# HOSPITAL ADMINISTRATION ORAL HISTORY COLLECTION

## Lewis E. Weeks Series

August F. Bloese

# AUGUST F. BLOESE
Former Secretary to Dr. John Harvey Kellogg

In First Person: An Oral History

Lewis E. Weeks
Editor

HOSPITAL ADMINISTRATION ORAL HISTORY COLLECTION
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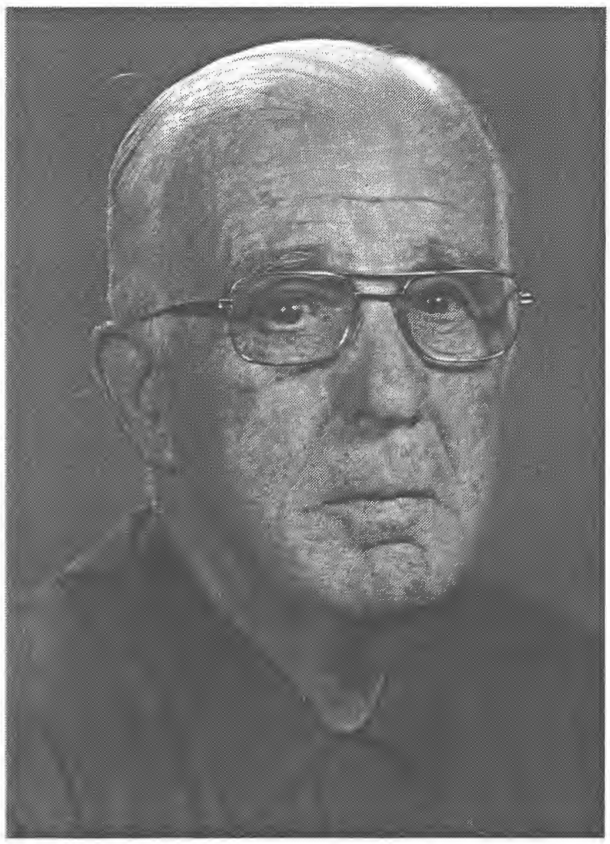

August F. Bloese

John Harvey Kellogg

# JOHN HARVEY KELLOGG CHRONOLOGY

1852

John Harvey Kellogg (JHK) born February 26, Tyrone Township, Livingston County, Michigan.

1856

Kellogg family moved to Battle Creek, Michigan, a Seventh Day Adventist headquarters.

1863

Sister Ellen White, the Adventist Prophetess, had a vision near Otsego, Michigan that it was the moral duty to observe basic health laws. A series of pamphlets on the subject were printed and distributed.

1864

Sister White and her husband James visited James Caleb Jackson's Our Home on the Hillside, a water cure establishment in Dansville,NY.

They arranged for Dr. Russell Trall of the Hygieo-Therapeutic College of Florence Heights, NJ to make some lectures in Battle Creek.

Review and Herald Publishing Co. began publishing Health Reformer, edited by Dr. H.S. Lay. JHK set type for the journal on invitation of James White.

1866

Western Health Reform Institute started in Battle Creek with Dr. H.S.Lay as medical superintendent, on urging of Sister Ellen White. John Preston Kellogg, father of JHK, was the principal stockholder.

1867

Dr. Lay called for expansion of Institute after the first year. Church members, receiving care at half price, nearly bankrupted Institute.

1868

At 16 JHK taught country school at Hastings, Michigan, grades 1-12. He thus finished his high school work.

1872

JHK attended Michigan State Normal School at Ypsilanti to train for a career in teaching. He was called home because of a crisis at the Institute. His half-brother, Merritt, was also called from California. Merritt had an M.D. degree after a six month course at Trall's Hygieo-Therapeutic but felt he needed to repeat the course if he were going to work in the Institute. He wanted JHK, two White sons, and Jennie Trembly from the Review staff to accompany him and take the course. The Whites concurred.

1873

JHK attended the University of Michigan Medical School for two 24 week courses of lectures. He left dissatisfied, without degree, in the spring of 1874.

1874

JHK became the editor of Health Reformer. He acted as secretary for the Adventist Conference. In the fall he entered as a student at Bellevue Hospital and Medical College in New York City.

1875

JHK received his M.D. degree from Bellevue.

He addressed the Seventh Day Adventist (SDA) Conference at age 23, quoting Sister Ellen White in his speech, thus beginning an extended career as speaker--including talks at Chautauqua.

JHK accepted a lectureship from Battle Creek College (SDA) and served as a trustee (1875-1880). He also served as trustee of SDA Educational Society. JHK favored educational reform with more manual arts.

JHK took private lessons in electrotherapeutics from Dr. George Beard.

1876

JHK became the medical superintendent of the Western Health Reform Institute with James White's support. There were only twenty patients when JHK took over. August Bloese said, "All but eight patients left as they did not want to be treated by a young kid." JHK was about 24 years of age.

JHK was close to SDA leaders: James and Ellen White, Dr. Uriah Smith, and Sidney Brownberger of the Battle Creek College.

1877

JHK renamed the Institute: Battle Creek Sanitarium (a coined word). He organized the Sanitarium Food Company as a subsidiary, using the Sanitarium bakery to prepare the food products.

1878

JHK served as a member of the Michigan State Board of Health (1878-1890); 1910-1916.

JHK (president) with James and Ellen White organized the American Health and Temperance Association (1878-1893).

