JOHN HARVEY KELLOGG (1852-1943)

CLIPPINGS, CA. 1890-CA. 1965
(UNDATED BY TOPIC)

KELLOGG, JOHN HARVEY
BIOGRAPHICAL

Biologic Theories Gained Him Fame

(Continued from Preceding Page)

oyster. What he said about oysters and beef extract was vivid and impressive. But in exchange he gave the world plenty of substitutes because he experimented continually with foods, making them more attractive and more nutritious.

After Dr. Kellogg came to the Sanitarium he married Ella E. Eaton, at Alfred Center, N. Y., February 22, 1897. Mrs. Kellogg had received a master's degree from Alfred University and came to Battle Creek in 1893 to take up the study of hygiene and practical nursing.

Later she joined the staff of the Good Health Magazine and she was active in W. C. T. U. work, being national superintendent of hygiene in 1893. She wrote books and pamphlets for girls, and was in many ways an assistant to Dr. Kellogg in his work.

Their home was built on Manchester street, on a part of the old fair grounds, a portion of the old race track still being visible. Occupying more than a city block—between Wood street and Hubbard, there was ample grounds, a deer yard, barns, and at the rear a huge vegetable garden worthy of the chief exponent of vegetarianism.

HIS EDUCATIONAL IDEAS APPLIED TO CHILDREN

Residence Turned into School Where Many Foster Children Were Trained to Usefulness and Service—Haskell Home Is Founded for Orphans and Destitute.

In his travels, not only in this country but in other countries, Dr. Kellogg found children, many of them homeless, and he believed proper environment and education would develop these children and give them opportunities. In all, he "brought up" 42 of these children. His 40 room home was a school where regular classes were held with private tutors. Mrs. Kellogg helped with this teaching, and her hobby was the flower gardens about the home.

All of these children received a high school education, many went to colleges and universities, and entered professions. Thirteen were legally adopted.

"Sunshine Center" Appears

In later years a public playground, with wading pool and instructors, was maintained for the children of the city, and the stables where the children's ponies, and the doctor's horses and carriages were kept were remade to become the Sunshine Center—the meeting place of the Three-Quarters Century club, which Dr. Kellogg took an active part in creating and of which he was long the president.

For a number of years there was a deer park on the grounds, and more than a score of deer, but this herd was later broken up.

Dr. Kellogg also interested Mrs. Caroline E. Haskell of Michigan City in the establishment of Haskell Home, on Hubbard street, for orphans and destitute children, and a large building was erected in 1894. More than a hundred children were educated in this home, and it was helped by both the Sanitarium and the Adventist church.

A fire in 1909 destroyed this home—just as the Sanitarium had previously been destroyed, and the home activities were continued for a while in what had previously been the laundry building.

Medical Devices Invented

His advanced ideas in the practice of medicine made it necessary for Dr. Kellogg to invent many devices to carry on his work own work. So he invented machines to give his patients passive exercises, to give them the benefits of special baths, and to give them light treatments. He also invented a chair back, to improve the posture, and a shadowgraph for the study and correction of posture.

The mechanical horse was among the best known of his inventions, and there were also machines for massaging the back, abdomen and other parts of the body with vibrations.

Baths and the various applications of water were early recognized by the Health Institute as beneficial, and Dr. Kellogg invented much of the equipment for such uses. He perfected the use of the electric current to contract and expand the muscles of the bed-ridden patient—so they had the benefit of exercise without effort.

Pioneering with Light

At one time, Dr. Kellogg was using so many lights of a certain type, that the manufacturers sent a man here to find out what he was doing with so many of them. Since artificial light was first used at the Sanitarium, the idea has grown and become popular and successful in the treatment of many ills.

Dr. Kellogg also invented the universal dynamometer, to determine the total strength of the body and of each group of muscles, which has since been adopted in government schools.

His electric light cabinets are probably the most widely used of his many inventions.

The dry penetrating heat of the electric light, was found very beneficial, and both Kaiser Wilhelm and Queen Victoria used them when first introduced.

SUNLIGHT AS MEDICINE ONE OF EARLY TEACHINGS

Long Before Modern Fads of Sun Cure Dr. Kellogg Was Prescribing Sun Baths As Curative Agent—His Schedule Left No Time to Loiter.

Soon after beginning of the light cabinet the use of both heat and light in the treatment of many diseases has been carried on for years by Dr. Kellogg. Sun baths were introduced at the Sanitarium outdoor swimming gymnasiums, and prescribed for the patients long before the nudist fad was ever thought of, or the sun tan became a social honor and distinction. For years, Dr. Kellogg preached the gospel of fresh air and sunshine—and plenty of it. Here again he was a leader and a pioneer in a movement that has become world-wide.

The speed and endurance with which Dr. Kellogg always worked was a marvel to his associates. In the early automobile days, those who rode in his car would hear him speak to his chauffeur—"faster,—faster."

Splitting the Seconds

Going on his many trips he would work right up to train time—then telephone down to the station to have the train held for him. In the early days a hack, and later a taxi, would then rush him to the station.

Dr. Kellogg was the first to set daily exercises to phonograph music—a mechanical physical instructor, an idea that was later taken up by radio.

As many patients coming to the Sanitarium wanted to see and hear him, he introduced the idea of the question box in the Sanitarium parlors or lobby. Into the question box a patient could put any question about his health or treatment he wanted answered. The doctor would take up these questions one by one and answer them before the assembled crowd.

Dressed in White

His practice of wearing white clothing from top to toe began before the world war, as a recognition of the value of sunlight to good health. The sunlight penetrates through white clothing easier than dark clothing, so everything he wore was white.

His skill as a surgeon was one of the manifestations of his genius. This branch of healing he pursued with his usual vigor, visiting all of the famous European clinics and keeping abreast with all developments. At one time he established a record of 165 operations without a death—the best up to that time. At the time of his retirement from active practice of surgery he had performed more than 2,300 major operations.

He studied first with Hanks in New York, and in 1883 went to Vienna to study with Adolph Eilroth, acknowledged the greatest surgeon of the century.

He passed an artist studio each day. One day he stopped and asked to be taught to make his hand follow the line his eye told him was right. So he learned to draw faces in one stroke, a thing he practiced for years—speed and accuracy are of prime importance in successful surgery.

Surgical Specializations

Dr. Kellogg early paid much attention to plastic surgery of the face, for which the Bilroth clinic was noted and he also studied under the famous surgeons of Paris and London.

In 1889 Dr. Kellogg spent some time as assistant to Dr. Lawson Tait of Birmingham, England, who had become famous for new methods in abdominal surgery, a phase of surgery in which there was a high mortality rate.

When he returned, Dr. Kellogg performed 52 of these operations successfully and later made a continuous record of 165.

A third trip in 1900 included a two week's vacation in Palestine, Egypt and Turkey, and he also operated in Switzerland and Denmark.

50 Years Ago



CONTACTED WORLD FOR IDEAS FOR BATTLE CREEK

Many Scientific Centers Visited in Search of Latest Medical and Surgical Revelations — Writing Books While on the Run.

Of course Dr. Kellogg visited Europe following the Sanitarium fire, visiting every medical center abroad for ideas and equipment for the new building. Other trips were made in 1907, when he visited St. Petersburg, and in 1911 when he attended the International Hygiene Exhibition in Dresden. He also visited London, Berlin and Vienna paying particular attention to the use of radium, which was then coming into medical use following its discovery.

His Workshop Followed Him

Besides these trips to Europe, he has made several to Mexico where a mission was conducted under his supervision and he has also visited Cuba and Porto Rico.

But no matter where he went—no matter worked on books and papers while en route—and he came back to the Sanitarium with new ideas, new methods, new foods, and new vigor for the work at the Sanitarium. Keeping in touch with the leaders in the world's medical centers was the contributing factor in keeping the Sanitarium filled with patients, so that a staff of 40 doctors, hundreds of helpers, and 1,200 patients and guests was no unusual condition at the Sanitarium.

Much of Dr. Kellogg's writing was dictated usually while he was going some place or coming back. Every trip abroad produced books, magazine articles or records. Arriving at the station, with his secretary, he would settle himself in the train and start dictating. If he were going to a medical meeting, his address would be dictated on the way there.

Roy V. Ashley, one of Dr. Kellogg's secretaries for more than 20 years, recalls many trips when the doctor dictated practically all night, not even stopping to eat. Then he would rise early the next morning, and start right in again.

The Strenuous Life

Young physicians, trained in the Medical Missionary college often served as companion and secretary on these trips. One of these told of taking 20 hours of continuous dictation while the doctor sat in his summer underwear at a mountain resort in Colorado. At another time he dictated steadily while going on a train from Chicago to St. Thomas, Ont. And then after a full day of dictation, the doctor expected his secretary to have his notes transcribed bright and early the next morning.

He himself seemed to require very little sleep. A few hours each night was enough, and he could fall asleep in an instant. During a busy day at the Sanitarium, he could walk into an office, stretch out on the floor, and drop off to sleep. In a brief time he would wake up, ready for another round of activity.

His library included some 20,000 volumes in French, German and Italian, as well as English. One or two librarians were kept busy indexing and filing, and when the doctor had a few minutes of leisure, he called for material on a certain subject, read it over seemingly at a glance, and then he was ready to dictate an article.

His first book, written in his first year at the Battle Creek Sanitarium, when he was 24, was "Plain Facts", which used plates as an illustration in sex education. This book, later rewritteen was sold by the thousands all over the country. It was printed at the Review and Herald plant.

His Medical Books

In 1930 he wrote a Home Book of Modern Medicine, which sold widely in Australia and New Zealand.

Other books he wrote included: Man, the Masterpiece, 1893; Art of Massage, 1895; The Stomach, 1896; Rational Hydrotherapy, 1900; and so on—a book every year or two including How to Have Good Health through Biologic living, written in 1932.

He also wrote two textbooks on

His Life Work Felt by the Whole World

Dr. John Harvey Kellogg A Factor in Civilization

This is the life story of a boy born in the obscurity of a small mid-west town, whose ambitions and energy made the town which was his home from childhood, known throughout civilization, so that the world made a beaten path to his door.

Battle Creek and the name of Dr. John Harvey Kellogg and his Battle Creek Idea have become one in the common knowledge of the world. His ability to do things placed the stamp of his personality on his home community and of his ideals on the world, as few men have done.



JOHN HARVEY KELLOGG

His Activities Began Early

As a boy he made brooms, set type, read proof, edited a paper, and then because of his remarkable attributes was selected by the church elders to study medicine to take charge of the Health Institute.

From that beginning, his ambition and his tremendous energy carried him into many fields of activity, and in many of these he became outstanding, the associate of the leading workers and thinkers of two generations.

As a teacher he has established schools and colleges. As a reformer he led in the movement for sane clean living. As a physician and surgeon he made discoveries that healed thousands, and he brought improvements in the technique of surgery. As an organizer he took a struggling, unrecognized Health Institute and built it up by his work and inspiration, to the largest of its kind in the world. He has written a library of books and papers on health reform and medicine. The vast food industries of Battle Creek were built on his ideas, and he was actively connected with two of the most successful. He invented health appliances, and brought new ideas into the use of light and heat as curative agents. As a practical philanthropist he showed Chicago how to feed its unfortunates in the "hard times of '93" and he adopted and took into his home 41 children, training and educating them so that many have become active professional men and women.

Energy in Small Compass

As a boy he relates he was small and puny—but he did have boundless energy and his movements, thinking, walking, talking and work were rapid—but there was usually a merry twinkle in his eye.

Retaining practically all that he read and saw, he accumulated an astonishing fund of ideas and information on many subjects. Plump in figure, in middle life he wore a full beard. In later years when his hair whitened his beard was trimmed to a Van Dyke. This, with his white clothing—shoes, suits, hats and greatcoats—made him a striking figure.

At an age when ordinary mortals seek the quiet and comfort of the fireside, he resumed bicycle riding as an exercise, and began building another Sanitarium in Florida.

"I'M NOT OLD," HE SAID, "I HAVE GROWN YOUNG."

At 80 Years and Past His Activities Continued Unabated — His Line Went Back to Sturdy Forebears—The Early Home in Battle Creek.

In recent years, he was called as a witness in circuit court in Battle Creek. In his preliminary questions, the attorney asked, "How old are you, Doctor Kellogg?"

"I'm not old," he answered promptly with his familiar twinkle, "I'm young."

While fortunes were made from his inventions and discoveries, he gave liberally to education and public advancement so that he retained for himself but a small fraction of the wealth he actually created. He could secure liberal donations for his projects—and he himself gave liberally.

A Sturdy Inheritance

Inherited traits probably had much to do with the life success of Dr. Kellogg. While he was born in Tyronne, Livingston county, he traced through his father, John Preston Kellogg, his ancestry back to William the Conqueror, by way of the Massachusetts settlements. His mother, a woman of native ability, skilled in all the arts of pioneer home making, and love of children, was Ann Jeanette Stanley Kellogg, whose line went back to English nobility. And one of his ancestors was among the Pilgrims who landed at Plymouth Rock.

Dr. Kellogg was one of a family of 16 children. His father married twice, his first wife, Mary Ann Call, being the mother of five children. She died while the home was still in Livingston county, and Dr. Kellogg's own mother, Ann J. Kellogg, came to mother the five children. With the death of Dr. Kellogg the only surviving children of Ann J. Kellogg's 11 children are W. K. Kellogg and Mrs. Clara Kellogg Butler. All the chidren by John Kellogg's first marriage are dead.

Dr. Kellogg came to Battle Creek when four years old in 1856, when his father established the first broom factory west of Detroit. Another branch of the family has continued this business, and Kellogg brooms are still made in Battle Creek.

The family home was at West Michigan and Cass. It finally was torn down to make room for a garage and salesroom. In this home his father had a grocery store, and the broom factory was across the street on Cass between West Michigan and VanBuren. Later the family moved to North Washington across from the Sanitarium.

Because he was far from rugged in his early years, John Harvey Kellogg, the boy, was kept at home until he was nine. But in six weeks of school, he learned to read, and write and "figger." As a part of the family discipline, 9 o'clock was the rigid bed time, but after the rest of the family was in bed and asleep, the boy would get up and read and study until the early morning hours.

BEGAN HIS EARNINGS AT AGE OF 11 YEARS

The Apprenticed Broom Maker Began the Pace Which the World Famous Physician Followed—Inspiration from a History Book.

His father believed in teaching his boys a trade early, and John Harvey started in the broom factory when he was 11. In two weeks he was earning his $2 a day, top wages for those early days. Part of his first money bought Farr's Ancient History, which he read over and over in his midnight readings. Dr. Kellogg has said that he bought every school book he ever had, and has always earned his own way from the time he started in the broom factory at the age of 11.

Ten hours a day was the broom factory schedule—and after that the boy went home to help with the milking, bed the horses and do other chores.

The Seventh-day Adventist church had already established the Review and Herald, a printing plant for the publication of their church papers, magazines and tracts, and after a winter in school at the age of 12, he was taken into the printing plant. He noticed so many errors in the paper, that he was soon set to reading proof. But he found so many mistakes, that the printers found fault, so he was moved up to the editorial department, where he could catch the errors at the start. By the time he was 16 he was editing the entire paper.

An Editorial Career

In later years he became the editor of the Good Health magazine of national circulation, practically a pioneer in its field, and he also wrote and published many books.

When he was 15, he decided he did not want to do the same thing over and over and get into a rut. So he left the printing business, taught school, and attended the Michigan Normal at Ypsilanti. About this time he found a book that had a lasting influence on his life—"Find Nature's Way—Then Follow Her."

Also As an Educator

But Dr. Kellogg continued all through life to be an educator and teacher. After he took over the management of the Sanitarium, and its growth and usefulness were well under way he found it impossible to find trained men and women to give the therapy treatments introduced by the Sanitarium. So in 1883 he organized a training school for nurses, that graduated more than a thousand. These graduates were not only trained in nursing, but they were also taught hydrotherapy, electrotherapy, medical dietetics—in fact they were trained in the whole theory of the Battle Creek Idea and "biologic living."

Then he organized the American Medical Missionary college July 3, 1893 in Chicago. It was a part of the faith which he followed that religion should include right living, and a missionary who could give practical physical aid, as well as spiritual aid, in his chosen field, would be much more successful in spreading the gospel.

Missionaries for Health

All students upon entering agreed to give at least five years of their lives to missionary work, and many of the graduates later took degrees at the Royal College of Surgeons at Dublin, Edinburgh or London. For practical missionary work, students worked in the dispensary near the stock yards in Chicago and helped in a mission for the "down and outs." Later, these medical missionaries carried the gospel of Christianity, and the gospel of right living to many a far flung corner of the globe.

This school was operated until 1908 by Dr. Kellogg when it was merged with the University of Illinois.

The Sanitarium School of Health and Household Economics was another school based on the Battle Creek Idea. As dietitians, expert housekeepers and cooks had to be trained especially to follow the Sanitarium teachings, this school was started in 1883 to meet this need. Besides the usual courses of domestic science, this new school gave special courses on the values of certain foods, and the effects of diets on digestive disorders, and the benefits of the diet made famous by the Sanitarium and Dr. Kellogg.

BUILDING AN UNIQUE EDUCATIONAL INSTITUTION

School Courses Trained Young Workers to Be Exemplars of Right Living—Various Schools Merged into Battle Creek College.

As exercise was also a natural part of right living, and the Sanitarium offered unusual facilities for the scientific study of physical culture, the Kellogg School of Physical culture, with two-year course, was the natural outgrowth and this school also became widely known.

In 1924, all three schools—nursing, home economics and physical culture were merged, cultural courses were added, the Battle Creek college giving A. B. degrees being the result. Students of any of the three schools received scientific training in their fields as well as the cultural work necessary for an A. B. degree.

His ability as a teacher had been an aid to him all his life. Boys who entered the Sanitarium organization as bell boys remained to become physicians, or heads of departments. Many who received their early training at the Battle Creek Sanitarium have gone to other colleges, and institutions where they found their Battle Creek training of immense value to them in their life work. The college was closed in 1938

Dr. Kellogg came to the Health Reform Institute, which he made into the Battle Creek Sanitarium in 1875. The "West End" was the stronghold of the Seventh Day Adventist faith. Here they built their "dime" tabernacle, and established their publishing house the Review and Herald, at one time one of the largest printing establishments in this country. Under the leadership of Ellen G. White often called "Mother" White, wife of Elder James White, the Adventists were beginning their world-wide church organization.

Among Mother White's revelations she received one on right living—abstinence from eating meats of any kind, and from the use of alcohol, tobacco, tea or coffee. It was their belief that overeating, and the eating of the wrong kinds of food, brought on most of the ills of the human flesh.

Outgrowth of Religion

So the Health Reform Institute was organized, as a church activity, as a result of this revelation in 1863, and Dr. H. S. Lay was the first superintendent. With a few assistants he operated the institution which in that early day attracted patients from a considerable distance.

Professor G. H. Bell was among those who came to Battle Creek in search of health, and he remained to organize the first Adventist denominational school. The church leaders recognized the need of an able young man, trained in medicine, to take charge of the Health Reform Institute, and Professor Bell recommended young John Harvey Kellogg whose abilities had attracted his attention. It is related that the bargain was made—Dr. Kellogg was to have his medical education, and return to devote his life to the Institute.

SIMPLE LIVING LEARNED IN ECONOMY AT SCHOOL

Diet of Grains and Vegetables Helped in Medical Courses and Impressed Dietary Truths—Health Reform Institute Receives New Superintendent.

It is related the church helped in acquiring the medical education at Ann Arbor—but could not see the need of an internship at Bellevue hospital in New York City. But Dr. Kellogg was determined to go, funds or no funds, and by the time he had graduated from Bellevue, he had learned a lot about simple foods, as he lived on the simplist of diets of grains purchased from the elevator, and such fruits as he could afford.

But in October, 1876, he returned to Battle Creek and took charge of the Health Reform institute, then a two-story frame house, with fifteen patients. Immediately he started reorganizing departments, improving treatments, and in two years more room was needed. The first unit of the old Sanitarium was dedicated in April 1878.

The institution became both a health center and a hospital, and those seeking health overflowed the building, and Dr. Kellogg began to gather around him a staff of physicians, each a specialist in his field. Natural methods of cure—massage, applications of electricity, special diets, baths, and other modern ideas were brought into use.

A Name Is Coined

About this time, Dr. Kellogg coined the name Sanitarium., from the English word sanitorium, a health resort for invalid soldiers. New additions to the first unit were erected in 1884, in 1890, in 1894 and again in 1897. These buildings were all of the same type of construction—frame buildings, with brick veneer, all with wide porches, where the patients could have plenty of fresh air. And because fresh air was recognized as of prime importance, wooden ducts were built through the building for ventilation.

When fire started in the building on a cold winter morning—February 18, 1902.—flames swept through the building at terrific speed. The main building, the hospital and annex, which were connected by tunnels, were all destroyed. All of the patients were moved out to safety—there were thrilling rescues, and terrible risks by the city firemen, but one patient insisted on returning to his room to secure some valuables, and perished.

An Institution In Ashes

Private homes in the west end were opened to receive the patients. East hall, which escaped the fire, was fitted up for patients, as were South and West halls, and even rooms in the college building.

Dr. Kellogg was absent from Battle Creek at the time of the fire, and the first intimation he had of the tremendous loss was when reporters boarded his train to ask him if he intended to rebuild.

"Certainly," he said, and after receiving news of the fire, called for pencils and paper to draw his first rough sketches of the new building.

Architects, engineers, and contractors looked after the details of planning the new structure, but they worked along the original ideas of Dr. Kellogg, and into these plans went all of the medical and scientific knowledge he had accumulated in his years of work and study.

The Temptation to Move

Before actual work was started there was talk of the Sanitarium moving to some other city. Offers were made, but in the end it was decided to remain in Battle Creek. Fireproof, of course, the new building gave opportunity for enlarged and better treatment rooms in every department. More sunlight, better ventilation, and better facilities in every department were provided for in the new building. The building of that new Sanitarium—the vast six-story structure to which the towering new addition was added only some 15 years ago—was a miracle in financing, only made possible by the resistless energy of Dr. Kellogg and by the faith and devotion of his religious and professional associates. Week after week, as the story has since been told, the payrolls and material bills had to be raised by current subscriptions and borrowings. But the job was done. "It couldn't be done, but they did it."

Dr. Kellogg was by his religion, a vegetarian. Early in life he came in contact with the theories of Dr. Graham, and others who believed in the "simple life." While still in medical school—whether from choice or from necessity because of shortage of funds—he experimented with the diet that later led to his development of the foods on which the world now breakfasts.

For a month, while at school, he lived on a diet of Graham crackers, apples, and an occasional baked potato. He also ate oatmeal gruel, and a cocoanut a week. For breakfast he had seven crackers and two apples and the potatoes, and the rest of the diet he ate at night, gaining 17 pounds on this diet, at a total cost of 16 cents a day.

NEW DIETS FOR WORLD COME FROM BATTLE CREEK

Great "Breakfast Food" Industries Grow Up from Dietary Innovations at the Sanitarium—Commerce Finds New Opportunities.

This led to experiments to make the food more tasty, and easier to eat—and so began the making of baked foods—dextrinized is the scientific word for it—which caused them to gain in sweetness.

As tea and coffee were both taboo, the Sanitarium experimented with a cereal coffee, and Carmel Cereal was next produced by the laboratories—and the experimenting, and inventing went forward, with grains, vegetables and nuts—all to find attractive and tasty foods for the increasing number of patients coming to the Sanitarium.

Flaked foods, most commercialized of all Sanitarium products, was the inspiration of a dream, Dr. Kellogg related. Acting on this inspiration, he boiled wheat, and while it was still soft, ran it through a machine that was used for rolling out dough. Then he baked these flattened particles in a small oven—and produced the first wheat or granose flakes. This was in 1895 and oatmeal was then the established and standard breakfast cereal. But the flakes were tasty, light, and digestible, and their success lead to the invention of more than 60 kinds of prepared breakfast foods.

Six more years, and a large amount of money was spent to perfect the corn flakes, and in 1906 the Kellogg Toasted Corn Flakes company was organized as a separate concern to make corn flakes. In the meantime C. W. Post had organized and built up the Postum Cereal company with Postum Cereal and Grape Nuts. Following his success, other companies were rapidly organized—Malta Vita—Norka—and factories were going up in every corner of town. At one time there were by actual count, 42 companies either operating or getting ready to put prepared breakfast foods on the market.

Mr. Post had come to battle Creek and the Sanitarium, an invalid, victim of intense overwork. His keen business mind had seen commercial possibilities in cereal foods. The story is that he attempted to interest Dr. Kellogg in a plan to market some of the Sanitarium food products. Failing in this he began his own experiments with a cereal coffee and so developed Postum, from which start he built the great Postum Cereal establishment.

A Commercial Line Begins

Dr. Kellogg had presently organized the Sanitas Nut Food company which later became the Battle Creek Food company to manufacture for the general public the foods that had previously been served only to the patients of the Sanitarium. In its early years the Battle Creek Food company had a plant adjoining the Sanitarium, just off of North Washington, but later was moved to the present plant in Springfield Place, for more space.

Shortly after he took charge of the Sanitarium, Dr. Kellogg placed his younger brother, William K., in the business department of the Sanitarium, and he became the business manager of the Sanitarium and its food making department. W. K. Kellogg was as active in building up the material and financial side of the Sanitarium as his brother was in the scientific and medical side, including the work of selling the bonds that were to pay for the new building.

The Corn Flakes Industry

But W. K. Kellogg saw the possibilities of the manufacture and sale of corn flakes and he took over the manufacture of these as his special enterprise. A large slice of the capital of the new enterprise went for advertising, and the plant on Bartlett street, adjoining the Grand Trunk tracks was in full operation, when a fire on July 4, 1906, destroyed the plant. While temporary buildings were used, the first buildings of the present Kellogg plant on Porter street were started. Early in the company's history, W. K. Kellogg made a tour of the southern states, introducing the new corn flake food, over the protests of grocers who said that Southerners would never eat a corn product. But he sold several carloads on this first trip. W. K. Kellogg's later, great developments, which have meant so much to Battle Creek, were well under way.

The flaked foods, and cereal drinks were only a few of the many foods Dr. Kellogg created. Rice was made into flakes, as well as wheat and corn. Nuts were used to make nut butter, and several vegetable and nut meals were developed, including a substitute for meat known as "protose," and another as "nutoline cutlet." On Thanksgiving days at the Sanitarium, something that looked like roast turkey, and tasted like turkey, was served, and the Sanitarium displayed live turkeys in a cage in the lobby while the guests ate the substitute—and liked it.

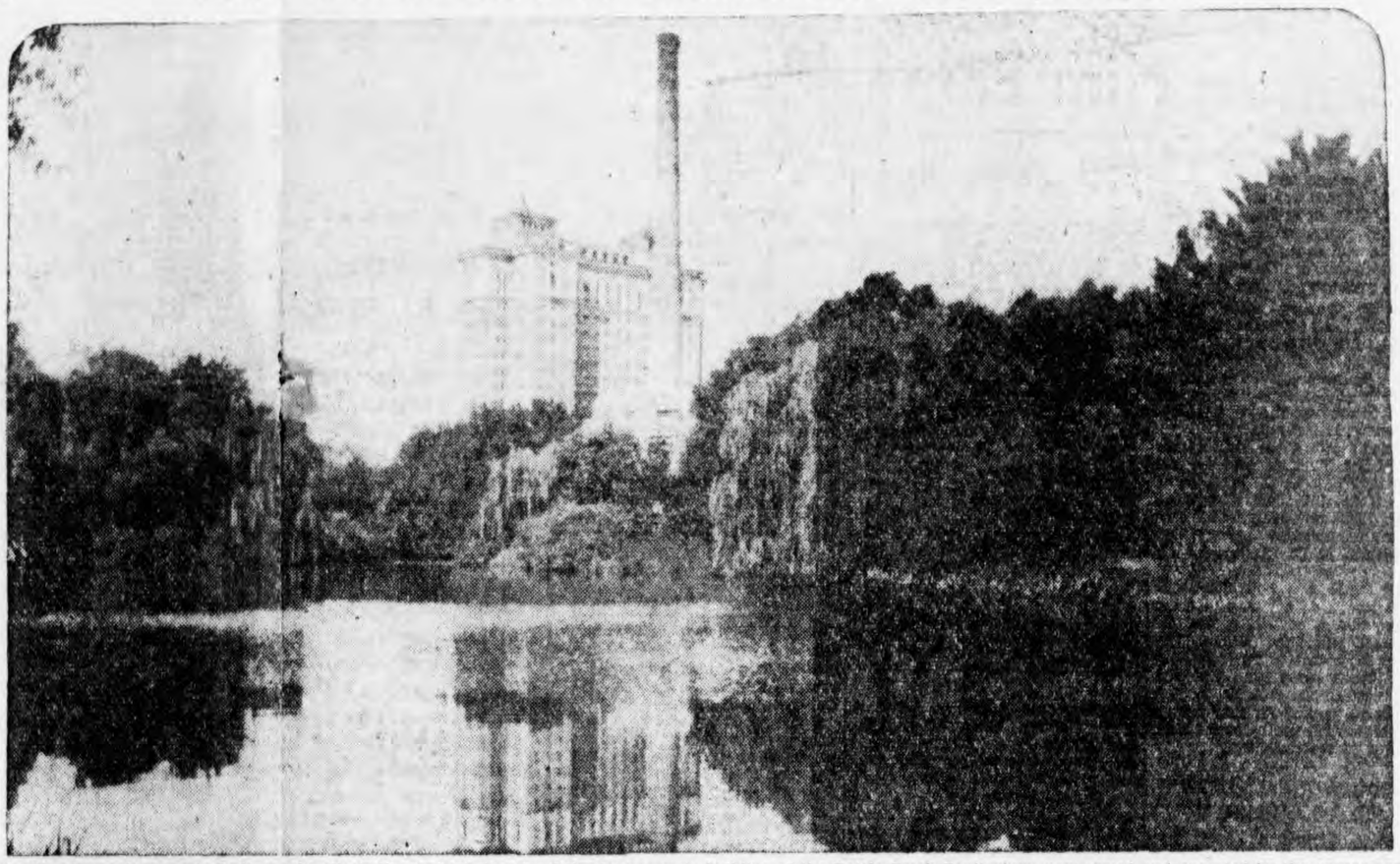
Dr. Kellogg also experimented with bran, producing the first form for table use, and Kaffir tea, and Psylla seeds, and many other foreign vegetables and grain.

On the List of Taboos

All of his life he has preached against the eating of meats, and his particular abhorrence was the

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The World-Famous Sanitarium in Reflection



A willow framed lagoon in Irving park reflects the majestic beauty of the former main building of the Battle Creek Sanitarium, now owned and operated by the government as an army hospital. Behind the willows are hidden other vast buildings of an institution Dr. John Harvey Kellogg developed into one of the largest and most famous of its kind in the world.

Monument to Genius



A monument to the genius of Dr. Kellogg, this imposing structure, once the new main building of the Sanitarium, remains as the army's Percy Jones General hospital, where the sick and wounded of war are restored.

Where Sanitarium Carried On



After the sale of its main properties to the government to be used as an army hospital in 1942, the Battle Creek Sanitarium carried on successfully under Dr. Kellogg's general direction in this building, previously known as John Harvey Kellogg hall. It was built for the Phelps Sanatorium, which was not successful, and later came under control of Dr. Kellogg and his Race Betterment Foundation.

WELL to Carry Funeral Service

Hundreds View Body of Dr. John Harvey Kellogg.

Funeral services for Dr. John Harvey Kellogg, to be held at 2:30 p. m. Saturday in the Sanitarium auditorium, will be broadcast over station WELL.

Although the auditorium seats 1,100 persons, it was felt that the broadcast would be appreciated by many persons unable to attend the services in person.

Messages of condolence and tribute continued to arrive today from all parts of the nation and Mayor Bernard E. Godde proclaimed Saturday as a day of mourning in the city.

Sections in the auditorium were to be reserved for members of the Three-Quarter Century club and for members of the nursing staff of the Sanitarium. Preparations were being made also by several other groups for attendance at the funeral, including alumni of Battle Creek college, employes of the institution and the Battle Creek Food Co., and by old friends, students and associates of Dr. Kellogg.

At the Hebble funeral home, hundreds have passed Dr. Kellogg's bier and the body may be viewed there through this evening. From 10 a. m. until 1 p. m. Saturday, the body will lie in state in the Sanitarium auditorium.

Order of Service

The order of service Saturday afternoon will be as follows:

2 p. m.—Music by the Sanitarium ensemble.

2:30 p. m.—Reading of scripture, Elder E. L. Pingenot, pastor of the Seventh-day Adventist tabernacle.

Prayer, by the Rev. Henry N. Jordan, chaplain of the Sanitarium.

Eulogy, by the Rev. Carleton Brooks Miller, pastor of the First Congregational church.

Benediction by Mr. Miller.

Music by the Sanitarium ensemble.

Honorary bearers are physicians, local citizens and old friends and associates of Dr. Kellogg. They are Mayor Bernard E. Godde, H. Earl Kanaga, Glenn O. Hoffhines, Donald R. Stillson, Lowell B. Genebach, A. L. Miller, Fred W. Gage, Henry M. Stegman, Dr. Emil Leifler, Burritt Hamilton, John Mustard, Dr. E. D. Vince, George McKay, the Rev. Patrick Maveety, Eldon C. Geyer, Emil Storkan, Dr. J. R. Jeffrey, Dr. S. E. Barnhart, Dr. Paul Roth, Dr. Oliver Thompson, Dr. Wilfrid Haughey, Dr. J. K. M. Gordon, Dr. William VanderVoort, Dr. Lloyd E. Verity, Dr. A. R. Dickson, Dr. Robert Fraser and Dr. Carl Wenke.

The active bearers will be Harry McCreery, L. C. Coulston, LeRoy Sparks, A. F. Bloese, Jens T. Christiansen and Gilbert L. Knox.

Plant Closed

The offices and plant of the Battle Creek Food Co., which had been operated by Dr. Kellogg, were closed this afternoon and will remain closed on Saturday.

Some weeks ago, Dr. Kellogg expressed the wish that a section be reserved at his services for members of the Three-Quarter Century club, an organization he had assisted from the time of its organization here. Only recently Dr. Kellogg provided a special room in the Sanitarium auditorium building for this club.

Dr. James T. Case, who has continued as a consultant at the Sanitarium, although living in Chicago, arrived in Battle Creek early this morning. Some time ago Dr. Case had been officially appointed by Dr. Kellogg as assistant superintendent of the institution.

Arrival of Dr. Richard Kellogg, adopted son of the doctor, was expected tonight. He left last Sunday for naval service after visiting with Dr. Kellogg on Saturday evening.

Messages have been received from many former students of the old Medical Missionary college and Battle Creek college announcing that they plan to be here on Saturday for the funeral.

Many Old Associates Left

Among the executives and employes of the Sanitarium who will attend the funeral service tomorrow are approximately 90 who have been associated with Dr. Kellogg at the institution for more than 20 years. Many of these have been with the Sanitarium for a much longer period.

Mary Staines Foy, former superintendent of nurses, who has more recently been attached to Dr. Kellogg's household, is the oldest in service, next to Dr. Kellogg who had completed 67 years with the Sanitarium.

Two employes have been on the job for 48 years. They are Irene Jackson, member of the nursing staff, and William G. Hall, house detective. Both have unbroken records since 1895, although Mr. Hall had previously worked for the institution some years before that date.

Nine of the medical staff have been with the Sanitarium for 20 years or more. Dr. S. E. Barnhart has a record of 38 continuous years. He graduated in the same medical class in 1905 with Dr. James T. Case, who as assistant superintendent and consultant, still retains his connection with the Sanitarium.

Other doctors with 20-year records are J. R. Jeffrey, William VanderVoort, Clara Radabaugh, Estella G. Norman, Margery Gilfillan, Lydia Jesperson and Paul Roth.

A. F. Bloese, who was personal secretary to Dr. Kellogg, had been with him for 28 years. L. C. Coulston, handling traffic and transportation, has completed 40 years of service.

Twenty-year veterans also include Clarence J. Rosenberger, X-ray technician; Miss Leta Browning, hostess; Harold C. McCampbell, secretary and assistant treasurer; the Rev. H. N. Jordan, chaplain; Mathilde Messner, head of the medical gymnasium H. B. Seeney, head of the laundry; William Snyder, chef; J. B. Thayer, superintendent of maintenance; Grace Cohagan, in charge of the women's treatment rooms and Shirley Nickloy, superintendent of nurses.

Completing the 20-year club, the Yepez.

Messages of Tribute from Dr. Kellogg's Friends

The esteem in which Dr. John Harvey Kellogg was held as a national and world figure is expressed in messages of respect to his memory and tribute to his achievement, that are still being received in Battle Creek.

In addition to messages already published, many national leaders are included among those whose tributes were received late yesterday and today:

John D. Rockefeller, Jr., from New York—"Am deeply saddened to learn of the death of Dr. John Harvey Kellogg, my warm friend for many years. Throughout his long and fruitful life he has devoted himself in countless ways to the relief of human suffering and prolongation of human life. His many friends, known and unknown, throughout the length and breadth of the land, will mourn his going and bless his memory."

Chase S. Osborn, former governor of Michigan, from Poulan, Ga.—"Dr. John Harvey Kellogg is one of the great figures of the world. I have heard him praised from Battle Creek to the upper reaches of the Irawaddy. His condemnation of meat made for refined processes in eating. I appointed him health commissioner for Michigan for a definite purpose. He more than fulfilled my expectations. Dr. Kellogg applied his own rules of life to himself and lived far beyond the average. Tyrone, where he was born in 1852, should have a striking public monument to him. He will never die."

Dale Carnegie, author and lecturer, from Forest Hills, N. Y.—"I was shocked and distressed to hear of Dr. Kellogg's death. Few men have lived fuller and happier lives. There's an old saying that you are old when you talk about what you have done instead of what you are going to do. Judged by that rule, Dr. Kellogg was young to the last. When he was 88 he told me of his plans to build an addition to his Sanitarium and of his plans for a new book. Dr. Kellogg's life was an inspiration to countless thousands. One of America's outstanding citizens has passed on."

Prof. Irving Fisher, Yale university, from New York—"Dr. Kellogg was a lifelong friend. Few others had so great an influence on my health, my thinking and my philosophy of life. I have long regarded him as one of the genuinely great men of his time. He was great not only as to ability and versatility, but what is more important, he was great in character and usefulness to his fellow men. Many of his activities have never been known outside of a small circle of friends. In the history through three-quarters of a century of his usefulness to mankind is ever written, it will be a record of high endeavor and achievement such as has rarely blessed this afflicted world."

Prof. and Mrs. Edward A. Ross, University of Wisconsin, from Madison, Wis.—"Besides oppressing us with a deep sense of personal bereavement, the passing of Dr. Kellogg is a great loss to his country, and indeed, all humanity. There is no one to take his place."

Maj. and Mrs. W. R. Cheynoweth, former Sanitarium physician and nurse, respectively, from El Paso, Tex.—"Our deep regrets and sincere sympathy in the death of our great leader and the world's greatest warrior for health. May his work be carried on by his colleagues in accordance with his wishes. His fame will remain forever unburnished."

Dr. Mary Leslie Fraser, former Sanitarium physician, from Los Los Angeles, Cal.—"In lamenting the death of a great man, I feel the personal loss of a friend."

Mr. and Mrs. R. D. Walker, former patients, from Mobile, Ala.—"The passing of Dr. Kellogg brings to us a sense of deep personal loss. We as well as thousands of others who knew him and loved him, will greatly miss him and his cheerful goodness and beneficent greatness. We think of him as living triumphantly in some other room of our Father's house of many mansions. He will always live in our thoughts and in our hearts."

Mr. and Mrs. B. T. McCullough and **Mr. and Mrs. Everett Watters**, former patients, from Dyersburg, Tenn.—"Sincerest sympathy and regret in the loss of our beloved Dr. Kellogg."

Francis Miller, attorney and trustee of Miami-Battle Creek Sanitarium, from Miami, Fla.—"My deepest sympathy for the loss of our good friend and one of America's outstanding leaders."

Fred G. Gamer, auditor for Dr. Kellogg, from Miami, Fla.—"Have just been informed of the doctor's death. I feel that I have lost a very good friend and mentor. Words cannot accurately express my feelings."

Dr. E. A. Sutherland, head of the Madison Sanitarium, Madison, Tenn., one of Dr. Kellogg's former pupils—"Plan to reach Battle Creek Friday afternoon."

Dr. Emil Leifler, administrative dean of Albion college, former president of Battle Creek college and former trustee of the Sanitarium from Albion—"Dr. Kellogg's passing is very much to be regretted. He was one of the world's true humanitarians. He has had a remarkable influence on the trend of medicine and nutrition. He was a man of utmost kindness who had the deepest interest in his fellow man and one whose long life is a tribute to the possibilities of human betterment. In the face of the present world chaos and confusion, the fact that there are men like him is the one bright spot for the future of the race. Personally, I feel deeply the loss of a very great friend and I believe that the community has lost its outstanding citizen."

Dr. Helen S. Mitchell, chief nutritionist of the Office of Foreign Relief and Rehabilitation Operations and former nutrition research head at Battle Creek college, from Washington, D. C.—"Dr. Kellogg's life exemplified true devotion to an ideal, better health through better living. A pioneer in spreading the concept of positive health, not mere prevention of disease, his support helped promote nutrition research and apply research findings while the science was still young. He appreciated the psychological value of food prepared to taste and look delicious while providing a maximum of nutritive value, a concept too long neglected. The Battle Creek Sanitarium aroused in many people, including myself, an interest in promoting the practical application of good nutrition. Today the interest has become nation-wide and world-wide."

Dr. Paul F. Voelker, president of the University of Grand Rapids and from 1925 to 1933, president of Battle Creek College, from Grand Rapids—"Dr. Kellogg's death marks the passing of one of our great benefactors. He was a scholar, a humanitarian, philanthropist and builder. All of his life he worked to make this a better world, one that is cleaner, finer and richer. There are few men in history who can go down with a record as great as his in a contribution to humanity."

Dr. Reginald M. Atwater, executive secretary, American Public Health Ass'n., from New York—"John Harvey Kellogg was elected to membership in the American Public Health association in 1878. He retained his membership continuously from that time and was the oldest member from point of view of length of membership. In 1936 he was awarded the association's 40-year membership certificate."

Edward H. Crump, political leader and former Sanitarium patient, from Memphis, Tenn.—"In the passing of Dr. Kellogg humanity has lost a great friend."

Mrs. W. A. Julian, wife of the treasurer of the United States, from Cincinnati, O.—"Am shocked and grieved. Absolutely unprepared for the sad news. I mourn with you the loss of my beloved friend. Words fail to express my feelings."

Dr. Charles W. Dabney, president emeritus, University of Cincinnati and former assistant secretary of agriculture, from Cincinnati.—"He was my dear friend. For 50 years I have loved Dr. Kellogg as have thousands of others whom he has helped. My sympathy to all."

following have served the Sanitarium in special capacities:

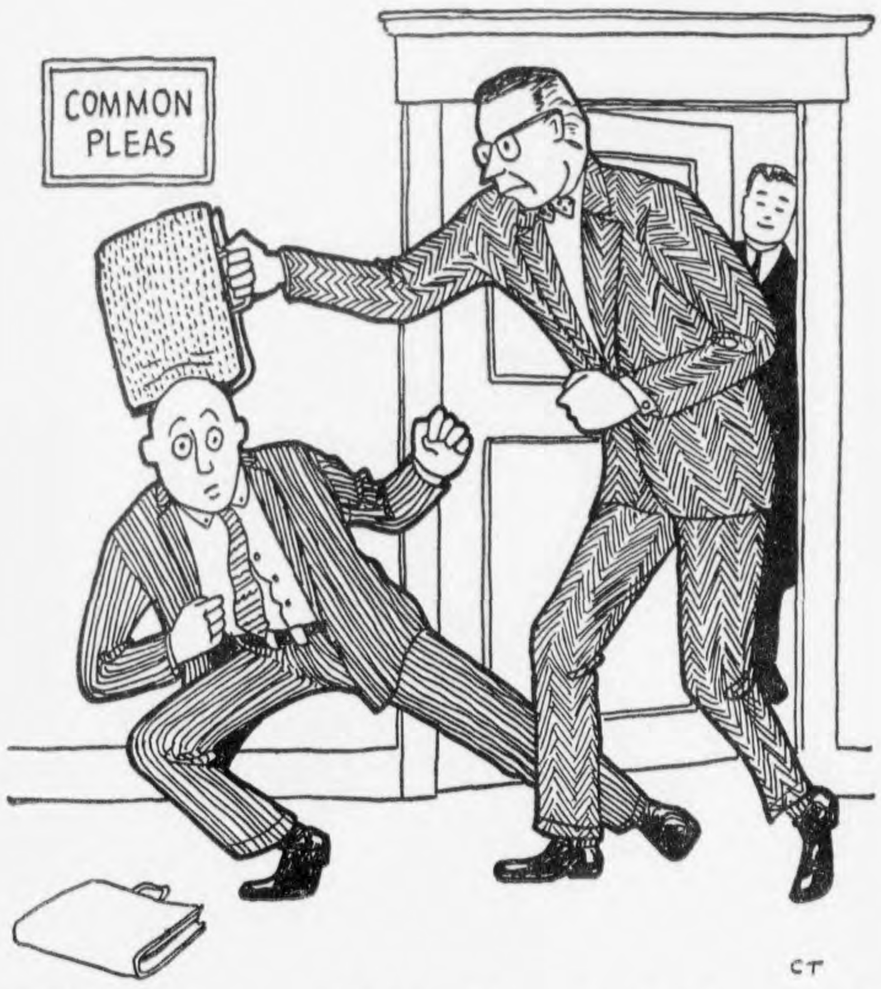
Jennie Columbus, Alice Wersten, Edith Wilson, Jesse Jared, J. R. Kendrick, Frances Leuhon, L. A. Lawson, John R. Carter, Edith Hostetler, John LeFevre, Phoebie Oliver, Bessie Patterson, Louis B. Redden, A. C. Allen, Vera Aagaard, Lottie Johnson, Alta Mayer, Charles VanderVoort, Emma Harvey, Ralph Merriam, Mrs. D. B. Voorhees, Susie Parker Jones, Sara Atkinson, Lyle Crandall, Carrie Crandall, Ella Mae Palmer, Pearl Buckingham, Paul Crandall, G. Thiele Mabel Davenport, U. S. Redden, Emilie Laine, Pearl DeForest Rose Evrard, Albert Sattell, Mrs. R. M. Tenney, J. M. Hunt, Mary Evensole Irene Hutson, Ora Kent, Marguerite Meadows, Emily Raisig, Mary Jane Allison, Ethel Babcock, Nellie Bracket, Nellie Clashman, Julia Dehn, Ella Dingguid, H. C. Engen, Flora Stewart, Sara Eslava, C. J. Foote, Raina Fournad, R. J. Gamble, Mabel Gilbert, Irene Jackson, Emily Jiminez, S. K. Leatherman, Hilda McNaughton, Vessal Melekian, J. D. Parish, Esther Rogers, O. R. VanHorn, Mabel Wenger, Elnos Yepez and T. H.

Detroit Free Press

SUNDAY, SEPTEMBER 29, 1957

Sunday Magazine

On The Inside
'Editor's Notebook'



'Cussed' Is Word For This Court

complainant said, the rooster would have been kept for breeding purposes.

* * *

THE LIST of unusual cases in common pleas court is endless. But that gives you an idea.

Even the judges never know what's next, but all agree that it's interesting.

Little Rock --How Goes The South?

Little Rock was a tragedy that again inflamed extremists on both sides of the integration question, according to Editor John S. Knight.

The South must turn to moderates as its leaders, Editor Knight warns. For his entire, provocative argument, see "The Editor's Notebook" on Page 4 of this section.

THE TEAMSTERS

Can This 'Milkman' Beat James R. Hoffa? 'Too Honest,' Some Say

What kind of man is Thomas Haggerty, the dark horse in the race against James Riddle Hoffa for president of the Teamsters Union? The following is a profile of Haggerty, whom many would like to see head of the most powerful union in the country.

Free Press-Chicago Tribune Wire

IT WAS 4 A.M. on a chilly morning back in 1939 when a husky six feet, 200 pound, milk truck driver and law student, started to back his truck out of a milk depot.

A delegation of "rebels" from Local 753, Chicago Milk Wagon Drivers Union, halted him to announce:

"You are going to be our candidate for secretary-treasurer and help get rid of these dictators in our union."

The driver was reluctant. He was in his last year of law school, he said. But he finally agreed, provided he was permitted to complete his law course and then fulfill his dream of being an attorney.

The driver still is getting up at 4 a.m. several days a week, but he never did dget around to hanging up his shingle or finishing the law course.

* * *

HE IS THOMAS J. HAGGERTY, secretary-treasurer of Local 753, and now the leading opposition to James R. Hoffa for presidency of the Teamsters Union, the largest and most powerful union in the country.

A few months after that early morning conference he was elected to the office in Local 753 on the promise to restore "democracy in the union" which is his campaign slogan on a national level today.

There are few who will dispute the fact that Haggerty, and his present campaign manager, Peter J. Hoban, president of 753, run a democratic organization.

In the first place, Hagge
among labor leaders by hav
in the telephone directory.

He is known as the "mo
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HAGGERTY FREQUE
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Haggerty insists he per
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This practice is not typ



HAGGERTY



HOFFA

". . . a democratic union"

Chicago. Most Teamster offici
to members.

* *

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in the windows.

Most union officials train thei
"The boss it out and I don't kn
visitor arrives.

THE TOWN CRIER

Milk of K

BY MARK BELTAIRE

YOU MIGHT say this concerned the milk of human kindness and you wouldn't be wrong.

Sam Levine, a sign painter who lives at Collingwood and Hamilton, set out in his daubed-up work clothes to mail a letter.

On his way to the box he noticed a couple of loaves of battered bread tossed aside near the A&P on Hamilton near Lawrence.



Levine, who loves all fauna and especially birds, wrapped the loaves in an old piece of newspaper for cover until he could pick them up on his way back.

He noticed casually that two men were unloading a supply truck for the store.

And when he came back for the bread for the birds, there, beside the loaves, was a quart of milk!

* * *

Messed Up

SUSAN JOHNSON, a co-star of "Carefree Heart," the new musical opening at the Cass on Monday, hasn't been on the road since "Brigadoon" some seven or eight years ago.

So, in New York, Miss Johnson ordered a wardrobe trunk to pack all her personal pretties in for the foray into the wild, wild Middle West.

The indiscriminating baggagemen who came by for the company's trunks simply grabbed Susan's new equip-
page, delivered it to Detroit ... empty.

PAUL HARVEY BROADCAST - AUGUST 9, 1961

BATTLE CREEK, MICHIGAN

As I started to say Mr. Announcer don't cut away, you have to hear the rest of the story. This is Battle Creek, Michigan. Americans have never been so concerned with their physical health as now. Businessmen carry pocket size calorie charts to the office, housewives flock to any new food fad which promises some easy way to lose weight. Young Americans are being rejected from military service in an unprecedented rate. The President of the United States initiated a crash health program for our nation's youth, he calls it his most important domestic objective. Medical evidence announced that our most dread diseases result from improper diet, too little weight control, too much cholesterol. There is one group of Americans totally unsurprised by these recent revelations. A fundamental religious denomination known as Seventh-day Adventists. Health research has been a by-product of their religion for a hundred years. They had that much head start on the rest of us in their concern for balanced diet and weight control. Let's explore their teaching. After this word on Page 2. Recently the esteemed Sloan-Kettering Institution concluded objective research with announcement that "Adventists suffer from 50% less cancer and 40% less heart trouble." Their cholesterol level is that of men 20 years younger compared to the general population. Then another research in Colorado schools showed that Adventist children have fewer cavities in their teeth. So medical and other scientific circles perked up their ears and this news man's nose began to twitch. Perhaps we can borrow from the Adventists learning which might leap-frog our own medical research a century into the future. So I came to Battle Creek, Michigan where their research began. The Battle Creek Health Center used to be called the Battle Creek Sanitarium. Health, understand, is not a religion here. But Adventists believe that a Christ-like man will want to improve his physical as well as his spiritual condition. In the beginning they might have gone astray on some foolish food fad, except for an amazing woman, a prolific writer named Ellen White. Writing 53 volumes, in long hand, mind you, based on scripture, and, some say, divine guidance, she founded the medical work of this denomination. Now remember, this is in the era when doctors were using leeches to suck the blood from patients who we now know needed more blood. Doctors were tieing bags of worthless herbs around the necks of patients who really needed vitamin E. Medicine, a hundred years ago, attributed mental ills to demons, but to Mrs. White the answers were in scripture and today, almost a century later, men with troubled minds are told to stretch out on a couch and close their eyes and confess their sins....Same thing that Ellen White recommended a 100 years ago! Today men with a coronary are told to stop worrying, get rid of their anxieties. 2000 years ago scripture spoke of men's hearts failing them for fear. Now, nerves rubbed raw by routine, the doctor of medicine tells us to rest one day a week. The Doctor of Divinity has been trying to tell us that since old Testament time. And this extraordinary woman foresaw our alarm over fat foods, alcohol and cigarettes; she anticipated hydrotherapy, scientific weight control; she urged us to use vegetable oils to keep from clogging our arteries and she clearly defined superiority of whole wheat bread a hundred years ago. Today the Health Center she inspired in Battle Creek flourishes, with accommodations for hundreds of guests. There are 146 other Adventist Sanitariums and hospitals in the United States and 90 others overseas! And so it is that Angel and small Paul and I journeyed this day to Battle Creek; and I will speak tonight at Grand Ledge, Michigan, where this church is celebrating its hundredth year of formal organization. From its first little box-type building this church has expanded to send forth 300 new missionaries each year to the corners of the earth.

With 25,000 other workers overseas, Adventists have published the gospel in 185 countries, 748 languages. And all this with only a few more than a million members world-wide. Only three hundred thousand in the United States. (But that is a 33% growth in ten years!) An impressive example of how a dedicated handful can alter the shape of the world.

And for these millions, as LOOK Magazine said in recent issue, threats of atomic destruction and political chaos, corruption, decay of humanity and the rise of anti-God movements hold no terror. Adventists, dedicated and dignified, more intellectual than emotional, do not smoke, drink, or gamble. Many are vegetarians. None can evaluate the relative theopathetic importance of their health habits and their serenity with which they await the second coming. But if we are to recognize the faithful by their fruits, certainly these uncommon men and women would appear from here to be harvesting and sharing a bumper crop. But I must tell you the rest of the story.

Once upon a time a lady guest at the Battle Creek Health Center suffered an embarrassing mishap. She bit down on some dry zwieback and, well, she broke her dental plate - that is what she did! And she stormed into the office of the manager and demanded, despite her uncomfortably impaired speech, ten dollars to repair her broken teeth. The doctor in charge managed to mollify the lady, but he took note of this extraordinary hazard. After all, a health food could not be allowed to cause harm, and so he instructed the kitchen to grind up zwieback into granules in the future and to serve it as a cereal. But he retired that night with the incident still on his mind, for he awakened at three in the morning and went to the kitchen and boiled a potfull of wheat. And he rolled it into a thin sheet, so very thin that it stuck to the rolling pin, and then, carefully, he scraped it off in flakes and baked them, crisp, golden brown. It worked! He did the same thing with corn. It worked! And because a lady guest at Battle Creek fractured her teeth on a piece of dry toast, that man's name rocketed to world-wide fame as generations in many nations, even to this day, sit down to breakfast on wheat flakes and corn flakes. For the Adventist doctor, who, motivated by a woman's embarrassment, got out of bed at three in the morning to scrape fame and fortune from a rolling pin was John Harvey Kellogg. Now you know the rest of the story. From Battle Creek, Michigan - Paul Harvey, Good Day!

Near Octogenarians Get Clubby

Longevity is the Quality that Makes you Eligible to the Three-Quarters Century Club, Which Boasts 700 Members

TO paraphrase a song-hit of a few years back—"There are clubs that weigh your bank-roll; there are clubs that test your fame; there are clubs for those who're blue-bloods; but here's one where age beats name!" Which, though it probably won't take the prize for the Best Paraphrase During 1930, quite accurately describes the criterion for membership in the Three-Quarters Century Club, with headquarters at Battle Creek, Mich.

CANDIDATES for the Club must be of the chosen few who have cut birthday cakes of 75 candle-power or more. More than 700 members have been enrolled since the Club was organized six years ago. About 500 of them are active "youngsters."

Dr. John Harvey Kellogg, 78 years old and fresh as a daisy, is president. Meetings are held once a week at Club headquarters, which they have aptly named *Sunshine Center*, and they are anything but dull and sombre. In fact, according to Mrs. Grundy, the talk and laughter and general good time that ensue at these meetings are said to be the scandal of the neighborhood, but this rumor has not been confirmed. One thing is certain, however, and that is that the atmosphere of the organization is definitely youthful and exuberant.

Recently the Club held an annual gathering, to which responded nearly 300 members. Almost all of the entertainment on the program was self-furnished. A snappy young fellow of 92 played the violin and three of the singers were near 90. The woman's longevity prize went to a lady of 97 years and that for men to a stripling of 95. The only member who has passed the century mark was unfortunately absent—because he was traveling to improve his mind!

Although the Club does not necessarily consist of the socially élite, there can be no question that folks who are fortunate enough to be eligible for membership are of the *real* aristocracy. Old age can hardly be considered an accident; it is rather the result of good ancestry and good living habits. Few who descend from a poor strain of stock, or who do not live right, reach the age of threescore and fifteen, in possession of their faculties.



CHARTING ALASKA

Naval officers, who have charted 40,000 square miles of terrain, catch Pennock Island at sunset

A unique function is the employment of a visiting nurse, who calls on the members in their homes and sees that medical services are provided promptly whenever necessary. She acts as a liaison officer between these mature "youngsters" and the physicians who can help preserve their insistent vitality.

This unusual Club is thus young in spirit and ripe in wisdom.

Medical Pocket Quarterly

How to beat OLD FATHER TIME





Dr. John Harvey Kellogg has set the century mark as his goal for living

Dr. John Harvey Kellogg Here Tells You How to Acquire Physical Rehabilitation and Long Life by Following the Rules of Biologic Living

THE famous words of Sir William Osler—"men ought to be chloroformed at 60"—are again being challenged.

This time by a man who, at 83, is still actively engaged in carrying out a boyhood dream.

The octogenarian in question is Dr. John Harvey Kellogg, who has done a lot to make the city of Battle Creek, Mich., known throughout the world, founder and president of the Race Betterment Foundation, author of seventeen books and editor of a magazine, who believes instead "a man ought to be chloroformed the day he quits dreaming of big things yet to do."

The dream which has inspired Dr. Kellogg to great accomplishments had its inception in his mind when he was a puny child of 10 years. It all began when his mother asked him one day what he intended to make of himself. His answer was, "Anything but a doctor."

"I hated the thought of being a doctor," he says. "Even after I became a doctor I vowed I would never be a surgeon. The sight of blood nauseated me. But I had to overcome these things later to follow what seemed to be a clear call.

"One day, shortly after my mother asked me that question, I saw in a twinkling the vision of my life. I was sitting on the back steps of my parents' little home here in Battle Creek, with my face buried in my hands, pondering over what my mother had said and wondering what I should do.

"Suddenly I saw a brilliant picture—I suppose you would call it a day dream. The barn, woodpile and other familiar objects had disappeared, and I seemed to see a wild place in the country, with a long road, down which dirty children were pouring. They were pointing toward a schoolhouse, where I could see myself clearly, standing in the doorway, beckoning for them to come in.

"That picture always lived with me. It gave me the idea of my life work. I must prepare myself to give a chance to children who had no chance. This has been the passion and ambition of my life. The sanatorium and our college here and our Race Betterment Foundation all have behind them that one great ideal."

OBSTACLES, seemingly insurmountable, were overcome by the plucky youngster.

Until he was 9 years old, he was not allowed to learn to read, partly because he was small and delicate and partly because his parents held a belief, along with many others at the time, that the world was coming to an end very soon and it would be a complete waste of time to learn to read.

But six weeks' schooling was permitted when he was 9, and from then on he worked out his education for himself, reading every book he could get his hands on. When the others in his household were fast asleep, his lamp burned far into the night so that he might satisfy his appetite for learning.

At an age when most children are thinking of toys and having fun, "young Johnny"—11 at the time—was earning his own living in his father's broom factory, and spending his earnings for books, which he devoured in the wee hours of the morning. For there was little time for reading during the day, what with ten hours spent in the factory and cows and horses to be cared for during his spare time.

When he was 12, he got a chance to go to school all Winter. A chance which came because the pastor of the local church said 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.



Dr. John Harvey Kellogg, at 83, is president of the Three-Quarters-of-a-Century Club. Here are shown twenty-four members of the Battle Creek Chapter of that organization. Most of these members are his senior by from one to twelve years

A further opportunity for self-improvement was offered to him by this same pastor, who owned the local newspaper. When school was dismissed in the Spring, the minister took the ambitious child into his shop to learn printing. At 15, he was almost editing the entire paper.

His next job was teaching school and going part of the time to normal school.

"It was here," Dr. Kellogg says, "that I got hold of my guiding rule of life: Find Nature's way and follow her.

"In the Summer," Dr. Kellogg continues, "my father asked me to begin teaching my younger brothers and sisters. So I got them and several other children and set up a kindergarten in our house. I hardly realized it was a kindergarten. I just aimed to teach them the way they naturally wanted to learn. I made maps of the world in the garden so they could walk over the whole world."

IT WAS later that same year, after he went back to normal school, that the turning point in his life approached. A telegram from his father arrived, summoning him home. An elder brother had studied medicine and had persuaded their father that "Johnny" ought to become a doctor.

"I fought against the idea," said the famous doctor who has since served on the Michigan State Board of Health under four different Governors, "until I happened to think 'that will help me prepare to help boys and girls who haven't a chance.'"

And thus he transmuted an idea into longevity for himself and thousands of other men and women.

Years ago, when his idea of life prolongation swept the Nation with its message of hope to offset the gloomy doctrine of Dr. Osler, this disciple of longevity determined that some one must carry on his work after him.

Being childless themselves, Dr. and Mrs. Kellogg became interested in children who needed aid and, formally or informally, they adopted more than forty of these children.

They reared them, taught them the principles of proper living and health, financed their education, and had the joy of seeing them grow into sturdy, healthful, happy maturity. Most of them are happily married and many of them became prominent physicians.

"I have passed to them the torch to carry on the principles of the 'biologic life' which I proclaimed fifty-three years ago," says Dr. Kellogg. "They are as enthusiastic as I am in spreading the doctrine of simple, sane, sensible living according to the laws of nature."

At 83, Dr. Kellogg is a national president of the Three-Quarters-of-a-Century Club, not a member of which boasts less than 75 years, and most of the Battle Creek Chapter being his senior. And every one of them dreams of rounding the century milestone, and they are proposing the organization of a century club.

How many thousands are in this longevity club not even Dr. Kellogg really knows. Battle Creek Chapter alone boasts 700 members.

Dr. Kellogg doesn't preach the gospel of health and longevity without practicing what he preaches.

He scoffs at Dr. Osler's gloomy preachment that "men are through at 60," or that men and women naturally become overweight.

Overweight, in his opinion, is both unnecessary and dangerous to longevity. He cites the fact that insurance statistics prove the combination of middle age and overweight induces premature death.

His greatest interest lies in the spread of the nation-wide Three-Quarters-of-a-Century Club movement and in the promulgation of his doctrines of longevity to countless hundreds of thousands.

He sets an example himself, at 83, by exercising daily to check the evils of overweight. He usually can be seen pedaling a bicycle around the city of Battle Creek or on the delightful pathways in the parks.

"I've pedaled a bicycle ever since the days of the big fore-wheel and small rear-wheel type," he says, smiling, "and I'll continue riding a bicycle until I turn around the century milestone—and even then I may continue on, in full enjoyment of life through exercise and sane living."

His sprightly boyishness at 83 is a challenge to men of 60 who think, as Dr. Osler thought, that "they're through." Dr. Osler and his gloomy doctrine have passed out of the American scene. The average adult span of life after 40 is rapidly rising, and is being effective in reducing insurance mortality rates of men formerly classed as too heavy a risk. It will reduce them still further as his more modern gospel of hope becomes even more widespread through the growth of the Three-Quarters-of-a-Century Club organization.

Dr. Kellogg always becomes enthusiastic when he talks of his doctrine of "biologic living."

"Biologic living means natural food, good digestion, efficient living, plenty of fresh air and exercise. In other words, a sound body and a sound mind thrilling with the pleasure of being alive.

"Let Mother Earth feed you.

"Find your bill of fare largely in the fields and garden and orchard.

"Eat vegetables, fruits, nuts, greenstuffs, for these delectable foods abound in vitamins, the real elixir of life.

"Live and work out of doors as much as possible.

"Shun close, stuffy rooms.

"Enjoy clean, fresh air and the balm of vitalizing sunshine.

"Sleep out of doors in fresh air—the best life preserver ever known.

"Arrange a sleeping porch or balcony and enjoy an outing all night long. And keep it up through the Winter.

"Let 'close to nature' be your first rule of biologic living.

"Only through nature may you ever learn to know the true meaning of healthful, happy existence.

"This is the advice given at 83 by a man who when a small boy was 'a family runt, not worth raising, much less educating.'"

SCORNED as a weakling, a tubercular victim, a one-lunger, virtually an outcast, he beat the pneumonia rap and decided to prove he had in him the will and power to make himself strong. He began at an early age to put into practice the rules which later were to become the guiding light of countless thousands of men and women.

Soon he was able to prove his physical prowess. His family marveled. So did his friends. His fame spread from neighborhood gossip to wider circles.

Then he finally decided to put into reality the lifelong dream he had entertained of founding an internationally famous institution.

His adoption of more than forty orphan children for the purpose of rearing them into healthy, happy manhood and womanhood caused much wonderment.

The education of these orphans was the inspiration of his founding the Battle Creek College on his own spacious woodlands and supporting it largely out of his private funds.

Dr. Kellogg has lived to see the institution he founded become the mecca of more than 300,000 men and women, 47 per cent of whom were past the Osler "deadline" at 60. They were mostly overweight. Many were run down by the strenuous life of society or the demands of business which drained them of vitality, strength and poise.

It must not be forgotten in this brief survey of a lifetime of helpful service to humanity that Dr. Kellogg always has emphasized, in addition to sane, healthful living, outdoor exercise and proper eating habits, that cleanliness of body, internally and externally, also must be a cardinal rule of life.

By keeping the pores clear for the exudation of body poisons, he explains, the elimination processes are not given that extra burden to carry. So, also, he preaches the value of constant use of the toothbrush for oral cleanliness, nor does he neglect to teach that utmost sanitary precautions should be observed in the handling of foods taken into the human system.

This, briefly, is the saga of Dr. John Harvey Kellogg, the family "runt" who "wasn't worth raising, much less educating."

And the saga, despite his 83 years, isn't even finished—yet!

Dr. Kellogg was the discoverer of the therapeutic value of electric light, and the inventor of the electric light bath and of many other apparatus for medical and surgical purposes. He is a Fellow of the American College of Surgeons, of the American Association for the Advancement of Science, of the Royal Society of Medicine (England) and of the American Medical Association, also a member of the Societe d'Hygiene de France.

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Dr. Kellogg believes in the proper education of youth, so he and his wife, now passed on, adopted more than forty children. This picture shows, Dr. Kellogg, the late Mrs. Kellogg and seven of their adopted "daughters"

A LETTER FROM DR. J. H. KELLOGG

Physician Expresses Regret On Leaving Battle Creek for Winter in South.

PRAISES HIS COLLEAGUES

(The following letter has been received by the Enquirer and News from Dr. John Harvey Kellogg, who left last week for his sanitarium at Miami, Fla. to spend the winter. On the eve of his departure for the south a testimonial dinner was held for Dr. Kellogg at the Sanitarium, marking his 60 years as head of the Sanitarium.)

To My Fellow Citizens, Friends and Colleagues:

In leaving Battle Creek for my enforced winter sojourn in the South, I feel more keenly than ever before how much both myself personally and the Sanitarium are indebted to the fostering friendship of the citizens of Battle Creek and I wish every citizen to know that it is with deep regret that I am compelled to leave this beautiful city which is rarely equalled for its salubrity, its orderliness and the possession of the qualities necessary to make the city a desirable place to live in. I particularly appreciate the friendly attitude of our excellent city papers and the Chamber of Commerce and the physicians and other professional men and wish to make it clear to our citizens that I make no claim to any great achievement that has put my fellow citizens under any sort of obligations to me. Whatever success has been attained by the Battle Creek Sanitarium or whatever benefits the city has derived from the work of the institution must be attributed to its ideals and not to the management; and if the institution succeeded, this, too, is wholly the result of the ideals which it represents and the teamwork of the men and women who compose the organization.

Thanks His Colleagues

Particularly I appreciate the support which I have received from my many colleagues, especially those who have given 25 or 30, some even 40, and in the case of Dr. Riley, more than 50 years to the work, and especially during the early history of the organization, in the most self-sacrificing way. I ought particularly to mention such men as Dr. Riley whose work in his specialty, nervous diseases, has made him internationally known; and Dr. Mortensen whose excellent work as a heart specialist I heard spoken of by eminent specialists in Vienna at the time of my last visit there.

Dr. Eggleston, who I think has saved more people from the operating table than almost any other man I know of through his skill as a gastric specialist.

Dr. Martin, who numbers among his several specialties that of an expert joy maker and I suspect enjoys more personal friends in the profession and out of it than several of the rest of us put together.

For more than 40 years Dr. Charles E. Stewart has devoted his life to the promotion of the Sanitarium interests and as receiver of the institution has helped to operate it successfully through some of the most trying experiences of its long career.

Dr. Ben Colver, who on the death of Dr. John Byington, one of our most promising specialists, fitted himself to take his place and attained distinction in his specialty not only by his expert execution of highly technical surgical work, but by devising new operations which mark a distinct forward step in the progress of nose surgery. He is now with us again to the great satisfaction of old patients who enjoyed the benefit of his services.

Dr. R. H. Harris, who as a student distinguished himself in passing the rigorous examinations of the Edinburgh medical faculty and became a Fellow of the Royal College of Surgeons the first time trying, a very unusual achievement, after a few years absence is now again with us to the great satisfaction of many of our old fellow citizens as well as a multitude of new ones.

Dr. Paul Roth, our able physiologist, has made through his skill and ingenuity notable contributions to medical progress which have come into universal use by leading medical men not only in this country but abroad.

Dr. Boldyreff, head of our Pavlov experimental laboratory, for many years executive head of the famous laboratory of the world's foremost physiologist, Prof. Ivan Pavlov of Leningrad, Russia, brought to the institution a share of the great renown which his vast researches have won and which have put his name in every medical textbook which deals with the physiology of digestion and the nervous system.

Dr. C. V. Radabaugh, now our senior woman physician, has successfully won a following which rivals that of any our men physicians by her thorough knowledge of and loyalty to the ideals and characteristic features of our Sanitarium work.

In length of service, however, no one rivals Mrs. Mary S. Foy, for so many years head of our nurses' department and for two generations recognized as leader in the physiotherapy type of medical and surgical nursing for which Mrs. Foy has won recognition by able and tactful management.

In the business department Mr. George E. Judd takes precedence for able and long time service.

Among those who have passed on

Mr. M. W. Wentworth will always be remembered for his many brilliant qualities as a leader.

I must not neglect also to mention our charming hostess, Miss Leta Browning, who renders material service in creating a cheerful, optimistic atmosphere which makes every one immediately feel at home and helps to bring them back the next season; Miss Zahn, who has for so many years presided in the receiving department and whose remarkable memory rarely fails to recognize at once each one of the thousands of former patients who return every summer for a Battle Creek outing; Mrs. Montgomery, the genial and highly efficient head of our dining room service, equally remarkable for her quick recognition of returning patients and her ability to make them feel at home.

In the educational department, represented by Battle Creek college, Dr Leffler's fine leadership and able administration, with the able support of Dr. West, who has made the department of biology a drawing feature of the college; and Miss Ritchie, able successor of Miss Cooper, whose capable service in building up the school of home economics, led the government to place her in charge of the dietetic department of the army hospitals during the war and to send a group of its ablest experts in the ambulance department to study our methods and to take special course of training; Dr. Porter from Stanford university and the University of Chicago where she held enviable positions as a faculty member, but prefers Battle Creek because of her interest in the ideals and principles of the Sanitarium and the college and appreciates the high quality of the community life of our splendid city.

Mr. Sparks has been the leader in the physical education department of the Sanitarium, and Miss Messner is equally capable as head of the department of corrective gymnastics for women; House Manager Aagaard, a natural born boniface, and scores of others equally loyal and capable, each in his own place.

Among those who have passed on and will always be remembered should be mentioned Dr. Gertrude Johnson, Miss Margaret Hall, universally loved Willie Drever, good Elder Tenney, our beloved pastor for many years, and our able Dr. Stegman who attained high honors in her profession as an eye specialist, and Dr. Lindsey, one of the chief founders of our training school. All these and many others through their loyal service and fine personalities have made the Battle Creek Sanitarium what it is and have helped to lay the foundations on which will stand its future development as an agency for the promotion of human welfare.

I might justly mention among others who by years of loyal service have helped the work forward in our food laboratories, the Good Health Publishing Company and in other capacities, my good friend Henry L. Stegman, a staunch supporter of our ideals and an able contributor to our literature who joined us first as a patient after many years of arduous work as city editor of the New York Herald. I venture also to mention Mr. Jack Haas who recently joined our army of workers as managing head of the Battle Creek Food Company which for many years under my personal supervision has always been regarded by me as an accessory branch of the Sanitarium work. Mr. Haas brings to the food company the fruits of many years' experience as head of a large automobile business and more than 20 years' experience as salesman and manager.

I should also mention Drs. Jeffrey and Norman, my chief lieutenants in the building up, development and management of a sanitarium of like character with the Battle Creek Sanitarium at Miami, Florida.

Nothing of even very ordinary moment could ever have been accomplished here without the teamwork which has been carried on by the leaders whose names I have mentioned and ten thousand others whom memory fails to recall and limited space does not permit to mention.

Credits James White

I must not forget to record my indebtedness to a very remarkable man, a natural born leader of men, James White, a descendant from the first white child born in the colony planted by the Mayflower Pilgrims. A movement started by him through an impulse received from the works of Sylvester Graham, the originator of graham bread, led to the starting of the Health Reform Institute, which, although it failed because of its obsolete methods, was the nucleus from which has grown the broader development of the Battle Creek Sanitarium. Without the encouragement and backing of James White, I should never have ventured to undertake the task of conducting the enterprise, small as it was; and I am sure that my feeling of incompetency for the task was shared by all who knew the pale youth who had acquired his sheepskin only a few months before. I keenly felt my unfitness, but was stimulated by the confidence placed in me to utmost endeavor to succeed or die in the attempt, and as I was still suffering from the tubercular trouble which deprived me of my left lung, I feel that I owe to a merciful Providence my survival and support during the many arduous years since. That the enterprise started under so unfavorable auspices did not fail as was predicted and expected by most of its friends was undoubtedly due to the fact that the time had come when the world was ready for a new development in curative methods. I cannot take credit for conceiving and carrying to completion a great project. I saw only the beginning of a new idea, was put on board, so to speak, and have come along with it and watched its development.

To all these I owe a deep debt of gratitude for loyal support and sympathetic and appreciative cooperation, and when in the not distant future Old Father Time or some accident or emergency shall remove me from the work which I have loved better than my life and to the upbuilding of which I have devoted my utmost efforts and energy, I hope and pray that the ideals and standards of wholesome and scientific living which have been here erected may be loyally maintained and supported and that the atmosphere of kindliness and sympathy for the unfortunate victims of disease and misery may continue and that the institution may stand as a great lighthouse sending forth illuminating rays to brighten dark places and gloomy homes and that the Battle Creek Sanitarium shall ever be known as "a house by the side of the road" where suffering ones may find succor and the weary and despondent rest and peace and sunshine.—Dr. John Harvey Kellogg.

Nation's Great Pay Homage To Dr. Kellogg in Messages

ssages expressing shock and grief over the death of E. John Kellogg have been received here from prominent persnages out the country.

r messages come from persons prominent in the nations life, edical men and women who have associated with the aged surgeon Yetime and from former patients and close friends.

sages follow:

"Dr. John Harvey Kellogg is one of the great figures of the world. I have heard him praised from Battle Creek to the upper reaches of the Irawaddy. His condemnation of meat made for refined processes in eating. I appointed him health commissioner for Michigan for a definite purpose. He more than fulfilled my expectations. Dr. Kellogg applied his own rules of life to himself and lived far beyond the average. Tyrone, where he was born in 1852, should have a striking public monument to him. He will never die."

Nurses Stand by Dr. Kellogg Bier

Form Honor Guard Before Funeral at San Auditorium.

(Continued from Saturday, Dec. 18, 1943)

Nurses who had worked with Dr. n Harvey Kellogg through the rs made up an honor guard at bier today as hundreds visited Sanitarium auditorium where body lay in state from 10 a. m. 1 p. m.

uneral services for Battle Creek's tinguished medical leader were be held at 2:30 o'clock this afternoon. Burial was to be made in k Hill cemetery, where Mrs. Kelg is buried.

Neither Dr. Kellogg's brother nor er were able to attend the servs. W. K. Kellogg is at his winter me in California and his sister, s. Clara Kellogg Butler, is a ient at the Sanitarium recoverfrom injuries suffered in a traf accident.

Well known local men including ysicians, business men and others who have known Dr. Kellogg many years comprise the honorbearers. The active bearers are men who have been directly asiated with the doctor.

Floyd A. Wallace was named as d usher and those serving under direction were Floyd White, bert Sergeant, Fred Robbins, ndell Doty, Edward Heitfie, eodore Bystrum, Dr. Claude eich, Harry Noneman, Chris cker, Lee Wood, Lloyd Weller, eodore Small and Floyd Brain-

The group which perhaps feels Kellogg's loss as keenly as any er is the Battle Creek Threearter Century club. The Rev. A. Ellsworth, president of the club, d today that Dr. Kellogg had en of inestimable help and inration to the club, and on behalf of his fellow members, exessed keen appreciation of the erest and effort that had been en by Dr. Kellogg.

In addition to providing a meetg place for the club, Dr. Kellogg d taken a personal interest in the alth of the members, providing cilities for checking blood pres-res and otherwise safeguarding eir health.

The Sanitarium was to be staffed th skeleton crews this afternoon permit as many employes as poible to attend the services. Speal seats were to be reserved for e Three-Quarter Century club d the nursing staff.

mpils—"Plan to reach Battle Creek riday afternoon."

Dr. Emil Leffler, administrative an of Albion college, former presi-ent of Battle Creek college and rmer trustee of the Sanitarium om Albion—"Dr. Kellogg's passing s very much to be regretted. He was one of the world's true humanitarians. He has had a remarkable influence on the trend of medicine and nutrition. He was a man of utmost kindness who had the deepest interest in his fellow man and one whose long life is a tribute to the possibilities of human betterment. In the face of the present world chaos and confusion, the fact that there are men like him is the one bright spot for the future of the race. Personally, I feel deeply the loss of a very great friend and I believe that the community has lost its outstanding citizen."

Dr. Helen S. Mitchell, chief nutritionist of the Office of Foreign Relief and Rehabilitation Operations and former nutrition research head at Battle Creek college, from Washington, D. C.—"Dr. Kellogg's life exemplified true devotion to an ideal, better health through better living. A pioneer in spreading the concept of positive health, not mere prevention of disease, his support helped promote nutrition research and apply research findings while the science was still young. He appreciated the psychological value of food prepared to taste and look delicious while providing a maximum of nutritive value, a concept too long neglected. The Battle Creek Sanitarium aroused in many people, including myself, an interest in promoting the practical application of good nutrition. Today the interest has become nation-wide and world-wide."

Dr. Paul F. Voelker, president of the University of Grand Rapids and from 1925 to 1933, president of Battle Creek College, from Grand Rapids—"Dr. Kellogg's death marks the passing of one of our great benefactors. He was a scholar, a humanitarian, philanthropist and builder. All of his life he worked to make this a better world, one that is cleaner, finer and richer. There are few men in history who can go down with a record as great as his in a contribution to humanity."

Dr. Reginald M. Atwater, executive secretary, American Public Health Ass'n., from New York—"John Harvey Kellogg was elected to membership in the American Public Health association in 1878. He retained his membership continuously from that time and was the oldest member from point of view of length of membership. In 1936 he was awarded the association's 40-year membership certificate."

Edward H. Crump, political leader and former Sanitarium patient, from Memphis, Tenn.—"In the passing of Dr. Kellogg humanity has lost a great friend."

Mrs. W. A. Julian, wife of the treasurer of the United States, from Cincinnati, O.—"Am shocked and grieved. Absolutely unprepared for the sad news. I mourn with you the loss of my beloved friend. Words fail to express my feelings."

Dr. Charles W. Dabney, president emeritus, University of Cincinnati and former assistant secretary of agriculture, from Cincinnati.—"He was my dear friend. For 50 years I have loved Dr. Kellogg as have thousands of others whom he has helped. My sympathy to all."

Charles B. Davenport, former professor of biology, Harvard, now director of Eugenics Record Office, Cold Spring Harbor, N. Y., from New York: "It is trite to write about Dr. Kellogg's extraordinary qualities and his ideal for 'biologic living.' It has been a privilege to have known him as intimately as I did and to have heard from his own lips so much of his history and so much of his ideals. He was patients to come for instruction, not only how to get better but also not to need treatment again. He was more interested in how not to get sick than in how to get well."

W. B. Calkins, former patient and retired mining engineer grom Orlando, Fla.: "Those of us who have had close contact with the doctor know the vast amount of service and benefit man has received from his study of diet and nutrition and science will some day give Dr. Kellogg credit for the development of therapy and the clinical examination which have been of the greatest value in hospital and sanitarium diagnosis and treatment."

Homer Rodeheaver, noted evangelist, from Philadelphia: "The nation has lost one of its first citizens, his profession one of its great leaders, many of us a great friend. His heavenly reception committee will contain men from the Rescue Mission along with the great people of the earth."

ngs in some other room of our ather's house of many mansions. e will always live in our thoughts nd in our hearts."

Mr. and Mrs. B. T. McCullough nd **Mr. and Mrs. Everett Watters**, ormer patients, from Dyersburg, enn.—"Sincerest sympathy and gret in the loss of our beloved Dr. ellogg."

Francis Miller, attorney and rustee of Miami-Battle Creek anitarium, from Miami, Fla.—"My eepest sympathy for the loss of ur good friend and one of Amera's outstanding leaders."

Fred G. Gamer, auditor for Dr. ellogg, from Miami, Fla.—"Have st been informed of the doctor's eath. I feel that I have lost a very ood friend and mentor. Words nnot adequately express my feelgs."

Dr. E. A. Sutherland, head of the adison Sanitarium, Madison, enn., one of Dr. Kellogg's former

Continued from Page 1

At Dr. Kellogg's request no special bservance marked his 91st birthday st February. Patients and his asociates had planned a party in the otunda at the Sanitarium, but this as cancelled and the doctor was resented with a beautiful bouquet 91 roses.

During his long regime at the anitarium, Dr. Kellogg encountered any set-backs and disappointents, as well as triumphs. The ain buildings were burned in 902, but rebuilt in 1903. A 15-story ower was added to the main buildg in 1929, completing the structure hich has now become the Percy omes General hospital, an army intitution for war casualties.

Dr. Kellogg was engaged frequently litigation, each time protecting g fighting for what he regarded s the promotion of his broad health rogram. A quarter of a century go he was in court on the issue f the use of the name "Kellogg" n cereals. He lost this suit to the ellogg Co. and dropped the name om the products of his own firm, he Battle Creek Food Co. After he evived Battle Creek college a numer of years ago, he turned the rofits from the food business over o the school. The college was closed n September, 1938.

Has a Suit Pending

Following the sale of the main uildings of the Sanitarium to the my in 1942, the Sanitarium was oved to the stone building it now cupies. This structure was built the turn of the century for the helps Sanatorium, but for years has een owned by the Race Betterment oundation.

At the annual meeting of the "old onstituency" of the Sanitarium on arch 31 and April 1 this year, Dr. ellogg charged that the Seventh- y Adventist conference and others d conspired to seize control of the nitarium. He obtained an injuncon in circuit court and much tesmony in the case has already been en. Legal proceedings were re-ed in August, however, until January.

torneys said today that no deination had been reached as to effect the doctor's death might on pending litigation. Under tion of the circuit court, the arium management was placed hands of a board of five di-s: Dr. Kellogg, Dr. James T. Dr. R. H. Harris, Elder Taylor nch and John Dethmers, asattorney general.

Proclamation

WHEREAS, In the death of Dr. John Harvey Kellogg Battle Creek has lost a leader who has rendered an outstanding service to the world and through whom Battle Creek has been richly endowed, and

WHEREAS, Our community deeply regrets his passing and joins in mourning the irreparable loss of its world citizen.

THEREFORE I, Bernard E. Goddé, mayor of Battle Creek, do hereby call upon our citizens to join on Saturday, Dec. 18, 1943, in final tribute to our friend and neighbor by display of the flag at half staff and observance of this solemn occasion as a day of mourning. (Signed) Bernard E. Goddé, mayor. Dec. 17, 1943.

MILK HERE FREE FROM BACILLI

Feb. 5, 1922

Dr. Kellogg Claims Milk Supply in Battle Creek Is Good—Makes Various Tests.

NO HARMFUL GERMS FOUND

Doctor Claims That Necessary Adjuncts to Healthy Supply Is by Clean Cows and Farmers.

"Cow stables with marble floors and porcelain walls are not necessary to make a city's milk supply clean," according to Dr. J. H. Kellogg, of the Sanitarium, in commenting upon the condition of the milk supply being furnished Battle Creek at the time a canvass was made last fall.

"The necessary adjuncts to a healthy supply of milk," according to Dr. Kellogg, "is clean cows, clean milk receptacles and clean farmers," he says.

"Those three things will go a long way toward eliminating the bacteria which find their way into baby's milk bottle," states the doctor.

Dr. Kellogg was interviewed relative to the milk supply of the city after it was learned that he had made the statement that after testing samples of milk furnished the city from all sources, he had only found two samples containing the so-called Welch's bacilli, which is said to be responsible for what is known as "gas gangreen." This germ was found by an attache of the Sanitarium laboratory about the same time that the man whose name it now bears told the world about it. The peculiarity of this particular germ, according to Dr. Kellogg, is that it is not destroyed by pasteurization and that it is probably one of the most deadly germs to be found in milk. It is because this germ is so difficult to destro that Dr. Kellogg has maintained, in the face of great opposition, the stand that pasteurization, while going a long way toward purifying milk, does not render it entirely harmless.

"Were you surprised to find that milk being furnished to the city to be so free from harmful bacteria?" the doctor was asked.

'My emotion was not one of surprise but rather one bordering disappointment," replied the doctor. "I had thought that by going out and getting samples of milk from farmers furnishing milk to the city that my theory that there was a large number of the Welch bacilli to be found, because I had been informed that in one city in the east that in only two samples out of many hundred tested it was found that the milk was immune from his deadly germ, could be proven here. After my discovery concerning Battle Creek milk, I called the city food inspector, into my office, whom I knew at that time had been in charge of the inspection of milk which came to the city. I talked the situation over and I found out what he had been doing. I found that the inspector had, after he inspected the milk samples and found a high bacteria rate or had found dirt in the milk, had gone to the farmer responsible and had shown him how his cows should be kept, how his utensils should be cleaned and how necessary it was that the hands that did the milking and handled the milk were kept clean. This was the best thing he could do and he is to be complimented by every mother in the city who has a bottle fed baby, because more babies die due to impure milk than for any other cause."

Following the interview with Dr. Kellogg an opportunity was given to see a chicken which had been brought to the Sanitarium laboratory affected by tuberculosis. The intestines of the chicken were so badly affected by the disease that they could not be recognized as those organs. The chicken is being photographed at the Sanitarium and will be used in lectures and for experiment. The chicken was purchased by a Battle Creek resident of a farmer residing near Climax. When the housewife cut the chicken up she noticed the unusual state of affairs and called Food Inspector Barnard who took the fowl to the Sanitarium where it was pronounced an advanced case of tuberculosis.

Dr. Kellogg, in commenting upon the case, stated that tuberculosis germs were among those destroyed by boiling and that should the meat of the chicken in question be eaten after it had been boiled, the person eating it might not contract the disease. "At the same time," Dr. Kellogg continued, "while boiling will kill tubrcular germs, yet it will not destroy the poison created by them and the person eating tubercular meat, would if he persisted in eating it, be subjected to auto-intoxication or mal-nutrition."

Dec. 11/23

SEEN IN REVIEW

THERE'S A line that comes back from Kipling on the promptings of the news today in our community. It says: "Our realm is diminished with Great-Heart away." And when it's thought what has been done here in the community and done throughout the world (though the world is now more engaged in dealing with what has been done TO it than done FOR it) it's pretty certain to be realized that our realm would have been notably smaller than it now is, if the man whose works made of him an institution and whose death is a topic now prominent in the common thought here and elsewhere—if he had not been here. That's one of the reflections that follow the death of Dr. John Harvey Kellogg.

Where volumes have been written by a man's life itself, it's difficult to write of him within brief space limitations. The Observer, a newcomer then, first knew Doctor Kellogg in the days when the doctor was applying ceaseless energies to spread the gospel locally as well as generally that disease could be conquered; that health could be maintained. He and the Sanitarium were the generating center then of the then surprising message that tuberculosis could both be prevented and cured. The annual dinners which the doctor gave to the town's active citizenry were the mobilizing points for the new work of the tuberculosis association, and these occasions had the effect of breaking down the barriers of strangeness which, probably without intent on anybody's part, had made something of a separation between the town and the institution. The time came presently when we of the town were invited up to celebrate with the institution the 50th anniversary of the doctor's superintendency, and later the addition of another ten years to this remarkable record was observed. There were messages then, and of unquestioned sincerity, from friends and former patients and from distinguished figures in professional and business life around the world, testifying to the skill and the human service of this man. He himself organized with characteristic energy and with confidence that everything worth doing and needing to be done could be done—the Race Betterment Conference and gathered here scientists from everywhere to take part in the program. Truth to tell now, it was hard for some of us of the laity, who were called in for an advance look at the plans, to know what all it was that the good doctor was talking about. But he saw its importance and so he went ahead. That might be said as a general description of one of the most remarkable lives America has produced: "So he went ahead."

The new Sanitarium extensions had been built and the depression had come. Furthermore, the years had advanced on the doctor and some of the most efficient of the help he had gathersd around him, Mert Wentworth for one, had passed on. The town itself had had its severe touch of the depression and its morale was affected. The receivership of the Sanitarium was in progress. The country and the world were in the dumps. Into these situations Doctor Kellogg came from his Florida institution with what was supposed to a heavy weight of 80-odd years upon him. The Observer asked for a visit and in that visit asked for an answer to this question: "When so many of the plans have seemed to go wrong, and when so much of a life's work has run into obstacles—when is the time to be discouraged?"

The question was asked in behalf of the community and the country, and the newspaper made a page story out of the answer to it. The answer was, "Never," and the doctor went characteristically ahead, sweeping aside any and all qualifications and limitations—to say that there is only one time; the time to plan and to do. Kipling again: ". . . And lose, and start again at the beginning, and never breathe a word about your loss."

Some years later there was another (there were in fact many of them) expression of that spirit. It was during the year-ago discussions having to do with the government purchase of the Sanitarium property and the effect this might have on the institution itself. The Observer had been asked to come up for a visit with the doctor. The doctor's 90th birthday had been celebrated as a community occasion the year before. There he sat and there he talked of medical and surgical history and of health rules and discoveries and inventions, as was his way no matter what else might be on the agenda—and then the conversation got around to the assigned subject, the Sanitarium. And this 91-year-old, with some 70 years of intensive medical and surgical practice and institutional superintendency, and the authoring of books without number, behind him, said: "We'll move the Sanitarium into a very cozy and pleasant housings across the street and there we'll carry on, doubtless with greater comfort to the guests than we've been able to give in these present buildings and we'll build the new corridor to the library building (all of which later was done) and then, in due course, I intend to recreate the original Sanitarium as it should be, out on the wooded hill in the center of the wild-life reservation tract at the east of town." Having said which, this 91-year-old apostle of beginnings-again went on into a vigorous discussion of new helps to better health, described as being just in the offing.

There perhaps was some theory among us that the doctor was assuming that the years didn't count. He wasn't. Once he said to the Observer, and there were signs of tears as he spoke: "I haven't time; there is so little time; there is so much to do." Down in Florida once when the Observer, casual visitor, had chided the doctor for turning a play region into a speed-up work program, the doctor started to smile at this unaccustomed raillery and then grew very serious as he said: "There's so little time; so much to do." Those of us who look over the record now, as so many will be looking over it, will be inclined to say, "So much done!" It has, in fact, been said of him since his record was 50 years shorter than it now is. "So much done."

There perhaps needs be a word of apology (and if so let this be so accepted) for intruding personal affairs into the Review.

The reason that what follows is let in is the theory that the recital is about Everyman (as the Greek drama used to do it) and not mere boresomeness about one individual told by himself.

This (that is to say what follows) has to do with catching the croup and staying at home to cure it, and it runs in the mind of the Observer that if there is any one thing that can shake the spirit of mankind to its profoundest depths that is it.

The proceedings began when a piece of sandpaper showed up in place of the customary lining of a throat. It probably is not necessary to follow the developments chronologically or describe how the defense retreated from one position to another, reporting each move as a victorious shortening of the lines. What is of consequence and therefore a part of the record is that ultimately the commander-in-chief took notice and, noticing, took charge. "You," she said, "are going to stay at home. Further than that you are going to stay in bed."

Somewhere in the holy scriptures, with a rare gift for economy in words, they cover everything that passes after an authoritative announcement like that by saying, "And it was so."

"Go to bed and relax" is what everybody knows everybody else ought to do about a cold. "Go to bed and relax," the Observer had just finished saying with almost spiritual earnestness to Ralph Sullivan and Carleton Miller and Ted Austin and various other friends who had confessed preliminary symptoms of the epizootic—when the heavy hand of discipline fell upon these protesting shoulders. "Go to bed."—go to bed in the daytime, you full-grown, dominant male—"and relax!" Yeh! In other words, climb out on the dry land, fish, and relax! Sit down on the tanglefoot, fly, and relax!

Well, there always are some silver linings, or so they say; maybe there's a chance for some reading matter into this program between swigs of the orange juice. Plump for maybe not, after all; how different orange juice by the gallon by the side of the bed in the daytime looks and tastes from orange juice by the glass by the breakfast plate. But to get back to that reading matter question. There's that omnibus volume of poetry in there on the book shelves waiting an idle hour or two, and they can't stop a man (or can they?) from doing a little walking around in search of culture and uplift. There were some good things in that book. Ah, here's Mr. "Invictus" again. Maybe he had a head cold too. Fine spirit, that man! Chin up! There'll always be an England! But wait! This doesn't sound like a guy on bed in the daytime:

In the fell clutch of circumstance
I have not winced nor cried aloud;
Under the bludgeonings of chance
My head is bloody but unbowed.

Oh, well! Maybe he could have his own way; there are some that can't. Now here's Edmund Vance Cooke. And what business is it of his how anybody else does? Why should he be inquiring into personal affairs? Anyhow this going to bed wasn't a choice; it was orders. But Mr. Cooke wants to know:

Did you tackle the trouble that came your way
With a resolute heart and cheerful?
Or hide your head from the light of day
With a craven soul and fearful?

All right, wise guy! Strut your stuff; tell everybody else what to do. Then wait till somebody starts bossing you.

Here's a choice bit said to be by an ancient Persian author. There might be something in it. "Buy hyacinths to feed your soul," he says. Not a bad idea at all. Might be a nice substitute for orange juice every half hour to feed a stomach that's begun to inquire what the Sam Hill's going on.

What's this? Here's a poet who, leaving aside such matters as colds and rest cures, might have been writing in a higher vein of world affairs, as he saw them in the current dispatches:

To be alive in such an age!
With every year a lightning page
Turned in the world's great wonder book
Whereon the leaning nations look.
When men speak truth for brotherhood,
For peace and universal good;
When differences are everywhere
And every high of opinion air
Throbs in tremendous prophecy
Of greater wonders yet to be—
O, thrilling age!
O willing age!

So, continuing on the mental route that leads away from cold treatments and rest cures, here's the one about a Kentucky happening back yonder in 1809, with the warning not to be too rock-sure about human chance and human destiny:

A squalid village set in winter mud.
A hut—deep on—yet slowly groans and creaks.
A horseman halts and hails; he shifts his cud. And speaks.
"Well, did you hear? Tom Lincoln's wife today?"
The devil's luck for such poor folks as they!
Poor Tom! Poor Nancy!
Poor youngster born without a chance!"

Much other high sentiment in the further pages, but the book grows heavy and there are waiting volumes about Principles of Enduring Peace, The Larger Duty to the Newer World; I Saw the Cataclysm Coming, and so on—inviting attention. Besides, it's time for another shot of orange juice. Besides, further it's more fun to hunt out Frank Spearman's 40-year-old "Whispering Smith" from the book shelves and read it again for, at least the 10th time while the insistent summons of the telephone and the hum of the vacuum cleaner and the self-consciousness of a bed-sentenced patient fade into distance and into irrelevancy.

"Go to bed and relax" is the rule. And, "You are not going back to the office in the morning" is the order—the "not" being done in what we of the printing craft describe as "bold-face caps."

"If you," said the doctor who finally was permitted to have a word in the matter, "will stick around the house for three or four days and quit thinking about the indispensable man you'll come out all right. These tablets every four hours won't hurt you any." It could happen to anybody. Often it does.—THE OBSERVER.

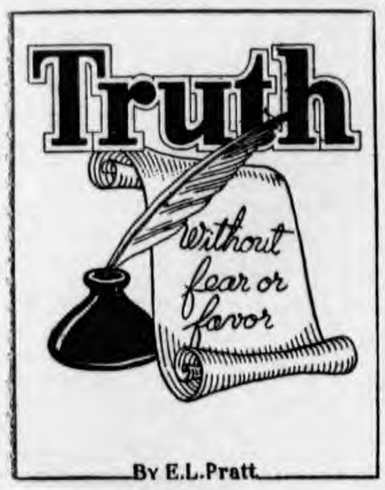
The American Vegetarian

"Man by Nature was never made to be a carnivorous animal, nor is he armed at all for prey and rapine."—**Ray.**

The Exponent and Representative of Vegetarianism In All Its Phases.

"Choose always the way that seems the **best,** however rough it may be. Custom will render it easy and agreeable."—**Pythagoras.**

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By E.L.Pratt

WHY?

Aside from the question, "When will the war end?" doubtless the thought uppermost in the minds of the greatest number of persons today is, "Why do we have wars?"

Indeed that is a very sensible question.

Before we can correct a disorder of any kind we must get to the cause of it. The first step toward a permanent cure of anything is the removal of the cause.

Medicine and various other sciences always have looked first to the basic cause of problems, for a means of cure. War is the one exception where we have ever gone on blindly fighting to stop it, breathing a sigh of relief when it abates, then sitting complacently by till it bursts forth again. Consequently it always **has** recurred.

It would seem that after one thousand nine hundred and forty-two years of civilization, at least so called, we should fight war from the other angle, at least during peace times. It is time that the old axiom, "In time of peace prepare for war" should be revised to, "In time of peace prepare **means of preventing** war." The first step in such a program must be a determination of the actual causes of war and an eradication of them.

Vegetarians have known and taught for many years that any carnivorous people will be an antagonistic people; yet we go blissfully on eating meat and fighting those who should be our friends, being obliged to protect ourselves against those who insist upon being our enemies.

When we do things that we have no right to do, we are confronted with an unfavorable reaction. From the beginning of time this has been proven true. When we slaughter and murder innocent animals we reap many unfavorable reactions: brutality in ourselves, disease caused by the diseases or/and fears of the animals whose flesh we consume, indifference to death and torture of others, lowered vitality, rheumatism, gout, high blood pressure, cancer and a score of ailments which we bring onto ourselves by our inhumane behavior toward the so-called lesser animals.

The statement that the human system is not intended for the consumption of flesh is not a mere idea devised by those who would convince meat-eaters that they are wrong. It has been scientifically confirmed. The digestive equipment and the long alimentary canal of man are designed solely for the manipulation of vegetables, fruits and nuts. Because we **can** eat meat is no sign we can digest it properly, or that it fails to leave trouble in its wake. This ability no more spells the proper course than the ability to kill makes it the right procedure or that which will make us happy.

If social reform is needed, certainly the first place to start is in the slaughter houses where men and—strange to say—women, are employed in degrading and demoralizing occupations daily. One wonders what tender, uplifting or inspirational thoughts could be possible in such surroundings! With the blood of other animals constantly before the eyes, on the hands, what is in the heart? Surely it must be either extreme sorrow or extreme cruelty. The latter seems more probable.

We mourn for the starving families of drunkards who spend their pay checks in the saloon, before going home to weeping wives and children, in a condition in which no self-respecting man would ever be seen if he could believe that he

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League For Health Special Meeting Set For Nov. 16

The League for Health Education, the New York organization dedicated to the promotion of rational living through natural methods, will present an interesting symposium on the vital and timely subject of "Modern Nutrition: The Way to Health" on Monday, November 16th, at the Hotel Diplomat Auditorium, 108 W. 46th Street.

The symposium will take the form of a presentation of many aspects of modern nutrition and its relation to the health of the American men and women.

Dr. Max Warmbrand, the well-known physiotherapist and authority on foods (see his article on "Protein, Prophets and Profit" in this issue) will speak on "The Latest Discoveries in Vitamins and Minerals;" Dr. Max Crystal, the inventor of different processes in the treatment of teeth will reveal some new ideas under the subject of "Vegetarianism and Dentistry," "A New Approach to Dental Health;" Symon Gould, associate editor of The American Vegetarian and secretary of the Vegetarian Society of New York will address the audience on "Journalism and its Function in Promoting the Health of the Public."

Others who will speak under the auspices of the League for Health Education will be Dr. Maurice Shefferman, who has done work for many years in the field of nutrition and Miss Christine McKeever, who conducts a famous restaurant in New York along modern nutritional lines.

This is the first of a series of special meetings to be conducted by the League during the next few months, the object of which is to bring to the general public, the natural method of health as opposed to the use of drugs.

The New Vertical Vegetable Garden

TRENTON, N.J.—Vegetarians the world over can, with due and bounden recognition, take off their hats to Dr. Pascale P. Pirone, of the New Jersey State College of Agriculture. Ever hear of the "vertical vegetable garden"? He 's the gentleman that invented it.

It 's practical. It 's convenient. Indeed, properly cared for, its produce amply supplies first-morning fresh vegetables of A-1 quality. And what could be more interesting than the subject of a "vertical vegetable garden" to a vegetarian? Mention it, and his ears at once become large as a field of corn! Thus it happened, the other day, a vegetarian met a fellow traveller. The talk got 'round to vegetables. Finally, the traveller said he lived in an apartment in the heart of Nashville, Tenn., and, wonderful to tell! his wife grows all the vegetables they need in a verticle vegetable garden. For good measure, he added that Dr. Pirone was the man responsible for the idea.

Few days later, the vegetarian finding himself within easy distance of a New Jersey State College, determined, in behalf of the readers of The American Vegetarian, to investigate the "vertical vegetable garden." The garden, he found, is grown in tiers of removable flower-boxes set in a 2x4-inch frame. This slopes backward at an angle of about 20 degrees, and is anchored top and bottom. Drainage holes are in the back of each box. Because of the terraced effect, water from the upper box does not splash into those beneath. Cost of the material for garden is about $9. Construction is simple. Each box is filled with rich soil, and watered not oftener than twice weekly. Vegetables? In one box, enough carrots for a family of six. In another, parsley for three families. Other vegetables as you like.

