



The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

OFFICE OF
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Miss Ida M. Tarbell,
The Little House,
R. F. D. No. 1,
Bridgeport, Conn.

Dear Miss Tarbell:

I have your letter of July 28. It is most generous of you to write me such a gracious letter, and with your own tired hand which I am convinced has done more than any other for correcting vicious practices and promoting integrity in American business methods and such extraordinary feats as an interviewer no one has ever approached.

I have thought of writing you before, feeling that a person who possesses such an immense power for uplifting influence ought to have the benefit of every known means of combating the encroachments of Old Father Time. I have been studying the problem how to live very earnestly for more than 60 years and within the last 25 years, thanks to help obtained from the Pasteur Institute, have made very considerable progress and within the last ten years have perfected combined methods which achieve results in arrest of the old age process and rejuvenation which are most gratifying.

Old age is a disease. It is caused by the overwork of certain organs, particularly the poison-destroying and eliminating organs, especially the liver and kidneys. Neglect of the skin is also an important factor, researches having shown that the skin is a highly

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important link in the chain of poison-destroying organs. The liver and kidneys, with their marvelous ability for reproducing their working structures, with proper care ought to maintain their efficiency for a couple of centuries at least. They are worn out prematurely by the enormous burden heaped upon them by the excessive use of protein, the intake of poisons in various ways and the absorption of poison from the colon which results from putrefaction of long retained food remnants.

Metchnikoff was right in holding the colon bacillus and the germs associated with it to be the cause of old age. He failed in his effort to replace the colon bacillus by a harmless organism. Rettger of Yale also failed because he neglected to put proper emphasis upon other important factors. Intestinal putrefaction is unquestionably the biggest factor in accelerating the old age process. Attention must also be given to the motility of the intestinal tract through X-ray studies, regulation of diet and the proper use of efficient accessories.

We have worked out a whole program for cultivating youth which works remarkably well. In many cases old age symptoms such as wrinkles and other symptoms, weariness, depression, etc. begin to disappear within a few days. The blood pressure falls 20 to 50 points and in some cases a hundred or even more. Good appetite, good digestion, normal bowel action and other indications of health gradually return until often in three weeks or months a person finds he has renewed his youth to a remarkable degree.

I am delighted to find that you are planning a book on life after eighty. I am sure this will be a charming volume and a fine

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supplement for your masterpiece, "All in the Day's Work," in which you have immortalized your personality as few authors have done.

I am sure that after a few weeks' trial of biologic living you would find it quite worth while to add a chapter to your book about cultivating youth by living up to physiology.

I would be so glad to have an opportunity for a chat with you about several things in which I believe your pen might do more for the world than almost any other. The Aristocracy of Health I am sure would interest you. It was Mrs. Henderson's idea as a means of promoting race betterment. Admiral Byrd was one of the first one hundred signers. There are now about ten thousand members. Prof. Picard of stratosphere fame and his family are also members. I hope to increase the number to one million or more by work with Young Men's and Young Women's Christian Associations, Christian temperance unions and campaigns in high schools, county fairs, W. C. T. U. and other temperance organizations, the purpose being to get people health minded.

I expect to open a Carrel laboratory in the fall when Dr. Carrel returns from Europe. He will have apparatus and a technician ready for me in October. The Doctor has developed a method for determining the physiologic age, that is, the real age irrespective of the number of years a person may have lived. The same method should prove a very accurate test for the influence of various foods, medicines and other substances upon the body and also the effect of habits, etc.

The world situation opens up a great opportunity for writers such as you who deal in a masterly way with grave questions of fundamental importance.

By means of a rational return to nature under civilized con-

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conditions, which is now entirely practicable, with the added advantage of air conditioning, ultraviolet light and the perfect balancing of the food for vitamins and minerals made possible by the discoveries of nutrition laboratories it is possible to make conditions of life even more healthful and conducive to efficiency and longevity than those of the primitive savage even under the most favorable climatic conditions. I think the time has come when a sufficient number of people may be interested in scientific living to make it possible for a writer like yourself to attract a very large audience, in fact, to produce a best seller.

The truth is that life after eighty is really a fine art and through the various lines of research I am carrying on it can be made extremely picturesque and interesting. I will be very glad indeed to open the way for you to explore this field as thoroughly as you like and wholly at the expense of the Race Betterment Foundation.

I shall be glad to make you my guest at The Miami-Battle Creek, our Florida place, next winter. You ought to make a visit here this summer. The weather is very pleasant here. We have not had an uncomfortable day this summer and we rarely do have more than a few hot days, for it is cool in Michigan when it is hot nearly everywhere else. South Florida is one of the few places where hot spells are practically unknown. The temperature at Miami has never been recorded over 94 degrees and rarely reaches 90 degrees.

I am sending you with this a little booklet, "Rules for Right Living," of which under various names we have circulated several millions. We are preparing a new edition which I hope to put in much better shape. I am also sending you copies of our bills of fare, by the aid of which we are able to serve our patients perfect

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meals, the first time, I think, this has ever been undertaken.

Almost everybody is suffering for lack of vitamins of some sort. This is very likely to be the case with elderly people who are likely to make use of a smaller variety of foods than they require and often in reduced quantities.

I should like very much to hear of your plans which may in any way be related to our work.

Hoping to have the pleasure of meeting you again in the not distant future and especially to have the pleasure of contributing to your physical welfare, I am

Very sincerely and cordially yours,

John Harvey Kellogg

P. S. I have ordered sent you from our food laboratory some of our latest products which have already proved very helpful in some hundreds of cases. If you find any of them of service to you, we will instruct the laboratory to keep you supplied.