The Battle Creek Sanitarium built a new five story building to house 220 patients. Also the Battle Creek Sanitarium School of Hygiene was established for 150 students and for twenty weeks of classes spring and fall. This continued for several years.

1879

JHK and Ella Eaton of Alfred Center, NY were married at the Sanitarium.

Will Keith Kellogg (WKK), younger brother of JHK, started to work for JHK at the Sanitarium.

Charity Hospital built as part of the Sanitarium.

1880

JHK founded the Sanitas Food Company after the Sanitarium board was reluctant to expand the Sanitarium Food Company.

JHK wrote his best seller, The Home Handbook of Domestic Hygiene and Rational Medicine.

JHK became vice chairman as well as medical superintendent of Sanitarium.

1881

James White died. JHK had forced White off the Sanitarium board the year before.

1883

JHK to Europe to study medical methods.

Sanitarium Training School for Nurses opened with six month course.

1885

JHK became the chairman of the board of the Sanitarium.

Ethics of JHK questioned by Calhoun County (Michigan) Medical Society on complaint of Dr. W.J. Fairfield, a former colleague at the Sanitarium.

1886

At the ethics trial (at which JHK voted) there was a tied vote and charges were dropped.

1887

A six story addition to north and south ends of the Sanitarium was built.

1888

JHK and wife start the Sanitarium School of Domestic Economy (a twenty-five week course). The school was later absorbed by the Missionary Training School.

1889

The Sanitarium Training School for Medical Missionaries was started.

JHK made a trip to England for surgical training.

1890

Peanut butter developed by JHK.

1891

JHK editor of Bacteriologic World and Modern Medicine (1891-1904).

JHK had physical collapse from overwork (1891-1892).

SDA board voted to establish an orphanage (Haskell Home) and a home for the aged (James White Home).

SDA board established the International Health and Temperance Association and published Medical Missionary, a monthly magazine (1891-1914).

1892

Christian Help Bands started to work in communities through SDA churches to help those in need of assistance.

1893

American Medical Temperance Quarterly published.

SDA Medical Missionary and Benevolent Association (MMBA) established on donations from SDA church.

Medical mission in Chicago started.

Chicago branch of the Sanitarium started with $40,000 grant from the Wessel brothers of South Africa for mission work.

In a decade MMBA helped establish 30 new sanitariums--many abroad--30 hydrotherapy treatment rooms, and 12 or more vegetarian restaurants.

1894

JHK awarded patent on flaked cereal, Granose Flakes.

Haskell Home dedicated.

JHK built a new home, The Residence.

1895

MMBA opened American Medical Missionary College in Chicago (1895-1910). Students divided time between Battle Creek and Chicago. Clinical work began the first year at the Sanitarium, and at Chicago Mission.

James White Home for the Aged opened by MMBA.

1896

Workingmen's Home established in Chicago.

JHK developed Bromase, a vegetable malted milk from dextrinized starch and nuts.

1897

JHK patented nut meal.

Sanitarium corporation charter expired. JHK made the receiver until new incorporation.

1898

A new Sanitarium corporation formed; Michigan Sanitarium and Benevolent Association--nonprofit, nonsectarian, nondenominational.

1899

A separate Sanitarium food factory was built, with forty-two products developed in the past twenty years. The most popular products were Granola and Carmel Cereal, an imitation coffee.

1900

American Medical Missionary College (AMMC) admitted to the Association of American Medical colleges. In the period 1895-1910 the medical school had 408 students and granted 197 M.D. degrees.

1901

The SDA Battle Creek College was moved to Berrien Springs, Michigan.

1902

Battle Creek Sanitarium leveled by fire, February 18. None of the 400 patients was hurt.

1903

Dedication of a new sanitarium, May 31.

WKK urged JHK to expand food business, do more advertising, use Kellogg name. WKK had one fourth of profits for managing the Sanitas business.

1904

Battle Creek College of Health and Home Economics started with one year course.

1905

WKK made corn flakes and added sugar and malt to improve taste.

1906

SDA church discontinued collections of donations for activities under control of JHK.

Battle Creek Toasted Corn Flakes Co., with WKK as president, formed to take over corn flakes business. JHK given a block of stock with promise by him to not interfere with the business.

SDA Loma Linda University established in California.

JHK organized the American Medical Missionary Board to assume some of the activities of the SDA's Medical Missionary and Benevolent Association (MMBA).

The Board was endowed with 5,000 shares of Toasted Corn Flakes stock. The Board formed to aid the Sanitarium and AMMC. After demise of AMMC the Board helped Good Health magazine.

MMBA in bankruptcy.

JHK expelled from the SDA Tabernacle Church.

Toasted Corn Flakes changed to Kellogg's Toasted Corn Flakes with signature of WKK on the box.

1908

The name of Sanitas Food Co. was changed to Kellogg Food Company to avoid a fake medicine man from starting a company under his name, Kellogg. The new company also absorbed the Battle Creek Sanitarium Food Company.

1909

Fire destroyed the Haskell Home for orphans. Home was rebuilt on smaller scale.

JHK had some SDAs deprived of membership in Michigan Sanitarium and Benevolent Association (A.G. Daniells and W.C. White) after charges of apostasy against JHK.

Battle Creek Sanitarium Normal School of Physical Education founded with a two-year course.

JHK, with Horace Fletcher, organized the Health and Efficiency League of America, which propagandized for healthful living through a series of lectures on the Chautauqua circuit.