Vegetarians' Shoes

Agreeably to the many comments on vegetarians' shoes, as well as sundry inquiries from many readers about the practicability of eventually obtaining these shoes in the United States, The American Vegetarian has seen fit to communicate with the manufactures,

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PROTEIN, PROPHETS AND PROFITS

By DR. MAX WARMBRAND

(An address delivered before the Vegetarian Society of New York, June 10th, on the occasion of its Tenth Anniversary.)

THE pioneer in any given field has to face many disheartening situations in his struggle to present his ideas in the initial stages, but the most discouraging aspect confronts him at the time when his contributions are beginning to take root to see mercenary interlopers take possession of those precepts and distort them for self-seeking purposes.

The nutritional field is no exception to these experiences. When I look back a quarter of a century to our efforts on behalf of educating the general public in the health values of rational living, I remember only too well the cynical opposition and campaign of ridicule which greeted even our most elementary appeal. Today there is a happy contrast to those dismal days. On all sides there is not only a willingness to learn the significance of basic food truths, but a general eagerness to apply them to one's daily life.

In the crusade for human betterment, we must not relax and rest on our laurels. The price of continuing progress is eternal vigilance and perpetual fighting for our ideals. We must always be on the barricades in the revolutionary war for a new way of life, and the battle for rational living is no exception.

Now, more than ever, does it become necessary to emphasize the difference between sound and unsound principles in nutrition because of the welter of so-called information that is being handed out and bandied about. Today every newspaper seems to feature a food expert. He or she may have read one or two books on the subject or listened to one of the ubiquitous health lecturers and presto!—another nutritional authority is born. Not being able to create ideas alone, which after all must be slowly developed in the painstaking precincts of the scientific laboratory or the experiments of a clinician or actual practitioner along health lines, they glibly borrow others' ideas and, with a slight alteration to fit their own interests, they present the material as original.

Ofttimes they will distort these basic ideas until they bear only small resemblance to the original. Fundamentally, the copy they present to their editors may be used as textual decoys to entice the advertising of grocery chain stores stocked with newly-packaged foods of vitaminic tendency or some up-to-the-minute over-advertised synthetic "health product" under a gaudy label. In this way, many false and over-emphasized ideas develop to the exclusion of what is **simple, true** and **helpful.** The damage is sometimes irretrievable because the recent convert to our way of living may experiment in a hit-and-run fashion with this new "breakfast" health-while-you-wait concoction, and not finding the fountain of youth instantaneously or after a short trial, may discard all real healthful living from his considerations ever-after.

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Health Education League Holds Its Monthly Dinner Meeting at Schildkraut's

NEW YORK.—A unique innovation in health and vegetarian circles took place on Saturday, October 17th, with the first combination dinner-and-discussion meeting of the League for Health Education.

This active organization, which is dedicated to the purpose of propagating the ideals of rational living, has hit upon a popular idea judging from the attendance at the first meeting which was called to discuss the subject of "Nutrition in War-Time."

Dr. Max Warmbrand led the discussion with a general presentation of the subject, pointing out that under the emergency conditions of war, new ideas in nutrition were being introduced and that strong sentiment should be aroused for the continuance of these health-ideas in the United States in peace. He coined an effective slogan to emphasize his viewpoint, "If good in war-time, why not all the time."

Discussion from the floor resulted in a short exposition of dental health in its relation to sound physical health by Dr. Max Crystal, a member of the Vegetarian Society of New York; Judah Bleiman spoke on the necessity of imparting sound nutritional knowledge via the classroom to all health-minded so that they in turn would be able to speak of these ideas factually to others as missionaries.

Symon Gould, associate editor of the American Vegetarian, called upon all seriously devoted to the spread of health and spiritual ideals to become more active in these crucial times and indicate by their intense interest and sacrifice their sincere faith in their fellowmen. He paid tribute to E. L. Pratt, publisher and editor of The American Vegetarian, for his great devotion to the cause of vegetarianism and read his famous essay, "White Cannibals" to the audience.

Mr. Gould also pointed out that the government nutritional experts had an unparalleled opportunity to inculcate the basic ideas of sound nutrition in the minds of the workers by "selling" them the values of such food on the basis of patriotism. In that manner and with intensive campaigns, the workers would carry over correct-eating habits and rational standards of living into their peacetime life.

Mr. Perlstein, the new executive director of the League for Health Education, made an appeal for members which resulted in the addition of 24 new names to the roster.

Mr. Maurice Shefferman, the vice-president, who presided, introduced Mrs. R. H. Dollar, the newly-elected president, who made a few well-chosen remarks on assuming her new duties. Mr. Shefferman also announced the symposium on "Modern Nutrition: The Way to Health," which is to be held under the auspices of League for Health Education on Monday, November 16th, at the Hotel Diplomat, 108 W. 43rd Street. Several noted speakers are to address the audience.

Young Vegetarians of N. Y. Organize

NEW YORK.—At the monthly dinner-meeting of the League for Health Education held in Schildkraut's Restaurant on Saturday, October 17th, David Parahia announced the formation of a group of ardent young vegetarians into a society to be known as the "Euphoria Club."

Mr. Parahia made a short eloquent presentation of the purposes and aims of the Club and called on all those who were interested in the vital projection of the vegetarian ideals to join.

He also spoke of the rationing problems confronting the nation in the months to come and pointed out that young vegetarians were already making their contribution by total abstention of certain foods

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Vegetables, Not Livestock, Forseen Future Farming

WASHINGTON, D. C.—Problems of agriculture are undergoing discussion by prominent Government officials at present. TAV correspondent, who is himself connected with and profoundly interested in the work of one of the departments in Washington charged with promoting agriculture in its broadest sense, has come in contact with many men who predict a vegetarian farm world in future. It is believed there will eventually be a gradual decline of the farm animal population as a source of human food, and that, in this decline, the American farmer of the future will develop fruits, grains, and vegetables instead of livestock. With two or three exceptions, these men who are predicting this agricultural change are not strict vegetarians, but they are leaders of thought. "Under the Dome," to use a Washington phrase, the TAV correspondent is not known as a vegetarian. For this reason, he attaches all the more importance to what is said to him, in the course of several conversations, relatively to the direction agriculture may or must move if it is to provide ample food for the populatin of the world. Recently, at table, TAV correspondent had as his guests one of the Government officials, referred to, and five other guests. In a discussion of this subject, the opinion expressed was to the effect that the general tendency in agriculture, from 1943 on, will be for farmers to neglect raising livestock and devote their energies to the cultivating of their land. Moreover, it is foreshadowed there will be larger farms and greater production of foodstuffs that are more economically raised and that do not involve the exploitation of animal life.

In this connection it is interesting to note that planned production and control has increased home-grown foods from 34 per cent of Britain's needs in 1939 to between 60 and 65 per cent in the current crop year, according to Prof. J. F. Scott-Watson, agricultural attache to the British High Commissioner's office at Washington and Ottawa, in a recent address before a gathering of men associated with Ontario farming in the technical sense, representative of farmer organizations and farmers themselves, under the auspices of the Canadian Society of Practical Agriculture.

"The Doctors' Dilemma:-- Drugs or Diet?"

By SYMON GOULD, Associate Editor, The American Vegetarian.

Recent medical conventions have emphasized the importance of foods as a basic condition for the prevention and cure of disease. The vitamins and minerals which have existed for aeons in the fibres of the vegetables and the flesh of the fruit are finally being discovered by the professional pundits in the world of medicine. Their realm-shaking conclusions are being incorporated in the involved phrasing of profound papers which are read before their annual conclaves. Summed up, it only means what vegetarians have known for a long, long time—that fundamental vitality and health are intensively resident in the vegetarian diet and the correct eating of these elementary foods is a powerful agent for the prevention of disease and a panacea for many troublesome and tenacious ills of mankind which have often defied the science of the medicoes or only yielded their intricate hold on patients after prolonged and costly treatment.

The other day I stumbled on another unique proof of this dawning truth. In a large institute devoted to the teaching of dietetics, I discovered a famous stomach specialist teaching the elementary principles of diet to some equally noted colleagues. They had temporarily laid aside their scalpels and the pharmocopaeia and donned their learning caps to absorb some of the new but old truths about the chemistry of foods and its affinity with the basic health of the body. Also the superiority of this method of cure and treatment over the easy prescription of drugs.

Even the dread disease of tuberculosis has come under the diet treatment and beneficial effects of a highly satisfying nature are reported in the September issue of The American Review of Tuberculosis. Dr. Benjamin P. Sandler and Dr. Rudolph Berke made the experiment with a diet low in carbohydrates and high in proteins and their work in this field may mark a turning point in the treatment of this great scourge of mankind. The two doctors, in this article, present a formidable array of evidence pointing an accusing finger at a high carbohydrate diet not only as a prime factor lowering human resistance to tuberculosis, but also as playing an important role in making us victims to a host of other major diseases.

In a series of five earlier articles published in medical journals during the past two years they also report beneficial effects of a low carbohydrate, high protein diet in the treatment of diseases such as peptic ulcer, angina pectoris, high blood pressure, chronic abdominal pains and certain neurotic disorders, such as anxiety states. The diet, they report, also eliminated colds in persons subject to them, relieved flatulence and resulted in the disappearance of protuding abdomens, as well as of fetoris, more commonly known as halitosis.

So you see the medical Daniels are coming to wisdom and emerging from their dens of doctorial doctrinairism!

Further confirmation of this new attitude on the part of medical science can be found in a series of

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Food Supplies For Replacing Meats Are Ample

WASHINGTON. — The Department of Agriculture states that there will be ample quantities of high protein foods to supplement dwindling meat supplies in the civilian diet.

Among foods having nutritional values similar to those in meat, the Department listed eggs, beans, peas, grain, all of which it said should remain plentiful.

One exception was dairy products of which the Department said there would be a reduction of approximately 10 per cent if all military and Lend-Lease commitments were met. It explained that increased consumption of fluid milk, cream and ice cream had absorbed a large part of the increased milk production, while at the same time military and Lend-Lease requirements had grown.

Egg supplies, the Department estimated, would remain about unchanged from last year. Actually, production is expected to register a large increase—just about enough to care for military and Lend-Lease requirements. "Rising incomes, however," the Department said, "are causing a rising demand for eggs and it is quite possible that this demand may exceed the civilian supply."

Supplies of dry beans and peas, the two most important legume sources of protein, the Department said, will be greater than last year and "fully adequate." But, the housewives will have to cook the beans themselves, for the Department said they no longer will be available in the form of canned baked beans.

Grain stocks, from which a large part of the necessary proteins are obtained, are abundant—"We already have on hand about two years' food supply," the Department reported.

A Vegetarian Restaurant Needed In New York City

It is almost ununderstandable, but in the city of New York, with its population of approximately 8,000,000, among whom are some 10,000 strict vegetarians, there is n't a vegetarian restaurant measuring up to the ideals of vegetarians in the matter of vegetarian atmosphere, nutrition, and economy. What is meant by "ideals"? With no thought of indulging in comparisons, take, for example, The Maxwell Health Centre in Chicago. It seats and feeds, bountifully and economically, health-happily and conveniently, 300 vegetarians at a sitting. Imitation is said to be sincerest flattery. Why can not New York City do a little edible imitation in vegetarianism of that obtaining in Chicago? Certainly, in New York City one would naturally expect to find the ultimate in refined restaurants catering to the appetites of its 10,000 vegetarians and many near-vegetarians,—a restaurant, say, that could become world-famous for its hospitality and as "a good place to eat," not to mention a place making for and being a new pace-maker in the cause of vegetarianism. No wonder these 10,000 vegetarians in New York City are voicing their regret the city has no place in which vegetarians can suitably dine. The American Vegetarian has received many letters urging, in the situation, that some one should take requisite action. Subjoined, Mr. Gould importantly outlines a "Plan For a Cooperative Vegetarian Restaurant in New York:"

PLAN FOR A COOPERATIVE VEGETARIAN RESTAURANT IN NEW YORK

It is truly amazing that the city of New York, with its almost eight million inhabitants, and perhaps ten thousand vegetarians, should not enjoy the convenience and prestige of a Vegetarian Restaurant which would measure up to the ideals of vegetarians in the matter of atmosphere, nutrition and economy.

At the present time there are several so-called Vegetarian Restaurants, each of which is defective in some main principle. Two of them serve fish and are, therefore, subject to immediate elimination. Another one, which is the sad remnants of a former chain of Vegetable Restaurants, is very poor in its quality of cooking. A fourth, which is run by a Tolstoyan, is very bad by even the average sanitary criteria.

There is another Vegetarian Restaurant which has an occult atmosphere and whose cuisine is of a high order, but unfortunately, they see fit to serve meat to those who desire it, which they claim is necessary because of their financial overhead.

There is one, which perhaps fulfills to a large degree, the possibilities of a Vegetarian Restaurant, but its method of service is confined to the counter and it has almost always a sort of rush-hour tempo, not conducive to a healthy enjoyment of one's meal.

My plan calls for a Vegetarian Restaurant, centrally located, to be conducted on a non-profit making basis, with the patrons participating as cooperating members.

The practice of vegetarianism, to a large degree, is based upon the best nutritional ideas and these can only be embodied where the selection of the foods and their preparation and service are effected in an ideal non-commercial atmosphere.

This can be accomplished only where the elements of commercialism have been completely removed. All that would be required for such an ideal vegetarian cooperative restaurant would be a single large room, able to seat about one hundred people with kitchen conveniences.

When one figures that it is necessary for an average restaurant, in order to absorb its overhead, to charge a minimum gross profit of at least 100%, one can readily see that if this profit is even partially turned back into the quality of food and the method of cooking that it will mean a definite improvement all around and also enable the cost to be cut considerably to the advantage of the average vegetarian's purse.

I should appreciate if all those who are interested and who live in New York City and environs who manifest an interest in this plan, would communicate with me and I would be pleased to arrange a meeting at which the matter could be discussed in detail.

At the same time, I believe the plan can be worked successfully in other cities which have the same problem. We would then be able, after a period of trial, to give our concrete experiences to all those who are interested and who might wish to experiment along the same lines.

SYMON GOULD,
Secretary
Vegetarian Society of New York,
117 W. 48th St.
New York City, N.Y.

New Method Keeps Flavor In Foods

HOUSTON—At the University of Texas, Prof. R. W. Woodrich and Luis Bartlett have developed a new machine that freezes foods four times as rapidly as previous methods, keeping the flavor in and providing a protective coating on foods.

To the American Vegetarian correspondent it was explained that after determining why foods are damaged by slow freezing, studying all existing commercial procedures, Woodrich and Bartlett developed the new method now known as "flash freezing."

"Flash freezing is in fact so fast that surface juices freeze instantly and form an ice coating that keeps them and their flavors in. After the fruits or vegetables are fully frozen and removed from the machine, they are dusted with a small quantity of dextrose. This changes the ice coating to a plastic material that adheres tightly to the food and preserves it perfectly.

Not Influenced By Smoked Hams

LOS ANGELES.—Duncan Hines, author-publisher of "Adventures In Good Eating," lists in his interesting and widely circulated book "good eating places" in all the principal cities of the United States. But many inquiries from vegetarians, in obtaining and reading the book complementary with purposed trips, have called attention to the fact there are no vegetarian cafes or restaurants listed. Inasmuch as Mr. Hines, in addition to authoring and publishing his book, is engaged in the "business of selling Old Kentucky Country-Cured, Hickory-Smoked Hams and Sausage," it was naturally supposed he was uninterested in publicizing any vegetarian places in his book, and he was accordingly asked his reason for the omission by the president of the American Vegetarian Association.

His answer, in part:

"It is true that I do not list strictly vegetarian restaurants, for the reason that travellers can secure a vegetable plate or dinner without having to purchase meats. . . . The fact that I sell Kentucky Smoked Hams has no bearing on my listings. . . . Furthermore, I have quite an extensive vegetable garden, and you may be interested in knowing that I am not much of a meat-eater. In fact, I have n't touched any meat for at least a month."

(**Editor's Note:** Glad to learn that Duncan Hines is progressing in the direction of vegetarianism.)

WORLD'S LONGEST PLANTS

OCEANO, Calif.—A form of algae holds the title of being the longest plant in the world.

Algae are divided into five classes based on characteristic differences in color, namely, the green algae; the blue-green; the yellow-green; the red; and the brown algae. It is among the brown algae that the longest plants in the world are found.

The brown algae, which include the common kelps, are marine plants, growing more or less near to shore. Their greatest enemy is the raging, swirling liquid medium in which they live, and adjacent shorelines are generally littered with torn and broken seaweed after a storm.

However, kelp is provided with staunch hold-fasts which anchor their bases firmly to rocks, while their leathery and resilient streamers are free to sweep harmlessly back and forth with the movements of the surrounding water.

Giant varieties of kelp found off the Pacific Coast have been known to reach a length of 1,200 feet. They are equipped with root-like structures which grip the marine rocks with such firmness and tenacity that the waves are more likely to break off a fragment of the rock or to carry away the rock itself rather than to tear the kelp loose from its foundation.

Ashes of kelp were much used in earlier times in making both glass and soap, and coastal farmers often spread kelp on their fields as fertilizer.

Truth

(Continued From Page 1)

is as disgusting and dangerous as other men he sees in a like condition. At the same time we overlook the fact that meat eating has caused his desire for alcohol, shake our heads sadly and ask, "Why does he do it?" The answer is simple, but because we like meat, many of us refuse to look that far for the answer.

We talk of economy, especially in such times as these which the human race has brought on itself through a cannibalistic curse. We talk of economy and think we practice it, at the same time setting our tables with roasts, meat loaves, steaks, chops and even the nauseating vital organs of animals. We could be sparing ourselves the ignonomy of such ghastly sights, such dire consequences, by dining on the pure, clean, healthful fruits, nuts and vegetables which Nature in her wisdom provided for us, but which we in our ignorance ignore to a far too great extent.

If we doubt the possibility of keeping strong and fit by a vegetarian diet, if we believe that the strong man must be a cannibal, let us study a few examples first hand, each for himself. There are examples all about us of hearty meat-eaters who are weaklings both bodily and mentally. There are examples of mental and physical giants who never touch a scrap of meat. When a man insists that he could not live without meat he is making of himself a living proof of the weakness which meat eating imposes.

The question has been asked, "What is this American Vegetarian Association anyway, something new?"

In Ramsgate, England, on September 30, 1847, the Vegetarian Society came into being, with clearly defined aims. The first constitution adopted at that time contains these objectives: "to induce habits of abstinence from the flesh of animals as food, and thus to secure the adoption of a principle which will tend essentially to true civilization, to universal brotherhood, and to the increase of human happiness generally."

If in 1847 these truths were known, and such steps taken to carry them out, it would seem that it is high time we were waking up and looking the matter squarely in the face. Surely with the answer to our question, "Why do we have wars?" before us since 1847 we should now stop asking, and start doing!

TRADE SECRET DISCLOSED

ALBANY, N.Y.—The other day the 9-year-old son of a reader of TAV who has a small vegetable garden at the rear of the family residence asked his father where he could get some seed to grow macaroni. He had seen it in the stores five feet long.

Just for a bit of fun (and perhaps to use his American Vegetarian Association stationery, just received), the father wrote the farm adviser of General Electric's farm forum, as follows:

"My nine-year-old vegetarian son wishes me to grow macaroni, but I don't seem to be able to get the seed for it."

The farm adviser replied: "You are asking me to reveal a trade secret. However, macaroni seed is generally sold under the common name of wheat; so next time ask for it by that name. On rich land, wheat will grow five feet tall—but it requires some processing before it finally emerges in the form of macaroni."

NEW USE FOR POPCORN

CHICAGO—Mrs. Amos A. Day of this city has by experience found a new use for popcorn. She is advising mothers, wives, and sweethearts who send cakes to their men in the service to pack them in popcorn. The resiliency of the popped corn, she explains, deadens the bumps absorbed by the package, and not only saves the cake but provides the recipients with a welcome supply of popcorn.

SPOILAGE PREVENTIVE

TAMPA, Fla. — Of interest to vegetarians are new paper containers treated with one of the properties of chlorophyll to keep fruits and vegetables in better condition.

Chlorophyll is the green coloring matter in plants which has ability to exclude harmful light rays and which induce decay.

Experiments are being made with a view of mixing chlorophyll with rubber to give the latter longer life and to prevent spoilage from exposure to light.

You are invited to subscribe for The American Vegetarian.

DR. KELLOGG'S HEALTH RULES

Following are the "Health Rules" of Dr. J. H. Kellogg who recently celebrated his 90th birthday.

1. Become posture conscious. Don't slump when sitting or standing.
2. Use the whole chest in breathing. Avoid chest constriction in sitting and working postures. Avoid clothing which constricts breathing.
3. Work, play, read, study, rest and sleep in the open air as much as possible.
4. Take sun baths at least once a week of sufficient duration to burn the skin slightly. In winter employ artificial sunlight.
5. Take an air bath and a water bath daily.
6. Eat natural foods, especially fruits, nuts, vegetables and greens. Get enough bulkage. Masticate thoroughly.
7. Avoid refined sugar, refined flour products, and excess of protein.
8. Use salt sparingly. Avoid hot condiments, such as pepper, mustard, etc.
9. Beware of overeating and overweight.
10. Use no tea or coffee.
11. Drink no alcoholic beverage.
12. Use no tobacco.
13. Drink three or four pints of water daily.
14. Secure a complete bowel movement after each meal.
15. Do enough hard work or exercise each day to produce fatigue and perspiration.
16. Learn to relax physically and mentally.
17. Sleep eight hours every night.
18. Take regular recreation.
19. Learn to conquer fret and worry. Keep sweet, cheerful and optimistic.
20. Serve God and humanity with singleness of purpose and ardency of spirit.

ON BECOMING A VEGETARIAN

By LOUIS J. HLAVACEK, M.D. Health Counselor,
Chicago, Illinois

Vegetarianism is a significant departure from the old order of brutal might and an unmistakable harbinger of the approaching New and Better Day—a day wherein all mankind shall eat and live by the principles of cooperation rather than, as now, by destruction and exploitation of the weak and helpless. Vegetarianism therefore is one of the rays of the dawn of the New Day.

Vegetarianism is thus a pioneering movement. It needs to be sustained and developed by a thorough understanding and proper application of its principles. Vegetarianism marks a definite turning point both in the racial and the individual evolution and its adoption results in increased mental acuity and in the expansion of consciousness in general. From the physical standpoint vegetarianism demonstrates that men need not kill in order to live and enjoy health and life in all of its grandeur.

Vegetarianism is greatly misunderstood by the general public. It is not merely not eating meat; it is not just eating spinach, cabbage and carrots; it is not a religion, not fanaticism, not faddism, not concerned with physical health alone. In the fullest sense true vegetarianism is based on moral and spiritual as well as physical considerations. It is a sound philosophy of life combined with an economical system of properly balanced meatless diet individually adjusted in order to maintain constant physical and mental well-being.

Vegetarian systems are many. There are for example various mixed cooked and raw vegetable and fruit systems and there are strictly raw fruitarian and raw vegetarian systems. Each of these has certain advantages provided it is chosen to meet the peculiar needs of the individual. To derive the greatest good from vegetarianism an individual on becoming a vegetarian should not be swayed therefore by someone else's opinion as to the merits of any particular system. What system is best for any one person is an individual problem and should be approached and handled systematically by the individual himself. The best way to begin is by using a general basic nutritional plan as a guide and then by careful observation and experimentation determine just about the quantity and kinds of various foods that are needed to maintain constant and dynamic well-being. Such observations should be made by day-by-day check-up on all conditions of one's being and these compared with the kinds, quantity and proportion or combinations of foods consumed. When such procedure has been followed the system that is finally adopted will be one that supplies personal needs according to the individual's age, occupation, environment and climate and therefore productive of the good we seek.

Logically, in warm climates a vegetarian regime is simpler and more easy to work out because of the greater variety of fruits and vegetables all year round. But wherever we are, by using proper procedure in developing a personal system, we shall discover that vegetarianism is not only more satisfactory but also more economical, and decidedly more conducive to a constant state of health and longer and more enjoyable life.

Any one who wishes to become a vegetarian and needs a basic nutritional plan to guide him may write for a free copy to the writer.

Brown Sugar For Children's Menu

PHILADELPHIA.—How often do we hear the expression, "No, I don't use brown sugar. I much prefer the white: it 's nice and clean and refined." "Nice and clean and refined," huh? How about its food value, its vitamin value? Merely a trace. But brown sugar? That 's different. It has value. It 's sugar that is. At a scientific meeting in Philadelphia, recently, which was publicized by the Associated Press, brown sugar came into its own with deserved scientific praise. For instance, Prof. W. J. Robbins, botanist, Columbia, told the assembled scientists how he had fed tomato roots white sugar in water. They grew but feebly. Then he experimentally substituted brown sugar. The tomato roots took to it as a duck does to water. They grew luxurantly. In twenty-four hours only they attained an inch. Now Professor Robbins uses brown sugar on the menu for children, and they grow big and strong. He found brown sugar has vitamins B-6 and H. Hats off to brown sugar!

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"The Doctors' Dilemma:-- Drugs or Diet?"

(Continued from Page 1)

articles which appeared last year in Harpers Magazine by George Gray, a layman who is a recognized authority on the subject. He made an exhaustive study of the subject and later incorporated the results of his survey in two books "Advancing Frontiers of Medicine" and "Advancing Frontiers of Science." When reading these books, it is astounding to find how widespread the acceptance and practice of curing insidious illnesses through diet is becoming rather than employing the stereotyped methods of drugging a patient or even operating on him.

It is indeed high time that the physician of to-day pauses in his pursuit of a better-paying clientele to heed the admonition of that great representative in American belles lettres, Oliver Wendell Holmes, who, in his lesser moments, was a doctor, when he says in his "Currents and Counter-Currents" that "all the drugs in the world should be dumped into the ocean. It might be hard on the fish, but it would save countless human beings from misery."

The medical fraternity have unfortunately welded themselves to our present economic system with its monopolistic practices by partaking of this form themselves. Their claim is that they have bills to meet like any other business man. However, they have been given the opportunity to elevate their practice through socialization of medicine. But the majority, guided in their judgment and prejudices by a central office, have decided to continue on their commercialized course. Perhaps the war may yet wreak a profound change in their status and in their approach to their profession, as well as its relation to the health of mankind and the true role which they should play in its fundamental maintenance.

I should like to see the doctor of the future devote most of his time to the study and application of preventive medicine rather than wait for ills to develop to the point of needing drugs to limit them temporarily or the knife to eliminate them.

I should like to see the economic necessities of the individual members of the medical profession made subsidiary by him to his duty to the human family so that he may become a real pillar of society and not merely a "piller."

I should like to see the physician have sufficient time to devote to the continuous studies of the latest ideas in the science of nutrition as well as his own field so that he may be informed on the latest developments in these matters and bring them to the benefit of his clients however humble they may be.

In such a program, the vegetarians can be counted on for their support and full co-operation. They have always been in the vanguard of the new ideas looking for a betterment of national health. They understand the spiritual and physical affinity between the organic qualities of the members of the vegetable kingdom and the cellular needs of the body. They obey the laws of nature which forbid them to pollute the purity of their bodies with the cadavers of animals or devitalized foods.

It is a healthy sign, indeed, that more and more doctors are beginning to see the age-old wisdom of stopping sickness at its source by not permitting its infiltration into the blood stream and the tissues through unbalanced diets. Let us hope that the medical healer of the future will be sending his patients with prescriptions to be filled at health food stores instead of the corner drug emporium. Let us hope that like the Chinese doctors, he will be paid only while his patient is well and healthy . . . . by the government.

SUBSTITUTE FOR KAPOK

PETOSKEY, Mich. — Michigan has for several weeks been harvesting milkweed to be used in the manufacture of life preservers for American sailors. It is regarded as even more buoyant than the kapok, used before Japanese occupation of the Dutch East Indies, where it grows.

The milkweed floss, warmer and lighter than wool, also will be used in aviation jackets.

Vegetable gardens cultivated by the Army and R.A.F. in Britain now cover 11,000 acres. Last year these gardens produced enough to last 70,000 fighting men in rations for a year.

LETTERS TO THE EDITOR

Letters from vegetarians are of interest to readers of this paper. Only signed letters will be printed. Address: The American Vegetarian, Pismo Beach, California.

The American Vegetarian assumes no responsibility for statements or opinions in letters from its readers

HELP THE CHILDREN

To the Editor: To us The American Vegetarian is a wonderful piece of work. It gives us increased enthusiasm, although we have always had plenty of that. Nevertheless, one very discouraging factor in this movement is the lack of organization and the abundance of hermits, spinsters, and bachelors. It is sad to think that our children might only have the choice of being among them or joining the conventional world. Since children are incapable of choosing vegetarian friends we must help them.

When I was on the executive committee of the Vegetarian Society of New York, I always tried to stress the importance of organization over propaganda. My wife is a born vegetarian, and I am one for sixteen years. Both of us will admit that we have not converted nor influenced a half dozen persons. Those "white cannibals" and "carnivorous degenerates" are a very stubborn, self-spiting bunch and will not change until they are ready. Therefore, when such a time comes, we must have an attractive organization ready to encourage them.

PHILIP V. MIELE

Sharon Hill, Penn.

* * *

THE POOR FOOLS

To the Editor: I received a notice from the postmaster at Lakeland, Fla., (my former home) stating a piece of mail was held there, lacking 1½c if it was to be forwarded to me here.

I sent the stamp at a cost of 3c postage and ultimately received the copy of The American Vegetarian which you had sent me. I read every word of it, and am enclosing the one dollar for which please enter my subscription for one year.

I sincerely hope the vegetarians show up in such strong numbers that it will not require any effort for the publication to grow and grow, and keep on growing. From my own experiences of the past eight years I am sure the meat diet is back of more human ills in America, than any one other cause. And it is doubly hard to combat with the medical doctors and packers and others all strongly urging the people to "eat more meat for your necessary vitamins and minerals!" And the poor fools believe it, **because they want to!**

I wish you the greatest of success in your new undertaking.

L. BRADLEY SPAUN

Ft. Meyers, Florida.

* * *

FULLY CONVINCED

To the Editor: I hereby make request to be enrolled as a member of your Association and am enclosing check.

Have given the matter of being vegetarian some thought from time to time, but not until last month did I make up my mind to adopt the caurse of the vegetarian.

I had the happy privilege of meeting one of your associate editors, Mrs. Sadie G. Stave, who helped me come to a decision. I am fully convinced that, for me at least, this is a step in the right direction and that regardless of what others may do I shall not eat meat nor add my support to the slaughter houes industry.

I am happy to know there is an association like the American Vegetarian Association and shall be glad to do what I can to help promote the work.

CORA A. MYER

Lancaster, Pa.

* * *

VEGETARIAN SINCE 1934

To the Editor: I am very grateful to you for sending me literature some time ago and for a copy of The American Vegetarian which came yesterday. I was so impressed with the great work which you are doing for this cause so vital to the progress of mankind that I must subscribe at once for The American Vegetarian.

I believe that it is the duty of every individual who is interested in advancing a constructive and progressive civilization to support every effort which leads to that goal. I am convinced, and have been for many years, that only a non-flesh eating world will be a world free from war, sin disease and malicious economic control.

Mrs. Freshel, president of The Millennium Guild, New York City, and a very close friend of mine, has spoken very highly of you and your splendid work. She has praised your Vegetarian year-book and, I believe, thinks that I have a copy. Do let me know when the next edition comes out. It is through Mrs. Freshel that I became awakened in this life. I have been a vegetarian since 1934.

My reasons for being a vegetarian are solely because of my love for all living things. I know that they are all my brethren.

In the course of my humane work I have been through the slaughter houses of Chicago and have witnessed every form of slaughter including Kosher. It is all so horrible and revolting that one wonders if all Hell has been let loose. I do not like to discuss it, but I shall never forget it.

My work is anti-vivisection—another unpopular humane endeavor. I am convinced, however, that vivisection will never be entirely abolished until man no longer kills to eat.

I am enclosing a new pamphlet which I have just compiled for the Animal Protective League. I should also like to have you send your literature and your newspaper to. . . .

MARIE TRAVES THOMPSON,

Milwaukee, Wis.

* * *

LET NATIONS START ANEW

To the Editor: I have lived a vegetarian for seventeen years and have always thought a paper devoted to the cause would be the best means of bringing about the brotherhood of man — something that a man can live rather than believe in. Perhaps the close of this war will end all killing as a profession. Let's hope all nations will start anew by living from the soil and not slaying animals for gastromic pleasure.

WARD STOCKHOM

Dearborn, Michigan.

* * *

VEGETARIANS IN C.O.'s CAMP

To the Editor: I am writing this letter to The American Vegetarian concerning the food table for the vegetarians at the above conscientious objectors camp. At the present time there are about seven vegetarians in camp. All but two are lacto- vegetarians; these two completely abstaining from dairy products.

These men are a medley of types and naturally are vegetarians for different reasons. I believe that the health reason predominates, however, at least three would present ethical and occult reasons for their non-meat diet. Meat consumption is much lower in C.P.S. Camps than in the various military camps. Perhaps there are several reasons for this; the paramount cause is probably that the food allowance does-not permit a high protein diet, and inasmuch that religious groups have to maintain the conscientious objectors, savings are in place.

Advocates of vegetarianism have long maintained that their ultra ethical and humanitarian philosophy would be instrumental in effecting the things that make for World Peace. To the rationalist, and one observant of life and the human situation there are many other causes that are responsible for the decadence of flowering of a culture—other than vegetarianism. Unfortunately, many make this subject their God, so to speak, failing to develop a synthetic philosophy. Of course it goes without saying that the Pacifist, too, may and often does establish his thinking along a certain line, failing to see the implications of other factors.

There are many independent thinkers in the various objectors camps that would consider vegetarianism from ethical and health viewpoints if practical—and rational arguments were given; though I sincerely believe that they would utilize the subject as a means to an end and confuse it with the end.

STOKES EVANS

Glendora, California.

* * *

CORRESPONDENCE CLUB

To the Editor: I received The American Vegetarian and read each and every article. I have read many health magazines and periodicals but have never seen anything like a newspaper of this kind and believe it will supply a long felt need.

I would like to make one suggestion and that is to start a correspondence club for people of similar ideals. I have started just such a club and my ad appears in Nature's Path of which I am sure you are familiar.

I myself am green at this sort of thing but I am trying to set the foundation and I hope it will be instrumental in bringing people such as we in direct and closer contact with one another. There are many people in out of the way places who are hungry to meet people of their own ideals and temperaments, and, who, I am sure, would welcome such a club.

If my suggestion appeals to you at all I will be glad to submit my prospectus to you for your approval or criticism.

JOSEPH REISS

3932 Blaine Street, N.E.

Washington, D.C.

* * *

THE MANGO SPLIT

To the Editor: May I explain the correct way to split a mango. Many of the old toad-eaters in south Florida never learn just how to split a mango.

Place a ripe Haden mango in a clean saucer, keeping the stem-end down and the flat side of the fruit toward you. Insert the point of a sharp peeling knife into the top of the fruit and split one side down to the stem, but keep the blade of the knife between you and the seed and as close to the seed as possible. Now turn the reverse side of the mango toward you and split the other side, but keep the blade of the knife between you and the seed and as close to the seed as possible. Just pull the halves apart and remove the large flat seed.

The other article, entitled "Lady Nicotine," is intended for young women to read. Nicotine is a narcotic, and is getting the best of thousands of young girls.

D. N. CARMICHAEL

Miami, Florida.

* * *

FROM ENGLAND

To the Editor: Your letter of August 1st was much appreciated, and last week The American Vegetarian reached me. It is indeed a splendid paper, and I am most grateful to you for giving such worthy publication to "World Day for Animals."

The articles in The American Vegetarian are all so interesting and informative; a great impetus to the movement cannot fail to result.

I regreat to say that the American Vegetarian year-book has not arrived, so I fear that it must have been lost in transit.

For some years I used to receive a journal called Health News, published by Mr. Clarke Irvine, Hollywood, California. As it has not come for some months, I think it may have been discontinued.

I have entered your name on our list so that you will receive regularly our Animals Champion.

I was particularly struck by the letter from Miss Bertha Hoffman of Dubuque, Iowa, and I should like to correspond with her, if you could some time send me her address I should be grateful. . . .

MARGARET E. FORD.

42, Aberdeen Road, Highbury,

London, N.5, England.

(Editor's Note: Mr. Clarke Irvine's fortnightly, now "Let's LIVE!" is still going strong. Address: 4657 Hollywood Boulevard, Hollywood, California. Miss Bertha Hoffman's address: 1243 Vernon Street, Dubuque, Iowa.)

* * *

HEALTH EDUCATION

To the Editor: I should like to call to the attention of our readers the remarkable work done by the Health Education and Research Council of England (15 St. James's Place, London, S.W. 1). This Council is composed of physicians, who openly advocate nature cure principles and methods, vegetarianism, anti-vivisection, and anti-vaccination. Their pamphlets comprise every aspect of the subject and are most valuable. They are replete with information based upon years of active practice with all types of people. One of the physicians is the well-known Dr. M. Beddow Bayly. Some of the topics covered are "Diet as a Basic Cause of Disease," "Diet as a Factor in Cancer Causation," both by Dr. Bayly; and "Children and Repressive Treatments" by Dr. Dorothy Mazel. Another valuable pamphlet is "Unnecessary Operations," by Dr. B. P. Allison. The pamphlets are simply written and are nominal in price. I received a dozen for one dollar. Would that American physicians had the courage to form a similar group in this country!

The objects of the Council are comprehensive in scope, scientific in method, and progressive and experimental in outlook. A list of the objectives will prove of interest to all our readers. I urge our readers to procure some of their publications.

(Mrs.) SADIE G. STAVE

Brooklyn, N.Y.

* * *

VETERAN VEGETARIANS

To the Editor: Reading in the Vegetarian Mesenger (Manchester, Eng.) about the American Vegetarian Association which you have started with headquarters in California, we feel very much interested and wish to know more about it.

A number of us of the Bible Christian Church—all vegetarians—are keeping up the church since father's death in 1921; he was the last minister. He lived to be a few months past 94 years of age. He and others started a vegetarian society in 1887, and published a vegetarian magazine, Food Home & Garden. After his passing there seemed to be no one who could spare time or money to continue it, and so it just had to be given up.

NAOMI CLUBB

Philadelphia, Pa.

Famous Marathoner Does Not Eat Meat

LOS ANGELES.—Few years ago, Dr. John Seiler, who conducts a health-training institute in Maryland, arrived in this man's town. Nothing remarkable about that! What is remarkable is the fact that Dr. Seiler had run all the way from Atlantic City to Los Angeles, a distance of 3,000 miles, in 55 days. In doing this, he averaged a run of eight to ten hours daily. In so dromical a performance, the natural question is, What was the Doctor's menu from the Atlantic to the Pacific? A meatless runner, in that he boycotted the butcher shops in the cities and towns through which he passed, his diet consisted chiefly of bread and butter, plenty of onions, and sugar and salt. That regimen in his running is, he says, the secret of his strength and speed and health. "Eat plenty of onions," he adds, "and you 'll be able to run from eight to ten miles every day, and, besides, your health will remain in the pink of condition." Dr. Seiler asserts he is the only marathon runner in the world that does n't "advertise something,"—except the good health he has and maintains in running and living.

Sugar Rations Set For Nov. and Dec.

WASHINGTON.—Industrial consumers of sugar will receive in November and December only 70% of the sugar they used last year, a reduction of 10% from the previous two-month period, OPA announced on October 15.

Restaurants and hotels, under the new revised allotment system, are entitled to 60% compared with 75% in September and October. Hospitals had their sugar consumption reduced from 90% to 85% for November and December.

Civilian rations remain unchanged at ½ pound a person per week, although coupon No. 9 will carry a value of 3 pounds for the six weeks period November 1-December 15.

EAT PAPAYAS
The Wonder Health Fruit
20c lb. delivered (minimum 5 lbs.)
Delicious Pure Honey
Citrus & Wild Flower Blend
3½ lbs. $1.; 10½ lbs. $2.25, delivered
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WHAT CAUSES EPILEPSY?
A booklet containing the opinions of famous doctors on this interesting subject will be sent FREE while they last to any reader writing to the Educational Division, 535 Fifth Ave., Dept. AV-11, New York, N.Y.

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Muskegon, Mich.



By SYMON GOULD

GEORGE BERNARD SHAW encountered Alfred Hitchcock in London the other day. Hitchcock is the picture director, as famous for his cinema technique as for the amazing rotundity of his middle and who eats copiously.

"To look at you, Mr. Shaw, one would think there already was a famine in England," said the very fat Mr. Hitchcock. "And to look at you," was the Shavian rejoinder, "one would think you had caused it."

* * *

Socialized medicine will give the doctors a real opportunity to become pillars of society instead of merely its "pillers". Doc, an ounce of prevention is worth a pound of cure.

* * *

VEGETARIAN'S MOTHER GOOSE

Jack Sprat would eat no fat
His wife could eat no lean
So they turned vegetarian
And now dine happily on the soy bean.

* * *

Washington, D.C.—Vice-Prexy Wallace is an ex-vegetarian. Henry recently made a speech that literally went round the world. He took the four freedoms, added a few more, and then threw in non-discrimination for color and race for good measure. He really made the document significant in a big "magna charta" way. Looks like Henry's vegetarian days are still paying dividends in idealism. Henry, you really belong in our ranks. We'll forgive you your momentary lapse, if you'll come back. Remember, all the great thinkers, statesmen and peace-lovers from way back were vegetarians because they believed that only through that creed could we have brotherhood of man and true fellowship with the animals.

* * *

RIGHT ABOUT FACE!

The city gals all rouged and pale
Get complexions at the pharmacy;
But country maids, hearty and hale,
Get their color at the farm, I see.

—Ima Veggie Terian.

* * *

London.—Stafford Cripps helped our brother vegetarians in England get some radical changes in the ration law there. Small wonder! Stafford didn't want to go hungry, for he 's also a vegetarian. He did a mighty good job in Russia as emissary. And he would have done a better one in India if he had his way and if the goldarn Torys in England didn't hold him down. My money is still on Stafford to win the Prime Minister stakes and when he gets in, watch things begin to hum . . . the democratic way. It 's dem ole vegetable juices seepin' into the veins and clearing vision and peppin' up the spirit.

* * *

The new credo of the sophisticate: Eat, drink and be merry, for tomorrow we die-t!

* * *

Washington, D.C.—Well at last, we've been counted! Secretary of Agriculture Wickard sez there are 14,000,000 vegetarians in the U.S. Of course, he includes babes and invalids in this number. We welcome the invalids and hope they understand that their way back to health was via the vegetarian diet and trust they'll remain vegetarian so their well-being will continue. And out of the mouths of babes comes wisdom. For example, my granddaughter Abbie is a 24 month old veggie, and if you follow her natural food habits, you can't go wrong. Well, anyways, there must be at least a cool million vibrant vital, vigorous vegetarians, who belong in our organizations and who some day will join the reader ranks of THE AMERICAN VEGETARIAN. (adv.) Thanks for the boost, Secretary.

* * *

"If someone could invent a health-food to grow hair, he could make a million dollars a year," said "Doc" Hyatt, proprietor of the Florida Vitamin Shop, who is as bald as an eagle. "He would probable make more," I offered, "because he has no overheda."

* * *

Health Note: Mrs. Horace Dodge, the Detroit millionairess, has just entered the hospital suffering from malnutrition. Nature is no respecter of bank balances, only diet balances.

* * *

(Adv.)—Don't forget to attend the Thanksgiving Dinner of the Vegetarian Society of New York, Thursday, November 26. For place and particulars, write to the conductor of this column, at his office, 117 W. 48th Street, New York. Some new vegetarian dishes will be introduced to tickle your palate and the flow of good fellowship and healthy juices will make the occasion a memorable one. If you live within 100 miles, it will be worth your while to mingle with a real live set of vegetarians.

* * *

The vegetarians are the most peaceful of people. They never have a bone to pick with anyone.

—Edythe Leishman.

* * *

(Contributions, humorous or otherwise, welcomed to "Gossip and Garlic" by its conductor, Symon Gould. Just send them in addressed to "The American Vegetarian.")

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MEAT AN UNNATURAL FOOD

(From "Vitamins for Victory" by Eddie Martony, Natural Foods Institute)

It has been debatable amongst health minded people as to whether the use of meat in man's diet is a necessity or a detriment. The writer, together with his family, are vegetarians and contend that meat is a second hand food at its best and is not necessary for the nourishment of the body. Over half the population throughout the world lives without the use of meat and thrives likewise. In india where the Brahmans of the northern section live on a meatless diet there are very few diseases, if any, whereas in the southern parts of India, where meat eating is prevalent, disease is also prevalent to a great extent. As to the American diet of meat, white bread, mashed potatoes, pie and coffee—there could nowhere exist a more cockeyed diet. It has proven its worthlessness in the deficiency diseases ranging throughout America. Over 40% of the draftees called up for physical examination recently were rejected mainly because of some deficiency.

The erroneous belief that meat is necessary in the diet is only high-powered commercial advertising to sell more meat. Much has been said about the natural vitamins found in pork, and the use of pork has been highly touted by the meat interests through full page ads in all the leading magazines as well as on billboards. But let us tear away the mask of commercialism and analyze the situation with facts that are coming to light each day, thanks to science and biochemistry. The Honorable Thomas C. Desmond State Senator of New York and chairman of the New York State Trichinosis Commission, reports that, "One in six is infected with deadly pork parasite. The chief source of human trichinosis is the eating of undercooked trichinae-infested pork chops, fresh ham, pork loins, sausage, and other pork products from hogs fed uncooked garbage." He estimates that $21,000,000 Americans can some time during their lives be menaced by the pork parasite." Is it any wonder that the Good Book states: "Of their flesh shall ye not eat, and their carcass shall ye not touch; they are unclean to you," in referring to hogs. And yet you can go to any church social and invariably find the ham and white bread sandwiches strewn all around the table. Such gullibility.

The soy bean is destined to take the place of meat and in the near future both our meat and milk will come solely from this source. Instead of the cow and hog eating the corn, oats and hay, converting it into proteins, fats, and minerals, and then we eating the cow and hog to get their second hand protein, Henry Ford maintains that we will go directly to the soil and get our protein first hand without the putrification of a dead animal. The great increase in trichinosis has been directly traced to the consumption of pork. Now great meat factories are springing up all over the country making meat and milk out of the soy beans. Soy beans contain over twice the protein content of most meats and are highly alkaline. They also contain the necessary amino-acids. They have ten times the calcium content of wheat and 20 times that of sirloin steak. They contain all the vitamins except vitamin C and practically all the minerals, including a high percentage of lechithin and cephalin which are important constituents of the nerve and brain tissues, not found in very many other foods. W. Grover Barnard, founder of the Natural Foods Institute, and other leading diet authorities claim it to be the most perfect food for youngsters due to its complete protein content and abundance of calcium and phosphorous. As to digestibility, it is one of the easiest foods in this respect. Unlike meat it is not gas forming, due to the absence of putrefactive bacteria in the intestinal tract which is prevalent when meat is eaten. In fact, it even tends to counteract putrefaction by creating protective acidolpholous bacteria. It is the most economical protein food in existence, being twice as valuable as beefsteak per pound, equal to 30 eggs per pound, or six quarts of milk. Dr. LeClerc of the U.S. Department of Agriculture maintains that soy bean flour is the cheapest source of calcium known, costing one-third as much as milk. Then, too, it is a natural direct source of calcium unlike that of meat.

Most doctors will cut out the use of meat in such cases as rheumatism, diabetes, skin disorders, and others. If this is true after disease takes hold, how much truer it is to abstain from this second hand disease ridden food to begin with. An ounce of prevention is worth a pound of cure. The healthier one's body becomes, the more desirable do live foods become and less the desirability for unnatural foods. Meat is an unnatural food.

(Continued on Page 8)

World Famous Fruitarian



DR. JOSIAH OLDFIELD

President, The Fruitarian Society (International), founded, England, 1903; contributed the article on Vegetarianism to the Encyclopedia Britannica and hopes when they issue the next edition, they will permit him to write the article on Fruitarianism.

Apple Butter Due For a 10% Rise

WASHINGTON.—Although there are more apples in this country than last year, the price of apple butter is going up 10 per cent, the Office of Price Administration said. OPA will issue shortly an order authorizing upward adjustment from current maximums at the packer level, and also will authorize wholesale and retail distributors of apple butter to pass on the increase to consumers.

Similar action has been taken on canned and frozen fruits, and will be taken shortly on jams, jellies, and preserves, passing on to the user the increased cost of the 1942 pack over that of 1941.

Man appears to be built to feed on fruits, roots, and other succulent parts of vegetables. His short and not very strong jaws, on the one hand, his canines equal to the other teeth and his tuberous molars on the other, would not permit him to feed on grass or devour flesh.

—Cuvier.

PROTEIN, PROPHETS AND PROFITS

(Continued From Page 1)

It is in this way that many false notions regarding the role of protein and its importance to bodily health have gained a foothold. We all recognize the need of a necessary quantity of protein for the continuance of bodily well-being. There are, however, many theories as to the essential quantity of protein required and the sources from which it can be obtained. In regard to quantity, authorities originally insisted that a minimum of 100 to 175 grams (3½ to 6 oz.) was necessary for proper nutrition. Later experimentation, conducted by such men as Chittenden, Sherman, Hindhede, Rasmar Berg and others have demonstrated that perfect health can be maintained on a low protein diet, and that 30 to 35 grams, a little over 1 oz. of protein intake daily would be sufficient. Furthermore they have pointed out that the use of larger quantities of protein are actually detrimental to the health of the body and leads to many diversified diseases affecting the kidneys, liver, heart and blood vesesls.

These data are extremely vital at this moment when talk of meat-rationing is a matter of momentary legislation. If the medical and health authorities would undertake a widespread campaign popularizing these facts, meat-rationing would be accepted with little opposition on the part of the public and without any affect at all on its morale. Of course, it is too much to expect that the authorities (and least of all the American Meat Institute) would herald and drive home the fact that meat is not the only source of protein, but that complete proteins can be obtained from many other sources, such as cheese, nuts, soy beans and green leafy vegetables, which are established sources of complete proteins, without the harmful purin bodies inherent in animal-protein.

Sherman has demonstrated that man could be supplied with all his protein needs if he obtained 9/10's of his protein from grain sources and 1/10 from milk or apple, while Hindhede, in his experiments during the first World War, demonstrated that a general vegetarian diet was ample to supply all the protein needs and maintain the body in supreme vigor and health.

Man is now at the crossroads of another milepost in his economic, cultural, social, and, what is most important, nutritional progress in his advance to a higher civilization. To inherit a better way of living in amity with his brothers in all parts of the world he must start by reforming his habits of eating so that the mechanism of his corporeal self may become the basis and source of a new found strength and intelligence to carry him onwards and upwards.

Those who have preached rational living and nutritional values for two score and more years have truly been the prophets of the new order. All praise to them!

(Dr. Warmbrand has been a recognized practitioner in the field of natural healing for over 25 years. He is a licensed physiotherapist in the State of New York and a licensed Naturophatic physician in the States of Florida, Connecticut, S. Carolina. Formerly associate editor "The Health Clarion." Author "The Way to Health," "The Tragic Waste of Human Life," "Ideal Womanhood and Healthful Living," "Arthritis—Cause and Correction," etc.)

The Case of The Dead Bread

(A Defective Cereal Story)

By SYMON GOULD, Associate Editor, The American Vegetarian.

Herlock Shomes sat musing in his Baker Street apartment. Baker Street seemed the appropriate location for his latest mystery, The Case of the Dead Bread.

He had dined heartily that evening with his ever-present confrere, Dr. Watson. Mutton was the principal dish, but he had a special fondness for pure white bread and had stuffed himself plentifully with huge slices of its fluffy ivory substance.

Mysterious sounds filled the room as he bent over to examine more minutely some crumbs that still littered the table. With a sudden belch, he turned to Dr. Watson and said,

"Doc, here is food for thought!"

Both looked intently at the bread-crumbs under the magnifying glass and noticed the deadly whiteness of the pale pellets. Suddenly, seized with an inspiration, the Doctor dropped to one knee and placed his ear against the midsection of the famous snooper. In another moment, he had unbuttoned the weskit of Herlock Shomes and his shirt followed suit.

"I hear some mysterious, yet familiar, rumblings going on in here," said the stooping Doc, with his ear pressed tightly against the navel of the sleuth.

"Could it be the mutton mutterin'? Or the white bread going against your grain? Perhaps its the two complicated by that large beaker of pasteurized milk battling for the right of whey?"

"Personally," continued the Doc. "I think it's the white bread, a hungry food at best, stealing vital vitamins and life-giving minerals from your body, as it strives for digestion. Made of devitalized white flour, it robs the flower of our manhood. The whole truth about white bread is that it's not whole, but only half, and in this case indeed half a loaf is decidedly NOT better than none."

"To solve this crime which you as well as others are perpetrating against their bodies daily, change to whole wheat bread muffins, my dear Herlock. That is bread with the breath of life and blessed with Nature's heritage of health. When you eat, eat according to the primary laws of Nature which forbid refinement and devitalization of food. Be kind to your guts."

"Elementary, my dear Watson, elementary!"

"No, alimentary, my dear Shomes, alimentary!"

* * *

Seemingly it takes a war to convince man that the simple foods are the healthiest. The national health of England has improved considerably with their meat rations cut to the bone and the emphasis placed on vegetables and unrefined bread. United States is next on the list. We will soon see our health ratio go up as meat rations go down. Or to put it another way

To achieve a better health national
We must follow the living that's rational.

The Vegetarian Saga

By EARNEST A. WEBBE,
of the Kirtland Arts and Crafts Associates

In the foregoing chapters appears the assertion that the present World War, even as all other wars have been, is a meat-eaters' war—that is, a condition of conflict induced by the demand for flesh as an article of diet when there is abundance of sources for human food without necessity of slaughter of animal life, and the vast areas needed to produce them. The Vegetarian philosophy is one of Peace, the control of appetite to the absolute needs of human physiology and social culture sustained by the fruits of the soil alone. This standard is backed by Scripture, economics, science, ethics and uncommon sense! No professing Christian or Jew will deny that Man was created in a condition of Peace but fell from that estate. The purpose of all religion is to help him regain divine recognition and reinstatement where war, and disease and death shall not be.

The ancient Talmud says "Even the heathen that studies Torah"—(the Hebrew word used to denote religious study of human life)—shall be considered equal to the High Priest, for the Law says therein are the things man should do to enjoy eternal life." Again the Talmud says "Meekness and humility are better virtures than offering of many sacrifices." These sound like sayings of the founder of Christianity, and why not? Here is a quotation from the same book: "He who shows pity to dumb animals will also be pitiful and kind to men!" and "God's pity and charity covers all creatures;" yes, every living creature (Rev. 5:13).

AS TOUCHING DESIRABLE FOOD SOURCES

In the Talmud, "Rabbi Gamaliel praised the Persians (vegetarians) because of their superior habits in eating, drinking and general behavior." Some of the Eastern races have set a much higher example in food habits than "western civilization." The Zoroastrians of Persia and the Buddhistic teachings influencing the millions of China and India have much that could be helpful to us in solving world problems today. Somewhere in the earliest annals of Man the very first commandment "Thou Shalt Not Eat of the Tree of Life," was understood to cover and protect the sacred gift of life, whether in man or beast. After Man's "fall," famine or other stern necessity permitted an intrusion into this realm (conditionally, Gen. 9:3-6), and it is said even the barbarian will ask forgiveness of the spirit of his prey, pleading such necessity. From the Jew (orthodox) we learn the hygienic principle of "kosher," or meat of a certified healthy carcass; but the Christian is not at all so fastidious and consumes what his Jewish friend rejects. The tabooed swine's flesh has ever been esteemed a delectable dish by those ardent to assert the unchangeability of God who ever pronounced it "unclean." The modern Jew forsaking this tradition finds himself partaking of these Gentile diseases, cancer, appendicitis, heart-troubles, of which he had previously been immune. In a Jewish Women's Hospital in England of over forty thousand cases admitted not one of cancer had been indicated up to a few decades ago. With the discarding of orthodoxy many Gentile maladies have developed also. The smart young Jewish businessman who rushes into noon lunch rooms calling for a "chicken sandwich" "pointing to the baked-ham platter!) is fooling himself—"God is not to be mocked."

"WARNINGS AND FOREWARNINGS" GO UNHEEDED

Can the flesh of swine be "unclean" to Jews and "clean to Christians? Many think of Diety as "the same yesterday and forever" and not having respect to persons or favoring some above others, but they like their pork. Now comes their Government saying through its Department of Public Service that there is no satisfactory inspection to insure "good" pork in any form; that the hasty inspection made is purely superficial and eliminates only the most flagrantly diseased conditions; that every carcass so passed on to the market is teeming with trichinosis germs and that these germs find the human body an ideal incubator in which to breed and multiply indefinitely; that there is no way of ascertaining this infection except by post-mortem,—when it is too late! Further the Public Service Chief, Dr. Hull, states that a whole category of modern diseases is really attributable to trichinosis but these have been wrongly diagnosed by physicians involved. The public is warned by the Public Service heads to avoid hamburger and roadside stands that serve sandwiches containing portions of "rare" or raw pork—and a possible hospital bill!

A recent Government broadcast announcing a desired "cut" in meat-consumption of 25 percent also stated that over one half the total meat eaten in the U.S. was the porky kind; all loyal and patriotic-minded people were asked to cut down their quotas in order to have plenty of it to send to the boys overseas—as if they had not enough dangers to face! In "The Epic of Bataan" you may read how our men depended on mule and crocodile meat supplemented—thank God—by the whole-meal of rice in a commandeered mill. Much has been written of the Sikh troops of India for their physique, bravery, loyalty, not so much about their vegetarianism and freedom from ailments. Many of the Chinese troops are unaccustomed to flesh as food; they are essentially farmers, their whole subsistance dependent upon the good earth. This may be said of certain African tribes known for their industry, their friendliness and sagacity and fine physique. It is the tribes who live by hunting and periodic forays into such communities that cause trouble. Man, the improvident, has little compunction about going in and taking that which he has labored not for himself, but ever willing to profit on the endeavors of others; that is the way of Pirate and Parasite,—the larvae of War.

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Grandma's MOLASSES

THOUGHTS FROM THE THINKERS

A thrill passes through all men at the reception of new truth, or at the performance of a great action, which comes out of the heart of nature—Emerson

THE ONLY DIFFERENCE

As an article in **The Hindu** indicates, vegetarians in England have not been having too easy a time and in many ways are called upon for sacrifices in the upholding of their humane principles. Lord Dawson of Penn, one of England's eminent physicians, is quoted as having "respectfully suggested" that vegetarians suspend their gastronomic conscience "for the duration." He is reported to have argued: "Since milk and eggs come from the same animals as produce beef and fowl, with only the difference that the latter come from the parts of the animal concerned with locomotion while the former come from the parts concerned with reproduction, the heads of the Vegetarian Society might issue an 'indulgence' during the emergency of the war, that these food products from the same animal can substitute each other."

Indeed, that difference is but small—in fact, **"only" a matter of life and death,** a difference which no vegetarian will admit to be a defensible argument in favor of the colossal daily sacrifice exacted from the animal kingdom, all for the sake of unwarrantable gastronomic indulgence.

The blood of millions upon millions of animals has not cried out in vain. The Nemesis of retribution has at last involved mankind itself into suffering a butchery such as for long ages has been meted out to the dumb, defenseless younger brothers of man. If vegetarians were to concede the plea of Lord Dawson they would but be sowing the seeds of another war, all the more so as they would be prostituting their consciences to the condonation of that cruelty which is the cause of all wars.

That is what the "only difference" has helped to bring about.

—"Conscience"

Edited by George S. Arundale, Adyar, Madras, India.

* * *

UNIVERSAL PEACE

"Universal Peace is a possibility only when man evolves a true sense of rights of all races, human and sub-human."

Pacifists made their plea a century before Christ as they do today; Hesiod and his kind, basing their plea on the same sort of argument as that suggested by the phrase above quoted. In "Works and Days," Hesiod depicts those of the Brazen Age, as War-like because of their "bloody feasts"—

"Strong with the spear, and fierce and bold,
Their thoughts were bent on violence alone,
The deed of battle and the dying, groan,—
Bloody their feasts, with wheaten food unblessed."

"Pythagoras enjoined abstinence from the flesh of animals," says Iamblichus, "because this was conducive to Peace. For those are accustomed to abominate the slaughter of other animals, as iniquitous and unnatural, will think it still more unlawful and unjust to kill a man or to engage in War. Especially he exhorted the politicians and legislators to abstain, for if they were willing to act justly, in the highest degree, it was indubitably incumbent upon them to not injure any of the lower animals, since how could they persuade others to act justly, if they themselves proved to be indulging an insatiable avidity by devouring those animals allied to us, since through the communion of life and the same elements, and the sympathy existing, they are as it were conjoined to us by a fraternal alliance."

In the "Republic," (Book 2), Plato, after a dialogue on Justice, has Socrates lead the argument until it is proven that flesh eating is the natural precursor of war, and ends thus: "At this stage of our inquiry, let us avoid asserting that war does harm or good, confining ourselves to this statement —that we have traced the origin of war to those causes which are most fruitful sources of whatever evil befalls a State."

Seneca, writing to Lucilius, says: "If true, the Pathagorean principles as to abstaining from flesh, foster innocence; if ill-founded they at least teach us frugality, and what loss have you in losing your cruelty? I merely deprive you of the food of lions and vultures. If the human race would listen to reason it would recognize that fashionable cooks are as superfluous as soldiers. Wisdom engages in all useful things, is favorable to peace, and summons the whole race to concord. Why rush we to battle? Because we live not according to reason, but according to mere fashion and tradition, from whence that



enormous heap of bodies which fall one over the other. We shall recover our sound reason only if we shall separate ourselves from the herd—the very fact of the approbation of the multitude is a proof of the unsoundness of the opinion or practice;—let us ask what is best—not what is customary. Let us love temperance—let us be just—let us refrain from bloodshed."

Plutarch writes: "The first man who set the example of this savagery (flesh-eating) is the person to arraign, and not assuredly that great mind (Pythagoras), who determined to have nothing to do with such horrors. Who that is kindly and gently disposed towards beings of another species, would ever be inclined to do injury to his own kind?"

Pope's well known lines are here worth quoting, when, after a long description of the horror of slaughter committed in the name of food, he says:—

"But death it's own avenger breeds:
The fury passions from that blood began,
And turned on man, a fiercer savage—man."

Shelley apostrophizes the "paradise of peace" which follows when "man no longer slays the lamb who looks him in the face," and another less known advocate of the peaceful diet, Lord Chesterfield, says: "If we may believe the naturalists, that a lion is a peaceful animal until it's tongue has been dipped in blood, what precaution ought we to use to prevent man from being inured to it, who has such superiority of power to do mischief."

Among men of our own day who feel strongly on this subject, are Bernard Shaw and Prince Paul Troubetskoy, (both members of the Millennium Guild). In a recent interview the latter said: "There will never be Peace until the desire to fight is eliminated from the human cosmos, and that will never come while men eat meat. As long as men eat meat there will be war and battles, there will be pugilism and all other barbarities. The cure for the world disease is to be found in the gardens."

Horace Traubel writes: "The fact is we long ago proved we can fight. But we never yet proved our ability not to fight. To know how to fight is still at the best, only barbarity; to know how not to fight is at the worst, still civilization."

—M. R. L. F.

(Editor's Note: The foregoing is from the Credo of The Millennium Guild, Mrs. M. R. L. Freshel, president, 40 Central Park South, New York City, N.Y. The Guild contends, and practically all strict vegetarians agree, that "Universal Peace is a possibility only when man evolves a true sense of rights of all races, human and sub-human.")

* * *

The nutrition problem is one vast marvel, and keeps one in a constant state of amazement at one's self. For the naive layman the most natural thing in the world, for the investigator of nature it conceals the ultimate riddle of life.

—C. L. Schleich.

* * *

I know that at some distant day, now, indeed, perhaps very remote, the message we preach in a corner will become a religion of great nations.

—Anna Kingsford, M.D.

* * *

MAN'S TRUE DIGNITY

Nature has endowed man with a noble and excellent principle of compassion, which extends itself also to the dumb animals—whence this compassion has some resemblance to that of a prince towards his subjects. And it is certain that the noblest souls are the most extensively compassionate, for narrow and degenerate minds think that compassion belongs not to them; but a great soul, the noblest part of creation, is ever compassionate.

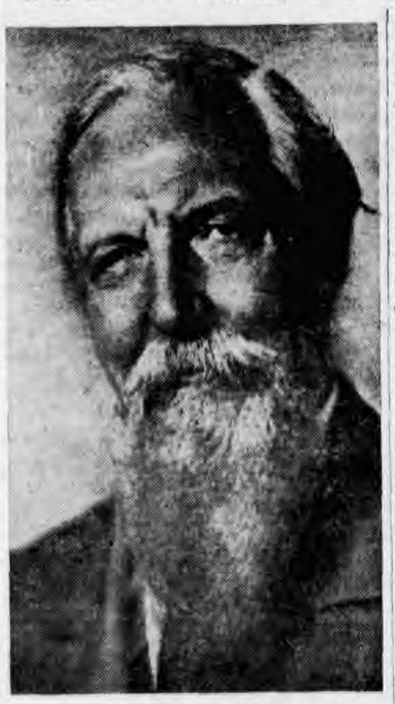
—Francis Bacon.

THE LOVE OF ANIMALS

A mania for killing should have no place in human society. Humanity should be humane. If we feed on blood we are likely to have a lust for blood. It is only a step from the killing of an animal to the killing of fellow humans.

Many of us are acquainted with the love and attachment shown by various domestic animals towards those who are kind to them. Any who have reared pet lambs know how they love to be in the company of those who feed them; what pleasure and joy they manifest when petted; how they trust their friends.

Is it not base treachery to kill,



DR. JOHN MAXWELL

to murder, an animal which has shown such love, friendship and trust?

We can all admire the fidelity, love and attachment of a dog, which will even lick the hand of those who would slay it.

—Dr. John Maxwell.

Owner, world famous vegetarian restaurant at 404 South Wabash Avenue, Chicago.

New 72-Page Book To Be Fine Asset

CLEVELAND. — Our vegetarian friend Eddie Martony, of Cleveland, is putting out a 72-page book bearing the title of "Vitamins for Victory." This is not only a very "catchy" title, but it is also a most timely and important contribution to the National Nutrition movement, in that it carries a most convincing argument of natural-living practice. The book, together with a special Victory Diet, will be sent post paid for $1. Address: Natural-Health Press, Kirtland, Willoughby, Ohio.

Eddie has many friends as the result of his recent participation in the McFadden cross-country hikes, and also in connexion with his hikes as a member of various hiking clubs, and, as if all this hiking in the United States were not overdoing the hiking habit, his own hiking excursions into South America. What next? Easy! Mrs. Eddie, charming as a wealth of vivacious good health, is also an enthusiastic hiker; and, to add more to this hiking happiness ,there 's Eddie Jr., who, as a hikerette, bids fair to outdo any one else of his age and weight in hiking. It 's marvelous what hikers the Three Martonys are!

Then, too, from the Atlantic Coast to the Pacific, Eddie has found time from his hiking to deliver a series of lectures on good health and other kindred subjects. These lectures have led to Eddie's meeting many of the country's leaders in the better-foods movement.

Down "where the Berkshires of Ohio begin," as the saying is, the Martonys have established a home in a lodge they call "Melody Lane," Hollywood or no, because Eddie and Mrs. Eddie are musical as well as ardent nature-lovers of the beautiful.

He prayeth well who loveth well
Both man and bird and beast:
He prayeth best who loveth best
All things both great and small;
For the dear God who loveth us,
He made and loveth all.

—Coleridge.

EAT FOR PEACE

The most important peace law of this planet is the Divine Dietary Law of the Bible (Lev. xi). Eating Divine Forbidden Food ruined Adam-Eve and the World. Note: Pigs eat garbage, field-rats and even human excreta. Rabbits, like squirrels and rats are Rodents. All Shell Fish are Sea Scavengers. If you must eat meat, eat flesh of Vegetarian Animals such as the Cow or Sheep. Write for 100-page Health Book—"Reincarnation & New Peace Plan," only 25 cents postpaid (coin) to Dr. M. Deerbos, Box 41, Station A., Brooklyn, N.Y.
P.S. Written by Prophet; approved by God.

Stellar Dietetics

By Elbert Benjamine

Changes in the astrological energies, the type of thinking, or the demands of environment, through increasing or decreasing the activity of certain endocrine glands, change the chemistry of the body and the food requirements. The special food requirements to meet each situation are explained. Postpaid, paper $1.30, cloth $1.80. Send also for free copy of The Church of Light Quarterly.

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3. Rest and sleep in fresh air.

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and HAVEN EMERSON, M.D.
Professor of Public Health Practice, Columbia University; Member, Board of Health, New York City.

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The body is an instrument which is to be refined, to be improved, to be trained, to be moulded into such from and **made of such constituents** as may best fit it to be the instrument on the physical plane of the highest purpose of man.—**Dr. Annie Besant.**



"HOW TO LIVE"

(Review by O. B. Server)

Of particular interest to vegetarians and neo-vegetarians is the authoritative and outspoken chapters on the question of flesh-eating in the monumental work **"How to Live"** by Drs. Irving Fisher and Haven Emerson. This poplar reference work is now in its 20th edition and has enjoyed a sale of almost half-a-million copies. It has been revised and brought up to date by Dr. Fisher, who, has confessed in a letter to the Vegetarian Society, that he is practically a vegetarian and is a confirmed believer in the regimen of total vegetables.

Their recommendations for a vegetable diet in "How to Live" are not the outpourings of people swayed by sentiment or obsession, but the deliberate deductions of scientist and student, both of established repute and renown. Their report should carry weight over all prejudice. True, there are crumbs of comfort, for those who insist on their "pound of flesh" but the facts presented are definitely toward the abandonment of meat in the interests of national health, economics and social culture.

In this review, I have only room for some brief but potent quotations: "Man is an animal lost in a new and strange jungle of his own making—the jungle of civilization! . . . The normal diet of man (lacto-vegetarian) is non-putrefecative; fresh fruits, vegetables, plant-food, Nature presents these in an absolute sterile condition, whereas fresh meats swarm with noxious colon germs acquired through the process of slaughtering."

A further chapter deals directly with the biologic effects of meat-eating and is further treated in four appendices covering over 12 pages. The unbiassed investigator will find in this presentation overwhelming evidence against the common falacies of meat-eating.

Professor Barker of John Hopkins University advises meat-eaters to cut their meat-rations down to one half or a third, but Professor McCullum of the same institution asserts "benefit will follow cutting meat out of the dietary entirely." The long list of experts agree in the main that there exists no physiological necessity for meat in the human regimen.

Of great interest is the spotlight this set of scientific collaborators, Drs. Fisher and Emerson, throw on Steffansson's over-publicized Arctic experiment of exclusive meat-diet, which you will remember the American Meat Institute seized upon voraciously to use as a widespread national campaign to extol the virtues of meat as "the perfect sustaining food," but the general public, if you will pardon the double pun, gave the campaign its collective cold shoulder, because meat-eating according to statistics is dropping in per capita consumption all the time. Mr. Steffansson claimed in his statement and report that his crews had absolute freedom of sickness by confining themselves to an exclusive meat diet.

The well-based scientific contradiction to these poppycock claims are found in this volume, "How to Live," when the learned doctors state that "many of the men became severely ill and several **died from acute inflamation of the kidneys.** This is proof absolute that meat-eating overtaxes the kidneys in trying to excrete the poisons and leads to nephritis. Furtheron, they aver with incontrovertible assertiveness, "that ordinary meats do not meet the general nutritive needs of the body is clearly shown in Steffansson's observations in the Arctic."

The conclusions arrived at in this valuable volume are based on thorough scientific hygienic conclusions. Dr. Hoven Emersen is a noted authority in his field.

"How to Live" is not only a splendid volume for personal reference but a good book to have at hand to refute with calm array of facts the loose claims that are perpetually flung at vegetarians as to the virtues of meat-eating. **(Price $3.00).**

"SOME NOTES ON SUGAR AND MOLASSES"

By CHARLES W. TAUSSIG

233 pp. New York. Applied Sugar Laboraories. **Price** **$3.00**

(Review by Dr. Irvin H. Pack)

This book is a welcome addition of the literature of Molasses of which there has been a dearth for many years. With sugar and honey most people are acquainted but molassess is still little known and less consumed. Mr. Taussig who has been a leading manufacturer of molasses in America, discusses the history of molasses from early Colonial days until the present day. He also thoroughly treats the subject of sugar refining.

The best molasses is made from the juice which has been extracted from ripe sugar cane and concentrated by boiling off excess moisture in old fashioned open kettles. Other grades of molasses are the residues which remain after cane juices have been treated with sulphur dioxide for bleaching and have had sugar extracted one, two, or three times between the boilings.

The grades of molasses which have been subjected to extra boilings and have had sugar removed are poorer in flavor and darker in color.

Good molasses is ranked as a more available heat producer than starchy foods. It is a concentrated form of carbohydrate food, eisily digested and almost 100% absorbed. The sugar content of molasses is very nutritious and a great source of muscular energy. It is well known that the laborer, lumberman and others doing hard work consume large quantities of sweets in their diets, largely in the form of sugar and molasses. Brillat-Savarin pointed out that the English added molasses to the ration of their race horses to sustain them in their trials for speed. When molasses is added to the diet the ability to perform work is increased while a fatigue and waste is lessened. Molasses is one of the carbohydrates foods that contains a large percentage of minerals and vitamins.

This book is highly readable and should be a part of the library of every vegetarian.

What They Say

BRIEF EXCERPTS FROM LETTERS

Frances L. Dusenberry (Purdy Publishing Co., Chicago): "Dr. Hlavacek sent me a copy of your vegetarian newspaper. I have read it with pleasure. We need a publication of this kind as never before. I shall be happy to take subscriptions for it and to keep it on sale. . . . "

* * *

Boake Carter, New York City (in a letter to O. J. Mitchell, Los Angeles): "Thank you so much for favoring me with a copy of the first issue of The American Vegetarian. May I congratulate you and Mr. Pratt for giving the American public a truly interesting, instructive and wholesome newspaper. May I also wish The American Vegetarian a life of prosperity involving the happiness as well as guidance of millions of seekers."

* * *

Clarke Irvine, editor-publisher, Let's LIVE!: "The American Vegetarian looks very nice, and please let me congratulate you. Use anything you want at anytime from our columns. . . . If you need anything special let me know. . . . "

* * *

Charles A. Saltonstall: "Those green vegetarian stickers are the loveliest and best I have ever seen. Enclose $1; please send 500. Every vegetarian should use them."

* * *

Estelle Richmond: "It made me very happy to read The American Vegetarian. . . . I am sure it will do much to promote understanding and cooperation among all vegetarians, regardless of race, religion or national origin. . . . "

* * *

Adeline Malcova: "May I suggest that you refrain from publishing in TAV such absurd criticisms of your noble efforts as that offered by Howard Morrow of Atlanta, Ga., in your issue of October (page six, column one). Who is Mr. Morrow? If he is a journalist and knows so much how comes it that he has never done anything to further vegetarianism, either with his pen or tongue?"

* * *

Mrs. M. Patrick: "Thanks for your letter with reference to vegetarian shoes. Any information as to where these shoes can be secured will be appreciated."

* * *

James A. Vandergrift: "My gratitude to you for Samuel R. Ross' article, "Vegetarianism and Health." It 's the best in your October issue."

* * *

Herman W. Ries: "You are right in keeping the war out of TAV. . . . The most perfect plan for world peace will fail unless it is supported by the people. . . . That is why at war's end vegetarians must have clean hands if they are to have influence. . . . Vegetarians in all countries must unite in some sort of an international organization. . . . American responsibility for an organized world will be very great. . . . Let us be organized and be prepared to participate."

* * *

Bert Horlacher: "I hope you will have the courage to adhere to the policy outlined in the first number of The American Vegetarian. . . . Let us never lose sight of the fact that there are vegetarians in ALL countries and that they are as much opposed to Naziism and war as anyone in our own country. . . . When the present carnage ends, our responsibility as vegetarians and world peace advocates will be greater than that of all other people in the organization of the world. . . . We must not shrink from our responsibility."

* * *

Michael Zadkin: "You deserve great credit for having the courage to launch a vegetarian newspaper at a time when all veegtarians, peace advocates and humanitarians were downhearted. . . . The task before us is long and difficult, but the signs are multiplying that under your journalistic leadership vegetarians of all countries will be in a position to play a large and important part in the final organization of the world so that war cannot recur."

* * *

Beryl H. Silcox: "The editorial conduct of our new vegetarian newspaper is so alert and good that it is an invaluable source of information not found elsewhere in the oceans of periodical literature of today."

Corbina Van Loon: "Those of us who have anything to do with writing and printing words have a tremendous responsibility today. . . . Whether vegetarianism advances after the war depends very largely on what we do during the duration. . . . The American Vegetarian is presenting the right ideas, but in order to be effective its circulation must be extended. In this connection I think the least any one of us could do would be to go out and enroll at least two or three new subscribers. . . . Enclosed are my five; I want to practice what I preach."

* * *

Dorothy Anderson: "Kindness is something we receive and have to pass on in order to keep it. . . . You were kind to send me a copy of the first number of The American Vegetarian. I enjoyed every word of it, and passed it on to a neighbor. Today she told me, 'Never before I read that paper did I know there was so much in vegetarianism; I passed it on to a friend and she became very enthusiastic after reading it. . . . ' Please send ten copies of the same issue."

* * *

Esther Clare Renshaw: "Enclosed find one dollar for a year's subscription. Mrs. Stave sent me a copy of The American Vegetarian, and I read it with interest and approval. . . I have been a strict vegetarian for ten years, and the diet has improved my health, although I turned to vegetarianism on principle rather than seeking health."

* * *

Lee W. Toquet: "He must be a very confirmed pessimist who would refuse a smile of satisfaction at what you have accomplished in just a few months. . . . Enclosed is my annual subscription and an extra dollar for some sample copies."

(Editor's Note: Let Mr. Toquet not overlook the splendid cooperation of my co-workers.)

* * *

W. D. Hulse: "Being a strict vegetarian for more than 30 years, I was pleased beyond expression to find a vegetarian newspaper on sale at my newsstand, and you may be sure that I read every word of it. . . . If I were wealthy I would have that young sailor boy's article reprinted in pamphlet form and try to place a copy in the hands of every young person in the English speaking nations."

* * *

Herbert J. Gilbert: "The dozen copies of TAV recently purchased from you have been mailed to my friends in various parts of the United States and Canada. I am sure this vegetarian newspaper will be the means of persuading a great number of men and women to abandon the carnivorous habit."

* * *

Henry C. Samuels, Department of Animal Welfare, Theosophical Order of Service in America: "The American Vegetarian is just what is needed, and is splendidly arranged in format and contents. Our very best wishes to you, and please be assured of the cooperation of this department. Enclosed is my annual subscription."

* * *

F. V. Moulin: "I think a few words of praise of the October TAV are in order. Either of the two articles—Young Vegetarian Aboard U. S. Battleship, or Youth and Charm at 87—are alone worth the price of an annual subscription."

* * *

R. A. Cooper: Arise and be honored! Vegetarians in Florida give The American Vegetarian their O.K. . . . Feel proud? You ought to."

* * *

H. W. Haas: "For your great kindness in mailing me a copy of your vegetarian newspaper, I am indeed indebted. Check enclosed; the extra dollar is for 500 green vegetarian stickers. . . ."

* * *

Ray C. Rapport: "Please allow me to offer you my congratulations on your splendid monthly publication. It deserves the fullest success. I hope you will soon be able to publish weekly. Currency enclosed covering annual subscription."

* * *

N. Morens, N.D.: "I have read with great interest the second issue of your vegetarian newspaper, and I must say that it carries the proper vegetarian spirit. . . ."

* * *

Mabel Crawford: "Your vegetarian newspaper is a real treat. . . Enclose $2. Keep it comin'."

Betty A. Hartley: "I live on a large plantation and have no vegetarian neighbors. . . . And so your vegetarian newspaper is a godsend to a family whose members have been strict vegetarians the past twenty years. . . ."

* * *

Charles M. Lovell: "One of my friends uses the words of the old song to describe The American Vegetarian. He calls it: 'Delicious, Delectable, Delovely.' After reading your October issue I think he is right.

* * *

Herb Kuper: "I chuckled mightily over Symon Gould's "Gossip & Garlic.' Here's my dollar."

* * *

Louis P. Mueller: "Since visiting in Switzerland in 1924-26 my wife and I have been very firmly convinced vegetarians, and have enjoyed better health. . . . Your vegetarian newspaper is as refreshing as a spring breeze."

Ventures
With
Dr. S. S. White

Vegetarianism is not a way of eating; it is essentially a way of thinking. And man's thinking is the summation of what he has inherited and experienced. Entering this life he is subjected to the traditions, customs, habits of his forebears, community and immediate family. He accepts their particular style of food, clothing, religion and other habits without question, because he has no occasion to question, and it is easier to continue in the beaten path. He is an undifferentiated unit in an undifferentiated mass.

Someday, something may happen to make him stop, look and question. The moment he does, he breaks from the mass and begins to be an individual. He may, for instance, become ill, and therefore question the rightness of his habits of eating and living. Or he may for the first time see an animal slaughtered for food—and say to himself: "Is this for me?"

It is as an **individual,** as a man capacitated for compassion, aware of the thought processes of his own mind, and therefore unwilling to continue participating in brutal habits, that he ceases to subsist upon flesh and becomes a vegetarian.

* * *

Did you ever stop to think. . .
Why people don't think?
Something to think about. . .
Don't you think?

*

Man enters life with a howl and and leaves it with a groan.

*

He doesn't know where he came from, or why he is here, or where he will go; so he builds organizations around these mysteries in order to make-believe that he does.

*

He believes in peace . . . and goes to war.

*

He says: "Be kind to animals" . . . then eats them.

*

When he breaks the laws of nature he calls for a doctor to be absolved with a pill; when he breaks the laws of man he goes to a lawyer in search of a "technicality"; when he transgresses the laws of religion he asks the priest to talk God out of his vengeance.

*

If he works hard for a living he is a slave; if he doesn't he is lazy.

*

He createst a social system in which "time is valuable," but "life is cheap."

*

He employs the most highly developed instruments of modern technology to catch a stupid fish or shoot a harmless deer—and calls himself a "sportsman."

*

If he opens his eyes to reality, he is a pessimist; if he closes them, he is an optimist.

* * *

Human beings are but one spoke in the wheel of life. Unless all the spokes are present, each doing its part, the **human** one will be defective. The soil is the hub around which the integrity of the whole wheel evolves. Yet it is the one most seriously neglected and abused by modern civilization.

The earth is composed of 93 elements. Plants grown in completely mineralized soil incorporate these elements and transmit them to the animals which feed upon them. Such plants and animals are completely free from disease.

Man, however, has commercialized the soil to such an extent that rarely are more than about 16 elements found. Highly concentrated commercial fertilizers used to stimulate plant growth (hollow growth, devitalized, without quality) tend also to destroy the organisms naturally existing in the soil, such as various bacteria, earthworms, etc., which keep the soil healthy. Worms, for example, dig deep into the earth and return to the surface with new, highly mineralized material which has been broken down and enriched by passage through their bodies. The channels which they dig serve as irrigation systems and nearation tubes, which are so vital to healthy plant growth. Without them the soil becomes a sick soil. **Sick soil** equals **sick plants** equals **sick animals (man).**

And so the wheel breaks down.

* * *

Chlorophyll is the lifeblood of all green plants. Its most unusual feature is that it is chemically almost identical with blood. Investigators are "discovering" tremendous healing powers and life-sustaining factors in this green substance. What more will "scientists" discover that vegetarians have known and practiced for centuries?

Spiritual Or Vibrational Vegetarianism

HATFIELD, ARK.—From S. B. Nash, TAV correspondent, comes a report of an article he recently read in "Nature's Path" bearing the title of "Spiritual Vegetarianism," by a minister. It seems the writer was at a resort for rest and sightseeing. With some other guests the caretaker, one moonlight night, proposed a walk out into and through the woods near-by. The party finally came to a tree, high up on one of the limbs of which was a cicada having the time of its life making merry in shrilly song to a possible mate. The noise attracted the members of the party. Noticing this, the caretaker vouchsafed he could stop the cicada's song instantly. "How?" asked some one. "By simply placing my hand on the bark of this tree," the caretaker answered. This he did: the noise ceased at once. The remainder of the party, except the minister and his wife, was equally successful in causing silence when hands were placed on the tree. But when the writer of the article placed his hand upon the tree, the cicada continued singing. This called for an explanation. The minister and his wife are strict vegetarians. He explained it was a difference in body-vibrations felt by the cicada: those that caused him to stop, were enemies of life; those that caused him to sing were not. Here we have a phenomenon in nature that is explicable, perhaps, by an entomologist; but none of the members of this party out in the woods could explain it.

SAINT FRANCIS AND 1942

I have sheltered a million wings,
A forest of wild and gentle things.
I walk my wood alone,
The forest is empty, the birds are flown.

The riders follow the yapping pack.
A small fox, wheeling, doubles back
To cover the scent of his fear.
Little fox, it is I that you hear,
It is I! In the bracken,
Tired, and torn, and shaken.

I follow where the caged black panther lies.
My own defeat is mirrored in his eyes.

Where, like my birds, the bombers pass,
Carving crosses on the grass,
Where mute and tender ones have died,
I am by great wings crucified.

—Bianca Bradbury.

Health Conscious Guests Hear Famous Vegetarian

CLEVELAND.—Carnegie Hall on the evening of October 8 housed a gathering of several hundred health conscious guests gathered to hear Dr. Miller of Mt. Vernon, Ohio, who is perhaps the foremost authority on nutritive values of the soy bean, of which he has a large factory making milk and meats to satisfy and delight those who for various reasons are dropping the butcher's cuts and joints for more healthy fare easier on the human mechanism. Dr. Miller's medical experience goes back many years when as a medical missionary far into China he was confronted with the problem of dealing with malnutrition in childrens' hospitals and homes with a lack of milk supply. Dr. Miller's researches were rewarded with such success that his selection of a species of soy-bean proving susceptible to his processes developed a palatable and nutritious substitute that could be bottled and dispensed even below the level of prices for the dairy milk of the Europeans. Then he developed a milk suited to nursing infants that has been approved by the A.M.A. for babes allegic to cow's milk. He has also developed and marketed very valuable meat products from the soy and read a paper at the Dearborn Institute on his methods. Recently he has been consulted by the Quartermaster General in reference to the need of extending the nutritive factors of present food sources by use of the soy bean. During intermission at close of his lecture there were passed to the guests a taste-lunch of the various products, nutmeat on soy-bread and other appetizers. Mr. Barnard of the Natural Foods Institute, sponsoring the lecture, took the opportunity at this point to call attention to The American Vegetarian and solicit the support and good will of his hearers. He displayed the current issue and lauded its policy and purpose, he is a thorogoing vegetarian also and the two speakers impressed the fine audience before them as most decidedly on the right track in correcting much of the erroneous ideas prevalent on the diet question.

Mr. Barnard will continue his lectures tomorrow night on the same subject in his own inimitable way, while Dr. Miller must return to his own town where he serves on the staff of several hospitals as a surgeon and adviser.

Telepathy That Is Practical
Learn to use THAT HUMAN RADIO OF YOURS! TUNE IN and get what you want the telepathic way. Secrets of health, happiness, harmony and success applied to your individual problems. A thousand of anything is stronger than one alone so let other minds think WITH AND FOR you. For immediate participation send $1 for 5 weeks instruction plus personal advice. Get Acquainted Booklet free. Address The Atlantean Telepathic Guild, Box 582V Harrisburgh, Pa. John Collins Cake, Director.

WALT DISNEY'S BAMBI

By SADIE G. STAVE, Brooklyn, New York.

I had the good fortune to see the new Walt Disney picture "Bambi" when it opened at the Radio City Music Hall in New York City. I want to recommend it to every reader of The American Vegetarian. Be sure to take the whole family, particularly the children. It was a most inspiring sight to see the line of parents and children extending clear around the square for the space of three blocks. It demonstrates that a simple and natural story, frankly appealing to the emotions, still touches the hearts of young and old.

In pictures such as "Bambi," we see the motion picture at its best. More people can be more effectively reached through the medium of the screen than with tons of propaganda leaflets. A story such as "Bambi" is more powerful in its appeal than the finest article or book. It is wonderful to think of the millions of men and women, and children throughout the country in even the smallest isolated village who will see with pleasure this charming picture of wild life in the forest.

Walt Disney has done a tremendous amount of good in his portrayals of Mickey Mouse and Donald the Duck in arousing interest in and sympathy for these innocent and helpless creatures. Most critics regretted the fact that "Bambi" was not so humorous a caricature as Mickey Mouse and Donald the Duck. I consider the simple, straightforward narative, as one would tell the story to a child, far more effective. The children in the audience lived with "Bambi" from start to finish. Each time that danger threatened, the gasp of horror and sympathy could be heard around the theater. After a picture like "Bambi" I doubt whether it would be difficult to persuade boys and girls that hunting and fishing were cruel and unnecessary pastimes.

The picture is based upon the beautiful story by Felix Salten. This book may be obtained in the 25c edition to be found on most magazine stands. Read the story with the children either before or after seeing the picture. Utilize this wonderful opportunity to help children feel the simple joys and woes of the denizens of the woodland—the princely deer, the frisky squirrel, the gay rabbit, the coy muskrat, the chirping birds, and the gorgeous butterflies. Thumper the Rabbit, of course, with his buck tooth is a distinct and engaging personality. The owl is a wise old bird who explains how in the springtime each and everyone may become twitter-pated. Love and motherhood in the forest are portrayed with beauty and delicacy. The technicolor is superb. The picture is one of Walt Disney's finest and one of the finest of the year. Let us hope that the screen will give us more pictures presenting animal life with beauty, simplicity, and sympathy.

INVITATION TO VEGETARIAN THANKSGIVING DINNER

On Thursday, November 26th, will take place in New York City, the major event in Vegetarian Circles—The annual Thanksgiving Dinner of the Vegetarian Society of New York. On this occasion you will meet the outstanding personalities in our ranks. People come from a distance of 1000 miles to attend. The menu is memorable for its unique dishes. The atmosphere is unforgettable for its flavor of fine fellowship. Important addresses will be made by noted speakers.

And this year, there will be invited representatives of the Government to show them concretely what a real meatless dinner looks and tastes like. Invitations will also be extended to representatives of the American Meat Institute to wean them away even for only one night from their eternal and infernal carnivorous chewings.

However, the capacity of the restaurant is limited. Reservations must be made at once. The fee is $1.50 which includes all costs.

If you wish to attend, we suggest that you make immediate reservations by telegraph, airmail or regular mail NOW enclosing the necessary amount for as many seats as you desire.

You will be informed in due course of the place where the Annual Thanksgiving Dinner of the Vegetarian Society of New York will be held.

Address:

Dinner Committee,
Vegetarian Society of New York.
117 West 48th Street,
New York, N.Y.

An Appeal To Women

By SADIE G. STAVE, Brooklyn, New York

Women manifest on earth the motherhood of God. Ideal womanhood symbolizes those beautiful virtures of kindness, consideration, understanding, sympathy, compassion, and love. An age is civilized in proportion to the predominance of the so-called feminine virtues. They are not feminine. They are just as much divine as the so-called masculine virtues of initiative, aggressiveness, and love of power.

Today we are witnessing on a world-wide scale a struggle between two ideologies, one of a primitive and retrogressive masculine type and one representing all that was best in the civilization that prevailed when the twentieth century first dawned.

Compassion is the very foundation of a civilization that is truly noble. A civilization that is crude and brutal and that honors only physical strength must eventually destroy itself. A civilization that disregards the needs of the young the weak, the sick, the helpless, the destitute, and the aged is vile.

Nietzsche said, "The weak must go to the wall and we must help them thereto." There speaks the barbarian, not the man of genuine culture. The scientist concentrates on the seeming ruthlessness of nature, showing how one type of life exists at the expense of another. He fails to point out with equal emphasis the quality of symbiosis which is prevalent in all the realms of nature. The bee may take some nectar, but he helps to fertilize the blossom. The soil becomes suitable for planting and growth through the action of the earthworm. The trees are absolutely essential if our fields are not to be turned into barren desert land. The work of nature depends on the cooperation of all her kingdoms of activity and their denizens.

Man is partly bestial in his nature and partly angelic. It is our obvious duty to subdue the savage within us and strengthen the aspirations for a nobler and more beautiful life. The law of the jungle need not be the law of humanity characteristic of all animals. Many animals and birds show wonderful traits of affection, loyalty, faithfulness, and courage. We have all heard wonderful stories of dogs, cats, horses, elephants, and pigeons.

We want to cherish the highest idealism of which we are capable. We want to recognize our weaknesses and overcome them. We all cherish dreams of a beautiful world, a world of peace and harmony and happy creativity. What nobler task is there than to help prepare for such a world, to create the conditions necessary for such a world?

This beautiful world that must first be born in our hearts must be free from exploitation and cruelty of every kind. This new world cannot be legislated into existence. As only free men can create a free world, so only humane people can create a compassionate world. This beautiful new world, then, must begin today with you and with me. We must make every effort to live the compasionate life. No deed is too humble to reflect the divine radiance of compassion.

Our age has concentrated on the development of the mind. The extraordinary array of inventions testifies to the brilliant mental development. Two world wars in one generation have also demonstrated that the glorious flowering of the mind does not always appear with an equally beautiful manifestation of the qualities of the heart. The head and the heart have not worked together. The mind has gone its proudly separate way, and the golden person of the heart has been almost completely suppressed. The inventions that God meant for the benefit of humanity have been turned into instruments of hideous destruction. The whole animal kingdom flees from before us in terror. We have turned life into a nightmare. We have spared no one—neither young nor old, nor man nor beast. Nothing has been held sacred, not the babe in its cradle; nor the sick, the lame, and the blind; nor the song bird of the skies.

Amid the din and carnage of war, let us begin to build today a better world. Let our hearts be big enough to embrace all suffering life. Let us be merciful to the widow, the orphan, and the refugee; to the weak, the incapacitated, and the destitute. Let us also remember our younger brothers in evolution, the multifarious worlds of animals, fishes, and birds that share this planet with us and that add so much of beauty, variety, and interest.

Whatever the limitations of animals may be, you know that they suffer pain. Would you kick a dog or needlessly tread on a cat's tail? Turgeniev describes the desperate efforts of a wounded bird to reach its nest with its young ones anxiously waiting.

Do not let stale custom and tradition blunt your sensibilities or make you indifferent to suffering that may be easily avoided. Do not regard the meat dish that you so thoughtlessly consume as merely so much food. Think of the living animal from which it came. Think of the horrors of the cattle truck and cattle boat. Think of the terrors of the slaughter house. The meat that you eat is saturated with the poisons generated by the fear and fright of the animal driven to slaughter. The number of animals slaughtered daily throughout the world is unbelievable. So bloodthirsty has man become. His food is that of the tiger; and his nature, therefore, is more like a tiger's than a man's. If a man were to stand at a street corner, and the animals and fowl slaughtered in one day in one slaughter house were to file past him, it would take two days for that sorry procession to pass.

How beautiful is a fruit tree or grape vine or even a vegetable bed! Poets, artists, and musicians have been inspired by nature's living forms. What beauty or inspiration is there in the decaying limbs of a defenseless lamb or bird? If we enjoy meat despite the horror of its origin and the poisons its tissues are saturated with, then we are no better than the cannibals of darkest Africa.

There is even less excuse to wear furs. Hundreds of thousands of unfortunate animals are slaughtered every year to cater to women's vanity. It is just as much your duty to know how these furs are obtained as to read the newspapers and know what is happening in the world. We must not flinch from a knowledge of the cruelties with which our civilization is saturated. If we want to help build a better world, then we must set our faces as flint against every form of exploitation. The exploitation of the animal world is just as unjust as the exploitation of any section of humanity. Is it possible that God created the infinite variety of animal life just to be killed for food or to be robbed of feathers, hide, and pelt?

The Bible tells us that God gave man dominion over the earth and all that is in it. Does dominion mean exercising savage brutality? Think how unregenerate modern man is that this Biblical statement should be interpreted to mean the right to exploit, rob, torture, and kill! A far better interpretation is that the earth was put into the hands of man for him to cherish and improve. It is man's duty and privilege to help the animals in their evolutionary progress. In this way he cooperates with God's plan for the world, which plan embraces all the kingdoms of nature.

All the methods used for procuring furs involve cruelty. It makes no difference whether the animals are raised on fur farms or trapped in the woods. A school boy confessed to me that he made $75 one summer trapping skunk. He admitted that trapping is cruel. Seals are frequently skinned alive so that the fur may have a more beautiful gloss. The mink traps are frequently found filled with claws which the trapped animals amputated in their agony to be set free. The expensive Persian lamb comes from the unborn young of the sheep. The mother sheep are beaten with steel rods that they may bring forth before their time. In this cruel way the softest and finest wool is obtained.

Can such agony-saturated and blood-stained fabrics give genuine joy? Nor is fur the only source of warmth. The most beautiful fur fabrics have been devised that give warmth and have unusual wearing qualities. I was shown a collection of coats of fur fabrics, everyone of which was more than ten years old. The coats were in perfect condition. There was not the slightest trace of wear. These fur fabrics are practically indestructible. They never need the constant repair that genuine fur requires. Besides, their cost is only a fraction of that of real fur. A fur coat may have the skins of as many as fifty animals. When you wear a coat of imitation seal or Persian lamb or mink, you have the satisfaction of knowing that your coat is warm and beautiful and that not a single animal had to sacrifice its life for you.

It requires only a little thought to live the consistently humane life. It is not necessary that a bird should sacrifice its life merely for a stiff feather to adorn your hat. Last year the President of the Audubon Society found the feathers of forty of our national birds in the millinery shops of Philadelphia and New York. Several species of our beautiful wild birds are in danger of becoming extinct. Odorn your hat with flowers or ribbons or pins. Purses, belts, shoes, and even suit cases may be obtained of smart-looking fabrics. The war is compelling manufacturers to find substitutes for wool and leather. It is difficult if not impossible to fight million-dollar vested interests, but an enlightened public opinion will force certain industries out of existence just as the invention of the automobile drove the horse-drawn vehicles out of the market.

If this plea for humane living has touched your heart, do not hesitate to change your life today. Be an example to all about you of the life of the kinder world to come. If the opportunity comes to influence others, seize it. No matter what your duties may be, it is possible for you to live the life of gentleness and harmlessness. The compassionate woman is the truly beautiful and womanly woman. Let those divine qualities of pity and of mercy so sorely needed in a world at war manifest in all their radiant and healing beauty today.

The Children's Vegetarian Corner

By SALLY SUNDERLAND

Tippie Turnip

Tippie Turnip lay kicking in the shopping bag of a fat lady who had ugly crooked teeth.

Little Tippie was crying, too. No one heard him crying, not even the lady's little girl, because people cannot hear these grand vegetable and fruit folks talk. But Goldie Orange and Tomato Tom who lay in the bag to be taken home with Tippie, heard.

"Boo-hoo" sobbed Tippie. The lady asked my beautiful green tops (which is hair to Tippie) to be all cut off. I don't want my tops left behind. Would you? Boo-hoo!! I want them to always go home with all boys and girls to help their teeth to be straight and they will do just that. Mickey Marshmallow and his 16 brothers get to go and they do nothing."

"Now, now, Tippie," said Tomato Tom. "I know how it is. They used to think I was poison! Goldie only got to help boys and girls at Xmas time. Now we get our pictures in every magazine telling how good we are for them. They will learn, Tippie, what you do for their bones and teeth. When they do, how pretty you and your beautiful green tops will look in colored pictures."

Tom's kind words made Tippie feel better. Let us make Tippie Turnip happy, too. When mamma asks the grocery man to cut Tippie's tops off, let us surprise her by saying, "I want them for dinner, please. I want to learn to like them." Won't Tippie be happy? Won't our teeth be happy when they can grow right?

Wait for the story of "Wee Willie Wheat Germ" next month.

Deer Slaughter In California Reduced by War

SAN FRANCISCO — Restrictions on deer hunting in California, imposed by war conditions and at the request of Army authorities, are reflected in the kill reports of the Bureau of Game Conservation, Division of Fish and Game.

Since September 16th, opening day of present deer season, 1,245 legal bucks have been reported, as against 8,298 for the same period in 1941. Since August 1st opening, 7,729 deer have been reported as compared with 20,009 for the same length of time in 1941.

But in New York State the slaughter of deer is expected to be intensified this year, with meat shortage and higher cost. The Wall Street Journal estimates that in upstate New York 175,000 hunters will be gunning for 300,000 deer roaming the forests when the season opens in November. Friends of animals are hoping that gasoline rationing will curtail trips to out-of-the-way places.

Knowledge is power. Knowledge of how to have health gives greatest power. —J. H. Tilden.

MILK DIET AT HOME
Rebuild your blood, nerves and glands with Nature's own balanced food. Directions for taking Milk Diet at home. Also sample of Shasta Armenian Cultured milk with instructions for preparing at home, both for $2.50.
S. LEILA HOOVER
Box 127 Redwood City, Calif.

Aphorisms of Health and Happiness

Selected from various sources
By I. T. PORT

O Power that gives me power of pen—
To note, compare, think and indite—
Guide me to use the gift aright
In service to my fellow-men—
To bless the earth with heaven's true wealth
Holiness, Harmony and Health.
—Ben Adhem.

* * *

He who has a truth and keeps it,
Keeps what not to him belongs;
Keeps a pearl from one who needs it
And a fellow mortal wrongs.
—Mrs. Vera M. Richter.

* * *

The best six doctors anywhere
(And no one can deny it)
Are Doctors Water, Sunshine, Air,
Rest, Exercise and Diet.
These six will gladly you attend
If only you are willing;
Your pains they will heal,
Your ills they will mend—
And charge you not a shilling.
—Contributed to an English Health magazine by a child, Barbara Willow.

* * *

The foods which increase life, energy, strength, health, joy and cheerfulness, are those which are, of their very nature, tasteful, oleaginous, substantial and agreeable; and they are liked by men of a spiritual tendency.

The foods which are bitter, sour, saltish, excessively hot, pungent, dry and burning, are liked by men of a passionate tendency. These foods cause pains, misery and disease. The foods that have passed their season or that have become insipid, putrid or stale, are eaten by men of an animal tendency.
—Bhagavad Gita.

* * *

Those who desire to possess good memories, beauty, length of life, perfect health, with physical, moral and spiritual strength, should abstain from eating animal flesh.
—Mahabharata.

* * *

All men are afraid of punishment, and all men love life and fear death; remember that thou art like unto them; therefore, slay not, nor cause to be slain.
—Dhamapada.

* * *

He is not called a noble man who kills or injures living creatures; but he is called a truly noble man who has pity and consideration for all that lives and breathes.
—Ibid

* * *

If, at any time, we are costive, there is no medicine better than some sort of food which will purge gently and with ease; the trial of which is familiar to all and the use without any pain.
—Plutarch.

* * *

I exhort you not to employ the mind without the body; nor the body without the mind—but drive them equally like a pair of horses.
—Plato

Cranberries For U. S. Soldiers

BOSTON.—By means of a new process of dehydrating cranberries, the traditional Thanksgiving sauce will be available this year to the men in the fighting forces in far-off lands.

Heretofore, cranberries never have been consumed to any great extent in foreign countries, the major portion being shipped throughout the United States and Canada. But, the new process, which transforms the berries into tiny flakes, retains all elements of the succulent red berries except water, seeds, and skin. The resulting product needs only the addition of water and sugar, plus heating, to convert it to ready-to-serve jelly, sauce, or tangy cocktail.

