

December 6, 1939

Dear Dr. Kellogg:

How generous you are with these interesting foods of yours. But convert as I am to LD-Lax you mustn't think of supplying me. That I can do for myself.

You speak of Wheatmeal. I have sent the sample to the country where I go for Christmas and we'll try it in the family and then I'll write you the verdict. They are a little harder to convince in the matter of foods than I am, that is they belong to the conservative world and I have always been more or less a conservative radical. So your Wheatmeal will have an honest test as soon as I am through with my Christmas turkey. I hope you do not object to that. One of the foods to which I am already committed is the malted nuts. I find them a wonderful addition to the butter sandwiches which are almost always a part of my daily lunch. It is an excellent food and good with postum - a favorite drink of mine.

I wish I could go to Miami and talk all these things over with you, but I cannot do it this winter. My work by which I live is in such a shape that it requires as much attention as I can give it. I probably shall go by the end of January to Arizona where at Tucson I have a friend with whom I am working out a literary problem and I promised to give a few weeks of time to her.

In the meantime I am making notes on a little book for Life after Righty. I wonder if it would not be well for me to examine the literature of your Human Betterment Institution. I should like to know just what you are doing there and would be glad for information which would be important in my undertaking and perhaps lead the way to some little special investigation or piece of writing for the Institute itself.

I am sorry I cannot go to Miami now and talk this all over with you. But if it seems worth your while and mine I might arrange to go next Summer to Battle Creek for a little time to get the lay of your land. What I am after is whatever material you have that directly contributes to the problem of this last lap of life - the years after eighty. I should like to know what those who have studied this latter period of life think of the most frequent afflictions. Mine is an annoying case of paralysis agitans. And they tell me nothing can be done for it. Now that is what I want to get at in this particular study I have in mind. And anything that your Institution has done that would help or direct me I should be very glad of.

I hope, dear Dr. Kellogg, I am not troubling you too much. The whole subject interests me very much, and I would like to be able to do something practical in regard to it, something based on my own experience and that of my friends.

I hope you are going to have a happy holiday at Miami. The cards you enclose show what a beautiful place it is. I already have had a taste of Florida and I have never found anywhere air which seemed to me at once so luxurious and so life-giving.

Hoping again that I am not troubling you too much, believe me, dear Dr. Kellogg.

Very sincerely yours

Dr. John H. Kellogg
Miami, Florida