1910

American Medical Missionary College merged with University of Illinois Medical School.

Main Sanitarium buildings declared tax exempt.

1911

JHK to Europe to observe surgery.

Out-of-court settlement of suit involving JHK and WKK. JHK agreed to drop name of Kellogg from packages of flaked cereal.

1913

Chicago mission closed.

1914

American Medical Missionary Board transformed into the Race Betterment Foundation, which held conferences on eugenics in 1914, 1915 and 1928. The Foundation occupied and finally owned a building at the corner of Washington and Ann streets in Battle Creek. This is often referred to as the Phelps Building or the Cobblestone Building. At one time during the peak of the Sanitarium's prosperity in the 1920s it housed the overflow of patients from the Sanitarium and was called "The Annex." In the early days it had as tenant rivaling the Sanitarium, the "physical culturist," Bernarr MacFadden. After bankruptcy of the Sanitarium and shortly before the death of JHK a new and smaller Sanitarium was established there with transfer of ownership of the building from the Race Betterment Foundation to the Sanitarium. The Race Betterment Foundation lingered on until 1955.

1915

JHK pressured physicians and dentists to give free medical and dental exams as part of a public school program.

1916

In a legal battle JHK tried to prevent WKK from selling corn flakes outside the United States, and from using the name Kellogg on bran flakes (1916-1920). JHK lost the suit.

By 1916, JHK had sold over a million copies of books, five million copies of Good Health magazine, and 200,000 annual health almanacs, millions of tracts, many in foreign languages.

1918

With many of the Sanitarium staff in military sevice, JHK overworked. He had recurrence of TB. With JHK in Florida recovering, Dr. Charles Stewart took charge of the Sanitarium.

1920

James White Home for the Aged transferred to the Lake Union Conference of the SDA church.

1921

JHK changed the name of the Kellogg Food Company to the Battle Creek Food Company.

JHK published a book, New Dietetics.

1922

Haskell Home closed.

Bulletin of Battle Creek Sanitarium and Hospital Clinic started (1922-1931).

1923

A new Battle Creek College started with a four year degree program in physical education and home economics. There were 600 female students the first year.

1928

There was a 15 story addition made to the Sanitarium, favored by the Stewart faction.

1930

JHK opened a sanitarium in Miami Springs, Florida.

Battle Creek Sanitarium hit by Depression, only 300 patients.

1933

Sanitarium in receivership under Dr. Stewart (1933-1938).

1938

Sanitarium reorganized with new board. JHK medical superintendent and member of the board, but only a figurehead.

Battle Creek College closed for lack of funds.

1940

JHK did his last surgery at age of 88, after having done 22,000 operations.

1942

The U.S. Army purchased the main building of the Sanitarium for a hospital. The Sanitarium moved to the Phelps Building owned by Race Betterment Foundation with JHK as superintendent. Reorganization attempt brought great opposition to JHK. Action in court until after death of JHK.

1943

JHK died December 14, 1943.

## AUGUST F. BLOESE

Mr. Bloese was born in Chicago May 7, 1895. His parents were German immigrants. His father had escaped via England to avoid conscription in the German army.

August Bloese was working at the Chicago Beach Hotel while attending school, in the period before he went to Battle Creek in 1915 to work for Dr. J. Harvey Kellogg.

Bloese first began assisting the doctor with correspondence, and progressed to being his secretary and traveling companion. With the exception of time spent in the military service during World War I, Bloese worked for the doctor until the doctor's death in 1943. After the death Bloese carried on as president of the Battle Creek Food Co., president of the Race Betterment Foundation, and as editor of Good Health magazine for a number of years.

WEEKS:

Mr. Bloese, it was very nice of you to agree to have an interview and talk about the sanitarium and Dr. J. Harvey Kellogg, who was so prominent in Battle Creek for many, many years.

If you dont mind, I would like to ask you if I have some of my facts straight. Dr. Kellogg was born, as I have been able to determine, in Tyrone Township in Livingston County, Michigan, in 1852. I believe his mother was the second wife of John Preston Kellogg. Is that right?

BLOESE:

Yes. There were thirteen children total by the two wives.

WEEKS:

Doctor's mother's name was Ann. The family moved to Battle Creek about 1856, when this was quite an Adventist center. What have you heard about those days?

BLOESE:

The whole Adventist movement was started in the East by William Miller, a Civil War veteran. I have forgotten whether it was Pennsylvania or somewhere near there that he predicted the end of the world at a certain time on a certain date. The people went to a hill and waited for the Lord to carry them into heaven. Many of them gave away their furnishings, all their property because they expected they didn't have any need for anything. Well, then they were disappointed. That night they finally gave up and went back home. Some of them had lost all of their property.

Then Miller got busy and he worked industriously and vigorously and determined that he had made a mistake and that he had gotten his figures mixed. But now, this time, he had gone over it so thoroughly that he was absolutely sure that he had the right date. So they went through the same thing again, with the same result. Then Miller got discouraged and gave up the whole thing. He was very much disappointed.

Now there was Ellen White, I think she was the young woman that...

WEEKS:

She was born about 1827 as I remember reading.

BLOESE:

Well, she took over where Miller left off. At the time that Miller was running the congregation, I don't think that they had Friday at sundown as the beginning of the sabbath and Saturday at sundown as the ending of the sabbath.