The United States Army this year ordered 965,000 pounds of the dried material, requiring the processing of some 100,000 barrels of cranberries. Three-quarters of the world's crop is grown on Cape Cod, and the New Haven Railroad, serving that area, expects to handle 1,100 carloads of the berries, some of which will be distributed as rations in the United States Army camps and at far-flung battlefronts.

Man resembles the frugivorous or fruit-eating animals in everything, the carnivorous or flesh-eating in nothing. —Baron Cuvier.

Announcing the
Vegetarian Book-of-the-Month-Club

VEGETARIANISM can boast a literature which is as profound and impressive as any other philosophy. It numbers among its disciples some of the world's greatest philosophers, poets, scientists, artists, statesmen, writers.

Such names as Pythagoras, Seneca, Tolstoi, Da Vinci Plato, Thoreau, Benjamin Franklin, Horace Greeley, Gandhi, Shelley and many others equally famous grace its roster.

THE VEGETARIAN BOOK-OF-THE-MONTH-CLUB will not only reprint in neat, handy, readable form material from the sources of the past, but it will also invite living authors to contribute books embodying the views of the subject and particularly what the message of vegetarianism means to the present-day world.

Every month of the year the VEGETARIAN BOOK-OF-THE-MONTH-CLUB will publish a small volume. It will be a carefully selected and vital addition to the growing literature of Vegetarianism. It will be a book which will richly deserve your perusal and take a permanent place on a Vegetarian's Bookshelf of Classics.

The first publication will be

"A DEFENSE OF VEGETABLE DIET"
By PERCY BYSSHE SHELLEY

This magnificent essay of the famous poet cast in his superb prose is a ringing challenge to our carnivorous brethern and is unanswerable in its claims for the beauties of Vegetarianism. Its presentation is not only poetical but practical. It was published over 100 years ago and is rarely if ever met with. It cannot be procured when available at less than $5.00 a copy.

It will be printed in fine form on the Press of The American Vegetarian and bear the imprint on every page of good craftsmanship. The frontispiece will be an engraved portrait of the great poet and Vegetarian.

For our second publication, we have approached George Bernard Shaw suggesting that he write a small book entitled "Why I am A Vegetarian" to embrace all his collected writings, letters, etc., in which he confirms his faith in and espouses the cause of Vegetarianism, prefaced by one of his inimitable Shavian forewords bringing his ideas on the subject up to the minute.

For our third publication, we have invited Dr. Herbert M. Shelton, the famous writer on health subjects, to write "A MANUAL FOR VEGETARIANS" which will contain the history of early Vegetarianism, a discussion of the biological importance of Vegetarianism, and practical instructions for those desiring to follow a vegetarian diet based on the latest nutritional discoveries.

The fourth book in this series will be "ADDRESSES AND ESSAYS ON VEGETARIANISM" by Anna Bonus Kingsland, the famous spiritualist, who in this book, deals with the higher ethics of vegetarianism.

The editorial directorship of the VEGETARIAN BOOK-OF-THE-MONTH-CLUB will be under the auspices of Symon Gould, associate editor of The American Vegetarian and publisher of such famous writers as John Cowper Powys, Rev. Percy Stockney Grant, Gertrand Russell, Benjamin de Casseres and the book which created a furore in its day "Self Mastery through Conscious Autosuggestion" by Emile Coue, which made familiar the verse, "Day by day, in every way, I am getting better and better"; Earnest A. Webbe, well-known writer and editor of the forthcoming 1943 American Vegetarian year-book.

The VEGETARIAN BOOK-OF-THE-MONTH-CLUB can be made possible only through the co-operation of a minimum of 1000 members. Our purpose is to make membership simple and inexpensive. Each volume will cost a minimum of only 50c. However, this low cost is only feasible if the subscription is for a full year. In other words, you pledge yourself to take 12 books a year, one every month as issued and payment is to be made, for the sake of convenience at the beginning of every two months, at the rate of $1.00.

So that in the space of one year, you will become the possessor of a Library of 12 outstanding books on Vegetarianism issued under our own co-operative auspices.

In addition, every member of the VEGETARIAN BOOK-OF-THE-MONTH-CLUB will receive the following additional benefits:

1. You can order any current book that is in print through your Club and you will receive a special discount of 10% from publishers' prices, enabling you to buy a $2.00 book for $1.80, and so on.
2. If you have any special book requirement on any subject and in any language for books which are scarce, out-of-print and otherwise unobtainable through ordinary channels, we will undertake, without charge, to find it for you and the cost of the book will be made as reasonable as possible.

We urge you, therefore, to enlist in this co-operative movement for a Vegetarian Library by signing the attached coupon and mailing it in with $1.00. In due course, you will receive the first publication and then the second without any extra cost. You will also enable us to publish these books and distribute them to Public Libraries at low prices and in that way the message of Vegetarianism will be effectively and everlastingly broadcast to the American public. Sign and send your remittance TODAY!

— — — — — — — — CUT and SIGN HERE — — — — — — — —

VEGETARIAN BOOK-OF-THE-MONTH-CLUB
117 West 48th Street, New York City, N.Y.

I desire to become a member of your Club and pledge myself to accept and pay 50c a month for the next 12 months for books issued by your Club. I enclose $1.00 to pay for the first two and will remit $1.00 every two months hereafter.

Name .....
Address .....
City ..... State .....

London Letter

(Special to The American Vegetarian)

LONDON.—Even as these lines are written for The American Vegetarian, Mr. G. Bernard Shaw's birthday is a thing of the past; but your correspondent has been told there is more than a good probability the best report on it will appear in the magazine section of The Christian Science Monitor, the cover of which will have a full page picture of Mr. Shaw. The story is to appear in the issue of September 5. It was written, it is reported, by Mr. Mallory Browne, who dined with G. B. S. at his country home along with several M.P.'s and others who knew him as a soapbox orator in Hyde Park in the days of long ago when the editor-publisher of The American Vegetarian, for which these lines are written, was an active young special commissioner on an English newspaper and your TAV correspondent was a pattern-maker's apprentice. . . It 's a singular thing, but Mrs. Shaw (a woman of rare intelligence and charm—and of most delightful personality), who is only a year or so younger than her husband, and who always holds her own in company with him, is seldom in the limelight in press reports. She would greatly enjoy entertaining Mr. Clarke Irvine of "California Health News," [now Let's LIVE!] about whom we have read in The American Vegetarian year-book. Her philosophical comments on dreams are the most entertaining TAV correspondent has ever listened to.

* * *

Before these lines are in print in America, "G. B. S. A Full Length Portrait,"—Hesketh Pearson,—Harper ($3.50), will be reviewed and on sale in America. . . Shaw tried to dissuade Pearson from writing this "Greatest Shavian," but Author Pearson, after 30 years of intimate friendship with G. B. S., could not be dissuaded. He had devoted two years to it, and even in a London blitz refused to be interrupted until an incendiary bomb in the bath stopped him for thirty minutes or so . . . Shaw says the book will sell well in America, where he is the most-hated man in the world, excepting, of course, Hitler.

(Editor's Note: Mr. Hesketh Pearson's book will be adequately reviewed by Mr. Symon Gould in our December issue.)

* * *

In the current issue of The Vegetarian Messenger (page 169) The American Vegetarian Association has a fine press notice. . . . The Bulletin of the Leeds Vegetarian Society sends greetings to E. L. Pratt, national secretary of the AVA at Pismo Beach, California.

* * *

Recently in Liverpool there was a bit of excitement when it was learned that a good-sized piece of vegetarian wedding cake, sent by relatives of Mrs. E. L. Pratt (formerly Miss Winifred Evans of Liverpool), to her at Pismo Beach, California, had been seized by United States Customs officers. Reason for seizure was not assigned.

(Editor's Note: Courteous U.S. Customs officers merely "seized" the package until permission to examine contents could be obtained.)

* * *

TAV correspondent is happy to confirm the report that "The Vegetarian News" of London is to be revived, and a July-to-September issue is now in the hands of printers.

* * *

The postman has just brought to TAV correspondent a revised and enlarged edition of "What To Eat In War-Time," by Dugald Semple, with meatless recipes by Catherine Semple. New chapters include Nature's Health Foods, War-Time Beverages, and Food from Hedgerows. It is understood that it is endorsed by and will be on sale at the publishing offices of The American Vegetarian, Pismo Beach, California.

* * *

From several reliable sources your correspondent has learned that meat interests in this country are endeavoring to have the B. B. C. discontinue broadcasting "Vegetarian Recipes" in the Kitchen Front on Saturday mornings. It is understood that Mr. Maurice C. Keighley of the Leeds Vegetarian Society has made representations to B. B. C. and the Ministry of Food with a view of having the Vegetarian Recipes remain on the air.

* * *

Present indications are that, despite war conditions all over the world, "World Day for Animals," October 4th, will be observed in many countries, thanks to the untiring efforts of Miss Margaret E. Ford and her international co-workers, including Mrs. M. R. L. Freshel of New York.

* * *

The demand for vegetarian shoes is increasing. Prices including purchase tax: 24/—for ladies, and 26/9 for gentlemen's shoes, black or brown, made to order by Dawson & Owen, 3, Nelson Street, Hertford. . . . In Manchester the other day TAV correspondent saw a letter from the Editor of The American Vegetarian, Pismo Beach, California, U.S.A., stating that much interest was manifested in vegetarian shoes in the States, and that efforts would be made to have an agency set up in America.

* * *

A Ministry of Food representative stated yesterday that, for several weeks, dried fruits may be scarce in the interests of cargo space until about October 30th, and that the new season's dates will probably not be available until the New Year. . . . It also was revealed that, in spite of the stoppages of supplies from Greece and other countries, the quantities of dried fruits distributed during 1942 have actually exceeded the pre-war level. It was stated that the American Lend-Lease supplies, as well as supplies from South Africa and Australia, had made this possible.

* * *

While in Glasgow on a business errand TAV correspondent took time to ascertain how Scottish Vegetarian Society is doing. Gratified to report progress made challenges highest esteem of vegetarians everywhere.

* * *

Jubilee celebrations, 1942 are: Special war-time cookery exhibition and display of health foods each afternoon at 3 p.m., Central Halls, 25 Bath Street, Glasgow. Tuesday, 20th October, Mrs. Forrest; Wednesday, 21st October, Mrs. Coventry; Thursday, 22d October, Mrs. Whiteley; Friday, 23d October, Mrs. T. Gormley.

Vegetarian luncheon: Saturday, 24th October, at 2 p.m. in the Ca'Dora Restaurant, 120 Union Street, Glasgow. Guests: Her Grace, Nina, Duchess of Hamilton and Brandon; the Rt. Hon. The Lord Provost of Glasgow (Mr. John M. Biggar) and Mrs. Biggar. Chairman: Dugald Semple. A musical program will be provided after the luncheon.

Public meetings: Central Halls, 25 Bath Street, Glasgow, Saturday, 24th October, at 7 p.m. Speakers: Dugald Semple, President, Scottish Vegetarian Society; Dr. Andrew Gold, President, Edinburgh Vegetarian Society; James Hough, Secretary, The Vegetarian Society; Frank Wyatt, Secretary, The London Vegetarian Society; Dr. John Winning, Secretary, Scottish Vegetarian Society.

Sunday, 25th October, at 3 p.m., Lantern Lecture, "A Thirty Years' Experiment in Feeding Growing Boys," by W. A. Sibly, M.A. (Oxon.), J. P. Headmaster, Wycliffe College.

* * *

Leeds Vegetarian Society, among most active in British Isles, continues with inspiration to meet every situation. . . . September issue of LVS's "News-Bulletin" is out. Informatively interesting. . . . Scheduled series of September lectures, under joint auspices of LVS and Leeds Lodge of the Theosophical Society, with Mrs. Jean MacRae Goddard, of Leicester, principal speaker, is:

September 20, at Theosophical Hall, first meeting 3 p.m. Subject: "The Human Temple." Second meeting 6:30 p.m. Subject, "The Modus Operandi of Spiritual Healing." Between meetings, about 5 p.m., vegetarian sandwiches, cakes or biscuits, to be served as a communal repast to enable members and associates to become better acquainted.

September 21, at Theosophical Hall, meeting 7 p.m.; subject, "Physical Regeneration."

September 22, at Priestley Hall, meeting 7:15 p.m., before the Leeds Psychology Club; subject, "Add to your Faith, Knowledge."

Vegetarians' Shoes

(Continued From Page 1)

in England, in an effort to ascertain whether it shall not be feasible for the manufacturers, so soon as it may be practicable, to establish an agency in the United States for the sale of these shoes. This item, therefore, is to let our readers know TAV is not "asleep on the job," but "wideawake" to the pedestrial interests of TAV readers.

BRIEFLY TOLD

Edward Fitzgerald (1809-1883), English poet; translator of the "Rubaiyat" of Omar Khayyam, was a vegetarian. Asked why he became a vegetarian, he answered, "I believe in vegetarianism I have found the great secret of it all."

* * *

Dried eggs are rationed in England at the rate of one package a month for each family of three.

* * *

Upholstery made from a new plastic fabric is non-porous, hence resistant to food stains, dirt, rain, oils, greases, and even chewing gum.

* * *

The western hemisphere, long dependent upon the Orient for a large part of its rice supply, has become 95 percent self-sufficient in rice production since the outbreak of World War II.

* * *

A deposit of 42,000,000 cubic feet of peat exists in Juniper Swamp in the burough of Queens, N.Y.

* * *

There are more apples in America this year than last—122,215,000 bushels of them, according to recent estimates. That's enough for military, lend-lease, and other wartime requirements with plenty left over for home consumption. Prices will be reasonable. Buy apples for victory.

* * *

Wartime rationing has forced drastic reductions of the amount of coffee and tea available to railroad travelers. The Pennsylvania Railroad limits the allowance in its dining cars to one cup of coffee at breakfast and no coffee at other meals, and makes no guarantee that tea will appear on the menus.

* * *

Military needs will take one out of every three cans of Hawaiian pineapple; one can out of every five cans of pineapple juice.

* * *

America's fighting men average 35 eggs per man per month.

A new type of opaque glass that floats like cork and can be used as the buoyant element in the construction of lifeboats, life rafts, life preservers, and pontoon bridge supports has been developed by the Pittsburgh Corning Corporation. The new product, called Foamglas, also has valuable insulating qualities. It has a weight of only ten pounds a cubic foot,—one fifteenth that of ordinary glass,—and is odorless, fireproof, and verminproof.

* * *

In Lake Eustis, Lake County, Florida, there is an alligator known as Old Ben, and he will come at call during the summer months to be fed; in the winter he hibernates.

* * *

Brazil has approximately three hundred million wild rubber trees.

* * *

Tuberculosis may be transmitted to humans through eggs.

* * *

One egg out of every seven producer in 1942 will be made into egg powder for use by the United States armed forces on far-flung battlefronts, and by the Allies.

* * *

A Nazi bomb dropped over Canterbury, England, destroyed the Fountain Hotel in that city, said to be the oldest inn, in continuous operation, in England. The Chaucer pilgrims lodged there six hundred years ago.

* * *

The turnip occupied an important place in Roman agriculture, one writer stating that some of them weighed forty pounds.

* * *

Flour recently developed from peat moss is said to produce bread that is "better tasting than that now being sold in Norway."

* * *

The United States Supreme Court was once called upon to decide whether the tomato is a fruit or a vegetable. That body ruled the tomato is a vegetable.

A mushroom twenty inches in diameter and weighing more than ten pounds was found in England.

* * *

One-eighth grain of nectar can be obtained by a bee draining sixty different flower tubes in a single clover blossom.

* * *

In ancient times there was a tradition that onions thrive best when stolen from a neighbor's garden and transplanted.

* * *

There is enough salt in the Ocean to make a cover a mile and a half thick for the United States.

* * *

Palms are regarded by the people of Egypt as symbols of peace and rest and are held sacred.

* * *

The ancients used ostrich eggshells for drinking cups.

* * *

Eskimos do not drink oil. They actually consume less "food for power" than the average Scotsman or Norwegian, according to Vihjalmur Stefansson.

* * *

A plea of self-defense made in behalf of a bull which engaged in combat with a man was upheld by a jury in a Kentucky court. The defense was that the bull was merely protecting itself when it knocked the plaintiff down lossening his teeth and breaking four ribs.

* * *

The increased plantings and high per acre yield of peanuts, soybeans, flaxseed and cottonseed this year are expected to produce about four billion pounds of vegetable oils, as compared with 2.6 billion pounds last year.

* * *

In ancient Egypt, men took their sacred oaths with hand on an onion bulb. (The onion was regarded as a symbol of eternity because of its formation—one sphere within another).

THE DAY I QUIT TRAPPING

By JAMES H. FAULKNER

I remember the day well; it was more than 30 years ago. I had walked across the field half a mile and down the hillside to a lime stone cliff under which were some small holes or caves where smaller animals were wont to winter. I had set my trap by one of these holes the day before.

As I rounded the corner of the cliff I suddenly stopped, for there I saw something I shall never forget. In my trap was an opossum. It was bitter cold this morning and a sift of dry snow blowing This animal was caught in my trap, leg nearly severed from its body, and, half frozen, it was struggling to free itself.

Now, my people had been trappers and hunters for generations and I had hunted from the time I could carry a gun; but there was something in the eyes of this poor suffering animal as it looked up at me which told me that my trapping days were over. So I quickly put the animal out of its misery, packed my traps home, and threw them in the junk heap.

LOST HEALTH

Among the manifold misfortunes that may befall humanity, the loss of health is one of the severest. All the joys that life can give cannot outweigh the sufferings of the sick. Give the sick man everything, and leave his sufferings, and he will nevertheless groan sleepless under the pressure of his sufferings; while the miserable beggar, blessed with health, sleeps sweetly on the hard ground. Spread his table with dainty food and choice drinks, and he will thrust back the hand that proffers them, and envy the poor man who thoroughly enjoys his dry crust. Surround him with the pomp of kings; let his chair be a throne, and his crutch a world-swaying sceptre; he will look with contemptous eye on marble, on gold, and on purple, and would deem himself happy could he enjoy, even were it under a thatched roof, the health of the meanest of his servants.

—Johann H. D. Zschokke.

So convinced am I of the value of a diet largely composed of uncooked vegetables including fruits and nuts, that I have no hesitation in proclaiming that if a liberal supply of such foods were included in our dietary cancer would soon become a matter of history only.

—Robert Bell, M.D., F.R.P.S.—England.

THE VALUE OF HEALTH

Health is certainly more valuable than money, because it is by health that money is procured; but thousands and millions are of small avail to alleviate the protracted tortures of the gout, to repair the broken organs of sense, or resuscitate the powers of digestion. Poverty is, indeed, an evil from which we naturally fly; but let us not run from one enemy to another, nor take shelter in the arms of sickness.

—Sir W. Temple.

Famous Vegetarian Stressed Our Need



ANNIE BESANT

Oct. 1, 1847—Sept. 20, 1933.

". . . . we need a well-united organization of vegetarians and a publication providing a clearing-house for the exchange of ideas and the dissemination of information favorable to life. With a sufficient individual support these are possible."

TO THE MEAT EATER

You have just dined; and however scrupulously the slaughter-house is concealed in a graceful distance of miles, there is complicity.—Ralph Waldo Emerson.

Convinced by such arguments, I have also discarded animal food from my table; and, after a year, my work had become, not only easier, but also more pleasurable.

—Seneca.

Young Vegetarians Of N.Y. Organize

(Continued from Page 1)

that were already being rationed, legally or voluntarily.

He announced the first autumn hike of the Euphoria Club to take place on Sunday, October 25th, and also a concert-dinner-dance for Saturday, October 31st.

Mr. Parahia is the president of the Club; Miss Emma Stahl, secretary; Dr. Henry Rublin, vice-president, and Miss Ella Shirley, 2nd vice-president.

All young vegetarians between the years 18 and 35 are invited to join. For the present send your applications to The American Vegetarian, 117 W. 48th Street, New York, N.Y.

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MEAT—AN UNNATURAL FOOD

(Continued From Page 4)

When an animal is killed for flesh its body is loaded with toxic poisons which are constantly leaving the body through the eliminative organs. The minute death occurs, these poisons remain within the flesh of that animal to be later consumed by the meat eaters. One not only consumes a dead carcass but also toxic poisons left in that carcass. Man is not a carnivorous animal as is attested by the length of colon and intestines of man in relationship to meat eating animals and non-meat eating animals. Vegetarian animals all have a lengthy intestinal tract, the same as man, whereas carnivorous animals have a very short intestinal tract. This is to afford quick elimination for the putrefaction that necessarily comes with the eating of flesh. Therefore, man should abstain from flesh. Our Creator furnished every food element that is necessary to nourish the human body in fruits, vegetables, grains, nut meats and water, without having to resort to the flesh of animals. Meat cannot be kept any length of time, as are live foods, without refrigeration and then preparation to camouflage its true taste. In research laboratories, meat eating animals are always preferred because of the high probability of finding cancer and other diseases within them. Such animals as the elephant and the bull moose, considered the strongest; the horse and deer, considered the fastest; the rabbit and the squirrel, probably the most active; and the camel, the most enduring, are all vegetarian animals.

The natural instinct of children is to crave fruits and vegetables. The meat habit is generally pushed on them by the parents. I firmly believe that the day will come when the human race will eliminate from their diet the flesh of dead animals which consequently will mean less disease in this world. The Chinese people subsist mainly on raw and natural foods such as brown rice, soy beans, and vegetation and have endured the rigors of war which other European nations have failed to do, as our present war has proven. The answer is simply their diet of natural foods which are rich in vitamins and minerals. According to Bernarr MacFadden, the father of Physical Culture, "A meatless diet will usually develop a greater endurance. Meat eaters usually have a greater tendency to physical ailments of the various kinds." Dr. John Harvey Kellogg of the famous Battle Creek Sanitarium in referring to meat says, "It is interesting to state that the scientific world is realizing that the meat of animals is not a food but a matter infected with diseases. The most eminent physicians in all countries are recognizing the fact and tempering their conduct to it."

Never Sought Great Wealth, So Gave Away Over $48,000,000

Mr. Kellogg Long Tried to Hide Benefactions from Public's Gaze

W. K. Kellogg often disclaimed, to his close associates, ever having had a desire to become extremely rich.

Having known work all his life, even from the age of seven, and also the sense of insecurity that can accompany small pay in a man's middle life, he had a natural desire to make enough money to permit him to live comfortably and to provide well for his family. But that, he declared, was about as far as his ambition went.

As he explained it: "I never had a taste for high living. I never cared to own a yacht."

He was opposed, as a matter of principle, to leaving a great fortune to his children.

Nevertheless, once they started, the millions poured in.

There was, then, only one thing for him to do with his fortune—give it away. He became one of the nation's great public benefactors.

Provided for His Family

Altogether, Mr. Kellogg gave away during his lifetime, more than $48,000,000. The endowment of his W. K. Kellogg Foundation has produced an additional $47,200,000 in income, and of this $32,230,000 has been given away in turn. Even so, he remained a millionaire at his death, and it is expected that the cause of humanity will benefit still further from the final disposition of the remainder of his estate.

For his family he made, during his lifetime, what he deemed to be adequate financial provision, establishing trusts for each child and grandchild and also for a host of other relatives and old friends, who have long received generous monthly allowances.

That his money should benefit children, especially, followed naturally from his love of children and, no doubt, from an incident of his own boyhood.

"When I was a boy in school," Mr. Kellogg once related, "the teacher thought I was slow witted because I had difficulty reading what was on the blackboard. I was 20 years old before I myself found out what was the matter—I was near-sighted. A proper medical examination would have settled that the day I entered school.

"Since then," he added, "I have often thought of what science can do for underprivileged children if they can be taken in hand at the proper time."

In giving away his money, Mr. Kellogg endeavored to be as practical as he had been in amassing it. He tried to keep his gifts secret.

At first he made personal contributions to numerous worthy enterprises and individuals, including scholarships for Battle Creek high school graduates.

In 1925, when he was 65, Mr. Kellogg decided he needed a means for larger and more systematic giving, and accordingly established the Fellowship Corp., which served the purpose for the next five years. With this, he began his large scale benefactions, in most cases trying as before to remain anonymous

Gifts to His Home City

In Battle Creek, he gave money for the Youth building, $194,245 (later the Foundation granted an additional $24,213 for improvements); Altrusa day nursery, $15,000; Farmers market, $40,000; land for Camp T. Ben Johnston, the Boy Scout camp at Sherman lake, $10,000; and more than half of the original cost of the Ann J. Kellogg school, $245,000. The Foundation subsequently gave $122,181 more for an addition to this school.

Other notable gifts of this period included the Kellogg bird sanctuary at Wintergreen lake, valued at $236,963; the Kellogg experimental farms, $190,143, and reforestation project, $33,776, all given to Michigan State college together with $265,800 in endowments; $115,500 for scientific research; $32,008 toward the W. K. Kellogg Agricultural school at Augusta; $5,000 for scholarships, and $183,000 to the California Institute of Technology, which established the Kellogg Ration laboratory.

Altogether, he gave away $831,242 through the Fellowship Corp.

The W. K. Kellogg Foundation became his next and ultimate vehicle for helping his fellow man. To it, he proceeded to give the bulk of his fortune.

'Out of Pocket' Gifts

In addition to what he gave to, and through, the Foundation, Mr. Kellogg's personal benefactions approached $3,000,000. Besides those previously mentioned, there were these gifts which also were made "out of pocket," so to speak, during a period from October, 1916, through August, 1941:

In Battle Creek—Hospitals, $46,255; churches, $12,200; site for Southeastern junior high school, $20,000; Kellogg Co. Employes Insurance & Cooperative Aid society, $16,081; miscellaneous, $18,193.

For education—University of California, $1,175,938; College of Medical Evangelists, $32,649; Ferris Institute, $13,660; miscellaneous, $8,742.

For relief — American Children's Fund, $5,000; Red Cross, $45,750; Battle Creek Welfare, $11,775; British War Relief, $13,465; Chinese Relief, $5,100; Finnish Relief, $5,000; Greek War Relief, $4,000; miscellaneous, $3,605.

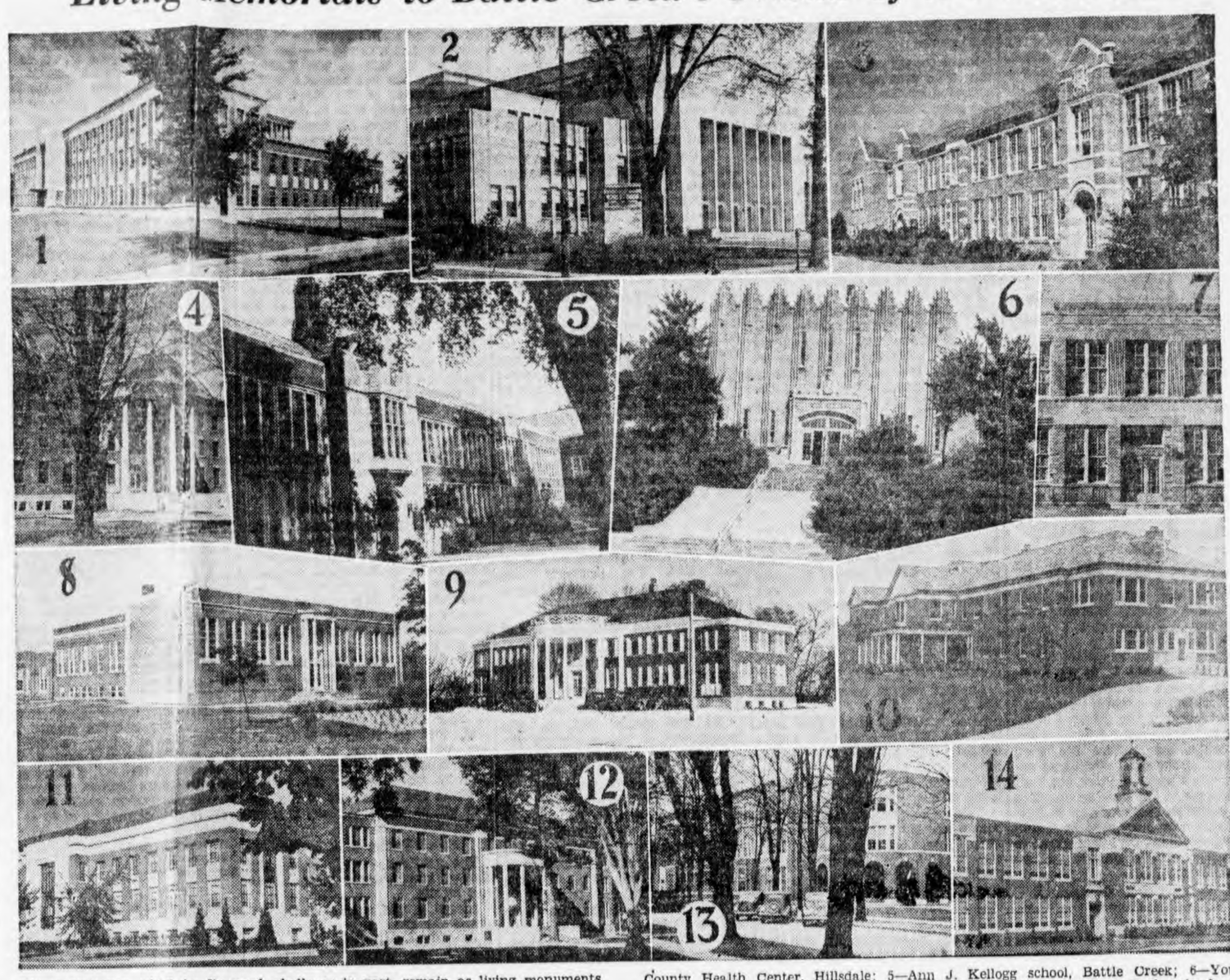
Miscellaneous — Recreation, $13,284; preservation of sight, $17,900; fraternal, $9,432; political, $12,875; others, $21,269.

There were even more direct gifts by Mr. Kellogg after August, 1941, notably 10,700 shares of Kellogg Co. stock now worth $550,000, which he gave as a trust fund for the benefit of members of the company's Twenty-five year club. He made the original gift of 10,000 shares in 1944, following it with additional amounts of 350 shares in 1945, and in 1946.



MR. KELLOGG'S INSPIRATION—The inspiration of Mr. Kellogg in much of his good works was the memory of his mother, Ann J. Kellogg, whose portrait hangs in the school named for her. Picturing her as she looked at 35, it was painted by the British court artist, Frank O. Salisbury, late in 1940 as Nazi bombs fell around Salisbury's London studio.

Living Memorials to Battle Creek's Friend of All Mankind



These buildings, which he financed wholly or in part, remain as living monuments to the memory of W. K. Kellogg. They are by no means all of the buildings made possible by Mr. Kellogg's generosity but they serve to typify the nature of his philanthropy, combining usefulness with beauty in helping others to help themselves. 1—School of Public Health at University of Michigan; 2— W. K. Kellogg auditorium in Battle Creek; 3—W. K. Kellogg Agricultural school, Hickory Corners; 4—Hillsdale County Health Center, Hillsdale; 5—Ann J. Kellogg school, Battle Creek; 6—Youth building, Battle Creek; 7—Mattawan Consolidated school; 8—Level Park school; 9—Allegan Community Health Center; 10—South Haven hospital; 11—Institute of Graduate and Post-Graduate Dentistry, University of Michigan; 12—Branch County Health Center, Coldwater; 13—Eaton Rapids school; 14—Delton W. K. Kellogg Agricultural school. In addition to such buildings, Mr. Kellogg created three year-round camps.

As Charter Author, Mr. Kellogg Favored City Manager Form

W. K. Kellogg was the last surviving member of the special eight-man commission which drafted Battle Creek's present city charter, adopted in the spring of 1913.

The charter changed Battle Creek from the old aldermanic type of common council elected by wards to the then relatively new commission form of non-partisan government elected at large.

As a charter writer, Mr. Kellogg was asked in 1944 to express his views on making a change to a commission-manager form.

"The employment of a cit, manager seems to me to be a business-like, efficient and economical step for a city like ours to take," he said.

"It seems to me that the same reasons why it is profitable for a business to employ a capable general manager, at full time, to administer the details of its operations make it profitable for our city to do so. . . ."

Mr. Kellogg Took On 'All Comers' When Principles Were Challenged

In an "autobiography" W. K. Kellogg wrote not long ago in response to an Enquirer and News request for a review of his life, containing exactly 16 sentences, there appeared this cryptic sentence:

"Numerous lawsuits."

The brevity was entirely characteristic of the man; behind these two words, unstated, was one of the most revealing phases of his long and successful business career.

Mr. Kellogg was, when occasion required, a "fighter"; and occasion required, so far as he was concerned, in any instance in which his basic business principles or the interests of his company were at stake. He took on "all comers," the various legal controversies in which he was involved including price-cutters of the grocery trade, the federal government, his brother, and business competitors.

Some of the earliest legal skirmishes were the outgrowth of the company's policy of "one product, one package, and one price." This the company referred to as its "square deal policy" and was designed to prevent price cutting.

In 1910 the company got a federal court order restraining a California grocer from selling below the price set by the company, and in 1912 obtained a similar injunction from Circuit Judge Walter H. North (now a justice of the state supreme court) against a grocer in Calhoun county.

However, late in 1912, the federal government sued the company, seeking to restrain it from controlling the selling price of its products on the grounds that this violated the Sherman anti-trust law. The government won this suit in April, 1915, and the company was enjoined from such price fixing.

Brothers Go to Court

After the company began to use the name of Kellogg on its packages (1907) and changed its name to Kellogg Toasted Corn Flake Co. (1909), Dr. Kellogg organized the Kellogg Toasted Rice Flake & Biscuit Co. This precipitated a legal controversy between the brothers which continued until 1921.

Mr. Kellogg sued in circuit court in 1910, charging that the doctor's new firm was engaging in sales practices creating the impression that its products were made by the Kellogg Toasted Corn Flake Co. and was trading on the good will and reputation of the Kellogg name established by the corn flake company's extensive advertising.

The issue was settled out of court in 1911 under an agreement whereby Dr. Kellogg's company, by that time called the Kellogg Food Co., was permitted to use the Kellogg name on flaked cereal foods subject to certain sharp restrictions.

The controversy flared anew in 1916, however, when Dr. Kellogg brought suit, challenging W. K.'s right to the trade name, "Kellogg's." The outcome was a sweeping victory for Mr. Kellogg, Judge North ruling that the Kellogg Toasted Corn Flake Co. was the exclusive owner of the trade name except for the restricted use granted to the Kellogg Food Co. by the 1911 agreement. This ruling was sustained by the Michigan supreme court in 1920 and an order by Judge North in May, 1921, ended the case.

Meanwhile, in 1910, the Kellogg Toasted Corn Flake Co. sued the Quaker Oats Co., seeking to enjoin Quaker Oats from selling corn flakes under the name "toasted corn flakes." The decision in this case, upheld by the federal circuit court of appeals in 1916, was in favor of Quaker Oats on the grounds that the words "toasted corn flakes" were a generic or descriptive term and not a trade name.

The outcome of this litigation was to have a direct bearing on the outstanding legal controversy in which the Kellogg Co. was involved as a defendant, in the National Biscuit Co. case.

This battle, started in federal court in 1928, involved the question of the right of the Kellogg Co. to manufacture and sell under the name "shredded wheat" a product similar to the "biscuit" originally developed by Henry D. Perky in 1893, on which patent rights had expired.

Won in Supreme Court

The Kellogg Co. won a favorable decision in the district court and circuit court of appeals. Later the court of appeals reversed itself and, finally, after protracted maneuvers, the case came before the United States Supreme Court in 1938. The Supreme Court, by a seven to two decision, upheld the Kellogg Co.

The Supreme Court ruled that "shredded wheat" was a descriptive and not a trade name. In this respect the issue was a repetition of that raised by the Quaker Oats case. In the Quaker Oats verdict the Kellogg Co. had lost an immediate battle, but it laid the basis for the greater victory in 1938.

From 1939 to 1941, Mr. Kellogg was involved in a notable dispute with the treasury department concerning his multi-million dollar gifts to the Kellogg Foundation. This he also won.

The collector of internal revenue ruled in 1939 that the Foundation did not qualify as a charitable corporation and that gifts to it were not deductible from taxes. The collector assessed Mr. Kellogg $5,296,265 as a deficiency in taxes on net gifts amounting to $22,776,409 in years prior to 1935 and an additional $37,825 Mr. Kellogg claimed he had overpaid. Mr. Kellogg entered a vigorous denial, maintaining that the Foundation had been operated at all times exclusively for charitable, scientific and educational purposes. No part of the net earnings had gone to any private shareholder, he stated. In 1941, the tax appeal board in Washington decided in favor of Mr. Kellogg.

Mr. Kellogg's thumbnail sketch of his life did not exaggerate when it said: "Numerous lawsuits."

Foundation Is Dedicated to All Mankind, But Its Primary Concern Is for Children

The W. K. Kellogg Foundation, established in June, 1930, was the culmination of Mr. Kellogg's search for a comprehensive and well organized undertaking to improve the health, happiness and well being of mankind, especially children.

The Foundation, while wholly inspired by Mr. Kellogg's own purposes, speedily adopted the objectives of the "Children's Charter" drawn up by President Hoover's White House Conference on Child Health and Protection. These objectives coincided with Mr. Kellogg's ideas perfectly.

Mr. Hoover took an interest in the Foundation's program and on two occasions after leaving the presidency he quietly visited Mr. Kellogg and the Foundation headquarters in Battle Creek, first in October, 1936, and again in June, 1941.

Studied Rural Areas

Proceeding deliberately and carefully, Mr. Kellogg at first put only a few thousand dollars into the Foundation while the trustees studied the activities of other foundations in the same field and also conditions in the rural areas around Battle Creek. This rural study disclosed a wide discrepancy existing between what was known and what was practiced in the fields of health, education, welfare and recreation.

With Mr. Kellogg's concurrence, the trustees determined to use the Foundation's resources mainly in the application of knowledge rather than in research and relief, adequate support for research being already available and relief having become an accepted responsibility of government. It was deemed most important to find ways and means to help the average citizen apply the knowledge that already had been won for him.

Gave More and More

As the program developed, Mr. Kellogg provided the money as needed. Then, in 1934 and 1935, he turned over the greater part of his personal fortune, irrevocably, to the W. K. Kellogg Foundation Trust, of which the Foundation is the beneficiary. In this gift was 52 percent of the common stock of the Kellogg Co., well over a million shares. In June, 1944, he gave the Foundation an additional 100,000 shares valued at $2,500,000. Still other gifts, the last on September 5, 1951, totaled 44,505 shares and were valued at $1,224,290.

Mr. Kellogg lived to see the Foundation's assets earn as much as he had given. And despite the giving, the Foundation has not yet spent as much as it has earned. Mr. Kellogg's gifts to the Foundation totaled $44,250,000 on the basis of their values at the dates of their receipt. Through the years, this money earned $47,200,000 more. But in the same 21 years, the Foundation made grants and other program expenditures and gifts totaling $32,230,000. At book value—figuring the value of each gift at the time it was presented—the Foundation's assets are $61,600,000; at current market value, $93,000,000.



The original concept of the Foundation was changed in 1939 to read: "for the promotion of the health, education and welfare of mankind . . ."

Gifts to Home Area

Of the $32,230,000 spent, 55 percent was within the state of Michigan, 39 percent for the benefit of other parts of the United States or the nation as a whole, and six percent for foreign countries.

In later years, the percentages have altered with more being spent abroad and nationally. The amount spent for foreign countries this last fiscal year increased to 18 percent, the nation got 58 percent, and 24 percent was spent in Michigan.

Of the $17,584,000 spent for programs within Michigan, $2,192,000 went to Battle Creek. These are some of the gifts made in and around Battle Creek by Mr. Kellogg through the Foundation: the W. K. Kellogg junior high school and auditorium, $609,953; additions to Ann J. Kellogg school, $144,731; Camp Fire Girls camp, $52,797; Kellogg airport, $61,800; swimming pools in Southwestern and Southeastern junior high schools, $36,368.

Also, Lakeview Consolidated school, $80,000; Delton school, $137,603; W. K. Kellogg Consolidated agricultural school at Hickory Corners, $84,178; Level Park school, $25,000; Nashville school, $35,732; Middleville school, $144,760; Olivet school, $74,680; Woodland school, $51,061; Homer Consolidated, $225,137.

The Coldwater hospital at $119,178 and the Albion hospital at $31,980 were constructed in this area; others are at Hillsdale, Allegan, and South Haven.

Michigan State college has lately seen the completion of its Continuing Education Center, a $2,000,000 project into which the Foundation put $1,400,000, and the University of Michigan has Mr. Kellogg to thank for most, or $382,634, of the $682,634 spent on the School of Public Health.

The nation's public schools in years to come are expected to benefit from the $3,000,000 Cooperative Program in Educational Administration, which is designed to improve the way schools are run. And millions of school children already have received the benefit of the 24-state School-Community Health programs for which $1,058,402 was spent.

Internationally, $1,012,402 has been spent on fellowships and scholarships, to bring professional people, largely in health professions, from other parts of the world to this country. And another example of helping people elsewhere to help themselves is the International Institute of Nutrition, with $60,000 spent on the Central American Institute at Guatemala City, and operations begun in Peru.

Chairman of Board

At first, Mr. Kellogg held out against becoming a member of the Foundation's board, but in 1933 he became an honorary member, in 1935, a regular member. As an honorary member in September, 1934, he consented to becoming chairman, and he remained chairman until his death. He seldom attended board meetings, however, and often when he did it was only to say "hello" to the others and depart.

By Mr. Kellogg's choosing, the incorporators of the Foundation were the late Dr. A. C. Selmon, president; Eugene H. McKay, vice president; and the late Lewis J. Brown, secretary-treasurer. They were the only three original members, although they were joined a few months later by four new members and an honorary member.

The four were the late Dr. Stuart B. Pritchard, later general director and president of the board of the Foundation; the late Earle J. Freeman, Burritt Hamilton, and Wendell L. Smith. The honorary member was Mr. Kellogg's grandson, the late John L. Kellogg, Jr. Other early members were Mrs. Bessie Rogers Young, 1932, and Glenn A. Cross and Dr. Henry F. Vaughan of Detroit. In all, 24 have served as trustees.

Foundation Officers

Present officers and trustees are Dr. Emory W. Morris, president and general director; Mr. Cross, vice president; Mrs. Young, secretary and treasurer; William P. Butler, W. H. Vanderploeg, Matthias Concannon of Chicago, Dr. Haven Emerson of New York City, and Dr. Vaughan. Fred Sherriff is an honorary trustee as is Richard E. Pritchard of Chicago.

Through all of the Foundation's projects, the thought and suggestions of Mr. Kellogg formed sort of a guiding thread. The Ann J. Kellogg school where handicapped boys and girls could be helped was definitely his own idea. And so were the camps at Pine, Clear, and St. Mary's lakes. The St. Mary's and Clear lake camps made history in being credited as the first to promote year 'round camping, and both became outstanding examples of camping education development.

Gave Camps Away

Pine lake camp is now owned by the state and is a rehabilitation and training center for war veterans; Clear lake camp is operated by the Battle Creek schools on a lease; and the St. Mary's lake camp, recently renamed the Michigan Education association camp, has been turned over to that organization.

The W. K. Kellogg auditorium, where thousands have enjoyed all sorts of entertainment and educational benefit, was another of Mr. Kellogg's suggestions, arising out of talks he had with the late Dr. Edwin Barnes.

Mr. Kellogg was in California for his winter stay at his Pomona ranch when the attack on Pearl Harbor plunged the United States into war. He promptly telephoned Dr. George B. Darling and Dr. Morris, at the time president and director, respectively, of the Foundation, and said that he wanted everything in the Foundation's resources used in the war effort. He foresaw some of these war contributions as extending far into the postwar years.

Though He 'Saved' Airport, Mr. Kellogg Flew Only Once

One ride in an airplane was enough for the man for whom Battle Creek named its airport, one of the finest in the land.

'Way back in 1915 or thereabouts, while he was on a vacation trip to Florida, W. K. Kellogg ventured up in a pioneer contraption called an aquaplane. He never went up again. Nor did he ever own an airplane, though he had a stable of expensive automobiles and several motorboats and sailboats. For distant travel, he preferred trains and ocean liners; airplanes were for others.

Nevertheless, Mr. Kellogg early foresaw the possibilities of aviation and backed its development with tens of thousands of his own dollars.

Kellogg airport is tangible evidence of his interest in flying. At a time, in 1928, when it appeared that the original airport, about one-quarter of its present size, would be lost to public use through want of financing, Mr. Kellogg advanced $30,000 to buy it, improved it and later, in January, 1936, presented it to the city, free and clear, as a gift. Altogether, he invested upwards of $60,000 in the airport. In gratitude, the city commission formally named it after Mr. Kellogg.

The vast development of the airport into a multi-million dollar civil and military field came afterward.

The time came when he could "afford" it, and the result was the W. K. Kellogg ranch at Pomona, Calif., established in 1925 and stocked with finest Arabians. Mr. Kellogg gave the million-dollar showplace to the University of California and later, in 1943, to the army for a cavalry school remount station. The ranch is now operated by California Polytechnic college.

Loved Arabian Horses

An experience of Mr. Kellogg's boyhood prompted a youthful dream which found fulfillment a half-century later, and became the means of an important service to the nation in time of war.

While the family lived on West Main street, his father bought a horse which was part Arabian. Young Will became very fond of it, and his interest in the horse was greatly enhanced when it was explained to him that coursing through the horse's veins was the blood of the finest, oldest strain of horseflesh in the world.

This set "Old Spot" apart from all other horses in the mind of the boy, and he told himself, "When I grow up I'm going to have an Arabian horse of my own if I can afford it."



PROUD OF HIS ARABIAN TWINS—Mr. Kellogg posed proudly with these twin colts born to an Arabian mare on his California ranch in 1939. The colts, 36 days old in this photo, attracted world-wide attention because twin foals occur but once in 10,000 births and these were the only Arabian twins ever known to have survived.

A man in New Orleans, who is in close touch with national affairs volunteered his opinion that Battle Creek got a "raw deal" in not getting the Air Academy. He said that while they were trying to get the Academy for Louisiana, he believed, after he had studied what the various locations had to offer that Battle Creek was the best after all factors were considered. He said that it appeared that politics undoubtedly entered into the site selection, even though it was said that this would not be done. He mentioned the fact that already the Colorado site was found to be lacking in water and ample water was one of the criteria the site committee was charged to consider.

We were also surprised at the number of people who said they voted for Eisenhower, but almost all of them quickly said they would not do so again. There is a strongly conservative element among the influential people of that area and they feel Ike is too New Dealish, which they cordially dislike. We heard the term "Damyankee" used four times on our trip, but always with a smile.

The food in that area is great and prices are low, except at Mardi Gras time. The weather was wonderful. The Michigan Tourist Council is missing a bet in not doing more to encourage these people to come to our state in the summer. Few of them travel north. We complement each other like ham and eggs—when we are cold they are hot and when they are burning up we are cool.

Dr. Kellogg Will Receive Degree From Oglethorpe

2-25-37

In recognition of his distinguished public health service, Dr. John Harvey Kellogg, on the occasion of his eighty-fifth birthday anniversary Friday, will be awarded the honorary degree of Doctor of Public Service by Oglethorpe University, Atlanta, Ga., it was learned here today. Dr. Kellogg will not be present at Oglethorpe for the presentation, which will be made by President Thornwell Jacobs, but will visit the university during its commencement exercises in June.

Dr. Jacobs, in notifying Dr. Kellogg of his selection for the degree, wrote: "The magnificent work which you have done for humanity, which has so markedly characterized so many years of faithful and intelligent service, constitutes the sole reason why we trust you will honor us by your presence at our commencement occasion."

Dr. Kellogg also holds the honorary degree of Doctor of Laws and Letters, awarded to him by Olivet College.

Not until May 30.

A Great Name

3/3/55

* * *

We have just returned from a very enjoyable trip to New Orleans and the Gulf Coast area. Among other things we talked to local people and when we were asked where we came from, as we invariably were, we were impressed that mention of the word Battle Creek brought instant recognition. Without exception they said: "Oh yes that's where the corn flakes, (or some other cereals) are made." While every one who travels knows that this City is the best known community for its size in the world it is gratifying to have such confirmation, thanks to the remarkable job of advertising and merchandising that our cereal industry has done. Battle Creek is a powerful name.

The thing that really surprised us was the number of people who inquired about the Sanitarium. One man reminded us that the late Boss Crump of Tennessee was a regular visitor to the San for many years. Another asked: "Isn't that where the Mayo Brothers are located?" We were sorry we had to tell him no, but that the Battle Creek San was older than the famous Rochester institution. At Biloxi we met a doctor from Akron, Ohio, who inquired about the San. He seemed pleased to know that it was still running. He said that Dr Kellogg and the San were years ahead of their times. He said that while many of their people who used to go to Rochester and B.C. are now going to the famous Cleveland Clinic, he believes that there is a definite place for the B. C. San, for there are few places that people can go for rest and recuperation and have their cases studied as can be done at Battle Creek. He also said the natural principles of curing, used at the San can never be improved upon.

MEDICINE

Lorenz's Return

Dr. Adolf Lorenz, ingenious Austrian orthopedist, came to the U. S. four winters ago with a slick phrase, "bloodless surgery." Last week 72-year-old Dr. Lorenz came again with "Enjoy all vices in moderation." He came, he said, to note the progress of the cripples he treated in 1921-22 and possibly to operate on other cripples.

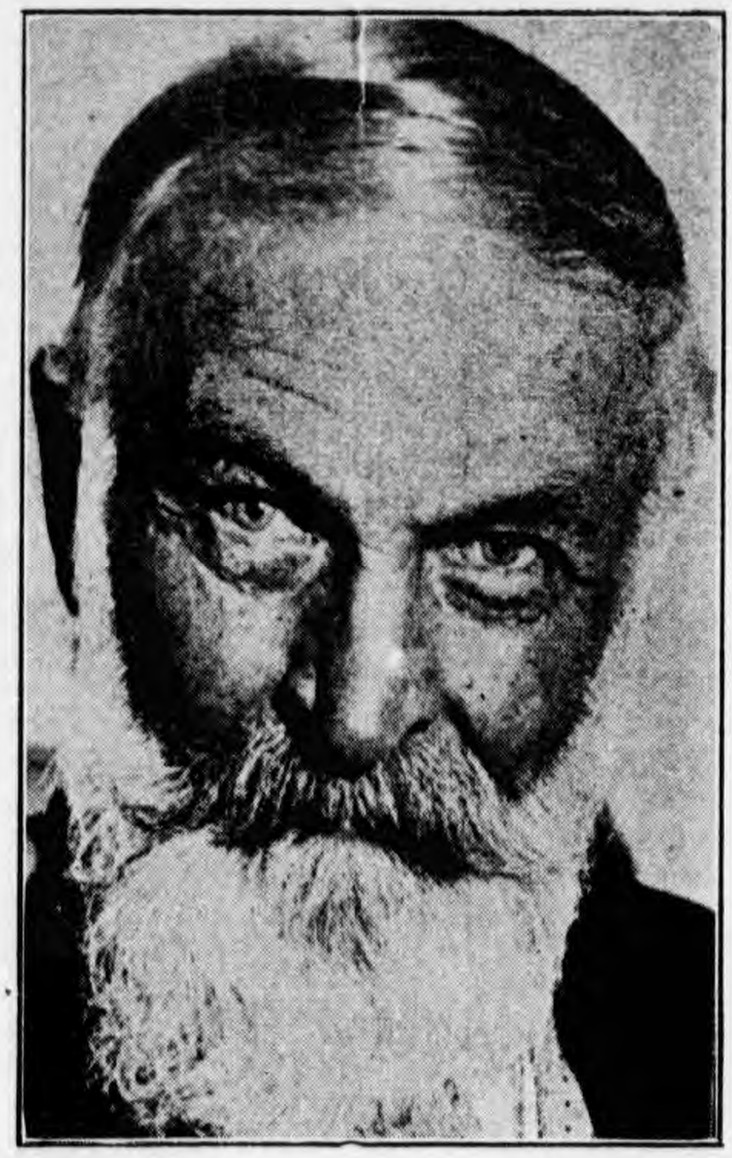
Dr. Lorenz came in 1921 with his sons, Albert and Conrad, as assistants. His intentions were to reduce, in clinic, skeletal deformities by manipulative surgery similar to his operation in Chicago 19 years before on Lolita Armour. He was world-famed for his technique; would do much good to some cripples; would attract medical and surgical students to his amphitheatre, students who might later attend his Viennese clinics to his legitimate profit as a teacher. But the press took him up; touted him throughout the land; raised fond hopes in hearts of cripples everywhere. These rushed to his free clinics. He was their Messiah. Back of his tired, wrinkled brow, back of his white beard and moustache, they saw only the kindly doctor. From overwork he almost broke down. Then the American Medical Association and other regular societies pitched on him, lambasted him, almost kept him from getting his license to practice in New York. Already, in 1902, Illinois had permitted him to practice.

Now in salutation he advises U. S. folk to work, play, sleep, live in moderation.

• • •

Two Kelloggs

Two grown brothers took to scrapping a score or so years ago. They were quite alike, these two Kellogg boys, of Battle Creek, Mich.—both alert, energetic, far-seeing, both good publicists. One, John Harvey—Dr. John Harvey—had recently invented his famed ready-cooked flaked cereals as a new form of food. Both knew the huge money possibilities of the new idea. But they differed inalterably on the disposition of earnings. John Harvey, a young doctor full of altruistic educational plans, considered the private accumulation of such gains unethical. Not so, Brother W. K. This one foresaw for himself independent wealth, private estates, gentlemanly diversions. They went to court. For almost a quarter-million dollars Brother W. K. bought from Brother Dr. John Harvey the rights to commercialize certain flaked foods already devised. John Harvey Kellogg slapped the sum into the funds of his various educational works, for which he has become world famed.



© N. E. A.

DR. ADOLPH LORENZ
"Enjoy vices in moderation"

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.; builder in 1924 of a $400,000 plant in Battle Creek; owner of plants in London, Ont., and Sydney, Australia; recent buyer of a plant of the Quaker Oats Co. and another of the Purity Oats 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. Last week he was reported about 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 home. Chin cupped in hands, he was pondering on what to make of himself, and as the kaleidoscope of boyish day dreams passed across his fancy, he pictured himself standing in the open door of a schoolhouse, beckoning 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 staccato 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. He got his M. D. from Bellevue Hospital Medical College (N. Y. University) in 1875. While studying in 1873, the old Battle Creek hydriatic 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 medic revamped, invigorated, has kept going until now it is called the oldest health magazine in existence.

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 mused for a striking, descriptive name; created "sanitarium."*

In 1879 he paused to marry her who was Ella E. Eaton, raised in Alfred Center, N. Y. Together this couple have taken into their home in Battle Creek 42 youngsters; of them have legally adopted 13; have instructed all, and sent them to universities.

In Battle Creek Dr. Kellogg once had an irritating patient, a woman who broke her false teeth 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 grains; got his first ready-cooked flaked cereal. (However, this was not the first "breakfast food.") This unintegrated biscuit was digestible, especially good

*This New Latin word means an "establishment to educate people how to keep well." A "sanatorium" is an establishment for treating specific diseases or for applying particular remedies.

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 doctoring, not surgery, but education." He supports the Race Betterment 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.

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Machine

Physiologists and physicians made no mockery of a new announcement last week by one Joe H. Pos, civil engineer of Portland, Ore., graduate of the University of Zurich. He said he had constructed an "electric-radio" machine, that regulated blood pressure, whether high or low and he exhibited a box, like a radio receiving-set, of bulbs, coils, condensers, arms, doohickies, thingumbobs, gadgets, gimcracks. On top of the case are two brass arms, one of which constructor Pos points at the back of the patient's head, the other at his stomach—that is, at the medulla and the solar plexus. On goes a current stepped to very high frequency. Patients "have reported no sensation of warmth, of cold; no sensation of any kind." "There were no visible emanations nor was a photographic plate fogged when placed in front of the pointers." Yet for four months various Portland physicians have posed patients before the machine; have noticed blood pressure, in some cases flutter towards normal; have wondered cautiously. Other physicians have studied their pressure charts; have noted that after the first change further variation was negligible; have imputed changes to the resting posture of the patient before the apparatus and to his distraction from his ailments.

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Insanity

Last year the Federal Census Bureau conducted the first comprehensive study ever made of the prevalence of insanity in the U. S. From the data thus obtained, the National Committee for Mental Hygiene prepared a report which, published last week, showed:

1) That patients are entering institutions for the insane faster than they are leaving them, which was taken to indicate, not an increase in mental diseases, but decreased reluctance on the part of patients to admit their ailments and receive early treatment.

2) That modern psychology and medical science have already greatly reduced mental disorder though "as a matter of fact, we are hardly using the invaluable and not inconsiderable new knowledge."

EDUCATION

B. U. President

Since tendering an honorable release and a $5,000 honorarium to Dr. Lemuel H. Murlin that he might assume the presidency of his alma mater, DePauw University, after a 13-year administration in Boston (TIME, Dec. 22, 1924), the trustees of Boston University have been casting about to refill the presidential chair over which they have dominion. Bishop William F. Anderson, prelate of the Boston area of the Methodist-Episcopal Church, has filled the chair pro tempore.

Last week the trustees called another Methodist and he heard them and said he would go unto them. He was Dr. Daniel Lash Marsh of Pittsburgh, aged 45, alumnus of Northwestern University, Garrett Biblical Institute, Chicago University and Boston University. Ordained in 1903, Dr. Marsh served seven years in small Pennsylvania towns until called to Sewickley, socially prominent suburb of Pittsburgh. There he paid the church debt, multiplied the congregation. Within three years he was put at the head of Pittsburgh's M. E. union, comprising 103 churches. He served with the Y. M. C. A. in France. He was made a member of his church's highest lawmaking body, the General Conference. He edited the Pittsburgh *Methodist* and wrote *The Challenge of Pittsburgh, Tiny Tales of Modern Miracles, Regular Fellows, The Faith of the People's Poet* (the late James Whitcomb Riley, personal friend of Dr. Marsh). He preached to "capacity houses," with hundreds being turned from his church door.

Now, beginning next month, he will administer the affairs, social, pedagogical and financial, of a city university with 12,000 students—a big job, but his bishop (Bishop Francis J. McConnell) said when he heard the news: "He is far and away the best executive in my area . . . Dr. Marsh will succeed."

. . .

Self-Examination

For Boys. President Henry Louis Smith of Washington and Lee University was puzzled and depressed. He was contemplating the fact that, out of every 100 U. S. youngsters who start off in kindergarten, only four or five take high school diplomas; and the further fact that of these young hopefuls, theoretically a hand-picked lot, anywhere from 10 to 25 in 100 make a dismal botch of their freshman year at college.

"This is an age of gasoline and jazz, of the movie and the radio, of the new woman and her liberty. . . ." Dr. Smith decided that college matriculants simply are not fitted to live college life. They are, he could but conclude, just irresponsible, ill-licked cubs. They should examine themselves and try to exert their faculties, not primarily upon problems in algebra and Greek roots, but upon manhood and the wise conduct of their lives.

Last week Dr. Lewis addressed to U. S. boys who think of going to college a personal questionnaire, not to be answered in writing but in unspoken privacy. A few items that he felt should be on every sub-freshman's college entrance self-examination paper:

"Are you enough of a grown-up, well-bred man to carry through a gentleman's daily personal routine without a word of advice or suggestion or command from anybody?

"Do you, with reasonable regularity, go to bed at some fixed hour and rise punctually at some fixed time?

"Have you formed the settled habit of personal cleanliness, with thoroughly washed hands and ears and head and body all the time, with clean linen and presentable clothes, with hair and shoes and nails properly cared for every day, with the habit of attending to your

Dr. Kellogg Re-elected As Head Of Sanitarium

Dr. John Harvey Kellogg today starts his fifty-sixth consecutive year as executive head of the Sanitarium, following his election Wednesday afternoon as president of the Michigan Sanitarium and Benevolent association. Dr. Kellogg was elected president at a special meeting of the new board of trustees which was held immediately after the thirty-second annual meeting of members of the constituency of the association.

All of the other officers of the association were re-elected to serve for another year, while the five retiring members of the board of trustees were also re-elected for a period of two years. The officers are: Vice-president, William H. Riley; secretary, George E. Judd, and treasurer, M. W. Wentworth. The five trustees re-elected were: Martin A. Mortensen, Elmer E. Eggleston, William H. Riley, George H. Murphy and Merton W. Wentworth.

The five holdover members of the board of trustees were elected in 1929 and have one more year to serve. They are: Dr. John Harvey Kellogg, Dr. Charles E. Stewart, George E. Judd, Alfred B. Olsen and Walter F. Martin.

Riley Presides.

In the absence of Dr. John Harvey Kellogg, vice-president William H. Riley presided at yesterday afternoon's annual session. This was the first meeting since that organization of the association December 18, 1897 at which Dr. Kellogg has not presided, it was stated after the meeting. There were about thirty members of the constituency present.

Send Wire To Dr. Kellogg.

The only members from outside the city of Battle Creek who attended were Mr. and Mrs. N. W. Paulson, of Hinsdale, Ill. Mr. Paulson is manager of the Hinsdale Sanitarium at Hinsdale. They arrived at the Sanitarium just a short time before the meeting was called to order.

During the meeting a resolution was unanimously adopted instructing the secretary to send to Dr. Kellogg a telegram expressing regret at his inability to be present for the annual meeting. The telegram also contained congratulations upon his re-election as president and expressed appreciation of his loyalty to the institution and its work together with best wishes for Dr. Kellogg's continued good health.

Show Financial Gain.

Merton W. Wentworth presented the treasurer's report which revealed a substantial financial gain for the year notwithstanding the fact that over $400,000 was expended for educational work and charity.

In the absence of Dr. Kellogg, Vice-President Riley presented the general report reviewing the work of the institution during the last year. Dr. Riley expressed regret that Dr. Kellogg was unable to be present and then read a telegram received from Dr. Kellogg which contained his greeting and expressed sincere regret because of the fact that he was unable to attend the annual gathering and showed his usual keen interest in the work of the institution.

Sixty-Four Years of Success.

In reviewing the work at the Sanitarium, Dr. Riley declared that the institution has been operated successfully for 64 years, since 1866. Relative to the last year, the report by Dr. Riley stated that the year of 1929 was one of the most successful in the history of the institution. There has been only one other year, Dr. Riley stated, when the volume of business, as expressed in dollars and cents, has been larger than in 1929. Dr. Riley declared that, while there has been a general depression of business throughout the country and a depression particularly in the business of medical institutions and hospitals, in many of which the volume of business was from 25 to 50 per cent less than previous years, the volume of business at the Sanitarium, while not as great as might be desired, was very good indeed and represented a larger percentage of what might be called normal patronage than most other medical institutions and hospitals.

Spend $300,000 For Charity.

Dr. Riley said that the Sanitarium during 1929 expended more than $300,000 in charity work. This represented the actual cost to the Sanitarium of charity cases handled by the institution. The regular rates of the institution, Dr. Riley declared, are graded so that accommodations can be provided for the needs of all classes, ranging from the higher rates in the new main building, down to the charity cases.

The present rates for room, board and treatment in the old main building it was stated are no more, and, in most cases even less than before the new main building was constructed. Rates in the new main building are higher than those in the old main building, to meet the needs of those desiring more luxurious accommodations, Dr. Riley pointed out.

Dr. Riley then reviewed many different lines of work of the Sanitarium relative to medical and surgical care of the patients, educational work, the school of nursing, Battle Creek College, and the educational work of the Sanitarium publications, such as Good Health, the Sanitarium Medical Bulletin, the Battle Creek Idea, the Sanitarium News, etc.

Not Just an Institution.

Dr. Riley placed much emphasis on the fact that the Sanitarium does not consistmerely of brick and stone walls, but many different things which make up what might be properly called the institution. These he reviewed as health principles and purposes; the character and loyalty of its nearly two thousand workers;its scientific methods of teaching; the kind and helpful spirit on the part of its workers, which has always characterized the institution; as well as its thousands of loyal and faithful friends scattered throughout the U.S. and the world, who have

been guests of the Sanitarium and who have greatly benefited by the treatments and services which they have received.

In concluding, Dr. Riley pointed out that the success of the Sanitarium was due in a large measure to the fine cooperation, t the excellent team work and loyalty on the part of its hundreds of workers.

KELLOGG TALKS; MILK VS. MEAT

Speaks Before State Association in Grand Rapids.

URGES BIGGER USE FOOD

Says This Staple is Perfect Food and Important Factor in Civilization.

That milk has been a great factor in lifting the human race from a state of savagery to its present high pinnacle of civilization, was the statement made by Dr. John Harvey Kellogg in his address before the Michigan Holstein and Friesian association in Grand Rapids last night.

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,' he declared, and continued:

"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 civilization of Western Europe the thighs and sinews with which to climb to greater heights than any other has achieved in the history of the world.

"Modern nutrition researches have shown that plants provide everything that an animal needs for its 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 sunlight are caught and solidified. The plant is the original source of all food and in eating beef one is only taking second hand the grass and corn on which the ox was fed.

"Grains are defective foods. There is something in the green leaf that the body must have for its upkeep. A man can live on grains plus greens.

"The pioneers of civilization soon discovered the inadequacy of cereals and turned to the milk producers, the cow, sheep, goat, ass, 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.

"The most gl[illegible]g defect of the modern dietary is lack of lime. The bones are the framework of the body. Height depends upon bone development. The bones consist largely of lime and hence it is reasonable to regard the deficiency of lime in our daily food 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.

"Milk supplies the same food elements supplied by meat and in better form. Milk is more easily digestible than meat and is more perfectly assimilated than meat.

"For the infant milk supplies exactly what the developing being requires, with the exception of iron. Milk is rich in protein, casein, an easily assimilable tissue-building element. The fat present furnishes substantial fuel material for maintaining bodily heat and is supplemented by a large portion of milk sugar, constituting about four per cent of the milk.

"That milk is a protective food is another important fact. It not only supplies elements for tissue building and energy protection, but serves as a protection against harmful bacteria. Milk sugar feeds acid-forming bacteria which are always present in great numbers. These bacteria produce lactic acid. Putrefactive bacteria are very sensitive to acids and cannot grow in their presence. Consequently, although putrefactive bacteria are always present in milk, putrefaction does not take place but souring occurs instead, and sour milk is entirely wholesome.

"If meat were at once excluded from the nation's bill of fare and one pint of milk per capita substituted in its place, the mortality rate would in a short time be reduced 25 or 30 per cent, and after a few years of such dietary our present mortality rate would without doubt be cut in two in the middle."

Moon-Journal,
June 6, 1925.

3-6-26

ON WAY HOME

Dr. J. H. Kellogg is on his way home after his long pilgrimage to Europe, Asia and Africa. Dr. James T. Case received a wireless message from Dr. Kellogg last night, the message being sent at sea. He is expected to arrive here Wednesdy.

OCEAN TRAVEL.

The White Star liner Majestic, due to arrive early this evening from Southampton and Cherbourg, has 1,325 passengers aboard, among whom are Charles M. Schwab, Charles L. Lawrence, President of the Aeronautical Chamber of Commerce; Prince and Princess Andre Poniatowsky and the following:

Sir Robert Kindersley,
Lady Kindersley,
Sir George Croyden Marks,
Baron H. Frankensforf,
Mrs. Henry P. Davison,
Howland Shaw,
General Harold C. Bickford,
G. H. Thompson,
Admiral Alfred Ellison,
Dr. John H. Kellogg,
Harlan Stetson,
Mlle. Vera Maninsgerova,
George Brownell,
Mrs. Brownell,
R. H. Gillespie,
Mr. and Mrs. Oscar Hammerstein,
Lee Epharim,
Mrs. and Mrs. Ward Cheney,
Mrs. Raymond Baker,
Mrs. and Mrs. Gilbert Browne,
Mr. and Mrs. Edward W. Clucas,
E. W. Clucas Jr.
Miss Sara Clucas,
John A. Gade,
Miss Dorothy Iselin,
Mrs. William Jay,
Everett L. Judkins,
Mrs. and Mrs. Ambrose E. Chambers,
H. Durant Cheever,
Charles Amory,
Mr. and Mrs. Warren P. King,
Mr. and Mrs. G. Brinton Roberts,
H. G. Fetterolf,
Eric Muir Gamage.

Another passenger is Azeez Khayat, **who is coming from the Holy Land.**

N. Y. Times, 3/9/26

DR. KELLOGG IN NEW YORK TODAY

3/10/26

Sailed from Southampton, England, March 3.

AWAY SINCE OCTOBER 20

Moon-Journal

Has Written Two Books and Gleaned Valuable Material for Sanitarium.

Dr. John Harvey Kellogg was due to arrive in New York today and to reach Battle Creek some time Thursday, according to word received by the Moon-Journal this morning. He has been a passenger on the White Star liner "Majestic," which sailed from Southampton and Cherbourg March 3, one week ago today, with 1,325 passengers.

It was October 20 when Dr. Kellogg left Battle Creek for this overseas tour, accompanied by a secretary, A. F. Bloese. He has spent one month in Paris, six weeks in Africa, most of that period in Biskra, an interior town and one week in Tunis. Then he took a trip to Italy, visiting Rome and Venice, continuing to Vienna, Munich, Berlin, Copenhagen and London.

A letter that just reached his private secretary, Roy V. Ashley, this morning was written in London by Dr. Kellogg February 24. In it he states that he was to dine that evening with Sir Arbuthnot Lane, the world-renowned surgeon, and to lunch with Sir St. Clair Thomson, president of the Royal Society of Medicine. The day following he was to have luncheon with Lord Dawson.

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Left October 20

As has previously been told, Dr. Kellogg left here October 20 of last year and visited most of the leading capitals and scientific centers of Europe.

He spent considerable time in London, going and coming, and just before sailing for home he was the guest of some of the leading British scientists and great ones of the nation. He also spent considerable time in Paris, Berlin, Munich, Vienna and Copenhagen, and to Rome and Naples. From Europe he crossed the Mediterranean to Algeria, and spent several weeks at Biskra, besides some time at Tunis, studying the natives."

"I wasn't sight seeing," the doctor said, when his route was spoken of. "I went there to work, and have brought home volumes of notes."

All of which could readily be understood by a glance at the baggage. There were only a few moments to spare for an interview, as Dr. Case said that there was a program all ready for Dr. Kellogg, and he would not have a moment to spare after reaching the Sanitarium.

But he packed a good deal into those few moments.

Dr. Kellogg to Give Talk — Dr. John Harvey Kellogg, who recently returned from abroad, will make his first public appearance since his return, in the Sanitarium parlor tonight, where he will have charge of the question box. Mrs. Winifred Harvey, Sanitarium hostess, is making arrangements for an unusually large attendance. Although Dr. Kellogg will largely confine his talk to answering questions asked by the patients, he will probably touch upon his European tour. A short film will be given preceding the lecture. 3-15-26

THRONG HEARS DR. J. KELLOGG

Crowds San Parlor at Question Box Hour.

3/16/26

"LISTENS IN" ON TOUR

Guests and Friends of Institution and of Its Leader Greet Traveler.

Moon-Journal

The Sanitarium parlors and even part of the corridors were filled last night with patients and friends of the institution who wished to welcome Dr. John Harvey Kellogg, its director, back to his old place at the regular Monday night question box.

Several musical numbers and a short film were given just preceding Dr. Kellogg's arrival, and two large baskets, one with spring flowers and the other with roses were then presented the doctor by Mrs. Winifred Harvey, the Sanitarium hostess.

Following a "welcome home" by Dr. Samuel Hill of Pennsylvania, Dr. Kellogg then took his place at the little platform where for fifty years he has answered patients' queries and given valuable hints for health maintenance.

Very few questions were answered last night, but patients stood and sat for more than an hour while Dr. Kellogg gave a short resume of his trip.

He told of his visits to all the great medical centers in the world, and how at every place he had heard of Battle Creek, and had been received with great cordiality when learned European specialists found that he came from the Battle Creek institution.

He told of his stop in Algiers where he made interesting experiments with the great apes of that place, all of them confirming his ideals of a vegetarian life, and right living.

And long before his audience was tired of hearing of his travels, he had again branched off on the subject supreme with him, a plea for biologic living.

Again and again he brought out that "nature knows," and the absurdity of trying to break natural laws and escape full and complete punishment.

He told something of the history of this ideal of right living that has brought about the Sanitarium, tracing it back fifty years to the time he was dismissed from a medical society for starting a new school of medicine called "Rational Therapeutics." He told how for two years he was kept on trial, and his experiments watched carefully by the society which was trying to determine whether he was even entitled to membership, and how at the end of that time he was again taken into the organization, and immediately made its president.

Dr. Kellogg told something of the slow but steady progress until the present time when the world is turning to Battle Creek for advice and treatment.

"NEVER FELT BETTER," DR. KELLOGG TELLS STUDENTS

Swamped with Invitations to Tell About Battle Creek While in England, He Says.

3-16-26

"I am feeling better than I ever did in my life," said Dr. J. H. Kellogg at the chapel exercises of Battle Creek college yesterday afternoon. "In spite of the hardships that I went through during my European trip, riding in cars, wagons and some time on horseback, I have come to the conclusion that it is good for a person to get out once in a while and rough it."

"The body can produce a cure for every kind of a disease," Dr. Kellogg said. "I used to wonder when I was a boy why if I should have a contagious disease that I would not keep on giving it to myself, but the answer is that my body was able to produce a medicine to stop the disease. In France if a boy comes down with measles they take some blood from another boy who has had the disease and give it to the one who has it, thereby producing a cure."

In England Dr. Kellogg was swamped with invitations to dine and to give talks. He had so many in fact that it was impossible to respond to all.

"The people did not want to see me," said Dr. Kellogg. "They wanted to hear about Battle Creek and what we are doing here."

At the conclusion of Dr. Kellogg's talk, Dr. Paul F. Voelker, president of Battle Creek college, said that with all the invitations that Dr. Kellogg had received in England from royalty it was a wonder he did not come back a duke or "Lord Kellogg." This brought Dr. Kellogg immediately to his feet and he said, "I am not a duke or a lord but a servant to all."

Medical Society Meets — The technical side of his European tour was brought out by Dr. John Harvey Kellogg at a meeting of the Sanitarium Medical Society yesterday afternoon in the chapel. Dr. B. N. Colver, Dr. Louie Stegman, and Dr. Robert Fraser were to have charge of the meeting, but their program was postponed until the next regular meeting.

Mar. 18/26

3-6-26

ON WAY HOME

Dr. J. H. Kellogg is on his way home after his long pilgrimage to Europe, Asia and Africa. Dr. James T. Case received a wireless message from Dr. Kellogg last night, the message being sent at sea. He is expected to arrive here Wednesdy.

OCEAN TRAVEL.

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Baron H. Frankensforf,
Mrs. Henry P. Davison,
Howland Shaw,
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Mr. and Mrs. Edward W. Clucas,
E. W. Clucas Jr.
Miss Sara Clucas,
John A. Gade,
Miss Dorothy Iselin,
Mrs. William Jay,
Everett L. Judkins,
Mrs. and Mrs. Ambrose E. Chambers,
H. Durant Cheever,
Charles Amory,
Mr. and Mrs. Warren P. King,
Mr. and Mrs. G. Brinton Roberts,
H. G. Fetterolf,
Eric Muir Gamage.

Another passenger is Azeez Khayat, who is coming from the Holy Land.

N. Y. Times, 3/9/26

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(Continued from Page One.)

try before," Dr. Kellogg explained in answer to questions, as some of the largest of the cases were unpacked. And the rest—

"Well, there are many pictures, and a good deal of manuscript. My stenographer has been at work night and day and he still has a lot to do to catch up."

More questions.

"Europe, well I didn't go over there to study politics. Financially, things at present are in a bad way, but getting better.

"The curious thing is that in the countries where the currency has been adjusted and is at or near par they are having the hardest time, and where the currency is depreciated the people seem to be the most prosperous.

Swedish Conditions Bad

"In Sweden, where the cronen is at 97, conditions seem the worst, while in France, where the franc is constantly falling, the people seem to be getting along very well.

"In Germany they say the Dawes plan is ruining them, because the mark is at par.

"But it will all work out. It will all come right."

Asked how the financiers in Europe explain the paradox, the doctor smiled and said,

"You must write and ask Mr. Barron. I wasn't studying finance, I was engaged in scientific work."

Speaking of Germany, Dr. Kellogg said,

"They hate the kaiser. They feel that the government has swindled them. People who were wealthy and prosperous are ruined, and find it difficult to live. However, the theaters and such places are prosperous. You would hardly know on the surface that there is anything the matter."

"How will the league work out, do you think?"

"Well, as I said, I wasn't studying politics," the doctor replied. "But I feel assured it will work out all right. The league will get on its feet. It is bound to. The people have had enough of war, and they want peace."

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DR. KELLOGG AND STAFF GO SOUTH FOR WINTER

Plans to Keep in Touch with Sanitarium Affairs While in Florida.

Dr. John Harvey Kellogg was en route to his southern health resort, Miami-Battle Creek, in Miami Springs, Fla., today by train, having left here Monday evening, accompanied by his sister, Mrs. Clara Kellogg Butler, and a dietitian, Miss Angie Estill.

Dr. Kellogg said he planned to remain in Florida until next spring, but that he would keep in touch with affair of the Sanitarium, which he serves as chairman of the board of trustees.

Several members of Dr. Kellogg's personal staff left Battle Creek today by automobile for Miami Springs. They are Mrs. Mary Staines Foy and Miss Mabel Estill, nurses, and Miss Bernice Cruthers. His secretary, A. F. Bloese, will remain in Battle Creek for a week or so before going south. Enquirer, Nov. 7/39

San Trustees Meet—Business at the November meeting of the Sanitarium board of trustees, held Tuesday night, was confined to routine matters of administration. Non-resident board members who attended were Dr. C. B. Irwin, of Chicago; D. J. Kenny, of West Bend, Wis.; Paul Binzell, of Milwaukee, and Attorney Fred Fuller, of Toledo. Dr. Charles E. Stewart, president and executive officer, presided in the absence of Dr. John Harvey Kellogg, chairman, who is in Florida. M. J., Nov. 15/39

ADVERTISEMENT.

Try To Follow These 16 Rules Of Health

AIR

1. Ventilate every room you occupy.
2. Wear light, loose and porous clothes.
3. Seek out-of-door occupations and recreation.
4. Sleep out-of-doors if you can.

FOOD

5. Avoid overeating and overweight.
6. Avoid excess of high protein foods, such as meat, flesh foods, eggs; also excess of salt and highly seasoned foods.
7. Eat some hard, some bulky, some raw foods daily.
8. Eat slowly and *taste* your food.
9. Use sufficient water internally and externally.

POISONS

10. Secure thorough intestinal elimination daily.
11. Stand, sit, and walk erect.
12. Do not allow poisons and infections to enter the body.
13. Keep the teeth, gums and tongue clean.

ACTIVITY

14. Work, play, rest, and sleep in moderation.
15. Breathe deeply; take deep-breathing exercises several times a day.
16. Keep serene and whole-hearted.

These are the 16 important rules of health as given in the Life Extension Institute's book, "How to Live." This book contains the consensus of opinion of the foremost scientific authorities on the correct rules of living.

Few people appreciate the importance of these foundation rules of health. Neglect of one or more of the rules given above is literally responsible for most of the ills the body is heir to.

During the year 1927, the Life Extension Institute examined 127,190 men and women in its different departments. Of these, 91,752 were found in need of some form of medical treatment, either for serious impairments or for defects that could shorten life and reduce efficiency. At least 70% of this group did not appreciate they were upon the wrong road and moving in the wrong direction physically.

Periodic Examinations

The Life Extension Institute was the pioneer in urging and advocating these yearly health examinations. The great protective value of the Institute's service lies in the fact that every region of the body is examined and considered together with a careful study of the individual's history and activities. In addition to its very critical examination, the Institute stands for correct living and will place before you the best scientific information on healthful living habits. Back of the Institute's scientific policy are its Hygiene Reference and Advisory Boards of leading physicians, scientists and professors of medicine.

The Institute has only registered and ethically accredited medical examiners, highly trained and experienced in this work, at its offices in New York City; Boston and Chicago and in all leading cities and towns in the United States and Canada, and this service is available to you wherever you live. There are separate examination departments for women at the Head Offices, with both men and women examining physicians in attendance.

How to Live Long

If you are interested in such a health examination and information on healthful living, for yourself or any member of your family, send in the coupon below for many interesting free reprints on the subject and for the free booklets, "How to Live Long" and "How to Keep Well," or you can, if you prefer, visit or telephone the Institute for information.

Get yourself examined at least once a year either by your family physician, through the Institute, or by any other accredited scientific agency where the work can be competently done. The Institute renders no treatment, performs no operations, but makes a scientific survey of your life and body to determine the need for medical treatment, for correction of physical defects, or proper regulation of the ways of living.

A physical examination is only one part of the Institute's service. In addition, the service includes effective and stimulating information on healthful living, adequate educational health literature and important follow-up tests throughout the year. Send in the coupon below for further information.

WHY DO PEOPLE DIE?

What Happens to Every 100,000 Men?

At an annual meeting of the Hygiene Reference Board of the Life Extension Institute Dr. J. H. Kellogg, of Battle Creek Sanitarium, told of a prominent business man who once called upon him to find out what his chances were of living at least ten years longer. This man was planning a new venture which would take at least ten years to complete.

Dr. Kellogg found that the man's physical resources were extremely low, and when Dr. Kellogg explained to him how his troubles had evidently been developing for a great many years, the man became greatly excited and said, "Doctor, why didn't I know all this before? With the knowledge I now have I am willing to do anything if I can only live. I must have ten years for my business, or at least five. Why didn't I know my condition before?"

Dr. Kellogg stated that he, too, wondered why this intelligent man had allowed himself to drift into such a condition and why men and women generally know so little about their own bodies and the things that lay the foundations of disease and physical breakdown.

The greatest menace to health and long life is from so-called "silent sickness," that is, sickness working beneath the surface which does not speak in terms of pain or disability. Silent sickness is the worst kind of sickness. The loss from such sickness in this country is 700,000 lives a year.

Pain is a poor yardstick with which to measure health or sickness. Many people, for example, believe they have kidney trouble because they have a pain in the back; whereas in few cases of kidney trouble is pain a symptom. The types of diseases that are associated with more or less pain give the lowest death rate.

What Happens to 100,000 Men?

Do you know what happens to 100,000 men born on the same day? 90,757 live to be one year old; the first year of life is the hardest. 80,129 live to be 27, showing that about as many die during the first year as during the next 26. 64,311 live to be 52, while only 32,583 reach 72. Note the tremendous loss —about 32,000 between the golden years of 52 and 72, when life is worth most and responsibilities are greatest. What can be done to stop this life-waste? Scientists tell us that a yearly health examination is the best weapon that can be employed.

The Life Extension Institute was the pioneer in establishing and popularizing such thorough health examinations. The purpose of the Institute's examination is not the diagnosis of so-called "disease," but the detection of physical impairments, predisposition to disease, or faulty living habits, the correction of which would have a beneficial influence on the life of the person examined.

The health survey which members of the Institute receive follows a system of standardized examination forms and detailed reports which were formulated in consultation with the eminent physicians of its Hygiene Reference Board, and which have been further developed and perfected from its experience in the examination of nearly a million men and women. In this vast group of people from all parts of the country many lives have been saved and prolonged, and much misery and suffering prevented.

The Sixteen Rules of Health

If you are interested in a protective service of this kind for yoursef or any member of your family, send in the coupon below for further information and for the free booklets "How to Live Long" and "Hygiene at Middle Life." The Institute will also send you a card giving the "Sixteen Rues of Health."

These life extension examinations are available everywhere, as the Institute has medical examiners in all the principal cities and towns in the United States and Canada, and in several foreign countries. There are special departments for women and children at the Institute's Home Office, with both men and women examining physicians in attendance.

The Institute renders no treatment, performs no operations, but makes a scientific survey of your whole life and body to detemine the need for medical treatment, for correction of defects, or better regulation of the ways of living. Every one should be examined annually, either by the family physician, through the Life Extension Institute, or by any other accredited scientific agency. Use the coupon below.

Life Extension Institute, Inc.
25 West 43rd Street, New York
Bryant 9520

Please send me, free of charge, further information, and your booklets on disease prevention and healthful living.

Name .....

Address .....

.....

T-14

N. Y. Times. Jan. 14/31

Old-Fashioned Picnic Takes Septuagenarians Back To Days Of Youth

Time turned backward for members of the Three-Quarters Century club yesterday, when they were entertained at an old-fashioned picnic by Mr. and Mrs. Marcus M. Farley at the Lodge on the beautiful country estate of the Farleys on Wahwahtaysee Way, adjoining Minges Brook. The weather was ideal for the outing and there was a goodly response to the invitation. Charles H. Wheelock, club secretary, was present to direct the trend of activities.

Dr. John Harvey Kellogg, president of this unique organization, with Miss Gertrude Estill, director of Sunshine Center, where the weekly meetings of the Sunshine Circle of the club are held during the summer, looked in on the group, accompanied by the Doctor's sister, Mrs. Clara K. Butler, while a delightful surprise was the presence of Congressman Joseph L. Hooper, arranged by Mr. Farley.

The genial Congressman, who is "Our Joe" to the home folks, posed with the group for the picture in front of the Lodge, and gave a brief talk, in which he stressed the fact that the thing that counts most in holding onto life and life's best interests is cultivation and retention of the youthful spirit.

Dr. Kellogg emphasized this in his talk, admonishing his listeners "not to slump, but to sit up straight and keep a tenacious hold on life. And look forward, not too much to the past."

Another surprise planned by the host was the visit of the Gen. George A. Custer post, American Legion, Drum and Bugle Corps. The first intimation of their presence came with a bugle blast from the hill overlooking the Lodge, then the uniformed veterans filed down the stone steps and took their places just inside the gateway, where they proceeded to give a program for the pleasure of the elderly folks, who have lived through three wars, the Civil, Spanish-American and World War, and some through a fourth, the Mexican.

Picnic tables and seats had been constructed outside the Lodge under the big trees, some of which spread their long limbs across the brook purling over the stones, the brook that once, dammed up, ran mills in the little place called Hamilton, older than Battle Creek.

The picnickers brought their eatables, sandwiches, of dozens of varieties, olives, potato and fruit salads, cheese, home-made cookies and cakes and pies, lemonade and other delicacies that go with a picnic feast. When all had partaken of this portion of the meal, Mr. Wheelock announced a treat provided by Mr. Farley, and this proved to be big red-meated, juicy Georgia watermelons, and cantaloupes.

Following enjoyment of the refreshment hour, the company turned its attention to a program announced by William H. Allen, chairman of the Sunshine Circle.

Mrs. Laura Rummery, 81, read a poem, "Who Is That Old Jay?"; Mrs. Isadore M. Musser, 80, made similar contribution; Frank Pratt, 86, and Prof. E. E. Thresher, 91, sang a duet, "Larboard Watch," their voices ringing out clearly on the balmy air; Mrs. Louisa Roat, 79, classed as the club's prima donna, added her contribution, "Evening Star"; Mrs. Adean Knowles, 81, and Mrs. W. H. Allen, 77, always heard in duet or quartet, followed with another old favorite, "Juanita." Charles Ranger, in his eighty-fifth year, another with a remarkably well preserved voice, sang "Sweet Bye and Bye," the company joining in the chorus.

Later, a group found its way into the Lodge, and M. E. Gray, 76, father of former Judge Carl S. Gray, played the piano while they sang the old songs, both hymns and popular airs, to the great delight of Miss Carrie Wattles, 95, and Miss Josephine Gregory, 90, who with Mrs. Minnie Aldrich, 88, and Miss Mary Bullis, 78, all from the Emily Andrus Home, attended the picnic and reveled in its program of activity. Miss Wattles and Miss Gregory are pioneers of Battle Creek and this was the second time that Miss Gregory has been out of the house in six years. Mr. Gray is a fiddler, too, and makes the fifth fiddler who has been added to the club's membership.

Prominent at the picnic was Mrs. Mary S. Bird, 93, who recently took her first flight at Kellogg Airport, when the Second Michigan Air Tour's 40 planes put into port.

There was a swing for those who wished to enjoy that oldtime sport, and quoits to pitch on the lawn of the Lodge, but a feature eagerly expected by Mr. Wheelock failed to materialize, no one received a ducking in the brook. He even offered M. La Quay half a dollar to make Mrs. Mary Reese Hoag, an old schoolmate, the victim, but she objected strenuously.

Mr. Farley made the interval extremely interesting for the visitors by throwing open the Lodge, which in itself is a relic of the long ago, being erected out of timbers found in the houses that were in the old village of Hamilton, and which holds within its walls many antiques.

There is one door made wholly of walnut timber, and others are

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son, and Mrs. Peggy Cunay, captain of Herbert O'Connor degree staff of Central City Hive, Jackson, all of whom made appropriate remarks. Arrangements were made for a picnic to be held at Goguac lake August 23, at which time drills will be put on by several degree staffs. The mystery box was secured by Mrs. Etta Sawyer.

Cards and Meeting.

Seven tables were in play at the card party given yesterday afternoon at Moose hall by the Women of Mooseheart Legion, prizes in the game being won by Mrs. Wilma Hendrickson, Mrs. Mae Seereiter and Mrs. Ida Vogt. The regular meeting of the order was held in the evening, initiation of candidates being a feature. During the business session plans were made for a picnic next Monday, to be held at the pumping station at Goguac lake. Those attending are to

URNAL

THE HOME NEWSPAPER
In a City of
OVER 40,000 PEOPLE

TWO CENTS PER COPY.

SABBATH CHANGE STIRRED A ROW

Dr. J. H. Kellogg Tells Audience He Will Not Give His Support To Such a Movement.

HE SPOKE LAST EVENING

Services Will Be Held on Sunday, but Observance of Saturday Sabbath Continued.

"So long as I live I shall not give one iota of my influence toward the changing of the observance of the Saturday (Sabbath) for Sunday." This statement was most emphatically made by Dr. John H. Kellogg last evening before a large audience which filled to overflowing the Sanitarium chapel. The purpose of this meeting was to make clear to those who have heard certain rumors, concerning Sunday observance by the Sanitarium, the exact stand of Dr. Kellogg and the board.

"The board are all emphatically with me but one," the doctor stated. "The world knows and admits there is but one Sabbath, the seventh day. If you go to church on Saturday it is called Sabbath school; if you attend on Sunday it is called Sunday school."

Dr. Kellogg first told most graphically of the beginning and early struggles of the Sanitarium. Of how as he returned home from graduating from his medical school in 1876, when only a boy of twenty-three, he was appointed as superintendent of the Sanitarium. Not having the courage to accept this responsibility he went to work for the Review and Herald doing odd jobs.

In another year, 1876, he was again asked to act as superintendent to the little Sanitarium as it was about to fail and go into the receiver's hands.

Dr. Kellogg told of his first struggles in this responsibility. He looked so youthful, patients at first left not wishing to trust their cases in the hands of a boy. He spoke of his overwhelming dread of meeting his patients, realizing their lack of trust in one so inexperienced. "I trusted it all to Providence," he said, "and Providence has carried us through. As I went from door to door to the rooms of my patients, I prayed earnestly for od to give me strength to meet them. I prayed many times a day, almost constantly, and the work succeeded. In a year, or near spring, we were on our feet, the work was growing, patients increasing and it become necessary to build on, first on one end then on the other, then in the rear, and was still increasing when our building burned Never yet," he stated, "have we had room enough to house our family. The hand of Providence only has led and guided us through the years."

He spoke with much emotion of the many worries and financial struggles he and his associate members of the board had passed through. He explained briefly and clearly concerning the severance between he and the Seventh Day Adventist denomination.

"The Sanitarium," he stated, "has always been owned and controlled by stockholders; has always been nonsectarian. It was never owned or controlled by any conference."

As Dr. Kellogg could not give this control to the conference of the Seventh Day Adventists, they withdrew their support. "I call it a shame and disgrace," he stated, "that anyone would think or believe that I would make this change contrary to the wishes of my associates who have gone through the many trials with me; or to these of our family who have bought their homes here, worked for and stood by us."

"Just as long as you wish to you can work here and keep the Sabbath." But, he stated, it was a non-sectarian institution, and those who observe Sunday should have the same privilege Consequently there would be no unnecessary work or noise on that day. Services would be held in the afternoon and evening on Sunday for the convenience of those. The audience was intensely interested and applauded many times.

Elder L. McCoy who is 89 years old and has been with the Sanitarium many years, also gave a short talk. He spoke of the close relationship between himself and Dr. Kellogg and the worries they had passed through together.



Cuticura Hair Is Usually Thick and Healthy

Start him right if you wish him to have thick, healthy hair through life. Regular shampoos with Cuticura Soap will keep his scalp clean and healthy. Before shampooing touch spots of dandruff and itching, if any, with Cuticura Ointment. A clean, healthy scalp means good hair.

Dust children's skin with Cuticura Talcum, an exquisitely scented baby, skin and face powder. At all druggists' 25c.

Churc

MAPLE ST. METHOD
COPAL CHURCH—Andr
ger, Minister, Residence
St. Phone 2966. 9:30 Clas
10:30 Morning worship
Easter Music by the C
Baptism of babies. Baptism
Reception of members in
nection .Reception of a
preparatory membership
Easter message by the p
Vesper service by the
others. See Program. 6:3
League. 7:30 Social hour ar
the Friendly room of the

THE ST. THOMAS' E
CHURCH—Easter Sunday
1920. Full choral celebra
Communion at 7 a. m. 2n
tion Holy Communion a
at 10:30 a. m. These serv
conducted by the Rt. Rev
Cormick, Bishop of the
Western Michigan. Chu
services at 4 p. m. The m
the church school are re
bring their mite boxes for
offering to this service
prayer, and musical serv
choir at 7:30 p. m. Th
school service and eveni
will be conducted by the
A. Moore of Coldwater.

FIRST METHODIST E
CHURCH—Monument Sq
tor Decatur Nelson Lac
Residence, 56 South Ave
Sunrise service. 9:30, Cla
led by Mr. J. E. Cole, i
ing worship. There will b
reception of members, s
lc by the choir and Ea
by the Pastor. Sermon
Risen Lord." The choir
sisted at the morning se
Gould Quintette. Prelude
(Bach-Gounod.) Offertor
um (Mozart). Postlude,
Gruenwald.) Anthems
Awake! 'Tis Easter Mo
and "King All Glorious
Barnby). Soprano Solo,
That My Redeemer Live
A Kindegarten will be
during the hour of the
vice, 12:00, Sunday sch
lessons are used. 3:00, C
er meeting at the home
Mrs. Fruin, 370 Emmett
Epworth League. Topic,
of An Endless Life." Le
Doc Gilbert and Miss E
7:30, Song service led by
Dixon following which
choir will render a very
sacred concert assisted by
Quintette.

THE FIRST PRESB
CHURCH—Corner W. Ma
Camly streets. Pastor, R
H. Phelps, Residence, 6
street. Morning service
mon: "Easter Day in the
Public reception of new
and infant baptism. Mu
Prelude, "Prelude", Sch
Sancto", Mozart; Anth
Lamb of God," Wagne
Duet, "Lift Your Glad Vo
Schnecker, Miss Gladys
Mr. Lyle Arms; Offertc
mezzo," Willibald Richte
Anthem, "On Wings
Borne," Arthur Miller
"Festival March," Le
Bible school at 12:00 o'cl
Easter program. Bible s
p. m. in the gymnasium
school. Junior C. E. a
Jupior and Senior Inte
E. at 5:00 p. m. Senio
6:30 p. m. Evening ser
p. m. Sermon: "Easter
Evening." Music: Or
"Prelude," Karganoff;
"Lift Up Your Heads,"
kins; Quartette, "A
Flight, "H. R. Shelle
"Impromptu," Krzyzan
"The Redeemer Liveth,"
ney, Miss Mable Landon
Higato, Mrs. Leon Hauck
"Allegro Maestoso," J.

FIRST CHURCH OF
SCIENTIST — Corner
Adams streets, Services
edifice at 11:00 a. m. Sun
at 9:30 a. m. Wednesda
testimony meeting at 8
Reading room at 205 C
building open daily excep
from 10 a. m. to 6 p. m.
evenings 7 to 9 o'clock, o
2:30 to 6:00 p. m. Subject
day, April 4, "Unreality."

THE FIRST CONGREG
CHURCH—Easter Sunday
April 4, 1920, Organ Prelu
of the Flowers," Roat;
Repeat in Unison the Tw
Psalm—Followed by Glo
ture Reading—St. Luke,
verses 1 to 13; Anthem
into Me" Manney; Praye
ed by Response by the C
—"Open the Gates"—Ba
Gorsline, with in obligato,
ss Gorsline; Hymn—Pag
of Wonder, Day of Gladn
Solo—"Hymn to the Sun
Korsakoff, Miss Elizabet
Miss Helen Peters,
Offertory—"Adoremus"
Piano)—Ravina, Mr. Ba
Gage; Hymn—Page
Christ is Risen Today";
and Response; Organ
"Easter March," Merke

THE IMMANUEL
CHURCH—Corner Carl
son streets. Chas. E.
residence 36 Corwin
meeting 9:30 a .m. Ser
m. Easter exercises
school, 12:00 m. Holi
6:30 p. m. Sermon 7:30

FREE METHODIST
River street, Rev. E.
pastor, residence 202
street. Class meeting
Sunday school 10:30,
Young people's meetin
Sermon 7:30. Prayer
nesday evening 7:30.

ST. PAUL'S EV.
CHURCH—Adams str
C. A. Rev. Walter Sp
Res. 18 North Aven
vices for Easter S
vice at 9:30, secon
Holy Communion
in both services,
Sunday school an
vices.

AND S TROOP THDRAWAL

remier Sends New o German Charge D' Affaires

LY TO VON MAYER

s Belief, That Threat Soviet Republic Was ng Formed Was a Subterfuge

(By HENRY WOOD)
pril 3—Premier Millerand t a new note to Dr. Wi- n Mayer, the German affairs inviting imme- drawal of German troops uhr district. Millerand rance's position. He in- France had the right to ine cities if Germany's for a peace treaty con-

l's latest note was in re- ommunication from Von which he said it had been that the Ruhr commun- n touch with the Russian Moscow by wireless and diate steps were neces- went an outbreak in the 's effort to establish a olic in the industrial dis- stphalia. was understood took today that the danger lt has passed, and that reat was a German sub- oid fulfillment of terms aty.

tches from the disor- re out the French con- ring the armed revolt and that the workers was surrendering its

DOWN EET CAR

6, 60, MEETS WHILE ON AUGHTER

Is in Semi- on at

ars old, is s condition ghter, Mrs. State street, struck by a son avenue n Central, night. king and to meet their re- the opin- y the car cross in rnal had continue was said at the injury, it n a great Mr. Wil- When was re- lance to was later daughter.

HTER

WITNESS ABOR

M. Path- t Was Body

3. — A illing wit- when the charges , 80, in h of her Tabor , it was

ms an- e Tabor of Mrs. a wit- st the Critch- Mrs. be the

ity of the the abor ille- un- an lim the he ed ic,

JOHN BURROUGHS CELEBRATES HIS 83D BIRTHDAY—WORKING

Esopus, N. Y., April 3.—An 83-year-old youngster, with white hair and beard, bubbling over with the spirit of youth, officially ushered in spring here today. John Burroughs, famous naturalist, in celebration of his birthday, tapped several maple trees in a miniature sugar bush, at Yama Farms Inn near here, gathered the sap and began boiling it down into golden syrup in a big outdoor cauldron. The syrup will be served with hot biscuits at the dinner to be given him tonight by about thirty of his friends.

A long walk through the woods was scheduled for this afternoon.

The youthful octogenerian was up early today, received verbal, written and telegraphed greetings from all parts of the country. He said he "feels fine" and gave out the same birthday message he has for years: "Keep cheerful and mind your own business." Burroughs evinced his interest in national affairs by volunteering the following: "I would like to see Herbert Hoover elected President."

BIG CHANGE IN 1920 POLITICS

Notice Awakening of Individual Responsibility

MUST ANSWER QUESTIONS

Bosses Are Not so Strong and Cannot Handle Their Delegates

(BY HAROLD D. JACOBS)

New York, April 3.—The most significant feature of the pre-convention campaigns is the awakening realization of individual responsibility by the American people, in the opinion of trained political observers and those identified with the various candidacies. The war, influx into politics, and changing social conditions, had spread in the people a determination to have a greater and more direct influence in the affairs of government and a broader knowledge of the general political situation.

This is evidenced by their searching inquiry into the qualifications of men considered as Presidential possibilities. According to persons in close touch with the situation, the voters are showing an inclination to pry into the respective minds of various candidates, in a way never known before. This has manifested itself in many ways, probably through the good natured "heckling" of political speakers. Any person who undertakes to present the qualifications of a particular kind these days must prepare to answer countless questions hurled at him with bewildering rapidity.

Candidates Not Immune.

The candidates themselves are not immune. It is the rule rather than the exception now to face such a barrage as this: "Mr. Jones where do you stand in League of Nations?" "What do you think of the income tax, Mr. Jones?" "What is your attitude toward union labor?" "How do you propose to reduce the cost of living?" etc. The questions are not asked with a view to embarrassing the speaker. They are intended to elicit specific information and they are generally successful.

Then there are the myriads of quasi-political organizations, often non-partisan, formed for the improving the members' knowledge of political and social conditions. Political men accept these as meaning the general public will have more to say this year than ever before regarding selection of a president. The same old machines are in operation but observers assert they will be more responsive to pressure of public opinion.

One of many who is seeking a Presidential nomination summed up the situation in a recent interview.

He said "nobody will deliver anything this year. The bosses may think they are as strong as ever, and can handle their delegates as they please. They are wrong. Who is going to select the President. That is easy. Mr. and Mrs. Citizen."

GIRL SEES MOTHER SHOT AND THE SLAYER DROWN

Middletown, N. Y., April 3 — A nine year old girl saw her mother shot and killed and the slayer drown himself near here late yesterday.

The woman was Mrs. Harold J. Grayson, of Paterson, N. J., and the man was J. Edward Larey, of New York City, an official of the New York Telephone company. The three were on their way from a motor trip. An argument arose over the return route. The girl said Larey stopped the car and shot her mother four times. The girl started to run but he called her back and said he would take her mother to a hospital near Bear Mountain. He again stopped the automobile. A short time later his body was taken from a lake nearby.

SANITARIUM WILL STICK TO SATURDAY

As Its Sabbath—Big Meeting Held to Determine This Matter Friday Night

THIS SETTLES QUESTION

The Management Announcing Today That It Will Make No Change in Sabbaths As Was Rumored

Observance of two sabbaths at the Sanitarium, Saturday and Sunday, will continue, as in the recent past, according to announcement today by Dr. J. H. Kellogg, its superintendent. A movement to drop the Saturday sabbath, established when the Sanitarium was strictly a Seventhday Adventist institution, has failed to bear fruit.

This movement came up when Dr. Kellogg was in the South, having a long rest and vacation, and was due to the fact that many of the doctors and other employes of the institution are not Seventh-day believers, but attend various downtown churches. Last evening a conference was held with a section of the institution's employes, the net result of which was today's announcement in favor of "the free observance of either Saturday or Sunday as the sabbath." Religious services will be conducted at the Sanitarium both days.

Commenting on the matter today, Dr. Kellogg said:

"All days at the Sanitarium have to be busy days. We are a nonsectarian, medical institution. Our constitution says we are and we are. The Sanitarium management have made no change and contemplate no change in the matter of Sabbath observance by the institution. There are those who have stood by us through the years who observe Saturday, and it is quite meet that they should continue to have their religious liberty, and then again there are those among us who keep Sunday for the Sabbath, and it is just as necessary that their rights in this matter should be respected.

