

The
BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

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OFFICE OF
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DIRECTOR
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Miss Ida Tarbell,
120 E. 19th St.,
New York City.

Dear Miss Tarbell:

I have just finished reading "All in the Day's Work." I have found it intensely interesting and most admirable from a literary standpoint as are all your writings. I enjoyed every chapter in your book, but was particularly interested in what you wrote about S. S. McClure and the breakup of the McClure organization, which I have always thought might have been prevented if we had gotten hold of Mr. McClure a year or two earlier before the rupture had actually occurred. I admired greatly your generous treatment of Mr. McClure as well as others of your colleagues mentioned in your work.

Mr. McClure became a very enthusiastic disciple of the biologic method of living and was often with us. I admired him greatly for his sincerity and loyalty to his friends. I know he held you and other of the members of his first organization in the very highest esteem and he often told me of the circumstances of your leaving him to promote "The American." He laid the blame of the breakup wholly upon himself and attributed it to the unsettled condition of his brain and nerves which we found due to the disordered state of his stomach and intestines. It is evident, however, that the poor man had received an injury from which he never recovered and which made him incompetent to direct a large and

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complicated enterprise. He appealed to me for help in his effort to reinstate the magazine, but I saw no hope for him. He had pioneered the way for so many competitors the field was fully occupied.

I recall with much pleasure your visit here many years ago and especially the story you told me of your summer garden and how much obliged to them you felt, as you said, "for growing just for me."

I wish you might come again and see how many improvements we have made and how we have profited by the modern progress in nutrition which has resulted from the experimental work done in multitudes of nutrition laboratories. This work has been of great value to us as it has supplied a scientific backing for the results of our clinical work so that features of our work which were then questioned by many physicians have now come into very general use and are being taught in all state college schools of economics.

It may interest you to know that 16 years ago, John D. Rockefeller, Jr. spent a month with us. When he arrived he called in the Associated Press reporters and told them that he had come to spend a month with us to learn how to live. He said to me at my first interview with him, "I am forty-eight years old. I want to live 20 years more and I want you to show me how to do it. I think it will require 20 years for me to carry out my plans.. If I can have an opportunity to do this I shall be perfectly satisfied. So I have come here to you to show me how to do it." In four years more his score of years will have expired, but in a recent letter he seemed as much interested as ever in prolonging his life and said he had

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profited greatly through biologic living, which I hope has been the means of prolonging his wonderfully useful life.

We have so greatly improved our regime in every way since you were with us I wish you might visit us again and see what wonderful things we are now doing for people suffering with high blood pressure and others on whom old Father Time is making a violent attack. It is really wonderful to see how the wrinkles disappear, physical bearing improves and rejuvenation advances, often so rapidly that within a few weeks patients often look 10 to 20 years younger. The transformation is really sometimes almost beyond belief. In cases in which the blood pressure is high, 200 or more, the hypertension generally falls 20 to 50 points within three or four weeks and sometimes 75 or 100 points. Cases of heart disease regarded as hopeless and brought in on stretchers or in wheel chairs, in a few months go away on their feet with 5 to 20 more years of comfortable and useful activity.

I would like to tell you about the Race Betterment Foundation and the Race Betterment Conference which is being arranged for the near future. The three conferences which have been held have all been very successful. Chancellor David Starr Jordan was the President of one of the conferences, the proceedings of which were reported by the leading newspapers all over the United States to the extent of more than a million lines. It is hoped that at this conference a campaign for race betterment through eugenics and biologic living may be started which will at least help towards staying the tide of race degeneracy and depopulation which the census experts and depopulation experts are telling us will destroy all the white nations

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within a couple of centuries or less if something is not done to arrest it.

The late Mrs. Mary F. Henderson of Washington became greatly interested in our race betterment activities and placed in our hands several hundred thousand dollars to be used in creating an Aristocracy of Health based on a scientific mode of life. I am anxious to have your advice with reference to the best method of using these funds.

Dr. Carrel recently spent a week with me at my institution in South Florida, the Miami-Battle Creek. He is greatly interested in this feature of our work. He is retiring from the Rockefeller Institute and is closing his laboratory there and has promised to co-operate with me in building up a laboratory for the same work, employing his trained technicians and Lindbergh pumps which will be ready in a few weeks. Dr. Carrel has discovered a means of determining a persons' physiologic age, that is, the real age of his body irrespective of the number of calendar years. By this means the influence of various foods, drugs, habits and other agents upon human life and stamina may be accurately determined and a real science of living built up through long continued and persevering effort. As a biologist you are prepared to appreciate the great value of this new method of research, which will, I feel confident, contribute in no small degree to the solution of some of the most fundamental problems of human existence. It certainly will help to settle many moot questions in physiology and hygiene.

Michigan is noted for pleasant summers, but we are having this year a particularly delightful season.

If you should think it worth while to visit us and find it

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convenient to do so, we will do our very best to make your stay with us as enjoyable as possible.

With great respect and appreciation of the great work you have done for America in creating new ethical standards in business, and many thanks for the pleasure I have derived from the reading of your admirable books and magazine articles and trusting that we may have the pleasure of receiving you again as an honored guest at Battle Creek, I am

Very respectfully and sincerely yours,

John Harvey Kellogg

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