
<td>1.04</td>
<td>$0.59</td>
<td>141</td>
</tr>
<tr>
<td>Milk</td>
<td>6.94</td>
<td>$0.89</td>
<td>20</td>
</tr>
<tr>
<td>Kumysse</td>
<td>6.75</td>
<td>$1.02</td>
<td>75</td>
</tr>
<tr>
<td>Cream</td>
<td>9.25</td>
<td>$1.28</td>
<td>47</td>
</tr>
<tr>
<td>Eggs</td>
<td>1.78</td>
<td>$0.23</td>
<td>37</td>
</tr>
<tr>
<td>Beef</td>
<td>1.29</td>
<td>$0.23</td>
<td>37</td>
</tr>
</tbody>
</table>

In the study of Table III, it will be seen that of all foods, nuts contain, for a given quantity, much
the largest number of food units of any whole-food substance, even ranking considerably above the best cereal foods in total nutritive value. The grains, on the other hand, afford altogether the largest amount of nutritive material for a given cost.

Compared with meats, however, it will be observed that the most expensive nut foods require only about four-fifths as much expenditure for a given amount of nutritive material as does meat; while the less expensive nut products, such as nuttose and nuttolene, cost only about one third or two fifths as much as does beef, for an equivalent amount of nutritive material. The cost for an equivalent quantity of proteids is practically the same for nuts, grains, and beef. Thus it appears that while nuts are expensive, they are really less expensive than meat, after all, and may thus be economically substituted for meat as a complement to grains and fruits in arranging a symmetrical bill of fare.

The superiority of vegetable foods over flesh foods for a bill of fare, in the matter of economy, is clearly shown, however, in comparing such nutrients as corn-meal, oatmeal, graham bread, etc. Such a comparison will show at once that these wholesome cereals furnish a given quantity of nutrient material at a cost of from one sixteenth to one fifth the cost of meat. When the greatest possible economy is used in purchasing, the expense of food material in the form of cereals may be reduced to still smaller proportions.

Fruits, which are generally regarded as too expensive for free use, with the exception of one or two, afford a larger amount of nutrient material for a given price than does flesh food.
Such manufactured foods as granola, granose, zwieback, various forms of crackers and biscuit, which are necessarily much more expensive than cereals taken in their native state, furnish nutrient material at a cost of from one tenth to one fifth the cost of meat.

Milk, cream, and animal foods which do not require the taking of life, cost only from one third to two thirds as much as flesh food.

It is thus apparent that from an economical standpoint, flesh food is the most expensive of all foods, and, we may add, is at the same time the least desirable and the most liable to produce disease. Flesh eating carries in its train a long list of physical, social, and moral evils, which the writer has discussed elsewhere.

In the following pages we give first a number of bills of fare consisting of articles such as are readily accessible in any household. Each bill of fare represents half the amount of nutrient material necessary to sustain in health and strength an average person engaged in active work. The average woman requires about three fourths of an ounce less, the average man about three fourths of an ounce more, for the daily ration.

When three meals are taken, there should be taken about one half the daily ration for the midday meal, and one fourth the total amount required for the day at the morning and evening meals. A very excellent plan is to take only fruit for the evening meal, in which case a larger amount of food should be taken at the morning meal.

In a second series of balanced bills of fare is presented a class the constituents of which include various health foods and nut preparations, which,
while not absolutely necessary for the ordinary individual in good health, are of great value to those whose digestive powers are somewhat impaired, and are exceedingly convenient and palatable for all classes, and especially for children, business and professional persons of sedentary habits, and those whose work is of a specially arduous or exhausting character. Most of these are too expensive for a shilling-a-day ration, when cost is estimated at the retail price; but the cost may be very greatly reduced by purchasing in quantities.

In a brief appendix, formulæ, or recipes, are given for the preparation of the several cooked foods or made dishes mentioned in the bills of fare.

If we select for breakfasts the bills of fare numbered 1—7, and for dinners those numbered 1—7, the average cost per diem for a week will be approximately 7.9 cents. As every one of these bills of fare contains just half the amount of nourishment required daily for a laboring man, it is evident that it is possible to live on considerably less than a shilling per day, for the average cost of the bills of fare numbered 1—6 is less than four cents a meal, or 7.4 cents a day. The menus numbered 7—14 afford a very comfortable variety for a person whose tastes are simple, and furnish the full amount of food material required, and yet at a cost of scarcely one dollar a week.

It is hoped that this little booklet may at least have the effect to convince a few individuals that a large part of the expense daily incurred for food is wasted. Every dollar expended for tea and coffee, condiments, pickles, Worcestershire sauce, and similar stuffs is worse than thrown away; and that which is expended for beef, mutton, chicken,
game, cheese, pork, fish, oysters, and the like, if not utterly wasted, is a very poor investment, since these substances all have a low food value, are expensive, and at the same time are highly productive of disease. The amount expended for sugar, honey, and other sweets is also badly expended; for these concentrated sweets are really unnecessary, since we have so abundant a supply of sweet fruits, which furnish the choicest saccharin substances, and in sufficient quantity and in condition ready for assimilation, while sugar and similar sweets are productive of disease through deranging digestion, producing fermentation, and introducing a surplus of saccharin material.

The subject of diet is one well worthy of careful study and earnest consideration.

In the following bills of fare the cost of the various food substances named is indicated in fractions of one dollar. Each bill of fare is arranged for four persons.
### BREAKFAST No. 1.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Browned Corn-meal Mush</td>
<td>1 lb. corn-meal</td>
<td>.03</td>
</tr>
<tr>
<td>Split Peas Purée</td>
<td>¾ lb. split peas</td>
<td>.015</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1 loaf</td>
<td>.04</td>
</tr>
<tr>
<td>Apple Sauce</td>
<td>¾ lb. dried apples</td>
<td>.025</td>
</tr>
<tr>
<td>Sugar</td>
<td>½ oz.</td>
<td>.005</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.115</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.029</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 2.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Apples</td>
<td></td>
<td>.04</td>
</tr>
<tr>
<td>Graham Crisps, requiring</td>
<td></td>
<td>.03</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>½ lb.</td>
<td>.023</td>
</tr>
<tr>
<td>Browned Wheat</td>
<td>½ lb.</td>
<td>.025</td>
</tr>
<tr>
<td>Hazelnuts</td>
<td>½ lb.</td>
<td>.03</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.148</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.037</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 3.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Apples and Apricot Toast</td>
<td>½ lb. dried fruit</td>
<td>.04</td>
</tr>
<tr>
<td>Corn Puffs</td>
<td>3/4 lb. corn-meal and flour</td>
<td>.015</td>
</tr>
<tr>
<td>Poached Eggs</td>
<td>½ doz.</td>
<td>.04</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>4 lbs.</td>
<td>.032</td>
</tr>
<tr>
<td>Bread for Zwieback</td>
<td>1 loaf</td>
<td>.04</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.167</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.042</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 4.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Bread, with Nut Sauce</td>
<td>¾ loaf</td>
<td>.03</td>
</tr>
<tr>
<td>Pea Gravy Toast</td>
<td>¼ lb. peanuts</td>
<td>.015</td>
</tr>
<tr>
<td></td>
<td>shelled</td>
<td></td>
</tr>
<tr>
<td>Bread for Zwieback</td>
<td>1 loaf</td>
<td>.04</td>
</tr>
<tr>
<td>Peas and Gravy</td>
<td>½ lb. of peas</td>
<td>.035</td>
</tr>
<tr>
<td></td>
<td>Flour and cream</td>
<td></td>
</tr>
<tr>
<td></td>
<td>for gravy</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.120</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.04</td>
</tr>
</tbody>
</table>
### BREAKFAST No. 5.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Browned Potatoes</td>
<td>2 lbs.</td>
<td>.01</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1 loaf</td>
<td>.04</td>
</tr>
<tr>
<td>Stewed Peanuts and Beans</td>
<td>½ lb.</td>
<td>.01</td>
</tr>
<tr>
<td></td>
<td>peanuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>shelled</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ lb. beans</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.12</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.03</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 6.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Potatoes</td>
<td>2 lbs.</td>
<td>.016</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>¾ lb.</td>
<td>.034</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1½ loaf</td>
<td>.006</td>
</tr>
<tr>
<td>Cream Gravy</td>
<td>1 pint</td>
<td>.015</td>
</tr>
<tr>
<td>Baked Apples</td>
<td>1½ lb.</td>
<td>.045</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.170</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.042</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 7.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiled Wheat</td>
<td>1 lb.</td>
<td>.015</td>
</tr>
<tr>
<td>Corn Bread</td>
<td>1½ loaf</td>
<td>.06</td>
</tr>
<tr>
<td>Stewed Sweet California Prunes</td>
<td>1 lb.</td>
<td>.08</td>
</tr>
<tr>
<td>Hazelnuts</td>
<td>½ oz.</td>
<td>.045</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.20</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.05</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 8.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>1½ loaf</td>
<td>.06</td>
</tr>
<tr>
<td>Milk</td>
<td>1 quart</td>
<td>.02</td>
</tr>
<tr>
<td>Granola Mush</td>
<td>½ lb.</td>
<td>.06</td>
</tr>
<tr>
<td>Dried-Apple Sauce</td>
<td>1 lb.</td>
<td>.03</td>
</tr>
<tr>
<td>Stewed Potato</td>
<td>2 lbs.</td>
<td>.016</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.186</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.046</td>
</tr>
</tbody>
</table>
### BREAKFAST No. 9.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Granose</td>
<td>3/4 lb</td>
<td>.112</td>
</tr>
<tr>
<td>Milk</td>
<td>1 qt</td>
<td>.02</td>
</tr>
<tr>
<td>Stewed Prunes</td>
<td>1/2 lb</td>
<td>.04</td>
</tr>
<tr>
<td>Apples</td>
<td>21/2 lbs</td>
<td>.05</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>1 lb</td>
<td>.008</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1/2 loaf</td>
<td>.02</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.250</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.062</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 10.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream Toast</td>
<td>1 1/2 lb</td>
<td>.04</td>
</tr>
<tr>
<td>Crystal Wheat</td>
<td>1/2 lb</td>
<td>.037</td>
</tr>
<tr>
<td>Raisin Sauce</td>
<td>1/2 lb</td>
<td>.025</td>
</tr>
<tr>
<td>Graham Nut Sticks</td>
<td>1 1/2 lb</td>
<td>.043</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>1/2 lb</td>
<td>.15</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.275</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.068</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 11.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Potato</td>
<td>1 lb</td>
<td>.008</td>
</tr>
<tr>
<td>Toasted Graham Bread</td>
<td>1 1/2 loaf</td>
<td>.16</td>
</tr>
<tr>
<td>Stewed Prunes</td>
<td>1/2 lb</td>
<td>.04</td>
</tr>
<tr>
<td>Stewed Nuttose</td>
<td>1/2 lb</td>
<td>.15</td>
</tr>
<tr>
<td>Milk Gravy</td>
<td>1 pint</td>
<td>.012</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.270</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.067</td>
</tr>
</tbody>
</table>

### BREAKFAST No. 12.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Granose</td>
<td>1/2 lb</td>
<td>.075</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>1/2 lb</td>
<td>.075</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1/2 loaf</td>
<td>.02</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>1 lb</td>
<td>.024</td>
</tr>
<tr>
<td>Crystal Wheat</td>
<td>1 1/2 lb</td>
<td>.035</td>
</tr>
<tr>
<td>Poached Egg</td>
<td>1/2 doz</td>
<td>.04</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.269</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.067</td>
</tr>
</tbody>
</table>
## BREAKFAST No. 13.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiled Rice</td>
<td>½ lb.</td>
<td>.04</td>
</tr>
<tr>
<td>Poached Eggs</td>
<td>½ doz.</td>
<td>.045</td>
</tr>
<tr>
<td>Granose Cakes</td>
<td>½ lb.</td>
<td>.05</td>
</tr>
<tr>
<td>Nutilene</td>
<td>½ lb.</td>
<td>.075</td>
</tr>
<tr>
<td>Apples</td>
<td>2 lb.</td>
<td>.03</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1½ loaf</td>
<td>.06</td>
</tr>
</tbody>
</table>

Total: .295
Average for each of four persons: .074

## BREAKFAST No. 14.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean Broth</td>
<td>1 lb.</td>
<td>.10</td>
</tr>
<tr>
<td>Zwieback</td>
<td>½ lb.</td>
<td>.072</td>
</tr>
<tr>
<td>Canned Peaches</td>
<td>½ lb.</td>
<td>.03</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1 lb.</td>
<td>.016</td>
</tr>
<tr>
<td>Stewed Potato</td>
<td>1½ lb.</td>
<td>.075</td>
</tr>
<tr>
<td>Nuttose</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total: .310
Average for each of four persons: .077

## DINNER No. 1.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Split Pea Soup</td>
<td>½ lb.</td>
<td>.01</td>
</tr>
<tr>
<td>with Croutons</td>
<td>split peas</td>
<td>.03</td>
</tr>
<tr>
<td>Mashed Potato</td>
<td>4 lbs.</td>
<td>.01</td>
</tr>
<tr>
<td>Baked Parsnips</td>
<td>2 lbs.</td>
<td>.01</td>
</tr>
<tr>
<td>Popped Corn</td>
<td>10½ oz.</td>
<td>.04</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1 loaf</td>
<td>.14</td>
</tr>
</tbody>
</table>

Total: .035
Average for each of four persons

## DINNER No. 2.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mashed Scotch Peas</td>
<td>1 lb.</td>
<td>.02</td>
</tr>
<tr>
<td>with Nuts</td>
<td>7 oz.</td>
<td>.027</td>
</tr>
<tr>
<td>Steamed Rice</td>
<td>½ lb.</td>
<td>.035</td>
</tr>
<tr>
<td>Dried-Apple Sauce</td>
<td>¾ lb.</td>
<td>.030</td>
</tr>
<tr>
<td>Graham Gems</td>
<td>1 lb.</td>
<td>.02</td>
</tr>
<tr>
<td>Sugar</td>
<td>3 oz.</td>
<td>.15</td>
</tr>
</tbody>
</table>

Total: .037
Average for each of four persons
### DINNER No. 3.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irish Corn Soup with Croutons</td>
<td>3/4 lb.</td>
<td>.06</td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td>.008</td>
</tr>
<tr>
<td>Bread for Croutons</td>
<td></td>
<td>.01</td>
</tr>
<tr>
<td>Corn Bread</td>
<td>8 oz. corn-meal</td>
<td>.025</td>
</tr>
<tr>
<td></td>
<td>20 oz. flour</td>
<td>.025</td>
</tr>
<tr>
<td></td>
<td>1/2 cup yeast</td>
<td>.025</td>
</tr>
<tr>
<td>Stewed Beans</td>
<td>1/2 lb.</td>
<td>.025</td>
</tr>
<tr>
<td>Stewed Dried Peaches</td>
<td></td>
<td>.007</td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.150</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.037</td>
</tr>
</tbody>
</table>

### DINNER No. 4.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Beans</td>
<td>1 lb.</td>
<td>.02</td>
</tr>
<tr>
<td>Boiled Potatoes</td>
<td>3 lbs.</td>
<td>.024</td>
</tr>
<tr>
<td>Peanut Sauce</td>
<td>1/2 lb.</td>
<td>.03</td>
</tr>
<tr>
<td>Graham Gems</td>
<td>1 1/2 lbs.</td>
<td>.03</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.104</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.034</td>
</tr>
</tbody>
</table>

### DINNER No. 5.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Potatoes with Lentil Gravy</td>
<td>1/2 lb. lentils</td>
<td>.03</td>
</tr>
<tr>
<td></td>
<td>2 lbs. potatoes</td>
<td>.015</td>
</tr>
<tr>
<td></td>
<td>1 1/4 lbs. of flour</td>
<td>.03</td>
</tr>
<tr>
<td></td>
<td>1/2 lb.</td>
<td>.015</td>
</tr>
<tr>
<td>Graham Crisps</td>
<td></td>
<td>.03</td>
</tr>
<tr>
<td>Hominy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned Grapes</td>
<td></td>
<td>.12</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.03</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.03</td>
</tr>
</tbody>
</table>

### DINNER No. 6.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable Pea Soup with Croutons</td>
<td>1/4 lb. peas</td>
<td>.013</td>
</tr>
<tr>
<td></td>
<td>1/4 lb. potato and one-half onion</td>
<td>.01</td>
</tr>
<tr>
<td></td>
<td>3 lbs. potatoes</td>
<td>.032</td>
</tr>
<tr>
<td>Baked Potato with Nut Sauce</td>
<td>1/4 lb.</td>
<td>.015</td>
</tr>
<tr>
<td>Peanuts</td>
<td>1 1/2 loaf</td>
<td>.06</td>
</tr>
<tr>
<td>Graham Bread</td>
<td></td>
<td>.13</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.032</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.032</td>
</tr>
</tbody>
</table>
### DINNER No. 7.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewed Beans with Nuttose</td>
<td>⅔ lb. beans 2 oz. nuttose</td>
<td>.07</td>
</tr>
<tr>
<td>Granose</td>
<td>⅔ lb.</td>
<td>.075</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>⅔ lb.</td>
<td>.075</td>
</tr>
<tr>
<td>Zwieback</td>
<td>½ loaf</td>
<td>.02</td>
</tr>
<tr>
<td>Cream</td>
<td>½ pint</td>
<td>.02</td>
</tr>
<tr>
<td>Fresh Apples</td>
<td>⅔ lbs.</td>
<td>.02</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.28</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.07</td>
</tr>
</tbody>
</table>

### DINNER No. 8.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hulled Wheat</td>
<td>1 lb.</td>
<td>.07</td>
</tr>
<tr>
<td>Baked Squash</td>
<td>2 lbs.</td>
<td>.05</td>
</tr>
<tr>
<td>Nut Gravy</td>
<td>⅔ pt.</td>
<td>.035</td>
</tr>
<tr>
<td>Sliced Beets</td>
<td>½ lb.</td>
<td>.004</td>
</tr>
<tr>
<td>Corn Puffs</td>
<td>1 lb. corn-meal and flour</td>
<td>.03</td>
</tr>
<tr>
<td>Macaroni Stewed with Nuttose</td>
<td>⅔ lb. m., ½ lb. nut.</td>
<td>.001</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.280</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.07</td>
</tr>
</tbody>
</table>

### DINNER No. 9.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned Corn</td>
<td>1 lb.</td>
<td>.075</td>
</tr>
<tr>
<td>Mashed Potato</td>
<td>2 lbs.</td>
<td>.016</td>
</tr>
<tr>
<td>Graham Sticks</td>
<td>⅔ lb. flour 2 oz. nut butter</td>
<td>.041</td>
</tr>
<tr>
<td>Whole-Wheat Bread</td>
<td>1 loaf</td>
<td>.04</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>⅔ lb.</td>
<td>.15</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.322</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.080</td>
</tr>
</tbody>
</table>

### DINNER No. 10.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewed Nuttose with Tomato</td>
<td>1⅔ lb.</td>
<td>.081</td>
</tr>
<tr>
<td>Peas Purée</td>
<td>1 lb.</td>
<td>.026</td>
</tr>
<tr>
<td>Zwieback</td>
<td>⅔ lb.</td>
<td>.01</td>
</tr>
<tr>
<td>Granose Biscuit</td>
<td>½ lb.</td>
<td>.075</td>
</tr>
<tr>
<td>Peach Toast</td>
<td>⅔ lb. dried peach ⅔ loaf bread</td>
<td>.07</td>
</tr>
<tr>
<td>Milk</td>
<td>1 pt.</td>
<td>.01</td>
</tr>
<tr>
<td>Grapes</td>
<td>2 lbs.</td>
<td>.04</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>.312</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>.078</td>
</tr>
</tbody>
</table>
## DINNER No. 11.

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scalloped Tomato with Granola</td>
<td>1 can tomatoes, 1 cup granola</td>
<td>0.08</td>
</tr>
<tr>
<td>Stewed Rice</td>
<td>3/4 lb.</td>
<td>0.035</td>
</tr>
<tr>
<td>Stewed Nuttose</td>
<td>3/4 lb.</td>
<td>0.15</td>
</tr>
<tr>
<td>Prune Sauce</td>
<td>1/2 lb.</td>
<td>0.04</td>
</tr>
<tr>
<td>Whole-Wheat Bread</td>
<td>1 1/2 loaf</td>
<td>0.06</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>0.335</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>0.088</td>
</tr>
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</table>

## DINNER No. 12.

<table>
<thead>
<tr>
<th>Item</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Potatoes and Nuttose Stew</td>
<td>2 lbs.</td>
<td>0.03</td>
</tr>
<tr>
<td>Nuttolene Sandwiches</td>
<td>1/2 loaf bread, 1/4 lb. nuttolene</td>
<td>0.092</td>
</tr>
<tr>
<td>Malted Nuts</td>
<td>1/2 lb.</td>
<td>0.177</td>
</tr>
<tr>
<td>Graham Bread</td>
<td>1 pt.</td>
<td>0.01</td>
</tr>
<tr>
<td>Granose Biscuit</td>
<td></td>
<td>0.366</td>
</tr>
<tr>
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<td></td>
<td></td>
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</tbody>
</table>

## DINNER No. 13.

<table>
<thead>
<tr>
<th>Item</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Potato Soup</td>
<td>2 pts.</td>
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</tr>
<tr>
<td>Nuttose Roast</td>
<td>2 lbs.</td>
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</tr>
<tr>
<td>Stewed Tomatoes</td>
<td>1 lb.</td>
<td>0.08</td>
</tr>
<tr>
<td>Nut Sticks</td>
<td>2 lb. flour, 2 oz. nut butter</td>
<td>0.05</td>
</tr>
<tr>
<td>Graham Bread for Zwieback</td>
<td>1 1/2 loaves</td>
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</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
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</tr>
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## DINNER No. 14.

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</thead>
<tbody>
<tr>
<td>Vegetable Pea Soup</td>
<td></td>
<td>0.013</td>
</tr>
<tr>
<td>Stewed Nuttose</td>
<td></td>
<td>0.013</td>
</tr>
<tr>
<td>Canned Corn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apricot Sauce</td>
<td>1 lb.</td>
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</tr>
<tr>
<td>Granose Biscuit</td>
<td></td>
<td>0.05</td>
</tr>
<tr>
<td>Graham Crisps</td>
<td></td>
<td>0.07</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>0.388</td>
</tr>
<tr>
<td><strong>Average for each of four persons</strong></td>
<td></td>
<td>0.097</td>
</tr>
</tbody>
</table>
RECIPIES.

Baked Beans.—Soak best white beans overnight in cold water. Put them to cook in fresh water, and let simmer gently till tender but not broken. Let them be quite juicy when taken from the kettle. Season with salt. Put them in a deep crock in a slow oven. Let them bake for two or three hours or even longer, until they assume a reddish brown tinge, adding boiling water occasionally to prevent their becoming dry. Serve moist, or turn into a shallow dish, and brown before sending to the table.

Baked Parsnips.—Wash, scrape, and divide; drop into boiling water, a little more than sufficient to cook them, and boil gently till thoroughly tender. There should remain about one-half pint of the liquor when the parsnips are done. Arrange on an earthen plate or shallow pudding-dish, not more than one layer deep; cover with the juice, and bake, basting frequently until the juice is all absorbed, and the parsnips delicately browned. Serve at once.

Bean Broth.—Put a cupful of well-washed white beans into a quart of cold water in a double boiler, and cook slowly until but a cupful of the liquor remains. Strain off the broth, add salt, and serve hot. If preferred, a few grains of powdered thyme may be used as flavoring.

Boiled Wheat.—Select new wheat with pulp kernels; that which is freshly cut and well rubbed from the chaff is best for this purpose. Look it over carefully, wash, and put to cook in five times its measure of cold water. Let it come to a boil, and cook gently until the grains burst open and they can be readily mashed between the thumb and finger. This will require from four to ten hours, according to the age and variety of wheat used. Less time will be required if the grain is soaked overnight. When done, it should be full of a rich, thick liquor. If necessary, add more boiling water, but stir as little as possible.

Browned Corn-Meal Mush.—Slice cold corn-meal mush rather thin; dust each slice lightly with toasted graham bread-crumps, or crumbs prepared from bread which has been made into zwieback, and brown well in a moderate oven. The slices should, when done, be well heated through,
and crisp and brown on the outside. At a little additional expense the slices may be brushed lightly with the yolk of an egg, or with thin cream, before dusting with the crumbs.

**Browned Potatoes.**—Slice cold boiled potatoes, place them evenly on an oiled tin, and brown in a quick oven, or slice lengthwise and lay on a wire broiler or bread toaster, and brown over hot coals. While hot, sprinkle with salt to taste.

**Browned Wheat.**—Place pearled, cracked, or whole wheat on tins in the oven, and slightly brown. Cook the same as directed for oatmeal, using four parts of water to one and one-half parts pearled wheat, or four and one-half parts of water to one of cracked wheat.

For breakfast, these grains should be cooked the day previous. When done, remove the inner dish of the boiler to some cool place where the grain will cool quickly, and leave it there overnight undisturbed.

To heat in the morning, fill the outer boiler with boiling water, place the inner dish containing the grain therein, and steam till thoroughly heated through.

**Corn Bread.**—Take two cupfuls of hot corn-meal mush, add two cups of cold water. Beat well, and add one-half cup of liquid yeast and two teaspoonfuls of sugar. Stir in white or graham flour sufficient to knead. Knead very thoroughly, and put in a warm place to rise. When light, mold into three loaves, put into pans, and allow it to rise again. When well risen, bake for at least three fourths of an hour.

**Corn Puffs.**—Proceed as for graham gems, only using corn-meal instead of graham flour.

**Cream Toast.**—Use good graham or whole-wheat zwieback. Have a pint of thin sweet cream scalding hot; salt it a little if desired, and moisten the zwieback in it as previously directed, packing it immediately into a hot dish; cover tightly so that the toast may steam, and serve. The slices should be thoroughly moistened, but not soft and mushy nor swimming in cream; indeed, it is better if a little of the crispness still remains.

**Croutons.**—Cut stale bread into small squares or cubes, and brown thoroughly in a moderate oven. Put a spoonful or two of the croutons in each plate, and turn the hot soup over them.
Crystal Wheat.—Into a pint of boiling water in the inner cup of a double boiler, sprinkle an equal measure (one pint) of crystal wheat. Stir until it becomes thickened; then place in the outer boiler, in which the water should be actively boiling, and cook for half an hour or longer. Serve with cream, fruit-juices, stewed fruits, or a lentil dressing. Crystal wheat may be equally well cooked by placing the required quantity of both water and grits, measure for measure, in a stone baking-jar or kettle, and covering, and baking in the oven from one half to three quarters of an hour.

Dried Apple and Apricot Toast.—The foundation of this toast is swieback, or twice-baked bread, prepared from good graham fermented bread, cut in uniform slices not more than a half inch thick, each slice being divided in halves, placed on perforated tins, and baked or toasted in a slow oven until it is browned evenly throughout the entire slice. Properly made, it is equally crisp throughout, and possesses a delicious nutty flavor. For the preparation of the toast, place the slices on a perforated tin or in the bottom of a colander set within another dish; turn boiling water quickly over each slice, drain immediately, and serve while hot in individual dishes with a portion of the prepared sauce turned over each slice. Care must be taken in softening not to use too much water and to drain immediately, that the slices shall not be too soft and mushy.

Prepare the sauce by stewing dried apples with one-fourth dried apricots until perfectly tender, then sweeten, and rub through a colander. This pulp should be about the consistency of marmalade, and should be served hot on the toast.

Graham Crisps.—Into ice-cold water sprinkle slowly, beating meanwhile so as to incorporate as much air as possible, enough graham flour to make a dough stiff enough to knead. A tablespoonful of sugar may be added to the water before stirring in the flour, if desired. After kneading thoroughly for ten or fifteen minutes, divide the dough into small portions, roll each as thin as brown paper, prick with a fork, and bake on perforated tins, turning once or twice until both sides are a light, even brown. Break into irregular pieces, and serve.

Graham Gems.—Place one pint of cold water in a crock, add one egg; beat water, egg, and a pinch of salt to-
gather. Then add one and three-fourths cups of white flour and three fourths of a cup of graham flour, beat thoroughly, and bake in a quick oven.

Granola Flush.—Granola makes a most appetizing and quickly prepared breakfast dish. Into a quart of boiling water, sprinkle a pint of granola. Milk may be used instead of water, if preferred; then a little less granola will be needed. Cook for two or three minutes, and serve hot with cream.

Hominy.—Use four parts of boiling water to one of coarse hominy. Cook in a double boiler from four to five hours.

Irish Corn Soup.—Take one pint of sliced potato cooked until tender, add one pint of corn pulp obtained by rubbing cooked dried corn through a colander. Season with salt, add water to make of the proper consistency, reheat, and serve.

Lentil Gravy.—Rub a cupful of cooked lentils through a colander to remove the skins. Add one cup of boiling water, and salt to season. Heat to boiling, and thicken with a tablespoonful of browned flour.

Macaroni Stewed with Nuttose.—Break macaroni, sufficient to fill a large cup, into inch lengths, and cook in boiling water until tender; when done, drain. Put a layer of macaroni in the bottom of a pudding-dish, and sprinkle over it a light layer of finely grated nuttose; add a second and a third layer, sprinkling each with the grated nuttose. Then turn over the whole a custard made by mixing together a pint of nut cream (prepared by adding three tablespoonfuls of nut butter to a cup and a half of water) and the well-beaten yolks of two eggs, or one whole egg, and one teaspoonful of salt. Care should be taken to arrange the macaroni in layers loosely, so the sauce will readily permeate the whole. Bake in a moderate oven until lightly browned.

Mashed Scotch Peas with Nuts.—Soak a pint of dried Scotch peas overnight in cold water. In the morning drain, and put them to cook in warm water. Cook slowly until perfectly tender, allowing them to simmer very gently toward the last until they become as dry as possible. Put through a colander to remove the skins. Cook the peanuts
separately; drain from the juice, rub through a colander, and add to the peas. Beat well together, season with salt, turn into an earthen or graniteware pudding-dish, smooth the top, and bake in a moderate oven until dry and mealy. If preferred, one third toasted bread-crumbs may be used with the peas, and a less proportion of nuts. Serve hot like mashed potato.

Milk Gravy.—Heat a pint of rich milk, part cream if it can be afforded, to boiling, and stir into it one tablespoonful of flour previously rubbed smooth in a little milk. Season with salt, and cook in a double boiler five or ten minutes, stirring frequently that no lumps be formed. If lumps are found in the sauce, turn it quickly through a fine, hot colander into the dish in which it is to be served.

Nut Gravy.—To each cup of water take three or four tablespoonfuls of peanut meal, and when boiling, thicken with flour rubbed smooth with a little cold water, and salt to taste. For a change, use flour that has been browned in the oven to a delicate cream color, which gives a more meaty flavor; while that browned to a dark cream or light brown, with an equal quantity of white flour, will give the flavor of roast-beef gravy. This is a very suitable dressing for boiled rice.

Nut Meal.—Blanch any preferred nuts, as peanuts, hazelnuts, or almonds, by covering with boiling water for a few moments until the outer skin has softened and can be slipped off by the fingers. Remove the skins, dry the nuts in a moderate oven, chop fine, then press through a fine, strong sieve, or pound in a mortar. Hickory-nut and walnut meats may be chopped and pressed through a fine sieve without blanching.

Nuttose Sandwich.—Slices of nuttose placed between thin slices of white or graham bread, biscuit, or wafers, spread with nut butter, make a most excellent sandwich.

Nut Sticks.—Mix together thoroughly one and one-half cups of course graham flour and one half cup of nut meal. After being well kneaded, it may be divided and shaped by rolling with the hand into a long roll about the size of the little finger. Cut into three- or four-inch lengths, and bake on perforated tins for about twenty minutes.
Oatmeal.—Heat a quart of water to boiling, in the inner dish of a double boiler; sift into it one cup of coarse oatmeal and boil rapidly, stirring continuously until it thickens; then place in the outer boiler, the water in which should be boiling, and cook three hours or longer.

Pea Gravy for Toast.—Prepare and cook the peas as directed for mashed peas with nuts. When tender, rub through a colander. To each cupful of the sifted pea add one cup of boiling water, with salt to season. Heat to boiling, and thicken with a teaspoonful of flour rubbed smooth in a little cold water. Just before serving, add a tablespoonful of cream or nut meal.

Peanut Sauce.—Shell the peanuts and roast lightly in the oven, rub off all the red skins, then pound to a smooth paste in a mortar. Heat to boiling, a quart of water with which the nut paste has been mixed. Thicken with three tablespoonsfuls of browned flour, add salt to season, and cook thoroughly from three to five minutes.

Potato Stewed with Nuttose.—Prepare and stew the nuttose as directed elsewhere. When nearly done, add some thinly sliced potatoes, and cook together until the potatoes are tender. There should be enough liquor in the nuttose so that additional liquid will not be needed for the potatoes. Season with salt, and serve.

Prune Sauce.—Use only the best selected prunes. Clean by putting them into warm water; let them stand a few minutes, rubbing them gently between the hands to make sure that all dust and dirt is removed; rinse, and if rather dry and hard, put them into three parts of water to one of prunes; cover closely, and let them simmer for several hours. If the prunes are quite easily cooked, less water may be used. They will be tender, with a thick juice. The sweet varieties need no sugar whatever. Many persons who can not eat fruit cooked with sugar, can safely partake of sweet prunes cooked in this way. A slice of lemon added just before the prunes are done, is thought an improvement.

Scalloped Tomatoes.—Take a pint of stewed tomatoes, which have been rubbed through a colander, thicken with one and one-fourth cups of granola, or a sufficient quantity to make it quite thick, add salt if desired, and a half cup of
sweet cream; mix well, and bake for twenty minutes. Or, fill a pudding-dish with alternate layers of peeled and sliced tomatoes and bread crumbs, letting the topmost layer be of tomatoes. Cover, and bake in a moderate oven for an hour or longer, according to depth. Uncover, and brown for ten or fifteen minutes.

**Split Peas Purée.**—Stew the peas, the day previous, slowly and continuously for several hours (from four to six) until perfectly softened and until the water has nearly all evaporated. Rub them through a colander, and season with salt. In the morning add, if necessary, sufficient boiling water to make a thick purée; reheat, and serve hot. A long, slow stewing is particularly essential for the cooking of dried peas.

**Split Pea Soup.**—For each quart of soup desired, simmer one cup of split peas very slowly in three pints of boiling water for six hours, or until thoroughly dissolved. When done, rub through a colander, add salt, and slice an onion to flavor. Reheat and season with one-half cup of thin cream or a spoonful of nut meal prepared as directed elsewhere. Remove the slice of onion with a fork. Serve hot with croutons.

**Steamed Rice.**—Look over and thoroughly wash one cup of rice. Drain, spread lightly on a shallow dish, and dry in the oven. Even should it become a trifle yellowed, no harm is done. Introduce the rice into two cups of boiling water, place the dish containing it in a steamer, and allow it to cook one hour without stirring. Serve with a sauce prepared by rubbing well-cooked dried apples through a colander, and afterward evaporating, if necessary, to the consistency of marmalade.

**Stewed Beans.**—Soak the beans in cold water overnight. In the morning drain, turn hot water over them an inch deep or more, cover, and place on the range where they will just simmer, adding boiling water as needed. When nearly tender, season with salt. Cook slowly an hour or more longer, but let them be full of juice when taken up.

**Stewed Nuttose.**—Slice the nuttose, then cut into pieces not over an inch square, cover with boiling water, and cook in a double boiler for two hours or longer. The longer and more slowly it is stewed, the more rich it will be.
in flavor. A small onion, a sprig of parsley, or a few bits of celery.

Stewed Nuttose with Tomato.—Cut the nuttose into pieces not over half an inch square. Cover an inch deep with tepid water, and simmer slowly until the water is nearly evaporated. Season with salt and a cupful of stewed strained tomato to the pint of nuttose.

Stewed Peanuts and Beans.—Shell and blanch the peanuts. To each pint of blanched nuts add two quarts of water. Put them in a bean-pot, heat to boiling, then place in a slow oven, and cook for nine or ten hours. When done, they should be soft and mealy, and rich with juice. No seasoning except a little salt will be required. One-half beans which have first been parboiled may be cooked with the peanuts if preferred.

Vegetable Pea Soup.—Cook one pint of split peas until dissolved. When nearly done, put to cooking one and one-half pints of sliced potato and one medium-sized onion sliced thin. When tender, rub all through a colander, add water to make of the consistency of thin cream, and salt to taste. Reheat and serve.
THE DAILY RATION

AN EXPERIMENTAL STUDY OF THE AMOUNT AND KIND OF FOOD REQUIRED DAILY BY WORK-ING MEN AND WOMEN.

J. H. KELLOGG, M. D.

1899
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J. H. KELLOGG, M. D.
THE DAILY RATION.

BY J. H. KELLOGG, M. D.

How much food is required to maintain the average man in health while engaged in active labor? This is a question that has been very much discussed, and very different conclusions have been drawn by the various observers who have expressed opinions upon the subject. The questions involved concern not only the total amount of food required for daily sustenance, but the amount of each of the three great classes of food elements: proteids, represented by albumin and allied substances, fats, and carbohydrates, comprising the various starches and sugars.

Voit, whose results are usually made the basis of calculations respecting the daily needs of an average working man, places the total amount of water-free food required at 22.5 ounces, of which a little less than 4 ounces consist of proteids, or albuminoids, 1.9 ounces fat, and 16.6 ounces carbohydrates, or starch and sugar. Moleschott places the daily ration at 24 ounces of water-free food, 4.3 ounces consisting of proteid, 1.3 ounces fat, 18.3 ounces starch and sugar. Ranke places the daily ration at 14.6 ounces,— 3.3 ounces
albumin, 3.3 ounces fat, and 8 ounces starch and sugar. One investigator, Atwater, places the amount of albumin and fat required at over 4.2 ounces each, with 13.7 ounces of carbohydrates.

This considerable diversity of opinion respecting the needful total quantity and the required amount of each element, has led the writer to seek some more definite and exact information upon the subject of the daily ration. A series of experiments recently conducted under his supervision has developed some results which are, at least, of interest in this connection. The experiments were made in the early part of August, and consisted in carefully weighing and examining all the foods eaten by one hundred and twenty-five men and one hundred and forty women during fourteen days. The number of meals taken by the men was 3,496; by the women, 3,935.

But two daily meals were taken in the majority of cases, the meal hours being respectively 6 A. M. and 1:30 P. M. All were engaged in active work as nurses, physicians, bookkeepers, managers, chambermaids, dining-room girls, cooks, engineers, blacksmiths, farmers, carpenters, greenhouse men, etc., working from ten to fourteen hours daily.

The following tables (I and II) show the total amount of each kind of food consumed, and of the several kinds of food elements contained in each class of foods:
### Table I.

Amount of food consumed by 125 men in 14 days.

<table>
<thead>
<tr>
<th>FOODS</th>
<th>Actual Weight</th>
<th>Oz. of water-free food elements</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>lbs.</td>
<td>Proteids</td>
<td>Fats</td>
</tr>
<tr>
<td>Grains</td>
<td>2,461.75</td>
<td>3,476.04</td>
<td>561.02</td>
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<tr>
<td>Fruits</td>
<td>2,343.28</td>
<td>320.39</td>
<td>137.93</td>
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<tr>
<td>Nuts</td>
<td>276.93</td>
<td>533.50</td>
<td>1,149.43</td>
</tr>
<tr>
<td>Vegetables</td>
<td>548.93</td>
<td>278.35</td>
<td>77.16</td>
</tr>
<tr>
<td>Legumes</td>
<td>375.00</td>
<td>373.68</td>
<td>101.33</td>
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<tr>
<td>Animal products</td>
<td>210.37</td>
<td>251.36</td>
<td>370.85</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>6,218.26</strong></td>
<td><strong>5,235.32</strong></td>
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### Table II.

Amount of food consumed by 140 women in 14 days.

<table>
<thead>
<tr>
<th>FOODS</th>
<th>Actual Weight</th>
<th>Oz. of water-free food elements</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>lbs.</td>
<td>Proteids</td>
<td>Fats</td>
</tr>
<tr>
<td>Grains</td>
<td>2,980.43</td>
<td>3,565.21</td>
<td>774.66</td>
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<tr>
<td>Fruits</td>
<td>2,838.04</td>
<td>393.07</td>
<td>162.53</td>
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<tr>
<td>Nuts</td>
<td>169.50</td>
<td>466.75</td>
<td>634.60</td>
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<tr>
<td>Vegetables</td>
<td>641.31</td>
<td>316.76</td>
<td>95.82</td>
</tr>
<tr>
<td>Legumes</td>
<td>449.50</td>
<td>444.52</td>
<td>115.54</td>
</tr>
<tr>
<td>Animal products</td>
<td>137.25</td>
<td>133.61</td>
<td>310.24</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>7,215.09</strong></td>
<td><strong>5,319.92</strong></td>
<td><strong>2,093.18</strong></td>
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</table>

In the following (tables III and IV) will be found a statement of the average amount of food of all kinds consumed each day by the average man and the average woman in the experiment, together with the number of ounces of each of the several food elements consumed:
of the several elements for the average individual was found to be represented by the following figures: Proteids, 7 parts; fats, 3 parts; carbohydrates (starch and sugar), 40 parts; or in all, twenty ounces of water-free food. The most noticeable difference between these results and those of other observers is the smaller quantity of proteids and fats. The amount of carbohydrates is considerably smaller than that given by Molischott and larger than that given by Ranke. The proportionate amount of food required by men, women, and children of different ages, according to Dr. Goss in the *Bulletin of the U. S. Department of Agriculture*, is stated to be as follows:—

One meal of woman equivalent to 0.8 meal of man at moderate muscular labor.
One meal of boy, 14 to 16 yrs. of age, inclusive, equivalent to 0.8 meal of man.
One meal of girl, 14 to 16 yrs. of age, inclusive, equivalent to 0.7 meal of man.
One meal of child, 10 to 13 yrs. of age, inclusive, equivalent to 0.6 meal of man.
One meal of child, 6 to 9 yrs. of age, inclusive, equivalent to 0.5 meal of man.
One meal of child, 2 to 5 yrs. of age, inclusive, equivalent to 0.4 meal of man.
One meal of child, under 2 yrs. of age, equivalent to 0.3 meal of man.

That the ration described can be looked upon as complete and sufficient is proved by several facts:—
1. The number of persons involved in the experiment was sufficiently large to make the test a
fair one, and to avoid the sources of error which are likely to arise when the number of persons under observation is small.

2. The persons under observation were not restricted in any way whatever as regards the amount or kinds of food which they ate. A liberal bill of fare was placed before them, with instructions to choose what their appetites called for. All the persons participating in the experiment were healthy adult men and women, engaged in active work. It should also be stated that the food eaten by the persons under observation was the regular bill of fare, no change of any sort and no restrictions being made for the purpose of experiment, arrangements being simply provided whereby the exact amount of food consumed might be determined by weight and measure. This diet differs somewhat from the ordinary bill of fare, excluding flesh-foods of all kinds, but it should be mentioned that those persons who entered into the experiment were not accustomed to eating meat, having abstained from the use of flesh-foods for periods of from a few months to a number of years.

It may also be remarked in this connection that nuts and legumes were more largely used than in the ordinary bill of fare. The only animal products were milk, cream, butter, and eggs, which were quite sparingly used. Nuts constituted 11 per cent. of the total quantity of food eaten;
The graphic on page 10 shows at a glance the average strength of the men at the beginning and at the close of the observation. The total average strength was about fifteen per cent. above that of the average man. The total average strength of the women was thirty-five per cent. above that of the average woman.

Incidentally this experiment shows that a well-balanced dietary may easily be obtained from the vegetable kingdom alone, and that both health and strength may be well maintained without flesh-food. This fact is, of course, not new, as the vegetable kingdom is recognized by all physiologists as the original source of food material. Subsisting upon flesh, one is only taking vegetable food at second hand; for that a non-flesh dietary is capable of sustaining life, health, and vigor is not only demonstrated by the experience of a large part of the human family, fully three fourths of the inhabitants of the earth being practically vegetarians, but by numerous carefully conducted experiments which have been made by various physiologists. Every text-book of physiology in which this subject is referred to recognizes the sufficiency of a well-selected vegetable dietary in supporting human life at its maximum activity.

It will be noticed that the men consumed on an average more than two and one-half ounces, and the women about one and one-third, of nuts and nut preparations daily. It should be ex-
women each taking about one and one-half ounces more fruit daily, while consuming about an equal quantity less of grains. The average woman also ate a little more than one fifth of an ounce more of beans and a little less than one fifth of an ounce more of vegetables than the average man, but took an ounce less of animal products.

In studying the amount of food taken by the average man or woman in proportion to weight, we find that the amounts consumed were as follows:—

The average man ate daily of water-free food .16 ounces for each pound, or 10.12 grams per kilogram, of body weight.

The average woman ate daily of water-free food .17 ounces for each pound, or 10.83 grams per kilogram, of body weight.

From the above it appears that the average woman ate slightly more in proportion to her weight than did the average man.

Considered in relation to the total strength, using the average of the totals of ten men obtained at the beginning and at the end of the experiment, we obtain the following results:—

The average lifting capacity of the average man for the fourteen days was 4,965 pounds, or 2,256 kilograms.

The average lifting capacity of the average woman for the same period was 2,860 pounds, or 1,300 kilograms.
The average man ate daily of water-free food 1.92 grains for each pound of lifting capacity, or .27 grams for each kilogram he was able to lift.

The average woman ate daily of water-free food 3.15 grains for each pound of lifting capacity, or .45 grams for each kilogram of lifting capacity.

We see from the above that the average woman not only eats a little more than the average man in proportion to her weight, but eats two thirds more in proportion to her total strength.

This observation is in accordance with the physiological law that the proportionate amount of heat radiated by an animal increases rapidly with decrease of size or weight.

The total lifting capacity is not a measure of the actual amount of work done during the period covered by the experiment; the actual work done must, of course, sustain a much closer relation to the amount of food consumed than the working capacity; but while no attempt was made to measure or estimate the amount of work done either by the men or the women concerned in the experiment, it may be very safely said that the amount of muscular work done by the men was greater than that done by the women, though in this respect the difference would not be so great as in the average community, for the reason that a large proportion of the men were employed in indoor pursuits quite similar to, or identical with, those in which the women were engaged.
It should be remembered, also, that at least four fifths of all the energy expended by the body is consumed in heat production, so that with work nearly equal in the amount of energy expended, it could hardly be expected that the difference in the amount of food consumed by men and women would be so great as that noted in this experiment.

In relation to the total lifting capacity, it may be remarked incidentally that the dynamometer showed an average gain for the men of 53.6 pounds, and for the women of 56 pounds, in two weeks.

As bearing upon the question of the sufficiency of a diet derived wholly from the vegetable kingdom and composed practically of fruits, grains, nuts, and legumes, it is interesting to note that the men made a total gain in lifting ability of more than 63,000 pounds, and the women a gain of more than 21,000 pounds, a total of forty-two tons in two weeks.

This study of the daily ration is not presented as an exhaustive or thoroughly elaborated experiment, but merely as a statement of carefully noted facts which it is hoped may be of some value in the settlement of a question that is of immense importance in the preparation of dietaries for various educational, corrective, and charitable institutions, as well as for armies, exploring parties, and private families in which an attempt is
made to adopt a scientific dietary. This experiment, having been made in the summer season, should be considered as representing only the warm weather ration. It is the purpose to repeat the experiment in midwinter, when the results will doubtless be found to vary somewhat.

By reference to Table VI it will be observed that the amount of food eaten by the average woman in this experiment was considerably more than eight tenths of the amount eaten by the average man, being 19.5,—about three ounces more than eight tenths of the amount eaten by the average man. This difference is perhaps due to the fact that the labor of the men and the women in this experiment was practically uniform in character, nearly all being engaged in domestic work, nursing, and similar employments, requiring active but not the most vigorous muscular exertion.

In conclusion, I wish to express my obligations to my colleagues, Drs. Stewart and George, for their co-operation in this research,—to Dr. Stewart for supervising the details of the observations, and to Dr. George for the accurate examination of the foodstuffs employed.
Balanced Bills of Fare

Arranged with Reference to the Normal Family Ration, and the Needs of Special Classes of Invalids.

By J. H. Kellogg, M. D.,
Sanitarium.
BATTLE CREEK, MICH.

1899

Price 2 Cents

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BY J. H. KELLOGG, M. D.
BALANCED BILLS OF FARE.

In the following pages an attempt has been made to present a series of bills of fare for meal orders which may be helpful to those who desire to adopt a dietary in strict accordance with scientific principles. These bills of fare are arranged not only with reference to the proper combinations of food substances in relation to digestion, but also in relation to the food elements which they supply, care being taken so to adjust each meal order that the several food elements shall be combined in the right proportion to meet the requirements of the body.

The Daily Ration.—The average working individual requires about six hundred grams, or twenty ounces, of water-free food daily. The several food elements are required in the following proportion: Proteids (albumen, gluten, and allied substances), seven parts; fats, three parts; carbohydrates (starch, sugar, and dextrin), forty parts: or of proteids, 2.8 ounces; fats, 1.2 ounces; carbohydrates, 16 ounces.

The quantities have been so arranged as to make the total of each bill of fare to be either one half or one fourth of the daily ration. If two meals only are taken, one half the required amount will be consumed at each meal. If three meals are taken, the principal meal, constituting one-half ration, should be taken at midday, the morning and evening meals consisting of food easily di-
gestible, and one fourth the daily ration in quantity. If four meals are taken, one fourth the daily ration is taken at each meal, the interval between meals being about equally divided, and the food substances taken should be such as may be quickly digested.

The most convenient and satisfactory hours, if two meals are taken, are 8 A. M. and 3 P. M., allowing seven hours between meals. If three meals are taken, 7 A. M., 12:30 P. M., and 6 P. M., are suitable hours, the 12:30 meal being the principal one. If four meals are taken, 7, 11, 3, and 7 are perhaps the most suitable, but 8, 12, 3, and 7 may be employed, if care is taken to make the 8 o’clock and 3 o’clock meals the principal ones, taking at 12 M. and 7 P. M. only those articles that are very quickly digested, such as fresh or sweet fruits, rice, kumyss, buttermilk, grape-juice, and similar foods. In some instances the whole bill of fare consists of but one or two articles. These are of course designed for use in special cases,—those requiring the greatest possible simplicity in diet.

A number of bills of fare are added, which are arranged with special reference to an excess or a deficiency of certain elements. These are intended for use in the dietetic treatment of obesity, diabetes, emaciation, and other morbid conditions, as indicated. An endless variety of combinations can be made from the accompanying list of food substances, and the list may be enlarged at will by the necessary chemical examination of other substances in the condition in which they are served at table.

It is understood, of course, that the substances referred to in the balanced bills of fare are pre-
pared according to definite formulas, which must be accurately followed. These formulas, or recipes, may be obtained by any one who desires them, by addressing the Modern Medicine Pub. Co., Battle Creek, Mich.

It will be noted that all flesh foods are excluded from the bills of fare. One purpose in their preparation has been to show that flesh foods are wholly unnecessary for a well-balanced and thoroughly sufficient bill of fare, provided the bill of fare includes all classes of vegetable foods, and nuts.

The nut preparations referred to under the names of nuttole, maltol, nut butter, almond cream, malted nuts, and ambrosia present this class of food substances in a form easily digestible. Some one or more of these products—probably all of them—can be readily digested even by persons whose digestion is so feeble that almost all other food substances are rejected. Persons whose digestive functions are very vigorous may be able to digest nuts without any special preparation other than thorough mastication, but when they are used in the raw state, a very considerable portion of the nutritive elements is lost, being discharged without being digested; whereas in the prepared state in which nuts are presented in the various nut products referred to, this class of highly nutritious food substances is not only very quickly, but also completely digested and assimilated.
Table Showing the Amount of the Several Classes of Food Elements in Given Weights of Various Food Substances as Usually Eaten, and the Number of Calories.

[By means of the table given below it will be found quite easy to arrange balanced bills of fare by selecting such combinations or articles as will give, with the proper bulk, the necessary proteids (2.8 oz.), fats (1.2 oz.), carbohydrates (16 oz.), calories, or heat units (2,542).]

<table>
<thead>
<tr>
<th>FOODS</th>
<th>Weight OZ</th>
<th>MEASURE</th>
<th>Per Cent. of</th>
<th>Calories in 100 c.c.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Proteins</td>
<td>Fats</td>
</tr>
<tr>
<td>Bananas</td>
<td>2.0</td>
<td>1 peeled</td>
<td>1.4</td>
<td>1.4</td>
</tr>
<tr>
<td>Oranges</td>
<td>2.5</td>
<td>1 peeled</td>
<td>1.3</td>
<td>11.1</td>
</tr>
<tr>
<td>Lemons</td>
<td>2.5</td>
<td>1 peeled</td>
<td>1.1</td>
<td>3.9</td>
</tr>
<tr>
<td>Berries, stewed</td>
<td>9.8</td>
<td>.5 pt.</td>
<td>1.4</td>
<td>15.6</td>
</tr>
<tr>
<td>Prunes, stewed</td>
<td>9.2</td>
<td>.5 pt.</td>
<td>1.8</td>
<td>1.9</td>
</tr>
<tr>
<td>Raisins, stewed</td>
<td>9.2</td>
<td>.5 pt.</td>
<td>1.8</td>
<td>1.9</td>
</tr>
<tr>
<td>Apple sauce</td>
<td>9.5</td>
<td>.5 pt.</td>
<td>1.8</td>
<td>2.4</td>
</tr>
<tr>
<td>Peaches, canned</td>
<td>9.2</td>
<td>.5 pt.</td>
<td>1.7</td>
<td>1.2</td>
</tr>
<tr>
<td>Fruit-juice</td>
<td>8.8</td>
<td>.5 pt.</td>
<td>1.7</td>
<td>1.4</td>
</tr>
<tr>
<td>Sauce for grains</td>
<td>8.5</td>
<td>.5 pt.</td>
<td>1.7</td>
<td>1.4</td>
</tr>
<tr>
<td>Apples, fresh</td>
<td>13.0</td>
<td>2 large or</td>
<td>11.0</td>
<td></td>
</tr>
<tr>
<td>Grapes, fresh</td>
<td>5.0</td>
<td>1 av. bunch</td>
<td>16.3</td>
<td></td>
</tr>
<tr>
<td>Peaches, fresh</td>
<td>3.0</td>
<td>1 peeled</td>
<td>12.5</td>
<td></td>
</tr>
<tr>
<td>Apricot, canned</td>
<td>9.5</td>
<td>.5 pt.</td>
<td>11.4</td>
<td></td>
</tr>
<tr>
<td>Grape pulp</td>
<td>9.5</td>
<td>.5 pt.</td>
<td>2.2</td>
<td></td>
</tr>
<tr>
<td>Blackberry, can'd</td>
<td>9.5</td>
<td>.5 pt.</td>
<td>12.7</td>
<td></td>
</tr>
<tr>
<td>Cherry, canned</td>
<td>9.5</td>
<td>.5 pt.</td>
<td>11.5</td>
<td></td>
</tr>
<tr>
<td>Pear</td>
<td>9.5</td>
<td>.5 pt.</td>
<td>6.8</td>
<td></td>
</tr>
<tr>
<td>Strawberry, can'd</td>
<td>9.5</td>
<td>.5 pt.</td>
<td>5.9</td>
<td></td>
</tr>
<tr>
<td>Whortleb'y</td>
<td>9.5</td>
<td>.5 pt.</td>
<td>5.9</td>
<td></td>
</tr>
<tr>
<td>Melon</td>
<td>1.0</td>
<td>.3</td>
<td>2.2</td>
<td></td>
</tr>
<tr>
<td>Plum</td>
<td>4.5</td>
<td>.4</td>
<td>49.8</td>
<td></td>
</tr>
<tr>
<td>Fig</td>
<td>1.0</td>
<td>.5</td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>8.0</td>
<td>1 medium</td>
<td>3.1</td>
<td></td>
</tr>
<tr>
<td>Apple, baked</td>
<td>5.5</td>
<td>1 large</td>
<td>3.1</td>
<td></td>
</tr>
<tr>
<td>Rice, steamed</td>
<td>5.75</td>
<td>.5 pt.</td>
<td>6.4</td>
<td>3.9</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>5.75</td>
<td>.5 pt.</td>
<td>5.7</td>
<td>3.9</td>
</tr>
<tr>
<td>Crystal wheat</td>
<td>7.1</td>
<td>.5 pt.</td>
<td>5.6</td>
<td>1.9</td>
</tr>
<tr>
<td>Gluten mush</td>
<td>8.25</td>
<td>.5 pt.</td>
<td>5.8</td>
<td>1.9</td>
</tr>
<tr>
<td>Graham mush</td>
<td>7.1</td>
<td>.5 pt.</td>
<td>5.7</td>
<td>1.9</td>
</tr>
<tr>
<td>Wheatose</td>
<td>7.1</td>
<td>.5 pt.</td>
<td>5.7</td>
<td>1.9</td>
</tr>
<tr>
<td>Rice with nutr.</td>
<td>6.5</td>
<td>.5 pt.</td>
<td>4.3</td>
<td>1.3</td>
</tr>
<tr>
<td>Macaroni</td>
<td>6.5</td>
<td>.5 pt.</td>
<td>2.1</td>
<td>1.3</td>
</tr>
</tbody>
</table>

* For further information upon this subject see paper by the author entitled "The Daily Ration."
<table>
<thead>
<tr>
<th>FOODS</th>
<th>Weight</th>
<th>MEASURE</th>
<th>PER CENT. OF PROTEINS</th>
<th>PER CENT. OF FATS</th>
<th>PER CENT. OF CARBO</th>
<th>Calories in one oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Granola</td>
<td>4.25</td>
<td>.5 pt.</td>
<td>15.0</td>
<td>3.0</td>
<td>75.0</td>
<td>114</td>
</tr>
<tr>
<td>Granose</td>
<td>2.75</td>
<td>4</td>
<td>13.4</td>
<td>2.3</td>
<td>79.1</td>
<td>117</td>
</tr>
<tr>
<td>Zwieback</td>
<td>2.2</td>
<td>2 pieces</td>
<td>13.6</td>
<td>2.2</td>
<td>78.2</td>
<td>104</td>
</tr>
<tr>
<td>Graham crackers</td>
<td>3.0</td>
<td>6</td>
<td>9.8</td>
<td>13.6</td>
<td>70.0</td>
<td>126</td>
</tr>
<tr>
<td>W. W. Wafers</td>
<td>2.5</td>
<td>6</td>
<td>9.8</td>
<td>13.6</td>
<td>70.0</td>
<td>128</td>
</tr>
<tr>
<td>Beaten biscuit</td>
<td>2.25</td>
<td>6</td>
<td>11.7</td>
<td>1.2</td>
<td>80.0</td>
<td>110</td>
</tr>
<tr>
<td>Sticks</td>
<td>2.0</td>
<td>12</td>
<td>11.7</td>
<td>1.2</td>
<td>80.0</td>
<td>110</td>
</tr>
<tr>
<td>Rolls</td>
<td>4.0</td>
<td>6</td>
<td>11.7</td>
<td>1.2</td>
<td>80.0</td>
<td>110</td>
</tr>
<tr>
<td>Passover bread</td>
<td>3.75</td>
<td>12</td>
<td>11.7</td>
<td>1.2</td>
<td>80.0</td>
<td>110</td>
</tr>
<tr>
<td>Graham bread</td>
<td>1.0</td>
<td>1 piece</td>
<td>9.5</td>
<td>1.4</td>
<td>33.3</td>
<td>80</td>
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<tr>
<td>W. W. bread</td>
<td>1.0</td>
<td>1 piece</td>
<td>9.8</td>
<td>1.4</td>
<td>30.7</td>
<td>75</td>
</tr>
<tr>
<td>W. bread</td>
<td>1.0</td>
<td>1 piece</td>
<td>8.8</td>
<td>1.7</td>
<td>36.3</td>
<td>81</td>
</tr>
<tr>
<td>Nut-gravy toast</td>
<td>6.0</td>
<td>1 piece</td>
<td>6.8</td>
<td>1.1</td>
<td>35.0</td>
<td>52</td>
</tr>
<tr>
<td>Prune toast</td>
<td>6.0</td>
<td>1 piece</td>
<td>6.8</td>
<td>1.1</td>
<td>35.0</td>
<td>52</td>
</tr>
<tr>
<td>Berry toast</td>
<td>6.0</td>
<td>1 piece</td>
<td>6.8</td>
<td>1.1</td>
<td>35.0</td>
<td>52</td>
</tr>
<tr>
<td>Cream toast</td>
<td>6.0</td>
<td>1 piece</td>
<td>6.8</td>
<td>1.1</td>
<td>35.0</td>
<td>52</td>
</tr>
<tr>
<td>Nuttose roast</td>
<td>6.0</td>
<td>.5 pt.</td>
<td>4.3</td>
<td>1.9</td>
<td>12.5</td>
<td>25</td>
</tr>
<tr>
<td>Nutt's and tomato</td>
<td>8.75</td>
<td>.5 pt.</td>
<td>4.3</td>
<td>1.9</td>
<td>12.5</td>
<td>25</td>
</tr>
<tr>
<td>Potato, mashed</td>
<td>7.75</td>
<td>.5 pt.</td>
<td>3.2</td>
<td>1.5</td>
<td>27.5</td>
<td>36</td>
</tr>
<tr>
<td>Vegetables, fresh</td>
<td>8.0</td>
<td>.5 pt.</td>
<td>1.6</td>
<td>.3</td>
<td>4.0</td>
<td>8</td>
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<tr>
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<td>8.0</td>
<td>.5 pt.</td>
<td>.8</td>
<td>1.5</td>
<td>1.25</td>
<td>3</td>
</tr>
<tr>
<td>Potato, baked</td>
<td>4.0</td>
<td>1 medium</td>
<td>3.2</td>
<td>.15</td>
<td>27.5</td>
<td>36</td>
</tr>
<tr>
<td>Nut gravy</td>
<td>9.0</td>
<td>.5 pt.</td>
<td>...</td>
<td>...</td>
<td>...</td>
<td>...</td>
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<tr>
<td>Soup</td>
<td>8.5</td>
<td>.5 pt.</td>
<td>...</td>
<td>...</td>
<td>...</td>
<td>...</td>
</tr>
<tr>
<td>Sugar</td>
<td>7.0</td>
<td>.5 pt.</td>
<td>...</td>
<td>...</td>
<td>97.8</td>
<td>111</td>
</tr>
<tr>
<td>Beans, boiled</td>
<td>8.75</td>
<td>.5 pt.</td>
<td>...</td>
<td>...</td>
<td>97.8</td>
<td>111</td>
</tr>
<tr>
<td>Cream</td>
<td>8.5</td>
<td>.5 pt.</td>
<td>3.7</td>
<td>31.3</td>
<td>2.8</td>
<td>75</td>
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<tr>
<td>Milk</td>
<td>8.5</td>
<td>.5 pt.</td>
<td>3.6</td>
<td>3.4</td>
<td>4.7</td>
<td>21</td>
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<tr>
<td>Egg</td>
<td>1.5</td>
<td>1</td>
<td>1.4</td>
<td>10.5</td>
<td>...</td>
<td>47</td>
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<tr>
<td>Ster. butter</td>
<td>1.0</td>
<td>.5 pt.</td>
<td>...</td>
<td>...</td>
<td>...</td>
<td>...</td>
</tr>
<tr>
<td>Kumyss</td>
<td>8.5</td>
<td>.5 pt.</td>
<td>3.2</td>
<td>3.6</td>
<td>4.7</td>
<td>20</td>
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<tr>
<td>Cottage cheese</td>
<td>8.5</td>
<td>.5 pt.</td>
<td>3.6</td>
<td>3.7</td>
<td>7.0</td>
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<tr>
<td>Malted nuts</td>
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<td>23.2</td>
<td>20.4</td>
<td>43.0</td>
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<tr>
<td>Almond cream</td>
<td>2.75</td>
<td>.5 pt.</td>
<td>2.7</td>
<td>26.7</td>
<td>2.8</td>
<td>75</td>
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<tr>
<td>Nut butter</td>
<td>16.4</td>
<td>14</td>
<td>16.4</td>
<td>26.4</td>
<td>9.5</td>
<td>101</td>
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<tr>
<td>Bromose</td>
<td>1.0</td>
<td>2 cakes</td>
<td>16.7</td>
<td>16.7</td>
<td>16.7</td>
<td>135</td>
</tr>
<tr>
<td>Maltol</td>
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<td>.5 pt.</td>
<td>...</td>
<td>...</td>
<td>...</td>
<td>...</td>
</tr>
<tr>
<td>Nuttose</td>
<td>3.0</td>
<td>.5 pt.</td>
<td>30.0</td>
<td>30.0</td>
<td>18.0</td>
<td>139</td>
</tr>
<tr>
<td>Nuttolene</td>
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<td>.5 pt.</td>
<td>30.0</td>
<td>30.0</td>
<td>18.0</td>
<td>139</td>
</tr>
<tr>
<td>Nut meal</td>
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<td>.5 pt.</td>
<td>28.3</td>
<td>46.2</td>
<td>1.8</td>
<td>161</td>
</tr>
<tr>
<td>Stewed nuttolene</td>
<td>9.0</td>
<td>.5 pt.</td>
<td>19.3</td>
<td>3.6</td>
<td>.0</td>
<td>17</td>
</tr>
<tr>
<td>Beefsteak</td>
<td>9.0</td>
<td>.5 pt.</td>
<td>19.3</td>
<td>3.6</td>
<td>.0</td>
<td>17</td>
</tr>
</tbody>
</table>
# MENUS.

## FRUIT DIET.

**ONE-FOURTH RATION.—635 FOOD UNITS.**

<table>
<thead>
<tr>
<th>Ounces</th>
<th>Proteids</th>
<th>Fats</th>
<th>Carbohydrates</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>.7</td>
<td>.3</td>
<td>450</td>
<td>635</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOODS</th>
<th>Weight</th>
<th>MEASURE</th>
<th>Calories OR FOOD UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Required Amount of Proteids, Carbohydrates in Excess.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>23</td>
<td>1 1/2 lbs.</td>
<td>Proteids, 31</td>
</tr>
<tr>
<td><strong>1</strong> Apples</td>
<td>15</td>
<td>2 1/2</td>
<td>Fats, 60</td>
</tr>
<tr>
<td>Peaches</td>
<td>23</td>
<td>15</td>
<td>Carbo., 660</td>
</tr>
<tr>
<td></td>
<td>61</td>
<td></td>
<td><strong>Total</strong>, 1,011</td>
</tr>
</tbody>
</table>

<p>| <strong>Required Amount of Carbohydrates, Proteids Deficient.</strong> |
| Grapes    | 10 oz., 2 av. bunches | Proteids, 32 |
| <strong>2</strong> Apples | 15     | 3 medium | Fats, 60          |
| Peaches   | 15     | 5        | Carbo., 602       |
|           | 40     |          | <strong>Total</strong>, 634     |
| Apples    | 26     | 4        | Proteids, 28      |
| Figs      | 4      |          | Fats, 60          |
|           | 30     |          | Carbo., 594       |
|           |        |          | <strong>Total</strong>, 632     |
| Grapes    | 32 1/2 | 2 lbs.  | Proteids, 28      |
| <strong>4</strong> Apples | 45     | 7       | Fats, 60          |
|           |        |          | Carbo., 601       |
|           |        |          | <strong>Total</strong>, 629     |
| Apples    | 45     | 7       | Proteids, 25      |
| <strong>5</strong> Peaches | 42     | 14      | Fats, 60          |
|           |        |          | Carbo., 612       |
|           |        |          | <strong>Total</strong>, 637     |
| Prunes, stewed | 14 | 3 | Proteids, 42 |
| Oranges   | 5      | 3       | Fats, 60          |
|           |        |          | Carbo., 506       |
|           |        |          | <strong>Total</strong>, 644     |
|           |        |          | <strong>Total</strong>, 631     |</p>
<table>
<thead>
<tr>
<th>FOODS</th>
<th>Weight oz</th>
<th>MEASURE</th>
<th>PROTEINS</th>
<th>FATS</th>
<th>CARBOHYDRATES</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raisins, stewed</td>
<td>4</td>
<td>1/2 pt.</td>
<td>Proteins</td>
<td>202</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples, baked</td>
<td>4</td>
<td>1</td>
<td>Fats</td>
<td>82</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grape-juice</td>
<td>4</td>
<td>1/2 pt.</td>
<td>Carbo.,</td>
<td>999</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granose biscuit</td>
<td>9</td>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>21</strong></td>
<td><strong>1,283</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches, canned</td>
<td>8</td>
<td>1/2 pt.</td>
<td>Proteins</td>
<td>200</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crystal wheat</td>
<td>6</td>
<td>1/2 pt.</td>
<td>Fats</td>
<td>81</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sticks</td>
<td>2</td>
<td>12</td>
<td>Carbo.,</td>
<td>998</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granose biscuit</td>
<td>5</td>
<td>7</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>22</strong></td>
<td><strong>1,279</strong></td>
<td></td>
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<tr>
<td>Granose biscuit</td>
<td>9</td>
<td>13</td>
<td>Proteins</td>
<td>204</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>4</td>
<td>1</td>
<td>Fats</td>
<td>55</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>4</td>
<td>1 banch</td>
<td>Carbo.,</td>
<td>981</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple, baked</td>
<td>4</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>21</strong></td>
<td><strong>1,240</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granose biscuit</td>
<td>9</td>
<td>13</td>
<td>Proteins</td>
<td>226</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whortleberry</td>
<td>26</td>
<td>1 1/2 pt.</td>
<td>Fats</td>
<td>53</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Carbo.,</td>
<td>981</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>35</strong></td>
<td><strong>1,260</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Fruit-juice</td>
<td>18</td>
<td>1 pt.</td>
<td>Proteins</td>
<td>208</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granola</td>
<td>9</td>
<td>1 pt.</td>
<td>Fats</td>
<td>103</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Carbo.,</td>
<td>953</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>27</strong></td>
<td><strong>1,264</strong></td>
<td></td>
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</tbody>
</table>
### Grains and Nuts

#### One-Half Ration — 1270 Food Units

<table>
<thead>
<tr>
<th>Foods</th>
<th>Weight Oz.</th>
<th>Measure</th>
<th>Calories or Food Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Granose biscuit</td>
<td>8½</td>
<td>12</td>
<td>Proteids: 186, Fats: 153, Carbo.: 932</td>
</tr>
<tr>
<td>Maltol</td>
<td>2</td>
<td></td>
<td>Total: 1,270</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almond cream</td>
<td>6</td>
<td>¾ pt.</td>
<td>Total: 1,248</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macaroni</td>
<td>6</td>
<td>½ pt.</td>
<td>Proteids: 210, Fats: 95, Carbo.: 984</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>1</td>
<td></td>
<td>Total: 1,289</td>
</tr>
</tbody>
</table>

### Fruits, Grains, and Nuts

#### One-Half Ration — 1270 Food Units

<table>
<thead>
<tr>
<th>Foods</th>
<th>Weight Oz.</th>
<th>Measure</th>
<th>Calories or Food Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berry toast</td>
<td>8</td>
<td>1</td>
<td>Proteids: 203, Fats: 193, Carbo.: 668</td>
</tr>
<tr>
<td></td>
<td></td>
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<td>Total: 1,262</td>
</tr>
<tr>
<td>Gluten mush</td>
<td>5</td>
<td>½ pt.</td>
<td></td>
</tr>
<tr>
<td>Maltol</td>
<td>3</td>
<td>¾ pt.</td>
<td></td>
</tr>
<tr>
<td>Granose</td>
<td>2</td>
<td>3½</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total: 1,262</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>2½</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W. W. Wafers</td>
<td>6</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total: 1,274</td>
</tr>
</tbody>
</table>

Rice, browned: 6 ½ pt.
Pear sauce: 6 ½ pt.
Nuttolene: 1 10
Granose biscuit: 7 23
<table>
<thead>
<tr>
<th>FOODS</th>
<th>Weight (oz)</th>
<th>MEASURE</th>
<th>CALORIES OR FOOD UNITS</th>
<th>PROTEINS</th>
<th>FATS</th>
<th>CARBOHYDRATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal wheat</td>
<td>6</td>
<td>1/2 pt</td>
<td></td>
<td>255</td>
<td>221</td>
<td>774</td>
</tr>
<tr>
<td>Nuttolene</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granose biscuit</td>
<td>5</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berries</td>
<td>6</td>
<td>1/2 pint</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Total</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Peaches, fresh</td>
<td>5</td>
<td>1</td>
<td></td>
<td>175</td>
<td>148</td>
<td>950</td>
</tr>
<tr>
<td>Zwieback</td>
<td>9</td>
<td>9 slices</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maltol</td>
<td>2</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beaten biscuit</td>
<td>4</td>
<td>11</td>
<td></td>
<td>200</td>
<td>389</td>
<td>730</td>
</tr>
<tr>
<td>Plums, canned</td>
<td>10</td>
<td>1/2 pt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuttolene</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maltol</td>
<td>2 1/2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>12</td>
<td>2 large bunches</td>
<td></td>
<td>212</td>
<td>119</td>
<td>763</td>
</tr>
<tr>
<td>Malted nuts</td>
<td>1 1/2</td>
<td>1/2 pt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granola</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>22</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches, stewed</td>
<td>12</td>
<td>1/2 pt</td>
<td></td>
<td>216</td>
<td>160</td>
<td>763</td>
</tr>
<tr>
<td>Malted nuts</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granola</td>
<td>5</td>
<td>1/2 pt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graham bread</td>
<td>8</td>
<td>8 slices</td>
<td></td>
<td>208</td>
<td>191</td>
<td>910</td>
</tr>
<tr>
<td>Nut butter</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td>16</td>
<td>1 pt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berries</td>
<td>8</td>
<td>1/2 pt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granose biscuit</td>
<td>1</td>
<td>3 split</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Melon</td>
<td>1</td>
<td>small piece</td>
<td></td>
<td>222</td>
<td>117</td>
<td>910</td>
</tr>
<tr>
<td>Wheatose</td>
<td>8</td>
<td>1/2 pt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Malted nuts</td>
<td>1 1/2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sticks</td>
<td>6</td>
<td>36</td>
<td></td>
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<tr>
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<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>16 1/2</td>
<td></td>
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</table>

Total: 1,257 200 730

Total: 1,257

Total: 1,276

Total: 1,310

Total: 1,094

Total: 1,139

Total: 1,309

Total: 1,249
## FRUITS, GRAINS, AND NUTS—Continued.

<table>
<thead>
<tr>
<th>FOODS</th>
<th>Weight</th>
<th>MEASURE</th>
<th>CALORIES OR FOOD UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuttose &amp; tomato</td>
<td>8</td>
<td>1/2 pt.</td>
<td>Proteins, 575</td>
</tr>
<tr>
<td>Apples</td>
<td>6</td>
<td>1 small.</td>
<td>Fats, 274</td>
</tr>
<tr>
<td>Nutfolene</td>
<td>3</td>
<td></td>
<td>Carbo., 346</td>
</tr>
<tr>
<td>Granose biscuit</td>
<td>1</td>
<td>1 1/2</td>
<td>Total, 995</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice, steamed</td>
<td>8</td>
<td>3/4 pt.</td>
<td>Proteins, 214</td>
</tr>
<tr>
<td>Nutfolene</td>
<td>2</td>
<td>6</td>
<td>Fats, 180</td>
</tr>
<tr>
<td>Granose biscuit</td>
<td>4</td>
<td>2</td>
<td>Carbo., 880</td>
</tr>
<tr>
<td>Apples</td>
<td>14</td>
<td></td>
<td>Total, 1,274</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>28</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes, fresh</td>
<td>8</td>
<td>1 large bunch</td>
<td>Proteins, 214</td>
</tr>
<tr>
<td>Granola</td>
<td>7</td>
<td></td>
<td>Carbo., 855</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>17</td>
<td></td>
<td>Total, 1,227</td>
</tr>
<tr>
<td>Rice, steamed</td>
<td>8</td>
<td>3/4 pt.</td>
<td>Proteins, 195</td>
</tr>
<tr>
<td>Nutfolose roast</td>
<td>5</td>
<td></td>
<td>Fats, 194</td>
</tr>
<tr>
<td>Almond cream</td>
<td>2</td>
<td>6 pieces.</td>
<td>Carbo., 888</td>
</tr>
<tr>
<td>Zwieback</td>
<td>6</td>
<td></td>
<td>Total, 1,280</td>
</tr>
<tr>
<td>Prunes, stewed</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples, fresh</td>
<td>20</td>
<td>4</td>
<td>Proteins, 195</td>
</tr>
<tr>
<td>Granose biscuit</td>
<td>6</td>
<td>8 1/2</td>
<td>Fats, 195</td>
</tr>
<tr>
<td>Bromose</td>
<td>2</td>
<td>4 cakes</td>
<td>Carbo., 900</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>28</td>
<td></td>
<td>Total, 1,296</td>
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<td>6</td>
<td>8 1/2</td>
<td>Proteins, 261</td>
</tr>
<tr>
<td>Ambrosia or Malted nuts</td>
<td>4</td>
<td></td>
<td>Fats, 243</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Carbo., 762</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>10</td>
<td></td>
<td>Total, 1,266</td>
</tr>
<tr>
<td>Zwieback</td>
<td>7</td>
<td>6 1/2 pieces.</td>
<td>Proteins, 155</td>
</tr>
<tr>
<td>Maltol</td>
<td>4</td>
<td></td>
<td>Fats, 240</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Carbo., 895</td>
</tr>
<tr>
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<td>2½</td>
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## NUTS AND FRUITS.

**ONE-HALF RATION. — 1270 FOOD UNITS.**

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<tr>
<td></td>
<td>Oz.</td>
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<td>19⅓/₂</td>
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<td>Fats, 389</td>
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<tr>
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<tr>
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<tr>
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<td>50</td>
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<td></td>
<td>38</td>
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</tr>
<tr>
<td>Grape pulp</td>
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<td>⅔ pt.</td>
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### MILK DIET.

**ONE-HALF RATION.—1270 FOOD UNITS.**

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<th>Measure</th>
<th>CALORIES OR FOOD UNITS</th>
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</thead>
<tbody>
<tr>
<td>Kumyss</td>
<td>24</td>
<td>1 1/2 pt.</td>
<td>Proteids, 196</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>7</td>
<td>1/2 pt.</td>
<td>Fats, 898</td>
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<tr>
<td>Cream</td>
<td>9</td>
<td>1/2 pt.</td>
<td>Carbo., 159</td>
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### MILK AND EGG DIET.

**ONE-HALF RATION.—1270 FOOD UNITS.**

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<th>Weight Oz.</th>
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<th>CALORIES OR FOOD UNITS</th>
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</thead>
<tbody>
<tr>
<td>Cream toast</td>
<td>8</td>
<td>1 slice</td>
<td>Proteids, 200</td>
</tr>
<tr>
<td>Poached eggs</td>
<td>3</td>
<td>2</td>
<td>Fats, 707</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>6 1/2</td>
<td>1/2 pt.</td>
<td>Carbo., 387</td>
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<tr>
<td>Cream</td>
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<td>1/2 pt.</td>
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<tr>
<td>Total</td>
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</tr>
<tr>
<td>Granose biscuit</td>
<td>4</td>
<td>6</td>
<td>Proteids, 210</td>
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<tr>
<td>Peanuts</td>
<td>3</td>
<td>shelled</td>
<td>Fats, 683</td>
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<tr>
<td>Plums, canned</td>
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<td>1/2 pt.</td>
<td>Carbo., 387</td>
</tr>
<tr>
<td>Total</td>
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</tr>
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<td>Granose biscuit</td>
<td>5</td>
<td>7</td>
<td>Proteids, 207</td>
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<tr>
<td>Almond nuts</td>
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<td>meats</td>
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<tr>
<td>Pears</td>
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<td>Carbo., 587</td>
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<tr>
<td>Total</td>
<td>16</td>
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<td>Granose</td>
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<td>Hazelnuts</td>
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<td>meats</td>
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<tr>
<td>Prunes, canned</td>
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<td>1/2 pt.</td>
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<tr>
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## MISCELLANEOUS.

**ONE-HALF RATION.— 1270 FOOD UNITS.**

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<th>Weight</th>
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<th>CALORIES OR FOOD UNITS</th>
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</thead>
<tbody>
<tr>
<td>Proteose</td>
<td>7</td>
<td>½ lb.</td>
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<tr>
<td>Oatmeal</td>
<td>2½</td>
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<tr>
<td>Bread, white</td>
<td>6</td>
<td>6 slices</td>
<td>Carbo., 925</td>
</tr>
<tr>
<td>Potato</td>
<td>6</td>
<td>½ pt.</td>
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<tr>
<td>Beans</td>
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</tr>
<tr>
<td>Bananas</td>
<td>7</td>
<td>3</td>
<td>Total, 1,445</td>
</tr>
</tbody>
</table>

| Eggs          | 3      | 2       | Protoids, 197          |
| Bread, white  | 5      | 5 slices | Fats, 526              |
| Oatmeal       | 8      | ½ pt.   | Carbo., 599            |
| Butter        | 2      |         | Total, 1,315           |

| Bread, white  | 10     | 10 slices | Protoids, 199          |
| Milk          | 8      | ½ pt.    | Fats, 438              |
| Cream         | 5      | ½ pt.    | Carbo., 633            |
|               |        |          | Total, 1,390           |

| Kumyss        | 13     | ¾ pt.   | Protoids, 296          |
| Maltesed nuts | 7      |         | Fats, 484              |
|               |        |          | Carbo., 461            |
|               |        |          | Total, 1,241           |

| Passover bread| 4      | 13 pieces | Protoids, 209          |
| Macaroni      | 4      | ¼ pt.    | Fats, 162              |
| Tomato        | 9      | 1        | Carbo., 818            |
| Bromose       | 2      |          | Total, 1,180           |

| Beefsteak     | 8      | ½ lb.    | Protoids, 364          |
| Potato        | 10     | ¾ pt.    | Fats, 113              |
| Bread, white  | 8      | 8 slices | Carbo., 825            |
|               |        |          | Total, 1,300           |

| String beans  | 8      | ½ pt.    | Protoids, 205          |
| Tomatoes      | 16     | 2 large  | Fats, 499              |
| Soup          | 12     | ⅛ pt.    | Carbo., 619            |
| Nutrose roast | 7      | ½ pt.    | Total, 1,373           |
| Graham bread  | 7      | 7 slices |                        |
| Sterilized butter | 1½ |         |                        |

<p>|               | 51½    |          | Total, 1,373           |</p>
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<td>3</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>9</td>
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</tr>
<tr>
<td></td>
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<td>½ pt.</td>
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<tr>
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<td>Green pea soup</td>
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### MISCELLANEOUS. — Continued.

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<th>MEASURE</th>
<th>CALORIES OR FOOD UNITS</th>
</tr>
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<tbody>
<tr>
<td>Zwieback</td>
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<td>Proteids, 204</td>
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<tr>
<td>Mashed potato</td>
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<td>1/2 pt.</td>
<td>Fats, 252</td>
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<tr>
<td>Wax beans</td>
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<td>1/2 pt.</td>
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<tr>
<td>63 Cream</td>
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<tr>
<td>Buttermilk</td>
<td>8.5</td>
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<tr>
<td>Graham bread</td>
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**Total, 32.5**

### ONE-FOURTH RATION. — 635 FOOD UNITS.

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<th>Weight</th>
<th>MEASURE</th>
<th>CALORIES OR FOOD UNITS</th>
</tr>
</thead>
<tbody>
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<td>6 1/2</td>
<td>Proteids, 100</td>
</tr>
<tr>
<td>Apples</td>
<td>22</td>
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<td>Fats, 23</td>
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<tr>
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<td>26</td>
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<tr>
<td></td>
<td></td>
<td></td>
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<tr>
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<td>6 1/2</td>
<td>Proteids, 100</td>
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<td>17</td>
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<td>6 1/2</td>
<td>Proteids, 100</td>
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<tr>
<td>Grapes</td>
<td>15</td>
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<td>Fats, 23</td>
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<tr>
<td></td>
<td>19</td>
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<td>Carbo., 636</td>
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<td>67 Granose biscuit</td>
<td>3 1/2</td>
<td>5</td>
<td>Proteids, 102</td>
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<td>Apples</td>
<td>13</td>
<td>2</td>
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<td>4</td>
<td>Carbo., 600</td>
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<td>Total, 750</td>
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<td>9</td>
<td>4 1/2</td>
<td>Proteids, 73</td>
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<tr>
<td>Bromose</td>
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<td>4 cakes</td>
<td>Fats, 155</td>
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<td></td>
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<td>3 1/2</td>
<td>Proteids, 79</td>
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<tr>
<td>9 Bromose</td>
<td>2</td>
<td>4 cakes</td>
<td>Fats, 165</td>
</tr>
<tr>
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<td>4</td>
<td>Carbo., 398</td>
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<td>Total, 642</td>
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Menu

Dinner

Battle Creek Sanitarium,
Battle Creek, Mich.
MENU

DINNER

THURSDAY, OCTOBER 31, 1901.

SOUPS

Cream of Lentil
Tomato with Rice

ENTREES

Pease and Celery Croquettes—Parsley Sauce
Sliced Nuttolene—Plum Jelly
Broiled Protose—Tomato Sauce

RElishes and Salads

Cottage Cheese
Nut and Fruit

Vegetables

Mashed Potatoes
Spinach
Carrots in Cream
Wax Beans

Dextrinized Grains

Toasted Whole-wheat Wafers
Granose Flakes
Crystal Wheat
Roasted Rice
Granola
Porridge
Zwieback
Browned Granose Biscuits
Granola
Dry Gluten

Toasted Wheat Flakes
CEREALS
Granola Porridge—Raisins  Pearled Barley

LIQUID FOODS and BEVERAGES
Vegetable Broth  Caramel-Cereal
Gluten Gruel  Fruit Nectar  Dairy Cream
Sterilized Dairy Milk  Almond Cream  Graham Gruel

FERMENTED BREADS
Coarse Graham Bread  Whole Wheat Bread  White Bread

UNFERMENTED BREADS
Beaten Biscuits  Passover Bread
Graham Crackers  Cocoanut Crisps

COOKED FRUITS
Prunes  Pears  Strawberries

FRESH FRUITS
Grapes  Apples  Bananas

DESSERTS
Cream Rice Pudding  Shelled Pecans
ARTICLES SERVED TO ORDER

Carbon Crackers  Gluten Biscuit No. 1
Gluten Wafers  Dyspeptic Wafers
Popped Corn
Vegetable Bouillon
Junket  Buttermilk  Kumyss  Kumyzoon
Milk with Lime Water
Tomato Sauce  Stewed Tomatoes
Corn Pulp  Granose Balls  Protose Patties
Floated Eggs  Egg Nogg
Green Peas  Bean Puree  Pease Puree
Milk Custard  Prune Marmalade

Malted Foods

Malt  Honey  Maltol  Malted Nuts
Sanitas Food  Bromose

Food, Dishes, Spoons, etc., must not be taken from the Dining Room. A charge will be made for articles taken in violation of this rule. Patients who desire meals served in their rooms should write name and room number below.

M............................................. Room No. ..................
ARTICLES SERVED TO ORDER

Carbon Crackers          Gluten Biscuit No. 1
Gluten Wafers            Dyspeptic Wafers
Popped Corn              Vegetable Bouillon
Junket                   Buttermilk
Kumyss                   Kumyzoon
Milk with Lime Water     Stewed Tomatoes
Tomato Sauce             Protose Patties
Corn Pulp                Granose Balls
Floated Eggs             Egg Nogg
Green Peas               Bean Puree
Milk Custard             Pease Puree
Prune Marmalade          Prolose

MALTED FOODS

Malt Honey               Maltol
Sanitas Food             Malted Nuts
Bromose

Food, Dishes, Spoons, etc., must not be taken from the Dining Room. A charge will be made for articles taken in violation of this rule. Patients who desire meals served in their rooms should write name and room number below.

M.............................................. Room No................................
August, 1906

Spiritual Life of Great Men

Dr. John Harvey Kellogg

THE NEW YORK MAGAZINE OF MYSTERIES

By George Wharton James

One of the greatest miracles that one can see in this world is great men and women, living in the sight of a man, capable, competent, earning vast sums of money, willfully, deliberately and of their own free will, giving away large sums of the money he earns, directing its use in channels that will benefit his fellow-men. It is true that many such men are not the ones who place themselves in the limelight. Where a man is genuinely great it will not letting his right hand know what good his left strikes to accomplish.

In such a man we may associate with the closest friendship of a man who lives this miraculous life of unselfish devotion to the good of his fellow-men.

In a convention of ministers, state men, or physicians he is at once picked out as a leader, an example of what men can be made to do. It is not because of his commanding presence, as was the case with McKinley, Gladstone, Bismarch, Gamelin, Ceaus, for a view to the because of the subtle electrical (or I should prefer to call it spiritual) energy, that radiates from his brain to the general of the rabble to the后排人物. He is a perfect example of the radiant life in many ways. He radiates unselfishness, modesty, gentleness, and sincerity, which, when possessed by a strong man, make him irresistible.

He worked without effort or struggle, and when I assure my readers that Dr. Kellogg eats but one meal a day, and that, of course, he is a man of nearly eighteen hours a day, I know they will feel their wonder and admiration for the man increase.