"People of all religious faiths are represented here, and whether Saturday or Sunday is their sabbath doesn't matter. The nurses are given the opportunity to take their outings to get the fresh air they so much need after faithfully performing their duties inside. That is quite essential and they are to go to their various churches, to attend services with the same liberty and freedom. Our kind of work doesn't hurt anybody's conscience whatsoever. Everybody is privileged to keep the day he wishes to insofar as possible. The routine of activity has to go on, for we are catering to the needs of the sick, but there is no reason why an upheaval should be caused on this question. And yet the matter has to be definitely decided at this time.

"You know, for years the Sanitarium was styled a Seventh-day Adventist institution and the nurses and all concerned were followers of that faith. The Adventists used the institution to advertise themselves all over the world, it helped them in proselyting. But we are not a part of the Seventh-day Adventists, have no affiliation with them as a sect, and what is more, we wish to have that fact understood now and always.

"We are not allying ourselves with any faith. No religious services are held in the chapel of the institution as a part of the regime of the Sanitarium. All faiths are respected and pastors come to us from all churches. They are not Seventh-day Baptist or Seventh-day Adventist exclusively. And services are held in this institution on Sunday as well as Saturday, and will continue to be. Religious liberty is going to be respected here and no one's conscience is to suffer from the fact. We shall not tie to any one denomination or to the observance of any one day as the sabbath day."

ONLY U. S. VOLCANO IS IN ERUPTION NOW

Mount Lassen, in California, Breaks Into a Violent Eruption Today.

Redding, Calif., April 3.—Mount Lassen burst into sputtering eruption at 10:30 a. m. today. Half an hour later it had shown no sign of abatement.

This is the first sign of activity since February 9, when the volcano, the only active one in the United States, cast forth great clouds of smoke and ashes in an unusually violent eruption.

BATTLE CREEK MAN KILLED.

Tulsa, Okla., April 3.—Information against Lewis Willis, negro chauffeur charging him with murder, was filed here today. The negro drove an automobile which collided with another car Thursday night, killing A. E. Davis, 35, a carpenter, formerly of Battle Creek, Mich.

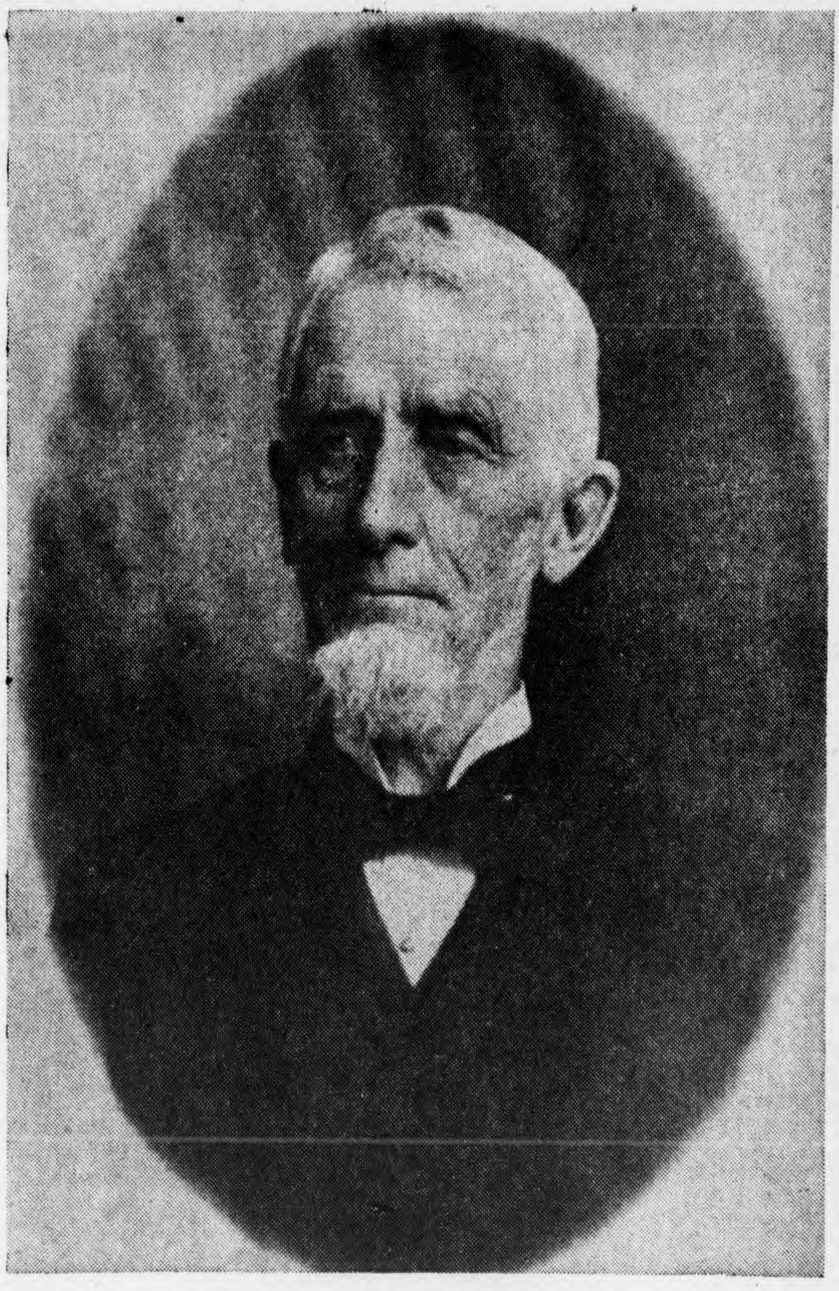
Nelson Eldred's Granddaughter Bequeaths Gift to Sanitarium In Memory Pioneer Financier

6-17-56

By ROSS H. COLLER

A gift in trust announced by Mrs. Morna Eldred LaPierre of Bronxville, N.Y. will perpetuate the name of the Eldred family of Climax and Battle Creek at the Sanitarium—in particular, the name of Nelson Eldred, distinguished banker, business man and former mayor.

Mrs. LaPierre is making this gift in memory of her paternal grandfather, the income from which may enable doctors and nurses, dedicated to their careers, to engage in additional studies and to attend clinics and conferences for the purpose of advancing their skills and services to the Sanitarium. The amount of the gift is not being announced at this time.



1823 Nelson Eldred 1903

It is to be the Nelson Eldred Memorial Trust Fund because of the interest held by Mr. Eldred in the welfare of the Sanitarium. After the big fire of 1902 which destroyed the Sanitarium's main building and hospital, Mr. Eldred, as president of the City Bank, aided in the financing of the new Sanitarium — the building now occupied by the Federal Civil Defense Administration. Mrs. LaPierre, as a little girl, attended the ceremonies with her grandfather at the laying of the cornerstone. She has since shared his interest in the success of the Sanitarium.

McKay Lauds Gift

On behalf of the Sanitarium board of trustees, George C. McKay its chairman, has expressed sincere appreciation for Mrs. LaPierre's gift.

"Mrs . LaPierre's generosity and interest are not only welcomed by this 90-year old institution, but by the entire community as well," Mr. McKay said. "Her gift is particularly significant at this time when the Sanitarium is on the threshhold of a resurgence in its long and successful service to humanity and to the health of people everywhere."

Nelson Eldred came to Battle Creek from Climax in 1866, the year in which the Sanitarium was founded. He engaged in the hardware business with Charles Peters at the "bank corners" and built the residence at 211 Maple st. which was to become the Eldred family homestead.

Organized City Bank

He made the year 1871 a memorable one by joining with Richmond and Ronold P. Kingman in organizing the City Bank. He served as its president for 28 years and was succeeded by his son, Willard H. Eldred. Also, in 1871 he became a director of the Battle Creek Gas Co., upon its organization and served the city as

riving in Kalamazoo County he served in the Michigan Legislature and also joined with the Rev. Thomas W. Merrill in founding Kalamazoo College.

Nelson Eldred's son, the only one of three children to reach adulthood, was William Holden Eldred. He was a boyhood schoolmate of the late Dr. John Harvey Kellogg and was graduated at Battle Creek High School in its third class, in 1871. He established a wholesale and retail leather and harness business in 1877.

Now Bailey Block

After the retail store was sold to the Harris Bros. in 1898, Mr.

T. (Helena M.) Dusenberry of New Orleans and Mrs. Guy M. (Morna M.) LaPierre of Bronxville.

Was with Postum Here

Mrs. LaPierre, a native of Battle Creek, was married here Sept. 1, 1917 to Mr. LaPierre who had come here from Niles in 1910 to join the export department of the Postum Cereal Co. They established their home at Bronxville in May, 1922, when the Postum offices were moved east.

Mr. LaPierre became vice president in charge of export sales for the General Foods Corp., a post which he held until his retirement in 1942. He died in Bronxville Dec. 12, 1952 and is buried

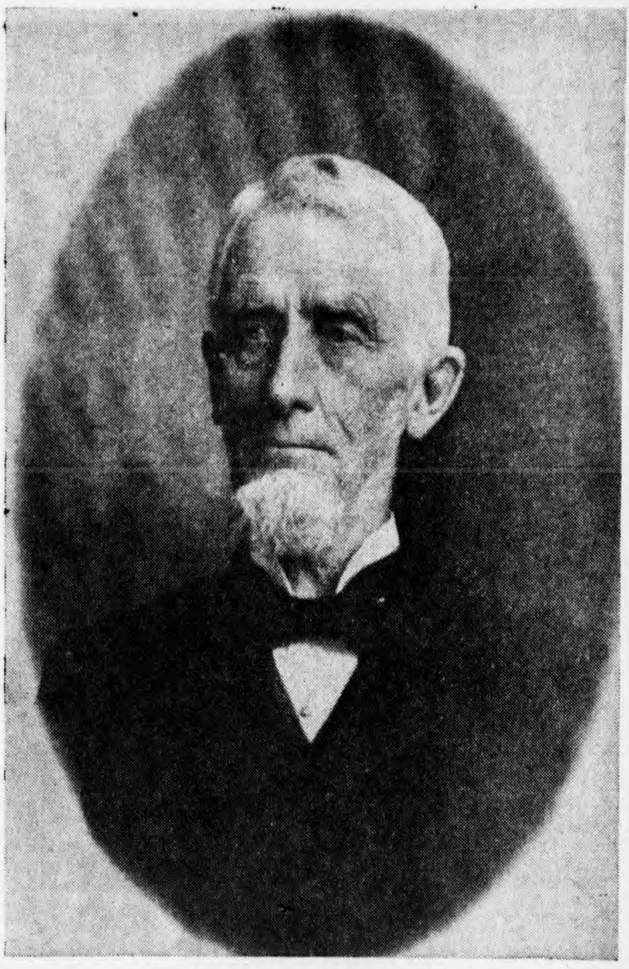
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Until his death here at the age of 80 on Sept. 9, 1903, Mr. Eldred held a dominate place in the business and financial life of the community. His wife, Sarah Holden, had preceded him in death on April 11, 1900.

Father Was Judge

Mr. Eldred's father was Judge Caleb Eldred, a pioneer who left his comfortable residence in Laurens County, N.Y. by ox team to establish a new home in the west. With his wife and two sons, Daniel and Nelson, he arrived in Comstock in 1831. There he built the first mills in Kalamazoo County. On tour of that county in 1832 he "discovered" Climax Prairie and gave it its name. In New York, Judge Eldred had been one of the promoters of the Erie Canal and had served in the state legislature. After arriving in Kalamazoo County he served in the Michigan Legislature and also joined with the Rev. Thomas W. Merrill in founding Kalamazoo College.

Nelson Eldred's son, the only one of three children to reach adulthood, was William Holden Eldred. He was a boyhood schoolmate of the late Dr. John Harvey Kellogg and was graduated at Battle Creek High School in its third class, in 1871. He established a wholesale and retail leather and harness business in 1877.

Now Bailey Block

After the retail store was sold to the Harris Bros. in 1898, Mr. Eldred continued his manuacturing business in the three-story building at Carlyle and W. Jackson streets. He was married in 1880 to Jessie M. Green of Battle Creek, who survived until May 18, 1946, Willard Eldred died at 66 on Oct. 3, 1921. In March, 1923, the Eldred Block at Michigan and Capital avenues was sold by Mrs. Eldred and her two daughters to John W. Bailey.

The daughters are Mrs. Allan T. (Helena M.) Dusenberry of New Orleans and Mrs. Guy M. (Morna M.) LaPierre of Bronxville.

Was with Postum Here

Mrs. LaPierre, a native of Battle Creek, was married here Sept. 1, 1917 to Mr. LaPierre who had come here from Niles in 1910 to join the export department of the Postum Cereal Co. They established their home at Bronxville in May, 1922, when the Postum offices were moved east.

Mr. LaPierre became vice president in charge of export sales for the General Foods Corp., a post which he held until his retirement in 1942. He died in Bronxville, Dec. 12, 1952 and is buried here at Oak Hill.

Mrs. LaPierre was a recent visitor in Battle Creek, renewing acquaintances with old friends here and in Kalamazoo. She returned to her home on May 28.

Assistant Administrator Named by Sanitarium

1/7/58

William G. Simmons, l[illegible] sociated with hospital wor[illegible] allied activities, has been named by the Sanitarium board as assistant administrator at this local institution. He has taken over his new duties as an associate of Dr. Dunbar Smith, Sanitarium administrator.



W.G. Simmons

Mr. Simmons' parents were both residents here at one time. His father, the late Dr. William Ray Simmons, was graduated here from the American Medical Missionary College in 1899. His mother, the former Lura Spencer, was a graduate of the old Battle Creek College and a teacher here in the public schools. His father was the founder of the Portland (Ore.) Sanitarium.

Studied Law

The new assistant administrator was born in Port Townsend, Wash. Dec. 19, 1906. He received his A.B. degree in business administration from the Emmanuel Missionary College in Berrien Springs; studied law for two years with the American Extension University and attended the Survey of Hospital Administration at the University of Chicago.

Early in his career he served as business manager of the Wabash Valley Sanitarium at Lafayette, Ind., where his father was then medical director. He has served also as director of hospital relations in Chicago with the Blue Cross and at the national headquarters of the American Hospital Assn. in Chicago as secretary of the Council on Association Relations. He has also been with the Hinsdale (Ill.) Sanitarium as assistant administrator.

In military service, Mr. Simmons served as captain with the Medical Administrative Corps of the University of Illinois and was in Africa and Europe with a 750-bed hospital.

Firm's Vice President

For the past eight years he has been engaged as a consultant in hospital and orthopedic equipment and for the past year had been vice president of a firm operating on a national scale. He resided in Ridgewood, N.J.

He was married in June, 1928, in Sturgeon Bay, Wis., to the former Ardis Marie Bentley. Mr. and Mrs. Simmons are residing temporarily at the Sanitarium.

Q Ch. 2 - 194
E. 9 n.

History As News

(From the Enquirer and News Files)

TEN YEARS AGO TODAY—Battle Creek business men planned a civic progress meeting for the purpose of promoting greater appreciation of the importance of local industry, trades, finance and professions.

Battle Creek court, Junior Catholic Daughters of America, initiated 25 at the East VanBuren street clubhouse. Basketball was to be the recreation of the winter.

Sixty-five farmers in Calhoun county met to organize a Conservation club for the protection of game on their farms. They were to issue permits to hunters without charge, asking in return no damage to fences and stock.

Under Parent-Teacher auspices Southwestern junior high school held a community mixer.

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Oct. 2 - 194
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Centennial Sparks Memories

San Worker Recalls Early Competition

By DEBORAH BACON

President Johnson's appearance at the recent centennial celebration of the Battle Creek Sanitarium drew the interest of people throughout the state and nation.

A big response came from long-time San employes and guests, who had been part of the institution's rise to world fame and prominence.

Alfred C. Allen, a member of the San "family" for many years, offered sidelights on the renowned health center in a letter to the Enquirer and News.

Mr. Allen, 88, who now lives in Upper Montclair, N.J., served as a room and desk clerk at the Sanitarium for more than 60 years.

His letter points out that the present Sanitarium building, listed in the Sept. 4 issue of the Enquirer and News as built in 1889, was instead completed in 1900.

"I'm sure of this date," writes Mr. Allen, "for it was among the first years that I became a member of the San family."

Records at City Hall support Mr. Allen. Although no building permits were issued then, sewer and water connections were recorded. A check showed that the Phelps Medical & Surgical Sanatorium building was connected to the sewer line in November, 1899, and to the water line the following month. This indicates that the sanatorium was opened early in 1900.

The Phelps Sanatorium offered services similar to those offered by the Battle Creek Sanitarium.

The Sanatorium was started by Neil S. Phelps, businessman and promoter, and operated by his brother, Dr. Oscar Phelps, originally of Buffalo, N.Y.

Made of fieldstone, the building was called a "primitive-type structure" by Battle Creek residents when first constructed.

"All summer long, I watched a procession of two-horse wagons toiling up the long Washington Avenue hill," recalled Mr. Allen. "The wagons charged a dollar a load."

"There were 15 masons on the project. Old-timers will remember "Dad" Thayer, who with his several sons came from Iowa to work on the building," Mr. Allen wrote.

"One woman rented Turner Cottage at 26 W. Manchester St., (I believe it's now a parking lot), to the masons. She provided meals and lodging for $5 a week. (Sound incredible? I thought so—just think what a mason could eat!)"

Mr. Allen remembered the foundation walls as being very thick, then tapering off as the second, third, fourth and fifth floors were constructed.

"No structural steel was used," he writes, "but instead there were thousands of feet of prime white pine, which was in good supply at the time."

Mr. Allen said it was rumored that Dr. Phelps boasted he would "run Dr. Kellogg out of business." To achieve this aim, Dr. Phelps offered meat, liquor, tobacco and other things forbidden by the famed institution.

"They also hired an alert young man in a smart uniform to meet the trains and welcome the guests—which meant some stiff competition for 'L.C.'" Mr. Allen recalled.

L. C. Coulston joined the San in 1903 as official greeter of patients at the railroad station. He is still employed in the transportation department of the Sanitarium.

But even if the alert young man managed to snare a San guest, it was to no avail, according to Mr. Allen.

"The victim soon discovered his mistake and would make off and down the street to Dr. Kellogg's Sanitarium," he said.

The Phelps Sanatorium opened with near-capacity patronage, but the numbers soon dwindled and in December, 1904, the company was forced into bankruptcy.

In 1905, the building was purchased by C. W. Post, and remained closed until 1907 when Mr. Post leased it to Bernarr MacFadden, the physical culturist and magazine publisher. Mr. MacFadden operated the Bernarr MacFadden Sanatorium in the building for about three years.

Used briefly by the Trades and Workers association, the structure was purchased in 1914 by Dr. John Harvey Kellogg, director of San.

General Foods Corp., cross E. Michigan Avenue, split the backyards between First and Second streets, cross Porter Street, parallel Porter to Raymond Road, then arc cross country and link up with E. Michigan Avenue at the New York Central Railroad overpass.

The state had favored the route which would use Cliff Street to what it considered the best advantage. It would negate the building of railroad overpasses which are expensive in highway construction. (The city's preferred route would call for crossing the NYC at two locations.)

The state proposed use of Hall Street, then swinging up the hill to Cliff Street just east of Mott Street. The route would have continued along Cliff Street and then near the end jog across to E. Columbia Avenue; then into Michigan and the eventual link-up with I-94 at the Wheatfield Road.

But the impasse no longer exists.

No studies are under way by the state which would revive the extension of I-94BL. It is highly probable that I-194 between I-94 will be the eastern leg of the business loop.

So, many property owners along Cliff Street can either sigh with relief that their property will not be affected or be disappointed that the state is not going to buy their property.

But as the situation now exists, that's the end of the road at South Avenue.

San Plans New Lines for Future

Basic Ideas to Be Cherished But Its Program 'Streamlined'

A BROAD PROGRAM of increasing services to the public and fostering basic policies through modifications imposed by modern medical trends will be undertaken soon by the Battle Creek Sanitarium, which begins a New Year today free of financial difficulties which have burdened it since the depression.

Whatever is done in streamlining the Sanitarium's program, however, will be accomplished without destroying the fundamentally sound basic ideas, credited with its progressive growth over a period of 75 years.

Dr. Charles E. Stewart, Sanitarium director, and Dr. John E. Gorrell, recently employed as administrator for the institution, are considering new fields of activity. One of these will be a week-end diagnostic service, which would open facilities of the Sanitarium to those who do not have time to take advantage of a more leisurely program. Another will be the study and application of preventive measures in nervous disorders. But through all of these things will run the policies that have made the $10,000,000 institution world-famous.

EVALUATES SANITARIUM

Dr. Gorrell, who came to Battle Creek in October, has spent the last two months in a detailed study of the Sanitarium and has drawn a picture of its history and place in medical practice that might escape those more familiar with its activities.

Dr. Gorrell sees the Sanitarium as the first health institution that brought together under one roof such varied activities as physical therapy, massage, exercises and gymnastics. Today every hospital and clinic in the world has some of the equipment and ideas which were first placed on an intelligent and scientific basis by the Sanitarium.

Dr. Paul Roth, who has been working with physical therapy since its inception at the Sanitarium, is now in charge of the departments, which are more numerous than in any other institution in the United States.

On the subject of diet, Dr. Gorrell believes the Sanitarium has been one of the largest single factors in making the American public conscious of the therapeutic value of a careful selection of foods. "Engineers are very fussy about the characteristics of the coal they use in a boiler," Dr. Gorrell says, "because some fuels are either wasteful and expensive per horsepower produced or may do actual damage to the boiler in combustion. The same holds true to a large extent with foods and their effect on the human body."

SAN PIONEERED IN VITAMINS

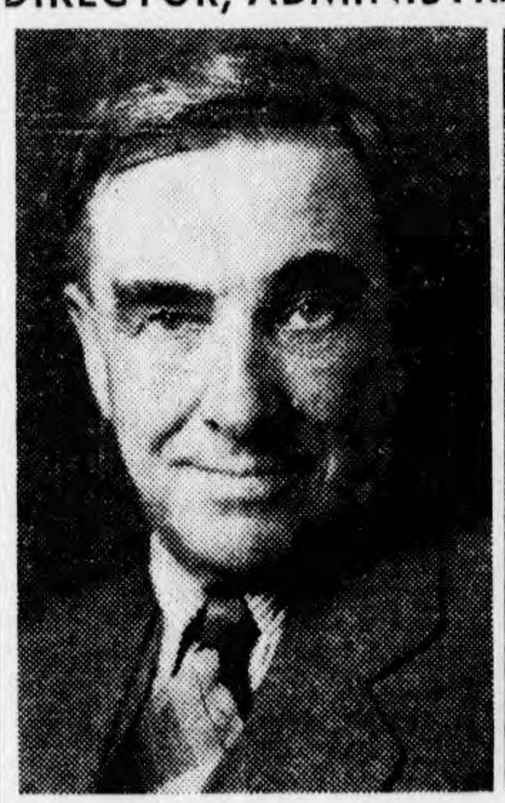
After the Sanitarium did its early work in this field, the medical profession started a long program of research, both laboratory and clinical, on the exact valuation of food and diet in health and disease. Particularly conspicuous is the work of recent years in vitamins. Many abnormal conditions, among them pernicious anemia, diabetes, arthritis and ulcers, are influenced by diet. It also plays a part in some types of treatment of epilepsy and is a great factor in the development and health of children.

The Sanitarium was also one of the first institutions in the nation to provide not only guidance in diet and exercise, but also a complete medical diagnostic and therapeutic treatment service. This strictly medical service has grown with the years until now many hundreds of persons come to the Sanitarium each year for a physical inventory or checkup.

One class of Sanitarium patient is typified by a medical school professor at Western Reserve university, who follows an intelligent and unique program in which he comes to the Sanitarium each year to spend the first week of his vacation. First he has a physical examination and learns exactly how much of a load he may safely impose on himself, with the knowledge that the examination will reveal any latent or incipient disease processes.

After seeing his physical balance sheet, the doctor starts a systematic program of graded exercises, acquires an initial coat of tan and works out a dietetic program for the ensuing year. With these things out of the way, the doctor is ready to follow a normal vacation, free of worries that often result from too rapid dietary changes, dangerous overexertion and sunburn.

DIRECTOR, ADMINISTRATOR





—Photo by M. Lillie

DR. CHARLES E. STEWART **DR. JOHN E. GORRELL**

New fields of activity, including a week-end diagnostic service and study of nervous disorders, are being investigated at the Sanitarium under their direction. Dr. Stewart is director and Dr. Gorrell, who came to Battle Creek in October, is the administrator of the Sanitarium.

SEEK TENSION RELIEF

Sanitarium patients are of every type and occupation. Many of them are world-famous business men and politicians who come here once or twice a year to seek refuge from work and worry. Many come because the tension of living is too great and they wish to come to the Sanitarium where they can't have tobacco and alcoholic beverages, substituting massages, physical therapy in one or more of its various forms and diet.

There are also the dangerously ill patients who need the medical and hospital care offered by the Sanitarium and others whose whole future depends on dietetic training. Sufferers from diabetes, for instance, attend the Sanitarium cooking school and learn to prepare foods that will not be injurious to their condition; others send their maids and cooks to the school.

Especially interesting is the new work the Sanitarium will undertake in studying the incidence of mild and serious mental loads or responsibilities and their relation to the rapid increase of angina pectoris and coronary thrombosis. Such heart ailments are almost never found in persons whose work is largely physical, but their incidence is high among professional and business workers with heavy mental loads. As Dr. Gorrell says, "it seems strange there should be such a close connection between head and heart."

WOMEN SUFFER TOO

An indication of the close tie between mental exertion and heart trouble is found in the increase of the disease among women recently. Angina pectoris was almost never found in women until they became active in business and other fields and began taking up some of the worries of the world.

Sanitarium physicians and other medical authorities say the mentally-induced heart ailments result from something in the nature of a conditioned reflex. A man goes to his office and the mere physical surroundings put him in a mood to worry. Worry that is later taken away from the office to his home.

The answer to all of this is very simple. A change in physical surroundings releases the patient from the reflex resulting from his occupation and a break in usual activities of just a short duration goes a long way toward preventing the trouble.

The Sanitarium feels that it offers an ideal place for persons to go for a short time to cut their business ties completely. One of the aims in the new program will be to improve facilities offering refuge to those who wish to escape worry.

A fortunate aspect of these heart diseases lies in the fact that the persons most susceptible are those best able, financially, to follow preventive procedures. Frequently seeking new and isolated surroundings is expensive, but the business and professional men who must do so are usually equipped to meet the cost.

THE WEEK-END PLAN

The week-end diagnostic service plan now under consideration is for a different type of patient. It will offer to those of medium incomes who cannot afford to leave their work, for even a short period of time, many of the advantages of the Sanitarium. It will be possible for a person to come to the Sanitarium Friday night or Saturday and have available all of the medical services through the week-end. Special rates probably will be set up for this service.

Also under study is a plan to make more of the Sanitarium facilities available for townspeople. Under this plan those living in Battle Creek could make use of the Sanitarium swimming pools, light treatments and massages for a small charge. For Sanitarium officials feel that anything which makes the institution more familiar to the citizens of Battle Creek will help every one.

Dr. Gorrell was employed as Sanitarium administrator in October to assist Dr. Charles E. Stewart in managing the institution, a task that had grown too great for one man. Dr. Gorrell, who is 35, was superintendent of Blodgett Memorial hospital for two years before coming here. He has gained a reputation for his ability to improve the financial condition of hospitals.

No mention can be made of the Sanitarium, of course, without referring to Dr. John Harvey Kellogg, medical director of the institution since its earliest days. Dr. Kellogg remains as head of the medical staff and is chairman of the board of trustees.

SEVERAL CHANGES IN STAFF

There were several changes during the year in the medical staff. New physicians include Dr. James W. Hubly, who came here from San Antonio, Tex., as chief surgeon, succeeding Dr. R. H. Harris, who resigned; Dr. Charles Batten, psychiatrist, who succeeded Dr. John Fopeano; Dr. Howard Drake of Los-Angeles, a surgeon; Dr. S. Theron Johnston, who succeeded Dr. H. W. Hartzell as head of the eye, ear, nose and throat department; Dr. Martin A. Mortensen, a former member of the staff who returned in October, and Dr. A. S. Gray, who left private practice in Bellevue to join the Sanitarium staff. Dr. Walter F. Martin and Dr. B. M. Overholt also left the staff during the year.

Other physicians on the staff are Dr. S. E. Barnhart, Dr. W. N. Boldyreff; Dr. N. O. Byland; Dr. B. N. Culver; Dr. J. K. Gordon; Dr. Lydia Jesperson; Dr. R. D. Nethery; Dr. R. C. Norton; Dr. A. B. Olsen; Dr. C. V. Radabaugh; Dr. W. H. Riley; Dr. Charles E. Stewart, Jr; Dr. W. V. Vandervoort and Dr. Roth.

Final federal court approval of the Sanitarium's reorganization plan under section 77-B of the bankruptcy laws was given last July, although most important details already were in operation, having been worked out more than a year ago.

The Sanitarium's corporate name is now the Battle Creek Sanitarium & Benevolent association, which replaced the Michigan Sanitarium & Benevolent as part of the reorganization proceedings.

The improved Sanitarium financial status was graphically illustrated for members of the association at its last meeting by Dr. Stewart, who said the institution's debt is approximately $1,700,000 now compared to $4,000,000 in 1932. Interest on the current debt is four and a half percent (which amounts to $180 a day) compared to six percent ($660 a day) on the old debt, he reported.

The Sanitarium financial settlement with bondholders provided for a 20 percent cash payment and 60 percent in new securities. Unsecured creditors received 20 percent of their claims in cash and 20 percent in new securities.

KELLOGG TELLS COLLEGE PLANS

Outlines University Project to San Schools.

CHANGE DUE NEXT FALL

$80,000 Gift Forms Nucleus of Fund; Institution Co-Educational Later.

March 17, 1923

Dr. J. H. Kellogg addressed the entire student body of the three Sanitarium schools at a special meeting called in the chapel Friday afternoon, telling them the reasons for merging the schools into a university and making known interesting facts pertaining to the new educational project. It was an inspirational meeting, the students singing. Dr. Kellogg with and cheering Dr. Kellogg yith great enthusiasm.

"Steps have been taken for the procurement of a charter," declared the doctor, "and it is expected to begin the work next fall. The curriculum, which will be outlined this spring, will establish for the School of Home Economics and the Kellogg School of Physical Education complete courses of study to cover four years each and leading up to such academic work as is deemed necessary in the conferring of degrees."

The name of the university is not decided definitely as yet.

"It has become necessary to make this change for several reasons," said Dr. Kellogg. "The time allotted to the subjects in the three courses, nursing, home economics and physical education, is too short wherein to give the training required. About sixteen different colleges in the country are giving courses in home economics and physical education through four years. The government has had an appropriation of funds for teachng home economics and I think there is a similar fund also for instruction in physical education."

Degrees Add Prestige.

It was further made known by the speaker that now instructors in those subjects holding university or college degrees are being given the preference. The smaller colleges are now standing in the same relation to the universities that the high school bears to the college.

The only reference made to Olivet college was in a statement referring to instructors for the new university wherein the doctor stated that Olivet college might co-operate as to teachers.

B. A. and B. S. degrees will be conferred upon graduates, but no mention was made of any medical course, which discourages the rumor that had begun to gain currency that a medical school would be a part of the university. In the beginning girl students will be enrolled but later it is intended to make the institution co-educational.

Dr. Kellogg told of the effort he made to establish the first Sanitarium school, the Training School for Nurses, 47 years ago. He started with two men in the bath room to whom he offered to pay the same wage for two hours' study each day. For a time all went well, then both quit, declaring they would work but not study.

$80,000 is Nucleus.

The nucleus of the university fund is the gift of $80,000 presented Dr. Kellogg a little more than a year ago by Miss Elizabeth Haskell, of Bad Axe, Michigan, who is a friend of the Sanitarium and Dr. Kellogg.

The university and all that it offers forms the one subject of conversation in and about the Sanitarium and the three schools today and the entire city is agog with the news of the splendid project.

Miss Lenna F. Cooper, dean of the School of Home Economics, is now at her alma mater, Columbia university, on a mission allied with the project.

American Magazine DEC. 1925

The Most Remarkable Man I Have Ever Known

By Albert Edward Wiggam

"ARE you going to rebuild?" asked the reporter.

"Rebuild what?" returned Doctor John Harvey Kellogg. He was changing cars in Chicago for Battle Creek, Michigan, on the evening of February 2d, 1902.

"Why, rebuild your sanitarium," replied the reporter. "It burned to the ground this morning."

"I didn't know that. Certainly we will rebuild," shot back the doctor instantly. . . . "Case" (he called to his secretary, James T. Case, now a well-known surgeon), "tell the porter to bring us a table. I must draw plans for our new sanitarium."

Turning to the reporter, he announced, "You can say that work will begin tomorrow morning."

All night long the two men toiled away, the doctor making drawings and dictating ideas at the same time. When they landed at Battle Creek the next morning he had plans ready to submit to his colleagues and bankers.

"But we had nothing to offer the banks for security," he told me, "except our faces and a pile of ashes."

"Apparently that was enough!" I replied.

WE WERE sitting on the porch of Doctor Kellogg's home in Battle Creek, where is located the world-famous sanitarium that rose from the ashes of the one that went up in smoke on that February night twenty-three years ago. We had been talking together for five hours. I had met him at two in the afternoon, just as I was leaving the dining-room of the sanitarium, a few blocks away.

"Come with me," he had said at that time, "I want to show you some experiments."

"Have you had your luncheon?" I asked him.

"Oh, no, no," he answered, in his rapid-fire way. "That doesn't matter. Come to think of it, I omitted my breakfast too. I had an emergency operation at four A. M., and I operated again this forenoon until eleven. Then I had a board meeting until just now. I can eat some other time. Come ahead."

As we went down through the main corridor, the doctor made a side shot through a door labeled, "X-ray Department."

"What did the examination of Mrs. M. show?" he asked the doctor in charge. "Oh, that's nothing serious. . . . And the boy from Alabama? . . . How do the plates look in the case of Mr. B.—, that British Columbia man? I think we can save him. Big executive; doesn't know how to rest; eats too much. Many of them die twenty years too soon." These and a dozen more penetrating questions in a quiet, steady voice, and out we went down the hall.

"Oh, just a moment in here," said the doctor, as we passed his private office.

"Ashley," he called to his secretary, who with his four assistants does the correspondence work in the doctor's busy office, "tell Marshall to have those legal matters ready for me at once; call Doctors Roth and Boldyreff, and see if that apparatus we devised for collecting gastric juice from that dog is working; tell Mr. Bailey to make the bearing in that machine two millimeters smaller; I made some new calculations last night; —'phone the operating-room I will be there in the morning at nine; ask Mrs. Butler to get those French and German reports abstracted for my address next week at Ann Arbor; wire that girl's parents their daughter is doing fine work, and will make a splendid dietitian. . . ."

All this, and more, without rush or hurry, and with two other department heads getting in a word now and then about matters on which they wanted advice, for Doctor Kellogg is the directing head of the institution.

"One secret of getting lots of work done," Doctor Kellogg said as we left the building and got into his automobile, "is this: Finish a matter while you are at it. First, see the matter clearly; second, face the facts squarely; and, third, decide on some *definite* course of action."

As I watched this man of seventy-three handling his automobile like a boy of twenty, and as we came in sight of the extensive playground he has made for the children of Battle Creek in the big grove round his home, there rose in my mind the four pictures which, one of the sanitarium physicians who was for years his personal secretary had told me the previous evening, were but a few of the many pictures he would like to give to the world of his beloved chief, Dr. John Harvey Kellogg.

"THE first picture," said the doctor, "was when we were riding through the canyons of Mexico. Getting off his horse now and then, the doctor would stretch himself in the shade of some jutting rock and dictate a translation of a French work on diet, copies of which I was to rush back to the staff at Battle Creek.

"The second picture is that of riding, again on horseback, through the mountains of Austria to a famous old hydriatic, or water-cure, institute, where the head physician of a hundred years ago had written an important book on hydrotherapy. The doctor had made the trip to obtain a copy, for one could not be had elsewhere. He borrowed the institution's copy. All night he translated into English and dictated to me the contents of that book, and the next morning we returned it, having a copy of all of it that was worth while.

"The third picture is that of an evening about eight o'clock, when I told him my college work was getting so heavy I would have to resign as his secretary. 'All right, my boy,' he said, 'but won't you take a little note for me before you go?' At four o'clock the next morning I began to nod over his 'little note,' and he said, 'Why, lad, I believe you are getting sleepy; better go to bed.' How *could* I leave such a man?

"The fourth picture is that of a group of surgeons on their way to a surgeons' meeting, all of whom had at one time or another been secretaries to Doctor Kellogg; and we fell to comparing notes as to which one had taken the longest continuous dictation from him. I seemed to have won the marathon with *twenty hours' uninterrupted dictation*, with the doctor sitting in his summer underwear in a little mountain resort hotel in Colorado."

IN ATTEMPTING, therefore, even the most meager interpretation of Doctor Kellogg, I am bewildered, as there are so many angles of approach. I might mention first, for instance, that he has practiced medicine fifty-one years, during which time he has performed 15,000 surgical operations, had 277,000 patients at his sanitarium—and he has never received a medical fee! I might call attention to the fact that he has been the guiding spirit in building the great educational health institution of which he is now the superintendent; that he is the "father" of modern "breakfast foods;" that he has also organized a college where progress in health and the principles of biologic living are taught to several hundred young women; that he edits the oldest health journal in existence; that for sixteen years he ran a medical missionary college which graduated over two hundred students; that he has organized at his sanitarium a staff of forty-five physicians; that he also started a school of nursing, from which more than a thousand students have been graduated; that he has written twenty scientific and popular books, and collected a library of twenty thousand volumes in English, French, German, and Italian; that he has worked with two generations of doctors, and three generations of secretaries—and even then there would be a score of astonishing activities not even touched upon.

"There is only *one* Doctor Kellogg," was the expression with which everyone had greeted me when I had asked for facts about this remarkable man. After I had come to know him well I found I fully agreed with them.

In attempting to present a picture of Doctor Kellogg's unusual story, I want

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"Rebuild what?" returned Doctor John Harvey Kellogg. He was changing cars in Chicago for Battle Creek, Michigan, on the evening of February 2d, 1902.

"Why, rebuild your sanitarium," replied the reporter. "It burned to the ground this morning."

"I didn't know that. Certainly we will rebuild," shot back the doctor instantly. . . . "Case" (he called to his secretary, James T. Case, now a well-known surgeon), "tell the porter to bring us a table. I must draw plans for our new sanitarium."

Turning to the reporter, he announced, "You can say that work will begin tomorrow morning."

All night long the two men toiled away, the doctor making drawings and dictating ideas at the same time. When they landed at Battle Creek the next morning he had plans ready to submit to his colleagues and bankers.

"But we had nothing to offer the banks for security," he told me, "except our faces and a pile of ashes."

"Apparently that was enough!" I replied.

WE WERE sitting on the porch of Doctor Kellogg's home in Battle Creek, where is located the world-famous sanitarium that rose from the ashes of the one that went up in smoke on that February night twenty-three years ago. We had been talking together for five hours. I had met him at two in the afternoon, just as I was leaving the dining-room of the sanitarium, a few blocks away.

"Come with me," he had said at that time, "I want to show you some experiments."

"Have you had your luncheon?" I asked him.

"Oh, no, no," he answered, in his rapid-fire way. "That doesn't matter. Come to think of it, I omitted my breakfast too. I had an emergency operation at four A. M., and I operated again this forenoon until eleven. Then I had a board meeting until just now. I can eat some other time. Come ahead."

As we went down through the main corridor, the doctor made a side shot through a door labeled, "X-ray Department."

"What did the examination of Mrs. M. show?" he asked the doctor in charge. "Oh, that's nothing serious. . . . And the boy from Alabama? . . . How do the plates look in the case of Mr. B.—, that British Columbia man? I think we can save him. Big executive; doesn't know how to rest; eats too much. Many of them die twenty years too soon." These and a dozen more penetrating questions in a quiet, steady voice, and out we went down the hall.

"Oh, just a moment in here," said the doctor, as we passed his private office.

"Ashley," he called to his secretary, who with his four assistants does the correspondence work in the doctor's busy office, "tell Marshall to have those legal matters ready for me at once; call Doctors Roth and Boldyreff, and see if that apparatus we devised for collecting gastric juice from that dog is working; tell Mr. Bailey to make the bearing in that machine two millimeters smaller; I made some new calculations last night; —'phone the operating-room I will be there in the morning at nine; ask Mrs. Butler to get those French and German reports abstracted for my address next week at Ann Arbor; wire that girl's parents their daughter is doing fine work, and will make a splendid dietitian. . . ."

All this, and more, without rush or hurry, and with two other department heads getting in a word now and then about matters on which they wanted advice, for Doctor Kellogg is the directing head of the institution.

"One secret of getting lots of work done," Doctor Kellogg said as we left the building and got into his automobile, "is this: Finish a matter while you are at it. First, see the matter clearly; second, face the facts squarely; and, third, decide on some *definite* course of action."

As I watched this man of seventy-three handling his automobile like a boy of twenty, and as we came in sight of the extensive playground he has made for the children of Battle Creek in the big grove round his home, there rose in my mind the four pictures which, one of the sanitarium physicians who was for years his personal secretary had told me the previous evening, were but a few of the many pictures he would like to give to the world of his beloved chief, Dr. John Harvey Kellogg.

"THE first picture," said the doctor, "was when we were riding through the canyons of Mexico. Getting off his horse now and then, the doctor would stretch himself in the shade of some jutting rock and dictate a translation of a French work on diet, copies of which I was to rush back to the staff at Battle Creek.

"The second picture is that of riding, again on horseback, through the mountains of Austria to a famous old hydriatic, or water-cure, institute, where the head physician of a hundred years ago had written an important book on hydrotherapy. The doctor had made the trip to obtain a copy, for one could not be had elsewhere. He borrowed the institution's copy. All night he translated into English and dictated to me the contents of that book, and the next morning we returned it, having a copy of all of it that was worth while.

"The third picture is that of an evening about eight o'clock, when I told him my college work was getting so heavy I would have to resign as his secretary. 'All right, my boy,' he said, 'but won't you take a little note for me before you go?' At four o'clock the next morning I began to nod over his 'little note,' and he said, 'Why, lad, I believe you are getting sleepy; better go to bed.' How *could* I leave such a man?

"The fourth picture is that of a group of surgeons on their way to a surgeons' meeting, all of whom had at one time or another been secretaries to Doctor Kellogg; and we fell to comparing notes as to which one had taken the longest continuous dictation from him. I seemed to have won the marathon with *twenty hours' uninterrupted dictation*, with the doctor sitting in his summer underwear in a little mountain resort hotel in Colorado."

IN ATTEMPTING, therefore, even the most meager interpretation of Doctor Kellogg, I am bewildered, as there are so many angles of approach. I might mention first, for instance, that he has practiced medicine fifty-one years, during which time he has performed 15,000 surgical operations, had 277,000 patients at his sanitarium—and he has never received a medical fee! I might call attention to the fact that he has been the guiding spirit in building the great educational health institution of which he is now the superintendent; that he is the "father" of modern "breakfast foods;" that he has also organized a college where progress in health and the principles of biologic living are taught to several hundred young women; that he edits the oldest health journal in existence; that for sixteen years he ran a medical missionary college which graduated over two hundred students; that he has organized at his sanitarium a staff of forty-five physicians; that he also started a school of nursing, from which more than a thousand students have been graduated; that he has written twenty scientific and popular books, and collected a library of twenty thousand volumes in English, French, German, and Italian; that he has worked with two generations of doctors, and three generations of secretaries—and even then there would be a score of astonishing activities not even touched upon.

"There is only *one* Doctor Kellogg," was the expression with which everyone had greeted me when I had asked for facts about this remarkable man. After I had come to know him well I found I fully agreed with them.

In attempting to present a picture of Doctor Kellogg's unusual story, I want

to begin with one of the most interesting incidents of his boyhood, as it gives us a key to all his later character and development.

"When I was ten years old," he told me, "my mother asked me one day, 'What are you going to make of yourself, Johnny?'

"'Anything on earth, Mother,' I replied, '*except* a doctor.'

"I hated the thought of being a doctor. Even after I became a doctor I vowed I would never be a surgeon. The sight of blood nauseated me. But I had to overcome all these things later to follow what seemed to me a clear call.

"One day, shortly after my mother asked me that question, I saw in a twinkling the vision of my life. I was sitting on the back steps of my parents' little home here in Battle Creek, with my face buried in my hands, pondering over what my mother had said, and wondering what I should do. Suddenly I saw a brilliant picture—I suppose you would call it a day dream. The barn, woodpile, and other familiar objects had disappeared, and I seemed to see a wild place in the country, with a long road, down which dirty, unkempt children were pouring. They were pointing toward a schoolhouse, where I could see myself clearly, standing in the doorway, beckoning for them to come in.

"THAT picture always lived with me. It gave me the idea of my life work. I must prepare myself to give a chance to children who had no chance. This has been the passion and ambition of my life. This sanitarium and our college here and our Race Betterment Foundation all have behind them that one great ideal. Mrs. Kellogg had the same ambition. At various times we took forty-two children into our own home to live—and we gave them an education and a chance."

"Were you born in Battle Creek?" I asked.

"I was born in Tyrone, Michigan, on February 26th, 1852. When I was four years old my parents moved to Battle Creek, and I have been here ever since.



The writer of this article, Mr. Wiggam, is the author of two distinguished popular scientific books, "The New Decalogue of Science," and "The Fruit of the Family Tree." Both have been best-sellers in the non-fiction field. He probably knows, personally, more scientific men than any other American who is not a scientist himself. Some time ago the Editor of "The American Magazine" asked Mr. Wiggam who was the most remarkable man he had ever met. "Dr. John Harvey Kellogg," he replied. This interview is the result of that answer. . . . Doctor Kellogg, whose picture is shown above, is head of the world-famous Battle Creek Sanitarium. He has performed 15,000 surgical operations, and has received 277,000 patients into his institution. In addition to this, he is the author of many books and the "father" of the modern flaked breakfast foods

"Father had a small store and a little broom factory. I didn't have much of a chance, partly because I was small and puny, and partly because, until I was nine years old, I was not allowed to learn to read.

"The reason for this will seem queer nowadays. My parents held a belief, with many others at that time, that the world was going to come to an end very soon. So they deemed it a waste of time for me to learn to read.

"However, at nine I got a chance to go to school for six weeks. I worked the rest of my education out myself, and was soon reading everything. I had to go to bed at nine; but I would wait until everybody was asleep, and then light my lamp and read until one or two in the morning.

"One day, when I was eleven years old, I heard my father say, 'It's about time Johnny was becoming self-sustaining.'

"The next day I said to him, 'Father, if you will pay me for what I do for you, I will pay you for what you do for me.' So he let me go to work in his broom factory. Within two weeks I was earning two dollars a day. I spent my first money for Farr's Ancient History in four volumes, and sat up often until the gray morning, reading every word over and over again. I have bought every schoolbook I ever had. I have earned my own way ever since I was eleven years old. When I was fourteen, my father gave me a watch. I carried it two days and took it back, and told him that because I hadn't earned it, it seemed so heavy I could not carry it.

"As I have said, I was very small and puny, and yet I was pretty strong. My folks didn't think I would ever amount to much. But after working ten hours a day in the factory, just like a man, I then took care of several cows and horses. Boys nowadays might think that a bit tough.

"ONE day a thing occurred in the factory that has influenced the whole trend of my life. I was watching a man at a machine which he worked with his foot, turning out brooms, one after the other. All day long he worked at that treadmill. I thought, 'Why, that man is always doing the same thing over again!' And I made up my mind then and there that I would never get into any such rut.

"This also gave me the idea that anything that was really *worth* doing was always something new, and *hard* to do. I decided that if a thing was easy, anybody could do it—and it was no use to do things that anybody could do. So I set to work hunting up hard jobs. That idea took possession of me and ruled my life. If I found anything folks said couldn't be done I was crazy to do it. If the boys told me of a tree nobody could climb, I was bound I would get to the top of it—and did."

For a moment Doctor Kellogg was silent. Then he added, "I have never tackled an easy job in all my life."

How deeply ingrained this trait has always been in Doctor Kellogg's character is illustrated by an interesting incident related to me by Dr. A. B. Olsen, of the department of nervous diseases of the sanitarium, an incident which, Doctor Olsen said, had profoundly influenced his entire life:

"In front of the old sanitarium," Doctor Olsen said, "was a circular water fountain, perhaps twenty or twenty-five feet in diameter, which was surrounded by a narrow concrete path, on the outside of which was a chain guard which hung in loops between small iron posts. On several occasions (*Continued on page 117*)

The Most Remarkable Man I Have Ever Known

(*Continued from page 15*)

I saw Doctor Kellogg trying to ride his bicycle around this narrow, winding path, a stunt permissible only for a trained trick cyclist. The doctor fell many times and was in imminent danger of a serious accident; but he persisted in trying to ride around the fountain. When I protested against any further attempts at such a circus feat, he said, 'I make myself do hard things. It is good discipline, and we need it.'"

"When I was twelve, I got a chance to go to school all winter," continued Doctor Kellogg. "This chance came because the pastor of the local church said 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."

"When school was out in the spring," the doctor went on, "the pastor visited my father's store one day. While there, he picked me up and swung me around like a ball bat, and then said to my father:

"'I hear that little Johnny is a smart boy. I'd like for him to come into my shop and learn printing.' He owned the local paper too.

"I jumped at the chance. It meant an unlimited opportunity to read and learn something new. And, as I told you, I had become possessed with the thought of those children I had seen coming by the schoolhouse.

"'I must prepare to help the children—help the boys and girls who haven't a chance,' kept ringing in my ears day and night. I thought learning the printer's trade would help me to help them.

"MY FATHER consented to this plan. I had not been there long before I saw many mistakes in the paper. So I used to slip in and get the first form sheet they had run off the press, and mark all the errors. Pretty soon they made me proof reader. Then the printers began to complain that they had so many corrections to make, even when they followed copy, that I was put into the editorial department to get the copy correct to begin with. So at fifteen I was almost editing the entire paper.

"I left this the next year, however, and went to teaching school. Part of the time I attended a normal school. It was here that I got hold of my guiding rule of life: *Find Nature's way, and follow her.*

"I had been reading some lectures by Sylvester Graham—the man who invented Graham flour. Graham's theories, of course, were crude; but what impressed me was that he always appealed to nature. It became a ruling passion with me—the belief that there was in everything one best way, nature's way.

"When I came to teach, I got hold of a book by Margaret Fuller. She was the first apostle in America of Froebel's kindergarten methods. It was the natural method. That attracted me. In the summer my father asked me to begin teaching my younger brothers and sisters. So I got them and several other children, and set up a kindergarten in our house—I hardly realized it was a kindergarten. I just aimed to teach them the way they naturally wanted to learn. For instance, I made maps of the world in the garden, so they could walk over the whole world. Their progress was astonishing.

"At the end of that summer, I went back to normal school, and while there I got a telegram from my father. He wanted me to come home. An elder brother of mine had studied medicine, and had persuaded my father that I ought to become a doctor. I fought against the idea until I happened to think, 'That will help me prepare to help boys and girls who haven't a chance.'

"But even after I got into the medical school, I had no definite idea of ever practicing.

"WHILE I was studying medicine at Bellevue Hospital, New York, and at Ann Arbor, Michigan, I was called on to edit, as a side line, a journal called 'Good Health,' which was run in connection with the old Battle Creek Sanitarium—at that time a sort of water-cure institution, with only a few patients. The journal was full of fads and whimsies; but I took it with me and edited it, and tried to make it a scientific journal. That was fifty-three years ago last April. I have got out every number since.

"I have also served on the Michigan State Board of Health, under four different governors, and, speaking of age," Doctor Kellogg smiled, "I am the oldest living member of the American Public Health Association. Dr. Stephen B. Smith, who died a year or two ago at the age of ninety-nine, was the oldest member then.

"I wonder what young men and women would think nowadays of getting through college as cheaply as I did," Doctor Kellogg continued. "When I got to New York for my medical course, the first thing I did was to buy a barrel of apples and a barrel of crackers made with Graham flour. For breakfast I allowed myself seven crackers and two apples. Once in a while I would indulge myself in a potato, which I would bake in the fire at night while I was working. Occasionally, also, I had some oatmeal gruel Besides that, I had one coconut a week.

"I was experimenting; and I gained seventeen pounds. I was never in better health. I was happy, and had a clear head. The total cost was, I believe, not over sixteen cents a day."

"Would you recommend such a diet to everybody?"

"Not at all! I just happened to hit upon a good combination. Many people injure themselves by taking up special diets, without highly skilled advice. Diet is a highly scientific matter, and no one can manage it without scientific knowledge."

"Did you invent the first breakfast food?" I asked.

"No; but I invented the first ready-cooked flaked cereal food. It was rather

How Does YOUR English Impress Others?

Do You Say ~

I ain't
You was?
I have drank
Can't hardly
It don't
Between you and I
Like he does
I sure am
Those sort
Have you spoke
He did it already

Improve Your English This New Way



THE errors above are easy for you to see. Perhaps, however, you make other mistakes which offend cultured people as much as these would offend you. How do you know that you do not mispronounce certain words; are you always sure that your speech and writing are grammatically correct? To *you* they may seem correct; but others may know they are wrong.

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"From Sheep's Back To Yours"

comical how I came to think of it. I prescribed zwieback for an old lady, and she broke her false teeth on it. She demanded that I pay her ten dollars for her false teeth. I began to think that we ought to have a ready-cooked food which would not break people's teeth. I puzzled over that a good deal.

"One night about three o'clock I was awakened by a 'phone call from a patient, and as I went back to bed I remembered that I had been having a most important dream. Before I went to sleep again I gathered up the threads of my dream, and found I had been dreaming of a way to make flaked foods.

"The next morning I boiled some wheat, and, while it was soft, I ran it through a machine Mrs. Kellogg had for rolling dough out thin. This made the wheat into thin films, and I scraped it off with a case knife and baked it in the oven.

"That was the first of the modern breakfast foods. Later, I invented nearly sixty other foods to meet purely dietetic needs. But if I made any money out of a food it went into education. I sold all my interest in the original breakfast foods in order to get money for educational work, especially for our Race Betterment Foundation."

"Another activity!" I interjected.

"Well," continued the doctor, "the sale netted approximately a quarter of a million dollars, which was placed in the hands of an organization, which we named the Race Betterment Foundation, of which I am president. This fund enabled us to start the Battle Creek College, and it is also used for other race-betterment projects.

"But to come back to the story I was telling you! I graduated from Bellevue as a doctor in 1875. I was then nearly twenty-four years old. But I had no definite plan to practice medicine. I wanted to help people who had no chance—but I hadn't made up my mind about the best way to do it.

"The following summer, while I was editing the health journal, I wrote a book on health called 'Plain Facts.' It was the first book I know of which approached the subject of sex-education from the new and natural method; that is, by presenting the sex life of plants. Over half a million copies of the book were sold. I published it myself. It gave me enough money to support myself.

"IN THE summer of 1876 I organized a health exhibit at the Philadelphia Centennial. That summer the trustees of the sanitarium came to me and asked me to take charge of it. It was then a little run-down two-story wooden building, with fifteen patients. Some of its methods were very unscientific. I told the trustees that I would take charge if they would let me reorganize the institution and put it on a scientific basis. They agreed.

"On the first day of October, 1877, I took charge. That was forty-eight years ago. I have been here ever since.

"The trustees asked me what I would call the institution. I said I would call it a 'Sanitarium.' They replied that there was no such word in the dictionary. I said I would put it in the dictionary—and I did! I wanted it to mean an institution to *educate people how to keep well*, not merely a place for curing the sick. And it has always been just that.

"My idea was to organize all known scientific methods of medicine, and to institute teamwork among a large corps of physicians. I got students and developed them in all branches of medicine. Our students went to various schools, and perfected themselves in every branch. Thus, they could all coöperate and do everything known to science for the patient."

"Did you ever get any fees?"

"I? I have never had either fees or salary for myself."

"Well, you surely had some income from the institution," I said.

"For years I had a nominal salary of $1,000 a year, then $1,500 and later $15,000; but I have never kept a cent of it. All I ever made from my salary or my food factory, or my royalties from books—everything—goes into educational work, except what is necessary for my living expenses. My life work is not doctoring, not surgery, but *education*.

"I own this home and that little food factory over there, which manufactures foods only for dietetic purposes. I have never invented a food except to meet a dietetic need. I haven't a penny invested in real estate or other money-making enterprises. I have had abundant opportunity, but I did not feel I had a right to do it. I was working for a principle, for truth, for an ideal, and everything I have developed in a financial way has come out of those ideals.

"So, don't you see, all the money, except for my living expenses, that I make *must* go to promote those ideals.

"THE money from my little food factory helps support our college. My books have brought me some money, but that goes for the same purposes. I also have invented many machines and many devices for physical therapy. I invented the electric light bath. When Edison brought out his incandescent light I had here some of the first ones. I happened to put my hand on a bulb and I could see the light through my fingers. 'Here is a great therapeutic agent,' I said, and I invented ways of using it at once. Numerous experiments were made, demonstrating the helpfulness of this new agent, and it has proved of great benefit in certain cases."

I must mention here the fact that one evening Doctor Kellogg took me up into his dressing-room, which is rigged up with all sorts of apparatus for keeping a man fit, and which is near his sleeping porch, where the doctor sleeps out of doors the year round. There he showed me some phonograph records on which he had set daily exercises to music. I learned from other sources that Doctor Kellogg was the first to do this.

"Those records must pay you a handsome royalty," I said.

"Oh, yes," he replied; "they pay me fifteen hundred dollars a year. That money will keep two girls in college."

I threw up my hands. "No use for anyone to give you money for yourself, is it?"

"Oh, no," he replied; "I have no use for it. I could have accumulated a fortune; but what is money for except to make the whole world better, to help people have a better life?"

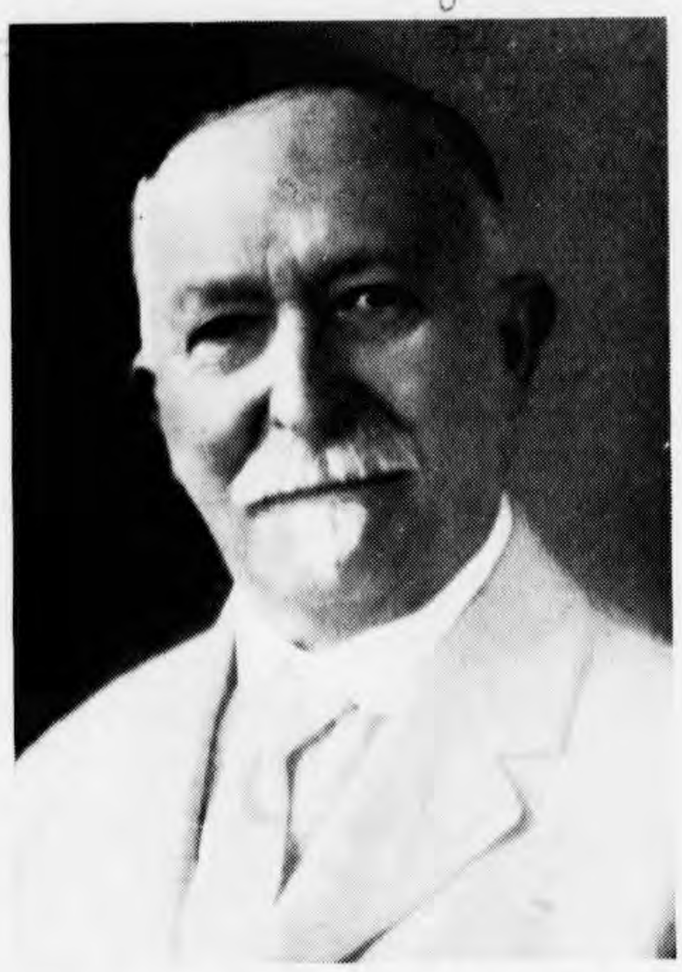
May 20, 1933

Who's Who in the Alumni University



John Samuel McDonald, '91L,

is concluding eleven years on the Supreme Bench of the State of Michigan. He became a Justice by appointment in 1922, was elected later for the term of his predecessor and two years thereafter was nominated and elected for a full term. With all other state Republicans he went down to defeat in the recent April elections. In 1924 the University, at Commencement, gave him his degree as of his Class, for he had been able to attend the Law School as a student only one year. His study in Ann Arbor followed student life at Victoria University in Canada, where he was born. His elevation to the Supreme Court followed fourteen years on the Circuit Bench in Grand Rapids, his home, and two terms as Prosecuting Attorney of Kent County. One of his decisions as a Justice involved the definition of the constitutional rights of the Board of Regents of the University.



John Harvey Kellogg, m'73-'74,

has directed for 57 years the famous Battle Creek Sanitarium which he founded the year following his graduation from Bellevue Hospital Medical College in New York City. Today, in his eighty-second year, he is still engaged in the truly manifold activities which have brought him fame and distinction and to which he has energetically devoted his life. Just one of these is the editing of a health magazine, *Good Health*, which he has produced each month for more than 60 years. It is useless to say that he has been a prodigous worker—his accomplishments announce that—but a partial review of his productive capacity shows the invention of improved apparatus for medical and surgical purposes; the writing of many medical and scientific papers and more than fifty bound volumes; the organization of Battle Creek College; the establishment and Presidency of the Race Betterment Foundation; and eighteen years of service on the Michigan State Board of Health. He holds honorary degrees from two institutions and membership in many important societies.



Hughston Maynard McBain, '19-'22,

today, at the age of 30, holds one of the most important executive positions of any man of his years in Chicago. He is Assistant to the President of Marshall Field and Company—which means that he is concerned with the retail and wholesale business of such units as The Merchandise Mart (the world's largest building), the Davis Company, and the more than 40 textile, hosiery and floor covering mills, etc., operated by the big concern in various parts of the country. He stepped into his present post from the office of General Manager of The Merchandise Mart, where his year of unusual success brought him instant recognition and the promotion. While on the Campus he was a member of Delta Chi and Sigma Delta Chi and was one of the few Sophomores ever to be named a Night Editor of *The Michigan Daily*. He is married and has two daughters and one son.

1933

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Dr. John H. Kellogg, Apostle of Health

DIED, December 14, 1943, at Battle Creek Sanitarium, Battle Creek, Michigan, the widely-known physician, surgeon, and teacher of health, Dr. John Harvey Kellogg. Influenza, terminating in pneumonia, was the immediate cause of his death at the age of ninety-one years. Almost to the last, his physical vigor and mental alertness were a marvel.

The entire life of the doctor was marked by unusual activity and a persistence in the pursuit of what he deemed truth vital to the welfare of mankind that made him a molding influence on the lives of thousands.

He may rightfully be called the father of the sanitarium idea in the United States—an institution for the healing of the sick and at the same time a school for promoting principles of right living that will maintain health and happiness. The Battle Creek Sanitarium, known the world around, has been the means of converting thousands from deleterious habits to saner methods of living. He stood at the head of this institution for over sixty years, and lived to see its principles and methods of treatment carried out in other institutions all over the land.

By the manufacture of health foods—through the Battle Creek Health Food Company—the dietetic principles of Dr. Kellogg appeared on the tables of the nation's populace, rich and poor. Fathers, mothers, and their children ate at his hand. Of him it has been said that he was responsible for changing the American breakfast from the traditional bacon and eggs to a cereal menu.

As editor of *Good Health Magazine*, Dr. Kellogg gave to a wide reading public his principles of biologic living. In his early manhood, long before calories and vitamins were common talk, he was convinced that the use of flesh food was unnecessary to the proper nourishment of the human body. And with Dr. Kellogg, to be convinced meant that henceforth a fleshless diet became a matter of daily practice. He was, therefore, by theory and practice a leader in the art of simple biologic living.

This led him to include in his treatment of disease not only a non-flesh dietary but a well-developed system of

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ONLY in Thee can I triumph, Lord,
Only through Thee can I win—
Only in Thee can I triumph, Lord,
Strengthened, upheld by Thy might—
Safe, safe amid darkness or tempest
Because Thou thyself art my light.
Only in Thee can I triumph, Lord,
Here in the midst of the strife. . . .
Only in Thee am I strong,
When so much around me is failing. . . .
Make me in Thee, Lord, a conqueror,
Yet more than conqueror to be—
A faithful witness wherever I am,
A triumph to and for Thee.

—*Ethel Bentall*

heat and light therapy, regulated exercise, massage, hydrotherapy, and physiotherapeutics.

A Health Evangelist

THE JOURNAL of the American Medical Association, issue of December 25, referred to him as a health evangelist, and lists some of his activities:

"He devoted much of his time to research. He is credited with the invention of much improved apparatus and of instruments for medical and surgical purposes and also with modifications of many commonly used cereals. . . . In connection with his conduct of the sanitarium, he devoted much attention to the use of physical therapy, and made many interesting innovations in the devices used for this purpose, including particularly the so-called electric light bath and the sinusoidal current.

"His numerous writings and lectures on health and hygiene attracted wide attention. He was sixteen years a member of the Michigan State Board of Health. He was a fellow of the American Association for the Advancement of Science, American College of Surgeons, Royal Society of Medicine, England, a member of the American Public Health Association, and a corresponding member of the Societe d'hygiene de France. As an adjunct to the Battle Creek Sanitarium, he founded and became president emeritus of the Battle Creek College, also founder and president of the Race Betterment Foundation, and founder and medical director of the Miami-Battle Creek Sanitarium, Miami Springs, Florida. . . ."

Although he had no children of his own, Dr. Kellogg was called the "Father of Forty." His generous home on Manchester Street was the center of youthful activity for many years, he and Mrs. Kellogg playing the magnanimous part of parents and educators. No pains were spared to give these children the benefit of the best in method and equipment. And as they grew to manhood and womanhood, many of them took professional training and are filling positions of usefulness.

His fatherly care extended beyond the bounds of his own home; for on a generous tract of land in the edge of the city, Haskell Home for orphan children for years was an object of his particular care and solicitation.

The doctor was always alert to select men and women of promise and guide them into the medical profession. In early days the training was taken in the Medical Department of the Michigan State University, later in the American Medical Missionary College, operated largely under his own direction, whose alumni have carried the principles of Battle Creek Sanitarium and of Dr. Kellogg himself to many mission fields at home and abroad.

An untiring worker, his four score years and ten were filled to overflowing. He started many enterprises and fostered many projects that will perpetuate his memory.

One of His Students

AS a young man in college, President E. A. Sutherland, of Madison, was a student with Dr. Kellogg, who adopted many of his teacher's principles of healthful living. As a schoolman and church worker, he lived and taught these principles; and when, in middle life, he faced a situation at Madison that demanded a physician who was willing to unite the educational and medical work of the new institution, he took the medical course. That step received the profound approval of Dr. Kellogg, and there has ever been a close link of friendship between the older and the younger man. Dr. Kellogg watched with keen enjoyment the growth of these ideas on the Madison campus.

A few days before the end came, Dr. Kellogg's secretary read to him a letter that had been received from Dr. Sutherland. It was one of the last items of business to which he gave attention. His secretary, writing of the instance, said, "He felt that in your work in the Southland you were carrying out the Sanitarium plan, and that by extending your efforts out through the country to those in need, you were meeting his ideals. He mentioned a number of times your

loyalty and devotion to these principles."

Madison, tracing as it does many of its principles and practices to the work of Dr. Kellogg, unites with many men in many walks of life in paying tribute to the little doctor who devoted his long life so consistently to the welfare of humanity. In Scripture language, "His works do follow him."

The Law of Compensation

MANY years ago Ralph Waldo Emerson wrote an essay on the Law of Compensation in which he made the point that our lives have an almost scientific way of evening up in the long run. We get out of our lives, and our jobs, just what we put into them.

Success or failure, in a very great measure, is of our own making. We can acquire the habit of doing the right thing, even though it be difficult, as easily as we acquire a taste for certain undesirable foods or drinks.

We have learned that it is wrong to loaf, wrong to write questionable business, wrong to misrepresent anything. We have learned that it is right to work diligently, present our policies on their merits, and assist each other as much as we can. We know that success depends on honest endeavor; that organizations succeed only when their members cooperate.

We envy a fellow agent because he has made an outstanding record, or perhaps has closed a big contract. But we don't always see, back of that record or that sale, the intelligent planning, the hard work, the gradual growth of success principles that made it possible.

A. M. Burton, in *Life and Casualty Mirror*

Emphasis on Practical Arts

THE feeling intensifies that postwar education will see a revision in both methods of instruction and the point of emphasis. It was my privilege recently to attend a sectional discussion conducted by state educational men in which the importance of teaching the practical arts was especially emphasized.

The trend seems to be toward a national unity of teaching and grading and a standardization of teaching materials in all grades and on all grade levels. Possibly one of the most outstanding suggestions is that the work be so organized that the practical arts, like the three R's, will be taught in all grades from first through the twelfth. This spells hand work coordinated with head work and is the thing we have wanted for a long time. That will put into our educational scheme a basis for "education for democracy," which we have been inclined to shy away from rather than to embrace.

It was my pleasure and privilege, also, to attend the conference for secondary school teachers held at Southern Junior College, Collegedale, Tennessee, the first few days in January. There again was sounded the call for emphasis on the practical arts in all our church schools. Nearly every paper, nearly every discussion, nearly every recommendation offered, contained the thought of greater emphasis upon the practical, all-round training of students. It is a step forward in the development of the threefold education of head, hand, and heart that, in theory, at least, we have contended for in the past.

Such a program will set in motion a wave of interest in self-maintenance and self-government that are essential to the education of men and women upon whom will rest the greatest responsibility for world peace.

Gerald Boynton, instructor, Industrial Arts, Madison College

Successful Efforts of Lay Workers

MADISON is interested in the gospel work of lay members of the church, and by its system of training is educating young men and women to operate on a self-supporting basis in needy parts of the vineyard. It is gratifying to learn of the success of lay workers in the twenty-three countries comprising the Inter-American Division of the General Conference of S. D. A., as reported by Glenn Calkins in *The Review and Herald* of January 6, 1944. After stating that conversions in that section of the

mission field came within 2,500 of equaling the total additions to the churches of the strong North American Division, he says:

> The baptisms last year were due, to a large extent, to the earnest efforts of our lay preachers and lay members. We have approximately 750 regular lay preachers in the division—not ordained ministers or licensed ministers, but lay preachers. And as nearly as we can estimate, these lay preachers were instrumental in baptizing more than two thousand people last year.
>
> During 1942 a church or a Sabbath school of 111 members was organized on an average of every six days. . . . We thank God that in spite of the fact that we do not have large appropriations in comparison with some, He is blessing the program of lay preaching in the Inter-American field.

From Distant Lands

MADISON'S interest in dietary problems and its manufacture of soybean products is known not only in the homeland. A mission teacher in Rhodesia writes for information in behalf of her pupils, many of whom are undernourished.

Recently a food-distributing center in Bulawayo, South Africa, wrote:

> Your name has been given us by ....., of Bulawayo, and we are writing to ascertain if you are in a position to appoint us as distributors for soya bean products. We are well aware that during the war such foods will not be allowed out of the United States of America, but we are seeking new connections for postwar trade. We are fully equipped to act as distributors of all kinds of food products.

Campus Visitors

OUR genial friend, Dr. Mahlon E. Olsen, president of Home Study Institute, Takoma Park, Washington, D. C., spent a few days with friends and students the early part of the month. He is the special friend of the young man or woman who is ambitious for an education but may be denied the privilege of residence at a college. The correspondence school is a blessing to such. Dr. Olsen had the Friday evening vesper service and a chapel hour. He will be remembered as the advocate of a happy mental attitude toward life and work. A spirit of thankfulness doeth good like a medicine.

Mrs. Bonnie Miller-Clark, R. N., of Madison College, spent a week with her parents, Mr. and Mrs. J. H. Miller, who have been campus residents for many years. Mrs. Clark's home is now in Takoma Park, Md.

Dr. and Mrs. Albert Dittes spent twenty-four hours with their cousin, Dr. Frances Dittes, of the College Department of Nutrition, on the ninth of January. Captain Dittes returned from the Southwest Pacific Area, where he has been in hospital work for nearly two years. Mrs. Dittes met her husband on the Pacific Coast, after which they visited her parents in Chicago and stopped at Madison on their way to Randolph Field, Texas, where Dr. Dittes will be stationed. Time was too limited to permit of a visit at his own home; so Dr. Dittes' mother, Mrs. J. C. Dittes, of Brooklyn, New York, met the young people at Madison.

Elder and Mrs. Neal C. Wilson were guests of Mr. and Mrs. Walter Wilson and Mr. and Mrs. Ray Wilson this week. Elder Wilson, oldest son of President N. C. Wilson, of Central Union Conference of S. D. A., Lincoln, Nebraska, spent much of his young life with his parents in South Africa and India, and there received his education in the grades. He is a graduate of Pacific Union College, California, and for the past year has been studying the Arabic language at the Theological Seminary, Washington, D. C. He is now under appointment by the General Conference of Seventh-day Adventists as evangelist in the Eastern Mediterranean Area with headquarters at Cairo, Egypt. The young people will go by plane to South America, will cross the South Atlantic by boat, and will then be routed across the continent of Africa.

Mrs. Jean Keyes-Bush, wife of Calvin Bush, Jr., was guest in the home of Capt. C. D. Bush (retired) during the holiday season. While Lt. Bush is with the armed forces in England, Mrs. Bush is living with her parents in Salina, Kansas. This was her first visit to Madison.

BATTLE CREEK COLLEGE



ALUMNI NEWS

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1936

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JUNE, 1936

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Our Cover—Illustration

The Science Building one of the oldest and most famous on the Campus.

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Commencement and Homecoming

From the Campus

GENERAL ALUMNI ASSOCIATION OF BATTLE CREEK COLLEGE

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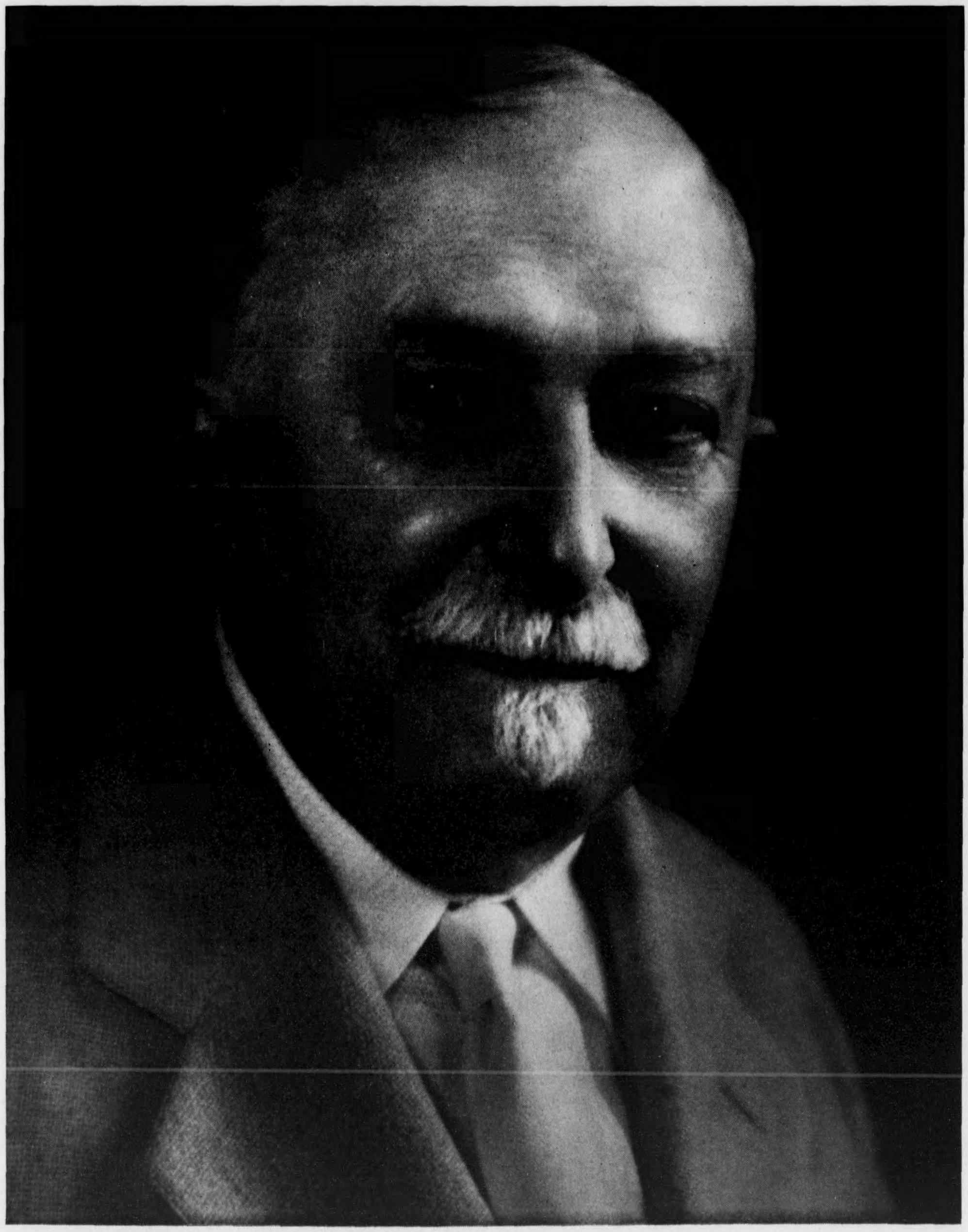
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Our Founder, Our Benefactor, Our Pride

Dr. John Harvey Kellogg

By Henry M. Stegman

Most great men can be described in a single word, as orators, statesmen, warriors, but John Harvey Kellogg's career can not be thus briefly summed up. He is famous as a physician, surgeon, food reformer, writer, inventor, educator, philanthropist, traveler, and orator. He has developed a system of right living which has won adherents all over the nation, and he stands today as the country's leader in a great campaign for better health and longer, more efficient life.

He has always declined to furnish data for a sketch of his activities, but from various sources the writer has gathered a few facts which will be of interest to students and friends of Battle Creek College. We quote as follows from "Who's Who" (1933-1935):

KELLOGG, John Harvey, M. D., surgeon; born Tyrone, Mich., Feb. 26, 1852; son of John Preston and Ann Jeanette Kellogg; educated State Normal School· M.D., Bellevue Hospital Medical College (New York U.), 1875; studied in Europe, 1883, 89, 99, 1902, 1907, 1911, and 1925-26; LL.D., Olivet (Mich.) College and Lincoln Memorial University; married Ella E. Eaton, of Alfred Center, N.Y., Feb. 22, 1879. Has been in practice in Battle Creek, Mich., since 1875; superintendent and surgeon Battle Creek (Mich.) Sanitarium since 1876. Member of the Michigan State Board of Health, 1878-90, 1912-16. Inventor of approved apparatus and instruments for medical and surgical purposes; discoverer of the therapeutic value of the electric light and inventor of the electric light bath; discoverer of the sinusoidal current, founder of the health food industries of Battle Creek. Founder and president emeritus, Battle Creek (Mich.) College, founder and medical director Miami-Battle Creek Sanitarium, Miami Springs, Fla. Fellow American College Surgeons, of the American Association for the Advancement of Science, Royal Society Medicine (England), American Medical Association, National Geographic Society; corresponding member Societe d'Hygiene de France. Author: Plain Facts, 1877; Home Book of Modern Medicine, 1880; Man, the Masterpiece, 1885; Art of Massage 1895; The Stomach, 1896; Rational Hydrotherapy, 1900; Light Therapeutics, 1910; Colon Hygiene, 1912; Neurasthenia, 1915; Health Series of Physiology and Hygiene (joint author), 1915; Health Question Box, 1917; New Method in Diabetes, 1917; Autointoxication, 1918; The Itinerary of a Breakfast, 1918; The New Dietetics, 1921; Tobaccoism, 1922; The Natural Diet of Man, 1923; How to Have Good Health, 1933! also many technical papers and articles. Editor Good Health magazine since 1873. Founder and president Race Betterment Foundation, 1906. Home: Battle Creek, Mich.

Since the publication of the above, the doctor has continued his activities as physician, surgeon, writer, and investigator actively as ever, apparently driven by an irrepressible impulse to seek out and pioneer new and better ways of living. In justification of his course he often quotes the words of wise old Seneca, the Roman philosopher: "There is nothing against which we should be more on our guard than, like a flock of sheep, following the crowd of those who have proceeded us, going, not where we ought to go, but where men have walked before, and nothing is more likely to involve us in greater evils than in following and basing our faith upon authority. If we would insure to ourselves sound health, we must separate ourselves from the common herd, for the crowd of mankind is opposed to right reasoning. Human history is not so well conducted that what is best is pleasing to the multitude. The fact that a dogma or a practice has the approval of the multitude is evidence of its badness. Let us seek, then, what is best, not what is most customary."

When asked to name some of the things he had accomplished which he considered most useful as contributions to human welfare, the Doctor mentioned the following:

The electric light cabinet, which is now found in every well equipped hospital in the world.

The Universal Dynamometor and a new system of physical training based upon the data obtainable by its use. This instrument is the only means which has ever been devised for determining the normal standard strength for men and women of different heights. This dynamometor and the system of training based upon it have been in use by the United States Government at its naval and military training schools for more than twenty years.

The sinusoidal electrical bath, which is more widely used in medical treatment than any other form of electricity.

Apparatus for automatic exercise of the muscles, by which the amount of muscular work done may be so graduated as to increase the energy expenditure to more than ten times the normal.

The development of Metchninoff's idea of changing the intestinal flora by the implantation in the intestine of normal protective bacteria which suppress intestinal putrefaction and defend the

body against disease-producing germs. The most important factors in this development are a new type of protective flora, soy lacto-bacillus acidophilus, and a special flora for promoting the growth of the bacillus in the intestine, Lacto-Dextrin, in which the Research Bureau of the United States Agricultural Department found a new sugar possessed of highly important qualities.

Dr. Kellogg was informed about the discovery by the head chemist of the department, who was sent from Washington with a specimen of the new product which the doctor had incidentally produced in his experiments.

These discoveries in relation to the protection of the intestinal canal, the doctor considers perhaps the most important of all the results of his researches. The daily use of soy acidophilus milk by the Canadian quintuplets since they were four months old has saved them from bowel troubles which threatened their lives, and has doubtless contributed largely to the extraordinary health and well being which they are exhibiting.

The doctor's scientific discoveries have been recognized not only by the United States Government but by various scientific bodies. The American Association for the Advancement of Science recently made him a Fellow. He has also for many years been a Fellow of the Royal Society of Medicine of Great Britain. He is also a Fellow of the American College of Surgeons, the National Geographic Society, and has twice been honored with the degree of LL.D.

Although now in his eighty-fifth year, he is still active in all the branches of professional work and other fields which have engaged his attention during more than half a century, still editing Good Health, each monthly number of which he has brought out regularly for more than sixty-three years.

He has performed more than 22,000 surgical operations, the first of which was done August, 1875, and the last one, May 18, 1936.

He has examined more than 25,000 sick persons, and derives pleasure from the fact that he has never received a personal fee for any operation or other medical service.

His entire income from inventions and other sources has been devoted to the promotion of biologic ideals. He has consecrated his entire life, beginning even in his boyhood days, to the service of humanity. It was this that led him to found and endow Battle Creek College, to the maintenance of which at the present time all his resources are devoted. It is his fond hope that this institution will be conducted in such an efficient manner as a health-promoting agency that it will acquire a world-wide reputation as a race betterment center, from which every year there will be sent out some scores of young men and women whose hearts are burdened with sympathy for the multi-millions of human beings who are dying because of ignorance of the principles of right living which this college inculcates, and who are filled with enthusiasm for the spread of the gospel of good health and race betterment, through which the doctor believes and hopes that there may be in time developed a new and better human race.

In recent years, the Doctor has found it necessary, or at least prudent, to spend the winter months in a warmer climate because of an inherited susceptibility to colds and influenza, and the loss of one lung before he had reached the age of twenty years. Having found South Florida perfect for living the biologic life at all seasons of the year, he has made this his permanent winter home, and, not being willing to remain idle, he opened six years ago the Miami-Battle Creek, which he has undertaken to develop into a model, thorough-going, biologic, health promoting institution, with the loyal and efficient cooperation of a selected group of helpers whom he has personally trained. Many new methods have been developed, and a degree of success attained which he feels justifies the belief that by a thorough-going application of these latest ideas and methods, in addition to the well established principles and procedures developed during sixty years of continuous effort in building up the Battle Creek system, far greater success may be attained in the near future than in the past.

The success of the Miami-Battle Creek has been so great that it has become necessary to erect an additional building which will double its capacity.

After devoting his time for six years, wholly at his own expense and without compensation of any sort, the doctor during the last holiday season, organized and incorporated the Miami-Battle Creek as a philanthropic institution, and deeded the entire enterprise to a board of trustees, to be conducted as an eleemosynary, or charitable, philanthropic enterprise, with the same general aims and purposes as those of the Battle Creek Sanitarium.

It is the doctor's belief that the Miami-Battle Creek has a great and expanding future before it, since South Florida has already become the greatest invalid resort in the world, and in the future no doubt will become even more a mecca for health seekers.

Battle Creek College

BATTLE CREEK, MICHIGAN

OFFICE OF THE
PRESIDENT

June 5, 1936

My sincerest greetings to the sons and daughters of Battle Creek College everywhere! That I am able to send them through the medium of this bulletin is a tribute to the energy and loyalty of your officers in the Alumni Association. To them I wish to especially express my personal appreciation for the splendid way in which they have filled their responsibilities this year.

The year, it seems to me, has been one of growth and progress. Some excellent beginnings have been made. If each member of our alumni family would loyally, enthusiastically support the college and the association, these beginnings could be made the bases for the rapid growth and expansion of the college. We need your help, and you need to boost your Alma Mater. I would suggest that you send us information of worthwhile prospective students. But more important, carry on a bit of propaganda among such prospects personally.

Battle Creek College did much for you. The longer you have been away from here, the more this truth will appeal to you, for it is one of those things which grows more precious with the passing years. The greatest service you can perform is to pass on the gospel of healthful living, so that the ideals and traditions of Battle Creek College may find new fields for expression.

I am very grateful to the Alumni Association for dedicating this issue of their bulletin to our illustrious founder, patron and friend of youth, Dr. John Harvey Kellogg.

Please accept my very best wishes for your continued well-being.

Cordially,

Emil Leffler

President

Current Comment on Nutrition and Diet

Thelma E. Porter, Ph.D.
Head of Department of Physiology and Nutrition



Modern nutritional science, like modern medical practice, is constructive. It promises not only additional years of life but additional years of health, of strength, and of achievement. Among all of the acquisitions of a life-time, health, is one of the most to be desired, since without it living to the full is impossible. Formerly, it has been the general practice to delay until illness occurred before investigating the matter of well-being. Today, instead of waiting for the onset of disease in order to perform a cure, the physician recommends an annual health examination as a means of prevention. This attitude toward **positive health** is advocated, not only in medical circles, but by all those whose interest lies in the betterment of the human race. One of the most important factors concerned in health is diet, and it is because of this relationship of health and diet, that the nutrition worker is of invaluable service to her community, the dietitian to her patients, the home economics teacher to her students, the homemaker to her family. Food plays an important role in one's physical well-being and emotional attitudes. To be in an optimal state of health requires interest, knowledge, faith and persistence in these matters.

The chief aim of the nutrition worker then is to show how knowledge of foods and hygiene may be made to serve as tools for building **positive health** and improving physical condition. One of the best examples of the possibilities of improving diet has been furnished from the Animal Nutrition Laboratory of Columbia University, under the direction of Dr. Henry C. Sherman, and his coworker, H. L. Campbell. Within the last ten years, these investigators have carried out a remarkable experiment with white rats. Observations on standard animals give far more clear-cut results than can be expected from human observations. Conclusions from rat experiments can be drawn much more quickly than with man since the life of the animal is only one thirtieth as long, and they can be much more definite because the animals can be made to live under carefully controlled conditions, the experiment thus being limited to one variable instead of the many in human affairs.

The one variable **with** Sherman and Campbell was the food which they gave their animals. Starting with rats from the same litter so that the heredity and early nutritive conditions were the same, they have kept their animals for generations, one family on a diet one-sixth whole milk powder and five-sixths ground whole wheat, and the other one third whole milk powder and two thirds ground whole wheat. The only difference between the two sets of rats is, therefore, the relative proportion of the milk and wheat which they have eaten.

The rat family on the smaller amount of milk has done pretty well—about as well as the average human family, one is tempted to think, though Sherman and Campbell draw no such conclusion. They grow to good size, are moderately long lived, have fair-sized litters of young, and the infant mortality is not high. According to a report in 1930, these rat families were still living on this diet to the twenty-first generation. Certainly the race of rats is being carried on adequately.

On the higher milk diet, however, the family is far superior in every way—size, length of life, number of litters for each mother rat, and number of young per litter. As to actual length of life, the animals live almost exactly ten per cent longer on the better diet than on the poorer. The difference looks like a striking improvement in the race, a clear distinction between "adequate" and "optimum" nutrition.

Nutritionists are constantly studying the diets of human beings in an effort to learn how to procure for our race "optimum" rather than merely "adequate" nutrition. In recent years, much emphasis has been placed on the importance of vitamins and on special food products containing them. Probably the most dramatic chapter of nutrition deals with the discovery and investigation of these "body regulators". The vitamins have been given a veil of mystery because of the spectacular nature of the diseases resulting from a prolonged lack of them in our food, because of the small amounts of vitamin-rich foods needed to prevent or cure these diseases, and also because of the fact that for a long time we were unable to determine the exact chemical nature of any of them. These characteristics of the vitamins have made a special appeal

to the popular imagination. There is really nothing magical or mysterious about them. We are gradually learning their chemical nature and I hope we will in the future be better able to balance their incorporation in our foods. In the last six years, in my research work at the University of Chicago, I have been especially interested in the effects of vitamin D on the human body. Vitamin D plays an important role in what happens in the body to the mineral element, calcium and phosphorous, the two substances that make up a large part of our bones and teeth. The presence of vitamin D is needed to maintain the proper level of these elements in the blood, and to enable them to be deposited in growing bones. Its lack, we believe, causes damage to the teeth, as well as defects in the bones. When a child is fed barely enough calcium and phosphorus in the form of fruits, vegetables, and milk, and little or no vitamin D, he may develop rickets. This is a deficiency disease in which the bones are soft, the joints enlarged, and the mineral content of the blood reduced. It results in commonly observed defects, as flat chest, bowed legs, enlarged wrists, protruding forehead. All mothers are anxious to avoid rickets in their children, and today most children receive some source of vitamin D, in addition to their regular diet. This is recommended by peditricians because experiments on both standard laboratory animals and upon babies indicate that this vitamin is not widely distributed in natural foods and therefore needs to be given particular consideration.

Many times nutrition workers are confronted with questions regarding the specific nature of vitamin D, and, especially in recent years, the relation of this vitamin to sunshine.

Perhaps I can make clear both of these matters in a few words. Vitamin D is a fat-soluble material, that is, it dissolves in fats and fat-like substances. This characteristic is shown by the fact that it occurs naturally in the fat of milk, in cream, and in butter, as well as in the fat of egg-yolk. It is found in significant quantities in cod-liver oil, and in other fish liver and body fats. Vitamin D itself, however, is not a true fat, but a substance closely related to a complex compound called **ergosterol.** Ergosterol is present in the fats of animal bodies, and in the fat of the yeast cell. It is also found in the fat of the human body. When ergosterol is exposed to ultraviolet light waves it is spontaneously changed into vitamin D. The instantaneous photo-chemical conversion of ergosterol into vitamin D, is one of the most fascinating discoveries of nutritional science. Wherever ergosterol is found, it may give rise to vitamin D when ultraviolet rays fall upon it. Now, direct sunlight contains ultraviolet rays, and our bodies contain ergosterol in the fatty tissues under the skin. Therefore, when ultraviolet rays from direct sunshine fall upon our skin, some of the ergosterol may be converted to vitamin D right in our bodies. Thus the connection between vitamin D and sunshine, and the reason for calling vitamin D **the** sunshine vitamin, has been pointed out.

For years, the health-giving properties of direct sunlight have been known by both physician and layman. Undoubtedly, the production of vitamin D in the human body by direct ultraviolet radiation from sun, is one of the reasons it is so invigorating. Our modern methods of living in houses and working in buildings for the major part of the daylight hours, as well as our practice of covering most of our bodies with clothing, results in our losing the benefit of this great natural source of vitamin D, sunshine. Ultraviolet rays of sunshine do not pass thru walls, nor thru ordinary window glass, nor thru closely woven materials used in garments. In order to combat the deficiency of vitamin D which we suffer because of these conditions and habits, nutritionists recommend special sources of viatmin D in our diet, for adults, for mothers during pregnancy and lactation and especially for children during the growing periods. Many vitamin D products are on the market, so many in fact, that housewives and mothers are frequently confused and at a loss to know which is the best to choose for their families. The source par excellence probably still is cod-liver oil. The average member of our child population takes and usually likes to take cod-liver oil as a regular part of his daily routine. For those of us who have not been conditioned to the taste of this oil, some of the other sources of vitamin D have more appeal. At the present time, there may be produced, cod-liver oil concentrates, haliver oil, irradiated ergosterol which is sold in this country under the trade name of viosterol, all of these products are sufficiently potent sources of vitamin D and are required in such small quantities that their flavor is not a consideration. In addition, we find in our retail markets, numerous foods enriched with vitamin D, for example, oatmeal, bread, farina, and milk. Any foods which naturally contains ergosterol, the mother substance of vitamin D, may be made richer in vitamin D by direct exposure to ultraviolet light. Consequently these foods which are on the market advertised as being made more potent in their vitamin D content, may have been directly irradiated with ultraviolet rays, or may have had added to them some irradiated product, such as irradiated yeast.

Vitamin D milk may be mentioned as a product the nature of which the nutrition worker knows and may explain to mothers of young children. Since milk makes up the major part of the diet

(Continued on page 14)

What Our College Stands For

by Henry M. Stegman

"Dartmouth is a small college, but there are those who love her."

Daniel Webster spoke these words before the Supreme Court in a famous law suit. Battle Creek is also a small college, and there are also those who love her. Their affection is based not only on her fostering motherhood but also on a genuine admiration, gained by solid worth.

Southern Michigan has many institutions of higher learning, ranging from those with a few hundred students to the great state university at Ann Arbor. Why was another added to this list? What justification was there for entering a field which already seemed crowded?

The answer is that Battle Creek College fills a place which had previously been empty, that it meets a need which had hitherto not been met. It was founded as a health college, in the firm belief that its predecessors in other communities were not laying sufficient emphasis on the very basic subject of right living habits.

Recent medical knowledge lays more and more stress on the inter-dependence of mind and body. In fact we all understand from personal experience how one acts on the other, how grief or excitement will take away appetite, how illness dulls the mental faculties. Research by Cannon, of Harvard, and other authorities has demonstrated how intimate, direct and important are the reactions between these two phases of the human frame. Hence a course of study which deals almost wholly with the intellect and brings in the physical side of man only incidentally, is not well balanced. The finest brain in the world is futile unless there is muscular capacity back of it.

The ideal therefore on which Dr. John Harvey Kellogg established Battle Creek College is a harmonious development of the two sides of the human being. Mental instruction is by no means put in the background. Indeed the scholastic requirements set up by the modern colleges are rigidly met. Thus credits gained at Battle Creek College are valid at other institutions. A gold coin of definite weight is just as valuable bearing the imprint of tiny Belgium as that of Mighty Great Britain. The faculty of our college has been chosen so that the quality of instruction may be worthy of the highest aims of the institution.

Supplementing this sort of class room work, often intimately interwoven with it comes the health teaching. The first consideration here is the physical status of each individual student. So far as is possible, each body is to be sent forth at graduation in trim to carry on the life work efficiently for long decades to come. Preliminary to this, exhaustive and comprehensive examinations are made of the various organs, so that deficiencies may be noted and remedied. For these tests the unrivalled equipment of the great Battle Creek Sanitarium is available. All through the course there is periodical checking-up to make sure that a high level of health is maintained. The diet and living conditions are carefully arranged to foster perfect body functioning. Facilities for exercise and sport are presented to build up muscular strength. The emphasis on posture alone does much for improved physique.

The students not only learn health habits but they also learn the scientific reasons for the adoption of these practices. Some of this teaching is direct, some of it is in conjunction with other studies. A surprisingly large amount of health knowledge can be obtained not only in the courses in home economics and physical education, but incidentally in English composition, public speaking, economics, sociology, history, biology, chemistry, and so on. Keeping these health angles in mind yields instruction in an interesting way.

One strong reason for establishing the college was the previous existence of three successful schools which were already devoted to the betterment of ailing, degenerating humanity. These were those of nursing, home economics and physical education. Addition of liberal arts courses made it possible to offer broader instruction in the existing institutions. That for the nurses has been closed for the time, since there is an over supply of graduates with this training.

Dr. Kellogg has been interested in studying the biologic principles of living so that he might proclaim them to the four corners of the earth. As the head of two sanitariums, by his inventions of foods, by his public addresses and especially by his voluminous writings, he has been able to reach and to influence an enormous public. But he has wanted to organize bands of disciples to go forth and carry this same message, illustrating and enforcing it by their own example. Students of the college are instructed and trained with this end in view.

One aspect of this work of propaganda has been the teaching of groups in neighboring communities. Each winter little bands of students have traveled to nearby places to present health instruction in an attractive and convincing form. A varied program is given. Some of the young people have developed a remarkable effectiveness in public speaking and have aroused real enthusiasm in their

audiences. In connection with the courses in sociology, students have been engaged in welfare visitation in Battle Creek. In the period when financial distress was at its deepest, cheer was thus carried to harrassed and anxious homes. The Federal authorities recognized the value of these ministrations, for any instruction which aids health, lessens the burden of relief.

Graduates in the Schools of Home Economics and Physical Education will by the nature of their occupations, bring their students or charges or patrons into ways of right living. But all receiving diplomas can make opportunities for themselves to aid their fellow men by sharing the knowledge they have gained. Such teaching is effective only if backed up by practice. Personal adherence to the biologic life is the obvious guarantee of sincerity. Hence zeal to influence others will be an incentive to follow closely the doctrines which tend to a long, healthy, efficient, happy life.

From the Editor's Desk

Commencement time at Battle Creek College is filled with many fine memories for those who have graduated.

The Alumni Association feels a vital responsibility together with the faculty of the College in sending out into the world the graduates which leave the school each year.

As we Alumni find the years slipping by us we cannot help but look back to count each and every memory. We realize as those people in the business world make us feel, by their respect and consideration for the aims and ideals of Battle Creek College, that we, have graduated from a school unique in every phase of learning and standard of living.

When first graduated from this school, we do not believe the average graduate realizes just how important or how great the dynamic force behind this institution of ours really is. It is not until we are well established out in the world that we come to realize that the wonderful ideals, unique training, the sincerity and vision of one man alone; standing as a beacon light in the storm, through the years constantly driving forward to one goal; has made it possible for us to receive benefits both in health and cultural learning that could be obtained in no other college in the world.

It is with this thought in mind, that we wish to pay tribute with sincere respect to Dr. John Harvey Kellogg, the founder of not the largest, but the greatest college in the world. . .

The Alumni Association wishes to dedicate this issue of the Alumni News to Dr. John Harvey Kellogg.

"From The Campus"

COMMENCEMENT WEEK PROGRAM—1936

Tuesday, June 2—Moving-up Day.....Auditorium
Thursday, June 4, 6:30 P.M.—Dr. Kellogg's Banquet to Seniors, Sanitarium
Sunday, June 7, 3:00 P.M.—Baccalaureate Services.....Auditorium
4:15 P.M.—Student Government Association Tea for all Students, Faculty, Trustees, Alumni and Guests
Parlors of John Harvey Kellogg Hall
Monday, June 8, 8:00 P.M.—Home Economics' Capping Ceremony
Parlors of John Harvey Kellogg Hall
Tuesday, June 9, 9:00 A.M.—Mother-Daughter Breakfast
Battle Creek Country Club
2:00-5:00 P.M.—Parents' College....Parlors of John Harvey Kellogg Hall
7:30 P.M.—College Alumni Meeting, Parlors of John Harvey Kellogg Hall
8:30 P.M.—Annual School of Physical Education Dance Recital
Auditorium
Wednesday, June 10, 10:00 A.M.—Commencement Exercises.....Auditorium
6:30 P.M.—Nurses' Alumni Dinner.....Sanitarium

THERE'S NO PLACE LIKE HOME

To look ahead from that Freshman year seemed a long and endless road. As those days of joyousness, of play, work, and friendships came nearer to the closing year, they recalled to my mind the ideals which they had built up within myself.

The thought of giving rather than receiving stands out in my mind as the soul aim behind the spirit of Home-coming.

As students we seem to be placed in the receiving line at all times taking advantage of the opportunities made for us by those who have already passed through their college years. In order to feel the spirit of giving it was necessary for us to arrange an event thru which we might open the path for those who had already preceded us to once again return to the place of richful giving and once again receive.

From registration time on Saturday, March 21, life was gala with greetings around Kellogg Hall. The evening banquet was very clever and inspiring to the students and alumni which was followed by a good old time basket ball game between the physical education students vs. the P.E. alumni. Although the alums had a large reserve of subs and used them frequently they could not seem to accumulate enough wind to beat the student team, so bowed graciously in defeat (and it was only by two points.)

Each of the respective schools had a party for their own department at which everyone became acquainted with the others of his own field and learned that which books could never tell.

At midnight the dormitory was once again buzzing. The frolic was begun with a play given by the freshmen and followed by memorable songs and midnight lunches. Although breakfast was served at eight the next morning we saw very few up and around until an hour later as our Chapel began. The afternoon was spent in renewing those former days of college life and all they held. In the later afternoon the Student Government Association gave a fitting climax to a most enjoyable week-end in the form of a tea at which the faculty, alumni and students bid their farewells until they could again come together as a body the following year: so Battle Creek College, my home and your home, awaits the gathering of its family next year—1937!

—Flo Cowles '36, President Kellogg Hall

The alumni association, and the student body need your financial support in order to continue this publication.

The alumni association thanks the student body for their cooperation in the publication of this magazine. We trust that the next three months will show as great a cooperation from our alumni.

Ellen Vandervoort ('35) goes to Harper Hospital in July for student work.

"From The Campus"

OPEN HOUSE

An "Open House" to visually portray to the parents of students the program of Battle Creek College was arranged for the evening of May 25th.

All departments of the College, Home Economics, Physical Education, and Liberal Arts, participated in a series of demonstrations and exhibits. These emphasized particularly the health ideals of the college and included a conference on feet, posture, and proper shoes, demonstation of special diets, exhibit of vitamins, and many others.

Regular classes in Chemistry, Biology, and Table Service were carried on and exhibits of special equipment arranged.

The posture march very well demonstrated to the public the value of good posture.

Several hundred visitors were welcomed to the campus and showed keen interest in the whole program.

SUGGESTED READING LIST

We've had so many alumni tell us they liked the reading list in the last issue, so we've felt compelled to continue the good work of Dr. Telfer.