WEEKS:

I believe that Ellen White advocated that quite strongly. I don't know where it began.

BLOESE:

I don't know where she got the idea. Then, Dr. Kellogg was the outstanding person of the group and they realized he was so bright that they wanted to send him to medical college.

WEEKS:

This was a few years later?

BLOESE:

The sanitarium had already started, if you want to call it a sanitarium. It was a water cure.

WEEKS:

This came out before they moved West...

BLOESE:

Yes. Water cure was the fashion at the time. Dr. Kellogg went to New York to college and his father invested money for the water cure institute, in the work. His father was the principal stockholder.

WEEKS:

The father, that was John Preston Kellogg.

BLOESE:

I think he put up $2,000.

WEEKS:

To start...didn't they call it the Western Reform Institute?

BLOESE:

They had that going when Dr. Kellogg came back from college, having finished his medical work.

WEEKS:

Didn't he go to two or three places? Seems to me I read that first he went to Dr. Trall's school in New Jersey and then he went to the University of

Michigan, too, didn't he?

BLOESE:

For a little time.

WEEKS:

But he didn't get his degree.

BLOESE:

No. He got his degree in New York.

WEEKS:

As I remember, the place he went was Bellevue Hospital and Medical College. How did he happen to go into medicine?

BLOESE:

He didn't intend to go into medicine at all. He intended to be a teacher. After his death, I wrote -- I got out the magazine -- I devoted the whole issue of the Good Health magazine to his life. In it he said that he never intended to be a doctor, but he said he saw the way the doctors were doing things in those days and he thought that there was a better way.

WEEKS:

Didn't those water cure people back then believe that it was good not to take drugs and not to take all the calomel and all that -- the violent drugs they were giving people?

BLOESE:

He didn't believe in drugs--he used drugs very sparingly in his whole practice.

WEEKS:

In the beginning he didn't do much surgery did he?

BLOESE:

No. He didn't do any surgery.

WEEKS:

When this Western Reform Institute opened up, and that opened about 1866, John Harvey Kellogg was just a boy. But it was opened because of Ellen White, as I remember. She was the leading...she urged it.

BLOESE:

I don't think that she had anything to do with it. The water cure doctors at the Western Reform Institute at that time -- they disparaged medical men. They thought they were murderers and that they were a terrible group because they didn't all follow the water cure doctors. Now when Dr. Kellogg came back he was a young man and he decided to join the medical profession instead of fighting the medical profession and become a member of the local county medical society. He was elected by a margin of one vote -- he said it was his own vote that elected him.

WEEKS:

This is when the Calhoun County, Michigan, Medical Society ethics committee was questioning his ethics.

Didn't he go into medicine at the urging of the Whites?....James White, particularly? Didn't the Whites have a great deal of influence on him?

BLOESE:

Mrs. White had some influence on him. I don't know if she actually wanted him to go into medicine or not. But she did have some influence and they say that they financed his trip to New York but he paid it all back and he owed them nothing. The day he came back from New York or a few days later, I think he said they had twenty patients in the Institute and the next day about half of them left. They didn't want to be treated by a little man. He was a very insignificant looking person. He had a little scraggly beard. Did you know the doctor?

WEEKS:

I saw him once. I lived here as a boy and in 1922 I can remember seeing him ride by. Didn't he have an open car...a big touring car, at one time?

BLOESE:

He rode one of the best cars at that time -- a Packard.

WEEKS:

As a young boy, I can remember seeing him out driving.

BLOESE:

He used to ride a bicycle quite a bit. He exercised. Walked. I walked with him. I drove a bicycle with him and we were very close friends. I played golf with him. That's something people don't know about.

WEEKS:

Didn't he take up his golf on some sort of wager from somebody -- somebody said if I stop smoking would he play golf?

BLOESE:

There was a friend that made an agreement that Dr. Kellogg would play golf if he (the friend) stopped smoking. Of course I enjoyed it. I played golf ever since I was a boy.

WEEKS:

Going back to his boyhood a little bit. Didn't John Harvey Kellogg work for the Adventist Herald Publishing Company -- set type?

BLOESE:

Before that, as a young boy, he helped his father make brooms. He sorted the broom straw. The story is that since he did as much work as a man he demanded a man's wages. He asked his father not to give him any money but what he earned and he would take care of himself from then on.

WEEKS:

He was a very ambitious and a very hard worker wasn't he?

BLOESE:

Yes. He worked night and day. I remember on more than one occasion -- I used to do shorthand reporting, he was a very fast talker -- up to 200 words a minute -- I recall that he had a place in Miami Springs and he had a large pile of mail and he dictated all night long -- from nine o'clock in the morning until nine o'clock the next morning, and we took a train to Battle Creek and then he had a meeting that night until 10 o'clock. So we worked all that time.

I don't know if you know Professor Fisher at Yale.

WEEKS:

I have read about him. Is that Irving Fisher?

BLOESE:

Yes. He asked the doctor to write a chapter on tobacco for a book that was coming out. I guess he called him on the phone and the doctor had just the next day to do it. The doctor started dictating that morning at 8 o'clock and kept up all night and toward morning -- it was about six or seven o'clock -- he asked me to proofread it -- he dictated to me and I proofread it and dashed to the airport with it. At eight o'clock the plane took off with the manuscript and at nine o'clock he got a telegram from Fisher who said that the plans had changed and Dr. Kellogg would have two weeks to work on it.