His greatest virtue was his real secret of his power, God is an absolutely real Presence to him, invisible but real, a direct current of his own life, and he is impelled to watch to see what occurs.

It was this unselfishness, the selfless interest that finally brought the whole of the following story which, perhaps better than anything else explains Dr. Kellogg's life and power. I will tell the whole story, giving my own connection with the man, how I came to know him, and how Dr. Kellogg recognised my right to know of the working of the mission I had had in hand in establishing, he would have done so without money or power.

It was in 1889 that I beg to be unselfishness, the selfless interest that finally brought the whole of the following story which, perhaps better than anything else explains Dr. Kellogg's life and power. I will tell the whole story, giving my own connection with the man, how I came to know him, and how Dr. Kellogg recognised my right to know of the working of the mission I had had in hand in establishing, he would have done so without money or power.

It was in 1889 that I begged Dr. Kellogg to investigate the terrible conditions that existed in the establishment of a medical and Christian mission for the poor, degraded men and women in Chicago. He and Chaplain McCoy, of the Sanitarium, came and spent some time with me looking over the conditions, both at the Sanitarium and in the Battle Creek Tabernacles, and the result of my subsequent correspondence was the initiation of the movement that speedily resulted in the establishment of a medical mission in Chicago. For five years Dr. Kellogg went down from Battle Creek every Saturday, in the summer season, encouraging the workers and directing the work, returning to Battle Creek every Monday morning.

On the Sunday evening of the summer medical days early on Monday morning.

During the winter of 1903 (I think it was), when I was staying in Chicago, I packed each night like sardines in the cells of some of the police stations to keep them away from me, and they were kept away from me, and I was so close together that if one wanted to turn over, he had to call out to his companions, "Get out of the way, or let me have a seat."

Dr. Kellogg started a soup-kitchen. A bowl of soup was at the hands of the good, healthful, appetizing vegetable soup and a very limited. It was decided not to give the soup away, but to sell it for this sum in order to make the best use of a pitiable object of a man came to the mission and asked for his old man, and I was so sure of death myself that, as you know, I kissed all my property. But they let me have it. "Oh yes, quite well," was the answer. "You were about right, about right," and we were expected to die at any moment.

"Die! Yes, we all thought I was going to die. There had been a great danger, and I was so sure of death myself that, as you know, I kissed all my property. But they let me have it. "Oh yes, quite well," was the answer. "You were about right, about right," and we were expected to die at any moment.

"Ah, yes, quite well," was the answer. "You were about right, about right," and we were expected to die at any moment.
A Children's Home in Paradise for Harrow Women.

A special correspondent of the Daily News Telarc sends me the following from a Christian mission in Harrow. (The correspondent is Mrs. John T. Harrow, who has been sending reports to the Daily News for many years.)

"I have just returned from a visit to the Children's Home in Harrow. The mission is called 'The Haven for Harrow Children.' It is a beautiful, serene place, nestled in the hills of Harrow. The children are well cared for, and the mission is doing a wonderful service for the community."

The report continues:

"The mission is run by a group of dedicated women who have devoted their lives to caring for children. They work tirelessly to provide a safe and nurturing environment for the children, and they are very successful."

The correspondent goes on to describe the various programs and activities that are offered to the children at the mission. She mentions that the mission is committed to providing education, vocational training, and other resources to prepare the children for a successful future.

The correspondent concludes her report with this message:

"I urge everyone to support this wonderful mission. They are doing a tremendous service for the children of Harrow."

The report ends with the correspondent's signature and the date of the report.
Dr. Kellogg’s Lecture.

A large and appreciative audience greeted Dr. J. H. Kellogg in his lecture on “God in Nature” last Sunday evening at the Congregational church. The gallery was full, aisles were seated with chairs and many chairs were placed in front. For more than two hours the speaker drew from his storehouse of knowledge, wisdom, and experience, speaking in a conversational way and within easy understanding of the younger hearers.

The lecture was in a large sense an interpretation of the great truth that “In Him we live and move and have our being;” and a deeper consciousness of the omnipresence of God must have been borne in upon every hearer. The lecture opened with simple examples of the vast energy so silently at work in nature. By degrees the speaker led up, by illustration, to the inconceivableness of the energy required to put in motion and to maintain the revolutions of the great universe of worlds.

The miracles which are each moment being performed in our bodies, in converting food into living flesh; in fighting foes to life; in disposing of the poisons constantly being manufactured in the body; the effect of alcohol and other poisons on the different organs—all these were considered, and many illustrations given with the stereopticon, making more vivid and lasting the impressions. The time was all too short for the marvelous story.

Our dependence upon the light of the sun in ways which we little consider was interestingly told—as for the coal and wood we burn, the lights we use, the articles we use and wear, the food we eat, the strength we have, and hence even life itself. And throughout the whole address was kept prominent the thought of that living presence which is through all and in all, performing silently those most marvelous things. It was a lecture brimful of the kind of thought to arrest reverent interest and attention to the everyday things close to all of us.

He gave as a reason for belief in immortality the thought that in all nature God has not placed a strong desire for a thing without providing a means for satisfying that craving. He created thirst and provides water; he creates hunger and provides food. And so the craving for immortality proves it.

He closed with an appeal in behalf of homeless little ones, introducing the subject with a stereopticon picture of one of his own little boys rescued a few years ago from the slums of Chicago, where the wulf was as homeless as a stray kitten, living on refuse from the gutter and any chance morsel, and sleeping in some ash barrel or a saloon corner. His poor little body covered with sores, vermin and scanty rags. He is a healthy, intelligent and happy little fellow today, being as well as being blessed, and he is but one of a score and more of children who have likewise found a father and mother in Dr. and Mrs. Kellogg. If all the good homes empty of children would but make a place for one each the world’s homeless little ones would be provided for.

Charlotte Tribune
Jan. 6, 1907
"The Father of Forty Children."
THE STORY OF DR. J. H. KELLOGG AND HIS UNIQUE PHILANTHROPY.

By GEORGE T. B. DAVIS.

In the city of Battle Creek, Michigan, lives one of the most remarkable men of the times. He is famous the world over as a surgeon, educator, and health expert, yet in addition to his varied duties he has found time to take forty poverty-stricken children into his home and rear them as his own sons and daughters.

This unique man is Dr. John Harvey Kellogg, a member of many medical societies in America and Europe, head of the largest sanatorium in the world, lecturer, author, and president of a medical missionary college. Dr. Kellogg is noted for his remarkable achievements, such as sitting up day and night for a week to write a book, and for sleeping summer and winter in the open air, in an eerie wire-screened room perched high among the branches of the trees in his yard. But, to me, far and away the most fascinating and notable fact about this many-sided man is his being the "father of forty children," and not one of them his own.

The story of the transformation of these children, whom Dr. Kellogg has found in the United States, Mexico, and England, makes a remarkably interesting chapter of twentieth-century philanthropy and religion.

During a chat one morning in his handsome office in Battle Creek, following a spirited theological discussion, Dr. Kellogg told me that all he had accomplished in the world, including his adoption of unfortunate children, might be traced, under God, to a vision he had while himself a poor boy on a farm.

"One day," said the Doctor, "I was sitting on the back steps of our house when I raised my head and saw a picture. It was not imaginary, but was as real as could be. I was out in a forest which was partly cleared. A road ran through it, on one side of which stood a saw-mill, and on the other a little log cabin and a log schoolhouse. Passing along the road was a procession of ragged and dirty boys and girls. I saw myself standing in the doorway of the school-house begging them to come in. The children continued to stream past, and I continued to stand and beckon, until the vision disappeared. From that hour my every thought has been to help helpless and neglected people."

How well Dr. Kellogg has succeeded in this task may be imagined from the foregoing statements. He has restored the bloom of health to the cheeks of tens of thousands of young and old in all parts of the earth; he has helped hundreds of poor young men and women to secure an education, and to crown it all he has taken two-score "ragged and needy boys and girls" into his own home to train up into lives of usefulness and blessing.

In telling me further of his early career following the vision, Dr. Kellogg said: "I began to prepare myself as a teacher, and at sixteen years of age was teaching school. I boarded around among the people, so that I could study the children and the
parents. At twenty I began to study medicine, and at twenty-four found myself at the head of this institution. It was then a two-storey building, and two or three cottages, with twenty patients. We now frequently have one thousand patients here at a time."

While Dr. Kellogg’s work as a surgeon and physician interested me, his action in taking so many poor children into his own home fascinated me, and I pleaded with him to be allowed to tell the story for the inspiration it would give to others to follow his example. He at first declined, but finally gave a reluctant consent, solely on the ground of the good that might accrue from it. On making diligent inquiry I gleaned the following romantic life-stories of several of the adopted children.

When about thirty-six years of age, Dr. Kellogg, having no children of his own, began looking round for some to take into his home. Whenever he made a journey to New York he sought for the right kind of child. He wanted an “ideal” child, with the best sort of heredity, and so forth. He could not find any such child in orphan homes or hospitals. Then he realised that his theory of the children to adopt was all wrong—that he should take the most ill-favoured and neglected children, those whom no one else wanted. He determined to take the first that came along. In a short time he accepted a three-year-old little girl from a father who was giving his children away because his wife had died. That child grew into noble womanhood in Dr. Kellogg’s home, married, spent three years in Africa as a missionary, and on the very morning of my visit could have been seen going downstairs proudly bearing her own little infant in her arms.

A short time after adopting the first child Dr. Kellogg read in a Chicago daily paper the tragic story of a mother’s death in a garret, largely through starvation, and of her leaving in distress two children four and six years of age. Dr. Kellogg hurried to the city, where the authorities gladly gave him charge of the little girl and boy. That same starving little girl is to-day the head ward nurse in the sanatorium, and one of the best
SOME OF DR. KELLOGG'S BOYS.

A TENT IN THE GROUNDS USED FOR SLEEPING OUT-OF-DOORS.
that Dr. Kellogg has ever had. When I visited her department I found a handsome, sympathetic lady, aflush with health and vitality, and in the full bloom of young womanhood. Such was the transformation wrought in one life as the result of Dr. Kellogg's faithfulness to his vision, and taking "ragged and needy children" instead of "ideal" ones.

About three years later Dr. Kellogg was in England on his way back to America from Paris. On the streets of London he met a friend, who said to him: "There is a poor fisherman with eleven children, who only earns a pound a week, who has been praying that God would send you to him. He has heard of your taking poor children, and he wants you to take two of his." Dr. Kellogg was almost ready to board the steamer for America, but he thought that if the man (of whom he had never heard) had been praying for him to go to his home he had better go. He hurriedly consulted with his friend, and found that he barely had time to get to the fisherman's village, spend Sunday there, and get back to catch his steamer. He jumped into a cab, just caught the last train and the last boat, and reached the fisherman's home on Saturday night.

He spent Sunday with the family, but said nothing about adopting any of the children. His heart was deeply stirred by the beautiful sight of the father and mother and the eleven children gathered round the family altar, and all praying. Even the little four-year-old tot made a sweet and touching prayer. On Monday, as they were gathered together, Dr. Kellogg said he would be glad to take two of the children back to America with him. The father then said to the circle of children: "Which of you would like to go with Dr. Kellogg?" And at once one little tot slipped off her chair from one corner of the room and another from another corner, and ran and climbed up on his knees. The new father put his arms around the children, hugged and kissed them, and just had time to hurry off and join his steamer at Southampton.

After sailing, Dr. Kellogg felt the fisherman's financial straits so keenly that he sent him £100. With this gift the man bought a fishing-boat, prospered in his work, bought a second and a third boat, and to-day does a flourishing business with his little fleet.

What of the two little tots? One of them is now an expert kindergarten and sloyd teacher at Battle Creek, dearly loved by the children, and honoured and respected by all who know her; the other is a junior in the medical missionary college of which Dr. Kellogg is the president. Four years ago the young women crossed the water and paid a visit to the old homestead by the sea.

About thirteen years ago Dr. Kellogg was in Mexico, attending a medical Convention. He was so saddened at seeing the little Mexican boys and girls lying about naked and uncared for that he could not sleep all one night. Finally, near dawn, it flashed across his mind to adopt one or two of the destitute children. He soon found a poor widow lady who offered him her children. She said she had spent the whole of the previous night in prayer that God would show her a way to educate her family, and here was the answer. They all wept, and Dr. Kellogg returned home with the sweet little ones.

But a great longing for her children came on the Mexican mother, and about a year later she worked her way northward, kidnapped them, and took them back to Mexico. Dr. Kellogg, of course, did nothing to regain the children, but he had come to love them so that their departure nearly broke his heart.

A year or two later, when he was again in Mexico, he prayed that God would give him some other Mexican children. His prayer did not seem to be answered, until, just as he was packing his trunk to leave for home, a woman brought him two starving children, a boy and girl, asking him to take them with him. They were most forlorn-looking little creatures. To-day the boy is fifteen years of age, and has already displayed extraordinary talent as an artist. Several of his drawings adorn the dining-room in Dr. Kellogg's house, while a fine study of a dog's head hangs on the wall of his office. Each morning the young man goes into Dr. Kellogg's room to look after his wants, and they have prayers together. The Mexican girl is now thirteen years of age, and, as one expressed it, she is "the sweetest little girl you ever saw."

There is a third Mexican in Dr. Kellogg's family circle, who was received as the result of a beautiful little incident. An agent of the American Bible Society was going about in Mexico distributing and selling Bibles to the people. He was frequently assisted in carrying his load of Bibles by a little eight-year-old Mexican boy. As day by day the lad saw the good wrought by the distribution of the Book, he said to the agent, "Ah, I wish I could go to America and get an educa-
tion, so that when I grow up I could be a Bible man like you."

The agent wrote Dr. Kellogg a letter telling him of the boy’s wish. The man, whose house was already overflowing with children, at once sent word for the boy to come at once, promising that he would take him into his home and educate him. To-day that same boy, Alberto, is seventeen years of age, and he is declared to be "by far the brightest boy in the town." He will shortly enter the Medical College, and after completing the course, expects to return to Mexico as a medical missionary. Thus he will not only give them the Bible, but will carry the gospel of health and newness of life to the sick and afflicted in his native land. Alberto’s sister, two years his junior, is also a happy member of the household.

About eleven years ago there was a ring one night at Dr. Kellogg’s door bell. The Doctor went out and found a man standing there with a little boy a year old in his arms. The man said he had heard that the Doctor took boys, and he wondered whether he would take his, adding, "There is only one trouble with the child. He makes ugly faces." And even then, as they looked at the child, he screwed his face up into the most ludicrous and painful shape. It did not take Dr. Kellogg long to decide that there was another child who needed help, and he said he would take him.

To-day that boy is twelve years of age, and of not one of his children is Dr. Kellogg more proud than of his son Robert. The face-twitching has entirely disappeared. He is Dr. Kellogg’s coachman, and he drives a carriage-and-pair with a dexterity and skill that is a continual astonishment to the townspeople. He also "breaks" in the Doctor’s ponies. At four o’clock one morning he was found sweeping the steps of the house. When asked why he was up so early he said that he had a big day’s work before him, so he thought he would make an early start at it. He is an expert swimmer, and during the summer almost lives out of doors.

I cannot forego telling the story of one more child, for his adoption marks the climax of Dr. Kellogg’s principle of taking neglected instead of ideal children. Eight years ago the Doctor was in his dispensary in Chicago when he saw a little boy running about on the streets like a stray cat. He was only three or four years of age, and was utterly neglected. Dr. Kellogg instructed a student to try to find his mother. He began the search, and in a low public-house he learned from some women of the street where the mother lived. Going to the address—a dirty hovel—he found a low, depraved creature who did not deserve the name of "Mother." For a year she had scarcely cared for the child, but had let him run wild on the streets, dodging horses’ feet, and picking up apple cores and refuse from the garbage boxes. In appearance the child presented a pitiful spectacle. The entire top of his head was one festering sore, with scarcely any hair on it.

Dr. Kellogg’s heart was so stirred by the awful condition of the child that he explained the case to Judge Crane, who gladly gave the boy into his charge. Dr. Kellogg took him into his home, and for six months a nurse was employed in picking out the hairs from his head one by one! To-day this child is George Kellogg, a fine robust lad twelve years of age, with a big shock of beautiful black hair. George and Robert are inseparable companions, and enjoy life as do few American boys. They sleep in a tent in the yard in the summer months, but next winter they hope to do like their father, and sleep in the open air most of the time.

After I had heard the wonderful story of one after another of this big family, after I had talked with some of them, there was still one thing I was extremely anxious to see, and that was the dining-room where the children sat round the table with their father and mother. My wish was gratified. I found the dining-room was a big apartment, made, I suppose, of two or three rooms changed into one, and there was a big table—the longest I had ever seen in a private house—extending almost its entire length. After seeing that, and after Robert had fed the deer for me, and showed me the open-air swimming pool, the tents, and the toboggan slide leading up to Dr. Kellogg’s sere living-room among the treetops—I was ready to exclaim with the Queen of Sheba, "The half was not told me."

A number of years ago so many destitute children were offered to Dr. Kellogg that he found it impossible to take them all into his own home. As, however, he had not the heart to refuse them, he founded an Orphan Asylum. He put into it all the money he had, borrowed twice as much more, and still did not have enough to meet the demands made by the incoming little ones. One day a lady whom he scarcely knew—Mrs. Haskell—entered his office and gave him £6,000
for the work. Later she gave £2,000 more. The Orphanage has been established about thirteen years, and during the last ten years children to the number of one hundred and twenty have been cared for annually. The institution is managed according to a unique

A boy sitting on the back steps of his father's house, dreaming day-dreams, and finally seeing a "vision"—that was the beginning of all Dr. Kellogg's work for the thousands of sick and afflicted who have found health in his sanatoriums, for the

home system. The building is divided into apartments, and each teacher acts as a foster mother for a separate family of five or six children. Each group has its own table and its own family prayers.

hundreds who have been taken into his Orphan Asylum, and for the two score whom he has adopted into his own household to give them a father's love and care, and to train up in "the fear of the Lord."
In my deliberate opinion, the Battle Creek Sanitarium comes as near being the gate to heaven as any place I know or can imagine. Five weeks spent in the fall of 1901 taught the rabbit nose-wobbler out of my pins, and in a year thereafter sent me from a cadaver of 136 pounds net to a man of 172 pounds with some 25 pounds of this matter to lace his shoes, and was changed from a creature of angles and sinfulness to a being of curves, padding and cushionings.

Five weeks, again, in 1904 were equal to a new birth, and here and now I am again on deck for a month, to gain from 26 to 26 pounds that the world owes me. The goddess Nikon took that much out of me the last two years, but her altar is already overthrown, and cigs, stouties, three-fers, cob and brierwood pipes, Bull's Durham, Duke's Mixture, Golden Shore, etc., are wreckage. When I get 10 pounds of rookers' roost. On Sunday, Sept. 20, at exactly one minute to five p.m., I expelled the last blue ring of cheroot smoke, and at 11:45 p.m., carried the first line of said Nikon's defenses. The next morning my weight was 136 4/5 lbs. Net weight is woman's status weight, the cigarette nute, free from all draperies, finger, flowing sheet—just sheer, unadulterated homo, plus a Bunsen burner, just as it is, 136 4/5 lbs. Baths and rubs had washed away a pound of sin.

But the third day, 138 lbs., the 4th and 5th days 135 4/5 lbs., the 6th and 7th days almost 135 lbs., half pounds in five days gone some? Saturday, the sixth day, was the Advent Sabbath—nothing doing, the scales locked up, but Sunday morning, I am within a quarter of a pound of the "heft" of Rev. John Brunson, who is director of the bath, the seventh-day Baptist instead of Adventist. He is six feet two, a dead ringer for our Mr. Banks, with a beard and mustache, goes down as far as his head goes up. He is a South Carolina, and chockful of pithy, humor and fun, and he comically bewails his lifelong girths because he has to be measured for clothes that are far more expensive than hand-me-downs, and more! I shall challenge him to a "rafting" match, tho' it will seem like climbing a grape vine on a trellis, but he is a serious fellow and can fish him. How our bones, angles and sharp corners will rattle as we tumble in a heap.

In the second of this on Monday, Sept. 25, and the scales gave me another quarter pound,—141 pounds net, a gain of five pounds in a week.
Scott’s Emulsion

of Cod Liver Oil with Hypophosphites should always be kept in the house for the following reasons:

First—Because, if any member of the family has a cold, it will cure it.

Second—Because, if the children are delicate and sickly, it will make them strong and well.

Third—Because, if the father or mother is losing flesh and becoming thin and emaciated, it will build them up and give them flesh and strength.

Fourth—Because it is the standard remedy in all throat and lung affections.

No household should be without it.

Read this advertisement, together with some of the newest and most scientifically prepared Cod Liver Oils that money can buy, and we will send you a free copy of the

"Comprehensive Atlas of the World." "

SCOTT & BOWNE, 400 Pearl St., New York

states that the city council appointed three marshall, at $2 per day, to take care of the crowd on show day, because of the saloons in the town.

Where Ballets Flew.

David Parke, of Fayette, N. Y., a veteran of the Civil war, who lost a foot at Gettysburg, says: "The good Electric Bitters have done is worth more than five hundred dollars to me. I spent much money doctorsing for a bad case of stomach trouble, little purges, and the like, and the Electric Bitters cured me. I now take them as a tonic, and they keep me strong and well." 50c at Cook & Sherman’s drug store.

"Extremes Always Follow Each Other"
**Oysters**

We have the big fat kind—the kind that makes a stew look good or a fry palatable.

If you want to be suited in anything in the meat line give us a call.

CRONE, ORIEZ & CO.
WHO

IS YOUR GROCER?
We would like to sell you our cat-
ables. Our stock is clean and al-
ways fresh.
Just try our store
the next time you
want to buy groc-
eries.

CONNER & SCHILLING

“He Needed the Money.”
How would you like to look down
the cold, steely barrel of a big
ty four, and know that to throw
up your hands or if you
choose to not comply with the re-
quest to have your head blown
off your shoulders? Guess that you
would push your mitta up about as
fast as the power of locomotion,
deleagated you by the Creator, per-
mitted. This was the way Operator
P. M. Smith felt about the matter
Friday morning at the Rock Island
depot. He did just what all the rest
of us would do. His mitta went up,
for he wanted his head left on his
shoulders.
Operators change at 1 o’clock at
the depot and in all probability the
robbery would have been pulled off
earlier in the evening if Mrs. Han-
on had not been with Operator Han-
on until time for him to be relieved
by Smith. As soon as Hanlon and
wife left the depot for the freight
house, where the operator had some
work to do before leaving for the
night, the lone robber poked his
head and gun through the train-
men’s registry window and de-
manded that hands should go up as
soon as possible. His wishes were
complied with and the robber
climbed through the window and
compelled Smith to unlock the
money drawer and dig up the coin.
Almost $100 was handed over to the
man with the gun and after this
transaction was completed the rob-
ber told Smith the best place for
him was in the ladies’ toilet room.
He was told to remain there for
fifteen minutes. As soon as the door
was shut in the dealer and Smith
knew that the man commanded with the coin was outside he turned in an alarm.
Sheriff Black and Deputy McCurry
were soon upon the scene but no
trace of the man was to be found.
He had evidently made his get-a-
way. A net was stretched around
the county, by telephoning parties
in the nearby towns, but nothing
resulted from the work accomplish-
ged and the man and $100 have
disappeared.
We have often wondered how it
would seem to have a big, savage
looking guy point a gun at our
head and tell us to dig up. The
action would be anything but a
pleasant one, we are thinking, and
this is the report turned in by
Operator Smith. He did not know
whether it would be safe to take
a flight into the unknown and so he
went with his hands. There is some-
thing about life that is attractive,
No "us" desire to shuffle off this
mortal coil before we are compelled
to, and then the most of us roll
for a few minutes.

The Best Ever.
Old Iowa can dig up weather
of about the right calibre at about
the right time. Millions of dollars
have been poured into the coffers
of the Iowa farmer during the past
month. Many were the hours spent
up during the spring and summer
months, from the
of the agriculturalists, on ac-
count of the wet weather. Water
came down in sheets and by the
bucketfuls. It seems sometimes as
if the sky was turned upside down
and all the water there was had
been slaked out of Iowa. It was
what was needed at that time. A
divine providence is far wiser than
human foresight. It was sold the
people in this part of the state
would not be worth a tinker’s hoop,
but now it would take a hero’s hoops
to tell how valuable the corn crop
in Washington county will be. The
crop will be above the average.
The dry spell experi-
enced during the greater part
of September fetched the corn up
standin’ and made ears ripen far
faster than was anticipated. The
front, the last week in September,
brought the crop out of it and now
a number of farmers are in the field
harvesting corn at a 2:40 clip. The
price paid for corn this fall, the
farmer will haul a wagon load of the
cereal to market and return with a
bank book full of deposits. No
one wonders how Iowa land is worth
all the way from $100 to $200 per acre.
If present prices hold, and there
is no reason to suppose they will
not, if Taft is placed in the chair,
Iowa farms will become veritable
paradises. The farmer is better off
today than his city neighbor.
He has everything that heart could
wish, and is sure of a competent
shade. The farmer was the
full-dinner-pail laborer skinned a
mile. That is why times are so
prosperous in Washington county,
a farming community.

BIG HORSE SALE.
500 Horses and Some Good Mules
Sale Pavilion, Lone Tree, Iowa.
Friday, October 16, 1908.
At which time we will have our
regular run of Draft Horses, Ex-
press Horses, Business Horses,
Wagon Horses, Pancy Drivers and
Top Notch Southerns. We will have
150 head of horses for this sale be-
side some good mules.
There will be a lot of good buy-
ers at this sale who are looking
for good flashy chucks as well as the
medium class and anyone having this
class of horses for sale will have
an opportunity to get the highest
market price by not listing with us.
All horses should be listed as soon
as possible—the sooner the better.
We furnish stalls and feed free of
charge during the sale day. No
horses will be allowed to be sold
in our barn or on the street that
are not listed.—W. F. LARDEW &
SON. Chas. Larzew, Auctioneer. G.
A. Fennstrom, Clerk.
The following article concerning
the Rev. K. Michels is taken from
yesterday’s Burlington Hawkeye:
“The new minister will be given a
hearty welcome. On a brief visit
here he won many friends and made
a very favorable impression. He
has been doing noble work at Wash-
ington, Iowa, and the good people
of Washington were loath to have
him leave. But they considered
the needs of Burlington. The Rev.
K. Michels was one of the leaders
of the Ministerial association in
Washington. He was more than a
good preacher. He was a good
citizen, and took an active part in
everything that concerned the pro-
gress and the welfare of Wash-
ington, and that city regretted his
departure. At a meeting of the
Ministerial association those re-
grets were voiced in an eloquent
manner. Incidentally, the fact was
pointed out that Burlington is falling
into the habit of drawing upon and
depending upon Washington when in
need of good preachers, as Mr.
Michels is the third Washington
minister whom Burlington has
drafted in the recent past.”

M. G. Campbell has returned
from his visit back in old Pennsyl-
vania. He visited at the home of
relatives in Mercer county.

SOUTH DAKOTA
Excursion
Every Monday
Leaving Oskaloosa at 11:10 o’clock the
night before an excursion to
Faulk and Edmund Counties
South Dakota will be conducted.
These are two of the best counties
in the state. You never saw better crops of
Wheat, Oats, Barley, Spelts, Corn, Clover,
Timothy, Alfalfa, Potatoes, Garden Truck
No hail or wind storms, excellent climate, good water and plenty of it,
Artesian and surface wells everywhere. Improvements will average
with those of Keokuk county. Good neighbors, schools, churches, rural de-
ivery and telephones.

LANDS $18 TO $35
per acre, according to improvements.
All our lands are from one to six
miles of good new towns on three different railroads. You can haul your
grain to the best market.

Round Trip Only $10 GOOD FOR 15
DAYS
from Oskaloosa. Mr. Kennell will go to Oskaloosa on the evening Rock
Island and will assist you in getting your tickets so you can go through to
Lebanon or to the Missouri river or intermediate points. Don’t fail to go.
You renters who are paying $6 and $7 an acre can pay for a quarter sec-
tion in Faulk and Edmund counties in two or three years. Come and see
us. Lands shown FREE and railroad fare refunded to all who buy land.
STATE BANK OF CARLYLE, CARLYLE, SOUTH DAKOTA.

E. A. KENNEll,
Representative,
Keota, Iowa.

P. S.—Our lands are near Carlyle, Willard, Wesota, Burkme
Senecha, Onaka and Laytonal.
Forty husky Macfaddenites, masculine and feminine, struck this burg Monday afternoon on transfer from Physical Culture City, N. J., where they have been attending the Macfadden School. They went direct to the Sanatorium.
Main Building of Sanitarium, Battle Creek, Michigan.

DR. JOHN H. KELLOGG, Superintendent.

This Sanitarium with its branches in this and foreign countries, is the largest institution of the kind in the world. A Medical Missionary college, nursing school and other philanthropic institutions are connected with the Sanitarium. There are two weekly papers, "The Medical Missionary" and "The Battle Creek Idea," and also "Good Health," a magazine, published at these institutions. Noted men from all parts of the world visit there.

Dr. Carolyn Geisel, well known and loved by patrons of Lithia Springs Chautauqua, is a missionary lecturer of this Sanitarium, and a representative of the International Health Association.

For further valuable information address Dr. J. H. Kellogg, Battle Creek, Mich.

The Interdenominational Medical Missionary Conference.

Battle Creek, Michigan, Jan. 19-21, 1909.

The above Conference convened in the Battle Creek Sanitarium. It was in many respects a most remarkable and unique gathering. The President, Bishop Thoburn, India, 1859, and the two Vice-Presidents, Rev. Dr. J. B. Hartwell, China, 1858, and Rev. R. H. Nassau, M. D., D. D., West Africa, 1861, representing a total of a century and a half of service. These three men, Methodist, Baptist and Presbyterian, respectively. There were sixty missionaries present, representing 13 denominations, and twelve mission fields.

The opening session was a very joyous one, not only the missionaries being present, but over fifty students of the Medical Missionary College, and a full attendance of the local ministers and other friends. It was held in the beautiful Sanitarium chapel, where all the meetings convened.

EXTRACT OF ADDRESS BY DR. J. H. KELLOGG.

"Mr. Chairman and Friends: I assure you it is a very pleasant task which is assigned to me by your secretary to say a few words of welcome. Some forty years ago, when a little company of men, about a dozen put their purses together and invited a few others to join them, and started a work upon this hill in a little two-story cottage farmhouse. I am sure that none of them had any expectation that such a day as this would ever come.

"I took charge of this institution—

"The Living Temple" is the title of a volume in which Dr. Kellogg has proven his ability to present in a comprehensive manner many facts that are vital in relation to the "structure, functions and the proper care and training of the body."

The book is not intended to be a theological treatise, yet the reader cannot follow the scientific conclusions from a physiological standpoint, as they are tinted with the soft coloring of ethical and spiritual demands and possibilities, without feeling the depth and height of the perfect temple that is designed, built and preserved by contact with and obedience to the highest law.

The author begins with the "Mystery of Life," and after a careful analysis of the great forces of life he concludes his first chapter with the important question, "What is Man?" This leads to "A General View of the Temple," while the succeeding chapters, "The Maintenance of the Temple," "The Miracle of Digestion," "The Transfiguration of Food," "Dietetic Sins," "Shall We Slay to Eat?" "The Natural Way in Diet," "The Heart and the Blood," "Dangers in the Air and How to Avoid Them," "How to Be Strong," "The Brain and the Nerves," "What is Disease," "Drugs Which Enslave and Kill," etc., etc., follow with a precision that is as forceful as it is simple and instructive.

The work is characterized by a positive note that comes from a sincere conviction as a result of long and careful study of actual results and an earnest desire to reclaim and establish in its fullest beauty and strength "The Living Temple."
Dr. J. H. Kellogg read a paper in Chicago before the American School Hygienic association on "Checking Race Degeneracy Due to Conditions of School Life."

Fifty-five science and mathematics teachers from over the state, here on invitation of Dr. J. H. Kellogg at the Sanitarium, following attendance at the Kalamazoo conference, were entertained at dinner and shown through the institution. Dec. 26th, 1909.

The Battle Creek Sanitarium

Oct. 9th, 1909

Orville G. Forrer

Memories
Sanitarium Deserves Some Sort of Mutual Compromise

Battle (Dec. 1, 1899)

In the Sanitarium tax case some time ago we expressed the view that the matter is not one which the people can control. We have already said that the Sanitarium is not aloops of respectability and is not to be compared with some of the better hospitals in the city. Its privileges are limited to those who are able to pay. The Sanitarium is not a place for the poor. Its services are not available to the poor. The Sanitarium is a place for the rich, for those who are able to pay. The Sanitarium is a place for the well-to-do, for those who are able to pay.

In the Sanitarium tax case we have already said that the matter is not one which the people can control. We have already said that the Sanitarium is not a place for the poor. Its privileges are limited to those who are able to pay. The Sanitarium is not a place for the rich, for those who are able to pay. The Sanitarium is a place for the well-to-do, for those who are able to pay.

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The Sanitarium Must Pay Its Taxes.

Why should not the people of Battle Creek be allowed to vote at the special election to be held May 10th on the question as to whether they approve of a compromise or agreement by which the Sanitarium shall escape payment of the taxes it has so long owed?

Is it too late? We do not think so, but if it is, why was it not provided for in time?

If the majority of the people of Battle Creek is in favor of allowing the Sanitarium to go free of taxes, it can be ascertained by taking such a vote.

If, on the other hand, it be true, all false pretenses to the contrary notwithstanding, that a majority of our people are not willing that this great, wealthy, money-making institution shall be permitted to evade the payment of this just debt that it owes, that, too, can be ascertained by taking such a vote.

The law is clear.

Under the law the Sanitarium must pay its taxes just as any one else does.

The law requires other people to pay their taxes as well as their other just debts.

The workingman in Battle Creek is compelled to pay his taxes, so is the widow—under duress of the law. So is everybody but the Sanitarium.

If the people cannot be permitted to vote on this question, who is responsible? The law provides that such questions may be submitted by the city council.

The question of such a vote came up before the council a few weeks ago. Half of the aldermen voted "aye" and the other half voted "no."

It was a tie vote.

In case of a tie vote the mayor may vote and so decide the question.

On this occasion the mayor declined to vote, thus deciding, by his failure to act, that the people should not be permitted to vote on this question.

Why did the mayor do this?

The Enquirer asked this question some time ago and opened its columns to the mayor to answer.

He has made no reply.

Why?
AN IRISHMAN'S THOUGHTS ON CONSERVATION

Address Delivered in the Sanitarium Parlor by Sir Horace Flunkett

Dr. J. H. Kellogg, introducing the speaker, said:

It is not very often that we have a member of the English Parliament as a guest, but it is my privilege to introduce one to you this evening. I am sure that everybody present here, at least anybody who has gray hairs, has heard of Ireland's grievances; and if you have, you must have heard of the man who has done so much during the last twenty-five years in suppressing those grievances by removing the causes of them. The English government has been struggling with the Irish question for a whole century, and has not settled it yet, but they seem in a fair

(Continued on page three)

Electricity in Therapeutics

How the Mysterious Force is Employed at the Battle Creek Sanitarium in Treating Disease

Among all the forces of nature none has yielded itself so fully to the service and control of mankind as has electricity. Its utilities have far exceeded those of steam, which for several decades before the development of electrical power was regarded as man's most useful servant. What remains to be discovered of its versatile power no one would dare predict.

Electricity has already

Passed into the Realm of Medicine

and is now more than ever called upon to minister to those who are weakened through

(Continued on page three)

Good Health a Treasure

Dr. J. H. Kellogg, Superintendent of the Sanitarium, in a Parlor Talk Tells His Patients Some Pointed Truths

I met a lady a day or two ago who said, "Doctor, how long do I have to stay here?" "Well, now," I said, "you don't have to stay here at all; it is purely a voluntary matter.

You are here for your own benefit, not for mine, and I suppose you will probably stay as long as you find it profitable; and certainly we will do our best to make it profitable for you in your effort to get well." "Well, of course," she said, "but how long will I have to stay to get well?" I said to her, "That depends upon what you mean by being well, and how well you want to be." I said, "Suppose you have a gold mine and a friend of yours should say, 'How long will

CONFERENCE OF MISSIONARIES AT THE SANITARIUM IN JANUARY
you have to work this mine to get rich? Your answer to that question would depend upon how much it would take to satisfy you. And probably nothing short of all there was in it would do that.

What I would like to see among sick people is an ambition to

Get All the Health There is for Them—to get all the gold there is in the mine. Why be content with a modicum when a great store of health is there for you? Why be satisfied with just as little as you can get along with? If a man is after money, he wants to get all that is coming to him. Go to the bank and call for your balance. “How much do you want?” You say, “Well, I want all that is due me.” Now, my friends, I wish you would regard this matter from that standpoint.

Suppose you go after health with that kind of spirit. “I want all the health that is coming to me. I don’t want to be content with just a piece.” Say, “Doctor, how long do you think I can carry on profitably?” Now, the only answer I ever feel I can honestly make to any one who asks me that question is this: “Now, we are going to do our very best to help you get well, and to show you how to help yourself to get well. We are going to cultivate private health, and we are going to teach you how to cultivate private health. We want you to stay here until you have all the health you can get, until you have reached the point where you feel that your whole health has become a capital of accumulated health; when you go away from here, you are likely to go down hill again, but you are well established both theoretically and practically in the things you have learned and gained here.

To get just well enough so that you know what health is, and learn how you can be well if you choose, and then not to choose to do it,

In Like Finding a Gold Mine and going right away and leaving it, turning your back upon it. So many people do that, so many people come here and learn the way to health, how to have joyous health, how to have splendid efficiency, learn how to climb the greater heights of health, day after day, month after month, but never do it.

Why, a man comes here who is almost in the grave, and in a few weeks he feels like another man; and he wants to go right back home and spend all that health he has got, invest it all in his bank, or in his business, or in some other way, and then expect to come back here and get some more. I know of one man who spent seven years in just that way. He would come here, get on his feet a little; when he went home he would go back to his old boodles and eiders, and other harmful things, then would rush back here a little while, then back home—the same old story over again every time. I felt he was a disgrace to us. It looked as though we were not capable of curing him, and we could not cure him under those circumstances.

Health is so Valuable it is worth while to cultivate it, to accumulate it, and to get all you can of it, to heard it up. Lots of people are misers of wealth, but how many people can you find who are miners of health, who are saving of the thing of the greatest value? Nothing except character and reputation compares in value with health. There is no question about that, my friends. Nothing compares to it, the material things that we value, nothing is so valuable as health.

It costs something to regain wealth when you have once lost it. When one loses his property he often has a long, hard struggle to get it again. It is so with lost health, and how many people they turn away again and treat it as though it were a trifle. If you have just found a mine, and the gold is coming out, day after day, if you feel that you are really getting well here—then to turn away would be just exactly like abandoning the richest gold mine ever found.

If you have found that you are getting better, stay right here, and work at it until you have obtained all the good there is in it for you, for when you get home you will be expending energy and gradually working down again.

To average man or woman who comes here is broken down, and never can be absolutely well. He can only have cultivated health; he can only have the sort of health that comes from careful obedience to the laws of health. Such a person is like the man who has spent the most of his fortune and has only a little entailed property left, and he can only spend the income as it comes along. He can not get any deeper down into the capital, for that is largely gone, except the entailed capital, which he can not spend; that is all that is left.

Then you go to the doctor, and you say, “Doctor, Give Me Something.” I can not work; I can not keep my brain going; give me some tone, give me something to whup up my brain, to stimulate my nerves." And you are stimulated with tea and coffee, and with tonics of various sorts and things, and tonics and arsenic, perhaps; and when you have squeezed your lemon until you can not get another drop out of it, then you come here to the Sanitarium. You expect to be rejuvenated, but it is too late. You can not be rejuvenated; you can not get all that great capital back that you have expended. It has been thrown away—ignorantly, perhaps, or you would not have done it; but now the only way you can ever enjoy any degree of comfort or efficiency the balance of your life, is by living right close to the line. I must tell you what you got away with the false impression that you can go home and back to the old ways again. You never can do it.

A lady I met the other day said, “Why is it I can not deviate the least little bit but what I get headache and depression, and a teared tongue”? It is because she had lost the power of disinfection. The surplus energy she used to have to take care of emergencies, the great power she had at one time to eliminate poisons, is all gone, and now she is just reduced down to physical pernicious, so to speak; she has only just a little capacity left for destroying and eliminating poisons. We have the liver and the kidneys to destroy poisons and take them out of the body, but when the liver and kidneys are worn out, they can do but little work, and when a little surplus of poisons is brought into the body, the bad effects are noticed right away.

I Met an Old Toper some ten or twelve years ago in Chicago, and as I was endeavoring to get him to stop his drink, he said, “Doctor, here is a question I would like to put to you professionally. I have been drinking whiskey ever since I was a boy, and I have been accustomed to taking large quantities of it, but nobody ever saw me stagger; nobody ever saw me drunk. But now there seems to be something strange about it; you know I was drunk yesterday, but I tell you on my honor, I didn’t take but just one small drink, and it went straight to my head; and why is it? I used to drink half a pint of whiskey and it didn’t make me drunk; but now if I take just one little drink I am dead drunk, and don’t know a thing that is going on, right away. Now, why is it?”

That is the same kind of case as the one we are speaking about. Auto-intoxication and whiskey intoxication are alike in a great many particulars. The trouble was that his liver and kidneys and alcohol-congested glands, and indeed all the organs of his body, had been exhausted. These self-sacrificing hepatic cells that used to seize the alcohol so it could not get to the brain, and hold it until it could be destroyed by the excreting powers of the body, had been dried up so there was almost nothing left of the liver; so the poor fellow was defenseless against the alcohol.

Exactly the Same Thing is True of the person who has been suffering from auto-intoxication for a great many years; his power to deal with those poisons is lost and one small digression will produce more evil effects directly than a tremendous digression did before. Just a little bit of beefsteak, just a little fish, just a little taste of frog’s leg, just a little of fried chicken, or a devilished salad, or a deviled lobster, or some other thing of that sort—he thinks it is not going to do him any harm, yet he suffers so badly afterward that he thinks the Sanitarium has not done anything for him at all, because he expected the Sanitarium was going to put him on his feet, to restore that great, splendid liver to him that he has squandered, and that splendid stomach he has wrecked, and those splendid antitoxic glands which perform these wonderful offices for us and protect us against these poisons—going to restore them all to their original vigor; but he finds it is not so.

No chronic invalid ever can be really well. The man who has been a chronic dyspeptic for forty years can not be restored to his original health. It would be necessary to create a new man to do that.

It is Impossible to Do It. The man whose liver has been spoiled by years and years of auto-intoxication, is hopelessly injured. The man who has had a coated tongue for fifteen or twenty years is so damaged that nothing can ever repair the injury. The only thing any chronic invalid can do is to make the best of what is left. The best part of his constitution is gone. The 150 years he ought to live has been re-
duced to a fraction of that period. There is a tremendous waste and a tremendous loss that never can possibly be retrieved.

So, my friends, the important thing for every one of you when you go back home is to take care of what you have left. If by so much toil, so much effort and expense you have got a little accumulation of health, when you go home take care of it as a precious gift that Providence has given to you, a precious opportunity; and you have now to make the best of your opportunities instead of throwing them away.

ELECTRICITY IN THERAPEUTICS

(Continued from page one)

suffering and disease. While we are held in awe of its terrific power as manifested in deadly bolts from the highly charged wires that overhang our heads, the most delicate invalids find solace and soothing in the gentle waves which pass in soothing thrill through their nerves and various tissues.

The managers of the Battle Creek Sanitarium were among the first to perceive the help that could be gained from so potent and universal a force. Electricity is one of the essential powers of the natural world, one of the elements in which we live, move and have our being; as universal as the air we breathe, capable, like the air, of wielding destructive force, and potential like the air in ministering to men in many ways.

For many years the gentler currents of Galvanic and Faradic Electricity were employed in local applications as stimulants and sedatives, and were introduced into the water baths, in all of which they abundantly proved their power for good. Then the inaudible light was brought into requisition by the superintendent of the Sanitarium in the famous electric-light bath, which originated in this institution and quickly won its way over and around the world, and was soon found in the homes of kings and emperors. The electric light carries the two salutary forces of heat and light, both of which are of the greatest value therapeutically. As a heating agent the electric-light bath eclipsed the old Turkish bath. In the former the patient obtained in eight minutes that for which he was obliged to sit in a heated room a half hour. He obtained in the shorter time much better results than under the old bath with far less loss of strength and vitality, for the old Turkish bath was a serious drain on the vitality of a weak patient. And in addition to the heat of the electric lights, the light itself penetrating the tissues awakened new life and vigor and the bath became a tonic as well as a depurating agent. The electric-light bath is still largely employed in the Sanitarium treatment rooms, no less than fifteen of them being in constant use.

Not only is the inaudible light employed, but more recently the Penetrating Rays of the Arc Light with greatly increased powers are brought into use. Rays of 6,000 candle power are brought into requisition in the treatment of the skin. High frequency currents of wonderfull power are used to treat the most delicate tissues, so completely does this mysterious force lend itself to the needs of suffering humanity. The famous X-ray is also employed with its penetrating power to discover pathologic conditions, to point out the real seat and nature of troubles that without their aid would perplex the physician. And their therapeutic effects are being most thoroughly and carefully studied with great results for good.

While the beneficial effects of luminous treatments are being followed up so thoroughly, the more direct application of electricity to the system is also being developed.

The Sinusoidal Current was discovered and developed in this institution. This is an alternating current whose influence in many diseased conditions is very beneficial. The application of static electricity for sedative effects is also used very extensively in the treatment of many forms of nervous ailments.

To patients wholly unaccustomed to the use of electricity there is apt to be somewhat of a dread of its occult powers, for they know that there is an intimate relation between that which is to thrill through their systems and the lightning that shivers the oak, and they are naturally a bit suspicious of what may happen. But this dread is soon dissipated with better acquaintance, and even the most nervous patient soon comes to enjoy with keen delight the various applications of electricity as they are given in the hands of careful operators under the supervision of skillful physicians.

AN IRISHMAN’S THOUGHTS

(Continued from page one)

way to settle it. The distress has almost ceased in many parts of Ireland, chiefly through the efforts of Sir Horace Plunkett, a member of the Privy Council, and an ex-

member of the English Parliament, who for many years has almost single-handed and in a most practical way been battling to solve the great questions which have troubled the Irish people. Sir Horace Plunkett has kindly consented to talk to us a little tonight; and I am sure that you will greatly appreciate his address.

SIR HORACE PLUNKETT: I am afraid Doctor Kellogg was not correct in describing my work for Ireland. He has described quite accurately what I would like to have done, but I am afraid he is astray in his description of my actual achievement. But I have not come here to-night to talk about my own country, but rather about yours. In acceding to the request that I should say something to my fellow guests of this institution, I had to think of some subject that was interesting to them, and I know that it is necessary that the subject should also be interesting to the speaker. Now it appears that the subject of conservation which I have chosen is extremely interesting for me, and, I think from your appreciation of Mr. Pin-

STATIC MACHINE

chot’s address some nights ago, that it is deeply interesting to you as well.

I have given as The Title of My Address, “An Irishman’s Thoughts on Conservation,” because it happens that it came my way to see a good deal of the beginnings of the conservation idea in this country, and possibly the small narrative that I have to tell you as to what was pending in Washington when the conservation idea was born may be of interest to a great many here. Possibly I am not as modest as some men, and so like to talk about myself, and where it is necessary to my narrative to speak of myself, I shall not hesitate to do so.

The subject of conservation from an Irishman’s point of view as I am going to speak (Continued on page five)
The Battle Creek Idea

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GET EXAMINED

The recent death of Paul Morton, the noted financier, president of the Equitable Life Assurance Society, of apoplexy at the age of 53 years ought to be a lesson to every business man who is fifty years of age or over. Mr. Morton supposed he was in perfect health until he had himself examined by the experts of his Company for the purpose of taking out additional life insurance. He then discovered that he had Bright's disease, arteriosclerosis, and high blood-pressure, and so he could not be insured. A few weeks later he died of apoplexy.

If every business man fifty years of age or over would submit himself to a like examination, there is no doubt that at least ten per cent of the entire number would be found to be suffering from similar conditions. Some years ago when the Czar of Russia died of Bright's disease, a large number of business men in Paris, where the Czar was well known, submitted themselves to their physicians for examination, and it was reported in the French medical journals that over ten per cent of the entire number were found to give evidence of disease of the kidneys. Thorough examination of the blood vessels would doubtless have shown arteriosclerosis in a much larger proportion of cases.

This disease is rapidly increasing in the United States at the present time. The number of deaths from disease of the arteries has increased threefold within the last ten years, according to the reports of the United States Census Bureau. This rapid increase of disease of the arteries is not properly to be attributed to the increased intensity of business life, but rather to the use of tobacco, alcohol, tea, coffee, beefsteak, in connection with sedentary life. When a business man breaks down in health, it tickles his vanity to have his physical bankruptcy attributed to too great devotion to business.

Diligence in business is by many regarded as a cardinal virtue. However this may be, it is true, in the opinion of the writer, that few business men break down from overwork, perhaps none at all. Lack of sleep and worry may contribute to the physical breakdown of the business man, but the real cause in by far the majority of cases is the use of alcohol, tobacco, tea, coffee, beefsteak, neglect of exercise and other matters of personal hygiene. Rest and sleep will repair all the injury which work does. The cigar which the average business man smokes taxes his constitution vastly more than the work which he does, no matter how strenuously he may labor.

DEATH OF DR. JOHN F. BYINGTON

Dr. John F. Byington, an honored member of the Sanitarium medical staff, chief of the eye, ear, nose, and throat department, died on the 27th ult. His illness began on the 21st of January with a small infection on the forearm. Prompt and vigorous treatment was at once instituted and was continued until death occurred. Examination of the blood at the beginning showed practically no leukocytosis, an ominous symptom, indicating that the system was unable to combat the disease. Subsequent examinations showed still lower resistance. The redness and swelling extended to the shoulder, and even to the side of the chest. The kidneys later became involved and their condition grew worse, due to the toxins produced by the bacteria which caused the disease. There was throughout marked weakness of the heart. The fatal termination of the disease was probably due both to the unusual virulence of the bacteria and to the lowered resistance of the patient, which was caused by intense application and too little sleep. Doctor Byington was greatly respected and admired professionally and socially, and his loss is keenly felt.

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QUESTION BOX DEPARTMENT

Each Monday evening Dr. Kellogg con-

textualize and patients

Q. Is a red skin and face a sign of health or otherwise?
A. If one has naturally a red complexion, it is a sign of health. If his complexion is not naturally red, a ruddy nose would indicate irritation of that region, and indig-

nition is the most common cause of it.

Q. I heard a prominent physician state that chocolate is injurious to the kidneys, as it forms a coating over the same and prevents them from doing their duty. Is this correct?
A. His explanation is not correct. Ordinary chocolate contains theobromine. The theobromine is a poison and produces the same effect upon the kidneys that uric acid does; so it is injurious on that account.

Q. Is rheumatism in any sense contagious?
A. Acute rheumatism is an infection, and there are some cases which seem to suggest that the disease may be communicated from one person to another. The disease is unquestionably an infection in the majority of cases. There seem to be a number of different germs which produce rheumatism. It sometimes appears in connection with scurvy fever. It is not infrequently occurs in connection with sore throat, tonsillitis, and quite a number of other maladies.

Q. Are tomatoes wholesome, and do they produce cancer?
A. They are very wholesome, indeed. They have not the slightest tendency to produce cancer. I think they are preventive of can-

cer, if they have any influence at all. The tomato is a very wholesome vegetable-fruit. The acid of the tomato is citric acid. It was formerly supposed to be oxalic acid, but that is an error. Citric acid is the same acid that is found in the orange and the lemon, with some characteristic flavors added.

Q. Are there any preventive measures to be used when infantile paralysis threatens?
A. Yes. Be careful to avoid contact with other children. The disease is contagious or infectious, so it is necessary that we should avoid the contact with those that have it. Another thing is to build up the vital resistance in every way possible. It is not a disease confined to children; it is more deadly in adults than in children. About sixty per cent of those who have the disease are likely to be permanently paralyzed on one side or both sides. Cases have been very rare indi

February 3, 1911

no this country until within the last three or four years. Within this time it seems to have been imported from Scan-}

Q. What food should one eat who has an excess of bile in the stomach?
A. Such a person should avoid the use of
animal fats. Not because fats attract bile, but because fats remain in the stomach a long time, and interfere with the secretion of gastric juice. Gastric juice is a stimulant to the stomach. As the gastric juice is secreted, the stomach begins to contract, and as the secretion increases in intensity, and the acidity of the stomach becomes greater, the motions of the stomach become more vigorous, and when the stomach is contracting vigorously in passing its contents downward, the bile can not easily flow backward into the stomach. And one reason why the bile enters the stomach is because the stomach is prolated. The point at which the bile enters the intestine is a little below the stomach. But if the stomach be prolated several inches, it will permit the entrance of the bile into the stomach, because the stomach has been lowered, and the bile runs in the wrong direction. The cure for that sort of case is an abdominal bandage to lift the stomach up.

AN IRISHMAN'S THOUGHTS

(Continued from page three)

about it relates to, as I think, the most important aspect of the whole question of conservation: of the natural fertility of the soil and that portion of the population—the one-half of the population, I believe, approximately—who, in the language of Roosevelt, devote their energies to growing things from the soil.

In the late fall of 1905 I was still, not a member of Parliament, but chiefly responsible for the administration of a very important government department for the development of agriculture and other industries, and for technical instruction to farmers. For the last twenty years, ever since I gave up my calling of

A Ranchman in the Rocky Mountains,

for the less healthy occupation of a politician, I have visited the United States every year in my holidays. I have done this for two reasons, particularly because I had some business interests in the West, and still more because I had been deeply interested in some other works, especially the work relating to the agricultural population, both of the federal government and of the several State governments. So I used to combine business, pleasure, and study in my annual holiday.

In the winter of 1905-06, I went to Washington, and after I had received the extraordinary courtesies shown to a traveler in this country by all the officials, I went in the ordinary way to express my thanks to President Roosevelt for all of the many kindnesses he had done for me. He asked me the object of my visit and my special interest in the subject I had to state to him. I told him, and he asked me to come and see him again when we could have a longer talk. I went and talked with him for an hour and a half, and explained to him exactly what the information was that I was trying to get in the United States and wished to use in Ireland.

At this point I think I shall explain to you

The Situation in Ireland

in regard to this matter of building up country wealth. As the Doctor has told you, Ireland has some grievances of which the world occasionally hears. I am afraid that he is a little optimistic in his statement that the grievances are mostly removed. I don't know what we should do if they were. It is true that things are a great deal better than they were. I am not going to discuss the question of home rule for Ireland here; but there is another question which is approaching settlement; namely, the land question.

I think it may be said that in every European country there either has been, or is pending, or is going to be,

An Agrarian Revolution;

that is, the tiller of the soil struggles to get the ownership of the land, and in the end he always gets it. In Ireland there is such a conflict. The owners of the soil, who became so thorough, held their land chiefly by right of conquest originally, and the owners of the soil have been at war with the occupiers. For the last thirty or forty years all kinds of legislation has been tried to bring about a better state of things between the landlord and tenant in Ireland. In 1881 Mr. Gladstone introduced legislation which, at any rate, considering the time at which it was introduced, was the most radical legislation of the kind which I think had ever been known. Briefly, it provided for an impartial tribunal which had power to fix the rent which the tenant should pay and the landlord receive. As long as the tenant paid that rent, he could not be removed from his holding. If he wished to sell his interest in his home, he could sell to the highest bidder, so that the landlord simply ceased to be a landlord in the ordinary sense, merely what we call a rent-charger; that is, he had a fixed payment out of the property, the amount of which was decided by an independent tribunal, and it was called a "fair rent." That legislation

Would Have Abolished the Land

Grievances

had it not been that at the time of its enactment there was anotherrible, which affected the whole of Europe, and it came from this country opening up vast tracts of virgin soil in your middle and far West. Steam transportation and the process of preserving produce fresh in transit over the longest routes, set up what the economists call a rural market, and the farmers of the whole of Europe found that they were brought into competition with this country first, then with other distant countries, and finally with the whole world. This new factor took away from the success of the Irish farmer; the Irish farmer could not get as much as he wished because of the reduction in prices, and consequently the land question was not settled.

Finally the single ownership by the landlord having been abolished, and dual ownership between the landlord and the tenant, having broken down, the only thing to do was to vest the ownership absolutely in the occupier of the land, and in the year 1903 an act was passed by which the British treasury advanced two hundred million pounds, that is, a billion dollars, to enable the Irish tenants to purchase their holdings. They got the money on extremely favorable terms: at two and three-fourths per cent, to be repaid during a period of sixty years; so that so far as tenure is concerned, that question is settled.

It may be interesting to you to know these rough details, but they are not quite germane to the subject of conservation.

The Exact Point

that I want to get at is this that the work in which I have been engaged with a large number of men, and the agrarian revolution which has affected so many countries,

Normal School of Physical Education

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A Two-Years Course. Each year comprises thirty-five weeks and an eight-weeks Summer Course.

By affiliation of this school with the Battle Creek Sanitarium the students of this School enjoy extraordinary advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various methods of Treatments that have made this Institution famous.

The Equipment is complete in gymnasium, laboratories, and swimming pools.

Tuition for the full year, $100, including Summer School; for the rest of the year, $75. For the Summer Term alone, $40. Board $3.00 to $3.50 per week.

Unusual opportunities are given for earning money toward expenses.

For full particulars address:

W. W. HASTINGS, DEAN, SANITARIUM, Battle Creek, Mich.
must show sooner or later that the tiller of the soil will be the owner of the soil. At the same time, we saw that the pressure of foreign competition had come to stay, and that not only had it come to stay, but facilities of transit would keep on increasing it still. So it became necessary to devise a new agricultural economy, to build up an industry by which the Irish people could live and thrive, and we saw that the whole success, no matter what form of government we had, depended absolutely and entirely upon the way in which they conducted the agricultural industry, and in the last analysis the total prosperity of the Irish people depended on this.

My inquiry in Washington referred to the study of everything connected with the building up of the agricultural industry of the United States. I remember Mr. Roosevelt saying to me that the difficulty he had in interesting the people was that when he tried to get them to concern themselves for improvements in the social life of the country they always said that that was out of date; that the towns were improving at such an extraordinary rate that the more people lived in the cities the better; that the day of the farmer had gone by, and it was the day of the city, and all that kind of talk.

And as I left he said, "Now, we have had a very interesting conversation. When you get home, I wish you would write me just what you have said to me. I would like to have our people have your view of the question." When I got home I thought it would be of

No Use to Write to Mr. Roosevelt, as the letter might not get past his secretaries. But I got a rather characteristic letter from him, and then I had to sit down and write a letter to him. I have here a passage in that letter, which will give you better than any words I can say what was in my mind. I said, "One can not but admire the civic pride with which Americans contemplate their great centers of industry and commerce, where, owing to the many and varied improvements, the townsman of the future is expected to unite the physical health and longevity of the Spartan with the mental superiority of the Athenian. But we may ask whether this somewhat optimistic forecast does not ignore one important question. Has it been sufficiently considered how far the moral and physical health of the modern city depends upon the constant influx of fresh blood from the country, which has ever been the source from which the town draws its best citizenship? You can not keep on indefinitely skimming the pan and have equally good milk left. In America the drain may continue a while longer without the inevitable consequences becoming plainly visible; but sooner or later, if the balance of trade in this human traffic be not adjusted, the raw material out of which urban society is made will seriously deteriorate, and the symptoms of national degeneracy will be properly charged against those who neglected to foresee the evil and treat the cause."

Mr. Roosevelt wrote to me that entirely met his views, and were in frequent correspondence on this subject of such immense interest to us both. It was at that time that I first heard the conservation idea even mentioned. It was then I met the man who has since become a very close and true friend of mine, Mr. Grifflord Pinchot. I went to his forestry office, and of course we began talking about trees, of which I knew nothing and did not care very much; but I soon found that he was not only a thoroughly trained forester, but that he had the most statesmanlike views.

He was of course charged with the conservation of one of the great American assets, the timber supply. But all the time he was thinking whether the extravagant waste of this important national resource was not indicative of an unhappy state or attitude of the public mind toward all national resources. And to sum up in the briefest way that I can see that he seemed to have been settled upon in his mind that he was going to test public opinion of this country this test: How far were the American people applying their energies to the conservation and the development of their material resources; and looking over the whole field of these resources, he had come to the conclusion that the American people have somehow drifted into an inordinate extravagance, from which it was the highest duty of statesmanship to try to arouse them by arousing public opinion. His record since then is well known to you all, and the splendid service he has done in bringing home to the American people the duty that they have inherited, the duty to concern themselves for the welfare of future generations.

ARRIVALS

News and Personal

Miss Joan Davis, of India, is stopping at the Sanitarium for a few days on her way to her mission field in Bombay.

Miss Wayne, a graduate nurse of Cleveland, who accompanied a patient to the Sanitarium, is improving the opportunity to investigate the methods and training of Sanitarium nursing.

Dr. J. R. Welch, of Spencerville, Ohio, is at the Sanitarium for a period of rest and recuperation. Doctor Welch is well known to the Sanitarium faculty, having frequently sent patients here for treatment.

Dr. C. B. King, the oldest physician in Allegheny, Pa., is visiting the Sanitarium. Doctor King is accompanied by his wife, who has had a nervous breakdown.

The Misses Sarah and Elizabeth Metcalf, government teachers from the Philippines, are making their first visit to the Sanitarium, where they are taking a period of rest and recuperation preparatory to returning to their field of labor.

Four of Battle Creek's merchants are taking a period of rest and recuperation at the Sanitarium. They are: F. F. Bock, hardware merchant; Mr. Sam'l Mass, clothier; Mr. Chas. J. Wells, milliner; and Mr. Henry Kapp, of the Kapp Clothing Co.

We present this week the first installment of an address by Sir Horace Plunkett, of Dublin, under the heading, "An Irishman's Thoughts on Conservation." Our readers will find in this speech very profitable reading. It was not practicable to present it all this week, consequently a portion of it is left over for a later issue.

Dr. J. H. Kellogg has recently been appointed by Governor Osborne a member of the State Board of Health. This is the fourth time Doctor Kellogg has been appointed to this position, he having previously served during more than twelve years in this capacity, and having received appointments from four different governors.

The storerooms located in the west half of the Sanitarium basement have been cleared out and the rooms are being remodeled for a refrigeration plant which will be installed very shortly. The purpose of this plant will be to manufacture ice, and to provide for convenient cold storage. The latest system of refrigeration will be employed.

Word has been received from Mr. Harrison S. Elliott, national secretary of the Y. M. C. A. for Bible study, that it will not be convenient for him to be in Battle Creek at the time announced, the 28th and 29th of this month. Consequently the Bible Institute is postponed for a few weeks. More definite notice concerning it will be given later.

Among the recent arrivals are Mr. E. V. Kollars, of Enid, Okla., President of the Christian University; Mr. J. W. Bohn, of Fort Wayne, the Fire Insurance Inspector of Indiana; Dr. C. G. Church, of Van Wert, Ohio, who is connected with the Journal of the American Medical Association; Dr. H. E. Krichner, of Oakdale, Ia., St. Paul Stillwell, of Quincy, Ill.; manufacturer of steel wheels.

Dr. E. L. Eggleston has returned from Vienna, where he has been taking post-graduate studies for the past few months. Doctor Eggleston sailed from Naples and encountered a terrible storm in mid-Atlantic. His cabin was lost, but considerable damage was done to the vessel. Doctor Eggleston makes a good sailor, having had no symptom of sea-sickness, either going or returning. This speaks well for a low-protein diet.

We have with us Mr. Ernest Kellerstrass, of Kansas City, Mo., who is prominent in the advertising business and is also the owner of a large fancy poultry farm. It is reported that he recently sold to a prominent singer a flock of five hens for $7,500, and that he has sold other flocks for from $12,000 to $15,000. He has in his possession at the present time what is reported to be the best hen in the world, for which he has refused an offer of $10,000.

A meeting of unusual interest was recently held in the main parlor under the direction of the Sanitarium W. C. T. U. Dr. and Mrs. W. L. Thompson, from Rhodesia, gave a most interesting and attractive address, and their efforts seem to bring to the natives of this section not only physical and spiritual healing, but instruction in agriculture and the various trades. Mrs. Thompson gave some interesting details of the habits and home life of this simple people.

Many excellent photographs of the advertising business, their native students, their primitive huts, and their present attractive homes, and scenes of the surrounding country were shown to the interested audience.

Recently Mr. A. J. Grief, manager of large sugar plantations in Granicas Central, Porto Rico, was called on the Sanitarium management for a physician and surgeon for a new and extensive sugar plant which they are developing in the island of San Domingo. Mr. Grief has several times been a guest at the Sanitarium and appreciates the value of the Battle Creek Sanitarium System. Dr. R. B. Smith, a graduate of the American Medical Missionary College, was selected for the place. He has already departed for his field of work and carries with him the best wishes of his many friends here who are glad to have the principles of the institution planted in this distant and needy field.

The Sanitarium family were called together on the evening of the 23rd ult. upon short notice, for the purpose of welcoming Dr. E. L. Eggleston, J. F. Morse, and Jane Whitney-Morse on their return from Europe, and at the same time to say goodbye to the Miss Eggleston, who are going to leave for Porto Rico. The company consisted largely of nurses and physicians who have been intimately associated with these members of the
THE BATTLE CREEK IDEA

February 3, 1911

Dr. John F. Morse took leave of his many friends at the Sanitarium for Porto Rico on the 26th. He was a member of the first class of physicians graduated from the American Medical Missionary College in the year 1899, and previous to his medical course of four years had taken the nurse’s course, and served in that capacity. Since his graduation in medicine he has been connected with the Sanitarium as one of its valued and honored physicians, acting largely in the capacity of assistant surgeon. Doctor Morse has also been of great assistance in the moral and religious work of the place. Last year he and his wife, also a valued member of the medical staff, went to Europe, where considerable time was spent in study and investigation along professional lines. Doctor Morse passed the rigorous examinations of Edinburgh and Glasgow and brought home British medical qualifications.

He goes to Porto Rico at the call of one of the prominent sugar manufacturers of the island, where he will have charge of the medical welfare of the people. He expects to have time and opportunity to minister to the natives outside of his regular work. His wife will follow him a little later. We bid these workers good-bye with a very great desire for their future welfare and prosperity.

Mrs. Married—a-month had a nice brace of pheasants sent her for Christmas, and told the cook to cook them for dinner on Boxing Day, as some friends were coming. Next morning the girl asked, “Please, mom, do you like the birds ‘igh?’ Mrs. M.—‘Like the bird’s eye, Mary? What do you mean?’ Mary—‘Well, mom, it’s a bird that likes the birds’ tails!’ Mrs. M.—‘Oh, like the bird’s tail? Yes, certainly, Mary; bring in both the eye and the tail.”
The First Playground

While talk was going on regarding the advisability of establishing public playgrounds in Battle Creek, Dr. J. H. Kellogg, heartily in sympathy with the movement, has opened a portion of his private grounds on Manchester street for such a project. Hours are announced for the children of the West End to take advantage of the slides, swings, teeters, giant stride and sand plies, and swings of the old-fashioned type have also been added to the equipment. A swimming pool is now being constructed.

July 23, 1911
NEW YEAR MESSAGE
FROM DR. KELLOGG
Jan. 2, 1912
Sanitarium's Head Writes Interestingly of His Observations on European Trip.

LESSONS FOR BATTLE CREEK
Points Out Great Need of Parks and Roads.

Cleaner and More Sanitary Streets Are Urged Also--
To Be Home Soon.

Dr. John H. Kellogg, superintendent of the Sanitarium, has written the Evening News from London, giving the results of some interesting observations made by him on his present European trip. Dr. Kellogg is no novice in foreign travel and his keen eyes see many things that are worth while. Among the leading points to some Battle Creek needs in a way that should attract the attention of citizens generally:

I am writing the great medical centers of Europe for the purpose of noting the progress in the various lines of medicine and surgery which are of special interest to the Sanitarium. This is by the way of the trip of the sort within the last 30 years, and I am pleased to note this time far greater progress in the special branches of medicine in which the Sanitarium is the leader in America, than on any previous occasion. Every city has its sanitariums, and many German cities and some in Austria and Switzerland seem almost without a need of the Sanitarium, as the Sanitarium is the leader in the country. Both of these institutions have the electric light bath, which was first used at the Battle Creek Sanitarium as a leading feature in the treatment. The products of several of the leading food factories in Battle Creek are also coming to be known in continental cities, and are sometimes found on the bills of fare in hotels and restaurants.

Europe's Fine Parks.
Among the matters of general interest which have especially attracted my attention are the number and beauty of the parks of these European cities. Of course, many of these parks are very old, and so have acquired features which only time and age can give. I have been particularly impressed with the great size of many of these parks in proportion to the cities in which they are found. Some of them, as in Berlin for example, are so large that one can easily lose oneself. A special characterization of many of these parks, including the great Berlin park, is the care taken to preserve or produce the conditions of a natural wood. In my opinion, most of the American parks are spoiled by too much artificial treatment. Nurserymen and landscape gardeners, are of course, anxious to make a display of their art, but are, perhaps, also interested in the size of expected re-mittances.

The great Berlin park impressed me with the perfect and delightful thing of the sort I have seen anywhere. In riding through or about it, one has the impression that he has suddenly discovered a wilderness, a bit of the Black Forest, or some other wild place set down in the very heart of a great city. Trees are allowed to grow naturally. In many places the growth is so thick that the trees can only penetrate a few feet. No trace of human art is seen except in the beautiful drives with their well kept borders. In certain portions of the park there are of course statues and monuments, fine specimens of architecture, arches, etc., but for the most part, it is a natural wood made up of native trees and shrubs, which are of course, pretty and hardy, requiring no more attention than the naturally receive from the sun and rain in the forest.

When the park scheme which has been projected for the Battle Creek park has been developed, I sincerely hope it may be upon similar lines. Such a plan would certainly be the most economic as well as the most conducive to the attainment of the objects for which a city park is most needed. Attention to Road Making.

Another observation which has constantly impressed me here is the universal attention given to road making. It is as difficult to find here in Europe a poor road, as it is to find in America a good one. In some of the most elegant, poorest and least progressive of these little continental kingdoms, the ordinary country roads compare very favorably indeed with the very best roads to be found in the suburbs of Boston, and our older eastern cities. I confess that I always feel ashamed when I ride about Battle Creek with such distinguished visitors as Sir Horace Plunkett or Mr. Clifford Pinchot, because of the state of our streets and surrounding roads. I never see a party of guests going out for a drive that I do not feel like apologizing for the roads they will encounter the moment they get off the main streets of the city, even within the town limits; in fact most of the streets of the town are actually worse than most of the country roads. Although the roads are bad enough with one or two exceptions. An improvement of our city streets and the country roads about the city, in my opinion, would advance the interests of the town more than any other investment that could be made, with the exception of the much needed filtering plant which is essential for a wholesome water supply.

A good city park is certainly greatly needed, but good roads, I must admit, are needed still more. I trust when the commission form of government is installed, if not before, some means may be found of improving the situation in the matter of roads.

Now that the smoke ordinance has come into effect, I am sure there must be a great improvement in the air of the city, and there must be hundreds of grateful housewives whose functionally would be greatly lightened. In this particular we are getting abreast of the best progress in sanitation as applied to a modern city.

Cleaner Streets Needed.
Next we need an ordinance for the suppression of dust. It is surprising how clean the streets of some of these European cities are kept. The streets in Carlsbad, a city which is like Battle Creek, attracts a great number of invalids, are made of cement and are kept as clean as a house floor. If one were knocked down and rolled about on the pavement, the flesh might be badly bruised, but the clothes would be scarcely soiled.

As our community becomes more thoroughly enlightened as regards the importance of clean air, and of the multilaterial changes which owe their origin to dust and the deadly germs which are always associated with the street dust, we shall demand better attention to street cleaning.

I trust also some means will be found for suppressing or lessening in some degree, the unnecessary noises which are so conspicuous during quiet summer nights, and which are especially noticeable at the Sanitarium on account of its elevated position, and the large number of people who suffer more or less sleeplessness, but I must bring my letter to a close lest I weary your readers.

I am pleased to encounter heavy storms in crossing the Atlantic, and on two trips across the English Channel, but fortunately escaped the unpleasant experience of seasickness, with which most of my fellow passengers seemed to be distressingly afflicted.

I am booked to sail on January 16 on the Olympic, and hope to reach home a week later when I trust I shall find Battle Creek with all its many industries and other interstings, as always, making progress toward greater and better things.

Yours sincerely, J. H. Kellogg.
DR. KELLOGG CELEBRATES
Sanitarium Head Is Sixty Years Of Age
MARKED BY FESTIVITIES
Event Was Made Occasion For Pleasure

Yesterday was the sixtieth birthday anniversary of Dr. John H. Kellogg of the Sanitarium and the day was made one of almost continuous festivities in honor of the auspicious occasion. At one-thirty Mrs. Kellogg entertained at a dinner for him, at their home on Manchester street the guests including his sisters who live in the city, their children and Dr. Kellogg's children. Covers were laid for eighteen guests and the table was beautifully decorated. As a gift from his brothers and sisters, the physician was presented with sixty American Beauty roses. An original poem which had been written for the event was read after the repast.

Another surprise awaited the popular head of the Sanitarium last evening. As he walked down the hall to reach the Sanitarium parlor where he delivered his regular Monday night addresses, thirty lady patients lined up on each side of the corridor and they showed him with the petals of American Beauty roses as he passed them. Then, as he took his seat on the platform, he was joined by Sir Horace Plunkett and D. K. Cornell, both of whom gave short addresses congratulating Dr. Kellogg in behalf of all the guests of the institution. As Dr. Kellogg rose to respond, he was greeted with hearty applause.

When his evening talk was over, the physician was told that he was wanted at once at his home and upon arriving there, he was greeted by one hundred friends, including the heads of all the departments of the Sanitarium, the physicians, the nurses and others. Dr. C. F. Stewart was chosen by the guests to present Dr. Kellogg with their gift, a handsome gold watch of Swiss movement. On the back was engraved his monogram while on the inside case were the words "Presented to Dr. John H. Kellogg on his 60th birthday, February 26, 1912, by the physicians, graduate nurses and heads of the departments of the Battle Creek Sanitarium." Not to be outdone, Dr. Kellogg announced, after he had thanked his friends for their remembrance, that he would give each of them a portrait of King George done in copper, and these portraits proved to be English pennies, which had just been coined and which the doctor brought home when he returned from abroad a few weeks ago.

During the evening, the Sanitarium orchestra played several selections, and there were several addresses. An informal social time with conversation was also enjoyed.

Dainty refreshments were served in the dining room by the Misses Cooper and Ashton of the Sanitarium assisted by several girls from the domestic science school.

Dr. Kellogg has eleven brothers and sisters living, the oldest one of whom is eighty years of age, and there has not been a death in his family for many years.

Feb. 26, 1912

Radium treatments are to be given at the Battle Creek Sanitarium, beginning February 1. Dr. J. H. Kellogg, who is still abroad, purchased some of the precious healing substance from the Austrian government. He will bring it back with him. Radium is supposed to be a cure for rheumatism and gout.

Jan. 8, 1912
FIRST TREATMENT IN THIS COUNTRY

WITH RADIIUM WAS GIVEN THIS P.M. AT SANITARIUM TO G. C. CLARK OF HOUSTON, TEX.

Treatment Was administered by Olaf Anderson, Nurse, Under Direction of Dr. Kellogg

To G. C. Clark, of Houston, Texas, a special representative of the Kellogg Toasted Corn Flake company, of Battle Creek, belongs the peculiar distinction of being the first person in America to undergo a radium treatment. Mr. Clark is a guest at the Sanitarium, and this afternoon, with Dr. J. H. Kellogg in command, an emanation bath, using 25,000 units of radium, was given Mr. Clark by Olaf Anderson, a trained nurse at the Institution. It is claimed that Dr. Kellogg introduced radium in this country when he returned from his European trip over a week ago, and the treatment given this afternoon was the first given outside of the old country.

Mr. Clark has been a patient at the Sanitarium since October 5. Prior to that time he had been given up, practically as dead, having suffered paralysis of his lower extremities to such an extent that he was powerless to move, or even eat. Physicians of the south gave up all hope of saving him, and at last, in desperation, and at the request of the heads of the Kellogg Toasted Corn Flake company, for whom he was a representative, he came to Battle Creek to take treatments at the Sanitarium, where he has been since.

In such a condition was Mr. Clark when he arrived that he could not move a particle. His limbs and lower extremities were stiff with paralysis, and he could not even be turned over in bed, but had to be lifted entirely out while his bedding was being changed.

Then he learned that Dr. J. H. Kellogg had returned from Europe with a quantity of radium, treatments of which are supposed to cure paralysis. Immediately the eminent physician was made acquainted with the case, and a treatment arranged for. The treatment was set for this afternoon.

A bath was prepared at 98 degrees, and Mr. Clark was allowed to linger in the warm water for half an hour. Then the radium, as the radium emanation bath was administered, when 25,000 units of radium were introduced into the bath by being blown in by a rubber tube. There was no sensation when the radium was added, according to the patient, and nothing to show that the radium had been added to the bath, except the empty bottle that had previously contained the radium solution.

"This does not complete the treatment, however. Similar treatments will be given every day in a room that has been specially fitted for this purpose, for three weeks, after which time the patient is supposed to have recovered to such an extent as to be able to feel the effects of the wonderful medicine."

When Mr. Clark emerged from the bath he stated he felt exceedingly good, and with the aid of a little support, was able to walk to his wheelchair, something that he has not previously been able to do. If it is possible, some good effects were already felt from the treatment. When Mr. Clark came to Battle Creek in October, he was a nervous breakdown. His condition today after the treatment seemed greatly improved.

Another radium treatment known as the mouth treatment will also be given Mr. Clark. In this treatment, 85,000 units of radium are taken internally four times a day, being taken directly from the bottle in which they are prepared.

With this treatment, the Battle Creek Sanitarium goes on the schedule as one of the only six institutions in the world where radium treatments are given, the others being two in Vienna, two in Berlin and one in Joachimsstuhl, Bohemia—and also the first Institution in America to give the treatments.

April 29, 1912
Dr. and Mrs. John H. Kellogg

wish you

A Merry Christmas

and

A Happy New Year
The question of woman suffrage is rapidly settling itself. The universal recognition of the right of women to vote on all public questions will certainly come at no distant date, as a result of the progressive evolution in civic and political ideas which is going forward in all parts of the civilized world at the present time. One hundred years ago women physicians, lawyers and ministers were unknown. No opportunity was afforded women to obtain a college or university education. Through a multitude of influences which have been at work in society during the last century, woman's sphere of activity has been greatly broadened. All of the learned professions are now open to women, and women have distinguished themselves in each. Women have also shown themselves capable of mastering the intricacies of politics and finance. No sovereign ever reigned better than Queen Victoria and none more masterfully than the Empress Dowager of China. The inalienable rights of man which are the foundation of democratic government, are the root and source of the popular ballot. Women possess these inalienable rights as truly as do men, and no sound reason for the possession of the right to vote by men can be offered which does not apply with equal force to women.

Dr. J. H. Kellogg.
THE KELLOG KAR.

Dr. J. H. Kellogg, head of the Battle Creek Sanitarium, in a carnival mood. His machine was one of those in the automobile parade yesterday.

ANOTHER OF THE PARADE ATTRACTIONS.

Mr. and Mrs. W. C. Phelps and two daughters in car which was among the daintiest in the Wednesday automobile turn-out.
The color effect was wonderful, they state. The bright autumn foliage set off by the green of the evergreens and hardwood trees that have not turned yet, and the blue of the lowland lakes, made a scene not soon to be forgotten. In the lowlands they found large numbers of fringed gentians, the 'most beautiful of autumn flowers, and in the tamarack swamp they discovered the beautiful coral fruit of the wahoo and the scarlet winterberry and spice bushes. The lowland trip ended when the explorers reached the big hardwood forest on the south where Dr. Kellogg was greatly interested in viewing the scene of last year's winter fete, which took place while he was in Florida. Despite the strenuous day Dr. Kellogg stated the next day that he had not felt better in 20 years and that he had enjoyed the trip as much as if he had been exploring some distant unknown region of the globe.
DOCTOR J. H. KELLOGG, of the Battle Creek Sanitarium, famed the world over for taking kinks out of the deranged human system, created considerable interest last week when he appeared in the lobby of the Congress Hotel and strode briskly up to the desk to register. He was the personification of immaculate sanitation in dress. Mark Twain, during the last few years of his life affected a habit of wearing all white on any and all occasions. With Twain it may have been the eccentricity of a temperamental genius. With the Doctor it is not merely a whim to indulge in lily white vestiture, nor is it born of any peculiarity of temperament. With him it is purely a sanitary idea, so when he appeared on a late October day with the air of Autumn attired in a white felt hat, white tie, shirt and collar, white flannel suit with the same hued socks and shoes to match, the whole topped off with a pearl buttoned top coat of pristine purity, it is little wonder that interest took a jump from mild to intense in one leap. He is reputed to be one of the best surgeons in the Northern State which is noted for its crack men of the scalpel and, I am told, is not out-ranked by any of them. He was busier than the proverbial bee during his one hour stay at the Congress and if he is successful as he is busy, one can easily excuse the startling mode of dress which he has adopted. In all probability he is personally prophylactic, and not only that, he looks the part.
With Death of Mrs. Ellen G. White, Prophetess,” Battle Creek May Again Become Headquarters of Adventists

Believed That Influential Men She Drove From Church Will Return; She is Now 86 Years Old and in Very Feeble Health.

BATTLE CREEK, Mich., Oct. 17.—That the Seventh Day Adventist church has practically lost its leader, Mrs. Ellen G. White, is admitted by prominent members of the faith. When the last Lake Union conference was held in this city, the original home of Adventism and long its world headquarters, Mrs. White was not only absent, but practically no mention was made of her existence. Furthermore, Mrs. White failed to attend the general conference, held at Tacoma park, Wash., the place she selected as a refuge from the “modern Sodom” which she found in Battle Creek.

Inquiry develops that Mrs. White is in very feeble health at an Adventist sanitarium in St. Helens, Calif., and there is little likelihood that she will ever be heard in public again. She is now 86 years old and a victim of deafness, which fact alone is said to make it impossible for her public work.

MRS. ELLEN G. WHITE.

This Is, as Far as Known, the Only Photograph Ever Taken of the "Prophetess." It Was Made Many Years Ago.

were expelled as non-believers. These men would not accept all of Mrs. White’s “visions” as the real thing, though they believed in the Seventh Day Sabbath and other teachings of the faith. In fact, Dr. Kellogg still has Saturday observed as the Sabbath at the Battle Creek sanitarium, though Judge Arthur is now an Episcopalian, while Fred W. Gage, son of the noted Adventist publisher, William C. Gage, is a Congregationalist.

Whether Dr. Kellogg, Elder A. T. Jones and others now under expulsion will return to the church when Mrs. White dies is problematic. It was the “prophecies” who had them driven out and who, about the same time, caused a general exodus of Adventists from Battle Creek to Tacoma Park and elsewhere.

Battle Creek figures that Mrs. White cost the city hundreds of thousands of dollars by her “dreams that this city, so far as the Adventist stronghold was concerned, would be destroyed by fire. It is, of course, a fact that soon afterward the S. D. A. printing plant, the Review & Herald, burned, as well as the Hazelton management, the Sanitarium Food Co’s plant, the Sanitarium laundry (twice), the sanitarium library, and, finally, the sanitarium itself. Many of these fires have been proven of an incendiary character and there has been a general feeling that some fanatics in the church fired the buildings to help carry out the “prophecies.”

Many Adventists have a supernatural fear of Mrs. White and would not offend her by urging Dr. Kellogg and the other “exiles” to return to the church. They may feel this way about her spirit after she dies but the general impression is that as soon as the end comes, Elder Daniels will set about putting the Adventist church on a new basis and that eventually, if not in the immediate future, Battle Creek will be restored to good repute and those who were expelled from the church or, who left voluntarily will return. Many of the thousands who formerly attended the S. D. A. tabernacle still keep the Saturday Sabbath here, though never going into the tabernacle. Others attend the Saturday services in the Sanitarium’s private chapel. These are undenominational, but they are held on the day that is rest day for the Adventists.

Mrs. White has a son who looks after her interests and who is generally respected throughout the various conferences. Some Adventists believe that he sees the failings of his mother’s teachings along certain lines and that on her death he will reject the stand with those, now considered as the “disbelievers.” Others say that whatever may be his position is, after all, matter, as Elder A. G. Daniels will decide the policies, plans and future of Adventism, with the passing of the little prophetess.

Oct. 28, 1914
Dr. J. H. Kellogg has a busy itinerary mapped out for the next few days on his trip.

Dr. J. H. Kellogg will leave this evening for Cincinnati, to deliver a paper tomorrow before the members of the Mississippi Valley Medical society. Leaving Cincinnati tomorrow night or Friday morning he will go east, stopping at Washington, New Haven and Boston.

At Washington Dr. Kellogg will visit the "better babies" bureau regarding the baby exhibit to be held at the Panama Pacific exposition at San Francisco in 1915. The baby show will be held in connection with the race betterment exhibit. At New Haven, he will meet Professor Irving Fisher of Yale, who is a member of the race betterment committee, and Miss Robbins, who conducted the better babies exhibit at the race betterment conference here last January. He will discuss with them plans for the exhibit to be held at San Francisco and for the race betterment conference here in January. At Boston he will visit Dr. R. H. Harris of the Sanitarium staff, who is taking part graduate work there, and plans to return to Battle Creek early next week. Oct. 28, 1914.

From the Daily Moos of
DECEMBER 11, 1914.

Dr. J. H. Kellogg was named at Lansing chairman of a committee that will suggest a change in the laws of Michigan in the interest of the fight against tuberculosis in the coming session of the legislature. Dr. Abrams, of Houghton, and Dr. Burkhart, of Lansing, are the other members. Michigan is already in the list of states foremost in the struggle against this dread disease.
Now That Mrs. E. G. White is Dead, Breach in Adventism Caused by Her "Visions" Against Battle Creek May Be Healed and Tabernacle Come Again Into Its Own

THE TABERNACLE.

Mrs. Ellen G. White.

The prophetic, it appeared, had not been a "vision," representing the book as "written" by Ellen G. White.

Dr. J. H. Kellogg.

She stood up before the congregation in the Battle Creek Temple, and delivered her message to the people present. "I am not a prophet," she exclaimed, "I am no necessary part of the divine inspiration, but I have seen and heard what God has said." Opposite to this statement in the book is placed the following contradiction:

"Dr. Kellogg was suppressed."

Mrs. White's book, which contained similar statements to those made in the book of Daniel, was suppressed, and the works were not printed as quoted. The question of what had been written in the book was also raised.

Hard Lines.

The press was a strong one, and the suppression of the book was seen as a threat to the freedom of speech. It was noted that the suppression of the book was a breach in Adventism, and that the book was a direct threat to the faith of the Tabernacle and the community.
More than 6,000 Guests at the Battle Creek Sanitarium During Past Year

New Advancement Made in the Business Management and the Medical Affairs of This World Famous Institution, While Outlook for Future Seems to be Especially Promising

The Sanitarium was first started in 1886 under a special act of the legislature of the State of Michigan, the by-laws of which are as follows:

WHERE the Sanitarium Started

The Sanitarium was first started in 1886 under a special act of the legislature of the State of Michigan, the by-laws of which are as follows:

School of Home Economics Spreads Sanitarium Ideas Concerning Eating

Normal School of Physical Education, Now Seven Years Old, Ranks Among the Topmost in Its Class

Under the Leadership of the New Dean, Frank J. Born, This Branch of the Sanitarium Has Made Great Progress—Enrollment & Larger Than Ever Before, and the Improvements of the School Men—Five Students to Become Expert Trainers

Eastern Man is Now Head of Normal School

STUDENT COMPETITIONS: The basketball team has been fully prepared for competition and the past year. The school has had more than usual enrollees, over 100 boys and young men; the number of students has increased during the past year.

Frank J. Born has been chosen as the official umpire of the basketball game. While Frank J. Born is still a student at the University of Michigan, it is expected that he will be the principal coach of the basketball team.

OBITUARY: Dr. Frank J. Born, who was the first president of the Sanitarium, died on January 1, 1916. He was 50 years old. His funeral was held January 3, 1916.

School of Home Economics Spreads Sanitarium Ideas Concerning Eating

Was Organized in 1906, and Helps Fill the Demand in the Country for Trained Dietsitians Along These Lines—Curriculum Is Divided Into Two Courses

COMPETENT HEAD OF THE HOME ECONOMICS SCHOOL

MISS LENA L. COOPER, in this campus, is in charge of the home economics school which is in charge of the Home Economics School. She has been teaching in this field for several years and has a wealth of knowledge and experience in the subject.