1. THOMAS MANN
   - The Magic Mountain
   - The Buddenbrooks
2. LEO TOLSTOY
   - Anna Karenina
   - War and Peace
3. IVAN TURGENIEV
   - Fathers and Sons
4. FIODOR DOSTOIEVSKI
   - Crime and Punishment
   - The Brothers Karamazov
   - The Idiot
5. HENRY JAMES
   - The Ambassadors
   - The Portrait of a Lady
6. JOSEPH CONRAD
   - Lord Jim
7. ARNOLD BENNETT
   - Imperial Palace
8. SIGRID UNSET
   - Kristin Lavransdatter

BATTLE CREEK COLLEGE ALUMS CONVENE FOR ANNUAL DINNER MEETING

A year's time has passed since the Home Economics group of the Battle Creek College Alumni Association sponsored a charming dinner. Following the dinner a vote was taken to make the event an annual affair.

This year it was the pleasure of the Nurses' Section of the Alumni Association to entertain for that event. The dinner was held at 6:30 p.m. on April 16, 1936, in the main dining room of the Kellogg Hotel. The tables were attractive with spring flowers and smilax. A three-course dinner was served followed by an informal program consisting of greetings from the presidents of each organization. Miss Mildred Shouldice extended the invitation from the Physical Education Alumni Association to meet with them for the dinner next year. Miss Agnes Andersen, President of the Association, then responded, accepted the kind invitation and told us several things of interest about the activities of the association.

Music during the dessert course was furnished by Mr. Oxley, Mr. Hicks, and Mr. Arms in the form of several vocal trio selections. Most interesting and appropriate readings were presented by Professor W. V. O'Connell, in such a pleasing manner.

Special guests of the dinner were Mr. and Mrs. O'Connell, Dr. and Mrs. Roth, and Miss Margaret Ritchie. Each one seemed to enjoy a pleasant evening and look forward to the meeting next year.

All of the Alumni of the School of Home Economics who were associated in any way with Margaret Allen Hall when she was a valued member of the faculty of that school will be happy to know that a "Margaret Allen Hall Memorial Fund" has been started. Contributions to this fund will be used for the purpose of perpetuating Miss Hall's memory in the years to come. We hope to be able to present the College Library with a shelf of new books on food and nutrition, to be known as the "Margaret Allen Hall Memorial Collection." These books will help the students in acquiring knowledge of the subjects in which Miss Hall was an outstanding authority and leader.

Those who knew her and loved Miss Hall as a teacher, a class mate and a friend, will, we feel sure be glad to have a part in this tribute to her memory.

Address. Margaret Allen Hall Memorial Fund, care of, Lillian Hack, Battle Creek College.

Current Comment Continued from page 9

during early years of childhood, it is of especial concern to mothers. As a practical source of human food, vitamin D milk has a brief history. In June of 1931, a successful clinical test of this type milk was reported to the American Medical Association. Before two months had passed this product appeared on the market in three cities. In less than two years vitamin D milk was obtainable in more than one hundred cities in twenty states. Its even more rapid spread in the past year makes it impossible to state the exact extent to which vitamin D milk is now available.

One method of producing vitamin D milk is a direct irradiation process. A specific potency of vitamin D per quart is imparted to milk as the milk flows in a thin film over a surface at right angles to rays of an ultraviolet lamp. The ultraviolet rays of the lamp convert the ergosterol in the milk into vitamin D. The instantaneous synthesis of vitamin D takes place at the surface of the milk. Obviously the thickness of the film of milk and the energy of the rays are important factors influencing the vitamin D potency of the milk. The amount of vitamin D produced in milk by direct irradiation is in large measure under mechanical control. Assays of its vitamin D content by means of tests on standard animals are made as a direct check at regular intervals.

The discussion of special products for food consumption might be continued at considerable length· I have mentioned vitamin D milk only because it is of particular interest to mothers and because my research endeavors have taken me into this field. Exact and accurate knowledge of these new products can only be given to the public thru their cooperation with nutrition research specialists.

Dr. Telfer is sailing June 16th on the Normandy for the University of Heidelberg. He has a years leave of absence.

Mrs. Foy has just returned from Florida.

It is a distinction of the Battle Creek College Nurses Alumni Association to have had a representative of their group attend the National Convention of Nursing Organizations, for many years in the past. This year the organizations will convene in Los Angeles, Calif. from June 21 to June 27th for their biennial meeting. Mrs. Marie Hanson-Griggs, President of the Nurses Alumni Association will go as a delegate.

A special train has been arranged by the Santa Fe Railroad Co., which will leave Chicago June 18 to carry the conventionaires to California by the most scenic route. The convention will consist of meetings of the American Nurses Association, the National League of Nursing Education, and the National Organization of Public Health Nurses.

Mrs. Griggs expects to bring back to her association, many things of interest and value to the nursing profession.

The annual June dinner of Nurse's Alumni Association was held June 10th at the Sanitarium this as usual was well attended and a very lovely affair.

The P. E. Alumni entertained their seniors at a movie party and supper following. This was thoroughly enjoyed by all.

Mabel Larson ('18) dietitian at the Sanitarium was married May 30, in Chicago, to Th. Aagard, house manager at the Sanitarium. The day was saddened, however, by the passing away of Mabel's father several hours after the cermony.

The Aagards will make their home at the Sanitarium.

Angie Estill has just returned from Florida.

Gertrude Estill will remain in Florida to supervise the enlarging of Dr. Kellogg's Sanitarium at Miami Springs.

Mrs. W. L. McCabe (Kathryn Royer '21) of Salt Lake City, with her two children spent several weeks with her parents in Battle Creek recently.

Mr. and Mrs. Wendell E. Doty (Huberta Thayer '24) of Battle Creek have a new daughter.

Dr. Helen S. Mitchell, Massachusetts State College, Amherst, Mass. is a commencement visitor. Dr. Mitchell will attend the Home Economics Convention in Seattle.

Ida Jean Kain is being kept more than busy by numerous newspaper articles. Everyday one is appearing in a local paper. Since the starting of these we have noted great improvement in figures.

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Compliments of

Owl Drug Company

Prescriptionists

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This is Fundamental . .

The man who wears apparel such as we offer, possesses a distinct advantage in advancing his social and business success.

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Excellent Food **Sensible Rates**

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PRESS OF LAWSON, INC.

THE BLADE

Vol. 2, No. 4 February 26, 1940

We Are Happy

to

Dedicate

This Issue of The Blade

to

Doctor Kellogg

on

His Eighty-eighth Birthday

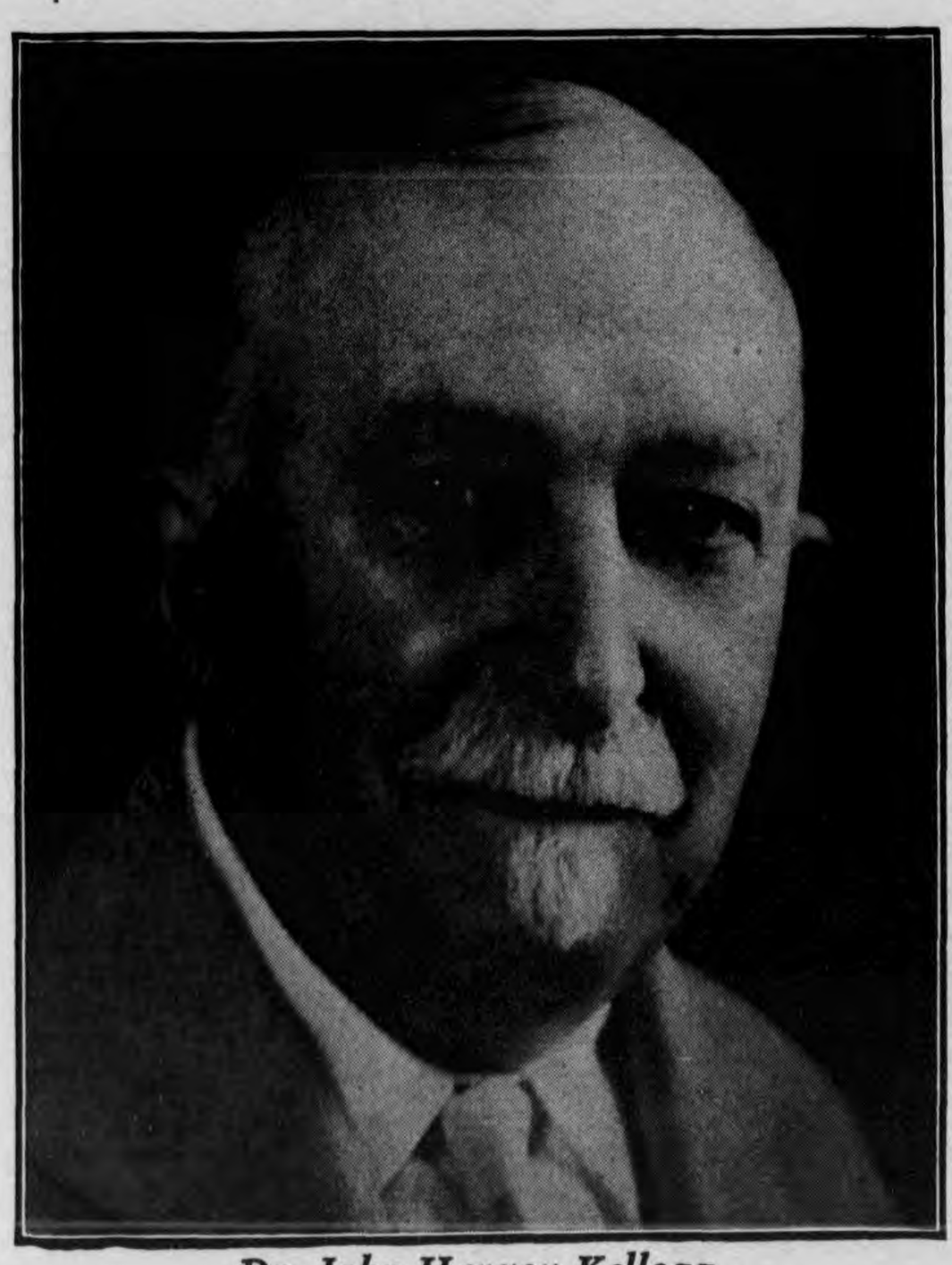
February 26, 1940

Happy Birthday to You

BIRTHDAYS are like milestones along life's highway. When first you start out the procession moves slowly and the marks are far apart. As life's tempo is stepped up and each moment is crowded with activity the recurring anniversaries flash by faster and faster. What was once a happy celebration becomes a sober reminder of life's passing span. But, still they come — and we must mark them down as Father Time dictates.

This month has many memorable birthdays. Today, the 26th of February, is that of our leader and friend, our inspiration and example, Dr. John Harvey Kellogg. Today marks his 88th anniversary of life — and his 64th anniversary of leadership in the Battle Creek Sanitarium. We are sure he is not at all interested in the first but is intensely grateful for the latter. One of his greatest joys is his work, his keenest inspiration is his vision of what is just ahead.

Doctor Kellogg graduated from Bellevue Hospital Medical College in 1875, and assumed charge of the Sanitarium a year later. His outstanding characteristics have been an insatiable curiosity that is always demanding why and how as well as why not; and an indomitable will that reckons not with that which is but drives ever on to that which shall be. These have led him to many a new development in medicine, surgery, dietetics and physical therapy. These have kept his mental muscle limber throughout the years. These have kept him aware of the new discoveries in medicine and have made him a leader and a teacher. One of the greatest factors in his own development and the growth of the Battle Creek Idea, not only at home, but throughout the world has been his obsession to educate, educate, educate. This resistless drive has developed in the fields of medicine, nursing, dietetics, home economics, physical education, the chautauqua and extension through the printed page.



Dr. John Harvey Kellogg
88 Years Young

Doctor Kellogg early joined the Calhoun County Medical Society and in due time various State, National and International Medical Societies. He has always been interested in and enthusiastic over the advances of scientific medicine. He has served during two periods, a total of sixteen years, as a member of the Michigan State Board of Health.

To him the Sanitarium owes its very life and its expansion. To him the city of Battle Creek owes a great deal more than many realize. He was unquestionably the inspiration of the whole food industry.

Among his developments are various surgical instruments and other medical apparatus. He pointed out the value of the use of electric light as an agency for treating disease. He developed the electric light cabinet, the application of the sinusoidal electric current, various food innovations and improvements. He has edited and published the Good Health Magazine "all the days of his life." He has written various scientific papers and is the author of many medical books, the earliest in 1877, the latest, but probably by no means the last, within the recent past.

A final word as to our friend and his untiring wish for mankind cannot be written without reference to his beloved wife, Ella Eaton Kellogg, who from their marriage in 1879 to the end of her life, was an inspiration and true partner in his aspirations and activities.

Some years ago Doctor Kellogg established the Battle Creek "Three Quarter Century Club," whose members exemplify the art of growing old gracefully, healthfully and happily. The Society has numerous branches whose members are inspired by the vigorous and active life of Doctor Kellogg.

We wish for you, Doctor Kellogg, a tranquil birthday and an outlook commensurate with your desires.

Milestones in the Busy Life of Doctor Kellogg

As a Physician — Has practiced medicine since 1875.

As a Surgeon — Has performed approximately 50,000 major and minor operations. (Fellow of the American College of Surgeons.)

As an Author — Has written over forty-five books on various health subjects, as well as hundreds of medical papers and health booklets.

As an Editor — Has edited Good Health Magazine continuously for over half a century.

As a Lecturer — Has given health lectures and read medical papers in all parts of the United States, as well as weekly lectures to the patients of the Sanitarium, for over half a century.

As an Inventor — Numerous inventions of medical appliances, the electric light bath; various instruments for use in abdominal surgery; an apparatus for producing "Sinusoidal" current; an electrograph; an pneumograph; a vibratory chair; the Universal Dynamometer used by the U. S. Army and Navy, and several other well-known inventions.

As an Educator and Philanthropist —Established through his Race Betterment Foundation and in connection with the Battle Creek Sanitarium, the Battle Creek College for the training of nurses, dietitians, physical directors, health inspectors, lecturers and teachers, and for the promotion of the principles of biologic living.

As an Industrialist — The father of the entire breakfast food industry.

As a Humanitarian — Volumes might be written.

Travels — Studied in Europe in 1883, 1889, 1899, 1902, 1907, 1911 and 1925.

Hobbies — Collecting curios from far-away lands; rare books; old coins; rare orchids (wild); studying new and tropical fruits and vegetables; soy bean research; creating new foods; bicycling.

PERSONALS

Mr. Lyle Ashton has been promoted from the janitor staff to night elevator operator and call boy. This arrangement gives Lyle added opportunity for study, and to further his ambitions to ultimately study medicine.

* * *

Have you read "Dr. Hudson's Secret Journal" by Lloyd Douglas? This new book by the author of the famous "Magnificent Obsession," refers to the Sanitarium in several places — specifically on pages 120, 174, 186. The heroine of the story is supposed to have been a patient here during the World War.

* * *

Dr. and Mrs. Charles Batten are spending a few weeks in Chicago where Doctor Batten is taking post graduate work.

* * *

We are happy to say that Mr. Frank Geer of the Mason Department is improving after a three months' illness.

* * *

The magazine "Psychology" called Doctor Kellogg one of the ten greatest men America has ever produced.

Congratulations to Mr. Dixner, whose medical gymnasium department, has shown a steady increase every year, in spite of the decline in patronage experienced in the past few years.

* * *

Dr. and Mrs. Charles E. Stewart are taking a several weeks vacation trip through the South, and then on to California. Dr. and Mrs. Stewart plan to visit their daughter in Tennessee, and their daughters in California. Our best wishes for a happy and enjoyable trip follow them along the way.

ANNOUNCEMENT

Due to the interest shown in forming a Men's Glee Club composed of S. M. B. A. members, Leslie Iles has persuaded Frank Foote to take over the directorship. The first get-together will be in the Cafeteria Wednesday evening, February 28th at 7:30 p.m.

Remember fellows spring will soon be here. Let everybody sing.

BASEBALL

Wings Fly Over Aces

The Aces slid further away from the Cubs and now are deadlocked with the Wings in second place. Manager Wilson's and LeFevre's cohorts were just definitely ON and Diz had plenty on the apple.

SCORE: Wings 11; Aces 3.

Second Game:

Cubs Turn Heat on Jays

Old General Cox and the Cubs united power were too much for the Jays. When the smoke had cleared the score board read: Cubs 12, Jays 5.

The Cubs now enjoy a two game lead with only three more games to play.

STANDINGS

	W	L	Points
Cubs	5	1	.835
Wings	3	3	.500
Aces	3	3	.500
Jays	1	5	.167

CUBS IN A FRANK MERRIWELL

At one of our recent ball games a loyal group of Cub fans (all two of them) sat huddled in the North stands, shivering and shaking with frigid expectancy for three snowbound innings, waiting for their polar bears to come out of hibernation.

The Cubs, apparently chilled to the marrow, were finally aroused from their lethargy by a blast from Father Time Bayley, whose roar of, "When are you going to turn on the heat?" suddenly kindled a spark of fire that soon spread into a four-alarm conflagration. Yep, you guessed it, the Cubs won another ball game. It was a six run rally in the last inning to defeat the Wings 10-9.

GOING TO TOWN WITH VOLLEY BALL

Kalamazoo, Ann Arbor and Battle Creek

Three Way Conference

Kalamazoo and Sanitarium

1st Game 6-15
2nd Game 15-13
3rd Game 6-15
4th Game 11-15

Ann Arbor and Kalamazoo

1st Game 15-3
2nd Game 15-13

Ann Arbor and Sanitarium

1st Game 15-11
2nd Game 15-17
3rd Game 15-12
4th Game 15-17
5th Game 15-13

Ann Arbor has been state champion team for three successive years. Their captain said that the Sanitarium gave them the stiffest competition since they had been champions.

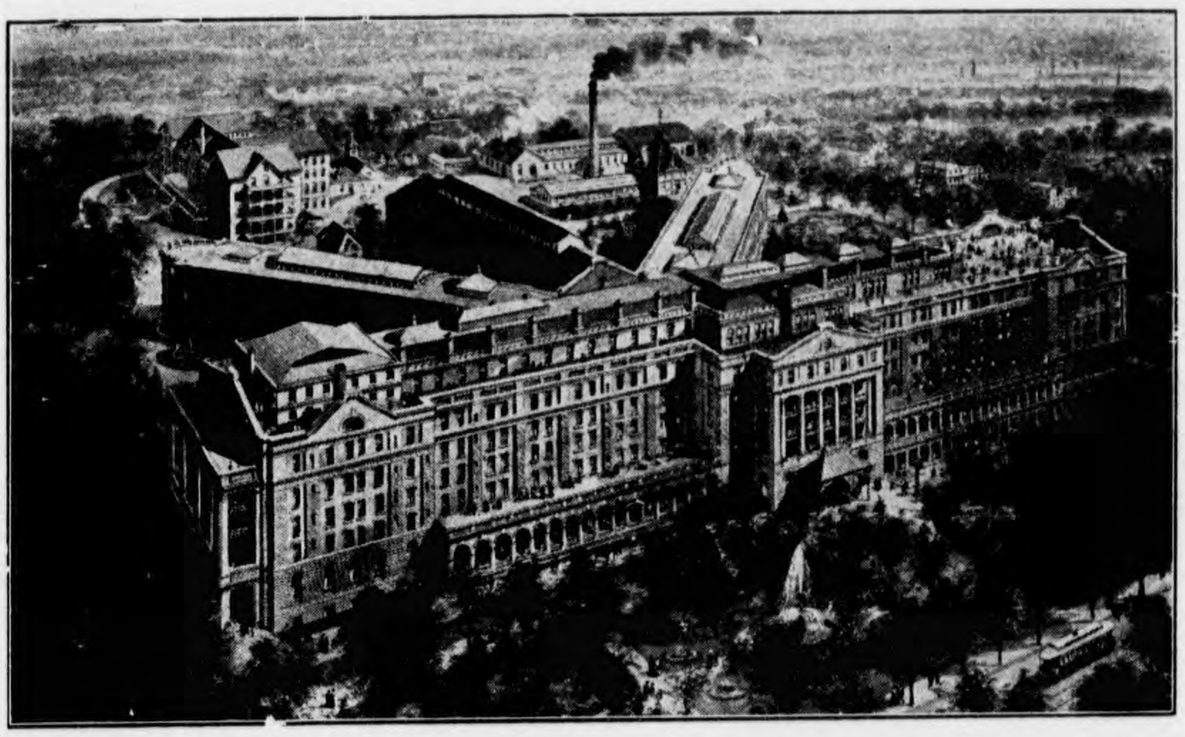
Watch for posters announcing future games.

J/B-Thayer

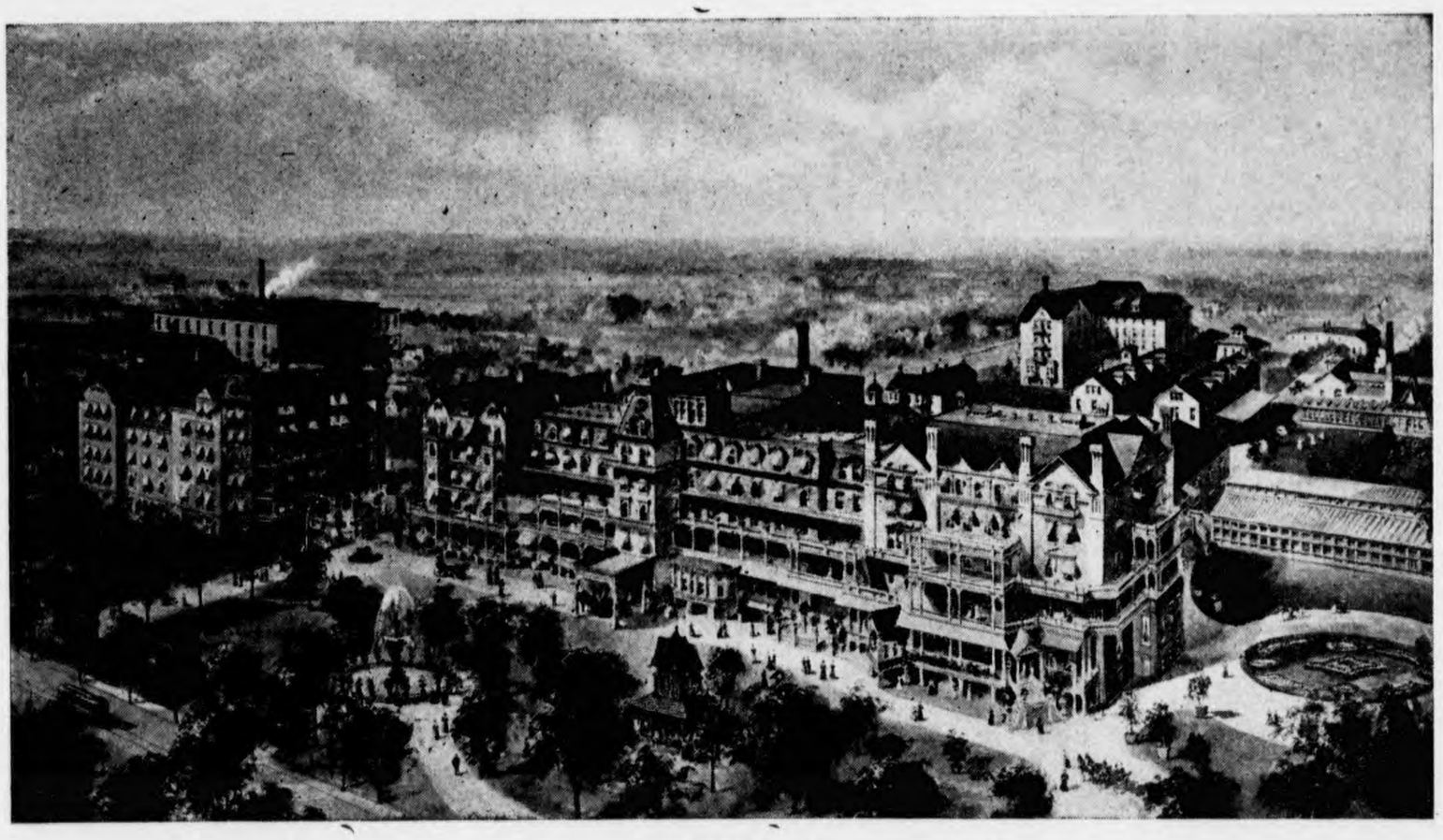
The Growth of an Idea



1876



1903



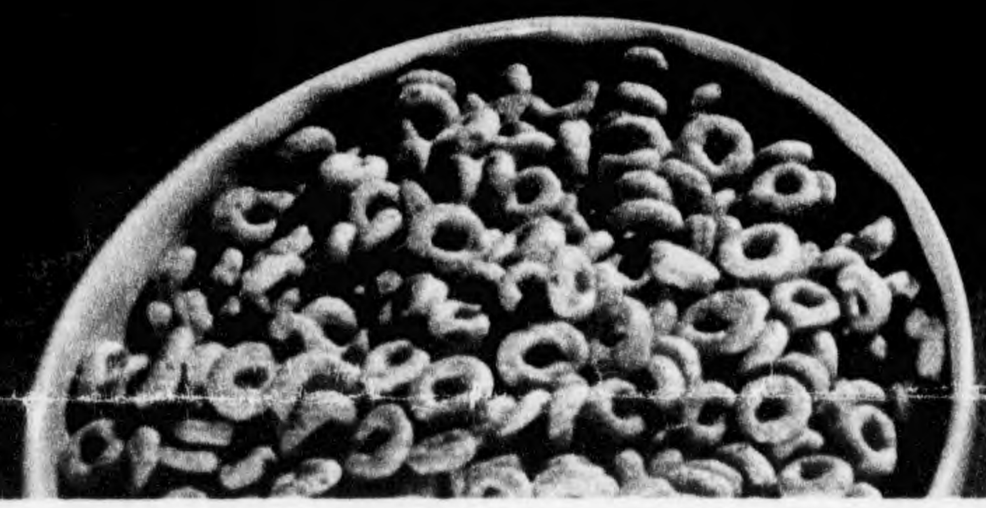
1891



1928







Here's the Latest Exciting Chapter in

THE CEREAL STORY

By ROBERT FROMAN

Hot or cold, regular or presweetened, American processed cereals—complete with the box-top awards for loyal eaters—now are as popular in other corners of the globe as they are here

NOT long ago a Battle Creek, Michigan, firm received a letter from the city of Accra, on Africa's Gold Coast. In painfully composed prose it announced that the writer was a jockey and had a friend who also was a jockey.

"You sent my friend skull and bones," it continued. "He won race. Send me skull and bones quick. I never win yet."

Although the Battle Creek company's business, as its address clearly indicates to millions of people throughout the world, is turning kernels of corn, wheat and rice into crisp and highly digestible flakes, it had no trouble understanding and complying with this odd request. In spite of the grisly sound of his note, all the jockey wanted was a bracelet charm offered as a box-top premium.

Similar letters arrive in Battle Creek daily with postmarks ranging all the way from Afghanistan to Zanzibar. For today the crunching and crackling of American ready-to-eat breakfast cereals reverberate throughout most of the world. The company in correspondence with the African racing man counts 121 nations, colonies and dependencies among its customers.

This is a remarkably wide range for a type of foodstuff invented in a small Midwestern town barely half a century ago. Since the early 1900s when production of ready-to-eat cereals got under way in Battle Creek, the town has shipped billions of packages, hundreds of thousands of freight carloads, all over the world. Their international success has been so great that two countries now eat more per capita than we do of this strictly American invention. Australians consume nearly seven pounds apiece per year and Canadians four and a half pounds, compared with the U.S. record of better than four pounds each.

Hot cereals, of which we eat about two thirds *(Continued on page 78)*

PHOTOGRAPH FOR COLLIER'S BY ANTON BRUEHL



The Cereal Story

CONTINUED FROM PAGE 28

as much as we do of the cold, are much older. But it was a series of American developments toward the end of the last century which made possible their modern popularity, and American brands of these, too, have spread all over the globe.

Last year the dozen large and numerous small manufacturers (the latter having only regional or local distribution) produced $227,000,000 worth of the two types of cereals. To accomplish this they rolled, flaked, shredded, popped and otherwise mauled nearly 1,000,000,000 pounds of assorted grains. And so successfully did the results appeal to our appetites that, according to the Cereal Institute which the manufacturers sponsor for research and education, 85 per cent of the nation's families served cereals at least occasionally and an enthusiastic 50 per cent of us ate them every day.

One of the early ways of preparing the grains was to mash them up more or less thoroughly, add water or milk and boil the result into a thin, pasty porridge. The resultant primitive hot "cereal" was not, from the modern point of view, very appetizing. It was a dish used mostly by the poor. Up to about 100 years ago oatmeal porridge or mush was an important dish only among the thrifty Scots, and their addiction to it was the subject of almost as many bad jokes as was their thriftiness.

Oatmeal first was used in the U.S. as a gruel for invalids because of its easy digestibility. As recently as 1855 it was bought in an apothecary shop, an ounce or so at a time; and it probably had been imported from Scotland. But during this period an Akron, Ohio, miller named Ferdinand Schumacher developed a taste for the dish and enthusiastically turned out a few barrelfuls for sale. He also learned to roll the oats flat instead of grinding them into fine flour, thus making it possible to cook them into a tastier, less gooey mush. For several years Schumacher gradually built up a clientele, but it was a slow process. Then he caught the attention of the humorists.

Oats always have been widely used as animal fodder. To a whole generation of professional funnymen the fact that humans and horses were eating the same food became a standard source of innocent merriment.

Finley Peter Dunne's immortal creation Mr. Dooley, vaudeville comedians like Weber and Fields, cartoonists, even newspaper editorial writers joined in the fun.

A typical Joe Millerish gag of the period ran:

Pat: "I've been on the oatmeal a week and I'm sthrong as a horse."

Mike: "Sure, and you ought to be. Ain't you eatin' the same food?"

Schumacher was moved to intense indignation by such levity. He even hired a professor of medicine to write a long book seriously refuting the nonsense. Meanwhile, oatmeal rode to nation-wide popularity on a wave of laughter. By the turn of the century the humorists had made it a staple of American diet, and Schumacher had acquired fame as the Oatmeal King.

During this period, too, another more complicated development had been launched among a group of Seventh Day Adventists who settled in Battle Creek in 1855. There a leader of the sect, a woman named Ellen White who had an already established reputation as a prophetess, awoke one morning with a pronouncement. To true believers, she said, the only proper foods were those of vegetable origin.

In those days similar pronouncements were being made at frequent intervals by prophets of local honor all over the country. The nation was in a ferment which made it susceptible to the idea that a man's salvation depended on his diet. This was partly because the old pioneer eating habits—in which breakfast consisted of steak, pork chops or lamb chops, fried potatoes, fried apples, hot cakes, fried eggs, pie and other items, all in huge quantities—couldn't be carried over into the nation's new, more sedentary urban life without disastrous digestive results. But in most cases the extreme diet reforms lost their popularity as quickly as they gained it.

In Battle Creek they took on permanence through the sect's organization of what eventually became the famous Battle Creek Sanitarium, where a rigidly vegetarian diet was an important part of the treatment. That rigidity necessarily mothered the invention of many different foods, such as nut "butter" and nut "steaks." The hospital also served toasted cracker crumbs, the direct ancestors of modern breakfast cereals. But it was an ill effect of the diet which led to the first crispy, crunchy wheat flake.

One morning in 1895 an elderly female patient approached the sanitarium's head physician, Dr. John H. Kellogg, with an indignant demand for $10 to replace her false teeth. She had broken them on the rock-hard version of dry toast he prescribed for her breakfast.

"I then began to think," Dr. Kellogg later said, "that we ought to have a ready-cooked food which would not break people's teeth."

It was his story that his method of achieving this laudable ambition was quite literally dreamed up. Awakened at 3:00 A.M. one day by a patient, he had done his doctoral duty and started back to bed before remembrance of a dream suddenly flashed into his mind. In it he had boiled kernels of wheat, run them through a machine his wife used for rolling dough, scraped the thin films of wheat off the rollers with a knife and baked them in an oven. He decided actually to try the recipe, and it worked. (According to another version of the story, it didn't work very well, though, until some moldy wheat got into a batch, produced excellent flakes and led the doctor to the discovery that it was necessary to malt the kernels before cooking them.)

In any case, news of the new breakfast food gradually seeped out of the sanitarium as patients returned to their homes, taking along supplies to keep them going. One patient, Charles W. Post, was so excited by the possibilities of the flakes that he tried to persuade Dr. Kellogg to let him organize large-scale manufacture and general distribution. When Kellogg refused, Post set himself up in Battle Creek on a $68.75 shoestring and began inventing cereal products on his own. He made his first ready-to-eat cereal by baking whole wheat and barley into loaves, drying the loaves in a pan over a kerosene lamp and grinding them into tough, chewy little pieces. Launched in 1898, Grape Nuts were so successful that within two years they were being sold not only all over this country but also in Canada and Great Britain.

Battle Creek and the breakfast cereals were on their way. By 1901 the village had become one of the oddest boom towns in all the nation's long history of explosively expansive hamlets. Millions of people whose working days began too hurriedly and whose appetites were too small for the old-style heavy breakfasts found the cereals exactly what they wanted. And partly because of the Battle Creek Sanitarium's reputation, Battle Creek and breakfast cereals became synonymous. Almost everyone who wanted to go into the business headed there. At one point in 1902, the town had 42 different breakfast food companies, some of which were in so much of a hurry to get going that they set up their factories in tents on the outskirts.

There were, of course, many weirdies among their products. One consisted of wheat flakes impregnated with the flavors of pepsin and celery. Another was dehulled beans, so treated on the theory that the hulls were harmful; and it was advertised as "All the bean but the armor plate." Another was called Elijah's Manna. Its package carried a remarkable illustration showing the prophet seated on a rock attended by a raven who ogled a buxom maiden and announced in a cartoon balloon, "Well, I declare! If there isn't Hanna at breakfast on Elijah's Manna."

This outraged the pious everywhere, and the product was even banned from England. But the actual cereal was a type of corn flakes, and under other brand names it went on to become the

Next Week



Favorite Fiction

"DEAR GEORGE"

•

A CHAFIK MYSTERY

More UP FRONT IN KOREA

By BILL MAULDIN

most popular of all the ready-to-eat type. It was with corn flakes that Dr. John Kellogg's younger brother, Will K. Kellogg, in 1906 got the Kellogg family into the manufacture of breakfast cereals for the open market. From the beginning Will Kellogg had been largely responsible for the production of breakfast foods at the sanitarium. By 1912 more than 100 different brands of corn flakes had appeared on the market.

By that time, too, the companies founded by Charles Post and Will Kellogg were dominating Battle Creek's breakfast cereal business. In the ensuing years the community benefited richly from the munificence of these two public-spirited business rivals. It all began when Mr. Post built a hotel. Mr. Kellogg built an auditorium. Whereupon Mr. Post built a theater. A recreation center, a school for handicapped children, an arboretum, a hospital, a wildlife refuge, a housing project, an airport and several other facilities followed. The upshot is that Battle Creek is amply provided with community facilities, and is today a thriving city of 43,453 people.

Legal Wrangles Over Rights

Credit for the invention of many different kinds of cereals still is in dispute. In the early years of the industry, courts on both sides of the Atlantic, ranging all the way up to the U.S. Supreme Court and the British House of Lords, resounded to the snapping, crackling arguments of the cereal companies' lawyers battling for patent rights. Most of the various types, however, have long since landed in the public domain and are made by several manufacturers.

Two leading cold cereals got their starts outside Battle Creek. In the 1890s a Cambridge, Massachusetts, Jack-of-all-trades named Henry Perky, advised by doctors to stick to a diet of raw vegetables and boiled whole wheat, found that he could make the latter more palatable by pressing it into long filaments. Seeking backers, Perky wandered all over the country with this idea, first sold the product at a restaurant which he ran for a while in Denver, then tried unsuccessfully to market machines for making it at home. In the end, he sold his rights to a Niagara Falls company which made that city the world's shredded wheat capital and which eventually became a part of the National Biscuit Company.

The other non-Battle Creek discovery was the result of chemist Alexander Anderson's study of the nature of starch cells. In one experiment, Anderson placed several granules of starch in a test tube, heated it to 500 degrees Fahrenheit and released the accumulated pressure suddenly by breaking the tube. The individual starch cells exploded, swelling to 10 times their original size.

Later, Anderson tried the same experiment on whole grains of rice with the same result. And when he tasted the exploded kernels, he realized that he had made not only a scientific but also a commercial discovery. The year was 1902, and the goings on in Battle Creek had been so well publicized that even a scientist couldn't miss the profit potentials in a new cereal product. It took him a couple of years to work out the details of the process and to make an arrangement with the Quaker Oats Company, but by 1905 his puffed kernels of rice were one of the leading products in the field.

Today, the industry produces three chief kinds of hot cereals. Still the leader, as well as the pioneer, is oatmeal, which now comes in either "old-fashioned" or "quick-cooking" varieties (quicker cooking simply because the individual particles are cut finer). Its rich, warm, earthy flavor makes it seem a particularly solid and substantial way to start a morning.

Then there is farina, such as Cream of Wheat, consisting of wheat meal milled to remove the outer bran. It is the most delicately flavored of the three leaders. The third is whole wheat, such as Ralston, with the straightforward, simple taste of wheat and having a pleasant, grainy texture. In addition, there are a few minor variations such as rolled wheat and a mixture of rolled oats and wheat.

Corn meal, hominy grits, plain boiled rice and similar foods can claim the right to consideration as breakfast cereals, since they *are* cereals and are occasionally eaten at breakfast. Breakfast cereal manufacturers, who are delighted to have *their* products eaten at times other than breakfast, admit that defining the field is difficult. But, they say, after all, what they are making is really breakfast cereals. Therefore, they don't consider as part of their field cereal products eaten chiefly at other meals and only incidentally at breakfast. This sounds, they admit, like hairsplitting, but they point out that a line has to be drawn somewhere.

Ready-to-eat breakfast cereals are made in a much wider variety than are the hot. In fact, the list could run to 30 or more. But nearly all of them fall into three classifications—flakes, shreds and puffs. Crisp, toasted flakes of corn, wheat or rice make an ideal light breakfast dish for millions. Shreds of wheat, wheat bran or a corn-and-soya mixture, formed into biscuits or packaged loose, make a much chewier dish. Puffs of rice, wheat, corn or oats, so ethereal they almost float on air, make the lightest breakfast of all.

Most of the manufacturing processes remain much the same as those originally devised by the inventors of the various products, except that the scale has been multiplied hundreds of times. In Buffalo, Akron, Chicago, Minneapolis, St. Louis, Cedar Rapids, Omaha, and Oakland, California, there are cereal factories so big that to the inexperienced eye viewing them from the outside they might be turning out anything up to bulldozers or locomotives. U.S. firms also have plants in Great Britain, Canada, Australia and South Africa. But the two biggest, along with several smaller ones, are in Battle Creek, which produces about two thirds of the nation's ready-to-eat cereals plus a small amount of the hot.

Both these largest plants consist of several huge factory buildings set in the midst of wide, parklike lawns decorated with long beds of massed petunias, geraniums and similar conservative flora. Each is dominated by a great bank of gleaming, concrete grain elevators. And from each, when the wind is right, there pours forth a strong, appetizing aroma of food a-baking, an aroma which is the cause of a standard local witticism. "Never mind," says the Battle Creek head of the house to his wife as she prepares to serve him cereal of a morning, "I've already had mine. Just took a deep breath when I got up."

How Corn Flakes Are Made

Each of the various types of hot and cold cereals goes through its own distinctive series of milling, flavoring, rolling, cutting and cooking processes, but the process of making corn flakes is fairly typical. Kernels of corn first are milled to remove the outer coat of bran and the tiny germ which is extremely oily and would go rancid in storage. The rest of the kernel, the endosperm, then is ground into grits.

Some 1,800 pounds of grits and flavoring of malt, sugar and sirup go into one of a long row of cylindrical, stainless-steel cookers which lie on one side and rotate slowly. During two and one half hours of cooking, the sugar caramelizes slightly and darkens the grits. Then the cooker tips on end and dumps the batch into a vat, which is trundled into a drying room where the temperature is held at 275 degrees Fahrenheit. After five hours there, the grits pass through a 90-foot, 450-degree traveling oven to the flaking rollers and thence to cylindrical, rotating toasting ovens. A short period of cooling follows, then the flakes are ready for the packing machines.

The most colorful variation from this process is that used in making the puffed cereals. Nowadays the cereal makers puff not only whole kernels of rice and wheat, but also little pellets of corn-meal dough and tiny, doughnut-shaped bits of oatmeal



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dough, the latter made by first shaping the dough into macaronilike tubes, then slicing the tubes into sections. After flavoring and, in some cases, brief cooking, the kernels or dough balls go into huge steel pots shaped like old-style muzzle-loading cannons of murderous caliber. A heavy lid is clamped down over the muzzle, and the guns are rolled into an oven.

When the desired heat and pressure have been built up inside the gun, it is pointed into a closed chamber, the muzzle lid is whisked off and the pellets quite literally shoot out like a gigantic blast of grapeshot, puffing to several times their original size in the process. Moving belts then carry them through a cooling chamber and on to the packing machines.

A Packaging Robot at Work

These latter are every bit as ingenious as the machines for making the cereals themselves. At one plant I watched a machine shape the little, one-ounce, individual serving packages at the rate of 1,000 a minute. From this machine the packs were whipped under a spout which filled them in quick spurts. They passed on down the line doing a fast shimmy to eliminate air spaces. Then a carefully aseptic steel finger dipped into each one to make sure it was full to the brim, and a sealing device closed the inner wrapper and glued down the box lid. The boxes sped on to fill cartons, and a belt conveyer carried these in turn to a huge warehouse to await loading into boxcars, 50 or more of which leave the plant every working day.

The frantic hustle of the packaging operation is a sort of keynote of the cereal business. It is one of the world's most intensely competitive fields, and not even the most successful companies dare rest for a moment on yesterday's laurels. The cereal makers, therefore, have to be endlessly ingenious to win and hold the attention of their customers. In the industry's beginning, the keynote of most of the tub thumping was health. The early ads read like patent medicine testimonials. "Saved from appendicitis operation," was one headline. Another ad, in a breach of taste which would be unthinkable nowadays, warned that eating a competing product might set up a "fermentation" which would lead to Bright's disease, diabetes and a whole host of other horrendous ailments.

Today, the industry shudders over such past sins. Its chief talking point on the subject of health is that most Americans eat too little for breakfast and would do well to take the time for a bowl of cereal. Studies conducted at the State University of Iowa and elsewhere by nutritionists and physiologists show that on a breakfast of cereal, milk, bread, butter, orange juice and coffee most of us perform far more efficiently during the morning than we do on the mere cup of coffee which is becoming the whole breakfast for more and more of us. And by adding B-complex vitamins and iron to their products, the cereal makers have done much, say the nutritionists, to improve the vitamin and mineral content of our national diet.

But mere reasonable arguments never have been enough to sell very many people anything, no matter how good for them. From the earliest days, for instance, cereal salesmen have been among the most lavish and most canny dispensers of free samples. One highly successful company got its start on nation-wide distribution by giving housewives a whole year's supply of cereals in return for persuading their local grocers to stock its brand regularly.

Another company's complicated giveaway system once threw a small Missouri town into an uproar. Several of the town's homeowners awoke one morning to find cabalistic signs scribbled in chalk on their front walks. A gang of bandits had been operating in the vicinity, and the burghers were immediately convinced that the signs were intended to mark those homes which had been selected for looting in a raid. The sheriff organized a posse of vigilantes for the town's defense and sent a demand to the governor that he call out the National Guard. When it later developed that the signs had been made to guide a crew of cereal sample dispensers, the crew members barely escaped being ridden out of town on rails.

Even more important than the free sample is the extra added attraction of the premium. In fact, premiums have made cereal box tops a form of currency almost as familiar as legal tender. There are many different kinds, such as package inserts (pictures of sports heroes, for instance, to be collected in a series), cutouts on the box itself, and "over-the-counters" in which the premium is handed to the customer by the grocery clerk. Sometimes the box itself is

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H. H.

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a sort of premium, being made in such a way that you can open one side, pour in milk and eat the cereal directly from it.

By far the most popular, however, is the "self-liquidating" premium for which the customer sends in a dime, a quarter or a little more along with box tops. This amounts to selling the premium at wholesale plus handling costs, gives the customer a bargain and the cereal company a great harvest of good will. It's easy for the company to obtain the premiums at wholesale since returns on the offers normally run from 100,000 up. Once General Mills' offer of an "atom-bomb ring," containing harmless radioactive material, drew some 3,000,000 responses from Kix eaters.

No matter how big the response, though, no reputable manufacturer would dream of making a penny's profit on the premiums. "That," as one of them puts it, "would be unethical."

Few premium offers are aimed at men, because they respond very poorly. There are numerous enticements, ranging from nylons to 82-piece silverware sets, for housewives. But the chief appeal is to



"And in addition to singing the lead, Gus, you'll have to carry the first tenor . . ."

COLLIER'S HARRY LAMPERT

youngsters, usually the five-to-fifteen group. Until mid-1951 the big thing was the cowboy angle—six-shooters, chaps and such. Since then the emphasis has shifted to interplanetary space.

"And," says one premium expert, "we have to be awfully careful with our rocketship designs. One slip and we're bombarded with protests."

Partly because they are so susceptible to premium offers, youngsters eat slightly more cereal on the average than the rest of the population. Teen-agers, however, eat slightly less. There are very few other variations in cereal-eating habits among different groups, and those few are slight.

All types of cereals sell just a little better in the Midwest and on the Pacific Coast than in other regions, and better too in rural areas than in urban. Corn flakes, the most popular ready-to-eat cereal throughout the country, are a little more dominant in the South than in the North. Wheat flakes, which rank second nationally, go a little better North than South. But just about the only other noticeable regional preference is the Southwest's yen for raisin bran, a combination of whole-wheat flakes and raisins. And in hot cereals the only unusual local leanings on the record are the popularity of an odd farina-and-soya combination in the Minneapolis-St. Paul area and a farina-and-cocoa powder mixture in Sioux City, Iowa.

No longer ago than the thirties there was a big seasonal variation in our cereal-eating habits, with the hot cereals booming in winter and the cold in summer. Now, even this has dwindled to the point where we use much the same amounts of both types the year round.

The great majority of us eat our cereals with sugar or honey and either milk, cream or half-and-half and, occasionally, fruit. But there are a few rugged individualists who strike out on their own. Following an old Scotch custom, some use salt instead of sugar on their oatmeal. Others use butter instead of cream. And then there's a concoction, much favored by Boy Scouts, who take it along on hikes for a snack, of dry oatmeal mixed with raisins and brown sugar.

As near as the manufacturers can make out, though, we eat about 90 per cent of their output for breakfast. This makes cereals our biggest one-meal dish. In a way, cereal men enjoy this distinction, since it enables them to concentrate their promotion efforts; but they can't help eying other possibilities once in a while. The Cereal Institute, with a good deal more hope than conviction, has worked out a scheme for using cereals in every course of a seven-course dinner: cheese-soaked bits of shredded wheat for appetizers, puffed rice for croutons in the soup, corn flakes as breading for the fish, and so on down the line to wheat flakes for pie crust.

Recently, however, a really big step forward from the breakfast-only category has been made by the new sugar-coated or, as the manufacturers prefer to call them, "presweetened" cereals. Almost every year since the industry's infancy it has tried to tickle the nation's appetite with at least one or two new types of cereal. Several times there have been attempts at sugary flakes or puffs. But it was not until the launching of a presweetened puffed wheat in 1949, made and packaged by supersecret processes to keep it from becoming a sticky mass in the box, that the idea really caught on.

Now there are several presweetened types, and they are challenging the old leaders in popularity. And what's more, their manufacturers estimate that from one third to one half their output is eaten at times other than breakfast.

A Cuban Idea for Dunking

Some of our good neighbors have quite original ways of eating their cereal. A few years ago there was a big boom in the corn flakes market in Cuba. One of the U.S. companies sent an investigator to find what had turned the trick. He reported that the Cubans had developed a great fondness for dunking toast in coffee, that a bread shortage had come along and that some bright unknown had discovered, and had spread far and wide the news, that corn flakes could be dunked a spoonful at a time.

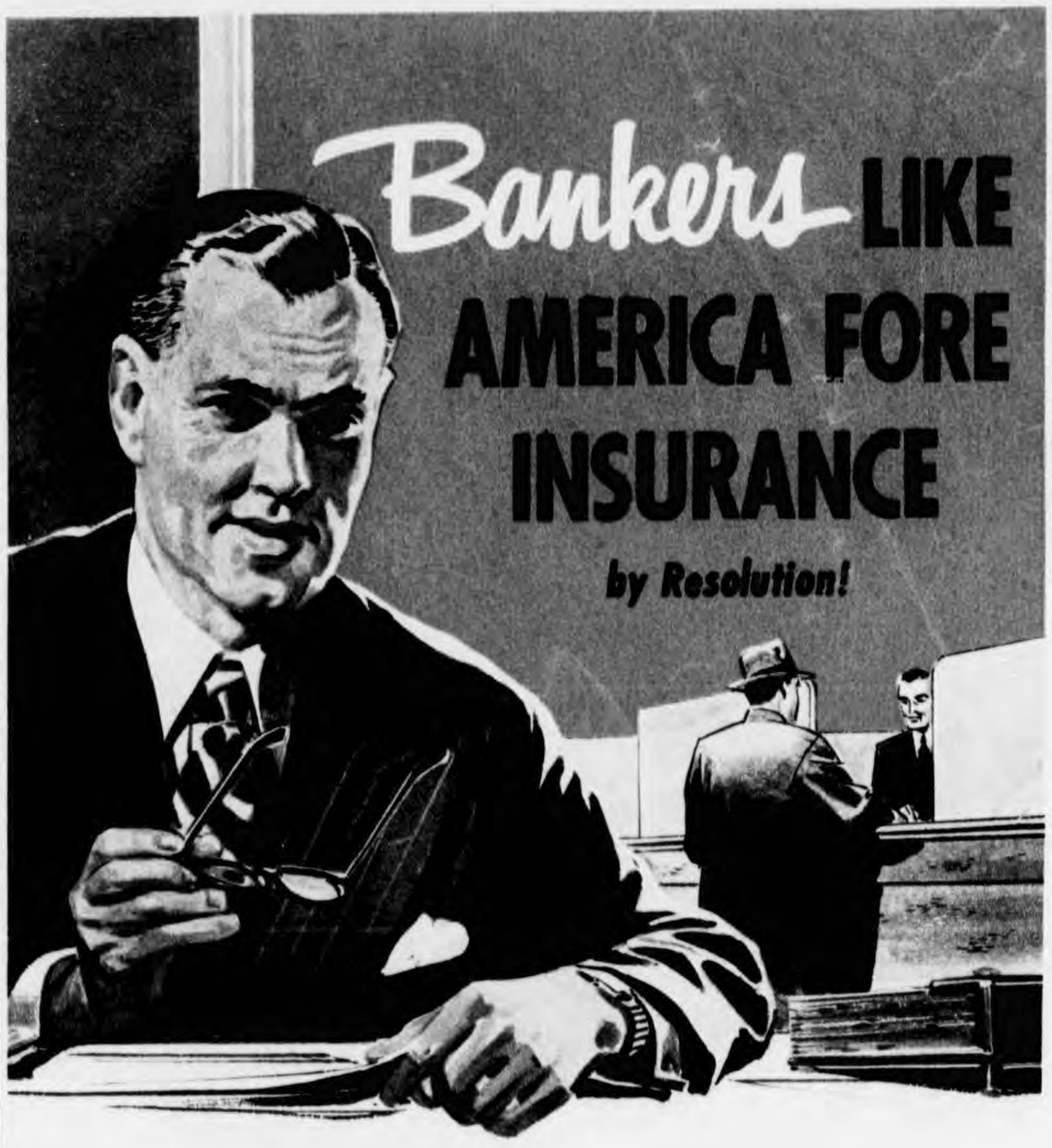
South-of-the-border interest in *tostaditas de maiz* (corn flakes) has grown so much recently that just last summer one U.S. company built a new plant in Mexico. Success in Latin America, however, has not thus far been followed by success in Latin Europe. Indeed, from her reaction to date, it seems likely that France may remain a permanent holdout. One company tried to get a toe hold there by the time-honored method of distributing free samples of corn flakes in selected areas, then persuading grocers of those areas to try stocking a few cartons. Results were nearly nil. To learn why, the company sent investigators to question the recipients of the samples. They learned.

"Alors," said one housewife with a good Gallic shrug, speaking for many of the others, "what use are they? No matter how hard I scrub, they make no suds."

But in northern Europe, American breakfast cereals are steadily growing in popularity and serving as ambassadors, if not exactly of the whole American way of life, at least of our way of eating. Not long ago one U.S. cereal company received an unusual testimonial to this when it arranged for distribution of its products in Holland. It was in the form of a letter which explained that the writer had lived in Canada with her young children during World War II.

"And when we returned home," she went on, "the only thing my children yearned for was their breakfast cereals. I'm so happy that now they can have them."

The letter was signed by Juliana, Queen of the Netherlands. THE END



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What I Believe

CONTINUED FROM PAGE 15

have a slightly different plan. Congress has enacted about half of the necessary legislation. It should enact the rest. Most of the savings of the Hoover Plan, however, can only be made effective with the full cooperation of those heading the executive departments. In fact, much of the legislation merely removes the obstacles to the streamlining of these departments along modern lines. I would make economy a keynote in all departments and bureaus.

As I understand it, the Hoover Commission did not recommend the complete abolition of any activity authorized by law. I think they should be recalled or another commission appointed to determine whether a number of bureaus cannot be entirely eliminated. Furthermore, I approve the plan favored by Republicans last year of an arbitrary cut in all government personnel of 10 to 15 per cent. I do not think there is any department where nine men could not do the work that is now done by ten, and probably more efficiently.

Some of these recommendations would apply to the military budget also, particularly the use of civilian personnel, but I feel that the whole mobilization program should be completely re-examined and very substantially reduced at the earliest possible moment. Mr. Truman says that in the fiscal year 1953 he will spend $52,000,000,000 for the armed forces, more than $10,000,000,000 for foreign aid, and $2,000,000,000 for the atomic energy program. This was to be the peak year, but now he contemplates a similar expenditure for the fiscal year 1954. I think the whole program should be re-examined by a commission of mixed military and civilian experts who are in no way committed to the present program.

I agree that we must meet the Soviet threat at many points throughout the world, but I don't think we can do so everywhere in the world. I would like to know exactly what the present huge military force is to do the first year of war, if war breaks out, and what additional steps are to be taken during the first year and the second year. It seems to me that one military project has been added to another, first by the Army and then the Navy and then the Air Corps, without any complete integration of plan.

I question the size of the foreign aid. I think the whole method of procurement should be carefully examined, where we hear repeatedly of vast orders far beyond any present needs. We should study the question whether our Army, Navy and Air Corps are not unduly wasteful in the use of personnel, both uniformed and civilian. I think it is essential that the military budget be reduced to a figure which we can carry more or less indefinitely without turning this country into a garrison state and abandoning every ideal of improvement here at home.

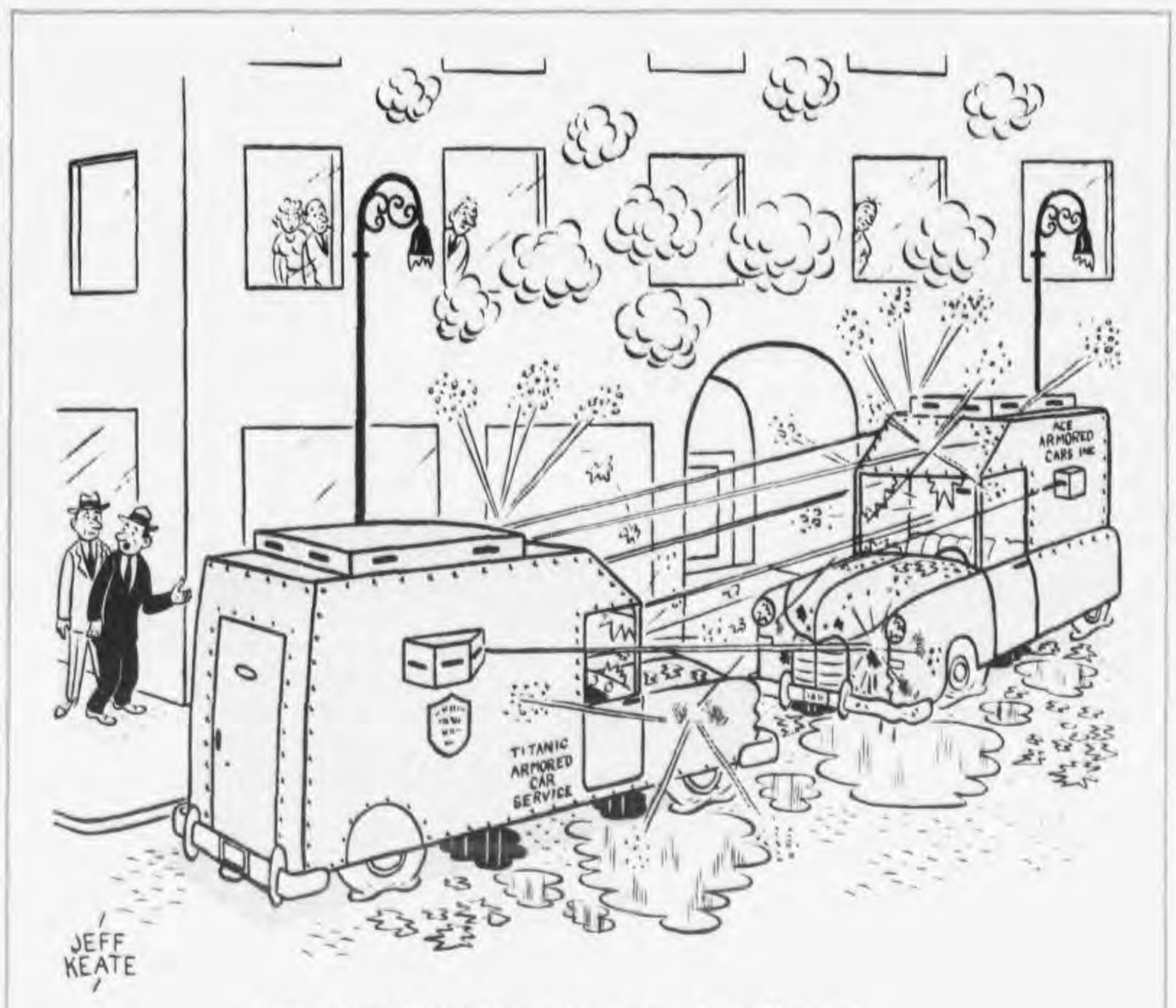
After all, perhaps Stalin's real purpose is to disrupt our domestic economy and productive system to such an extent that Communism will have an easier time in an ultimate conflict.

Can the Republican candidate for President win this year without the independent vote?

There is a lot of misunderstanding about the so-called independent vote. There are a few intellectuals weighing the arguments of both sides in order to make up their minds which way they will move. I don't think they are numerous enough to justify the Republicans in modifying the principles in which they believe. I don't believe that we are going to get any considerable number of New Dealers to vote for us anyway. On the other hand, millions of Democrats will support an outright campaign based on principle. They are just as much opposed to Mr. Truman's Fair Deal as are the Republicans.

The truth is that most of the so-called independent voters are people who have not been interested in politics. They may perhaps have a slant one way or the other, but their lack of interest is such that they have not made up their minds and they are completely open to conviction.

The way the Republican candidate can get this independent vote is to present his views so convincingly that he arouses the enthusiasm of all those who do take an interest as Republicans, and then the candidate organizes his followers to go out on a house-to-house canvass to transmit their convictions to these independent voters. If we can get a large number of uninterested voters interested, we will win. The only way to get them is by enthusiastic, organized personal efforts. Publicity alone cannot do the job. If they are not interested, they will not read much about the cam-



COLLIER'S

"It started with just a simple collision, and then one word led to another"

JEFF KEATE

Reprinted from THE AMERICAN MAGAZINE, March, 1928

That Tired Feeling And How to Get Rid Of It

An interview with Dr. John Harvey Kellogg, medical director of the famous Battle Creek Sanitarium

By Albert Edward Wiggam

(Author of "The New Decalogue of Science," "The Fruit of the Family Tree," "The Next Age of Man")

MY DOCTOR says I need a tonic. It seems as if I cannot get over this tired feeling."

"I'm so tired. I feel as if I never *would* get rested again. I think I shall have to take a vacation."

"I wake up *so* tired. I simply can't start the day until I get my cup of coffee and a cigar."

It occurred to me recently that I had been hearing these plaintive exclamations for many years. I had heard them in offices, banks, boards of directors meetings, sales conventions, church conferences, women's clubs, department stores, in factories and machine shops, and even on farms. I had heard them from office workers, executives, lawyers, men and women of leisure, preachers, schoolteachers, and, strangest of all, from doctors.

What struck me suddenly one day was that some of these people work very hard, while others, who say they are equally tired, do not work at all. "Must be something besides work," I thought. "I wonder what it is."

After casting about in my mind among scientific men who might answer this question, I wired my friend, Dr. John Harvey Kellogg, medical director of the Battle Creek Sanitarium:

> I want to interview you on why the tired business man and woman are tired.

At once he replied:

> Come ahead. I think I can tell you. We have treated thousands of them. We have several hundred here now.

I found the doctor, at the age of seventy-five, making big plans, as usual, for the future. Before we began talking he showed me a new three-million-dollar wing which was being added to what was already the largest sanitarium in the world. He pointed out that they were equipping this building with the new glass which admits the ultra-violet ray, which is shut out by our ordinary window glass.

Then he took me for a short drive into the country, where he showed me a tract of several hundred acres of primitive forest land, which he had recently purchased for a wild-life preserve and bird sanctuary, to be used in connection with the biological department of Battle Creek College, of which the doctor is the chief promoter.

On returning from the drive, the doctor lay down on a comfortable sofa, and for six hours without interruption we talked about the causes of fatigue, chronic tired feeling, nervous exhaustion, and the like.

"I think better lying down," said Doctor Kellogg. "The prone position relieves tension and enables me to concentrate better. Besides, in the horizontal position the brain receives more blood than when standing. Since I work all the time when I am not asleep, I find it worth while to practice even small economies in energy conservation.

"You ask me to tell you what makes the tired business man tired. There are so many different kinds of tired business men, and women too, and there are so many things to cause fatigue in our complex life that it is difficult to know where to begin. We have treated nearly two hundred thousand persons here since I organized the Battle Creek Sanitarium, fifty-one years ago, and I should say one



Dr. John Harvey Kellogg, head of the famous Battle Creek Sanitarium. Doctor Kellogg was graduated from Bellevue as a doctor in 1875. He is the inventor of many improved appliances for medical and surgical purposes, and has written extensively in the field of dietetics, his books including "New Dietetics" and "The Natural Diet of Man." Doctor Kellogg was born in Tyrone, Michigan, in 1852. When he was four years old his parents moved to Battle Creek, which has been his home ever since.

fourth of them were tired business men and another fourth tired women. They range all the way from those fighting a tendency to lie down and surrender, to those suffering from so-called nervous and mental exhaustion.

"AFTER studying these tired people with great care for many years, I am convinced that *these tired people are seldom tired through overwork.*

"Oh, yes, they are really tired, and they *think* they are overworked. Work is a convenient and dignified alibi for our bad habits. But work usually has nothing whatsoever to do with the weariness of which these people complain. A man working eight or even ten hours a day, unless he expends his energy in a most violent manner, cannot possibly be permanently tired from that cause. Even football players are usually restored by a single night's rest. Woodchoppers, blacksmiths, and men doing other heavy manual labor go on year after year performing an enormous amount of work without this permanent exhaustion."

"But, Doctor Kellogg," I interjected, "the tired business man claims it is mental work."

"That is another alibi," replied the doctor. "The popular notion is that mental work is very exhausting. But observations made by Doctor Benedict, of the Carnegie Nutrition Laboratory, of Boston, show that even in severe mental work the actual expenditure of energy is so small that it is difficult to measure it with the most exact scientific instrument.

"The real reason why so many business men think they are working hard is because they find it so difficult to work. They find concentration difficult; they cannot make decisions about important matters, large or small. Do you know why it is extremely hard to make up your mind firmly when you are tired The reason is that your brain cells are intoxicated. Your memory cells are drugged with poisons. This intoxication of the brain cells is just as real as that produced by alcohol or any other drug."

"But once again, Doctor Kellogg," I remarked, "your tired business men or women say they are suffering from nervous exhaustion."

"Just another alibi," said the doctor. "'Nervous exhaustion' sounds so fine, so respectable, so important. Why, it is practically impossible to exhaust a nerve by work! Experiments have been tried of stimulating a nerve to react by electricity or other means, and after thousands of stimulations it is still almost as efficient as at first. But if you apply to it a solution of fatigue poisons, such as the products of food putrefaction, no amount of stimulation will make it react normally.

"This so-called nervous exhaustion, tired nerves, neurasthenia, or whatever you like to call it, is rarely real nerve exhaustion; it is nerve poisoning, autointoxication, or self-intoxication.

"Now, the first question for your tired man to ask himself is this: *'Is the fatigue with which I wake up in the morning, and which I carry around all day, really due to overwork or to some other cause?*

"There are two distinct kinds of tired feelings: First, normal, natural, healthy fatigue induced by actual work; and, second, abnormal, false, unhealthy fatigue that comes from wrong habits of living. You can easily tell which kind you have. If, say, two good nights and a day of rest—for example, from Saturday evening until Monday morning—do not make you feel fit and eager for work, you may be sure it is not honest work-fatigue that you have but false, toxic-fatigue.

"In the latter case a rest will do you little good. Indeed, by decreasing your already sluggish elimination of poisons, rest may make you worse. *Nothing* will effect a cure except a radical change in your habits.

"For securing this beneficial change, I can outline for you *six helpful habits—six methods of fatigue control*—which anybody, anywhere, can put into practice. And I know from thousands of successful cases that you can follow these methods of fatigue control with great assurance of complete cure.

"These six fatigue controls are as follows:

1. Maintaining the normal chemical balance
2. Avoiding an excess of protein
3. Promoting elimination
4. Changing the intestinal flora
5. Sunlight (natural and artificial)
6. Physical measures, including posture, exercise, bathing, sleeping, fresh air

"It is difficult to treat these methods separately, since the body is a unit and they all overlap. But control number one, what is now called the 'chemical balance,' is something rather new in medical science. Everyone has heard, of course, about the need for a balanced diet. But recent laboratory researches have revealed the necessity for another sort of balancing, termed the chemical or acid-base balance. In some respects it is the most important of all.

"IN ORDER to understand what this means, we should first ask, *What is fatigue?* Why does a muscle get tired when exercised? It is because every movement of a muscle burns up the body fuel and leaves a residue, or ash. This residue is always acid, and causes discomfort, which is nature's warning to rest. The body is an engine; food is its fuel, and these fatigue acids constitute its smoke and ashes. The amount of acid produced in one day by all the external and internal bodily movements is considerable. For instance, a sprinter, running at top speed, produces nearly a half-pint of lactic acid in a minute.

"Unless these poisons are rapidly removed they cause exhaustion. In order to prevent the accumulation of acids, the blood and tissues are slightly alkaline. It is the function of the kidneys to remove acids, and thus maintain this constant alkalinity of the blood stream. The urine of a healthy person should be slightly acid; but I have met with many of these chronically tired persons whose urine was more than fifty times as acid as it should be. How could they help being tired?

"Now, the excess of alkali over acids in the blood is known as the alkaline reserve, and this margin, called the chemical balance, though very small, is of vital importance.

"When there is a normal alkaline reserve, the acid toxins from burned-up food are effectively neutralized; but when the reserve is diminished, we have fatigue, inefficiency, shortness of breath, and other symptoms of auto-intoxication. The chemical balance of chronically tired people is disturbed, and their tissues are full of acid. This condition is known as acidosis.

"Professor Henderson, a physiologist of Boston, has suggested a simple test for finding out for yourself whether acids are in excess. It is to hold your breath as long as you can. A person whose tissues are not poisoned from acids, whose chemical balance is normal, can easily hold his breath forty seconds; but a person whose tissues contain an excess of acids cannot hold his breath much more than twenty, or even less, without great effort; and he becomes short of breath when he exercises."

"WHAT can the tired man do to build up his chemical balance?" I inquired.

"He can do a number of things; but the main thing is careful regulation of his diet. In chemical literature, the alkalis are called bases, so that when we speak of a basic diet, we mean one rich in alkali, or one which will leave an alkaline residue in the blood. Strange to say, acid fruits afford one of the quickest ways to build up the alkali reserve. Most people imagine that in eating acid fruits they are likely to create acidosis. On the contrary, fruits are one of the best cures for this condition.

"The reason is this: There are in foods two kinds of acids: One class consists of acids such as citric, malic, and tartaric—the common acids of fruits. These soon disappear when the fruits are eaten, being oxidized, and thus destroyed, in the body. The other class is made up of inorganic acids which the body cannot oxidize, such as phosphoric, sulphuric and hydrochloric acids, and a few unoxidizable organic acids, such as benzoic, acetic, oxalic, and butyric.

"The acids found in fruits are in combination with the alkalis, soda and potash. When the acid portion is destroyed, the alkali is left, and so the ultimate effect of eating fruit is to increase the alkali of the blood and tissues.

"A good many years ago research work disclosed the fact that most of our vegetable foods, and particularly fruits, with the exception of prunes and cranberries, were powerful agents for lessening the acidity of the urine.

"Most ordinary foods have now been studied, and are classified as alkali-producing or acid-producing.

"If a person has high blood pressure or diseased kidneys, he should eat sparingly of foods with high acidity. And in passing, let me say that a non-acid diet is the best diet for people in middle life—it helps to hold old age at bay. Here is a partial list of acid-producing foods: in the order of their acid content.

Egg yolk
Oysters
Beef, round, free from fat
Beef, dried
Codfish, salted
Beefsteak, round, lean
Chicken
Turkey
Flour, entire wheat
Oatmeal

(*Continued on Page 101*)

That Tired Feeling—And How to Get Rid of It

(Continued from Page 49)

"In the following list is found the most basic or alkaline foods in the order of their alkaline content which should be partaken of freely by persons who desire to maintain a normal chemical balance, or to restore their disturbed balance to normality.

Carrots	Figs, dried
Cucumbers	Beans, lima, dried
Potatoes	Beans, soy
Muskmelon	Garbanzos
Lettuce	Spinach
Sweet potato	Raisins
Orange juice	Beans, dried
Tomatoes	Chard
Cabbage	Lima beans, fresh
Peas, dried	Rutabagas
Peaches	Almonds
Pears	Parsnips
Milk	Dates

"As a consequence of these great discoveries, we now know beyond all doubt or controversy that in order to keep healthy and efficient and cure that tired feeling, the alkali reserve must at all times be well maintained. Work has little to do with the tired feeling caused by low alkali reserve. Rest in many cases may even make the tired person worse, by increasing poor elimination.

"THE tired man's salvation lies in a diet in which vegetables and fruits are given preference.

"Many tired, run-down, nervous people resort to taking raw eggs to build them up. There is hardly anything worse than raw eggs for anybody. Raw egg albumen is very hard to digest, and often putrefies in the intestines. It digests better if cooked, but should be thoroughly masticated. White of egg, any way, is poor food. It lacks iron, lime, vitamins and almost everything else essential to a complete food except the one element, protein. Its use is to form the body of the young chick and not to supply it with food. Egg yolk, on the other hand, is a natural foodstuff, rich in lime, iron and vitamins—everything the young chick needs until it emerges from the shell. It is, besides, very easily digested.

"I remember a man some years ago whose blood pressure was 260—a man of fifty, who was such a physical wreck that he had closed his business, never expecting to be able to work again. After living on a basic diet for three months his blood pressure had dropped to 160, and he was so well and eager for work that he went back into business. Seven years afterward he came back for a check-up, and his blood pressure was still 160, and he was feeling fine.

"Not long ago we had here the famous swimmer, Johnny Weismuller, who holds the world's 300-meter record and has broken over fifty world's records. I suggested to his trainer, William Bachrach, physical director of the Illinois Athletic Club, that we try our diet on him and have a test in our swimming pool. We put him on a basic diet and gave him plenty of bulky foodstuffs to keep his bowels active, and also gave him foods that would cleanse his intestines of putrefactive bacteria. Johnny discovered that he had broken his own 300-meter world record, which had stood for two years, by *four and three-fifths seconds.*

"Several years ago Professor Irving Fisher, the eminent economist of Yale University, pitted a group of our *untrained* men nurses and doctors against the *trained* Yale athletes in a series of endurance tests. Our nurses and doctors, *without any preparation* except their ordinary healthy, biologic living, put it all over the Yale men in every contest. In one test, that of holding the arms out, fifteen of our men made an average of 90 minutes, while the fifteen Yale athletes averaged only 11 minutes. You see, *strength and endurance are two wholly different things. Strength depends upon size of muscle, but endurance depends upon the state of the blood.* And for great endurance the blood must be normally alkaline.

"Muscle work produces lactic acid, and this produces fatigue and exhaustion. A basic diet helps to counteract this lactic acid."

"But, Doctor Kellogg," I remarked, "your tired business man claims it is the rush of American life which raises his blood pressure and wears him out."

"Popular moonshine," ejaculated the doctor. "People who hustle and work hard have lower blood pressure and healthier arteries, kidneys, and livers than people who live idle or sedentary lives. A man's blood pressure is high while he is rushing and is vigorously active, of course; but it quickly subsides to normal after the strain is over. People who are tired because of the flood of acid toxins always circulating in their blood vessels get high blood pressure through the irritating effects of these poisons on the walls of the blood vessels.

"A diet in which acid-producing foods predominate, and neglect of the colon, of which I shall speak later, are probably the two greatest causes of premature old age.

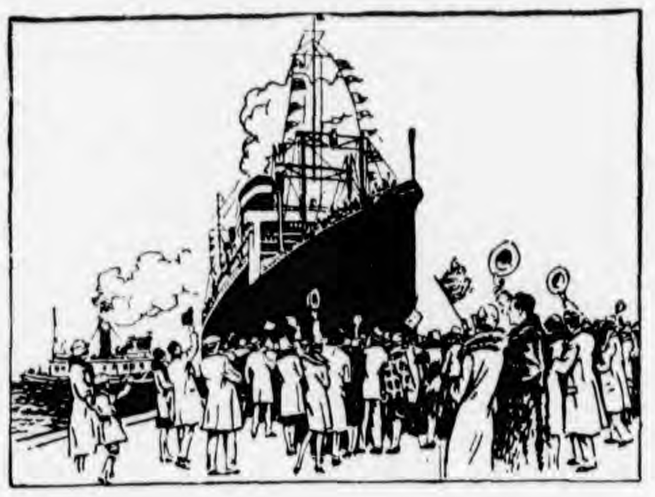
"THE second great line of relief from that chronic tired feeling is in maintaining the proper ratio of protein in the daily ration.

"The proper protein ration, according to the 'Chittenden Standard,' which revolutionized the ideas of the entire medical profession on this subject, requires about 1.3 calories of protein per day, per pound of body weight. By this standard, if you weigh 150 pounds, you should eat about 200 calories or 1½ ounces of protein per day, and *no more.*

"You would get this amount of protein from 3½ pints of milk, or 8 ounces of Porterhouse steak or 9½ eggs, or 8 ounces of ordinary beans or peas, or 4½ ounces of soy beans, or 8½ ounces of almonds, or 7 ounces of peanuts, or 9½ ounces of walnuts.

"But, of course, no one would ever need to eat such large quantities of these foods, for the reason that most foods contain more or less protein, so that all the protein may be supplied in bread, cereals, and other foods which are only moderately rich in protein.

"Moreover, not all of the proteins in these various foods are equally high in quality. The protein of milk and that of soy beans and some of the nuts, such as almonds and peanuts, are of very superior



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quality. The proteins of meats have the disadvantage of being accompanied by putrefactive bacteria, which in time tend to injure the colon and lead in some cases to autointoxication, high blood pressure and other disorders, unless counteracted by close attention to a balanced diet.

"Unfortunately, your tired business man often eats three or four times the proper ration of protein in steaks and chops alone. Then he thinks nothing of eating two or three eggs, drinking a pint or two of milk, and he often adds to his meat diet a plate of beans, a helping or two of peas, and possibly a nut sundae.

"Now, nature has provided no place to store this excess protein. It simply clogs the tissues and overworks the liver and kidneys. In addition, unless the residue is promptly expelled when it reaches the colon, it putrefies, and throws more acids into the blood stream. The body can store up fats and carbohydrates as adipose tissues; but proteins can be used only as repair material. Hence, most of this surplus protein eaten daily, instead of being assimilated, has to be converted into urea, and other waste products.

"When the blood, therefore, is overloaded with these waste products, the vital machinery is clogged, the brain and muscles are inefficient and have little endurance, and a person is always tired."

AT THIS point I put this question to the doctor: "Would fasting do your tired man any good?"

"No," he replied emphatically; "people who fast are not going without food, as they think. They are consuming themselves. They are living on an exclusive meat diet; namely, their own flesh. The effect of fasting is not to purify the body and blood, but the very opposite. Chemical examination of the urine of the famous Italian faster, Cetti, showed the presence of carbolic acid in the urine from the very beginning of his fasting, and the quantity increased from day to day due to increasing putrefaction in the colon."

"But what about people who wish to reduce " I asked.

"People who want to reduce should eat good, full meals like sensible people," said the doctor. "Their diet, however, should be low in fats and carbohydrates, but at the same time rich in iron, lime, and vitamins. They should eat cereals very sparingly and without sugar or cream. They should eat liberal quantities of spinach, carrots, beets, string beans, cabbage, lettuce, celery, and an abundance of fruits, especially melons. A reducing diet need not involve any hardship. Satisfaction in eating, that is, a sense of satiety, is felt when the stomach is well filled; hence a reducing diet should consist chiefly of bulky foodstuffs that have low nutritive value.

"Lean people who desire to gain weight need the reverse of the reducing diet, and often are benefited by special fattening foods.

"Another potent cause that makes the tired business man tired is intestinal stasis or chronic constipation.

"By the use of proper foods, such as dates, raisins, bulky vegetables and the like, accompanied by proper exercises, a satisfactory elimination can be maintained. Three daily movements seem a natural number, and they can do no possible injury, provided the movements are brought about naturally.

"The colon in many persons has been so crippled by long abuse that it takes some time to train it properly, and sometimes hot enemas are necessary for a period. Fortunately, the hot enema can be used indefinitely, provided care is taken to avoid too large quantities of water. The amount should never exceed two quarts, and the water should be heated to 100° or 112° Fahrenheit.

"Another most effective measure for relieving tired and nervous people is changing the bacterial flora of the intestines.

"Some of our foods, particularly game and 'high' meats are practically always infected with Welch's bacillus, a microorganism. It produces great quantities of gas, and highly virulent toxins. The poisons produced by Welch's bacillus, when absorbed, give rise to nervousness, headaches and tired feelings, and numerous other symptoms.

"Changing the intestinal flora is simply getting rid of these pernicious bacteria, and restoring the normal, acid-forming bacteria known as acidophilus which protect the intestines from typhoid and other harmful bacteria.

"The basic fact upon which the successful methods of changing the intestinal flora rests is that the putrefactive or *poison-producing Welch bacillus and others cannot grow in the presence of acids.*

"Now, the acidophilus germ is a friendly germ and grows normally in the intestines. With proper encouragement, it will develop in the colon in such numbers as to prevent putrefaction and the poisoning that results therefrom.

"The protective influence of acid-forming germs in the intestines is clearly shown by a simple experiment. I kept a piece of beefsteak in a jar of sour milk without a taint of putrefaction for seventeen years. But, unfortunately, the sour-milk germ needs oxygen and, therefore, will not grow freely in the intestines.

"A glass or two of acidophilus milk, taken daily, if found agreeable, will slightly hasten the change in the intestinal flora; but it should be avoided in cases of colitis. Lactose or lacto-dextrin will also hasten the change.

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actually swallow the sunlight in this way.

"Ordinary window glass cuts out nearly all the ultra-violet rays. Several types of glass have now been invented which admit the ultra-violet rays.

"We must also learn to wear light-colored and porous clothing, so as to permit the rays of light to reach the skin constantly.

"Another thing that would greatly benefit the tired man would be to learn to sit erect in his chair, with a support or cushion behind his back, his abdomen drawn in, his shoulders relaxed and his chest well up. Sitting all crumpled up, compressing the vital organs all day, overloading the liver circulation, and limiting deep breathing, are national sins. I have seen wonderful transformations worked on tired, down-and-out men and women merely by correcting their bad posture.

"AGAIN, factories and offices are too hot and too dry and not half ventilated. A temperature of 68°, with a humidity of about 70 has been found to be the best temperature for both mental and physical work. If this temperature is not comfortable, more clothes are needed. *The air should always be in motion.* Stagnant air prevents evaporation and elimination from the skin and is depressing. Moving air keeps the skin active, and freshens both body and mind. I do not mean a *draft. That is dangerous.* I mean air moving six to ten feet per second. An electric fan is a great help, if you cannot do better.

"Then, too, your tired man is often tired from lack of exercise. He should do his daily setting-up exercises, and get in a good brisk two-to five-mile walk every day as a matter of religion. Especially should he employ plenty of stooping and bending exercises.

"Finally, various kinds of baths, which you can take just as well at home as in the finest sanitarium, are of prime value. Scarcely one person in a thousand knows how to take a bath properly. Prolonged hot baths are often weakening and should be taken only under expert guidance. A short hot bath, followed by a cold dash, is invigorating. A cold bath is a fine tonic. This does not mean that weak, nervous, or old people, should plunge into a tub of cold water or take a cold shower. Delicate persons should take cold rubs, rubbing each part till dry and warm before proceeding to the next.

"But one of the best baths for the tired, nervous, sleepless person, is the neutral bath. The water should be between 92° and 95° degrees, inclusive. Above 95° the pores open wide and the heat causes perspiration; below 92° the cold stimulates. Between these temperatures there are no thermic effects and the body soaks up water like a sponge. The water soothes the nerves and washes out the fatigue poisons. For nervous and tired people it is the most restful thing known, and for promoting sleep it is better than any sleeping powders made. Often twenty minutes in the tub before retiring will give a tired, nervous man or woman a restful night's sleep. In getting out of the bath, avoid the slightest chilling. Dry quickly, and get into bed at once, and you will probably quickly fall into a sound, refreshing slumber.

* * * * * *

VOL. VII. No. 13

THE BULLETIN

Kent County Medical Society

NOVEMBER 8, 1916



The Grand Rapids Savings Bank

IS

THE OFFICIAL DEPOSITORY

OF THE

KENT COUNTY MEDICAL SOCIETY.

Owing to an unavoidable change of plans, we regret to announce that we shall be unable to accommodate either dentists or physicians in our new bank building. More detailed announcements will be made later.

ESTABLISHED 1870

GRAND RAPIDS SAVINGS BANK

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MONROE AND IONIA AVENUES.

Volume 8 No. 13

THE BULLETIN

OF THE

Kent County Medical Society

Published Semi-Monthly in the interest of the Medical Profession

Address all communications to the Editor,

Frank Cameron Kinsey, 416 Metz Bldg.

Grand Rapids, Mich. · · Phones: Cit. 5888, Bell M 32

MEETING

The Time: Wednesday evening, November 8, 1916 at 8:00 o'clock, sharp.

The Place: St. Cecilia Building.

Ransom Avenue, near Fulton St., East.

Phone, Citizens 5002.

BUSINESS SESSION.

PROGRAM

PAPER: "Some New Points in the Surgery of the Intestine".....DR. J. H. KELLOGG of Battle Creek

General Discussion.

Every Doctor

has a personality that should be studied by his Tailor, individuality should characterize the clothes that he wears.

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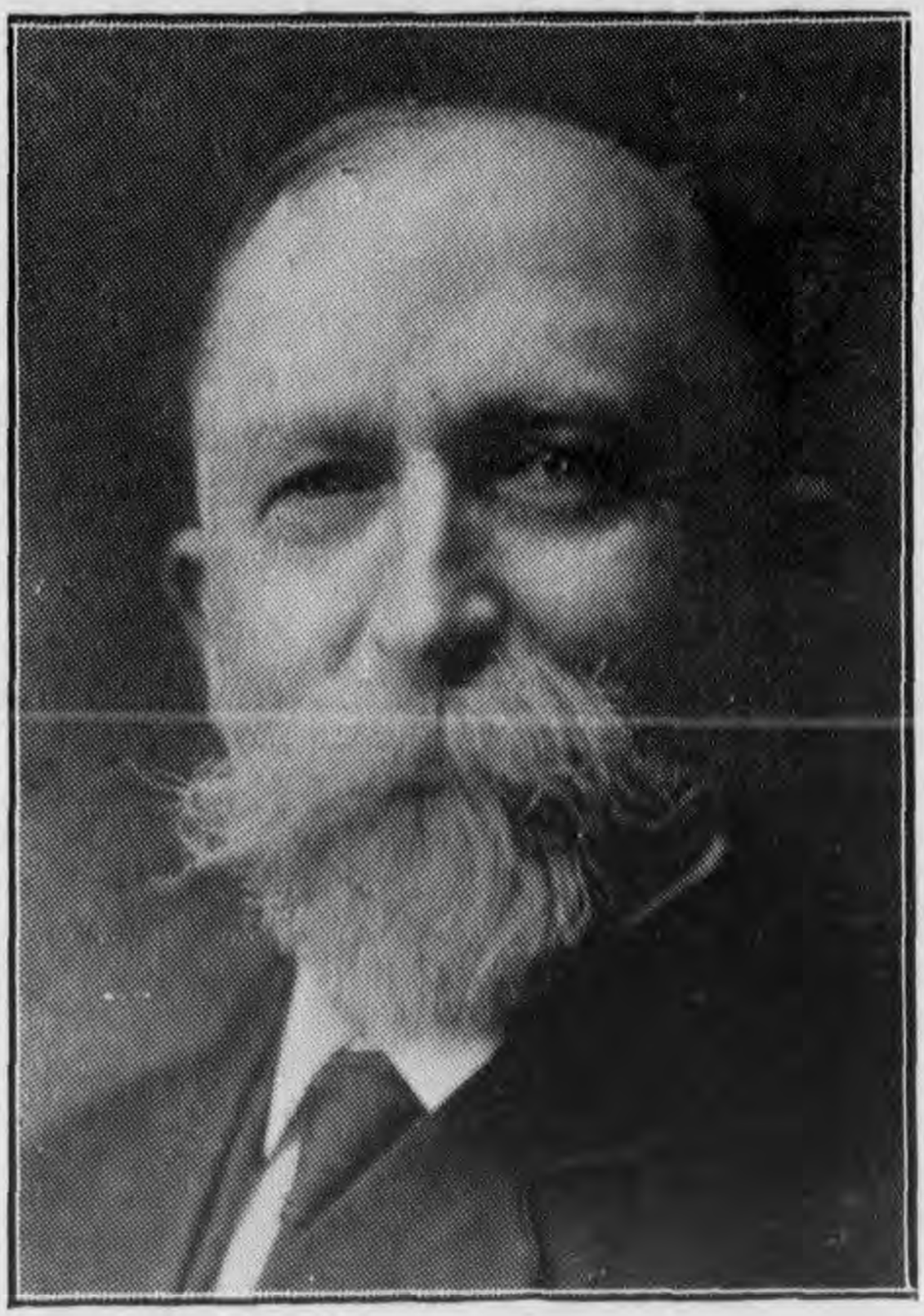
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EAST GRAND RAPIDS

News and Gossip.

Dr. John Harvey Kellogg was born at Tyrone, Michigan, in 1852. After 8 years in a printing office, he entered the University of Michigan at the age of 20. His medical education was completed at the Bellevue Hospital Medical College, New York, from which he was graduated in 1875. He also took lessons as a private pupil under Austin Flint, Sr., and under Janeway. In 1875 Dr. Kellogg was appointed superintendent of the Battle Creek Sanitarium, which position he has held ever since,building up that institution until it is known today throughout the civilized world. In 1883 Dr. Kellogg went abroad, studying under Bilroth of Vienna, and Charcot and Landolt of Paris. A second trip was made abroad in 1889, when 4 months were spent as assistant to Lawson Tait, at that time the leading abdominal surgeon of the world. Other trips abroad have included courses at the leading clinics of Switzerland, Denmark, Berlin and St. Petersburg. Trips were also made to Cuba, Porto Rico and Mexico, where a hospital was conducted for years under Dr. Kellogg's general supervision. Besides his work as surgeon and superintendant of the Sanitarium, Dr. Kellogg has found time to organize a race betterment society; to promote various missionary colleges and enterprises; to edit several magazines, including a monthly medical periodical; to write a large number of books—one, ~~published by Harpers~~, a physiology for schools; to devise many operations, some of which are still



Dr. J. H. Kellogg.

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used extensively; and to invent appliances which are today employed throughout the civilized world. These inventions include the sinusoidal current, the electric light bath and the universal dynamometer adopted by the United States government. For 17 years Dr. Kellogg has served as a member of the State Board of Health. Besides being a member of his county and state societies and a Fellow of the American Medical Association, he is a member of the Tri-State Medical Society, the Mississippi Valley Medical Association, is a Fellow of the Royal Society of Medicine of Great Britain, a member of the British and American Association for the Advancement of Science, a member of the American Society of Microscopists, a member of the Society d'Hygiene of France, etc., etc. Dr. Kellogg is a speaker who always draws a crowded house and who always has something worth while to lay before his audience. We heartily welcome Dr. Kellogg to the Kent County Medical Society Wednesday night.

FUTURITIES—

As announced aforetime, Dr. C. B. Burr of Flint, comes November 22nd with a paper which will be non-technical and of practical value to every member. At a special meeting on December 6th, we shall have with us Dr. Kellogg Speed of Chicago, fresh from the European war-front where he had charge of a field hospital. He brought home a wagon load of pictures—so 'tis whispered—and his meeting should be worth marking on the cover of the old almanac. Perhaps it may be well that the program committee say a word to the eye, ear, nose and throat specialists, who, it is realized, have been somewhat neglected this year. This has not been from a lack of effort, however, but was due to unfortunate prior datings of those specialists who were tendered invitations. However, we hope to have some good ones the first of the year, if present indications indicate truly.

NEWCOMERS—

The careful observer will note that we have two new faces among the ads in this week's **Bulletin.** The men who furnished these ads are naturally wondering whether the **Bulletin** has any value as an advertising medium. Let's prove that it has by patronizing them as soon as we need anything in their line. The **Bulletin** belongs to the "family," and its financial success or failure is decidedly "OUR party."

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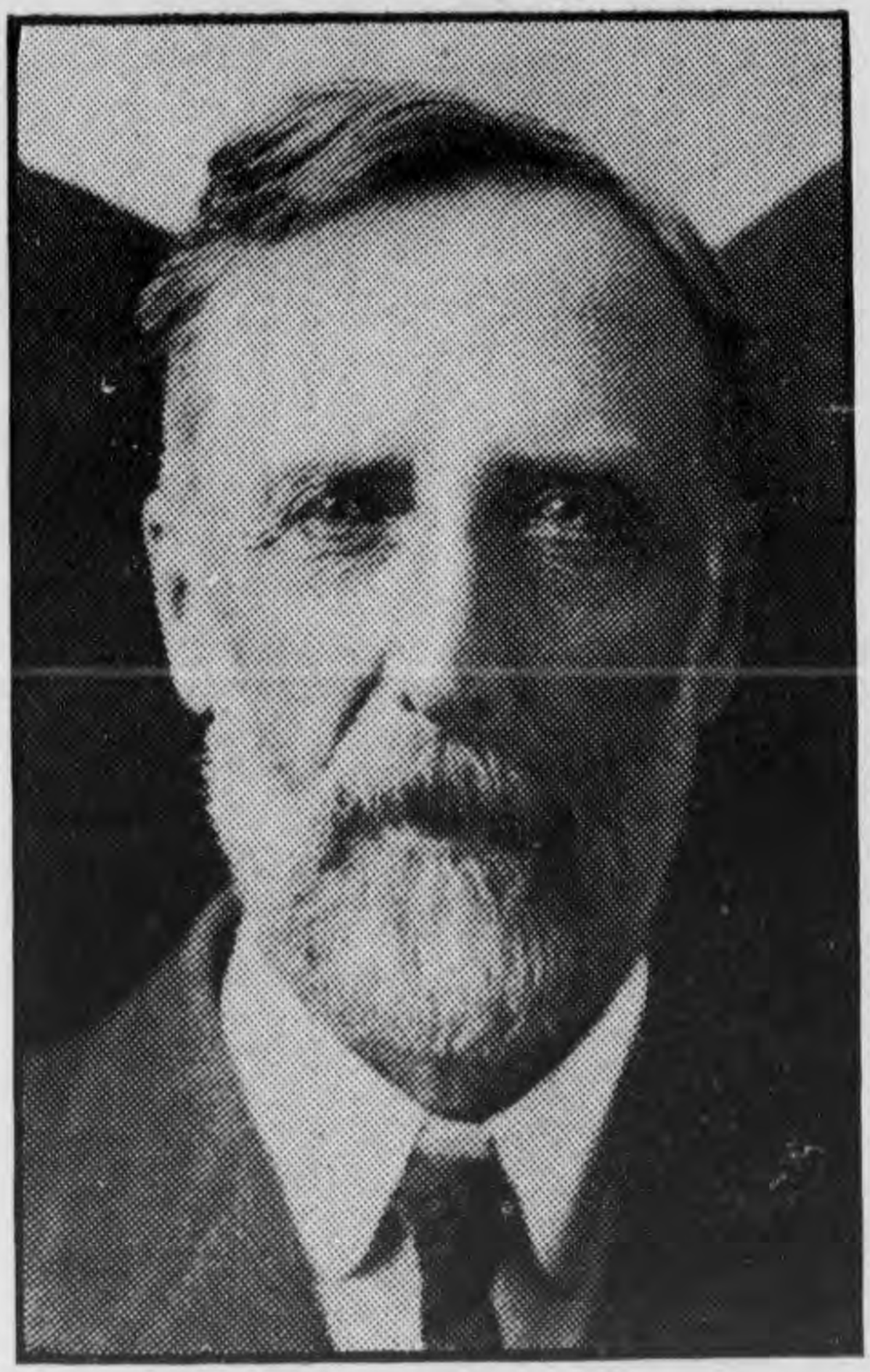
(Which indicates QUALITY—Doesn't It?)

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Dr. F. D. Smith.

Dr. F. D. Smith, a pioneer physician of Coopersville, Michigan, was born in Burke, New York, on October 24th, 1845. He obtained his general education at the Franklin Academy, Malone, N. Y., and, after studying medicine for a time with Dr. J. D. Young at Lawrence, Mass., entered what was at that time called the College of Medicine of Philadelphia, from which he was graduated in 1870. After practicing for a time in Haverhill, Mass.,he came to Coopersville where he located in 1872 and practiced continuously until the time of his death, 44 years later. Aside from his extensive professional duties, Dr. Smith was identified with several business enterprises in Coopersville. One of these—a drug store—he was finally obliged to dispose of owing to his failing health. In 1912 he founded the People's Savings Bank of Coopersville, of which he was president at the time of his death. Dr. Smith was a member of the Kent County Medical Society, the Ottawa County Medical Society, the Michigan State and the American Medical Association. He was a man of independent mind, of strong principles, of tireless energy and of unflinching loyalty to his friends. Dr. Smith is survived by his widow, formerly Miss Marietta Neal of Grand Rapids, to whom the Kent County Medical Society extends its heartfelt sympathy and condolences.



Dr. F. D. Smith.

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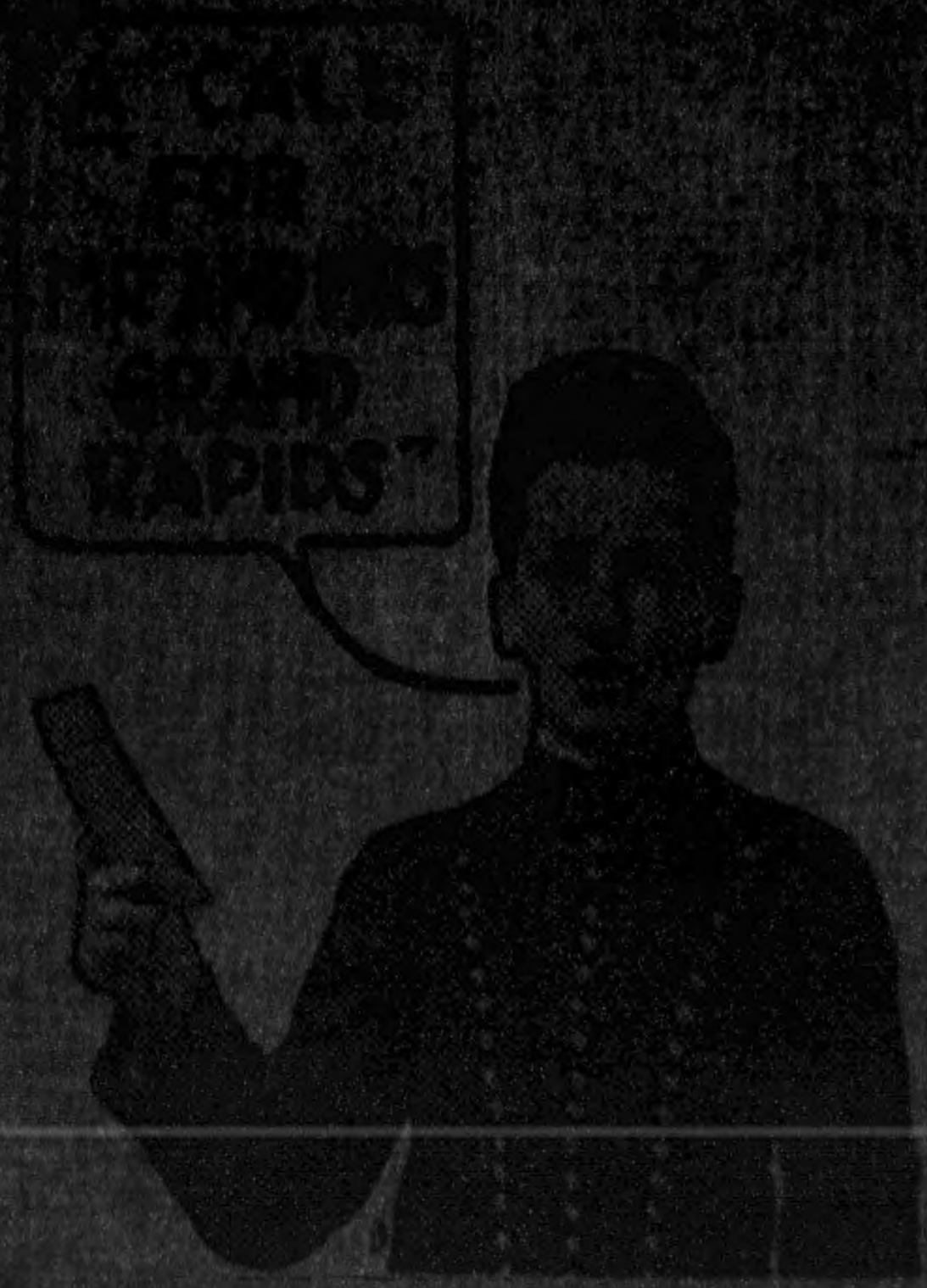
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"The sheep follow Him, for they know His voice." John 10:4

VOL. 32 RIVERSIDE, CALIF., JAN.-FEB. 1944 NO. 1

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THE GATHERING CALL
P. O. Box 566, Riverside, California

Published Bi-Monthly at Riverside, California
Entered as second-class matter, June 29, 1915, at the post office at Riverside, California, under Act of Congress of March 3, 1879.
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E. S. BALLENGER ..... EDITOR
WM. ROBINSON ..... ASSOCIATE EDITOR
JOHN I. EASTERLY ..... ASSOCIATE EDITOR

CAN WE PAY FOR OUR SALVATION?

Some of the grandest poems in our language are hardly remembered by this generation. They were quite current and loved 50 to 75 years ago. Among these grand poems are THE WRECK OF THE HESPERUS, THE BURIAL OF SIR JOHN MOORE, THE BURIAL OF MOSES, THE CHARGE OF THE LIGHT BRIGADE, and CURFEW MUST NOT RING TONIGHT.

We older people thoroly enjoy getting some of these old schoolday poems and reading them afresh. We wish to consider in particular CURFEW MUST NOT RING TONIGHT. This represents a scene in the days of Cromwell. A young man had been tried by the courts of England, and had been sentenced to hang on a certain day at the ringing of the curfew. He was engaged to marry a young woman called Bessie, whose first effort was to try to persuade the old deaf sexton to omit ringing of the curfew bell the evening of his execution. Of course, the old man refused. She would have appealed to Cromwell; but he was out of the city, and would not be back until late at night.

She determined to save her lover. She slipped into the church without being noticed by the old sexton, and climbed the ladder up thru the dark cobwebbed tower until she reached the belfry. She knew about what time the bell would be rung for curfew. When the rope began to stretch, she jumped and caught the clapper of the bell, and there she hung while the old sexton swung the bell back and forth, and she was thrown from one side to the other. Her hands were bruised against the side of the bell; but she hung on with a determined grip. The sexton, being deaf, did not know that the bell gave no sound. The executioner waited impatiently for the ringing of the bell; but it rang not, and, according to the order, the young man was not to be executed until the curfew rang. The next morning she interviewed Cromwell; threw herself at his feet, begging for the life of her loved one. She showed him her bruised and bleeding hands, telling him the story of her desperate undertaking. He was so touched with the devotion of the young lady that he promised her that her lover should not be executed.

You ask why I use this historical illustration? To make the following application:— Suppose that young man, when he learned how his life had been saved, had offered to pay his intended bride a liberal sum of money for his life. Any damsel in her position would have felt insulted with such an offer.

She did not risk her life for money; she wanted something better; she wanted his love, and she got it. So, when any one of us who are children of the Lord, think we can pay for our salvation by our good works, we in like manner insult our Redeemer. It was not for glory, wealth, or influence that Christ suffered on the Cross for you and me; he is not in need of our money or labor. What He wants, is our devotion, love, and appreciation of what he has done for us.

To the young man in the story above, the ringing of that curfew bell every day could not help but produce in him a quickening of his love for her who practically gave her life to save his.

Any young couple entering into the marriage relation with the love that should always attend such an engagement, need no laws or regulations to govern their relation to each other. I fell desperately in love wiith my wife; I did not need any regulations to direct me. My chief joy was to find out what she loved or needed, and provide it for her. And she sustained the same relation to me. This is the relation that we should sustain to the Lord Jesus Christ, and this includes our relation to the Father also. "**God** so loved the world." The whole plan of salvation is built on love, and love is the ful**filling** of the law—not the **abolish**ing of it.

I love all my wife's relatives with whom I come in contact. I love them because she loved them. One that is dead in love with the Lord Jesus, will love all of His children; in fact, he will love all of His creatures.

Love is the basis of salvation, and love is generated and fostered by closer acquaintance. No one can read intelligently the New Testament without admiring the character of Christ. Bob Ingersol, in his younger days, was very critical toward everything in the Bible. A friend asked for the privilege of publishing a book of his lectures; but Ingersol, before this, had read the gospels; and he changed his mind in regard to the character of the Christ; and in granting the privilege to publish his lectures, he insisted that the publishers should use nothing that he ever said against Jesus.

Get acquainted with the Master, and the first step in this acquaintance, is to read His life.

P. O. Box 566

Our printer made a mistake in giving our P. O. Box as 556 instead of 566. We did not notice the mistake till after we mailed out the list. However, it is not a serious mistake as there is no box numbered 556 in the Riverside post office. We will receive our mail from 4 to 8 hours earlier if you address us at P. O. Box 566.

