

The Miami-Battle Creek

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MIAMI SPRINGS (MIAMI), FLORIDA

November 25th, 1939.

Miss Ida M. Tarbell,
120 East Nineteenth St.,
New York, N. Y.

Dear Miss Tarbell:

I have your letter of October 28th. I was very glad indeed to get your letter. I confess that I was beginning to fear that I had overloaded you with literature, foods and things.

I am very glad indeed that you found the foods helpful and greatly appreciate the pains you took to apply a scientific method to test each of them. I am glad that you approve of them.

I have ordered sent you another box with some additional items of which you may approve. One of these is Wheatmeat which I prepared at the request of the government to make a vegetable meat. Protose was the first in the list and this is the last one. Thirty pounds of Wheatmeat can be made from one bushel of wheat. Wheatmeat contains nothing at all other than water and salt except wheat and soybeans, so its composition is simple. Even the osmazome which flavors it is prepared from that remarkable legume, the soybean.

Science has shown how the lower animals can live as healthfully under the conditions of civilization as in the wild state and may even be improved, as shown by the comparison of the wild horses of Asia with the wonderful draught horses of Belgium. Instead, we have been content to produce magnificent horses, cows, pigs and wonderful hens, while allowing the genus homo sapiens to deteriorate until depopulation threatens to destroy all the white race within a few centuries.

My lifetime effort has been to find the road back to Nature - to find out how to live under civilized conditions as healthfully as did our sturdy ancestors of prehistoric times.

Our good friend, Dr. Will Durant, historian, writes me that he will be with us from December 21st to 31st of next month. I think he is quite convinced that Nature is a better guide in matters dietetic than popular caterers, to whom Plutarch referred as "those layers-out of corpses, the butchers and cooks."

Our old friend, S. S. McClure, profited enormously by the adoption of a non-flesh dietary and became a most enthusiastic partisan of the biologic life in general. When I first met him on the occasion of a brief call at Battle Creek, he seemed almost mentally unbalanced. I have always felt that if we could have gotten hold of him ten years sooner, the breaking up of his organization which ruined his career might not have occurred.

He often spoke to me of his unhappy experience and definitely attributed his business misfortunes to his physical infirmities. For a good many years we were very intimate friends. He was overjoyed when he wrote he had a chance to "come back" with his magazine. When he did not succeed, he wrote me that his failure was due to the fact that he did not have you and Phillips and your colleagues of the old days to help him and could find no substitutes.

We have made so much progress in endeavoring to build up a physiologic life program on a scientific basis since you were at Battle Creek that I am anxious for another opportunity to submit our ideals to your criticism through a practical experience.

It was this thought that prompted me to write you and I am most happy to find that you are interested in the idea of

Miss Ida M. Tarbell:

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Best Betterment, so I am looking forward with great anticipation to the visit we are hoping you will make us within the next few weeks.

As you will note by the letterhead I am now at Miami, Florida, where I established ten years ago a small health center (100 beds) which has been very successful. We have a delightful location. It is really a very pleasant place and very pleasant people visit us. I will send you a few pictures which will give you something of an idea of our place. It is located in a small suburb of Miami, just far enough from the ocean to enable one to enjoy its surf bathing and other advantages without the unpleasant features of too close proximity.

I wish you might spend the winter in this sunny clime. The North is pretty dangerous for persons over seventy years of age. For ten years or more I have been taking refuge in this favored region, from November until June.

With best wishes and great respect, I am

Sincerely yours,

JHK
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