WEEKS:

At least you got it done anyway. I think he probably worked better against deadlines, didn't he?

BLOESE:

Deadlines and train times. I'll tell you an interesting story. Doctor

and I were going to visit his brother, W.K. Kellogg, at his ranch at Palm Springs, California. (W.K. was a good friend of mine. He used to come out to my 140 acre iris farm, and I went to his Gull Lake farm near Kalamazoo and played pool with him.) Anyway, the Kellogg brothers were having an interlude, getting along well and no fights, so the doctor was invited to the ranch.

It was a cold, blustery day when we set out by train. I ordinarily had the tickets, but this time, somehow or other, the doctor had them. We stopped at a Chicago hotel for a few hours between trains where Dr. Kellogg was completing a book. He said that while I finished the index, he would have our baggage put in a cab. The cab driver took us to the depot for the eight o'clock train for California. There, unfortunately, were two eight o'clock trains for California from Chicago.

I had been urging Dr. Kellogg to leave the hotel in plenty of time to avoid the risk of being too late for the train. He said, "We never miss trains." (In Battle Creek trains were held for him fifteen minutes or more).

Instead of boarding the train at once when we arrived at the depot, he pointed out to me that we had seven minutes to wait and dallied around the newsstand, buying papers and magazines, until the conductor told him that he would have to get aboard at once or miss the train. At the last minute we discovered we were at the wrong station. The conductor said he would have someone call the other station and have the train held for us if the call arrived before the train had left. If Dr. Kellogg had not spent seven minutes at the newsstand, the train would have been held for us.

When we piled back in the cab, there was a blizzard raging and the temperature was 12 below zero. At the depot I jumped out of the cab and ran up a stairway, at the head of which the station master stood. He said, "Sorry, the call came too late. The train has left."

Then came Dr. Kellogg, all dressed in white from head to toe. When he was still about 100 feet away, the station master shouted, "Don't worry, Dr. Kellogg. You will not miss your train. My mother has charge of the linen room at the Sanitarium. Go back to your cab and I will have someone tell the driver where to go."

Into the cab we went and drove in the blizzard for forty minutes before we reached our train at a forlorn, out-of-the-way station. The driver drove so close to our railway car that Dr. Kellogg had only to step from the cab to the car.

Although Dr. Kellogg and his brother Will Keith Kellogg disagreed from time to time and had law suits, during the two weeks we were with him at Palm Springs, there was an interlude of good will. After that W.K. visited me every year when acres of irises were in bloom.

WEEKS:

At that time this was the heyday of the Sanitarium. I read somewhere that there were so many people coming in by train to the Sanitarium that the railroads did almost anything to keep everybody happy.

BLOESE:

Well, they always stopped the train. He would tell the girl in the office to tell them he would be there right away and they would hold the train. I used to keep a bag and a typewriter and keep it all packed, paper and everything, for every trip. I didn't know how long I would be gone.

WEEKS:

Could we go back and pick up a couple of things?

We talked about the doctor wanting to be a teacher when he was young. He did teach a year, didn't he in Hastings?

BLOESE:

Well, he taught shcool. He said that in those days the teacher lived with the parents and the pupils by week to week and day to day. He said that he just kept one jump ahead of the pupils. He studied and if it was mathematics or geography or anything, he would just read up a little ahead and he would be able to teach.

WEEKS:

He didn't have his own high school certificate then, did he?

BLOESE:

No. He never did. He never went to high school.

WEEKS:

Didn't he go and enroll at least at Ypsilanti, Michigan Normal School?

BLOESE:

Yes. He was there just a few months.

WEEKS:

Then the story that I heard was that he was called back to Battle Creek because they were worried about the way the Institute, as they called it then, was running. Didn't they call in his half-brother from California -- Merritt Kellogg?

BLOESE:

Not that I remember. No, Merritt -- in all the time that I was there, I never came in contact with him.

WEEKS:

The period that I am talking about is probably 35 years before you came there.

BLOESE:

It may be. I hadn't heard that.

WEEKS:

The story I heard was that they were worried about where the Institute was going and they called Merritt back form California. He was an M.D. then, I think. But he had just taken Dr. Trall's short course and he didn't feel that he was very well prepared to do anything with the Sanitarium. Then it was decided that Dr. Kellogg -- or it was just J. Harvey Kellogg at that time -- should go with Merritt when Merritt took the course again at Trall's Hygieo-Therapeutic College. Two of the sons of the Whites went along -- Willy and Edson. They went and took this course, but I don't think J. Harvey was very well satisfied with the course because after that he went to the University of Michigan for the lecture courses -- twenty-four weeks of lectures -- and he wasn't satisfied with that. That's when he heard about Bellevue. And he went to Bellevue because they had clinical work there. Students had a chance to practice on patients a little bit. He got his M.D. there. Then he came back to the Institute and it wasn't long before he became the medical superintendent.

BLOESE:

As soon as he came back he was the medical superintendent.

WEEKS:

And then he was only about 24 years old?

BLOESE:

I don't know. He probably was. He was very insignificant looking. He was very short. I've seen pictures of him. Of course, I didn't know him then. I got there in 1915.

WEEKS:

According to my notes, he came in 1876, which was a long time before you came, and became medical superintendent. Then the next year he renamed it.

He renamed it the Battle Creek Sanitarium.