Institution's Founder and Head

Dr. J. B. Kellogg founded the Sanitarium in the late 1800s, and has been instrumental in its growth and development. As a philanthropist and surgeon, Dr. Kellogg has made great contributions to the medical world, and has spread the Sanitarium principles of living to all parts of the world.
SEVEN THINGS ARE NECESSARY
TO PREPARE CALHOUN COUNTY FOR FIGHTING DISEASES, PARTICULARLY TUBERCULOSIS

Dr. J. H. Kellogg Outlines His Ideas; Puts Tuberculosis Sanatorium at Head of List

What does Calhoun county need to put it on a thorough basis of preparedness for fighting disease, to place it where it should be as a health center?

Attention has again been called to this question by the tuberculosis survey that was recently conducted in the county. Battle Creek is known the world over as a health center, and there are perhaps many who have a notion that little more needs to be done here for public health. The tuberculosis campaign is proving that a great deal needs to be done. There are many counties in the state less well prepared to fight disease than Calhoun, but even Calhoun has only the beginnings of an organization for doing this great work.

But what must still be done?

This question was put to Dr. J. H. Kellogg, and his unhesitating answer showed that he had given a great deal of thought to the problem. "There are at least seven things we need in Calhoun county," he said, "and counting them off on his fingers, one for each finger of his right hand, he enumerated them as follows:

1. A tuberculosis sanatorium.
2. At least four visiting nurses.
3. One or more free dispensaries.
4. Full-time health officers for Battle Creek, Albion and Marshall, or, perhaps better still, a full-time health officer for the county.
5. Adequate health inspection in the public schools, rural as well as city schools.
6. Clean milk, which means milk from cows, only that are free from disease.
7. Organization.

While number seven is somewhat general, Dr. Kellogg did not by any means give it as an afterthought. In some ways number seven is the most important of them all. Calhoun county, like every other county in the state, needs health organization and needs it badly. It needs to co-ordinate all the forces that are now at work for public health, and it needs a directing and guiding hand to steer them into the most effective channels. If every county in the state could have a thoroughly equipped and well-awake organization, most of the other needs would eventually be taken care of, because such an organization could work constantly and ceaselessly for all the things enumerated in the first six of Dr. Kellogg's list.

"A well-equipped tuberculosis hospital is a vital necessity for the county," continued the doctor. "It is a terrible waste of life and health to let the consumptives continue to infect others, without a hand lifted. This county is paying for it year after year. Merely measured in dollars and cents, leaving life and happiness out of consideration entirely, the loss from this preventable disease is an enormous one each year. I understand that during 1915 fifty-eight persons died of tuberculosis in Calhoun county. Think of the enormous amount this represents in lost wages, lost earning capacity, doctors' bills — an economic loss that is shocking. It is estimated that for every one dying with tuberculosis there are about eight ill with it, so that Calhoun county has perhaps 450 or more consumptives, many of whom do not know they have the disease. Doesn't it seem reasonable that the county should have a place where these people may be taken care of and restored to health and strength?"

Dr. Kellogg checked off the finger on his right hand that stood for number two in the list — visiting nurses.

"Four visiting nurses would not be too many," he said. "They would have their hands full of work all the time. They could keep busy all the time preventing disease. It is starting to learn how many pulpits in the schools of the county are laboring under defects that could easily be remedied. In scores and hundreds of cases just a word of advice at the right time would mean a life saved from disease. But if this work is to be done, it must be done systematically. A force of workers must be at it all the time."

"Then the free dispensaries. That also is important. If people would only see it, such a service is actually money in the pockets of the public. A person who is ill because he cannot buy medicine or pay a doctor, does not keep the illness to himself alone. He is a constant menace to all he comes in contact with. The person who refuses to pay for a service or this kind in his taxes, pays for it anyway. And in addition to paying for it in money, he is in constant danger of paying for it with the life of his wife or child or his own life. Society is paying an enormous price each year for neglecting to prevent preventable disease."

The full-time health officer, which is number four in my list, is also important. Most Michigan cities need such an official badly. And most counties need a full-time health officer just as badly. In most cities and counties the health officer is merely a sidetissue, as the ridiculous salaries prove. This matter should be given first place instead of last by every county board and city council.

"Then there is the health inspection of the schools. We are paying large sums cheerfully to educate the children, and many are satisfied if the child receives a high mark, even when it is at the expense of his health. Many a pupil is prepared for an honorable and useful career in every other way except physically. And as long as there is no health inspection of the schools, the children of the most careful parents are in almost as great danger as the children of the most careless. All are herded together and what is to prevent the spread of disease?"

"Then there is the problem of pure milk. It is very important to have a supply that is absolutely safe. All food should be safe and pure, but milk forms a problem by itself. Unless there is supervision, people have no means of knowing whether or not they are drinking milk from tuberculous animals. This menace to public health should be removed."

Feb. 4, 1916
Plan Chicago-Detroit Paved Roadway

Road Builders are Banqueted at Battle Creek Sanitarium

Detroit and Chicago will be connected with a paved roadway in a comparatively short space of time, if the plans of the Michigan Detroit-Chicago Highway Association mature as rapidly as its organizers hope. At the Battle Creek Sanitarium, January 5, a meeting was held which indicated that the delegates present favored the construction of a sixteen-foot paved roadway between the Wolverine City and Chicago.

The route will be that of the Old Territorial Road, and after Detroit will come Ypsilanti, Ann Arbor, Jackson, Battle Creek, Kalamazoo, Dowagiac, Niles, Michigan City and Chicago and the total distance is slightly in excess of 300 miles.

Among those present at the meeting was Philip T. Colgrove, president of the Michigan Good Roads Association, who figures prominently in all good roads progress in the state.

It is the plan of the organization to arouse local interest in the highway in the counties which it touches and secure the issuance of county bonds for the construction of the road. The officers of the Association are:—President, A. B. Williams, Battle Creek; secretary, O. T. Towne, Kalamazoo; treasurer, Norman Flowers, Jackson.

Lower Line Indicates Course of the Detroit-Chicago Paved Highway

The American Motorist
February, 1916
When The Ladies Of The M.W. P. A. Came To Town

(Continued from page 61)

J. L. Tyner and Miss Bette C. Sharp were on their wedding tour and had a group of women who attended that they knew during the days gone by. There are some who were not too happy about the group and the meeting. The result of the meeting was that it was decided that the M.P. would continue to hold its meetings and the group would continue to meet at the home of Miss Bette C. Sharp.

Mrs. Mary E. Kellogg
Battle Creek, Honorary President and Charter Member, M.W.P.A.

Mrs. Barrett Hamilton
Battle Creek, Associate Member, M.W.P.A. and President Club Woman

The meeting was well attended and everyone enjoyed themselves. Mrs. Hamilton gave a brief address and then the meeting was adjourned.

Mrs. Mary E. Kellogg
Battle Creek, Honorary President and Charter Member, M.W.P.A.
From Left to Right—They are Robert H. Patton, of Springfield, Ill., who officially notified J. Frank Hanly of his nomination; John P. Coffin, Johnstown, Fla., who gave $50,000 to the party’s campaign fund this year; J. H. Kellogg, Battle Creek, Mich.; Mrs. Frances Beauchamp, Lexington, Ky., secretary of the national committee; J. Frank Hanly, of Indianapolis, nominee for President; Dr. Ira Landrith, of Nashville, Tenn., nominee for Vice-President; Virgil G. Hinshaw, Chicago, chairman of the national committee.
SANITARIUM GOLDEN JUBILEE OPENS IN A VERITABLE BLAZE OF GLORY

PAGEANT IS MOST GORGEOUS IN HISTORY OF BATTLE CREEK

Every Development in Life of Sanitarium and Its Present Activities Depicted In Wondrous Illuminated Spectacle

ELABORATE TABLEAUX AMONG THE FLOATS

It Required Days of Labor to Complete Many of Them and Three and Four Teams of Horses to Draw Them. The Hundreds of Persons, Including Girls and Boys, Appeared in Colorful Costumes—One of Most Stirring Features was a Herd of Steers of Florence Nightingale Standing Over Cots of the Sick.

Not only all of Battle Creek, and the big force of Sanitarians workers joined yesterday in the first day of a three-days celebration of the Sanitarium's fifteenth anniversary, but hundreds of visitors from all parts of the country dropped in to take part in the festivities. It is a veritable blaze of glory that has swept through the city.

ALL PAY TRIBUTE TO DR. J. H. KELLOGG

Out-Of-Town Guests at Golden Jubilee Join Battle Creek in Cenoning His Prizes.

HUNDREDS AT OPENING SESSION

Dr. Kellogg Sits Them Welcome on Behalf of Sanitarium.

Founder of Great Health Institution recounts Remarkable Progress Wrought During Half Century of Its Being.

Fifty years history of the Sanitarium was the theme of the address delivered at the opening session of the festivities. Dr. Kellogg, in the course of his remarks, paid tribute to the work of the Sanitarium, its founders and officers, and the exceptional progress wrought during half a century of its existence. He spoke of the many improvements and new buildings, and challenged the visitors to employ the lessons of the past years in the future, that the Sanitarium may be further developed.

CARS COLLIDE AND GO DOWN WITH BRIDGE

May Killed and Injured at Cleveland When Two Street Cars Take 20-Foot Fall. NEARLY ROLLED INTO RIVER

How Any Man Saved is a Miraculous. Four Bodies Recovered, Several Others Drowned Under Wreckage—Wrecked Bridge 300 Feet Long.

Cleveland, O., Oct. 5.—Four bodies were recovered today, several others are believed to be in the wreckage, and more than 30 are in hospital, as the ball of a bridge carrying city electric cars and horse omnibuses over the old Cuyahoga river, between the city and the Shaker Heights of Cleveland, collapsed into the water below.

The accident took place on the 52nd year of the Sanitarium, when the visitors gathered to see the beautiful city.

WATCHMEN, What of the Night?

One of the greatest privileges of the Sanitarium was the chance to see the beautiful city of Cleveland, with its magnificent buildings and lovely streets, and to enjoy the hospitality of the people, who showed us every kindness.

DEMOCRATS TOSS UP ANTI-LIQUOR ISSUE

Prohibitions Question Not Mentioned In State Convention and is Kept Out Of Platform.

SWEET TOOT AT IT, HOWEVER

Oberlin Students Will Make It Campaign Pledge.

Convention at St. Charles Was Very Harmonious With Administration Leaders in Complete Control.

State Tickets Named By Democratic Convention.

(Composed on Page Three.)

DEMOCRITIAN TIMES.

Three-year-old girl killed.

Three-year-old girl killed.

 Dumbledore President of Detroit Police.

Three-year-old girl killed.

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THE TRiumPH OF TRUTH TO BE REPEATED SATURDAY EVENING

Great Golden Jubilee Feature To Be Produced Again For Benefit of Those Unable To Attend Last Evening.

PORTRARIES THE SUCCESS OF RIGHT LIVING

Written, Directed and Produced Almost Entirely by Battle Creek Talent—Two Michigan United States Senators To Speak at Today's Meetings and Last Session Will Be Held This Evening When William Jennings Bryan Speaks in the Big Tent on the Annex Lawn.

The two United States senators, William Allen Smith and Chauncey B. Little, and William Jennings Bryan are among the speakers who will appear on the program to-day at the Southmayd, the last day of the golden jubilee celebrations. Mr. Bryan speaks this evening in the tent on the annex lawn.

The meeting of President Bryan was held yesterday afternoon in the gymnasium, and among the speakers were Governor Parke, John R. Albritt, former president of the International Railway club, and Lahey Tomlin, former United States Senator from Indiana. Mr. Albritt made an interesting address on the subject of "History in Art."

STATE PRIZED, CITY CENSURED

Gov. Farris Says Michigan is on Mound in Tennis Science.

Allen P. Albert, expert military engineer, tells Battle Creek Daily Post—"Young Describes War Ending.

"Michigan was exploded as vigorously as Battle Creek was exploded, according to a report from the state capital. The state was declared by the central office official as being only a minor point in the field of battle."

In an address on the history of the golden jubilee celebration, Mr. Albert said: "The state has been declared by the central office official as being only a minor point in the field of battle."

Bryan Yaks Tons Of Women

William Jennings Bryan, who will appear in the jubilee meetings, was warned yesterday by the Secretary of State, Secretary Charles Thomas of Michigan, to save the state from a political muddle. Senator Bryan is to appear at the jubilee meetings on the anniversary of his birthday, May 26th, at Dearborn, Michigan.

The convention is in session on Wednesday night. The program of the convention is as follows:

President Says Women Must Be Kept Out of Politics

In his message to the convention, Mr. Bryan said: "The women of the nation must be kept out of politics." He added: "The women of the nation must be kept out of politics." "The women of the nation must be kept out of politics." He added: "The women of the nation must be kept out of politics."

School Tax $260,000

Appropriation Exceeds Last Figures $10,000.

VALUATION INCREASES MILLION

Committee for Year Appointed By Chairman.

Justices Placed Under Direction of Superintendent and War Governor Appointed to Efficency.

The school apparatus for the coming year was increased last year by the school board, the increase over last year amounting to a million dollars.

At the meeting of the board of education yesterday, the following officers were elected:

President, Dr. Charles H. Thomas;

Secretary, Frederick A. M. Thomas;

Treasurer, John A. Thomas.

The board of education is composed of the following members:

Dr. Charles H. Thomas, W. A. Morgan;

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GOLDEN JUBILEE OF BATTLE CREEK

A number of physicians attended the Golden Jubilee of the Battle Creek Sanitarium on October 3, 4 and 5. The exercises included incidentally a night pageant and a morality masque, but consisted chiefly of a series of conferences on health and race betterment subjects. Ex-Secretary William Jennings Bryan addressed a huge meeting in a big tent on "National Health and National Prosperity." Dr. A. P. Biddle, president of the Michigan State Medical Association, spoke for "The Medical Profession" and Dr. Ray Stone, of Battle Creek, for "The Physicians." One of the most interesting figures at the Jubilee was Dr. Stephen Smith, of New York City, who was honorary president of the conferences. Although ninety-four years old, Dr. Smith read a paper on "1866—A Year of Great Epochs in Race Betterment." His long and eminent services in his profession both public and private, fairly entitle him to be called "The Grand Old Man of American Medicine."

Dr. John Harvey Kellogg, who for forty years has been superintendent of what has now become the largest sanitarium in the world, welcomed the guests and recounted what had been achieved in the fifty years of the institution's existence.

J. of Iowa State Med. Society
7 Nov., 1916
The work of the Extension Dept.

Battle Creek is recognized as the best advertised and most advertised of any city in the state. The work of the Extension Department is among the most perfect in the world. The city, with its 40,000 inhabitants, is entirely at the disposal of the Extension Department, and the city is open to all who wish to see it.

The Extension Department has over 1,000 patients in its care, and these patients are visited every day. The department is divided into several sections, each of which has its own special duties. The patients are taken care of in their own homes, and the department has a staff of trained nurses and physicians to assist in the work.

The Extension Department is also responsible for the publication of the Battlemore Student, a monthly magazine that provides information about the city and its inhabitants. The magazine is distributed free of charge to all who wish to receive it.

The Extension Department is also responsible for the publication of the Battlemore Medical Journal, a quarterly publication that provides information about the latest developments in medicine and health care.

The work of the Extension Department is supported by a staff of over 100 people, including doctors, nurses, and administrators. The department is headquartered in the Extension Building, located at 141 W. Michigan Ave.

The work of the Extension Department is recognized as the best in the world, and it is a source of pride for the city of Battle Creek.
THANKSGIVING DINNER

Let us settle the question for you and all your wants from our copper and carefully selected stock of Fruits and Vegetables. In this way, we have been making every effort to assist you in your Thanksgiving dinner, and it is our hope that you will find this page a useful guide in planning your holiday feast.

Van Syckel & Wilber
CASH GROCERY
270 West Main Street

SAVING FIRST

I'LL PROVE I CAN SAVE YOU 25% ON DIAMONDS, WATCHES, CLOCKS, AND JEWELRY WATCHES CLEARANCE...$1.00 MAINSPRINGS Guaranteed...$1.00 CLOCKS...$1.00 WATCHES...$1.00

WHY PAY MORE—ALL WORK GUARANTEED

B. C. Hinn
THE ARCADE JEWELER
MOTTO: A SATISFIED CUSTOMER

ADVERTISE IN THE MOON-JOURNAL—IT PAYS

STRAND THEATRE
Tuesday and Wednesday
Marguerite Clark in
"SILKS AND SATINS"
10c Shows at 1:15, 3:45, 5:00, 6:15, 7:30, 8:45, 10:00—10c

GARDEN THEATRE
Tuesday and Wednesday
ALICE BRADY in
"The Gilded Cage"
10c Shows at 1:15, 3:45, 5:00, 6:15, 7:30, 8:45, 10:00—10c

M. L. Nolan & Co., The Arcade

Books
Latest Books Of All Authors
Complete Stock Of Popular Fiction
OFFICE SUPPLIES
Everything For The Office
Headquarters For Loose Lead, Dozen and Loose Leaf Supplies
TYPEWRITERS
SOLD—RENTED—REPAIRED
BURROUGHS ADDING MACHINES

Read The Wants
Eighty-Five Per Cent
of all Telephones in Battle Creek are Bell Telephones

Bell Service now numbers 6,168 subscribers
in Battle Creek. That is eighty-five per cent of all telephones operated in this city. Orders for service are being received in such volume that it has been necessary to appropriate $55,000 for additional facilities.

Bell Service has gained 800 telephones
in Battle Creek during the last ten months. There are today 1,200 more Bell telephones in operation here than there were a year ago—a truly remarkable increase for that period of time.

Bell Service is used so extensively
in Battle Creek that our switchboard capacity has been considerably increased and will be further enlarged soon. More operators are needed and capable girls who wish to secure steady employment at good pay are invited to call at our office.

Bell Service is the greatest telephone value
to be obtained in Battle Creek. It covers the field so thoroughly that it answers every telephone need. This gives the people of Battle Creek the practical advantage of the single telephone system.

Bell Service is the logical telephone service
for every home, office, shop, store and factory in Battle Creek. It gives the subscriber access to practically every telephone user in the city. It connects with local companies operating throughout Calhoun County.

Bell Service covers the State of Michigan
and the entire nation as thoroughly as it does the local field. Every Bell telephone is a long-distance telephone. It can bring the remotest part of the state or nation within speaking-distance of any Bell subscriber. Bell Service is thoroughly American in scope and character.

6,168 Bell Telephones in Battle Creek
the most extensive telephone service that money can buy and worth buying because it is the most extensive.

Call 2400 to Order a Bell Telephone

Michigan State Telephone Company
G. W. Johnson, Manager
Battle Creek, Michigan
This is the Year of Double Thanksgiving at the
BATTLE CREEK SANITARIUM
For This Is The Year of The Golden Jubilee Anniversary

The Sanitarium has successfully passed its Fiftieth Milestone—fifty years of service to the public. During this time over One Hundred and Six Thousand patients have received medical care and treatment. Among our guests have been many thousand persons from our own state, Michigan. A number of local citizens also have availed themselves of the services of the institution.

VISITORS ARE ALWAYS WELCOMED—
ESPECIALLY VISITORS FROM THE CITY

Guides are on duty every afternoon except Saturday, at 2:30 o'clock. You are invited to inspect the Sanitarium at your convenience.

The Battle Creek Sanitarium
This is the Year of Double Thanksgiving at the
BATTLE CREEK SANITARIUM
For This Is The Year of The Golden Jubilee Anniversary

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The Battle Creek Sanitarium
WILL PLAY SANTA TO DESERVING CHILDREN

Instead of Exchanging Gifts Young Ladies of Sanitarium Plan to Make Others Happy.

ARRANGE FOR CHRISTMAS TREE
Younger Element Will Be Invited to Be Guests of Girls.

Dr. Kellogg, M. W. Wentworth and Others to Assist in Entertainment—Impress Need of a Social Center.

Instead of the usual exchanging of Christmas gifts, the 30 young lady employees of the Extension department of the Sanitarium are planning to play Santa Claus to 30 of Battle Creek's deserving children.

Children ranging from four to eight years of age have been invited by personal solicitation to the parents to be the guests of the young ladies next Wednesday evening at 7 o'clock in the department offices. A Christmas tree, special games and refreshments dear to kiddies' hearts are being arranged. A real, live Santa Claus will preside and distribute Christmas stockings filled with toys and goodies.

Each young lady will be responsible for giving one child "the time of his life." Many of the girls have declared their intention of looking after the welfare of their tiny proteges throughout the coming year, if possible.

Among those who are helping to make the affair a success are Dr. Kellogg, who has offered his private car to assist in taking the children to and from their homes; Mr. Wentworth, who is furnishing Lakewood milk for the occasion; the Kellogg Food Co. which has donated a large part of the refreshments beside a number of people outside of the Sanitarium who have offered help.

Edwin Piper, manager of the Sanitarium extension department says "Our work in connection with this little Christmas party only confirms the urgent need for social centers for the children of Battle Creek.

"Doing something to make the children happy once a year does not near cover the field. We hope by private donation or subscription to establish at least one social center for children under school age within the next year—not a home but a place where the little ones can congregate and play to their hearts' content."

"Citizenship begins in the cradle and when we reach the children early in life and instill into the receptive minds high ideals, we are laying the foundation for good citizenship."
MEMORANDA
NATIONAL CONFERENCE
ON
RACE BETTERMENT

BATTLE CREEK, MICHIGAN
January 8, 9, 10, 11, 12
1914

"To be a good animal is the first requisite to success in life, and to be a nation of good animals is the first condition of national prosperity."—HERBERT SPENCER.

Address Correspondence to Miss Emily F. Robbins, Secretary
National Conference on Race Betterment
Battle Creek, Michigan
The Purpose of the Conference

To assemble evidence as to the extent to which degenerative tendencies are actively at work in America, and to promote agencies for Race Betterment.

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Vice-President New York State Board of Charities

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Judge of Denver Juvenile Court

HON. WOODBRIDGE N. FERRIS, LL. D.  Lansing, Mich.
Governor of Michigan

RIGHT HON. SIR HORACE PLUNKETT, K. C. V. O., F. R. S.  Dublin, Ireland
Ex-Minister of Agriculture for Ireland

Vice-Presidents

IRVING FISHER, Ph. D.  New Haven, Conn.
Professor of Political Economy, Yale University

Pastor Plymouth Church

J. N. HURTY, M. D.  Indianapolis, Ind.
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HON. ROBERT L. OWEN, A. M., LL. D.  Washington, D. C.
U. S. Senator from Oklahoma

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Professor of Political Economy, Yale University

Pastor Plymouth Church

J. H. KELLOGG, M. D., LL. D.  Battle Creek, Mich.
Superintendent Battle Creek Sanitarium, Member Michigan State Board of Health

RIGHT HON. SIR HORACE PLUNKETT, K. C. V. O., F. R. S.  Dublin, Ireland
Ex-Minister of Agriculture for Ireland

HON. JACOB A. RIIS  New York, N. Y.
The Jacob A. Riis Neighborhood Settlement
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Director Bureau of Foods, Sanitation and Health, Good Housekeeping Magazine

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The Jacob A. Riis Neighborhood Settlement

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Director of Hemenway Gymnasium, Harvard University

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Dean of the Episcopal Cathedral of Saints Peter and Paul

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United States Senator from Michigan

Hon. Morris Sheppard, LL. B., LL. M.  Washington, D. C.
United States Senator from Texas

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Medical Director New York Life Insurance Company

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Professor of Physiology, Northwestern University Medical School

Secretary Michigan State Board of Health

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Honorary Chairman, Institution Economics, American Home Economic Association

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S. S. McCLOURE, A. M., L. H. D.                                NEW YORK, N. Y.
McClure's Magazine

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Leland Stanford University

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Chicago Board of Education

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Author

GRAHAM TAYLOR                                                    CHICAGO, ILL.
President Chicago School of Civics and Philanthropy

HON. JOHN W. BAILEY, LL. B.                                     BATTLE CREEK, Mich.
Mayor of Battle Creek

Superintendent Battle Creek Sanitarium, Member Michigan State Board of Health

Local Co-operating Organizations

Battle Creek Ministers' Association
Calhoun County Medical Society
Battle Creek Dental Society
Battle Creek Chamber of Commerce
Battle Creek Board of Education
Normal School of Physical Education
Battle Creek Sanitarium and Hospital Training School
Nurses' Alumni Association of the Battle Creek Sanitarium and Hospital Training School
Battle Creek Sanitarium School of Home Ecopomics
Young Men's Christian Association
Young Women's Christian Association
Charitable Union
Woman's Club
Woman's League
The Ladies' Aid Societies of Nine Churches of Battle Creek
Woman's Society of the Congregational Church
Dorcas Society
Women's Christian Temperance Union
Sanitarium Women's Christian Temperance Union
PROGRAM
(Moving Pictures or Lantern Slides will be shown at all Sessions)

Thursday, January 8th, 1914—Two Sessions

First Session—Sanitarium Chapel, 10.30 A. M.

DR. STEPHEN SMITH IN THE CHAIR

The Basic Principles of Race Betterment
DR. STEPHEN SMITH, President of the Conference and
Vice-President State Board of Charities New York City

Apparent Increase in Degenerative Diseases
MR. E. E. RITENHOUSE, Conservation Commissioner
Equitable Life Assurance Society New York, N. Y.

The Prevention of Arteriosclerosis
DR. LOUIS F. BISHOP, Professor of Diseases of the Heart
and Circulation, Fordham University New York, N. Y.

The Significance of a Declining Death-Rate
MR. FRED’K L. HOFFMAN, Statistician Prudential
Life Insurance Co. Newark, N. J.

The Need of Thorough Birth Registration for Race
Betterment
MR. CRESSY L. WILBUR, Chief Statistician Division of Vital Statistics,
Bureau of the Census, Department of Commerce Washington, D. C.

Second Session—Sanitarium Gymnasium, 7.30 P. M.

Some Efficient Causes of Crime
PROF. R. B. VON KLEINSMID, Secretary American Association
Clinical Criminology, Associate Superintendent and Director De-
partment of Research, Indiana Reformatory Jeffersonville, Ind.

Sterilization
MR. H. E. LAUGHLIN, Superintendent Eugenics Record Office
Cold Spring Harbor, N. Y.

Hookworm (Illustrated)
DR. LILLIAN SOUTH, Kentucky State Bacteriologist Bowling Green, Ky.

Deterioration of Civilized Woman (Illustrated)
DR. RICHARD ROOT SMITH Grand Rapids, Mich.
Friday, January 9th, 1914 — Two Sessions

First Session—Sanitarium Chapel, 10.30 A. M.

School Hygiene
Dr. Ernest Hoag, Leland Stanford University California

Function of Individual, City, State and Nation in Bringing about Race Betterment
Sir Horace Plunkett, Ex-Minister of Agriculture for Ireland Dublin, Ireland

The Cost of High Living as a Factor in Race Degeneracy and Limitation of Families
Dr. J. N. Hurty, Commissioner of Health State of Indiana Indianapolis, Ind.

What the United States Public Health Service is Doing for Race Betterment
Dr. H. W. Austin, U. S. Public Health Service Detroit, Mich.

The Race Betterment Movement in Women’s Colleges
Dr. Carolyn Geisel, Shorter College Rome, Ga.

The Negro Race
Mr. Booker T. Washington, Principal The Tuskegee Normal and Industrial Institute Tuskegee, Ala.

2.30 P. M.—Entertainment by the Battle Creek Chamber of Commerce

Second Session—Sanitarium Gymnasium, 7.30 P. M.

Community Hygiene
Rev. Caroline Bartlett Crane Kalamazoo, Mich.

Factory Degeneration
Rev. Newell Dwight Hillis, Pastor Plymouth Church Brooklyn, N. Y.

Industrial Welfare
Dr. Thomas Darlington, American Iron and Steel Institute New York

The National Department of Health
Dr. Henry B. Favill, Professor of Therapeutics, Rush Medical College, Chicago, Ill.

Address
Hon. Woodbridge N. Ferris, Governor of Michigan Lansing, Mich.

The Health Certificate—A Safeguard against Vicious Selection in Marriage
The Very Reverend Walter Taylor Sumner, Dean of the Episcopal Cathedral of Saints Peter and Paul Chicago, Ill.
Saturday, January 10th, 1914—Two Sessions

First Session—Sanitarium Chapel, 10.30 A. M.

The Relation of Physical Education to Race Betterment
   Dr. D. A. Sargent, Director Hemenway Gymnasium,
   Harvard University Cambridge, Mass.

Unbiological Habits
   Dean Wm. W. Hastings, Normal School of Physical
   Education Battle Creek, Mich.

Tobacco a Race Poison
   Dr. Daniel Lichte Rockford, Ill.

Some Suggestions for a More Rational Solution of the
Tuberculosis Problem in the United States
   Dr. S. Adolphus Knopf, Professor Phthisio-Therapy
   at the Post Graduate Medical School and Hospital of New York

A New Race
   Dr. J. H. Kellogg, Superintendent Battle Creek Sanitarium
   Battle Creek, Mich.

Second Session—Sanitarium Gymnasium, 7.30 P. M.

Euthenics and Its Founder (Illustrated)
   Mrs. Melvil Dewey, Honorary Chairman, Institution Economics
   of the American Home Economics Ass'n Lake Placid, N. Y.

The Effect of Alcohol on Longevity (Illustrated)
   Mr. Arthur Hunter, General Chairman of the Central Bureau
   of the Medico-Actuarial Mortality Investigation
   Actuary New York Life Insurance Co.

Alcohol—What Shall We Do About It?
   Dr. Henry Smith Williams, Author New York, N. Y.

The Importance of Frequent and Thorough Medical
Examination of the Well
   Victor C. Vaughan, M. D., LL. D., Pres.-Elect American Medical
   Association; President State Board of Health Ann Arbor, Mich.

Effect of Philanthropy and Medicine upon Race Progress
   Prof. Leon J. Cole, University of Wisconsin Madison, Wis.

The Function of the Dentist in Race Betterment
   Dr. C. N. Johnson, Editor The Dental Review Chicago, Ill.
Sunday, January 11th, 1914

*Race Betterment Sermons in the Churches of Battle Creek—10.30 A. M.*

A Special Address at the Independent Congregational Church, Battle Creek, Mich. Subject: Disease and Its Prevention

By **Dr. Guilford H. Sumner**, Secretary and Executive Officer

Iowa State Board of Health Des Moines, Iowa

*Sanitarium Gymnasium, 3.30 P. M.*

**An Experiment in the Use of Schools**

**Mrs. Ella Flagg Young**, Superintendent of Schools

Chicago, Ill.

**Public Repression of the Social Evil**

**Graham Taylor**, President Chicago School of Civics and Philanthropy

Chicago, Ill.

*A Meeting for Men Only—Sanitarium Gymnasium, 8.00 P. M.*

**Practical Eugenics and the Venereal Diseases (Illustrated)**

**Dr. Alfred Scott Wathen**, Professor of Pathology and Director

Pathological Laboratory, University of Michigan

Extension Department Ann Arbor, Mich.

*A Meeting for Women Only—Sanitarium Chapel, 8.00 P. M.*

**Dr. J. N. Hurty**, Dr. J. H. Kellogg (Lantern Slides)

**Monday, January 12th, 1914—Three Sessions**

*First Session—Sanitarium Chapel, 10.30 A. M.*

**Segregation**

**Hastings H. Hart, LL. D.**, Director Department of Child Helping

Russell Sage Foundation New York

**Relation of Eugenics and Euthenics to Race Betterment**

**Dr. Maynard M. Metcalf**, Professor of Zoology

Oberlin College Oberlin, Ohio

**The Importance to the State of Eugenic Investigation (Illustrated)**

**Dr. C. B. Davenport**, Director Carnegie Station for Experimental Evolution

Cold Spring Harbor Long Island, New York

**The Psychological Limit of Eugenics**

**Herbert Adolphus Miller, Ph. D.**, Professor of Sociology

Olivet College, Olivet, Mich.

**The Causes of the Declining Birth-Rate**

**Prof. J. McK. Cattell**, Editor *Popular Science Monthly*

Garrison-on-Hudson, N. Y.

**Differential Fecundity**

**Prof. Walter F. Willcox**, Cornell University

Ithaca, N. Y.

**The Importance of Hygiene for Eugenics**

**Prof. Irving Fisher**, Yale University

New Haven, Conn.
Second Session—Mass Meeting, Post Theatre, 3.00 P.M.

The Dependent Child

Dr. Gertrude E. Hall, Director Bureau of Analysis
and Investigation, Department of State and Alien Poor
State Board of Charities  Albany, N. Y.

Education for Parenthood

Mrs. Anna Steese Richardson, Director Better
Babies Bureau, Woman's Home Companion  New York

Better Babies

Robbins Gilman, Head Worker University Settlement Society
New York City

Report of the Examining Judges

Dr. W. F. Martin, Chairman Committee of Judges
Battle Creek, Mich.

Better Babies Contest Prizes

Physical and Mental Perfection Contest Prizes

Mayor John W. Bailey
Battle Creek, Mich.

Third Session—Mass Meeting, Post Theatre, 8.00 P. M.

Marriage Selection (Illustrated)

Prof. Roswell Hill Johnson, University of Pittsburg

Marriage and Genetics

Dr. C. A. L. Reed
Cincinnati, Ohio

The Delinquent Child

Judge Ben. B. Lindsey, Juvenile Court
Denver, Colo.

The Bad Boy

Hon. Jacob A. Riis, The Jacob A. Riis
Neighborhood Settlement  New York, N. Y.

Education for Race Betterment, Especially along Lines
of Eugenics

Dr. Winfield S. Hall, Professor of Physiology
Northwestern University  Chicago, Ill.

11
Exhibits

Extensive exhibits will be made by the National Child Welfare Exhibition Committee, the American Association for Study and Prevention of Infant Mortality, the Michigan State Board of Health, the Michigan State Tuberculosis Society, the Committee of One Hundred on National Health, the Battle Creek Health Department, and several other Battle Creek organizations. These exhibits include moving pictures and living demonstrations, and cover the subjects of—

- National Department of Health
- Infant Mortality
- Care of Babies
- Children’s Diseases

Health
- Milk Records
- Food Buying
- Food Inspection
- Dental Clinic
- Open-Air Sleeping

Play
- Home Playroom
- Backyard Gymnasium
- Boy Scouts
- Camp Fire Girls
- Public Recreation

Schools
- Social Centers
- The School Building
- Medical Inspection
- Open-Air Schools
- Educational Training

Prizes

Prizes of $8, $5 and $2 are offered to the school children of Battle Creek for the best composition on the Child Welfare Exhibit, written in school within two days after the close of the exhibit. These will be collected by the teachers, and the best three or four from each room sent to Professor Coburn, Superintendent of Schools, who will appoint judges.
PROGRAM

OF THE

Golden Jubilee Celebration

OF THE

BATTLE CREEK SANITARIUM
Battle Creek, Michigan

1866–1916

October 3 . . . . Home-Coming Day
October 4 . . . . Jubilee Day
October 5 . . . . Conference Day
Program

TUESDAY, OCTOBER 3

Reception Committee Meet Trains and Receive Guests
Registration at Jubilee Office, Lobby
Assignment of Rooms
10.00 to 12.00—Orchestra Concert at Main Entrance
2.00—Gymnasium
   Welcome and Responses, Dr. J. H. Kellogg, Presiding
   Addresses:
   For the Sanitarium . . . . Dr. J. H. Kellogg
   For the City . . . . Mayor James M. Marsh
   For the Public, Hon. C. S. Osborne, Ex.-Gov. of Michigan
   For the Medical Profession . . . Dr. A. P. Biddle
   For the Physicians . . . . Dr. Ray Stone
   For the Legal Profession . . . Hon. J. L. Hooper
   For the Pastors . . . Rev. Geo. E. Barnes, D. D.
   For the Chamber of Commerce . Hon. L. B. Anderson
   For the Newspapers . . . . Hon. A. L. Miller
   For the Banks . . . . Hon. E. C. Nichols
   For the Manufacturers . . Hon. E. C. Himman
   For the Schools . . . Prof. W. G. Coburn
   For Foreign Missions . Bishop J. E. Robinson, India
8.00—Grand Street Pageant, followed by Chorus, “The Triumph of Truth,” Massed Band Concert and Illumination

WEDNESDAY, OCTOBER 4

MORNING SESSION—GYMNASIUM

9.30 to 11.30—Dr. Stephen Smith, A. M., M. D., LL. D., Presiding
Addresses:
   Dr. Smith, “1866—A Year of Great Epochs in Race Better-
   ment.”
   Prof. Irving Fisher, “The Health Movement”
   Yale University.
   Dr. C. B. Davenport, “Eugenics as a Religion”
   Cold Springs Harbor.
   Prof. O. C. Glaser, “The Place in Modern Civilization of a Eugenics Register”
   Ann Arbor.
   Allen D. Albert, Immediate Past President International Rotary Club, “Health as Related to a City’s Growth”
   Minneapolis, Minn.

11.30 to 1.00—Orchestra Concert—Main Building
2.00 to 3.00—Exhibition of Normal School of Physical Education.

AFTERNOON SESSION—GYMNASIUM

3.00 to 5.30—Bishop J. E. Robinson, Presiding
Addresses:
   Hon. W. N. Ferris, Governor of Michigan, “The Health Movement and the Public Welfare”
   Hon. Washington Gardner
   Albion.
   Samuel Dickie, LL. D., “The Coming Man”
   Albion College.
   Hon. LaFayette Young, “The Human Repair Shop”
   Des Moines.
5.30—Banquet at the Annex, followed by a General Reception
8.00 to 9.15—Masque, "The Triumph of Truth"—Tent in Rear of "Annex"

THURSDAY, OCTOBER 5
MORNING SESSION—GYMNASIUM
10.00 to 12.00—Bishop W. F. Anderson, Presiding
Addresses:
   Hon. Chas. E. Townsend, United States Senator, "Michigan and Her Institutions"
   Henry Bruere, "Health Conservation"
   New York.
   The Rev. J. P. McNaughton, D. D., "The Battle Creek Idea in the Mission Field"
   Mrs. Caroline Bartlett Crane, "The Measure of a City"
   Kalamazoo.
   Mrs. Felix McWhirter, "Mothercraft"
   Indianapolis.

AFTERNOON SESSION—GYMNASIUM
2.30 to 4.30—Dr. Sol. G. Dickey, Winona Lake, Presiding
Addresses:
   Hon. William Alden Smith, U. S. Senator
   Dr. Yamei Kim, "Health Hints from China"
   Hon. R. A. Nestos, "Health Conservation by the State"
   Minot, N. Dak.

EVENING SESSION—TENT IN REAR OF "ANNEX"
7.30 to 8.30—The Mendelssohn Club of Battle Creek, Prof. Edwin Barnes, Director
1. "Hail, Bright Abode," from "Tannhauser" . . . . Wagner
   CHORUS AND ORCHESTRA
2. "The Leprechaun" . . . . . Granville Bantock
   The Leprechaun, according to the old Irish legends, is one of the "wee folk"—a tiny, fairy shoemaker living in the forest, and while he works and sings, guards the money hidden there. He wears a scarlet coat and pointed cap. If any can catch him and hold him, all the time keeping their eyes upon him, he must lead them to where wealth is buried in the forest; but if he can distract their attention so that they so much as glance away from him, he slips from their grasp and vanishes.
3. "Fly, Singing Bird" . . . . . Edward Elgar
4. "Gipsy Life" . . . . . Schumann
5. "What from Vengeance," Sextette from "Lucia di Lammermoor" . . . . Donizetti
   MRS. C. S. GORSLINE, MRS. JOY HUBBARD, MR. GEORGE DAVIS,
   MR. FRANK STRONG, MR. HORACE N. KEYES, MR. GEO. B. DOLLIVER,
   CHORUS AND ORCHESTRA
8.30—Dr. J. H. Kellogg, Presiding
   Address by Hon. William Jennings Bryan, "National Health and National Prosperity"

Meals for invited guests served at the Annex 7.00 to 8.00 A. M.,
12.00 M. to 1.00 P. M., 5.30 to 6.30 P. M.
HISTORICAL

1866—Opened as a "water cure" under the name, "Western Health Reform Institute."

1876—Reorganized by the present management under the name, "The Battle Creek Sanitarium."

1877-8—First main building erected and School of Health opened.

1883—Organized Training School for Nurses.

1884-1894—Erection of East Hall, Hospital and large additions to main building.

1898—Reincorporation under statute provided for charitable and philanthropic institutions, as a strictly non-sectarian, medical and educational philanthropy.

1902—Destruction of main building and hospital by fire, February 18.

1903—Dedication of new fireproof main building, May 31.

1906—Organization of the School of Home Economics.

1907—Purchase of Battle Creek College buildings.

1909—Organization of the Normal School of Physical Education.

1913—Purchase of Sanatorium buildings, "The Annex."

1914—Organization of the Race Betterment Foundation and holding of the first Race Betterment Conference.

1915—Equipment of a special hospital building.
THE FAREWELL TO MR. H. C. HAWK

BATTLE CREEK'S GOOD BYE

Former Bloomingtonian Gives an Ovation and Distinguishes Himself as Past Prandial Star

The Battle Creek News-Press

December 15, 1916
BANQUET

TENDERED

Doctor John Harvey Kellogg

BY THE

Battle Creek
Chamber of Commerce

At the Post Tavern
Tuesday Evening, April Twenty-Sixth
Nineteen Hundred Twenty-One
Menu

Invocation, REV. CARLETON BROOKS MILLER

GRAPE FRUIT SUPREME

SALTED NUTS
HEARTS OF CELERY
RIPE OLIVES
ICED CUCUMBERS
RADISHES

CREAM OF CAULIFLOWER, CROUTON SOUFFLE

RISOTTO RAVIOLE WITH POACHED EGG
EGG PLANT, SAUCE BEARNAISE

SPANISH MEAT BALLS, MUSHROOM GRAVY
CANDIED SWEET POTATOES
STUFFED TOMATO WITH CURRIED RICE

LOGANBERRY JUICE

HEAD LETTUCE AND ASPARAGUS TIPS

STRAWBERRY SHORT CAKE
WHIPPED CREAM
YOGURT CHEESE
CRACKERS

ASSORTED FRUITS
MINUTE BREW
Speakers

MR. EDWARD D. STRAIN, President of the Battle Creek Chamber of Commerce, Presiding

OFFICIALLY AND PERSONALLY

MAYOR CHARLES C. GREEN

FROM THE WOMEN’S VIEWPOINT

MRS. F. WINIFRED HARVEY

FOR THE CALHOUN COUNTY MEDICAL SOCIETY

DR. W. S. SHIPP, PRESIDENT

HIS SERVICE TO MICHIGAN

GOV. A. J. GROSBECK

FOR OLD ACQUAINTANCE SAKE

HON. EDWIN C. NICHOLS

IN BEHALF OF THE BUSINESS INTERESTS OF BATTLE CREEK

MR. HENRY C. HAWK

IN APPRECIATION

MR. JOSEPH L. HOOPER

OUR HONORED GUEST

DR. JOHN HARVEY KELLOGG
Looking Forward

We see climbing still to be done, great heights of endeavor and accomplishment to be scaled. As our eyes try to trace through the mists of the unknown future the trail along which the star of destiny must lead, we see an ever-broader path leading over new and inviting fields of effort for Race Betterment and race perfection.

J. N. Kellogg
The Governors of the
Society of the New York Hospital
request the honour of the presence of
Doctor 5. 11. Hale 1899
at the celebration of the
One Hundredth Anniversary
of the opening of the
Bloomingdale Hospital
which, since 1821, has been conducted by the Society as
a separate department for the treatment of
mental and nervous diseases
on Thursday, the twenty-sixth of May
One thousand, nine hundred and twenty-one
at half past ten o'clock in the morning
at the Hospital
White Plains, New York
"Religion consists of two things, to seek truth and to do good." — *Seneca.*
Cordial Greetings

John Harvey Kellogg

X-mas 1923
SIX O’CLOCK CLUB
CITY OF LANSING

Last Meeting, Season 1923-1924
Thursday Evening, March 20, 1924
Central M. E. Temple House

LADIES’ NIGHT
Bring your wife or friend. Every Night is Ladies Night.
Extra guests $1.25 per plate

SUPPER 6:30 SHARP
Be prompt, if you cannot attend notify one of the committee. Return card at once.
OUR CREED

I believe in Lansing. I am for her interests, products and institutions. I believe in Boosters and Boosting. I am against Knockers and Knocking. I believe in ideals and closer fellowship. Lansing is my home. I am for a larger, more prosperous, more beautiful Lansing. I pledge myself to think Lansing, talk Lansing, boost Lansing. Here's to Lansing.

PRINCIPLES

No constitution. No formality. No dress suits. Eat, drink and be sociable.

Speak frankly your views—be considerate. Respect the opinion of others—be courteous. No criticism for any speech or remarks outside. Cultivate the Lansing spirit.

REGULATIONS

The management of the club shall be in charge of a general committee of six members. Three members shall hold over, three new members shall be selected at the last meeting to serve for the ensuing year.

A written report shall be rendered at the first meeting of each year, showing membership, receipts and expenditures for the past year.

Six meetings will be held each year on the evening selected, in October, November, December, January, February and March. The meetings will begin at 6:30 with a supper and be in full charge of the leader and last not longer than 9 o'clock.

The membership is recommended, for the present, to be limited to one hundred and fifty made up of old members attending the first meetings each year or sending in their names, together with payment of twelve dollars, which shall be called the dues of the Club. These dues pay for the six suppers and also pay for one guest on Ladies' Night, every meeting. These dues shall be collected from each member at the first two meetings of the Club, and those not paying dues before December meetings shall be deemed to have retired from the Club, and the vacancies filled from the waiting list, as recommended by the general committee.
MENU

SANITARIUM DINNER

Saleipon of Fruit
Ripe Olives
Protose Loaf
Mushroom Gravy
Mashed Potatoes
String Beans
Tomato Sauce
Shamrock Salad
Cream Sticks
Rational Whole Wheat Rolls
Zo Ice Cream
Fruit Wafers
Minute Brew

Prepared by chef from Battle Creek Sanitarium
Served by Ladies of Central Methodist Church

PROGRAM

LEADER—Rev. Frank Kingdom of Central M. E. Church
HARP SOLO—Chas. Randall
VOCAL SOLO—Mrs. S. N. Rittenhouse
SPEAKER—Dr. J. H. Kellogg of Battle Creek Sanitarium
SUBJECT—Fads, Fancies and Facts about Foods.

EXECUTIVE COMMITTEE

Continuing Members—W. C. Brown, E. L. Grover, A. F. Burdick
Retiring Members—E. A. Bessey, E. M. Hunt, J. E. Stoffer
Nominating Committee—To nominate three new members to
Executive Committee—Spencer Kelley, Frank Church, Chas. Pierce.
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Prepared by chef from Battle Creek Sanitarium
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Nominating Committee—To nominate three new members to
Executive Committee—Spencer Kelley, Frank Church, Chas.
Pierce.
MEMBERSHIP OF THE SIX O'CLOCK CLUB

Allured, Paul
Anderson, Bert
Bailey, W. E.
Bauerle, A. G.
Barnes, Chas.
Barnhart, Grover
Benedict, F. G.
Bessey, E. A.
Brown, Wm. C.
Burdick, Austin F.
Buchanan, W. C.
Baker, Philip J.
Berry, Bert
Buckborough, Harry
Carbaugh, Wm. J.
Chapin, M. A.
Chapman, C. W.
Church, F. E.
Clapham, S. M.
Cooper, R. W.
Cormany, C.
Cook, Jno.
Davis, Edw.
de Zeeuw, Richard
Duff, Ralph
DeCamp, J. C.
Dunnebacke, Jos.
Edington, B. C.
Edwards, W. E.
Emmons, L. C.
Ensign, E. F.
Ewing, D. T.
Fitch, L. S.
Foreman, E. C.
Foyst, E. H.
Foster, E. K.
Fowler, B. C.
Freeman, Glenn A.
Giltner, Ward
Gram, Wm. G.
Grover, E. L.
Gallup, Eddie
Grove, V. G.
Gardner, V. R.
Geiger, A. A.
George, F. E.
Goodell, Ralph
Hardy, Ray
Hibbard, R. P.
Holmes, Warren
Hudson, Grant M.
Hunt, E. M.
Hunter, C. I.
Hutchinson, Geo. A.
Hartman, Ernest V.
Hicks, Wm.
Himmelberger, Jacob
Hitchcock, Warren
Hobbs, R. W.
Haight, Chas. F.
Harris, Walter E.
Hoadley, D. R.
Holden, E. A.
Hudson, R. G.
Huddleston, L. H.
Isant, E. O.
Jarvis, Elmer L.
Johnson, F. S.
Johnston, W. W.
Johnston, P. A.
James, Wm.
Kelly, Spencer D.
Kirby, W. L.
Kirker, J. P.
Kies, Glen S.
Kingdon, Frank
Lane, R. E.
LeFurge, Chas. E.
Ludwig, Claude C.
Leverington, Roy
McLean, D. D.
Miller, Harold
Mills, F. E.
Mills, L. W.
Montgomery, S. S.
Morse, F. T.
Morrison, Edwin
Moulton, V. V.
McDonel, Carl
McLean, Carl
McKim, Robt.
Mann, Ira
McPherson, C. H.
Miller, R. E.
Millar, C. E.
Neller, Louis
Pierce, C. S.
Pierce, F. S.
Plant, L. C.
Powers, Horace S.
Pino, J. Arthur
Persons, Seymour
Power, C. J.
Reddy, W. F.
Reed, L. C.
Rockwood, H. L.
Roseboom, B. B.
Rapp, Matt
Riddell, F. T.
Sexton, J. W.
Shoestmith, V. M.
Slaughter, J. W.
Snow, O. L.
Stabler, C. E.
Stabler, Archie
Stotter, J. E.
Symmonds, W. E.
Shelden, Chas.
Simmons, B. Blasing
Smith, Mark
Springer, Harold
Stimson, C. A.
Starr, Geo. E.
Stewart, G. O.
Thies, W. H.
Trager, Julian H.
Van Der Slice, E. R.
Van Auken, Daniel
Wimble, Frank S.
Woodcock, E. T.
Warrer, Fred W.
Wardwell, L. S.
Whitemore, Ira H.
Webb, F. L.
Williams, J. W.
Westfall, M. A.
Wilcox, C. S.
Young, H. M.
Young, Frank

For the sake of democracy the committee voted to remove all handles from names on the list as Dr., Prof., etc.
BE SURE AND HEAR

C. W. BARRON

Third General Meeting
Detroit Chapter A. I. B.

December 13, 1921
Board of Commerce Auditorium
6:30 P. M.  Dinner $1.00
MR. BARRON IS—


EDITOR of the Boston News Bureau, and owner of the Philadelphia News Bureau, both financial dailies.

EDITOR of "Barron's," the national financial weekly.

PRESIDENT of Doremus & Co., financial advertising agency.

MR. BARRON has devoted his life to the gathering of financial news. Less than twenty years ago when he entered newspaper work in Boston there was not anything that might be called a financial page in the country. He established one for his paper and then founded the Boston News Bureau.

MR. BARRON is the dominating force in all his affiliated institutions which number nearly a score. He never stops at a desk but is constantly going over the country and the world in search of news. He is never without his secretaries and does much of his dictating when traveling. There are 18 phones in one of his Boston homes.
MR. BARRON is one of the country's most influential exponents of sound finance. He is not primarily interested in news incidents, but in underlying causes, and he endeavors to have his papers reflect this attitude. He is ever on the trail of the unscrupulous promoter. His first thought is of the stockholder. He first exposed Ponzi's frenzied operations in Boston and was sued for $5,000,000, because of the exposure. Events soon justified his position.

ALL the intricate developments of modern business reporting might be called results of Mr. Barron's pioneering. No section of the world is kept better informed than the New York financial district.

IN addition to the morning and evening editions of the Wall Street Journal there are the frequent news bulletins. Sometimes 300 different bulletins are published daily. They are rushed to subscribers by a regiment of boys and the freshest news is thus available to banks, traders and investors hours before they read it in the papers. The news ticker service is even more rapid. The latest news received from all over the world is flashed out on the broad tape an instant after it arrives in the Wall Street Journal office.

MR. BARRON knows Europe nearly as well as the United States, and European financiers and economists almost as well as American leaders, financial and political. Few men are familiar with the "inside" of more things than he.

His activities have not diminished with the years. He spends his time between his three papers and for the past few weeks has been in Washington in connection with the Arms Conference.
MR. BARRON has a delightful personality which with his years of achievement as a background make him one of the most pleasing and enjoyable speakers in the country.

DON'T MISS HIM!
HE HAS THE INSIDE STUFF

NOTICE
All classes will be cancelled on the night of this meeting.
How It Started

The old people's organization, called The Three-Quarter Century Club, although less than six years old, is already known throughout the United States and has even been heard of in foreign countries. This is the way it started: It occurred to Mr. Charles H. Wheelock, a leading citizen of Battle Creek, that it would be a good thing to get the old people of the town together and give them an opportunity to exchange reminiscences and renew old acquaintances. Such a meeting was held in the rooms of the Y. W. C. A. in the month of June, 1922, with the Hon. E. C. Nichols presiding. A few months later (November, 1922) the Sanitarium management gave a banquet to the Club at which there were gathered together several hundred of the old people of the town. With old-time songs, old-fashioned fiddlers and pioneer speeches, a program produced by the fertile brain of Mr. Wheelock, these fine old folks, quite a number of whom were in the nineties, for a few hours renewed their youth and really enjoyed the time of their lives.

From the beginning the Club has grown steadily until it now numbers more than 650 members. The secretary, Mr. Wheelock, has devoted much time to looking up the elderly people of the city, keeping a record of their birthdays and seeing that every one was remembered on his anniversary. He has made himself a friend and brother to every person in town who is past the three-quarter century mark.

An annual banquet has been held and the Club has performed such valuable service in brightening the lives of the elder members of the community, making them feel that they are not forgotten and in various ways contributing to their comfort and welfare, that it has fully established its claim to be a worth-while social activity.
The Three-Quarter Century Club

Vol. I January, 1928 No. 1

Published quarterly by students in the Department of Sociology of Battle Creek College

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Advisory Contributor
Dr. John Harvey Kellogg
Advisory Contributor
Charles H. Wheelock

AND SPECIAL CONTRIBUTORS

Correspondence on news subjects thankfully received

THE THREE-QUARTER CENTURY CLUB MAGAZINE

A Publication Devoted to The Three-Quarter Century Club, an Association Founded in Battle Creek, Mich., April 10, 1922, to celebrate the victories and experiences of those who have attained 75 years of age.

OUR PLEDGE

"I hereby promise to do my best to attain the age of 100 years."

Here It Is—A New Magazine

Santa Claus brought to Battle Creek as a Christmas present a new magazine, a quarterly, THE THREE-QUARTER CENTURY CLUB. Beginning with January, every member of The Three-Quarter Century Club of Battle Creek will receive every three months a copy of this little magazine, the only one of its sort in the world.

THE THREE-QUARTER CENTURY CLUB chose Battle Creek as its birthplace because this city has come to be known the world over as the center for health and life-promoting ideas, one of the most unique and best appreciated of which is the organization known as The Three-Quarter Century Club, which originated several years ago in a dinner for the older citizens of the town given by Mr. Charles H. Wheelock and Dr. John Harvey Kellogg.

Thus far the Club has had no mouthpiece of its own. The newspapers of the city have shown the Society cordial support, which we hope will be continued, but the time has arrived when this Society has reached so large proportions that greater facilities for communication between its members are required. It is hoped that this little quarterly will serve not only as a bond of affiliation between members but may be the means of passing the idea along to other communities.

It is also hoped to make THE THREE-QUARTER CENTURY CLUB a source of information which will aid the members in living up to the slogan of the Club, "Let's Live a Little Longer."

(Continued on page eight)

Dr. Kellogg says:

Cultivating Youth

If you want to keep young, cultivate youth instead of old age. Live biologically and expect to profit by so doing. After three score years and ten never talk about old age, never think about it. People who are continually talking about old age and who go... inspect themselves to find evidences of the encroachments of old Father Time, feeling around for old age symptoms, writing letters about growing old, and looking for old age indications in their associates, are adopting the best possible plan for growing old fast.

The writer happened to be standing near when a lady asked the late Dr. Stephen Smith how it felt to be old. The witty Doctor, then in his ninety-fifth year, instantly retorted, "I cannot tell you, Madam, I have never felt that way yet."

How to Become a Member of The Three-Quarter Century Club

1. You are eligible if your nearest birthday is 75 years or more.
2. You must adopt as your slogan, "Let's Live a Little Longer."
3. You must sign the following pledge: "I hereby promise to do my best to attain the age of 100 years."
4. You must supply to the secretary, Mr. Charles H. Wheelock, 27 W. State Street, your full name, your present address, the date and place of your birth and the date when you became a resident of Battle Creek.

Young at 100

On a slab over a grave in Westminster Abbey are inscribed the words: "Here lies Thomas Parr, who died at the age of 152 years and 9 months." At his death, Old Parr's body, at the request of the king, was subjected to a most minute scrutiny by the famous Dr. William Harvey, who discovered the circulation of the blood. Harvey reported that he was unable to find in the centenarian's body one single hardened artery or any evidence of extreme senility.

Parr died not of old age, but of acute indigestion, the result of three weeks of high living at the court, to which he had been invited as a gesture of deference to his great age.

At the age of 120 years, Parr was able to swim the swiftest rivers in England and earned his living by hard work as a common laborer.

Careful, temperate living, avoidance of chilling, overheating, overeating, undue excitement, and, above all, worry, will hold Old Father Time at bay for years and years.
Health Question Box

By DR. JOHN HARVEY KELLOGG

Q. What is the best means of relieving heaviness in the stomach?

A. Persons who suffer from heaviness after eating should lie down and rest for three-quarters of an hour or an hour after eating. It is a good plan to place a hot water bag over the stomach and to practice deep breathing.

Q. When eggs and meat are discarded, what vegetable foods should be taken in their place?

A. As a matter of fact no substitutes for meat and eggs are needed. When freely eaten eggs and meat generally introduce into the diet a surplus of protein which can be dispensed with not only without injury but with very great profit. Ordinary vegetable foodstuffs contain all the protein which the body requires. A diet of peas and beans contains a larger proportion of protein than is required. The same is true of most cereals. Nuts, with the exception of the pecan, are very rich in protein. Pine nuts and almonds contain protein in larger percentage than does meat itself. As a matter of fact, a pound of pine nuts or almonds contains as much protein as one and one-half pounds of the best steak. It is very evident then, that one need have no apprehension of suffering from the lack of protein because meat and eggs are discarded from the dietary. The sense of loss when these articles are discarded may be easily overcome by increasing the amount of butter or olive oil taken at each meal, and if anything more is needed an ounce or two of almonds, or other nuts may be eaten.

A pint of milk a day with other foods will fully take the place of meat.

The newly introduced soy bean is more than a substitute for meat. It is rich in lime and vitamins which meat lacks. Its protein is "complete."

Q. Does flesh diet injure the kidneys?

A. The use of a flesh diet imposes upon the kidneys a large amount of extra work which must lessen their efficiency and gradually lead to degenerative processes which make their presence known by albumin and other evidences of kidney disease. More than two-thirds of the meat eaten by the mixed feeder is at once eliminated by the kidneys as waste matter, and serves no useful purpose in the body. Meat contains much uric acid which the liver of man is unable to convert into urea as does the liver of a dog or other carnivorous animal, a strong argument in favor of the biologic diet.

The decomposition of the undigestible remnants of flesh in the colon floods the tissues with putrefaction poisons which give rise to the multitudinous ills of auto-intoxication.

(Continued on page eight)
About thirty years ago a venerable educator called me into his office and said, "Young man, there are many successful and brilliant young men in the world. There are only a few successful old men. May I suggest to you to try to become some day a grand old man?"

I have never forgotten these kind and sensible remarks. At the time I thought, "Who wants to be old anyway and why worry about it until the time comes?" But as the years have passed I have learned to appreciate the value of the wise man's suggestion: "Try to become a grand old man some day."

There is no doubt in the mind of anyone today that life can be shortened or prolonged. It can be shortened by indulgence in alcoholic drinks, by the use of coffee and tobacco, by overexercise, by overeating, by eating the wrong kinds of food, and by neglect of exercise in the open air and in the sunshine. It can be shortened by slow or by rapid suicidal methods. It can be prolonged by obedience to the laws of health, by sane and reasonable thinking, by the avoidance of dissipation and by the cultivation of a cheerful and happy disposition.

But even though I can prolong my life by obedience to the laws of Nature and of God, I would not want to do so if I were merely to become an "old man." However, if I might become a "grand old man" the objective would be something worth striving for.

Every period of life has its own peculiar glory, but the most wonderful period of life is ripe and tender old age. If a boy wishes some day to become a normal youth, he must be a real boy during his boyhood days. If the youth expects to become a robust man, he must live a complete life as a youth. If a man expects to become a grand old man, he must first be a worthy young man. To insure growth at sixty, one must have grown at twenty.

The dissipated youth will never be a grand old man. The chances are that he will never be old. The bird with a broken pinion will never soar as high again. Young people cannot, and should not, act like old people. They must live a life that is befitting their own age. And this life of youth, if properly lived, is the best preparation for a grand old age of ripened maturity.

I think I should like to qualify for membership in The Three-Quarter Century Club some day. But I would not like to belong if I were unable to enjoy the fellowship of the other members. I would not like to belong if I could no longer enjoy a good book. There is nothing more pathetic in the world than an old man who has lost all of his friends and does not know how to make new ones; whose joys of sense have departed and whose spiritual and intellectual joys have never been developed; who has lost interest in his surroundings and who has no subjective interests because he failed to lay up treasures where "neither moth nor dust doth corrupt, and where thieves do not break through and steal."

I would not want to be an old man, if I could not be a "grand old man."

**The Health Decalogue**

1. Live, work, play and sleep in the open as much as possible, and secure an ample amount of outdoor air when indoors.
2. Eat and drink for health and strength, that is, biologically. Avoid meats. Eat more roughage. Eat green stuffs daily, fresh vegetables, nuts, clean milk, less cereals, more potatoes.
3. Evacuate body wastes and residues promptly. The bowels should move after each meal. Delays are dangerous.
4. Exercise daily to the extent of moderate fatigue, with perspiration. Walk more; ride less; hold the chest up; draw the abdominal muscles in. Breathe deep.
5. Take proper rest by change of occupation and recreation, and sleep at least eight hours daily.
6. Keep the skin clean, and harden it by exposure to the sun and air and by daily cold bathing.
7. Avoid poisons - alcohol, tobacco, tea, coffee, nostrums.
8. Avoid infections - insanitary places and infected persons.
10. Cultivate calmness and contentment and avoid depressing and exhausting emotions.

**Send in News!**

*News, Health, Historical, Social, General, and Personal, will be used in the columns of this magazine. Send it in or call Sanitarium Exchange, Phone 155, and we will get it. If you have an interesting story to tell, send us word and we will send a stenographer to take it down. Criticism will be thankfully received also. Call or address Dept. of Sociology, Battle Creek College, Battle Creek, Mich.*
Honorary Member of Three-Quarter Century Club at Ninety Lectures in Sanitarium Parlor.

At the Commencement exercises of the University of Alabama last spring, President Denny was very proud to introduce the oldest living alumnus of that school, Prof. James Garland Hardwick Buck, '60. The Three-Quarter Century Club is also proud to have Professor Buck as an honorary member. He has spent a few of the late months with his granddaughter, Mrs. Herbert Tait, of 108 West St.

Professor Buck was born February 6, 1837, son of Wiley Buck of Lexington, Mississippi, and Mildred Murfee Weatherford. He is well educated and has filled many responsible positions. He was principal of Gibson Wells Academy, 1866-69, and professor of mathematics at Brownsville, Texas, 1871-72, postmaster at Hillsboro, Texas, 1888-92, tax assessor of Hill County, Texas, 1892-94, and principal of Elkhart schools for several years. Although ninety years of age, Professor Buck is still very active. On his ninetieth birthday he took a nine-mile walk.

He recalls the days of his youth with remarkable memory, the days when students traveled the distance from their home to college in a carryall drawn by four horses.

The greater part of his life has been devoted to research work in phonetic spelling. He believes that we should have an entirely remodeled system, which would save the United States nearly two million dollars annually in reduced printing costs. He recently explained his system before an interested audience in the Sanitarium parlor. He has promised that at his death, the results of his work shall go to the University of Alabama.

Professor Buck likes Battle Creek and is very happy of the opportunity to be a member of its Three-Quarter Century Club.

Editor's Note: Next issue we will tell the life story of Miss Mary Morgan, 95 years of age, who resides at 351 Garfield Ave., Battle Creek, Mich., and is an early member of our Club.
Members of Three-Quarter Century Club Ninety Years of Age, and Over

277 Mrs. Jane Bucksey, 271 Howland, age, 90.
202 Z. K. Clough, 104 Hudson St., Elmira, N. Y., age, 94.
31 Mrs. Cyrena Clapp, 267 Cherry St., age, 90.
30 Edwin Cranney, 10 Grand Ave., age, 92.
69 Mrs. M. P. Chatterton, care Knox University, Galesburg, Ill., age 94.
307 Mrs. Mary Campbell, 252 Cherry St., age, 96.
454 Charles K. Cronk, 45 Kelly Ave., age, 94.
290 Charles Fowler, 132 Chestnut St., age, 92.
291 Mrs. Ellen Gething, 540 West Main St., age, 95.
588 James O. Hall, 244 Kalamazoo St., age, 90.
407 Mrs. Mary Kistler, 68 Warren St., age, 92.
153 Lewis (Louis) Lamora, 260 S. Washington Ave., age, 97.
362 Mrs. Isabella Loutit, 86 North Union St., age, 91.
348 J. H. Miller, 48 Kellogg St., age, 90.
32 Miss Mary Morgan, 351 Garfield Ave., age, 95.
452 Samuel S. McCourtie, 307 North Washington, age, 90.
119 Rev. Henry Nicola, 123 Manchester St., age, 93.
257 Ephraim Osborn, 22 Battle Creek Ave., age, 92.
230 Mrs. Laura L. Parks, 80 Merritt St., age, 93.
295 Mrs. Margaret C. Pierce, 261 Garfield Ave., age, 94.
607 Mrs. Minerva M. Parsons, 186 North Wood St., age, 96.
73 John R. Robinson, 111 South Kendall St., age, 92.
147 Mrs. Harriet Rowell, County Home, Marshall, age, 90.
613 Mrs. P. H. Ransom, 37 Harvard St., age, 91.
3 William H. Staley, 179 Post Avenue, age, 90.
287 Mrs. Mary J. Shattuck, 287 N. Washington Ave., age, 91.
108 Mrs. Elizabeth A. B. Smith, 38 Ann Ave., age, 91.
604 Mrs. Lydia Smith, 130 N. Division St., age, 90.
128 Rev. Calvert W. Threlkeld, Was Stuart, Florida, age, 92.
88 Miss Carrie L. Wattles, 652 Maple Street, age, 91.
438 Mrs. Carrie Woodworth, R. F. D. 5, age, 92.

Meet Our Officers

Many new members of the Club are as yet unacquainted with the names of those holding office in the Club. To enable you to direct your suggestions and inquiries to the right person, here are the officers:

President ................. Dr. John Harvey Kellogg
Secretary .................. Charles H. Wheelock
Asst. Secretary .......... Miss Leta Browning

Members with Birthdays this Month

Mrs. Stella L. Parker, 43 Anderson Court, 82, January 1.
Mrs. Mary Preston, 202 Fountain St., E., 84, January 1.
W. S. Faith, 78 S. Division, 80, January 2.
Miss Lucinda Gregory, 652 Maple, 88, January 7.
Mrs. Elizabeth Eastman, 141 W. Fountain, 84, January 13.
Mrs. Mary Kindt, 54 S. Division, 83, January 14.
Mrs. Ellen Gray, 37 Grand Trunk Ave., 81, January 15.
Mrs. Elizabeth Gensch, 132 Clay, 77, January 15.
Mrs. Clara L. Branson, 33 Marshall, 80, January 17.
Mrs. Roxanna O' Riley, 193 Calhoun, 83, January 17.
Mrs. Emily Henry, R.F.D. 6, 88, January 18.
Mrs. Elizabeth A. B. Smith, 38 Ann Ave., 92, January 21.
Mrs. Ida Latta, 16 Graves, 79, January 25.
Miss Mary Morgan, 351 Garfield, 96, January 25.
Mrs. Susannah Baxter, 44 Cleveland, 85, January 27.
Mrs. H. B. Lipscomb, 163 E. Van Buren, 79, January 27.
Mrs. Sarah Cooper, Soldiers Home, Grand Rapids, 84, January 28.
Mrs. Ellen Gething, 540 W. Main, 96, January 28.
Mrs. Martha Christian, Lapham Ave., Dearborn, 81, January 29.
Mrs. Celia E. Owens, 100 Manchester, 78, January 31.
Moses C. Spier, 697 Kernen Drive, 81, January 31.

Your Birthday

It will be a whole year before you receive another Christmas greeting card from the Club but if you have registered your birth date with the Secretary, Mr. Charles H. Wheelock, you will be remembered again at the time your birthday rolls around. If you have not registered it with Mr. Wheelock, do so as soon as possible, as he wishes to keep a complete record of every member of the Club.
What to Eat in Winter

By MARION B. KING, Our Dietitian

As we reach the "three-quarter century" mark, our food requirements differ radically from those in our youth or growing period. In the first place, the total energy yielded by our food need not be as great. Both for the reason that we are not as active, physically, as in our youth, and also because our bodies have slowed up in all their inner activities, thus lessening their demands. Secondly, we are not building new muscle tissue, so the only use we have for muscle-building foods is as a means of repair for replacing the amount worn out in the activities of the day.

Our food should be in easily digested forms, eliminating fried foods, steamed puddings, pies and heavy desserts, all of which throw an added burden on our digestive system. There should not be too great a variety at any one meal, but in order not to live on a too limited selection of foods, the menus should be varied from day to day.

It is best that the heaviest meal of the day be eaten at noon, and the lightest meal at night, as this will promote better digestion and better sleep. For this supper meal, the cereals are particularly good, or a thin vegetable chowder with toast and fruit.

Special attention must be paid to good elimination to give us that feeling of "pep" which is absent when our bodies are clogged with waste products. Water drinking— at least eight glasses a day— also comes under this head.

Meals for the winter months require special thought, not alone because of the cold, making sufficient nourishment imperative, but also because of the scarcity and prohibitive price of most garden green-stuffs. In planning the menu in detail, our first consideration should be for the foods which repair the daily waste of the body tissues. Such foods consist of eggs, cheese, beans, peas, milk and nuts and scientists have proven that if ten per cent of the total amount of food eaten falls in this class, we are making a safe allowance. This ten per cent is easily furnished if we have one dish of this group at each meal. At this season, we can more acceptably eat them in heavier forms than during the summer months. Thus, bean croquettes, nut roasts, peas loaf, egg omelets and cooked cheese dishes supplant the cottage cheese, chilled buttermilk and egg salads which are more desirable for warm weather fare.

The fat in the diet should be kept to three-tenths of the total amount, particularly if supplied in an easily digested form such as cream, butter, olive oil, nuts and egg yolks. Fat is the greatest heat-producing food we have, thus fats are excellent winter foods. More cream soups, creamed vegetables and desserts with whipped cream are permissible than on the summer menu.

College Furnishes

Editorial Staff

The publishing of a paper to represent The ThreeQuarter Century Club has been anticipated for some time by Dr. John Harvey Kellogg and Mr. Charles Wheelock. With this, the initial issue, that anticipation becomes a reality.

Students of the Sociology Department of Battle Creek College are performing the editorial work in connection with this publication, as a part of their class work. It has always been a part of the curriculum of the department to engage in practical applications of the theoretical work. The gathering together of the material and the opportunity for contact with people, which is afforded by such an undertaking, is recognized as valuable by Prof. A. R. Raymond who heads the department and it is under his supervision that the work has progressed.

The first issue of the paper is to be distributed to the members of the Club by the students of Sociology.

It is the starches and sugars which must provide the remaining six-tenths of the diet, and consisting as they do of the fruits, vegetables and cereals, they are not found in so great or attractive variety as in the other seasons. It is upon this class, though, that we depend for a large share of our vitamins and minerals such as iron, so thought must be taken to insure their ample provision. The substantial cooked cereals should supplant the lighter, ready-prepared flakes. To these may be added dates or raisins, serving them as oatmeal with raisins, whole cooked wheat with dates and corn meal mush with dates and corn meal mush with raisins. The usual winter fruits such as pineapple, grapefruit, apples and oranges should be used in the fruit cups, fruit desserts and unusual salads. Serving stuffed dates and figs also furnishes variety.

An attempt should be made to serve the winter vegetables or summer canned ones, in a new form, such as attractive salads made from string beans or peas, combined with carrots; from beets and ripe olives; as well as the various forms of easily obtainable, but most valuable, cabbage; carrots may be baked; canned asparagus, breaded is most delicious; turnips with lemon sauce provides a change; stuffed squash or cabbage finds favor; and canned spinach is most appetizing when combined with tomatoes in a loaf, with cheese, in croquettes or in cream of spinach soup.

Canned and dried fruits also make exceptionally attractive desserts such as half peach topped with whipped cream on sponge cake rounds, or apricot shortcake, prune pudding and raspberry custard.

The above are but general suggestions. Next issue several tasty and healthful recipes will be found in this column.
History of the
Race Betterment Conferences

The first Race Betterment Conference was held in Battle Creek in January, 1914. One hundred delegates from all over the United States, a few from abroad, and many unofficial visitors were present. There were delegates from universities, governmental organizations, from scientific societies and industrial houses. Presiding over the Conference was Dr. Steffen Smith, ninety-two years old then, and vice president of the New York State Board of Charities.

San Francisco was the meeting place of the second Race Betterment Conference in 1915. Luther Burbank, now dead, figured prominently in this Conference. It was planned that these Conferences should be held annually in different parts of the country, but the event of the Great War interfered with the holding of any further Conferences.

Dr. Clarence Cook Little of the University of Michigan, assisted by Dr. Max Mason of Chicago and Dr. Glenn Frank of Wisconsin, presided over the Conference held here this month. They greeted many old faces as well as hundreds of new ones. Doctor Little announced that the Conference delegates had met "to learn not to preach but to do." Their aim is to prolong and make more worth while the life of the average human being.

The audiences comprised several thousand people, among whom were public health officers, public school teachers, representatives of civic, educational, commercial and professional organizations. Battle Creek clubs had representatives in attendance at various sessions.

Greetings to Our Club
from a
New Convert to Biologic Living

Dr. Edward Alsworth Ross, of Madison, Wisconsin, eminent sociologist, several times president of the American Sociological Society, and the writer of fifty volumes on life and society, below extends greetings to our Club.

Doctor Ross was an important speaker at the Race Betterment Conference and during his short stay at the Sanitarium became greatly interested in the principles of biologic living. He writes:

To The Three-Quarter Century Club:

With universal literacy, universal education, public libraries, radio and the great facilitation of travel due to automobile and airplane, living is becoming so interesting that the next great problem is to win longer life in order to garner the new riches of experience within our reach.

You are wise in setting out upon the conquest of longevity.

EDWARD ALSWORTH ROSS.

Health Question Box
(Continued from page three)

Q. Does coffee cause high blood pressure?
A. Yes. Tea and coffee contain caffeine, a pressure-raising drug. A cup of coffee contains four grains of caffeine, or two medicinal doses. Coca-cola contains as much caffeine as coffee.

Q. What can be done for stiff joints? Can the motion be restored?
A. There are two classes of stiff joints: 1. Those in which the stiffness is due to adhesions in or around the joint, to adhesions or contractions of muscles, to a floating cartilage in the joint or to growths due to osteo-arthritis or rheumatic gout. 2. Those in which the ends of the bones forming the joints have become joined together by bony union as a single bone. The condition of the joint may be determined by an X-ray examination.

In cases of the first class, motion can usually be restored to the joint either by fomentations, massage and passive movements or by mobilizing the joint under anesthesia. Mobilization should not be attempted in cases in which the stiffness is due to tuberculous disease, in cases in which there is much heat without fluid in the joint, nor in cases in which the muscles are rigid or adherent.

Any joint which is not absolutely stiff, which is not hot and contains no fluid may be forcibly mobilized under anesthesia without risk.

A few surgeons have succeeded in restoring motion to joints which have been destroyed by union of the bones, but such joints are usually weak and troublesome and the results have been on the whole disappointing.

Here It Is—A New Magazine
(Continued from page two)

Please remember that this is your paper. We want you to write and tell us how you like it. Send us accounts of pioneer experiences that will help the young people of the rising generation to have some appreciation of the courage and energy, pluck and industry, required to lay the foundations for this prosperous community. Send also some of the precious little items which you have been treasuring up in your scrap books, hidden away in bureau drawers, or safety boxes—photographs of persons and places taken fifty years ago, etc.

The paper will be sent you free once a quarter. All the expense will be paid by a friend of the Club, but we want your co-operation and help, to make the paper interesting and really worth while.

The April issue will be the Membership Number. Watch for the coupon in that issue. If you are already a member, call some friend's attention to it.
The Third
Race Betterment Conference

PURPOSE
To bring together a group of leading scientists, educators and others for the purpose of discussing ways and means of applying science to human living, in the same thoroughgoing way that it is now applied to industry—in the promotion of longer life, increased efficiency and well-being and of race improvement.

OFFICERS OF THE CONFERENCE

President—
C. C. LITTLE, D.Sc., President of the University of Michigan, Ann Arbor, Michigan

Executive Secretary—
MISS EMILY F. ROBBINS, Battle Creek, Mich.

Treasurer—
THE RACE BETTERMENT FOUNDATION, Battle Creek, Mich.
Program
MONDAY AFTERNOON
January 2nd, 1928
2:30

The Mechanisms of Normal Digestion and Their Significance
   Dr. Andrew Conway Ivy, Head Division Physiology and Pharmacology, Northwestern University Medical School

Where We Stand Now in Our Knowledge of Nutrition
   Dr. E. V. McCollum, Professor of Physiological Chemistry, School of Hygiene and Public Health, Johns Hopkins University

Progress in Vitamin Research
   Dr. Walter H. Eddy, Professor of Physiological Chemistry, Teachers' College, Columbia University

The Relation of Cod Liver Oil to Human Health
   Dr. E. M. Nelson, Bureau of Chemistry and Soils, U. S. Department of Agriculture

The Ultimate Mission of Chemistry
   Dr. Charles Herty, Advisor to the Chemical Foundation, Inc.

Films

MONDAY EVENING
6:30—Banquet

Address of Welcome
   Dr. John Harvey Kellogg, President Race Betterment Foundation; Medical Director Battle Creek Sanitarium

In Behalf of Battle Creek
   Hon. John W. Bailey, Mayor of Battle Creek

8:00

Adding Life to the Years as Well as Years to Life
   Dr. Herman Bundesen, President American Public Health Association

Duty of the State to Restrict the Increase of Defectives
   Hon. Fred W. Green, Governor of Michigan

Shall We Live Longer and Should We?
   Dr. C. C. Little, President University of Michigan and President of the Conference

The Immortality of Animal Tissues and Its Significance
   Dr. Alexis Carrel, Rockefeller Institute for Medical Research (Slides)

Films
TUESDAY MORNING
January 3rd, 1928
9:30

Has Maternal Mortality Any Significance in Race Deterioration?
Dr. Samuel J. Crumbine, General Executive, American Child Health Association

Lymph Poisons Extractions
Dr. Bertram Ball, Director Department of Organization, American Academy of Applied Dental Science

A Chemotherapeutic Institute—One of the Greatest Needs of Mankind
Dr. Arthur S. Loewenhart, Professor of Pharmacology and Toxicology, University of Wisconsin

Social Hygiene Round-Tables
Dr. Walter M. Brunet, American Social Hygiene Association

The Diagnosis of Urological Conditions in Children
Dr. Paul M. Butterfield, Chief Children’s Urological Clinic, New York Hospital

What Urology Has Done and Can Do in Lengthening Life
Dr. Oswald S. Lowsley, Director James Buchanan Brady Foundation for Urology, New York Hospital
(Slides and Film)

Films

TUESDAY AFTERNOON
2:30

The Physiologic Life
Dr. Anton J. Carlson, Chairman Department of Physiology, University of Chicago

Improvement in Mortality Rates and Expectation of Life in the United States from 1890 to 1928.
Dr. James W. Glover, Chairman Department of Mathematics and Insurance, University of Michigan

The Economic Value of Longer Life
Mr. Francis H. Sisson, Vice President Guaranty Trust Co., New York City; National Community Foundation

Fifty Years After Fifty
Dr. Louis Faugeres Bishop, Fordham University

The Role of the State in the Reduction of Degenerative Disease
Dr. Guy L. Kiefer, Commissioner of Health, State of Michigan

The Application of Physiology to Living Habits
Dr. William Alfred Sawyer, Medical Director Eastman Kodak Co.

The Possible Scope of the Periodic Health Examination in the Modern Health Program
Dr. Eugene Lyman Fisk, Medical Director Life Extension Institute, Inc.

Films
TUESDAY EVENING

8:00

The Development of the Demand for Yearly Health Audits—a Strong Factor in Race Betterment

DR. FRANKLIN H. MARTIN, Director General American College of Surgeons; President Gorgas Memorial Institute

Eugenics in Mexico

DOCTORS ALBERTO LOZANO AND MARGARITA G. DE LOZANO GARZA, Special Representatives of the Mexican Government

The Changing Race: Factors in Racial Deterioration

DR. EDWARD ALSWORTH ROSS, Professor of Sociology, University of Wisconsin

The Lengthening of Human Life, in Retrospect and in Prospect

DR. IRVING FISHER, Professor of Political Economy, Yale University

The Influence of Alcohol on Human Efficiency

DR. WALTER R. MILES, Leland Stanford University

Films

WEDNESDAY MORNING

January 4th, 1928

9:30

The Foreign Born

MR. MICHAEL KLEY, Manager Immigrant Service and Citizenship Bureau, Metropolitan Life Insurance Company

Delinquent Parents

JUDGE RUTH THOMPSON, Probate Court, Muskegon County, Michigan

Sterilization in Michigan

DR. H. E. RANDALL, President Michigan State Medical Society

Sterilization in California

PAUL POPENOUE, Writer, Santa Barbara, Calif.

(To be read by title)

The Alarming Increase in the Morbidity and Mortality of Tuberculosis Among Young Women

DR. S. ADOLPHUS KNOFF, Major Medical Officers' Reserve Corps, United States Army

What a City System Can Do for Handicapped Children

DR. CHARLES SCOTT BERRY, Professor of Educational Psychology, University of Michigan

The Contribution of Health Education to Race Betterment

DR. THOMAS D. WOOD, Professor Physical Education, Columbia University

Films
WEDNESDAY AFTERNOON

2:30

The Control of Heredity
DR. OSCAR RIDDLE, Station for Experimental Evolution, Carnegie Institution of Washington
(To be read by title)

The Relation of Intestinal Bacteria to Human Welfare
DR. ARTHUR I. KENDALL, Professor Research Bacteriology, Northwestern University School of Medicine

The Possibility of Modifying the Germ Plasm
DR. M. F. GUYER, Professor of Zoology, University of Wisconsin
(Slides)

Hereditary Factors in Health and Longevity
DR. C. B. DAVENPORT, Director Eugenics Record Office

The Genetic Basis of Eugenics
DR. E. M. EAST, Professor of Genetics, Harvard University

A Biologic Philosophy or Religion a Necessary Foundation for Race Betterment
DR. ALFRED SCOTT WARTHIN, President National Association of American Physicians; Director Pathological Laboratory, University of Michigan

The Cycle of the Oestrum; New Cancer Diagnosis
DR. GEORGE N. PAPANICOLAOU, Cornell University Medical College
(Slides)

4:30—THE UNION

MICHIGAN VARSITY VS. WESTERN STATE TEACHERS COLLEGE

WEDNESDAY EVENING

8:00

The State Health Board as a Race Betterment Agency
DR. A. T. MCCORMACK, Secretary Kentucky State Board of Health

A Better and a Healthier Man
DR. HENRY F. VAUGHAN, Commissioner of Health, City of Detroit

The Role of the Surgeon in Lengthening Life
GEORGE W. CHILE, M. D., Cleveland Clinic

Health Progress in Mexico
DR. F. P. MIRANDA, Special Representative Mexican Medical Association and Mexican National University

The Work of the Women's Bureau of the U. S. Department of Labor
MISS MARY ANDERSON, Director

The Role of Heredity in Cancer
DR. MAUD SLYE, University of Chicago
(Slides)

Films
THURSDAY MORNING
January 5th, 1928
9:30

The Therapeutic Wonders of Sunlight
Dr. Horace LoGrasso, Department of Public Safety, City of Buffalo.
(Slides)

The Health-Promoting Rays of Sunlight
Dr. William T. Anderson, Jr., Research Laboratories, Newark, N. J.
(Slides)

Light and Medicine
Dr. W. T. Bowie, Northwestern University Medical School

Light and Life
Dr. J. W. M. Bunker, Associate Professor Physiology and Biochemistry, Massachusetts Institute of Technology

Prevention of Rickets
Dr. Martha M. Eliot, Director Child Hygiene Division, Children's Bureau, U. S. Department of Labor.

Films

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THURSDAY AFTERNOON
2:30

The Physical Betterment of Future Citizens through Immigration
Mr. Harry E. Hull, Commissioner General of Immigration, U. S. Department of Labor

What Physical Education Should Contribute to Race Betterment
Dr. John Sundwall, Professor of Hygiene and Public Health, University of Michigan

Man Building
Prof. Fielding H. Yost, Professor of the Theory and Practice of Athletics, University of Michigan

Research in Physical Education
James H. McCurdy, M. D., Assistant Secretary-Treasurer-Editor American Physical Education Association

How Athletics for Women Are Being Organized Nationally Along Lines of Health Protection and Improvement
Miss Mabel Lee, Professor of Physical Education, University of Nebraska

Building Citizens
Mr. Eugene T. Lies, Special Representative Playground and Recreation Association
(Exhibit and Slides)

Films
THURSDAY EVENING
8:00

The School as a Race Betterment Agency
HON. WOODBRIDGE N. FERRIS, Ex-Governor of Michigan; U. S. Senator

The Newspaper and Public Health
DR. W. A. EVANS, Professor of Hygiene, Northwestern University; 
"How to Keep Well" Department, Chicago Tribune

The Commercial Advertisement as an Educational Influence
DR. HARVEY W. WILEY, Director Bureau of Foods, Sanitation and 
Health, Good Housekeeping Magazine
(To be read by title)

The Criminal in Everyday Life
DR. WILLIAM J. HICKSON, Director Psychopathic Laboratory, Municipal 
Court, Chicago.
(Slides)

Crime as a Medical and Biological Problem
JUDGE HARRY OLSON, Municipal Court, Chicago

RECEPTION

FRIDAY MORNING
January 6th, 1928
9:30

National Nutrition as a Factor in the Death Rate
DR. M. HINDHEIDE, Commissioner of Health for Denmark

The Harmful Effect of Diets Rich in Protein
DR. LOUIS H. NEWBURGH, Professor of Clinical Investigation, Department of Internal Medicine, University of Michigan
(Slides)

How Can the Science of Nutrition Be Applied in the Home?
DR. MARY SWARTZ ROSE, Professor of Nutrition, Teachers' College, 
Columbia University
(To be read by title)

Deficiencies in the Average American Diet
DR. LOUISE STANLEY, Chief Bureau of Home Economics, U. S. Department of Agriculture

A Demonstration in Public Health in the City of Montreal, Canada
MISS EDITH B. HURLEY, Professor of Public Health Nursing, Université de Montréal

Some New Physiological Data as a Basis for Moral Hygiene
DR. W. N. BOLDYREFF, Director Pavlov Institute

The Relation of Habits to Life Expectancy
DR. JOHN HARVEY KELLOGG
FRIDAY AFTERNOON

2:30

Moral Education
Dr. C. E. Rugh, Professor of Education, University of California
(To be read by title)

The Health Progress of the North American Indian
Ms. Frederick L. Hoffman, Consulting Statistician Prudential Insurance Co. of America.

Anthropology and Its Bearings on the Problems of Human Life
Dr. Ales Hrdlicka, Curator Division of Physical Anthropology, U. S. National Museum, Smithsonian Institution

The People of the Appalachian Range
J. A. Stucky, M. D., Lexington, Ky.
(Slides)

Newer Values in Education
Dr. M. V. O'Shea, Head Department of Education, University of Wisconsin

The Place of Teacher-Training Institutions in the Race Betterment Program
Dr. Charles McKenny, President Michigan State Normal College, Ypsilanti

The Importance of a Connecting Link Between Home and School
Mrs. A. H. Reeve, President National Congress of Parents and Teachers

Films

FRIDAY EVENING

8:00

The Prolongation of Life by Bacteriological Science
Dr. Wollman, Pasteur Institute, Paris
(To be read by title)

The Application of Science to Industry and Labor
Hon. J. J. Davis, Secretary of Labor, Washington

Some Practical Problems in Public Health Work
Dr. Oscar Dowling, President Louisiana State Board of Health

The Rural Health Problem and Its Solution
Mr. John A. Kingsbury, Secretary Milbank Memorial Fund

The Future of Medical Practice as Influenced by the Selection and Training of Medical Students
Dr. Hugh Cabot, Dean, Medical School, University of Michigan

Making Our Visions in Public Health Effective
Dr. Louis I. Harris, Commissioner of Health, City of New York

The Gorilla and Its Environment
Mrs. Carl Akeley

Films
Battle Creek Sanitarium Day
at the World's Fair

Hall of Congresses
Thursday, Sept. 29, 1904
Battle Creek Sanitarium
Day at the World's Fair
SEPTEMBER 29, 1904

PROGRAM

FORENOON, 10 TO 12
Demonstration of Sanitarium Methods and Principles

THE BATTLE CREEK SANITARIUM DIETARY
An exhibition of the various special foods which have been originated at this institution, together with methods of serving them, and scores of tempting and tasty dishes prepared with special reference to health, by methods originated in the laboratories of experimental cookery at the Battle Creek Sanitarium.