Trying to Cover Up A Sore Spot in the Creed

In the SIGNS OF THE TIMES, Nov. 24, 1942, Elder M. L. Andreasen has a lengthy article on "The Spirit of Prophecy." He introduces this article by a statement made to one of his prospective members. We quote the first paragraph:- "SEVENTH-DAY ADVENTISTS have a prophet. Her name is Mrs. E. G. White. She has written many books, and all Adventists revere them as they do the Bible, some even more. She is dead now, but they still follow her, and believe that all that she has written is inspired. Better look out before you join something that you don't know much about." This introduction states the absolute truth about SDA's, and should be passed on to every prospective member of that church. This writer makes the following statement regarding the attitude of his denomination:-

"The Bible and the Bible only, is the platform of Protestants. On this platform Seventh-day Adventists also stand. They have the Bible and the Bible only, and no set of books can ever take its place. In their estimation the Bible stands supreme. Whoever holds any other view is not a true Adventist."

Every other Protestant denomination can more truthfully make the statement that they stand on "the Bible and the Bible only" than can SDA's. It is dishonest for any representative of SDA's to continue to teach that they have no creed but the Bible. **Every well-informed SDA knows that is not so.**

We quote again from this author:

"Acceptance of the writings of Mrs. White is, therefore, not made a test of church fellowship, and is not placed on the level of belief and faith in Scripture or any of the other cardinal points of faith. In this, Seventh-day Adventists believe that they are taking the true Protestant stand, making the Bible, and the Bible only, the norm of doctrine."

It is quite a mystery to us how any man who professes to be a representative of his denomination can make such a bold statement. In contrast to this statement, we quote from the CHURCH MANUAL, edition of 1932, page 78, "18. Do you believe the Bible doctrine of 'spiriitual gifts' in the church, and do you believe in the gift of the Spirit of prophecy which has been manifested in the remnant church through the ministry

and writings of Mrs. E. G. White?"

This is a part of 21 questions which every minister is expected to ask prospective candidates before baptism. If a minister follows the instructions of his CHURCH MANUAL, he must ask every candidate the above question. What is he supposed to do, should a candidate affirm that he doesn't believe that paragraph? Would he be warranted in taking him into the church?

For years the SDA's have published in their YEAR BOOK "The Fundamental Beliefs of SDA's. In the CHURCH MANUAL, pages 180-186, 22 Fundamental Beliefs are recorded. What is a creed? It is a word taken from the Latin "credere" which means to believe. Adventists have a statement of what "I believe". Is it honest for them to declare that they have no creed but the Bible?

We will introduce further evidence to prove that SDA's do not stand on the Protestant platform of "the Bible and the Bible only". They persistently deny that they have even an addition to the Bible. Listen to what their prophet has to say on this subject. TESTIMONIES FOR THE CHURCH, Vol. 5, p. 67:- "In these letters which I write, in the testimonies I bear, I am presenting to you that which the Lord has presented to me. I do not write one article in the paper expressing merely my own ideas. They are what God has opened before me in vision — the precious rays of light shining from the throne."

Again we quote from Mrs. White in SPIRITNAL GIFTS, Vol. 2, p. 293:- "I am just as dependent upon the Spirit of the Lord in relating or writing a vision, as in having the vision. It is impossible for me to call up things which have been shown me unless the Lord brings them before me at the time that He is pleased to have me relate or write them."

We also wish to introduce the testimony of the editor of the REVIEW and HERALD, Oct. 4, 1928:- "The writings of Mrs. E. G. White were never designed to be an addition to the canon of Scripture. They are, nevertheless, the messages of God to the remnant church, and should be received as such, the same as were the messages of the prophets of old. As Samuel was a prophet to Israel in his day, as Jeremiah was a prophet to Israel in the days of the captivity, as John the Baptist came as a special messenger of the Lord to prepare the way for Christ's appearing, so we believe that Mrs. White was a prophet to the Church of Christ today. And the same as the messages of the prophets were received in olden times, so her messages should be received at the present time." (Emphasis ours)

We believe the above quotations

are sufficient to establish the attitude of the SDA church in regard to Mrs. White's writings. According to their teachings they are inspired by God himself; they come from the same source as the writings of Samuel and Jeremiah, and the denomination teaches that they should be received on the same basis as are the testimonies of the prophets in the Bible. If that does not place them on an equality with the Bible, I can't understand the English language. With this attitude of the denomination towards her writings, how dare they affirm that they stand on the platform of "the Bible and the Bible only"? Why can't SDA's be as honest as the Mormons, or as the Christian Scientists, and acknowledge that they do have an addition to the Bible; and it is a well-known fact that when a difference is discovered between the Bible and Mrs. White's writings, that the latter are generally accepted in preference to the Bible. It is not honest for people to take the position that they are true Protesants when they know that they have an addition to the Bible which they consider inspired exactly in the same manner that the writers of the Bible were inspired.

Come, brethren, it is time for you to exercise the common honesty that exists among the people of the world.

GOD'S INFINITE KNOWLEDGE

God is infinite in every respect. There is no limit to his powers. His knowledge is all-comprehensive. He knows all about our words and acts. "For there is not a word in my tongue, but lo, O Lord, thou knowest it altogether." Ps. 139: 4. "The very hairs of your head are all numbered." Mt. 10: 30.

Not only does God know everything of the present stage of affairs, he also knows the coming events thousands of years beforehand. This fact we find demonstrated in the prophecies of the Bible. "He revealeth the deep secret things: he knoweth what is in the darkness, and the light dwelleth with him." Dan. 2: 22. In like manner, he has also a perfect knowledge of the past.

This is the God of the Bible, the only true God. This true God does not need to go for a hundred years through the records of men to find out whether they deserve eternal life or death. The God of the Investigative Judgment is certainly not the true God. "Thou shalt have no other gods before me." Ex. 20: 3.

—A Friend of Truth.

Pass this paper on when you have read it; it may help another.

A RICH MAN AND LAZARUS

By A. F. Ballenger

We are printing this article in this length of line so as to use the type for publishing it in convenient size to fit in an ordinary envelope.

One of the most terrible scenes ever witnessed by a vast concourse of people occurred at the World's Fair at Chicago in 1893. A number of visitors were dining at the top of the Tower of Observation, one of the Exposition buildings, which overlooked the lake and city.

Suddenly a sea of faces was turned toward the Tower where a curling column of smoke with darting tongues of flame was seen climbing the tower like a monstrous serpent, toward the terror stricken souls at the top. Every way of escape was cut off, and nothing was left for them but to throw themselves down the giddy height to the roasting iron roof below, or await the fate of the furious flames. A few hurled themselves into the lake of fire, but the greater number awaited the ascending flames.

The scene below was only less terrible than that above. The hundred thousand spectators were swayed by the agonizing scene like a field of grain before the wind. Men trembled, and groaned and staggered. Women screamed, and sobbed, and fainted. Thousands with white faces covered with their hands fled blindly from the scene unable to look longer upon the agonizing sight.

But this scene, terrible as it was, is not to be compared with the agonizing sight which, according to some Bible teachers, is located in full view, and within speaking distance of the Paradise of the saved. And not for a brief half hour, but throughout the never ending cycles of eternity, they tell us, the redeemed will live in the immediate presence of this hell of the lost where they can see their frantic struggles and hear their agonizing groans. Here, we are told, parents can hear the wails and watch the writhing of their burning children: and children will gaze upon the unspeakable miseries of lost fathers and mothers, while the years of eternity roll.

A misunderstanding of the parable of the rich man and Lazarus is largely responsible for this revolting, God-dishonoring doctrine.

Of the forty parables of our Lord, this is the only one which these Bible teachers interpret literally. Now a parable should never be taken literally. On the other hand, the student should study to see what is represented by the various symbols which are used in the parable.

Of our Saviour's public teaching it is written: "All these things spake Jesus unto the multitude in parables; and without a parable spake he not unto them." Matt. 13:34.

His disciples were slow to understand that He spake in parables, and they were sometimes misled because they took His words literally. On one occasion He warned them to "beware of the leaven of the Pharisees and the Sadducees," and immediately they began to be troubled because they had brought no bread. The Lord rebuked them for taking His parable literally, in the following words:

"How is it that ye do not understand that I spake it not to you concerning bread, that ye should beware of the leaven of the Pharisees and of the Sadducees? Then understood they how that he bade them not beware of the leaven of bread, but of the doctrine of the Pharisees and of the Sadducees." Matt. 16:11, 12.

We ought not therefore, to interpret our Lord's parables literally, but study to find what is represented by the various symbols of the parable. Only a few of His parables are explained in detail, but enough are explained so we may understand His method of instruction. Let the parable of the sower suffice as an illustration. In explanation of this parable our Lord said:

"He that soweth the good seed is the Son of man;
The field is the world;
The good seed are the children of the kingdom;
but
The tares are the children of the wicked one;
The enemy that sowed them is the devil;
The harvest is the end of the world; and
The reapers are the angels."

In like manner should we seek to find what is

represented by the different figures used in the parable of the rich man and Lazarus. We should inquire what is represented by the rich man, and what by his riches; who is represented by Lazarus, what by his begging, by his sores, by his association with dogs, and by his death. We should study to learn what is represented by Abraham's bosom, what by the death of the rich man, what by hell, or hades, what by his torments, and what by the great gulf, etc.

If the Lord had not expected us to find in His Word an explanation of the unexplained parables, He would have explained them and put that explanation in the Scriptures, but He expects us to understand His parables without a detailed explanation. This is shown by His rebuke to the disciples because they did not understand His parables until He explained them. When they asked for an explanation of the parable of the sower, before explaining it, He said: "Know ye not this parable? and how then will ye know all parables?" Mark 4:13.

Let us therefore study the parable of the rich man and Lazarus, believing that inasmuch as it is not explained, like the parable of the sower, the explanation can be found in the Word.

Who is represented by the rich man?

Evidently the Jewish nation; because in the parable the rich man calls Abraham "**Father Abraham**" and Abraham calls him "son."

What is represented by his riches?

It must be the great treasures of truth which were deposited with the Jewish nation for the enlightenment of the rest of the world. The whole history of the Jews bears witness to the rich gifts of divine truth given them of God. The apostle Paul sums up their riches thus:

"What advantage then hath the Jew? . . . Much every way: chiefly, because that unto them were committed the oracles of God." Rom. 3:1, 2.

"For I could wish that myself were accursed from Christ for my brethren, my kinsmen according to the flesh: who are Israelites; to whom pertaineth the adoption, and the glory, and the covenants, and the giving of the law, and the service of God, and the promises." Rom. 9:3, 4.

These are the riches of the "rich man."

What is represented by the purple and fine linen with which the rich man was *clothed?*

These are the emblems of royalty. Our Lord in His testimony concerning John said: "They which are gorgeously apparelled, and live delicately are in kings' courts." Luke 7:25. Again in applying the parable of the wicked husbandmen, He said to the Jews: "The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof." Matt. 21:43.

Who are represented by Lazarus the beggar?

Evidently Lazarus represents the Gentiles, who in themselves considered, were aliens from the commonwealth of Israel and strangers from the covenants of promise (Eph. 2:12), and who must come to the Jews for the riches of God's revelation to men. "And all the kings of the earth sought the presence of Solomon, to hear his wisdom, that God had put in his heart." 2 Chron. 9.23.

His place among the dogs, seeking the crumbs from the rich man's table, further proves him to be a representative of the Gentiles. Our Lord said to the Gentile woman of Tyre who asked healing for her daughter, "It is not meet to take the children's bread, and to cast it unto the dogs; to which the woman answered, accepting the lowly place which the Jews had given her, "Yes, Lord; yet the dogs under the table eat of the children's crumbs." Mark 7:26-28. The Lord did not wish to represent the Gentiles by dogs, and so he represented them by a beggar covered with sores, an associate of dogs.

What is represented by Abraham's bosom?

The father's bosom is the place of repose for the **child.** Listen to Moses: "Have I conceived all this people? Have I begotten them, that thou shouldst say unto me, Carry them in thy **bosom** as a nursing father beareth the sucking child." Num. 11:12. "No man hath seen God at any time; the only begotten Son, who is in the **bosom** of the **Father**, He hath declared Him." John 1: 18. As therefore, the bosom is the rightful place of the son and heir to the father's riches, so the rich man, the Jewish nation, the heir of Abraham's riches, is represented in the parable as being separated from this place of privilege, and Lazarus the Gentile, by birth, is represented as

coming into possession of this sonship with all its privileges.

What is represented by the death of the rich man?

The casting off of the Jewish nation is here represented by the death of the rich man. John the Baptist said to the Jewish leaders, "And think not to say within yourselves, We have Abraham to our father: for I say unto you, that God is able of these stones to raise up children unto Abraham. And now also the axe is laid unto the root of the trees; therefore every tree that bringeth not forth good fruit **is hewn down, and cast into the fire.**" Matt. 3:9, 10.

And this cutting down and casting into the fire is what did happen to the Jewish nation when the kingdom was taken from them and given to the Gentile. And the cutting down and casting away is what is represented by the **death** of the rich man. Paul speaking of this casting away represents them in this cast-away condition as **dead.**

"For if the casting away of them be the reconciling of the world, what shall the receiving of them be but life from the **dead?**" Rom. 11:15.

Again the loss of the prodigal son is represented as his **death.** "This my son was **dead,** and is alive again; he was lost, and is found." Luke 15:24.

What is represented by the Death of Lazarus?

The Gentiles do not inherit the place of a son except through death. It is not the Gentile in the flesh who inherits the riches of Abraham. He, too, is cut off from the wild olive and grafted into the tame olive before he becomes partaker of the root and fatness of Abraham's family tree. Rom. 11:17.

Paul, speaking to the Gentile converts, said: "For ye died and your life is hid with Christ in God." Col. 3:3, R. V. It is through this death that the Gentile becomes Christ's and therefore the seed or the son of Abraham. "If ye be Christ's, then ye are Abraham's seed, and heirs according to the promise." Gal. 3:29.

Thus the Jews (the rich man), were broken off (i.e., death), from the tame olive, representing the riches of the promises to the children of

Abraham, and the Gentiles (the beggar), were broken off (died) from the wild olive and grafted into the tame olive, thereby becoming partakers of the riches of which the children of Abraham are heirs.

What is represented by the flame in which the rich man is tormented?

The word "hell" in this parable is from the Greek word "hades", meaning grave, and is not from the Greek word, "Gehenna," which describes the final place of punishment where the wicked will be destroyed when the earth is cleansed with fire and brimstone. If the Lord had here desired to describe the final place of punishment He would have used Gehenna. What then is meant by the flame and torment? The Lord speaks of the afflictions of the Israelites in Egypt as an "iron furnace."

But the Lord hath taken you, and brought you out of the iron furnace, even out of Egypt." Deut. 4:20.

In the parable of the sower the Lord has explained the meaning of scorching heat when used in a parable.

"Some fell upon stony places, where they had not much earth . . . and when the sun was up they were scorched."

"But he that receiveth the seed into stony places, the same is he that heareth the word . . . yet hath he not root in himself, but endureth for a while; for when tribulation or persecution ariseth, because of the word, by and by he is offended." Matt. 13:5, 6, 20, 21.

Another strong proof that the torment of the rich man in the flames of fire is a symbol of political afflictions is found in the book of Revelation, which is a series of parables or symbolical representations of important events in the history of churches and governments. Here under the symbol of a fallen woman the apostate church is represented as being tormented with fire. Such expressions are used: "Her torment;" "the smoke of her burning;" "she shall be utterly burned with fire." This torment is explained to be something which shall be accomplished by the kings of the earth. "These (the kings), shall hate the harlot, and shall burn her utterly with

fire." Rev. 18: 9 and 17:16 R. V.

Thus it is made clear that torment in flame is a figure which the Lord uses to represent political tribulation or persecution.

How literally has this been fulfilled in the history of the Jewish nation! Beginning with the terrible siege of Jerusalem, when fathers and mothers ate their own children in the horrors of hunger, down through the dark ages, even to our own time, when they have been tormented in the flames of persecution by Russia, and Jew-hating Germany and Austria, the Jew has been in torment.

And what is meant by the great gulf between the rich man and Abraham's bosom?

This represents the separation from the privilege of sonship, which has resulted from Israel's casting away as a nation. Once the Gentile was "far off" and the Jew was "nigh", as regards the privileges of Abraham's bosom; but now, through the unbelief of the Jew and the faith of the Gentile, the relative position is reversed; and the Gentile is in Abraham's bosom and the Jew "far off".

And there is no possibility of the newly adopted son's going to the relief of the unbelieving Jew while he remains in unbelief. And there is no possibility of the Jew's reaching Abraham's bosom, while he continues still in his unbelief. But "if they abide not still in unbelief, shall be grafted in; (life from the dead) for God is able to graft them in again." Rom. 11:15, 23.

What is meant by Moses and the prophets?

"They have Moses and the prophets." This expression which refers, of course, to the Holy Scriptures of the Old Testament, is added evidence that the rich man represents the Jew. The Gentile has more than the Old Testament, he has the New Testament as well; but this rich man and his brethren have only "Moses and the prophets."

Again, the rich man asks for a sign. When told that his brethren have Moses and the prophets, which, if they believe they will not come into the place of torment, he insists on a sign, saying that if one rose from the dead and went to them they would believe. This was the constant demand of the Jewish rulers. "We would see a sign from

thee." John 6:30. "The Jews require a sign." 1 Cor. 1:32. But to this Jewish demand for a sign, Abraham, who believed without a sign, is represented as saying:

"If they hear not Moses and the prophets, neither will they be persuaded though one rose from the dead."

From this it is plain that the rich man, or the Jewish nation, was cut off from its place of privilege because it failed to believe Moses and the prophets, or the Old Testament Scriptures. And that they did not believe them, is plain from the words of Christ.

"Ye search the Scriptures, because ye think that in them ye have eternal life; and these are they which bear witness of me."

"How can ye believe, which receive glory one of another, and the glory that cometh from the only God ye seek not? Think not that I will accuse you to the Father; there is one that accuseth you, even Moses, on whom ye have set your hope. For if ye believe Moses, ye would believe me; for he wrote of me. But if ye believe not his writings, how shall ye believe my words?" John 5: 39, 44-47. R.V.

Thus it is seen that the Jews, though professing to believe the scriptures, did not believe them, and "because of unbelief, they were broken off," and it is here that the parable is a solemn warning to the Gentiles who have been received into the bosom of Abraham, or the place of sonship, with all its sacred riches and solemn responsibilities. The Jews hoarded these riches and prided themselves on their place as children of Abraham and trusted for their salvation in the old rather than the new birth. They despised the Gentiles and had no real burden for their salvation. Dressed in the robes of their royal priesthood and hoarding their wealth of truth, they haughtily passed the sinner by or deigned to drop a few crumbs as he lay begging outside the gate. But because of their selfishness and unbelief of the Scriptures the riches of the kingdom of God—the riches of revealed truth were taken from them and given to another nation bringing forth the fruits thereof."

And just as certain as the natural branches—

the natural Jews—were cut down and cast into the fire of oppression and persecution, because he did not believe the Scriptures, so sure will the grafted branch be cut off if it loses faith in those same Scriptures, "And if some of the branches be broken off, and thou, being a wild olive tree, wert grafted in among them, and with them partakest of the root and fatness of the olive tree; boast not against the branches but if thou boast, thou barest not the root, but the root thee. Thou wilt say then, The branches were broken off, that I might be grafted in. Well; because of unbelief they were broken off, and thou standest by faith. Be not high-minded, but fear: for if God spared not the natural branches, take heed lest he also spare not thee."

Who are represented by the rich man's brethren?

They must be Jews also; for it is said of them, "They have Moses and the prophets." Not all of the Jews were broken off from Abraham's family tree. Paul says: "Some of the branches were broken off." Joseph of Arimathea, Nicodemus, and Saul of Tarsus, with the Apostles were Jews, according to the flesh, which believed and were not broken off. Nor were all those who were broken off, broken at the same time. And as all the trees were not hewn down at the same time, so all were not cast into the fire at the same time. Since they were not broken off because of **unbelief**, it was necessary for them to hear the message before they could reject it and be broken off. Jerusalem was broken off and cast into the furnace first, because Jerusalem heard and rejected the message first; but the "dispersed among the Gentiles," those Jews who lived in the cities outside Judea still had opportunity to accept the testimony of Moses and the prophets and escape the furnace of affliction into which their Jerusalem brethren were cast. As the Jews who were dispersed among the Gentiles, heard the message of Moses and the prophets concerning Christ and rejected it, they, too, were hewn down and cast into the fire of persecution where their Jerusalem brethren were cast.

This parable comes with a solemn warning to the adopted son of Abraham—to us who are

Gentiles by nature, who have been adopted through Christ as children of Abraham and are now enjoying the blessings of Abraham's bosom. The growing unbelief and indifference manifested by many professing Christians today, toward the Old Testament Scriptures, cannot be far behind the unbelief and indifference of the Jews in the time of Christ. And since the Jewish nation was rejected because of a failure to believe in Moses and the prophets, let the ingrafted Gentile beware lest he be broken off because of the same unbelief.

Thus it is seen that this parable, when properly understood, contains a solemn warning applicable not only to the people to whom it was first spoken, but to those today who occupy the place and enjoy the privilege of children of Abraham.

However, when taken literally, it becomes absurd and dishonoring to God. Absurd, because it deposits all the saved in the bosom of Abraham, which is far too small to accomodate them all: dishonoring to God, because it makes out that God has located a hell of torment at the very gates of Paradise, within hearing distance of the saved, where throughout the endless ages of eternity they see the tortures and hear the groans of their lost friends and relatives.

And not only is it absurd and dishonoring to God, but it is in direct opposition to the whole tenure of Scripture, which places the punishment of the sinner after the resurrection and the judgment as the following scriptures prove:

"The Lord knoweth how to deliver the godly out of temptation, and to reserve the unjust unto the day of judgment to be punished." 2 Pet. 2:9.

"But the heavens that now are, and the earth, by the same word have been stored up for fire, being reserved against the day of judgment and destruction of ungodly men." 2 Pet. 3:7. R. V.

"And the angels which kept not their first estate, but left their own habitation, he hath reserved unto everlasting chains of darkness unto the judgment of the great day."

Thus it is seen that the angels that sinned, though they are in hopeless darkness, so far as salvation is concerned, are not now suffering the punishment that they will suffer at the judg-

ment. The idea that fallen angels are devils and that they are now in the torments of hell, cannot be reconciled with the teaching of the Scripture that they are now engaged on the earth in the work of tempting men to their destruction. That the fallen angels are not now in torment is plainly proved by the following scripture:

"And when he was come to the other side into the country of the Gergesenes, there met him two possessed with devils, coming out of the tombs, exceeding fierce, so that no man might pass by that way. And, behold, they cried out, saying, What have we to do with thee, Jesus, thou Son of God? Art thou come hither to torment us before the time?" Matt. 8:28, 29.

Certainly the devils ought to know whether they are in torment or not. And here is testimony which agrees with the whole tenure of the scriptures, which locates the time of punishment after the judgment and in connection with the destruction of the earth by fire. With this interpretation of the parable, it is found to be in harmony with the rest of the scriptures, and the God-dishonoring horrors and absurdities of the common interpretation are seen to contain no support from the parable.

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Alexander Keith, D. D., who wrote Keith's Evidence of Prophecy, wrote in the 30th edition of that book: "And the only question to be resolved — Whether there be any clear predictions literally accomplished, which, from their nature and their number, demonstrate that the **Scriptures are the dictates of inspiration, or that the Spirit of Prophecy is the testimony of Jesus.**"

—Preface to First Edition.

"GIANT THOUGHTS" (?)

"I saw that the Lord had moved upon sisters to wash the feet of brethren, and that it was according to gospel order." Early Writings, 117.

"All the angels that are commissioned to visit the earth hold a golden card, which they present to the angels at the gates of the city as they pass in and out." Early Writings, 39.

BABYLON THE GREAT

By A. F. Ballenger

Before the battle of Armageddon is fought, as described in Rev. 19: 11-20, God uses the beast and the ten kings to destroy the harlot "Babylon the Great."

"And the ten horns which thou sawest, and the beast, these shall hate the harlot, and shall make her desolate and naked, and shall eat her flesh, and shall burn her utterly with fire. For God did put in their hearts to do his mind, and to come to one mind, and to give their kingdom unto the beast, until the words of God should be accomplished." Rev. 17:16, 17. Revised Version and American Standard.

But what is Babylon the Great? Unless the student understands what is represented by the harlot, he will never be able to find the seven heads, or seven kingdoms on which the woman sits pictured in the 17th of Revelation. Since the woman sits on each of the seven heads or kingdoms as they appear in succession, and then sits on one of these seven which had **fallen** and appears again as the 8th it follows that **all these kingdoms must appear in the world during the lifetime of this woman** and not centuries before she was born, nor after her destruction. It is evident, therefore, that the student who reaches a wrong conclusion as to what Babylon the Great represents, is sure to reach a wrong conclusion as to what the seven kingdoms are, upon which the woman sits.

But there is no excuse for mistaking the woman, for if there is any symbol in the 17th chapter that is definitely explained by the Lord, it is the symbol of the woman. And here is the Lord's explanation:

"And the woman whom you perceived is the great city, which has a kingdom over the kings of the earth." Rev. 17:18 Concordant Version.

Since the book was written in Greek, and the Greek reads, "The woman whom you perceived is the great city which **has a kingdom** over the kings of the earth,"it is this original statement of what the woman is a symbol of that must be accepted.

The word translated "reigneth" in the text and "kingdom" in the margin is a noun and occurs 158 times in the New Testament, and is translated "kingdom" 157 times. And the only instance where it is translated "reigneth" is in the text under consideration. The Greek word is **basileia** and is a noun and not a verb denoting action, and should have been translated "kingdom", and as it is translated in the other 157 times where it appears.

When the Lord wishes to express

the idea of "reigneth," He uses a different word, **basiluo**, a Greek verb denoting action which occurs 21 times in the New Testament, as in Rev. 19:6, where it reads "The Lord Omnipotent **reigneth.**"

And since the terms king and kingdom are used interchangeably in the Scriptures ("These great beasts which are four are four kings"; "the fourth beast is the fourth **kingdom,**" Dan. 7:17, and 23), it would do no violence to the meaning of the scripture if we should read it thus:

The woman whom thou sawest is the great city, which hath a kingdom over the **kingdoms** of the earth. Of course the term "city" must include its citizens and its system of government. No one thinks of London apart from its people or apart from the fact that it is the capital of the British Empire.

And now the interpreting angel has fulfilled his promise to show John the "mystery" of the beast and the woman. Here is his promise. After showing John a vision of a seven-headed beast carrying a harlot woman he says: "I will tell thee the mystery of the woman, and of the beast that carrieth her, which hath the seven heads and ten horns." Rev. 17:7.

Babylon Is a Real Great City

And since the angel faithfully fulfilled his promise and told John what the woman represented, ought we not to accept the angel's plain statement of what the woman is? First, the angel said, "The woman whom thou sawest is the great city." Must we not hunt for a real great city, and the term "great city" if a symbol of something else, who will tell us what that something else is? If the angel only changed one mystical term for another, and "the great city" is a symbolical expression, then the angel never explained the symbol, but left it an unexplained mystery, a subject for speculation by the unaided feeble mind of man.

But no one will admit that the other explanations of the angel are open to any such charge of failure.

The seven heads are explained in the 9th and 10th verses to be "seven kings" or kingdoms. All admit that the angel has fulfilled his promise and explained what the seven heads are. The seven kings or kingdoms are admitted by all to be seven **real literal kingdoms,** and men go into history and try to find seven **real kingdoms.**

Again, the angel's explanation of the ten horns, that they are "ten kings" with their kingdoms (Rev. 17:12) is accepted by all as a clear and complete definition of the meaning of the symbol of the ten horns. And all interpreters look for ten literal kings or kingdoms; and no one is so illogical and unbelieving as to teach that the "ten kings" are ten mystical somethings

which every man is at liberty to speculate on as he pleases.

Again the angel interprets the figurative "many waters" on which the woman sits, to be "peoples, multitudes, nations, and tongues"; and all are agreed that the angel has translated the symbol from the figurative to the literal, and all expect to find real literal nations speaking different tongues or languages.

And now when all are agreed that the angel's explanation of the "heads", "horns" and "waters", must be taken literal, why in the name of consistency should any one deny that the angel's explanation of the "woman" should be understood in the same way? Why should any one deny that "the great city" is really a great city, especially when there is a great city which perfectly meets the specifications in every particular?

But not only does the woman represent "the great city" but "the great city which hath a kingdom." There are many great cities in the world which are not the centers of kingdoms, so we must pass them all by and hunt for "the great city which hath a kingdom."

But the angel is more definite still. "The woman which thou sawest is the great city which hath a kingdom over the kings of the earth." There are many cities which have kingdoms centered in them, but these kingdoms do not reign over "the kings of the earth." Consequently we must pass all these by and hunt for "the city which hath a kingdom over the kings of the earth."

But the description is still more definite. This kingdom holds dominion over the kingdoms of the earth, not by its superior military and naval powers, but by its deceiving sorceries. "For by thy sorceries were all nations deceived." Rev. 18:23 "The inhabitants of the earth have been made drunk with the wine of her fornication." Rev. 17:2.

It follows, therefore, that we must find "the great city which hath a kingdom over the kings of the earth" which is maintained by deceiving sorceries, by making "the inhabitants drunk with the wine of her fornication."

That his kingdom is an ecclesiastical or church-kingdom is further shown by the fact that this kingdom is charged with unlawful alliance with the kings of the earth. "I will show thee the judgment of the great whore . . . with whom the kings of the earth have committed fornication."

It is now evident that we must find "the great city which hath a kingdom over the kings of the earth" which kingdom is ecclesiastical in character, and which holds dominion by an unlawful alliance with the kings of the earth, by making "the inhabitants of the

earth drunk" "with the wine of her fornication," and by deceiving all nations with her sorceries.

But the detective's description is not yet complete.

This ecclesiastical kingdom that is centered in the great city is charged with drinking herself drunk with the blood of the saints and the martyrs of Jesus." Rev. 17: 6.

And with all this minute description of the city there is not an intelligent Protestant in the world who is unable to find that "great city." There is only one city, and there never has been but the one city, and there never will be but the one city which fulfills ALL these specifications, and that one city is ROME, seat of that reigning, deceiving, persecuting ecclesiastical system which has named itself after "the great city," "the Roman Catholic Church."

And now since we have found that the woman represents Rome with its reigning church-kingdom, it follows infallibly that the seven successive kingdoms over which this church reigns **must be found in the lifetime of the Roman church, and not centuries before she was born nor after she is destroyed.**

It will be noticed that it is the same great city and the same church-kingdom that reigns over each and all of the seven successive kingdoms. The kingdoms which carry her, change, but the woman never changes. The kingdoms rise and fall, but the harlot Babylon the Great never falls until she has been seated upon all seven kingdoms in succession, and then on one of these fallen kingdoms revived, the "eighth" and last. When the harlot takes this final and fatal seat in her pride, saying, "I sit a queen and am no widow and shall see no sorrow," then follows her fall. "Therefore shall her plagues come in one day, death, and mourning, and famine; and she shall be utterly burned with fire: for strong is the Lord God who judgeth her." Rev. 18:8.

"And a strong angel took up a stone as it were a great millstone, and cast it into the sea, saying, Thus with a mighty fall shall Babylon, the great city, be cast down, and shall be found no more at all." Rev. 18:21 Rev. Ver.

"ABODE OF CHRIST"

"Martin Luther said, 'If any one knocks at the door of my breast and says, "Who lives there?" my answer is, "Jesus Christ lives here, not Martin Luther".' This experience is enjoyed when the soul is united in a personal, conscious, ever-abiding union with Christ. —Dr. Foss."

New Cyclopaedia of
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CELEBRATING WILLIAM MILLER'S MISTAKES

Seventh-day Adventists are celebrating the 100th anniversary of their beginning during this year 1944. They are already beginning to run articles giving some of the history of the denomination. We wish the editors could be persuaded or compelled to take the oath of a witness when he testifies before a court, i.e. to promise to "tell the truth, the whole truth, and nothing but the truth." We feel very certain that they will never take this oath; neither will they conform to the principle of telling the whole truth. The GATHERING CALL will be a sort of supplement to the REVIEW & HERALD during this year. No one will be able to get "the whole truth" of the development of the denomination, if they fail to read the GATHERING CALL.

SDA's do not write history as God does. We have reason to believe, judging from their experience during the past 100 years, that they would not have published any of the mistakes of Noah, Abraham, Issac, Jacob, Judah, and David. When God wrote the biography of even His great leaders, He told all the truth. He did not try to cover up the mistakes or the sins of His heroes; but SDA's don't write history after that fashion. Instead of recording the mistakes of the pioneers, some of the leaders have very flatly denied some of the facts of their blunders in the early years of their existence; so, if you want to get the "whole truth", read the REVIEW & HERALD and the GATHERING CALL in conjunction. We will record what we feel confident they will omit.

No doubt it will be a great surprise to many readers, but it will be the "truth".

This will be a good time for our friends to solicit subscriptions for the GATHERING CALL. Get your SDA neighbors to read that which is ommitted in the R & H; it will be good missionary work. It may lead many an honest SDA to accept truth in the place of error.

WE HAVE A NEW PRINTER

The printer who has been doing our work, is giving a large portion of his time to a line of business other than printing, and he has been so slow in getting out our work that we are driven to turn it over to another company. We hope the change will result in our being able to get out our paper more nearly on time. It may take a couple of issues before we get to publishing promptly.

A Great Man Has Fallen

Dr. John Harvey Kellogg passed to his rest the evening of Dec. 14, 1943; he lacked only a couple of months of being 92. He was quite active until just a few days before he died of pneumonia.

This celebrated physician was a great man. We question whether any one has ever been such a great benefactor to the world from the physical standpoint as Dr. Kellogg. He took a most positive stand for nature's method of living, and treating disease. It was thru his persistent efforts that the Battle Creek Sanitarium had such world-wide reputation. Thousands if not hundreds of thousands of people attribute their renewed health to the work of this institution. Dr. Kellogg was very pronounced against the use of drugs; but advocated with all his ability fresh air, sunshine, a vegetarian diet, proper exercise, and hydrotherapeutic treatments.

It was my privilege to hear him give a number of lectures to patients in the Sanitarium parlor. On one occasion he made the statement that the Sanitarium had every device known to man that gave promise of restoring or improving health; he said they spared no money in providing themselves with everything that contributed to build up one's constitution, and he declared that fully 90 per cent of the success that they had achieved, was due to the regulation of their diet. He emphasized repeatedly that they could build up their own health by proper methods of living without coming to the Sanitarium.

The doctor's sphere of influence was the world; he was not satisfied with simply building up a big institution; he organized nurses' training schools, medical schools, and physical culture schools, with the view of carrying the principles of right living to the entire world. We hope that God will raise up someone to carry forward the work which he so nobly established.

It was no easy task for the doctor to establish the principles of right methods of treating disease, even among his brethren. He once said that he had "spent the most of his life in fighting the world, the flesh, and the General Conference."

When Dr. Rand was preparing for his medical course, he was employed in the culinary department of the Sanitarium; he complained bitterly to Dr. Kellogg for having to cook flesh meat for Mrs. White when she visited the institution. On another occasion he was attending an SDA camp meeting in the days

when they always erected a grocery store on the camp ground, and had not yet ceased to sell flesh meat. He protested very strenuously against their providing meat for the campers. The ministers protested that they had already bought the meat and paid for it; consequently they didn't feel like losing their investment. In reply to this Dr. Kellogg volunteered to pay for all the meat they had if they would take it off the market. They accepted his offer, and later he learned that the ministers of that conference divided up the meat among themselves for home consumption.

Soon after Elder A. G. Daniells was made President of the General Conference, he found himself in disagreement with Dr. Kellogg. The controversy grew more bitter rapidly. Finally, Eld. Daniells won out, and he did it by getting Mrs. E. G. White on his side. During the struggle between these two men Elders Daniells and W. W. Prescott called on Mrs. White, and labored earnestly to get her to sign a condemnation of Dr. Kellogg. They finally succeeded in getting what they wanted. When they left her room, she walked the floor back and forth with tears streaming down her cheeks saying over and over again: "They made me say it." This experience was related to me without solicitation, by Sarah McEnterfer who was Sister White's maid-in-waiting for many years.

An Untruthful Statement

We were pleased to note that the REVIEW & HERALD of December 30, 1943, page 24, mentioned Dr. Kellogg's passing in a very kind manner; but in this they made one false statement. We quote one sentence:—"Some years ago, he decided to dissociate himself from the denomination." **This is not so.** Dr. Kellogg did not dissociate himself from the denomination. He was disfellowshipt by the Battle Creek SDA church; and the one who manoeuvered this unchristian act was none other than Elder M, N. Campbell who recently retired from the position of Vice-President of the General Conference without any reason being given. No charge was brought against Dr. Kellogg, except that he was not in harmony with the organization. Eld.G. C. Tenny was turned out of the church at the same time. No charge was brought against him, except that he refused to leave the Sanitarium; he was called to this institution to teach the Bible to the nurses, and to act as chaplain. No one ever questioned his loyalty to the teachings of the denomination, and he was offered prominent positions in the denomination if he would leave Dr. Kellogg.

No doubt this notice was written by one of the younger editors of the R & H who probably did not

know the facts; but the older editors of this paper knew that it was not so; and they should have corrected it. In the case of Dr. Kellogg, the Battle Creek church, to play safe, sent Eld. Bordeau and old Uncle Geo. Amadon to interview Dr. Kellogg before the trial. That interview lasted for something like five or six hours; and Dr. Kellogg piled up such an array of facts that these old pioneers were unable to explain them; but who, nevertheless, joined in voting him out of the church.

ADVENT HISTORY

Williiam Miller was born Feb. 15, 1782. He was the eldest of 16 children of whom 5 were boys and 11 girls. His early days were spent among the pioneers of western Massachusetts and eastern New York. His schooling was very limited; 3 months during the winter for several years marked the limit. He was a voluminous reader, and devoured practically every book that came into his hands. He longed for an education; but never had the opportunity of accomplishing his desire. The early schools in the pioneers' settlements were very crude affairs, and his biographer declares that some of the teachers from whom he took his instructions, were less qualified to teach than he was himself.

He was a leader among young people, and when he became a man, he was still recognized as a leader in his community. He was not only a leader; but he was a good sport, of a pleasant disposition, kind and helpful to all those in need. He was made captain of a company during the war of 1812, and took part in the battle of Plattsburg.

For something like 12 years, he was recognized as an outstanding infidel. However, when he was converted, he was converted all over, and became a very diligent student of the Bible. It is stated by his biographer that his library consisted of the old family Bible and a copy of *Cruden's Concordance*. He must have had access to many other books, for in his lectures, he frequently referred to historians and theologians. Some time about 1830 or 1831, he came very definitely to the conclusion that the 2300 days of Dan. 8:14 represented so many years, and that the time would expire some time between March 21, 1843, and March 21, 1844. He took an active part in the local church work. In the absence of a minister, he was recognized as the reader of the company.

About 1831, he began to quietly teach his views of the prophetic periods; but he did not come into prominence as a Bible teacher until about 1840. From that time on until after the disappointment, he was in great demand, and was

unable to fill all the appointments offered to him. He lectured to over-flowing houses in the larger cities of the East—Boston, New York, Philadelphia, and Washington. He was not only a theologian, but an evangelist; and wherever he went, scores if not hundreds of people were converted. No doubt, many of them were frightened into accepting Christ thru his preaching of the near coming of the Master, and the destruction of all the wicked; but he knew how to point sinners to repentance, and was able to help them to obtain the victory.

Of course, he had many critics; some of the best Bible scholars of his time tried to show Mr. Miller wherein he was mistaken. Two of these outstanding characters were Alexander Campbell, and Chas. G. Finney. Neiher of these indulged in any sarcasm, and they both spoke very highly of Mr. Miller's Christian character. They disapproved most emphatically of the way many critics abused him.

The first serious disappointment of the Millerites occurred in the spring of 1843; but they soon recovered from this, recognizing that they had made a mistake in the calculation of the beginning of their prophetic periods.

The second serious disappointment was in the spring of 1844. This threw most of them into great confusion; however, late in the summer some of his followers began to teach that the Lord would come on the Day of Atonement, which they fixed as Oct. 22, in 1844. Mr. Miller did not fall in with this new date until about 10 days or two weeks before Oct. 22. He never set a definite date for the Lord to come; but he did allow his friends to use his influence, and expressed himself as in sympathy with the teachings of his friends. It may be perplexing for some to understand how it was that Mr. Miller had such influence over the people. It was largely due to his application of a number of prophetic periods. He did not confine his argument to the "2300 days". He had, at least five periods which he claimed terminated in 1843 or 1844.

Mr. Miller taught that the seven times of Lev. 26:18 was prophetic time equalling 2520 years. He fixed the beginning of this period at 677 B. C.; consequently he made them terminate in 1843.

He also taught that Israel celebrated 49 jubilees before the nation was disbanded, and that the 50th jubilee, (or, as he expressed it "the jubilee of jubilees" would begin in 1843.

Another one of his periods which he made expire in 1843, was the 1335 years of Dan. 12:12. He estimated that the 1335 years began at 508 A.D. and therefore fit in with his scheme of interpretation and another point that he empha-

sized which seemed to take hold of the people, was his teaching that 6,000 years from the creation of Adam would reach to 1843, at which time the sabbatic millennium would begin.

He also taught that one of the 1260 years would terminate at the same time.

He taught that "the time, times, and the dividing of time" of Dan. 7:25, began at 677 B. C., the beginning of the time when the Gentiles should have rule over God's people. He states that the Babylonians had rule over Israel for 140 years, the Medes and Persians 205 years, the Grecians 174 years, and Rome 696 years, making a total of 1215 years. This reached to 1798 when the Papal rule of 1260 years expired, and then the nations again had rule over God's people for 45 years which was required to fill up the 1260 years. (1215 plus 45 equals 1260) which he claimed terminated in 1843.

Mrs. White, in EARLY WRITINGS repeatedly states that the prophetic periods (plural) ended in 1844. If anyone cares to look them up, turn to pages 232, 234, 235, 237 and 251. If the Lord spoke thru Mrs. White, then SDA's should teach at least more than one prophetic period as ending in 1844; but they do not and will not. They will stick to the one period 2,300.

William Miller, with the rest of his followers, was greatly disappointed, especially on Oct. 22, 1844; but he was honest enough to acknowledge that he was mistaken. Mr. Miller was very much grieved after the giving of what the SDA's call "The Second Angel's Message" in the summer of 1844. He expressed his disapproval in the following words: "The calling of all churches, that do not embrace the doctrine of the advent, Babylon, I before remarked was the means of our not being listened to with candor; and, also, that I regarded it as a perversion of Scripture." MEMOIRS OF WM. MILLER, page 334.

It is unfortunate that the followers of Wm. Miller did not exhibit the same degree of honesty that he manifested. He was honest enough to acknowledge that he was mistaken, and did not try to explain away his mistake. After Oct. 22 practically all of the adventists that did not give up their faith, still looked for the Lord to come any time. Mr. Miller expressed this in a letter written to Elder J. V. Himes, Nov 10, 1844 thus:—"Brethren, hold fast; let no man take your crown. I have fixed my mind on another time, and here I mean to stand until God gives me more light, and that is, **to-day, to-day, and to-day, until he comes.**" Id. p. 278.

He was not influenced by any of the fanatical positions taken by

a third one in Asia. He also suggested that when Africa is sufficiently developed, a fourth federation can be formed in that territory.

The Bible very plainly teaches that the "beast" and "the image to the beast" will exist contemporaneously; and, for a time, will be united in their purposes. However, in future issues, we will discuss more minutely, the development of both the beast and the image to the beast.

It behooves every Bible student to keep well in mind Rev. 13 and 17, for "Time is a great demolisher of theories", and should subsequent developments be out of harmony with our understanding of these prophesies, we will not attempt to cover up our mistake; but will be as honest as William Miller was in frankly confessing that we were mistaken.

We believe trying times are in the offing for God's people, and for the world as well; but deliverance is assured for those who follow their Master.

INTERESTING LETTERS

"We are very thankful for your paper; we read it with interest and give it to others to read. I am sending you $1 to help along in the work."

In view of the prospective REVIEW & HERALD special, when the old errors will be glorified by writers who know as well as we do that their "sanctuary" theory is a mere puff-ball of error, we advise you to procure a copy of our SANCTUARY SPECIAL, and THE 2300 DAY 1844 DOCTRINE WEIGHED AND FOUND WANTING for use among honest S.D.A.'s. Price 10 cents each. Reduction on quantities.

INTERESTING LETTERS

I will try again to see you if I have the opportunity to be in Riverside. Regarding the books "Power For Witnessing" and "Proclamation of Liberty and the Unpardonable Sin," I have never read anything like them. I have all of our books on that subject and nothing will compare with them. I can't understand why our people [SDA's] let the former get out of print. I am sorry I did not have the privilege of knowing your brother.

Be sure to keep on hand a supply of the account of the dedication of the college library at Takoma Park by a Roman Catholic. Hand them to your SDA friends or use them in your correspondence. They are free.

The 1856 Conference

Dr. Kellogg's death has another important bearing on Mrs. White's "inspiration." In 1856 a conference was held in Battle Creek, Mich., at which she had a "vision" in which she said: "I was shown the company present at the Conference. Said the angel, 'Some food for worms, some subjects of the seven last plagues, some will be alive and remain upon the earth to be translated at the coming of Jesus' " TESTIMONIES FOR THE CHURCH, Vol 1, pp. 131-132. A number of the brethren compiled a list of those who were at this conference. At first, they listed all those who were old enough to take part in it. When the older ones all died, then they searched for all of the babies that were there. Dr. Kellogg was born Feb. 26, 1852. This conference was held May 27, 1856. Dr. Kellogg was a little boy four years of age at this time. The writer has a personal letter from him stating that he was not in Battle Creek at the time of that conference but, even if he had been there, he would be the last baby even to pass thru the seven last plagues, and certainly none of them left to see the second coming of Christ.

The only honest explanation of this "vision" is the fact that Mrs. White was mistaken on this occasion; and, if SDA's were as honest as the average run of successful business men, they would acknowledge that she was mistaken in this vision, and let the people know that she blundered; but they will never do it. I feel perfectly safe in declaring that a few, if not many of the ministers among the SDA's, would be glad to see the denomination put itself on record, and honestly acknowledge these mistakes on the part of their prophet. But those in authority will never allow it to be done. We may have occasion to write more in regard to Dr. Kellogg during this centennial year of SDA history.

INTERESTING LETTERS

"I have never doubted but that everything published in the "Gathering Call" was founded on facts."

BIBLE READINGS

"The book 'Bible Readings' was crowded in before 'Great Controversy,' which was already printed, and which should have been placed in the canvasser's hands first, because it was first, and contained important matter which the people needed to have as soon as possible." "Special Instructions Regarding Royalties," p. 9. 1899.

The sale of Bible Readings cut off thousands of dollars of her royalties.

BOOKS FOR SALE

A full set of 8 vols. "Testimonies to the Church" in good condition $5.00

"Bible Readings," new edition $1.00

"Great Controversy," edition 1888 ..... $ .75

"Empires of the Bible," by A. T. Jones $1.00

"Gospel in Creation," by Dr. E. J. Waggoner .. $ .25

"Thoughts on Dan. & Rev." by Uriah Smith, 1897 ... $1.00

"Questions & Answers," by M. C. Wilcox ..... $ .25

"His Glorious Appearing" . $ .10

"Marked Bible," "Freedom," and "World's Destiny" .. $ .15

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A most fascinating experience of a missionary among the Turks. A simple presentation of the Gospel which convinced a high dignitary of the Mohammedan faith. 12 pages, 2 for 5 cents.

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We have a supply of these — duplicates of a certified copy of Mrs. White's will as it is on file in the Court House at Napa, Calif. We will furnish these copies at 50 cents each.

SERVING IN NEWNESS OF SPIRIT

A beautiful presentation of the relation of works to grace in the plan of salvation. Free in any quantity with other literature.

THE FIRST ANGEL'S MESSAGE or THE INVESTIGATIVE JUDGMENT —

S.D.A.'s teach that the Father and Son moved from the first to the second apartment of the heavenly sanctuary in 1844 to examine the books of heaven to determine who are worthy of salvation. 48 pages, 10c.

THE SECOND ANGEL'S MESSAGE or THE FALL OF BABYLON —

S.D.A.'s teach that the Protestant Churches were rejected by God in the summer of 1844 because they refused to believe Miller's mistakes. 28 pages, 10c.

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A history of a series of mistaken interpretations since 1844, followed by a Bible study of this message. 40 pages, 10c.

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THE 2300 DAY SPECIAL —

A most convincing presentation of Biblical and historical facts which show that no prophetic period ended in 1844. 80 pages, 10c.

WELFARE BULLETIN

Issued Monthly by the Welfare League of the Battle Creek Sanitarium

VOLUME 6, NUMBER 3

ONWARD

JANUARY, 1921

Action and Reaction

Firing a gun is action; the kick is reaction. Old men remember the muskets of their fathers, which when the barrel became burnt at the breech would give a kick when fired that was to be dreaded, often inflicting more damage to the shooter than to the game. Prosperous times have a kick also. And as we have been having a furious period of speculation when business, prices, wages and prosperity went soaring far aloft, now we are experiencing the recoil that was sure to come. All are affected by it, though some kept so near the ground that the fall did not jolt them very severely. Merchants who held large stocks purchased at crest prices are bound to suffer much loss. They had their innings when prices were going up and while profits were large, and money plenty. But prices are on the toboggan now, and they will be lucky if prices strike bottom before their credit does.

There must be a general readjustment of things. This will undoubtedly cause a more or less marked stagnation in buiness. We workers are glad to see prices come down. Sugar at six cents per pound looks good after having to pay twenty-eight. But we cannot imagine that wages will remain away up in the air while other prices come tumbling down. Wages must recede with the prices of other commodities, in fact, they must in many cases lead out in the process of deflation so as to make the reduction of other commodities possible. Manufacturers, seeing the difficulties that would ensue if a reduction of wages were proclaimed, closed their factories, but it did not take long for the men to conclude that they would rather accept work at lower wages than to remain idle. This makes a reduction in the price of products possible and under such conditions buiness will assume normal proportions.

The Sanitarium could not take this course even if it were desirable. We could not close our doors in the face of sick and suffering people who are coming to us for relief. Yet, we too have reached a point where the expense of operation must be readjusted to the income. The necessity of retrenchment which all must now recognize as imperative must be met here as elsewhere. There are no less sick people to be cared for, their numbers are increasing year by year, and they will come to us in large numbers as soon as matters are readjusted. Sanitarium rates have been forced abnormally high in order to provide for great increase i wages and other supplies.

We may be grateful that the work of reconstruction does not threaten to be very severe with us. We may rest secure that the management has the interests of the loyal faithful workers who have stood by this work at heart and will stand between them and distress. We need to be very considerate of the situation and to have confidence that the very best will be done for us all and that we and this grand work will pass safely through this period of reconstruction.



BAS RELIEF PRESENTED TO DR. KELLOGG

A Notable Presentation

The medical faculty meeting held on Dec. 21, in the chapel, turned out a very different affair from what Dr. Kellog had expected when he reached it. He had planned to bring up several medical subjects for discussion, but instead, Dr. Benton N. Colver took the floor and gave some account of the qualities and characteristics which make up the personality of our honored superintendent. He told of his optimism, his courage, his resourcefulness, his progressiveness, his vision, his liberality, his strength and his never-tiring industry. These traits were elucidated with stories and examples.

Some people, Dr. Colver said, thought that Dr. Kellogg held various ideas that were peculiar. It was like the case of a noted man who was informed by a friend that he was regarded in some quarters as not exactly conventional and proper.

"Oh well," he retorted, "what do you suppose a village of peanuts would think if a cocoanut rolled in among them?"

The speaker told how he happened to be at a table in the dining room with Jacob A. Riis, the noted writer and social reformer, and Dr. David Paulson. The last named was ordering wheat flakes for the guest and explaining that Dr. Kellogg was the originator of the whole flake idea.

"Did he invent the snow flakes, too?" asked Dr. Riis, innocently.

Dr. Colver, in behalf of the faculty, then presented to Dr. Kellogg a clay model of a portrait of himself which is to be cast in bronze. This had been concealed behind a screen on the platform and was disclosed by the sculptor, Mr. A. J. Martin. Above the bust-length likeness is a panel showing a glimpse of the Sanitarium facade through the trees. The fact that this relief of him had been made was an absolute surprise to the Doctor, for he had given no sittings. Mr. Martin had made his studies while Dr. Kellogg was lecturing in the parior. He photographed the first stage of the cast and then compared this reproduction with the features of his subject. This process was repeated until the final likeness was secured.

In the course of his words of acceptance, Dr. Kellogg said:

"While I can not adequately express my appreciation of the good-will and friendship which prompted this gift, I must assure you that the success of the Sanitarium and the spread of its principles hav been due, not to any single individual, but to the co-operation of the entire body of physicians and helpers, all actuated by the spirit of truth. It is 47 years since I first became connected with this institution and 44 since I became its superintendent. People have asked me from time to time in these long years how we have gathered so able a staff of physicians here. I reply that they were drawn by a common interest in a common cause: their hearts are in the right place and their purposes are of the right sort. They are all engaged in the pursuit of truth. Prof. Drummond has written a book on 'The Greatest Thing in the World.' He says it is Love but I think it is truth. Be true to truth and truth will take care of you.

"We believe here that nature knows, that nature is wise, that nature cures. When I studied medicine it was believed that drugs cured. Dr. Oliver Wendell Holmes read his poem on 'Rip Van Winkle, M. D.' before the Massachusetts Medical Society, expressing the ideas about drugs which are now commonly accepted. He came near being turned out of the society and was under a shadow for several years. I was told this by our old friend, Dr. Stephen Smith. In those days whiskey, quinine, and opium were given in pneumonia. Down to the time of the Spanish-American war, whiskey and quinine were prescribed in the army for typhoid fever, and the death rate was terrific. Some doctors gave an ounce of brandy every three hours and the patient was constantly drunk.

"There were formerly two hundred remedies for rheumatism, all guaranteed to cure.

Dr. Austin Flint, of New York, prepared what he called his anti-rheumatic syrup. It was simply a placebo of argot and quassia, yet the patients in his hospital who took it got well. When the truth about it came out, he of course dropped the remedy.

"When this institution started to follow nature, the medical schools were still teaching some of the old ideas. Drugs were given largely to please the patients. Only a few years ago Dr. Billings, at the meeeting of the American Medical Association in New Orleans declared that there were only three drugs that really cured—mercury, quinine and opium. There are of course some others which are more or less useful.

"I have had opportunity to study surgery under Billroth and other great masters, and have a wide experience myself, but I am convinced that surgery is not as important as diet and changing the person's habits—his very atmosphere. At one time I made a number of experiments in varying the treatments of certain patients, but they all improved equally. I then came to the conclusion that after all, our diet is the main thing. Our surgery and our curative methods are small in comparison with our great mission of teaching right habits of living."

Mr. Martin has been with the Sanitarium for a year, making the anatomical drawings. He formerly had a similar place at Johns Hopkins Hospital and University at Baltimore. A native of England, he has been in this country about fifteen years. In the war he was in France with a mobile X-ray outfit of the British army with an American contingent. He studied sculpture in England and Baltimore.

The Sanitarium Laundry

The laundry is literally the prize department of the Sanitarium. At the anniversary celebration of the helpers in October, a trophy was offered to the department which should make the best appearance at the general assembly on the lawn where the picture was to be taken. The points considered were representation, general appearance, artistic arrangement and economy. No easy task faced the judges, but they after due deliberation, chose the laundry company as winner. A new award of this prize will be made each year at the anniversary jubilee.

It seems fitting that our readers should have placed before them some account of the work of this branch of the Sanitarium, of the methods with which it is conducted and of the persons who, rather than the building and equipment, really constitute the laundry. Washing clothes is a process that goes back to the dawn of civilization, but the steam laundry of today is extremely modern. In fact, its machinery and management have been almost revolutionized in the last five years. Careful studies have been made of all the materials used, until the industry is now on a highly scientific basis. Every effort is made to keep this branch of the institution on a par with the most successful plants of the kind, and it ranks among the best.

As improvements are constantly made in the methods of this industry, a laundry falls behind if it merely stands still. To keep abreast with the progress of other concerns, books and the trade journals must be studied regularly. From time to time, talks are given here by experts in the business. Such addresses have been made by C. F. Noftzger, sales manages of the American Laundry Machinery company; C. M. Mathews, of the efficiency department of the J. B. Ford company of Wyandotte, Mich., manufacturers of laundry supplies, and Mr. Downing, of the engineering department of the Troy Laundry Machinery company. In addition, Mr. Oscar Beuchel, our superintendent, makes educational visits to other laundries as often as is practical. Last summer on his vacation, he inspected some of the leading plants in the East. Among these were the Pilgrim Laundry, in Brooklyn, reputed to be the best in the country, and that of the great Pennsylvania Hotel in New York, which is Statler-managed. He also visited the Teachers College of Columbia University, New York, where institutional laundry methods are taught.

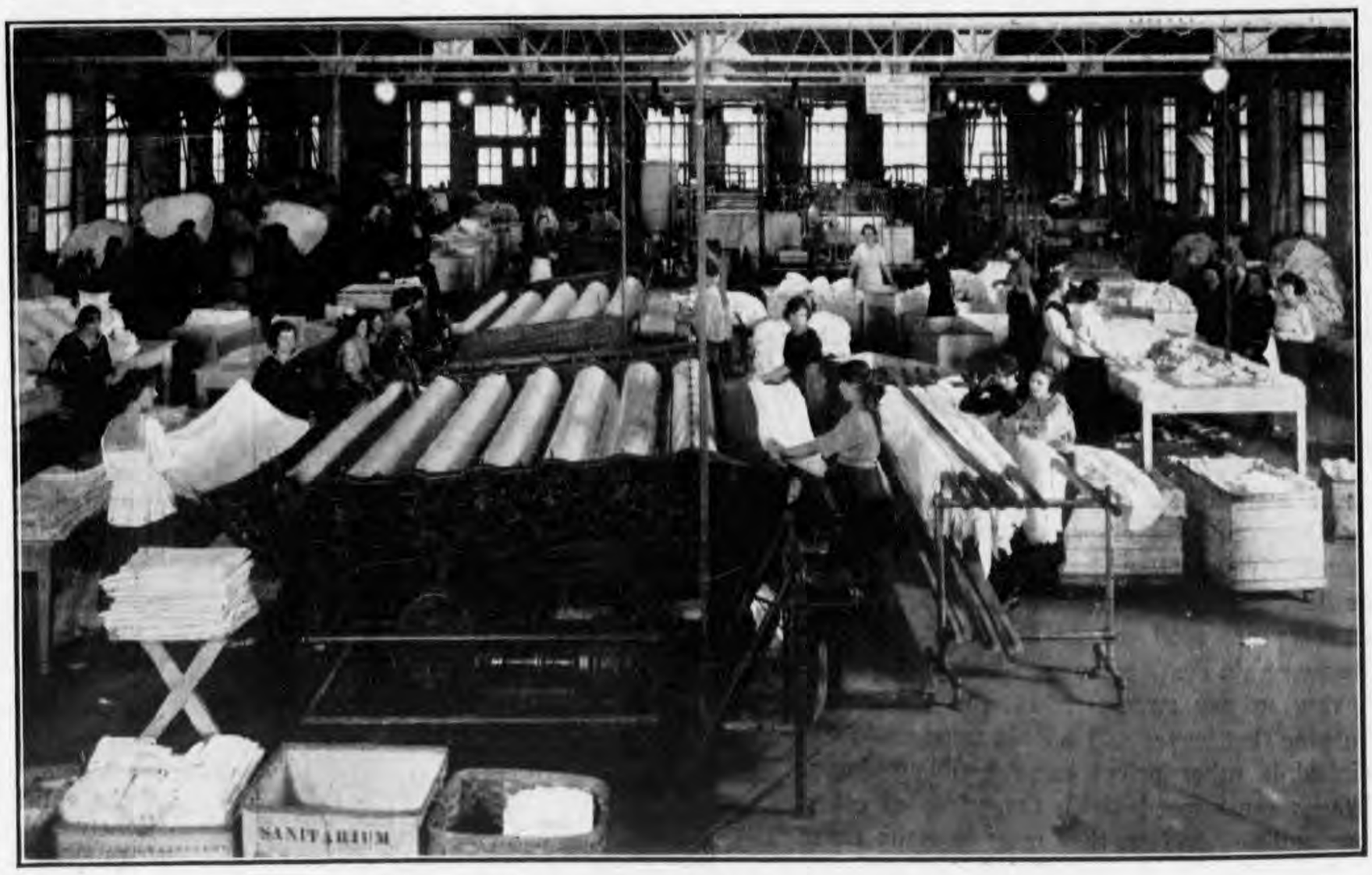
Mr. Beuchel belongs to the Michigan and the National Laundry Associations and thus keeps in touch with the newest developments in the industry. One of the ends for which the industry is working is Federal legislation so as to secure the accurate marking of the composition of all textiles sold in this country. Since the war, many fabrics of an inferior grade have been put on the market. When some of these reach a steam laundry, they are injured and there is a strong protest and a claim for damages. Investigations have shown that the fault lay wholly with the goods. The proposed law is meant for the protection of the public as well as of the laundries.

Particular care is given here that clothes and linen should be absolutely sterile when they are sent out. Within the present recollection, there has never been a case of contagious disease in the Sanitarium laundry.

Classes are held in the men's department for teaching methods and especially the effects of chemicals on cloths and fabrics. Each week there is an administration meeting of half an hour to consider complaints and suggestions for improvements. Mr. Beuchel also gives a course in institutional laundry methods to the senior class of the School of Home Economics.

The guiding principle of the staff is that the laundry was built for the Sanitarium and not the Sanitarium for the laundry. Every effort is made to meet the demands of the various departments, no matter how difficult this is. Weather, hot or cold, is not allowed to interfere with prompt service. In the busy season of summer, the men work many hours overtime. Part of the staff must be on duty on holidays. As examples of rapid service, it may be mentioned that napkins which leave the dining room at 9:30 a. m. are returned at 11:30 a. m., while bath sheets, towels, etc., gathered at 7 a. m. are delivered again in two hours. This is rather a swifter pace than that of the housewife who doesn't finish her week's washing in two days if rain interferes.

Those who have visited hotel laundries two or three stories underground will appreciate the pleasant working conditions in the Sanitarium plant and especially in the new building which was put up in 1917. The steady growth in business which made necessary the construction of this addition, has continued ever since. This fall the output has been measurably enlarged by the increase in the number of students. It seems likely that the opening of the new college, with the normal expansion of the population of patients, will make advisable the installation of more machinery. This need was foreseen, for space was provided for additional equipment.



MACHINE ROOM, SANITARIUM LAUNDRY

The average number of flat work pieces handled per week is about 100,000. The personal belongings of patients and helpers increase these figures by about 75,000 per week.

The chief source of pride of the staff, beyond its zeal in its work, is the ambition of its members to better themselves through education. Sixteen part-time employes are doing full class work in the high school, while seven who put in the entire day, go to night school. Many men and women who are now in various walks of life, helped to educate themselves by their labors in this division of the Sanitarium. A number of the girls graduated from the laundry into the nurses' course. Some have bettered themselves in other parts of the institution. In the administration of the present superintendent, no less than twenty-two girls have gone into higher positions. When a vacancy occurs in a place of responsibility, the promotion is made from below. All newcomers must begin at the bottom.

Thrift is another byword in the laundry. A

number of women have bought their homes out of their earnings. Most of the men own their homes wholly or in part. Moreover, the laundry is a hotbed of gardening. Large quantities of vegetables are raised each year by the staff.

As much as possible, drudgery is eliminated from the work. Those employed on the flat work ironers are divided into three shifts so that their tasks may be changed every hour. Thus after a period of shaking out the linen, the individual goes to feeding the machine. The third hour she folds the finished product. She can sit while doing this. Sometimes toward the end of a hot summer day, a song is started up and quitting time seems to hurry along with quickened speed. All the women and girls have a rest period of ten minutes each morning at 9:30 o'clock. In the hand ironing room, there is also a similar intermission in the afternoon.. A seat is provided for each worker here.

The staff has bought a victrola to aid in whiling away the noon hour. At the close of work on the Thursday preceding Christmas, the force had a celebration of its own. There was a Christmas tree, recitations, songs and an exchange of presents limited in cost to twenty cents each.



HAND IRONING ROOM, SANITARIUM LAUNDRY

Mrs. Goward is the senior in point of service, having nearly twenty-three years to her credit. Mrs. Charlotte Judin comes next with twenty years. Mr. Beuchel has been in the laundry about fifteen years and so has Frank McHattie. Ralph Burton was originally in the housekeeping department and his connection with the Sanitarium has lasted a dozen years. Mrs. O. Davis, Mrs. A. Young, H. B. Seeney and Willard Fox have been on the payroll more than ten years.

The value of the training is shown by the fact that one of the employes recently went to the Hinsdale Sanitarium, near Chicago, to take charge of the laundry there. He is Herbert M. Davis. His experience here enabled him to improve the service there at once.

The motto of the Welfare League, "Onward," is also that of the laundry. When the anniversary celebration is held next year, a strong effort will be made to carry off the trophy again.

BULLETIN BULLETS

Some very fine entertainments are in store for the Sanitarium family, as arranged by the management. On January 22 the Irene Stolofsky Company will appear in the Gymnasium. The leader of this campany is a distinguished violinist, and is supported by Mr. Vawter MacGregor, Scotch baritone singer and reader, and Lulu Townsend MacGregor, soprano, pianiste and (sad to say)whistler. Something we heard in days of yore about "whistling girls and crowing hens" still hangs about our consciousness. But the company belongs to the Redpath circuit and that means that it is first-class. On March 12 we have the "Zandorf Entertainers." These are two ladies, each artists in their line. Miss Lindorf, a harpist of celebrity, and Miss Zander, a reader and impersonator, with a long and distinguished Chautauqua career. On March 26 the Milton College Glee Club of twenty members will give one of their high class entertainments of song and readings. Get these dates in your minds. They are placed within the reach of all our family, and the efforts of our managers should meet a hearty response, for they are entirely for the benefit and uplift of ourselves.

The Board of Trustees has called attention to the appointment of Th. Aagaard as "House Manager.' This appointment carries with it the responsibility of looking after conditions in all buildings where patients are entertained. Frequent inspections of such buildings are to be made and such repairs and changes as are necessary for the comfort of the guests and to the good of the building are to be reported to the proper department and the work called for will be done. The conduct of workers and matters in general are to be under Mr. Aagaard's supervision. Matters that need attention are to be reported to him. This is a needed provissin and Mr. Aagaard will find out his position is no sinecure. Indeed, he has already found that out, for this appointment simply makes definite the work he has been doing for some time since his return from service over seas. Mr. Aagaard is a qualified nurse, and has been connected with the institution in various capacities for years, and is highly respected and esteemed by all the family.

At the same time Mr. A. L. Babcock received the appointment of "Chief Clerk." This appointment carries with it the oversight of the clerical department of the main desk, the call boys, the telephone booth and the elevators. This position is big with responsibility and Mr. Babcock has already demonstrated his ability to care for the position. The details of each feature of his work demand careful thought and execution. We are glad to notice continued improvement in these branches of service which mean so much to the welfare and contentedness of our guests.

As the winter advances and more people are either entirely out of work or else getting much less in their pay envelopes the demands on our generosity increase. It is hard not to give when one tells us of need for clothes. However, on investigation, it is often found that the money given is not used for those purposes. Two of such cases were brought to light in one day recently. This is not a plea for you to give less. The need for greater generosity this winter is impelling. However, before you give, investigate the case; or if you have no time, ask one of the organizations of the Sanitarium to do it for you. It is always a fact that those who need help most are the least ready to bring the need to your attention. Unwise giving uses up our resources without meeting the need.

Among the Xmas activities at the Sanitarium was a unique party given at McCoy cottage by Miss Nellie Highsmith and Miss Alice Rheimheimer. They had as guests a family of needy Negro children who were delighted with the lovely tree, Santa, and all the useful gifts he had for them. They showed their appreciation by giving Xmas songs and readings. Miss Emma Francis and Mrs. J. F. Buckbee were generous in helping to make the Christmas party a success.

Who will have a garden this coming summer? Have you sent for your seed catalogue yet? These long winter evenings are ideal to pick all the good things you wish to raise. The Welfare office receives many reports about the reduction in the winter's grocery bills due to the vegetables from last summer's gardens. Are there any children in our families who are interested in a garden club or a poultry club especially for them?. See Miss Anna Wells, Welfare office.

Early in the month the new heating plant was impressed into active service before it was completed. This was made necessary by the incompetence of the old plant and the weakness of its exhausted boilers. The unusually mild winter weather has been very kind to builders and to the institution as well. And at just the time when it was really needed the new outfit stepped into service. The work on the building is not yet completed and the machinery for handling coal and ashes has not yet been fully installed, but the work is being pushed rapidly forward and another month will see it well advanced to completion. The fires have been drawn from the old furnaces.

Nelson R. Staines, father of our Mrs. Foy, passed away early in the morning of Dec. 20th, aged 85 years. He was an early employe of the Sanitarium, entering the small family of helpers in 1878. He has always been a staunch friend, a true man, an upright Christian. During the last four years of his life he had the constant care of his daughter. Funeral services were held at the home of Dr. Kellogg on the afternoon of the 22d. His daughter, Dr. Minnie Staines, of Colorado Springs, was in attendance at the service.

Word has reached us of the marriage of Miss Hazel Tenney, nurse of the class of '19, at her home in Rochester, Minn. The event occurred on December 29. The fortunate young man is Jack Langworthy of Dodge Center, who was for a time employed at the Sanitarium. They are making their home in Minneapolis.

Mr. Henry M. Stegman has left the Sanitarium for a trip, visiting Porto Rico, the Virgin Islands, recently purchased by this government, and the Panama Canal. We wish him a happy and prosperous trip and safe return. We shall miss him. His help on the Bulletin has been very efficient and much appreciated. The write-up of the laundry, appearing in this number, was by him. In the last number of Good Health he has a very interesting and illuminating article on "Horace Greeley, Health Apostle." Mr. Stegman is a professional journalist of experience in the East, and fills a very useful place in the publicity work of our institution and in many other ways.

For some time the custom of holding "new arrivals banquets" in the main dining room at stated intervals has been interrupted, but we understand they are to be revived. The first one was given on January 6th and plates were laid for 75. The object is to get acquainted and to listen to addresses that are intended to help new patients to become familiar with the institution and its methods and principles. These dinners will ge given weekly.

Dr. W. F. Martin and Dr. Carolyn Geisel expect to leave for the Island of Jamaica on the 20th instant, to engage in a campaign for social purity. They are going at the earnest solicitation of Mr. Crowe of Toronto, a philanthropist of wealth, who has a great desire to see conditions improved in that Island, and is willing to bear the expense of this campaign. Two more efficient workers along these lines could hardly have been found. We wish for them abundant success in meeting and correcting the evils that are largely prevalent among the natives of Jamaica.

The Sanitarium has enjoyed the jprivilege of having as a guest of Dr. W. F. Martin and Mrs. Martin, Mrs. Carolyn Votaw of Washington, sister of President-elect Harding. Mrs. Votaw was for ten years engaged in mission work in India, and since her return at the beginning of the war has been engaged in social work in Washington, and is at present associated with the public health work there. While here Mrs. Votaw has addressed our family frequently, always very effectively, in relation to mission and social work. She has been prominent in rescue work for girls in the National Capital. During their youth, Mrs. Votaw and Dr. Martin were close friends, and the friendship between them is still cherished by them.

Mr. E. C. Oviatt, who for some months has conducted the work of disseminating Sanitarium literature and acting as visitor's guide, has temporarily laid down his work, and in the meantime his place is being well filled by Miss Marguerite Purdy, social secretary for the Annex.

We are informed that Dana Weitzel, the proficient nurse, who for some time carried on child welfare work in the schools of this country, was recently married to Dr. Albert J. Read of Albany, N. Y., where they will make their home. We wish for this faithful worker the best and happiest that life can afford. Dr. Read was formerly on the Sanitarium medical staff.

Dame Rumor, that old nuisance of a busybody, who rarely tells the truth, had it that the nutritional laboratory had been struck by the lightning of retrenchment and that most of the rats who have beeen doing such faithful service for humanity by eating all the various food concoctions and combinations that cruel ingenuity could invent, were to lose their jobs, and be sent to rat paradise by the chloroform route. Miss Francis assures us that there is not a word of truth in it. She would about as soon think of taking chloroform herself.

Dr. Wilhelmine E. Key and Miss Emma Francis were speakers at a meeeting recently held at Hastings in the interests of personal and race hygiene. This meeting was held at the home of Dr. Woodburne and was under the auspices of the County Medical Society. Following a dinner to the members and their wives, which was served in Sanitarium style, with cards chowing the caloric value of the various dishes, a program was given. Miss Francis gave the principal talk of the effect of diet on growth and reproduction, illustrating her points with rats from the Nutritional Laboratory. Dr. Key followed with a consideration of the eugenic aspects of dieteteics. Such meetings are an interesting indication of the spread of the Sanitarium gospel of Good Health.

The Photographic department force has been reinforced by the addition of John Sheldon who has been working with the call boys for some time. Mr. Sheldon has been interested in photography for some time and has done some very creditable amateur work. He is making good progress in his new employment, we are told.

Naomi Haecker of the nurses' department has accepted a call to Oberlin college, where she is acting as school nurse. There is no doubt in the minds of her friends of her making good in that situation.

Mrs. M. S. Foy is in Lansing this week in connection with the State Nurses' Board examinations. Mrs. Foy is a member of that Board. Ten of our nurses took the examination at this session. They are: Gladys Hill, Vesta Reed, Maud: Thompson, Mary Ermlich, Elsie Strutz, Nellie Bragileff, Mrs. Nannie Cook, Mae Binder, Edna Russell, Gudruid Finson.

Mrs. Foy, superintendent of nurses, is to have a much-needed rest at the home of her brother, Perry Staines at West Point. Miss. She has borne heavy burdens for many months in connection with her father's long illness, in addition to her manifold duties as head of the nurses' department and training-school. During her absence her duties will fall upon Miss Leona Sweet and others who will care for them very well.

Main Dietitian's Office, Kitchen and Serving Room.

Miss Margaret Scott is visiting at her home in Lake City, Mich. She is relieved of her duties in the dietiian's office by Miss Hazel Haggett.

Miss Blanche Andrews is away on her vacation. Miss Dorothy Johnson is taking care of diet of the diabetic patients during Miss Andrew's absence.

Mrs. Nina Collins, dietitian formerly in charge of the main kitchen, but now of the U. S. Marine hospital, Chicago, visited friends at the Sanitarium during the holidays.

Miss Sue Arnold, dietitian in the main tray room, has resigned, and will soon be in a home of her own.

Mrs. Opal Keen, pastry cook, who has been away from her work for a few weeks on account of illness, has resumed her duties.

N. S. P. E. Notes

N. S. P. E. Varsity Basket Ball Squad have been picked and have gone into training for ten weeks. Meals are served regularly at the Good Health cafe, with menus especially prepared by a dietitian.

The season opened with a game at the Battle Creek High School and N. S. P. E. Varsity, on Friday night, January 7th, and it was a wonderful game. Wonderful, because it was so closely contested. At the end of the first half the score was 20-10 in favor of the high school. Excitement reigned supreme at the beginning and during the second half, but after some hard play and fine work on both sides, N. S. P. E. score was brought up to 20, which tied the game. In the play-off Martha Carr, captain of N. S. P. E. team, made a basket, making a final score of 22-20 in favor of N. S. P. E.

On Saturday night following, our contestants were the Jackson Camp Fire Girls, the game being played in the Sanitarium gymnasium. The score was 79-12 in favor of N. S. P. E. Although the girls were younger and smaller and with not so much basket ball experience, they showed pep and fine spirit until the end. Following the basket ball game, the student body had an informal party in the Club Room in honor of the visiting team, which was a very enjoyable event.

School of Home Economics

Miss Jeannette Martin entertained the girls who were here during the holidays at an afternoon party. Real hospitality was shown and everyone had a good time.

Miss Ruth French gave a sleighride party for the girls, followed by a luncheon at North Lodge.

Dr. and Mrs. Cooper entertained the girls at their home Xmas Eve, at a Xmas tree party.

Rev. and Mrs. Phelps had open house one afternoon. The girls participated in all the parties and had such delightful times that homesickness was forgotten—at least for a while.

The Alpha Theta Pi Sorority gave a breakfast for the new pledges, December 16. Between courses the pledges, in an impromptu way, entertained the members with solos, recitations and readings. At the close of the lovely meal the pledges were asked to wash the dishes and clean the room, and while thus occupied, the members made use of their time in disarranging the pledges' coats and hats.

The S. K. K. pledges were entertained at a breakfast Saturday morning at the Y. W. C. A., and everyone thoroughly enjoyed the occasion.

Thanks

The undersigned, together with her brother Perry Staines, of West Point, Miss., and her sister, Dr. Minnie E. Staines, of Colorado Springs, wishes to express their heartfelt appreciation for the many words of cheer and acts of kindness to our father during his long period of feebleness. It always cheered his lonely heart whenever anyone stopped and spoke or chatted with him for a few moments.

We also wish to express our appreciation of the many kindnesses and expressions of sympathy that came to us recently, and also for the beautiful flowers.

Signed, MRS. MARY STAINES FOY.

TRIBUTE TO DR. JOHN HARVEY KELLOGG BY C.R. MAC IVOR

Mr. J. H. Haas
C/o The Battle Creek Food Company
Battle Creek, Michigan

Dear Mr. Haas:

It was with great sadness of heart that I read in this morning's Chicago Tribune my first account of Doctor Kellogg's death. Later in the day I received your telegram confirming it.

Surely he was a Prince among men, and one of the truely great men of this generation. He was a man of God and had great faith in the ultimate triumph of Truth over Error. He was as a patriarch, and a tower of strength in his appointed work. God blessed him with a long useful life, which he devoted to the service of his fellow men.

A light was kindled by his life, which will continue to shine in ever increasing brilliancy. Throughout the years to come it will serve to inspire others to emulate his example.

I have greatly appreciated my association with Doctor Kellogg. He was always a source of inspiration to me. It seems that a fitting tribute to his memory, by those who have been associated with him in his work, would be to pledge themselves to carry on with the same traditions, and founding principles, to which he so generously gave of his time and talents, to vindicate and establish before the world.

The Doctor has laid a firm and sure foundation, and left a pattern for those who follow after to continue building. If we carry on with the same zeal, enthusiasm, and singleness of purpose which characterized his efforts, and for which he gave his last full measure of devotion, continued success will crown our efforts.

"Now God giveth His beloved sleep". May he continue to rest until that Day when those who have served Him here may hear the words: "Well Done".

Please accept my heart felt sympathy, in this sad hour of your bereavement, and to those others of close kin.

Very sincerely,

(SGD) C. R. MacIvor

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THE BATTLE CREEK
ENQUIRER AND NEWS

The Weather
Warmer Thursday

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DR. KELLOGG IS DEAD AT 91

Dr. Kellogg Wills Entire Estate to Promote Health

1852--1943

He Perpetuates Biologic Living

Leaves Nothing to Individuals In Creating Trust to Teach Reforms.

(Reprinted from Wednesday Dec. 22, 1943)

Dr. John Harvey Kellogg dedicated his life of 91 years to a broad concept of philanthropy and near its close wrote a will leaving his entire personal estate for the welfare of humanity.

His will, written on Oct. 28, 1943, was filed in probate court at Marshall today by Emil Storkan, as counsel for Dr. Kellogg's estate. The doctor died at his home here Tuesday night.

Dr. Kellogg has named Dr. James T. Case, Dr. Richard M. Kellogg, Gertrude Estill, John H. Haas and Jens T. Christiansen as his executors. He has directed that all net income and profits from his estate shall be used to promote reforms in biological living and regimen therapy and to teach the theory and practice of biologic living as exemplified by the Battle Creek Sanitarium.

The generosity of his gift to mankind is emphasized by the broad powers which have been given to his executors. They are not restricted to activities which are closely directed but have authority under the will to use their judgment in achieving the ends of his trust and in meeting conditions as they arise in the future.

Estate Not Estimated

Those close to Dr. Kellogg see in his plan an opportunity for projection of his work through the trustees in the growth and success of the Sanitarium itself.

No attempt has been made to appraise the estate. It consists of Dr. Kellogg's majority interest in the Battle Creek Food Co., his residence property embracing a city block in Manchester street and other scattered holdings.

Through his many life-time philanthropies Dr. Kellogg gave away large sums for many purposes. His gifts included a large block of stock in the Battle Creek Food Co., which he gave to the Race Betterment Foundation.

Dr. Kellogg was the founder of the Race Betterment Foundation, which organization he has further endowed. He directed that the foundation be used as a principal channel through which the purposes of his will are to be carried out, "unless in the discretion of said trustees, such purposes may be better attained through some other charitable organization."

"It is my intention that the trusts herein created shall be solely and exclusively for charitable purposes," Dr. Kellogg said.

No bequests to individuals were made in the will. Dr. Kellogg had often stated that what he planned to do for some of his adopted children, he would do in his lifetime.

The Battle Creek Sanitarium and the Miami-Battle Creek Sanitarium at Miami Springs, Fla., which are separate non-profit corporations, are not a part of Dr. Kellogg's estate and not included in his will, except to the extent that his bequests can be helpful to both institutions.

It was emphasized that to execute his trust, Dr. Kellogg had named five persons in his will. None of these receive bequests or property for their own use, but as a trust and as executors to fulfill the terms of the will, the text of which follows:

Text of the Will

"I, John Harvey Kellogg, being of full age and of sound mind and memory, do hereby make, execute, publish and declare my last will will and testament in manner following:

"First, I hereby direct that all of my just debts and funeral expenses and all taxes, both state and federal, which may be a charge against my estate or against any bequest or devise herein made, shall be paid out of my estate by executors hereinafter named, with all convenient promptness after my decease.

"Second, I hereby appoint James T. Case, Richard M. Kellogg, Gertrude Estill, John H. Haas and J. T. Christiansen, executors of this will, and I hereby confer upon them the power to sell and convey property, both real and personal, without procurement of a license or order from any court. All of the rest, residue and remainder of my estate, both real and personal, wherever situate, after compliance with the provisions of paragraph first of this will, I hereby give, devise and bequeath to James T. Case, Richard M. Kellogg, Gertrude Estill, John H. Haas and J. T. Christiansen as trustees in trust, nevertheless for the following purposes:

"(a) All of the net income, issues and profits of said trust estate shall be used to promote reforms in modes of living and particularly biologic living and regimen therapy, and to teach the theory and practice of biologic living as exemplified at the Battle Creek Sanitarium under the direction of the testator and by other institutions of like or similar character; to care for and treat the sick and to train and educate both the sick and the well so as to cure and prevent disease and disability and promote efficiency and longevity; to encourage, finance and otherwise promote research in the fields of biology, physiology and nutrition, with the view of promoting and building a healthier and better human race by the discovery, dissemination, publication, teaching and application of the principles of biologic living; to organize, operate and/or contribute to the support of, or otherwise assist foundations and organizations to operate health centers, hospitals, sanitariums, schools, colleges and/or other instrumentalities for the purpose of studying, teaching and promulgating the principles of biologic living and regimen therapy, and to publish and/or assist organizations and foundations in the publication of books, bulletins and magazines and such literature as may be germane to the main purposes above stated. And I hereby direct that as far as may be, the Race Betterment Foundation, a charitable corporation organized under the laws of the state of Michigan be used as a principal channel through through which said purposes are to be attained, unless in the discretion of said trustees, such purposes may be better attained through some other charitable organization.

"(b) Said trustees shall have power to receive, receipt for and collect all funds payable to said trust and to invest, re-invest and keep invested the corpus of said trust in such securities as said trustees shall approve and as shall be lawful trust investments under the laws of the state of Michigan; it being provided that said trustees shall be at liberty to continue to hold without limitation any assets which may come into said trust estate from my estate.

"(c) I hereby authorize said trustees to sell, convey or exchange any property, real or personal, which at any time may be a portion of said trust estate, without the necessities of obtaining from any court a license for that purpose.

"(d) The trustees under this trust shall not be liable for mistakes of judgment or for any loss not occasioned by gross negligence or bad faith.

"(e) The powers and immunities herein provided for the trustees named herein shall apply equally to any successor trustee or trustees.

"Third, It is my intention that the trusts herein created shall be solely and exclusively for charitable purposes in the broad and judicially accepted sense of that term and that said trust shall be perpetual and that the income only shall be distributed and that the corpus of said trust shall be preserved intact as far as may be, except that the corpus may be used for the protection or preservation of the trust.

"Fourth, I hereby revoke all prior wills and codicils by me made.

"In witness whereof, I have hereunto set my hand and seal on this 28th day of October, 1943.

Signed—John Harvey Kellogg.

"The foregoing instrument was signed, sealed, published and declared in our presence by John Harvey Kellogg, the testator therein named, to be his last will and testament on the date last above written, and we, at his request and in his presence and where he could see us write our names, did then and there affix our names hereto as subscribing witnesses. Zenayda E. Manzano and A. F. Bloese."

A Special Reprint Edition

This is a special four-page reprint edition, prepared in response to many requests, containing much of the material concerning Dr. John Harvey Kellogg published by the Enquirer and News in the week following his death, Dec. 14, 1943.

New Officers Chosen for Food Company

Since the death of Dr. John Kellogg, new officers have been elected by the Battle Creek Food Co. Dr. Kellogg was formerly president and treasurer of the company and its stock was held entirely by him and by Race Betterment Foundation, with the doctor retaining a majority interest.

Succeeding Dr. Kellogg as president is Dr. James T. Case; John H. Haas, is now vice president, secretary and manager, and Jens T. Christiansen, treasurer. The three officers and the Misses Gertrude and Angie Estill comprise the board.

The company is handling a large volume of business and is receiving orders from all parts of the country. The plant is operating on a 54-hour week.

Dr. Case, the new president of the company, has been associated with Dr. Kellogg more than 40 years. Mr. Haas has been with the company seven years. Both are husbands of adopted daughers of Dr. Kellogg. Mr. Christiansen has been with the firm 18 years and before his election as treasurer, had served as credit manager.

Funeral Is Held For Dr. Kellogg

"Life Work a Record of Human Helpfulness," the Rev. Carleton B. Miller Says.

(Reprinted from Sunday, Dec. 19, 1943)

Dr. John Harvey Kellogg, whose life and achievements won world-wide acclaim, was buried at Oak Hill cemetery Saturday afternoon.

Glowing tributes from illustrious citizens of the nation have arrived in Battle Creek since Dr. Kellogg's death of pneumonia at 91, Tuesday night. But on Saturday at funeral services in the Sanitarium auditorium and at his grave, he was surrounded by his hometown associates and oldtime friends, most of whom had in some way been inspired or benefitted by his life and work.

Because of his forceful character and his association of 67 years with the Sanitarium, many individuals and many groups among the 1,100 attending the services, felt close to Dr. Kellogg, each for a special reason. Members of the Three-Quarter Century club sensed this bond of friendship because Dr. Kellogg was one of them and had always proven his loyalty to them; the doctors and nurses, who because of their professions had worked closely with him and on through the lists of employes at the Sanitarium, at the Battle Creek Food Co., and many others.

In his eulogy, the Rev. Carleton Brooks Miller, pastor of the First Congregational church, presented an accurate characterization of Dr. Kellogg and emphasized the qualities which made him a leader of men.

Ensemble Plays

The Sanitarium ensemble, which includes musicians who have been associated with the institution for 40 years, played at the opening of the service and again at its close. Even during the opening half hour of music friends continued to pass by the bronze casket at the front of the auditorium. Flowers banked to a height of nearly 10 feet extended the width of the auditorium.

The auditorium was filled before the services began, but many thousands were able to hear the service by means of the radio broadcast over station WELL.

The services were opened by Mr. Miller, whose words led into the scripture reading by Elder E. L. Pingenot, pastor of the Seventh-day Adventist tabernacle. Then prayer was pronounced by the Rev. Henry N. Jordan chaplain at the Sanitarium.

Lawrence Mayer sang "The Lord's Prayer," by Malotte, an inspiring devotional number.

"For 67 years, John Harvey Kellogg served and saved his fellow men here in Battle Creek," said Mr. Miller in his eulogy. "Because of his ministry of healing, many thousands remain to bless his name and his work in gratitude. There are those who, having lost health, got it back through him. There are many more who have been able to keep their good health and to protect life's greatest prize.

"All over the civilized world people are obeying the simple, natural truths of biologic living and telling others of the success of the Battle Creek idea.

Found Answers in Nature

"Dr. Kellogg sought and found in nature many answers to life's ailments. In the simple elements of sunshine, fresh air and exercise he made the weak to become strong. In light, heat and water he restored the handicapped to usefulness. For foods, he took grains and cereals, fruits and nuts, finding valuable minerals and vitamins; and to his discoveries added the invention of ways to process these foods to make them attractive to the eye and digestible in the stomach."

Mr. Miller said that a biography of Dr. Kellogg's life had appeared in the Enquirer and News and that since "the story was ably and accurately written as is attested by those who knew him best," that there was no need to repeat his personal history. Mr. Miller added also that the press had been liberal in publishing the many glowing tributes which have come in from the good and the great from near and far and which "bear adequate testimony to Dr. Kellogg's work and achievements."

"There should be one tribute included from a daughter who, unable to be present at this service has written: 'As busy a man as he always was, he still had time to be a real father, constantly thoughtful of us and a daily inspiration'." Mr. Miller said. "To these tributes let each of us add ours, according to our memories and gratitude, although the perfect tribute in his eyes would be to follow along the road upon which he began as a pioneer and whose path in the wilderness is now a highway for the multitude."

Dr. Kellogg's Religion

"Through interviews and conversations, I learned that in religion Dr. Kellogg, like Abraham Lincoln, was independent of sect or creed," Mr. Miller continued. "'My religion,' he said, 'is to seek truth and do good.' At another time he said, 'A Christian is known, not by what he believes, but by what he does. I mean his human service.'

"Dr. Kellogg's life work is a record of human helpfulness. It is miraculous to behold such high productivity over the many years. It is amazing to note the excellent quality of his sustained output which continued into his nineties. Never did his course run straight and smooth. Calamity, rebuffs, opponents dogged his course, but from within came resources of courage, cheer and new and better plans.

"After the great fire, when comparatively a young man, his plans were made before the embers cooled. After the newest structure had become Percy Jones General hospital, though now old in years, he astonished everybody by remodeling Kellogg hall, moving the Sanitarium and rebuilding with the patients in their rooms.

Planned for Progress

"During these last few weeks his mind was filled with plans for the improvement and advancement of the Sanitarium. He was about to begin a great program of meeting a new enemy of health, hypertension, which is striking down several million of our best leaders and workers throughout the nation. He knew little could be done to change the speed and pressure of modern ways of civilization, but he was sure help was available to protect those who go down in the middle and most useful years.

"'He was a genius and could do all this,' say the thoughtless. 'By the grace of God,' is the explanation of the mystic. Granted this and more, but these who have tried to follow in the good doctor's footsteps will recall a saying of St. Paul: 'I labored more abundantly than them all'."

Mr. Miller then turned to a phase of Dr. Kellogg's life, of which probably few persons had knowledge—his philosophy of life and religion.

"On July 2, 1935, Dr. Kellogg discussed with me some matters of religion," Mr. Miller said. "The occasion will always remain as a celebrated one to me because of what he said and the way he put it.

"At that time he was seriously in doubt as to the immortality of the soul, but as days followed he came to formulate a most beautiful conviction and expression of the golden hope of Christianity. My only reason for quoting him is that his religious faith can help those seeking spiritual light as his biologic creed has brought so many to physical well-being.

Basis For Faith

"'I am formulating a scientific basis for faith,' said Dr. Kellogg. 'Take prayer. Prayer is a cry for help instinctive to all life. We call for help when we are at the end of our rope. There would be no thirst if there were no water; no hunger if no food. A scientific experiment is a prayer. Ideas, born of silence and concentration, by entering one's inner chamber, are also answers to prayer.'

"Thus we see how eagerly he followed where truth might lead. Prayer, more than words and lip service, is the soul's sincere desire, the conscious and sub-conscious voicing appeal to the Divine.

"Then Dr. Kellogg said:

"'We have three lives. The somatic self where the cells die sooner or later; the germ self where the cells continue as long as the race exists and the spirit self. Our personality has voluntary will such as starts muscle action, and involuntary will or a pacemaker. The spirit is the heart, but there is no consciousness apart from the physiological.'

"I suggested that this does not exclude the fact or truth that spirit abides eternally, that personality survives. The Divine Intelligence is able to accomplish this no less than other miracles and mysteries. Tell me, what question embraces one of the great physical miracles and mysteries? Quick as a flash and with a sparkle in his eye and a joyous smile on his face, Dr. Kellogg replied:

"'Why doesn't the stomach digest itself? By the same Truth by which God does not permit death to dissolve or destroy the spirit.'

Death Not the End

"Dr. Kellogg has said that 'death is not the destruction of life.' He added that in Aramaic, 'surrender' has the meaning of 'peace.' 'My own peace I give unto you,' means 'I surrender to you.'

"In that surrender John Harvey Kellogg has found peace, freedom and victory."

At Oak Hill, Dr. Kellogg was buried beside his wife, who died in 1920.

Brief prayers were given at the grave by the three pastors who had joined in the funeral service.

By proclamation of Mayor Bernard E. Godde, Saturday was a civic day of mourning and flags were flown at half-staff.

Honorary bearers included executives and officials from the city government, medical society, the Chamber of Commerce, public schools, business and industry. Those named as honorary bearers included some who were prevented from attending the services by illness and were as follows: Mayor Godde, H. Earl Kanaga, Glenn O. Hoffhines, Donald R. Stillson, Lowell B. Genebach, A. L. Miller, Fred W. Gage, Henry M. Stegman, Dr. Emil Leffler, Burritt Hamilton, John Mustard, Dr. E. D. Vince, George McKay, the Rev. Patrick J. Maveety, Eldon C. Geyer, Emil E. Storkan, Dr. J. R. Jeffrey, Dr. S. E. Barnhart, Dr. Paul Roth, Dr. Oliver Thompson, Dr. Wilfrid Haughey, Dr. J. K. M. Gordon, Dr. William VanderVoort, Dr. Lloyd E. Verity, Dr. A. R. Dickson, Dr. Robert Fraser, Dr. Carl Wenke and Kim Sigler.

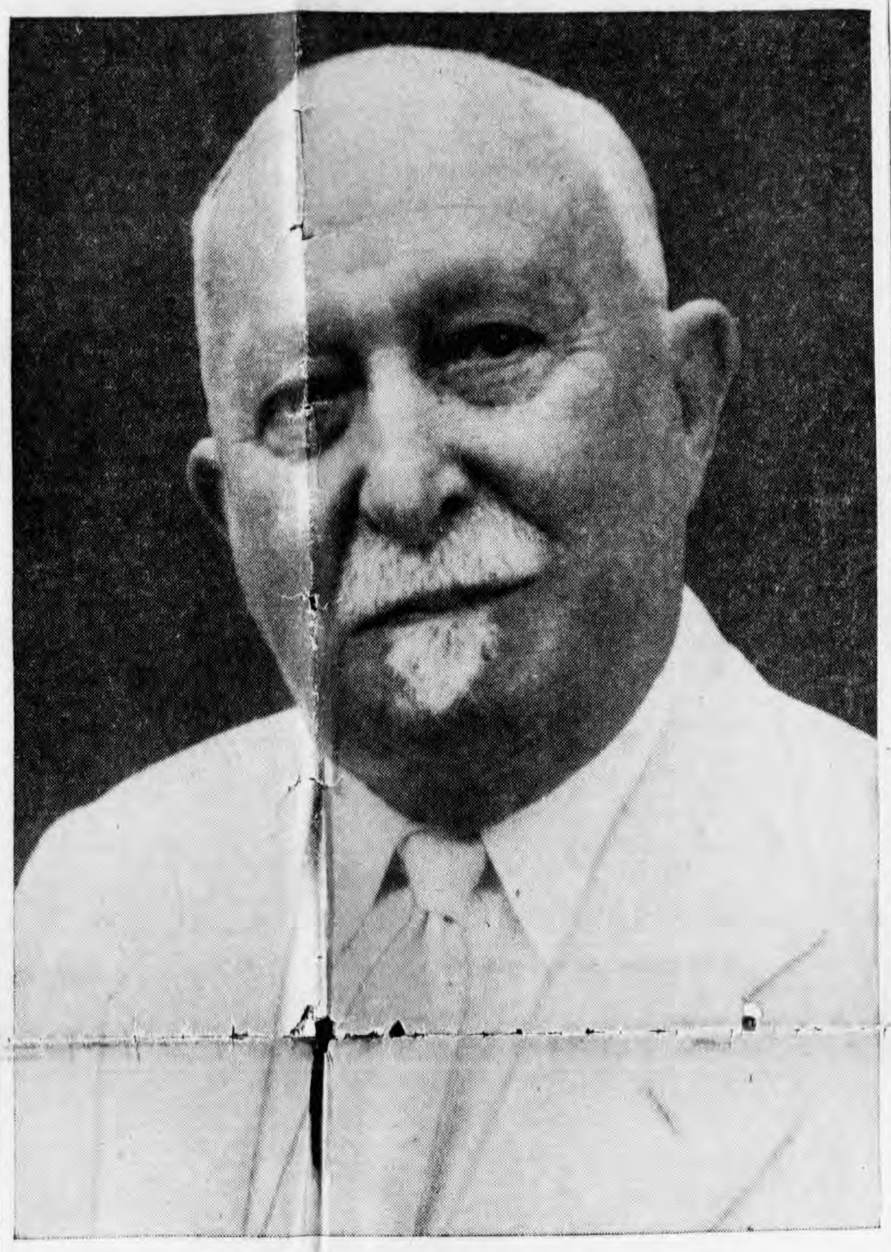
Active Bearers

The active bearers were men who have all been directly associated with the Sanitarium and Dr. Kellogg. They were Jens T. Christiansen and Gilbert L. Knox, of the Battle Creek Food Co.; Harry McCreery, superintendent of the men's bath rooms at the Sanitarium; L. C. Coulston, head porter and a veteran of 40 years; A. F. Bloese, secretary to Dr. Kellogg for 28 years and LeRoy M. Sparks, former physical director.

Floyd A. Wallace, who in his school days, worked as a call boy at the Sanitarium, served as head usher for the funeral service. His assistants were Floyd White, Robert Sergeant, Fred Robbins, Wendell Doty, Edward Heiftje, Theodore Bystrum, Dr. Claude French, Harry Noneman, Chris Tucker, Lee Wood, Lloyd Weller, Theodore Small and Floyd Brainerd.

W. K. Kellogg, now ill on the west coast, and Mrs. Clara Kellogg Butler, who is a patient at the Sanitarium, who are brother and sister of Dr. Kellogg and now the only survivors in a family that numbered 16 children, were unable to attend the funeral service.

Representing the family were William P. Butler, of the Kellogg Co., and John L. Kellogg, of Chicago, both nephews of the doctor; Dr. and Mrs. James T. Case, of Chicago, Mrs. Case being an adopted daughter; Mrs. Roy F. MacPherson, of Wyoming, the first of the children to be adopted by Dr. and Mrs. Kellogg; Dr. Richard Kellogg, an adopted son, who left only last Sunday for naval service, and who returned in his uniform; George Kellogg, of Detroit, an adopted son; Lucy A. Kellogg, of Kalamazoo, a niece, and Mrs. Paul Kellogg, of Detroit, the widow of an adopted son. Included in the family group were those in his household, including the Misses Gertrude, Mabel and Angie Estill, Mrs. Mary Staines Foy and several others.



Dr. John Harvey Kellogg

PNEUMONIA ATTACK IS FATAL AT HOME HERE

Distinguished Head of Sanitarium Active Until Last Few Hours in Service of Mankind.

Dr. John Harvey Kellogg, life-long champion of the health of his fellow man, died peacefully at his Manchester street residence at 11:30 o'clock last night, after a three-day illness with pneumonia.

During his 91 years of life and his 67 years of association with the Battle Creek Sanitarium, his program of biologic living and his "aristocracy of health" had circled the world, making his name and his teachings as well known in foreign lands as in his own. He was the acknowledged father of the breakfast food industry.

Although definite arrangements for services had not been completed, it was announced this afternoon that services would be held in the Sanitarium auditorium Saturday afternoon, probably at 2:30 o'clock. Burial will be made in Oak Hill cemetery. The body is at the Hebble funeral home.

Dr. Kellogg's mind and energy triumphed up to the portals of death itself. Forgetful of himself and thoughtful only of others, he made his last hours significant of the service to mankind which caused his friend, George Bernard Shaw, to remark: "You shall live so when you die, God is in your debt."

Dr. Kellogg suffered a severe bronchial attack on Saturday night just after he had chatted with Dr. Richard Kellogg, one of his adopted sons, who was leaving as head of the dental staff at the Sanitarium for war service. Despite the vigilance of his physician, Dr. James R. Jeffrey of the Sanitarium staff and his nurses, pneumonia developed in a mild form. Dr. Kellogg continued active and alert on Monday and was restrained from making appointments only by the doctor's orders. He fell asleep at 7 p. m. Monday and did not again awaken.

Secluded for Several Weeks

At the bedside when death came were Dr. Jeffrey, three nurses; the Misses Mabel, Angie and Gertrude Estill, all members of his household, and Clifford Herrell, chief desk clerk at the Sanitarium, who is a nephew of the Misses Estill.

Some weeks ago Dr. Kellogg had suffered a slight facial paralysis and because of this his pride had kept him secluded in his home. His activity, however, was not lessened. Through personal conferences he kept in close touch with Sanitarium affairs. He turned his attention to research and to preparation of medical papers, particularly in the field of combatting high blood pressure. His last expressed concern was for the comfort and welfare of patients now at the Sanitarium and for the continued successful operation of his health work.

Members of his household said that the doctor "never gave a thought to the possibility of death," although when stricken last Saturday night he jokingly remarked to Dr. Jeffrey, "Well, maybe this is the last time, doctor."

Amazed Even Himself

Dr. Kellogg himself had said: "When I consider the reckless way in which I have neglected myself, I am amazed to find myself alive at 90." He was the embodiment of what the human body can endure. He adhered to basic principles of his "Battle Creek Idea," but never found time for the rest that he advised others to enjoy. He twice overcame tuberculosis during a period of youth when his family considered it questionable whether he would live to be 21.

"Doctors point the way," he said, "but they do not necessarily follow.

(Please Turn to Back Page, Col. 2)

The Story of His Life

On pages 9 and 10 of today's [illegible] biographical sketch of Dr. Harvey Kellogg from his early boyhood in Battle Creek, through the founding period of the institution with which his name was synonymous, and accounting for the years during which he acquired great and world-wide fame.

For 'Grass Eater,' Dr. Kellogg Reckoned He Did Pretty Well

BY CHARLES MARENTETTE
(Associated Press Staff Writer)

(Reprinted from Thursday, Dec. 16, 1943)

Dr. John Harvey Kellogg tugged at his scanty white shorts, expanded his bare chest, and vowed he'd done pretty well for a "grass eater."

He chuckled when he said it.

"They called me a 'grass eater' back when I first got started teaching people about biologic living," he explained. "All of us, even those who believed as I did, were laughed at. But I guess we showed 'em."

He was showing 'em right then, at 91 years of age, as he trotted back and forth across a backyard cinder footpath for the benefit of news photographers this past summer. The death that overtook him Tuesday night seemed a long ways away then.

Clad only in the white shorts and running shoes, the silver-haired, goateed doctor broke out in a light sweat from his running, said it was a sign of good health, and wanted to know if "the boys" had their shots.

"Do it again?" he asked. "Why I can run like this just as long as you have any film."