BLOESE:

A little farther back, they had a magazine they got out. Young Kellogg was a man of all work there. He set type. It was The Health Reformer. The articles were so bad that they complained and he had to keep resetting type -- had to change it. So they finally decided to let him write the articles -- it was less work.

WEEKS:

He was just a young lad then. He became editor of it, didn't he?

BLOESE:

Yes. It was the oldest health journal in the United States. It was still going when he died. I was a Hobson's choice. Do you know about Hobson?

WEEKS:

In the Spanish American war, do you mean?

BLOESE:

No. Hobson had a string of horses and people would come to rent them, to ride the horses. A fellow would want a real lively horse, he wanted a horse that had a lot of vigor. And Hobson would say "take the first one." No matter what kind of horse was wanted, it was number one -- whether it was a very docile horse or couldn't walk. So when he died, I was a sort of "Hobson's choice." There was nobody to run the magazine. So I was called up to write it and for a number of years it flourished. But, of course, like all magazines at that time, it died.

WEEKS:

John Harvey Kellogg was 91 years old when he died. In the meantime in the last few years, he had been rather ill, hadn't he?

BLOESE:

No. He worked.

WEEKS:

But he had a recurrence of TB hadn't he?

BLOESE:

No. The truth is that the Adventists wanted him out of the Sanitarium.

WEEKS:

To recap this, didn't the Sanitarium go into receivership -- weren't they in financial trouble?

BLOESE:

They built that new addition. Well, Dr. Kellogg was very much opposed to it.

WEEKS:

Was this Dr. Stewart's group that favored doing this?

BLOESE:

I don't know what group -- but the rest of the board. You see, it was only natural that they should favor an addition because the year before we had one girl and all she did was type letters saying that we can't take you now -- later. It was so full of patients. The big hotel downtown was full and all of the houses around. Everything was full. In the morning they would have exercises and across the whole front of the building and they would go out to the sidewalk -- hundreds of people would have their morning exercise. Business was so good that you couldn't get in.

WEEKS:

This was before the Depression.

BLOESE:

And then the Depression came. Actually they thought they needed more

room. So they built this big building. Dr. Kellogg said -- he was more cautious and said that this thing may not last. So he said the thing to do is to use the gymnasium -- you remember the room, the gymnasium -- so he said, "Take the gymnasium down and put up five stories there and that would give us enough room."

He figured that this thing wouldn't last. When he was down in Florida, they voted to have this big building built. Naturally, after the Depression, business dropped off and they couldn't meet the payments on it after that. They couldn't do it, they didn't have the money.

WEEKS:

Going way back again to the time the doctor came back from school in New York and took over as medical superintendent, what was his idea of good health care? He was against things like smoking and against tobacco and against alcohol and he was against meat too, wasn't he?

BLOESE:

He didn't believe in meat. He said he didn't believe in things that were hot when they were cold. Anything that was hot when it was cold. Pepper may be hot but it was cold, mustard may be hot but it was cold.

WEEKS:

But did he believe in eating lots of vegetables?

BLOESE:

I lived on the vegetarian diet for many years and it seemed to work. It gave the body less work to do than eating other foods. It was his idea to give the body less work, get the same amount of nutriment for less work.

WEEKS:

When he came back and took over the Sanitarium, was he talking about his biologic living at that time?

BLOESE:

Yes. He wrote a book on biologic living.

WEEKS:

Biologic living meant a vegetarian, fruit and nut diet without coffee or tea or alcohol or tobacco. When patients came to the Sanitarium, did the Sanitarium serve that kind of food?

BLOESE:

Yes. Dr. Kellogg claimed that it helped people just as much by omitting what they had been eating as it did in eating a vegetarian diet. He said that it was a great help to drop all of these things such as tea, coffee, alcohol, and meat and tobacco. He was responsible with Dr. Harvey W. Wiley for the Pure Food Act in 1906. He had one of the senators bring up the bill for the Pure Food Act.

WEEKS:

He called this biologic living. He believed in fresh air and sunshine and exercise?

BLOESE:

Yes. He believed in everything that wasn't harmful to the body. He thought that all these other things were harmful.

WEEKS:

How did he happen to get into the food business -- the granola and whatever?

BLOESE:

The food business -- in the early days of the Sanitarium, they had a meat diet for the visitors, and the other diet for the patients. He believed like the Frenchman who lived on a vegetarian diet. Doctor didn't even eat candy. When I traveled with him, one of the things I did was to see that the drawer

of the bureau was full of fruit. We bought fruit and we ate a lot of fruit. We ate other things too but ever since then I have liked fruit. We traveled a great deal.

One of the things that the Adventists don't tell you about probably is that in the early days there were a great many of little institutions -- Adventist institutions --little health resorts. Naturally they didn't have anybody there who could do surgery. So they saved these surgery cases and he made his trips -- this was before my time -- and he went from one sanitarium to another and performed surgery. While he did that he paid for his own board and room and travel expenses. In his whole life he never accepted one fee for himself. He claimed that the only profit the sanitariums showed was from his surgical fees.

WEEKS:

Somewhere I read that in his lifetime he did something like 22,000 operations.

BLOESE:

I don't know if it was more than the Mayos or not. He operated, and this is true, he operated on so many patients in a day sometimes -- there were so many there -- that he had two sets of operating room nurses that worked with him. One set would get tired out and they would get the next shift in.

WEEKS:

I often wondered how he got into surgery until I read about the trips he took to Europe. He went to Europe and took training and observed surgery in many parts of Europe, didn't he?