THE BATTLE CREEK SANITARIUM METHOD OF PHYSIOLOGIC TREATMENT
Demonstrations by Battle Creek Sanitarium trained nurses of the practical application of hydrotherapy, massage, Swedish movements, phototherapy, electrotherapy, and other physiologic methods, in a series of living pictures.

BATTLE CREEK SANITARIUM METHODS OF PHYSICAL CULTURE FOR INVALIDS
Gymnastics for correcting wrong attitudes of sitting and standing, defective development, spinal curvatures, etc. Exercises for bedridden patients.
Other phases of the Battle Creek Sanitarium System will be shown by means of charts and various therapeutic devices.
AFTERNOON
Opening at 2 p. m.  Hon. F. J. Conrad, Chairman

J. H. Kellogg, M. D.
(Supt. Battle Creek (Mich.) Sanitarium)

"Chewing Reform."
Mr. Horace Fletcher
(Venice, Italy)

"The Battle Creek Idea."
M. V. O'Shea, A. M.
(University of Wisconsin)

"The Aristocracy of Health."
Mrs. Senator Henderson
(Washington, D. C.)

"Rational Food Reform."
Mabel H. Otis, M. D.
(Of the Chicago Sanitarium, Chicago, Ill.)

"The Philosophy of Healing."
E. J. Waggoner, M. D.
(London, England)

"The Simple Life."
Carolyn Geisel, M. D.
(Of the Battle Creek (Mich.) Sanitarium)

"The True Foundation of Temperance Reform."
Prof. A. T. Jones
(Of the Battle Creek (Mich.) College)

"The Value of the Battle Creek Sanitarium System in the Battle against Stimulants and Narcotics."
David Paulson, M. D.
(Supt. Hinsdale (Ill.) Sanitarium and Chicago Medical Mission)

"The Battle Creek Sanitarium Method of Combating Tuberculosis."
Howard F. Rand, M. D.
(Supt. Colorado Sanitarium, Boulder)

"The Battle Creek Sanitarium in the City Slums."
W. S. Sadler
(Supt. Life Boat Mission, Chicago, Ill.)

"Battle Creek Sanitarium Methods in the Home."
Mrs. E. E. Kellogg, A. M.
(Battle Creek, Mich.)
"Battle Creek Sanitarium Methods Abroad."
A. J. Read, M. D.
(Supt. Philadelphia (Pa.) Sanitarium)

"The American Medical Missionary College."
J. F. Morse, M. D.
(Of the Battle Creek (Mich.) Sanitarium)

"The Battle Creek Sanitarium Training School for Missionary Nurses."
Kate Lindsay, M. D.
(Of the Colorado Sanitarium, Boulder)

"Battle Creek Sanitarium Ideas in a Great Factory."
B. N. Colver, M. D.
(National Cash Register Co., Dayton, Ohio)

"The Battle Creek Sanitarium as a Factor in Medical Progress."
C. C. Nicola, M. D.
(Supt. New England Sanitarium (Melrose, Mass.))

"Practical Results of the Battle Creek Sanitarium System."
Hon. B. R. Strong, of Knoxville, Tenn.
Hon. C. D. Bolin, of St. Louis.
Mary Wild Paulson, M. D., of the Chicago Medical Mission.
Mr. Herman Diehl, Director of Carleton Dry Goods Co., St. Louis.
Miss Lucy Page Gaston, of Chicago, Ill.
Hon. Henry Evans, Director of Carleton Dry Goods Co., St. Louis.
J. F. Morse, M. D., of the Battle Creek (Mich.) Sanitarium.

"The Sanitarium: Its Status and Province in Scientific Medicine."

A SYMPOSIUM

S. P. S. Edwards, M. D., Supt. Tri-City Sanitarium, Moline, Ill., to
Open Discussions
W. A. George, M. D., Supt. Nebraska Sanitarium, Lincoln, Nebr.
W. R. Simmons, M. D., Supt. Portland (Ore.) Sanitarium.
Frank J. Otis, M. D., Supt. Chicago (Ill.) Sanitarium.
O. M. Hayward, M. D., Supt. Nashville (Tenn.) Sanitarium.
C. P. Farnsworth, M. D., Supt. Madison (Wis.) Sanitarium.
F. B. Moran, M. D., of the Battle Creek (Mich.) Sanitarium.
P. F. Haskell, M. D., Supt. Keene (Texas) Sanitarium.
Abbie Winegar Simpson, M. D., Supt. Los Angeles (Cal.) Sanitarium.
Mary V. Dryden, M. D., of the Battle Creek (Mich.) Sanitarium.
J. Edgar Colloran, M. D., Supt. Iowa Sanitarium, Des Moines, Iowa.
J. E. Hviding, M. D., Supt. Peoria (Ill.) Sanitarium; and others.
Herbert Ossig, Berlin, Germany.
THE Battle Creek STORY

BE GOOD TO YOURSELF
A WORD ABOUT THE HEALTH CITY

For many years Battle Creek, Michigan, has been widely known as the Health City. Here are located the famous Battle Creek Sanitarium, where many thousands of people have been helped back to health... the many renowned food companies... and for more than half a century, the nationally known Battle Creek Equipment Company.

BATTLE CREEK HAS PIONEERED...

As manufacturers of health, exercise and therapeutic equipment sold largely by mail, the Battle Creek Equipment Company has earned a national reputation. Most of its products were designed according to the specifications of the late Dr. John Harvey Kellogg, Medical Superintendent of the Sanitarium for over seventy years. An eminent physician, he pioneered many new techniques in scientific physical therapy and health care.

Here at Battle Creek, it is our earnest desire to be of service to others in the interests of better health and more enjoyable living. Thus our products are correctly designed on scientific principles... built of quality materials... fully guaranteed.
Be Good to Yourself

Battle Creek Equipment Company
Owners of The Sanitation Equipment Company
BATTLE CREEK, MICHIGAN

Dear Friend:

All of us enjoy being "modern".

We're glad to live where we can enjoy more labor-saving devices than a King could once command!

Try counting the electric motors used in your home—just for fun. Each one does a job that we used to do by hand, with "muscle power". Everywhere, great power plants make living easier for us all. Yet many of us ride to work, sit or stand all day, and ride home again—"tired out".

Why are we so tired? With all the hardest work done by machinery, why aren't we enjoying greater pep and vitality than ever?

There's one reason—a very valid one for many people. In this booklet, we discuss that problem and offer a sensible solution that is both convenient and inexpensive—a saver of time and money.

We believe that solution will appeal to you—as it has to thousands of others. Sincerely yours,

H. M. BARCOCK, President

P.S. We wish you could see some of the enthusiastic, unsolicited letters in our files from satisfied owners of our equipment. They are the best evidence that the "Battle Creek Way" provides genuine, important benefits.
WHAT IS GOOD HEALTH WORTH?

Everyone will agree that good health is a priceless personal asset. Yet many of us actually take better care of our automobiles than we do of our bodies. We order a new set of tires before the blowout — and possible accident — occurs. Periodically, we have the motor tuned-up, the oil changed, the battery checked — "whether it's needed or not."

Yet many of us busy business and professional people — men and women both — drive ourselves through the years without adequate rest ... proper food ... or the regular daily exercise our bodies need for healthful functioning. In a few strenuous week-end sessions at golf or gardening — and a strenuous week or two of summer vacationing — we attempt to "make up" for the exercise we've missed throughout the year.

This does not make sense. Because good health is priceless, our bodies deserve a few minutes of lively, pleasant exercise each day, rain or shine. For health is usually the result of daily habits.

First you make a habit — then the habit makes you!
VITALITY PAYS IN BUSINESS LIFE
... IN HAPPIER HOME LIFE...

Living today is strenuous... and often nerve-racking. Competition is keen in business... in professional life... even in social life. The "old days" of leisurely living are practically gone. We are all busier than ever before—and under greater pressure.

In another sense, competition is keen for every minute of our time, everyday. Our wants compete with each other. We want to succeed financially. And we want to enjoy more good entertainment, hear more concerts, watch more ball games, spend more time with our children and hobbies.

To enjoy these things, we need our maximum physical vitality. Real vitality—a result of abundant good health—is a tremendous personal asset! It helps the salesman, the doctor, the housewife—lawyer... executive... stenographer.

And daily exercise will help build and maintain the healthy vitality that is so important for success—and for the enjoyment of it, once attained!

IN THOUSANDS OF HOMES, busy men and women enjoy using Battle Creek Equipment a few minutes daily to help keep themselves trim and fit.
SOCIETY JUDGES BY APPEARANCE...

When we meet new people — in business or society — they "look us over". And we look them over, to form that all-important "first impression". This is merely a quick, subconscious judgment, based on the personal appearance and physical bearing of our new acquaintance.

No matter how well dressed or groomed the man or woman may be, we are seldom well-impressed by people who are clumsy with excess weight, or spiritless and low in vitality. For the under-vitalized person has difficulty in showing the self-confidence that earns our respect.

On the other hand, we are attracted to men and women who appear vigorous and "glad to be alive"— who project their personalities outward with an energetic interest in everyone. Other things being equal, these are the people who most easily win our friendship, "make the sale", or become "belle of the ball".

Yes, whether it is fair or not, society judges first by appearance. And success in both business and personal relationships is much more easily attained when we feel fit. Then, and only then, can we radiate the attractive physical vitality that gives us self-confidence and poise. When you feel fit, you look fit—and society renders a judgment in your favor!

IN HEALTH INSTITUTIONS
all over America, Battle Creek Equipment has proved efficient in helping patients overcome the effects of illness and regain strength and health.
THERE'S SOMETHING MISSING TODAY...

Recently a man told us: "As a young fellow, I sawed, split and piled all the wood used in our kitchen range. In winter, I hand-fired the furnace and carried the ashes outdoors. Then I shoveled snow off the sidewalk and walked over a mile to work. In summer, I pushed the lawn mower and garden cultivator.

"My mother did all her work the 'hard way' too — by hand or foot power... But things are different now... I live in an apartment!"

"My wife cooks with gas, cleans with a vacuum sweeper and has an electric appliance to help with every task. Our heat is automatic. We have no lawn, no garden, and I ride to work. This should be wonderful — but there's something missing! My wife and I feel logy — stale — overweight. We certainly do need some active exercise!"

Scientists say that human physical structure has not changed in the last 2,000 years. But how modern living has changed our habits in the last quarter century! Most of us eat richer, more nourishing meals. We sleep more comfortably. But we get very little active, stimulating exercise! And our bodies need that exercise for proper functioning. Nature's law is to use or lose (our muscles, our health, our life).

IN REDUCING SALONS
in many cities, our equipment plays an important role in body-conditioning and figure symmetrizing programs for both men and women.
FEEL FIT . . . AND LOOK AS WELL AS YOU FEEL . . .

When we are active, our muscles are contracting and expanding constantly, resulting in a massaging effect on all the blood vessels and vital abdominal organs. The heart speeds up, sending a fresh blood supply to every part; the lungs deliver more oxygen to purify the blood stream, and we feel truly alive. Combined with reasonable moderation in diet, proper exercise helps drop off layers of excess fat, firming the tissues and toning the muscles of the arms, hips and legs, the chest, back and the abdominal wall.

"First we make a habit then the habit makes us."

When exercise has become a daily habit, and vitality reaches a high level, we feel more alert mentally too. It is easier to make vital decisions quickly and soundly. We can take heavy work loads in stride, and our enthusiasm radiates outward to inspire others. Vibrant good health is reflected in greater self-confidence and poise — and both are essential to feminine beauty and masculine appeal. As we build new vitality through exercise, we feel better. And as we feel better, we look better!

IN ATHLETIC CLUBS,
"Y" gymnasiums and professional athletes' training camps, Battle Creek Equipment helps men get in trim — build stamina — and keep fit!
HOW BUSY PEOPLE GET NEEDED EXERCISE...

Almost everyone agrees that it's important to get a few minutes of pleasant daily exercise. But many people can't find time. Despite good intentions, they haven't discovered a really convenient way of getting daily exercise.

Battle Creek Equipment provides that needed convenience! In addition, it gives you all these other advantages:

1. Exercise that is pleasant fun, as well.
2. Can be enjoyed anytime — early morning or late at night, if necessary.
3. Is equally good for men and women — for the comparatively weak to the strong and muscular.
4. Is "progressive" in nature, to match the individual's increase in strength and vigor.
5. Requires a minimum of space.
6. Can be enjoyed in privacy and without a partner.
7. Is independent of bad weather outdoors.
8. Can give beneficial results when used just 15 or 20 minutes daily.

Enthusiastic users of Battle Creek Equipment number in the tens of thousands. They include prominent men and women in business and in the professions... housewives... stage and screen stars... professional athletes... and many others. These people are enthusiastic because exercise "the Battle Creek way" helps keep them fit — and looking their best — in minimum time. And it's fun besides! You can enjoy all these advantages too, "the Battle Creek way".

IN RESORT HOTELS, people enjoy using Battle Creek exercise and massage equipment. Not only are its effects beneficial — it's fun too!
YOU'RE INVITED TO JUDGE FOR YOURSELF...

Every item of Battle Creek Equipment is guaranteed. You are assured of excellent quality, excellent performance, *excellent value received* when you "buy direct" from the Battle Creek Equipment Company.

Since our company was founded more than half a century ago, it has been our policy to offer *only* fine products. Every one is scientifically engineered and priced as low as quality permits. That's why hundreds of health institutions, athletic clubs, and reducing salons use and approve Battle Creek health and exercising equipment. You buy on a ten-day trial basis. Thus you can *judge for yourself* that every item fully meets your expectations — and more!

From past experience with our customers, we're confident that you'll be delighted with the *new convenience* of keeping fit "the Battle Creek way". And as your daily program progresses, we know you'll also be pleased to find that you're feeling better — and looking better! Yes, it pays to "Be good to yourself"!

ON FINE OCEAN LINERS
including luxury liners of the United States, French and Italian Lines, Battle Creek Equipment is provided for the passengers' pleasure.
THE PRICE OF GOOD HEALTH . . .

An old motto says, "An apple a day keeps the doctor away." Of course the price of continued good health is not quite this simple. It's far easier to maintain abundant good health than to regain it, once lost.

A few dollars invested wisely — a few minutes' time invested daily — and most of us can go far to insure lower doctor and hospital bills . . . a longer, more active life . . . and a greater enjoyment of every day! Yes, the price of good health is lowest when you pay it in daily installments through these sound rules of living:

1. Eat moderately of a well-balanced diet.
2. Chew food thoroughly.
3. Get some sunlight, real or artificial, daily.
4. Enjoy fresh air often.
5. Eliminate regularly.
6. Keep your weight within normal limits.
7. Get adequate sound sleep.
8. Use safe, natural physical therapy for relief of congestion and pain.
9. Keep active and trim — with daily exercise and vibrotherapy.
10. Laugh frequently, and enjoy each day.

PLAN NOW to try "the Battle Creek way!"

Battle Creek
EQUIPMENT COMPANY
BATTLE CREEK (The Health City) MICHIGAN
Yes, it Pays to be Good to Yourself.

... AND THE
BATTLE CREEK WAY
MAKES IT MORE
CONVENIENT...
ECONOMICAL...
ENJOYABLE...
Battle Creek Sanitarium Anniversary Celebration and Field Day

October 9 & 11, 1923
FIELD DAY PROGRAM
Oct. 9, 1923
College Campus, 1:30 P. M.

PART I

Concert - - - - - - - - - - Orchestra
Word of Welcome - - - - - - - - - - Dr. Kellogg
Community Singing - - - - - - - - - (Leader) H. P. Grey

PART II 2:15

End Center End

STREET SCENE N. T. S.
Dir., Miss Estill

GREASED POLE 3 ARMED RACE SHOE SCRAMBLE
Dir., O. Speaker Dir., Miss Meek SIAMESE TWINS
3 LEGGED RACE Dir., Forrest Cripps Dir., Miss Jacobs

POTATO RACE
Dir., Mrs. Oliver

THE DOCTORS
Dir., Dr. Colver

FAT MEN'S RACE WHEELBARROW RACE
Dir., H. W. Herrell Dir., Dr. J. Heald

BLIND CHARIOT RACE
Dir., Miss Prøttengeter

A TRIP THROUGH HEALTHLAND.
Dir., Miss Barber

STILT WALKING SACK RACE CRAB RACE
Dirs., Misses Eldridge Dir., Everett Logan Dir., O. Speaker
and Mathay

TUG OF WAR
Dir., O. Beuchel

(a) Women—married vs. single
Mrs. Hyndman and Miss Klenck
(b) Men—Main and College vs. Field
D. M. Bottoms vs. J. B. Thayer

ITALIAN DANCE AND DRILL
Dir., Miss Friymir

K. S. P. E.
Cheers

1
Rah! Rah! Rah! Rah! Rah!
Rah! Rah! Rah! Rah! Rah!
Rah! Rah! Rah! Rah! Rah!
Kellogg. KELLOGG! KELLOGG!

2
What's the matter with Dr. Kellogg?
He's all right!
Who's all right?
Kellogg. KELLOGG! KELLOGG!

3
I'll say he is! I'll say he is!
I'll say he is, he is!
I'll say he is, Doctor Kellogg!

4
Hot Rags! Ice bags!
Neutral Bath!
Cold Spray! X-ray! Hydropath!
Salt Glow! Hypo! See Our Staff!
Doctors! Doctors!
Whee-e-e-e-e-e-

5
Ki Yi! Ki Yi! Kiyippity Yi!
Kiyippity - yippity-Yah! Yah! Yi!
Yip Zip! Yip Zip! Ziss! Boom! Bah!
School of Nursing! Rah! Rah! Rah!

6
zzzzzzzzZzzZzzZip! Bang!
Nurses!
Rah! Rah! Rah!

7
D.S. Rah Rah! D.S. Rah Rah!
D.S. Rah Rah! D.S. Rah Rah!
Whoo Rah! Whoo Rah!
Home Ec! Rah! Rah!

8
Hi Rickety Hoop Ti Dee!
What's the matter S. O. H. E?
Hullabaloo! Terricadoo!
Home Economics! Boolakaboo!

9
ssssssssssssssssssssssssss—BOOM! YEAH!
KELLOGG!

10
K.S.P.E. Rah! Rah!
K.S.P.E. Rah! Rah!
K.S.P.E. K.S.P.E.
K.S.P.E. Rah! Rah!

11
Booma-lacka! Booma-lacka! Bingo!
Bang!
Cracka-jacka! Cracka-jacka!
Tingo! Tang!
Battle Creek! Battle Creek! Not so slow.
College! College! Watch us go!

12
Veevo! Vivo! Veevo! Vum!
Battle Creek College
Three in One!
S.O.H.E.—N.T.S.
K.S.P.E. Well, I guess.
13

America, the Beautiful

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain.

2

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears.

Chorus

America! America!
God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

14

Howdy!

So when we meet together,
Together, together,
No matter what the weather
Or what the time of day
Let's grab a hand and shake it,
And shake it, and shake it,
And as for greeting, make it
That good, old-fashioned way.
Howdy-do, Hen? Howdy-do, Jen?
Howdy-do, Brother Hugh, Howdy-do,
Sister Prue?
Howdy-do, Bill? Howdy-do, Lil?
Howdy-do, Lew and Sue,
Howdy-do?

15

Li'l Liza Jane

I'se got a gal an' you got none,
Li'l Liza Jane!
I'se got a gal an' you got none,
Li'l Liza Jane!

Chorus

Oh, Eliza! Li'l Liza Jane!
Come, my love, an' marry me;
I will take good care of thee.
Oh, Eliza! Li'l Liza Jane!

Liza Jane done cum ter me,
Bof as happy as can be.
Oh, Eliza! Li'l Liza Jane!
House an' lot in Baltimo',
Lots of chilluns 'round de do'.
Oh, Eliza! Li'l Liza Jane!
Never mo' from you I'll roam,
Bestes' place is home, sweet home.
Oh, Eliza! Li'l Liza Jane!

16

John Brown at Battle Creek

1

John Brown's footsteps were a-tottering tow'rd the grave,
His stomach wouldn't function and
his heart would not behave.
He lost his temper easy—and you ought to hear him rave,
But John ain't the same man now.
Glory, glory, hallelujah!
Glory, glory, hallelujah!
Glory, glory, hallelujah!
For he came to Battle Creek.

2

We met him at the station and we took him to the San,
We fed him up on health foods and we gave him lots of bran.
You wouldn't know him nowadays, for he's a different man,
Since he came to Battle Creek.
Glory, glory, hallelujah!
Glory, glory, hallelujah!
Glory, glory, hallelujah!
Since John came to Battle Creek.

3

The moral of this incident is, “Buy a ticket, quick,”
If your nerves are getting shaky and
you're feeling kinda sick.
You can cheat the cemetery, if you'll come to Battle Creek
Like our good old friend, John Brown.
Glory, glory, hallelujah!
Glory, glory, hallelujah!
Glory, glory, hallelujah!
And three cheers for Battle Creek.
April 10

PART III

TENNIS FINALS

BASEBALL—married vs. single

Ed. Sherman and Th. Aagaard

QUOITS

Dr. Lewis, Dir.

L. A. Ganson, Dir.

H. M. Babcock, Dir.

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Anniversary Exercises

Oct. 11, 1923

Sanitarium Gymnasium, 8:00 P. M.

Community Singing

(Leader) H. P. Grey

Short Talks—

The Institution

The Schools and The Institution

Athletics and The Institution

Field Day

Dr. Kellogg

Dr. Harbaugh

Dr. C. Heald

H. G. Bayley

Music—"Over The Hill At Break of Day" "De Coppah-Moon" "The Rosary"

Serenaders

Presentation of Field Day Prizes

Dr. Colver

Music—Opening Chorus Act II from Robin Hood

"Come, Rise with the Lark"

"The Old Canoe"

Quartet from Rigelletto (A travesty)

Moving Pictures of Field Day

P. B. Kelly
Committees:

General Arrangements ........ H. G. Bayley, Miss Wells, Dr. Mitchell, O. B. Beuchel

Herald ......................... Dr. C. Heald

Field .......................... H. G. Bayley, Dr. Lewis, Dr. Mitchell, Miss Wells

Judges ......................... M. W. Wentworth, R. V. Ashley, Miss Browning, Miss Kelsey, M. Inman

Prize .......................... Dr. Colver, Dr. J. Heald, Miss Klenck

Ground and Properties ........ L. R. Kerr, A. Penke, D. Hyndman, A. Giltrow

Ushers ......................... L. C. Coulston

Refreshments ................. Miss McCauley, Miss Ryder, Th. Aagaard

Clowns ......................... O. O. Wilson

Cheers ........................ J. A. Robertson

Pictures ....................... P. B. Kelly

Publicity ..................... Miss Wells
Where to Get Well

By Rev. Francis E. Clark

President of the United Society of Christian Endeavor and of the World's Christian Endeavor Union.

If I should "flatly and frankly" tell my readers that I believed that Battle Creek, Mich., is one of the very best places in the world to get well of any conceivable physical ailment, I presume some of them, who are ignorant of the facts, would exclaim, "What, are you too a convert to those Battle Creek fads and foods?"

I forgive you, dear reader, for your scepticism, and would reply with emphasis, "Yes, I am a convert to these fads if by 'fads' you mean good food, good air, good exercise, a thorough knowledge of what your are putting down your throat, and an extraordinarily accurate knowledge of your physical condition"; for these are the chief Battle Creek "fads."

You renew your silent heckling with the question, "Isn't that the place where you eat protose and nuttolene, and never have a nice juicy steak, or slice of turkey, or a cup of real coffee?"
"Yes," I reply; "but, if protose and nuttoline are made of good grains and nuts, why not eat them? However, you are not obliged to eat them unless you choose, for there are exactly fifty-two other delicious viands by actual count on every Battle Creek menu card, as delicious as you will find in any great hotel in the country. You will find delicate and nourishing soups, almost every kind of vegetable served with exquisite flavor, fruits of all kinds in unlimited abundance, half a dozen kinds of bread, eggs and milk and cream (all you want), fruit nectars and cereal drinks of several kinds, so that a rational man never misses his steaks and pork and coffee. Any person that cannot "laugh and grow fat" on such a diet is either a confirmed dyspeptic or a deep-dyed pessimist.

If he is the former, Dr. Kellogg and the many doctors will cure him; if the latter, the good spirits and cheerful atmosphere of health at the Battle Creek Sanitarium will probably relieve him of his chronic grouch.

But the first thing to do in getting well is to know what is the matter with you. Most of us with an ache or a pain are as helpless as a blind baby in locating the trouble or in knowing how to eradicate it. Even the general practising physician cannot trace to its source a trouble that is hidden and recondite. He may know diphtheria or scarlet fever when he sees it, but it is no reproach to him that he is not
twenty expert specialists all done up in one human package. It would take twenty life times to become a specialist in every ill to which poor mortals are heirs.

But here under one roof are twenty specialists, all of whom, if necessary, will examine you from the crown of your head to the sole of your foot, and will make it exceedingly hot for any obnoxious germs or microbes that are lurking in your system.

Indeed, it is no boy's play to take one of the serious physical examinations which every patient may have. I had to take thirteen in one day and a fraction on account of my short stay, and I was passed along from specialist to specialist until I have seldom been more tired after a day's work on my old farm at Sagamore.

However, you can take the examination in sections if a whole day of it is too severe; but, when you get through, you may be sure that, if there is anything about your anatomy that those doctors don't know, it isn't worth knowing. My own experience in having my evil germs traced to their hidden lairs may not be without interest.

First there was the general physical examination, which took about an hour. After answering a hundred questions, the answers to all of them being carefully recorded, I was thumped and patted and tapped, while three doctors at the same time listened to my heart and lungs and other internal organs with which I am
not on so familiar terms, to find whether they were doing their duty. The report was good. Then I had two special blood-examinations, and two examinations for blood-pressure, and a proctoscopic examination, and an alveolar $C\text{O}_2$ tension test, if you know what those strange words mean; then my tonsils were examined, and my mouth and teeth and eyes, all by different experts.

Not being satisfied with the ordinary eye-examination, I was sent to another specialist, who, with necessary waits, took an hour and five minutes for the fundus eye examination, whatever that may mean, but I understand it was meant to show whether there was any trouble in a remote part of my body some feet away from the eyes.

This expert twirled red, blue, and green lights before my eyes, stuck an electric torch almost into my eyeballs, put one or two different liquids into them, and at last concluded, so far as I know, that I was all right in that particular respect. Any way, he let me go.

I believe there are really thirty-two tests and examinations which one may take. I had only thirteen, under as many different specialists.

All these examinations are made in the most painstaking way, as though each patient were the only one, though there is always a long line of them waiting their turn.
By the way, I forgot to mention a fluoroscopic examination of heart and lungs with the X-ray machine, and a strength test that took three-quarters of an hour, with a special machine that registered the strength of hands and arms and shoulders and legs and neck and head and abdomen and feet and lungs, in no fewer than fifty-seven particulars.

All these tests were made with the latest and most expensive machines, which the human machines seemed to know how to manipulate in a most extraordinary way. Then, when these minute examinations had been made (and I never took a college exam that was so thorough), the special doctor to whom I was assigned each morning told me what baths and exercises or treatments to take that day. As a result, after a week I felt ten years younger; and if my engagements had allowed me to have a month there, I do not know how excessively juvenile I might have become.

The enormous size of this great house of health surprises every newcomer. The main building accommodates five or six hundred guests, and is a beautiful structure. The "annex," too, is a noble building with rooms for three hundred or four hundred more, while in the height of the season a number of cottages and smaller buildings and rooming-houses are full of sanitarium guests—in all some twelve or thirteen hundred.

The hospital connected with the "San,"
the greenhouses, the great dairy with hundreds of cows, the training-college for nurses, the normal school of physical education, are all substantial establishments and conceived on a large scale.

The Napoleon of all this great health campaign, as everybody knows, is Dr. J. H. Kellogg. He is probably the best known and best-loved medical man in the country.

With his imperial and mustache he looks more like Napoleon III., but he is really the Napoleon I. of sanitariums. He has won a hundred battles against scoffers and sceptics and doubters, and is as strong and enthusiastic, in spite of his forty years in this work, as though he had started it yesterday.

His white flannel suit, which he wears summer and winter, gives him a singularly fresh and cheerful appearance, a white dove of health among the hundred blackbirds in the sanitarium lobby.

His weekly lectures and "question-boxes" on health subjects are always largely attended, and he is evidently the nerve-center of this marvelous establishment. He also has a score of good health books to his credit.

My own prescription-book shows that I was the one hundred and twenty-eight thousand seven hundred and fifty-second "case" for examination, and I understand that one hundred and ninety-two thousand people have been guests in this great in-
stitution, of whom more than ninety per cent have been cured or have received great and lasting benefit. All of these cases have been carefully and minutely recorded, tabulated, and indexed.

Of course those who can, have to pay for these privileges. The examination such as I have described costs fifty dollars, and board and room from thirty to fifty or sixty dollars a week. No wonder, when we remember that there are twice as many doctors, nurses, waiters, and attendants of all kinds as guests.

At this time of year, the slack season, the guests number about six hundred, and the employees about fifteen hundred, and the "San" runs behind one thousand dollars a day. In the summer, however, they make up their losses, and come out ahead of the game.

Yet in spite of the enormous cost of running the establishment, any worthy poor person can receive its benefits. He can live outside at a reasonable rate in a private family or boarding-house, and receive the examinations and treatments free if he cannot afford to pay anything. So that it is still, as always, a great philanthropic institution.

Ten years ago I spent a week in this home of science and health, and after another week there in preparation for an arduous journey abroad I can again say, and with even greater emphasis, "Thank God for Dr. Kellogg and the Battle Creek Sanitarium."
BATTLE CREEK SANITARIUM DAY
AT THE WORLD'S FAIR.

The Battle Creek Sanitarium management have received notice from the master of ceremonies of the Louisiana Purchase Exposition that September 29 has been designated as Battle Creek Sanitarium Day. The tender of this distinguished favor was made to the Battle Creek Sanitarium without their previous knowledge that such a thing was even contemplated, the matter having been arranged by a former patient as a grateful acknowledgment of benefits received.

The forenoon will be devoted to a demonstration of the principles, foods, methods of treatment, etc., which have made the Battle Creek Sanitarium world-famous.

The Congress proper will be held in the afternoon.

Many notable people who have been patrons of the Battle Creek Sanitarium will be present, together with representatives of the leading sanitariums of the United States which are in affiliation with the Battle Creek Sanitarium, who will discuss the various phases of the Battle Creek Sanitarium and Battle Creek Ideas.

The afternoon session will close with a Battle Creek Sanitarium lunch, after which there will be a reunion of old patients, doctors and nurses, and later a stereopticon presentation of the Sanitarium in all its phases and various stages of development.

The World's Fair Management have assigned to the Conference their most beautiful Congress Hall, located just back of the Administration Building—a most suitable and easily accessible place.

You are cordially invited to be present on this occasion. Bring your friends.

A beautiful souvenir will be presented to all who come. If you cannot be present, but would like a copy of the souvenir, with a report of the proceedings, send a two-cent stamp, with your name and address, and we will help you to enjoy all you can at home of

THE BATTLE CREEK SANITARIUM DAY AT THE WORLD'S FAIR.

Address, The Sanitarium, Battle Creek, Mich.
COMMENCEMENT EXERCISES
OF THE
AMERICAN MEDICAL
MISSIONARY COLLEGE

THE TABERNACLE

Tuesday Evening, June 21, 1904,
at 8 o'clock
Class Roll

B. N. Colver

R. S. Cummings

Florence Delhorbe

L. E. Elliott

Loiza Elwell

Nettie Anne Evans

B. E. Fullmer

C. C. Hubley

R. R. Hilborn

Gertrude Johnson

B. H. Kinne

H. B. Knapp

A. G. Larson

W. P. Larson

B. N. MacLaflerty

N. C. MacLaflerty

Bertha Moshier

E. H. Risley

Paul Roth

Mrs. Paul Roth

Laura Stoner
Program

MUSIC—Overture: "Stradella" v. Flotow
GERMANIA ORCHESTRA

HYMN: "All Hail the Power of Jesus' Name"

INVOCATION
REV. W. S. POTTER

ADDRESS: Curative Christianity
DR. STEPHEN SMITH

MUSIC—Ave Maria Langey
GERMANIA ORCHESTRA

ADDRESS: Our Colleagues in the Field
DR. J. F. MORSE

REPRESENTING THE CLASS—Modern Gifts
H. B. KNAPP
Why We Volunteer
MISS LOIZA BOWELL

MUSIC—Intermezzo Russe Franke
GERMANIA ORCHESTRA

PRESENTATION OF DIPLOMAS
DR. J. H. KELLOGG

CONSECRATION PRAYER
CHAPLAIN MCCON

HYMN—"Onward, Christian Soldiers"

BENEDICTION
REV. P. J. MAVERTY
The Faculty and Class of 1904
of
The American Medical Missionary College
request the honor of your presence
at the
Sixth Annual Commencement Exercises
Tuesday, June twenty-first
nineteen hundred and forty-
eight P.M.
at the Tabernacle
Battle Creek, Michigan
"In Mendum Universum"

Class Roll

Benton Noble Colver
Roland Stanley Cummings
Florence Ellen DeShorbe
Leslie Elmo Elliott
Loiza Elwell
Nettie Anne Evans
Burt Emerson Fullmer
Robert Ross Hilborn
Charles Chester Hubby
Gertrude Mildred Johnson

Benjamin Buel Kinne
Harry Butler Knapp
Andrew George Larson
Winford Porter Larson

Bernard Norton MacSaffert
Newton Clifford MacSaffert
Bertha Edna Moshier

Edward Henry Risley
Linda May Roth
Paul Roth

Laura Bell Stoner
No. 3452

Philadelphia, 1904-5

AMERICAN ASSOCIATION
FOR THE ADVANCEMENT OF SCIENCE

THIS IS TO CERTIFY THAT

John W. Kellogg

Has paid the Annual Dues ($3.00) for the Calendar Year, 1905

W. O. Howard, Permanent Secretary

By R. J. Blifton, Asst. Sec'y

PLEASE TAKE THIS RECEIPT TO THE MEETING WITH YOU
The Sophomore Class
of the
American Medical Missionary College
invite you to be present at the
Eighth Annual Reception
to the
Freshman Class
November 25th
Wednesday Evening, September 24, 1903
at eight o'clock
East Hall Assembly Room
A School of Health

IN THE TABERNACLE

October 13-14-15
20-21-22

1903

EVERYBODY CORDIALLY INVITED
Program

Tuesday Evening, October Thirteen
7:30 O’clock

Mass Meeting . Chief Speaker, J. H. Kellogg, M. D.

Wednesday Evening, October Fourteen
7:30 O’clock

Hydrotherapy . . . John Morse, M. D.
Nature’s Methods for Relieving Pain

Physical Exercise . . . J. W. Hopkins
8:00 to 8:15 O’clock

Stereopticon Lecture . . J. H. Kellogg, M. D.
God in Nature

Thursday Evening, October Fifteen
7:30 O’clock

Diet . . . E. Eggleston, M. D.

Chemistry of Foods . . . Miss L. Winegar
Demonstration

Physical Exercise . . . J. W. Hopkins
8:00 to 8:15 O’clock

Stereopticon Lecture . . Newton Evans, M. D.
Miracles of Digestion
Tuesday Evening, October Twenty
7:30 O'Clock

Hydrotherapy . . . . Elmer Otis, M. D.
              Winter Diseases

Physical Exercise . . . J. W. Hopkins
                   8:00 to 8:15 O'Clock

Stereopticon Lecture . . Newton Evans, M. D.
                      Defenses of the Body

Wednesday Evening, October Twenty-one
7:30 O'Clock

Diet . . . . Miss L. Winegar
       Meat Substitutes

Physical Exercise . . . J. W. Hopkins
                    8:00 to 8:15 O'Clock

Lecture . . . . Frank Otis, M. D.
           Blessings of Germs

Thursday Evening, October Twenty-two
7:30 O'Clock

Paper . . . . Mrs. E. E. Kellogg
          Dress and Deformities

Lesson . . . . John Morse, M. D.
           Every-day Gymnastics
This is to certify that J. H. Kellogg, M.D., of Battle Creek, is a member in good standing of the American Medical Association, has paid his annual dues for the year designated hereon, and is entitled to all the privileges of membership.

George H. Simmons, M.D., Lewis S. McMurtry, M.D.
Secretary
President

No. 3018
This is to certify that

Dr. J. H. Kellogg

is a member in good standing of the
American Medical Association

that he has paid his dues for 1906 and that
he is entitled to register at the Boston
Session on presentation of this card, without
further payment.

3018 George H. Simmons, General Secretary.
We hereby certify, that John N. Kellogg is a member in good standing of

The Calhoun County Medical Society

a corporation organized under the provisions of Act No. 171 of the Public Acts of Michigan, of the year 1903, and all acts amendatory thereof and supplemental thereto, and is entitled to all of the benefits and is eligible to all of the honors in the gift of said Society.

In Testimony whereof, we have hereunto set our hands and the seal of said corporation, at Battle Creek, Mich., this twenty-second day of June, A. D. 1906.

ATTEST:

[Signature]

President

[Signature]

Secretary
The Faculty and Class of 1906
of the
Missionary Nurses Training School
Battle Creek Sanitarium
invite you to be present at their
Commencement Exercises
Tuesday Evening, April the twenty-fourth
seven forty-five, in the Gymnasium
"Workers together with Him"

EVANGELINE L. ASHDON
ROSE BARBER
CHRISTINE BENEDICT
LUCY LILLIAN COMSTOCK
FLORENCE EDNA CRAIG
PAULINE FREDERICE DORING
HENRY OLSEN DRAKE
BIARD D. EMBURY
GEORGIA A. FILLEY
INES GIBSON
HARRIETTE GERTRUDE GARLOCK
MRS. ALTA HANSEN
MARY ELIZABETH HICKOK
LILLIAN MAY HICKOK
ANNA L. SCOTT
ALICE FLORENCE HOLLIN
MRS. C. G. HOLT
IVA J. HUSS
CARLTON C. KELLAR
HENRIETTA S. MORMAN
HENRY OBERG
MILDRED OLIVA PARRISH
MARGARET G. RAMSEY
EMMA DORENDA ROBINSON
CLARA PEARL REYNOLDS
GEORGIA A. SANDERS
MARIE ELIZABETH STEFFENSON
GERTRUDE A. SEATON
GRACE MADELINE SHELDON
VINA MAE SMITH
Battle Creek
Business Men's Association

BANQUET

Tuesday Evening, Nov. 20, 1906
7:00 P. M.
MENU

Ripe Olives               Jelly                     Salted Pine Nuts

Grape Fruit

Vegetable Bouillon—Croutons

Fresh Apple Juice

Roast of Protose—Dressing

Potatoes in Cream          French String Beans

Waldorf Salad—Wafers

Raspberry Nectar

Cabinet Pudding—Whipped Cream

Assorted Fruit

Pineapple Gelee            Cream Cake

Coffee
TOASTS

Invocation - - - - - - Rev. W. S. Potter

Toastmaster, Dr. Eugene Miller

Introductory - - - - Pres. L. M. Schroder

Who Should Belong to the Association and Why - - - Hon. John W. Bailey

The Gospel of Business - - - - F. H. Bodman

The Value of the Public Health as an Industrial Asset - - - Dr. J. H. Kellogg

Looking Backward - - - - Hon. E. C. Nichols

What a Business Men's Association Can Do - John I. Gibson

The Interurban Road as a Factor in the Growth and Prosperity of a City - - - Col. W. V. Jacobs

Co-operation - - - - - - Hon. Chas. Austin
Announcements

of

Sanitarium School
of Health

for

Week Ending November 17, 1906
ANNOUNCEMENTS OF
Sanitarium School of Health
For Week Ending Nov. 17, 1906

IN THE MAIN PARLOR

Evening, 7:45

MONDAY
Question Box - - - Dr. Kellogg

TUESDAY
Accidents and Emergencies - - Dr. Morse

THURSDAY
The Battle Creek Idea - - Dr. Kellogg

FRIDAY
Medical Missionary Work - - Dr. Paulson

IN THE MAIN PARLOR
Afternoon, 3:30-4:10

MONDAY
Demonstration in Cookery—Salads - Miss Cooper

TUESDAY
Food and Medicines - - Dr. Read

WEDNESDAY
Dress and Character - - Dr. Whitney

FRIDAY
First Year of Baby Life - Mrs. Kellogg and Mrs. Stewart
IN WOMEN'S BATH ROOM
Afternoon, 2:20-2:50
DEMONSTRATION IN HOME NURSING
MONDAY
Coughs, Colds and Pneumonia - Dr. Roth
WEDNESDAY
Fevers - Dr. Dryden
FRIDAY
Nervous Disorders - Dr. Geisel

IN MEN'S BATH ROOM
Afternoon, 2:20-2:50
DEMONSTRATION IN HOME NURSING
MONDAY
Coughs, Colds and Pneumonia - Dr. Barnhart
WEDNESDAY
Fevers - Dr. Barnhart
FRIDAY
Nervous Diseases - Dr. Barnhart

IN COOKING SCHOOL ROOM
Afternoon, 2:15-3:00
PRACTICAL COOKING
TUESDAY
Soups and Beverages -
THURSDAY
Meat Substitutes -
IN SECOND FLOOR PARLOR
Morning, 11:00-11:45
DRESS DEMONSTRATION
TUESDAY
Pathological Results of Conventional Dress - - - - Dr. Geisel

THURSDAY
Foundations of Dress - - - - Dr. Whitney

IN GYMNASIUM
Every Day
7:00 A. M.—Chest Gymnastics.
9:00 A. M.—Swedish Gymnastics and March.
12:00—Clubs and Bells Practice Class.
3:00 P. M.—Chest Gymnastics.
5:00 P. M.—Breathing Exercises.
6:45 P. M.—Clubs and Grand March.

IN MEN'S POOL
3:30-4:30
THURSDAY
Swimming Tournament.

IN MAIN PARLOR
Sabbath Day
The Gospel of Health - - - Dr. Kellogg and Dr. Paulson.
Dr. J. W. Kellogg
IS A MEMBER OF THE
National Conference of Charities and Correction
FOR THE YEAR 1907

$2.50
No. 652

General Secretary.
Michigan State Medical Society

Membership Certificate

This is to certify, that J. H. Kellogg M.D.,
of Battle Creek Michigan has paid his dues for 1907;
is a member of the Michigan State and Calhoun County
Medical Societies and an honorary member in all other Branches of the State Society; is entitled to the Journal of the Society while his dues are prepaid;
entitled to register at the Annual Meeting on presentation of this Certificate; and is eligible to membership in the American Medical Association.

State Secretary.  
No. 60

Treasurer.  
June 25—1907

County Secretary.

Not valid unless countersigned by County Secretary.
STATE OF MICHIGAN,

EXECUTIVE DEPARTMENT.

Fred M. Warner,
GOVERNOR IN AND OVER THE STATE OF MICHIGAN.

To all to whom these Presents shall come, Greeting:

Know Ye, That, recognizing the special fitness to aid in the work to be performed, and in pursuance of special authority granted me, I do hereby designate Dr. J. T. Kellogg as a delegate to the National Conference of Charities and Correction, at Minneapolis, Minn., June 12-19, 1907.

And I do hereby Authorize and Empower him to act as a representative from the State of Michigan in said Conference, with all the rights and privileges thereto belonging.

In Testimony Whereof, I have hereunto affixed my signature and caused the Great Seal of the State to be affixed, at Lansing, this Fourth day of June, in the year of our Lord one thousand nine hundred thirty-first, and of the Independence of the United States of America the one hundred thirty-first.

By the Governor:

[Signature]

Clarence [Signature],
Deputy Secretary of State.
TO WHOM IT MAY CONCERN:

Having been informed that Dr. J. H. Kellogg, of Battle Creek, Michigan, is about to leave on an extended trip to Europe, I take pleasure in commending him to the courtesy and consideration of those whom he may meet whether public officials or otherwise.

Dr. Kellogg is one of our state's most prominent physicians and a gentleman of the highest standing professionally and socially. I am glad to include myself among his many friends who will appreciate any courtesy shown him.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State to be affixed at Lansing, this Fourteenth Day of January, in the year of our Lord one thousand nine hundred and seven.

[Signature]
GOVERNOR.

[Signature]
Deputy Secretary of State.
AHL
This is to certify that
J. A. Kellogg, M.D.
was elected as Patron of the 
American Health League
Organized under the auspices of 
The Committee of One Hundred on National Health of the American Association for the Advancement of Science on the 14th day of Nov., 1907, and having complied with the rules is duly enrolled in the above list.

Vice Presidents
Miss Jane Addams, Archbishop Ireland.
Mr. Felix Adler, Hon. Ben F. Lindsey.
Pres. James B. Angell, Mr. John Mitchell.
Hon. Joseph H. Choate, Dr. W. H. Welch.

President

Signing
Alumni Reunion

University of Michigan

Thursday Evening,
October the Twenty-fourth,
Nineteen hundred seven

The Sanitarium
Battle Creek
The Yellow and Blue

1 Sing to the colors that float in the light—
   Hurrah for the Yellow and Blue!
   Yellow the stars as they ride through the night
   And reel in a rolling crew:
   Yellow the fields where ripens the grain,
   And yellow the moon on the harvest wain—
   Hail!
   Hail to the colors that float in the light,
   Hurrah for the Yellow and Blue!

2 Blue are the billows that bow to the sun
   When yellow-voiced morning is due:
   Blue are the curtains that evening has spun,
   The slumbers of Phoebus to woe:
   Blue are the Blossoms to memory dear,
   And blue in the sapphire, and gleams like a tear:
   Hail!
   Hail to the ribbons that nature has spun—
   Hurrah for the Yellow and Blue!

3 Here's to the college whose colors we wear!
   Here's to the hearts that are true!
   Here's to the maid of the golden hair,
   And eyes that are brimming with blue!
   Garlands of blue bells and white intertwine,
   And hearts that are true and voices combine:
   Hail!
   Hail to the college whose colors we wear:
   Hurrah for the Yellow and Blue!
Banquet

Tendered by the Management of the Battle Creek Sanitarium, Thursday Evening, October 21st, Nineteen hundred seventeen

Menu

Radishes Celery Salted Pine Nuts Cashew Nuts

Grapefruit

Almond Bouillon — Bread Sticks

Apple Juice

Nut Roast with Dressing Potatoes Baked in Half Shell Asparagus Tips Fresh Tomatoes

Grape Nectar

Potted Croquettes — Peas Waldorf Salad — Cream Sticks Crab Apple Jelly

French Floating Island Pineapple Gelée Assorted Cake Yogurt Cheese — Wafers

Pears Apples Grapes Coffee

Toasts

Hon. E. C. Hixman, Toastmaster

President James B. Angell
the University

Hon. H. R. Patterson

Hon. P. H. Kelley

Dr. J. H. Kellogg
the Battle Creek Idea
Third Annual Meeting

of the

Michigan State Nurses
Association

Battle Creek, Michigan
June 4th, 5th, and 6th, 1907
Banquet

Tendered by the
Management of the Battle Creek Sanitarium,
Wednesday Evening, June Fifth,
nineteen hundred seven

Menu

Radishes Salted Pine Nuts
Strawberry Punch

Almond Bouillon—Bread Sticks
Orange nectar

Nut Roast with Celery Dressing
Potatoes Baked in Half Shell
Asparagus Tips Fresh Tomatoes

Grape Juice

Potted Croquettes—Peas
Chiffon Salad—Cream Crisps
Apple Jelly

French Floating Island
Pineapple Gelée Assorted Cake
Coffee

California Cherries
Bonbons
Officers

Miss S. E. Sly, President
BIRMINGHAM

Mrs. L. E. Ghetter, 1st Vice-President
DETROIT

Miss E. L. Parker, 2nd Vice-President
LANSING

Miss A. G. Deans, Recording Secretary
DETROIT

Miss K. M. Gifford, Corresponding Sec'y
GRAND RAPIDS

Miss A. M. Coleman, Treasurer
SAGINAW
1907—

"The year is closed—the record made.
The last deed done, the last word said;
The memory alone remains
Of all its joys, its griefs, its gains;
And now with purpose full and clear,
We turn to meet another year."

—1908

New Year's Day
1908
New Years....

Music

1. March, "Navy Blue"  
   ZIMMERMAN

2. Waltzes, "Velvet of the Rose"  
   BARNARD

3. Cornet and Trombone Duet, "Abide With Me"  
   DONIZETTI-BENNERT
   MR. J. B. WATERMAN  
   MR. WM. T. DREVER

4. Baritone Solo, "Because"  
   GUY D' HARDELOT
   MR. ANDREW WESSELS

5. March, "Swastika"  
   KLOHR

6. Waltzes, "My Lady Laughter"  
   CHARLOTTE BLAKE

7. Trombone Solo, Recitative and Cavatina from "Faust"  
   GOUNOD
   WM. T. DREVER

8. Reverie, "Romance of a Rose"  
   O'CONNOR

9. March, "On Jersey Shore"  
   PRYOR
Menu

Cumquats

Creole Soup
Radishes
Salted Almonds and Pine Nuts

Bread Sticks

Fillet of Nut Meat with Olive Sauce
Peach Cobbler
Parisian Potatoes
Fresh Stringless Beans
Mint Jelly

Nut Croquettes—Peas
Royal Salad—Thin Bread and Butter Buns

Pumpkin Pie with Whipped Cream
Delicate Cake
Noko
Malaga Grapes
Apples
Oranges
Yogurt Cheese
Toasted Cream Sticks
Sweet Cider

New Years
AHL

This is to certify

that

F. D. Kellogg, M.D.

was elected as one of the

Council on Cooperation

of the

American Health League

Organized under the auspices of

The Committee of One Hundred on National Health

of the

American Association for the Advancement of Science

on the 18th day of April 1908

and having complied with the rules is duly

enrolled in the above list.

Vice Presidents

Miss Jane Addams.  Archbishop Ireland.
Mr. Felix Adler.  Hon. Rev. B. Lindsey.
Hon. Joseph H. Choate.  Dr. W. H. Welch.
BANQUET

FEBRUARY 25, 1908

7:30 P.M.

STATE DAIRYMEN'S ASSOCIATION

THURSDAY, FEBRUARY 25, 1908

7:30 P.M.

Menu

Ripe Olives          Salted Pine Nuts
Sanitarium Terrapin Soup—Sanitas Wafers

Nut Meat Rissoules—Creole Sauce
French Peas

Roast of Protose with Dressing
Potato Loaf          Sliced Beets

Apple Juice          Buns

Waldorf Salad
Yogurt Cheese        Toasted Wafers

Floating Island      Orange Cake
Oranges              Apples
Raisins              Cashew Nuts
MENU

Grape Fruit

Radishes

Salted Pine Nuts

Vegetable Bouillon—Bread Sticks

Fillet of Nut Meat

Parisian Potatoes

Green Peas

Sliced Tomatoes

Nurex Prensada—Mint Sauce

Macaroni with Cheese

Apple and Celery Salad—Wafers

Fruit Buns

Fresh Strawberries—Whipped Cream

Assorted Cake

Raisin Delight

Cashew Nuts

Chocolates

Raspberry Nectar

NoKo
PROGRAM
Our Guest of Honor, Dr. Kellogg

Master of Ceremonies
EDWARD M. BRIGHAM

Invocation
CHAPLAIN L. McCOY

Our Appreciation
REV. GEORGE W. BUCKLEY

The Battle Creek Idea
HON. JOHN W. BAILEY

The Woman in Our Club
MRS. GEORGE W. BUCKLEY

Echoes of Battle Creek in Foreign Lands
DR. JAMES M. PEEBLES

The Goose That Lays the Golden Egg
ARTHUR D. WELTON

Battle Creek and the Battle Creek Sanitarium
IRVING L. STONE

A Response
DR. JOHN H. KELLOGG
AGAIN ADVOCATES MEDICAL INSPECTION IN SCHOOLS

DR. J. H. KELLOGG ADDRESSES MEETING OF PARENTS OF NO. 10 AND NO. 3 SCHOOLS.

INTENDS TO SUPPORT PLAN

Announces He Will Put in a Word for the System Whenever He Has a Chance to Talk to the Mothers of School Children in Battle Creek.

Medical inspection in the public schools, as a measure of public health, was advocated by Dr. J. H. Kellogg last evening when he addressed a parents meeting at No. 10 school, which was attended by patrons of both No. 10 and No. 3 school. About two dozen people, Dr. Kellogg said, have prevented the examinations being made a part of the school routine, and he criticized the manner in which the issue was submitted to the school election.

Dr. Kellogg declared that he intended to advocate medical inspection in the public schools of Battle Creek upon every opportunity, and he asked the parents at the meeting last evening to vote for medical inspection. He declared it was the only safe way to prevent the spread of dangerous diseases among the school children.

The meeting in No. 10 school was part of the plan to educate the people of Calhoun county and Battle Creek along health lines, and to further the plan to make Calhoun county the healthiest in the state, and the meeting with three very excellent first of a series of meetings to be held.

The high school orchestra opened the meeting with three very excellent selections, and there was also a group of songs by Mrs. G. Wellington Patterson.

Dr. Kellogg's talk last evening was illustrated with stereoptican slides, and he advocated not only more fresh air schools, but more fresh air in all the schools. Before he gave his lecture, hemidæds?

He gave his lecture he made a thorought examination of the ventilating system in No. 10 school and he congratulated the parents on having such a building for their children.

The tuberculin test for all dairy cattle also received some attention from Dr. Kellogg, and he showed pictures of some diseased cattle, found by sanitary inspectors, whose milk was being furnished to children.

"Many women know more about caring for canary birds and poodle dogs than they do about caring for babies." Dr. Kellogg said. "The baby crop is the biggest, and best crop this country raises, yet a large percentage of the 400,000 of the 2,000,000 born every year.

"If the calves and hogs of the country were dying off at the rate our children were dying, the government would be spending money and hiring experts to find out what the cause was." He advocated a course of instruction in the public schools to teach girls the care of babies and children.

Dr. Kellogg also suggested to the parents that they watch their children's food supply and warned them of the dangers of cheap candies.

The talk was the first of a series that is to be conducted by the Mothers' club of No. 10 school, Mrs. L. L. Jones, president of the Mothers' club announced. Dr. Martin announced a whole series of lectures along health lines.
TRAFFIC WAS THREATENED BY CROWD WHICH GATHERED AT BANK CORNERS

Throng Watching Dr. Kellogg Read Paper on Street Would Be There Yet If He Was

Traffic was almost congested by the crowd that gathered at the bank corners late yesterday afternoon.

Store keepers and clerks left their posts and rushed to the street where their recent customers had already gone; windows in the upper stories of buildings were dotted with faces as on circus day and pedestrians passed in the journeys to join the rapidly growing throng on the sidewalks.

The attraction might have been a soldier back from Europe or a man selling a new kind of shoe laces. But it was neither.

Dr. J. H. Kellogg, head of the Sanitarium, clad in his white hat, white suit, white overcoat and white shoes, was standing on the curb and reading a newspaper.

He was standing dangerously near a trolley pole, but a second glance proved that he was not leaning against it. Dr. Kellogg always stands erect, heels together, chest out and chin up. And, besides, to lean against a pole would be disastrous to a white overcoat.

The trouble started when Dr. Kellogg's big Packard touring car picked up a nail in a rear tire and was stalled at the bank corner. Rather than wait for the tire to be replaced, the doctor left his machine to await a street car.

It was the first time that he had ridden on a city car in several months, and so he waited on the wrong side of the street for the Washington avenue car. There was nearly a regiment looking on by this time, but none felt it their duty to inform the surgeon that the car stopped across the street. He soon noticed the change in traffic regulations, however, and started across the street, almost too late. But the motorman made a second stop for him and the "little doctor" was snatched away from the crowd of admirers.

"I wish I belonged to that 'club,'" sighed one of the throng as the crowd melted away. "But it requires brains, and that lets me out."
ARMOUR
INSTITUTE OF TECHNOLOGY
CHICAGO.

F W GUNSAULUS
President

January 21, 1918.

Dr. J. H. Kellogg,
Battle Creek, Michigan.

Dear Mr. Kellogg:

I thank you with all my heart for the book containing much that you told me and much more than you told me when you started me on the right track at Battle Creek. Heaven's blessings be upon all those who have the Gospel for the intestinal deliverance of people who think their brains are affected.

Faithfully yours,

[Signature]
CENTRAL MILK STATION URGED

DR. J. H. KELLOGG SAYS IT IS THE BEST WAY TO SOLVE THE PRESENT SITUATION 1-16-17

Would Grade Product According to Quality—Producers to Hold Another Meeting

Dr. J. H. Kellogg this morning proposed to city officials that a central milk station be established here where the city's milk supply should be inspected and graded and then distributed under contract. It was also announced today that the County Milk Producers' association will meet at 1 o'clock Wednesday afternoon in Arcade hall for the purpose of completing plans for a new outlet for their milk supply.

As the situation now stands, the producers' association not only insists that they will refuse the tuberculin test, but that the present city milk ordinance must undergo certain prescribed changes if the milk supply is to continue as at present. These changes were outlined at a meeting with Mayor James Marsh at the city hall Monday morning.

Next Tuesday is the date that has been set as the time when the farmers declare the situation must be settled one way or another. It is hardly likely, however, that the machinery of city government could be set in motion in time to complete a well-balanced plan of action by that date.

Under the scheme proposed by Dr. Kellogg, all milk brought to the city would be taken to the central station. After inspection it would be graded as "A," "B," and "C" class with graduated wholesale and retail prices for each kind of milk. To secure an "A" grade test, it is probable that the milk would have to be tuberculin-tested in addition to having other high qualities of sanitation and butter fat.

The milk would then be distributed under contract from this station. The tuberculin-tested milk might sell for 10 or 12 cents a quart with the other grades ranging down to 8 or 9 cents a quart. It is said that this plan has been worked out with success in several cities.

"The milk producers' association is working independently from the city commission and city health department," explained President George Wirt today. "If the city commission does not desire to abandon the tuberculin test idea and make the requested changes in the milk ordinance, we will not say a word. It will simply mean that the milk supply from our association will cease."

Mr. Wirt stated that there are now 226 active members of the county association, 45 having joined since the tuberculin test agitation has started. For this reason, he believes that if the association makes other plans for the disposal of its milk, the city will have difficulty in keeping up its milk supply.

The farmers want the section in the milk ordinance which provides a fine and jail term for violation of the ordinance, stricken out. They contend that if a farmer fails to live up to the regulations, he should be punished by having his milk excluded from the market here. They also want the maximum number of bacteria per cubic centimeter boosted from 100,000 to 250,000.

It is expected that farmers from all parts of the county will attend the session of the association tomorrow.
Mrs. J. H. Kellogg,
202 Manchester St.,
City.

My dear Mrs. Kellogg:—

News reached me today that Dr. Kellogg
is not well and ordered to rest. I am writing to
ask you the privilege of doing any little favors in
my power. While Dr. Kellogg and I have not always
agreed on all issues, we have had much in common,
and I have valued him greatly as a friend and honor-
ed him as a physician.

Trusting that he may speedily improve,
and holding my services at your command, I remain,

Very truly,

[Signature]
FOOD CITY GUARDS
CHILDREN’S HEALTH

Establishment of Milk Depot Planned; Marshall-Albion Road Ready Soon.

Dr. Kellogg, Sanitarium Head, Ill From Overwork; Complete Rest Ordered.

Battle Creek, Mich., Aug. 19.—Battle Creek is to have a milk depot at No. 4 school, permission having been granted by the board of education. The enterprise was launched by the civic department of the Women’s league, the largest women’s club in this section of Michigan, its membership totalling over 500.

The chairman of the committee, Mrs. Frank Miles, is a former Girl Scout, and a prominent Grange worker. Her assistants are Mrs. Emeline Akerly, president of the civic department, and Miss Mary Anderson.

Milk will be sold at this station at a nominal price, thereby insuring the use of milk for the many children now forced to do without it, because of the excessive prices prevailing.

The depot will run on the case and carry system. As soon as possible, deposits will be established in all parts of the city. Dr. J. H. Kellogg of the Sanitarium, and Mrs. H. E. Cooper, dean of the sanitarium school of home economics, have expressed their approval of the good work, and are in full accord with the view that the city should aid in the movement. This will be Battle Creek’s effort to aid the child welfare activity.

That the brick road between Marshall and Albion will be used October 15, being now half finished, was announced by Commissioner M. M. Ruffer yesterday. It is the first brick road in Michigan and experts elsewhere are watching its progress with interest. A monolith brick, made on a cement base, the base and brick being bonded together by cement. The road starts two miles beyond Marshall and extends through Mason to within a mile of Albion limits, connecting at both ends with improved gravel highways. The contract price was $12,000, but it will cost $14,000.

The first case of boarding of foodstuffs in Battle Creek was announced by County Food Administrator Fred Barnard today. In the case of M. Sobin, a local painter, residing at 79 Winter street, the officers declare investigation brought to light 157 pounds of sugar, 14 eggs, 2 pounds of tea, 2 pounds of salt, 1 pound of coffee, 2 pounds of rice, 2 pounds of beans, 1 pound of potatoes, and 1 pound of onions. The man at first denied that the family had any excess sugar stored away, and when confronted with the evidence laid the blame on his wife. Complaint will be lodged Monday morning.

Dr. J. H. Kellogg, superintendent of the Battle Creek sanitarium and the greatest advocate of vegetarianism in the world, is now ill. His health had been failing for several months, but on Thursday he was overpowered. Both physicians and nurses think perfect rest will restore his normal condition. He has been looking after his many interests, including the management of the sanitarium, editing the health magazine, Good Health, managing his food factories, the writing of books on health and kindred topics, and has undermined his strength. Aside from other work during the past 30 years he has fathered over 40 boys and girls and educating them.

The Apology

CLARE—Mrs. Augusta Lees, 50 years old, a former housewife for several years, is dead after a long illness.

WEST BRANCH—Henry Crawford, hardware merchant of this city, is dead at the age of 75.

CLARE—Dr. J. H. Kellogg, reported quite ill last week, has recovered. His work has not been interrupted.

CLARE—The board of state tax commissioners is holding hearings in Clare county this week, assessment of all property having been recently completed for the fiscal year.

BIG RAPIDS—Lillian Gerald Miller, 17, daughter of a local coal merchant, was murdered by lightning.

MUSKOGEE—After taking refuge in a tree during a heavy thunderstorm yesterday, John Heinle, 18, son of Mr. and Mrs. Frank Heinle, was struck and instantly killed by lightning.

KALAMAZOO—A man died at a local hospital of typhoid fever.

BATTLE CREEK—Little Gerald Miller, 10, a boy working in a sawmill, was killed by a train while crossing a track.

KALAMAZOO—A man was found dead in a local hospital of typhoid fever.

EAST LANSING—The science and practice of agriculture will be taught in the Michigan Agricultural College, and this year students will be permitted to substitute practical for theoretical work as botany and advanced chemistry.

DETROIT—The Big Rapids district Methodist camp meeting has just ended, with the largest attendance in the history of the institution. On the last day there were 250 sessions than usual, being added by request during the week. The new tabernacle just erected by Mr. R. F. Miller, of Detroit, after he had raised $6,000 during the summer, to pay all obligations on the structure.

Detroit Free Press
Aug. 14, 1915

Dr. Kellogg Ill—Dr. J. H. Kellogg of the Sanitarium has been ill for some days past and is suffering from neuritis. The doctor is not seriously ill however and the sickness is making it possible for him to get a long needed rest.

Detroit Free Press
Aug. 14, 1915

Dr. Colver a Fellow.—Dr. Benton N. Colver, head of the oto, nose and throat department of the Sanitarium, has been elected a fellow of the American College of Surgeons. He will have the honor conferred upon him formally at the ninth session of the institution, which will be held in New York City, October 27 to 29. In connection with this meeting, clinics will be held in many hospitals of the city, at which famous surgeons will give their brethren an opportunity to see them operate. Dr. George Thomason of Los Angeles, California, who was formerly assistant in surgery to Dr. J. H. Kellogg at the Sanitarium, will become a fellow of the college at the same time. Entry to the institution is limited to surgeons of high standing and approved ability. Battle Creek, in view of its size, has an unusually large representation in this college, consisting of Drs. J. H. Kellogg, H. H. Harris and James T. Case of the Sanitarium, Bay C. Stone and A. E. MacGregor. Dr. Colver qualifies as a specialist in the surgery of the ear, nose and throat. After the session of the college, he will remain for some time in New York doing post-graduate work.

Detroit Free Press
Aug. 14, 1915
THE INSURANCE PRESS—DAILY
CONVENTION EDITION SEPTEMBER 6, 1918

FEDERATION TO CRUSH KAISERISM AND AUTOCRACY

Darwin P. Kingsley's Stirring Speech on the Doctrine of Sovereignty and President Wilson's Proposal

For every ten dollars the country has, we have now been given to us, by the people of the United States, the right to say that we can say what we please. It is a great deal of money to spend, but it is not enough to spend. We have only to think of the troubles that we have had, and we can see that it is not enough. We have only to think of the troubles that we have had, and we can see that it is not enough. We have only to think of the troubles that we have had, and we can see that it is not enough.

Canada's Experience and Achievements

Work Performed by the Dominin in the Great War Against the Central Powers

For every ten dollars the country has, we have now been given to us, by the people of the United States, the right to say that we can say what we please. It is a great deal of money to spend, but it is not enough to spend. We have only to think of the troubles that we have had, and we can see that it is not enough. We have only to think of the troubles that we have had, and we can see that it is not enough. We have only to think of the troubles that we have had, and we can see that it is not enough.

IMPORTANCE TO THE NATION OF CONSERVATION OF HEALTH

BRILLIANT BANQUET AT THE ASTOR LAST NIGHT

Toast to the President of the United States and the King of England—Thrilling Speeches and Music

Papers and Addresses on a Variety of Timely Subjects

The Convention of the National Association of Life Underwriters is at its height, and yesterday was one of the brightest days in the annals of the Association. It was at its peak with variety, and there was not a dull moment throughout the proceedings. The dinner in the grand ball room of the Hotel Astor was a fitting capstone to the day's events. The striking feature of the day was the announcement of the place where the woman occupies and that she is destined to play in much larger measure in the future of our great country. The new women's life insurance industry is the answer to the question of how we are to meet the growing demand for life insurance. The women, led by the New England Women's Life insurance writers' Association, told of the present-day opportunities for women in life insurance, and each told one picture so convincingly, so convincingly, so convincingly, that this was the fact for the first time that these women were not the vanguard of many others who would take the work of life insurance as a career—no, not as a mere occupation, by which to obtain a livelihood. Life insurance science, as it related to the war, the conservation of health, the opportunities which were peculiarly at this time the privilege of life insurance, and particularly those which offered themselves.

"THE FEDERAL WAY" IS A RELIABLE WAY.

The FEDERAL'S unexcelled service to the Policyholders and beneficiaries of its Accident and Health Department is forcibly illustrated by the checks here reproduced.

These instances determine the necessity of Accident protection such as FEDERAL policies guarantee.

FEDERAL service honors its representatives who intelligently and faithfully are serving continuously increasing clientele.

If at liberty to do so and if you can secure the privilege, why not protect YOUR CLIENTS by procuring them coverage from the FEDERAL's Accident and Health Department?

For detailed information address, giving references:
Isaac Miller Hamilton
President
Chas. S. Rennells
Secretary
FEDERAL LIFE BUILDING CHICAGO

This Policy was issued to Mr. Quiller of Houston, Texas, on June 29th, 1918. He paid one quarterly premium of $3.00. He was killed July 31st, 1918. An investment of $3.00 brought a return of $2,000.00 in this case.

This Policy was issued to Mr. Nelson, a merchant of Sioux City, Iowa, July 8th, 1916. He paid one quarterly premium of $5.00 each. June 29th he was killed. An investment of $40.00 brought a return of $10,000.00 in this case.

"THE FEDERAL WAY” IS A RELIABLE WAY.

The FEDERAL’s Life Department, now about twenty years old, operating in nineteen states, and showing a growing business every year, has an enviable record as to its service and Health Department, illustrated by the checks here reproduced. Capable, industrious, determined men and women of high character and integrity, who are well known to their communities, who will be ASSETS (not LIABILITIES) to the Company, now connected, or even wholly inexperienced in insurance, desire Life-long connections, willing to be taught the profession of insurance by a Company of enterprising, conservative and honorable management, will do well to communicate with the FEDERAL. Such men and women may secure contracts awarding an opportunity to establish a COMPETENCY and a CONTINUING INCOME, to represent either the Life Department or the Accident and Health Department, or both.
FORTY years ago Dr. J. H. Kellogg began the preparation of special foods for patients at the Sanitarium. Dr. Kellogg eliminated the meat idea and devoted his scientific mind to preparing those substitutes which would take the place of meats and serve, in the opinion of the doctor, a much better purpose.

Years passed along and he continued to evolve some new sort of health food. These foods gained in popularity and new foods were added from time to time. The demand for them not only with the large number of patients that visited the Sanitarium, but in other places as well, resulted in the organization of the Kellogg Food company. This institution manufactures only those products which are said to be the best health foods to be found anywhere in the United States.

Through this factory, bran became popular as any delectable dish that might be set before a king. In 1878 there came the cereal coffee which was followed a little later by toasted wheat flakes, toasted corn flakes and toasted rice flakes. Briefly stated the products of the factory today range from soup to nuts. Particularly among the foods turned out by the factory is vegetable meats. Following several ex-

(Continued on Page 24, Sec. 2.)

Jan. 1, 1920

Grape Juice—A Valuable Drink.

Dr. J. H. Kellogg, the well-known expert and authority on food and diet, explains why the juice of the grape is of value in both health and disease.

"In the first place," says Dr. Kellogg, "grape juice furnishes us a food ready for assimilation. With the exception of the water in the grape juice, there is nothing there but food, and it has the advantage over almost every other food that it is perfectly digested, ready to be absorbed, and that is why it is so very refreshing. The sugar of grapes, which is levulose and dextrose, represents sugar which is completely digested and ready to be taken into the body; and if it were separated from the grape juice and injected under the skin right into the veins, it would be at once assimilated.

"If you are a heavy eater of meat you should take a glass of grape juice afterwards as an antitode, and there are two or three reasons why you should do it. In the first place, beefsteak is going to decay if you do not put in some sort of preservative. The acids of grape juice are preservative, and prevent putrefaction to some degree. If you put a pound of beefsteak into a gallon of grape juice it will not decay.

"Another advantage of grape juice is that it introduces salts, which are of great importance to the body. The reason why it is so very valuable to the fever patient is that it introduces food in a form in which it is ready to be immediately assimilated. One who has a fever has lost his power to digest, and makes no gastric juice; his mouth is dry, and he makes no saliva, makes no pancreatic juice; he has no digestive fluids. Put food into his stomach, and if he is in very low state, unless that food is all ready for assimilation, it simply lies there and decays, and the patient suffers from fermentation.

"The old way was to feed patients with milk. I rebelled against that about 25 years ago, because when typhoid fever germs were discovered, it was found that milk was one of the very best culture mediums for them. In those days we used to have a good deal of trouble with the bowels. They were enormously swollen in typhoid fever. Typhoiditis was one of the usual symptoms.

"We began to experiment, using grape juice instead of milk in fever cases, and there was a very great advantage in it, because milk is chiefly nitrogenous food, and the protein decays, while grape juice contains nothing that can decay; in fact, it prevents decay, and at the same time contains food which is already digested, while milk contains nothing which does not require digestion. The grapes have been ripened or cooked in the sun, and not only that, but they have been digested by the actinic rays of the sun, so grapes are a pre-eminently valuable food.

"There is another element in grape juice, and that is the fruit acid. It has a real food value. People who have chronic catarrh of the stomach, by discarding meats and
DR. J. H. KELLOGG
MAKING MOVIES

THESE ARE TO PLAY A PROMINENT PART IN CRUSADE AGAINST TOBACCO

He is Member of Committee of Scientific Workers Interested in Subject

Sept. 13, 1919

Dr. J. H. Kellogg, head of the Sanitarium, is busily engaged now in the preparation of a new two-reel film on tobacco which is to be used in bringing before the public the results of investigations that have been going on among the committee of fifty scientific workers, of which Dr. Kellogg is a prominent member.

Organisation was erected for strictly scientific purposes, these the study of tobacco that definite deductions might be made on which to base either the condemnation or recommendation of tobacco. This is the first exhaustive study of the question that has ever been made, and to further the best interests of the investigation a $50,000 fund is now being raised, Dr. J. H. Kellogg being named by his co-workers as chairman of the finance committee.

The organisation is known as the Committee to Study the Tobacco Problem and its president is Colonel Alexander Lambert, M. M., late medical head of the American Red Cross in France, professor of clinical medicine in Cornell University, visiting physician of Bellevue hospital, and now president of the American Medical Association.

Frederick W. Roman, professor of economics in Syracuse University, is secretary, and Professor Irving Fisher of Yale, treasurer. The personnel of the committee includes the most prominent scientific workers in the world, among them being Professor Harvey W. Wiley, Sir William Osler of England, Hudson Maxim, Thomas Lewis, of the staff of the Royal Medical Research committee, England, S. Adolphus Knopf, Charles B. Davenport, of the Carnegie Institute, John Burroughs and many another both in this country and abroad. The name of Henry Ford appears in the list also, his sympathies having been enlisted in the movement.

Sept. 13, 1919
The World's Greatest Sanitarium, and Dr. J. H. Kellogg, Its Founder

GREAT TRIBUTE PAID FOUNDER OF SANITARIUM

The Founder, Dr. J. H. Kellogg

Handsome Testimonial Booklet Presented to Dr. J. H. Kellogg

Where Sanitarium Started 55 Years Ago.

SPOKE FOR THE CITY

SPOKE FOR THE WOMEN
Classified as the Most Beautiful Society Woman in America, She Goes Into Movies

WASHINGTON HEIGHTS.

The Ladies' Aid will meet at their usual place at 3 p.m. today for the weekly meeting.

A special feature of the meeting will be the presentation of a beautiful bouquet of flowers to the Ladies' Aid President, Miss Ada G. Brown, by the Ladies' Aid President, Miss Ada G. Brown, in recognition of her many years of service to the organization.

At the conclusion of the meeting, Miss Brown will present the bouquet to Miss Ada G. Brown, who will then present it to the President of the Ladies' Aid,

An address will be given by the President of the Ladies' Aid, who will speak on the importance of the organization and its work.

The meeting will be attended by a large number of members and friends of the Ladies' Aid.

AT THE POST.

Life-Saving Stations for batteries of all makes
Get that examination NOW!

THAT is precisely the function of the Prest-O-Lite Service Station when you feel that your battery is not quite up to par. What is the point?... that is the point! And Prest-O-Lite brings that point to you. Prest-O-Lite examines your battery and tells you exactly what you have to do to get it ready for the next protection. Prest-O-Lite catches the battery before it gets you in the wrong, and sends you on your way with a new lease of life.
**Doctors Attend Meetings.**—Dr. J. H. Kellogg and Dr. W. F. Martin are in New York city attending the fiftieth anniversary of the American Public Health association, convening this week. They are scheduled to give addresses. Dr. Kellogg speaking in the Community church Sunday on the subject of “Safety First.” A two weeks’ health lecture course is being given in connection with the association meeting. Dr. Kellogg and Dr. Martin are attending a complimentary dinner given during the week, honoring Dr. Stephen Smith, who recently celebrated his 90th birthday, a banquet being given in his honor in Chicago at that time. Dr. Smith is one of the early founders of the public health movement, the founder of Bellevue hospital, and one of the early founders of the nurses’ movement, installing the first nurses’ training school and doing much to raise it to its present high standard of efficiency. He celebrated his 97th birthday at the Sanitarium where he has also been invited to celebrate his 100th anniversary. Dr. E. L. Eggleston and Dr. R. N. Coover are attending a medical meeting of the Southern Medical association, which is meeting in Hot Springs, Ark., Nov. 14 to 17. Dr. J. S. Pritchard is spending a two weeks’ vacation at his home in Toronto. Dr. Gertrude Johnson has returned from a prolonged stay in California.

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Home at Week-End.—Dr. J. H. Kellogg is expected to return at the week-end from New York City, where he went to take part in the fiftieth annual conference of the National Public Health association and to attend the banquet tendered Dr. Stephen Smith, founder of Bellevue hospital, and identified prominently all his life with national health movements. The affair is given by way of celebrating his right to the term centenarian, as he attains his ninety-ninth birthday anniversary in February. Dr. Smith has paid many visits to the Sanitarium and is a close friend of Dr. Kellogg.
Battle Creek paid a tribute last evening to a representative citizen. It paused on its busy way for a moment to extend the hand of greeting to one whose life and deeds were closely identified with the growth, the prosperity and the fame of the city. Leaders gave to this citizen the hand of fellowship; told the appreciation that the city itself holds for him, for the man he has been, for the work that he has done, for the institution that he has reared.

It was a fitting tribute that Battle Creek’s citizenry paid to Dr. John H. Kellogg last evening. It was an event that speaks well for the city and for its big heartedness.

All too often is a man allowed to live, to labor and to die, never to hear spoken to him the words of gratitude that the community feels, but fails to express. Over his bier are spoken the things which would have meant happiness to him in lifetime. There is expressed the appreciation that he had longed for, but never heard. There the city poured out its heart in sadness, and wondered why it had neglected to grasp the hand in lifetime, and with a smile and a cheery word, express that which was in its heart but never uttered.

The honor that was paid to Dr. Kellogg last evening was a fitting one on the part of the representative business men of the city. There, around that dinner table, was shown the fellowship and comradeship that makes for a better city. For the appreciation which was expressed there was the appreciation, not of those men and women alone, but through them of Battle Creek at large for one of its most useful men.

Such an event means much to a city and speaks well for a city, the community is the better for what it expressed itself.
Dr. Kellogg's Greatest Accomplishment

In going over our files we have discovered that it was just a year ago today we printed in our store advertising an Editorial congratulating Battle Creek and Dr. John Harvey Kellogg upon his 50 years of Cheerful Service to this community. We called attention at that time to Dr. Kellogg's remarkable career — a surgeon of national and international reputation — an author of note, and a reformer whose teachings are bearing fruit in a more healthful nation.

And in addition to all this he had also built up the largest Sanitarium in the world — an institution that is thriving and expanding because of the inspiration of his presence.

But we believe that Dr. Kellogg's greatest achievement will not be in any one of these fields where he is already an outstanding figure. When the future takes count of his many accomplishments we feel sure that the establishment of Battle Creek College will head the list of things Dr. John Harvey Kellogg has done for humanity.

After all, teaching the youth of the land right living, clean habits and clear thinking is the greatest step in national progress we can take. And Dr. Kellogg has established the Battle Creek College for just this purpose.

We think he has selected the right co-worker in this enterprise in Dr. Paul Voelker and the college is now successfully launched and on its way.

Battle Creek, of course, is going to benefit directly and indirectly from such a school; a College gives an "atmosphere" to a town that nothing else can — an atmosphere that is healthful, wholesome and progressive. Battle Creek needs this college — it will be of lasting benefit to our city, physically, mentally and spiritually and we feel this community should come to the active support of Battle Creek College on every occasion and give it every possible encouragement and cooperation. As a city we must give Battle Creek college and the man who created it, "Cheerful Service," that the town and college will grow and prosper together.
Sanitarium Keeps Growing in Its Space and the Equipment in Use

Floors Cover Ten Acres—Artificial Sun Baths Given—Various Schools Are Active

The Battle Creek Sanitarium is an institution which has experienced a remarkable growth in recent years. This growth is the result of an idea which began with the establishment of the Sanitarium in 1877. The original building, located on the south side of the village of Battle Creek, was occupied by a small group of patients who were seeking relief from tuberculosis. Over the years, the Sanitarium has expanded, and today it is one of the largest and most respected institutions of its kind in the world.

Several additional cottages have been added, each containing various facilities for the benefit of patients. The new cottages are equipped with modern appliances, including air conditioning and central heating. The new cottages are designed to provide comfortable living quarters for patients and their families.

The Sanitarium has also made significant improvements in its equipment. New apparatus has been added, including a large number of new machines capable of producing artificial sunlight. These machines are designed to simulate the effects of natural sunlight, providing patients with the necessary vitamin D for bone health.

A new wing has been added to the existing buildings, providing more space for patients. The new wing includes additional bedrooms, bathrooms, and kitchen facilities.

The Sanitarium has also expanded its educational programs. Various schools are now active, providing patients with the opportunity to pursue their education while undergoing treatment.

The success of these new developments has been noteworthy. The Sanitarium is now able to accommodate a larger number of patients, providing them with the necessary care and support to help them recover from their illnesses.

In conclusion, the Battle Creek Sanitarium is a remarkable institution that continues to grow and evolve. Its commitment to providing comprehensive care to patients is evident in its ongoing improvements and expansions. The Sanitarium is an example of how dedication and innovation can lead to remarkable achievements in the field of healthcare.
The Seventh Day Adventist Tabernacle, located at the intersection of Main street and Washington ave., was totally destroyed by fire early this evening. Only a portion of the church remained standing.

**The Tabernacle**

**Adventist's Church razed in big blaze**

Fire Starting in Basement. Supposedly from Heating Plant, Spreads Fast.

**Chief weeks is injured**

Firemen attempting to Rake Ceiling Are Driven Back By Flames; Reflection is Seen for Miles.

The Seventh Day Adventist tabernacle, largest church in the city and one of the most widely known throughout the country, was entirely destroyed by fire Saturday evening. One of the most unique features of the building was burned.

The fire broke out in the basement shortly after a storm and by 7:30 only the walls were standing. The main streams of water of the fire department were unavailing.

In fact, firemen had a hard time of it to save surrounding buildings which ignited several times, and at one point of the fire it was necessary to dig a trench around the church. This was charged by one of the firemen who later died from exposure.

When the fire spread, the members of the church were not aware that a fire had started until it was too late. The building was not insured and the fire department was unavailing.

Every fire engine in the city was brought to the scene, but the flames were too quick for them to put them out. The church was then completely destroyed.

Firemen were called from downtown and from South Side, where they attempted to save the church but were unsuccessful.

The church was located at the corner of Main street and Washington ave., and was across the street from the Tabernacle. It was one of the largest churches in the city and was well known for its services and social activities.

The church was built in 1879 and was considered one of the finest churches in the city. It had a capacity of 2,500 and was considered one of the finest churches in the city.

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TWELVE SUPERMEN.

Named by a Woman, Who Pauses to Praise "Marion Harland."

To the Editor of The New York Times:

I wish to express my sincere appreciation of the discussion of the twelve greatest American women because of the exceedingly stimulating value it has had on the reading public, and also because it has brought to their attention the scope and variety of women's effort in so many lines of work. I am certain that widespread attention to these achievements of women will serve as an encouraging incentive to other women and that it proves the great progress of women as a group within the last half century.

Although her death has taken place within the past week, I should like to add the name of Marion Harland, whose work for the improvement of the home extended for a period of nearly sixty years and whose books and writings and pioneer work for the uplift of the family are in large part responsible for the present high standard and efficiency of the American home.

At the risk of being very bold, I suggest a similar discussion of America's greatest men, although since there is a far greater number of notable men from which to choose, the task of deciding on any particular twelve will be still more difficult. In offering the following list I want to emphasize that I believe that any list should consist of only one each in a respective field of endeavor. And, further, no name should qualify under my definition of greatness unless the person has achieved pre-eminence in a particular line of work owing to his own efforts and the development of the highest rank and skill in a recognized field of art, science, or other calling.

Therefore give this list of those I consider the twelve greatest living American men:

Woodrow Wilson, statesman and politician.

Thomas A. Edison, inventor and scientist.

Charles W. Eliot, educator and administrator.

Cyrus H. K. Curtis, publisher and editor.

John S. Sargent, artist and painter.

George W. Goethals, engineer.

John Barrymore, actor.

Luther Burbank, naturalist.

Herbert C. Hoover, economist.

John Dewey, psychologist and philosopher.

Dr. J. H. Kellogg, physician and hygienist.

Booth Tarkington, writer and novelist.

CHRISTINE FREDERICK.

Greenlawn, L. I., June 30, 1922.

N.Y. Times,
July 5, 1922.

EMINENT IRISH LEADER IS DEAD

Sir Horace Plunkett, Who Paid Regular Visits to Battle Creek, Succumbs.

Sir Horace Plunkett, Irish leader who promoted cooperative farming in his country and figured in efforts to settle the political differences between Ireland and Great Britain, died at Weybridge, Surrey, England, Saturday, an Associated Press dispatch this morning stated. Sir Horace was 77 years old.

Battle Creek friends of Sir Horace are numerous, because he started coming to the Battle Creek Sanitarium about 25 years ago, and rarely missed an annual visit here up until about six years ago.

The distinguished statesman took an active interest in the city and Sanitarium, and was recognized for years as the institution's "leading guest." He played an ardent game of chess with the Battle Creek Chess club on many an occasion.

Among his local friends were: Dr. John Harvey Kellogg, Attorney James Cleary, and Louis Reithaler. He followed the Sanitarium course of diet religiously.

His death was without political significance in the present Irish situation.

He long had been out of active politics, having retired from the Irish Free State Senate in 1923, after an attempt was made by Irish irregulars to burn his mansion, Kildare, in County Dublin. Thereafter he made his home in England.

Sir Horace's important work was as an Irish leader up to and through the days of the World war. At one time he was chairman of the Irish convention which was called into being during the war— in 1917—to attempt to reach a final settlement of the Irish political question.
PLUNKETT WRITES OF BURNED HOME

Valuable Diaries and Books Were Lost When Irish Irregulars Committed Crime.

LETTER TO DR. KELLOGG

Says He Doesn't Know Where He Shall Live—May Return to the United States.

Cable dispatches carrying news of the bombing and burning of the home at Fox Rock, Dublin county, Ireland, owned for many years by Sir Horace Plunkett, caused deep regret among the many friends the Irish leader has made during his frequent visits to Battle Creek. First dispatches were received on January 30; last, only a few days after Sir Horace had left the Battle Creek Sanitarium for Madison, Wis. Subsequent dispatches carried the information that roving bands of republican irregulars had returned a second time and burned a portion of the home which had escaped the fire they had set earlier in the week.

Sir Horace at the time was in the United States securing information concerning the government's methods of assisting agriculturists.

In a letter just received by Dr. J. H. Kellogg, a close personal friend of Sir Horace, the noted Irishman, then on board ship, returning to his native country, declares:

"On board S. S. Cedric, 11th of February, 1923.—My Dear Doctor—

I had not a moment to write and thank you for your kind message of condolence on my misfortune before I left yesterday for whatever home I am permitted to make for the remainder of my days. My beautiful house, the most lovely surroundings and scenery is a heap of ashes. It contained the diaries of nearly half a century, a library specialized in my work and, among its many gift books, not a few of yours. Still worse is the loss of correspondence during the life of a generation with many of the world's workers, including such names as Roosevelt, Wilson, Bryce, Balfour and Kellogg—a pretty wide field of human service. And all because I was helping the Free State government to function! After all, my loss is trifling compared with that of hundreds of others. All my family (six brothers and sisters and three "in-laws") have gone before me. My only real trouble is that I shall be doubly handicapped in my work by the loss of the healthiest house I know and the destruction of all my accumulation of documents. Also I did a great deal of good work simply by assembling under my roof a stream of fellow-worker guests. On the roof I slept happily, and they beneath it. I had hoped for a visit from you some day.

I don't know what I shall do now or where I shall live. I shan't let go of my Irish work, though a government which could not protect my house would hardly undertake to protect my person. My best address will be The Plunkett House, Dublin, Ireland. I may stay for a while in London, though I shall sadly miss the revolving bedroom on my roof. It will be hard to keep my health without the means of living something like the Battle Creek idea of life. If I find it impossible to work efficiently, I shall be tempted to go to Battle Creek and get a new health start. But probably I shall find more work than I can do waiting for me.—Very sincerely and gratefully yours,

(Signed) Horace Plunkett."
Dr. Kellogg took occasion to comment on the recent 40-day fast conducted at the Sanitarium by Alexander I. Bossly, Russian fast- er, and with which he was entirely out of sympathy. "People sometimes feel better after they have fasted," the doctor commented, "because the dropping off of surplus foods and poisons in the body has been more beneficial than the lack of food has been harmful. The human machine undergoes constant wear and tear and these parts which have been used up should be replaced right away. Fasting," he stated, "should be done rationally by eliminating proteins and fats which are harmful, but not fruits and greenstuffs which are essential to the body." Absolute fast, Dr. Kellogg contends, causes the heart to get smaller and weaker, shrinking of the muscles and general weakening of the system, which cannot prove beneficial.

June 2, 1923

Medical Director Anticipates Busy Season At Sanitarium.

