

October 28, 1939

Dear Dr. Kellogg:

I hope you will forgive me for not having reported before this on the exciting box of Kellogg products which you were good enough to send me last August. I have tried everything now with what I think are good results, except the Savor Yeast. I tried one at a time so as to watch the effects a little more carefully.

That ID-Lax of yours has been especially effective. I followed directions in taking it and think it has been particularly welcome to my colon. We found the vegetable meat excellent fixed up in two or three ways. The Savor Yeast I have not tried yet because I have been using Beemax and had a supply on hand. I am just beginning tomorrow on Savor Yeast and I'll let you know how I like it.

So you see, dear Dr. Kellogg, your generous box has added much to the interest of my diet through the Summer, as well as to the effectiveness of my digestive apparatus.

I would like to join your Autocracy of Health, but I am afraid I am not militant enough in regard to tea, coffee, alcohol and tobacco and all that clan for your ranks. I like a glass of sherry now and then, and when I have a cold a bit of whiskey. And I do drink a cup of coffee, though I like Postum.

I hope this confession will not cast me into the outer darkness of your opinion.

I think I told you when I wrote that I had in mind trying to do an essay, possibly a little book, on life after eighty. I am making notes as I go along. I want it a cheerful pamphlet, touching on various problems as I see them in the group. Of

course the physiological side is most important and I believe that you and your Race Betterment Foundation have more that is practical to contribute to that side of my undertaking than I can find elsewhere.

We of us who belong after eighty are a neglected group. I suppose because society has expected us to get out of the way before eighty, and finds on its hands a group out of which it gets little and so has made inadequate provision.

in which it.

If I get around to this piece of work I want to take advantage of your invitation to Battle Creek or Miami according to the season when I am free and talk ~~at~~ the matter over with you.

In the meantime I shall want to know what is doing in the Betterment Foundation and if you are publishing any reports there I shall be glad of them.

With many thanks for your stimulating letters and your stimulating products, believe me

Very sincerely yours

Dr. John Harvey Kellogg
Battle Creek, Michigan