BLOESE:

He got into surgery because he saw the poor surgery that was performed in this country.

WEEKS:

But he hadn't had any surgical experience until he went to Europe.

BLOESE:

Very little until he went to Europe, and he went to the outstanding surgeons there. He talked about how he went to this one place to this surgeon to have him teach him his surgery and the surgeon was reluctant to do it. So he said that he got a handful of gold pieces and he dropped them on the table in front of the surgeon, and the surgeon changed his mind.

WEEKS:

What kind of surgery did he do? Did he specialize in...

BLOESE:

He did mostly abdominal surgery.

WEEKS:

Men and women....This is what I seem to remember reading somewhere. But he must have gotten a lot of good experience observing other surgeons before he tried himself.

BLOESE:

Yes. He was a very good friend of the Mayos.

Battle Creek Sanitarium guests who went to Florida asked doctor to open a Sanitarium in Florida. They wanted a place down there so he got a building from Glenn Curtiss of aviation fame, and they had a sanitarium. He didn't do any surgery down there.

WEEKS:

This was more like the original sanitarium. It was late in his life, too, wasn't it? Maybe after you came with him. Wasn't it 1930 or so when he opened this place in Florida -- after you had come?

BLOESE:

I started working for the doctor in 1915. In Florida we would go riding with a bicycle over to Coral Gables which I didn't like because it looked pretty dangerous to go riding with a bicycle over there with the traffic.

WEEKS:

Another question I wanted to ask you about the doctor. He was still on the State Board of Health when you arrived on the scene, wasn't he?

BLOESE:

Yes. He was on the State Board of Health.

WEEKS:

And served quite a long time -- he had two sessions didn't he? One 1878 to 1890 and one 1910 to 1916, so eighteen years there.

BLOESE:

Before I came he had a group of microscopes he had gotten and he took them around to test the water in wells. He tells the story that one woman says she saw things under the microscope swimming around in the water and she said, "I'm not afraid of them little fellers."

WEEKS:

They were so small they couldn't hurt her?

BLOESE:

...them little fellers.

WEEKS:

This was on the original board that he served -- the original Michigan State Board of Health? I was trying to place Governor Chase Osborne in there. Did you know him?

BLOESE:

No. I didn't know him but they were friends.

WEEKS:

He must have been in about 1912 or so. Just before you came.

My impression of Dr. Kellogg was that, as you say, he didn't take any money himself, personally, for surgical fees. He took very little salary from the Sanitarium also.

BLOESE:

He took $15,000 a year salary but he called that his some kind of charity account. This was money which was given to people who needed money. He never used any of that money himself.

WEEKS:

So his income really came from the food company and his books. Somewhere I read that in his lifetime he sold over a million copies of his books.

BLOESE:

I don't know how many he sold but there were quite a few of them.

We haven't gotten to the point where the Sanitarium burned.

WEEKS:

That was in 1902, wasn't it? In the meantime, I wanted to ask you if he ever said anything about his coining the word sanitarium?

BLOESE:

He is supposed to have coined the word sanitarium.

WEEKS:

He took sort of a puckish delight, didn't he, in saying that it was spelled right? Didn't he get kind of a delight in people trying to correct him?

BLOESE:

Well, it seemed to be pretty well established.

WEEKS:

Somewhere I read about his wedding. My notes say he was married in 1879. Somebody said that he and his bride were married at the Sanitarium.

BLOESE:

Yes. They were.

WEEKS:

Some sort of a surprise party. There was a party at the Sanitarium and there was a flourish of music and in walked the doctor and his bride. Wasn't this sort of characteristic of the man? Didn't he like to surprise people and didn't he like to do things with a flourish?

BLOESE:

Yes, he liked to be seen. He was a bit of a showoff. He liked to be seen. I'll tell you a story. We were down at the Ringling's place in Florida. They had a dinner party and my boy who was about 10 years old came through the dining room to go to his room. My wife was talking to people from Paris -- an ambassador or something like that -- and they were talking French, at a rapid rate. They were from Paris, and she was born in Paris. The boy had recited something in school and evidently he was pretty good because this man had gone there and and seen it and he congratulated him on his speech. The boy was only about 10 or 12.

The wife of this man said, "Who does he take after, his mother or father?"

Dr. Kellogg said, "His mother of course." It was pretty good because the doctor hadn't been able to get a word in edgewise. He didn't like that.

WEEKS:

After Dr. Kellogg became a surgeon, was this a big part of the Sanitarium business then?

BLOESE:

No. He played down the surgery. He didn't operate until the last resort. He wasn't one of these surgeons who liked to operate. He only operated when it was absolutely necessary.

WEEKS:

Somewhere I read that his mortality rate was very low.

BLOESE:

Very low. He had 150 laparotomies without a death -- before rubber gloves were available.

WEEKS:

This was before rubber gloves?

BLOESE:

Yes. His hands were small and very deft.

WEEKS:

Somebody said that maybe his fingers were that way because he learned how to separate broom straws. Because he was very deft at that as a boy -- sorting them and separating them in the family broom factory.

The Sanitarium kept growing and growing. I have a note here that he started the Sanitarium Food Company as far back as 1877. Is that right?