Home from a busy winter season at Battle Creek, Inc., his winter health resort at Miami Springs, and bearing a healthy Florida suntan, Dr. John Harvey Kellogg today is preparing for a summer of hard work at the Sanitarium with "so many plans that they would bewilder you." Dr. Kellogg arrived in Battle Creek at 10:30 o'clock last night after a railroad journey from Florida and planned to resume activity as medical director of the local health institution this afternoon.

Out in the Florida sunshine during most of the last winter, Dr. Kellogg at the age of 80 years appears as healthy and active as ever and declared this morning that he feels younger than when he left Battle Creek for the south. During the last winter he devoted much of his time to the preparation of his new book, "How to Have Good Health"; and to the revision of parts of several other health volumes which he has written.

Conditions in Florida when he left, Dr. Kellogg commented, have shown great improvement during the last year and he believes the state to be economically in better shape than at any time since the "boom" period. Battle Creek, Inc., he stated, enjoyed the best season since it was established three years ago, more than 1,600 patients being treated. The institution, he stated, was filled nearly all winter and at times it was necessary to rent outside rooms in which to house the overflow patients. "My work in Florida," Dr. Kellogg stated, "is purely philanthropic. The work is being devoted to the spreading of the Battle Creek idea of biologic living." Free medical clinics are held each Wednesday at the institution, at which any person may receive treatment without charge. Medical lectures given by Dr. Kellogg each Sunday have attracted hundreds to Battle Creek, Inc., from all parts of the south, he pointed out.

From Florida this year, Dr. Kellogg is bringing to Battle Creek a trailer-load of beautiful plants and palms, which will be placed in the palm garden just off the north lobby of the Sanitarium.
Work of Ivan Pavlov, Greatest Physiologist Will be Taken Up Here by Leading Disciple

Dr. William Boldyreff, Close Associate of Aged Russian Who Nobel Prize, Will Glimpse Digestive Organs Through Windows of the Body.

Dr. William Boldyreff, the world's leading disciple of the great Ivan Pavlov, long recognized as the greatest living physiologist, has come to the Battle Creek Sanitarium to carry forward into new fields the revolutionary methods invented by the great Russian scientist—by which, through "windows" in the mesh processes of the organs of the body are observed.

Famous Doctor Helpful "Pavlov is 73 years old, helpless to carry on his work in Petrograd, on account of the destitution that bolshevism has brought to Russia, even such materials as pencil and paper are almost impossible to secure," said the eminent newcomer to the Sanitarium Saturday. And Dr. Boldyreff, in a new laboratory of the special kind his method requires, will work at the Sanitarium, will carry the work forward, while continuing here the mission he has long carried on, interpreting to the world the writings of Pavlov and explaining as well as developing further these new methods.

Three strikingly new fields will be entered by Dr. Boldyreff in his work of scientific research at the Battle Creek Sanitarium.

"We intend to observe, through these 'windows,' the whole digestive system," said Dr. Boldyreff, in speaking with a representative of the Enquirer and News. "And we will also observe the microbes there. It is Dr. Kellogg's purpose to find a way to control and destroy these microbes. And this will be the first work of this kind that has ever been done."

Another thing we will do is to study the influence of the X-ray upon the body, and the various digestive fluids of the body. Dr. Case and I are already engaged in that work. We have an observation this afternoon. This is something of which very little is yet known, and it is of great importance.

"Another purpose we have, in work that I will do with Dr. Stewart and Dr. Hubly, is to examine these same methods of the external secretions, which are of such vital importance and of which so little is known, and especially that of the pancreas, in connection with the treatment of diabetes and other diseases."

Three Research Lines These three lines of research to be carried on here promise some important developments along new lines at the Sanitarium that will be followed with interest by the entire medical world.

Work upon the new laboratory for Dr. Boldyreff is well under way, and meanwhile he will not be idle, as it will be possible to pursue the studies of X-ray effects upon the body at once.

The research carried on by the Pavlov method is very largely with animals, and one of the best things about it is that it does away with the old methods of vivisection. It was this humane aspect of the thing, which is being equipped for him at the Sanitarium, that will carry the work forward, while continuing here the mission he has long carried on, interpreting to the world the writings of Pavlov and explaining as well as developing further these new methods.

Important Research Work Will Be Fostered By Sanitarium—Dr. Kellogg Hopes to Find Way to Observe and Destroy Digestive Microbes.

"He observed many very important phenomena," said Dr. Boldyreff. But this was not thought of as suggesting a new method at the time, and the whole thing was long forgotten. "So it was Dr. Pavlov, many years later, who developed this idea and established a new method of physiological research. Dr. Pavlov was awarded the Nobel prize 15 years ago and is the only physiologist to receive it."

A Difficult Study

All over the world, doctors have been trying to apply Dr. Pavlov's methods, but only a few have had much success, as it has been found hard to learn the methods from the books alone of the great Russian scientist. And so, in England and France during the war, later in Japan and now in America, Dr. Boldyreff is explaining the new method wherever he goes.

Dr. Boldyreff, during the war and in the beginning of the Russian revolution was in the work of the Red Cross. He saw much service at the front, and became a specialist in the prevention and cure of gas effects. He had been sent by the Russian Red Cross on a mission to England and France in connection with this special work when the bolshevist government was started. He was in France at the time, and the French government would not allow him to return to Russia. This proved very fortunate, and later he was able, when invited to go to Japan by a former pupil, Dr. Ishikawa, who had built an institution at Kioto, Japan, similar to that of Pavlov, to have his family leave Russia by way of Siberia and join him in Japan.

Dr. Boldyreff remained in Japan for two years, being invited to one university after another until he had given courses of lectures to the doctors in all the leading Japanese universities.

Invited Many Places

He was then invited to come to this country and carry on work for the Rockefeller Institute in Pekin, Western Reserve college at Cleveland, and the University of California. But, hearing of his having come to America, Dr. J. H. Kellogg was very anxious to have him come here and work with him in the application of the Pavlov methods to the observation of the whole digestive system and the study of its microbes, and to pursue other work planned with Dr. James T. Case, Dr. Charles E. Stewart, and Dr. C. C. Hubly.

The invitation was a welcome one to Dr. Boldyreff, he said, for he had not been accustomed to lecture much to students, as he was doing in these universities, and considered that he could accomplish more by devoting himself to the working out of new search work at the Battle Creek Sanitarium.

The arrangement is thus in every way satisfactory. Battle Creek acquires one of the foremost living physiologists, and the world is likely to profit to no small extent by the work that he will carry on in association with the Sanitarium specialists.
THE BATTLE CREEK SANITARIUM
A Self-Supporting Philanthropic Organization

This institution was organized September, 1866, and was incorporated in the spring of 1867 under an Act especially created by the Legislature of Michigan to render possible the incorporation of an establishment of this kind.

As the constitution of the State of Michigan at that time did not permit the granting of Articles of Incorporation for more than thirty years, the first charter expired in 1897. On the 16th day of December, 1897, the institution was reincorporated as the MICHIGAN SANITARIUM AND BENEVOLENT ASSOCIATION, as a self-supporting, philanthropic organization under Act No. 242, of the Public Acts of Michigan of 1893, an act especially provided for the incorporation of hospitals, asylums and other charitable and philanthropic institutions. A copy of the Articles of Incorporation is on file with the Secretary of State, Lansing, Michigan. The following extract from the Articles clearly sets forth the objects and purposes of the institution and defines its character:

"To found a hospital or charitable asylum within the State of Michigan for the care and relief of indigent or other sick or infirm persons, at which institution may be received also patients and persons, who are able to and do pay for the benefits thereby received, and which institution shall devote the funds and properly acquired and received by it from time to time from all sources exclusively to maintaining itself, improving its condition and facilities, extending its benefits and usefulness and facilitating and promoting its purposes, by such sanitary, dietetic, hygienic and philanthropic reforms and efforts as are germane or auxiliary thereto; all of its said purposes being unselfish, benevolent and benevolent, and in no manner directly or indirectly for private profit or dividend paying to anyone."

The institution is governed by a Board of Trustees of ten members, who are elected by a constituency made up of contributors to the enterprise.

STATEMENT OF EXPENDITURES FOR THE TREATMENT OF THE SICK POOR BY PERIODS OF FIVE YEARS ENDING 1901, AND BY YEARS FROM 1902 TO 1923.

<table>
<thead>
<tr>
<th>Period</th>
<th>Expenditures</th>
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</thead>
<tbody>
<tr>
<td>5 years ending 1901</td>
<td>$18,925.41</td>
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<tr>
<td>6 years ending 1906</td>
<td>21,675.61</td>
</tr>
<tr>
<td>7 years ending 1911</td>
<td>24,525.81</td>
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<tr>
<td>8 years ending 1916</td>
<td>27,376.01</td>
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<td>9 years ending 1921</td>
<td>30,226.21</td>
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<td>During 1912 to 1916</td>
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<td>Year of 1917</td>
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<td>18,264.21</td>
</tr>
<tr>
<td>Year of 1920</td>
<td>18,614.41</td>
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<tr>
<td>Year of 1921</td>
<td>18,964.61</td>
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<tr>
<td>Year of 1922</td>
<td>19,314.81</td>
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<td>Year of 1923</td>
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<td>21,414.41</td>
</tr>
<tr>
<td>Year of 1931</td>
<td>21,664.61</td>
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<tr>
<td>First nine months of 1932</td>
<td>$169,225.49</td>
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</tbody>
</table>

Total 1896 to Oct. 1, 1932, inclusive $850,722.49

Since its organization over 200,000 have visited the institution. The annual report shows that 800 patients were treated during the first five years (1896-1900), while more than ten times that number now visit the institution annually. These patients come from every state in the Union, and from many foreign countries, including: China, England, France, Switzerland, Denmark, Japan and New Zealand. Among the patients treated during one recent year more than 113 different occupations and professions were represented including: Physicians, 135; Bankers, 90; Farmers, 232; Housewives, 2,884; Manufacturers, 260; Merchants, 468; and Teachers, 185.

Educational Work

The Battle Creek Sanitarium and Hospital Training School for Nurses was organized in 1877. It has a three years accredited course. In attendance at the present time, 175 students.

The Sanitarium School of Home Economics was established in 1896. It has a two years accredited course and meets the necessity for training dietitians and institutional administrators. In attendance at the present time, 145 students.

The Kelling School of Physical Education (formerly Normal School of Physical Education) was established in 1929. It has a three years accredited course and gives a diploma of recognized merit. The graduates of this school serve Public Schools, Recreation Centers and Playgrounds, High Schools, Academies, Colleges and Seminaries; Factories, Department Stores and Business Offices, Offices, Sanitariums, Army Hospitals, Church Clubs and Young Women's Christian Associations. In attendance at the present time, 145 students.

The three training schools were recently combined in one big "University of Health" under the name of Battle Creek College, conferring Bachelor of Science degrees in the various courses.

Personnel of Institution

PHYSICIANS .......................................................... 45
NURSES AND ATTENDANTS .................................. 326
CLERICAL, MECHANICAL AND OTHER WORKERS .......... 90

You Are Cordially Invited to Visit the Sanitarium with Your Guests

Tours of the building are under the direction of capable guides; time 3:00 p.m. daily except Saturday. An interesting steropticon lecture including a short history of the institution is given.

The Battle Creek Sanitarium
THE BATTLE CREEK SANITARIUM
A Self-Supporting Philanthropic Institution

This institution was organized September, 1869, and was incorporated in the spring of 1867 under an Act especially created by the Legislature of Michigan to render possible the incorporation of an establishment of this kind.

As the constitution of the State of Michigan at that time did not permit the granting of Articles of Incorporation for more than thirty years, the first charter expired in 1897. On the 18th day of December 1897, the institution was reincorporated as the MICHIGAN SANITARIUM AND HOSPITALITY ASSOCIATION, as a self-supporting, philanthropic organization under Act No. 349, of the Public Acts of Michigan of 1889, an act especially provided for the incorporation of hospitals, asylums and other charitable and convalescent institutions. A copy of the Articles of Incorporation is on file with the Secretary of State, Lansing, Michigan.

The following extract from the Articles clearly sets forth the objects and purposes of the institution and defines its character:

"To found a hospital or charitable asylum within the State of Michigan for the care and relief of indigent or other sick or infirm persons, at which institution may be received also patients and patrons, who are able to and do pay for the benefits there received, and which institution shall devote the funds acquired and invested by it or its proceeds from all sources exclusively to maintaining itself, improving its condition and facilities, extending its benefits and usefulness and facilitating and promoting its purposes, by such sanitary, dietary, hygienic and philanthropic reforms and efforts as are deemed or otherwise thereof, all of its said purposes being undenominational, voluntary, philanthropic, humanitarian, charitable and benevolent, and in no manner directly or indirectly for private profit or dividend paying to anyone."

The institution is governed by a Board of Trustees of ten members, who are elected by a constituency made up of contributors to the enterprise.

Since its organization over 350,000 have visited the institution. The annual report shows that 800 patients were treated during the first five years (1869-1874) while more than ten times that number now visit the institution annually. Three patients come from every state in the Union, and from many foreign countries, including China, England, France, Switzerland, Denmark, Japan and New Zealand. Among the patients treated during one recent year more than 110 different occupations and professions were represented including: Physicians, 181; Bankers, 87; Farmers, 285; Housewives, 2,004; Manufacturers, 283; Merchants, 450; and Tradesmen, 166.

EDUCATIONAL WORK

The Battle Creek Sanitarium and Hospital Training School for Nurses was organized in 1877. It has a three-year's accredited course. In attendance at the present time, 172 students.

The Sanitarium School of Home Economics was established in 1908. It has a two-year's accredited course and meets the necessity for training dietitians and institutional administrators. In attendance at the present time, 150 students.

The Kellogg School of Physical Education (formerly Normal School of Physical Education) was established in 1909. It has a three-year's accredited course and gives a diploma of recognized merit. The graduates of this school serve Public Schools, Recreation Centers and Playgrounds, High Schools, Academies, Colleges and Seminaries; Factories, Department Stores and Business Offices, Doctors' Offices, Sanitariums, Army Hospitals, Church Guilds and Young Women's Christian Associations. In attendance at the present time, 162 students.

The three training schools were recently combined in one big "University of Health" under the name of Battle Creek College, conferring Bachelor of Science degrees in the various courses.

PERSONNEL OF INSTITUTION

PHYSICIANS

43

NURSES AND APPRENTICES

568

CLERICAL, MECHANICAL AND OTHER WORKERS

988

Statement of Expenditures for the Treatment of the Sick Poor by Periods of Five Years Ending 1891, and 37 Years from 1822 to 1938

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Total for 37 years ending Oct. 1, 1938, Expenditures $231,779.90
City at One Time—In Indian Days—Known as Waupaksico; Settled in 1831.

Battle Creek, known the world over as the city that breakfasts the world, received more nation-wide publicity this week through the address of Mayor Charles C. Green, principal speaker on the radio broadcasting program at the Suntarium gymnasium. Mayor Green, speaking “The Past and Present of Battle Creek” told many interesting things about the city. His address in full follows:

“Battle Creek, in Michigan, is situated at the confluence of the Battle Creek and Kalamazoo Rivers, midway between Detroit and Chicago.

“Hundreds of years before the first white man set foot on the land which comprises the site of the city of Battle Creek, it was the rendezvous for the Indians when gathering for the warpath or the hunting expedition. When the war slogan was sounded and carried by the swift runners from one sub-tribe to another, it was to Battle Creek, then named Waupaksico, that the warriors hastened.

“In the center of the city, on West Main street, the Battle Creek joins the Kalamazoo River, and thence, as a single stream, the Kalamazoo winds its way through a fertile country, emptying into Lake Michigan at Saugatuck.

“The records and the legends go to show that the original Americans recognized that the land in the vicinity of the confluence of the two rivers was a natural camping-ground, situated on the trunk line road leading toward the setting sun.

“When the first white settlers, from New York State, came to this part of Michigan in the spring of 1831, they exercised the same good judgment as the Indians, and saw immediately the natural advantages of the rivers with their latent water power, and also the great possibilities of the rich surrounding country. They therefore unlimbered their wagons, pitched their tents and made the beginning of what is now Battle Creek, one of the most substantial and progressive cities under the Stars and Stripes.

“The new settlers were not long in utilizing the water power, for in the spring of 1835 they began digging a mill race from the Kalamazoo River to the Battle Creek. The water was turned into the canal in November of the same year and the two first industries, a saw-mill and a grist-mill, were set in operation. It is a far cry from this small, primitive beginning to the great industrial plants of today, whose products are sold to all the world and which have made Battle Creek a teeming hive of industry.

“Battle Creek has a population of about 40,000 people.

“But in considering the question of population acres, situated in different parts of the city, readily accessible to everyone. It has public playgrounds at the schools, and one of the best 18-hole golf courses in the country, with a 18-hole municipal golf course now under construction.

“Battle Creek is particularly a home city, 50 per cent of its workmen own their own homes. Its hotels are adequate and the best to be found between Detroit and Chicago and equal to any in the country. Battle Creek is one of the most law-abiding cities in America, with a very small percentage of crime. It has a school system, second to none, with well paid and efficient teachers, instructing in all of the known courses. It has schools for physical education, schools for the training of nurses, and a school of home economics. The last three schools have been developed largely through the efforts of Dr. J. H. Kellogg of the Battle Creek Sanitarium.

“Battle Creek is distinctly a religious city, having more than 31 churches at various denominations, all of which are well attended and supported.

“The social life of Battle Creek is interesting, all the well-known clubs and associations having chapters located in this city, and in addition it has many distinctly social clubs.

“It has a live chamber of commerce, and several excellent newspapers published in the state.

“Battle Creek invites you to pay them a visit, assuring you of a hospitable welcome and a pleasant sojourn. We hope that you may have the pleasure of receiving you in our midst.”
THE BATTLE CREEK
HONOR TOLOSTOY
AT SAN BANQUET

Russian Count Guest of Dr.
Kellogg at Luncheon.

OVER 100 ARE PRESENT

Tolstoy Beps Churches and
Creeds in Discussion Follow-
ing Banquet.

Sanitarium guests and prominent
Battle Creek people were afforded
an opportunity to learn of the phi-
losophy and ideals of Count Ilya
Tolstoy, distinguished Russian
philosopher. Tolstoy said that the
honour given at the local institution in
his honor Sunday.

Admiral guests were present at the
gathering held in the banquet
hall of the Sanitarium. Prominent
recipients included members of the
Sanitarium medical staff, faculty mem-
bers of Battle Creek col-
lege, and local citizens.

Following the luncheon, Count
Tolstoy was questioned by the
guests on many questions regarding
his views on Russia, and prob-
lems connected with the land of
the Bolsheviki.

The count declared that it is not
wise for Russia to recognize the
Soviet government. "To recog-
nize Russia," he said, "is
the best principle of the United
States and Democracy, and to rec-
ognize 300,000 Bolsheviki
impostors would be against the best
interests of 130,000,000 Russian
people," he asserted.

Although he declared his belief in
the ideals of Christianity, he as-
serted: "I am to be seen and not
heard in between the narrow walls
of the church." Because of the fact
that he was "too precious for so many
wars and crimes," he admitted that
he was "always destined to missionary"
work. He agreed, however, that the
Fatherhood of God and the broth-
erhood of man are the finest of any
religion, and that these should
be spread throughout the world.

"I believe that we should have
less concern about superfluities
and rites, and more about the fun-
gamous of Christ's teachings," he
added.

Commenting on the possible
influence of German music in Russia,
he said that he did not believe the
influence of German music had
had. He also stated that the
display of the rosy reports of
conditions in Moscow from
 comrades was explained by the fact
that this is the robbers' camp, and that
domestic conditions are generally
good there. "Take in the other
country and other cities, and you
will find any sort of data are like those,
"he added.

Clayton Quaple, of Marquette,
guest at the installation, charmed
with a group of selections.
Mr. Quaple had. a fine
atic voice and was able to
give several solos, accompanied by
Mr. William Drew on the piano.

Guests from outside the institution
included Mr. and Mrs. E. M.
Bingham, Dr. and Mrs. William G.
Coomb, Miss Mildred Kolb, John I.
Ogdon and Charles H. Wheelock.
TOLSTOY TALKS AT SANITARIUM

Count Says Way to Peace is "Not to Fight."

SEES END OF BOLSHEVISM

Famous Visitor at San Describes Conditions in Rus-

sia; Peers Revolt.

Asserting that war is a crime, and that murder and violence can
be stopped, Count Leo Tolstoy, famous Russian novelist
and pacifist, who is visiting the United States as a guest of the
Sanitarium, declared in an interview that "The only way to
bring peace to the world is not to fight.

Count Tolstoy ridiculed the idea that foreign visitors in
Russia would be likely to report conditions that are present
in the country at the present time, because they are too
afraid of the information which they would bring back.

The speaker asserted that "At the present time the
whole world is in a state of cruel war, and that
there is a world-wide war for the destruction of
everything that is good and true."

"At the present moment it is impossible to make
any kind of peace, because everything is entirely
ruined, and everything is being done to ruin
the world, according to the Communist system.

"There is a danger that an uprisings of the
Bolsheviks will be murdered, and that the
Bolsheviks will be killed. But it is not going to
happen, for it would be horribl

"The economic conditions are un-

bearable in the cities. The money system is
ruined, and there is a great deal of suffering.
The cities are very expensive and infor-

mat. It is necessary to make a new system of
money, and the drop in value is so con-

stant that people cannot carry on in their daily
work. They cannot buy the necessities of life
at the market in their bas-

s

"The government has been unable to
provide for the needs of the people, and the
regime promotes passive resistance.

The regime pro-

poses a Democratic government will

not work, for the people will not be able to

hold their land, although all of this is pro-

duced by the peasants of Russia. Many

people have been told that they cannot

hold their land, but they still want to hold

it, and they will not risk being killed for

passive resistance.

The regime promotes passive resistance,

never again.

"The belief that the time will come

when he will realize that war is a crime, and

that war would be impossible, and that the

people will not fight for it."

The regime promotes passive resistance,

never again.

"The belief that the time will come

when he will realize that war is not the way to

peace, and that war will be impossible, and

that the people will not fight for it."

The regime promotes passive resistance,

never again.

"The belief that the time will come

when he will realize that war is not the way to

peace, and that war will be impossible, and

that the people will not fight for it."

The regime promotes passive resistance,

never again.
Dr. K. "Would you have lost your life if you had stayed in Russia?"

Count T. "May be. Because I am quick tempered and I could not have stood it, although they did not harm my brother and my two sisters. They are still in Russia. My brother is a musician and is teaching music. One of my sisters is in the museum. The other sister is at the old estate. She is at the head of the community. They have a community; they are working, and my sister is at the head of it. They have a school there, the old school that was founded by my father seventy-five years ago."

Dr. K. "How old was your father when he died?"

Count T. "Eighty-two. He died in 1910."

Dr. K. "Was your father in failing health for some years before he died?"

Count T. "He failed badly the last summer. He was sometimes suddenly unconscious. I think he had sclerosis of the brain. He would fall unconscious. When he wakes up he forgets everything. He speaks of his childhood and of his brother, who died fifty or sixty years ago. He forgets everything for a few hours, then sleeps and wakes up all right."

Dr. K. "Did he have those attacks often?"

Count T. "He had four or five attacks before his death. He was writing in his journal, "I am losing my memory worse and worse every day. Maybe it is better this way."

Dr. K. "Was he ill when he left his home?"

Count T. "When he left his home he was not quite normal. There is the understanding that he had the pneumonia, and the doctors say that in pneumonia the period of incubation is very long and that when he left his
house he had already the disease in him, and that may be one of the reasons he felt unrest. He left his home ten days before he died.

**Dr. K.**  
"Was your sister with him?"

**Count T.**  
"My sister was with him and I was there. We were all with him."

**Dr. K.**  
"Do you know about his blood pressure—what it was?"

**Count T.**  
"No I do not."

**Dr. K.**  
"Did he have a doctor?"

**Count T.**  
"Oh, yes; many. My mother got them from Moscow. We had two very famous doctors and three others. He was sick eight days before he died."

**Dr. K.**  
"Was he delirious?"

**Count T.**  
"He was very little delirious. He could stand a very high temperature without being delirious. When he was sick in the Crimea ten years before his death, he had a very high temperature, but was never delirious. The doctors wondered that he had such a clear mind in spite of the fever. He had typhus fever and pneumonia, successively, one after the other. We took him there because we thought it would be better for him to go to a milder climate but, instead of improvement, he got sick and nearly died."

**Dr. K.**  
"Did he have Bright's disease?"

**Count T.**  
"No Bright's disease."

**Dr. K.**  
"Did he have any chronic disease?"

**Count T.**  
"No, he had no chronic disease. He was able to write
ride on horseback and walk every day very much. He was very active.

Dr. K. "He really had not much disability, like rheumatism?"

Count T. "No, nothing."

Dr. K. "Was your father's physique not much like yours?"

Count T. "He was a little shorter than I am, but he was the same. His hands were the same, the size of our heads. We could wear the same hats and the same shoes, and the same gloves, only he did not wear gloves."

Dr. K. "What was your father's daily program of life?"

Count T. "In the morning he gets up about eight. He goes in the woods, alone, and there he thinks. He used to call that his "morning prayer." Probably at that time he plans the work of his day. He wrote different things at the same time. He thinks over what he will do today. When he gets back, he has breakfast.

Dr. K. "About what hour?"

Count T. "Nine-ten, sometimes, and then he begins to work.

Dr. K. "Did he have lunch?"

Count T. "Sometimes he has lunch at one o'clock.

Dr. K. "What did he have for lunch?"

Count T. "Oatmeal. He works until four, sometimes five o'clock and then goes away. He walks or he rides an hour and a half or two hours sometimes, then he comes back at half past six for dinner. After dinner, if there is nobody, then he reads. If there is somebody, then he sits with the guests. After dinner, all guests are welcome. Before dinner, he doesn't wish to see anybody. All day he does not wish to see anybody."
"What time did your father go to bed?"

"Eleven-twelve."

"Did he read or work in the evening?"

"Only read. He would not write in the evening except letters. Sometimes he played chess. There were mostly guests. He was always interested in guests.

"What kind of reading did he do?"

"Very different. If he was busy writing novels, he would read novels because sometimes they would inspire him. Then he would read very much philosophy."

"Whose?"

"Everybody—he Chinese—Indian—Schopenhauer. Sometimes he would read again Rousseau."

"So he was fond of Rousseau?"

"Yes, especially in his youth."

"He was a wonderful genius. Was your father particularly fond of Rousseau's book, 'Emile'?"

"Yes, he liked 'Emile' very much and also ————

"Was your father interested in the natural sciences, botany and biology?"

"That is a question. He thought that not all knowledge is science. Accumulation of knowledge is not science.

"Of course. What were his ideas of education? How would he have a boy educated?"

"Absolutely free. Before he was married even, he
had a school. His idea was complete freedom. He was a teacher in the school himself. He would sit and the children would gather all around him. All of those children were doing whatever they wished, and he would tell them what he wanted. He would give them a lesson and then ask them questions. He thought if the pupils do not behave well, it is not the children's fault but it is the fault of the teacher. If the children were not interested, it was the fault of the teacher.

"He tried a wonderful experiment with the children. For instance: he would tell them a story, then he would say to them, "Now, children repeat my story." If the one who repeats forgets something, there are always three or four others who remember; and finally, they build up this story again without losing a single thing,—they build it up again even better than it was written.

"Then he had boys write stories of their own imagination. They were very good. He published the stories written by some of his pupils."

Dr.K. "How old were those boys?"

Count T. "Twelve to thirteen." He had a magazine in which all the stories were printed."

Dr.K. "Has he ever written an account of his experience with the schools?"

Count T. "Oh, yes, he had many articles written on his experience with the schools. And there was quite a fight in the papers about that because they considered that he was too radical. He had lots of trouble, also, with the police. They would sometimes come and search."

Dr.K. "At the school?"

Count T. "Yes, and at his home. Twice they came to his home,
when he was away, and searched his papers. Once he was so angry that he almost
almost up his mind to leave Russia and migrate to western Europe. He wrote
a letter to the Czar, complaining."

DR.K: "And was the trouble stopped after that?"

COUNT T: "Yes. At that time we had a great emigrant. He had a great influence. He was publishing a magazine in western Europe. Alexander II had always this magazine on his table, although it was not allowed to have it in Russia. That was before the deliberation of the peasants."

DR.K: "I remember Alexander II. There was an attempt to blow up his train. Was he the one?"

COUNT T: "Yes. There were several attempts to blow up his train and, finally, he was murdered by a bomb. His legs were cut off by the explosion and he died March 1, 1881."

DR.K: "I remember of reading an account in which a woman's name was mentioned."

COUNT T: "A woman was in the complot. The one who threw the bomb was also killed. After that, several others were hanged."

DR.K: "What did your father usually eat for breakfast?"

COUNT T: "Oatmeal—oatmeal."

DR.K: "How was it prepared? Was it cooked a long time?"

COUNT T: "No. It was prepared with mushroom extract. The mushrooms were cooked in water. The water was not thrown away but used for cooking the oatmeal. It was cooked about fifteen minutes."
DR. K.: "Is that customary in Russia, to prepare oatmeal in that way?"
COUNT T.: "No, but we used them very much. We used them in soups.
DR. K.: "Do mushrooms grow wild in Russia?"
COUNT T.: "Yes, they grow wild, and we found them in the markets.
We often used the dried mushrooms.
DR. K.: "Do you have many poisonous mushrooms?"
COUNT T.: "Yes, but we know them all. Every child knows them.
I never heard of mushroom poisoning there. Every child knows the good
ones. Everybody would laugh at him if he picks a bad one."
DR. K.: "What did your father eat with the oatmeal? Milk?"
COUNT T.: "No milk-only mushrooms. Maybe some bread and maybe a
little butter."
DR. K.: "Did he eat fruit?"
COUNT T.: "We ate fruit in the evening."
DR. K.: "What did he eat for lunch?"
COUNT T.: "Some vegetables. Oh, we had a very good cook. We had
different varieties of food." Sometimes my father did not eat lunch,
but he would eat dinner.
DR. K.: "What did he have for dinner?"
COUNT T.: "Soup, mostly with mushrooms, some kind of vegetables-
cauliflower, carrots, artichokes, potatoes.
DR. K.: "Did he have the Jerusalem artichoke?"
COUNT T.: "No. Sometimes, the Jerusalem artichoke. Then some kind
of fried rice, with tomato sauce, or macaroni, or anything. We had a
big variety. We had buckwheat."
DR. K: "Did you cook something with the buckwheat?"
COUNT T: "The first thing was to dry it on a frying pan, then cook it in a double boiler. Only get it very hot and dry and boil in a double boiler. Have every grain separate."
DR. K: "How long should it be cooked?"
COUNT T: "In a double boiler it takes about forty-five minutes."
DR. K: "How was it eaten?"
COUNT T: "With soup and butter, or with mushroom sauce, or, when it is cold, with milk. Or it may be cut in slices when cold, fried and eaten like cutlets."
DR. K: "Is the buckwheat ground—broken?"
COUNT T: "No. Sometimes it is whole but without the husks. They like it better without being broken."
DR. K: "Did your father make much use of milk or cheese?"
COUNT T: "No."
DR. K: "He didn't use very much butter?"
COUNT T: "No, not very much."
DR. K: "You spoke of soup. Was your father particularly fond of sauer kraut or cabbage soup?"
COUNT T: "He was fond of nothing particularly. He was not particular. My mother used to take care of him. She was always worrying what to get him to eat. He would say, "Don't worry. Anything is good," but she would always worry."
"The scientists fare a little better, I understand, than the common people?"

"Yes. There are different degrees. (1) Those who are known all over the world; (2) Those who are known all over Russia; (3) I don’t know what this is. They give different food, according to the degree. A friend of mine who came over from Russia told me that when, finally, he was given the money for his food, he bought wine with it instead of food."

(At the dinner table)

(looking at his bouillon) "Do you use beets sometimes with soup?"

"Are they good?"

"Yes. We use the juice, raw. The soup does not lose its flavor and the juice gives it a beautiful color."
The Duplex Printing Press company, located at Battle Creek, has just finished a printing press for the New York World. It weighed 240 tons, was 82 feet long and required eight eight-ton engines to transport it to New York. It cost in the neighborhood of $200,000, and will print a 138-page newspaper, count and fold them at the rate of 2,400 a minute.

The Advance Rumely Harvester company also has its factory at Battle Creek. This concern is the largest plant in the world for making harvesting machines. The buildings cover an area of a mile. An interesting place to visit is the Post Tavern, noted for its wines, which are sold for $250,000, which does not nearly represent their true value. To me, however, the Sanitarium was the finest place of interest.

The buildings cover 16 acres of ground, situated in the north of the city. The main building is six stories high with a frontage of 546 feet. The wings house two bath houses and a gymnasium extend to the rear of this building, and an annex of a large modern hotel, built by Mr. Post (N. S. Phelps, we might correct Mr. Colvig) and later transferred to the Sanitarium at a nominal sum also adds to the attractiveness of the place.

The Sanitarium is not a hospital, as many thousands of persons go there for rest and recreation. The number of patients treated since its establishment is 150,000. The hospital of the Sanitarium is a separate building, equipped in the most modern and up-to-date manner. Here some of the most difficult surgical operations are performed.

One of the greatest surprises to me, in their method of treatment, was the way in which one's time was constantly occupied in a pleasant and profitable manner. One has to have no lonesomeness or blues at Battle Creek. The daily routine begins at 6 a.m., with baths at 6:30 followed by a session in the gymnasium. Morning exercises, no parlor follows, and breakfast is served. Each person at the Sanitarium has his own dietitian who selects the food suitable for his case. Following breakfast, folk dancing and games are enjoyed in the gym, and at 10:30 the bath house, swimming pools and massage rooms are besieged with those taking the cure. The noon meal time soon comes and during the meals, rest, exercise or recreation as best for the patient, is indulged in. One may be telling the dining room is like any attractive hotel dining room, and music forms one of the enjoyable additions to the daily routine.

Supper is served early and every evening there is a grand march in the gymnasium, and this is followed by a lecture by one of the famous physicians at the institution, or by some interesting person who can talk about travel or world affairs. By 9 o'clock there is quiet and the day's routine has ended. Fifty physicians, men and female, and medical experts from various institutions from all over the world and to the prestige and the efficiency of the Sanitarium, 1,200 attendants in all.

I have heard folks say that Battle Creek wants people to eat 'cow's food.' Here is a menu for the three meals a day,' said Mr. Colvig, handing over a menu that would do justice to the finest hotel in the country—with its meat courses balanced. 'They use the same care in feeding their stock,' he continued, 'and the results speak for themselves. Their 260 pure Holstein cows which they keep on their 350-acre farm, and their poultry farm of 200 acres, on which 5,000 chickens are kept, are wonders of cleanliness and system, and kindness to animals. Each cow is named and its ration planned so as to give the greatest returns. The death rate of their chickens is 4 per cent, as compared with the 26 to 40 per cent of high-grade poultry farms near them. Poultry raisers from all over the country go to Battle Creek for hints on how to increase production and health among their fowls.

Town of Battle Creek.

An interesting thing about the town of Battle Creek is that the west section of the city is so thickly settled with Seventh-day Adventists and Seventh-day Baptists that all business ceases at sundown Friday, remaining so until Saturday evening, and the calmness and quiet of the Sabbath prevails. The rest of the town all the time is a hive of industry. This section observes its Sabbath according to the calendar and one can go from the west of Battle Creek, peaceful in its Sabbath calm, on Saturday, to a thriving shopping district, and from the rest of Battle Creek on Sunday to a west Battle Creek bustling with business and trade. So Battle Creek each week has both two Sundays and no Sunday according to the point of view.
ANTI-PAROCHIAL SCHOOL LAW HIT

Dr. J. H. Kellogg Declares Movement Is Founded on Bigotry and Intolerance.

The anti-parochial school amendment to the state constitution to be voted on in the November election came in for some solid criticism today on the part of Dr. J. H. Kellogg.

Dr. Kellogg declared the amendment to be "decidedly opposed to American ideals and traditions" and branded it as prompted by bigotry and intolerance, instead of patriotism.

My attention has been called to the proposed amendment to the state constitution," said Dr. Kellogg in an interview today, "to be voted on at the next election, the effect of which will be, if it is adopted, to suppress the private schools. The movement has apparently for its main objective the suppression and prohibition of the Catholic parochial schools.

"This movement and its purpose seems to be very distinctly opposed to American ideals and traditions and to be prompted by bigotry and a spirit of intolerance, rather than patriotism. Catholic schools, like all other schools, are under state supervision. They employ the same textbooks and follow an equivalent curriculum. I have made inquiry and cannot find that anything is taught in Catholic schools likely to make any boy or girl less useful or worthy as a citizen or to work any sort of injury to the best interests of the community and the state. Whatever may be one's views of the Catholic religion, it must be admitted that any religion is better than no religion. "Certainly, the rising generation is getting no more religious training than it needs.

"If our Catholic friends are willing to educate their children at their own expense, why not permit them to do so? If the private schools of this city were suppressed, the city would have to erect another school building, perhaps two buildings, and the annual tax roll would be increased by $20,000 or more to meet the expense for additional teachers. Why increase the load of the already overburdened tax payer, when nothing worth while is to be gained? If the Catholics are willing, after paying their school taxes like the rest of us, to support their schools why need any one object, so long as they meet the educational standards required by the state?"

TEACHERS ARE ABOVE AVERAGE

Blood Tests Taken Show Battle Creek Instructors Average 90 Percent

Dr. Kellogg, in Talk at High School Quotes Bible As Reason for Dressing in White.

Two hundred and fifty teachers were selected for blood testing at the Battle Creek public schools by Dr. J. H. Kellogg at the high school auditorium, where 100 of them were around 50, while Dr. Kellogg said that teachers in general would not average above about 50 in the test. Such, he said, are "only 80 percent alive," while many people are not more than 80 percent alive.

"It would be a splendid thing if all our teachers were so enthusiastic over health that the result would work out in having all the school children healthy," said the doctor.

But it is of little use for a teacher to try to teach healthful living to the children if she does not live healthfully herself."

"Once a year we should all have an inventory taken of our health, by means of a thorough physical examination," he continued. "And I hope the time will soon come when provision will be made for such an annual health inventory for the benefit of all our teachers. There could be no better investment."

In stressing the prime value of health among human blessings, Dr. Kellogg said epigrammatically:

"Health is a convenience; education is a necessity; but health is indispensable.""
MONEY IN BRIEF

WEST PORTLAND COLLEGE SHARES HAVE ADVANCED

Philadelphia—Posts, Ceres, was originally started on the New York Stock Exchange at $55 a share. Most of the local people at Battle Creek sold out around this price and now are wondering why the shares have been once doubled, selling at 95--
or $75 for the old stock. Part of the answer is to be found in the word loan.

Ezra T. Adams of Cereson said that the loan granted to the Battle Creek Sanitarium was made in order to enable the institution to expand its facilities and improve its methods of treatment. He added that the loan was secured by mortgage on the property of the sanitarium and that the interest and principal are to be paid in installments over a period of years.

The loan was made possible through the generous assistance of a number of local businesses and individuals who recognized the importance of the work being done at the Battle Creek Sanitarium and were willing to lend their support.

The Battle Creek Sanitarium is a leading institution in the field of social work and has received widespread recognition for its efforts to improve the living conditions of the working class. The loan will enable the sanitarium to expand its facilities and provide additional services to those in need.

The manager of the sanitarium, Mr. John Adams, expressed his gratitude to all those who have contributed to this important project. He said that the loan is a significant step in the advancement of social welfare work and that the sanitarium is committed to using the funds in the most effective way possible.

Mr. Adams also emphasized the importance of community involvement and support in the work of the sanitarium. He encouraged other businesses and individuals to consider supporting similar initiatives in their own communities.

The Battle Creek Sanitarium is a model of what can be accomplished through collaborative efforts and community involvement. Its success serves as a reminder of the power of collective action in improving the lives of those in need.

---

C. W. BARRON IS HEARD AT CLUB

Garden Enthusiasts Are Told Interesting Things.

IS A FRIEND OF NATURE

Gives Members Glance of His Home in the East; Pro-
gram Proves Real Truth.

"A garden is of an account so

one can remember it," declared t. W. Barrow, who is pouring

water tonight flit to the discussion
and kindly consented to its presenta-
tion as address, to the members of

the Garden Club of the State, who

were present at the meeting of last evening, in the downtown hotel of the town, and Mrs. James E.\n
Ulman, of Lake Park, who \n
pointed out the possibilities. During

the conversation, Barrow entered

the room and was met with a

round of applause.

In the club members he con-

vinced him of his enthusiasm about

the flowers and the garden, which
together form the backbone of the

garden, as he pointed out. The

flora of the garden is also a topic

of special interest, which he

spoke of in his address.

In the discussion which followed

Barrow raved to the audience about

the flowers and the garden, and

the association and culture, which

formed the backbone of the
garden, as he pointed out. The flora
of the garden is also a topic of
special interest, which he spoke of
in his address.

"Every man according to his

conception. Flowers are always

more, and plants just as much,

and a garden is infinitely best when

planted with everything in it."
Following Pages
Are Best
Copies Available
DESTRUCTIVE TENDENCY OF MODERN LIFE.

TAKEN as a whole, modern civilization evidently promotes disease and degeneracy more than health and national improvement, and it brings about sufficient physical, mental, and moral injury to all human life. Nothing on the other hand is better than what was promulgated by many of the most enlightened nations of Europe, and the Ascension of the Church of Rome is the age of religious and social progress. In fact, it is the age of the Church of Rome.

SOUTHERN MAN AMONG THE MORMONS.

The free negro in the South is the man among the Mormons. The free negro in the South is the man among the Mormons. The free negro in the South is the man among the Mormons. The free negro in the South is the man among the Mormons.

Modern Civilization Promotes Disease.

Modern civilization is a disease promoter. It is a disease promoter. It is a disease promoter. It is a disease promoter. It is a disease promoter. It is a disease promoter.

The Menace of Nicotine.

The menace of nicotine is much greater than the menace of any other disease. The menace of nicotine is much greater than the menace of any other disease. The menace of nicotine is much greater than the menace of any other disease. The menace of nicotine is much greater than the menace of any other disease. The menace of nicotine is much greater than the menace of any other disease.

Man's Power to Improve the Race.

It is within the power of man to improve desirable qualities and eliminate defects and undesirable traits. Man can create a noble race in which all the noblest qualities of the human soul shall be present and none of the baser ones shall be absent.

DANGER OF RACIAL DEGENERACY.

While the danger of racial degeneracy is much greater than the danger of race mixture, it is nevertheless a danger which must not be ignored. The danger of racial degeneracy is much greater than the danger of race mixture, it is nevertheless a danger which must not be ignored. The danger of racial degeneracy is much greater than the danger of race mixture, it is nevertheless a danger which must not be ignored. The danger of racial degeneracy is much greater than the danger of race mixture, it is nevertheless a danger which must not be ignored.

Our Limitless Rations.

Our limit less rations are limited only by the limit of time. Our limit less rations are limited only by the limit of time. Our limit less rations are limited only by the limit of time. Our limit less rations are limited only by the limit of time. Our limit less rations are limited only by the limit of time.

Dr. John Harvey Kellogg, Famous Dietician, Warns the Human Race That Extinction Threatens. It if it Does Not Mend Its Habits—Prescribes a Milk-Vegetable Diet as the Way of Salvation.

MAN'S POWER TO IMPROVE THE RACE.

It is within the power of man to improve desirable qualities and eliminate defects and undesirable traits. Man can create a noble race in which all the noblest qualities of the human soul shall be present and none of the baser ones shall be absent.

Blood Quality Below Par.

We are becoming an easier nation by depending upon the outer world for every article of life. With few exceptions, we are depending upon the outer world for every article of life. With few exceptions, we are depending upon the outer world for every article of life. With few exceptions, we are depending upon the outer world for every article of life. With few exceptions, we are depending upon the outer world for every article of life.

Things to-day are in any way responsible for the present condition of the world.

SOUTH THE UNION, OR THE UNION THE SOUTH.

Said Mr. J. H. Jones, of the Union League: "In the interest of the South, we must get the Union League to work as a Union League at work. In the interest of the South, we must get the Union League to work as a Union League at work. In the interest of the South, we must get the Union League to work as a Union League at work. In the interest of the South, we must get the Union League to work as a Union League at work. In the interest of the South, we must get the Union League to work as a Union League at work.

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Said Mr. J. H. Jones, of the Union League:

"I have been told that I am too old to work as a Union League at work. I have been told that I am too old to work as a Union League at work. I have been told that I am too old to work as a Union League at work. I have been told that I am too old to work as a Union League at work. I have been told that I am too old to work as a Union League at work.

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Bread Educational Essentials.

The intelligent world of the United States is fast being transformed into a bread educational world. Everywhere, bread is being made into educational essentials. Every college, every school, every church is being made into an educational institution. Bread, in every sense of the word, is being made into the educational medium of the future.
THE NEW DIETETICS


A glance at "The New Dietetics" makes the casual reader feel that diet must have a very definite relation to almost every human ailment. Indeed the facts set forth in the volume present the close relationship between nutrition, health and disease beyond the realization of the average lay person. Outside the digestive processes of the three meals a day very few people consider the relation of diet to, say nervous diseases, disorders of the heart, bone and joint disease. Yet experimentation and experience have shown to a remarkable degree the influence of diet upon pathological conditions which the average person thinks of as remote from diet.

Dr. Kellogg has presented in a most simple and interesting way the subject of human feeding, emphasizing the newer knowledge of nutrition and food values which have been brought to light recently by scientists such as Bouchard, Hopkins, McCollum, Sherman and many other nutritional investigators. The rational systems of dietetics outlined in the book, though a departure from many current practices, is not only backed up by recognized authorities, but is based upon laboratory research, animal feeding experiments and by clinical experience of almost half a century.

The book is thorough in its treatise of food, its chemistry, metabolic processes and the physiology of eating as well as medical dietary. The tables and current data for use in balancing bills of fare, for lime and iron content, for diabetic patients, and for other diseases are not found in other current dietetics.

The developments of the last two years have stressed the emphasis which the work places upon antitoxic diet and the changing of the intestinal flora,
so that the methods pointed out for changing the flora and maintaining a normal intestinal flora have become thoroughly established by scientific research and extended clinical observation, and are generally accepted principles of dietary.

--M.B.
SAN BUILDING PROJECT NEAR TWO MILLIONS

Dining Hall and Business Office Structure Added to Program Under Way.

BRINGS MANY CHANGES

Hospital Goes to Main Building; College Expected to Occupy Entire Building Opposite Sanitarium.

Decision just reached by trustees of the Battle Creek Sanitarium to erect a two-story building, 220 by 88 feet, at the rear of the 15-story addition now under way, has brought the immediate expansion program of this institution close to $2,000,000. This new structure will bring the most far-reaching changes in recent years in administration of many departments at the Sanitarium.

The new structure to be built simultaneously with the 15-story building, will harmonize with the other structures in appearance and will house the dining room and business offices on the first and second floors and a store room in the basement.

Brings Many Changes.

The big building at the rear of the sky-scaper addition, will necessitate removal of the greenhouse at the rear of the Sanitarium and the sheds where automobiles are now parked. Entrance to this new dining room will be on a level with the main floor in the present building and from the parlor floor of the new addition, ground for which has already been broken.

Here are some of the changes that will revolutionize the present administration of the Sanitarium, made possible since the decision was reached to build this latest addition:

1. Dining hall to be transferred from sixth floor of present structure to new building.
2. Surgical hospital to be moved from present building on Aldrich street to floor now occupied by dining room and kitchens in main building.
3. Present hospital to be used for out-patient department and treatment of children's diseases.
4. Business offices to be moved to new building, which is expected to make entire College building available for Battle Creek College.
5. Store room to be moved from White street to basement of this new structure, making second handling of stores and supplies unnecessary as at present.

Will Move Hospital.

Removal of the surgical hospital from the present building on Aldrich street to the sixth floor of the main building, will make possible development of a branch of the School of Nursing that has not been provided here. Nurses are now sent to Detroit for study in the care of children's diseases.

The present hospital building will be used as an out-patient department and will be available for use by patients from this city or from any point in Michigan or other states. Special attention will be given to care of children's diseases, so that nurses in Battle Creek College may hereafter receive this training here instead of at Detroit.

May Expand College.

Transfer of business offices which now occupy a portion of the College building, opposite the main building on North Washington avenue, is expected to mean that the entire building will be turned over to Battle Creek College. It is said that the college is becoming cramped for space already and that the room will be seriously needed by the time the new building is completed.

Another important change will be the transfer of the store room from the present White street building. Space for all storage of supplies and equipment will be provided in the basement of the building. The basement will be reached by a drive for trucks at ground level at the rear. Supplies will be brought direct from the railroad cars and loaded in the main buildings instead of on White street where they now have to be handled again.

Construction of these new buildings will completely change the appearance of buildings and grounds at the Sanitarium. In addition to the greenhouse and sheds at the rear of the main building, the present carpenter shop will be torn out. The familiar walks around the south end of the building will be eliminated. The women's outdoor gymnasium has already been demolished to make way for foundations for the 15-story building.
Prominent Guests at Sanitarium.
—Three prominent guests have just arrived at the Sanitarium. Prof. Irving Fisher, of Yale university, arrived at the Institution Monday afternoon. Dr. J. N. Hurty, secretary of the Indiana State Board of Health, came in Monday morning unannounced, and Henry T. Pink, music and dramatic editor of the New York Evening Post, arrived a day or so ago. All are friends of Dr. Kellogg."

Jan. 18, 1922.

AUTOINTOXICATION

In "The Itinerary of a Breakfast" (Funk & Wagnalls company, New York: $1.75), Dr. John Harvey Kellogg, flying the flag of "Nature's Plan," makes an attack on the colon, bombarding this important station of the food canal with high explosives such as autointoxication and toxemia. It contains interesting diagrams and presents information that no doubt is scientifically authentic; but as it is written from the viewpoint of a health system, its medical and physiological conclusions may be regarded as disputable by some others whose professional judgment has weight. Dr. Kellogg is the director of a successful sanitarium. Doctors disagree, but it still seems probable that the competent physician is a better dependence in matters of health than the layman's own judgment even when formed from study of one or several of the good handbooks of popular health and medical information. helpful as such books may be when judiciously used.

Nov. 17—Springfield, Repub.
KIWANIANS HOST TO
212 SCHOOL CHILDREN

Elaborate Menu Served at
Sanitarium—Meatless Dish-
es Are Given Approval.

Two hundred and twelve boys and
girls from the schools were guests
today of the Kiwanis club at a typi-
cal Sanitarium dinner served at
the Sanitarium Union.

The children were brought from
their schools to the building by 50
Kiwanians in their cars and were
there for a prompt start of the feast
at 12 o'clock.

If you have ever seen one of
these dinners where children are
the guests, you can imagine the
scene. There were songs, the Ki-
wanis club's own orchestra played
and when there was no singing or
orchestral music the rafters were
resounding to the cheers and shouts
of the "kids."

After the dinner, which was new
to nearly all the children and a
source of much wonder—and very
hearty approval—as they tasted the
various meatless dishes that San-
itarium chefs have developed into
a new science during the last 50
years the children were treated to a
fine program, including clever
black-face entertainment by Carter
Cox, a nurse, and moving pictures;
Dr. W. G. Coburn gave a short talk.
At the outset the Rev. W. O. Stud-
well offered the invocation.

This time there was a special
picture shown by Dr. J. H. Kellogg,
in illustration of a talk he gave on
tobacco and the effects of its use.
The children listened with close
attention, and no doubt things that
were said by Dr. Kellogg and the
impression he made upon those
young minds will remain with many
of them in the years to come.
The picture program continued
with a rollicking comedy film, and
the children trooped out having en-
joyed a rare treat.

Here is the elaborate menu those
212 girls and boys enjoyed:

Celery, olives, grape jelly, proto-
soy roast with brown gravy and mashed
potatoes, fruit salad and whipped
cream, salted peanuts, milk. For
dessert: Santa Claus ice cream (red),
fancy Christmas cookies, a red ap-
ple and an individual chocolate
cake, decorated with holly.

For the Kiwanians themselves,
who usually just take a sandwich,
Thorwald Aasgaard, chairman of
the committee in charge, this time
added apples and cocoa.

There were beautiful decorations
with Jerusalem cherry trees, carn-
ations, spruce, holly and flex, with
red and green lighted candles.

On arrival at the building the
boys formed in one balcony and the
girls in the other, and then they
marched down opposite stairways,
met in the middle of the big audi-
torium and moved in regular lines
to the four long tables. It was a
pretty sight.

At the close of the dinner each
was given a box filled with gifts
and measuring 8 by 8, by 11 inches
The Battle Creek Sanitarium

WHERE

The First Meeting of State Representatives of Physical Education

Takes place December 20, 1921

And

The Third Annual Meeting of the State Physical Education Council and the first two-day school conducted by the Council

December 21 and 22, 1921
APPRECIATION

The State Council of Physical Education wishes to take this opportunity to express its appreciation to Dr. J. H. Kellogg and the Battle Creek Sanitarium for making this meeting possible, by the entertainment of the delegates.
PROGRAM

OF

SPECIAL CONFERENCE OF
STATE REPRESENTATIVES OF
PHYSICAL EDUCATION

AND A

Two Days’ Intensive School of
Physical Education

Conducted by the

STATE COUNCIL OF PHYSICAL EDUCATION OF THE
DEPARTMENT OF PUBLIC INSTRUCTION

SPECIAL MEETING OF STATE REPRESENTATIVES
December 20, 1921.

PHYSICAL EDUCATION SCHOOL
December 21 and 22, 1921.
HON. ALEXANDER J. GROESBECK
Governor of Michigan

Who believes that Physical Education and Recreation should be stimulated in every State in the Union.
Copy of Governor Groesbeck's letter of invitation to the Governors of the other twenty-seven States having mandatory Physical Education laws to participate in a general "get-together" for the good of Physical Education:

November 10, 1921.

My Dear Governor:
The thought has occurred to me that other States as well as Michigan would benefit materially by the results of a conference of representatives of the twenty-eight States now having mandatory Physical Education in their Public Schools.

Feeling that such a conference would result in great good for all, Michigan invites you to send a representative to a conference upon the "Purpose and Scope of Physical Education."

This meeting would be held at Battle Creek, December 20th and 22d, inclusive, in conjunction with the meeting of the State Society of Physical Education. At this time your representative would be the personal guest of Dr. J. H. Kellogg, Superintendent of the Sanitarium, where the State meeting will be held.

Should you agree with me that this meeting will be beneficial to all taking part in it, I shall be glad to have you send me the name of your representative. Mr. Rowe, Director of Physical Education for Michigan, will then communicate with your representative relative to the details of the meeting.

Very truly yours,
(Signed) Alexander G. Groesbeck.
THOMAS E. JOHNSON
Superintendent of Public Instruction of Michigan

He is for more and better Physical Education for Michigan all the time.
Everyone agrees that our present Superintendent of Public Instruction is working for the public school interests of Michigan all the time. A glance at the new school laws written into Michigan's statutes as a result of Mr. Johnson's efforts during the 1921 session of the Legislature proves conclusively that he is alive to the educational needs of the State and tireless in his efforts to further them.
DR. W. F. MARTIN
Battle Creek Sanitarium

One of the leading authorities in the United States on the subject of hygiene.
Dr. Mitchell’s work has been chiefly along the lines of the effect of diet on the extension of the human life.
LINDA M. ROTH, M.D.
Dean of the Battle Creek Normal School of Physical Education.

Dr. Roth is beginning her second year as Dean, and the N.S.P.E. is distinctly improving.
ROSTER OF STATE REPRESENTATIVES

CONNECTICUT.
Hon. Everett J. Lake, Governor
Hon. A. B. Meredith . . . Commissioner of Education

DELAWARE.
Hon. William D. Denney, Governor
Hope to be represented. Name of delegate not received in time.

INDIANA.
Hon. Warren T. McCray, Governor
Hon. Benj. T. Burris . . . . State Superintendent

KENTUCKY.
Hon. Edwin P. Morrow, Governor
J. W. Carr . . . . . . . State Director of Hygiene
1881-1906 Superintendent of Schools, Anderson, Ind.; Dayton, Ohio, and Bayonne, N. J.
1906 President Department of Superintendence, N. E. A. Served on various committees, now Chairman Committee on Teacher Welfare, N. E. A. Sent to Kentucky as representative of National Physical Education Service.
1920-1921 Director of Hygiene and Physical Education for Kentucky.

MARYLAND.
Hon. Albert C. Ritchie, Governor
William Burdick, M.D. . . Director P.A.L., Baltimore
1893 Brown University, Phi Beta Kappa, A.B.
1893-1903 Physical Director, Newport Y.M.C.A.; Harvard.
1903 Graduate Harvard Summer School of Physical Education.
1903 H.S.P.E., Instructor of Developmental Appliances.
1903-1904 Physical Director Swarthmore College.
1907 Graduate University of Pennsylvania, Alpha Omega Alpha, M.D.
1907-1909 Physical Director Industrial Work, Y.M.C.A., Kensington, Philadelphia.
1909-1911 Physical Director Central Y.M.C.A., Philadelphia.
1911-1912 Director Public Athletic League, Baltimore.
1911-1912 President Baltimore Physical Education Society.
1918 Supervisor Physical Education State of Maryland.
1917-1919 President American Physical Education Association.
1921 Advisory Director Physical Education, Baltimore City Public Schools.
1919-1921 Director Department of Hygiene, State Normal Schools of Towson and Bowie.
Jan. 1, 1922 To become General Director of Public Athletic League—Children's Playground Association, Inc.
MICHIGAN

HON. ALEX. J. GROESECK, Governor

FLOYD A. ROWE . . . . Director Physical Education
1908 B.S., University of Michigan.
1908-1910 Director Athletics Butte (Mont.) High School.
1910-1911 Director Athletics College of Montana.
1911-1913 Director Vocational Education, Helena, Mont.
1913-1917 Director Intramural Athletics, University of Michigan.
1915-1917 Graduate Student University of Michigan.
1917-1919 Director Athletics, U. S. Army.
1919todate Director Physical Education, Michigan.

MISSOURI.

HON. ARTHUR M. HYDE, Governor

HY. ABKEKEN . . . State Director of Physical Education
1901 Organized first playground in city of St. Louis, and during twenty years has been connected with up-building of St. Louis playgrounds and recreational functions. During same time had charge of 12,000 children in St. Louis parochial schools in Physical Education; also at night organized various community centers in public schools and high schools.
1921 State Director Physical Education.

NEW JERSEY.

HON. EDWARD I. EDWARDS, Governor

DR. GEORGE R. SEIKEL, INSTRUCTOR AND DIRECTOR OF PHYSICAL EDUCATION AND HYGIENE OF NEW JERSEY.
1898-1899 Student at Harvard Summer School.
1903-1907 Studied medicine in University of the South, Sewanee, Tenn.
1897-1899 Assistant Instructor, Newark Academy, Newark, N. J.
1899-1903 Assistant Instructor Columbia University, New York.
1903-1908 Instructor University of South, Sewanee, Tenn.
1908-1912 Instructor Institute for Deaf and Dumb, New York.
1912-1917 Director Physical Training Department, Pittsburgh Athletic Association, Pittsburgh, Pa.
1918 Director of Playgrounds, Jersey City, N. J.
1918-1921 Instructor Dickinson High School, Jersey City, N. J.
1921 Instructor and Director of Physical Education and Hygiene of New Jersey.

NEW YORK.

HON. NATHAN L. MILLER, Governor

DANIEL CHASE . . . . SUPERVISOR PHYSICAL EDUCATION
Graduated University of Maine, 1908, A.B. degree.
Graduated Hamilton College, 1914, M.S. degree.
1908-1909 Assistant Secretary Y.M.C.A. (23rd Street), New York City.
1909-1912 In charge Y.M.C.A. work and coaching for Eastern Delaware County, New York State.
1912-1915 Director of Athletics and Assistant Professor of Hygiene, Hamilton College, Clinton, N. Y.
1918-1920 Assistant and Inspector of Physical Education, State Education Department.
1920-1921 Supervisor Physical Education, New York State Education Department.

NORTH CAROLINA.

Hon. Cameron Morrison, Governor

Hon. E. C. Brooks . Superintendent of Public Instruction

PENNSYLVANIA.

Hon. William C. Sproul, Governor

Charles H. Keene, M.D., Director Bureau Health Education, Pennsylvania.
Graduate of Harvard, A.B.
Graduate of Harvard Medical School, M.D.
Practice of Medicine, 6 years.
Director of Hygiene and Physical Education, Minneapolis Public Schools, 10 years.
Major Medical Corps, U. S. Army, 18 months.
Executive Secretary Delaware State Tuberculosis Commission, 1 year.
Director Medical Service, New England Division, American Red Cross, 1 year.
Director Bureau Health Education, Department of Public Instruction, Pennsylvania, 1 year.

RHODE ISLAND.

Hon. Emery J. San Souci, Governor

Name of delegate not received in time to publish.

VIRGINIA.

Hon. Westmoreland Davis, Governor

G. C. Throner . . State Supervisor Physical Education
1914-1920 Physical, Athletic Director and Coach Minneapolis (Minn.) High School.
1918 Supervisor Playgrounds, City Park system (summer), Minneapolis.
1919 Supervisor Playgrounds, Board of Education system (summer), Minneapolis.
MEETING OF STATE REPRESENTATIVES OF PHYSICAL EDUCATION, CALLED BY GOVERNOR A. J. GROESBECK OF MICHIGAN

DECEMBER 20, 1921, 10 A.M.

Chairman
Dr. W. S. Small
United States Bureau of Education
TOPICS FOR DISCUSSION

How can we help one another?

Have the States enough objectives in common to make an organization of State Directors a real force for Physical Education, or can more good be accomplished by the stimulation of somebody already in existence?

Can a course for the training of teachers be outlined which will meet the present-day needs of all?

Can such a course be made a national course to advantage?

What are the requirements of modern Physical Education?

Should we, as State Directors, urge that credit be given for the practical work necessary to the proper training of special teachers?

Is the following "job analysis" sound?
THE JOB OF A DIRECTOR OF PHYSICAL EDUCATION

1. He should have charge of the physical examination of pupils, of their gymnasium activities and of their health education, including hygiene.

2. He should direct playground activities.

3. He should provide health education and recreational training for teachers.

4. He should have charge of evening and other extension work in health education.

5. He should direct coaching of football, baseball, basketball and track teams.

6. He should have responsibility for the business management of the various teams — raising funds, buying equipment, caring for equipment, keeping up athletic field, managing trips, etc.

7. He may have responsibility for medical and dental inspection, and supervision over school nurses.

Also, the following facts should be kept in mind:

(1) He will be called upon to represent the school system in public on many occasions.

(2) He will have unique opportunities to do vocational counseling with high school boys.

(3) He will have a great deal of responsibility for the moral tone of the school.

(4) The great majority of his co-workers will be graduates of literary colleges and many of them will have done a year or more of graduate work.
Breakfast
Annex Dining Room, 7:30 A.M.
Sanitarium Chapel, 8:30 A.M.

PROGRAM

THIRD ANNUAL STATE COUNCIL MEETING

Wednesday, December 21, 1921

Statement of objects of meeting and introduction of Dr. Kellogg to delegates

FLOYD A. ROWE

Greeting to Delegates

DR. J. H. KELLOGG
The Chapel,

MIMETIC GAMES

Daniel Chase,
New York.
The Chapel,

OPPORTUNITIES OF THE PHYSICAL DIRECTOR
TO PROMOTE SEX HYGIENE
INSTRUCTION

W. F. Martin, M.D.

Vital importance of proper sex education for every child.

Lack of such instruction a serious detriment to the nation as well as the individual.

Objections to this instruction due to ignorance of its significance or to lack of standardized subject matter or trained teachers.

Function of physical director to promote physical welfare of pupils, so such instruction may very properly be given by them.

Methods and discussion of presentation of this information.
Gymnasium,

DEMONSTRATION OF THE FUNDAMENTALS
OF APPARATUS WORK FOR HIGH
SCHOOL BOYS

DR. GEORGE A. MAY.

   Horizontal bar, parallel bars, horse. Use and construction.

2. Variety of Apparatus:
   (a) Movable apparatus — Wands, dumb-bells, Indian clubs, weights, short rope, hoops, pulley weights.
   (b) Stationary apparatus — Horizontal bar, parallel bars, horse, buck, rings, climbing ropes and poles, ladders, balancing boards, trapeze, round swing, vaulting table.

3. Values of Apparatus Work:
   Region of body used—Demand on nerve control and co-ordination—Influence on blood pressure and respiration—Physical qualities developed—Age to practice.

4. Types of Exercises:
   (a) Hang—
       Horizontal rings—ropes—ladders—poles—trapeze, etc.
   (b) Support—
       Parallel bars—low horizontal bar—horse—buck-vaulting table, etc.

5. Execution of Exercise:
   (a) Approach and mount.
   (b) Form used on apparatus.
   (c) Difficulty.
   (d) Dismount and retreat.
6. Nomenclature—Should be plain, concise and descriptive of the various movements of the body, eliminating interpretative terms as much as possible.

(a) The terms, front, rear and flank vault, are derived from the fact that while executing one of these movements either the front, the rear, or one of the flanks of the gymnast is turned towards the apparatus.

(b) During a side-stand, hang or support, the width of the body is in a line with the length of the apparatus; in a cross-stand, hang or support, it is at right angles to the length of the apparatus.

(c) The gymnast stands either with his face, back or side towards an apparatus, and from these positions the terms "front, back and side—stand, hang or support" are derived.

(d) In circling the legs outward, start the direction away from the body, and inward, toward the body.

(e) Circling the body is either forward or backward, as explained by rolling a hoop.

7. Progression—Not too rapid. New instructors have a tendency to hurry progression. Use exercises that lead up to a climax.

8. Instructions for class leaders.

9. Other conditions to be considered:

   Possibility of accidents. Proper adjustment of apparatus depending on the experience of the class. Construction and repair of apparatus and other equipment.

*Dinner will be served at 12:15 P.M., in Annex. Please be prompt.*
Gymnasium,  
1:30 P.M., Wednesday, December 21.

DEMONSTRATION OF TABLE OF SWEDISH EXERCISES AS USED BY THE BRITISH ARMY

By Twelve Boys from the State Industrial School

DIRECTED BY F. H. GODSON,
Formerly of the Aldershot Gymnastic Staff

Leg Ex. A. b. Heels raise, F. Knees bend.  
Arms stretching sideways (3 times).  
N. Ex.  Head bending backward (3 times).
A. Ex.  (a) A. b. Arms str. sidew. and upw. (twice in each direction,
(b) Arms swinging downward.
Tr. Ex. A. b. F. astr. Trunk turning with Arms str. upw. (3 times).
Leg Ex. H. f. Ft. closed and full open. Outward lunging (3 times each way).
Ft. closed and full open with Hands down.
Bal. Ex. Leg raising forw. sidew. and backw.—with Arms raising forw. upw. sidew. and downward (3 times each leg).

Benches.

Lat. Ex. Ft. support with H. f. Tr. bending sideways (3 times). 
Ft. and Hands down. “About face” and repeat.
Abd. Ex. Front rank sitting. Rear rank with left Knee support.
H. f. Trunk bending bward. (3 times).
Hands down. On Feet up. Places change and repeat.
Dor. Ex. Forw. lying down. Rear rank Ft. astr. support.
Trunk bending bward (3 times).
Hands down. On Ft. up. Places change and repeat.
Abd. Ex. On the Hands down. (a) Turning on left and right Hand (3 times).
(b) A. b. (3 times).
Marching. F. M. Halt.—F. M. Mark time. On the Toes march. 
F. M. Halt.
H. f. On alternate Feet hop. F. M.—Halt.
Double mark time.—Knees up.—Halt.
Open ranks to a flank.

H. f. Hopping with Leg swinging sidew.—Halt.
Final Ex. H. f. Heels raising and Knees bending quickly.—Halt (3 times).
Hd. turning quickly.—Hd. backw. bend (3 times).
Br. Ex. Arms raising fward. and upward, lowering sideways and downward with breathing (3 times).
The Chapel,
2:10 P.M., Wednesday, December 21.

HOW TO ORGANIZE AND CONDUCT A PUBLIC SCHOOL ATHLETIC LEAGUE

William Burdick, M. D.,
Maryland.
The Chapel,

COMMON MISTAKES OF PHYSICAL EDUCATION
TEACHERS
Ethel Rockwell.

1. Narrowness of viewpoint.
2. Working conditions apt to have too much influence upon
   results.
3. Neglect of details of work.
4. Weakness in general control.
5. Lack of attention to poorer pupils.
6. Weakness in technique of teaching.
7. Standards set for pupils too high or too low.
8. Lack of co-operation with school as a whole.
9. Lack of organization.
10. Lack of consideration for opinion of others.
11. Lack of judgment in type of demonstrations put before
    the public.
12. Lack of professional development and growth.
14. Failure to become a part of the community, the school,
    the church and other organizations.
Gymnasium,

MARCHING TACTICS FOR SCHOOL CHILDREN
(3d to 6th Grades, inclusive)

FRANK A. LONG

Third Grade—
Left and right face. Left about and right about face. Marking time, military, heels in rear, high knee raising. Forward march, backward march, and countermarching. To the rear march. Combine one step and one face. Combinations limited to two movements.

Fourth Grade—
All the work of the preceding grade. Add marking time with straight leg. Combine two steps and two faces. Limited to two steps and two faces as one exercise.

Fifth Grade—
All the work of the preceding grades. Add marking time with heel and toe (left toes 1, right toes 2, left heel 3, right heel 4). Combine three steps and three faces. Limited to three steps and three faces as one exercise.

Sixth Grade—
All the work of the preceding grades. Facings done without counting. Step marching and facing to increase in complexity until the limit of the class is reached.
The Chapel,
5:15 P.M., Wednesday, December 21.

HOW THE BODY DEFENDS ITSELF AGAINST DISEASE

Johh H. Kellogg, M.D., LL.D., F.A.C.S.

A talk, illustrated by slides.

A brief explanation of how the body defends itself against disease, especially against the attacks of bacteria.

The various defenses enumerated, the skin, the saliva, the gastric juice, the bile, the liver, the intestinal mucous membrane, the blood, the glands of interall secretion, particularly the thyroid gland, the adrenals, and the kidneys.

Special attention called to the influence of our daily habits upon these defenses and the relation of habits to life expectancy through their influence upon the various defensive functions of the body and upon the margin of safety, the vital surplus which Nature utilizes in promoting growth during the period of development and endurance and longevity after the attainment of maturity.
Supper will be served in Annex Dining Room, 6:30 P.M. 
You must be prompt for this one.
Sanitarium Gymnasium,
Wednesday Evening, December 21, 8:00 o'clock.
Delegates admitted by badge only.

ANNUAL CHRISTMAS EXHIBITION
BATTLE CREEK NORMAL SCHOOL OF PHYSICAL EDUCATION

GYMNASTICS

FORMAL:
Marching Tactics ............................................. Juniors
Mimetics ......................................................... Freshmen
Indian Club Drill ............................................... Juniors
Apparatus ......................................................... Seniors

NATURAL:
Animal Imitations—Elementary Tumbling—Pyramids ... Seniors
Natural Technique for Basketball .......................... Seniors
Pin Ball .......................................................... Seniors

INTERMISSION

DANCING

CLOGGING:
Yankee Doodle .................................................... Seniors
Lindy Lee ............................................................ Seniors
Railroad Shuffle .................................................. Miss Shelly
Liza Jane ............................................................ Miss Gordon

NATURAL:
Marching ............................................................. Seniors
Natural Technique ............................................... Seniors
Schubert Ecossaise .................................................. 16 Seniors
Bachiaal .............................................................. Seniors
Three Graces ......................................................... 6 Seniors
The Vintage ......................................................... 2 Seniors
The Chase ........................................................... Miss Strickler

AESTHETIC:
Elf Dance ............................................................ Freshmen
Polish Folk Dance .................................................... Freshmen
Mexican Dance ......................................................... 2 Juniors
Dutch Dolls .......................................................... Miss Stephen
Time of Roses ......................................................... Juniors
Pierette, We All Adore You ................................. Juniors

INSTRUCTORS
Miss Hill ............................................................. Aesthetic Dancing
Miss Frymir ........................................................ Clogging and Natural Gymnastics
Miss Jaynes ........................................................ Natural Dancing
Miss Riddell ......................................................... Calisthenics
Mr. Inman .......................................................... Apparatus
Thursday, December 22,
Breakfast, 7:30 A.M.

The Chapel,
8:30 A.M., Thursday, December 22.

THE SIGNIFICANCE OF VITAMINS AND SOME
INORGANIC FACTORS IN THE DIET
OF CHILDREN

HELEN S. MITCHELL, Ph.D.

Previous standards for children dietaries and possible discrepancies.
The prevailing modern point of view.

The Vitamin Problem, with significant demonstration of animal feeding experiments.
Application to child feeding and normal growth.
Foods containing vitamins A, B and C.

Inorganic Elements of Practical Importance:

1. Calcium (lime) deficiency—Demonstration accompanied by lack of vitamin A.
Foods of high lime content.

2. Iron and its relation to normal development.
Function of iron and hemoglobin.
Demonstration of diet deficient in iron.
Foods of high iron content.
A Story Play,
ANNA VAUGHAN, Department of Public Instruction.

The Chapel,
9:30 A.M., Thursday, December 22.

LOSS OF WEIGHT AS AN INDICATION OF THE AMOUNT OF WORK DONE

W. P. Bowen.

1. The need of such a test in physical training.
   (a) To test and guide the work of individual pupils.
   (b) To test and guide the work of individual teachers.
   (c) To make possible definite conclusions as to amount of work that is advisable.

2. Methods now used to test amount of work done.
   (a) In scientific experiments.
   (b) In controlling amount of exercise of patients in sanatoria.
   (c) Why these methods are not suitable for our problem.

3. Why the body varies constantly in weight.
   (a) The loss due to excretion.
   (b) The gain due to food and drink.
   (c) The effect of muscular work on these changes of weight.

   (a) The sources of error in weight as an indication of work.
   (b) To what extent can the error be avoided?
   (c) How can the plan be used?

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Gymnasium,
10:15 A.M., Thursday, December 22.

APPARATUS WORK FOR HIGH SCHOOL GIRLS
HENRIETTE RIDDLE
And N.S.P.E. Students.

Buck—
Progression of straddle vault.
Progression of rear vault.

Box—

Horse—
Face vault. Thief vault.
Flank vault. Wolf vault.
Squat vault.

Parallels—
Rear vault. Cross rest.
Outside cross seat. Cross seat.
Gymnasium,
11:00 A.M., Thursday, December 22.

NEW GYMNASIUM GAMES FOR GIRLS.
Marion Spaulding, W.S.N.C.

SIDE KICK.
A competitive, organized game for from 10 to 50 participants. This game is suitable for children or adults.

SMUGGLE THE GEGG.
A game of competitive nature, but not so highly organized as side kick. Suitable for large groups.

PRISONERS' BASE.
A game played by our grandfathers, but almost obsolete now.
Dinner served at 12:15 P.M. sharp.
“You’d better be there.”
The Chapel,
1:30 P.M., Thursday, December 22.

CLUB SWINGING FOR CLASS USE.

Dr. G. A. May.

I. VARIETY AND STYLE OF CLUBS.

II. FORM IN SWINGING.

III. PROGRESSION.

IV. NOMENCLATURE.

V. INDIVIDUAL OR EXHIBITION SWINGING.
Women's Swimming Pool,
2:00 P.M., Thursday, December 22.

DEMONSTRATION OF LIFE-SAVING METHODS AND
OF ARTIFICIAL RESPIRATION.

BY WILLIAM CLYNE,
Director of Life-Saving, American Red Cross.
The Chapel,
3:00 P.M., Thursday, December 22.

SANITATION IN PUBLIC SCHOOLS
J. W. CARR, Kentucky.
Discussion led by GUY C. THRONER, Virginia.

A STORY PLAY . . . . . . ANNA VAUGHN.

ADDRESS
Physical Education as Seen by a State Superintendent of Public Instruction

HON. E. C. BROOKS, North Carolina.

Reply by HON. T. E. JOHNSON, Michigan.

Supper served at 6:00 P.M.,
Annex Dining Room.
The Chapel,
7:30 P.M., Thursday, December 22.

THE TOBACCO HABIT
A lecture, illustrated by motion pictures.

QUESTION BOX
Dr. J. H. Kellogg
"Our Host."
Delegates wishing to ask questions will write same plainly and hand to Dr. Roth or Mrs. Rowe as early as possible. Dr. Kellogg will reply to as many as time will allow.
It is hoped that Mrs. Fred Jeffers will be able to be present and present one or two new Folk Dances.

It is also hoped that Dr. W. S. Small, of the Bureau of Education, may be able to remain over the 21st. A place will be made on the program for him if he is available.

R. Dana Calkins, of the National Physical Education Service, is expected to be present. He will tell you how you can help make the Fess-Capper Bill a law.

This is formal notice to all visitors representing other States that they will be called upon for talks some time during the conference.

No excuses will be accepted.
They call it Field Hockey now
We used to call it "Shinney"
The "Trade Mark" of the
Spirit of N.S.P.E.
THE STATE COUNCIL OF PHYSICAL EDUCATION

The State Council of Physical Education was organized by the State Director in 1919, with the purpose of stabilizing and unifying the work being done in the various cities throughout the State.

For this reason the recognized leaders in Physical Education in various parts of the State were chosen and the first meeting was held in January, 1920. This meeting served its purpose well, and the free exchange of ideas which took place was of material benefit to all. A closer co-operation began to exist among the teachers in the State.

The second meeting of the Council was held in December of 1920 and again the same free exchange of ideas took place. It is safe to say that these two meetings did more to consolidate the efforts of the teachers of the State than any other thing would have done.

While having no power or authority, it can safely be said that the State Council of Physical Education outlines the policy which is executed by the Division of Physical Education of the Department of Public Instruction.

The third meeting of the Council is held this year as a school to which all the teachers of Physical Education of the State are being invited. It is hoped to make an annual affair of this two-day school.
COUNCIL PERSONNEL
1921—1922.

GERTRUDE I. BEACH, Director of Physical Education, Pontiac Public Schools.
Graduated State Normal College, Ypsilanti, 1900. Taught for six years in grade schools of Pontiac. One summer Chautauqua School Physical Education. Director Physical Education, Pontiac, 9 years.

W. P. BOWEN, Professor of Physical Education, Michigan State Normal College, Ypsilanti.
1886-1891 Instructor in Mathematics, M.S.N.C.
1891-1893 Director of Gymnasium, University of Nebraska.
1893 to date Professor Physical Education, M.S.N.C.
1900-1903 Student and Instructor, U. of M.
1908-1911 Summer sessions, Columbia University.
1918 Summer session, San Jose, Calif.

CHESTER LELAND BREWER, Director Physical Training, M.A.C., B.S., B.P.E., graduate of University of Wisconsin.
Professional work, University of Missouri, Columbia University, Harvard University.
1900-1903 Director Physical Education, Albion College.
1903-1910 Director Physical Training, M.A.C.
1910-1917 Professor Physical Training and Director of the Department, University of Missouri.
1917-1918 U. S. Government recreational work.
1918-1921 Director Physical Training, Michigan Agricultural College.

RUTH DUNBAR, Head Girls' Department, South High School, Grand Rapids.
Teacher, Physical Education in Grades.
Assistant Supervisor Physical Education, Grand Rapids.
Head Girls' Department, South High School, Grand Rapids.
Vice-President, State Society Physical Education, 1921-22.

GLADYS L. GRAY, Director Physical Education, Northern State Normal School, Marquette.
Michigan Agricultural College, 1 year.
Chicago Normal School Physical Education, 1 year.
Normal College, American Gymnastic Union, Indianapolis, 2 years.
Director Highland Park Playground, Grand Rapids, 3 years.
Taught Physical Education, Grand Rapids Public Schools.
Director Physical Education, Northern State Normal School.
GERMAINE G. GUIOT, Advisor Physical Education, Western State Normal School.
1914-1921 For two years in charge of children of the Training School; since then in charge of Department of Physical Education.
Director Playground, 1 season, Salem, Mass.
Director Playground, 2 seasons, Brookline, Mass.
Summer camp work as Athletic Director, Aloha Camp, New Hampshire.
Head Counsellor two seasons, Camp Bryn Athyn, Rhinelander, Wisconsin.
Local Director Kalamazoo Girl Scout Organization, part time.
1919-1920.
Secretary-Treasurer, State Society Physical Education, 1921-22.

CORA JEFFERS, Principal High School, Painesdale, Mich.
Graduated Central Michigan Normal College, degree M.Pd.
Principal Sault Ste. Marie High School, 3 years.
Principal High School, Painesdale, 27 years.
Taught Physical Education, Northern Normal School, 3 summers.
Taught Physical Education, Painesdale, 12 years.

DEVO S. LELAND, Director Physical Education, Ypsilanti
1915 Graduated Michigan State Normal College, B.Pd. degree and life certificate.
1915-1918 Supervisor Physical Education, Traverse City Public Schools.
1918-1919 County Y.M.C.A. Secretary.
1919-1921 Supervisor Physical Education and Director of Recreation of Public Schools and City of Ypsilanti.
1921-1922 Vice-President, State Society Physical Education.

FLORENCE M. LIST, Director Physical Education, Bay City.
1912 Graduated Central State Normal.
1912-1913 Special Work.
1913-1916 Physical Education Teacher, Bay City.
1916 Chicago University Summer Course.
1916-1921 Supervisor Physical Education, Bay City Schools.
1921-1922 Vice-President, State Society Physical Education.

FRANK A. LONG, Director Physical Education, Lansing Public Schools.
Assistant to Dr. C. E. Ehinger, and Athletic Coach, State Normal School, West Chester, Pa., 5 years.
Assistant to Miss Edith M. Walker, Binghamton, N. Y., 1 year.
Physical Education Department, Albany, N. Y., 1 year.
Director Physical Education, Lansing Public Schools, 4 years.
Also taught Harvard Summer School of Physical Education.
1921-1922, President State Society Physical Education.
Dr. G. A. May, Assistant Professor Physical Education and Director of Waterman Gymnasium, University of Michigan.
1896-1901 Instructor, Yale University Gymnasium.
1896-1901 Coach Yale Gymnastic Teams.
1898-1910 Instructor Gymnastics, etc., Chautauqua Summer School of Physical Education, Chautauqua, N. Y.
1901-1912 Instructor Physical Education and Examiner, Waterman Gymnasium, University of Michigan.
1912 to date Assistant Professor Physical Education and Director of Waterman Gymnasium, University of Michigan.

Ethel Perrin, Assistant Director Health Education, Detroit, Mich.
Instructor, Boston Normal School of Gymnastics.
Substitute Director Physical Education, Smith College.
Director Women's Physical Education, Summer Session, University of Chicago.
Teacher Physical Education, Detroit Central High School.
Supervisor Physical Education, Detroit Public Schools.
Assistant Director Health Education, Detroit Public Schools.

L. M. Post, Supervisor Health Education, Elementary and Intermediate Schools, Detroit.
- 1906 Graduated Central Michigan Normal College.
- 1906-1908 Coach, Albion College.
- 1908-1913 Principal Elementary Schools, Butte, Mont.
- 1912 Coach Butte High School.
- 1915 Physical Education Department, Detroit Elementary Schools.
- 1920-1922 Supervisor Elementary, Intermediate and High Schools, Detroit.
- 1921-1922 Vice-President State Society Physical Education.

Ethel Rockwell, Supervisor Physical Education for Elementary Schools and Girls of Junior and Senior High Schools.
1899 Graduated Michigan State Normal College.
1899-1904 Instructor Kalamazoo Public Schools.
1904-1905 Acting Principal, Vine Street, Kalamazoo.
1904-1907 Organizer and Director Women's Physical Education Department, Western State Normal, Kalamazoo.
1906 Student, Harvard Summer School.
1909 Graduated, Chautauqua School of Physical Education.
1912 Graduated, Sargent School of Physical Education.
1913-1914 Instructor Battle Creek School of Physical Education, summers.
1913 Diploma (complimentary) Battle Creek Summer School Physical Education.
1916 (Summer) Student Teachers' College, Columbia University.
1917-1919 (Summers) Supervisor Kalamazoo Public School Playgrounds.
1919-1920 President, Michigan State Society Physical Education.
1919-1921 Member State Council Physical Education.
1905-1921 Supervisor Physical Education, Kalamazoo Public Schools.

LINDA M. ROTH, M.D., Dean, Battle Creek Normal School of Physical Education.
Teacher in Sanitarium Schools, including American Medical Missionary College.
Instructor for five years Normal School of Physical Education; Dean last two years.

JOHN SUNDWALL, M.D., Director Division of Hygiene and Public Health, University of Michigan.
1903 B.S. University of Chicago.
1906 Ph.D. University of Chicago; M.D. Johns Hopkins University.
1912 Hygiene Expert and Assistant Surgeon, U. S. Public Health Service.
1913-1918 Professor of Anatomy, Director of University Health Service, Member Committee Physical Education, University of Kansas.
1918-1921 Professor of Hygiene and Public Health, Director University Health Service, Chairman Committee Intramural Athletics, University of Minnesota.
1921 Director Division of Hygiene and Public Health, Director of Student Physical Welfare Activities, University of Michigan.

C. F. TAMBLING, Professor Physiology and Physical Education, Central Michigan Normal School.
A.B. Oberlin.
A.M. Columbia.
Graduate Study, Yale, Michigan, Harvard, Chicago.
Student Gymnasium Assistant, Oberlin College, 2 years.
Department of English, High School, 1 year.
Department of Mathematics, High School, 1 year.
Principal of High School, 1 year.
Assistant in Mathematics, C.M.N.S., 2 years.
Head Department Physiology and Physical Education.
Considerable work in medical schools, 20 years.
College of Physicians and Surgeons, and Chicago Medical School.
For nearly half a century SPALDING Athletic Goods have been the standard by which quality is judged.

A. G. SPALDING & BROS.
New York  Chicago  San Francisco
And stores in all principal cities of the United States
Whereas the initial meeting of the State Directors of Physical Education has been very helpful and stimulating, and
Whereas this conference with the Michigan physical educators has been satisfying both socially and professionally, and
Whereas we are indebted for this to the hospitality of Dr. J. H. Kellogg who has so generously extended all to us.
Therefore be it resolved, that we express our gratitude and appreciation for these kindnesses, as well as our admiration for all of his work and attainments, to Dr. J. H. Kellogg of Battle Creek Sanitarium.

Sam Burdick, Maryland
Ch. McHill, West Virginia
W. P. Bowen, Michigan
J. W. Carr, Kentucky

Durline Parker, Georgia
Christmas
1852 -
Nineteen Hundred and Twenty-seven
1853 - 1920
Iron Nag's Inventor Defends Hobby

Coolidge Shows His "Horse Sense" by His Method of Exercise, Says Doctor

By United Press

BATTLE CREEK, Mich.—President Coolidge shows good "horse sense" in riding daily his famous iron horse, says Dr. John Harvey Kellogg, superintendent of the Battle Creek Sanitarium.

"American-bred" mechanical horse over 20 years old. Scores of the machines are now used in clubs, gymnasiums, hospitals and steamships.

"Horseback riding has long been recognized as one of the most valuable forms of physical exercise," he said, "especially for men who lead sedentary lives.

"The jolting and shaking up stir the liver, stimulates the circulation, quickens elimination, and improves muscular tone," he continued.

"The mechanical horse produces the same results as actual horseback riding and because of its convenience is more and to be followed with regularity. It is also more economical than maintaining a live horse."
Milk Rather Than Meat the Essential Food Staple

A Paper Read by Dr. John Harvey Kellogg at the Annual Convention of the Holstein-Friesian Association of America, Held at Grand Rapids, Michigan, June 3, 1925.

Mr. CHAIRMAN: I esteem it a privilege to appear here tonight to speak in behalf of a food-stuff which has been a great factor in lifting the human race from a state of savagery to its present high pinnacle of civilization. Only in those countries in which the dairy industry has been well developed and milk and its products freely used, has the race attained its greatest heights of physical, mental and moral development. Anthropologists formerly attributed this racial superiority to the use of flesh foods but McCollum and others have pointed out that not meat, but milk is the magic food which gave to the civilization of western Europe the strength and sinews with which to climb to greater heights than any other has achieved in the history of the world.

In his early forest life, man found in the nuts and fruits, tender shoots and succulent roots with which the wilderness abounded, everything needed for his perfect nourishment, just as does today our nearest relative in the animal world, the real monarch of the forest, the gorilla. Modern nutrition researches have shown that plants provide everything that an animal needs for his sustenance. All life and energy come from the sun. It is the function of the plant to capture the sunshine. The green leaf is the trap in which the mighty electro-magnetic forces of the sunlight are caught and sold. Food and fiber are sunshine in cold storage. The plant is the original source of all food. In the words of Holy Writ, "All flesh is grass." In eating beef, for example, one is only taking at second hand the grass and corn on which the ox was fed.

But all the essential life-giving properties of light are not stored in one part of the plant. Beans are stored in the seed, others in the root; others in the green leaf. To get from plants a complete assortment of the vital principles required for the growth and maintenance of the animal body, the whole plant is needed, fruit, leaf, stem, root. That is why we all have such a craving for green things in the spring and why the Irishman loves the potato and the German and American his corn.