And he did.

"That's something I do every day in the year," he said. "It's the best exercise in the world. People don't exercise enough."

Holding out a muscled forearm, Dr. Kellogg insisted that the newsmen feel it, "give it a good pinch." It was as firm as rock.

"I'm like that all over," he declared proudly, his goatee protruding firmly. "Feel that chest." It, too, was as solid as a prizefighter's.

"You've got to live right," he went on.

"You boys smoke?" Getting an affirmative nod, the doctor took a step forward and announced, "It's bad for you."

Pulling on a white dressing gown, the doctor assumed a John L. Sullivan stance and told the boys why they were on the wrong track.

"You can't smoke and drink alcohol and expect to live a long life," he said. "I've been teaching that for years, and I know. Had a cat once and gave it just the smallest drop of nicotine and do you know what happened? It died. Works the same on a man, eventually.

"I believe that man was intended to eat the plants and fruits and not the animals. Meat is bad for a human being. It clogs your colon, and eventually you'll be sick. There are enough wonderful plants and fruits and nuts and vegetables to keep everyone well and healthy. Look at me. I haven't touched meat for more than 75 years. I don't smoke and I don't drink. Never have. I don't take patients at my Sanitarium unless they agree to abstain from eating flesh foods and from smoking and drinking, at least as long as they want me to help them."

The sun's shadows had moved quite a distance now and still he stood there, expounding his theories of biologic living. The newsmen, smokers all, were beginning to wilt.

"Need any more shots of me running?" he asked. No, the boys said; they'd done pretty well.

"How about a few of me riding my bicycle?"

So the boys unpacked the cameras and started in again as the doctor, now in white knickers and a white pith helmet, did figure-eights with his two-wheeler in the driveway.

His Life Work Felt by the Whole World

Dr. John Harvey Kellogg A Factor in Civilization

This is the life story of a boy born in the obscurity of a small mid-west town, whose ambitions and energy made the town which was his home from childhood, known throughout civilization, so that the world made a beaten path to his door.

Battle Creek and the name of Dr. John Harvey Kellogg and his Battle Creek Idea have become one in the common knowledge of the world. His ability to do things placed the stamp of his personality on his home community and of his ideals on the world, as few men have done.



JOHN HARVEY KELLOGG

in his early years. John Harvey Kellogg, the boy, was kept at home until he was nine. But in six weeks of school, he learned to read, and write and "figger." As a part of the family discipline, 9 o'clock was the rigid bed time, but after the rest of the family was in bed and asleep, the boy would get up and read and study until the early morning hours.

His Activities Began Early

As a boy he made brooms, set type, read proof, edited a paper, and then because of his remarkable attributes was selected by the church elders to study medicine to take charge of the Health Institute.

From that beginning, his ambition and his tremendous energy carried him into many fields of activity, and in many of these he became outstanding, the associate of the leading workers and thinkers of two generations.

As a teacher he has established schools and colleges. As a reformer he led in the movement for sane clean living. As a physician and surgeon he made discoveries that healed thousands, and he brought improvements in the technique of surgery. As an organizer he took a struggling, unrecognized Health Institute and built it up by his work and inspiration, to the largest of its kind in the world. He has written a library of books and papers on health reform and medicine. The vast food industries of Battle Creek were built on his ideas, and he was actively connected with two of the most successful. He invented health appliances, and brought new ideas into the use of light and heat as curative agents. As a practical philanthropist he showed Chicago how to feed its unfortunates in the "hard times of '93" and he adopted and took into his home 41 children, training and educating them so that many have become active professional men and women.

Energy in Small Compass

As a boy he relates he was small and puny—but he did have boundless energy and his movements, thinking, walking, talking and work were rapid—but there was usually a merry twinkle in his eye.

Retaining practically all that he read and saw, he accumulated an [illegible] information on many subjects. Plump in figure, in middle life he wore a full beard. In later years when his hair whitened his beard was trimmed to a Van Dyke. This, with his white clothing—shoes, suits, hats and greatcoats—made him a striking figure.

At an age when ordinary mortals seek the quiet and comfort of the fireside, he resumed bicycle riding as an exercise, and began building another Sanitarium in Florida.

"I'M NOT OLD," HE SAID, "I HAVE GROWN YOUNG."

At 80 Years and Past His Activities Continued Unabated — His Line Went Back to Sturdy Forebears—The Early Home in Battle Creek.

In recent years, he was called as a witness in circuit court in Battle Creek. In his preliminary questions, the attorney asked, "How old are you, Doctor Kellogg?"

"I'm not old," he answered promptly with his familiar twinkle, "I'm young."

While fortunes were made from his inventions and discoveries, he gave liberally to education and public advancement so that he retained for himself but a small fraction of the wealth he actually created. He could secure liberal donations for his projects—and he himself gave liberally.

A Sturdy Inheritance

Inherited traits probably had much to do with the life success of Dr. Kellogg. While he was born in Tyronne, Livingston county, he traced through his father, John Preston Kellogg, his ancestry back to William the Conqueror, by way of the Massachusetts settlements. His mother, a woman of native ability, skilled in all the arts of pioneer home making, and love of children, was Ann Jeanette Stanley Kellogg, whose line went back to English nobility. And one of his ancestors was among the Pilgrims who landed at Plymouth Rock.

Dr. Kellogg was one of a family of 16 children. His father married twice, his first wife, Mary Ann Call, being the mother of five children. She died while the home was still in Livingston county, and Dr. Kellogg's own mother, Ann J. Kellogg, came to mother the five children. With the death of Dr. Kellogg the only surviving children of Ann J. Kellogg's 11 children are W. K. Kellogg and Mrs. Clara Kellogg Butler. All the children by John Kellogg's first marriage are dead.

Dr. Kellogg came to Battle Creek when four years old in 1856, when his father established the first broom factory west of Detroit. Another branch of the family has continued this business, and Kellogg brooms are still made in Battle Creek.

The family home was at West Michigan and Cass. It finally was torn down to make room for a garage and salesroom. In this home his father had a grocery store, and the broom factory was across the street on Cass between West Michigan and VanBuren. Later the family moved to North Washington across from the Sanitarium.

Because he was far from rugged the start. By the time he was 15 he was editing the entire paper.

An Editorial Career

In later years he became the editor of the Good Health magazine of national circulation, practically a pioneer in its field, and he also wrote and published many books.

When he was 15, he decided he did not want to do the same thing over and over and get into a rut. So he left the printing business, taught school, and attended the Michigan Normal at Ypsilanti. About this time he found a book that had a lasting influence on his life—"Find Nature's Way—Then Follow Her."

Also As an Educator

But Dr. Kellogg continued all through life to be an educator and teacher. After he took over the management of the Sanitarium, and its growth and usefulness were well under way he found it impossible to find trained men and women to give the therapy treatments introduced by the Sanitarium. So in 1883 he organized a training school for nurses, that graduated more than a thousand. These graduates were not only trained in nursing, but they were also taught hydrotherapy, electrotherapy, medical dietetics—in fact they were trained in the whole theory of the Battle Creek Idea and "biologic living."

Then he organized the American Medical Missionary college July 3, 1893 in Chicago. It was a part of the faith which he followed that religion should include right living, and a missionary who could give practical physical aid, as well as spiritual aid, in his chosen field, would be much more successful in spreading the gospel.

Missionaries for Health

All students upon entering agreed to give at least five years of their lives to missionary work, and many of the graduates later took degrees at the Royal College of Surgeons at Dublin, Edinburgh or London. For practical missionary work, students worked in the dispensary near the stock yards in Chicago and helped in a mission for the "down and outs." Later, these medical missionaries carried the gospel of Christianity, and the gospel of right living to many a far flung corner of the globe.

This school was operated until 1908 by Dr. Kellogg when it was merged with the University of Illinois.

The Sanitarium School of Health and Household Economics was another school based on the Battle Creek Idea. As dietitians, expert housekeepers and cooks had to be trained especially to follow the Sanitarium teachings, this school was started in 1883 to meet this need. Besides the usual courses of domestic science, this new school gave special courses on the values of certain foods, and the effects of diets on digestive disorders, and the benefits of the diet made famous by the Sanitarium and Dr. Kellogg.

BEGAN HIS EARNINGS AT AGE OF 11 YEARS

The Apprenticed Broom Maker Began the Pace Which the World Famous Physician Followed—Inspiration from a History Book.

His father believed in teaching his boys a trade early, and John Harvey started in the broom factory when he was 11. In two weeks he was earning his $2 a day, top wages for those early days. Part of his first money bought Fox's Ancient History, which he read over and over in his midnight readings. Dr. Kellogg has said that he bought every school book he ever had, and has always earned his own way from the time he started in the broom factory at the age of 11.

Ten hours a day was the broom factory schedule—and after that the boy went home to help with the milking, bed the horses and do other chores.

The Seventh-day Adventist church had already established the Review and Herald, a printing plant for the publication of their church papers, magazines and tracts, and after a winter in school at the age of 12, he was taken into the printing plant. He noticed so many errors in the paper, that he was soon set to reading proof. But he found so many mistakes, that the printers found fault, so he was moved up to the editorial department, where he could catch the errors at

BUILDING AN UNIQUE EDUCATIONAL INSTITUTION

School Courses Trained Young Workers to Be Exemplars of Right Living—Various Schools Merged into Battle Creek College.

As exercise was also a natural part of right living, and the Sanitarium offered unusual facilities for the scientific study of physical culture, the Kellogg School of Physical culture, with two-year course, was the natural outgrowth and this school also became widely known.

In 1924, all three schools—nursing, home economics and physical culture were merged, cultural courses were added, the Battle Creek college giving A. B. degrees being the result. Students of all of the three schools received scientific training in their fields as well as the cultural work necessary for an A. B. degree.

His ability as a teacher had been an aid to him all his life. Boys who entered the Sanitarium organization as bell boys remained to become physicians, or heads of departments. Many who received their early training at the Battle Creek Sanitarium have gone to the colleges, and institutions where they found their Battle Creek training of immense value to them in their life work. The college was closed in 1938.

Dr. Kellogg came to the Health Reform Institute, which he made into the Battle Creek Sanitarium in 1875. The "West End" was the stronghold of the Seventh Day Adventist faith. Here they built their "dime" tabernacle, and established their publishing house, the Review and Herald, at one time one of the largest printing establishments in this country. Under the leadership of Ellen G. White, often called "Mother" White, wife of Elder James White, the Adventists were beginning their world-wide church organization.

Among Mother White's revelations she received one on right living—abstinence from eating meats of any kind, and from the use of alcohol, tobacco, tea or coffee. It was their belief that overeating, and the eating of the wrong kinds of food, brought on most of the ills of the human flesh.

Outgrowth of Religion

So the Health Reform Institute was organized, as a church activity, as a result of this revelation in 1863, and Dr. H. S. Lay was the first superintendent. With a few assistants he operated the institution which in that early day attracted patients from a considerable distance.

Professor G. H. Bell was among those who came to Battle Creek in search of health, and he remained to organize the first Adventist denominational school. The church leaders recognized the need of an active young man, trained in medicine, to take charge of the Health Reform Institute, and Professor Bell recommended young John Harvey Kellogg whose abilities had attracted his attention. It is related that the bargain was made—Dr. Kellogg was to have his medical education, and return to devote his life to the Institute.

SIMPLE LIVING LEARNED IN ECONOMY AT SCHOOL

Diet of Grains and Vegetables Helped in Medical Courses and Impressed Dietary Truths—Health Reform Institute Receives New Superintendent.

It is related the church helped in acquiring the medical education at Ann Arbor—but could not see the need of an internship at Bellevue hospital in New York City. But Dr. Kellogg was determined to go, funds or no funds, and by the time he had graduated from Bellevue, he had learned a lot about simple foods, as he lived on the simplist of diets of grains purchased from the elevator, and such fruits as he could afford.

But in October, 1876, he returned to Battle Creek and took charge of the Health Reform institute, then a two-story frame house, with fifteen patients. Immediately he started reorganizing departments, improving treatments, and in two years more room was needed. The first unit of the old Sanitarium was dedicated in April 1878.

The institution became both a health center and a hospital, and those seeking health overflowed the building, and Dr. Kellogg began to gather around him a staff of physicians, each a specialist in his field. Natural methods of cure—massage, applications of electricity, special diets, baths, and other modern ideas were brought into use.

A Name Is Coined

About this time, Dr. Kellogg coined the name Sanitarium., from the English word sanitorium, a health resort for invalid soldiers. New additions to the first unit were erected in 1884, in 1890, in 1894 and again in 1897. These buildings were all of the same type of construction—frame buildings, with brick veneer, all with wide porches, where the patients could have plenty of fresh air. And because fresh air was recognized as of prime importance, wooden ducts were built through the building for ventilation.

When fire started in the building on a cold winter morning—February 18, 1902,—flames swept through the building at terrific speed. The main building, the hospital and annex, which were connected by tunnels, were all destroyed. All of the patients were moved out to safety—there were thrilling rescues, and terrible risks by the city firemen, but one patient insisted on returning to his room to secure some valuables, and perished.

An Institution In Ashes

Private homes in the west end were opened to receive the patients. East hall, which escaped the fire, was fitted up for patients, as were South and West halls, and even rooms in the college building.

Dr. Kellogg was absent from Battle Creek at the time of the fire, and the first intimation he had of the tremendous loss was when reporters boarded his train to ask him if he intended to rebuild.

"Certainly," he said, and after receiving news of the fire, called for pencils and paper to draw his first rough sketches of the new building.

Architects, engineers, and contractors looked after the details of planning the new structure, but they worked along the original ideas of Dr. Kellogg, and into these plans went all of the medical and scientific knowledge he had accumulated in his years of work and study.

The Temptation to Move

Before actual work was started there was talk of the Sanitarium moving to some other city. Offers were made, but in the end it was decided to remain in Battle Creek. Fireproof, of course, the new building gave opportunity for enlarged and better treatment rooms in every department. More sunlight, better ventilation, and better facilities in every department were provided for in the new building. The building of that new Sanitarium—the vast six-story structure to which the towering new addition was added only some 15 years ago—was a miracle in financing, only made possible by the resistless energy of Dr. Kellogg and by the faith and devotion of his religious and professional associates. Week after week, as the story has since been told, the payrolls and material bills had to be raised by current subscriptions and borrowings. But the job was done. "It couldn't be done, but they did it."

Dr. Kellogg was by his religion, a vegetarian. Early in life he came in contact with the theories of Dr. Graham, and others who believed in the "simple life." While still in medical school—whether from choice or from necessity because of shortage of funds—he experimented with the diet that later led to his development of the foods on which the world now breakfasts.

For a month, while at school, he lived on a diet of Graham crackers, apples, and an occasional baked potato. He also ate oatmeal gruel, and a cocoanut a week. For breakfast he had seven crackers and two apples and the potatoes, and the rest of the diet he ate at night, gaining 17 pounds on this diet, at a total cost of 16 cents a day.

NEW DIETS FOR WORLD COME FROM BATTLE CREEK

Great "Breakfast Food" Industries Grow Up from Dietary Innovations at the Sanitarium—Commerce Finds New Opportunities.

This led to experiments to make the food more tasty, and easier to eat—and so began the making of baked foods—dextrinized is the scientific word for it—which caused them to gain in sweetness.

As tea and coffee were both taboo, the Sanitarium experimented with a cereal coffee, and Carmel Cereal was next produced by the laboratories—and the experimenting, and inventing went forward, with grains, vegetables and nuts—all to find attractive and tasty foods for the increasing number of patients coming to the Sanitarium.

Flaked foods, most commercialized of all Sanitarium products, was the inspiration of a dream, Dr. Kellogg related. Acting on this inspiration, he boiled wheat, and while it was still soft, ran it through a machine that was used for rolling out dough. Then he baked these flattened particles in a small oven—and produced the first wheat or granose flakes. This was in 1895 and oatmeal was then the established and standard breakfast cereal. But the flakes were tasty, light, and digestible, and their success lead to the invention of more than 60 kinds of prepared breakfast foods.

Six more years, and a large amount of money was spent to perfect the corn flakes, and in 1906 the Kellogg Toasted Corn Flakes company was organized as a separate concern to make corn flakes. In the meantime C. W. Post had organized and built up the Postum Cereal company with Postum Cereal and Grape Nuts. Following his success, other companies were rapidly organized—Malta Vita—Norka—and factories were going up in every corner of town. At one time there were by actual count, 42 companies either operating or getting ready to put prepared breakfast foods on the market.

Mr. Post had come to battle Creek and the Sanitarium, an invalid, victim of intense overwork. His keen business mind had seen commercial possibilities in cereal foods. The story is that he attempted to interest Dr. Kellogg in a plan to market some of the Sanitarium food products. Failing in this he began his own experiments with a cereal coffee and so developed Postum, from which start he built the great Postum Cereal establishment.

A Commercial Line Begins

Dr. Kellogg had presently organized the Sanitas Nut Food company which later became the Battle Creek Food company to manufacture for the general public the foods that had previously been served only to the patients of the Sanitarium. In its early years the Battle Creek Food company had a plant adjoining the Sanitarium, just off of North Washington, but later was moved to the present plant in Springfield Place, for more space.

Shortly after he took charge of the Sanitarium, Dr. Kellogg placed his younger brother, William K., in the business department of the Sanitarium, and he became the business manager of the Sanitarium and its food making department. W. K. Kellogg was as active in building up the material and financial side of the Sanitarium as his brother was in the scientific and medical side, including the work of selling the bonds that were to pay for the new building.

The Corn Flakes Industry

But W. K. Kellogg saw the possibilities of the manufacture and sale of corn flakes and he took over the manufacture of these as his special enterprise. A large slice of the capital of the new enterprise went for advertising, and the plant on Bartlett street, adjoining the Grand Trunk tracks was in full operation, when a fire on July 4, 1906, destroyed the plant. While temporary buildings were used, the first buildings of the present Kellogg plant on Porter street were started. Early in the company's history, W. K. Kellogg made a tour of the southern states, introducing the new corn flake food, over the protests of grocers who said that Southerners would never eat a corn product. But he sold several carloads on this first trip. W. K. Kellogg's later, great developments, which have meant so much to Battle Creek, were well under way.

The flaked foods, and cereal drinks were only a few of the many foods Dr. Kellogg created. Rice was made into flakes, as well as wheat and corn. Nuts were used to make nut butter, and several vegetable and nut meals were developed, including a substitute for meat known as "protose," and another as "nutoline cutlet." On Thanksgiving days at the Sanitarium, something that looked like roast turkey, and tasted like turkey, was served, and the Sanitarium displayed live turkeys in a cage in the lobby while the guests ate the substitute—and liked it.

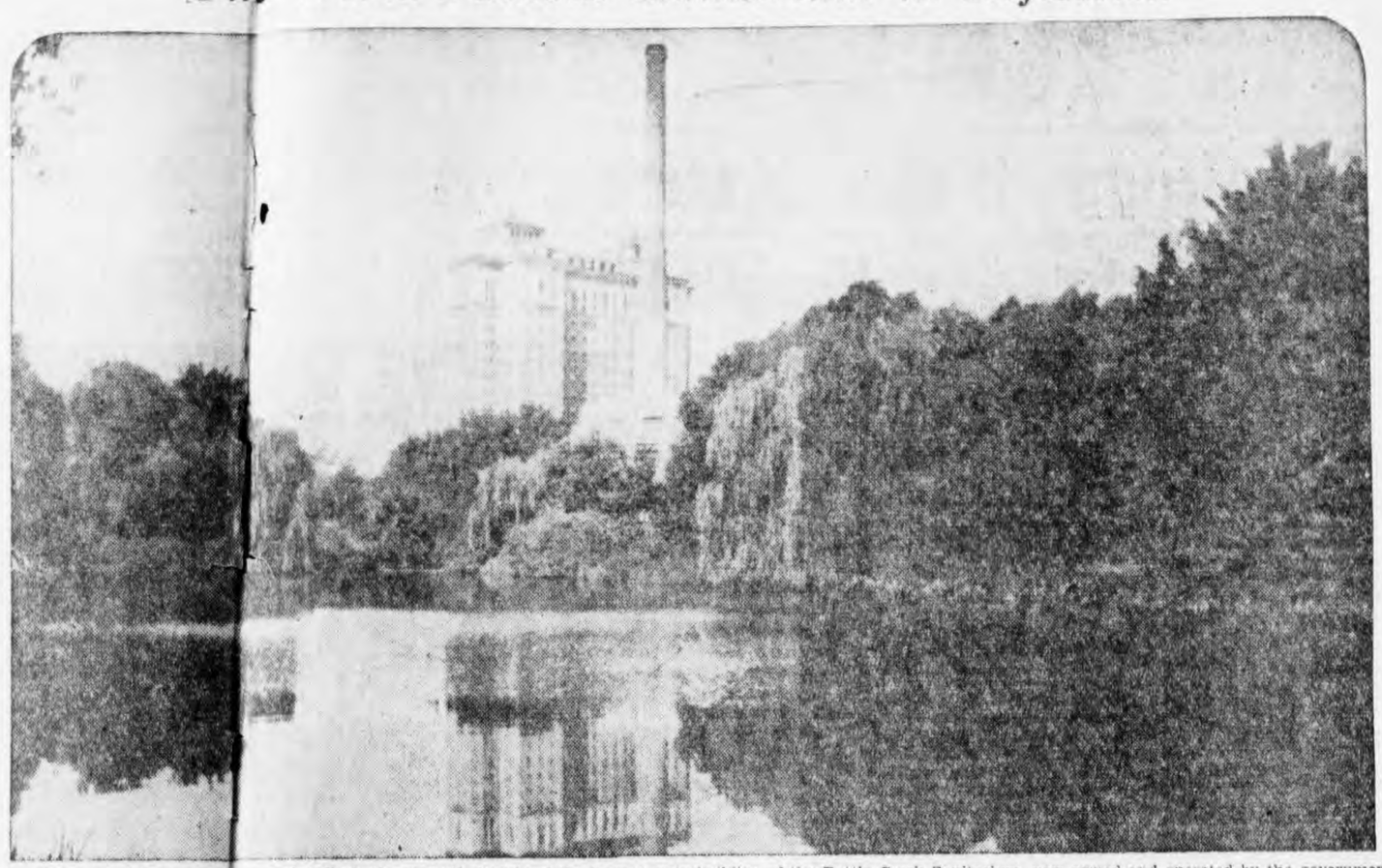
Dr. Kellogg also experimented with bran, producing the first form for table use, and Kaffir tea, and Psylla seeds, and many other foreign vegetables and grain.

On the List of Taboos

All of his life he has preached against the eating of meats, and his particular abhorrence was the

(Continued on Next Page)

The World-Famous Sanitarium in Reflection



A willow framed lagoon in Irving park reflects the majestic beauty of the former main building of the Battle Creek Sanitarium, now owned and operated by the government as an army hospital. Behind the willows are hidden other vast buildings of an institution Dr. John Harvey Kellogg developed into one of the largest and most famous of its kind in the world.

Monument to Genius



A monument to the genius of Dr. Kellogg, this imposing structure, once the new main building of the Sanitarium, remains as the army's Percy Jones General hospital, where the sick and wounded of war are restored.

Where Sanitarium Carried On



After the sale of its main properties to the government to be used as an army hospital in 1942, the Battle Creek Sanitarium carried on successfully under Dr. Kellogg's general direction in this building, previously known as John Harvey Kellogg hall. It was built for the Phelps Sanatorium, which was not successful, and later came under control of Dr. Kellogg and his Race Betterment Foundation.

A World Authority on Health Methods

Biologic Theories Gained Him Fame

(Continued from Preceding Page)

oyster. What he said about oysters and beef extract was vivid and impressive. But in exchange he gave the world plenty of substitutes because he experimented continually with foods, making them more attractive and more nutritious.

After Dr. Kellogg came to the Sanitarium he married Ella E. Eaton, at Alfred Center, N. Y., February 22, 1897. Mrs. Kellogg had received a master's degree from Alfred University and came to Battle Creek in 1875 to take up the study of hygiene and practical nursing.

Later she joined the staff of the Good Health Magazine and she was active in W. C. T. U. work, being national superintendent of hygiene in 1882. She wrote books and phamlets for girls, and was in many ways an assistant to Dr. Kellogg in his work.

Their home was built on Manchester street, on a part of the old fair grounds, a portion of the old race track still being visible. Occupying more than a city block—between Wood street and Hubbard, there was ample grounds, a deer yard, barns, and at the rear a huge vegetable garden worthy of the chief exponent of vegetarianism.

HIS EDUCATIONAL IDEAS APPLIED TO CHILDREN

Residence Turned into School Where Many Foster Children Were Trained to Usefulness and Service—Haskell Home Is Founded for Orphans and Destitute.

In his travels, not only in this country but in other countries, Dr. Kellogg found children, many of them homeless, and he believed proper environment and education would develop these children and give them opportunities. In all, he "brought up" 42 of these children. His 40 room home was a school where regular classes were held with private tutors. Mrs. Kellogg helped with this teaching, and her hobby was the flower gardens about the home.

All of these children received a high school education, many went to colleges and universities, and entered professions. Thirteen were legally adopted.

"Sunshine Center" Appears

In later years a public playground, with wading pool and instructors, was maintained for the children of the city, and the stables where the children's ponies, and the doctor's horses and carriages were kept were rebuilt to become the Sunshine Center—the meeting place of the Three-Quarters Century club, which Dr. Kellogg took an active part in creating and of which he was long the president.

For a number of years there was a deer park on the grounds, and more than a score of deer, but this herd was later broken up.

Dr. Kellogg also interested Mrs. Caroline E. Haskell of Michigan City in the establishment of Haskell Home, on Hubbard street, for orphans and destitute children, and a large building was erected in 1894. More than a hundred children were educated in this home, and it was helped by both the Sanitarium and the Adventist church.

A fire in 1909 destroyed this home—just as the Sanitarium had previously been destroyed, and the home activities were continued for a while in what had previously been the laundry building.

Medical Devices Invented

His advanced ideas in the practice of medicine made it necessary for Dr. Kellogg to invent many devices to carry on his work own work. So he invented machines to give his patients passive exercises, to give them the benefits of special baths, and to give them light treatments. He also invented a chair back, to improve the posture, and a shadowgraph for the study and correction of posture.

The mechanical horse was among the best known of his inventions, and there were also machines for massaging the back, abdomen and other parts of the body with vibrations.

Baths and the various applications of water were early recognized by the Health Institute as beneficial, and Dr. Kellogg invented much of the equipment for such uses. He perfected the use of the electric current to contract and expand the muscles of the bed-ridden patient—so they had the benefit of exercise without effort.

Pioneering with Light

At one time, Dr. Kellogg was using so many lights of a certain type, that the manufacturers sent a man here to find out what he was doing with so many of them. Since artificial light was first used at the Sanitarium, the idea has grown and become popular and successful in the treatment of many ills.

Dr. Kellogg also invented the universal dynamometer, to determine the total strength of the body and of each group of muscles, which has since been adopted in government schools.

His electric light cabinets are probably the most widely used of his many inventions.

The dry penetrating heat of the electric light, was found very beneficial, and both Kaiser Wilhelm and King Edward used them when first introduced.

SUNLIGHT AS MEDICINE ONE OF EARLY TEACHINGS

Long Before Modern Fads of Sun Tan Dr. Kellogg Was Prescribing Sun Baths As Curative Agent—His Schedule Left No Time to Loiter.

From this beginning of the light cabinet the use of both heat and light in the treatment of many diseases has been carried on for years by Dr. Kellogg. Sun baths were introduced at the Sanitarium outdoor swimming gymnasiums, and prescribed for the patients long before the nudist fad was ever thought of, or the sun tan became a social honor and distinction. For years, Dr. Kellogg preached the gospel of fresh air and sunshine—and plenty of it. Here again he was a leader and a pioneer in a movement that has become world-wide.

The speed and endurance with which Dr. Kellogg always worked was a marvel to his associates. In the early automobile days, those who rode in his car would hear him speak to his chauffeur—"faster,—faster."

Splitting the Seconds

Going on his many trips he would work right up to train time—then telephone down to the station to have the train held for him. In the early days a hack, and later a taxi, would then rush him to the station.

Dr. Kellogg was the first to set daily exercises to phonograph music—a mechanical physical instructor, an idea that was later taken up by radio.

As many patients coming to the Sanitarium wanted to see and hear him, he introduced the idea of the question box in the Sanitarium parlors or lobby. Into the question box, a patient could put any question about his health or treatment he wanted answered. The doctor would take up these questions one by one and answer them before the assembled crowd.

Dressed in White

His practice of wearing white clothing from top to toe began before the world war, as a recognition of the value of sunlight to good health. The sunlight penetrates through white clothing easier than dark clothing, so everything he wore was white.

His skill as a surgeon was one of the manifestations of his genius. This branch of healing he pursued with his usual vigor, visiting all of the famous European clinics and keeping abreast with all developments. At one time he established a record of 165 operations without a death—the best up to that time. At the time of his retirement from active practice of surgery he had performed more than 2,300 major operations.

He studied first with Hanks in New York, and in 1883 went to Vienna to study with Adolph Bilroth, acknowledged the greatest surgeon of the century.

He passed an artist studio each day. One day he stopped and asked to be taught to make his hand follow the line his eye told him was right. So he learned to draw faces in one stroke, a thing he practiced for years—speed and accuracy are of prime importance in successful surgery.

Surgical Specializations

Dr. Kellogg early paid much attention to plastic surgery of the face, for which the Bilroth clinic was noted and he also studied under the famous surgeons of Paris and London.

In 1889 Dr. Kellogg spent some time as assistant to Dr. Lawson Tait of Birmingham, England, who had become famous for new methods in abdominal surgery, a phase of surgery in which there was a high mortality rate.

When he returned, Dr. Kellogg performed 52 of these operatons successfully and later made a continuous record of 165.

A third trip in 1900 included a two week's vacation in Palestine, Egypt and Turkey, and he also operated in Switzerland and Denmark.

CONTACTED WORLD FOR IDEAS FOR BATTLE CREEK

Many Scientific Centers Visited in Search of Latest Medical and Surgical Revelations — Writing Books While on the Run.

Of course Dr. Kellogg visited Europe following the Sanitarium fire, visiting every medical center abroad for ideas and equipment for the new building. Other trips were made in 1907, when he visited St. Petersburg, and in 1911 when he attended the International Hygiene Exhibition in Dresden. He also visited London, Berlin and Vienna, paying particular attention to the use of radium, which was then coming into medical use following its discovery.

His Workshop Followed Him

Besides these trips to Europe, he has made several to Mexico where a mission was conducted under his supervision and he has also visited Cuba and Porto Rico.

But no matter where he went—he worked on books and papers while en route—and he came back to the Sanitarium with new ideas, new methods, new foods, and new vigor for the work at the Sanitarium. His keeping in touch with the leaders in the world's medical centers was the contributing factor in keeping the Sanitarium filled with patients, so that a staff of 40 doctors, hundreds of helpers, and 1,200 patients and guests was no unusual condition at the Sanitarium.

Much of Dr. Kellogg's writing was dictated usually while he was going some place or coming back. Every trip abroad produced books, magazine articles or records. Arriving at the station, with his secretary, he would settle himself in the train and start dictating. If he were going to a medical meeting, his address would be dictated on the way there.

Roy V. Ashley, one of Dr. Kellogg's secretaries for more than 20 years, recalls many trips when the doctor dictated practically all night, not even stopping to eat. Then he would rise early the next morning, and start right in again.

The Strenuous Life

Young physicians, trained in the Medical Missionary college often served as companion and secretary on these trips. One of these told of taking 20 hours of continuous dictation while the doctor sat in his summer underwear at a mountain resort in Colorado. At another time he dictated steadily while going on a train from Chicago to St. Thomas, Ont. And then after a full day of dictation, the doctor expected his secretary to have his notes transcribed bright and early the next morning.

He himself seemed to require very little sleep. A few hours each night was enough, and he could fall asleep in an instant. During a busy day at the Sanitarium, he could walk into an office, stretch out on the floor, and drop off to sleep. In a brief time he would wake up, ready for another round of activity.

His library included some 20,000 volumes in French, German and Italian, as well as English. One or two librarians were kept busy indexing and filing, and when the doctor had a few minutes of leisure, he called for material on a certain subject, read it over seemingly at a glance, and then he was ready to dictate an article.

His first book, written in his first year at the Battle Creek Sanitarium when he was 24, was "Plain Facts", which used plates as an illustration in sex education. This book, later rewritteen was sold by the thousands all over the country. It was printed at the Review and Herald plant.

His Medical Books

In 1880 he wrote a Home Book of Modern Medicine, which sold widely in Australia and New Zealand.

Other books he wrote included; Man, the Masterpiece, 1885; Art of Massage, 1895; The Stomach, 1896; Rational Hydrotherapy, 1900; and so on—a book every year or two including How to Have Good Health through Biologic living, written in 1932.

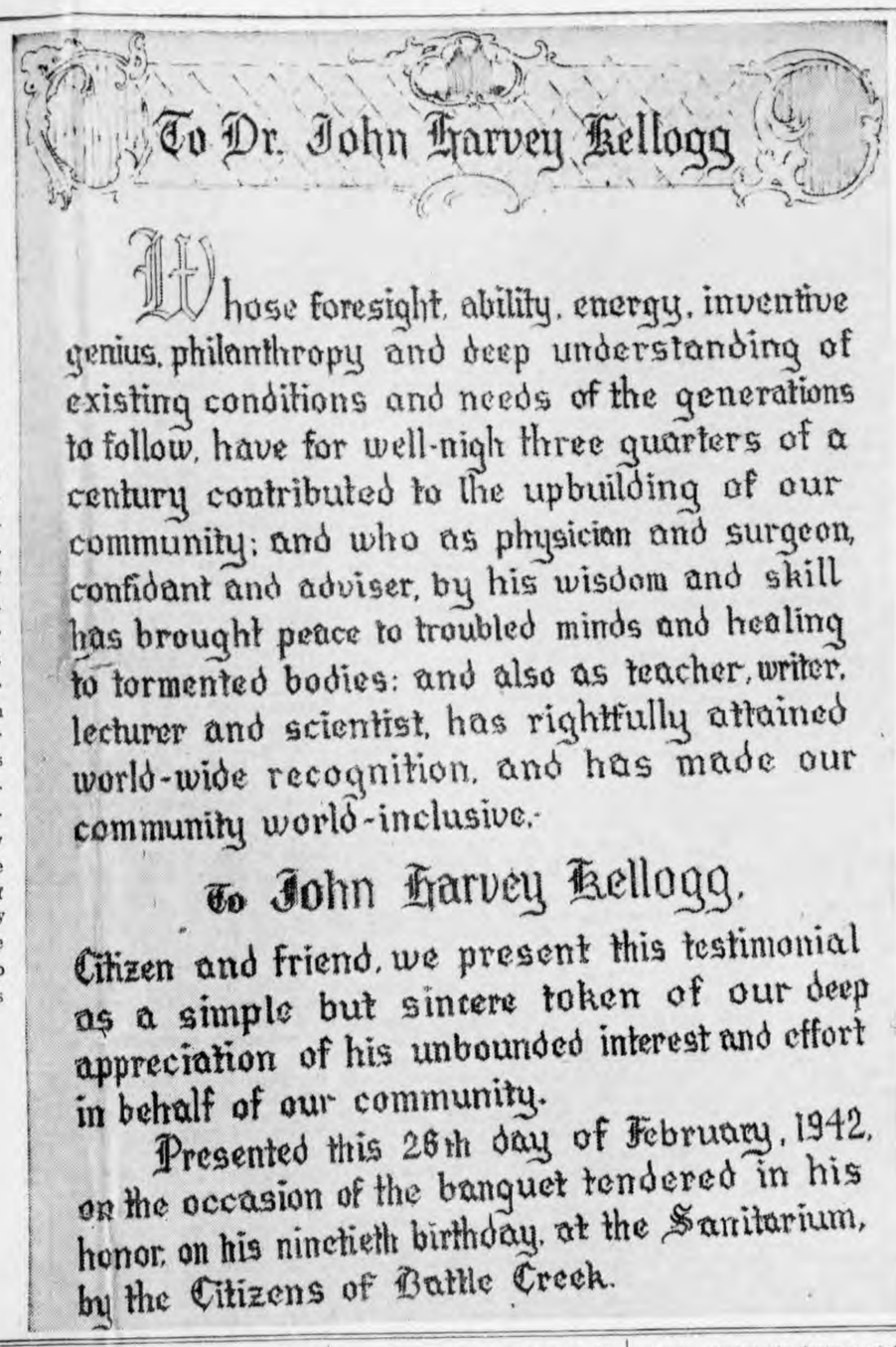
He also wrote two textbooks on physiology, at the request of Harper brothers. He wrote for health magazines, for medical publications, and in support of many reforms. He always wrote with a purpose. He expressed his strong convictions against tobacco in some vigorous writing on that subject.

50 Years Ago



Battle Creek's Tribute on 90th Birthday

This scroll, conveying the city's high regard for an outstanding citizen, was presented to Dr. John Harvey Kellogg by his fellow citizens of Battle Creek on the occasion of his 90th birthday, in February, 1942. The presentation was made at his birthday dinner in the main diningroom of the Sanitarium, since become the army's Percy Jones General hospital. It was written by Fred W. Gage in collaboration with the birthday dinner committee. On the same occasion, messages of high esteem were received by Dr. Kellogg from many of the nation's eminent men who were numbered among his friends and associates.



HIS YEARS WERE FILLED WITH BUILDING ACTIVITIES

Among His First and Most Constant Duties Were Those of Expanding the Housing of the Sanitarium—Charming Ashes into Life.

The story of the life of Dr. John Harvey Kellogg is one continuous building to house his activities. For more than half a century he was actively engaged in superintending the construction of new buildings. When he came to the Health Institute, it was simply an enlarged farm house, which was soon too small.

A four-story building, 146 feet long, was the first building finished to care for the increasing number of patients seeking health here. At the time of its construction it attracted attention throughout the medical world, because it was one of the first buildings dedicated to health and right living. Its ventilation, and lighting plans attracted special attention.

Shortly after this was completed, however, patients and employes were again housed in neighboring homes, and even in tents on the grounds in summer time. A six story addition was built at the south end of this building, and in 1888, a separate hospital, six stories high was built on the north end. An extension on the north end of the building in 1899 increased the capacity of the building so that 500 patients could be housed in the building. East Hall, used as a nurses' home, was built in 1894.

The combined buildings had a frontage of 476 feet on North Washington street.

Up from the Ruins

Then came the fire in the early morning of February 18, 1902 when all of the main building and the hospital was destroyed. Dr. Kellogg on his way home from California got off the train with plans well made for the new building. The following May the cornerstone of the new building was laid with appropriate ceremonies, and a year later the finished building was dedicated. The new building was practically fireproof, throughout, and had a frontage of 550 feet on Washington avenue. Six stories high, it had three extensions at the rear, two housing complete treatment rooms one for men and the other for women, and the central one a gymnasium. Entrance through these were through a circular palm garden, and the main floor included ample offices for the medical staff, and parlors for the guests. There was also an ample chapel in this building.

The Hon. Perry F. Powers presided at the ceremonies marking the dedication of the new building on May 31, 1903. The late John I. Gibson, who later was secretary of the Chamber of Commerce and whose last of many public works was as director of Battle Creek's centennial celebration, was placed in charge of construction, his particular work being to hurry construction along, so the new building could be put into use as rapidly as possible.

The financing of the new building, one of the principal problems was in charge of William K Kellogg, who was the business manager of the Sanitarium at that time.

The Community's Opinion

Previous to the completion of this building, a citizen's committee had investigated the work of the Sanitarium, with regard to the question of taxes, and the report of the committee concluded its report with this statement—

"The more deeply we have gone into this investigation, the more convincing and overwhelming the proofs have become of the straightforward management, the lofty purposes, the widespread beneficence, of the institution, and above all of the personal devotion and wonderful self sacrifice of the nearly one thousand persons employed in it, from Doctor Kellogg down to the youngest helper."

The committee included, S. O. Bush, I. L. Stone, George E. Howes, the Rev. W. S. Potter and Nelson Eldred—a representative committee of Battle Creek at that time.

Competition Comes

The success of the Sanitarium, attracting patients and guests by the hundreds, naturally created ideas of a rival institution. In 1900 Dr Oscar S. Phelps built the Phelps Sanitorium across the street, giving baths, treatment and surgical work. But the diet and the regulations of the rival institution were not as strict, smoking being permitted on the grounds. This building was later taken over by the bondholders, and for a while was leased to Bernard MacFadden, who operated it as a health institution following his particular health ideas. It was then owned by C. W. Post, who bought out the bondholders, and after the building was closed for some time, he sold it to Dr. Kellogg.

For several years this building was operated as an annex to the Sanitarium, a number of patients preferring to be housed in that building, but with the growth of the Battle Creek college, it was renamed John Harvey Kellogg Hall, and it became the women's dormitory of the college and, after the college closed in September, 1938, it became an apartment building, and finally the Sanitarium's present home.

The Newest Addition

The last of the building program of the Sanitarium, was the three million dollar tower, which now belongs to the army's Percy Jones hospital. Finished in 1929, it permitted the construction of a much more imposing lobby, and business department, a larger and more beautiful main dining room, while patients who so desired could have individual treatment rooms.

Dr. Kellogg's study of the benefits of sunlight caused him as advancing years came on, to go south in the winter, and several years ago he organized as a private venture, Battle Creek, Inc., at Miami. This is a sanitarium similar in many respects to the Battle Creek Sanitarium, but the number of guests is limited by the size of the buildings. Dr. Kellogg carried on the same work, giving health lectures and treatments, and many of the employes are former associates of the Battle Creek Sanitarium. It is now in army hands.

WORLD LEADERS HIS CONSULTANTS, PATIENTS

Men of International Prominence In Various Lines Came for Medical and Sociological Consultation—Race-Betterment Conference.

Dr. Kellogg's prominence put him in contact with the leaders of thought and action in many lines. He was not only associated with the leading doctors and surgeons of two generations, but he was in contact with leaders in many other fields.

Works Widely Known

Theodore Roosevelt was familiar with the teachings of the Battle Creek Sanitarium. And so were William Jennings Bryan and William H. Taft.

Dr. Kellogg's endeavor to improve the race took definite form in the organization of the Race Betterment Foundation which took form at the turn of the century, and which took into its organization educators, reformers, religious leaders—every one who worked or was interested in the betterment of mankind. Two conferences of this organization have been held in Battle Creek, in recognition of Dr Kellogg's leadership, bringing specialists in that line from all over the country and from foreign lands.

The Creation of Irving Park

Dr. Kellogg was the personal sponsor of one large park for the future, and he was active in securing another. He took an active part in securing Irving park, for the city, turning a marsh, and a row of old shacks into a beauty spot, but he personally paid for a tract of 200 acres just east of the city which is being preserved in its natural state for students of botany and biology.

While Dr. Kellogg established a world's record for the number of successful abdominal operations, another remarkable feature of his surgical work was the rapidity with which he worked, and the number of operations he could perform in one day—and keep the work up.

In the early days of surgery, the death rate following operations was very high. Dr. Kellogg was active in the research work that cut down this percentage of deaths, but the speed with which he worked was also remarkable.

Frequently he started surgery at 9 o'clock in the morning, and would operate continuously all day long—when he was in active service it was no unusual thing for him to complete more than 20 operations per day—and he would do this two or three times a week. He would use several operating rooms in this work, and while he was working in one room, a staff of assistants would be preparing a patient for him in another room. Finishing one operation, he would start immediately on the other.

GOLDEN ANNIVERSARY CELEBRATED IN 1926

Fifty Years As Sanitarium Superintendent Recognized in Public Gathering — Reminiscences of Progress—Making Battle Creek a Stop-Over Point.

It was in 1926 that a celebration was held at the Sanitarium marking his fifty years of service as superintendent of the institution. It was an occasion which gathered many people of prominence from over the country, as well as a representative gathering from the state and community. The high commendation voiced there by all who spoke were seemingly a challenge to memory on Dr. Kellogg's part, and he spent some time in reviewing the history of those busy fifty years. He gave full praise to the loyalty and devotion of those who had worked with him. There was a particularly dramatic part in his address when he told of the crisis brought about by the great fire, and how the crisis was met in the building of the new building. It was at that meeting that one of the speakers, medical head of one of the great life insurance companies, said: "There have been three outstanding figures in the world of modern medicine—Pasteur, Osler, Kellogg."

His War on "T. B."

It was nearly a quarter of a century ago, or thereabouts, that Dr. Kellogg used to startle his lay hearers by saying that tuberculosis was easily curable. At that time "consumption," in the minds of many, was a sentence of death. Annually, Dr. Kellogg used to summon professional and business representatives from downtown to a dinner and business meeting at the Sanitarium—the dinner being his contribution—and there spread the gospel of anti-tuberculosis warfare.

When he began his winter activities in Florida he was 80 years of age. He had decided to spend some time in the sunshine there, and he wanted to be busy and useful. So he bought the Glen Curtis county club estate at Miami Springs, near Miami, and was soon back to early fundamentals in organizing a sanitarium. It was there that he began the re-use of the bicycle. In his 82d year he proudly told Battle Creek friends of having ridden a distance of 13 miles without any sense of weariness. A friend, visiting with him in Florida sat in conversation until long past midnight and then protested that the hour was growing late. "So it is," said Dr. Kellogg, "and I shall go upstairs now and do some writing until the hour grows early."

Battle Creek's Stopovers

It long was one of Battle Creek's distinctions that all tickets on the two through railroads were good for stopovers here. Detroit was the only other place in the state to which that arrangement applied. Detroit's size sold the idea in behalf of Detroit, and Dr. Kellogg's salesmanship of the "Battle Creek Idea" sold it as far as Battle Creek was concerned.

Some of Dr. Kellogg's friends, knowing his very definite antipathy to tobacco, used to think it was a joke to make certain that the cigars were passed to him whenever he attended a down-town dinner function. But the doctor was never bothered by these attentions. He invariably selected a cigar with great calmness—and to the considerable astonishment of those who did not know his procedure—and with equal calmness stuck it into his water glass, making sure that there was plenty of water there.

While he was not a partisan in politics, and only concerned himself actively in those general principles which he thought pertained to right living, he did not hesitate to take part in campaigns which he thought were important to the public interest. He was an ardent believer in prohibition, and he contributed of time and money to the campaigns in its behalf. He believed with all his whole-souled, scientific earnestness in the destructiveness of alcohol. He declined to grant it any virtues as a medicine, even. In the national political campaign of 1928 Dr. Kellogg expressed an interest in behalf of Hoover and was persuaded to take the state chairmanship of Hoover clubs, to the organization of which he enlisted the late John I. Gibson.

'The Way They Play'

A newspaper acquaintance was discussing the depression with him, and its effect upon nerves and health. The question was raised as to whether our modern, strenuous life has not affected health and made men subject to degenerative diseases. "No," said Dr. Kellogg in his positive way. "It isn't the way men work that makes them ill and and breaks down their bodies; it's what they do when they think they are playing."

There seems no harm in telling this: Dr. Kellogg was contributing out of his personal income—book royalties, profits on foods and inventions—about $60,000 a year to the maintenance of Battle Creek college. He had a million or more dollars invested in it. Without criticism, but as a constructive suggestion looking toward the future needs of the school, he used occasionally to point out to some of his consultants that since Battle Creek college was serving in the capacity as a junior college for so many young people of Battle Creek, and since the institution so largely depended upon his own financial help, it might be a good thing if the community would see fit to bear a part of the cost as a recognition of the fact that local young people were so largely making use of it and as a means of insuring its future.

TO WORLD IN TURMOIL, 'PUSH AHEAD,' HIS PLAN

Answers Newspaper Query on Optimism When Depression Again Raised Obstacles—A Busy Life's Philosophy, "Work on, Plan on."

In 1934, when Dr. Kellogg had come back from Florida to meet some of the most impressive evidences of the depression, and to meet, also, some of the difficulties in the institution which he had built, the Enquirer and News took to him this question, "When is the time to be discouraged?"

His answer was certain to have authority. He had then lived past 80 years, and he had seen life from a very prominent point of view. He had seen it as a scientist, and educator, an inventor and as a diagnostician of human ills.

He had seen the great institution which he had built burned to the ground, and he had turned and built a greater one. Then he had seen world-wide economic ills attack this institution and the community surrounding it—and he had seen people grow troubled and despondent. And so the Enquirer and News asked him to answer, from these various points of observation—"When is the time to grow discouraged?"

And Work On!

The answer will be remembered. "Never!" said Dr. Kellogg. And then he launched into a characteristically enthusiastic outline of the things he was planning to do—of the growth of the winter sanitarium in Florida, of the plans for Battle Creek college, of the invention of new foods, the writing of new books, the conquest of old errors in human beliefs. The interview covered a newspaper page; the visit upon which it was based continued through a luncheon hour and for long thereafter. And in all the discussion an energetic, optimistic, purposeful young gentleman of past 80, with achievement sufficient for many lives behind him, was answering the question, "When is the time to be discouraged?"

He said, "Never!"

The meeting had recalled another, previous, meeting when a member of the Enquirer and News organization had called on Dr. Kellogg in Florida. The doctor, busy dictating to two stenographers, was chided for misusing his vacation and rest period. "I haven't time to rest," he said, seriously; "there is so much to do; so much to do!"

His Last Big Birthday Party



—Enquirer and News Photo

Dr. John Harvey Kellogg stands to acknowledge the applause which greeted him at the dinner celebrating his 90th birthday anniversary, held Feb. 26, 1942. It was Battle Creek's last big birthday party for the doctor, and the main diningroom of the Sanitarium was filled with well wishers. This year, on his 91st birthday, a party was omitted at his request. In the picture, left to right, are Burritt Hamilton, principal dinner speaker; Mrs. John A. Mustard; Mr. Mustard, the toastmaster; Dr. Kellogg, and Dr. Emil Leffler, dean of Albion college.

WELL to Carry Funeral Service

Hundreds View Body of Dr. John Harvey Kellogg.

(Reprinted from Friday, Dec. 17, 1943)

Funeral services for Dr. John Harvey Kellogg, to be held at 2:30 p. m. Saturday in the Sanitarium auditorium, will be broadcast over station WELL.

Although the auditorium seats 1,100 persons, it was felt that the broadcast would be appreciated by many persons unable to attend the services in person.

Messages of condolence and tribute continued to arrive today from all parts of the nation and Mayor Bernard E. Godde proclaimed Saturday as a day of mourning in the city.

Sections in the auditorium were to be reserved for members of the Three-Quarter Century club and for members of the nursing staff of the Sanitarium. Preparations were being made also by several other groups for attendance at the funeral, including alumni of Battle Creek college, employes of the institution and the Battle Creek Food Co., and by old friends, students and associates of Dr. Kellogg.

At the Hebble funeral home, hundreds have passed Dr. Kellogg's bier and the body may be viewed there through this evening. From 10 a. m. until 1 p. m. Saturday, the body will lie in state in the Sanitarium auditorium.

Plant Closed

The offices and plant of the Battle Creek Food Co., which had been operated by Dr. Kellogg, were closed this afternoon and will remain closed on Saturday.

Some weeks ago, Dr. Kellogg expressed the wish that a section be reserved at his services for members of the Three-Quarter Century club, an organization he had assisted from the time of its organization here. Only recently Dr. Kellogg provided a special room in the Sanitarium auditorium building for this club.

Dr. James T. Case, who has continued as a consultant at the Sanitarium, although living in Chicago, arrived in Battle Creek early this morning. Some time ago Dr. Case had been officially appointed by Dr. Kellogg as assistant superintendent of the institution.

Arrival of Dr. Richard Kellogg, adopted son of the doctor, was expected tonight. He left last Sunday for naval service after visiting with Dr. Kellogg on Saturday evening.

Messages have been received from many former students of the old Medical Missionary college and Battle Creek college announcing that they plan to be here on Saturday for the funeral.

Many Old Associates Left

Among the executives and employes of the Sanitarium who will attend the funeral service tomorrow are approximately 90 who have been associated with Dr. Kellogg at the institution for more than 20 years. Many of these have been with the Sanitarium for a much longer period.

Mary Staines Foy, former superintendent of nurses, who has more recently been attached to Dr. Kellogg's household, is the oldest in service, next to Dr. Kellogg who had completed 67 years with the Sanitarium.

Two employes have been on the job for 45 years. They are Irene Jackson, member of the nursing staff, and William G. Hall, house detective. Both have unbroken records since 1898, although Mr. Hall had previously worked for the institution some years before that date.

Nine of the medical staff have been with the Sanitarium for 20 years or more. Dr. S. E. Barnhart has a record of 38 continuous years. He graduated in the same medical class in 1905 with Dr. James T. Case, who as assistant superintendent and consultant, still retains his connection with the Sanitarium.

Other doctors with 20-year records are J. R. Jeffrey, William VanderVoort, Clara Radabaugh, Estella G. Norman, Margery Gilfillan, Lydia Jesperson and Paul Roth.

A. F. Bloese, who was personal secretary to Dr. Kellogg, had been with him for 28 years. L. C. Coulston, handling traffic and transportation, has completed 40 years of service.

Twenty-year veterans also include Clarence J. Rosenberger, X-ray technician; Miss Leta Browning, hostess; Harold C. McCampbell, secretary and assistant treasurer; the Rev. H. N. Jordan, chaplain; Mathilde Messner, head of the medical gymnasium H. B. Seeney, head of the laundry; William Snyder, chef; J. B. Thayer, superintendent of maintenance; Grace Cohagan, in charge of the women's treatment rooms and Shirley Nickloy, superintendent of nurses.

Completing the 20-year club, the following have served the Sanitarium, in special capacities:

Jennie Columbus, Alice Werstein, Edith Wilson, Jesse Jared, J. R. Kendrick, Frances Lennon, L. A. Lawson, John R. Carter, Edith Hostetler, John LeFevre, Phoebie Oliver, Bessie Patterson, Louis B. Redden, A. C. Allen, Vera Aagaard, Lottie Johnson, Alta Mayer, Charles VanderVoort, Emma Harvey, Ralph Merriam, Mrs. D. B. Voorheis, Susie Parker Jones, Sara Atkinson, Lyle Crandall, Carrie Crandall, Ella Mae Palmer, Pearl Buckingham, Paul Crandall, G. Thiele, Mabel Davenport, U. N. Redden, Emilie Laine, Pearl DeForest, Rose Evrard, Albert Saffell, Mrs. R. M. Tenney, J. M. Hunt, Mary Eversole, Irene Hutson, Ora Kent, Marguerite Meadows, Emily Raisig, Mary Jane Allison, Ethel Babcock, Nellie Bracket, Nellie Clashman, Julia Dehn, Ella DinGuid, H. C. Engen, Flora Stewart, Sara Eslava, C. J. Foote, Raina Fournad, R. J. Gamble, Mabel Gilbert, Irene Jackson, Emily Jiminez, S. K. Leatherman, Hilda McNaughton, Yessai Melekian, J. D. Parish, Esther Rogers, O. R. VanHorn, Mabel Wenger, Elias Yepez and T. H. Yepez.

Nation's Great Pay Homage To Dr. Kellogg in Messages

Messages expressing shock and grief over the death of Dr. John Harvey Kellogg have been received here from prominent personages throughout the country.

The messages come from persons prominent in the national life, from medical men and women who have associated with the aged surgeon in his lifetime and from former patients and close friends.

The messages follow:

Former President Herbert Hoover, from New York: "Dr. Kellogg has lived a long and exceedingly useful life. Many thousands owe their health and happiness to him. He was a good American and hosts will mourn his passing."

Frank Knox, secretary of the navy, from Washington: "The sudden passing of Dr. Kellogg robs the country of one of its greatest individualists and leaders in medicine. His contribution to national health and well-being was very great and will be long remembered."

Will Durant, philosopher and author, and his wife, from Los Angeles: "The passing of our beloved scientist and saint leaves us bereaved but not offended. Death is forgivable when it comes after a life completely lived and nobly spent. He was one of the wisest and kindliest men we have ever known. Our deepest sympathy goes to those who were nearest to him, and who will feel his absence every hour of the day for many years. May the work which he carried on in the great tradition of Pythagoras be carried forward by his able and devoted aides for the enlightenment and happiness of mankind."

U. S. Senator Arthur H. Vandenberg of Michigan, from Washington: "Dr. John Harvey Kellogg was one of the truly great men of his time—great in his profession—great in his humanities—great in his citizenship. The world is better for his having lived, infinitely poorer by his death. We have all lost a rare benefactor and a precious friend."

U. S. Senator James J. Davis of Pennsylvania and former secretary of labor, from Washington: "With the passing of Dr. John Harvey Kellogg the world has lost an outstanding citizen and mankind a tireless servant. As one who knew the man and followed his work for more than 40 years I am sure that his deep vision, his inventive genius and his driving will to serve will mark him as one of the outstanding men in his field. His was a life rich with service—a life dedicated to the improvement of the science of nutrition and the science of human health. Now the world which benefited from his labors pauses in homage and in sorrow at his eternal rest."

C. R. Keypart, president of the Michigan State Medical society, from Bay City: "Dr. John Harvey Kellogg was one of the stalwarts in medicine, a great doctor who early achieved fame through the conception of a health idea which he expanded into a life of leadership and a world famous institution which is a monument to his inspired teaching."

Grenville Kleiser, author, from New York City: "The passing of Dr. John Harvey Kellogg will be deeply mourned by many thousands of his former patients. He was not or an eminent physician and surgeon but a true philanthropist and philosopher. His unusual personality radiated health and good cheer to all who came under his benign influence. He lived and worked incessantly and unselfishly for race betterment."

Dr. David Fairchild of Cocoanut Grove, Fla., from Miami: "Dr. John Harvey Kellogg's belief in the possibilities of race improvement through a knowledge of the laws of heredity and his confidence in the possibility of improving the diet of man had had a great influence upon human welfare. I shall never forget the deep interest he took in the new plants being introduced. This interest continued for nearly half a century. He was a pioneer in the study of the uses of the soy bean, dasheen and papya, and other vegetables and fruits. The world has lost in his passing a great experimenter in the field of new foods."

Burritt Hamilton, a former Sanitarium trustee: "In the death of Dr. Kellogg we have lost a treasured friend and neighbor, but his work strikes through the centuries. He was a classic. His teachings are an epic of an era. He labored to the end that men he will never see may walk erect and in strength upon the earth."

Mayor Bernard E. Godde: "My high regard for Dr. Kellogg and the gratitude I feel for all that he has bestowed upon us is shared by every resident of Battle Creek. His death has brought a great loss to our city and to the world, but we are confident that nothing will happen to upset the status of his great institution or to halt the forward progress of the sound health program which he has built."

Rep. Paul W. Shafer: "Dr. Kellogg's great works have been an inspiration to our home community and to the world for years which are longer than most of us can remember. His has been a fruitful life in every sense, and his contribution to human health and happiness has been one that the world cannot forget."

Alonzo L. Baker, former field secretary of the Race Betterment Foundation, now in Los Angeles: "Dr. Kellogg was truly one of the greatest men of our time in his stout advocacy of building a better civilization through biologic living. His name will long be revered because of his singleness of purpose and utter devotion to the ideals of better living. He was fearless and relentless in his denunciation of such foes of physical fitness as tobacco and alcohol. He made the word 'sanitarium' a household term wherever the English language is spoken. He made the name of Battle Creek synonymous with health the world over. A great teacher has gone to his rest after a most fruitful lifetime of service to humanity."

Miss Lenna F. Cooper, chief dietitian of Montefiore hospital, New York City, first dietitian at the Sanitarium and former dean of home economics at Battle Creek college: "I am shocked and grieved to learn of Dr. Kellogg's death. He had fought so long and courageously for life and health that one can hardly realize his passing. He will certainly be missed by the thousands of patients who have come under his care and by the hundreds of Battle Creek students and staff members. His kindness, courtesy and generosity will long be remembered."

John D. Rockefeller, Jr., from New York—"Am deeply saddened to learn of the death of Dr. John Harvey Kellogg, my warm friend for many years. Throughout his long and fruitful life he has devoted himself in countless ways to the relief of human suffering and prolongation of human life. His many friends, known and unknown, throughout the length and breadth of the land, will mourn his going and bless his memory."

Chase S. Osborn, former governor of Michigan, from Poulan, Ga.—"Dr. John Harvey Kellogg is one of the great figures of the world. I have heard him praised from Battle Creek to the upper reaches of the Irawaddy. His condemnation of meat made for refined processes in eating. I appointed him health commissioner for Michigan for a definite purpose. He more than fulfilled my expectations. Dr. Kellogg applied his own rules of life to himself and lived far beyond the average. Tyrone, where he was born in 1852, should have a striking public monument to him. He will never die."

Dale Carnegie, author and lecturer, from Forest Hills, N. Y.—"I was shocked and distressed to hear of Dr. Kellogg's death. Few men have lived fuller and happier lives. There's an old saying that you are old when you talk about what you have done instead of what you are going to do. Judged by that rule, Dr. Kellogg was young to the last. When he was 88 he told me of his plans to build an addition to his Sanitarium and of his plans for a new book. Dr. Kellogg's life was an inspiration to countless thousands. One of America's outstanding citizens has passed on."

Prof. Irving Fisher, Yale university, from New York—"Dr. Kellogg was a lifelong friend. Few others had so great an influence on my health, my thinking and my philosophy of life. I have long regarded him as one of the genuinely great men of his time. He was great not only as to ability and versatility, but what is more important, he was great in character and usefulness to his fellow men. Many of his activities have never been known outside of a small circle of friends. If the history through three-quarters of a century of his usefulness to mankind is ever written, it will be a record of high endeavor and achievement such as has rarely blessed this afflicted world."

Prof. and Mrs. Edward A. Ross, University of Wisconsin, from Madison, Wis.—"Besides oppressing us with a deep sense of personal bereavement, the passing of Dr. Kellogg is a great loss to his country, and indeed, all humanity. There is no one to take his place."

Maj. and Mrs. W. R. Cheynoweth, former Sanitarium physician and nurse, respectively, from El Paso, Tex.—"Our deep regrets and sincere sympathy in the death of our great leader and the world's greatest warrior for health. May his work be carried on by his colleagues in accordance with his wishes. His fame will remain forever untarnished."

Dr. Mary Leslie Fraser, former Sanitarium physician, from Los Los Angeles, Cal.—"In lamenting the death of a great man, I feel the personal loss of a friend."

Mr. and Mrs. R. D. Walker, former patients, from Mobile, Ala.—"The passing of Dr. Kellogg brings to us a sense of deep personal loss. We as well as thousands of others who knew him and loved him, will greatly miss him and his cheerful goodness and beneficent greatness. We think of him as living triumphantly in some other room of our Father's house of many mansions. He will always live in our thoughts and in our hearts."

Mr. and Mrs. B. T. McCullough and **Mr. and Mrs. Everett Watters,** former patients, from Dyersburg, Tenn.—"Sincerest sympathy and regret in the loss of our beloved Dr. Kellogg."

Francis Miller, attorney and trustee of Miami-Battle Creek Sanitarium, from Miami, Fla.—"My deepest sympathy for the loss of our good friend and one of America's outstanding leaders."

Fred G. Gamer, auditor for Dr. Kellogg, from Miami, Fla.—"Have just been informed of the doctor's death. I feel that I have lost a very good friend and mentor. Words cannot adequately express my feelings."

Dr. E. A. Sutherland, head of the Madison Sanitarium, Madison, Tenn., one of Dr. Kellogg's former pupils—"Plan to reach Battle Creek Friday afternoon."

Dr. Emil Leffler, administrative dean of Albion college, former president of Battle Creek college and former trustee of the Sanitarium from Albion—"Dr. Kellogg's passing is very much to be regretted. He was one of the world's true humanitarians. He has had a remarkable influence on the trend of medicine and nutrition. He was a man of utmost kindness who had the deepest interest in his fellow man and one whose long life is a tribute to the possibilities of human betterment. In the face of the present world chaos and confusion, the fact that there are men like him is the one bright spot for the future of the race. Personally, I feel deeply the loss of a very great friend and I believe that the community has lost its outstanding citizen."

Dr. Helen S. Mitchell, chief nutritionist of the Office of Foreign Relief and Rehabilitation Operations and former nutrition research head at Battle Creek college, from Washington, D. C.—"Dr. Kellogg's life exemplified true devotion to an ideal, better health through better living. A pioneer in spreading the concept of positive health, not mere prevention of disease, his support helped promote nutrition research and apply research findings while the science was still young. He appreciated the psychological value of food prepared to taste and look delicious while providing a maximum of nutritive value, a concept too long neglected. The Battle Creek Sanitarium aroused in many people, including myself, an interest in promoting the practical application of good nutrition. Today the interest has become nation-wide and world-wide."

Dr. Paul F. Voelker, president of the University of Grand Rapids and from 1925 to 1933, president of Battle Creek College, from Grand Rapids—"Dr. Kellogg's death marks the passing of one of our great benefactors. He was a scholar, a humanitarian, philanthropist and builder. All of his life he worked to make this a better world, one that is cleaner, finer and richer. There are few men in history who can go down with a record as great as his in a contribution to humanity."

Dr. Reginald M. Atwater, executive secretary, American Public Health Ass'n., from New York—"John Harvey Kellogg was elected to membership in the American Public Health association in 1878. He retained his membership continuously from that time and was the oldest member from point of view of length of membership. In 1936 he was awarded the association's 40-year membership certificate."

Edward H. Crump, political leader and former Sanitarium patient from Memphis, Tenn.—"In the passing of Dr. Kellogg humanity has lost a great friend."

Mrs. W. A. Julian, wife of the treasurer of the United States, from Cincinnati, O.—"Am shocked and grieved. Absolutely unprepared for the sad news. I mourn with you the loss of my beloved friend. Words fail to express my feelings."

Dr. Charles W. Dabney, president emeritus, University of Cincinnati and former assistant secretary of agriculture, from Cincinnati.—"He was my dear friend. For 50 years I have loved Dr. Kellogg as have thousands of others whom he has helped. My sympathy to all."

Charles B. Davenport, former professor of biology, Harvard, now director of Eugenics Record Office, Cold Spring Harbor, N. Y., from New York: "It is trite to write about Dr. Kellogg's extraordinary qualities and his ideal for 'biologic living.' It has been a privilege to have known him as intimately as I did and to have heard from his own lips so much of his history and so much of his ideals. He wanted patients to come for instruction, not only how to get better but also not to need treatment again. He was more interested in how not to get sick than in how to get well."

W. B. Calkins, former patient and retired mining engineer grom Orlando, Fla.: "Those of us who have had close contact with the doctor know the vast amount of service and benefit man has received from his study of diet and nutrition and science will some day give Dr. Kellogg credit for the development of therapy and the clinical examination which have been of the greatest value in hospital and sanitarium diagnosis and treatment."

Homer Rodeheaver, noted evangelist, from Philadelphia: "The nation has lost one of its first citizens, his profession one of its great leaders, many of us a great friend. His heavenly reception committee will contain men from the Rescue Mission along with the great people of the earth."

Dr. Kellogg Is Dead at 91

Continued from Page 1

As for myself, I have not had the time."

Review of Dr. Kellogg's life is the story of achievement in the mighty vein of American achievement.

Its importance was defined by Dr. Emil Leffler, then president of Battle Creek college, at the celebration which marked Dr. Kellogg's 60th anniversary as head of the Sanitarium, in October, 1936. Said Dr. Leffler:

"It is not in his years that we rejoice, but in the results of those years. Achievement to be of greatest value must be perpetuated."

Dr. Kellogg was born in Livingston county, Michigan, Feb. 26, 1852, the son of John P., and Ann Janette (Stanley) Kellogg. He was one of 11 children born of this union. There were five children by a previous marriage of his father. The only survivors among the 16 children are W. K. Kellogg, now in California for the winter, and Mrs. Clara Kellogg Butler, now at the Sanitarium.

Came Here As a Boy

The doctor's parents came to Battle Creek in 1855 and at an early age John Harvey became an apprentice in his father's broom factory. Later he learned printing at the old Review & Herald plant and emerged as a proofreader and, finally, as an editor. He studied at the Michigan State Normal school and the University of Michigan, but received his degree in medicine at the Bellevue Hospital Medical college in New York City, in March, 1875. He had intended to become a teacher, but in 1876 was retained to become superintendent of the small Health Reform Institute here which became the world famous Battle Creek Sanitarium.

During the years which followed, Dr. Kellogg led in the expansion of the institution itself and in the world-wide dissemination of his health teachings. He received the degree of LL.D. from Olivet college and Ph.D from Albion college and in 1914 became a Fellow of the American College of Surgeons. He was absent from Battle Creek on many occasions for periods of study in Europe and on visits to numerous foreign countries.

He was a prolific and able writer, publishing many books and papers, and the inventor of much apparatus for medical and surgical purposes. Dr. Kellogg served for 18 years as a member of the Michigan Board of Health. In 1906 he established the Race Betterment Foundation by a gift of endowment. The first Race Betterment Conference was held here in 1914.

Pioneered Many Theories

One of the doctor's most important therapeutic inventions was an electric lamp bath. He pioneered in recognizing the value of the penetrating value of luminous heat waves, but oddly enough this discovery was first popularized in European countries.

In his efforts to establish the "biologic diet" Dr. Kellogg became the father of the modern and enormous cereal food industry. He was the inventor of many processes, methods and machines used in preparation of these foods. He also devised vegetable meats and a myriad of "health foods." Early in his career he prepared and recommended sterilized bran for table use.

Dr. Kellogg erected his four-story residence on Manchester street during the 1890's, the property incorporating a city block. He was married Feb. 22, 1879, to Ella E. Eaton, who died here in 1920. Together they reared and educated 42 children, many of whom they legally adopted. They had no children of their own.

Had Sanitarrum in South

In 1931 Dr. Kellogg established a sanitarium in Miami Springs, Fla., which was so closely linked with his activities here that he called the southern institution "Battle Creek, Inc.," and later "Miami-Battle Creek." In September, 1942, this Miami Springs sanitarium was leased to the U. S. army. During the years between 1931 and until this last winter, Dr. Kellogg had spent each winter in Florida.

When Dr. Kellogg celebrated his 89th birthday in the south in February, 1941, the Miami Daily News said: "The modern Don Quixote, fighting the evils of liquor, nicotine and meats, Dr. Kellogg might be classified as a surgeon, a mechanic, a writer, a scientist, but the best description of him is just a plain hard worker."

His 90th birthday celebration last year, however, was a memorable event. He came back from Florida and was greeted at the railway station by the high school band and hundreds of students. Gov. Murray D. VanWagoner had proclaimed February 26 as "John Harvey Kellogg Day" in Michigan. The doctor was given a genuine ovation at the big birthday dinner.

At Dr. Kellogg's request no special observance marked his 91st birthday last February. Patients and his associates had planned a party in the rotunda at the Sanitarium, but this was cancelled and the doctor was presented with a beautiful bouquet of 91 roses.

During his long regime at the Sanitarium, Dr. Kellogg encountered many set-backs and disappointments, as well as triumphs. The main buildings were burned in 1902, but rebuilt in 1903. A 15-story tower was added to the main building in 1929, completing the structure which has now become the Percy Jones General hospital, an army institution for war casualties.

Dr. Kellogg was engaged frequently in litigation, each time protecting or fighting for what he regarded as the promotion of his broad health program. A quarter of a century ago he was in court on the issue of the use of the name "Kellogg" on cereals. He lost this suit to the Kellogg Co. and dropped the name from the products of his own firm, the Battle Creek Food Co. After he revived Battle Creek college a number of years ago, he turned the profits from the food business over to the school. The college was closed in September, 1938.

Has a Suit Pending

Following the sale of the main buildings of the Sanitarium to the army in 1942, the Sanitarium was moved to the stone building it now occupies. This structure was built at the turn of the century for the Phelps Sanatorium, but for years has been owned by the Race Betterment Foundation.

At the annual meeting of the "old constituency" of the Sanitarium on March 31 and April 1 this year, Dr. Kellogg charged that the Seventh-day Adventist conference and others had conspired to seize control of the Sanitarium. He obtained an injunction in circuit court and much testimony in the case has already been taken. Legal proceedings were recessed in August, however, until next January.

Attorneys said today that no determination had been reached as to what effect the doctor's death might have on pending litigation. Under direction of the circuit court, the Sanitarium management was placed in the hands of a board of five directors: Dr. Kellogg, Dr. James T. Case, Dr. R. H. Harris, Elder Taylor G. Bunch and John Dethmers, assistant attorney general.

Nurses Stand by Dr. Kellogg Bier

Form Honor Guard Before Funeral at San Auditorium.

(Reprinted from Saturday, Dec. 18, 1943)

Nurses who had worked with Dr. John Harvey Kellogg through the years made up an honor guard at his bier today as hundreds visited the Sanitarium auditorium where his body lay in state from 10 a. m. to 1 p. m.

Funeral services for Battle Creek's distinguished medical leader were to be held at 2:30 o'clock this afternoon. Burial was to be made in Oak Hill cemetery, where Mrs. Kellogg is buried.

Neither Dr. Kellogg's brother nor sister were able to attend the services. W. K. Kellogg is at his winter home in California and his sister, Mrs. Clara Kellogg Butler, is a patient at the Sanitarium recovering from injuries suffered in a traffic accident.

Well known local men including physicians, business men and others who have known Dr. Kellogg for many years comprise the honorary bearers. The active bearers are all men who have been directly associated with the doctor.

Floyd A. Wallace was named as head usher and those serving under his direction were Floyd White, Robert Sergeant, Fred Robbins, Wendell Doty, Edward Heiftje, Theodore Bystrum, Dr. Claude French, Harry Noneman, Chris Tucker, Lee Wood, Lloyd Weller, Theodore Small and Floyd Brainerd.

The group which perhaps feels Dr. Kellogg's loss as keenly as any other is the Battle Creek Three-Quarter Century club. The Rev. A. L. Ellsworth, president of the club, said today that Dr. Kellogg had been of inestimable help and inspiration to the club, and on behalf of his fellow members, expressed keen appreciation of the interest and effort that had been given by Dr. Kellogg.

In addition to providing a meeting place for the club, Dr. Kellogg had taken a personal interest in the health of the members, providing facilities for checking blood pressures and otherwise safeguarding their health.

The Sanitarium was to be staffed with skeleton crews this afternoon to permit as many employes as possible to attend the services. Special seats were to be reserved for the Three-Quarter Century club and the nursing staff.

SEEN IN REVIEW

(Reprinted from Sunday, Dec. 19, 1943)

THERE'S A line that comes back from Kipling on the promptings of the news today in our community. It says: "Our realm is diminished with Great-Heart away." And when it's thought what has been done here in the community and done throughout the world (though the world is now more engaged in dealing with what has been done TO it than done FOR it) it's pretty certain to be realized that our realm would have been notably smaller than it now is, if the man whose works made of him an institution and whose death is a topic now prominent in the common thought here and elsewhere—if he had not been here. That's one of the reflections that follow the death of Dr. John Harvey Kellogg.

Where volumes have been written by a man's life itself, it's difficult to write of him within brief space limitations. The Observer, a newcomer then, first knew Doctor Kellogg in the days when the doctor was applying ceaseless energies to spread the gospel locally as well as generally that disease could be conquered; that health could be maintained. He and the Sanitarium were the generating center then of the then surprising message that tuberculosis could both be prevented and cured. The annual dinners which the doctor gave to the town's active citizenry were the mobilizing points for the new work of the tuberculosis association, and these occasions had the effect of breaking down the barriers of strangeness which, probably without intent on anybody's part, had made something of a separation between the town and the institution. The time came presently when we of the town were invited up to celebrate with the institution the 50th anniversary of the doctor's superintendency, and later the addition of another ten years to this remarkable record was observed. There were messages then, and of unquestioned sincerity, from friends and former patients and from distinguished figures in professional and business life around the world, testifying to the skill and the human service of this man. He himself organized with characteristic energy and with confidence that everything worth doing and needing to be done could be done—the Race Betterment Conference and gathered here scientists from everywhere to take part in the program. Truth to tell now, it was hard for some of us of the laity, who were called in for an advance look at the plans, to know what all it was that the good doctor was talking about. But he saw its importance and so he went ahead. That might be said as a general description of one of the most remarkable lives America has produced: "So he went ahead."

The new Sanitarium extensions had been built and the depression had come. Furthermore, the years had advanced on the doctor and some of the most efficient of the help he had gathersd around him, Mert Wentworth for one, had passed on. The town itself had had its severe touch of the depression and its morale was affected. The receivership of the Sanitarium was in progress. The country and the world were in the dumps. Into these situations Doctor Kellogg came from his Florida institution with what was supposed to a heavy weight of 80-odd years upon him. The Observer asked for a visit and in that visit asked for an answer to this question: "When so many of the plans have seemed to go wrong, and when so much of a life's work has run into obstacles—when is the time to be discouraged?"

The question was asked in behalf of the community and the country, and the newspaper made a page story out of the answer to it. The answer was, "Never," and the doctor went characteristically ahead, sweeping aside any and all qualifications and limitations—to say that there is only one time; the time to plan and to do. Kipling again: ". . . And lose, and start again at the beginning, and never breathe a word about your loss."

Some years later there was another (there were in fact many of them) expression of that spirit. It was during the year-ago discussions having to do with the government purchase of the Sanitarium property and the effect this might have on the institution itself. The Observer had been asked to come up for a visit with the doctor. The doctor's 90th birthday had been celebrated as a community occasion the year before. There he sat and there he talked of medical and surgical history and of health rules and discoveries and inventions, as was his way no matter what else might be on the agenda—and then the conversation got around to the assigned subject, the Sanitarium. And this 91-year-old, with some 70 years of intensive medical and surgical practice and institutional superintendency, and the authoring of books without number, behind him, said: "We'll move the Sanitarium into a very cozy and pleasant housing across the street and there we'll carry on, doubtless with greater comfort to the guests than we've been able to give in these present buildings and we'll build the new corridor to the library building (all of which later was done) and then, in due course, I intend to recreate the original Sanitarium as it should be, out on the wooded hill in the center of the wild-life reservation tract at the east of town." Having said which, this 91-year-old apostle of beginnings-again went on into a vigorous discussion of new helps to better health, described as being just in the offing.

There perhaps was some theory among us that the doctor was assuming that the years didn't count. He wasn't. Once he said to the Observer, and there were signs of tears as he spoke: "I haven't time; there is so little time; there is so much to do." Down in Florida once when the Observer, casual visitor, had chided the doctor for turning a play region into a speed-up work program, the doctor started to smile at this unaccustomed raillery and then grew very serious as he said: "There's so little time; so much to do." Those of us who look over the record now, as so many will be looking over it, will be inclined to say, "So much done!" It has, in fact, been said of him since his record was 50 years shorter than it now is. "So much done."

The Lengthened Shadow

(Reprinted from Thursday, Dec. 16, 1943)

An appraisal of the life of Dr. John Harvey Kellogg will not be made, even though it is attempted, in the comment called by his death, for to make it would require a summarization of what has been said and written by authoritative observers during three-quarters of a century wherein the notable things which one man could and did do were stimulating an appraisal. Men and women high in world affairs of business and science and men and women humbly acknowledging gratitude, have had a part in making that appraisal.

It is not necessarily true, and in this case it is hoped that it is not actually true, that a prophet lacks in his own home surroundings the honor which he receives elsewhere, though it of course is true that a degree of casualness works into the home relationship. There were few places where the Battle Creek traveler could go—and this included the wide world up to the time when much of the wide world ceased to be normal—without being told with interest and with enthusiasm, of Doctor Kellogg and his work, much of the testimony being given by those acknowledging personal benefits received.

Here at home, if familiarity had bred neglect of understanding or appreciation, we have been getting enlightening reminders through our question-answering service to the newcomers who have wanted information about our community history — and rediscovery, as we have told the story, of how many of the lines of our institutional and civic development trace back to the Sanitarium and Doctor Kellogg's work and invention there as the point of their beginning.

The records of medical and surgical science and of health methods are marked by the work of this extraordinary man, about whom, however, nothing is more remarkable than that the courage and determination through which his genius was expressed three-quarters of a century ago were as active and as positive to the time of his death, with his 92nd birthday but two months distant, as when he came, a young man from college, to begin building of an influence which went around the world and which in its process built a city around the point of operation. If other things were forgotten of him, which they will not be, it would still be remembered—and its application also could be a guide to better health—how at past 90 he looked difficulty in the face and looked discouragement in the face and refused to recognize either of them, but went ahead.

In the measurement of influences, something is said about institutions being the lengthened shadow of a man. Sometimes the shadow goes farther than that, extending not only through communities but outward also, through civilization.

The shadow of Dr. John Harvey Kellogg extended far. Much that we are and have in our community, and much that the world has, or might have when it turns to its better opportunities, is an extension of a personality which in days and years of actual accomplishment, measured a longer life than is commonly lived between cradle and grave.

Proclamation

WHEREAS, In the death of Dr. John Harvey Kellogg Battle Creek has lost a leader who has rendered an outstanding service to the world and through whom Battle Creek has been richly endowed, and

WHEREAS, Our community deeply regrets his passing and joins in mourning the irreparable loss of its world citizen,

THEREFORE I, Bernard E. Godde, mayor of Battle Creek, do hereby call upon our citizens to join on Saturday, Dec. 18, 1943, in final tribute to our friend and neighbor by display of the flag at half staff and observance of this solemn occasion as a day of mourning. (Signed) —Bernard E. Godde, mayor. Dec. 17, 1943.

Public Service For Dr. Kellogg

Funeral at San Auditorium at 2:30 P. M. Saturday; Body To Lie in State.

(Reprinted from Thursday, Dec. 16, 1943)

Funeral services for Dr. John Harvey Kellogg will be held in the Sanitarium auditorium at 2:30 o'clock Saturday afternoon. His body will lie in state in the auditorium from 10 a. m. to 1 p. m. on Saturday.

The Rev. Carleton Brooks Miller, pastor of the First Congregational church, will conduct the services, assisted by Elder E. L. Pingenot, pastor of the Seventh-day Adventist tabernacle and the Rev. Henry N. Jordan, chaplain at the Sanitarium.

While preparations for funeral and burial services of Battle Creek's distinguished medical man were being completed, messages of regret and of tribute to Dr. Kellogg and his work were arriving from friends, acquaintances and former associates in all parts of the nation.

Dr. Kellogg died at 11:30 p. m. on Tuesday at his residence, 202 Manchester, after an illness of three days with pneumonia.

Dr. James T. Case of Evanston, Ill., former chief surgeon at the Sanitarium and still a consultant on the staff here, was to arrive in Battle Creek tonight. Announcement of bearers and other details of the service was being held in abeyance until his arrival.

Friends were being received today at the Hebble funeral home, where the body may be viewed until Friday evening.

Blow to Associates

Dr. Kellogg's death was a stunning blow at the Sanitarium, where executives, employes and guests were keenly appreciative of his loss. Throughout the institution, however, confidence was expressed that the doctor's work would go on in much the same manner as he had directed it. It was expected that an adequate reorganization would be effected immediately which will assure a perpetuation of the effort of 67 years that Dr. Kellogg had given to the Sanitarium.

The procedure by which the future will be molded, however was not clear. For example, it could not be learned today whether Dr. Kellogg had ever executed a will. In recent weeks he had discussed a trust arrangement and had drawn up a tentative plan.

Much of Dr. Kellogg's interest had centered in the Race Betterment Foundation, which he originally endowed and which he had carried on in association with Dr. Case, Miss Gertrude Estill, James Haas, Dr. Emil Leffler and others. The Foundation is the owner of the building the Sanitarium now occupies and the adjoining auditorium, the old college building property in North Washington avenue; 49 percent of the stock in the Battle Creek Food Co., and other scattered properties.

The sanitarium at Miami Springs, Fla., is a non-profit, non-stock corporation of which Dr. Kellogg was the directing head. Trustees include Gertrude and Angie Estill and Attorney Francis Miller of Miami.

Dr. Kellogg's personal properties included his residence, which incorporates a city block; 51 percent of the stock in the Battle Creek Food Co., and other rather extensive holdings.

Litigation May Go On

Burritt Hamilton, now ill at Leila hospital, who has represented Dr. Kellogg and the Sanitarium in litigation seeking to have a temporary injunction against the Seventh-day Adventist church conference and other defendants made permanent, enjoining them from interfering in affairs of the Sanitarium, said today that the main issue of this case would not be altered by Dr. Kellogg's death.

"The state has intervened in this matter," said Mr. Hamilton, "and the record itself discloses what the state should do to protect public interest in regard to perpetuation of the Sanitarium."

Although resumption of the trial is scheduled here in circuit court for January, it is not expected that the case will be resumed at that time, due to other committments of counsel.

News of Dr. Kellogg's death was flashed around the world yesterday and appeared in newspapers everywhere and was broadcast throughout the day over radio stations.

W. K. Kellogg, brother of Dr. Kellogg, was reached by telephone at the Glendale (Calif.) Sanitarium. He expressed his deep regret over his brother's death and said that due to the condition of his own health that he would be unable to return for the funeral. Their sister, Clara Kellogg Butler, is a patient at the Sanitarium, where she is recovering from serious injuries suffered when she was struck by an automobile.

It was said today at Dr. Kellogg's residence that 12 of the children the doctor and Mrs. Kellogg had reared were legally adopted. The exact number of these children raised in the Kellogg home was not generally known, although Dr Kellogg had mentioned 42 as the correct count.

The legally adopted children were: Agnes Grace, now Mrs. Benton N. Colver; Elizabeth Ella, now Mrs. Roy MacPherson; John W., deceased, who was a brother of Mrs. Colver; Ivaline Maud, now Mrs. J. H. Haas; Paul Alfred, deceased; Robert Moffatt; Newell Carey, deceased; Helena M., now Mrs. James T. Case; Harriett, deceased, who was Mrs. B. C. Kirkland; George, of Detroit; Dr. Richard Kellogg, and Ruth, who died in infancy from infantile paralysis.

Dr. Richard Kellogg, who has headed the dental department at the Sanitarium, left Battle Creek early Sunday for navy service, but plans to return for the services Saturday. He was the last person outside of the immediate household to talk with Dr. Kellogg.

FEBRUARY 26, 1941 Miami News,

Dr. Kellogg Proves Hale And Hearty At 89, Despite A Strenuous Lifetime

Modern Don Quixote Battles On To Make Folk Use Some Sense

By S. W. MATTHEWS
(Daily News Staff Writer

A hale and hearty man of 89 celebrated his birthday Wednesday at Miami Springs, still carrying on a vigorous battle with history which tells us all mankind is destined to go to seed, the bow-wows and the devil.

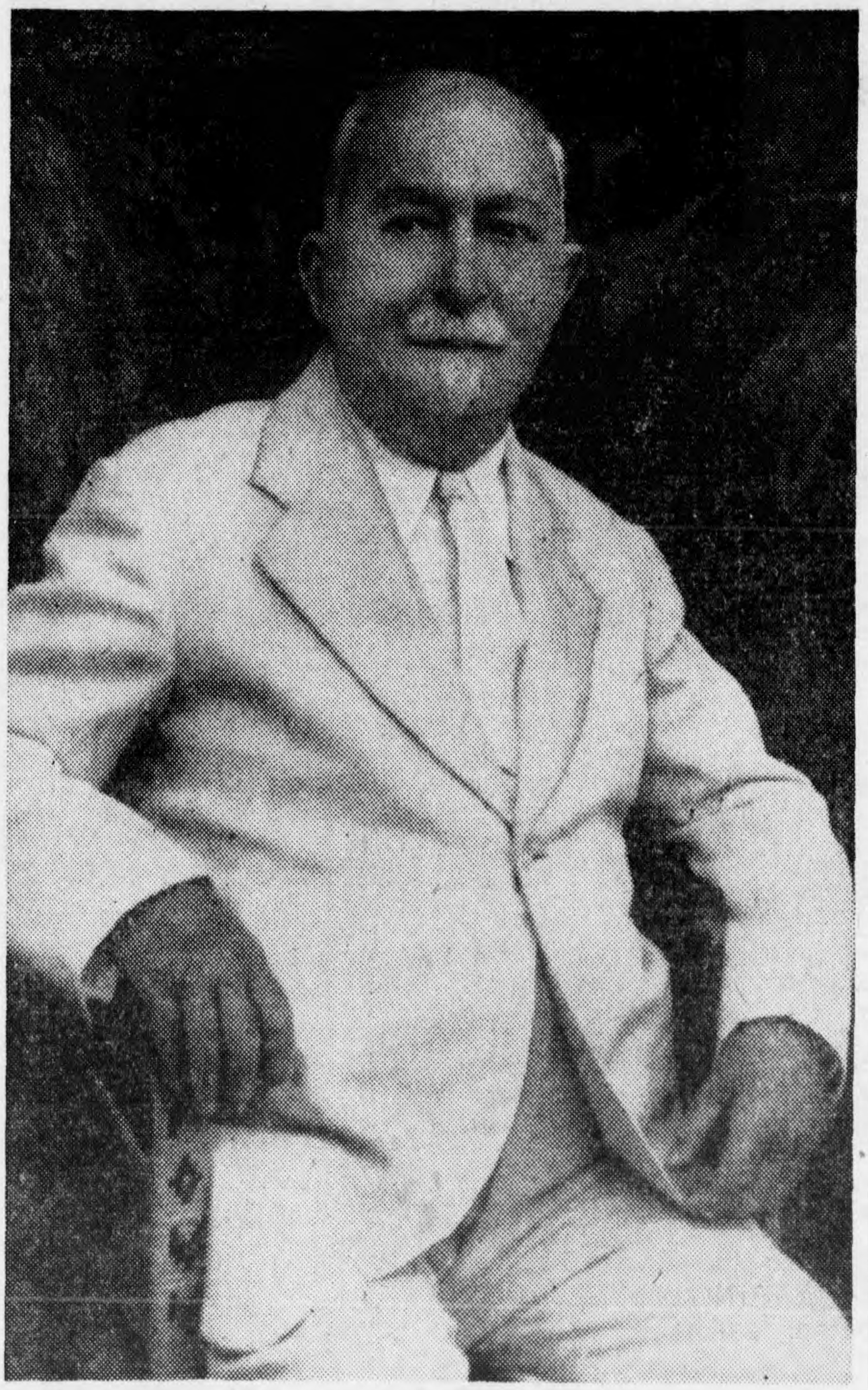
The modern Don Quiote, fighting the evils of liquor, nicotine and meats, is Dr. John Harvey Kellogg, founder of the famous Battle Creeks, sponsor of cereals and grower of bugs which produce lactic acid. Dr. Kellogg might be classified as a surgeon, a mechanic, a writer or a scientist, but the best description of him is just a plain hard worker.

He's an example, too, of what the human body can endure, for the doctor has never followed at least one of his tenets—eight hours' sleep a night. He beat tuberculosis twice in his younger days, and pneumonia after he passed the four score mark. For many years he got along on five or six hours' sleep daily, but never hesitated to work the clock around three or four times when something came up that needed study. Now, with a damaged lung but a sound heart and blood pressure, he takes a brisk walk every morning, topped off by a 10th-of-a-mile run.

"We doctors are signposts," he explained, when chided about his overactive life. We can point the way, but we do not necessarily follow. I haven't had the time."

Still Dr. Kellogg's arm is as firm as a ditch digger's, his face shows very few wrinkles and his complexion is pink and clear. Failing sight and hearing are matters to be expected with growing age, and with these Dr. Kellogg is afflicted, but he remains sturdy and with an active mind.

Although Dr. Kellogg established a phenomenal record as a young surgeon before the turn of the century, and although his life has been devoted to better living and race improvement, he's pretty sure he's fighting a losing battle, as did Don Quixote. The human race being what it is, it would require a Kellogg in every block, backed by a police squad, to keep a civilized people from degenerating as their civilization grew higher.



DR. JOHN HARVEY KELLOGG

Why is this? Why, with all the improvements in medicine, surgery and the art of healing, is mankind physically falling apart lik the one-hoss shay? If you don't believe this, look in the World Almanac and you'll discover the United States now has fewer babies under five year old than it has between five to 10. Look up a record or two and you'll find the mother of 80 years ago had an average of two and a half daughters, and five granddaughters, 100 mothers have only 97 daughters.

Now you'll understand why Hitler is calling for more babies in Germany, and Mussolini doing the same in Italy. The dictators have realized the falling birth rate will choke their nations eventually, and with the control they have assumed over the lives of their people, they can voice their demands for national health and more children with a possibility of getting results. Whether they will or not, remains a question. Dr. Kellogg doubts it.

The doctor points out that man is an animal, albeit a very adaptive one. But man came into this world equipped to meet certain conditions. The first men, for example, were vegetarians. Man had

curiosity and intelligince, and learned to live in the tropics and the arctic; he learned to eat meat; he learned to use tobacco and to brew alcohol; he learned a lot of things, some of which weren't good for him.

So now he's paying the price, as all civilizations in the past have paid it when they got too far away from nature simplet foods, plenty of exercise, sleep and fresh air. Doctors have learned to prolong the lives of weaklings, and the sirvival of the fittest, which is a natural law, has been somewhat upset. You just can't go on breaking laws without paying the penalty.

If you lunch at Dr. Kellogg's Miami Springs sanitarium you'll find no meat on the table, no pepper, no white bread and no coffee or tea. It's surprising, however, that food without all this can taste well. There will be no wine with the meal, no cocktail for an appetizer and no after dinner cigar or cigaret.

But diet is just part of Dr. Kellogg's methods. He loves to change the flora of people's intestines. Bacillus coli is his pet peeve. xThis is a germ which causes putrefaction, and nearly everyone has millions of them. Dr. Kellogg chases these away with an aciduphilus bacteria, which from a lactic acid in the large intestine, and thus avoids the poison caused by the putrefaction of undigested food before it is eliminated.

Dr. Kellogg is proudest of his work with acidophilus and his No. 1 "patients," the Dionne quintuplets, who have thrived on it.

THIRTY YEARS AGO TODAY—(As taken from the files of the Morning Enquirer of March 5, 1911.)

—Gov. Chase Osborn in an address before a group of Grand Rapids women came out for women's suffrage.

The current issue of the Literary Digest reviewed the controversy between Dr. J. H. Kellogg and a large brewery over whether or not hookworm germs might be introduced into the human system by beer.

Assistant Postmaster J. S. Ferguson and A. H. Stephens returned from New Orleans where they spent 10 days and witnessed the Mardi Gras.

A Chicago & Alton railway special passenger coach arrived in Bat-

Enquirer, 3/5/41

FROM
(Florida Clipping Service, Tampa)
Miami Herald
FLORIDA
DATE FEB 26 1941

We Wish You A

Happy Birthday



Dr. John Harvey Kellogg, founder of Battle Creek Sanitarium, Mich., and Miami Battle Creek, Miami Springs, inventor of about 60 foods and author of more than 30 books and numerous medical papers, celebrates his eighty-ninth birthday today. Dr. Kellogg was born Feb. 26, 1852, in Tyrone, Mich., received his medical degree at Bellevue Hospital medical college, New York, in 1875, and began his practice in Battle Creek the same year. In 1876 he became superintendent and surgeon of the sanitarium there. He studied in Europe for several years and received other degrees from American universities. In addition to health foods, Dr. Kellogg invented many improved medical appliances and instruments, discovered the therapeutic value of electrically-activated lights and other accepted practices. The public probably knows him best as founder of the Battle Creek health food industry. He is a member of many medical organizations.

apr. 30, 1921

REMARKABLE CAREER OF DR. KELLOGG

How Battle Creek Institution Has Been Built Up On One Man's Ideals

By Richard Alexis

HIS face buried in his hands, a dejected fourteen-year-old boy sat "day-dreaming" on an old pine stump. Beyond him wound a long road; on one side, a copse of dense shade.

With a sudden gesture of determination, the boy looked up. What he visioned brought to his face the rapt expression of a devotee. Where had stood the woods was a schoolhouse; and across the way a clean, white building, with uniformed young women grouped on the porch. Down the road, as though following some Pied Piper, came trooping a long line of children. Many were merry, but some were stunted, some halt, and others blind.

The boy rose to his feet, threw back his head, and spoke: "This is my job. I see it, now. I will 'Seek Truth and Do Good!'" He had learned the phrase from Seneca, the philosopher.

That was fifty-five years ago, and in the period that has passed the quest of truth and the doing of good have rolled up achievements far beyond any the boy ever dreamed.

The reality has grown into the Battle Creek Sanitarium, of world-wide fame, employing 1,200 to 1,500 persons, including attendants, nurses, dietitians, doctors—with a record of over 135,000 cases treated; a great hospital; a training school for nurses based on the "Seek Truth and Do Good" idea; a normal school of physical education whence yearly several hundred clean-limbed, healthy-minded young men and women go forth to teach thousands of others that a strong, well-ordered body is a splendid background for moral and mental uplift; a school of dietetics and economics which has furnished ideas to the whole world.

All for Humanity

The dream this boy made come true grew into sweet and human reality with the adoption or rearing of no less than forty-two children—the halt, lame, and blind of the vision—lifted out of the vortex of poverty and crime in the slums of many cities, here and in Mexico.

Millions of messages of hope and cheer came out of that day-dream in the half-century that followed; more than a score of books bearing the author's imprint—John Harvey Kellogg, M.D., LL.D.—including "Colon Hygiene," "The Itinerary of a Breakfast," "Rational Hydrotherapy," and "Auto-Intoxication," among the better known. He has edited "Good Health," since 1873.

"I never had a chance." "I was handicapped."

"Nobody ever believed in me. Nobody ever helped me."

These are common failure reasons.

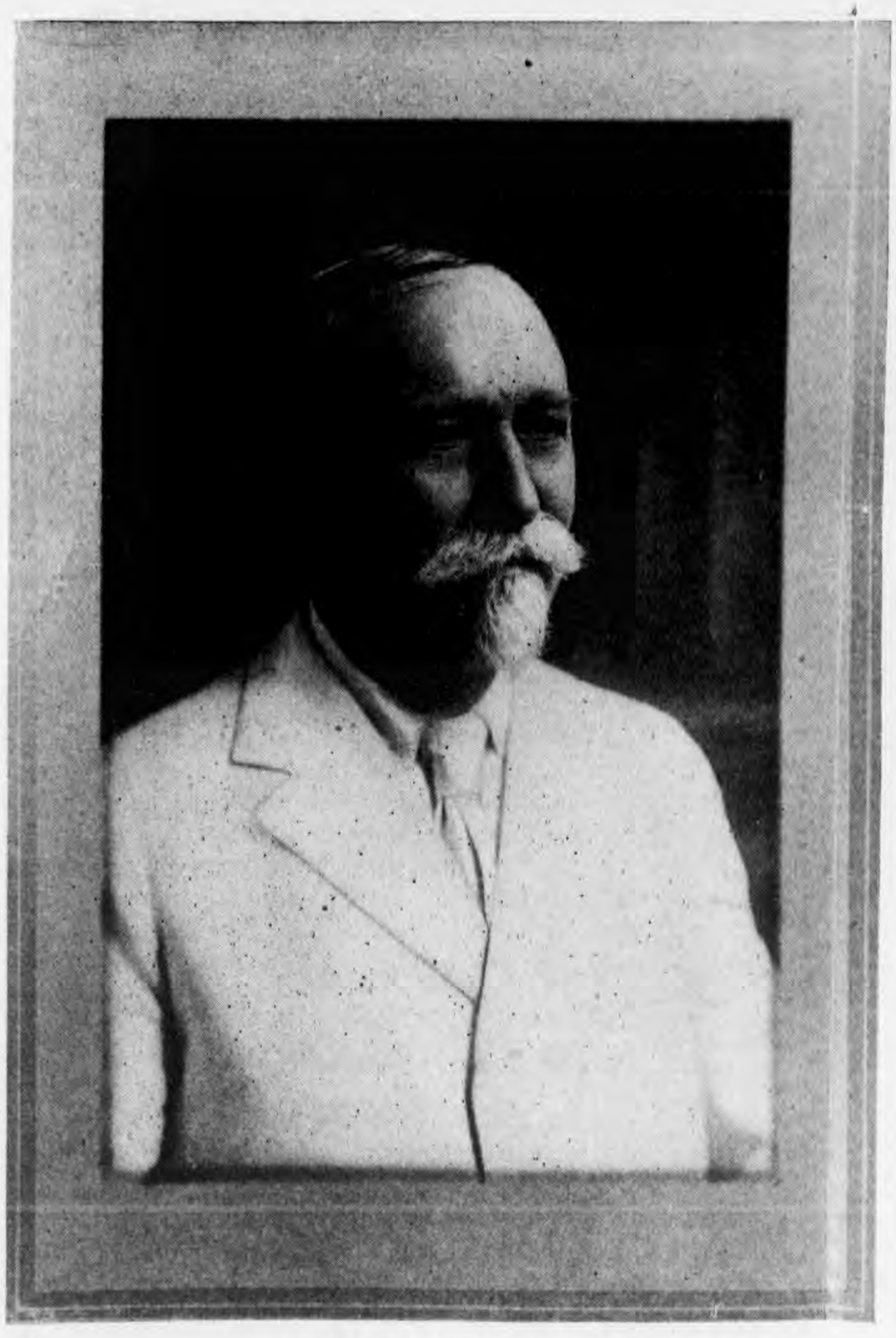
Young "Johnny" Kellogg might have used any of them with good cause. He had poor health. He had definite tubercular tendency. His growth was retarded. His parents confessed to themselves their belief he would never reach manhood. Between 17 and 21 his pulse often ran as high as 120.

But John Kellogg came of fighting stock. His forebears were the John Kellaks that fought with William the Conqueror and later reared the Kelloggs that wrestled with the granite unwillingness of New England farms, and made them yield.

"Nature will help me," he said. And he drew on her bounteous capital of air, water, fruits, and grains.

For fifty years Dr. John H. Kellogg has slept in the open air—not merely in a well-ventilated room, or in an enclosed sleeping porch, but in the actual open—often waking up of a winter morning to find his sleeping bag covered with snow.

For fifty-five years he has lived on grains, fruits and vegetables—two meals a day.



JOHN HARVEY KELLOGG

At the Battle Creek Sanitarium, of which he is superintendent, he answers health questions every Monday night. His Question Box frequently contains a query like this: "On the level, now, Doctor, don't you ever sit down and enjoy a big, juicy beefsteak or a couple of tender lamp chops?"

And the Doctor, given this lead for his favorite topic, will enthusiastically explain that he has "never had any desire to make of his stomach and colon a potter's field for deceased animals." Medical authorities are by no means of one mind as to the infallibility of the no-meat diet as a primary factor in the maintenance of renal efficiency, the reduction of high arterial tension, and the inhibition of putrefactive colon bacteria. But the Doctor is a powerful pleader. Combined with his adherence to a day-dream ideal, and his outdoor sleeping, his diet gives him greater health at 69 than he had at 19 or 29. At any rate, something has supplied an unwrinkled, youthful skin, a fine complexion, quick, springy step, and the ability to work for twelve hours any day, and sixteen to eighteen many.

For fifty-five years, as student, teacher, and physician, Dr. J. H. Kellogg has lived what he calls the "biologic life." Biology is "the science of living," and he began the intimate study of this science the day that he decided to make himself of some real use in the world, following the motto, "Seek Truth and Do Good."

He has seen his ideas expand and multiply until it is to-day almost impossible to believe that the puny, delicate boy, having the vaguest of opportunities for development, has grown into the sturdy, active man of 69, directing vast humanitarian health movements and animated by a sublime faith in brotherhood of man.

How he accomplished all this, in spite of handicaps of health and various setbacks in the family fortunes provides a man-alive document.

When John Kellogg was ten years old, he said to his father (the Kelloggs then lived on the Connecticut River and had been there since the early seventeenth century):

"If you pay me for what I do for you, I will pay you for what you do for me."

Spirit of Service

For his board and keep, thereafter, he handled the chores on the little farm, the milking and care of two cows, and did odd jobs about the house. He learned a trade with his father and, in a comparatively short time, was earning $2 a day. The spirit of service was so strong in him that when at fourteen he was given a watch, he could not endure to carry it, but gave it back because he had not earned it. He yearned to become a mechanic, to experience the joy of creation, of working out of unresponsive materials concrete things of beauty and utility.

One thing he would not be—a doctor; for he had seen, through the window of a chum's bedroom, a dreadful operation on his boyhood friend and he looked with loathing on the "saw-bones." But he later found reason to change his mind.

Boys grew fast in those days, apparently. At least, some boys did. John Kellogg, when he was fourteen, was teaching school. That was after the time of his roadside vision, when he felt that to teach school was one of the big things he might give to the little ones—and some of the big ones—of his neighborhood. The idea of teaching young men and women the way to teach others has always appealed to Dr. Kellogg. Hence, the schools at Battle Creek to-day.

He had had a year in the office of a local newspaper, doing odd jobs and reading proofs. Some boys nowadays think they are driven hard. But here was a boy, undersized, unable to assimilate nourishment properly, who would steal back to the printing office after closing hours, take a

proof of an entire form, and sit up half the night reading it; and then get back to the office early in the morning to lay it on the form before the "publisher" arrived.

He found many errors that others passed, and it was not long until they learned that "Johnny" was the volunteer proofreader and that he had in him the makings of a real editor, as well. So they gave him bigger jobs to do.

His mother sent him to bed at nine o'clock, but he seldom stayed there long. Many a night he slept only three hours, learning thus early that biologic methods kept down fatigue poisons and enabled him to use every ounce of his strength.

Among the men who had much influence in Dr. Kellogg's life was Dr. Graham Lusk of New York, one of whose forebears was Sylvester Graham, inventor of Graham bread and similar health foods. In the early forties of the last century, Sylvester Graham wrote a book from which Bronson Alcott and others largely obtained the ideas for the Brook Farm experiment. Brook Farm had many virtues, but there were too many geniuses, and as a practical enterprise of health and ethics it failed to function very long. But that was the standpoint from which Dr. Kellogg studied health and education. So when, in 1866, following the Brook Farm idea, the Western Health Reform Institute was established in Battle Creek, Michigan, by a band of active believers in the cult, among whom was Dr. Kellogg's father, J. P. Kellogg, the young man was naturally interested.

In 1873, the reform movement showed signs of collapse. The younger Kellogg, having in the meantime graduated in medicine, went out to take charge of it, changing the name to The Good Health Institute.

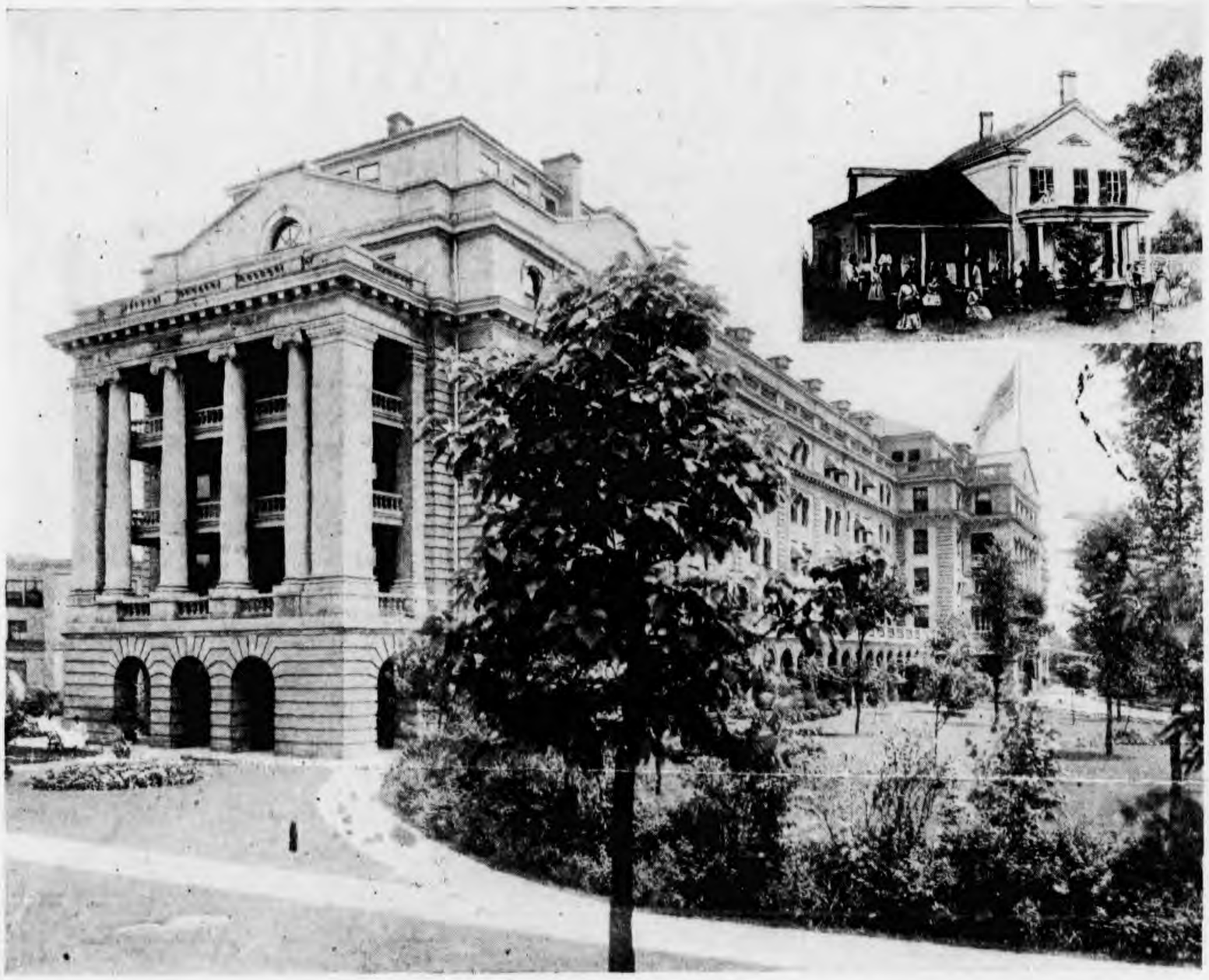
In 1876, there were twelve patients.

Ailments Cured by Diet

From the beginning, Dr. Kellogg found with most of the sanitarium patients one major factor —the colon. They were all users of powerful drugs. They were all toxic; the term, "auto-intoxication" had not yet been invented. They were all strong on laxatives. He instituted experimental laboratories and fought disease largely with diet, air, and water. Meantime he had married a university girl. She went to the best cooking schools she could find, to learn all about practical cookery. Together they delved into the mysteries of diet. Battle Creek produced the first bills of fare ever based on the calories system. The first time in history that men sat down to a Lucullan feast that charted for them all its constituent calories was at a Battle Creek banquet in honor of Professor Bowditch, of Harvard.

What will biologic living do for the body? Dr. Kellogg wanted definite proof. So he invented the Universal Dynamometer—truly the "measure of a man." He believed the old ideas of the determination of physical strength were wrong; so he got together all possible data on strength tests and physical measurements, and after ten years' experimentation perfected this machine. Fifty thousand charts of the physical strength and muscular development of men of all ages are now on file at Battle Creek, possibly the most complete data of its kind in existence prior to the World War. Rear Admiral Niblack, on a visit to Battle Creek Sanitarium, became interested in the machine and had the system introduced at Annapolis. The fighting potentialities of Uncle Sam's future army, as well as naval commanders, are now measured by this invention of the "boy who couldn't live." The military posts in the Philippines and the leading gymnasiums of the country have also adopted it.

Like other men of his kind, Dr. Kellogg has made enemies. He is aggressive. He is an iconoclast as to old idols with feet of clay. Thirty



A view of the northern half of the Battle Creek Sanitarium, the outgrowth of Dr. Kellogg's boyhood resolution to "Seek Truth and Do Good." The insert is the building where Dr. Kellogg started his work in 1873.

seven years ago the Hamilton County Medical Society wanted to turn him out "for endeavoring to establish a new school of medicine"—strangely enough, "rational medicine." One vote alone held the doctor in, and he frankly says that was his own.

Within a year, however, he had so won over opinion to his views, that by a unanimous vote, he was elected president of the society!

How about the ideal—as well as the real part of the day-dream?

Battle Creek Sanitarium is a self-supporting philanthropy. It is organized under the laws of the State of Michigan as the Michigan Benevolent Protective Association. Many free patients are treated each year. There has never been quite enough room to hold those who would come to study and practice the Biologic Life. The day of its dedication the new sanitarium was filled with patients.

Father to Many Helpless Children

In spite of his successful sanitarium work, Dr. Kellogg's earlier days were not happy ones. Always the sight of children wanting, or suffering, brought him anguish. One day a neighbor with a dozen children asked Mrs. Kellogg if she would like to have one of them. She took the tiniest one. The next year a boy and girl were added to "the family." They had been found in a garret, without food or fire, eating the tip ends of tallow candles. Their mother was dead in her bed. At the sanitarium the Doctor took them under his care, brought them up, and both are to-day happily married, successful citizens.

Then came a patient with tuberculosis—and the additional responsibility of four children. "I will take them," said the Doctor.

"Pretty soon," he relates, "it came to me that I was doing just what I wanted. I was living out the vision which I saw as a fourteen-year-old boy. I was really happy for the first time in my life, and that was the beginning of my genuine life-work. I never turned down a child—I took every one that came to me. Nearly a dozen I have adopted and given the name of Kellogg, and now they have children of their own. I am, therefore, by process of re-adoption, receiving the greatest benefit and pleasure in the world—that of being a grandfather to dozens that I would never have known had it not been for Fate, or what I prefer to call, plainly the Grace of God.

"One time, in Chicago, my attention was brought to a boy of four years who was living out of garbage pails and sleeping under steps; the most miserable little specimen of humanity I had ever seen or heard of. In those days there were no such children's societies as we have today. The boy's mother was unspeakable. She did not even know whether he was living or dead. When we got the little fellow his head and his whole body were a mass of sores. It took months of care to restore him. But the Divine spark was there and soon it began to show.

"About the same time a little girl was found on a doorstep, under circumstances which it is not necessary to describe, and we took her, too. That very boy and girl to-day are married and have a fine family, and I am one of their honored friends. He is a successful business man."

Forty-two children saved from death or worse is not a bad score of itself.

"Learn Truth and Do Good!"

It's as good a flag to nail to the masthead of any youthful craft to-day as it was fifty-five years ago.

Ten things for which you'll never be sorry:

1. Living a good life.
2. Doing your level best.
3. Being kind to every one.
4. Being courteous to all.
5. Hearing before judging.
6. Thinking before speaking.
7. Being generous to an enemy.
8. Standing by your principles.
9. Stopping your ears to gossip.
10. Being honest in business dealings.

—N. C. R. News.

* * *

There are two freedoms—the false, where a man is free to do what he likes; the true, where a man is free to do what he ought.—Charles Kingsley.

The Teacher of Dade County
Jan.-Feb. 1937

Sixty Years Serving Humanity

Dr. John Harvey Kellogg, World Renowned Physician and Surgeon

by **R. E. Daniels**

BEING the medical director of the Battle Creek Sanitarium at Miami Springs and the world renowned institution of the same name in Michigan is a responsibility big enough for most any man, but apparently not nearly enough to use up the amazing energies of 84-year-old Dr. John Harvey Kellogg, famous vegetarian, doctor of medicine, surgeon, philanthropist, business man and true friend of humanity in general and children in particular.

Dr. Kellogg recently was honored at a banquet attended by 600 internationally known men of medicine and business at Battle Creek, Michigan, some of whom mentioned with sorrow the doctor's advancing age. To these he commented: "Some people are apprehensive that I am getting a little old, but I don't feel old and I never intend to be old". Five minutes with the doctor proves without doubt the truth of this statement. He is a dynamo of energy and takes an active part in the management of his wide-spread interests.

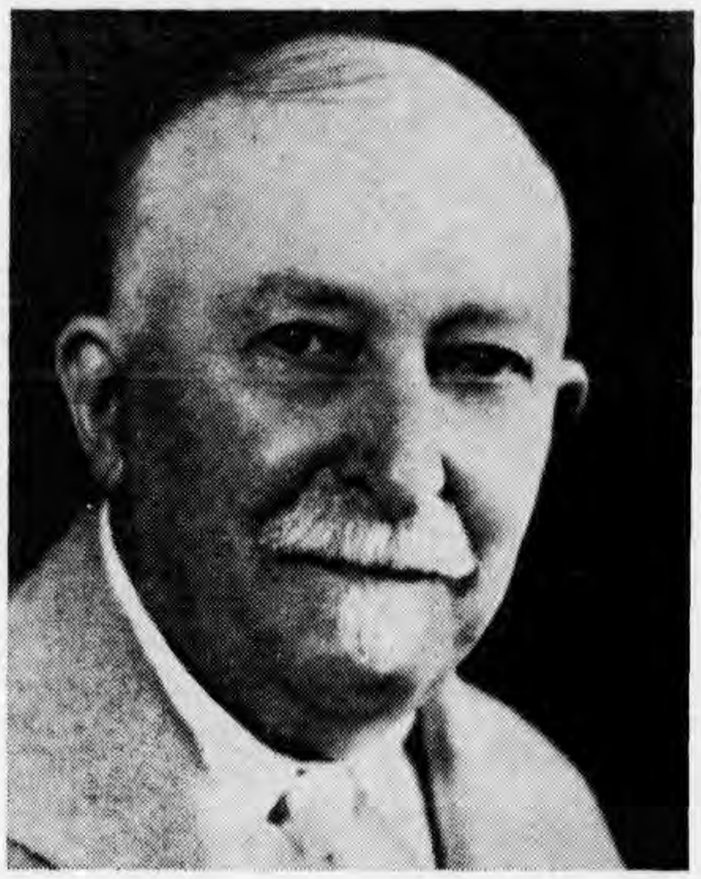
Way back in 1876 he said he would put the word "sanitarium" in the dictionary and he did. In that year he took over the management of the ten-year-old Health Reform Institute, renamed it the Battle Creek Sanitarium and changed it from a mere water-cure to an institution where people could be educated how to keep well. This he has done, and sums it up in these words: "My life work is not doctoring, not surgery, but education". Many thousands have been treated for their ills, but the doctor is never satisfied until the patients are painstakingly taught how to live biologically, according to nature's demands, and thus perserve health.

Education is not confined to his sanitariums. For many years three schools were conducted to train health practitioners, dietitians, nurses and physical education directors. These schools, the first of which was organized in 1880, were merged in 1923 and in 1925 a liberal arts department was added. Regardless of the courses students take they must qualify as an example of biological living before becoming eligible for a degree. Now known as Battle Creek College, the institution is supported by the earnings of the Battle Creek Food Co., of which Dr. Kellogg is the founder.

He originated the ready cooked flaked food after one of his patients broke a set of false teeth trying to eat zwieback. The doctor decided to make a food having the same dietary value as zwieback with none of its destructive tendencies. The result was that he cooked a cereal, rolled the dough into very thin sheets, and then toasted it. He has invented sixty different foods, all of them to meet some definite dietary need. Some years ago he sold all his interest in the original foods to get money for education purposes, especially the Race Betterment Foundation, which he organized in 1906.

The Doctor continues with extensive research and has developed numerous improved apparatuses and instruments for use in medicine and surgery. He discovered the therapeutic value of the electric light and invented the electric light bath; also, he discovered the sinusoidal current for purposes of treatment. Besides all these activities he has done an amazing amount of writing and in 1872 became the editor of Good Health magazine, the oldest health periodical in existence. He still holds that position. He wrote Plain Facts, the first volume on sex instruction by the study of plants, and made enough money from it to support himself and organize a health exhibit at the Philadelphia centennial exposition. During his career he has written many well known books and has contributed many important technical papers and articles to medical conferences and publications.

Born February 26, 1852, Dr. Kellogg was consdiered too puny to be educated. Because of his health and the belief of his parents that the world was soon to come to an end, he received no formal education



DR. JOHN HARVEY KELLOGG

until he was nine years old. Then he had only six weeks in school, but enough to start him upon one of the most remarkable careers in the history of medicine. He has but one lung and only his great energy and will saved him from death from pneumonia some years ago. He works all his waking hours and sleeps no more than six or seven hours out of every twenty-four.

Possessed of a longing to beat his own record, Dr. Kellogg sums up his own philosophy in these words: "No man can ever discover what is in himself—his own powers and possibilities—save by giving all those powers to aid humanity. There is no other work worthwhile." It is interesting to readers of The Teacher that after working in his father's store and broom factory and as a printer's apprentice, Dr. Kellogg began teaching school at the age of sixteen, studying at Michigan State Normal School in the meantime.

Because he was convinced that a study of medical science would help him to help children who didn't have a chance, he entered Bellevue Hospital Medical College in New York City. He graduated from there with an M.D. degree in 1875 and later studied in Europe on six different occasions from 1883 to 1911. Among the honors conferred upon him is the LL.D. degree awarded by both Olivet College and Lincoln Memorial University. He is also a Fellow of the American College of Surgeons, a member of the Royal Society of Medicine, England, and of the American Medical Association.

During all the years of his intense activity, Dr. Kellogg has never lost sight of his desire to be of help to little children. Together with his wife, the late Ella Eaton Kellogg of Alfred Center, N. Y., to whom he was married February 22, 1897, he opened his home to forty-two children, thirteen of whom he legally adopted. Under their care they were brought up and educated in the art and science of keeping themselves healthy as well as in the usual school room lessons. He has given the City of Battle Creek one city block from his ten-acre estate, where in the swimming pool he built for his adopted children, more than 22,000 children swim every summer. It is called Sunshine Center.

Although now well able financially to retire, he has no desire to do so, for he finds too much of interest in his commercial activities. Like all real busy men who have a story of success, achieved by a long and arduous effort, he has taken an active part in civic affairs of his community. His interest in national affairs is proven by his long and still active membership in the United States Chamber of Commerce.

Athletics were his hobby in his younger days and he is at present a member of several athletic clubs, particularly in Detroit, his present summer home, and in Miami Beach, his winter home.

Fraternally Mr. Kresge is a Mason, politically a Republican and in religion a Methodist. In the national wet and dry controversy he is decidedly a prohibitionist.

America needs more men like S. S. Kresge, men of vision, ambition and untiring effort, who accomplish while benefiting the masses, by placing within their reach hundreds of modern-day articles of use that they could not enjoy without the now highly popular 5 & 10 cent stores, that are found in practically every city and town.

Mr. Kresge's interest in Miami Beach is further evidenced by his active interest in the Kresge subdivision on Pine Tree Drive, one of the most desirable sections of the Beach.



Residence of S. S. Kresge.

School by the Sea

by **Mabel Kummer**

Teacher of First Grade, Central Beach Elementary School

What fun it is to go to school beside the sea and to learn about the things that live in the sea! The environment of our children is most helpful in stimulating interest in the many strange things that live in and under the sea.

Beginning on the first day of school in September and carrying through the entire year we have children eager to tell of their experiences with sea life. Beach parties, yachting trips, rides in glass-bottom boats, etc., all enthuse children and make them conscious of sea life.

Here comes Jack to first grade, bringing a beautiful shell which he found on the beach. He would like the rest of the group to enjoy it. Gradually we acquire a collection of shells, coral, sponges, crabs, sea plants, etc., that forms an excellent basis for scientific study. The children learn the names of all the shells in our collection, the habits of the animals that live in them, learn to group similar shells, and often make individual display cards by glueing shells on cards and writing the names under them. The long names are learned as easily and retained as well as short ones, and very soon we all gain a good working vocabulary to use on the beach.

Another phase of sea life presents itself when Richard tells us of his yachting trip. He describes all the fish that were caught, and immediately every boy wants to tell of his own fishing prowess. Fish stories are always exciting, and we decide that we would like to learn more about the fish that live near Miami Beach. We gather pictures, actual photographs, and sometimes we have mounted specimens to study.

When discussing sources of information, the aquarium is mentioned, so we ride to the aquarium to study the fish there.

The fish books that were made following this trip were most interesting. Each child drew pictures of the fish he was most interested in and then composed a story about it. The story was written below the drawing.

We also made a fish border for our room. The waves were cut paper and the fish were made of cellophane and stuffed with strips of colored paper. There were so many good fish that we had to continue the border around the room. All of us learned a great deal about fish and can identify them very well.

The greatest value of this study of sea life is its interest for all of our children. The native Florida children love it inherently, and the tourist children thrill to it because it is something very new and different.

Vol. 79, No. 1 JANUARY, 1944 10 Cents

GOOD HEALTH

OFFICIAL ORGAN OF THE RACE BETTERMENT FOUNDATION

A Tribute to a Friend of Mankind

FOUNDED BY THE LATE JOHN HARVEY KELLOGG, M.D., LL.D., F.A.C.S.

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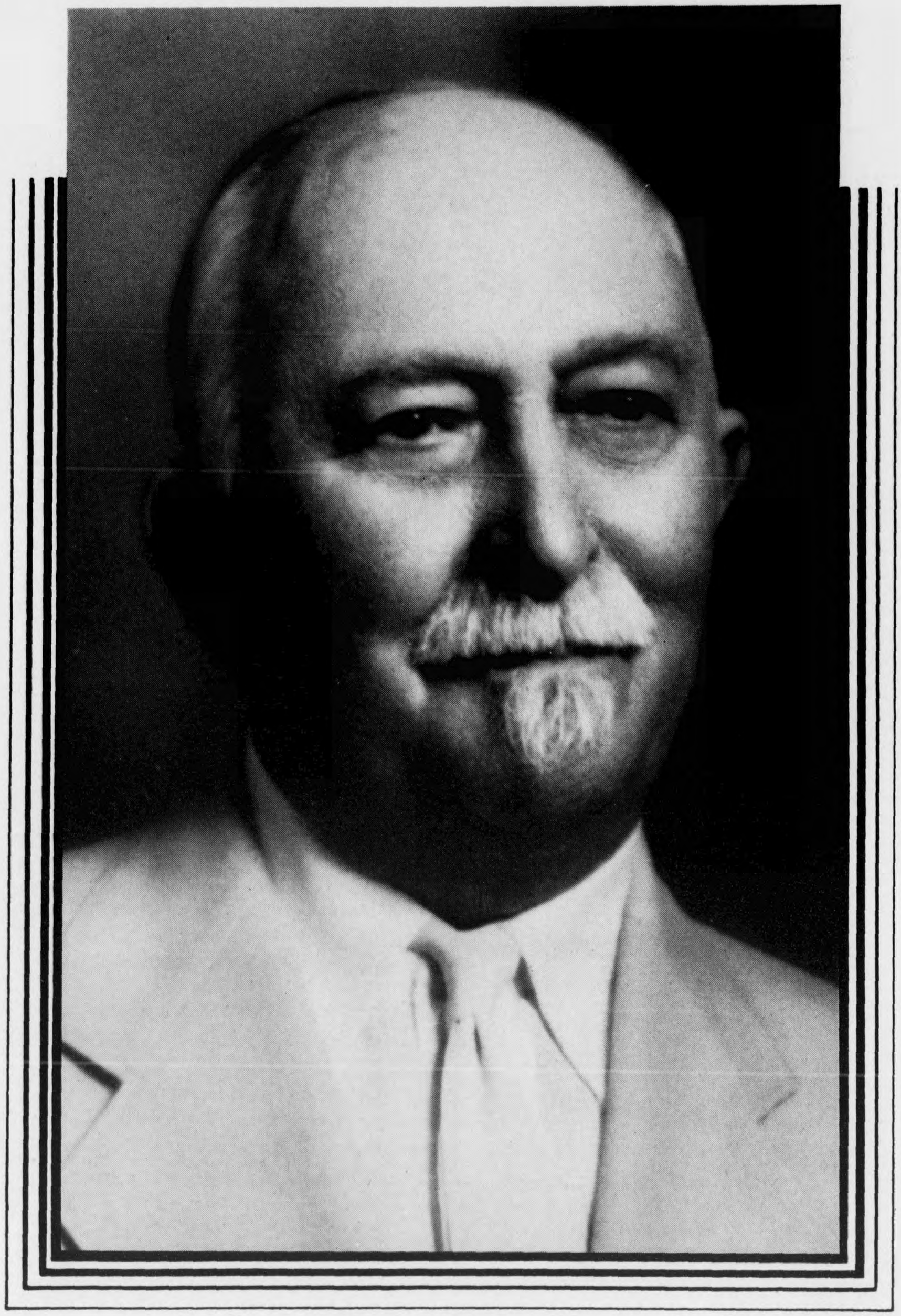
The Great Physician

GOD works through agencies, but it is He that works. The physician does not heal us; the treatments do not heal us; it is the divine Power working through all the agencies employed that heals. Let us all lay hold of this great Source of comfort and cheer; and if we feel disheartened and gloomy, look up, for there is a great Power who is able to do for us all that we need to have done.

I wish this thought would find its way into every one's mind, — the Power that made us is a father, a brother, and a friend, not an angry deity who arbitrarily chastises us for our sins by causing us sorrow and pain. Our sufferings are in general the consequences of our own wrongdoing, and our Maker is doing all He can to heal us of the results, converting and restoring us as far as we will let Him, and will cooperate with Him.

—John Harvey Kellogg.

In Memoriam



MURNOR STUDIO

DR. JOHN HARVEY KELLOGG
1852 - 1943

A Long Lifetime of Service to Humanity

DEATH came to Dr. Kellogg shortly before his ninety-second birthday. For many weeks before his passing he had been working very strenuously — often until midnight or later — discussing Sanitarium affairs with members of the staff, acting as consultant in difficult cases, dictating memoranda for articles and books he planned to write, outlining and directing numerous experiments, and even instructing nurses in the art of massage. A few days before the end, by dictating continuously to one of his secretaries for twelve hours without intermission except to take a little food, he cleared his desk of a large pile of correspondence and prepared a number of excellent articles for GOOD HEALTH which will appear in subsequent numbers.

GOOD HEALTH Will Carry On

While for more than seventy years Dr. Kellogg edited the journal and for many years wrote almost every word that appeared in it himself, he trained a corps of workers who have assisted in the work for from two to five decades, and they are going to carry it forward. The readers of GOOD HEALTH may be assured that the spirit of Dr. Kellogg will remain at the helm, and that the journal will continue the good fight he conducted against alcohol, tea and coffee, tobacco and meat, and all other harmful agencies which are destroying the race.

The Sanitarium Will Continue

Provision has been made for the continuance of the Sanitarium work. Thanks to Dr. Kellogg's foresight, careful planning and splendid leadership, the personnel of the institution is thoroughly qualified both by training and experience to render the efficient and sympathetic service long characteristic of the institution. More than eighty members of the Sanitarium organization have been connected with the work for a score of years or more, and workers whose association with this great institution goes back only ten years are looked upon as comparative newcomers. The following resolution, which was adopted by the large "family" of the Battle Creek Sanitarium, including physicians, nurses, technicians and all other workers, shows very clearly the high esteem in which Dr. Kellogg was held by his co-workers and their determination to carry forward the great work to which he devoted his long and exceedingly active life:

"WHEREAS, Dr. John Harvey Kellogg devoted to the upbuilding of the Battle Creek Sanitarium the principal efforts of his long and distinguished life;

"AND WHEREAS, We, the active workers in the institution, believe that the finest tribute we can pay to the memory of Dr. Kellogg consists in dedicating ourselves to perpetuating the work established by him in accord with his enlightened health principles:

"NOW THEREFORE BE IT AND IT IS HEREBY RESOLVED that the active workers of the Battle Creek Sanitarium have pledged and hereby do pledge to said institution as established and carried on by Dr. John Harvey Kellogg our entire and undiminished loyalty, allegiance and effort, to the end that the Battle Creek Sanitarium for all time to come shall preserve and augment its usefulness in accordance with the principles of its charter, and shall continue to afford to the people of this country and of the world a haven of health and renewal of the blessings of life;

"BE IT FURTHER RESOLVED that the workers of this institution are deeply appreciative of the encouragement, assistance and promise of unrelaxing support and approval afforded by the utterances of the Mayor and of the citizens of Battle Creek, and that we earnestly invite the continued assistance and friendly support of all people in the perpetuation of this institution in accordance with the principles to which it is dedicated."

Active Boyhood

Dr. Kellogg was born on a farm in Tyrone, Michigan, February 26, 1852, one of sixteen children. When he was four years old, the family moved to Battle Creek, then a very small village

of a few hundred inhabitants. Dr. Kellogg early in life exhibited the boundless energy and great avidity for work and for acquiring knowledge that characterized his whole life. When he was only ten years of age, he asked his father for permission to work in his broom factory. He asked no favors and worked ten hours daily, as did the men, and then went home to help with the milking, bed the horses, and do other chores. At another time, when his mother was ill, he prepared the morning meals, and often thought what a great boon prepared breakfast foods would be to himself as well as to the busy housewife. Perhaps, even at this early age, he got the germ of an idea which in later life was brought to fruition in the invention of Corn Flakes and a hundred other foods.

Out of his experience in household cookery, together with contributions from several friendly housekeepers, he prepared a book of recipes entitled, "Healthful Cookery," which within a few years had a sale of 50,000 copies.

When a boy of eleven, his mother asked him what he was going to be when he grew up, and he declared that he would be anything but a doctor. "One day as I was going past my mother's door," he said, "I heard her mention my name. I entered the room and found her on her knees, praying for me. I knelt down beside her and she placed her hand on my head and dedicated me to the Lord for human service, and from that moment on I have never had any desire except to do everything that I could for humanity and to spend my life in human service."

At the age of twelve, he learned the printing business, and at fourteen was a proof reader. He made so many corrections in the galleys that were submitted to him that the printers complained about the great amount of work involved in making the changes. The only way to overcome the difficulty was to ask him to edit the manuscripts. At fifteen, he was contributing articles, sometimes not stopping to write them but composing them directly in type.

When a boy of fourteen, he read a statement in a remarkable book by Dr. Francis Cuvier that the natural diet of man is the same as that of the higher apes, the chimpanzee, the orang-utan and the gibbon, — fruits, nuts, grains, tender shoots and succulent roots,—which he frequently quoted. He was also profoundly impressed by the writings of Sylvester Graham, who advocated the use of a diet rich in vitamins, although this subtle element in foods was not discovered until many years later.

At sixteen, he left the printing office to teach school, and taught a class of forty students everything from their A, B, C's through to high school subjects. As was customary for country school teachers in those early days, he "boarded around," and frequently slept in an attic room where snow sifted through the eaves; so when he awoke in the morning, the bed was covered with another blanket — a blanket of white.

From his early boyhood, the Doctor burned huge quantities of midnight oil. He had an insatiable desire for information. After he was certain the rest of the family was asleep, he would light the oil lamp and sometimes study until dawn.

He learned to play the violin and piano, and several of the pictures he painted show he had considerable ability as an artist. At an early age, he studied shorthand, mastering the principles in a few weeks. Proof of his excellent penmanship and great manual dexterity may be found in several notebooks which are filled with copper plate characters.



Dr. Kellogg Riding Bicycle

A Glimpse of the Future

One day while working in the broom factory, he stopped for lunch, and, sitting down on the back steps of his home, with his head in his hands, was thinking about the future. Before him there was a field and some buildings enclosed by a fence. Suddenly all these things vanished, and before his mind's eye there appeared as if in a dream, a winding road up a hill which terminated at a school house. There were many children coming along the road, pitiful, dirty, ragged, unkempt, going toward the schoolhouse. Then he saw himself standing in the door of the schoolhouse beckoning to the children to come in. At that moment he found his life-work — helping children, bettering humanity. Some of the faces of those children were so deeply impressed upon his mind that he found himself constantly looking for them in later years. Doctor and Mrs. Kellogg took into their home, carefully reared and educated more than forty children.

Even after all the children reached maturity and scattered to various parts of the world, where some of them are now holding positions of trust and distinction, Dr. Kellogg's interest in little ones did not lessen. He provided for the children of Battle Creek a large modern playground equipped with a splendid pool, volley ball court and a great variety of other outdoor games. The children were encouraged to take sun baths, and for several years biologic dinners were provided without cost, with the hope of training the youngsters in wholesome dietetic habits. Undoubtedly the salutary influence of the many exceedingly interesting and very important health lessons they learned will continue to the end of their days.



Dr. Kellogg Playing a Favorite Tune, "Dixie"

The Three-Quarters Century Club

While Dr. Kellogg was greatly interested in the welfare of children, in fact, in that of persons of all ages, in recent years, he took an especial interest in the aged. This led him to organize the Three-Quarters Century Club, and he employed organizers to establish similar clubs throughout the country. He felt that many aged persons sat apathetically in the chimney corner, little interested in the world about them, and were merely awaiting the end. He thought that something should be done about it. He admonished them to stand straight, walk with a firm step, and to interest themselves in community life. The Club was an immediate success. Sometimes Dr. Kellogg addressed the Club on health subjects, telling them how to live so they would not only derive greater enjoyment from life but would also prolong their life expectation. Meetings are held for two hours every Saturday afternoon, most of the program being contributed by the members themselves. Some read selections which they think interesting, some relate stories or give recitations, others sing or play musical instruments, and an agile gentleman of ninety-one gives amazing exhibitions of tap and ballroom dancing.

Dr. Kellogg attended school only a small fraction of the time required by the average student to secure the preliminary education needed for entering medical school. At seventeen, he attended high school for one year and graduated.

Medical Education

At twenty, John enrolled at Bellevue Hospital Medical College for the study of medicine, not for the purpose of becoming a practicing physician, but because he felt a medical education was essential to aid him in teaching, to which he expected to devote his life. At first, the sight of blood made him ill, and many times when seated in the amphitheater while his teachers were instructing the class in surgery, he was able to endure only momentary glimpses of the operation, turning his head and keeping his eyes fixed upon the wall during the greater part of this period.

In order to make the small sum of money he had available for securing a medical education meet his expenses, he found that drastic economies were necessary. Shortly after arriving in New York, he bought a barrel of apples and a barrel of graham crackers. For breakfast he ate seven crackers and a couple of apples. On special occasions he would cook a bowl of oatmeal, or bake a potato in the ashes of the fireplace of his small room. One cocoanut was dessert for an entire week. On this simple fare he was able to work fourteen or more hours a day, and gained seventeen pounds. To make certain that he would acquire all the knowledge the school afforded, he arranged with the leading professors of Bellevue for special instruction, and in this way studied subjects which were not in the regular curriculum, or which were only lightly touched upon. He expended, in fact, several times as much money for tutors as he did for tuition.

Although John was already doing much more work in medical school than the other students, he continued to supply much of the copy for the predecessor of GOOD HEALTH, *The Health Reformer*, and read the proofs during the two years he was in New York, 1873 to 1875.

Dietary Experiments

Soon after Dr. Kellogg became superintendent of the Health Reform Institute, the predecessor of the Sanitarium, he began to work to improve the dietary of the patients. Every food that he offered to the public was devised to meet a specific need.

The complaint of a patient led to the preparation of the first prepared, or ready-to-eat food. A lady came to the Doctor's office and declared that he owed her ten dollars to pay for the damage done to a bridge which she had broken in attempting to masticate the hard zwieback which had been prescribed for her. This very forcibly called his attention to the fact that some patients have sore teeth; others have lost many teeth or have no teeth at all, and still others wearing dentures can not chew hard food. To overcome this difficulty, the zwieback was ground into small particles, or granules, and he called the product *Granola.*

Not being entirely satisfied with *Granola*, Dr. Kellogg experimented with the hope of producing a flaked food. Experiment after experiment had proved unsuccessful. One morning when he awoke, after a particularly discouraging series of experiments the night before, he felt sure that the difficulty was solved. He declared that his subconscious mind had been active all night and had worked out the formula while he slept. He went to the kitchen, prepared some wheat and put it through a roller that Mrs. Kellogg used for thinning dough. While he turned the crank, an assistant scraped off the flakes with a large knife and placed them in the oven to bake. The result was as fine flakes as have ever been made since.

This was the beginning of the breakfast food industry, and it changed the American breakfast.

There was still, however, much work to be done before this new product could be put upon the market. To produce flakes on a commercial scale, it was necessary to invent machinery and build ovens for producing them in large quantities. The new food met with such immediate success that swarms of imitators rushed to Battle Creek, formed companies and sold stock, and some of them even put up factories. As was to be expected, most of them soon failed and hundreds of thousands of dollars were lost by investors.

Dr. Kellogg formed the Toasted Corn Flake Company, and, after it was well launched, because he was fairly overwhelmed with professional work, sold out his interest in it to his brother. The proceeds of the sale were used by the Doctor to found the Race Betterment Foundation, an eleemosynary organization which has for its purpose the betterment of the race. His will reveals, as his close friends felt quite certain would be the case, that his entire fortune has been left for the betterment of mankind.

Three Race Betterment Conferences have been held under the auspices of the Race Betterment Foundation, which were attended by the leading scientists of America and Europe, and several million lines regarding the proceedings of the Conferences appeared in the American and foreign press.

In 1878, Dr. Kellogg was appointed to serve as a member of the State Board of Health of Michigan. Outbreaks of typhoid fever, dysentery and other diseases due to contaminated water were all too common. Little interest was shown in public health and hygiene. People in those days did not know the meaning of the word "germs." When shown germs through a microscope, one woman asked Dr. Kellogg, "How large are they?" When he answered, "If we were to lay 20,000 of them in a row, they would measure approximately one inch," she said, "Oh, I am not afraid of them little fellers."

Sanitarium Put Upon Scientific Basis

Dr. Kellogg's participation in the work of the Sanitarium began when he was only fourteen years of age. On April 25, 1867, his father taking a leading part, with several other men organized the Health Reform Institute, a water-cure. It flourished for a decade, but then the water-cure era began to wane, and the institution was piling up such a large deficit that the board of directors decided that unless a radical change in its policies were effected immediately, and more efficient management instituted, it would have to close its doors. The minutes of the board meeting show that all the members of the board were agreed that if the institution could be saved from bankruptcy, Dr. Kellogg, who had recently graduated in medicine, was the one person who could do it. A committee visited him in Wilmington, Delaware, where he was writing a book, and after much persuasion induced him to return to Battle Creek to become superintendent of the crude little water-cure. He agreed to come for one year, and with the definite understanding that its work would be placed upon a thoroughly scientific basis.

On the morning that Dr. Kellogg assumed the duties of superintendent of the institution, he had only twelve patients. The Sanitarium consisted of a few small wooden cottages with extremely crude facilities for giving treatment. There were no trained nurses or expert physiotherapists. Farm hands and maids were pressed into service for giving treatment. They alternated between wielding a hoe and making beds and applying fomentations. As there was but one treatment room, the men and women received treatments only on alternate days.

The Doctor immediately got his small, untrained staff together and told them that he was going to conduct classes, and they would be compensated for the time they spent in the classroom in study. Several of the workers said that they would have none of this and left at once, but the majority were eager to learn.



Dr. Kellogg and His Old Friends, Drs. William and Charles Mayo

The early classes expanded in size from year to year as the work increased, and later developed into three schools, the School of Nursing, the School of Home Economics, and the School of Physical Education. Later, these schools were merged into one organization, Battle Creek College, an institution of learning accredited by the North Central Association.

When Dr. Kellogg was engaged to take charge of the Health Reform Institute, nothing was said about the salary he was to receive. At the end of the year the board voted him a thousand dollars, which he accepted only upon the condition that it be used to help pay for the building it had been necessary to construct because of the great increase in patronage.

Although Dr. Kellogg performed over 22,000 surgical operations and saw in consultation many times this number of medical cases, he never accepted a fee. Soon after he began to do surgical work, the board offered him the fees for operations he performed in lieu of salary. In declining the offer, he said that he would rather work for nothing than to accept surgical fees.

A Prolific Writer

Of the fifty books Dr. Kellogg wrote, which had a circulation of more than a million copies, some, such as the "New Dietetics" (1921) and "Light Therapeutics" (1910) were the first authoritative scientific works ever published in America in their respective fields. One of the Doctor's early books was a volume of 1,675 pages, "The Home Handbook of Modern Medicine," which has been used by hundreds of thousands of persons in the home treatment of the sick. "Rational Hydrotherapy" (1900) is still in use as a textbook as is also "The Art of Massage" (1895). Space will permit mention of only some of the Doctor's other most important books, as follows: "Plain Facts," "Ladies' Guide," "The Living Temple," "Autointoxication," "Colon Hygiene," "The Crippled Colon," "Tobaccoism," "The Itinerary of a Breakfast," "The Natural Diet of Man," "How to Have Good Health," "Ideas," and a number of physiologies which were used as textbooks in public schools.

European Study Trips

Dr. Kellogg made a number of trips abroad to study surgery under the world's greatest surgeons, especially Professors Billroth and Wölfler, of Vienna, and outstanding specialists in London, Paris and Berlin. He also studied at the Pasteur Institute, where he became acquainted with Pasteur himself, and the laboratories of Winternitz, Pavlov, Metchnikoff, Finsen, Charcot and Du Jardin Beaumetz. Every time Dr. Kellogg visited London, he called on his old friend, the eminent surgeon, the late Dr. Arbuthnot Lane.

A Surgical Record

In 1889, he spent five months with Lawson Tait, the father of abdominal surgery, to study his methods. At that time, the mortality rate in this country in cases in which the abdomen was opened was alarmingly high, twelve to twenty per cent. Lawson Tait had made a record of 116 cases successfully operated without a single death. Upon Dr. Kellogg's return home, by following Tait's surgical technic, and adding biologic diet and the special aftercare all Sanitarium surgical cases received, at the end of five years the Doctor was able to show a record of 165 consecutive abdominal operations without a single death. This was the best surgical mortality record made up to that time in abdominal cases, and is all the more remarkable because performed with bare hands, for rubber gloves, which very greatly reduced the danger of infection, had then not yet appeared. Dr. Kellogg devised a number of operations and surgical instruments which we will not attempt to describe here. Even after eighty, he had lost little of his deftness and surgical skill.



Dr. Kellogg Admi

Aided in Establishing Many Sanitariums

Dr. Kellogg's zeal for spreading the principles of biologic living was boundless. He established a medical work in Mexico and a number of sanitariums in this country, which he placed in charge of graduates of his school, the American Medical Missionary College. He had to spend half his time on railroad trains to make the rounds of these struggling institutions, to do their surgery, as for many years they had no one trained for this work. He accepted no fees, paid his own traveling expenses and those of his secretary, and even insisted on paying for room and board at each place he visited, although at that time, due to his many charitable activities, he was thousands of dollars in debt.

Invented Peanut Butter

In the early days, when meat was discarded at the Sanitarium, it was largely replaced by peanuts. The wisdom of making this substitution has been well borne out by the results of numerous experiments in nutrition laboratories showing that the protein of the peanut is complete, and in every essential way equal to that of flesh



ing an Orchid

foods. For complete digestion, however, the peanut must be thoroughly masticated, which many patients neglected to do. German investigators had shown that particles of nuts as small as the head of a pin escape digestion entirely and pass through the alimentary canal like foreign bodies. It occurred to the Doctor that reducing the peanut to a smooth paste by mechanical means would insure its easy and thorough digestion and practically complete utilization. The wisdom of his insistence on using peanuts which had not been roasted has been well demonstrated by careful studies made in nutritional laboratories. Roasting destroys the vitamins of the peanut and also reduces its digestibility. After a few experiments, he produced peanut butter, which today is delighting the palates and improving the diet of millions of children, as well as adults all over the land.

An Inventor and Pioneer in Medical Progress

Dr. Kellogg was an inventor as well as a pioneer in medical progress. Many therapeutic appliances now found in all up-to-date hospitals, as well as many prepared foods in common use today, first made their appearance at Battle Creek. Space will permit mention of but a few of his inventions and foods he prepared.

Nut Meat

When Dr. Charles W. Dabney, founder of the Cincinnati University, was assistant Secretary of Agriculture, in 1893, he wrote Dr. Kellogg that he believed the country would soon be faced with a meat shortage, because the population would increase, and the free grazing lands of the West were being cut up into farms; that this would be followed by higher prices, and suggested that the Doctor prepare a vegetable substitute for meat. He followed Dr. Dabney's suggestion, and the result of the very first experiment was *Protose*, which in flavor, texture, and chemical composition closely resembles meat, but of course is free from trichinae, tapeworms and the other loathsome parasites sometimes found in flesh foods.

Although the population has increased, and the number of acres now devoted to cattle ranges has diminished, as Dr. Dabney predicted, still the country has not been faced with a great meat shortage. This is due to the fact that the per capita consumption of flesh foods has been reduced fifty per cent during the last half century. Dr. Kellogg has had more than a small part in bringing about this wholesome change in the dietary habits of the American people.

Electric Light Cabinet Bath

Soon after Mr. Edison perfected the electric light (1891), Dr. Kellogg recognized its possibilities as a therapeutic agent, and devised the electric light cabinet bath and a number of other appliances for the application of light therapeutically.

The electric light bath has come into general use throughout the civilized world, and has almost wholly replaced the old Turkish bath and the Russian or steam bath. Its superiority over older forms of hot baths is due to the fact that the rays of radiant energy do not stop at the surface, but penetrate the tissues to a considerable depth, thus producing effects which could not be achieved by ordinary sources of heat.

The bath was exhibited at the Chicago Exposition in 1893, where it was seen by a German manufacturer who on returning home began its manufacture. It achieved immediate popularity in Germany, and hundreds of so-called light institutes soon appeared in the leading cities. King Edward of England was cured of distressing gout at Homburg by a course of treatment which included a series of light baths. He had the bath installed at Windsor and Buckingham palaces. Emperor William followed his example, as did King Oscar of Sweden, and several of the other crowned heads and titled families of Europe.

A little later, the Kny-Scherer Company, of New York, imported the bath from Berlin; and when Dr. Kellogg called, as was his custom when he was in the city, to see if they had anything new, Mr. Kny declared with a triumphant air, "Yes, indeed. We have something just in from Germany in which I am sure you will be greatly interested." He then took the Doctor into another room and introduced him to his own electric light bath. After it had been blessed by the leading savants of Europe, its value began to be recognized in this country, and today the time has almost arrived when no hospital will be considered completely equipped which does not include in its therapeutic armamentarium a full set of electric light appliances.

From the very beginning of his work, Dr. Kellogg made extensive use of sun baths, and, in order to give Sanitarium patients the benefit of the remarkable therapeutic effect of the solar rays during the almost sunless winter months, devised and had installed at the institution, a large battery of arc lights, capable of tanning the skin in minutes instead of hours, which is the case when the body is exposed to natural sunshine.



Dr. Kellogg and Dr. Allan Dafoe

So-called indoor sunshine has for many years been an important part of the Sanitarium program. The sensitivity of every patient to the actinic rays of the arc light was carefully determined by means of accurate tests, and each dose was prescribed so as to produce maximum results, that is, a slight so-called sunburn or erythema, which, as shown by Hill and other authorities, increases the ability of the blood to combat bacteria.

A New Electrical Current

In 1883, in experimenting with various types of electrical currents, Dr. Kellogg discovered one which later became known as the *sinusoidal current*. Unlike other currents employed at that time for producing muscular contractions, all of which were extremely painful and therefore could not be used for a sufficient length of time to produce significant effects, this current does not cause the slightest discomfort. By means of the sinusoidal current, patients who are unable to take voluntary exercise because of heart disease, rheumatism, or some other crippling disorder, may bring into vigorous activity all the large groups of muscles of the body, and perform a graduated or prescribed amount of muscular work. Sometimes an obese patient may be seen lying in the automatic exercise chair fast asleep, but doing as much work as a man digging a ditch.

A Four-Gaited Charger

It is general knowledge that Teddy Roosevelt was a Rough Rider and rode with all the skill and daring of a Cossack, and that President Coolidge took a daily canter on a mechanical horse without leaving the White House; but few persons are aware of the fact that Dr. Kellogg invented this remarkable four-gaited steed. He also devised the great variety of mechanical Swedish apparatus in use at the Sanitarium, including the Oscillo-Manipulator, an apparatus for giving mechanical massage, hundreds of which are in use today.

"Setting Up" Exercises

Dr. Kellogg was one of the first to prepare a set of exercise, or setting-up phonograph records, which he called "The Health Ladder." Early in the morning, on a hot July day, in a New York hotel room, he prepared the exercises, each of which had to be precisely of the proper length to fit the records. He and his secretary alternated in performing the exercises and keeping track of the time required to perform each one, by means of a stop watch. Hour after hour was spent at this task, so as to have everything perfect when the exercises were set to music. When this work was completed, his secretary, who regarded himself as something of an athlete, was nearly exhausted and thought his physical culture orgy would surely render the Doctor *hors du combat* for the rest of the day. Instead, he announced that he had an appointment in a few minutes at the studio where the records were going to be made. There, with the help of the stirring, lilting music which accompanies the exercises, Dr. Kellogg again performed them all, some many times, until they were perfectly recorded, and then, after returning to his hotel, dictated until well past midnight.

Soy Acidophilus a Valuable Remedy

The soybean, which for centuries has taken the place of meat, milk, and eggs in China, first appeared in this country in the 1890's, when Dr. Kellogg became acquainted with it; and from that time until a few days before his death, he made it the subject of experimentation. He discovered, among many other things, that milk prepared from this bean is the best medium for growing the *Bacillus acidophilus*, a friendly, acid-forming germ which protects the intestine from disease-producing bacteria. The last product of his experimental work is soybean "butter," which has the rich golden hue of dairy butter, and is so nearly like it in flavor that it is exceedingly difficult to differentiate between the two.

When the quintuplets were only a few months old, Dr. Kellogg, who was greatly interested in them, noted an item in the public press stating that they were suffering from severe bowel trouble, which might have disastrous results. He immediately sent a telegram to Dr. Dafoe, informing him that he was sending something that would cure the quintuplets. He sent a small quantity of soy acidophilus milk with directions for its use. In ten days a most appreciative letter arrived from Dr. Dafoe, saying that his little charges were well on the road to recovery and that he would be glad to have an additional supply. Later, Dr. Dafoe placed a standing order for this life-saving milk, and it was used by the quintuplets daily as long as he was their physician.

The Universal Dynamometer

Dr. Kellogg was an earnest advocate of physical training and daily exercise not only for promoting muscular development and the strength of the heart, but also to improve posture and raise resistance to disease by increasing lung capacity, and consequently supplying the body with more oxygen. He did not believe in producing

huge, bulging arm or leg muscles only, but insisted that the whole body should be developed symmetrically. No apparatus was available for testing the strength of the twenty principal groups of muscles of the body, and therefore it was impossible to determine the effect of the exercises he prescribed. This led him to invent the Universal Dynamometer, an exceedingly ingenious device by means of which the strength of every one of the large groups of muscles of the body may be accurately measured. With this data in hand, the Doctor was able to prescribe exercises in each case which would bring up the strength of the weak groups of muscles to a predetermined standard.

The midshipmen of Annapolis and the cadets of West Point are subjected to tests with this Universal Dynamometer, and they are required to meet a certain standard of muscular development before they are granted permission to attend baseball or football games, or other athletic events.

Dr. Kellogg himself, even after attaining the age of ninety, in fact, until shortly before his death, took regular daily exercise. He jog-trotted a quarter to a half mile every morning, wearing only shorts and shoes, in all weather, although the temperature might be below freezing. He was exceedingly fond of bicycle riding, and could often be seen pedaling along some country road far from home.

The "Question Box"

For over half a century Dr. Kellogg conducted "Question Box" lectures on Monday evenings in the Sanitarium parlor. Guests dropped questions on health into a box which the Doctor opened only after facing the large crowd which always turned out for his talks. At these lectures, which were a popular feature at the Sanitarium, he showed a knowledge of a wide range of subjects dealing with health and hygiene by unhesitatingly answering question after question, and in such a lucid manner that even a child could understand each subject covered.

A Catastrophic Fire

On February 18, 1902, the Sanitarium and the Surgical Hospital burned to the ground. The patients were all removed from the buildings without loss of life. This catastrophe left the institution $18,000 in debt. On the day of the fire, as Dr. Kellogg stepped off the train at Chicago en route to Battle Creek from California, he was accosted by a reporter, who asked, "Are you going to rebuild?"

"Rebuild what?"

"Don't you know that the Sanitarium burned down early this morning?"

"No," replied the Doctor, "but of course we will rebuild."

Plans for Rebuilding

Immediately after boarding the train for Battle Creek, Dr. Kellogg plunged into the task of making plans for a new building, and when he reached home had prepared rough drawings of a million dollar structure, which was completed one year later. Appreciative patients who had received great benefit at the institution loaned money and the citizens of Battle Creek had a mass meeting, also doing everything in their power to help forward the work. The local banks loaned every penny they could legally and gave the institution their hearty support. Very little money was donated. Just enough funds arrived each week to pay for material and to meet the payroll. At no time was there sufficient money on hand to take care of expenses for more than a week. The rooms were filled as rapidly as they were finished.

The work flourished and kept growing until during the summer months the institution's accommodations fell far short of meeting the demand, although a large building known as the Annex and many cottages were pressed into service. It was not unusual for several private railway cars occupied by men of large affairs to be on the sidetrack while they waited for rooms at the institution. The hotels in the city and many rooming houses were also filled with patients.

It was obvious to all members of the board that it was necessary to provide additional quarters for this large influx of patients. Various plans were suggested. One board member felt that a twenty-five story building should be constructed. The majority of the board decided on a fifteen-story structure with 200 rooms. Then, after listening to an eloquent plea for a large dining room to be constructed at an expenditure of one million dollars, this was also agreed upon.

Dr. Kellogg's views were more conservative. He insisted that one million dollars was all that should be invested in the new addition. He also pointed out that the dining room then in use on the top floor was ideally located. It was cool in summer because of perfect cross ventilation and afforded a beautiful view of the city. He said that he had experienced a number of panics and prophetically added that we had no reason to think that they would not strike again. Of the ten members of the board, only one held the same views as did Dr. Kellogg. President Hoover had said, "Prosper-



George Bernard Shaw and Dr. Kellogg



Dr. Kellogg and Dr. Alexis Carrel

ity has come to stay"; and, as the members of the board were all staunch Republicans, they insisted that Hoover was right and the Doctor was in error. Their minds were made up and all the arguments Dr. Kellogg advanced fell on deaf ears. If they had followed Dr. Kellogg's advice, the institution would have been spared many trials, hardships, dark days, and a humiliating receivership.

Two New Words

Horace Fletcher, while on a lecture tour for the purpose of impressing upon the American people the importance of thorough mastication, visited the Sanitarium. One day, in conversation with Dr. Kellogg, he said that Pasteur had become immortal by having his name in the dictionary, and Mr. Fletcher felt that his life would be a success if he could be likewise honored.

Dr. Kellogg said, "I will put it in the dictionary for you."

"But how can you do that?" Mr. Fletcher asked.

The Doctor replied, "I will write an article about *Fletcherism* for my journal, GOOD HEALTH, and Mr. Funk, of Funk and Wagnalls, will see it, because he reads the magazine carefully every month; and in the next edition of the dictionary, the word *Fletcherism* will be sure to appear." Dr. Kellogg's prediction came true, and Mr. Fletcher was highly elated and most effusive in his thanks.

When Dr. Kellogg prepared the literature for the institution back in the eighties of the first century, he changed the name from Health Reform Institute to Battle Creek Sanitarium. Soon letters began to arrive pointing out that evidently an error had been made, for while the word *sanatorium* could be found in the dictionary, *sanitarium* could not. Unabashed, the Doctor replied that it would quickly find its way into the dictionary, and it did.

A Long Drive

For a few seasons Dr. Kellogg got out on the golf course occasionally and played remarkably well for a person who had not hit a ball until he was sixty-five. On one occasion, after reading a medical paper at Cleveland, having a couple of hours before train time, he dashed out to a golf course with his secretary to play nine holes. There was a large gallery at the first tee. He stepped up to the ball briskly, swung smoothly, and the ball came to rest in the center of the fairway about 200 yards away. He received a round of applause and was as much pleased as a Jones or a Hagen on winning a championship.

A Mechanical Einstein Defeated

Dr. Kellogg's mind was encyclopedic. Even after attaining the age of ninety, he had stored in his brain, available for instant use, a great amount of data, such as dates, tables of weights and measures, etc. He could solve difficult mathematical problems with great celerity and made use of algebra and trigonometry when necessary.

This brings to mind the sad experience of a salesman who wanted to sell the Doctor a calculating machine. After the young man gave a glowing account of the wonders this device could perform, Dr. Kellogg submitted a problem to him for solution. The salesman said that he could work it out very quickly with the aid of his mechanical Einstein. He immediately began tapping the keys industriously, but when only half through, he was astounded when the Doctor announced the correct answer. The same performance was repeated several more times, and then the crestfallen gentleman hurriedly packed up his belongings and slipped out of the office.

An Indefatigable Worker

Tuberculosis, formerly the King of Death, has been dethroned by heart disease, or disease of the heart, blood vessels and kidneys (high blood pressure). The cause of this malady is generally attributed to overwork and the strain and wear and tear of modern life. Dr. Kellogg did not hold this view. He frequently remarked that it is not the work the professional or business man performs that hastens his end, but the cigars he smokes, the alcohol and coffee he drinks, the excess protein he consumes, and the host of bad habits he cultivates. The Doctor's life indicates very strongly that his contention is based upon fact. Twelve, fourteen or even eighteen hours a day of the hardest sort of work requiring intense concentration was his regular program. He literally worked every moment he was awake. It was not unusual for him to spend eight to ten hours at the operating table, see a score or more patients in consultation, dictate replies to a basketful of letters, write several articles for GOOD HEALTH, translate a chapter or two from a medical work in French or German, and in the early morning slip into bed for four or five hours of rest, and then repeat the same performance the next day, and the next, and the next, indefinitely.

One morning a telegram arrived stating that two chapters which Dr. Kellogg had promised for a book in two weeks must be in the mail the next day, because the publication date had been advanced. He began work at once with the determination to accomplish in twenty-four hours a task to which he should have devoted a week. He and his secretary got an early start and at five o'clock the next morning, the manuscript was finished.

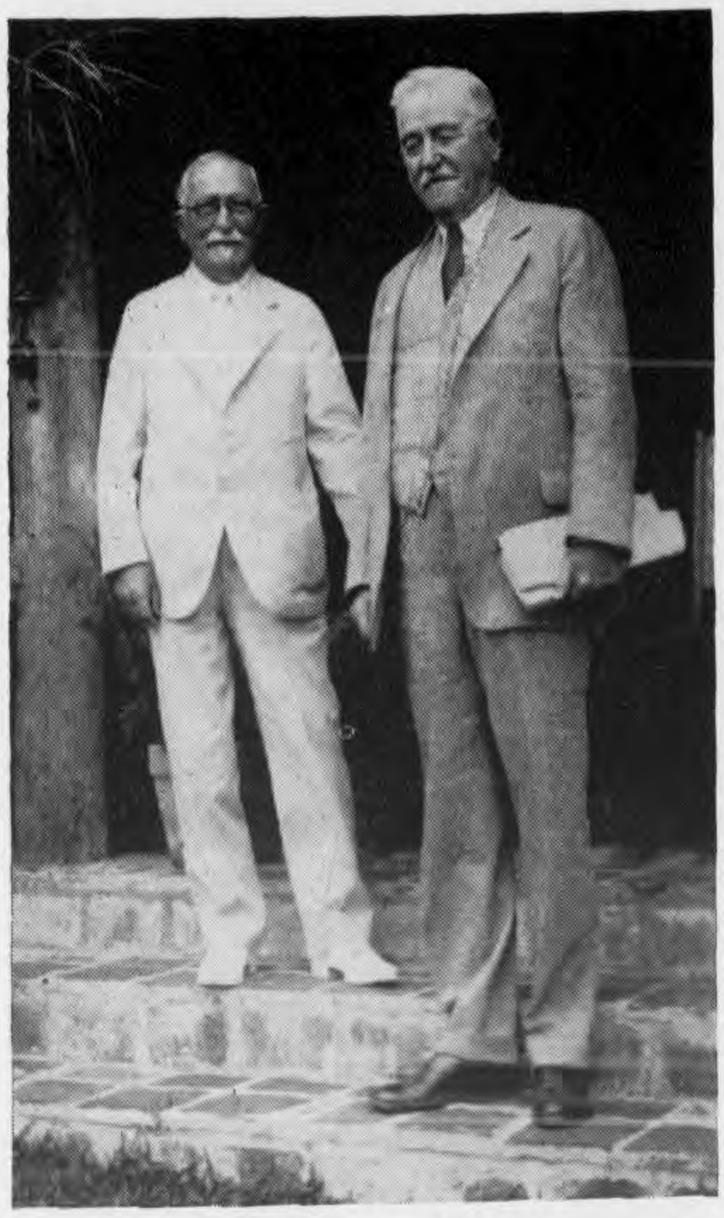
The bibliography had been carefully checked, each word had been proof read, and the manuscript was taken to the post office to be speeded on its way by an early morning plane. A few hours later he could be seen in the outdoor gymnasium trotting around the track attired in shorts and shoes, enjoying the crisp morning air. On another occasion he dictated for forty-eight hours without sleep, and suffered no ill effects from this orgy of work.

The Miami-Battle Creek

On visiting Florida during the winter months, Dr. Kellogg frequently encountered former Sanitarium patients who besought him to start an institution there, so they might have the advantages of Battle Creek diet and treatment in addition to those of the delightful climate. When word reached Florida that he might be interested in starting an institution in that State, within a short time prodigious quantities of mail arrived from individuals and chambers of commerce from almost every town in Florida. The offers ranged from small cottages to large hotels and one million dollars in cash.

Mr. Glenn Curtiss of aviation fame, a former patient of the institution interested in spreading the gospel of biologic living, offered Dr. Kellogg a fine hotel worth over a quarter of a million dollars, in a beautiful tropical setting, for one dollar. The Doctor remarked, "That's too cheap," and handed Mr. Curtiss a ten dollar bill.

In order to practice medicine in Florida, Dr. Kellogg was required to pass the State medical board examination, which he did with a high mark, certainly no small feat for a man of seventy-eight years. The institution was an immediate success. After he had fully equipped it and placed the work upon a sound financial basis, he incorporated it as an eleemosynary institution, the Miami-Battle Creek, and turned it over to a board of trustees for the benefit of the public. A large addition to the building was made and the grounds, through Dr. Kellogg's careful planning, were transformed into a veritable tropical fairyland, one of the show places of Florida. He superintended the planting of each tree and shrub, and had set out a hundred tall palms, graduated in size so they formed what he called "a cathedral." The slender trunks of these trees were studded with bright colored orchids, and at their bases gigantic ferns spread their graceful fronds.



Dr. Kellogg and Dr. William Dabney, Founder of Cincinnati University



Dr. Kellogg and Dr. Wilfred Grenfell, the Hero of Labrador

The outdoor gymnasia — one for men and one for women — enclosed by a scarlet hedge of turk's cap, hibiscus and poinsettia, were used for sun bathing, prescribed exercise, volley ball, badminton and other outdoor games. In the beautiful patio could be seen an infinite variety of flowers and shrubs which possessed every hue of the rainbow. From the trees were suspended gorgeously colored exotic orchids, some of which exhibited the sheen of shimmering silk, while others appeared to be sprinkled with diamond dust, and always elicited "ohs" and "ahs" of surprise and delight from all who saw them. Patients greatly enjoyed watching the numerous humming birds, which resembled sparkling winged jewels as they darted here and there among the bright colored flowers in search of nectar. In a crystal-clear pool, into which a miniature brook trickled, there were scores of tropical fish of many colors and fantastic shapes. On the surface of the water, pink, yellow, red and white lilies flowered all winter, or there appeared the leaves of the Amazon lily, which sometimes attain a length of five or six feet, and can easily bear the weight of a child.

In 1942, the Army leased the Miami-Battle Creek, and it now provides luxurious accommodations for members of the air corps.

Ninetieth Birthday

In February, 1942, while in Florida, Dr. Kellogg was informed by many of his old friends and the secretaries of civic bodies that they wished to honor him on the occasion of his ninetieth birthday with a testimonial banquet. When he demurred, the committee said the banquet would be held even if he were not present, so he reluctantly consented to appear. In his short talk at the banquet, he stated that what had been accomplished at Battle Creek was not due to his efforts but was the result of teamwork, and that every person who had ever been connected with the work had contributed to the success of the enterprise. He further said that he deserved no credit and

wanted none, for he had always done what he wanted to do.

Hundreds of congratulatory messages arrived from all parts of the world. The Governor of Michigan, Murray D. Van Wagoner, issued a proclamation proclaiming February twenty-sixth John Harvey Kellogg Day throughout the state. As a testimonial of what he had done for the community, the citizens of Battle Creek presented him with a beautiful scroll. Through the Sanitarium the fame of Battle Creek has spread to every civilized land. The large food factories, really outgrowths of his work, have made it the "food city." In recognition of his crusade for better health, the call letters of the local radio station are W-E-L-L.

Dr. Kellogg's method of dictating articles and books was unique. Instead of preparing a rough draft and perhaps several more copies, each time making numerous changes before the manuscript was ready for the press, he made revisions while dictating. He would dictate a portion of a sentence, or a complete sentence, and then his agile mind would dart as rapidly from word to word as do the nimble fingers of an expert pianist in striking the keys, stopping here and there to insert or delete a word or a phrase. Frequently whole pages went to the printer without a single addition or revision. Especially in recent years, he never saw many of the articles he dictated until they appeared in print.

Even more remarkable was the manner in which he answered the thousands of letters which passed over his desk. He was an exceedingly rapid dictator. Fifty, sixty, or even seventy-five letters were sometimes answered in a single session. Although his secretaries were men who had had experience as court reporters and of course could write rapid shorthand, they were always called upon to employ all the manual dexterity they possessed.

The Sanitarium's Contribution to the War Effort

During World War I, the War Department had expressed an interest in acquiring the Sanitarium buildings, but at that time for a variety of reasons which space will not permit us to discuss here, the transfer was not made. After Pearl Harbor, however, Dr. Kellogg, who felt no sacrifice was too great to make for our wounded and sick fighting men, whose welfare was uppermost in his mind, readily consented to having the Army acquire some of the large Sanitarium buildings for hospital use. These structures were remodeled and are now known as the Percy Jones General Hospital, one of the finest military hospitals in this country.

The Move to New Quarters

The only suitable place available into which the institution could move was a group of excellent buildings owned by the Race Betterment Foundation, an eleemosynary organization which Dr. Kellogg founded. The Sanitarium board turned over to the Doctor the task of moving the patients, treatment rooms, medical equipment, furniture, the kitchen with all its appurtenances, in fact, the institution in its entirety, to the new quarters. Here was a huge task the equal of which few men nearly ninety have been called upon to perform. As might be expected, there were not a few Doubting Thomases who rather loudly expressed the view that this Herculean task could not be performed. One member of the board said that it would be a miracle if the Doctor were successful. Dr. Kellogg made plans to meet every emergency and personally directed the work, which was carried out so well that not a patient missed a single meal or a treatment. The work in the new quarters, which have many advantages over the old, including, among many other things, new and greatly improved treatment rooms, has been most successful.

Tributes to His Memory

Shortly after the news of Dr. Kellogg's death went out to the world, messages arrived from all parts of the country, from those who have themselves benefited by his teaching and recognized his greatness and service to humanity. We can give but a few of these tributes. To print them all would more than fill this journal.

Ex-President Hoover: "Dr. Kellogg lived a long and exceedingly useful life. Many thousands owe their health and happiness to him. He was a good American and hosts will mourn his passing."

Frank Knox, Secretary of the Navy, from Washington: "The sudden passing of Dr. Kellogg robs the country of one of its greatest individualists and leaders in medicine. His contribution to national health and well-being was very great and will be long remembered."

John D. Rockefeller, Jr., from New York: "Am deeply saddened to learn of the death of Dr. John Harvey Kellogg, my warm friend for many years. Throughout his long and fruitful life he has devoted himself in countless ways to the relief of human suffering and prolongation of human life. His many friends, known and unknown, throughout the length and breadth of the land, will mourn his going and bless his memory."

J. Arnold Reid, London Vegetarian Society, London, England: "On behalf of the Executive Committee of this Society, I beg you to accept a warm expression of my Society's deep sympathy with you all in the great loss which you and your colleagues at Battle Creek have sustained in the passing of such a brilliant worker as Dr. Kellogg in the field of scientific labour, in which he was such a distinguished international authority."

U. S. Senator Arthur H. Vandenberg, of Michigan, from Washington: "Dr. John Harvey Kellogg was one of the truly great men of his time — great in his profession — great in his humanities — great in his citizenship. The world is better for his having lived, infinitely poorer by his death. We have all lost a rare benefactor and a precious friend."

Copies of GOOD HEALTH are available at ten cents each, twelve for one dollar, postpaid. Just send us a list of the names and addresses of friends to whom you want to send this memorial number, together with your remittance, and we will mail the magazines promptly.

THE FLOWERS AT EVENING PRAYER

The sinking sun at close of day
Shot forth one brilliant, golden ray
That painted field and hill and glen
With marvelous coloring, and then,
Reflected back from earth to sky,
Made banks of glowing gold on high;
Fit signal thrilling through the air
To call the floral world to prayer.

The stately Sunflower bowed its head.
It seemed as if it softly said,
"Good night," to every neighbor, fair,
Then reverently breathed a prayer.
The Four O'clocks were fast asleep,
The Morning-Glories sought to keep
The secret of their perfume well
By closing tight each fragrant bell.
The Roses, weeping tears of dew,
Drooped pensively. The Lilies knew
That soon the purple shades of night
Would hide their gleaming robes of white.
The Fringed Gentian, forest queen,
Stood meekly in her cloister green;
And, bending low each verdant blade,
The grass its humble homage paid.
Jasmines with incense filled the air
And flowers all joined in evening prayer.

—John Harvey Kellogg.

OPTIMISM

Look Upward and Outward and Cheer Up

Fear kills. Hope makes alive.

Fear is paralyzing poison. Hope, the best of tonics.

Fear is darkness, death, despair. Hope is sunshine, life, and energy. Fear never saved anybody. Hope has rescued multitudes whose cases seemed beyond help.

But what is this monster, Fear?

Absolutely nothing but a mental fancy — a shadow — a psychologic disease. Fear is not a person nor a force. It has no power to harm anyone without his assistance and cooperation in yielding to its blighting influence.

Fear is a creature of the mind. It does not really exist. "Fear-thought" is a destructive force. It builds only obstacles, produces only scarecrows, ghosts, and bugaboos.

Fear is the ugly offspring of pessimism and cowardice — an enemy — a mischief-maker — a sneak-thief and a false prophet.

"Fear-thought" wastes energy, creates disease, robs you of peace, and predicts failure when success is just at hand.

Cease to look at the black ghosts of despair. Fix your eyes on the bright-hued blossoms of hope. Cease introspection. Look forward. Look no longer downward, but turn your face toward the eternal sky.

The Infinite Power that made you is hovering about you with healing in His wings.

Cheer Up!

— John Harvey Kellogg.

END

ROLL BEGINS WITH Box 13

Clippings Theory + Writings

ROLL ENDS WITH

Clippings Biographical

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ures skillfully applied, are most effective means of aiding the natural powers of the body in their combat with the invading microbes which are the exciting cause of this grave malady.

The principle of fluxion is one of the most useful and readily aplicable of hydriatic methods. This method depends upon the fact that there is a direct connection between the cutaneous circulation and the vessels of all important internal parts. The vessels of the skin of the face and the scalp communicate freely with the arteries and sinuses of the brain. The vessels of the lungs communicate with those of the chest wall. The portal circulation is connected with the systemic at fully half a dozen different points, generally with superficial vessels. The pelvic vessels are directly associated with the vessels which supply the fleshy parts covering the hips and legs.

By hot applications these superficial parts may be filled with blood, and thus the latter may be diverted away from internal parts. This is the foundation of all derivative methods. By this means we may at will divert blood from the lungs, liver, stomach, intestines, kidneys, spinal cord, brain, pelvic organs, or any other internal part, or by cold applications opposite effects may be induced; that is, we may concentrate blood in parts which are in need of an increased blood supply. By alternate applications we may empty and fill any desired organ as often as we may desire, and may continue the process for an indefinite length of time.

By a combination of the fluxion method and a reflex application, most surprising results may be attained. This principle has long been employed in such simple procedures as the hot foot bath in combination with the cold head compress for relief of cerebral congestion. I have thought it useful to generalize the method, and find it a most efficient

means of controlling visceral inflammation of every sort. In tubal or ovarian inflammation, we apply one or two ice bags over the inflamed part, which reflexly contracts the vessels of the inflamed tissues. At the same time we envelop the patient's hips and legs in a woolen blanket wrung out of water as hot as she can bear, wrapping her completely up in a dry woolen blanket so as to secure derivative action toward the skin. At the end of fifteen minutes, or when the skin is well reddened, the wet blanket is removed, the ice bag remaining, and two towels are wrung dry out of cold water and applied, one about each leg, enveloping the limb as completely as possible. Then mackintosh is applied over the towel (a newspaper will answer) and half a woolen blanket over all, so as to secure immediate and thorough reaction and warming up. The ice bag is replaced every hour for ten or fifteen minutes by a very hot fomentation. This is necessary to prevent numbing of the skin, which destroys the reflex effect whereby the inflamed vessels are made to contract. The hot application also relieves pain by a certain inhibitory or anodyne effect most grateful to the patient.

Appendicitis, as well as all forms of acute pelvic inflammation, readily yields to this procedure in ninety-five per cent of the cases in which it is applied early, or within the first twenty-four hours. In cases which are further advanced the results are equally marked, if not quite so certainly successful. I have had an opportunity to test this method in the treatment of a large number of cases of appendicitis, and have rarely failed to see the patient convalescent within twenty-four hours after the beginning of the treatment, and often in less than a quarter of this time. Usually marked relief follows within an hour or two after the beginning of the applications described. The special advantage claimed for this hydriatic method is, that it affords

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SAN ANTONIO, TEXAS, DECEMBER 19, 1908.

THE inconsistencies of women are a theme for perpetual jokes on the part of the average men. But men with all their superiority, are not free from their little failings and one of these is the inconsistent manner in which they give their philanthropic donations. For instance, they will turn a deaf ear to the appeals of well known and reliable citizens, but let some stranger come along with a fake scheme for advertising or some sort of a claptrap entertainment and they will give generously, even when they know that at least two thirds of the money will never go to support the object they are proposing to help. Why let strangers carry off large sums of money? Why not give one-third of the amount straight out and be done with it? A business man said not long since, "When the leading women get behind an enterprise and send a representative out in their name we are just obliged to patronize him or there will be a big to do made about it." Women have never been known to make anything but a very pleasant "to do" over a man that sent his check directly to them, and they would be just as happy to do away with the middle man as anyone if they could secure the money in any other way. As long as the money is so largely under the control of the men, women are obliged to ask them for aid in carrying on the philanthropic work of the country, and men should be glad to give the money if the women will relieve them from the petty details which are incident upon every undertaking for the benefit of humanity.

* * *

That people in every town violate certain laws with impunity is a well known fact and laws, too, that should be upheld by the best citizens. A well known woman asked the other day, "Is there not a law against women going into wine rooms?" When she was assured that such a law did exist she added that frequently as she passed a certain corner she noticed women coming out of the wineroom and just the day before she had seen one in a state of intoxication. This, added to the fact that Sunday morning on one of the principal streets a young man was seen walking with a girl who was so evidently intoxicated that she attracted the attention of all the passers, led this woman to the opinion that steps should be taken to enforce these laws. The public will pass a drunken man by with a degree of indifference, but the sight of a drunken woman gives a shock that is not easily forgotten. On every side there are snares set to entrap the feet of young girls and it is not to be wondered at that they are caught. The community not only permits these traps to be set, but to stand wide open. Periodically there is a wave of reform which sweeps over the town and an effort is made to rescue the victims, but the people are few who fight to abolish the traps or to guard the girls against walking into them. Faithful persevering workers are needed. Women who work in the kindergarten settlements report that there are many girls who are willing and anxious to be organized into clubs and taught that there is a respectable and rational way of enjoying life, but the club women are too intent upon the study of Shakespeare or literature to give any heed to their call, and society must dance and play cards, and thus the girls are forgotten and only a pistol shot or a dose of carbolic acid is able to arouse the public, and then only for a little while.

* * .

The enthusiastic promoters of Esperanto (the universal language) are proving that they are no theorists, as they have established a city and a state on ideal lines. This new city of Esperanto is located in that interesting territory known as Moresnet Neutrals, a little strip of land wedged in between Germany, Holland and Belgium, wonderfully well located for the scene of the experiment. The majority of the inhabitants already speak Esperanto, and the shop signs are nearly all written in that language. The effort which is being made in Moresnet to simplify language and mould the many languages into one is expected to permeate the whole world. An effort will also be made to strike off many of the other traditional shackles. Architecture and dress will be fashioned so as to fulfill the requirements in every country in the most adequate manner. The vulgar will be excluded from art and the music will carefully avoid the extremes of Wagner on the one hand and Kossini on the other. Cookery will offer mankind something better suited to its alimentary needs than dead animals. In brief, Esperanto will be a center and theatre for all the sound and sensible reforms which agitate thinking men and women in every land. A little leven leveneth the whole lump, and may the sensible reforms started in Esperanto extend to all parts of the world.

* * *

A recent writer says that King Edward's reign has brought us many things, and among these the cult of youth and the disappearance of the middle-aged woman. Now-a-days the social world is divided into girls, young wives and great-grandmothers. Much can be said on the side of perennial youthfulness. The desire to prolong one's youth shows a commendable pride and every woman knows that so long as she is able to appear young there will be no "finis" written on the page of her book of life. Indeed, it has been said with much truth that the debutante has her deadly rivals in the whole tribe of young and middle-aged married women. It is also said that many young girls are unable to get the cash they need because their mothers and married sisters spend such vast sums on personal adornment. But how to attain eternal youth—alas, that priceless secret is yet unknown, but the wise ones say, "trust to nature and try to do the trick by plain living and high thinking. The so called "simple life" has become a watchword of the twentieth century. Early hours bid fair to return to favor; meat and alcohol are avoided; lemonade and mineral water rival champagne as the drink of the moment. The rest cures have come to stay and one hour of quiet once in the day will do much to preserve youthful vitality. Plain food is said to help us in our upward course, mental, psychic and spiritual. After you have followed all these rules, live much in the open.

* * *

The Forest School of Charlottenburg is an educational experiment in Germany that is attracting widespread attention from the medical man and advanced educators in every country. Germany is noted for the care it takes of its children and in this it shows its national thrift and foresight. The government takes the children of the poor in hand early and compels them to attend school. Their health is attended to, their ears and eyes are looked after; in short, everything is done to prevent idle, worthless parents from bringing up idle, worthless children. This Wald-Schule is not charity, but a regular school maintained by the city and here the children who are weak physically and mentally are sent, for the teachers have found that in almost every instance when children are weak mentally they also have physical defects. Children whose presence might be detrimental to the others are not admitted. The buildings are the simplest and in fair weather the time is spent out of doors. There is no pomp or show about it but a Christ-like humanity. A writer who recently visited this school says: "To an onlooker it seemed a wise economy, not only saving life, but greatly increasing the earning capacity of those lives in later years. There can be no doubt of the success of the venture upon the children themselves."

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 12/19/08

ALCOHOL AND MEDICINE

By Milton J. Bleim, M. D.

I USE the term alcohol as embracing all beverages whatsoever of which alcohol is the main drug ingredient. I use the term medicine in its broadest possible sense as including whatever relates to the human body in health or disease. It will at once be seen that my subject is most extensive in its scope and that in this brief paper I can touch only upon a few salient points of practical interest.

The alcohols form a group of carbon compounds in organic chemistry, of which methyl alcohol and ethyl alcohol are the chief. Methyl alcohol is produced by the distillation of dry wood and is therefore often called "wood alcohol;" it is also known in commerce as Columbian Spirits, or Colonial Spirits. It is used in the arts and in spirit lamps. The cheaper grades of whiskey and brandy are often adulterated with wood alcohol, thus increasing their damaging effects. Pure wood alcohol is sometimes drunk in ignorance or because of ease of securement. It is violently poisonous and in sufficient quantities will produce death in a few hours or days; five teaspoonfuls have caused death. In more than half the cases, blindness is produced, which is often permanent, due to atrophy of the optic nerve; two teaspoonsful have caused blindness.

Ethyl alcohol is the chief drug ingredients of so-called alcoholic beverages. In the malted drinks, such as beer, ale and porter, the alcohol forms from 1 to 8 per cent. In beer, which is the most common malted drink in this country, the average is about 4 or 5 per cent. The fermented juice of the grape produces the wines, which average all the way in light wines from 9 per cent, up to 20 per cent in the heavy wines. Among distilled liquors—Brandy is distilled from wine and contains 50 per cent alcohol; whiskey is obtained from fermented grain and contains 50 per cent alcohol; gin is distilled from malted grain flavored with juniper and contains 40 per cent alcohol; rum has 45 per cent alcohol and is distilled from molasses. Cordials or liquors are alcoholic spirits made aromatic and sweetened. It has been amply demonstrated that most patent medicines and nostrums contain from 20 to 50 per cent alcohol--as much as the heavy wines and ardent spirits. And yet how many supposed temperance people consume these alcoholic medicines with avidity! Besides alcohol, beer contains various extractives which exert a retarding effect upon digestion. Wines contain various aromatic ethers or acids which contribute to their flavor and palatability; also retard digestion. The various ardent or distilled spirits also contain other alcohol which combined are given the name of "fusel oil" and are considered very poisonous. They are especially evident in freshly distilled spirits, but with age become oxidized, adding to the flavor of the liquor and diminishing by that much the poisonous properties of the drink; this fact accounts for the great store set by liquors of great age.

The standard of alcohol is called absolute alcohol, which is supposed to contain no water, but commonly contains only 98 per cent pure alcohol; dilute alcohol as sold in the drug stores contains only 53 per cent alcohol, which is only a little stronger than whiskey and brandy.

The effects of excessive indulgence in alcohol are so well known and so deterrent that it is not worth while to consume our time in their discussion. The great battle ground in dispute has lain not here, but in the field of so-called moderate drinking; and within recent years the battle lines have been flung even into the sacred precincts of medicine itself and in consequece of the convergent conclusions of a host of skilfull laboratory investigations the serious question is now more and more confronting the medical profession as to whether or not alcohol can longer maintain its position as a helpful and rational therapeutic agent.

That part of medicine which deals with its healing agencies—materia medica and therapeutics—has made great strides within the past twenty-five years in consequence of the experimental work done in the laboratories. Here drugs have been given both to animals (especially dogs, rabbits and guinea pigs) and to man himself in the most careful way and the physiologocal effects have been most minutely noted. In this way we have come to know much more about the action of drugs upon the human body than in the former days of empirical medicine--which was based solely upon experience with the sick. Probably no drug has received more exhaustive or more extensive investigation in this way than alcohol. For years there were more or less conflicting reports by various observers. Especially was there doubt as to the true effects of alcohol upon the process of digestion and as to whether it is in any sense and even in the smallest quantity that "stimulant" of which we hear so much. But today all the most competent observers are a unit upon almost every essential feature and the differences have narrowed down to the vanishing point. In a very recent review ("Modern Medicine," October and November, 1908), Dr. J. H. Kellogg, the able and distinguished superintendent of the great Battle Creek Sanitarium, marshals in a masterly manner the researches and conclusions of the greatest investigators and concludes by leaving alcohol, as a therapeutic agent, not a single leg to stand upon. The most recent system of medicine, not yet fully published, is "Oslers Modern Medicine." The chapter on alcoholism is written by Dr. Alexander Lambert of New York, than whom none is more competent to write upon this subject. Here he goes fully into the latest conclusions by the ablest investigators as to the physiological effects and the pathological (or disease-producing) results of the use and abuse of alcohol. With a few minor exceptions there is a remarkable unanimity in the conclusions drawn by these authors. What I have to say, therefore, will be based upon these sufficient authorities.

Before briefly considering the use of alcohol as a medicine, it will be profitable as well as necessary to consider the physiological and pathological effects of alcohol in small or moderate doses. "The moderate use of alcohol is a relative term; moderation for one is excess for another." Some think they are moderate so long as they stop short of intoxication. "Duclaux defines excess as any amount of alcohol, any effects from which one remains conscious of an hour after its ingestion. Many moderate drinkers use alcohol throughout a long life and show no ill effects from its use, while others find after a longer or shorter period that it has insidiously produced nephritis, gout, degeneration of the liver or arterio-sclerosis and that their viscera are permanently damaged." (Lambert.) It is true of all drugs or poisons (for all drugs are poisons in sufficient dose) that the effects vary greatly with the individual and even at different times with the same individual. This has given rise to the old saying that "what is meat for one is poison for another." This is particularly so with the general effects of alcohol. Heredity plays a prominent part in this. The descendants of drinkers are more neurotic, have a less stable nervous system, and are more susceptible to the evil consequences of the use of alcohol. Idiots and epileptics are largely descended from alcoholics. Alcoholism also tends to produce sterility and finally the degeneration and extinction of the family. From the law of heredity it follows that the descendents of moderate drinkers will be more likely to develop ill consequences from the use of alcohol than their drinking forbears, and this in an increasing ratio.

From time immemorial alcohol was called a "stimulant." It was supposed to quicken the action of the mind, to reinforce the heart, to strengthen the muscles, to facilitate digestion and to improve nutrition. The animal body is an immense chemical workship. Incessant activity reigns among its innumerable cells and tissues. Change and interchange of food commodities and tissue wastes are going on day and night. The accompanying chemicals are called "metabolism." Meanwhile many special functions are being performed by those aggregations of cells, called organs. All this vast activity is directed by the nervous system, of which the brain is the central organ. This supervising control of all cell activity is two-fold in its power—it can both stimulate and check—excite and inhibit. Therefore these two powers are called the "excitory" and the "inhibitory" nerves. This power may be likened to the driver of a horse; he checks or "inhibits" his horse with the reins. He drives or stimulates his horse with the whip. It can readily be seen that if he uses the whip too freely his horse may run away; and if he pulls the reins too hard he will stop. Proper progress and safety lie in a golden mean between the two. In the case of the nervous system the "inhibitory influences are necessarily weaker than excitory influences. The excitory impulses are primary and essential to life, while the inhibitory influences exist merely as a modifying and controlling factor. Hence the presence of a paralyzing agent naturally makes itself felt more distinctly by its effects upon the inhibitory rather than the excitory mechanism, unless applied with such vigor as to overwhelm and annihilate all nervous influence." (Kellogg.)

Now, we all know that alcohol when pushed too far, paralyzes or inhibits the nervous system and all that is dependent upon it. Both excitory and inhibitory powers are down and out. "Dead drunk" is sufficiently expressive. The horse has come to a full stop. In other words, in sufficient

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quantity it is a narcotic poison. But for ages the claim has been made for alcohol that in small quantities it is an excitory influence; in other words, a "stimulant." Without going into details, let me state the almost unanimous conclusion that even in the smallest doses alcohol is not a stimulant, but always and ever a narcotic; that is, it does not excite, but inhibits the activity of any given cell or group of cells. How, then, you ask, do you account for the seeming stimulating results? I answer, you have used the word "seeming" advisedly; for these effects are only apparent and not real. The inhibitory or checking nerves are more impaired by the narcotizing alcohol than the dorminant excitory nerves, which are left to do at they please and for a while pandimonium reigns; the whip is laid on and then the horse runs away. When the effects of the narcotic wears off, the inhibitory nerves again resume their function and restore equilibrium. Kraepelin says that "all reactions requiring nicety of judgment are dulled even by small doses. He has also shown that small doses diminish the accuracy and ability to add numbers or to learn numbers by heart. Smith has shown that this is especially noticeable when small doses of alcohol are taken daily and that when the alcohol is cut off the ability to add and to memorize immediately returns." Lambert says: "It is also noticeable that the tendency to erroneous judgments is increased, the subjects experimented on believing that they had performed their reactions better under alcohol, when, as a matter of fact, the reactions were diminished in accuracy and rapidity. Alcohol in moderate doses does not increase the quantity or vigor of mental processes, and the flow of ideas with the feeling of mental richness is due to the removal of normal inhibitions. Alcohol clearly tends to lessen the power of clear and consecutive reasoning and decidedly lowers the acuteness of the senses. After large doses the judgment is lost, the powers of self control and will are in abeyance, all idea of proportion is gone. The sense of responsibility and restraining impulse is destroyed, and finally, the motor power for speech and motion disappears and torpor and coma supervene. The result of the continual action of large doses is the permanent loss of those mental functions and the chronic alcoholic becomes an irresponsible animal. "Like all narcotic poisons, each dose creates a demand for another and larger one, thus establishing the fatal habit. Our insane asylums are filled with the mental wrecks wrought by alcohol.

The seeming stimulating effect upon the heart and stomach are also said to be erroneous beliefs. In the case of digestion experiments have shown that there is only a temporary increase of the gastric secretion and mostly increased mucous, and that the gastric secretion under continued stimulation, speedily deteriorates, both in quantity and quality, and a chronic gastric catarrh ensues.

The various extractives in beer and the acids in wine also retard gastric digestion. The interference with digestion is even more marked in the intestinal canal. Here the alcohol more decidedly inhibits protein digestion, while the acids in wine neutralize the alkalnity of the intestinal secretions and thus inhibit their full digestve power.

(To be continued.)

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SAN ANTONIO. TEXAS, DECEMBER 26, 1908.

THE FUMES OF THE WINE ROOM.

THE other day two women were meandering down Houston street, and each was carrying spirits of a different brand from that of the usual Christmas cheer.

Oh, don't fold your hands, shake your head, roll your eyes, and say with the Pharisee, "I thank God I am not as other men." Be conscious of a stigma upon the name of woman.

Could anything be more disgusting than such a spectacle? It is bad enough to see a man intoxicated, but when a woman falls from her high estate, when she throws to the winds the attributes that make her fascinating to our hearts, and she shows us the common beast, then do we realize how dull and darksome we are.

We don't flit with the airy creatures, into that realm of fantasy and moonlight, nor loiter in the country of dreams, but instead, we walk home soberly, with our eyes constantly upon the ground. We don't stand admiringly before the mirror when dressing for dinner, and we affectionately pat the head of the dog.

* * * * * * * * * * .

Two girls were loitering around a street corner on Houston Street.

Agnes was a blonde, and had $1.19 worth of blonde hair from a department store. It was spread out to do the most good over a considerable area. She was a trim little body, but her feet were big. A five-cent package of chewing gum distended her face and kept her jaws from losing any of their elasticity.

Mayme was a brunette, and she also had the expensive hair habit, and her hair was combed adroitly over a new big wire rat, in an immense pompadour that extended far into the back yard.

Two noisily dressed young men boldly pranced down the street, and met the girls, evidently by appointment.

"Hollo, Charley; this is Mayme—Mayme, Charley. You know Fred. It's awful nice of you boys to take us out, ain't it Mayme?"

Mayme smiled as to how it was, and added: "You're a traveling man, aint you, Charley? Do you know Jack Winesap? He's a traveling man too, and a particular gentleman friend of mine. I like traveling men. They're so generous and free."

It was Charley's turn next, and he jollied the little girl some, while only a few feet away Fred was throwing whole bunches of the con at Agnes.

Charley was a jaunty boy. His striped suit advertised his calling, while the depth of the trouser cuff, the directoire coat, with sheath, slanting pockets and such, the superfluous buttons on coat and waistcoat, the buckles and straps on his shoes, all gave evidence of his fastidiousness and his natty dressiness. He wore a green hat with the brim along the right side turned hellward. Oh, he was some class, was Charles!

Fred was a good running mate. A gab fest was now on, and with Fred as the head-liner. He relieved himself of the fact that his pipes were dry, and that he was spitting cotton. Would the girls take a drink? Oh, he knew by their looks that they were not in the habit of going to wine-rooms, but it couldn't hurt—just this once. He knew of a place, close by, a nice, quiet, handy place, and they could slip up the side street, dart a few paces down an alley, slide through a back door, glide into a small room draw the curtains, and who could see?

It was so easy and Charley was so powerful thirsty, too. What would mother say? Mother wouldn't know—no one could see back of the curtains.

Fred and Agnes entered one compartment, Charles and Mayme another, and two curtains were drawn. The bar-keep delivered four cocktails—that is, at a time.

* * * * * * * * * * .

It is the same old story, and it is not that of "The Poisoned Gum Drop, or The Candy Woman's Revenge." It has another title, and is far more pathetic.

Maybe Mayme is not your daughter, nor your sister. Probably your girls do not visit such places. Maybe Agnes is not your set. Well, the story is for you, anyway. The sick need a physician, and Mayme and Agnes need treatment of some sort.

You people, who were so deeply affected by the late tragedy in Travis Park, should utter a simultaneous shriek, take ax in hand and fell the tree that bears the poisoned fruit.

As long as the wine rooms are convenient, and checkered-suited, flashy-eyed men walk the streets, Agnes and Mayme can be classed among the "indisposed." They have tasted the first fruits of hell and are sick. The remedy to cure the disease is not to be found in the medical books, either—but rather in the exerted influence of our citizens.

Property owners, look to your tenants!

Abolish the wineroom and take away its demoralizing influence from the decent part of town.

If the curtained apartment had not been there, Agnes and Mayme would have taken a chocolate ice cream soda at the counter and have arisen the morning following, happier if not wiser, girls.

The fumes from these places hover over Houston, Losoya and other streets in the city, and permeate the atmosphere breathed by our boys and girls as they pass along the streets.

What worse influence can come to your boy? When you allow him to be robbed of his belief in woman, he has indeed lost a jewel.

Cut out the wineroom. Take a club to the Fred and Charles type of male persuasion. Spoil his physiognomy, if you will, but by all means remove the wine room.

Tear away the dense veil from its gloomy recesses; discover and lay low its entrances; open up the curtained chambers, and reach out a hand to save the ignorant and the innocent from the fumes of this pestilence.

* * *

A fashionable florist of New York, who recently failed in business, has announced that his creditors are all right; they are rich and will pay in time, but for no consideration would he sue one of them, because it might reveal the fact that the married customers had been sending flowers to women who were not their wives, and this would scare off other possible customers. And then, too many fine young men spend large sums on the flowers they send to the chorus girls and they would not like to have this fact made public. An effort is always made to shield the men, no difference how much the girls may have come into the limelight.

* * *

Dr. Anna Ellsworth Blount of Chicago is the mother of several fine children. She also wields an able pen. In a letter to the Chicago Record-Herald the other day she made a keen reply to an anonymous "wife and mother" who had written in opposition to equal suffrage. Dr. Blount says: "I am a suffragist because I sincerely believe what you "antis' are eternally saying with your lips, but do not believe, i. e., that the highest and holiest occupation on earth is the bearing and rearing and educating of the succeeding generation. How do I know that you and all the world do not believe it? I will tell you. Because this work is regulated to pauper labor. The world pays for what it values. How does it pay its mothers? With board and lodging and tips. How does it pay its nursemaids, to whom it intrusts the young? Almost the least of all its servants. How does it pay its teachers, who bend the plastic minds of our children? About as much as our cooks, when you consider living expenses of both. I believe the chief value to the world of the business woman will be to raise the status of the home woman—the mother—to put her work on a more respected basis."

ALCOHOL AND MEDICINE

By Milton J. Bleim, M. D.

(Continued from last week.)

ALCOHOL. not only narcotizes, but also destroys the cell. Therefore we find that continued use of it, even in small or moderate doses, causes destructive changes in the various vital organs. It exerts a specially vicious effect upon the delicate nerve cells in the brain and spinal cord. It destroys the cells of the heart, muscles and the liver, replacing them with fat, so that many drinkers die of fatty infiltration of the heart and liver. It not only destroys the cells, but also causes a great increase of the connective tissue framework of the organs, and thus result the various diseases of the liver, pancreas, spleen, kidneys. brain and cord called "cirrhosis," or "hardening." "Arterio-sclerosis," a disease now better known than formerly ,is a similar hardening of the arteries. The arteries become brittle, the circulation becomes greatly disturbed and in due time the heart and kidneys especially become involved.

The brittle arteries in the brain are liable to break and cause hemorrhage of the brain. The heart becomes weak and dilated and the kidneys become inflamed, causing Bright's Disease. While on this subject I desire to call attention to a very common cause of heart and kidney disease in excessive beer drinkers. Aside from the destructive effects upon the cells and tissues of the total amount of alcohol ingested, the enormous quantity of liquid consumed taxes the heart, the blood vessels and the kidneys to the extreme. We find in excessive beer drinkers very large, hypertrophied and dilated hearts and very much enlarged kidneys. Heart disease and Bright's Disease form a common end for free beer drinkers. A normal person will not on an average pass more than two or three quarts of fluid through his heart and kidneys in 24 hours. Think, then of taxing these organs with 20 to 60 schooners of beer per day! An equal amount of water, barring the alcohol, would be almost as detrimental.

Alcohol, and we are speaking now of moderate doses, also lessens the vital resistance of the body to disease. It diminishes immunity to infectious diseases, consequently drinkers are always more liable to catch an infectious disease than abstainers, and are also less liable to recover. It is a well known fact that in epidemics of cholera. smallpox, yellow fever and so-forth, drinkers fall like sheaves before the reaper; and when drinkers become ill with pneumonia, typhoid fever, grippe or any infectious disease that requires stamina they have a hard time of it and furnish a large death rate.

A great many diseases are due to intestinal auto-infection. Here bacteria swarm and poisons are freely liberated. The normal system usually disposes of them successfully. It is proved that alcohol increases this condition of intestinal toxemia and therefore conduces to the development of such diseases. You have no doubt heard people claim that "beer made them billious." This is nothing but a condition of intestinal auto-infection or toxemia brought about in such cases by alcohol; under the use of alcohol the etheral sulphates, which are the products of putrefactive processes in the intestinal canal, are greatly increased in the urine.

It used to be claimed that alcohol promoted bodily heat. The fact is that it increases heat radiation from the body and thus decreases the temperature of the body. The false sense of warmth is due to the dilation of the capillaries in the skin. Large doses may depress the temperature to as low as 80 degrees or even 72 degrees. Arctic explorers have found by actual experience that alcohol is harmful in a cold climate, and therefore avoid it. The scientific explanation is plain. The common custom of resorting to alcoholic stimulants in cold weather for the sake of its supposed warming effects is therefore seen to be illusory. By perverting the judgment alcohol thus produces the false impression of increased heat when the body temperature is actually lowered thereby. Conversely it would be useful in hot weather and hot climates were it not for its other baleful effects.

I can only briefly refer to several other interesting phases of this subject. It used to be supposed that alcohol produced an increase in muscular strength and endurance. Many exhaustive experiments have proved that such increase is purely illusive and merely a false spurt. A man's judgment is inhibited and he thinks he is doing more work, but the facts show that he is doing less and also poorer work. In actual experiments the amount of work done was as high as 10 per cent less under alcohol. In consequence of the demonstrated fact employers of large bodies of men are more and more demanding of them total abstinence while at work, and many prohibit indulgence entirely.

Then again the food value of alcohol has been exhaustively discussed and investigated. Anstie and Atwood found that a certain amount of alcohol is oxidized or burnt up in the system, just like other carbo-hydrates, with the consequent production of energy, heat and fat, and this announcement produced much favorable comment, and the value of alcohol as a "food" was widely vaunted. But the further fact developed that even in these respects is decidedly less economical and inferior to the ordinary diet of fats, starches and sugars, while at the same time playing the mischief as a drug or cell poison. Nor does it produce true body heat, which can only be produced by cell activity or "Metabolism." Nor can it ever produce new tissues or cells, like the protien foods. More than that can be said against it in relation to its effects upon protein metabolism, which means the chemical changes due to cell activity. It interferes decidedly with this important process. Atwater says: "In large quantities it is positively toxic and may retard and even prevent metabolism and protein metabolism in particular. In small doses it seems at times to have an opposite influence, tending to increase the disintregration of protein." Dr. Kellogg pertinentlv asks, "If, then, alcohol is a positive poison in large doses and a protein poison in small doses, in what doses can it be called a food, and under what circumstances can it be recommended for habitual or daily use?"

Granting, then, that the general testimony of modern science affirms that alcohol in all doses is a narcotic poison and a cell destroyer, and that its continued use is liable to produce a hydra-headed brood of evil consequences, the question still remains, what, if any, place in medicine shall we give this drug as a therapeutic agent. It will be seen at once that, from a rational standpoint, it is contra-indicated in all infectious diseases, such as tuberculosis, typhoid fever, pneumonia, diphtheria, erysipelas, cholera and cholera-infantum, and in gastro-intestinal infections, first, because it lowers vital resistance and natural immunity to disease, and destroys those anti-toxines which the body generates to kill the specific poisons of the infection. Second, because it promotes putrefactive processes in the intestinal canal and thus promotes rather than hinders bacterial growth, and therefore retards recovery.

Dr. Kellogg says: "The list of maladies in which alcohol has been administered is a long one. It includes, in fact, almost every malady to which human beings are subject. If we should study the whole category we would not find a single malady for which alcohol is a specific remedy, and I venture to say that we should not find a single one in which alcohol renders service which cannot be better rendered by some other and more rational means. My personal experience has fully persuaded me of the absolute truth of this statement. I was trained in the practice of medicine under the elder Flint. He was a warm advocate of the use of alcohol in pneumonia, typhoid and other fevers, and especially recommended its use in phthisis. In beginning practice more than thirty years ago I was inclined to make occasional use of the drug under the supposition that it possessed stimulant properties, but as laboratory research gradually made clear the fact that alcohol possesses no stimulant properties whatever, except through the transient irritation which it produces when brought in contact with living tissues, and that its real effect is depressant and paralyzing. I lost faith in its curative virtues, and for more than twenty-five years have excluded it from my practice, and I cannot recall a single instance in which I have had reason to believe that its use would have rendered any service whatever. I have never taken the position that I would not make use of alcohol under any conditions, but have held myself in readiness to use it in any cases in which I would find a rational basis for its application. I am ready to say frankly, that in the light of my experience and the accumulated evidence of the nature and effects of this drug, I do not expect to encounter such a case.

Alcohol should be regulated to the limbo of discarded drugs which have been tested and found wanting. The social and moral mischief which the drug has done, as well as its physical effects, give sufficient reason why it should be accorded drastic treatment and avoided if possible. A decided stand against alcohol on the part of medical men, a clear statement of its uselessness as a food and as a medicine, and of its pernicious effects upon

(Continued on page 105.)

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ALCOHOL AND MEDICINE.

(Continued from page 100.)

the animal organism would arrest the attention of the public, and advance the cause of temperance as no other means could do."

As for myself, I can largely endorse these declarations. In twenty-four years of practice I have never voluntarily prescribed the use of alcohol as a stimulant except as a temporary measure in acute crises. I have never advised its use as a tonic or to aid digestion. I have sometimes tolerated or permitted the use of beer or light wines by those who so desired, for a brief period. I have confined my use of it almost exclusively to severe continued fevers with high temperature as it seemed to me to provide material for easy oxidation and thus to conserve the tissues and strength of the patient. In the light of modern science its aid in this respect is vastly overbalanced by its effects as a depressant and cell poison. I have never prescribed it in chronic cases, as I realize too well the moral and physical dangers involved in such advice. I do not doubt that as a drug, alcohol has its uses, and many able physicians can point them out. But I firmly believe that we have other drugs which can fulfill these uses even more successfully and without the dangers and ill results attending the use of alcohol.

Many eminent physicians stand with Kellogg. Years ago the venerable Dr. N. S. Davis of Chicago, founder of the American Medical Association, took this stand and organized a medical temperance association which now enrolls many members. My observation leads me to believe that a physician who is abstinent himself, even though not a radical, is much less given to prescribing alcohol in his practice than one who himself uses it freely as a beverage.

In view of the distinct conclusions reached by scientific investigators, I believe it is the duty of all physicians to study more and more to avoid the use of alcohol as a medicine.

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