In this regard, according to Professor Elliott of Oxford, all foods needed in protein, so that man as well as all the other higher animals, found ready to hand everything required to make their nutritive proteins, and if he were a plant-eating man, there was not one carnivorous animal in the world, nor one of which man need be afraid. The racial memory of this happy age of which the poet Ovid says, "When all was peaceful and that peace sincere," is embodied in the Bible story of the Garden of Eden and the glowing pictures painted by ancient historians of the "Golden Age which fed on fruit."

"When mother earth not only did our needs supply But prodigal to please, provision made for luxury."

But when men began to develop the social instinct, to build homes and to dwell in towns, after the terrible glacial ice and cold had destroyed the vast forests of nut trees and the countless food plants with which the woods and thickets abounded, a change in diet became necessary. Like the harvest ant, man found it necessary to plant and cultivate food plants. He became an agriculturist; he raised annual crops of wheat, barley and rye and became a grain eater. But physiological research has shown the profound truth of the dictum of the Scriptures, "Man cannot live by bread alone."

In bread there is only the seed of the plant. The elements provided by the green leaf and other parts of the plant were needed. Instinct guided the pre-historic man to the use of milk. He did not have to acquire a taste for it for every warm-blooded animal is born with a liking for milk. Neither did he have to hunt for it nor to invent anything to secure it. Every mammal mother is a milk producer. And milk is the one food substance in all the world which contains everything which an animal needs for food.

We think of wheat as the world's food and talk of bread as "the staff of life," when in truth it is green grass that sustains us. In the world's diet we are at least as much carnivores as herbivores. Experiments at the University of Wisconsin years ago most conclusively proved this. Cows fed exclusively on wheat rapidly deteriorated and ceased to reproduce. The same was the case with all other food elements to make a complete food. There is something in the green leaf that the body must have for its upkeep. A man can live on pure sugar for several years and California has a highway, told of an experiment which proves this. When prospecting with a party in the mountains late in the fall, a heavy snowstorm buried them in the snow. They were rescued two weeks later. After a week or two the only food left was corn. Soon sickness appeared. Every member of the party was prostrated and hardly escaped dying of scurvy.
with the exception of the narrator, who escaped by following the example of the mules. He said, "I noticed that the mules burrowed under the snow for greens. I did likewise and ate a handful of grass every day, and both my strength and myself came out in the spring in fine condition."

Doctor Hinchee of Copenhagen kept a hard-working man in fine health for nearly two years on a diet of potatoes accompanied by grass. After one year, he grew no fat, so he wrote me that he found very large quantities of greens were necessary. Doctor Akeley, the real discoverer of the gorilla, tells me that this forest giant eats large quantities of both grasses and other green stuffs—that these foods seem, indeed, to be the chief components of his bill of fare.

We need green stuffs as much as do apes and monkeys. The cow's leaf contains something essential to human life and health. We are not provided with teeth adapted to chew the tough grasses, so we must get our greens from other sources.

The pioneers of civilization soon discovered the inadequacy of cereals and turned to the milk producers, the cow, the sheep, the goat, the ass, the reindeer and other herbivorous animals for help. These industrious grass eaters they employed to gather greens from the meadows and hillsides and deliver to them the quintessence of their wide gleanings, in milk, the most wonderful of all the products of nature's food laboratories.

I think it important just at this time to emphasize the essential importance of milk as a food staple for two reasons:

1. Because in recent years food handlers and manufacturers have denatured and sophistication so many of our food staples that the national diet has become deficient, thereby inciting a developing and maintaining a robust and vigorous race of men and women. As a result, the draft examinations showed nearly half of our young men unfit for military service, and Dr. Fairfield Osborn tells me that we have lost inches in stature within the last sixty years, a rate of depreciation which will soon reduce us to pigmies if we do not apply an efficient remedy. Our bodies are made by what we eat. Through the veil of civilization we see foodstuffs, what we eat today, bread, potatoes, etc., is walking around and talking tomorrow. The great cause of the decay of American manhood may be justly sought in our defective diet.

2. The meat packers have in recent years been making most strenuous efforts to persuade us to eat more meat and have given wide circulation to misleading statements regarding the relative values of meat and milk, the great essential of a normal and sufficient bill of fare, and this in the face of the repeated warning of McCollum of Johns Hopkins, Chittenden of Yale, and other scientists that the American people are already eating too much meat.

These facts have been within the last fifty years gradually becoming known to the public and the result has been a decrease of nearly 3 per cent in the per capita consumption of meat and an increased consumption of milk.

A few years ago the Red Cross organization, state agricultural colleges and various other organizations, were sending out lecturers all over the country instructing the people to eat less meat and more milk. The usual slogan was a quart of milk for every member of the family before spending a penny for meat. This was so successful in transforming the eating habits of the people that the packers were alarmed, and an expression which is not yet forgotten in spite of the eat more meat propaganda of the packers.

While it is not the purpose of this paper to denounce the use of meat, I feel it my duty to call attention to the convincing evidence of physiologists and others that meat is not an essential food. The meat packers have been defeated in their efforts to rally a declining industry. Meat is food, of course, and with our present means of transportation we can get meat and milk, but with great benefit, for milk supplies to the body everything which meat supplies, together with other highly essential elements in which meat is wholly deficient, besides being free from many of the dangers and inconveniences which result from the free use of meat.

The real truth is, that with the varied diet now available, all reasons of the year reappear with an increased supply of dairy products, meat is a harmful luxury, rather than a necessity. In other words, people eat meat because they like it, not because they really need it. It is, indeed, now that a new and real menace to health, a harmful addition to the bill of fare and imposes a serious burden upon the liver, kidneys and other eliminative organs.

We have a well known and highly eminent physiologist—McCollum of Johns Hopkins—when asked during a public lecture, "Can the highest degree of health and vigor be developed and maintained on a diet excluding meat?" properly answered, "Yes! All animal and human experience supports in a manner which can never be broken down the view point that meat is not necessary in the human diet. It also supports the conclusion that the best type of diet there is a lacto-vegetarian diet." And the professor added, "I am convinced that any one who eats the average amount of meat consumed in this country will improve rather than suffer by cutting it all out of his diet. Meats greatly increase intestinal putrefaction. There is no other class of food which so greatly tends to promote intestinal putrefaction and unwelcome decomposition products."

Doctors packers evidently at the demand for the increased consumption of milk made by physicians and physiologists the world over and the resulting increased development of the dairy business. The capacity of the American stomach to digest the food of people eating more milk, more breakfast foods, more greens and stews, is evident that they cannot at the same time eat more meat, so the packers have been doing their best to increase the last three at the expense of the ridiculed publicity schemes of various sorts, to make people believe that meat is the one great essential staple, and engineered through manipulation of the post office department, a nation-wide week which was called an "Eat-More-Meat-Week," which was most inconsistently placed at the mid-summer season for no other apparent reason than to help get the over-filled packing houses emptied out sufficiently to accommodate the incoming fall droves of sheep, hogs and steers.

There is nothing more important for the promotion of the dairy industry than the education of the public with reference to the place filled by meat and milk in the diet. Both are supplementary foods. Of the two, milk is so far superior to meat that meat may be wholly discarded without detriment and even with benefit, but the dairy cannot be said to exist without the existing conditions of our food supply, absolutely essential and indispensable.

The bones consist largely of lime and hence it is reason to regard the relative economy of lime in dairy diet, as at least one cause of the great loss of stature which has occurred since the Civil War. Milk is rich in lime, while meat contains almost no lime at all. An ounce of milk contains as much lime as a pound of meat. The body loses from one-third to half a dram of lime daily. A quart of milk will make good the loss which would not be made good by twenty pounds of beef or mutton. This fact alone will justify a serious campaign for the education of the public to use milk more freely. If milk is more freely used, as a matter of course, less meat will be eaten, for milk supplies the same food elements supplied by meat and is better assimilated. Milk is more easily digestible than meat and, as experimentally shown by the eminent Professor Caspari of Berlin and Doctor Rose of Columbia University, New York City, milk is more perfectly assimilated than is meat.

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hospitals, not to mention the Battle Creek Sanitarium and numerous other similar institutions.

A fact of great importance in relation to milk which is little known is that it is in a raw state a good food. It not only supplies elements for tissue building and energy production, but serves another and a most useful but heretofore little considered purpose, that of preventing disease. One of the serious perils to which the young infant is exposed after its introduction into the world is from toxemia through the invasion of its intestines by harmful putrefactive germs. The infant is more or less susceptible to the influence of germ poisons. It is necessary that its alimentary tract should be protected to prevent the development of putrefactive processes in its intestines. Mechanism and economy of the organism provided by nature for preventing putrefactive organisms from taking possession of the infant's alimentary tract is to produce in the intestine such a luxuriant growth of harmless acid-forming organisms that there will be no opportunity for the development of the putrefactive bacteria. This principle is utilized in everyday life in a variety of ways. The preservative properties of the acid of vinegar are well known and utilized in the preparation of pickles of various sorts.

Milk sours while meat putrefies. The composition of meat and milk varies little except in the fact that milk contains in addition to protein and fat, the chief constituent of meat, the sugar of milk and milk sugar readily forms the presence of milk sugar which leads the milk to sour instead of putrefy. Milk sugar feeds acid-forming bacteria which are always present in great numbers. These bacteria develop in the milk and destroy the milk. These microorganisms are very sensitive to acids and cannot grow to any extent in their presence. Consequently, although putrefactive bacteria are often present in milk, putrefaction does not take place if souring occurs instead, and sour milk is entirely wholesome.

Nature supplies to every infant milk souring bacteria which are capable of living in the interior of the body. These bacteria differ from those which puzzle chemists. The latter thrive in the open air and which will not live in the body, in the fact that they grow best in the absence of oxygen and hence thrive in the colon, where practice shows no souring occurs. One of the most important of these milk souring bacteria found in the colon is the B. acidophilus. This germ is found in almost pure culture in the stools of nursing infants. Milk fed animals of the same sex, well milk fed chickens, are supplied by nature with this protective organism. It is a common practice with butchers to feed chickens on milk for a few days before killing them as they have learned by experience that the chickens are much sweeter than that of chickens fed on meat and garbage and also that the flesh of such animals keeps better.

To know the special composition of milk, then, is of high importance in fitting it to become a protection for the young infant in addition to supplying it with necessary body-building material.

A point of importance which may be properly added here is the fact that pasteurized or sterilized milk is much less efficient in protecting the young infant against invasion by putrefactive organims than is certified or clean milk. The process of pasteurizing destroys the sour milk bacteria which are always present, in raw milk and the stools of infants fed on such milk are likely to become foul through the development of putrefactive bacteria. This is particularly true with reference to pasteurized milk, for under the action of bacteria which are already present in the milk which survive pasteurizing milk is likely to be sour before using. Pasteurizing does not destroy the spores of the putrefactive germ which are always present in sterilized milk. When present these acid-forming bacterial spores later develop into putrefactive germs which survive pasteurizing and are able to grow after the acid-forming bacteria have been killed by the pasteurizing process.

Protein produced by the styled bacteria which produce the "natural bacteria" by Hertger because they are always present in meat in great quantities, are recognized as one of the factors of softening, tenderizing and cooking meat. The chief reason for this is the chief causes of blooisness, headaches, gastronomical symptoms and a great variety of morbid conditions. Hence the cure of such conditions is an important one in the health and dieting of all people. Milk for meat is an easy step in the right direction for the reason that fresh meats of all sorts are a rich culture of putrefactive bacteria. Indeed, observations made by Robley showed that the milk of Hamburger steak, often contain manure germs in much larger quantities than are found in the fresh droppings of animals, the number sometimes rising as high as two or three billion bacteria to the ounce.

I think it highly important that the public should be made acquainted with the fact that milk is much superior to meat as an article of diet. So long as the belief persists that meat is the most nourishing and most important of foods, milk is likely to be neglected instead of being accorded its true position in the dietary.

Milk possesses the highly useful property of being able to supplement the proteins of cereals and other vegetable foodstuffs in such a way as to make them in every way equal to the protein of meat as tissue builders. That milk may be safely substituted for meat in the dietary was clearly demonstrated by Shearman of Melbourne, who showed by a lengthy series of experiments upon both animals and human beings that the addition of a few ounces of milk to a bill of fare made up of ordinary foodstuffs and excluding meats will insure to the body a full supply of protein of the finest quality.

When it is remembered that these vegetable proteins, as well as the protein of milk, are far less prone to decomposition than are milk and eggs, the great superiority of a lacto-vegetarian diet will be readily recognized.

If meat were at once excluded from the nation's bill of fare and one pint of milk per capita substituted in its place, we should in a short time be reduced 25 to 30 per cent, and after a few years of such a dietary our present mortality rate would, without doubt, be cut in two in the middle. At present a million and a half of our fellow countrymen, within half a century life expectancy might be increased 50 per cent or more. The addition of 25 or 30 years to the present span of human life would be something for which we would be willing to exchange millions of dollars. The gain in the length of life gained in such a way would not be unreasonable is shown by the recent report made by McCarron, a surgeon of the British Army who spent nine years in India and made a careful study of the diet of that country in relation to their dietetic habits. He says:

"My own experience provides an example of a race unsurpassed in perfection of physique and in freedom from disease. This people, who feed mainly on the grasses and roots of the country to this day of grains, vegetables and fruits, with a certain amount of milk and butter, and goat's meat only on feast days. I refer to the people of the state of Hunza, situated in the north west of the Himalayas, where I spent some years, and available for cultivation that they can keep little live stock other than goats, which browse on the hills; while the food supply is so restricted that the people, if they do not like the food given them, may refuse it. They have, in addition to grains, wheat, barley and millet, as well as apricots. These they dry in the sun and use very largely in their food. Amongst these people the span of life is extraordinarily long; and such service as I was able to render them during some seven years spent in their midst was confined chiefly to the treatment of accidental lesions, the removal of small cataracts, plastic operations for granular eyelids, or the treatment of maladies wholly unconnected with food. Apparent acuteness, so common in Europe, was unknown. When the severe nature of the winter in that part of the Himalayas is considered, and the fact that their housing accommodations and conservatories also in that part of the world it is obvious that the enforced restriction to the unsophisticated foodstuffs of nature is compatible with long life, continued vigor and perfect physique."

The milk of new born calves would make an excellent change from meat to milk are simply nauseating, even though the fact that the enormous advantages of an addition of 25 years to the present short span of human life, that is of the average life span of a man, is well known. The cost of the additional milk would be the same amount of money that is spent for meat, and the milk would be as wholesome and available as the meat. The Bureau of Statistics is to be less than 200 per capita, a total cost for the 115,000,000 people of the United States of 23,000,000,000 dollars, which is less than would be inserted in a clear gallon. There would be (Continued on page 48)
The Honor List Sires 1924-25
King Tweede Spring Farm Leads with 228 Points

For quite a good many years it has been our custom to compute the amount won by the daughters of each sire and to publish a story of the money-winning sires, with a complete list of sires in the prize list. When the system of cash prizes was abolished and the Honor List substituted for the old Prize List, we continued our original practice by assigning a definite number of points to each place, starting with 25 points for first place and gradually working down to one point for the lower placings. The complete schedule of points used, which we employ may be found on page 7 of our June 6th issue.

This year for the first time since 1916, an Eastern sire wins first place. He is King Tweede Spring Farm, senior sire at Berks Farm, A. B. Dayber, owner, at Sinking Spring, Pa. The daughters of this sire scored no less than 228 points on the 1924-25 List, or 35 points more than the second sire, Avon Pontiac Echo, who at his death was in service at Central Milk Farms, and in third place with 166 points is Echo Sylvia King Model, herd sire at Traverse City State Hospital of Michigan, and Cedar Lawn Netherland with 166 points just nosed out Ormsby Korndyke Lad for fourth place, the latter having 169 points.

The showing of May Echo Sylvia blood in this past year's list is quite remarkable, her son Avon Pontiac Echo, as already mentioned standing second with 193 points, another son, Champion Echo Sylvia Pontiac standing sixth with 180 points, and a third son, Echo King Sylvia, standing seventh with 148 points. She also has a fourth son, Carnation King Sylvia, whose daughters scored 91 points, making a total of 582 points for the daughters of her four sons. Her grandsons, particularly those of Champion Echo Sylvia Pontiac, also make a great showing, one of them, Echo Sylvia King Model, standing third with 184 points and twelve grandsons appearing on the list with a total of 239 points, while two of her great grandsons turn in 74 more points for the May Echo Sylvia family, making a total of 1,000 points for her descendants.

Another cow of note in the 1924-25 List is Spring Brook Bess Burke 2d, whose four sons, King of the Ormsbys, Sir Pietertje Ormsby Mercedes 17th, Creator and Winterthur Bess Burke Best, together score a total of 333 points, and six of her grandsons scored 96 points.

More. In the list are 24 sons, grandsons and great-grandsons of Pietertje Mald Ormsby that together scored 569 points, and 18 sons, grandsons and great-grandsons of Spring Brook Bess Burke scored a total of 549 points.

The leading combination of sire and son on the list of points winning sires, is composed of Champion Echo Sylvia Pontiac and his son Echo Sylvia King Model, with a total of 316 points. The same sire combined with two other sons took second and third places for sire and son. A tie for fourth place exists between King Valdessa Pontiac and Echo King Sylvia with 214 points, and Avon Pontiac Echo and King Paul Pontiac Echo with the same number. Thus we see that the five leading groups of sire and son all carry May Echo Sylvia blood.

A distinguished honor falls to Colantha Johanna Lad, in that her ten sons on the list scored 617 points. Eight sons of Sir Pietertje Ormsby Mercedes scored 446 points for second place and Champion Echo Sylvia Pontiac comes next in line, his nine sons scoring 332 points.

Leaders for Past Three Years

In the three years that we have been using the point system, or since the prize money was abolished, we find certain sires that rank consistently near the top. Of these, Champion Echo Sylvia Pontiac, although not winning first in any one year, stands at the head for the three years' work with a total of 625 points in three years. Next comes Sir Veeman Korndyke Pontiac, last year's leader, with an even 500 points.

Following is the list of the twenty leading sires in the past three years' Honor Lists:

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<td>Champion Echo Sylvia Pontiac</td>
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<td>Sir Veeman Korndyke Pontiac</td>
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<td>Cedar Lawn Netherland</td>
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<td>Judge Segis</td>
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<td>Segis Walker Matador</td>
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<td>87</td>
<td>26</td>
<td>192</td>
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*Champion Echo Sylvia Pontiac*

No. 1 on the list is this sire for a total of past three years. With three of his sons, he makes up the first three groups of sire and son for the 1923-25 Honor List.

*Colantha Johanna Lad*

His ten sons scoring on the list of Honor List sires, together won a total of 617 points, well in excess of the sum of any other sire.
Milk Rather Than Meat the Essential Food Staple
(Continued from page 9)

extra consumption of vegetable fats, the cost of which might amount to one or two billion dollars a year, probably must less. The savings would easily be sufficient to pay off our enormous national debt in four or five years and to eliminate all income taxes, federal taxes and inheritance taxes, and pay all the expenses of running the government besides.

Meat eating is one of our most expensive and harmful luxuries. Meats of all sorts might be well established in favor of milk, and the writer knows nothing which could be done which would bring such tremendous returns to individual and national prosperity both physically and financially by such a change. Within the last 5 years the per capita meat consumption in this country has been reduced about 35 per cent, and the packing business and cattle raising have become unprofitable, and, as the density of the population increases, will doubtless become more and more unprofitable.

Before closing this article a few words ought to be said with reference to the reason why some adults avoid milk. A few people experience inconvenience from the use of milk. One reason for this is the fact that the average adult stomach produces a gastric juice which is very highly acid as compared with the stomach of the infant. Human milk when brought in contact with the digestive juices of the infant stomach forms small, soft curds which are quickly liquefied and easily find their way out of the stomach. The casein of cow's milk naturally forms larger and tougher curds when brought in contact even with the feeble gastric juice of the infant stomach; and when taken into the stomach of the average adult, cow's milk sometimes forms with the highly acid gastric juice which it meets there very large, tough curds which are often broken down only with difficulty and remain in the stomach for a long time. The delayed escape causes distresses of appetite and digestive disturbances of various sorts. Not infrequently many of these curds escape digestion in both the stomach and the small intestine and their way into the colon, where they undergo putrefaction, giving rise to biliiousness and greatly aggravating colitis or other infections, when these conditions exist.

A patient to whom I had recommended the use of milk and who objected on the ground that milk did not agree with him, told me the following story:

"I came home very late one night, very hungry and very thirsty. Being in a hurry to get to bed, I adopted the quickest way to satisfy both hunger and thirst by drinking about half a pint of milk. I went to bed and went to sleep at once, but two or three hours later I was seized with a sensation of choking. I found myself sitting up in bed and struggling for breath. There seemed to be something in my throat. I reached my hand down and got hold of it and pulled out a rope of milk a yard long."

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Holstein-Friesian World

Syracuse, N. Y.

long. I have never taken milk since."

It was evident that the hastily swallowed milk had formed a large and very firm curd in the stomach and the patient was very fortunate in being able to get rid of it so easily.

I believe that this tendency to form tough, hard-to-digest curds is one of the principle reasons for the inconvenience which many people suffer from using milk in an ordinary way in combination with other foods. Naturally the question arises: Can this difficulty be overcome? Here are two suggestions which will be of great assistance in a large proportion of cases. First, milk should not be taken as a beverage but rather as a food. It needs to be mashed and mixed with saliva. Instead of being swallowed in large "gulps" as one might take water, it should be taken in small sips and very slowly. I have my patients take milk through a straw. By this means a large amount of saliva is mixed with the milk and the result is the formation of small soft curds instead of large curds.

A second suggestion which has often proved helpful is that the milk should be taken in larger quantity. This fact was first pointed out to me in writing by the late Dr. Erwin Smith, of New York City, who himself lived on a diet of bread and milk for more than sixty years, and said good results that a wonderful life was prolonged to his hundredth year, and his activities as a surgeon and a community worker were continued up to nearly the end of his life.

Dr. Smith noted that when his mother was making cheese by the old domestic method she took care to weigh accurately both the milk and the rennet which was employed to curdle the milk, and asking her for the reason she replied, "If there is too much rennet the curds will be too large and tough; if there is too little rennet, the curds will be too soft."

Taking a cue from this observation, the doctor found that when his patients complained that milk disagreed with them the remedy was to be found in directing them to take more milk, and in most cases the remedy was successful.

There is still another class of persons who abstain from milk for the reason that they suffer some one of a considerable variety of symptoms whenever milk is used even in small quantities. Among the symptoms complained of are asthmas, nettles rush and other skin eruptions, coated tongue, foul breath, headaches, dullness and constipation. These symptoms are probably due to sensitization of the individual to milk just as some persons are sensitized to pollen of ragweed or other flowers or plants, the so-called hay fever.

Persons who are sensitized to milk may overcome the condition by beginning with a very small dose and gradually increasing the amount of milk from day to day. The first taken should be very small, one or two teaspoonsful, and the increase should be very gradual, one teaspoonful a day. Moreover, it must be continuous as by long interruption the immunity acquired may be lost.

In many cases, both adults and infants, in which there is sensitization to milk, a plant milk prepared from nuts may be substituted for cow's milk.

Once more I desire to insist upon the importance of increasing the consumption of milk because of the deficiency of lime in the average American diet. Milk contains half the amount of lime required by the body to keep intact its stores of this essential element. Lime is necessary for bone building but for maintaining the functions of the blood, the tone of the muscles, the vigor of the heart and for various other vital functions. The average American breakfast, consisting of white bread, bacon, griddle cakes, cane sugar or corn syrup and coffee, contains practically no lime at all. Potatoes, like wheat bread and meat, are almost wholly lacking in lime. Twenty ounces of milk contain sufficient lime for a day's ration. Hence milk affords a convenient and available means of making good the deficiency of our national dietary. It can be supplied by adding whole grains, fresh vegetables and nuts which are also rich in lime and these ought not to be neglected, but milk affords perhaps the easiest and most practical way of supplying the average American citizen with the lime he needs to keep intact his bones and especially and to keep his resistance up to normal.

We are rapidly becoming a toothless race, largely because of the deficiency of lime in our national bill of fare. If we would stop throwing our skimmed milk down the sewer and feeding it to pigs, and use it instead in bread making, in various cookery combinations, and in other ways which would make it contribute to our bill of fare, we would take a long step toward stopping the tendency toward toothlessness which is becoming every year more and more pronounced in our country. Such a change in diet would not only cut out thousands of dentists out of business just as a change from meat eating to a lactic-vegetarian diet would decrease the business of doctors and druggists.

The modern cow is a marvelous food transformer. She is five times as efficient as the farmer. The application of scientific knowledge to the dairy business will make it not only one of the greatest means of prolonging life and promoting the progress and also one of the most profitable and dependable sources of our nation wealth.

ANOTHER CARNATION COW FINISHES GREAT TEN-MONTHS' RECORD

Hasselwood Bracelet Mercedes, an 8-year-old foundation cow of the Carnation herd, has been back in service after finishing a 365-day record with 58,815 pounds of milk containing 1,863 pounds of butter. This is one of the greatest records ever turned in by any cow in the Carnation herd, and puts this cow in first place among all Carnation producers in that particular class.

Not at All Exclusive

Patron—"Do you serve fish here?"

Waiter—"Certainly, we cater to everyone."—Denton Plimpton.
Two Kelloggs

Two grown brothers took to scrambling a score or so years ago. They were quite alike, these two Kellogg boys, of Battle Creek, Mich.—both alert, energetic, far-seeing publicists. But this time, John Harvey—Dr. John Harvey—had recently invented his famed ready-cooked flaked cereals as a new form of food. Both knew the haphazard futilities of the new ideas. But they differed inalterably on the disposition of earnings. John Harvey, a young doctor full of altruistic educational plans, considered the accumulation of such gains unethically. Not so, Brother W. K. This one foresees for himself independent wealth, private estates, gentlemanly diversions. They went to court. For most a quarter-million dollars Brother W. K. bought from Brother Dr. John Harvey the rights to commercialize certain flaked foods already devised. John Harvey slung a suit to stop the surging of the funds of his various educational works, for which he has become world famed.

Last week the press brought news of Brother W. K. Kellogg out of the quietude of his life. He is Chairman of the Board of the Kellogg Co., huge food-makers with a working capital in 1925 of $2,384,527; successor of the old Kellogg Toasted Corn Flake Co.; owner of the Battle Creek Toasted Flake Co. of London, Ont., and Sydney, Australia; recent buyer of a plant of the Quaker Oats Co.; owner of interests in another Kellogg Co.; owner of interests in the Kellogg Co. of Great Britain. And he has an estate, out in California, near Pomona, where among other activities he breeds Arabian horses. He might have been expected to send an expedition to Arabia to bring back a herd of 9 to 15 horses, which he will attempt to reproduce in native strains. Through the administration of another Kellogg, Secretary of State Frank Billings Kellogg, he was arranging the safe-conduct of his party.

Such private activities Brother Dr. John Harvey Kellogg glances at in his quick, comprehending fashion, then looks aside to his medical, surgical, educational, inventive, publishing and research organizations, of which he is the driving force.

Some 63 years ago this small man, now stocky with his 73 years of alert living and thinking, was squatting, a puny, untutored boy, on the back stoop of his Battle Creek, Mich. house. His dream then was the making of himself, and as the kaleidoscope of boyish day dreams passed across his fancy, he pictured himself seated in an airy dormersight schoolhouse, beconing to enter a long file of dirty, unkempt children. This vision, he has said, "gave me the idea of my life work. I must prepare to give a chance to children who had no chance."

This ideal of education and well-doing as all the world knows, Dr. John Harvey Kellogg has followed with rare assiduity, with an amazing versatility of means. The retelling of these sounds like the snatch to popping of a high speed motor.

At 9 years he had had no schooling because his parents, in Battle Creek, believed the world was about to come to an end and education therefore useless. But at 12, while the Civil War proceeded, he got a full winter's schooling because a local printer-preacher persuaded the parents that "if the Lord was going to come soon and end the world, he would be more pleased if he found the children in school." At 15 this boy, always on the jump, had been a broom maker, printer's devil, practically editor of the local paper. Next year he was teaching school and attending Michigan State Normal College. A brother, studying medicine, suggested his doing likewise, against an earlier disinclination. In 1874 he received a D. from Bellevue Hospital Medical College (N. Y. University) in 1875. While studying in 1873, the old Battle Creek hygienic establishment, a sort of water cure with a few patients, gave him the editorship of its house organ, Good Health Magazine. This the young student medical vamped, invigorated, had kept going until now it is called the oldest health magazine in the world.

Just out of school he wrote Plain Facts, supposed to be the first of the long line of popular, yet sincere, books on sex facts. At the Philadelphia Centennial in 1876 he organized a health exhibit. A few months later the Battle Creek water cure put itself under his direction. He massed for a striking, descriptive note of the sanitarium. In 1879 he paused to arrange his marriage to a who was Ella E. Eaton, raised in Alfred Center, N. Y. Together this couple have taken into their home, in the last 45 young years; of them have been adopted; 13 have instructed all, and sent them to universities.

In Battle Creek Dr. Kellogg once had an irritating patient, a woman who bit her false tooth on a piece of zwieback he had prescribed; wanted him to give her $10 for a new set. She irritated him into thinking up some twice-cooked food not so hard. Shortly, after letting his brain play with the idea, he boiled some whole wheat, ran the grains through a dough-rolling machine Mrs. Kellogg had in the kitchen; baked in the oven the flattened piece of his first ready-cooked flaked cereal. (However, this was not the first "breakfast food.") This unpretentious bis- cuit was digestible, especially good for certain ailments. He experimented with other grains; sold the rights to some processes to his brother. In all he has devised 60 different forms of cereal, each of which he considers ideal for some human malaise. He even runs a little factory near his home where he turns out what he wants.

To return to his accomplishments, in 1893 at the Chicago World's Fair he noted an inordinate number of "bummers" and down-and-outers. So he organized a mission, got it publicity, helped out the poor devils suffering from the prevalent panic. In Chicago too he organized a medical school, whose students had to pledge themselves to practice, for five years after graduation, without fee or else as medical missionaries. This school is now merged with the University of Illinois. In 1902 his Battle Creek sanitarium was burned out. He rebuilt at once, going heavily into debt.

From all his activities Dr. Kellogg has perhaps earned more money than his wealthy brother. He gets $1,500 yearly for devising the "daily dozen" phonograph records; the money educates two girls. The royalties of his 20 books, from his many surgical inventions, the fees from some 15,000 surgical operations and 277,000 patients in the sanitarium, all his income except a bare living have gone to support his lifelong doctrine of "not doing, not surgery, but education." He supports the Race Bet- terment Foundation, of which he is founder and president; the Battle Creek College which he created out of his sanitarium dietetic and nursing classes.

These things Dr. Kellogg tells you in his quiet, quick voice. His little white goatee flicks his sincerity at you; so too his gentle eyes back of his darkly rimmed spectacles. He likes, too, to recall how he was a member of the Michigan State Board of Health under four governors; that he is the oldest living member of the American Public Health Association; that he likes to do hard things for mental exercise.

Time, Jan. 19, 1926
Doctor John Harvey Kellogg, who made Battle Creek, Michigan, famous throughout every school book he ever had by attending to some cure and hoped, be it not working ten hours a day in a broom factory.
I'm home again, thank God, and most grateful to the kind Providence that has kept you, the Sanitarium family, and me, your fellow-worker and willing servant, and permitted us to join hands again in carrying forward the great work to which we have devoted fifty-three years of my life and in which so many of you have toiled and sometimes sacrificed, until your locks are turning gray and the wrinkles of age beginning to show in your faces.

I haven't been off on a pleasure trip, or even a vacation. Like a honey bee securing the fields for honey, I have been searching the Old World for new ideas, and I found quite a number of valuable new things in hygiene, physiotherapy, surgery and other matters of interest to our work. I had some writing to do which needed more concentrated thought than I was able to give it here in the midst of my varied duties in connection with the Sanitarium and the College, and so I ran away from the busy world into the quiet and sunshine of the Great Desert, an ocean of sand which covers a portion of North Africa nearly as large as the United States. I found an abundance of both quiet and sunshine on the oasis of Dristre, an island among the sand dunes about half a mile wide and three miles long. After five weeks of steady hard work during which I translated and abstracted two works of several hundred pages each, wrote a new book of about 600 pages, besides many articles for GOOD HEALTH, and not a few letters, I returned to Europe and resumed my search for new ideas.
methods and apparatus among the greatest hospitals, laboratories and clinics of Italy, France, Germany and England.

This was my seventh trip abroad, my first since the war. I found very great progress since my last visit, and mostly in the direction in which the Battle Creek Sanitarium has been leading the way for half a century. Fifty years ago we started to work out a new idea in the healing art. The new method, which is entitled to be known as the Battle Creek System, has been built up around the central thought of coordinating in one place at one time all known scientific and rational means of restoring and promoting health. The development of this idea has made this little country town known throughout the world.

For many years, the Battle Creek Sanitarium held a monopoly. It was the only place in the world where there was to be found so comprehensive and well-organized a plan of "team work" in methods of treatment carried out by a corps of well-trained doctors, nurses, and other experts, all devoting their professional services exclusively to the work of the institution. And to-day, after looking over the leading institutions of Europe, I feel fully justified in saying that there is no institution that approaches the Battle Creek Sanitarium in the variety and efficiency of the facilities it offers to sick people for the recovery of their health, with the exception of a few institutions which have been modeled upon the same plan by persons who have been trained here and have taken this work as a model.

All over Europe, I found the Sanitarium known and respected. The album of pictures I carried with me created great interest. The electric light bath and many other methods which originated here are in use all over Europe, and are recognized as Battle Creek products.
Dear Dr Kellogg,

Your book on the Sinusoidal Current safely arrived. It is just the book I have been longing for, and it is a most welcome gift.

I have not yet studied it in full detail because I am writing the 2nd edition of "Diathermy", a task which has occupied every minute of my spare time since my return from the U.S.A. last November. When it is finished I shall make a complete study of your book, and I know that I shall learn much from it. My very best thanks to you.

Now there is one thing I should like to have; that is a signed photograph of yourself, so that I can place it on the walls of my Department at St. Bartholomew's Hospital among other famous men, such as d'Arsonval, Bergonié, Leduc, Erb, Lewis Jones etc. When I teach my pupils I always like to show them the photographs of distinguished pioneers.

Your visit was greatly appreciated when you came to St Bartholomew's and the Royal Society of Medicine. All those who were present—and myself as
well--had much pleasure in meeting the famous Dr Kellogg.

With most cordial greeting,
I remain,
Yours sincerely,

E.P. Amberbatch
IDA GILBERT MYERS.

FOOD is, to be sure, a matter as vital as life. Yet within a few years food and nutrition have come to the front—a new business of vital concern to everyone. Our farmer grandparents could, and did, eat hugely, trusting in security thereafter. Now, under the open sky, the plow and Providence for the issue. The grandchildren, however, transplanted to indoor life, and a whole new order of occupations, have, for the sake of health and efficiency, been driven to turn to the new school of dietetics.

The New Dietetics' steps out to meet this urgent situation. Sourced in authority and supported by long experience, the book calculates to inspire confidence in the reader. It is a comprehensive study, covering the wide field of all important diets. And it is a well-ordered book. Therefore it is designed to meet a general need and to meet it step by step in an easily comprehended way. Another point, and this is one of prime importance, is that here is a study wherein practice outweights theory—just what to do in this matter of feeding and nutrition, and why to do this that or other something else. Yet such rules of practice are invariably founded upon theories that have been tested by scientific research. And the book of exceptional value upon a subject whose importance is recognized every day in every man's life.

Food as fuel and the source of human energy is simply presented in the elements that compose it and the principles that separate it into classes of nutritive value. In equal simplicity follows a study of the digestive apparatus and its normal functioning. Beyond these points the book is given over to a thorough consideration of foods and food values of certain functional disorders calling for special treatment in the choice and use of food, to a better knowledge of the whole subject. The New Dietetics is a book that is deeply interesting to individuals and to the average citizen. Make for time being, especially interested in, say, a fruit diet, or raw foods for the face of a day? Review pages that pertain to the uppermost matter of food and feeding? An excellently arranged work, and this book is one of the latter. It's a guide, almost a handbook, for the place where the question is raised most of the time, and from which the subject springs. And practice the principles it advocates the more, but that the knowledge the more mistakes, the better, too.
Civic Health Improvement Committee Named Twenty-three Years Ago Today at the Suggestion of Dr. J. H. Kellogg; Many of the City's Prominent Leaders Were Members.

A civic committee, designed to make Battle Creek a healthier city, and sponsored by Dr. John Harvey Kellogg, superintendent of the Sanitarium, was formed here 23 years ago today.

The committee was known as the City Health Improvement committee, and was named by President John I. Gibson of the Business Men's Association of the city.

Thirty-seven men, outstanding civic leaders, constituted the committee, while a ladies' auxiliary of 30 members was also named.


Members of the Ladies' auxiliary were Mrs. R. T. Hoffmaster, chairman; Madames F. J. Kellogg, L. B. Anderson, Charles E. Barnes, H. M. Dunlap, Robert Talbot, Karl S. Harriman, Burritt Hamilton, George Willard, Gertrude Lamson; Miss Emily Wilson, Mrs. Emeline Egery, Miss Catherine Bailey, Mrs. H. W. Harvey, Miss Nellie B. Walker, Miss Alice Cimmer, Miss Cora C. Clark, Mrs. Inez Adams, Mrs.
OUR INTEREST IN HEALTH.

At the International Rice Betterment Conference last week at Battle Creek a number of experts of unquestioned standing in the field of health conservation made informative addresses. Some were of general interest, easily understood by the layman. Others were of a highly technical nature, made by specialists in the "elocution." In addition to their unifying theme, all had one characteristic in common. They presupposed the active approval of the public in the work they are doing. One speaker might have been describing the whole program when he referred to his own job: "The attitude of objection" to physical education existing fifty or seventy-five years ago has changed to one of tolerance, and has now reached "one of actual promotion." Indifference to health and good physical development has changed to strong interest, particularly interest of the individual in his own state.

The authorities on child welfare, pharmacology, dentistry, social hygiene and the many other subjects discussed at the conference, and the biologists and other laboratory workers who reported on their accomplishments are doing a splendid work. Much of it is insensibly recognized by an unperceptive public. Some of the most deeply grooved workers, if they think about it at all, must conclude that public interest decreases in direct proportion to the difficulty and importance of the work done. They use such terms as health promoters, some of them pleasant or quite desirable, growing rich and famous. Because some abilities have found a quick popular response. People's growing interest in their own health causes them to seize on the latest discovery of science. Instead of regarding it as a valuable but specific remedy, they attempt to turn it into a panacea. Without the least depreciation of the labors of science for the improvement of the race, one may be pardoned for feeling at the healthy people who are caught in the tide of conceit for health betterment and spend much time and energy thinking about their own condition. They are the ones who feed upon the idea of bettering past; who eat by rule of ration; who discuss operations hopefully if they cannot tell how they would feel if they did not. They are the ones who are ready to write a check to the nearest specialist to have his advice on a relatively minor ailment, to whom an intermission in the course of an hour's journey seems distressing, who thunder about the need of physical education, and are indifferent or even hostile to education for thought and character. There is the man who can spend 90 minutes a day on a sunbath, and who, when it gets late, rubs his stomach, bows his head, and says, "There's another day to make up." There is the woman who, in the midst of the hardest day of her life, will get up at 4 A.M., make a breakfast, and have it ready for her husband by 6 A.M., and then, before the morning exercises begin, will drink a glass of milk. There is the man who can eat a hearty meal by 8 o'clock, and who, before breakfast, will drink a glass of water. There is the family who will get up at 7 A.M., and who, when it's 10, will say, "It's time to get up." There is the man who can eat a hearty meal by 8 o'clock, and who, before breakfast, will drink a glass of water. There is the family who will get up at 7 A.M., and who, when it's 10, will say, "It's time to get up." There is the family who would like to do more, but who do not know how. They are the ones who are ready to write a check to the nearest specialist to have his advice on a relatively minor ailment, to whom an intermission in the course of an hour's journey seems distressing, who thunder about the need of physical education, and are indifferent or even hostile to education for thought and character.

New York Times
March 9, 1929
DR. KELLOGG TALKS ON HEALTH

Dr. W. J. Kellogg of Battle Creek, Michigan, spoke to the pupils on "Health" last Thursday afternoon. He said, "Health is the one thing that we cannot buy."

When Dr. Kellogg was in Arabia he saw a young boy who had not slept inside of a house for five years. He ate hard bread and milk. Kellogg asked him what he had been doing to his teeth as they looked so white. The boy said he had just rinsed out his mouth with water.

Dr. Kellogg said that he had some rats in his house once. One day he went down town to a drug store and asked for something to kill rats. And what do you think the druggist gave him? He gave him a little bottle full of something. On the label it read: Poison—This is pure nicotine. The same nicotine that kills rats is in tobacco.

From Dr. Kellogg's talk we learned that if we eat the right kind of food and leave tobacco and strong drink alone, we will live long and always be well.

—Robert Dalton
ancient games which originated in Greece, and it will be another great step toward the development of good feeling between the nations of the civilized world. There will be scores kept which will determine the supremacy of some one nation in the games, but the results will also prove that no one country has the advantage of having the best of all young menhood and young womanhood because there will be entrants from every nation who will place high among the best.

Above all, the games will afford an opportunity for the youth of all nations to compete on a friendly basis, thereby developing a feeling of good fellowship between the representatives of the nations. It is a fellowship of this type which will mean a great deal to all when these young people take their generation at determining the policies of the United States in matters of international importance. They will be able to get an insight on the views of foreign countries.

Michigan is well represented in that group of American athletes, and her contestants will display throughout the games, the sportmanship which has become one of the University's most cherished traditions. It is the type of sportmanship which will win friends among the group and which will do much toward developing a wide friendship for the entire American delegation. It is, however, not peculiar to the Michigan representatives alone, but is characteristic of the entire American contingent. The feeling brought to life thereby will be a desirable one: a good mind, a strong body, a devotion of nationality. This idea is the desirable attitude which commands the respect of all nations.

**BETTER PAY**

It is unfortunate that the State of Michigan, according to Constitutional provision, has a definitely-fixed scale of wages for her important state officials which is far below that of the other states. The small salaries paid to the governor, lieutenant-governor, administrative board members, state senators and representatives is discouraging to those desiring to seek public office but who have not the necessary income to maintain themselves while in office.

The governor's salary of $5,000 per year with no provisions for living quarters and with an expense account that is rather limited, is altogether inadequate. Although this position should not be looked upon by a would-be governor as one from which much lucrative gain can result, means should be provided to enable the governor to receive at least a living wage. The expenses attached to the office of governor which are considered personal but which, at the same time, are rather essential are quite

gan will soon act to change the present conditions.

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**Campus Opinion**

To the Editor:

In a review of a lecture given recently on the Campus the Daily quoted the speaker as recommending meat to eliminate parasites. This statement was such a clear contradiction of Dr. John Kellogg's recent lecture on "It Pays To Be Good To Yourself" that it seemed advisable to ask Dr. Kellogg for his answer, which I am enclosing.

F. S. Onderdonk.

The letter is as follows:

"The statement made in the last paragraph to which you refer is altogether incorrect. Carnivorous animals are more subject to intestinal parasites than any others although all wild animals are more parazitic than creatures on account of the pollution of the water from which they often drink. Akeley found no parasites of any sort in the alimentary tract of the gorilla which is a strict vegetarian. He told me that he searched carefully from one end to the other and there were no parasites and nothing offensive.

"Certain doctors have adopted a meat diet as a cure for amebic dysentery, but it does not work."

"An electrical engineer recently called here (Battle Creek Sanitarium) who two years ago was lying sick in a hospital in Shanghai with amebic dysentery—suffering pain day and night and unable to sleep and confined to his bed. He was being fed on a meat diet. Through "Good Health" he learned some of the facts I have just given you. He obtained a supply of Lacto-Dextrin and discarded meats and the second night was able to sleep sound the whole night, and the third morning he returned to his office. He has been at work ever since. He looked to be in perfect health. He had had only one relapse in two years and this was due to eating meat when he dined out with friends. We have had similar experience in various cases.

"Parasites are scavengers and putting meat in the intestine provides exactly the condition most favorable for their development. On the other hand a vegetable diet produces an acid condition in the intestine which is unfavorable to the growth and development of parasites of all sorts, both animal and vegetable."

"When we examined the man whose case I mentioned above we found the parasites were still present in his intestine, but they could do him no harm so long as he did not eat meat."

Signed,

John H. Kellogg.

Supt., Battle Creek Sanitarium.

in any artist yet ford programs.

Thomas Bohnen has played two similar roles as Billy Flynn and as the attorney in "The Letter." His work in the other productions has not come up to this standard, but has at all times been more than satisfactory and one feels that he can always be depended upon for a superior piece of work. Bohnen has shown himself to be unusually versatile, and there is a style and a confidence about his playing that is highly pleasing.

The others can be dealt with more quickly. Robert Henderson has done nothing especially well and nothing poorly. Elberta Trowbridge, second lady of the troupe has been so perfectly hidden by poor roles, except in "Chicago," that the audiences can not know her only as Sunshine. In this she showed real ability. Paul Stephens has played four roles with a studied air and a control that have been perfect. His parts have been small ones, they have been uniformly splendid.

Marvin Brown was excellent in "So This Is London," but he was not really pleased in anything else. His playing lacks poise and conviction.

Marvel Garnsey, and Lillian Brown have shown themselves capable of playing the roles assigned them with grace and finish. As a whole the season so far has been unusually good.

AND "THE VIKINGS"

Ileen's "The Vikings," the gala bit of the season, with Thomas Wilfre and the Claviux and the Prese Memorial Organ will open in Hill auditorium next Monday night. This combination of the organ with the stage should be one of the most interesting experiments in the history of the theatre. Mr. Wilfre is already in town working on the rehearsal and the scenery for the production.

The Claviux had been used on once before in a production of the nature. This was when the piece was given at the Goodman Memorial theater. Chicago. It has never before been done with organ accompaniment. Mr. Henderson tells us that a French composer has sent Mr. Moore, we will be the organist for the piece, a score of a specially composed choral for the last act. Nothing, he feels, is left undone that might make the performance complete. This production should from many points of view be the most interesting of the season. It will be given two nights only in Ann Arbor. It is to be taken to Ypsilanti on Wednesday and the company is considering an invitation to present it at the Bonette Place House, Detroit.
HONOR DR. KELLOGG IN RE-NAMING OF ANNEX

Women's Dormitory is Changed to Dr. John Harvey Kellogg Hall by Trustees.

Tribute was paid Sunday to Dr. John Harvey Kellogg as founder of Battle Creek College when, by joint agreement of both the Sanitarium board of management and the college board of trustees, the building, known heretofore as the Sanitarium Annex, was renamed John Harvey Kellogg Hall. The building forms a part of the college endowment and began to be used several years ago as a women's dormitory.

The name will be applied to the building at the beginning of the next college year in September. Announcement of the naming was made by Dean Linda Gage Roth of the college.

"It is only fitting that the building should be named in honor of Dr. Kellogg who, aside from founding the college, has been such an ardent supporter of the institution," Dr. Roth said. It was also pointed out that the building itself, deeded to the college by the Race Settlemont Foundation, is a gift principally from Dr. Kellogg.

The Annex, it will be remembered by many older residents of the city, was built about 20 years ago as the principal building for the Phelps Sanitarium, a health institution rivaling the Sanitarium. It was unoccupied for a few years following Dr. Phelps' death and was later used for a few years as a health home by Bernice Macfadden. The building was used for many years following this by the Sanitarium, providing additional rooms for guests and is now the women's dormitory of the college.

July 1, 1928

ENTERS POLITICS IN HOOVER CAUSE

DR. J. H. KELLOGG

DR. KELLOGG TO HEAD HOOVER-CURTIS GROUP

Accepts Lead of Michigan Civic Committee — Hoover Will Carry Florida, He Says.

Dr. J. H. Kellogg has taken over the directorship of the Michigan Hoover-Curtis civic committee, it was announced from Lansing this afternoon.

The organization is to be devoted to enlisting business and professional men and women in the Hoover ranks.

In a statement made accepting the position, Dr. Kellogg declared that "Herbert Hoover has done more for American business and promotion of national prosperity than any one man over did before."

Dr. Kellogg recently has been on a tour of Florida, where he was inspecting sites and listening to offers made concerning location of a branch of the Battle Creek Sanitarium in that state. He forecast that Hoover will carry Florida.

The announcement also that John I. Gilson of Battle Creek will be associated with Dr. Kellogg in organizing the new political group.

Sept. 18, 1928
PHYSICIANS MEET DR. MAYO

Fifty Members of Medical Profession From Nearby Cities Guests of Dr. J. H. Kellogg Yesterday.

Dr. Mayo was the dinner guest of Dr. J. H. Kellogg at the Sanitarium Tuesday noon, where more than 50 physicians of the Sanitarium, Jackson, Kalamazoo, Albion and this city, were present in his honor. During the afternoon Dr. Mayo was escorted throughout the Institution by Dr. Kellogg, visits being made to the new hospital, laboratories and all parts of the main building.

At 2:30 o'clock Tuesday afternoon Dr. Mayo spoke in the gymnasium before an audience of more than 400 students and patients. The famous surgeon in emphasizing the great work that is being done by the Sanitarium along the lines of health education, mentioned poverty,drink and lack of sanitation as the three great foes of our nation's welfare.

"The question of poverty must be solved," Dr. Mayo said, "and the fight must be on to control the evil of the liquor traffic, but in the work of bringing about proper sanitation, educated workers are needed. It is in such institutions as this Sanitarium that these workers are being educated, and I trust that each of you students may go forth to take your place in the work of bettering our nation."

Following his address, students of the N. S. F. E. nurses training school and School of Home Economics joined in a rousing demonstration in honor of the noted visitor: Rah, Rah, Rah, Rah, Rah, Rah, Rah, Rah, Rah.

Mayo, Mayo, Mayo."

When the last echo of this yell had passed it was repeated by the patients, the nurses whose whole-hearted approval of a student body was followed by "Kellogg. Kellogg. Kellogg." in tribute to the famous Sanitarium superintendent who appeared upon the platform and introduced the speaker of the afternoon.

PROFITABLE DAY FOR CALHOUN PHYSICIANS

Dr. William J. Mayo, Famous Rochester, Minn., Surgeon, Lectured on the Spleen.

OFFICERS ELECTED FOR YEAR

Dr. Ray C. Stone Chosen to Head Organization of County.

Dr. W. L. Godfrey is Made Vice-President—Dr. A. F. Kingsley Re-elected Secretary and Treasurer.

The Calhoun County Medical society had one of its biggest days of its history yesterday, with the annual meeting of the organization in the afternoon, banquet at the Post Tavern, and, as a splendid culmination, a talk in the evening by Dr. William J. Mayo of the famous Mayo Brothers' hospital at Rochester, Minnesota, one of the best-known and most noted surgeons of the United States, if not of the world.

The talk was given in the bridge room of the Post Tavern, which was crowded almost to capacity with members of the medical society and their guests. Members of the local dental fraternity were present, and a number of doctors from Kalamazoo, Augusta and other nearby towns were present. There was an exception large representation from Marshall and Albion.

Dr. Mayo, who was a guest at the Sanitarium during the day yesterday, and lectured there in the afternoon, spoke enthusiastically of the institution, declaring he was much impressed with the dignity of the work at the Sanitarium. He also spoke of the good fellowship and the character of medical societies in Michigan, saying the state has better medical societies than the average through the states. The character of work in Michigan is distinctly above the average, he insisted.

In talking up his subject of the evening, "The Physiology and Pathology of the Spleen," Dr. Mayo told of a medical student who, when asked to tell the use of the spleen, said, "He had known, but he had forgotten." The professor remarked if it was unimportant, he was, because nobody else had ever known. This is not entirely true nowadays, however, Dr. Mayo continued, since a little something is now known about the spleen. It is believed its function is closely connected with metabolism, and the idea that the spleen is an obsolete organ is not tenable, though it is not essential organ.

The removal of the spleen has been found to be of great benefit in certain diseases, especially in cirrhosis of the liver and in anemia. Splenectomy, however, must be resorted to early to be of benefit. Dr. Mayo warned the doctors not to be hasty in advising surgery of the spleen.

A number of stereopticon slides illustrating the talk were shown.

The annual meeting of the medical society was held at the city hall Tuesday afternoon, about 35 members being present.

Dr. Ray C. Stone, vice-president of the society, was elected president for the coming year, succeeding Dr. E. L. Palmeter of Albion. Dr. W. L. Godfrey was elected vice-president, and Dr. A. F. Kingsley was re-elected secretary-treasurer of the society, a vote of thanks being offered him for his efficient work in those offices in the past.

Dr. Palmeter and Dr. E. L. Eggleson were elected delegates to the state convention with Dr. E. L. Eggleson and Dr. Hafford, of Albion, as alternates. Dr. Kingsley was elected editor of the medical society bulletin for the coming year, and it was decided not to have advertising in the bulletin hereafter. A proposed amendment to the bylaws, to increase the annual membership dues from 95 to 100 was voted down.

Dr. Eaton, reporting for the board of directors, declared that everything in the society to be in good shape. Dr. Kinglsey, in the secretary-treasurer's report, gave the membership of the society at 55, an increase over last year. Drs. Eggleson and S. K. Church gave reports of the state society meeting, and the retiring president, Dr. Palmeter, gave an address.
The Electric Light Cabinet Bath
An American Invention

We sometimes get the impression that most of the apparatus used in physical therapy came to us from Europe. The electric light cabinet bath is a notable exception. It was invented by Dr. John Harvey Kellogg, of Battle Creek, Mich., and was first shown at the World's Fair, Chicago, 1893. Some years later, a German model was imported into this country as a novelty from Europe.

Clinical Medicine & Surgery
January, 1929
The following, clipped recently from an advertisement in the "New York Herald-Tribune," is about a man who told his doctor he "must have ten years more of life to succeed":

At an annual meeting of the Hygiene Reference Board of the Life Extension Institute, Doctor J. H. Kellogg, of Battle Creek Sanitarium, told the following story of a prominent business man who once called upon him:

"Doctor Kellogg, I am the head of a very important business. My doctors have told me that I have only a couple of years to live. I have induced a number of my friends to put money into my business and if I have to give up now they will lose their investment. I must have ten years more of life to succeed. I want you to tell me what to do to live ten years longer."

"After I investigated the case I told this man that I doubted very much if he could live for more than two or three years, and even then I gave him all the encouragement I could.

"But, Doctor," he said, "I must have ten more years of life. If you can't make it ten, make it five. I believe I can possibly put over my business venture in five years."

Unfortunately, it was too late for this man to insure against the loss of the ten years he needed in order to "succeed." There are some men who can't secure this protection.

Can YOU?

How long since you had a careful check-up on your physical condition?
OLD NORTH SAN
PARLOR PASSES
— 3-9-27
Cherished Nook Giving Way
to Modern Offices:

HOME OF QUESTION BOX

World-Renowned Explorers,
Theologians, Financiers
Have Spoken There.

The North parlor of Battle Creek
Sanatorium is passing. An army of
men, carpenters, plasterers and
decorators has invaded that
romantic old sanatorium and with
chisels, saws and paint brushes are
transforming that cherished old
spot into modern offices.

Down the hall and into the new
building several beautifully furnish-
ed parlors have been established
and this dear old room, about
which centers so much of romance,
has been sacrificed to progress.

Each Monday night at 8 o'clock,
except when he is absent on trips,
Dr. John Harvey Kellogg, the cur-
tor and circumlocution of this insti-
tution, the greatest health resort
in the world, has presided over the
Question Box." This traditional
feature was established by him
long years ago, giving patients and
guests the privilege of asking ques-
tions pertaining to health and
healthful living.

"On its improved platform have
stood some of the nation's foremost
public speakers, with an important
message, during times of war and
peace," says Miss Leta Browning
in the Sanitarium News Bulletin.

"World-famous explorers have
brought wondrous pictures of
strange people and weird lands.
Travel pictures there have been in
abundance and many missionaries
from every country in the world
have brought the plaintive cries for
help from many of the world's un-
fortunate peoples.

Informal receptions and teas
have made up another part of the
social program enacted in the old
North Parlor, and the medical staff
has gathered there once a week for
discussions and not infrequently to
listen to various physicians who
might be a guest here.

It would be impossible to enu-
merate even a small percentage of
the famous people who at one time
or another have graced the North
Parlor, but the mind has instilled
forever the gracious memory of our
beloved John Burroughs, the
famous naturalist; Wu Tung,
noted Chinese leader and Minister
from China to the United States;
the late Newell Dwight Hillis; Dr.
Stephen Smith, who lived to cel-
brate his 90th birthday; Wm. Jen-
nings Bryan, Dr. Frank Cranes, Dr.
Walter B. James and several
others. Of present-day not-
able there have been many—Sir
Herace Pilkottt who has for many
years been an almost annual visit-
or to Battle Creek; Sir Wilfred
Grenfell, hero of Labrador; Sir
Dorah and Lady Tata, of Bombay,
India; Sir George Murray, Premier
of Nova Scotia; Sir Francis Grierson,
famous English writer; Sir Cyril
Harcourt, well-known Eng-
lish playwright; Dr. Charles Mon-
chester; Marchese Cesi,
I. P. Pavlov, the great Russian
scientist; Dr. Frans X. Mayer,
a famous stomach specialist of Vienna
and Dr. W. Hindeth of Ber-
hagen, Denmark; Hon. John Brack-
en, Premier of Manitoba; Wm. N.
Ferguson, Justice of the Supreme
Court in Toronto; Sir John C. Cros-
bie, Newfoundland and Sir Clifford
Hilton, of Toronto.

"From the world of theology
came many famous representatives
including the late Bishop Hartwell
of the Methodist Church in Africa;
Bishop Lewis, from the Chinese
mission fields; Bishop Nicholson, of
the Methodist Episcopal Church;
Dr. John Lake, from the Leper Col-
ony in Canton, China; and Hugo
Munroe, director of the Interna-
tional Bible Society.

Of governors and ex-governors,
there have been many, including
Alva Adams of Colorado; Governors
Ferris and Osborne of Michigan,
Governor Hawley of Idaho, Gary
A. Harder of Florida, R. A. Nestor
of North Dakota, Lt.-Gov. Abel of
South Dakota, Clifford Walker of
Georgia, Marcus H. Hoffman of
Connecticut, and Charles Whitman
of New York. This list may be
supplemented by a large number of
well-known senators and congress-
men.

"Explorers and travelers who
have graced the North Parlor by
their presence include Mr. and Mrs.
Cari Akoley, Reoil Amundson,
Capt. Gilmore Carter, Commander
Byrd and Lowell Thomas.

"Financial and philanthropists
include John D. Rockefeller, Jr.,
and Henry Morgenthau.

Of writers, publishers, scien-
tists, educators, attorneys, judges,
manufacturers, and prominent busi-
ness men there have been hun-
dreds."
SEEK TO AVERT
SALE OF SANITARIUM

FILE ACTION TO PREVENT AUCTION SALE
Central Trust Co. of Illinois Asks Federal Court for Injunction.

OLD ISSUE IS REVIVED
City of Battle Creek Seeks Delinquent Taxes of $129,000; Charge Broken Promise.

Federal court action, to halt a scheduled sale of the Battle Creek Sanitarium's extensive holdings in the city at auction Friday of next week, was taken in Detroit today by the Central Trust company of Illinois.

Under terms of the sale, which have already been extensively advertised in conformity to the tax, all properties of the company, including such holdings as might be freed by tax payments before the date of sale, would go on the auction block to the highest bidder.

Real estate holdings advertised for sale include the new 15-story building, opened within the past year, as well as the main building.

Legal action preparing for the sale was taken several weeks ago by Mrs. May McCamly, city treasurer, in publication of local property subject for sale on the delinquent tax list.

Injunction Is Sought.
Under the federal court suit, the Central Trust company of Illinois, which is said to hold mortgages in the amount of $300,000 against the Sanitarium properties, is seeking an injunction restraining the city from collection of the tax.

Mayor John W. Bailey, although he had not been officially informed of the federal court action at noon, stated that he had expected such a move, and that service would probably be obtained on city officials late today or tomorrow.

It was understood that the Sanitarium is delinquent in the amount of approximately $10,000 on tax payments, which were due last July. In connection with this delinquency, it was also reported that arrangements have been made to pay about $1,000 in taxes on properties now held by Battle Creek College, an action which would liberate these holdings from the tax sale, it was explained.

Revives Old Controversy.
The present tax fight, officials pointed out, revives an old controversy locally as to whether the Sanitarium should forcibly be made to assume a portion of the city's tax burden.

Years ago, Steven S. Hulbert, a brilliant attorney of the city, prepared a constitution for the Sanitarium, destined to make the institution exempt from taxation under the theory that it was a charitable and benevolent institution.

Even then the matter entered the courts, with O. Scott Clark, now U. S. Commissioner, but at that time, city attorney, representing interests of the community. Officials recalled today that the matter finally ended in a compromise under which litigation was withdrawn.

Terms of this compromise are even now, a matter of controversy, but it was the general understanding, officials claimed, that while the main building of the Sanitarium would be exempt, other properties would be subject to taxation.

Charge Broken Promise.
Over a year ago Mayor Bailey instructed officials to place the Sanitarium on the assessment roles under a blanket valuation of $1,000,000. This was after completion of the new 16-story building.

Following the subsequent events in the wake of these instructions, the Sanitarium was billed for summer taxes. No payments, it is understood, have been made.

Under the law, City Clerk Thomas Thorne pointed out today, it was mandatory upon the city treasurer that the Sanitarium holdings be advertised with other properties on the delinquent list, for sale. The 1928 sale, conducted by the city clerk, is scheduled for his office in the city hall Friday, May 31.

Now the Sanitarium, it is understood, has charged broken pledges on the part of city officials in connection with the compromise agreement of some years ago.
It was pointed out, that the scheduled sale is in connection with real estate only and does not include personal property, upon which no action has yet been taken.

Recovery of personal taxes by the city, county or state, can be made only by levy, it was explained.

There are several possible developments which may avert the sale, it was also pointed out.

One is an injunction from the federal court at Detroit. Another would be payment of the delinquent taxes now due and payable anytime up until the hour of sale.

Regardless of the immediate action, city officials expressed belief that litigation would follow under which the courts would be asked to determine if the Sanitarium is subject to taxation.
Mr. Bailey drew up the compromise settlement which was approved by the Sanitarium, the attorney general and the city council. The Sanitarium gave the city a receipt for a judgment for taxes paid under protest and paid $25,000 in back taxes that had accumulated since the judgment, in return for which the city granted the exempted area.

Claim Not Taxable

That the assessment is contrary to the laws of the state of Michigan exempting such property from taxation, and is also contrary to the spirit of such laws since it is against property not rateable real estate for the reason that it belongs to "that class of property which ought not to be taxed by virtue of a public policy which has been followed by the government, state and national, from its very beginning."

In presenting its arguments against the million dollar assessment the Central Trust company points out that since the agreement of 1910 the Sanitarium has made numerous improvements and added new buildings, all of which has not been taxed by the city. In 1923 a pumping house was erected at a cost of $55,000; in 1923 and 1924 a power plant and boiler house at a cost of $300,000; in 1925 a creamery at a cost of $45,000; in 1926 a receiving and storage room at a cost of $150,000, and also a service room at a cost of $700,000. While not all, whereby the Sanitarium fact that the Sanitarium is now paying on $1,350,000 assessment against its properties outside of the exempted area is pertinent information at this point. This assessment includes the Sanitarium Union building and a hospital building and dispensary on Adams street. The Sanitarium had not previously protested against the assessment on these structures but its attitude seems to be that as long as the city has broken the understanding of the agreement of 1910 by proceeding to assess and sell real estate in the excepted area the federal court should pass on and ultimately dispose of the whole question.

The amount of the taxes claimed to be due for the year 1926 on the exempted property is approximately $25,000 and $35,000. With the $1,000,000 added by the city the Sanitarium's total assessed valuation is $2,200,000, making it the third largest taxpayer in the city, being third to Postum and Kellogg companies.

The Enquirer and News secured advice concerning the suit from Detroit where it was filed. Little seemed to be known locally concerning the actual filing although there have been reports that some action of the kind would be taken.
CITY COMMISSION PROCEEDINGS

OFFICIAL PROCEEDINGS OF CITY COMMISSION.
Battle Creek, Mich.
May 27, 1929.

John Baker
J. L. Rossman
Blanche Everett
Bell Bogue
Alice Dillon
Sara A. Vail
Edna Leaser
Elizabeth White
Weta Hawks
Oscar Butterfield
Charles Bartram
Nellie de Rameau
City Treasurer
A. J. Ayers
Sam Rawlings
Geo. Wagner
Ina McCurling
Harry Jones
The Dow Chemical Co.
Hunter Machinery Co.
Merchant Lbr. & Supply Co.
Dr. A. A. Hoyt
J. H. Ellsworth
Galloup's
Leon Harris
Kendal Hardware & Supply Co.
E. E. Keys
G. T. Ry. System
G. T. Ry. System
National Auto Co.
Cushman Auto Sales Co.
Cushman Auto Sales Co.
Buckeye Storage Battery Co.
E. E. Keys
Kendal Hardware & Supply Co.
Galloup's
Leon Harris
Kendal Hardware & Supply Co.
G. T. Ry. System
Buckeye Storage Battery Co.
A-B Stove Co.
B. C. Tire Co.
B. C. Lumber Co.
C. R. Brewer Lbr. Co.
Central Elec. Co.
Consumers Power Co.
W. J. Collins
Cushman Auto Sales Co.
R. J. Corlett & Sons
Cliff Sweepe Co.
G. T. R. R. Co.
Dr. Goraline & Kolvoord
John Harris
Kendal Hardware & Supply Co.
Binns-Wilson Co.
Ideal Real Estate Co.
Ideal Real Estate Co.

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15.00

Mr. Van Horn
Norton Parker
Harry Lewis
Adolph Johnson
Mrs. Park
Mrs. Myers
Mrs. Payn
Mrs. Corea
Mrs. Brown
Mrs. B. F. Johnson
Mrs. I. Norris
Mrs. Mattison
Mrs. Hubbell
Mrs. L. H. Hendrickson
Mrs. R. F. Johnson
Mrs. W. I. Norris
Mrs. J. B. Hendrickson
Mrs. F. M. Johnson
Mrs. W. F. Kellogg
N. T. Peterson

Total $2,545.00

Debts

Turned over to city treasurer on this day.

Resolution No. 105.

Vote of the City Commission of Battle Creek, Michigan, that the above report be adopted.


The City Attorney reported on April 20th, 1929, that the child was injured by falling down the stairs in a building owned by the City. The report stated that $200.00 would be paid to the child.

Resolution No. 106.

Mayor Bailey moved that the recommendation of the City Attorney be adopted.


The Committee on Public Works to whom was referred the petition of L. E. Hendrickson and 24 others for removal of cement curbs and gutters on the west side of the city, a total length of 1,373 feet, therefore being an ample majority.


The Committee on Public Works referred to the City Engineer the petition of L. E. Hendrickson and 24 others for removal of cement curbs and gutters on the west side of the city, a total length of 1,373 feet, therefore being an ample majority.


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Resolutions No. 100.
That the above report be accepted.
Ayes: Mayor Bailey, Com.
Harding, Simpson, Fisk, Penty.

Resolutions No. 101.
Mayor Bailey moved that the above report be accepted.
Ayes: Mayor Bailey, Com.
Harding, Simpson, Fisk, Penty.


Disease New Cases Deaths City
Chicken Pox 11 16
Whooping Cough 4 3
Diphtheria 1 0
Scarlet Fever 2 0

Report of Commissioner on Accounts and Finance.
Payroll for Police 512.79
Payroll for Park 1,234.10
Payroll for Public Works 3,113.15

To the Commission and Taxpayers of the City of Battle Creek:

The Battle Creek Sanitarium and Beneficial Association has, from time to time, failed to pay its taxes as assessed, claiming that it was a charitable institution exempt from taxation. The law was exempt from taxation. The city began action in the courts to collect certain unpaid taxes and was defeated, as I believe, because its attorneys began the suit in the court law and convinced the wrong form of action. Later, the city began to work for their introduction in the hands of the court.

The Sanitarium has been claiming to be the third largest taxpaying city in the United States for the year 1922. This is all the tax they are paying for all the beneficent work they have been doing, which is causing a very large number of Battle Creek citizens and Battle Creek (To Be Continued.)
CITY TO HIRE EXPERT TALENT IN TAX ACTION

Commission Votes to Engage Outside Legal Counsel in Sanitarium Fight.

HEARING NEXT MONDAY

City Attorney John A. Wagner will represent all city officials at Detroit, Monday, June 3, when the order to show cause in the Central Trust company's suit against the city, in connection with Sanitarium taxes, is heard in Federal Judge C. C. Simons' court.

All members of the city commission, the city clerk, city assessor and mayor have been subpoenaed in the case, to appear as defendants, along with the Sanitarium and the Old National bank, a co-trustee. It will not be necessary for any but the city assessor to attend court in Detroit; the mayor informed the commissioners and officials Monday night. He said that the hearing would be a brief, perfunctory one, in which the city would be in the role of merely answering, leaving the legal issues to be fought out some months later before a jury in Judge Simons' court.

Authorization Given

A resolution was passed by the commission Monday night authorizing the mayor and city attorney to hire legal counsel to carry the city's case in the litigation, working with the city attorney. It is expected that a Detroit firm will be retained. The mayor said his strength and time would not permit him to take charge of the litigation in an active capacity, although he said he expected to advise with the attorneys from time to time.

To the Commission and Taxpayers of the City of Battle Creek:

The Michigan Sanitarium & Benevolent association has, from time in the past, refused to pay its taxes as assessed, claiming that it was a charitable institution which under the law was exempt from taxation. The city began action in the courts to collect certain unpaid taxes and was defeated, as I believe, because its attorneys began the suit in the law court and commenced by the wrong form of action. Later, the city began quo warranto proceedings and in that litigation, so far as it proceeded, was entirely vicious, our supreme court holding that the bill of complaint filed stated a proper cause of action.

Recalls Compromise

At that period, in 1910, at the instigation of the mayor, Mr. Bailey, who is now mayor, the litigation was settled on a compromise basis, the Sanitarium paying approximately 50 percent of the taxes that had been assessed against it, and an agreement entered into as to the future, said agreement containing the following clause:

"3. Section 8294 of compiled laws of 1897, the same being the section used in the assessment of the exemption of the property of charitable associations shall be construed as excluding from that part of the property of the Michigan Sanitarium & Benevolent association lying within the city the buildings now situate thereon, together with the personal property situated and used therein. All other real and personal property owned by said association shall be assessed and taxed according to law."

From that time on, the Sanitarium paid taxes on its property with said agreement, at least they paid the taxes which were assessed against them. From time to time, they tore down different buildings, including the creamery, power house and also added an addition to the Sanitarium building. The city, evidently wanted to be liberal, construed those changes and additions as proper maintenance and did not attempt to assess them.

In 1928, the Sanitarium completed its main building at a cost of nearly two million dollars and before it was completed the city assessed the new building at $800,000 and the contents at $100,000. This assessment was made entirely on the ground and in the belief that the agreement of 1910 covered, as it states, the land between Washington, Barbour, Brook and Champion streets owned by the Sanitarium and the buildings then situated thereon. The matter was referred by the city assessor to the mayor who, after carefull consideration, advised the city assessor that he believed that under the terms of the agreement of 1910 the Sanitarium should pay taxes on the new building which they erected partly on land owned in 1910 and partly on land purchased since that time. The Sanitarium refused to pay that tax and claimed that the splendid new building was a breaking of the part of the city of the agreement of 1910. The mayor has purposely said nothing about this matter, pushing it to the commission, since that time, to be heard. The Sanitarium officials would, when they carefully considered the matter, come to some agreement with the city that would prevent litigation.

I have had a number of conferences with the Sanitarium officials.

I tried to submit the agreement of 1910 to arbitration, but the Sanitarium refused to do that. There was nothing else to do under the law but list their property, on which they refused to pay taxes, for sale, which we did and Saturday we were served with an injunction and bill of complaint started by the Central Trust company of Chicago, who are the trustees for the Sanitarium bondholders. This suit was started to prevent the sale of the Sanitarium property for taxes. In the judgment of the mayor, it will not properly dispose of the point in question and it is my judgment that the city must begin quo warranto proceedings in order that the courts may decide the real question at issue, which is this: If in fact such a charitable institution as will exempt it from taxation under the laws of the state of Michigan? Personally, I have never believed that the Sanitarium was such a charitable institution, as should exempt it from paying its share of the local taxes.

Might Be Lost to City

The mayor, continuing, in his statement, said that since the original agreement was made with the Sanitarium it was realized that the institution might be lost to Battle Creek and that the same situation may apply at this time. He denied the statement that the Sanitarium is the third largest taxpayer, pointing out that last year it paid a sum in excess of $1,000. The statement which was made was that, under the new million dollar valuation as fixed by the city, the Sanitarium would be the third largest taxpayer.

The Sanitarium, the mayor's statement continued, was organized under the charitable association act.

"But I do not believe that the framers of that act ever intended any set of people to start with a few dollars and accumulated $12,000,000 in property in half a century."

He indicated that the city might bring quo warranto proceedings.

While the Sanitarium is technically a defendant in the suit brought by the trust company, actually its position is that of an allied plaintiff so far as interest in the suit is concerned, and the same holds true of the Old National Bank and Trust company, which was made defendant only because of its trustee connection. The plaintiff trust company is suing the city to secure a permanent injunction restraining the city from assessing taxes on the property claimed to be exempted under the agreement of 1910. It has already secured a temporary restraining order barring the city from offering any Sanitarium property at tax sale.

Last Friday the Sanitarium paid 61,492.50 in city taxes on property that is not included in the assessment over the million dollar assessment. The assessment which the Sanitarium disputed was $200,000 on property that was not bounded, claimed exemption.
MAYOR URGES COUNTER SUIT AGAINST 'SAN'

Recommend Quo Warranto Proceedings in Statement to Commission.

VOTE TO HIRE COUNSEL

History of Present Litigation is Told; Commissioners Unanimously Support Move.

Upon recommendation of Mayor John W. Bailey the city commission last night unanimously voted to employ counsel to fight litigation started by the Battle Creek Sanitarium in an effort to escape payment of taxes on its new 15-story building, and also to bring counter suit against the institution to determine legally whether or not the city can continue to collect taxes on the property.

The resolution authorizing the employment of counsel was passed after Mayor Bailey had read a prepared statement in which he gave the complete history of the tax dispute and advisory council proceedings. He stated that, in his belief, a middle ground in the present controversy exists and should have been reached, but inasmuch as one suit has already been started, it now remains for the city to fight back.

Mayor Bailey explained, after reading his statement, that City Attorney John Wagner will represent the city in federal court at Detroit, June 3, when a hearing will be held in connection with an injunction obtained by the Central Trust Company of Illinois, in behalf of the Sanitarium, to prevent the city from selling the 15-story structure for taxes. City officials were subpoenaed Saturday to show cause why the injunction should not be made permanent. It will be the city's first appearance in what promises to be a long drawn-out litigation.

Statement is Read.

The mayor's statement, addressed to the commission and taxpayers of Battle Creek, follows:

Michigan Sanitarium & Benevolent Association has, from time in the past, refused to pay its taxes as assessed, claiming that it was a charitable institution which under the law was exempt from taxation. The city began action in the law courts to collect certain unpaid taxes and was defeated, as I believe, because its attorneys began the suit in the law court and commenced by the wrong jurisdiction. Later, the city began quo warranto proceedings and in that litigation, so far as it proceeded, was entirely victorious, our supreme court holding that the Bill of Complaint filed stated a proper cause of action. At that period, in 1910, at the instigation of the then mayor, Mr. Bailey, who is now mayor, the litigation was settled on a compromise basis, the Sanitarium paying approximately fifteen thousand dollars, the taxes that had been assessed against it and an agreement was entered into as to the future, said agreement containing the following clause:-

3. Section 2934 of Compiled Laws of 1897, the same being the section providing for the exemption of the property of charitable associations, shall be construed as exempting all of that part of the property of the Michigan Sanitarium & Benevolent Association lying within the boundaries of Washington, Barbour, Brook and Champion streets now owned by them, together with the buildings now situate thereon, together with all personal property situated at and used therein. All other real estate and personal property owned by said association shall be assessed and taxed according to law.

Added 15-Story Building:

From that time on, the Sanitarium paid taxes in accordance with said agreement, at least they paid taxes that were assessed against them. From time to time, they tore down different buildings, including the creamery, power house and added an addition to the main Sanitarium building. The city, evidently wanting to be liberal, consented to these changes and additions as proper maintenance and did not attempt to assess them. In 1928, the Sanitarium completed its large main building at a cost of nearly two million dollars, and before it was completed the city assessed the new building at $900,000, and the contents at $100,000. This assessment was made entirely on the ground and in the belief that the agreement of 1910 covered, as it states, the land between Washington, Barbour, Brook and Champion streets now owned by the Sanitarium and the buildings then stood thereon. The matter was referred by the city assessor to the mayor who, after careful consideration, advised the city assessor that he believed that under the terms of the agreement of 1910 the Sanitarium should pay taxes on the expensive and beautiful new building which they erected partly on land owned in 1910 and partly on land purchased since that time. The Sanitarium refused to do so, and to that tax and claimed that our court of last resort was a splendid new building was a breaking on the part of the city of the agreement of 1910. The mayor has purposely said nothing about this matter, publicly or to the commission, since that time and he hoped the Sanitarium officials would, when they carefully considered the matter come to some agreement with the city that would prevent litigation.

Recommends Counter Suit.

I have had a number of conferences with the Sanitarium officials. I tried to submit the agreement of 1910 to arbitration, but the Sanitarium refused to do that. There was nothing else to do under the law but list their property, on which they refused to pay taxes, for sale, which we did and Saturday we were served with an injunction and bill of condemnation brought by the Central Trust Company of Chicago who are the trustees for the Sanitarium bondholders. This suit was started to prevent the sale of the Sanitarium property for taxes. In the judgment of the mayor, that suit will not properly dispose of the point in question and it is my judgment that the city must begin quo warranto proceedings in order that the courts may decide the real question, which is, is the Sanitarium in fact a charitable institution as will exempt it from taxation under the laws of the state of Michigan? Personally, I have never believed that the Sanitarium was such a charitable institution as should exempt it from paying its share of the local taxes.

"Many years ago, the Sanitarium decided its officials and employees would work for nothing and it might be truly said that at that period the institution was more or less a charitable one. But in the last twenty years at least, the Sanitarium has been
paying its employees and especially its doctors and managers wages quite as good as paid by other prosperous going concerns. The leading officials of the Sanitarium have been growing rich by their connection with the Sanitarium and the salaries they received there by in modes by which they received direct benefits from their connection with the Sanitarium. All of them are growing wealthy.

Hoped for Settlement.

"I had hoped until the papers were actually served upon me that the present Sanitarium management would see the difference between the Sanitarium of an early day and the Sanitarium of today. Personally, I know something of the charges which they make for services rendered and I believe they are charging all, their services are not included upon the Sanitarium as any different from any manufacturing plant or other going concern in the city of Battle Creek. All Battle Creek people who are able to do more or less charitable work and I think the Sanitarium does likewise and I do not believe that it does charitable work to an extent that would relieve it from the burden of taxation and relieve it from paying for fire protection, police protection, lighting of surrounding streets, keeping pavements and walks in passable condition, building of sewers, water plant and other public necessities. I cannot look upon the Sanitarium as a hospital pure and simple. I look upon it as a combination hospital and hotel and especially since it has built such luxurious buildings and furnished them so extravagantly and shown every evidence of prosperity, it seems to me that they should bear the burden with the poor widows and orphans of Battle Creek and not attempt to do as they are doing, grow rich themselves and in a period of a few years accumulate a twelve million dollar plant and let the rest of us pay the burden of providing city facilities which practically cost 3 per cent a year.

Disputed Sanitarium Claim.

The Sanitarium has been claiming to be the third largest taxpayer in the city. The fact is last Friday they paid $134,56 city taxes for the year 1929. This is all the tax they are paying for all the benefits they are receiving from the city of Battle Creek for the entire year of 1929. They are not entitled to give the impression that they are the third largest taxpayer because you have a large number of Battle Creek citizens and Battle Creek corporations pay a very much larger amount than that. In fact, the amount is insignificant as compared with what many of our citizens pay.

"It is true that the Sanitarium is organized under a charitable act, but I do not believe that the framers of that act intended any set of people to start with a few dollars and accumulate twelve million dollars in property in fifty years. At the same rate, in the next fifty years, the Sanitarium would own a quarter of the property of the city of Battle Creek.

"I do not desire by anything I have said to detract from the Sanitarium as a valuable city institution. When I made the settlement in 1910, I thought it was and made the compromise agreement because I believed we might lose it if I did not make it. The same thing may be true today and I think that very likely there is a middle ground which we should have reached, but the mayor used every particle of his strength and ability to reach that middle ground, but could do absolutely nothing with the Sanitarium officials who have been, from the first, determined to escape city taxation because they are organized under a state act which exempts charitable institutions from paying taxes. It seems to me that the Sanitarium is going out into the world and bringing people to Battle Creek from other states and other cities and that the citizens of Battle Creek are paying for the facilities furnished by the city and that the Sanitarium should furnish its part.

Studied Problem Carefully.

"I have studied this matter carefully and thought of it continuously for a year and I can not bring myself to believe that the laboring man and merchant and manufacturers of Battle Creek should pay the Sanitarium's taxes. I think they should pay them themselves and I recommend to

this commission that we employ competent attorneys to work with the city attorney in fighting the litigation already started and in bringing such other and different litigation as will protect the city's interest. I should like very much to be able to take charge of that litigation the same as I did of the school case, but my strength and time will not permit me doing so.

I made no charge for my services in connection with the school case and if I were able to try this case, I would make no charge in connection with this. It is going to be a hard job. There are al-ready two firms of six or seven attorneys employed by the Sanitarium in this case and it is unfair to ask Mr. Wagner, city attorney, to handle the matter alone and inasmuch as I shall not be able to take charge of the matter actively, I think I shall, however, during the litigation advise the attorneys from time to time and give them my notions of the situation and help in every way I can.

"Yours very truly,

"JOHN W. BAILEY, Mayor."
TAX SALE HELD BY CITY CLERK

Sanitarium Properties Not Included in Sale.

NETS CITY GOOD SUM

Real Estate Men Included in Group Bidding for Local Lots and Buildings.

City Clerk Thomas Thorne conducted his annual sale of local properties on the delinquent tax lists today, and as a result the city was enriched to the extent of several thousand dollars and also acquired other properties on which no bids were obtained.

The extensive holdings of the Michigan Benevolent association, better known as the Sanitarium locally, were not included among the properties disposed of during the day. While they had been advertised for sale along with other property on the delinquent tax lists from 1926, an injunction from the district federal court at Detroit restrained city officials from proceeding with the sale.

City officials have been subpoenaed to appear in the Detroit court on June 3 at which time there is a hearing on the litigation, started by the Central Trust company of Illinois. Before that date, city officials are expected to employ a law firm to represent their interests in accordance with recommendations already made by Mayor John W. Bailey, one of the defendants.

Fair Prices Obtained.

Today's sale was one of the best conducted by the city in several years, with a number of real estate men and investors attending. As a result of the rather large attendance, there was bidding for some of the properties put up for sale.

The Sanitarium properties were listed when the institution neglected to pay its 1928 tax bill, at least most of it, in the amount of approximately $19,000. It is mandatory under the law that properties on which taxes are not paid to be advertised for sale by the city treasurer.
PLAYGROUNDS ARE CROWDED

Attendance Records of Other Years Shattered.

NEED SWIMMING POOLS

Only Problem is Swimming Pool; Boys Taken to River Each Day.

All records for attendance at the public playgrounds of the city were shattered the first week of the season which closed Saturday night, more than 100 boys and girls having been entertained each day at the seven playgrounds maintained by the public schools here. The largest crowds were at Dr. J. H. Kellogg's W. K. Kellogg's and No. 6 playground. It was reported by A. R. Flannery, playground director, today.

The little folk can be taken care of efficiently even in such large numbers, the only problem being that of swimming room. The only pools which the city affords are those at Dr. Kellogg's playground and at the Boys' club and there is no room to capacity. The problem is being met at the W. K. Kellogg grounds by sending the boys to the river at a location east of the city. About 100 boys are taken there each day by Russell Kelly.

More than 400 children are flocking to Dr. Kellogg's playground each day, and three supervisors are required to conduct the program. The girls are divided into four groups according to age, those under seven years being offered circle games, saddle and wading pool for entertainment; those from eight to nine, running games and simple field games and those ten years old. Girls 11 years of age or older may play ball and net ball. There is a resting period for all. The boy program is similar.

A schedule of competitive ball games has been arranged and tournaments between children of different playgrounds will begin this week.

June 24, 1929
PROGRAM

of the

Sixteenth Annual Meeting

of the

Potato Association

of America

December 30, 31, 1929
January 1, 1930

Third Floor of Court House
Des Moines, Iowa
Monday Morning Session  
December 30  
9:30 A. M.

1. Address of Welcome (10 min.)..............................
   Sam Kennedy  
   President, Iowa Vegetable Growers'  
   Association, Clear Lake, Iowa

2. President's Address (10 min.)..............................
   F. M. Harrington*  
   University of Montana, Bozeman, Montana

3. Report of the Secretary-Treasurer  
   (20 min.)............................................H. C. Moore  
   East Lansing, Michigan

4. Appointments of Committees (10 min.)

5. Report of Research Committee (15  
   min.).................................................Wm. Stuart  
   Chairman, U. S. D. A., Washington, D. C.

6. Report of Public Relations Committee  
   (10 min.).............................................C. L. Pitch  
   Chairman, Ames, Iowa

7. Report of Committee on Seed Potato  
   Certification (20 min.).....Wm. H. Martin  
   Chairman, New Brunswick, New Jersey

8. Certain Aspects of Potato Certification  
   in Wyoming (15 min.)............J. S. Wiant  
   University of Wyoming, Laramie, Wyoming

9. History of Seed Potato Certification  
   in Ohio (15 min.)..............John Bushnell  
   Ohio Experiment Station, Wooster, Ohio
Monday Afternoon Session
December 30
1:30 P. M.

10. The Potato as a Health Factor (30 min.) Dr. John Harvey Kellogg
Battle Creek Sanitarium,
Battle Creek, Michigan

11. The Cooperative Marketing of Potatoes (15 min.) H. L. Robinson
Manager, Hastings Potato Growers' Association, Hastings, Florida

12. Potato Production Costs in New York State (15 min.) L. M. Vaughn
Cornell University, Ithaca, New York

13. Costs of Growing Potatoes in Ohio (15 min.) Guy Miller
Ohio State University, Columbus, Ohio

14. Potato Production Costs in Pennsylvania (15 min.) Earle L. Moffitt
State College, Pennsylvania

15. Cost Data from Michigan's 300 Bushel Potato Club (15 min.) C. M. McCravy
Michigan State College,
East Lansing, Michigan

Agricultural Experiment Station,
Fort Collins, Colorado

17. Some Facts Concerning Farm Storage of Potatoes in New York (15 min.) E. V. Hardenburg and A. L. Wilson
Cornell University, Ithaca, New York
Tuesday Morning Session
December 31
9:30 A. M.


19. Modern Methods in Breeding Potatoes (20 min.) Fred A. Krantz University of Minnesota, St. Paul, Minnesota

20. Potato Breeding in Washington (20 min.) C. L. Vincent State College of Washington, Pullman, Washington


22. The Relation of Green Sprouting to Growth and Yield of Potatoes (15 min.) A. G. B. Boquet and E. V. Hardenburg Cornell University, Ithaca, N. Y.

23. Prevention of Sprout Tuber (or "Kindel" Tuber) Formation by Chemical Treatment (5 min.) F. E. Denny Boyce Thompson Institute, Yonkers, New York

24. Amputation of Mother Tubers from Sprouts at Intervals After Planting (10 min.) F. E. Denny Boyce Thompson Institute for Plant Research, Yonkers, New York

25. The Effect of Weight of Seed Piece on the Size of Its Sprouts (10 min.) John Bushnell Ohio Experiment Station, Wooster, Ohio

26. Relative Vigor of Bud and Stem Ends of the Same Potato Tuber (10 min.) K. C. Westover University of West Virginia, Morgantown, W. Va.
27. Plant Competition as a Source of Error in Field Experiment with Potatoes (15 min.).............................H. O. Werner
University of Nebraska, Lincoln, Nebraska

Tuesday Afternoon Session

December 31

1:30 P. M.

Joint Session with Vegetable Section of the American Society of Horticultural Science.

28. Seed Potato Treatment in Florida (10 min.)..................................................L. O. Gratz
Experiment Station, Hastings, Florida

29. Spraying and Dusting of Potatoes in Florida (10 min.)............................L. O. Gratz
Experiment Station, Hastings, Florida

30. Transmission of Certain Virus Diseases of the Potato as Influenced by Various Cultural Practices (10 min.)
..........................................................................................................................T. M. McCall
Experiment Station, Crookston, Minnesota

31. Roguing and Potato Virus Disease Control (10 min.).................................J. E. Kotila
Michigan State College,
East Lansing, Michigan

32. Sources of Infection in Potato Blackleg (15 min.)......................................J. G. Leach
University of Minnesota,
St. Paul, Minnesota

33. Acidulated Mercuric Chloride Treatment of Seed Potatoes (10 min.)......J. G. Leach
University of Minnesota,
St. Paul, Minnesota
34. Experimental Studies of Muck Soil as Affecting Seed and Table Quality in Potatoes (15 min.) .................. E. V. Hardenburg
Cornell University, Ithaca, N. Y.

35. Some Facts Concerning Productivity of Irrigated Seed Potatoes (15 min.) .................................................. H. O. Werner
University of Nebraska, Lincoln, Nebraska

36. Results from the 1929 Potato Experiments in the Orrick District (10 min.) ............................................................... J. T. Quinn
University of Missouri, Columbia, Missouri

37. Potato Yields Increased by Removing First Sprouts (10 min.) .......... H. D. Brown
Ohio State University, Columbus, Ohio

38. The Influence of Photoperiod Upon Seed Potato Stock (5 min.) ........
............................................................. R. H. Roberts
University of Wisconsin, Madison, Wisconsin

Wednesday Morning Session
January 1
9:30 A. M.

Joint Session with Iowa State Vegetable Growers Association.

39. Forecasting the Potato Market (20 min.) .................................................. H. B. Tabb
Chicago, Illinois

40. Developing Iowa Peat Beds and Getting 400 Bushel Yields (20 min.)....
............................................................. Sam Kennedy
Clear Lake, Iowa

41. A One-Man Self Cutting High Speed Potato Planter (20 min.) .......... A. W. Gray
Eldora, Iowa

42. Poisons, Sprays and Sprayers at Carrot Prices to Growers (15 min.) ....
............................................................. R. S. Herrick
Secretary, Iowa State Horticultural Society,
Des Moines, Ia.
43. 647, 657 and 742 Bushels per Acre of Potatoes in 4-H Club Plots in 1928 and 1929 (15 min.) M. A. Crary
                       Smith-Hughes Instructor, Tipton, Iowa
                        Cornelius O'Mara and Leroy York
                       Tipton, Iowa

44. 500 and 600 Bushel Yields in Pennsylvania (10 min.) E. L. Nixon
                       State College, Pennsylvania

45. Breaking the American Record for Yield from a Measured Acre (10 min.) C. H. Metzger and T. G. Stewart
                       Fort Collins, Colorado

46. 1145.17 Bushels from One Acre L. G. Schutte
                       Monte Vista, Colorado

47. A Unified Sales Service for the State of Iowa (15 min.) O. Komes
                       Des Moines, Iowa

48. Federal-State Inspection Service for Potatoes (20 min.) R. C. Lindstrom
                       Supervising Inspector for Iowa and Minnesota
                       J. B. Erickson
                       Inspector for Iowa and Minnesota

Wednesday Afternoon Session
January 1
1:30 P. M.

Joint Session with Iowa State Vegetable Growers Association

Business Meeting of the Potato Association of America

49. Reports of Committees and Election of officers (30 min.)

50. The Priestley: a Fancy Sweet Potato for Darker Sand Lands (15 min.) Hal C. Wolford
                       Conesville, Iowa
51. Dips for Sweet Potato Plants (15 min.) Duke Layton
Ames, Iowa

52. Cultivating and Fertilizing Potatoes (15 min.) Daniel Dean
Nichols, New York

53. Potato Seedlings for Less Money in Less Time (10 min.) C. L. Fitch
Ames, Iowa

54. Knobby Seed May Be Good Seed (10 min.) C. L. Fitch
Iowa State College, Ames, Iowa

55. Drainage and Protection of Peat and Muck Lands (20 min.) L. W. Malone
C. E., Ames, Iowa

56. The Farm Board and the Potato Industry E. A. Stokdyk
University of California, Berkeley, California

57. Experiments with Burgundy Mixture for the Control of Foliage Diseases of the Potato in New Brunswick D. J. MacLeod
Laboratory of Plant Pathology, Fredericton, N. B.

58. Causes and Prevention of Bruises and Cracks (10 min.) Ben Picha
Hollendale, Minnesota

59. Increasing the Yield by Planting Potatoes in Twin Rows (10 min.) Walter M. Peacock
U. S. D. A., Washington, D. C.
The
Battle Creek Sanitarium
Union

DEDICATION WEEK
May 11 to 19, 1927

BATTLE CREEK, MICHIGAN
A New Idea and A Big One

THE BATTLE CREEK SANITARIUM was the first of its kind, and is still the biggest and the best. The Sanitarium has been a fertile mother of big ideas. More really big ideas, ideas that have spread over the whole world and have changed the habits and the lives of men and women, and have made tens of thousands of people healthier and happier, have been born here than in any other spot in America. And now, here is another:

The Sanitarium Union.

A fine name for a splendid thing. Not simply a gymnasium, an athletic club, a social and recreational center, a means of physical, mental, and moral uplift, but all these things together, and more; a real UNION. A place where the men and women who bear the heat and burden of the day, who do the real work of feeding and hou-ing and nursing and comforting and healing the multitudes of sick and suffering and life-weary men and women who come to our doors—the captains, lieutenants, rank and file, all hands meet and touch shoulders in the spirit of amity and fraternity—a rallying place and rendezvous where the fighting forces which make the Battle Creek Sanitarium a center of wholesome reforms and Race Betterment activities, may meet for rest, refreshment, training, and organization, and thus the development of increased fitness for the splendid work a kind Providence has given us to do.

The Board of Trustees has built and equipped this beautiful house to be a home for the Union, and has entrusted it to you to manage, to administer, to use in such a way as to make it the means of keeping the Sanitarium army of workers as healthy and happy as we try to make our patients, and all pulling together in one big unified team for the promotion of the great ideals which are the life and inspiration of our work and making the Sanitarium

A Real House By the Side of the Road.

This splendid enterprise is yours. I know you will make it a grand success, and a power for good.

In behalf of the Board of Trustees,

John Harvey Kellogg
Sanitarium Board of Trustees

J. H. Kellogg, President
W. H. Riley, Vice President
G. E. Judd, Secretary
M. W. Wentworth, Treasurer
C. E. Stewart
M. A. Mortensen
E. L. Eggleston
A. B. Olsen
W. F. Martin
B. N. Colver
G. H. Murphy, Honorary Member

Sanitarium Union Board of Directors

O. O. Wilson, President
J. B. Thayer, Vice President
Jess H. Miller, Treasurer
R. V. Ashley, Secretary and Group 1
Emmet Thayer Group 2
Matilda Messner Group 3
L. C. Coulston Group 4
Pauline Frederick Group 5
B. N. Colver Sanitarium Board
W. F. Martin Sanitarium Board alternate

Sanitarium Athletic Association Board

O. O. Wilson, President
Phoebe Oliver, Secretary
A. H. Steinel, Treasurer
C. J. Foote, Men’s Miscellaneous Activities
Edward Foster, Basketball Director
L. A. Ganson, Baseball Director
W. B. Lewis, Tennis Director
Lois Thomas, Women’s Activities
B. N. Colver, Sanitarium Board
General Committees

Program
O. O. Wilson, Chairman
Dr. B. N. Colver
R. V. Ashley
H. G. Bayley
Phoebe Oliver
Matilda Messner

Decorations
H. G. Bayley, Chairman
Anna F. McCauley
C. C. Warburton
Matilda Messner
J. B. Thayer

Reception
R. V. Ashley, Chairman
L. C. Coulston
Phoebe Oliver
Anna T. Blumhart
H. N. Jordan

Reception—Honorary
Mrs. Winifred Harvey
Dr. W. G. Coburn
L. H. Sabin
James Bryant
Archie Flannery
Dr. Helen Mitchell
Miss Lola Schmidt
Miss Glee Ellis
Miss Leone Sweet
Miss Margaret Ritchie
Dr. Arthur Coleman

Invitations and Tickets
Alfred H. Steinel, Chairman
LeRoy F. Sparks
Jess H. Miller

Seating and Ushering
Th. Aagaard, Chairman
L. R. Kerr
E. W. May

Music
William T. Drever, Chairman
Edward Foster

Nursery
Mrs. M. S. Foy, Chairman
Lydia Wolf and Classmates

Posters
J. H. Miller, Chairman
Mrs. Verda Kocher
J. A. Robertson

Publicity
E. K. Piper, Chairman
H. M. Stegman
WEDNESDAY, MAY 11, 1927
at 8 P.M.

Battle Creek Sanitarium Night

Reception—5.00 P.M. . . . . . . . . . . . . . R. V. Ashley
Orchestra Concert—7.30 P.M. . . . . . . . Wm. T. Drever
Community Singing . . . . . . . . . . . . . Edward Foster
Invocation . . . . . . . . . . . . . . . . . . Henry N. Jordan

Dedication Exercises

Presentation of the retiring Board of the Sanitarium Athletic Association

Presentation of the Board of the Sanitarium Union

Award for the "Union" name to W. B. Lewis

Representing

The Sanitarium . . . . . . . . . . . . . John Harvey Kellogg
The Union . . . . . . . . . . . . . . . . . O. O. Wilson
Battle Creek . . . . . . . . . . . . . . . Hon. John W. Bailey
Civic Recreation . . . . . . . . . . . . C. G. Genebach
Michigan State Athletics . . . . . . A. W. Thompson
The College . . . . . . . . . . . . . . . Paul F. Voelker

B. N. COLVER,
Evening Chairman
THURSDAY, MAY 12, 1927
at 8 P.M.

Sanitarium Family Night

Swimming Pageant in the Natatorium . . . LeRoy F. Sparks
Recreational Activities in the Billiard, Pool, and
Bowling Rooms . . . . . . . . . . A. F. Bloese
Reception by the Alumni of the Sanitarium and Hospital
School of Nursing in honor of the 1927 Graduates of
the Nurses’ Training School. On the stage . . . Mrs. M. S. Foy

WATER PAGEANT

KINGDOM UNDER THE SEA
Sponsored by the Volitan Club
Presented by K. S. P. E.

THE CAST
King Neptune..............Irene Rutzen
Aphrodite..................Dora Shultz
Fisher Boy..................Martha Gough
Imp.........................Ann Van Deene
Neptune’s Guards..........Dorothy French

Heralds..............{Esther Breisemeister
Florence Vallendar........T. Hunt
Water Nymphs........Helen Hall, Leader
Water Lilies..............A. Cline, Leader

MORTALS: Geo. H. Corsan, Thomas Bush, and 18 others.

STUNTS
by
GEORGE H. CORSAN, SR.
WORLD’S GREATEST STUNT SWIMMER
Toronto, Canada.

Death DefyingFeat by Thomas Bush
AMERICA’S FOREMOST TRICK SWIMMER
Holder of world’s record for shackled swim.
Wilmington, Delaware.

Coach Sterry Brown’s Team of Divers from
MICHIGAN STATE COLLEGE
Edward Cook and Charles Mitchell.

LeROY F. SPARKS,
Evening Chairman
SATURDAY, MAY 14, 1927
at 8 P.M.

Sanitarium Baseball Night
in the Gymnasium

Presentation of trophies to pennant-winning teams for
1926-1927 . . . . . . . . . . L. A. Ganson

Class B. League
SENATORS
GLENN MERRIAM, Manager

Class A League
METEORS
EMMETT THAYER, Manager

BASEBALL GAME—DOUBLE HEADER

SENATORS vs. SANITARIUM ALL STARS
METEORS vs. ALBION ALL STARS

L. A. GANSON,
Evening Chairman
SUNDAY, MAY 15, 1927
at 8 P.M.

Sanitarium Union Night

Reception of the Union Members by the Union Board in the Lobby and Social Rooms.

Recreational activities for Union Members in the Billiard and Bowling Rooms.

O. O. WILSON,
Evening Chairman
MONDAY, MAY 16, 1927
at 8 P.M.

Battle Creek Night

PROGRAM

1. The Barber of Seville—Overture . . . . . . . Rossini
   Orchestra
2. (a) Row, Boatman, Row . . . . . . . . . . . . Geibel
    (b) Who is Sylvia? . . . . . . . . . . . . . Schubert
    Chorus
3. The Public Schools . . . . . . . . . . . . Prof. W. G. Coburn
4. The Student Prince—Selection . . . . . . Romberg
   Orchestra
5. O, Praise the Lord . . . . . . . . . . . . Mendelssohn
   Chorus and Orchestra
6. The Board of Education . . . . . . . . . . . Leland H. Sabin
7. The Wedding Ring—Overture . . . . . . Barnard
   Band
8. Will O' the Wisp . . . . . . . . . . . . . Spross
   Girls' Glee Club
9. Organized Play . . . . . . . . . . . . . James Bryant
10. H. M. S. Pinafore—Selection . . . . . . Sullivan
    Band
11. The Hunter's Farewell . . . . . . . . . . Mendelssohn
    Boys' Glee Club
12. Civic Playgrounds . . . . . . . . . . . . Archie R. Flannery
13. Largo . . . . . . . . . . . . . . . . . . . Handel
    Chorus and Band

The High School Orchestra . . . . . . . . . . Arthur Bryce
The High School Chorus . . . . . . . . Mrs. Esther Bloomquist Farley
The High School Band . . . . . . . . . . Wm. T. Drever

CHARLES W. HEALD,
Evening Chairman
TUESDAY, MAY 17, 1927
at 8 P.M.

Battle Creek College Night

Prof. B. L. Birkbeck, Presiding Officer

1. Selection by the College Orchestra.

2. Address by Mr. K. A. Stiles, of the School of Liberal Arts.

3. Selection by the Girls' Glee Club.

4. Sketch by the School of Nursing.

5. Piano selections by Miss Carolyn Willard, Head of the Piano Department, School of Music.

6. Tug of War between Good and Bad Foods, by the School of Home Economics.

7. Selection by the Orchestra.

8. Tennis Exercises, by the School of Physical Education.

9. Selections by the Boys' Glee Club.


11. Address by President Paul F. Voelker.

12. Selection by the College Orchestra.

Pauline Frederick,
Evening Chairman
WEDNESDAY, MAY 18, 1927
at 8.15 p.m.

Community Amusement Night

“A PAIR OF SIXES”
By EDWARD PEPELE

SYNOPSIS
ACT I—Offices of The Eureka Digestive Pill Company, in New York City.

ACT II—Home of Mr. Nettleton. Two weeks later.

ACT III—The same as Act II. One week later.

THE CAST (As You Meet Them)

Shipping Clerk .................................................... Henry C. Thompson
Krome ............................................................... Horace F. Smith
Miss Sally Parker ................................................ Myra L. Skellenger
Office Boy ........................................................ Russell W. Gould
Mrs. George B. Nettleton ........................................ Mary J. Squier
George B. Nettleton ........................................... Dr. J. W. Gould
T. Boggs Johns ................................................... Lawrence V. Kennard
Tony Toler ........................................................ Carl S. Bittner
Miss Florence Cole ............................................. Thelma E. Henney
Mr. Applegate .................................................... Charles C. Reincke
Thomas J. Vanderholt .......................................... Howard G. Bayley
Coddles ........................................................... Olive M. Cooper

Presented by

THE LAKEVIEW COMMUNITY PLAYERS

Produced under the direction of Howard G. Bayley, by special arrangement with Samuel French, New York.

Stage Manager .................................................. Victor C. Squier

C. G. WENCKE,
Evening Chairman
THURSDAY, MAY 19, 1927
at 8 p.m.

Sanitarium Welfare Night

Orchestra Concert . . . . . . . Wm. T. Drever
Our Sanitarium Family . . . . Dr. John Harvey Kellogg
Response . . . . . . . . . Mrs. Anna T. Blumhart
Moving Pictures . . . . . . . "Not To Be Trusted"

A comedy Fox Film featuring
ALLAN FOREST and KATHERYN PERRY

WEEKLY NEWS & REVIEW
REOGRAMS

At the conclusion of the pictures there will be a reception,
to which all are urged to remain.

DR. W. F. MARTIN,
Evening Chairman
America

My country, 'tis of thee,
Sweet land of liberty,
    Of thee I sing.
Land where my father died!
Land of the Pilgrim's pride!
From ev'ry mountain side,
    Let freedom ring!

Let music swell the breeze,
And ring from all the trees
    Sweet freedom's song.
Let mortal tongues awake;
Let all that breathe partake;
Let rocks their silence break
    The sound prolong.

Our fathers' God to Thee,
Author of liberty,
    To Thee we sing.
Long may our land be bright
With freedom's holy light;
Protect us by thy might,
    Great God, our King!

Come, Thou Almighty King

Come, Thou almighty King,
Help us Thy name to sing,
Help us to praise!
Father all-glorious,
O'er all victorious,
Come and reign over us,
Ancient of days!

Come, Holy Comforter,
Thy sacred witness bear,
In this glad hour!
Thou, who almighty art,
Now rule in ev'ry heart,
And ne'er from us depart.
Spirit of pow'r!

Hail, Oh Union

Hail, oh Union strong and binding,
    How oft of you we have dreamed,
Our hearts are surely finding
    That true friendship beams;
Hail, oh Union all embracing
    Here ev'ry dream will come true,
As day by day we're going down
    The long, long, trail with you.

Smiles

There are smiles that make us happy,
There are smiles that make us blue,
There are smiles that steal away the tear drops,
    As the sunbeams steal away the dew.
There are smiles that have a tender meaning,
That the eyes of love alone may see,
And the smiles that fill my life with sunshine
Are the smiles that you give to me.

Play Days

Play days, Play days.
Dear old Union play days,
Swimming, or bowling, just take your pick.
Hitting the ball with a hickory stick.
Here we are free to come and go
Playing the games that we loved so
And we'll turn back the years, till time goes slow
And play like a family of kids.
U. S. A. Forever

(Dixie)

I am glad I live in the land I live in,
Best to get and best to give in,
    Hip hooray, hip hooray!
Hip hooray, U. S. A.
Old Uncle Sam's my best relation,
Makes me feel I own this nation,
    Hip hooray; hip hooray!
    Hip hooray, U. S. A.

So it's U. S. A. forever, hooray, (yell) hooray, (yell)
I thank the fates that fixed my dates
    In U. S. A. forever.
    Hooray, (yell) I say (yell) old U. S. A. forever,
I say, (yell) hooray, (yell) United States forever.

Marching Along

With a cheer, we are here,
Growing Stronger year by year,
Battle Creek shall go marching along!
Up and on, Never doubt,
Watch us march and hear us shout,
Battle Creek shall go marching along!

    Give a Hi! Hi! Hee!
    For our dear old B. C. C.
    Shout out Hurrah! loud and strong
    For where e'er we go
    You will always know
Battle Creek shall go marching along.

With a Rah, and a Rah, and a Rah, and a Rah,
And a Rah! Rah! Rah! Rah! Rah!

And a Zip, and a Rip, and a Rip, and a Zip,
And a Rip! Zip! Ziss! Boom! Bah!

Here we come, ev'ry one, on the run,
Full of fun, with a Bing Go! Bang Go! Boom!

    Heigh.........Ho!    Hi.........Bo!
Rip! Rip! and Zip! Zip! Hoo-rah!

WOW!!!

With a cheer, we are here,
Growing Stronger year by year,
Battle Creek shall go marching along!
Up and on, Never doubt,
Watch us march and hear us shout,
Battle Creek shall go marching along!

    Give a Hi! Hi! Hee!
    For our dear old B. C. C.
    Shout out Hurrah! loud and strong
    For where e'er we go
    You will always know
Battle Creek shall go marching along!
Let us go forward, then, doing unto others and for others as we would have done to us, and truly stand, one for all and all for one, a UNION indivisible.
BATTLE CREEK Sanitarium

Union
Program

J O I N T  S P R I N G  M E E T I N G

A M E R I C A N  E L E C T R O T H E R A P E U T I C
A S S O C I A T I O N

A N D

A M E R I C A N  C O L L E G E  O F
P H Y S I C A L  T H E R A P Y

M a y  1 6 t h  a n d  1 7 t h ,  1 9 2 7

C A R L T O N  H O T E L
1 6 t h  a n d  K  S t r . ,  N . W . ,
W A S H I N G T O N ,  D . C .

T H E  N E W  E N G L A N D  A S S O C I A T I O N  O F  P H Y S I C A L
T H E R A P E U T I C S
T H E  N E W  Y O R K  E L E C T R O T H E R A P E U T I C  S O C I E T Y
T H E  W E S T E R N  P H Y S I O T H E R A P Y  A S S O C I A T I O N
T H E  M I S S I S S I P P I  V A L L E Y  P H Y S I C A L  T H E R A P Y
A S S O C I A T I O N
T H E  C A N A D I A N  A S S O C I A T I O N  O F  E L E C T R O P H Y S I O-
T H E R A P Y

w i l l  b e  r e p r e s e n t e d  b y  t h e i r  o f f i c e r s  a n d  d e l e g a t e s
SYMPOSIUM ON ELECTROTHERMIC METHODS

1. "Surgical Diathermy—Its Status in Cancer Therapy."
   GUSTAV KOLISCHER, M.D., Chicago.
   Surgical diathermy furnishes great advantages in securing remote results in operable cancers. Also very useful in palliation of inoperable cases. Opens new avenue of thought concerning etiology of malignant tumors and prevention of recurrences.

   WILLIAM H. SCHMIDT, M.D., Philadelphia.
   Surgical treatment offers probably best hope. Value of electrothermic methods as a palliative in cases past possible benefit by surgery. Recurrence after surgery seldom amenable to further operation. Electrothermic methods offer a chance of benefiting these cases. Importance of treating precancerous lesions.

3. "Management of Inoperable Cancer by Electrothermic Methods."
   GEORGE AUSTIN WYETH, M.D., New York City.
   Scalpel not applicable to large percentage of cancer cases. Electrothermic methods offer extension of surgery's usefulness; destruction of malignancy in situ and its removal as dead tissue, or its excision, sterilizing and sealing lymphatics simultaneously. Method tends to protect from danger of metastasis and likelihood of recurrence; it eliminates surgical shock and relieves pain; it keeps field practically free of blood.
   Discussion of the Symposium opened by WILLIAM L. CLARK, M.D., Philadelphia.

4. "Oxidation."
   PROF. ALBERT J. MATHEWS, University of Cincinnati (by invitation).
   Discussion opened by PROF. WM. MANSFIELD CLARK, Hygienic Laboratory, U. S. P. H. S., Washington (by invitation).

5. "The Effects of Lower Frequencies of Radiant Energy on Some Forms of Germ Life."
   WILLIAM BENHAM SNOW, M.D., New York City.
   Report of laboratory experiments in vitro with cultures of pyogenic bacteria exposed under varying temperature to radi, infrared and carbon filament incandescent radiations. Clinical application of lower frequencies of radiant energy.
   Discussion opened by A. B. HIRSH, M.D., New York City.

MONDAY AFTERNOON SESSION, 2 P.M.

U. S. BUREAU OF STANDARDS

The Bureau of Standards is between Connecticut Avenue and Wisconsin Avenue, N.W., and can be reached by Chevy Chase cars on 14th Street or at 15th and Pennsylvania Avenue.
6. "X-Ray Standardisation."

Present status of program for establishment of international X-ray unit of dosage. Work of Bureau of Standards in this connection.

Discussion opened by G. E. Pfaehler, M.D., Philadelphia.

7. "Sources and Methods of Measurement of Thermal Radiation Used in Physiotherapy."
W. W. Coblenz, Ph.D., Washington, D.C.

Sources of thermal radiation in use at the present time; ultraviolet, visible and infrared rays—quartz mercury and carbon arc and infrared radiators. Radiometric instruments for measuring the intensity of these rays, thermopiles, photoelectric cells, etc.

Discussion opened by Edgar Mayer, M.D., Saranac Lake, N. Y.

8. "X-Ray Treatment of Hypofunction of the Ovary."
I. Seth Hirsch, M.D., New York City.

Forms of ovarian hypo-function suitable for X-ray therapy may be any types of menstrual deficiency and associated sterility. Studies of 45 cases in which there were periods of amenorrhea from several months to several years. Results. Reports of 8 cases of amenorrhea in which regular menstrual periods and pregnancy ensued with birth of normal children.

9. "Therapeutic Exercise."
J. C. Elson, M.D., Madison, Wis.

Exercise in its physical and mental aspects; consideration of dictum, "Function makes Structure." Therapeutic applications of muscle movement in infantile paralysis, hernias, scoliosis, posture, etc. Changing values of exercise in different age periods of life.

Discussion opened by F. W. Ewerhardt, M.D., St. Louis.

The afternoon's session will be concluded by a visit to the laboratories in the Bureau of Standards devoted to X-Ray, Ultraviolet, and High Frequency Currents. Informal discussion of therapeutic application.

Monday Evening Session, 8 P.M.
Banquet at the Carlton Hotel.
Address of the evening by Frank B. Granger, M.D., Boston, member of Council of Physical Therapy, American Medical Association.

Richard Kovacs, M.D., New York City.

Clinics of Scandinavian countries (including Pihlbo Institute), some German Health Resorts, Bollier's Clinic (Leynau), Paris, London and Oxford.

FRANK J. NOVAK, JR., M.D., Chicago.

Diathermy valuable aid in treatment of sinus disease. Applicability not limited to chronic suppurrative processes. Can be used with great effect in acute cases, together with intranasal measures which rhinologist employs. Seems contraindicated in hyperplastic type of sphenoid-ethmoiditis.

Discussion opened by CHARLES R. BROOKE, M.D., Newark, N. J.

12. "Application of Heat for the Relief of Pain and for other Therapeutic Effects."

JOHN HARVEY KELLOGG, M.D., Battle Creek.

Heat kills pain. Just how nobody knows. Perhaps by inhibition, acting through nerves of temperature sense. The more intense the application, short of actual destruction of tissue, the more certain and intense the effects. Practical methods of utilizing intense heat: hydraulic means, electric light bath, are light and indecisent light.

Discussion opened by WM. D. MCFEE, M.D., Haverhill, Mass.


DIBRAELI KOBAR, M.D., Chicago.

Selected cases of chronic osteomyelitis treated with diathermy show striking and beneficial changes. Restoration of function proceeds slowly but definitely in cases of lower and upper limb affections, and more rapidly in chronic infections of lower jaw. Results warrant assumption that diathermy is a useful adjuvant in certain forms of chronic osteomyelitis.

Discussion opened by FREDERICK DE KRAFT, M.D., New York City.


JOHN STANLEY COULTER, M.D., Chicago.

Value of preventive and corrective splinting. Indications and purposes of hydrotherapy, massage and muscle treatment. Consideration of electrotherapy, mechanotherapy and occupational therapy.

Discussion opened by CURRAN POPE, M.D., Louisville.

15. "Physical Therapy in Redundant Colon (Hirschsprung's Disease)."

JOSEPH N. CHAUSSER, M.D., Montreal.

Discussion opened by ANTHONY BASSLER, M.D., New York City.

16. "Case Presentation—Filariasis."

CHARLES F. STOKES, M.D., New York City.
TUESDAY AFTERNOON SESSION, 2 P.M.
WALTER REED GENERAL HOSPITAL, U.S. ARMY

The Walter Reed Hospital is at Takoma Park, between 16th Street and Georgia Avenue, N.W., and may be reached by taking Eastbound car on H Street, transferring at Ninth Street, taking cars marked Takoma Park or Forest Glen. Buses pass the Hotel Carlton going to either place.

Joint Session with the American Academy of Physiotherapy in the Department of Physical Therapeutics. By courtesy of General Kennedy, Commanding Officer, the work in the physiotherapy clinic will be demonstrated.

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Program
of the
THIRTY-SEVENTH ANNUAL MEETING
of the
AMERICAN ELECTROTHERAPEUTIC ASSOCIATION

September 12, 13, 14, 15
Nineteen hundred and twenty-seven

NEW YORK
HEADQUARTERS, MEETING AND EXHIBIT ROOMS AT HOTEL PENNSYLVANIA

All Legally Licensed Physicians Are Welcome
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TWO YEARS
WILLIAM D. McFEE, M.D., 53 White Street, Haverhill, Mass.

THREE YEARS
FREDERICK DEKRAFT, M.D., 148 West 70th Street, New York
BYRON S. PRICE, M.D., 43 East 53rd Street, New York

A COMMITTEE CHAIRMEN

1. On Direct Continuous Currents and Apparatus: Joseph E. Waddington, M.D., Detroit.
2. On Induced Currents and Apparatus: Frederick DeKraft, M.D., New York.
A. B. Hirsh, M.D. William B. Snow, M.D.
Chas. F. Stokes, M.D. Richard Kovacs, M.D.
Chas. R. Brooke, M.D.
Madge C. L. McGuinness, M.D.
MONDAY, SEPTEMBER 12TH, A.M. AND P.M.

REGISTRATION: At the Hotel Pennsylvania from 9 a.m. to noon and from 2 to 5 p.m.

TECHNICAL EXHIBITS: At the Hotel Pennsylvania, open all day (see special leaflet).

CLINICS: Clinics will be held all day Monday and on Friday afternoon in physical therapy departments of hospitals and in private laboratories. Admission to each clinic will be limited to capacity. Cards of admission will be given out only at the registration desk. The schedule of clinics is arranged so that it is possible for anyone to attend all. The Committee on Clinics will be ready to furnish any additional information at the registration desk.

Schedule of Clinics

CHARLES W. STOKES, M.D., 25 West 43rd Street
Demonstration of desiccation and electro-coagulation and use of the electrotome, in treatment of diseased tonsils.
10.00 a.m. and 11.00 a.m.

Polyclinic Medical School and Hospital,
341 West 50th Street
General physical therapy clinic. Medical, surgical, orthopedic, neurological, pediatric, genito-urinary and nose and throat cases.
RICHARD KOVACS, M.D., and staff, 10.00 a.m.

Wm. B. Snow, M.D., 1650 Broadway (51st St.)
Demonstration of static modalities, in actual cases.
10.00 a.m. and 11.00 a.m.

Reconstruction Hospital,
395 Central Park West (cor. 100th St.)
E. C. TITUS, M.D. and RICHARD KOVACS, M.D.
11.00 a.m. and 3.00 p.m.

Postgraduate Hospital,
20th Street and Second Avenue
Physical therapy clinic attached to dermatological department. All modern physical measures applied for the treatment of skin conditions.
JOSPEH J. ELLER, M.D., 2.00 to 4.00 p.m.

U. S. Veterans' Bureau, 225 West 34th Street.
General physical therapy clinic. Demonstration of modified diathermy and ultraviolet rays in nose and throat conditions. Application of sinusoidal current for the relief of bronchial asthma and gastroptosis. Physical measures applied to other cases.
CHARLES R. BROOKE, M.D.,
2.00 p.m. and 3.00 p.m.

Hospital for Ruptured and Crippled,
321 East 42nd Street
Physical therapy in a large orthopedic clinic. 'Body mechanics in medicine.'
A. WHITMAN, M.D., 2.00 p.m.
Presentation of cases and treatment:
K. G. HANSSON, M.D., 3.30 p.m.

Hospital for Joint Diseases,
1919 Madison Avenue (at 123rd St.)
General physical therapy clinic. Demonstration of physics laboratory, methods of instructing physical therapy personnel and correlation of hospital and clinic work. Posture classes.
JEROME WEISS, M.D., 3.00 and 4.00 p.m.
MONDAY EVENING, SEPTEMBER 12TH
OPENING SESSION, 8.00 P.M.

   CURRAN POPE, M.D., Louisville, Ky.

2. ADDRESS OF WELCOME
   HON. LOUIS I. HARRIS, Commissioner of Health, New York City.

3. "Rational Physical Therapy."
   JOHN H. KELLOGG, M.D., Battle Creek, Mich.

TUESDAY, SEPTEMBER 13, 9 A.M.
EXECUTIVE SESSION. Election of Committee on Nomination.

SCIENTIFIC SESSION: 9.15 A.M.

4. "Searching for Truth in the Field of High Frequency Currents."
   BURTON B. GROVER, M.D., Colorado Springs
   Observations on path of current in diathermy. Voltage, frequency of oscillations, wet pads, etc. Difficulty encountered in focusing heat within the body. Technic and terminology. Plea for more research and less "taking things for granted."

5. "Efficient Types of High Frequency Apparatus and Accessories." (Report of the Committee on Induced Currents and Apparatus.)
   FREDERICK DEKRAFT, M.D., New York City.
   Standard requirements for modern high frequency apparatus. Importance of proper type electrodes. Efficient methods of application.

   EDWARD C. TITUS, M.D., New York.
   Arrangement attachable to majority of high frequency machines, producing desirable variations of diathermy current under perfect control. Also presentation of static brush discharge electrodes for both pencil and massive brush discharge.
   Discussion of High Frequency papers opened by E. J. G. WADDINGTON, M.D., Detroit.

7. "Physiological Effects of Heat." (Report of Committee on Standardization of Physical Therapeutic Measures.)
   WILLIAM T. JOHNSON, M.D., Philadelphia.
   Discussion by A. B. HIRSH, M.D., New York.

8. (a) "Principles of Hydrotherapy." (Report of Committee on Hydrotherapy, Thermotherapy and Apparatus)
   W. H. DIEFFENBACH, M.D., New York.
   In spite of brilliant work of Winternitz and his Vienna scholars in Europe and Baruch, Pope and Kellogg in this country, spread of hydrotherapy still hampered. Understanding of basic principles of resorption and of heat and cold effects furnishes indications for application.
   (b) "A Brief Resume of Some Results in Hypertension Cases by Hydrotherapy."
   JOHN W. TORBETT, M.D., Martin, Texas.
   Discussion opened by CURRAN POPE, M.D., Louisville, Ky.
9. **"Gonorrhea in the Male."**
   
   **WILLIAM BIERMAN, M.D., New York.**
   
   Diagnosis. Relative values of gonococcal control solutions. Diathermy with description of instruments designed for its application. Treatment of complications. Correlation of the application of chemical and physical measures. Criteria of cure.
   
   Discussion opened by Leopold Brahdy, M.D., New York (by invitation).

10. **"Medical Diathermy in Gynecology."**
    
    **MORTIMER M. HYAMS, M.D., New York (by invitation).**
    
    Résumé of gynecological conditions treated at the New York Post Graduate Medical School and Hospital. Technie and results.

11. **"Surgical Diathermy in Gynecology."**
    
    **A. DAVID WILLMOTH, A.M., M.D., Louisville, Ky.**
    
    Advantage of surgical diathermy over surgical methods; absence of bleeding, pain and shock. Instruments always ready, amount of tissue destruction entirely at will of the operator; wound, if septic, is rendered sterile. Amount of scar tissue much smaller than following surgical methods and more soft and pliable. Lymphatics sealed, thereby preventing entrance of septic material into the wound. Technie and results in gynecological conditions.
    
    Discussion opened by DISRAELI KOBAK, M.D., Chicago.

12. **"Excision of Prostatic Bar by Cutting High Frequency Current."** (Lantern slides.)
    
    **CLYDE W. COLLINGS, M.D., New York (by invitation).**
    
    Operation is done in cases of (1) fibrous bar and contracture (2) fibrous scar following prostatectomy; (3) carcinomatous bar, from carcinoma of the prostate. Procedure not employed on adenomatous hypertrophy of the prostate. Current cuts instead of coagulating—hence no thick slough—and no secondary hemorrhage. Excision of fibrous bar is done in through McCarthy panendoscope, under direct vision. Procedure is minor one, giving relief to major lesions without leaving complications.
    
    Discussion opened by EDWARD L. KEYES, M.D., New York (by invitation).

13. **"The Menace of Commercialized Exercise."**
    
    (Report of Committee on Therapeutic Exercise.)
    
    **C. WARD CRAMPTON, M.D., New York.**
    
    Exercise is prescribed or given in the physician's office, in the schools, colleges, Y.M.C.A., clubs, "private" gymnasiums, studios, beauty parlors, by various kinds of persons. Results: dangers, typical cases. Where shall the line be drawn? Program for further inquiry.
    
    Discussion opened by F. D. EWERHARDT, M.D., St. Louis, Mo.

**TUESDAY, SEPTEMBER 13, 3.00 P.M.**

**ANNUAL BUSINESS MEETING (For Fellows only).**

- Report of Secretary
- Report of Treasurer
- Report of Committee on Nominations
- Election of Officers
- Reports of Committees not yet presented.

Notice on motions and miscellaneous business
14. "Recent Developments in Phototherapy and Apparatus." (Report of the Committee on Phototherapy and Apparatus.)
FRANK T. WOODBURY, M.D., New York.
Newer glass, clothing, and lamps for ultraviolet treatment. Relation of mercury arc radiation to solar radiation in its effects.
Discussion opened by EDGAR MAYER, M.D., Saranac Lake, N. Y.

15. "Some Effects of Light and Carbon Dioxide on Growth and Flowering of Plants." (Lantern slides.)
JOHN M. ARTHUR, PH.D., Yonkers (by invitation).
Report of the recent work at the Boyce Thompson Institute for Plant Research on growing plants under light filters using solar light as a source, and on growing plants under artificial light entirely, or in combination with daylight. Illustration of specific effects on some representative plants.
Discussion opened by F. O. REED, M.D., Yonkers, N. Y.

EDWIN N. KIME, M.D., Indianapolis.
Living protoplasm an automatic, reciprocally compensatory transformer of energy. Duality of matter both animate and inanimate. Duality in construction and operation of all living organisms. Antagonistic reciprocal and compensatory relations in the biologic activity of radiant energies. Protoplasm as a colloid in which the aqueous phase is contained in lipid membranes, which are semipermeable. Importance of semipermeable membranes in biology. Effect of radiant energy on permeability and on mineral metabolism. Life as a colloidal event. Death a failure of maintenance of dynamic equilibrium.
Discussion opened by WM. BENHAM SNOW, M.D., New York; A. D. WILLMOTH, M.D., Louisville, Ky.

17. "Physiotherapy as an Aid to Surgical Procedures in the Nose and Throat."
JOHN McCOY, M.D., New York (by invitation).
Physical therapeutic agents as a help to surgical procedures in the nose and throat. Employment of surgical diathermy following nasal operations and in tonsil removal. Use in cancer of the larynx. Use of zinc ionization, ultraviolet ray and radium following operations in nose and throat.
Discussion opened by CHARLES F. STOKES, M.D., New York; CHARLES R. BROOKE, M.D., New York.

18. "Sinus Toxicosis Treated by Physical Therapy."
Prevalence and complications, including acute and chronic inflammations, empyema, with or without drainage of the frontal, ethmoid, sphenoid and maxillary sinuses. Indications for physical therapy. Radiant light and heat, direct and indirect diathermy, high frequency offsiure, galvanism and water cooled mercury quarts. Vibration also of value in some cases. Much benefit and clinical cures possible in general toxicosis following multiple sinuistics, even after several rhinological operations have failed to give relief.
Discussion opened by JEREMIAH J. CORRETT, M.D., Boston.
19. "The Direct Current and Its Ideal Requisite." (Report of Committee on Direct Continuous Currents and Apparatus.)

J. E. G. WADDINGTON, M.D., Detroit.

Galvanic and direct currents therapeutically alike, but differ mechanically. The nearer direct current approaches smooth continuity of galvanic, the better recognized should be its value. Imperative to distinguish between specific polar or superficially confined action and deep, non-specific or inter-polar reaction.

Discussion opened by E. C. TITUS, M.D., New York.


MARY L. H. ARNOLD SNOW, M.D., New York.

Discussion opened by WILLIAM MARTIN, M.D., Atlantic City.


GUSTAV BUCKY, M.D., New York.


Discussion opened by HOWARD FOX, M.D., New York (by invitation).

22. "Radiotherapy in Deafness."

CHARLES F. STOKES, M.D., New York.

Character of radiant energy indicated. Reasons for using a range of wave lengths and frequencies. Physics involved. Presentation of cases showing varying pathology and permanency of results. Failures. Observations. Comments on observations covering a period of several years.

Discussion opened by JOHN McCoy, M.D., New York (by invitation).

23. "Irradiation Therapy." (Report of Committee on Radiotherapy and Apparatus.)

J. DOUGLAS MORGAN, M.D., Philadelphia.

No radical developments during 1927, either in apparatus or technique. Most interesting modifications have been the more general use of the unidirectional high voltage generator and substitution of gold tube radon implants for glass "bare-tubes."

Discussion opened by SINCLAIR TOUSEY, M.D., New York.

WEDNESDAY, SEPTEMBER 14, 7.00 P.M.

Testimonial Dinner to FREDERIC DEKRAFT, M.D.

Toaster: E. C. TITUS, M.D., New York.

THURSDAY, SEPTEMBER 15, 9.00 A.M.


A. B. HIRSCH, M.D., New York.
Courses for (1) medical undergraduate, (2) for practicing physician, (3) for non-medical assistant. Tendency in North America to drop specialties from undergraduate instruction, at present considered greatly overloaded so that only a general view of physical therapy would be given the student. Medical practitioner would benefit by previous training in physics, anatomy, physiology, pathology (or should review same) as a basis for didactic and clinical demonstrations and actual work in all phases of physical therapy. Physical medical assistant should be preferably graduate of a normal school for physical education, or a fully trained nurse or, as a minimum, have completed a four year course in high school. If either of the two former, an eight months’ training in application of physical therapy would be a minimum. If but a high school graduate at least one year’s training is deemed advisable, preceded by thorough drilling in physics, anatomy and physiology.

Discussion opened by HAROLD RYPINS, M.D., Secretary of the New York State Board of Medical Examiners, Albany (by invitation).

RICHARD KOVACS, M.D., New York.
Visualization of physics and mode of action of various currents essential for rational therapeutic application. Charts. Readily performed experiments and demonstrations with galvanic, faradie, sinusoidal, diathermy and statical currents.

Discussion opened by E. C. TITUS, M.D., New York.

CHARLES F. STOKES, M.D., New York.
Need for universally recognized terminology. Previous efforts for its formulation. Recent nationwide spread of physical methods in treatment finds confusion of terms. Trade terms originated by manufacturers of apparatus often objectionable. Initiative for uniform definitions taken by International Congress of Radiology and Electrolology of 1923. Present tentative report is being prepared for submittal to the Council on Physical Therapy of the American Medical Association and for subsequent check-up by electrical engineers, physiologists and other authorities. It may ultimately be presented for consideration by the International Congress of 1927.

27. “Physical Therapy of the Right Upper Abdominal Quadrant.”
SYLVI O LA FORTUNE, M.D., Montreal.
Three years’ experience with physical therapeutic measures in treatment of digestive pathology in relation with lesions of the right upper abdominal quadrant. Clinical and radiological observations of over 1500 cases.

Discussion opened by ANTHONY BASSLER, M.D., New York.

ANTHONY BASSLER, M.D., New York.
Handling of obesity along dietetic endocrin line; a method of classifying the obese so that dietetic treatment can be based on rational principles. Reasons of fallacies of general types of diet for treatment of obesity; obesity as a medical problem, primary in the production of symptoms and secondary in other disorders.

Discussion opened by JOHN W. TORSBY, M.D., Marlin, Texas.
29. "Physical Measures in Rheumatoid Arthritis."
   MARY L. H. ARNOLD SNOW, M.D., New York.
   Diagnosis: cause, symptoms, treatment, case reports.
   Discussion opened by WM. BENHAM SNOW, M.D., New York.

30. "Non-Operative Treatment of Exophthalmic Goitre."
   WM. BENHAM SNOW, M.D., New York.
   Consideration of etiology, pathology and symptomatology compared with other thyroid conditions.
   General outline of methods of treatment, including X-ray and static electricity. Report of cases.
   Discussion opened by ISRAEL BRAM, M.D., Philadelphia (by invitation).

   J. THOMPSON STEVENS, M.D., Montclair, N. J.
   1. If applied early with skill and thoroughness electrothermic coagulation and radiation therapy can be expected to cure almost 100% of the premalignant and malignant diseases of the skin, with the exception of melanotic sarcomata. 2. Being forerunner of melanotic sarcomata, the melanomata, when treated correctly by means of electrothermic coagulation, radium, or roentgen rays should give equally satisfactory results. 3. Results in the treatment of melanotic sarcomata are uniformly bad. 4. Technic.
   Discussion opened by WILLIAM L. CLARK, M.D., Philadelphia.

   JOSEPH J. ELLER, M.D., New York.
   Physical agents in treatment and eradication of birth marks. Older methods of excision, vacination, injection of boiling water, treatment by hot air, etc., replaced by methods more under control and producing better and more uniform results. Roentgen and Infra-Boentgen rays, carbon dioxide snow, mercury vapor quartz light, surgical endothermy, electrolysis, trichloracetic acid.
   Discussion opened by J. FRANK FRASER, M.D. (by invitation).

33. "The Technic of X-Ray Epilation of the Face Without Erythema."
   M. A. LYONS, M. D., New York.
   Details of technic used for several years with return of hair and as yet no sequelae even after two such series of exposures. Application. Results. Treatment of sycoa of the face.
   Discussion opened by Louis Frank, M.D., New York (by invitation).
34. "Recent Studies in Static Electricity." (Report of Committee on Static Currents and Apparatus.)
WILLIAM BENHAM SNOW, Jr., M.D., New York.
35. "Clinical Experiences in the Use of Electrotherapy."
JOHN HUNTER, M.D., Toronto, Canada.
M. A. COHEN, M.D., Boston.
Common back injuries, such as contusions, strain or strain to muscles, joints or ligaments often lead to chronic disability when proper measures are not instituted in the acute stages. Physical therapeutic measures have proved to be important agents in shortening period of disability and promoting functional rehabilitation.
Discussion opened by ARTHUR L. BROWN, M.D., Winchester, Mass.
37. "Bronchial Asthma."
WILLIAM G. LEWIS, M.D., Albany.
Treatment by high frequency electricity. Apparatus and electrodes. Reports of cases.
38. "Radiant Light and Heat in Respiratory Infections of Children."
MARGARET R. REYNOLDS, M.D., New York.
Radiant light and heat in the treatment of bronchopneumonia and other respiratory infections of children. TECHNIC. Clinical results.
JAMES J. ARMSTRONG, M.D., Douglas, Arizona.
Prolonged heat kills gonococci at temperature of 106 to 118. Patients recover much quicker and fewer complications when treated with radiant light and usual methods than by usual methods alone. Case reports.
Communications from abroad:
40. "Idiosyncrasy to Phototherapy."
FOUETT DE COURMELLES, M.D., Paris.
41. "Carbon Arc Therapy."
AXEL REYNIS, M.D., Copenhagen, Denmark.
42. "Evolution and Tuberculosis."
J. INGLIS PARSONS, M.D., Bournemouth, England.

FRIDAY, SEPTEMBER 16TH, P.M.

Clinics

U. S. Veterans' Bureau, 225 West 34th Street.
General physical therapy clinic. Demonstration of modified diathermy and ultraviolet rays in nose and throat conditions. Application of sinusoidal current for relief of bronchial asthma and gastroptosis. Demonstration of physical measures to other interesting cases.
CHARLES R. BROOKER, M. D., 2:00 and 3:00 p.m.

Hospital for Ruptured and Crippled,
321 East 42nd Street
Physical therapy applied in a large orthopedic clinic.
"Posterior Curvature of Spine":
S. KLEINBERG, M.D., 2:00 p.m.
"Evolution of posture":
K. G. HANSON, M.D., 2:30 p.m.
Reconstruction Hospital,
395 Central Park West (cor. 100th St.)

General physical therapy clinic. Special features: traumatic cases, peripheral nerve injuries, electrical muscle testing. Treatment in wards. Hydrotherapy.

E. C. Titus, M.D., and Richard Kovacs, M.D.
3:00 p.m.

Hospital for Joint Diseases,
1919 Madison Avenue (at 123rd St.)

General physical therapy clinic. Demonstration of physics laboratory, methods of instructing physical therapy personnel and correlation of hospital and clinic work. Posture classes.

Jerome Weiss, M.D., 3:00 and 4:00 p.m.

Postgraduate Hospital,
20th Street and Second Avenue

Physical therapy clinic attached to dermatological department. All modern physical measures applied for the treatment of skin conditions.

Joseph J. Eller, M.D., 2:00 to 4:00 p.m.

RULES OF THE ANNUAL MEETING

1. No paper or Committee report shall take more than twenty minutes to read. All papers and committee reports must be prepared with conclusions and if too long to be read within twenty minutes, shall be closed within that time by reading the conclusions.

2. No one taking part in discussion shall be allowed more than five minutes. The reader of a paper may be allowed, at his own request, ten minutes for his closing of the discussion.

3. Papers must be ready for publication when read, and handed over at once to the Secretary. All papers must be accepted by the Editorial Board before publication.

Requests to Fellows

1. Fellows are requested to be present promptly at 9 A.M. and 2 P.M. at the beginning of each morning's and afternoon's session.

2. The badges of the "get acquainted" type to be used again at the following Annual Meetings and should be returned, therefore, to the Secretary at the end of the meeting.

TECHNICAL EXHIBIT

In connection with the Annual Meeting, electrotherapeutic apparatus and accessories will be exhibited by leading manufacturers in the Exhibit Hall immediately adjoining the Assembly Room. The detailed description of this exhibit is contained in a separate folder.
Testimonial Dinner
Given to
John I. Gibson
by the
Battle Creek Kiwanis Club

POST TAVERN
March 17, 1927
Menu

YOUNG ONIONS  QUEEN OLIVES

ROAST TENDERLOIN OF BEEF—

MUSHROOM SAUCE

AU GRATIN POTATOES  STRING BEANS

GREEN PEPPER AND CABBAGE SALAD

APPLE PIE A LA MODE

COTTAGE CHEESE  WAFERS

COFFEE
Program

America

Invocation . . . . By Rev. W. G. Studwell

March—Irish Colors . . . . Kiwanis Orchestra

“My Wild Irish Rose” . . . . Kiwanis Orchestra

Irish Songs led by Thomas C. Morgan

John I. Gibson

as a Man . . . . Dr. J. H. Kellogg,
Supt. Battle Creek Sanitarium

as a Citizen . . . . . Fred Gage,
Pres. Gage Printing Co.

as a Local Worker . . . . Lew Anderson,
Director of Chamber of Commerce

as a National Worker . John N. Vander Vries,
President Rotary Club of Chicago
COME BACK TO ERIN

Come back to Erin, Mavourneen, Mavourneen,
Come back, Aroon, to the land of thy birth,
Come with the shamrocks and springtime, Mavourneen,
And it’s Killarney shall ring with our mirth.
Sure, when we lent ye to beautiful England,
Little we tho’t of the lone winter days,
Little we tho’t of the hush of the star-shine
Over the mountain, the bluffs and the brays!

Then come back to Erin, Mavourneen, Mavourneen,
Come back again to the land of thy birth,
Come back to Erin, Mavourneen, Mavourneen,
And it’s Killarney shall ring with our mirth.

MOTHER MACHREE

There’s a spot in my heart which no colleen may own;
There’s a depth in my soul never sounded or known;
There’s a place in my mem’ry, my life, that you fill,
No other can take it, no one ever will.
Sure, I love the dear silver that shines in your hair,
And the brow that’s all furrowed and wrinkled with care;
I kiss the dear fingers so toil-worn for me;
Oh! God bless you and keep you, Mother Machree.

PEGGY O’NEIL

If her eyes are blue as skies,
    That’s Peggy O’Neil;
If she’s smiling all the while,
    That’s Peggy O’Neil;
If she walks like a sly little rogue,
If she talks with a cute little brogue,
Sweet personality, full of rascality,
    That’s Peggy O’Neil.

MY WILD IRISH ROSE

My wild Irish Rose,
The sweetest flower that grows,
You may search everywhere, but
    none can compare
With my wild Irish Rose.
My wild Irish Rose,
The dearest flower that grows,
And some day for my sake, she may
    let me take
The bloom from my wild Irish Rose.
New TRIBUTE is PAID to John I.

E. A. Stowe, Editor of Michigan Trainsman, Has Praise for Local Man.

His POWERs "UNCOMMON"

Declares Rare Capacity for Friendship Goes with Capacity for Work.

The good words have not ceased being spoken of John I. Gibson.

Last week's issue of the Michigan Trainsman contains three articles referring to Mr. Gibson and to the testimonial dinner given for Mr. Gibson by the Kiwanis club, March 17.

Editor Was Present

E. A. Stowe, the editor of the Trainsman, attended this banquet and has sent this message to Mr. Gibson, and his friends in truth, that he devoted an entire page of illustration to Mr. Gibson and the complete address given by Dr. H. W. Kellogg, at the dinner. On another page is a rather lengthy article by Mr. Stowe himself, and on the third page is a page of pictures and a testimonial banquet, which nearly 400 of his fellow citizens united in giving him a testimonial banquet at the Post Tavern last Thursday.

The affair was so cordial and of spirit of friendship and good fellowship was so prevalent that no one who participated in the event could fail to be impressed by the wonderful personality of the man who could make such an affair possible.

In the article he says, in part:

"There are many, including Frank F. Roberts, state highway commissioner; Philip T. Colgrove, Hastings good road worker; J. W. Hannan, of Lassiter, editor of "Roads and Pavements," and Earl Weibel, secretary of the Kalamazoo Chamber of Commerce. More than 100 letters and telegrams of congratulation to Mr. Gibson were in Dr. Martin's hands."

1. "John I. believes that to waste time is a mortal sin. I have seen himstadtly busy, either in the study or on the lecture platform."

2. "I cannot recall a man who was more loyal to the United States when the Kaiser challenged his war of conquest than John I. I happen to know that he is one of the friends of Europe which was arrayed against the Teutonic monster, for he is leader of the "Sons of the Union."

3. "During his long service with private corporations and community Betterments organizations John I. has demonstrated the possession of uncommon intellectual and positive power. To the casual eye he seems impassive; but this impassive appearance is the cloak for a passionate love for his work. And hand in hand with his capacity for work goes a rare capacity for friendship. A man of high intelligence, who works hard, makes friends and keeps them, and is temperamentally equipped for executive duties—such a man is John I. Gibson."

Honored Today.

John I. Gibson.

John I. Gibson, retiring secretary of the Chamber of Commerce who was the honored guest at a testimonial banquet at the Post Tavern this noon. The banquet was sponsored by the Kiwanis club with members of all other dinner clubs of the city participating.

Among the numerous tributes were many, including Frank F. Roberts, state highway commissioner; Philip T. Colgrove, Hastings good road worker; J. W. Hannan, of Lassiter, editor of "Roads and Pavements," and Earl Weibel, secretary of the Kalamazoo Chamber of Commerce. More than 100 letters and telegrams of congratulation to Mr. Gibson were in Dr. Martin's hands.
The Board of Trustees
cordially invites you to be present
at a Banquet given in
commemoration of
Dr. John Harvey Kellogg's
Fiftieth Anniversary as
Superintendent of the
Battle Creek Sanitarium

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

Sanitarium Main Dining Room

R. S. V. P.
Banquet

Given by

Board of Trustees

to

John Harvey Kellogg

in

Celebration of his
Fiftieth Year as
Superintendent of the

Battle Creek Sanitarium
Anniversary Banquet
October 13, 1926

CASABA MELON COCKTAIL

GARABANZA PEAS SOUP

CELERY OLIVES RADISHES

POTOSE CROQUETTES—BROWN GRAVY

MASHED POTATOES

BUTTERED STRING BEANS BROWNED CARROTS

CLOVER LEAF ROLLS ASSORTED JELLIES

COMBINATION GREEN SALAD

SAVITA BUTTER SANDWICHES

APPLE JUICE MINUTE BREW

JELLIED FRUIT ZO WAFERS
WHIPPED CREAM

HEALTH CHOCOLATES SALTED NUTS

FRUIT
Program

Toastmaster - - - M. W. Wentworth

Vocal Solo - - - Mrs. Morgan Butler
Accompanist, Mrs. Alta Drever

Our Honored Guest

As a Citizen—Mayor Chas. Green

As a Physician—Dr. O. H. Rogers

As an Educator—Prof. S. M. Scott

As an Altruist—Chase S. Osborne

As an Inspirational Leader—Dr. Geo. Thomason

Greetings from his Friends - Dr. W. F. Martin

On Behalf of the Board of Trustees - Dr. B. N. Colver
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 ON THE OCCASION OF THE FIFTIETH ANNIVERSARY OF THE FOUNDING OF THE INSTITUTION

OCTOBER THE THIRTEENTH
NINETEEN HUNDRED TWENTY-SIX
CORRECTION

PRECEDING IMAGE HAS BEEN REFILMED
TO ASSURE LEGIBILITY OR TO CORRECT A POSSIBLE ERROR
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GARABANZA PEAS SOUP

CELEERY OLIVES RADISHES

PROTOSE CROQUETTES—BROWN GRAVY

MASHED POTATOES

BUTTERED STRING BEANS BROWNED CARROTS

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Our Honored Guest

JOHN HARVEY KELLOGG
M. D., LL. D., F. A. C. S.
SUPERINTENDENT OF THE BATTLE CREEK
SANITARIUM

PRESENTED BY HIS ASSOCIATES ON THE OCCASION OF
THE FIFTIETH ANNIVERSARY OF THE FOUNDING OF
THE INSTITUTION

OCTOBER THE THIRTEENTH
NINETEEN HUNDRED TWENTY-SIX
October 5, 1925

TO WHOM IT MAY CONCERN:

This letter will introduce to you Dr. John H. Kellogg, a prominent citizen of Battle Creek, Michigan, who will tour Europe in the near future.

Doctor Kellogg is one of the leading medical men of America and owns and operates one of the country's noted sanitariums. He was for eighteen years a member of the Michigan State Board of Health.

I cordially commend Doctor Kellogg to the good offices of any person, official or unofficial, to whom he may present himself. Any courtesies which may be extended to him will be appreciated.

[Signature]

GOVERNOR OF MICHIGAN.
Passenger List

United States Lines
UNITED STATES LINES

List of Passengers

AMERICAN QUADRUPLE SCREW TURBINE

S. S. "LEVIATHAN"

59,956 Tons

COMMANDER
HERBERT HARTLEY, U. S. N. R. F.

From NEW YORK
SATURDAY, OCTOBER 24TH, 1925
To CHERBOURG and SOUTHAMPTON
Executive Staff

S. S. "Leviathan"

Staff Commander, A. M. MOORE, U. S. N. R. F.

Chief Engineer, J. J. FAGAN

Purser, J. G. SUMMITT

Surgeon, DR. G. B. WHITMORE

Assistant Surgeon, DR. F. C. DEVENDORF

Chief Steward, W. J. LINN
First Class Passengers

Mr. K. D. Alexander
Mrs. Alexander
Master K. D. Alexandere, Jr.
Master R. Alexander
and Nurse
Mr. J. Amsterdam
Mrs. R. Amsterdam
Miss H. Amsterdam
Miss Olga Asli
Mr. Jack Aul

Mrs. E. Sulton Canning
Mrs. L. Capidaglis
Mr. J. Charkin
Mr. Herbert Cohen
Mr. W. T. Coleman
Mrs. Coleman
Mr. R. C. Cornish
Mrs. Cornish
Mr. J. G. Covington
Mrs. Covington
Miss F. E. Crowell
Mr. W. P. Cutler
Mrs. Cutler

Mrs. R. Bagley
Miss N. B. Bagley
Mr. E. J. Baraba
Mrs. Baraba
Master Baraba
Miss Mary E. Bates
Miss S. M. Bateman
Mr. J. Bender
Mr. E. S. Bibas
Miss E. F. Bisbel
Mr. E. Borer
Mr. E. L. Bornemann
Mrs. H. Bradley
Miss J. Bradley
Mrs. E. Buxbaum

Mr. J. N. Davidson
Mrs. C. G. Davis
Mr. J. A. DeBell
Mr. Thomas W. Delahanty
Mr. A. Delmonte
Mr. Harry H. Desmonde
Mrs. F. Dereppe
Mr. August Dwoese
Mr. A. L. G. Doty

Mr. M. Ehrenreich
Mr. S. Elbaum
Mr. Coste Eliasco
Mr. R. F. Ewald
Mr. J. Feder
Mr. Herman Finkelstein
Mr. C. Florsheim
Mrs. Florsheim
Mr. M. Frank
Mr. B. Franken
Mrs. L. Fox
Miss G. Fox
Miss S. Fox

Mr. A. C. Israel
Mrs. Israel
Master James Israel
Master Adrian Israel

Mr. N. C. Johnson

Mr. Henry Gares
Mrs. Martha Gatringer
Mr. Thomas Gilcrease
Mr. Edward Golding
Dr. E. L. Gros
Mrs. Gros

Mr. Rudolf H. Kahn
Mr. E. Kalman
Mr. M. Katz
Mr. Gus M. Katz
Dr. J. H. Kellogg
Mr. P. E. King
Mrs. King
Mr. H. Klopper
Mr. F. N. Kollock
Mrs. Kollock
Miss M. Kurlon

Mr. Hadley
Mr. Paul Harewitz
Mrs. M. D. Harter
Mr. S. Hill
Miss L. Hill
Mr. J. B. Hirschfeld
Mrs. Hirschfeld
and Daughter
Mr. O. Hochberger
Mrs. Hochberger
Mrs. E. Holdcros
Miss A. Hughes
Mr. George C. Humерdinga
Mr. E. Hyman
Mrs. Hyman

Miss Lillian Labas
Mr. Helio Labas
Mine Labas
Master Carlos Fernandos Labas

Mr. M. A. Lascario
Mr. A. Legge
Mrs. R. Leonard
Mr. R. Leonard
Mr. Abraham Levine
Mr. Jules Levy
Mrs. Levy
Mr. J. M. Lewis
Mrs. Lewis
Mr. E. Lorton
Mr. P. Liburt
Mr. A. Liburt
Mrs. Liburt
Mr. M. Loewenstein
Mr. Louis Lustig
Mr. D. M. Nelson
Miss Nelson
Mr. K. H. Newhouse
Mrs. Newhouse
Miss Anna Nolz

Mr. Archibald MacLeisch
Mrs. MacLeisch
Miss Mary MacLeisch
Master Kenneth MacLeisch
Mr. J. Magroz
Mr. M. Marienberg
Mr. B. W. Mayer
Mr. L. B. McKitterich
Mrs. McKitterich
Mr. L. H. Meade
Mrs. Meade
Miss Angela Meixner
Mr. A. Meyer
Mr. G. Miller
Mr. I. Miller
Miss M. B. Mills
Mrs. M. H. Mills
Mr. S. Mittelman
Mr. H. L. Moore
Mr. Harry H. Morgan
Mrs. Henry Morgenthau
Mrs. Henry Morgenthau, Jr.
Mr. Henry Morgenthau, Jr.
Mr. Harry Morris
Mr. W. L. Myers

Mr. Rudolf Oblatt
Mr. H. Oppenheim
Mr. H. G. Oppenheim
Mrs. J. Otis
Mr. J. Otis
Miss C. Parade
Miss Ethel Parsons
Miss Ruth C. Patten
Mr. R. Saint Pierre
Mr. C. H. Place
Mr. P. S. Platt
Mrs. Platt
Mrs. Hugh Pritchard
Mr. Hugh Pritchard

Mr. H. E. Robbins
Mr. Robbins
Mr. M. L. Robbins
Mrs. F. C. Robbins
Miss M. Robbins
Mrs. S. Robiczek
Mr. S. Robiczek
Mr. L. Robiczek
Mr. Robert A. Ross
Mayor E. J. Ross Rossiter
Mr. M. Salzberg
Miss M. Seeley
Mr. S. Shapiro
Mr. I. Sherman
Mr. O. Star
Mr. J. Starr
Mrs. S. N. Stone
Mr. S. Strassman
Mrs. Strassman
Mr. L. Strauss
Mrs. Strauss

Mr. Ira A. Watson
Mrs. Watson
Mr. Samuel J. Wauk
Mrs. Wauk
Mr. Myron Weil
Mr. M. Weiderspach
Mrs. Weiderspach
Mr. J. Weiss
Mr. David Weissburger
Mrs. C. N. Whitehead
Miss Wilhelmini
Mr. North Winship
Mrs. Winship
Miss Anna Wolz
Mr. T. B. Wright
Mrs. Wright

Mr. C. D. Townsend
Miss Stace Townsend
Mrs. Townsend
Miss Mary Townsend
Mr. P. W. Turner
Mrs. Turner

Mr. G. Zablow
Mr. H. L. Zablow
Mr. E. Zahler
Memoranda
Memoranda
Second Class Passengers

Mr. N. Agsteribbe
Mr. Antonio Alonzi
Mr. Elias Atri

Miss Eleanor

Mrs. Amelia Fitch

Mrs. L. Bacigalupo
Miss Victoria Bacigalupo
Mr. Garabed Berberian
Dr. Carl Bingesser
Mr. Carl Bingesser

Mrs. Hana Goodman
Mr. Jacob Goldberg

Mr. A. Haber
Mrs. Fred J. Hanks
Mr. R. Hasegawa

Mr. W. C. Coupenhour
Mrs. Coupenhour
Miss S. Couch

Mr. H. Isobe

Mr. Antonio Deido
Dr. N. Dimibracopoulo
Miss Anne Dodowitz
Mr. Jacob Dodowitz
Mrs. Dodowitz
Mr. Peter Duplica

Mr. Thos. A. Jackson
Mrs. J. D. Jefferson
Mr. George J. Juckem
Mrs. Juckem
Mr. Tom Jury
Mr. I. Kacenelenbogam
Mr. H. G. Keumurian
Mr. Walter Kozlowska
Mrs. Kozlowska

Mr. John Pinter

Mr. S. Lam

Mr. Kirk Ridge
Mrs. Frank Ryan

Mr. R. Mashimo
Mr. Philip Masperi
Mrs. Emma Mathiesen
Miss Paula Mathiesen
Miss Eleanor Mathiesen
Miss Anna Mattrek
Miss C. Meltzer
Mrs. Marie Moresi
Mr. M. C. Mossop
Mrs. Mossop

Mr. N. A. Sadaka
Miss S. Sagalovsky
Mr. Salem Shawiry
Mrs. E. Singer
Dr. E. Singer
Mr. A. Singer
Mrs. Singer
Mrs. Juliette Sirot

Mrs. Wilbur Nash
Miss Helen Nash
Mr. E. Nordstrom
Mrs. Nordstrom

Miss Edith Taylor

Mr. P. J. O'Hare
Mr. F. D. Osborn

Mr. Dino Vitale

Mr. Natale Pesavento
Mrs. Pesavento
Master Luiga Pesavento

Mrs. F. M. Wilgus
Memoranda
Information for Passengers

INFORMATION OFFICE—This office, located amidships on “E” deck, has been provided for the convenience of Passengers, and all inquiries for information of a general character should be made there.

PASSENGER DEPARTMENT REPRESENTATIVES, located in the Purser’s Office, are ready to give information concerning sailings and bookings on the UNITED STATES LINES, and other services being operated by the United States Shipping Board, Sailing lists, rate sheets, cabin plans and other information will be cheerfully furnished. Reservations can be secured and deposits to cover will be received.

LETTERS, CABLES AND TELEGRAMS are received at the Information Office for dispatch. Cablegrams and telegrams should be handed in an hour before the arrival at any port of call.

None of the ship’s employees, other than those on duty in the Information Office, are authorized to accept letters, cables and telegrams for dispatch.

PASSENGERS’ ADDRESSES—Passengers are urgently requested to fill in the blanks, asking for forwarding addresses, which are distributed on board. If this request is complied with, all undelivered mail, telegrams, etc., will be forwarded immediately.

Passengers may have Mail, Telegrams and Cables sent in care of any of the UNITED STATES LINES’ offices.

Letters for incoming passengers on the UNITED STATES LINES’ steamers are accepted for delivery in special bags made up in New York, Paris and London Offices for distribution on board. Passengers will please call at the Information Office for them.

The PURSER’S Office is located amidships, on “E” deck.

The CHIEF STEWARD’S Office is located amidships, on “F” deck, near entrance to main Dining Saloon.

HIGH SEAS MAIL—United States Postage Stamps and rates are used when mailing letters for European points, and such letters should be posted in the ship’s letter box in the ordinary way.

The mail bag is closed a few hours previous to arrival. Full particulars can be obtained at the Information Office upon application.
FOR LETTERS MAILED IN THE UNITED STATES

Rates on letters to points in the United States, Canada and British Colonies, and to Great Britain and Ireland, two cents an ounce or fraction thereof.

Rates on letters to all other countries—five cents for the first ounce, and three cents for each additional ounce or fraction.

Rates on postal cards to all countries (except United States, Canada, Cuba, Mexico, and Panama, one cent to each)—two cents each; on return of reply cards, four cents each.

Postage stamps can be purchased at Information Office, Library Steward and Novelty Booth.

RADIO TELEGRAPH SERVICE

EQUIPMENT—The radio equipment of the Leviathan is of the most modern R. C. A. type, manufactured especially for this ship and embracing the latest improvements developed by the General Electric Company, the Western Electric Company and the Westinghouse Electric & Manufacturing Company. It is the most powerful apparatus on any passenger ship afloat, capable of maintaining direct communication with land throughout the entire voyage.

SERVICE—Radiograms may be filed at the radio office for anyone—anywhere—anytime. The words in radiograms are counted and charged for in the same manner as cablegrams.

Through the special long distance service made available by the Radio Corporation of America (RCNEWYORK), passengers can keep in close touch with business and personal affairs, even though the ship is in midocean.

SHIP TO SHORE—Full information regarding rates to all points may be obtained at the radio office.

SHIP TO SHIP—Radiograms are also accepted for passengers on other ships, for which the charge is 16c per word.

OCEAN LETTERS—Ocean letters, not to exceed 100 words each, may be filed for transmission to a ship proceeding in the opposite direction. Such messages are mailed to destination from the first port of call of the latter vessel. The charge is $1.20 for first twenty words and 4c for each additional word.

SHORE TO SHIP—Radiograms for passengers on the “Leviathan” may be filed at any public telegraph office. Messages originating in the United States, addressed to passengers, need only to be routed RCNEWYORK.

Example radiogram—

FRANK GRAY
STEAMER LEVIATHAN RCNEWYORK
GREETINGS AND BEST WISHES FOR
PLEASANT VOYAGE
HELEN
NEWS SERVICE—The “Leviathan” subscribes to the Chicago Tribune—RCA News Service, which is transmitted by the powerful radio station at Chatham, Mass. The daily despatches consisting of from 800 to 1000 words of the world’s latest news, results of sporting events, stock reports, etc., are received on board during the early morning hours and printed in the daily paper published and delivered to passengers.

RADIO TELEPHONE—The “Leviathan” is equipped with a complete radio telephone transmitting and receiving outfit of the most modern duplex type. However, until other ships and shore stations are provided with similar apparatus, the telephone service is, of necessity, restricted.

DINING ROOMS—Meals will be served at the following hours in the First-Class Dining Saloon:
- Breakfast, from 7.30 A. M.
- Luncheon, from 1.00 P. M. to 2.30 P. M.
- Dinner, 7.00 to 9.00 P. M.

and in the Second-Class Dining Saloon:
- Breakfast, 8.00 to 9.00 A. M.
- Luncheon, 12.00 Noon to 1.00 P. M.
- Dinner, 6.00 to 7.00 P. M.

SEATS AT TABLES—Applications may be made to the Second Steward in advance, or on day of sailing on board the Steamer at the Second Steward’s Office, located on “D” deck amidships or in the Dining Room.

SMOKING—Passengers are requested not to smoke in the Main Dining Saloon.

ORCHESTRA—The vessel carries a First-Class orchestra which will play daily:
- 1.00 P. M. to 2.00 P. M. First-Class Dining Saloon
- 4.00 P. M. to 5.00 P. M. First-Class Social Hall
- 7.00 P. M. to 8.00 P. M. First-Class Dining Room
- 9.00 P. M. to Midnight First-Class Social Hall

Musicians are not authorized to solicit contributions.
DANCING—Dancing in the Ball Room commences every evening at 9:00 o'clock (except Sunday), weather permitting.

DECK GAMES AND AMUSEMENTS—Deck Quoits Shuffleboard, Bull Board and other games are provided on deck and which will be furnished by the Deck Stewards.

Chess, Draughts, Dominoes, etc., can be obtained on application to the Social Hall or Library Stewards.

SWIMMING POOL AND ELECTRIC BATHS—The Swimming Pool is one of the leading features of the S. S. "LEVIATHAN." The pool will be open, without charge, for

Gentlemen from 6 to 9 A. M.
Ladies from 9 to 12 Noon
Ladies, Gentlemen and Children 12 Noon to 7 P. M.

A fully equipped Electric Bath, is located on Deck "G". Experienced attendants are in charge.

The Electric Baths will be available for Ladies from 9 A. M. to 3 P. M. and for Gentlemen from 3 to 7 P. M., tickets being obtainable at the Purser's Office at $1.25 each.

A GYMNASIUM—Fully equipped with modern appliances, is located on Deck "A" and is open for Ladies, Gentlemen and Children, as follows:

Gentlemen from 6 A. M. to 9 A. M.
Ladies from 10 A. M. to 12 Noon
Ladies and Gentlemen from 12 Noon to 1 P. M.
Children from 2 P. M. to 3:30 P. M.
Ladies and Gentlemen from 3:30 P. M. to 7 P. M.

No charge is made for the use of the appliances.

BOOKS—Books are obtainable from the Library on deck "B" by application to the Steward in charge. Books lost by passengers must be paid for.
DIVINE SERVICES—On Sundays at hours to be announced on shipboard.

BANKING—FOREIGN MONEY EXCHANGE—By arrangement with the UNITED STATES LINES the FARMERS' LOAN & TRUST COMPANY has established on board a branch bank, which is located on the port side, "E" Deck, amidships.

Passengers wishing to exchange money or transact other banking business, will receive every attention.

BARBER SHOP:—The Barber's hours are from 8 A. M. to 7 P. M., but for general convenience of the greater number, passengers are requested not to apply for hair-cutting or shampooing except between the hours of Noon and 5 P. M.

The Barber's Shop is located on "F" deck, forward of Swimming Pool.

The following charges are authorized:—

<table>
<thead>
<tr>
<th>Service</th>
<th>Charge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shaving</td>
<td>$.25</td>
</tr>
<tr>
<td>Haircutting</td>
<td>$.50</td>
</tr>
<tr>
<td>Shampoo, Plain</td>
<td>$.50</td>
</tr>
<tr>
<td>Shampoo, Crude Oil</td>
<td>$1.00</td>
</tr>
<tr>
<td>Singeing</td>
<td>$1.50</td>
</tr>
<tr>
<td>Face Massage</td>
<td>$.75</td>
</tr>
<tr>
<td>Scalp Massage</td>
<td>$.50</td>
</tr>
<tr>
<td>Tonic Dressing</td>
<td>$.25</td>
</tr>
<tr>
<td>Manicure</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

SPECIAL LADIES DEPT for the scientific care of hair, face and nails:

The following charges are authorized:

<table>
<thead>
<tr>
<th>Service</th>
<th>Charge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shampoo, Special</td>
<td>$2.00</td>
</tr>
<tr>
<td>Facial Treatment</td>
<td>$2.00</td>
</tr>
<tr>
<td>Marcel Waving</td>
<td>$1.25</td>
</tr>
<tr>
<td>Waving and Curling</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cutting and Singeing</td>
<td>$1.50</td>
</tr>
<tr>
<td>Manicure</td>
<td>$1.00</td>
</tr>
<tr>
<td>Water Waving</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

A CLOTHES CLEANING AND PRESSING ROOM is in charge of an expert attendant. A printed tariff of charges may be obtained at the Purser's Office.

BOOTS AND SHOES will be cleaned if left outside state-room door.
STENOGRAPHER—An experienced stenographer is prepared to work for the convenience of passengers at the following charges:

5 cents per folio (72 words)
2 cents per folio for Carbon copies
30 cents minimum for a letter

Particulars can be obtained at the Purser's Office.

MEDICAL ATTENTION—The Surgeon is always at the disposal of passengers requiring his services. In case of illness originating on or after the departure of the steamer, no charge will be made for services. Medicines prescribed by the Ship's Surgeon will be furnished without charge. In case of illness, not originating on board, the Surgeon is authorized to make the following charges:

For Office visits ............... $1.00 per visit
For Stateroom visits ............. 2.00 per visit
with a maximum charge of .... 4.00 per day

If passengers consider the charges made by the Surgeon for services rendered improper or excessive, they are requested, before paying same, to take up the question with the Commander, and the bill will be either adjusted to a basis that will be satisfactory to the passenger or withdrawn. The purpose of the UNITED STATES LINES is to make its service satisfactory to all passengers.

BERTHING OF PASSENGERS—No changes can be made except officially by the Purser.

DECK CHAIRS AND RUGS may be hired for the voyage on application to the Deck Steward, rental $1.50 each.

BAGGAGE—Passengers are requested to check their baggage at the Baggage Master's desk on the Pier before going aboard. It is recommended that Baggage be insured as the Company's liability is limited in accordance with ticket. All inquiries regarding Baggage on board ship should be made at the Baggage Master's Office, located on "E" Deck, amidships.
On disembarking, passengers are specially requested to claim their baggage before leaving the Customs' Baggage Room, otherwise considerable delay and extra charge for carriage may be incurred in forwarding to destination any baggage not accompanying passengers.

**BAGGAGE ROOM—**All baggage not marked for stateroom, is placed in the Baggage Room, where access can be had to it during the voyage if required.

**VALUABLES—**The United States Lines are not responsible for theft of valuables or money kept in Staterooms. The same should be placed in charge of the Purser for deposit in his safe.

The wardrobe in each stateroom is equipped with private strong-box, keys for which may be obtained from the Purser, on payment of $2.00.

**PAYMENTS—**Passengers should obtain a receipt from the Purser, on the Company's form, for any additional passage money, excess baggage or freight charges, etc., paid on board.

**PASSENGER ELEVATORS—**Four modern elevators are provided for the convenience of Cabin passengers.

**SUGGESTIONS AND COMPLAINTS—**Suggestions, complaints or criticisms of service or of personnel should be addressed to the General Manager, United States Lines, 45 Broadway, New York City.

**NOTICE—**Passengers are warned that professional gamblers are reported as frequently crossing on Atlantic steamers.

**DOGS** cannot be landed in Great Britain unless a license has been previously procured from the Board of Agriculture, London. Forms of license must be obtained by direct application to the said Board before the dog is taken on ship. Dogs are carried at owner's risk. Company's charge is $20.00 each. Arrangements for carrying dogs should be made by communicating with the UNITED STATES LINES, or if this has not been done, the Purser should be notified.
BRITISH CUSTOMS—Tobacco, cigars, etc., wines, spirits and perfumery are subject to duty on being brought into the United Kingdom, and should be declared to the Customs Authorities. Copyrighted books and music are subject to confiscation.

WESTBOUND PASSENGERS—First and Second class passengers, embarking at Cherbourg, should confirm their reservation by communicating with the Paris Office, UNITED STATES LINES, 1 Rue Auber, several days before sailing.

Passengers embarking at London or Southampton should confirm their reservation by communicating with the London Office, UNITED STATES LINES, 3 Cockspur Street, S.W.I. several days before sailing.

AMERICAN CUSTOMS REGULATIONS—On the Westbound trip, baggage will be subject to inspection on landing in America as on landing abroad.

A blank will be furnished aboard the steamer before landing which must be filled out, listing in detail every article obtained abroad. This list should be handed to the Purser and is known as your “declaration.”

An abstract of the applying U. S. Customs Regulation Law follows:

Art. 352. Persons arriving from foreign countries.—Persons arriving from foreign countries are divided into two classes for customs purposes—first, residents of the United States returning from abroad, and, second, all other persons.

Art. 353. Residence.—The residence of a wife follows that of her husband, and the residence of a minor child follows that of its parents. Citizens of the United States, or persons who have formerly resided in the United States, shall be deemed to be residents thereof returning from abroad, within the meaning of the tariff act, unless satisfactory evidence is presented that they had given up their place of abode in this country and acquired an actual fixed place of abode in a foreign country.

Art. 354. Nonresidents.—All persons not residents of the United States returning from abroad will be treated for customs purposes as nonresidents, and are entitled to bring in free of
duty all wearing apparel, articles of personal adornment, toilet articles, and similar personal effects, without limitation as to value, which were actually owned by them and in their possession abroad at the time of or prior to their departure from a foreign country which are necessary and proper for their wear and use, provided they are not intended for other persons or for sale.

Art. 355. Returning residents.—Residents of the United States returning from abroad may bring in free of duty:

(a) Articles up to but not exceeding $100 in value acquired abroad for personal or household use, or as souvenirs or curios, if not intended for sale or purchased on commissions for other persons. Such articles purchased or agreed to be purchased abroad by returning residents may be admitted free notwithstanding they do not accompany the passenger.

(b) All wearing apparel, personal and household effects, and articles for personal use taken abroad by them, if not advanced in value or improved in condition while abroad. If such effects or articles be advanced in value or improved in condition while abroad by reason of repairs or cleaning further than that necessarily incident to their wear and use while abroad, or by remodeling or alterations, the cost of value of such repairs, cleaning, remodeling, or alterations is subject to duty, and must be declared. Such cost or value may, however, be included within the $100 exemption.

Art. 356. Each member of family entitled to exemption.—Each member of the family is entitled to the exemption of $100 for articles purchased abroad of the character described in paragraph 642 of the tariff act of October 3, 1913. When a husband and wife and minor and dependent children are traveling together the articles included within such exemption may be grouped and allowance made without regard to which member they belong.

Amended as follows:

Par. 1695. Wearing apparel, articles of personal adornment, toilet articles, and similar personal effects of persons arriving in the United States; but this exemption shall include only such articles as were actually owned by them and in their possession abroad at the time of or prior to their departure from a foreign country, and as are necessary and appropriate
for the wear and use of such persons and are intended for such wear and use, and shall not be held to apply to merchandise or articles intended for other persons or for sale; Provided, That all jewelry and similar articles of personal adornment having a value of $300 or more, brought in by a nonresident of the United States, shall, if sold within three years after the date of the arrival of such person in the United States, be liable to duty at the rate or rates in force at the time of such sale, to be paid by such person: Provided further, That in case of residents of the United States returning from abroad all wearing apparel, personal and household effects taken by them out of the United States to foreign countries shall be admitted free of duty; without regard to their value, upon their identity being established under appropriate rules and regulations to be prescribed by the Secretary of the Treasury: Provided further, That up to but not exceeding $100 in value of articles acquired abroad by such residents of the United States for personal or household use or as souvenirs or curios, but not bought on commission or intended for sale, shall be admitted free of duty.

FREIGHT DEPARTMENT—All of the steamers operated by the United States Lines are combination freight and passenger ships. They are modern in every respect and some are equipped for carriage of considerable cargo under refrigeration.

The Docks in New York are of recent construction and modern in all equipment, offering facilities for loading direct from cars into steamer, eliminating any hauling, lighterage or transfer by trucks. This is especially advantageous to Western Shippers, and movement of through cargo consignments in carload lots.

Special attention is given to shipments of household goods, automobiles, etc.

For rates and space apply to United States Lines, Freight Department, 45 Broadway, New York.

ARRIVALS AT NEW YORK—Passengers are landed at the Company's pier No. 86, North River, foot of West 46th Street, New York, where transportation tickets can be purchased and baggage checked to any part of the United States or Canada.
After landing, passengers should inquire at the desk on the wharf for letters and telegrams.

Should the steamer arrive at the pier after 8 P. M., passengers may remain on board over night and land after breakfast the following morning.

PUBLIC TELEPHONES—Telephone booths will be found on the pier at New York.

ARRIVALS AT CHERBOURG—Passengers will be landed by Tender. If the ship arrives too late for disembarking at night, passengers will disembark next morning.

ARRIVALS AT SOUTHAMPTON—A special train will be dispatched to London (Waterloo Station) as soon as possible after the landing, the journey occupying about two hours.

Passengers are notified the UNITED STATES LINES transfer all baggage from the steamer to the special train at the ship's side for London.

In addition, passengers booked for Southampton will find representatives of well known firms in the shed alongside of steamer. If the special services of these firms are utilized for the handling of baggage, tariff rates will be charged.

EUROPEAN RAILROAD TICKETS—Passengers desiring to use special trains run in connection with the "LEVIATHAN" are requested to purchase tickets from Cherbourg to Paris and Southampton to London from the Purser before landing.

TIME ON SHIPBOARD—Between New York and London there is a difference in time of five hours, as the sun rises in the East, as we say, when the ship is going eastward she meets sunlight earlier each day and thus gains time. Exactly how much, is computed each day at noon, and the ship's clocks are immediately set at the correct time for that longitude. On
a vessel which makes the crossing in five days the clocks will be set ahead each day approximately an hour; on slower ships, of course, less. Going westward the clock is set back daily in similar fashion.

On the voyage from Europe, owing to the alteration in time as the ship proceeds Westward, it is necessary to put the clock back every 24 hours. The alteration in time is made at about midnight, and the clock is usually put back 45 minutes on each occasion, the exact amount of time depending upon the distance the ship is estimated to make by noon the next day. During the first 24 hours, however, owing to the change from Mean Time to Apparent Time, the alteration is likely to be considerably more than 45 minutes, especially while Summer Time is in use.

Time on board is marked by the ship’s bell being counted as follows:—

<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
<th>Bells Struck</th>
<th>Hour</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>12.30 a.m.</td>
<td>1</td>
<td>12.30 p.m.</td>
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<td>2</td>
<td>1.00 &quot;</td>
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<td>3</td>
<td>1.30 &quot;</td>
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<td>2.00 &quot;</td>
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<td>2.30 &quot;</td>
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<td>6</td>
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<td>3.00 &quot;</td>
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<td>7</td>
<td>3.30 &quot;</td>
<td>7</td>
<td>3.30 &quot;</td>
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<td>8</td>
<td>4.00 &quot;</td>
<td>8</td>
<td>4.00 &quot;</td>
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<td>1</td>
<td>4.30 p.m.</td>
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<td>2</td>
<td>5.00 &quot;</td>
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<td>5.00 &quot;</td>
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<td>3</td>
<td>5.30 &quot;</td>
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<td>4</td>
<td>6.00 &quot;</td>
<td>4</td>
<td>6.00 &quot;</td>
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<tr>
<td>5</td>
<td>6.30 &quot;</td>
<td>1</td>
<td>6.30 p.m.</td>
</tr>
<tr>
<td>6</td>
<td>7.00 &quot;</td>
<td>2</td>
<td>7.00 &quot;</td>
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<tr>
<td>7</td>
<td>7.30 &quot;</td>
<td>3</td>
<td>7.30 &quot;</td>
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<tr>
<td>8</td>
<td>8.00 &quot;</td>
<td>4</td>
<td>8.00 &quot;</td>
</tr>
<tr>
<td>1</td>
<td>8.30 a.m.</td>
<td>1</td>
<td>8.30 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>9.00 &quot;</td>
<td>2</td>
<td>9.00 &quot;</td>
</tr>
<tr>
<td>3</td>
<td>9.30 &quot;</td>
<td>3</td>
<td>9.30 &quot;</td>
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<td>4</td>
<td>10.00 &quot;</td>
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<td>10.00 &quot;</td>
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<td>10.30 &quot;</td>
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<td>6</td>
<td>11.00 &quot;</td>
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<tr>
<td>7</td>
<td>11.30 &quot;</td>
<td>7</td>
<td>11.30 &quot;</td>
</tr>
<tr>
<td>8</td>
<td>Noon</td>
<td>8</td>
<td>Midnight</td>
</tr>
</tbody>
</table>

*NOTE—Seven bells in these two Watches are struck 10 minutes earlier to allow the Watch next for duty to have their breakfast and dinner respectively.

One Bell is also struck at 3.45, 7.45, 11.45 A.M. and P.M. as warning to Watch below,—i.e., off duty to prepare to relieve the deck punctually at Eight Bells.
APPROXIMATE DISTANCES

New York Wharf to Ambrose Channel Lightship 23 miles
New York Wharf to Fire Island Lightship 53 "
New York Wharf to Nantucket Lightship 215 "
New York to Cherbourg (Northern Track) 3071 "
New York to Cherbourg (Southern Track) 3157 "
New York to Cherbourg (Extra Southern Track) 3189 "
Southampton to Nab Tower 22 "
Southampton to Hurst Point 19½ "
Southampton to Cherbourg (via Nab) 89 "
Southampton to Cherbourg (via Solent) 82½ "
Cherbourg to Lizard 143 "

KILOMETERS, KILOGRAMS and MILES—'Kilo' is the abbreviation of "Kilogramme," or kilogram, and a kilogramme is exactly 2.205 pounds. The "kilometre," the French standard of distance measurement, and which is used generally on the Continent of Europe, is equal to 3367.88 feet—approximately 5/6 of a mile. The "metre," or meter, the nearest continental measure to our yard, is 3.281 feet. A land mile measures 5,280 feet; a nautical or sea mile or "knot" is 6080 feet in length. A "fathom" equals six feet. The continent standard of liquid measure is the "litre," which is equal to 1.76 pounds of water.

PORT AND STARBOARD—Starboard is the right side of the ship, looking forward. Port, the left side.

THE GULF STREAM—By far the most important as well as best known of the great ocean currents derives its name from the Gulf of Mexico, out of which it flows between Cuba and the Bahamas on the one side and the Florida Keys on the other. In its narrowest portion the Gulf Stream is about fifty miles wide, and there it has a velocity at times of as much as five miles an hour. Flowing in a northeasterly direction along the American coast, its current gradually widens and its velocity diminishes. Reaching the banks of Newfoundland it turns and sweeps across the Atlantic; then, dividing into two portions, it sends one arm down toward the Azores and the coast of Morocco, while the other passes near the shores of the British Isles and on to Norway.

As it emerges from the Gulf of Mexico it has a temperature of 84 degrees in summer, higher than that of the ocean at the equator. Even by the time it has reached mid-Atlantic it has fallen not more than 14 degrees. The effect of the Stream upon the climate of Great Britain and the northwest coast of Europe, 4,000 miles away from the Gulf, is to raise the winter temperature about 30 degrees above what would be the normal temperature of those latitudes.
UNITED STATES LINES
Managing Operators for
UNITED STATES SHIPPING BOARD
General Offices: 45 Broadway, New York
Cable Address: Seapostes, New York

OFFICES AND GENERAL AGENTS
IN AMERICA

ATLANTA ..... United States Lines, Healy Building
BOSTON ..... United States Lines, 75 State Street
CHICAGO ..... United States Lines, 110 So. Dearborn St.
CLEVELAND ..... United States Lines, Hotel Cleveland
DALLAS ..... United States Lines, Thomas Building
DETROIT ..... United States Lines, 1514 Washington Blvd.
LOS ANGELES ..... United States Lines, 820 Merchants National Bank Building
OMAHA ..... United States Lines, 1227 City National Bank Building
PHILADELPHIA ..... United States Lines, 1431 Walnut Street
PITTSBURGH ..... United States Lines, Jenkins Arcade
PORTLAND, ME. ..... United States Lines, 404 Congress Street
SAN FRANCISCO ..... United States Lines, 50 Sutter Street
SEATTLE ..... United States Lines, 919 Second Avenue
ST. LOUIS ..... United States Lines, 1026 Locust Street
TORONTO, Canada ..... United States Lines, 79 Queen Street, West
WASHINGTON, D. C. ..... United States Lines, 1419 G Street, N. W.

Agents located in all principal Cities in the United States and Canada
MEXICO CITY, MEX. N. Y. and Cuba Mail S. S. Co., Cinco de Mayo 16
HAVANA, CUBA ..... N. Y. and Cuba Mail S. S. Co., Paseo de Marti 118

IN EUROPE

AMSTERDAM ..... Wm. H. Müller & Co., Heerengracht, 546
BARCELONA ..... United States Lines, Plaza Antonio Lopez 15
*BELGRADE ..... United States Lines, Palata Beogradake, Zadrug (Travnicka Ulica 1)
*BERLIN ..... United States Lines, Unter den Linden 9
*BERGEN ..... Olaf Vedeler, 91 Strandgaten
BOULOGNE s./M. ..... Guillaume Huret, 42 Rue des Ecoles
*BREMEN ..... United States Lines, An der Weide 43
BRESLAU ..... Reisebüro, Neue Schweidnitzerstr. 6
*BUDAPEST VIII ..... United States Lines, Baross Ter. 2 S. Z.
*BUCHAREST ..... United States Lines, Calea Grivitei-161
*CHERBOURG ..... United States Lines, 46 Rue de La Cayenne
*COBLENCE ..... United States Lines, Hotel Traube, Rheinstr.
AGENTS IN EUROPE (Continued)

COLOGNE .......................... Reisebüro, Domkloster 1
*COPENHAGEN ..................... Moore & McCormack, Ostergade 3.
*DANZIG ......................... United States Lines, 13 Dominikawall
DRESDEN ........................... Reisebüro, Pragerstrasse 49
*DUBLIN ........................... United States Lines, 3 and 4 College Street
ESSEN a. d. RUHR .............. Reisebüro, Borsenhaus an Bahnhofs Vor Platz
*FRANKFORT a. M. .............. United States Lines, Kaiserstr. 27.
GOTHENBURG ...................... United States Lines, 45 Sodra Hamngatan
HAMBURG ........................... Reisebüro, Bergstr. 9
HANOVER ........................... Reisebüro, Georgstrasse 39
HELSINGFORS ..................... Finska Angfartygs Aktiebolaget
*KOVNO ............................. United States Lines, Laisvés Aléja 9
*LEIPZIG ........................... United States Lines, Goethestrasse 6
*LONDON ........................... United States Lines, 14 Regent St., S. W. 1.
Cable Adr. "Seapostes"

MANNHEIM .......................... Reisebüro, Hansahaus D. 1, 7/8
MARSEILLES ...................... Georges Bousquet, 5 Place de Change
*MUNICH ........................... United States Lines, Maxmillians Platz 12A
NAPLES ............................. Domenico Tel. Adr. "Moroli"
*OLSO (Christiania) .......... E. Angell Bordewick, Karl Johansgate 7
*PARIS ............................. United States Lines, 1 Rue Auber, Cable
Adr. "Seapostes."

PLYMOUTH .......................... Orlando, Davis & Co., 36 Southside Street
*PRAGUE ........................... United States Lines, Na Prikope 19
*QUEENSTOWN ..................... United States Lines, 12 Westbourne Terrace
RIGA .............................. Baltischer Lloyd, Kaufstr. 22
ROME .............................. F. Moroli & Co., 77-78 Via del Tritone
SOFIA ..................... United States Lines, Unionbank de Bulgarie Grafs-Nagtief-Strasse 6, Tel. Adr. "Union-
Bank"

SOUTHAMPTON ..................... United States Lines, 3/4 Canute Road
STAVANGER .......................... J. Naerum, Strangade 51
STOCKHOLM ....................... C. G. Melter, Torstbyran Kungszatan, 31-33
STUTTGART ........................ Reisebüro, Koenigstr. 15
TRONDHJEM ......................... Bernhardt Brekke, Olaf Trygvesen's Gade 1.
*VIENNA ........................... United States Lines, Kärntnerring 7
(Hotel Bristol)

*WARSAW ........................... United States Lines, Senatorska 28/30
*ZAGREB ........................... United States Lines, Mihanovicseva UL. 2.
ZURICH ........................... Meiss & Co., Limited, Bahnhofstrasse 40
*CABLE ADDRESS SEAPOSTES.
### PASSENGER'S LOG

**FIRST DAY OUT.**

<table>
<thead>
<tr>
<th>Lat.</th>
<th>Long.</th>
<th>Weather</th>
<th>Wind</th>
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<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Days Run</th>
<th>Miles</th>
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<td></td>
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**SECOND DAY.**

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<tr>
<th>Lat.</th>
<th>Long.</th>
<th>Weather</th>
<th>Wind</th>
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<table>
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<tr>
<th>Days Run</th>
<th>Miles</th>
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**THIRD DAY.**

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<tr>
<th>Lat.</th>
<th>Long.</th>
<th>Weather</th>
<th>Wind</th>
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<table>
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<tr>
<th>Days Run</th>
<th>Miles</th>
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**FOURTH DAY.**

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<tr>
<th>Lat.</th>
<th>Long.</th>
<th>Weather</th>
<th>Wind</th>
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<table>
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<tr>
<th>Days Run</th>
<th>Miles</th>
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<tbody>
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</table>

**FIFTH DAY.**

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<th>Lat.</th>
<th>Long.</th>
<th>Weather</th>
<th>Wind</th>
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<tbody>
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</table>

<table>
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<tr>
<th>Days Run</th>
<th>Miles</th>
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</table>

**SIXTH DAY.**

<table>
<thead>
<tr>
<th>Lat.</th>
<th>Long.</th>
<th>Weather</th>
<th>Wind</th>
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<tbody>
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<table>
<thead>
<tr>
<th>Days Run</th>
<th>Miles</th>
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</tbody>
</table>
**QUADRUPLE SCREW, TURBINE STEAMER LEVIATHAN**

"THE WORLD'S GREATEST SHIP"

59,956 Tons

Voyage 32 East

Captain HERBERT HARTLEY, U.S.N.R., Commanding.

From NEW YORK to SOUTHAMPTON via CHERBOURG, Oct. 24th, 1925.

<table>
<thead>
<tr>
<th>DATE</th>
<th>LAT. N.</th>
<th>LONG. W.</th>
<th>MILES</th>
<th>REMARKS</th>
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<tbody>
<tr>
<td>..  26</td>
<td>42.34</td>
<td>50.14</td>
<td>567</td>
<td>Moderate S’ly Gale, Rough Sea.</td>
</tr>
<tr>
<td>..  27</td>
<td>46.13</td>
<td>38.13</td>
<td>560</td>
<td>Moderate S’ly Gale, Rough Sea.</td>
</tr>
<tr>
<td>..  28</td>
<td>48.42</td>
<td>24.50</td>
<td>563</td>
<td>Strong W’ly Wind, Rough Sea.</td>
</tr>
<tr>
<td>..  29</td>
<td>49.40</td>
<td>10.31</td>
<td>565</td>
<td>Moderate W’ly Wind, Moderate Sea.</td>
</tr>
<tr>
<td>To Cherbourg</td>
<td></td>
<td></td>
<td>354</td>
<td>Fresh S’ly Gale, Rough Sea.</td>
</tr>
<tr>
<td>Total Distance</td>
<td></td>
<td></td>
<td>3123</td>
<td>Arrived Cherbourg 3.44, a.m., Oct. 30.</td>
</tr>
</tbody>
</table>

Sea Passage 5 days, 9 hours, 20 minutes

Average speed 24.14 knots
(or 27.76 land miles per hour.)
DOTT. ESCHILO DELLA SETA
MEMBRO DEL CONSEILLO DIRETTIVO
DELLA FEDERAZIONE ITALIANA PER LA LOTTA CONTRO LA TUBERCOSI
REDATTORE MEDICO DEL "GIUNNALE D'ITALIA"
DIRETTORE DE "L'ITALIA SANITARIA"

With best compliments,

[Signature]

Telefono 10-848.
Piazza del Popolo 18 - Roma (10)

Presenting to Dr. Kellogg

Prof. Louis Bernard
# 166 Faubourg St. Honore

Thunder Park
to exhibit some of
your method of
factoring 8 long hand

378,00
535
271
11
3
535
917

3,250
2,450
2,46
5,250
2,670
221
252
1,680
283
321
253
5,250
2,670
646
3,300
Docteur Jean Saidman
Électro-Radiologiste
Laureat de la Faculté de Médecine de Paris

TEL : Élysées 62-40

27, Rue La Boétie (8ème)

Sur rendez-vous
Mardi, Jeudi, Samedi (3 à 5 H.)

Fablin
7, rue Milton
THE AMERICAN HOSPITAL OF PARIS
(Incorporated)

TEL. WAGRAM 60-62
99-98
CABLE ADDRESS: BADENOCH-NEUILLY-S/-SEINE

44, RUE CHAUVEAU
NEUILLY-SUR-SEINE

Dr. Harry Plotz
Institut Pasteur

Prof. Besredka
March 3, 1926

WHITE STAR LINE.

R.M.S. MAJESTIC

PASSENGER LIST
LIST OF
FIRST CLASS PASSENGERS

ROYAL AND U.S. MAIL
S.S. "MAJESTIC,"
QUADRUPLE SCREW - 56,551 TONS
THE LARGEST STEAMER IN THE WORLD

FROM SOUTHAMPTON TO NEW YORK
(Via CHERBOURG)
WEDNESDAY, 3rd MARCH, 1926
INFORMATION FOR FIRST CLASS PASSENGERS

BREAKFAST from 8 a.m. until 10 a.m.
LUNCH at 1 p.m. | DINNER at 7:30 p.m.

The Bar opens at 8 a.m., and closes at 11:30 p.m.

Lights are extinguished in the Saloon at 11 p.m., Lounge midnight (Sundays 11:30 p.m.) and Reading and Writing Room at 11:30 p.m.

Lights are extinguished in the Smoking Room at midnight.

DIVINE SERVICE IN THE LOUNGE ON SUNDAY AT 11 A.M.

SMOKING. Passengers are kindly requested not to smoke in the Dining Saloon.

SEATS AT TABLE. Passengers who have not previously arranged for seats at table to be reserved should apply for same to the Second Steward.

When the steamers sail with full lists children under the age of ten years not paying the adult fare are provided with meals at separate settings in the Dining Saloon.

MEDICAL ATTENDANCE. THE SURGEON IS AUTHORISED TO MAKE CUSTOMARY CHARGES, SUBJECT IN EACH CASE TO THE APPROVAL OF THE COMMANDER, FOR TREATING PASSENGERS AT THEIR REQUEST FOR ANY ILLNESS NOT ORIGINATING ON THE VOYAGE. IN THE CASE OF SICKNESS DEVELOPED ON THE VOYAGE NO CHARGE WILL BE MADE, AND MEDICINE WILL BE PROVIDED FREE IN ALL CIRCUMSTANCES.

THE HOURS FOR CONSULTATION ARE AS FOLLOWS —

10 0 A.M.
6 0 P.M.
8 30 P.M.

BUT THE SURGEON IS AVAILABLE AT ALL TIMES IN CASE OF URGENCY.

AN ENQUIRY OFFICE has been provided for the convenience of Passengers where all enquiries for information of a general character can be made.

Letters, Cables, Telegrams and Marconigrams are received here for despatch, and Postage Stamps can be purchased, and Deck Chairs and Steamer Rugs hired at this Office, through which also all Mails will be distributed. Postage Stamps can also be obtained from the Lounge Steward.

None of the ship's staff other than those on duty in the Enquiry Office are authorised to accept Letters or Telegrams for despatch.
INFORMATION FOR FIRST CLASS PASSENGERS.—Continued.

**CHARGES COLLECTED ON BOARD.** Passengers are requested to ask for a Receipt on the Company's Form for any additional Passage Money, Chair or Steamer Rug Hire, charges collected for Marconigrams, Cablegrams or Telegrams or Freight paid on board.

**PASSENGERS' ADDRESSES** may be left at the Enquiry Office in order that any letters received after passengers have left the steamer may be forwarded.

**DECK CHAIRS** and **STEAMER RUGS** can be hired on application at the Enquiry Office, at a charge of 6/6 (or $1.50) each for the voyage.

**VALUABLES.** For the convenience of Passengers, the Line has provided in the office of the Purser a safe in which money, jewels, ornaments, documents or other valuables may be deposited by passengers. A receipt for any articles so deposited will be issued by the Purser, but the Line does not, having regard to the ticket conditions and to the provisions of Section 502 of the Merchant Shipping Act, 1894, and of Section 4231 of the revised Statutes of the United States, accept any responsibility for the safe custody of any such articles. Passengers are accordingly advised to protect themselves by insurance.

**EXCHANGE OF MONEY.** The Purser is prepared, for the convenience of passengers, to exchange a limited amount of English and American money at rates which will be advised on application.

**BAGGAGE.** Questions relating to Baggage should be referred to the Baggage Master. Trunks, Chairs, etc., which Passengers may desire to leave in charge of the Company, should be properly labelled and handed to the Baggage Master on the Wharf at New York, and such articles will be stored entirely at owner's risk. It is for passengers themselves to see all their baggage is passed by the U.S. Customs Authorities on landing.

**WARDROBE TRUNKS.** Passengers are advised that it is not always possible to arrange for the placing of Wardrobe Trunks in the passenger accommodation in a position where they are easily accessible, also that there is frequently difficulty with regard to the landing of such packages owing to their exceptional size. They are therefore recommended to use steamer trunks in preference.

**DOGS.** Passengers are notified that dogs cannot be landed in Great Britain unless a license has previously been procured from the Board of Agriculture, London. Forms of license must be obtained by direct application to the Department before the dog is taken on board.

**TRAVELLERS' CHEQUES,** payable in all parts of Europe, can be purchased at all the principal offices of the White Star Line. These Cheques are accepted on board White Star steamers in payment of accounts but the Purser do not carry funds to enable them to cash same except to a very limited amount.
AUTOMOBILE TOURS. Arrangements have been made whereby passengers by the White Star Line can hire automobiles to meet them on arrival of the steamer at Liverpool or Southampton for tours in the British Isles or on the Continent. Orders may be sent from America or Canada through the White Star Offices or direct from the steamer by the aid of the Marconi Wireless Telegraph.

DECK GAMES AND AMUSEMENTS. Deck Quoits, Shuffleboard, Bull Board and other games are provided on deck under the charge of a Quartermaster.

Chess, Draughts, Dominoes, etc., can be obtained on application to the Lounge Steward.

PASSENGERS’ QUARTERS. First Class passengers are not allowed to enter Second or Third Class compartments, or vice versa, as complications might arise under the Quarantine Regulations.

BOOTS AND SHOES. These will be cleaned if left outside the Stateroom door.

BARBER, LADY HAIRDRESSER, AND LADY MANICURIST are provided. The Barber’s hours are from 7 a.m. to 7 p.m., but for the general convenience of the greater number, passengers are requested not to apply for hair-cutting or shampooing except between the hours of noon and 5 p.m.

The following charges are authorized:

<table>
<thead>
<tr>
<th>Gentlemen.</th>
<th>s.  d.</th>
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</thead>
<tbody>
<tr>
<td>Shaving...</td>
<td>1 0 or 25 cts</td>
</tr>
<tr>
<td>Hairdressing</td>
<td>1 6 40</td>
</tr>
<tr>
<td>Shampooing</td>
<td>1 0 25</td>
</tr>
<tr>
<td>Singeing</td>
<td>1 0 25</td>
</tr>
<tr>
<td>Face Massage</td>
<td>2 0 50</td>
</tr>
<tr>
<td>Scalp Massage</td>
<td>1 6 40</td>
</tr>
<tr>
<td>Tonic Dressing</td>
<td>0 6 12</td>
</tr>
<tr>
<td>Manicure</td>
<td>4 0 1.00</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Ladies.</th>
<th>s.  d.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marcel Waving</td>
<td>4 0 or 1.00</td>
</tr>
<tr>
<td>Waving and Curling</td>
<td>5 0 1.25</td>
</tr>
<tr>
<td>Tinting</td>
<td>30 0 7.50</td>
</tr>
<tr>
<td>Cutting and Singeing</td>
<td>3 6 90 cts</td>
</tr>
<tr>
<td>Shampoo, Ordinary</td>
<td>4 6 1.15</td>
</tr>
<tr>
<td>Special, Henna Camomile Tar, from 7 6 1.90</td>
<td></td>
</tr>
<tr>
<td>Facial Massage, Hand</td>
<td>4 0 1.00</td>
</tr>
<tr>
<td>Vibro</td>
<td>5 0 1.25</td>
</tr>
<tr>
<td>High Frequency</td>
<td>7 6 1.90</td>
</tr>
<tr>
<td>Scalp Massage, Hand Vibro, High Frequency</td>
<td>7 6 1.90</td>
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<tr>
<td>Manicure</td>
<td>4 0 1.00</td>
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</table>

The Barber is allowed the privilege of selling various souvenirs and small articles on his own account.


PICTURE POSTCARDS. Picture Postcards of the steamer can be obtained on board gratis.
POSTAL INFORMATION

HIGH SEAS MAIL.—On all British steamers British Postage Stamps and rates are used when mailing letters for European points, and such letters should be posted in the ship’s letter box in the ordinary way.

The mail bag is closed a few hours previous to arrival. Full particulars can be obtained at the Enquiry Office upon application.

FOR LETTERS MAILED IN THE UNITED STATES.

Rates on letters to points in the United States, Canada and British Colonies and to Great Britain and Ireland, two cents an ounce or fraction thereof.

The above rates apply to letters to England, Ireland, Scotland and Wales; the Bahamas, the Barbadoes, British Guiana, British Honduras, the Dominican Republic, the Dutch West Indies, the Leeward Islands, Newfoundland, Trinidad (including Tobago), New Zealand; and the Windward Islands (including Grenada, St. Vincent, the Grenadines, and St. Lucia).

Rates on letters to all other countries—five cents for the first ounce, and three cents for each additional ounce or fraction.

Rates on postal cards to all countries (except United States, Canada, Cuba, Mexico and Panama, one cent to each)—two cents each; on return or reply cards, four cents each.

CANADIAN POSTAL RATES.

Letters to points in Canada, United States and Mexico, three cents for the first ounce, two cents for each additional ounce (War Tax included); rates to points in Great Britain and all other places within the Empire, four cents for the first ounce, three cents for each additional ounce (War Tax included); rates to other countries, ten cents for the first ounce, five cents for each additional ounce.

Postal Cards to points in Canada, Great Britain and all other places within the Empire, United States and Mexico, two cents each (War Tax included); rates to other countries six cents each.

Canadian Newspapers to points in Canada, Great Britain and certain places within the Empire, United States and Mexico, one cent for four ounces.

Printed Matter to points in Canada, United States and Mexico, one cent for two ounces; rates to other countries two cents for two ounces.

Literature for the Blind to points in Canada, United States, Mexico and Newfoundland free; rates to all other countries one cent per lb.

Commercial Papers to all countries other than Canada, ten cents for the first ten ounces, two cents for every additional two ounces.

Samples to points in Canada, United States and Mexico, one cent per two ounces; rates to all other countries four cents for the first four ounces, two cents every additional two ounces.

Acknowledgment of Receipt of Registered Articles to points in Canada and all other countries, ten cents if requested at the time of posting the article, twenty cents if requested after posting the article.
WIRELESS TELEGRAM RATES.

This Steamer is fitted with Marconi's system of Wireless Telegraphy and also with Submarine Signalling Apparatus.

THE FOLLOWING RATES DO NOT INCLUDE THE FORWARDING CHARGES BEYOND THE COAST STATION, WHICH ARE ADDITIONAL. Every word in the address, text, and signature is counted. All charges must be prepaid and a receipt should be requested.

LONG RANGE WIRELESS SERVICE.

This vessel is fitted with special long range wireless apparatus which will enable passengers to communicate with their friends or business connections on shore at any time during the voyage across the North Atlantic Ocean.

The Wireless charge for messages directed through the long distance wireless stations at DEVIZES, ENGLAND; LOUISBURG, Nova Scotia, or CHATHAM, Mass., is 10d. or 20.29cts. per word.

The ship is constantly in touch with one or other of these stations.

SHIP TO SHIP. The general rate for messages exchanged between British ships is 3d. or 18.23cts. per word. For messages exchanged with ships of other nationalities, the general rate is 8d. or 17.25cts. per word, but as Dutch, Belgian and certain other vessels apply a Wireless ship charge with a minimum of 10 words, the charge for messages addressed to the vessels will be calculated as follows:

For less than 10 words ... 3/6 or 85 cts. plus a charge of 4d. or 8.12 cts. per word.
For 10 words or more ... ... ... ... ... 8d. or 17.25 cts. per word.

SPECIAL RATE MESSAGES.

OCEAN LETTERS. The Marconi Company have inaugurated an "Ocean Letter" service by which messages may be sent from one ship to another in an opposite direction for delivery by Registered Post from the first port of call of the latter vessel. For an "Ocean Letter" sent to a British ship equipped with Wireless supplied by the Marconi Company, the rate is (inclusive of wireless, postage and registration) 5s. or 81.23cts. for 20 words, plus 2d. or 4 cts. for each additional word up to a maximum of 100 words. For an "Ocean Letter" sent to a foreign ship, the rate is 5/6 or 81.34 cts. for the first 20 words, plus 2d. or 5.92 cts. for each additional word, up to a maximum of 100 words. This class of message must contain full postal address.

POSTE RADIOTELEGRAMS. These messages are accepted for transmission to a selected vessel for mailing on arrival in port. This service provides a most economical channel of communication with friends and relatives on shore when full rate facilities are not desired.

Poste Radiotelegrams should preferably be handed in during the early part of the voyage and should be addressed in a manner similar to the following example:--

Poste=New York Brown 2464 Quincy Avenue Boston MAJESTIC

Arriving Tuesday Well

The inclusive cost of the above message would be 3/6d. or 36 cts.

For particulars regarding Wireless communications established or expected please consult the Wireless notice board, where full information is posted daily throughout the voyage.
TIME ON SHIPBOARD

On the voyage from Europe, owing to the alteration in time as the ship proceeds Westward, it is necessary to put the clock back every 24 hours. The alteration in time is made at about midnight, and the clock is usually put back from 35 to 45 minutes on each occasion, the exact amount of time depending upon the distance the ship is estimated to make by noon the next day. During the first 24 hours, however, owing to the change from Mean Time to Apparent Time, the alteration is likely to be considerably more than 45 minutes, especially while Summer Time is in use.

Time on board is marked by the ship's bell being sounded as follows:—

<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
<th>Bells Struck</th>
<th>Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12.30 a.m.</td>
<td>1</td>
<td>12.30 p.m.</td>
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<td>2</td>
<td>1:00</td>
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<table>
<thead>
<tr>
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<th>Hour</th>
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<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
<td>5:00</td>
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<tr>
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<td>6:00</td>
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<td>6:30</td>
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<tr>
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<td>7:00</td>
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<tr>
<td>*7</td>
<td>7:20</td>
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<tr>
<td>8</td>
<td>8:00</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
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</thead>
<tbody>
<tr>
<td>1</td>
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<tr>
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<td>7:30</td>
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<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
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<tr>
<td>3</td>
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<tr>
<td>*7</td>
<td>11:20</td>
</tr>
<tr>
<td>8</td>
<td>Noon</td>
</tr>
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</table>

Afternoon Watch

<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4:30</td>
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<tr>
<td>2</td>
<td>5:00</td>
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<tr>
<td>3</td>
<td>5:30</td>
</tr>
<tr>
<td>4</td>
<td>6:00</td>
</tr>
</tbody>
</table>

Morning Watch

<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<tr>
<td>2</td>
<td>7:00</td>
</tr>
<tr>
<td>3</td>
<td>7:30</td>
</tr>
<tr>
<td>4</td>
<td>8:00</td>
</tr>
</tbody>
</table>

Second Watch

<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6:30</td>
</tr>
<tr>
<td>2</td>
<td>7:00</td>
</tr>
<tr>
<td>3</td>
<td>7:30</td>
</tr>
<tr>
<td>4</td>
<td>8:00</td>
</tr>
</tbody>
</table>

Forenoon Watch

<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>2</td>
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<tr>
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<tr>
<td>6</td>
<td>11:00</td>
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<tr>
<td>*7</td>
<td>11:20</td>
</tr>
<tr>
<td>8</td>
<td>Noon</td>
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</tbody>
</table>

First Watch

<table>
<thead>
<tr>
<th>Bells Struck</th>
<th>Hour</th>
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</thead>
<tbody>
<tr>
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<td>8:30</td>
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<td>3</td>
<td>9:30</td>
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<tr>
<td>4</td>
<td>10:00</td>
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<td>5</td>
<td>10:30</td>
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<tr>
<td>6</td>
<td>11:00</td>
</tr>
<tr>
<td>7</td>
<td>11:30</td>
</tr>
<tr>
<td>8</td>
<td>Midnight</td>
</tr>
</tbody>
</table>

*Note. Seven Bells in these two Watches are struck 10 minutes earlier to allow the Watch next for duty to have their breakfast and dinner respectively.

One Bell is also struck at 3:45, 7:45, 11:45 a.m. and p.m. as warning to Watch below — i.e. off duty, to prepare to relieve the deck punctually at Eight Bells.
### APPROXIMATE DISTANCES

<table>
<thead>
<tr>
<th>Destination</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liverpool Landing Stage to Formby Lightship</td>
<td>11 Miles.</td>
</tr>
<tr>
<td>Liverpool Landing Stage to Bar Lightship</td>
<td>14</td>
</tr>
<tr>
<td>Liverpool Landing Stage to North-West Lightship</td>
<td>23</td>
</tr>
<tr>
<td>Liverpool Landing Stage to Point Lynas</td>
<td>52</td>
</tr>
<tr>
<td>Liverpool Landing Stage to South Stack</td>
<td>72</td>
</tr>
<tr>
<td>Liverpool Landing Stage to Roche's Point</td>
<td>241</td>
</tr>
<tr>
<td>Southampton to Nab Tower</td>
<td>22</td>
</tr>
<tr>
<td>Southampton to Hurst Point</td>
<td>19½</td>
</tr>
<tr>
<td>Southampton to Cherbourg (via Nab)</td>
<td>89</td>
</tr>
<tr>
<td></td>
<td>82½</td>
</tr>
<tr>
<td>Cherbourg to Lizard</td>
<td>143</td>
</tr>
<tr>
<td>Cherbourg Breakwater to Ambrose Channel Lightship</td>
<td></td>
</tr>
<tr>
<td>(Northern Track)</td>
<td>3102</td>
</tr>
<tr>
<td>(Southern Track)</td>
<td>3157</td>
</tr>
<tr>
<td>(Extra Southern Track)</td>
<td>3189</td>
</tr>
<tr>
<td>Roche's Point to Kinsale</td>
<td>16</td>
</tr>
<tr>
<td>Roche's Point to Fastnet</td>
<td>58</td>
</tr>
<tr>
<td>Daunt's Rock Lightship to Ambrose Channel Lightship</td>
<td></td>
</tr>
<tr>
<td>(Northern Track)</td>
<td>2842</td>
</tr>
<tr>
<td>(Southern Track)</td>
<td>2910</td>
</tr>
<tr>
<td>(Extra Southern Track)</td>
<td>2950</td>
</tr>
<tr>
<td>New York Wharf to Ambrose Channel Lightship</td>
<td>23</td>
</tr>
<tr>
<td>New York Wharf to Fire Island Lightship</td>
<td>53</td>
</tr>
<tr>
<td>New York Wharf to Nantucket Lightship</td>
<td>215</td>
</tr>
<tr>
<td>Liverpool to Quebec (via Belle Isle Straits)</td>
<td>2835</td>
</tr>
<tr>
<td>(via Cabot Straits)</td>
<td>2870</td>
</tr>
<tr>
<td>Quebec to Montreal</td>
<td>139</td>
</tr>
<tr>
<td>Father Point</td>
<td>156</td>
</tr>
<tr>
<td>Belle Isle</td>
<td>733</td>
</tr>
<tr>
<td>Liverpool to Portland (Northern Track)</td>
<td>2840</td>
</tr>
<tr>
<td>(Southern Track)</td>
<td>3010</td>
</tr>
<tr>
<td>Liverpool to Halifax (Northern Track)</td>
<td>2506</td>
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<tr>
<td>(Southern Track)</td>
<td>2876</td>
</tr>
<tr>
<td>Halifax to Portland</td>
<td>321</td>
</tr>
<tr>
<td>Daunt's Rock Lightship to Delaware Breakwater</td>
<td></td>
</tr>
<tr>
<td>(Northern Track)</td>
<td>2914</td>
</tr>
<tr>
<td>(Southern Track)</td>
<td>2989</td>
</tr>
<tr>
<td>(Extra Southern)</td>
<td>3030</td>
</tr>
<tr>
<td>Delaware Breakwater to Philadelphia</td>
<td>89</td>
</tr>
<tr>
<td>Daunt's Rock Lightship to Boston Lightship</td>
<td></td>
</tr>
<tr>
<td>(Northern Track)</td>
<td>2669</td>
</tr>
<tr>
<td>(Southern Track)</td>
<td>2750</td>
</tr>
<tr>
<td>(Extra Southern Track)</td>
<td>2789</td>
</tr>
</tbody>
</table>
RESTAURANT  In addition to the Regular Dining Saloon there is a large modern à la carte Restaurant, on Deck B, where meals may be obtained at any time between 8 a.m. and 11 p.m., at fixed charges, as shown on the Bill of Fare issued from day to day.

The Restaurant is under the Management of the Company.

If the passage is taken entirely without meals in the Regular Dining Saloon an allowance of £5 or $24 per adult will be made off the ocean rate, excepting that on rates of £78 or $360 per adult and upwards the allowance will be £7 or $32 per adult.

Provided the Restaurant is not fully booked, passengers may, on notifying the Purser within 24 hours after sailing, take their meals exclusively in the Restaurant and avail of the rebate. Or, passengers who have booked for meals in the Regular Dining Saloon may take occasional meals in the Restaurant at fixed charges, if there is room available.

Passengers wishing to use the Restaurant should apply on board to the Manager for the reservation of tables.

In the event of passengers who have booked for meals in the Restaurant of the "Majestic" being invited by friends to join them in the main saloon, such can be arranged at fixed charges, providing, of course, seats are available there.

PALM COURT  Adjoining the Restaurant is the Palm Court, a magnificent apartment decorated in the style of the Italian Renaissance and with a ceiling 20 feet high supported by eight columns. Light refreshments may be obtained at fixed charges.

READING and WRITING ROOM. On Deck B, forward, furnished in the style of the Adams Brothers. Here are well stocked Bookcases, and Books may be obtained on application to the Steward in charge.

By special arrangement with Harrod's Library, a supply of recent works is placed on board each voyage, as a supplement to the permanent collection of standard works.

SMOKING ROOM. On Deck A, forward, with large square glass windows giving a magnificent view towards the bow and also to the side of the steamer. This room is decorated in the style of the English Renaissance and is panelled in light stained oak, richly carved.

DINING SALOON. On Deck F, is the loftiest ever built in any ship, its height being 31 feet, and there is a floor area of 4,600 square feet. The magnificent painted dome and the decorations of the apartment have received special attention, the lighting effect being very pleasing. The seating arrangements in the Dining Saloon are unexcelled, 678 persons can be seated at once, and tables are provided for 2, 4 or more persons to enable all requirements to be met.
SWIMMING BATH. The Swimming Bath, with ample accommodation for bathers, including 30 dressing rooms, also a gallery for spectators, is situated on Deck G, and will be available for—

<table>
<thead>
<tr>
<th></th>
<th>Tickets</th>
<th>With use of Costume.</th>
</tr>
</thead>
<tbody>
<tr>
<td>GENTLEMEN from 6 a.m. to 9 a.m.</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>LADIES from 10 a.m. to 12-30 p.m.</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>LADIES &amp; GENTLEMEN from 2 p.m. to 7 p.m.</td>
<td>2/6 (60 cents)</td>
<td></td>
</tr>
</tbody>
</table>

The Swimming Instructress is allowed to make a charge for lessons given on application, but not for ordinary assistance rendered.

ELECTRIC BATHS. Fully equipped Electric Baths (also situated on Deck G) with experienced attendants in charge, available by appointment.

Tickets 5/6 ($1.25), obtainable at the Enquiry Office.

GYMNASIUM. Fully supplied with modern appliances, located on Deck A, and is open for exercise by Ladies, Gentlemen and Children during the following hours:

- GENTLEMEN ... ... from 6 a.m. to 9 a.m.
- LADIES ... ... from 10 a.m. to 12 noon.
- LADIES and GENTLEMEN from 12 noon to 1 p.m.
- CHILDREN ... ... from 2 p.m. to 3.30 p.m.
- LADIES and GENTLEMEN from 3.30 p.m. to 7 p.m.

No charge is made for the use of the appliances.

LOUNGE. On Deck B, amidships, intended for the use of both Ladies and Gentlemen. This popular room is the centre of social intercourse on board. Here afternoon tea and after-dinner coffee will be served, while liqueurs, cigars, cigarettes, chocolates and candies may be purchased, if desired. Postage Stamps can also be obtained from the Lounge Steward. The Lounge has an area of 2,410 square feet, a height of 26 feet, and the area of the Glass Dome is 1,500 square feet.

A special DANCING FLOOR has been laid in this apartment.

CARD ROOM. On Deck B, an innovation which will prove exceedingly popular amongst enthusiasts who like a quiet rubber free from the distractions unavoidable in apartments not solely devoted to the game.

PASSENGER ELEVATORS. Three Elevators are provided, two of which are situated in the main Companionway amidships, and one in the forward Companionway running between Decks A, B, C, D, E and F.

A CLOTHES PRESSING ROOM is in charge of an expert Attendant, and work of this kind will be carried out for Ladies and Gentlemen at the following charges:

<table>
<thead>
<tr>
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<th>s.</th>
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<th>s.</th>
<th>d.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentlemen's Suits</td>
<td>4</td>
<td>6</td>
<td>($1.15)</td>
<td>Coat and Vest</td>
</tr>
<tr>
<td>Overcoats, Heavy</td>
<td>4</td>
<td>6</td>
<td>($1.15)</td>
<td>Trousers</td>
</tr>
<tr>
<td>Ladies' Costumes</td>
<td>4</td>
<td>6</td>
<td>($1.15)</td>
<td>Overcoats, Light</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Waists and Jackets</td>
<td>2</td>
</tr>
</tbody>
</table>

HOT AND COLD WATER. All First Class Staterooms are fitted with hot and cold fresh water supply.

STENOGRAPHER. An experienced Stenographer is carried, and his services are at the disposal of passengers at the following charges:

- 2/- or 5 cents per folio (72 words).
- 1d. or 2 cents per folio for Carbon copies.
- 1s. 6d. or 40 cents (minimum) for a letter.

Particulars can be obtained at the Enquiry Office.
PANAMA PACIFIC LINE

NEW YORK - SAN FRANCISCO
Through the Panama Canal
Calling at Havana and Los Angeles en route

The Ideal Way to travel from Coast to Coast is aboard the fine, large trans-Atlantic vessels of the PANAMA PACIFIC LINE

FREQUENT AND REGULAR SAILINGS
A 5,200-MILE OCEAN VOYAGE OF MUCH BEAUTY AND INTEREST
FIFTEEN DAYS TO LOS ANGELES—EIGHTEEN TO SAN FRANCISCO

PANAMA PACIFIC LINE
1, BROADWAY - NEW YORK
SPECIAL REDUCED RATES TO
CHINA, JAPAN, AUSTRALIA & NEW ZEALAND
Via UNITED STATES or CANADA.

Under an arrangement concluded with the American and Canadian Railroads in conjunction with the Pacific Ocean Steamship Companies, through tickets to Japan and China, via San Francisco, Vancouver or Seattle, and to Australia and New Zealand, via San Francisco or Vancouver, can now be issued at the following rates:

<table>
<thead>
<tr>
<th>Destination</th>
<th>Through Rates</th>
<th>Value of Accommodation on North Atlantic Steamer</th>
<th>Available Route from Pacific Ports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yokohama</td>
<td></td>
<td>£44</td>
<td>Via Vancouver.</td>
</tr>
<tr>
<td>Kobe</td>
<td></td>
<td>£31</td>
<td>Canadian Pacific Steamships.</td>
</tr>
<tr>
<td>Nagasaki</td>
<td></td>
<td>£31</td>
<td>Via San Francisco.</td>
</tr>
<tr>
<td>Shanghai</td>
<td></td>
<td>£28</td>
<td>Pacific Mail Steamship Co.</td>
</tr>
<tr>
<td>Dairen</td>
<td></td>
<td>£28</td>
<td>Toyo Kisen Kaisha.</td>
</tr>
<tr>
<td>Hong Kong</td>
<td></td>
<td>£28</td>
<td>Via Seattle.</td>
</tr>
<tr>
<td>Manila</td>
<td></td>
<td>£28</td>
<td>Nippon Yusen Kaisha.</td>
</tr>
<tr>
<td></td>
<td><strong>To CHINA and JAPAN</strong></td>
<td></td>
<td>Admiral Line.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sydney</td>
<td></td>
<td>£44</td>
<td>Via Vancouver.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>£31</td>
<td>Canadian Australasian Royal Mail Line.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>£28</td>
<td>Via San Francisco.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Union Steamship Company of New Zealand.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Oceanic Steamship Company.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auckland</td>
<td></td>
<td>£44</td>
<td>Via Vancouver (to AUCKLAND).</td>
</tr>
<tr>
<td>Wellington</td>
<td></td>
<td>£31</td>
<td>Canadian Australasian Royal Mail Line.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>£28</td>
<td>Via San Francisco (to WELLINGTON).</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Union Steamship Company of New Zealand.</td>
</tr>
</tbody>
</table>

The following general provisions apply to the rates tabulated above:

(a) The rate in every case includes First Class American or Canadian rail transportation, exclusive of meals and sleeping cars.

(b) First Class minimum rate accommodation on Pacific Ocean steamer or, in the case of Second Class minimum rate accommodation on premier Pacific Ocean steamers.
SPECIAL NOTICE

The attention of the Managers has been called to the fact that certain persons, believed to be professional gamblers, are in the habit of travelling to and fro in Atlantic Steamships.

In bringing this to the knowledge of travellers, the Managers, while not wishing in the slightest degree to interfere with the freedom of action of patrons of the White Star Line, desire to invite their assistance in discouraging games of chance, as being likely to afford these individuals special opportunities for taking unfair advantage of others.

THE "MAJESTIC" carries an Orchestra of skilled musicians which will play daily at the undermentioned times and places—

4 p.m. to 5 p.m. - - - First Class Lounge
9 p.m. to Midnight - - - First Class Lounge
8:30 p.m. to 11 p.m. (Sundays) - First Class Lounge

LETTERS, ETC., FOR PASSENGERS

Will be brought on board before the Passengers land.

Passengers should personally ascertain whether there is any mail for them before disembarking, and they are invited to leave their addresses at the Enquiry Office for any later despatches to be re-directed.
Company's
Passenger Department

ON BOARD THE

R.M.S. "MAJESTIC,"

Office, Deck "C"

★

Mr. S. W. LIDDELL

Representative of the
Passenger Department

★

FULL PARTICULARS OF SAILINGS,
RESERVATIONS AND PASSAGE TICKETS
FOR YOUR RETURN VOYAGE.
FIRST CLASS PASSENGER LIST

WHITE STAR LINE

R.M.S. "Majestic,"
Sailing from SOUTHAMPTON to NEW YORK
via CHERBOURG

Wednesday, 3rd March, 1926.

COMMANDER:
G. R. METCALFE
(LT.-COMMANDER R.N.R., RETD.)

ASST. COMMANDER: R. HUME.

CHIEF ENGINEER: J. WOLFF, O.B.E.
ASST. CHIEF ENGINEER: M. L. EVANS

SURGEON: J. C. H. BEAUMONT, L.R.C.P. & S. (Edinburgh), L.F.P.S. (Glas.)
ASST. SURGEON: J. GLOVER, M.B., CH.B. (Edin.)

PURSERS:
C. B. LANCASTER. A. J. BYRNE.
ASST. PURSER: W. H. HAYWOOD.
CHIEF STEWARD: R. J. HOEY.
RESTAURANT MANAGER: M. BOSCASSO.

Acheson, Miss Margaret F.
Ackerson, Mrs. James
Adams, Mr. Edward E. B.
Adams, Mrs.
Ainsworth, Mr. L. J. T. H.
Alexander, Mr. Alexander
Alexander, Mrs.
Altounian, Mr. Hovannes H.
Alves, Mr. Duncan E.
and Manservant
Alves, Mrs. Duncan
and Maidservant
Amory, Mr. Charles
and Manservant
Archibald, Mr. Robert F.

Arnold, Mr. B. E.
Arnold, Mrs.
Aronson, Miss Stella
Arthur, Mr. Joseph Tully
Auchincloss, Mr. J. Howlan

Bailey, Mr. G. O.
Bailey, Mrs.
Baker, Mrs. Raymond T.
and Maid
Baker, Miss Gloria
Baker, Mr. R. K.
Baker, Mr. A. J.
Baker, Mrs.
Baker, Mr. R. C.
Baldridge, Miss Elizabeth
Ball, Mr. Morrison
Ball, Mrs.
Barclay, Mr. James M.
Barnum, Mr.
Barnum, Mrs.
Barros, Mr. Jorge
Barros, Mrs.
Bartlett, Mr. F. C.
Bauer, Mr. E.
Beilenson, Mr. J.
Bell, Mr. J. W.
Belsky, Mr. Charles J.
Bemder, Mr. J.
Berger, Mrs. Caroline
Berniczky, Mrs. Stephanie
Bertrau, Mr. Enrique
Bickford, Mr. E. H.
Bickford, Mrs.
Bickford, General Harold C.
Bickford, Mrs.
Bing, Mr. Stephan
Bingham, Mr. Harry
Birnbaum, Mr. Leopold
Block, Mr. H. L.
Block, Mr. George W.
Bloese, Mr. August F.
Blum, Mrs. Edward
Boeckerstette, Miss
Boggs, Mr. Leroy V.
Boggs, Mrs.
Boosey, Mr. William
Borden, Mr. W. E.
Bornstein, Mr. I.
Boswell, Mr. Alva Young
Boswell, Mrs.
Bourbon, Miss Diana

Bourne, Miss Marjorie and Maid
and Manservant
Bramwell, Mr. Walter H.
Braverman, Mr. Harry
Braverman, Mrs.
Breslauer, Mr. B. F.
Brooks, Mr. Stephen
Brown, Mr. L. D.
Brownell, Mr. G. S.
Brownell, Mrs.
Brunner, Mr. F. E.
Buck, Mr. Frank
Bucknall, Mr. H. W. J.
Burke, Mr. James
Burke, Mr. Edward J.
Burke, Mr. O. M.
Burke, Mrs.
and Three Maids
Burns, Miss Margaret
Burton, Mr. Theodore D.

Campbell, Mr. Nigel L.
Campbell, Col. D.
del Camps, Mr. Andres I.
Caplin, Mr. I. R.
Carter, Mrs. L. J. M.
Cassou, Mr. Henri
Castle, Mr. Eugene W.
Chalk, Miss Elizabeth
Chalom, Mr. Maurice
Chambers, Mr. Ambrose E.
Chambers, Mrs.
Cheever, Mr. H. Durant
Cheney, Mr. Ward
Cheney, Mrs. and Maid
Chew, Mr. F. J.
Clay, Mr. George Vernon
Clucas, Mr. E. W.
Clucas, Mrs.
Clucas, Junr., Mr. E. W.
Clucas, Miss Sara
and Governess
Cobbold, Col. Ralph Patterson
Coblentz, Mr. L.
Coffin, Rev. Henry S.
Coffin, Mrs.
Cohn, Mr. A. H.
Cohn, Mrs.
Cohn, Mr. Irving
Colford, Mr.
Colford, Mrs. and Maid
Contecakis, Lt.-Col. Gregoire
Coons, Mr. L. S.
Coons, Mrs. and Maid
Coons, Master Billy
Coons, Miss Martha
Cooper, Mr. George
Cramer, Mr. Richard
Cramer, Mrs.
Cremin, Mr. William C.
Crooks, Mr. George W.
Crooks, Mrs.
Cruikshank, Mr. A. G.
Curtis, Col. Hubert Montagu Cotton
Czech, Mr. Henry
Danziger, Mr. Jerome
Davey, Mr. E. G.
Davis, Mr. J. Lionberger
Davis, Mrs.
Davis, Mrs. B.
Davis, Miss Sarah
Davis, Mr. David
Davison, Mr. Harry P.
Davison, Mrs.
Davison, Mrs. Kate
Davison, Mr. B.
Dawson, Mr. H. E.
Delfosse, Mr. L.
Dennison, Mr. John Albert
De Witt, Mr. John R.
De Witt, Mrs.
Dickson, Mr. R. H.
Ditesheim, Mr. Gaston
Ditisheim, Mr. Robert
Ditisheim, Miss Jeanne
Dollfus, Mr. M.
Douglas, Mr. George
Dowson, Mr. Valentine H.W.
Duncan, Mr. William
Duncan, Mrs.
Dunn, Miss E. M.
Ellis, Miss G. Ella
Ellison, R.N., Rear-Admiral Alfred A.
Ellwood, Miss Susan
Emsens, Mr. Jean
Ephraim, Mr. Lee
Epstein, Mrs. L. G.
Epstein, Mr. Barnett
Ericksen, Mr. B.

Feifer, Mrs. S. H.
Feldman, Mr. J. B.
Feldman, Mrs.
Fetterolf, Mr. H. G.
Finnigan, Col. Bateson
Finnigan, Mrs.
Fitzpatrick, Mr. W. J.
Foster, Mr. C. M.
Frank, Mrs. Pauline
Frankensdorf, Baron H.
Franklin, Mr. C. A.
Fredinburg, Mr. W. O.
Frenkel, Miss Sabine
Friedman, Miss Laura

Gillespie, Mr. R. H.
Goddard, Mr. Convers
Goddard, Mrs.
Goetz, Mr. William M.
Goldberger, Mr. Louis J.
Goldstein, Mr. J.
Gorman, Mrs. Thomas
Gottlieb, Mr. Leo
Graham, Mr. K.
Graham, Mrs.
Graham, Miss Ina L.
Grant, Mr. N. A.
Gray, Mrs. L.
Gray, Mr. L.
Green, Mr. K. L'A.
Green, Mrs.
Greenwald, Mr. Henry D.
Greenwald, Mrs.
Griswold, Mrs. Julia S. H.
Gross, Mr. Theodore
Grutter, Miss Klara
Gumpert, Mr. Jack
Gumpert, Mrs.

Gamage, Mr. Eric Muir
Gamage, Mrs.
Gardner, Mr. William
Gay, Miss L.
Gilbert, Mr. I. H.
Gilbert, Mrs.

Hadley, Miss B.
Halk, Mr. L. W.
Hall, Mr. David F.
Hall, Mrs.
Halle, Mr. S. P.
Halle, Mrs.
Hamilton, Mr. P. M.
Hammerstein II., Mr. Oscar
Hammerstein, Mrs.
Hammond, Miss Virginia
Hanan, Mr. Herbert W.
Hanchett, Miss Lillian
Hanni, Mr. Hermann
Hanni, Mrs.
Hardie, Mrs. William
Hardie, Mr. J. Clayton
Harris, Mr. T. K.
Harris, Mrs.
Harris, Mrs. H. S.
Hart, Mr. Gordon K.
Hart, Mr. Henry E.
Hartwell, Mr. L. B.
Harzberg, Mr. Meyer
Hathaway, Mr. Harold
Hayes, Mrs. E.
Hawkesworth, Miss Margaret and Maid
Heim, Mr. S. W.
Heim, Mrs.
Heimerdinger, Mr. F. M.
Heimerdinger, Mrs.
Heinsheimer, Dr. Alfred
Hirschmann, Mr. Julius
Hirst, Mr. William H.
Hitch, Mr. Frederick
Hogg, Mr. F. C.
Hollinshead, Mr. Thornton
Hollinshead, Mrs.
Holmes, Mr. Joshua M.
Holmes, Mrs.
Holmes, Junr., Mr. Joshua M.
Holmes, Mrs.
Holywasser, Mr. Charles S.
Hopkinson, Mr. Joseph
Hopkinson, Mrs.
Hornby, Mr. F.
Hotchkiss, Mr. H. Stuart
Hough, Mr. Harry
Howard, Mrs. G. S.
Howard, Mr. Eugene A.
Howard, Mrs.
Hurlimann, Mr. E.
Hurlimann, Mrs.
Imperato, Dr.
Ingram, Mr. E. S.
Isaac, Mr. Isidore
Isaac, Mrs.
Isaac, Miss Clara
Iselin, Miss Dorothy
Ishiguro, Mr. T.
Iversen, Miss Inga
Jacques, Miss Lillian
Jaffe, Mrs. A. S.
Jalkoff, Mrs. M.
Jay, Mrs. William and Maid
Jenckes, Mr. Fred
Jenckes, Mrs.
Jennings, Mr. A. R.
Jillson, Mr. O. B.
Johannessen, Mr. Laro Pihl
Jones, Miss Sara K.
Joseph, Mr. Albert
Joseph, Mrs.
Juddkins, Mr. E. L.

Kaufman, Mrs. George S.
Kellogg, Dr. John H.
Kelly, Miss Kitty
Khayat, Mr. Azeez
Khayat, Miss Lillian
Kindersley, G.B.E., Sir Robert
Kindersley, Lady
and Maid
Kindersley, Miss E.
King, Mr. Warren P.
King, Mrs.
Klyn, Mr. George B.
Knodle, Mrs. R. H.
Koechlin, Mr. R. A.
Koehler, Mr. R. P.
Kramer, Mr. Samuel

Lawrie, Mr. Walter H.
Laycock, Mr. John
Leach, Mr. O. G.
Lebret, Mr. H.
Lee, Miss H. M.
Lee, Miss P.
Lett, Mr. T.
Levi, Mr. George
Levi, Mrs.
Liddell, Mr. Sidney W.
Liebling, Mr. Leonard
Lippincott, Mr. Henry
Lippman, Mr. Harry
Little, Mr. W. R.
Loughney, Mr. Roger E.
Loughney, Mrs.
Loveday, Mrs. A. E.
Lux, Mr. Richard C.
Lux, Mrs.
Lye, Mr. E. B.
Lye, Mrs.

Mackin, Junr., Mr. John
Magner, Mr. M. A.
Magner, Mrs.
Malleson, Mr. Theodore J.
Mallory, Mr. Philip R.
Marcoglu, Mr. Nicholas
Marks, Sir George Croydon
Marlin, Mrs. J. H.
Marlin, Miss E.
Marsal, Mr. Lorenzo Frau
Martin, Mr. E. E. T.
Martin, Miss M.
Martin, Miss K.
Martin, Miss F.
Maurer, Dr. A. A.
Mayer, Mr. David
McCormick, Mr. Harold
McDonald, Mr. M. A.
McGowan, Mrs. Florence
McManus, Mrs. Florence
Mead, Mrs. Lawrence
Mendes, Mr. Lothar
Metzger, Mrs. Florence
Michell, Mr. H. F.
Michell, Mrs.
Michell, Miss Florence
Michell, Miss Helene
Miller, Mr. G. M.
Miller, Mrs.
Miller, Mr. Hoyt
Mills, Miss M. E.
Mises, Dr. Ludwig
Mitchell, Mr. R. V.
Mitchell, Mrs.
Mitchell, Mr. D. D.
Montague, Mr. J.
Montague, Mrs. G.
Moody, Mr. Edward F.
Mora, Mr. Allie J.
Moreno, Mr. Andre
Motz, Mr. G. B.
Muchmore, Mrs.
Munn, Mrs. Frank W.
Munn, Miss Florence
Munster, Mr. A. W.
Munster, Mrs.
Nagle, Mr. Garrett J.
Neumann, Mr. Franz C.
Newton, Mr. Dorr C.
Newton, Mrs.
Niblo, Mr. Fred
Niblo, Mrs.
Nickerson, Mr. W. E.
Nickerson, Mrs.
Nolan, Mr. C. W.
Nolan, Mrs.
Nolan, Junr., Mr. C. W.
Nott, Mr. C. R. H.
Nussbaum, Mr. Louis
Nye, Mr. Henry Vinton

O'Connell, Mr. Joseph E.
O'Connell, Mrs.
Ogden, Mr. Arnold L.
Ormiston, Mr. K.
Ostrander, Mr. Frank
Ostrander, Mrs.

Pace, Mr. W. G.
Panquin, Mr. Victor
Parks, Mrs. Fred H.
Parks, Mr. John
Parks, Mrs.
Parsons, Mrs. M. B.
Parsons, Miss Anne
Patterson, Mr. Morehead
Pell, Mr. John F.
Pell, Mrs.
Peterson, Dr. C. J.
Peterson, Mr. George F.
Petri, Mr. G. H.
Phillips, Mrs. E. S.
Phillips, Mr. L.
Pickering, Mrs. G.
Pierce, Mr.
Pissevaux, Mr. Georges
Poniatowsky, Prince André
Poniatowsky, Princess
Portner, Mrs. A. M.
Post, Mr. George B.
Prouvost, Mr. Jean
Prowse, Mr. M. W. W.
Prowse, Mrs.
Pulitzer, Mr.
Purdey, Mr. T. D. S.
Pursel, Mr. J. H.
Richards, Mrs. Anna S.
Richards, Miss Anna C.
Ritchey, Mrs. Daniel P.
Rivero, Dr. Jose
Roark, Miss Lilian
Robb, Junr., Mr. H. B.
Robb, Mrs.
Robbins, Mr. Lloyd M.
Roberts, Mr. G. Brinton
Roberts, Mrs.
Ropposch, Mr. Hans
Ropposch, Mrs.
Rose, Mr. Stanley H.
Rosenberg, Miss Beatrice
Rosenberg, Mr. M.
Rosenblatt, Mr. Eli
Rueff, Mr. Serge
Rutter, Mrs. H.
Ruys, Mr. J. D.
Ryland, Mr. G. B.
Ryland, Mrs.
Ryland, Miss Dorothy

Ramson, Mr. Roy
Ramson, Mrs.
Randall, Mr. Sydney
Reckford, Mr. John K.
Reckford, Mr. Joseph S.
Reece, Miss A. E.
Reichmann, Mr. Reginald
Remmel, Mr. W. H.
Remmel, Mrs.
Reyersbach, Mr. Louis
Reyersbach, Mrs.
and Maid
Sandstrom, Mr. Arthur
Charles
Saportas, Mr. Martin
Saportas, Mrs.
Sargent, Junr., Mr. C. S.
Satz, Mr. Bert H.
Satz, Mrs.
Satz, Mr. L. A.
Satz, Mrs.
Saunders, Mrs. Grace
Schaefer, Dr. Ludwig
Scharmann, Mr. Herman G.
Schenkein, Mr. Edward
Schideler, Mr. Pierre
Schneider, Mr. Albert K.
Schneider, Mrs.
Schwab, Mr. C. M.
and Manservant
Schweiger, Mr. Rudolph
Scorelli, Mr. F.
Shaw, Mr. G. Howland
Shepard, Mr. Francis H.
Shepherd, Mrs. Alice
Shepherd, Miss
Simauer, Mr. B.
Simmons, Junr., Mr. Z. G.
Simmons, Mrs.
Simon, Miss Edith
Sinnott, Mr. J. P.
Skelding, Mrs. S. H.
Skevington, Mr. S. B.
Slade, Mr. John
Slade, Mrs.
Smith, Mr. Acheson
Smith, Mrs.
Smith, Miss Grace C.
Smith, Miss Betty B.
Smith, Mr. T. Yorke
Smith, Mrs.
Smith, Miss A. E.
Smith, Mr. S. G.
Smith, Mr. A. B.
Smith, Mrs.
Smith, Mrs. Marion Haines
Smith, Mr. George Wellington
Snedeker, Mr. R. Cuyler
Snedeker, Mrs.
Splain, Mr. John
Steiner, Mr. Julius

Stern, Mr. Ralph
Stern, Mrs.
Stern, Master Julius
Stern, Master Ralph
Stimson, Mrs. Thomas B.
Sulzer, Dr. Hans
Susterovicius, Mr. Z.
Swarz, Mr.

Tannenbaum, Mr. Ferdinand
Tannenbaum, Mrs.
Taylor, Mr. Andrew
Templeton, Miss L.
Teus, Mr. V. M. V.
Teus, Mrs. M. M. de
Thalon, Mr. William
Thompson, Mr. G. H.
Ticknor, Mr. William D.
Ticknor, Mrs.
Tillmann, Mr. Franz Karl
Tillmann, Mrs.
Trees, Mr. Joe Clifton
Tripp, Mr. S. G.
Tull, Mr. Samuel P.
Tull, Mrs.
Tuteur, Mr. J.
Tuteur, Mrs.

Uittenthal, Miss Kathlyn
Urban, Mr. Charles
Urban, Mrs.
Van der Muelen, Mr.

Van der Muelen Haer, Mrs.

van Waveren, Mr. Theodorus

Vehon, Mr. Morris

Vehon, Mrs.

Vehon, Master Morris

Vernes, Mr. Francis

Virgin, Miss Julia

Wilson, Mr. A. R.

Wilson, Mrs.

Wilson, Mr. Webb

Winkiel, Miss Wanda

Winkiel, Miss Felicia

Winterbotham, Mr. Joseph

Wollman, Mr. Sidney J.

Wollman, Mrs.

Wood, Junr., Mrs. R. G.

Wurtzel, Mr. Max

Wurtzel, Mrs.

Walker, Mrs. M. J.

Walker, Mr. A. Weston

Walker, Dr. L. L.

Wannenburg, Mrs. H. E.

Ward, Mr. James C.

Waterhouse, Mr. George B.

Waterman, Mr. G. H.

Weaver, Mr. J. P.

Webb, Mr. Walter Thomas

Weinberg, Mr. Abraham

Wells, Mr. A. A.

Wheeler, Mr. George

Wheeler, Mrs.

Wheelwright, Mr. Clarence

White, Mr. Raymond A.

White, Mrs.

Whyte, Mr. Andrew

Wiener, Mr. John E.

Wild, Mr. E. K.

Yehia, Mr. Aly Bey

Yehia Bey, Mme.

Yueh, Mr. George C.

Zaugg, Mr. John

Zaugg, Mrs.

Zelosky, Mr. William

Zelosky, Mrs.

Zukor, Mr. Eugene
PUBLIC TELEPHONES
With Booths and Operators on our New York Piers
LANDING ARRANGEMENTS AT NEW YORK

Should the steamer arrive at the New York Wharf after 8 p.m., United States Citizens may land if they wish to do so and have their hand baggage passed by the Customs Authorities immediately on arrival, but those who prefer to remain on board may do so and have the whole of their baggage passed the following morning not earlier than Seven o’clock. Breakfast will be served to those who remain on board overnight.

IN THE EVENT OF THE STEAMER ARRIVING AFTER THE HOURS MENTIONED HEREUNDER PASSENGERS, OTHER THAN UNITED STATES CITIZENS, MAY BE REQUIRED BY THE U.S. IMMIGRATION AUTHORITIES TO REMAIN ON BOARD OVERNIGHT, AND TO HAVE THEIR PASSPORTS EXAMINED THE FOLLOWING MORNING:

<table>
<thead>
<tr>
<th>Period</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>OCTOBER TO DECEMBER, INCLUSIVE</td>
<td>5.30 P.M.</td>
</tr>
<tr>
<td>JANUARY TO MARCH</td>
<td>6.00 P.M.</td>
</tr>
<tr>
<td>APRIL TO JUNE</td>
<td>7.30 P.M.</td>
</tr>
<tr>
<td>JULY TO SEPTEMBER</td>
<td>7.15 P.M.</td>
</tr>
</tbody>
</table>

BREAKFAST WILL BE SERVED IN THE USUAL COURSE.

Upon landing at New York and upon application to the uniformed representatives of the railroads, who meet all steamers, railroad tickets may be purchased and baggage checked from the Steamship Pier to any point along the Lines of the Pennsylvania, New York Central, New York, New Haven, and Hartford, Erie, Lehigh Valley, Baltimore and Ohio, Delaware, Lackawanna and Western and Central Railroad of New Jersey, and connecting railroads.

Passengers destined to New York City, or nearby points, will find on the Pier representatives of the New York City Transfer, who will arrange for the expeditious transfer of baggage to hotels, railroad terminals or residences.
RECOVERY OF U.S. HEAD TAX

This Tax can be recovered by passengers, if same has been paid, provided they inform the U.S. Immigration Inspector on arrival at New York of their intention to leave the United States within 60 days (the time prescribed by U.S. Law), and obtain from him Transit Certificate Form 514.

It is also necessary for Transit Certificate Form 514 to be handed to the transportation company when completed, in time to allow same to be placed before the Immigration Authorities in Washington within 120 days of passenger's arrival in the United States.

Unless this regulation is complied with the Tax cannot be recovered.

**Note.—** Will passengers who have not paid the Head Tax in consequence of their being in transit to Canada kindly complete Form 514 (which must be obtained from the Immigration Officials at New York) and forward same to the White Star Line, 1, Broadway, New York, as soon as possible after their departure from the United States.
World Cruise of the Belgenland
1926-1927

Special Announcement

The International Mercantile Marine Company has great pleasure in announcing that it is planning a

Third World Cruise of the S.S. Belgenland for the Winter of 1926-1927

The Belgenland will leave New York, December 14th, 1926, for a Cruise Around the World, covering practically the same itinerary as the first and second cruises. Particulars on application.

RED STAR LINE
1, BROADWAY NEW YORK
## RED STAR LINE

### S.S. "LAPLAND"

**Summer Mediterranean Cruise**

**From NEW YORK**

**Wednesday, July 7th, 1926**

<table>
<thead>
<tr>
<th>Ports</th>
<th>Arrival</th>
<th>Departure</th>
<th>Approx. Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Day</td>
<td>Date</td>
<td>Sailing Hour</td>
</tr>
<tr>
<td>NEW YORK</td>
<td>...</td>
<td>...</td>
<td>...</td>
</tr>
<tr>
<td>MADEIRA</td>
<td>Thur.</td>
<td>July 15</td>
<td>8 am</td>
</tr>
<tr>
<td>ALGIERS</td>
<td>Sun.</td>
<td>July 18</td>
<td>8 am</td>
</tr>
<tr>
<td>NAPLES</td>
<td>Tues.</td>
<td>July 20</td>
<td>8 am</td>
</tr>
<tr>
<td>TRIESTE</td>
<td>Thur.</td>
<td>July 29</td>
<td>6 am</td>
</tr>
<tr>
<td>RAGUSA</td>
<td>Fri.</td>
<td>July 30</td>
<td>10 am</td>
</tr>
<tr>
<td>CATTARO</td>
<td>Sat.</td>
<td>July 31</td>
<td>6 am</td>
</tr>
<tr>
<td>CORFU</td>
<td>Sun.</td>
<td>Aug. 1</td>
<td>6 am</td>
</tr>
<tr>
<td>GENOA</td>
<td>Wed.</td>
<td>Aug. 4</td>
<td>Noon</td>
</tr>
<tr>
<td>MONACO</td>
<td>Thur.</td>
<td>Aug. 5</td>
<td>6 am</td>
</tr>
<tr>
<td>BARCELONA</td>
<td>Fri.</td>
<td>Aug. 6</td>
<td>6 pm</td>
</tr>
<tr>
<td>GIBRALTAR</td>
<td>Mon.</td>
<td>Aug. 9</td>
<td>6 am</td>
</tr>
<tr>
<td>CADIZ</td>
<td>Tues.</td>
<td>Aug. 10</td>
<td>6 am</td>
</tr>
<tr>
<td>CHERBOURG</td>
<td>Sat.</td>
<td>Aug. 14</td>
<td>9 am</td>
</tr>
<tr>
<td>SOUTHAMPTON</td>
<td>Sat.</td>
<td>Aug. 14</td>
<td>3 pm</td>
</tr>
<tr>
<td>ANTWERP</td>
<td>Sun.</td>
<td>Aug. 15</td>
<td>9 am</td>
</tr>
<tr>
<td>NEW YORK</td>
<td>Sun.</td>
<td>Aug. 29</td>
<td></td>
</tr>
</tbody>
</table>
### WHITE STAR LINE

#### SS. "MEGANTIC"

### CRUISES
**TO THE**
**WEST INDIES AND SOUTH AMERICA**

**From New York**
**January 23rd and February 27th, 1926**

<table>
<thead>
<tr>
<th>Ports</th>
<th>Miles</th>
<th>FIRST CRUISE</th>
<th>SECOND CRUISE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>From NEW YORK</td>
<td>From NEW YORK</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat., January 23</td>
<td>Sat., February 27</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Arrive</td>
<td>Depart</td>
</tr>
<tr>
<td>NEW YORK</td>
<td>......</td>
<td>......</td>
<td>Jan. 23</td>
</tr>
<tr>
<td>HAVANA</td>
<td>1,161</td>
<td>Jan. 27</td>
<td>Jan. 28</td>
</tr>
<tr>
<td>SANTIAGO</td>
<td>631</td>
<td>Jan. 30</td>
<td>Jan. 30</td>
</tr>
<tr>
<td>PORT-AU-PRINCE</td>
<td>220</td>
<td>Jan. 31</td>
<td>Jan. 31</td>
</tr>
<tr>
<td>KINGSTON</td>
<td>605</td>
<td>Feb. 1</td>
<td>Feb. 2</td>
</tr>
<tr>
<td>PANAMA CANAL</td>
<td>546</td>
<td>Feb. 4</td>
<td>Feb. 5</td>
</tr>
<tr>
<td>CARTAGENA</td>
<td>270</td>
<td>......</td>
<td>......</td>
</tr>
<tr>
<td>CURACOA</td>
<td>472</td>
<td>Feb. 7</td>
<td>Feb. 7</td>
</tr>
<tr>
<td>LA GUAIRA</td>
<td>149</td>
<td>Feb. 8</td>
<td>Feb. 8</td>
</tr>
<tr>
<td>TRINIDAD</td>
<td>339</td>
<td>Feb. 9</td>
<td>Feb. 10</td>
</tr>
<tr>
<td>BARBADOS</td>
<td>201</td>
<td>Feb. 11</td>
<td>Feb. 11</td>
</tr>
<tr>
<td>MARTINIQUE</td>
<td>184</td>
<td>Feb. 12</td>
<td>Feb. 12</td>
</tr>
<tr>
<td>SAN JUAN</td>
<td>74</td>
<td>Feb. 14</td>
<td>Feb. 14</td>
</tr>
<tr>
<td>NASSAU</td>
<td>786</td>
<td>Feb. 17</td>
<td>Feb. 17</td>
</tr>
<tr>
<td>BERMUDA</td>
<td>820</td>
<td>Feb. 20</td>
<td>Feb. 21</td>
</tr>
<tr>
<td>NEW YORK</td>
<td>609</td>
<td>Feb. 23</td>
<td>......</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>7,070</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# White Star Line & Red Star Line

## Special Cruises

to and from the

**MEDITERRANEAN AND EGYPT**

(SUBJECT TO ALTERATION.)

1926

<table>
<thead>
<tr>
<th>Ports</th>
<th>Miles</th>
<th>( \text{ADRIATIC} )</th>
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</table>

* *LAPLAND,* Red Star Line Steamer.

* If time permits the ship will steam for about an hour up the Bosphorus and return.
# WHITE STAR LINE

**EXPRESS MAIL SERVICE**

**SOUTHAMPTON — CHERBOURG — NEW YORK**

"MAJESTIC"

Length, 954'5 feet … Breadth, 100'15 feet … Depth, 64'2 feet

THE LARGEST Steamer IN THE WORLD

"OLYMPIC" 46,439 tons | "HOMERICO" 34,351 tons.

## PROPOSED SAILINGS

(Subject to Alteration)

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<th>From SOUTHAMPTON and CHERBOURG</th>
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<table>
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<tr>
<td></td>
<td>Mar. 13</td>
<td>Sat. 12:10 am</td>
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<tr>
<td></td>
<td>Apr. 17</td>
<td>Sat. 12:10 am</td>
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</tr>
<tr>
<td></td>
<td>Apr. 24</td>
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<tr>
<td></td>
<td>Aug 2</td>
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<tr>
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<tr>
<td></td>
<td>Sep 7</td>
<td>Sat. 12:10 am</td>
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The BELGENDLAND, LAPLAND, PITTSBURGH and ZEELAND are Red Star Line steamers.

- Calling at HALIFAX, N.S., Westbound.
- Calling at QUEENSTOWN Westbound.
- Calling at BOULIGNE and SOUTHAMPTON Westbound, omitting Cherbourg.
- From BOULIGNE and SOUTHAMPTON, calling at QUEENSTOWN.
- Calling at PLYMOUTH instead of Southampton Eastbound.
- From NEW YORK to LIVERPOOL, calling at CHERBOURG.
- Calling at HALIFAX, N.S., Eastbound.
<table>
<thead>
<tr>
<th>From LIVERPOOL, via QUEENSTOWN</th>
<th>Steamer</th>
<th>Tonnage</th>
<th>From NEW YORK, via QUEENSTOWN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DATE</strong></td>
<td><strong>DAY</strong></td>
<td><strong>SAILING HOUR</strong></td>
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<tr>
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<tr>
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<tr>
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<td>27 *</td>
<td>Sat.</td>
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<tr>
<td>Sept. 4</td>
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<td>3 pm</td>
<td>BALTIC</td>
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* Calling at Boston. * Calling at Halifax, N.S.

Megantic calls at Cherbourg, instead of Queenstown, Eastbound

† Calling at Glasgow, Westbound, instead of Queenstown.
# WHITE STAR LINE

## LIVERPOOL — BOSTON — NEW YORK
Via QUEENSTOWN

### PROPOSED SAILINGS
(SUBJECT TO ALTERATION)

<table>
<thead>
<tr>
<th>From LIVERPOOL Via QUEENSTOWN.</th>
<th>Steamer.</th>
<th>Tonnage.</th>
<th>From NEW YORK Via QUEENSTOWN.</th>
<th>From BOSTON Via QUEENSTOWN.</th>
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</thead>
<tbody>
<tr>
<td><strong>DATE.</strong></td>
<td><strong>DAY.</strong></td>
<td><strong>SAILING HOUR</strong></td>
<td><strong>DATE.</strong></td>
<td><strong>DAY.</strong></td>
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<td>...</td>
<td>CELTIC ...</td>
<td>21,179</td>
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<tr>
<td>Mar. 27</td>
<td>Sat.</td>
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<td>CELTIC ...</td>
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<td>Sept. 11</td>
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<td>CEDRIC ...</td>
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</tbody>
</table>
# WHITE STAR LINE

## To CANADA

**LIVERPOOL—HALIFAX, N.S.—PORTLAND, Me.**

Calling at Belfast and Glasgow, Westbound.

## PROPOSED SAILINGS

(Subject to Alteration)

<table>
<thead>
<tr>
<th>From LIVERPOOL</th>
<th>Steamer</th>
<th>Tonnage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Day</td>
<td>Hour</td>
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<tr>
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<td>Apr. 26</td>
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</tr>
<tr>
<td>Apr. 3</td>
<td>Sat.</td>
<td>1-30 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>From PORTLAND, Me., to LIVERPOOL, via HALIFAX, N.S.</th>
<th>Date</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1926</td>
<td>(To Cruise)</td>
<td></td>
</tr>
<tr>
<td>1926</td>
<td>Apl. 3</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>10</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>17</td>
<td>Sat.</td>
</tr>
</tbody>
</table>

*† To HALIFAX, N.S., and NEW YORK (omitting Portland).*

*Calling at QUEENSTOWN (omitting Belfast and Glasgow).*

*Not calling at Belfast.*

---

## LIVERPOOL—QUEBEC—MONTREAL

<table>
<thead>
<tr>
<th>From LIVERPOOL.</th>
<th>Calling the following day at</th>
<th>Steamer.</th>
<th>Tonnage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Day.</td>
<td>Hour.</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>1926</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apr. 16</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>Apr. 23</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>Apr. 30</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>May 7</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>May 14</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>May 21</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>May 28</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>June 4</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>June 10</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>June 18</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>June 24</td>
<td>Thur.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>July 2</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>July 9</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>July 16</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>July 23</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>July 30</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>Aug. 6</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>Aug. 13</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>Aug. 21</td>
<td>Sat.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>Aug. 27</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>Sept. 3</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>Sept. 10</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
<tr>
<td>Sept. 17</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Belfast &amp; Glasgow</td>
</tr>
<tr>
<td>Sept. 24</td>
<td>Fri.</td>
<td>5 pm</td>
<td>Queenstown</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>From MONTREAL at daylight, From QUEBEC at 5 p.m.</th>
<th>Date</th>
<th>Day</th>
</tr>
</thead>
<tbody>
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<td>May 1</td>
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<tr>
<td>1926</td>
<td>8</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>15</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>22</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>29</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>June 5</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>11</td>
<td>Fri.</td>
</tr>
<tr>
<td>1926</td>
<td>19</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>25</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>July 3</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>7</td>
<td>Wed.</td>
</tr>
<tr>
<td>1926</td>
<td>17</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>24</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>31</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Aug. 7</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>14</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Sept. 4</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>11</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>25</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Oct. 2</td>
<td>Sat.</td>
</tr>
</tbody>
</table>

*Calling at QUEENSTOWN Eastbound.*
# WHITE STAR LINE & RED STAR LINE

To CANADA

ANTWERP—BOULOGNE—SOUTHAMPTON—HALIFAX, N.S.

## PROPOSED SAILINGS

(Subject to Alteration)

<table>
<thead>
<tr>
<th>From ANTWERP</th>
<th>From BOULOGNE and SOUTHAMPTON</th>
<th>Steamer.</th>
<th>Tonnage</th>
<th>From NEW YORK to PLYMOUTH, CHERBOURG and ANTWERP</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATE.</td>
<td>DAY.</td>
<td>DATE.</td>
<td>DAY.</td>
<td></td>
</tr>
<tr>
<td>1926</td>
<td>4.</td>
<td>Mar. 5</td>
<td>Mar. 6</td>
<td>*Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>*Sat.</td>
<td>13</td>
<td>15</td>
<td>Mon.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>Apr. 2</td>
<td>Apr. 3</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>*Sat.</td>
<td>17</td>
<td>19</td>
<td>Mon.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>23</td>
<td>24</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>May 7</td>
<td>May 8</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>21</td>
<td>22</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Sat.</td>
<td>22</td>
<td>24</td>
<td>Mon.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>June 4</td>
<td>June 5</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>18</td>
<td>19</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Sat.</td>
<td>20</td>
<td>23</td>
<td>Mon.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>July 2</td>
<td>July 3</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>16</td>
<td>17</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>30</td>
<td>31</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Sat.</td>
<td>31</td>
<td>Aug. 2</td>
<td>Mon.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>Aug. 13</td>
<td>14</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>27</td>
<td>28</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Sat.</td>
<td>4</td>
<td>Sept. 6</td>
<td>Mon.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>10</td>
<td>11</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>24</td>
<td>25</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Sat.</td>
<td>8</td>
<td>Oct. 9</td>
<td>Sat.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>9</td>
<td>11</td>
<td>Mon.</td>
</tr>
<tr>
<td>1926</td>
<td>Fri.</td>
<td>22</td>
<td>23</td>
<td>Sat.</td>
</tr>
</tbody>
</table>

The PITTSBURGH and ZEELAND are Red Star Line Steamers.

- From and to HAMBURG (not Antwerp).
- Calling at SOUTHAMPTON and CHERBOURG, omitting BOULOGNE.
- Calling at QUEENSTOWN Westbound.
- *Calling at SOUTHAMPTON, CHERBOURG and QUEENSTOWN, omitting Boulogne
- †Calling at HALIFAX, N.S., Eastbound.
# American–Cunard–White Star Joint Service

## Hamburg—New York
Calling at Halifax, N.S., Westbound

## Proposed Sailings
(Subject to alteration)

<table>
<thead>
<tr>
<th>From Hamburg</th>
<th>From Southampton and Cherbourg</th>
<th>Steamer</th>
<th>Tonnage</th>
<th>From New York to Plymouth, Cherbourg and Hamburg</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATE</td>
<td>DAY</td>
<td>DATE</td>
<td>DAY</td>
<td></td>
</tr>
<tr>
<td>Mar. 13 Sat.</td>
<td>Mar. 15 Mon.</td>
<td>ARABIC</td>
<td>16,786</td>
<td></td>
</tr>
<tr>
<td>„ 31 Wed.</td>
<td>Apl. 2 Fri.</td>
<td>ANDANIA</td>
<td>14,000</td>
<td></td>
</tr>
<tr>
<td>Apl. 17 Sat.</td>
<td>„ 19 Mon.</td>
<td>ARABIC</td>
<td>16,786</td>
<td>May 6 Wed.</td>
</tr>
<tr>
<td>May 5 Wed.</td>
<td>May 7 Fri.</td>
<td>ANDANIA</td>
<td>14,000</td>
<td></td>
</tr>
<tr>
<td>„ 22 Sat.</td>
<td>„ 24 Mon.</td>
<td>ARABIC</td>
<td>16,786</td>
<td>June 9 Wed.</td>
</tr>
<tr>
<td>June 12 Sat.</td>
<td>June 14 Mon.</td>
<td>ANDANIA</td>
<td>14,000</td>
<td></td>
</tr>
<tr>
<td>„ 26 Sat.</td>
<td>„ 28 Mon.</td>
<td>ARABIC</td>
<td>16,786</td>
<td>July 14 Wed.</td>
</tr>
<tr>
<td>July 17 Sat.</td>
<td>July 19 Mon.</td>
<td>ANDANIA</td>
<td>14,000</td>
<td></td>
</tr>
<tr>
<td>„ 31 Sat.</td>
<td>Aug. 2 Mon.</td>
<td>ARABIC</td>
<td>16,786</td>
<td>Aug. 18 Wed.</td>
</tr>
<tr>
<td>Aug. 17 Tues.</td>
<td>„ 19 Thur.</td>
<td>ANDANIA</td>
<td>14,000</td>
<td></td>
</tr>
<tr>
<td>Sept. 4 Sat.</td>
<td>Sept. 6 Mon.</td>
<td>ARABIC</td>
<td>16,786</td>
<td></td>
</tr>
<tr>
<td>„ 21 Tues.</td>
<td>„ 23 Thur.</td>
<td>ANDANIA</td>
<td>14,000</td>
<td>Oct 7 Thur.</td>
</tr>
<tr>
<td>„ 26 Tues.</td>
<td>„ 28 Thur.</td>
<td>ANDANIA</td>
<td>14,000</td>
<td>Nov. 11 Thur.</td>
</tr>
</tbody>
</table>

The ANDANIA is a Cunard Line Steamer.

*Not calling at Halifax, N.S.*
# PROPOSED SAILINGS
(SUBJECT TO ALTERATION)

<table>
<thead>
<tr>
<th>From LONDON via CHERBOURG or BOULOGNE</th>
<th>Steamer</th>
<th>Tonnage</th>
<th>From NEW YORK via CHERBOURG or BOULOGNE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DATE</strong></td>
<td><strong>DAY</strong></td>
<td><strong>SAILING HOUR</strong></td>
<td><strong>MINNEWASKA (New)</strong></td>
</tr>
<tr>
<td>1926</td>
<td>Sat.</td>
<td>11 am</td>
<td>MINNEWASKA (New)</td>
</tr>
<tr>
<td>-</td>
<td>-</td>
<td>-</td>
<td>MINNEKAHDA</td>
</tr>
<tr>
<td>Mar. 13</td>
<td>Sat.</td>
<td>10 am</td>
<td>MINNETONKA (New)</td>
</tr>
<tr>
<td>20</td>
<td>Sat.</td>
<td>2-30 pm</td>
<td>MINNEKAHDA</td>
</tr>
<tr>
<td>27</td>
<td>Sat.</td>
<td>10 am</td>
<td>MINNEWASKA (New)</td>
</tr>
<tr>
<td>Apr. 10</td>
<td>Sat.</td>
<td>9 am</td>
<td>MINNETONKA (New)</td>
</tr>
<tr>
<td>17</td>
<td>Sat.</td>
<td>1-30 pm</td>
<td>MINNEKAHDA</td>
</tr>
<tr>
<td>24</td>
<td>Sat.</td>
<td>9-30 am</td>
<td>MINNEWASKA (New)</td>
</tr>
<tr>
<td>May 8</td>
<td>Sat.</td>
<td>9 am</td>
<td>MINNETONKA (New)</td>
</tr>
<tr>
<td>14</td>
<td>Fri.</td>
<td>1 pm</td>
<td>MINNEKAHDA</td>
</tr>
<tr>
<td>22</td>
<td>Sat.</td>
<td>8 pm</td>
<td>MINNEWASKA (New)</td>
</tr>
<tr>
<td>June 5</td>
<td>Sat.</td>
<td>7-30 pm</td>
<td>MINNETONKA (New)</td>
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<tr>
<td>9</td>
<td>Wed.</td>
<td>11 pm</td>
<td>MINNEKAHDA</td>
</tr>
<tr>
<td>10</td>
<td>Sat.</td>
<td>5-45 pm</td>
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</tr>
<tr>
<td>17</td>
<td>Sat.</td>
<td>4 pm</td>
<td>MINNETONKA (New)</td>
</tr>
<tr>
<td>31</td>
<td>Sat.</td>
<td>4 pm</td>
<td>MINNEWASKA (New)</td>
</tr>
<tr>
<td>Aug. 7</td>
<td>Sat.</td>
<td>11 am</td>
<td>MINNEKAHDA</td>
</tr>
<tr>
<td>14</td>
<td>Sat.</td>
<td>2-45 pm</td>
<td>MINNEWASKA (New)</td>
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<tr>
<td>28</td>
<td>Sat.</td>
<td>3 pm</td>
<td>MINNETONKA (New)</td>
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<tr>
<td>Sept. 4</td>
<td>Sat.</td>
<td>11 am</td>
<td>MINNEKAHDA</td>
</tr>
<tr>
<td>11</td>
<td>Sat.</td>
<td>1-45 pm</td>
<td>MINNEWASKA (New)</td>
</tr>
<tr>
<td>25</td>
<td>Sat.</td>
<td>1-45 pm</td>
<td>MINNETONKA (New)</td>
</tr>
<tr>
<td>Oct. 2</td>
<td>Sat.</td>
<td>8-30 am</td>
<td>MINNEKAHDA</td>
</tr>
<tr>
<td>9</td>
<td>Sat.</td>
<td>11-45 am</td>
<td>MINNEWASKA (New)</td>
</tr>
</tbody>
</table>

The MINNEKAHDA carries Tourist Third Class Passengers only.

* Calling at BOULOGNE.  ☉ Calling at CHERBOURG.
# RED STAR LINE

## ANTWERP—NEW YORK

Calling at BOULOGNE and SOUTHAMPTON Westbound
Calling at PLYMOUTH and CHERBOURG, Eastbound

### PROPOSED SAILINGS

(**Subject to Alteration**)

<table>
<thead>
<tr>
<th>From ANтверP</th>
<th>From BOULOGNE and SOUTHAMPTON</th>
<th>Steamer</th>
<th>Tonnage</th>
<th>From NEW YORK to PLYMOUTH, CHERBOURG and ANтверP</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATE</td>
<td>DAY.</td>
<td>DATE.</td>
<td>DAY.</td>
<td>Date.</td>
</tr>
<tr>
<td>1926</td>
<td></td>
<td>1926</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb. 19</td>
<td>Fri.</td>
<td>Feb. 20</td>
<td>Sat.</td>
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</tr>
<tr>
<td>Mar. 5</td>
<td>Fri.</td>
<td>Mar. 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apl. 2</td>
<td>Fri.</td>
<td>Apl. 3</td>
<td></td>
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<td></td>
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<td>23</td>
<td></td>
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</tr>
<tr>
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<td>Fri.</td>
<td>May 8</td>
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<td>28</td>
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<td></td>
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<tr>
<td>June 4</td>
<td>Fri.</td>
<td>June 5</td>
<td></td>
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<tr>
<td>July 2</td>
<td>Fri.</td>
<td>July 3</td>
<td>*Sat.</td>
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<td>30</td>
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<td>Aug. 6</td>
<td>Fri.</td>
<td>Aug. 7</td>
<td></td>
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<td>13</td>
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**Calling at Halifax, N.S., Westbound.**

- **Calling at Southampton, CherbouRg and Queenstown (omitting Boulogne).**
- **Calling at Southampton and CherbouRg (omitting Boulogne).**
- **Calling at Queenstown Westbound.**
- **Calling at Halifax, N.S., Eastbound.**
# WHITE STAR LINE

**COMPANY'S OFFICES IN AMERICA**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
<td>NEW YORK</td>
<td>1, Broadway</td>
</tr>
<tr>
<td>ATLANTA</td>
<td>205, Haas-Howell Building</td>
</tr>
<tr>
<td>BALTIMORE</td>
<td>308, North Charles Street</td>
</tr>
<tr>
<td>BOSTON</td>
<td>84, State Street</td>
</tr>
<tr>
<td>CALGARY, ALTA.</td>
<td>Land Bldg., Ninth Avenue &amp; First St. West</td>
</tr>
<tr>
<td>CHICAGO</td>
<td>127, South State Street</td>
</tr>
<tr>
<td>CLEVELAND</td>
<td>National City Bank Building, 1951, East Sixth Street</td>
</tr>
<tr>
<td>DALLAS</td>
<td>Cotton Exchange Building</td>
</tr>
<tr>
<td>DETROIT</td>
<td>214, Majestic Building</td>
</tr>
<tr>
<td>GALVESTON</td>
<td>Cotton Exchange Building</td>
</tr>
<tr>
<td>HALIFAX</td>
<td>126, Hollis Street</td>
</tr>
<tr>
<td>HOUSTON</td>
<td>Cotton Exchange Building</td>
</tr>
<tr>
<td>LOS ANGELES</td>
<td>Security Building, Spring &amp; Fifth Streets</td>
</tr>
<tr>
<td>MINNEAPOLIS</td>
<td>121, South Third Street</td>
</tr>
<tr>
<td>MOBILE</td>
<td>7, St. Michael Street</td>
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<tr>
<td>MONTREAL</td>
<td>McGill Building, corner McGill and Notre Dame Streets</td>
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<tr>
<td>NEW ORLEANS</td>
<td>219, St. Charles Street</td>
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<tr>
<td>NORFOLK</td>
<td>508-512, Flat Iron Building</td>
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<tr>
<td>PHILADELPHIA</td>
<td>Fifteenth &amp; Locust Streets</td>
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<tr>
<td>PITTSBURGH...</td>
<td>196, Arcade, Union Trust Building</td>
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<tr>
<td>POMPTLAND, ME.</td>
<td>1, India Street</td>
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<tr>
<td>QUEBEC</td>
<td>53, Dalhousie Street</td>
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<tr>
<td>SAN FRANCISCO</td>
<td>460, Market Street</td>
</tr>
<tr>
<td>SEATTLE, WASH.</td>
<td>619, Second Avenue</td>
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<tr>
<td>ST. JOHN, N.B.</td>
<td>108, Prince William Street</td>
</tr>
<tr>
<td>ST. LOUIS</td>
<td>1019, Pine Street, Majestic Hotel Building</td>
</tr>
<tr>
<td>TORONTO</td>
<td>55, King Street East, King Edward Hotel Building</td>
</tr>
<tr>
<td>VANCOUVER...</td>
<td>Hastings and Pender Streets</td>
</tr>
<tr>
<td>WASHINGTON</td>
<td>1208, F Street, N.W.</td>
</tr>
<tr>
<td>WINNIPEG</td>
<td>286, Main Street, corner of Graham Avenue</td>
</tr>
</tbody>
</table>

**Telegraphic Address for each of the above offices**

"IMMERCO."
Bound Scrapbooks