BLOESE:

Yes. You see what happened -- it's an old story he's told many times over and it has been depicted in a newspaper account of W.K. -- is that one of the patients didn't like doctor's prescription, the use of Zwiebach. Doctor thought people should masticate more. He had them eat dry toast. He thought they should masticate it and salivate it, but a lady came to him and said that he owed her ten dollars to have her plate repaired. So he realized that people who had poor teeth or no teeth at all couldn't eat what he prescribed.

WEEKS:

This was a food that he was prescribing?

BLOESE:

Yes. So he was trying to think of some food that they could eat and he thought of flakes. For quite a time he experimented with flakes without success. Then one morning he woke up and told this group that were at his home that he knew how to make flakes. So one of the doctors, who is dead now, scraped off the flakes from a hand roller that he had, and his first flakes were there. He needed fifty dollars for some equipment to make these flakes and he offered the whole food business to the Sanitarium -- for the board of the Sanitarium to administer. He offered everything to them if they would give him the fifty dollars he needed for the equipment. He'd get what he needed. They said they didn't want anything to do with such nonsense. So they didn't take it. The Adventists didn't go for the food business.

WEEKS:

They could have had enough today to support their hospital chain.

BLOESE:

Then what happened -- about fifty food companies were started. Doctor formed a company in Battle Creek -- I believe they named it the Kellogg Toasted Corn Flake Company and they shipped carload lots of cornflakes. And they were going pretty well.

But he was busy with the Sanitarium and other things -- his books. His brother, W.K. had been a business manager at the Sanitarium. He had been very helpful as business manager. And doctor sold the company for a song to W.K. And that is how the Kellogg Company started. I should add that W.K. was anxious to go into the business of making flakes. Dr. Kellogg told me that unless he sold the business to W.K. that W.K. would start a rival company.

WEEKS:

Didn't he retain some stock?

BLOESE:

He was given some stock, but he wasn't a good business man. He gave the stock to the doctors of the institution.

WEEKS:

Somebody said that he also used some of this money to start the Race Betterment Foundation.

BLOESE:

The Race Betterment...he sold the building and got some money out of it. Bernarr MacFadden, the physical culture man, and some people had been trying to run a health sanitarium.

WEEKS:

That's the cobblestone one on the corner of Ann Avenue?

BLOESE:

Yes. They tried various things there that didn't succeed and he bought the building. He had a Race Betterment Foundation and they had meetings. He sponsored a couple of Race Betterment meetings at the Sanitarium. There was a meeting out in California. But nothing happened.

WEEKS:

The Race Betterment Foundations's purpose as I understood it was to improve the human race -- through better selection of mates and...

BLOESE:

Not the selection of mates as the selection of food, living habits.

WEEKS:

He felt you did it through biologic living? Somewhere I read that, for a time at least, he believed that so-called acquired characteristics could be

inherited in the next generation.

BLOESE:

No.

WEEKS:

I was wondering how this would come about because it seemed there weren't many people who believed that.

BLOESE:

No. He didn't believe that. Burbank was there at one of the Race Betterment meetings and he claimed that in five generations he could produce a human being that would be free from disease -- if he had five generations.

WEEKS:

Did he say how?

BLOESE:

Well, he could improve species with flowers -- you know the aster-daisy he produced. He claimed that he tossed away about a million of them before he got one that he wanted because the petals were not uniform -- well, he could pick out in a large group of flowers one that was certain to produce good results.

WEEKS:

In other words, this might be a sport of something that was different.

BLOESE:

A sport would be something that was wholly different.

WEEKS:

Do you think that he was suggesting that if they could pick out human beings and mate them that they would eventually come up with the perfect...

BLOESE:

Burbank didn't say that but he said that in five generations he could

produce somebody that was free from disease.

WEEKS:

Almost implying it then. That he had a way of...

BLOESE:

Well, Hitler had the same idea.

WEEKS:

Sometimes it is better to have imperfect race and have a little freedom.

In the beginning in this food business, somewhere I read that doctor had the baking done in the Sanitarium bakery. He baked the food there.

BLOESE:

I don't know. That was before my time. Doctor bought a factory that formerly made pianos. He had a food company there and made about fifty different kinds of products. It did very well for a number of years but he had difficulty with... The truth is that one of his adopted daughters married a fellow he had great confidence in, who got stung by the stock market when the stock market went down again.

WEEKS:

Was that man's name, Sadler?

BLOESE:

Kirkland.

WEEKS:

He was a pharmacist, wasn't he?

BLOESE:

No. He worked in a pharmacy downtown for a while. Everything doctor owned was mortgaged at one time.

WEEKS:

There were a lot of others at that same time that were getting rich fast

in the stock market and found that they ended up with nothing.

BLOESE:

The head of an oil company was a patient at the Sanitarium and he had almost everybody steamed up on buying stock.

WEEKS:

When these people came to the Sanitarium, was it more like a rest cure and sort of getting taught how to live better and practicing what they were being taught so that when they went home they could feel better? Were most of the people who came here pretty well-to-do?

BLOESE:

Not necessarily. People were ambulatory, they could get around. The rates today would be regarded as ridiculous. It cost about one hundred and some dollars a week for everything. They got the treatment in a treatment room and they saw the doctor every day. They had a dietitian prescribe their diet. They had people give them exercise and a hundred and one things that you don't have today and all for the price of $100 or $125 a week -- a nice room.

WEEKS:

Now it would be a couple of thousand per week, probably.

One thing struck me when reading about the doctor. You say he was a small man, he was aggressive, he was fast-talking and I imagine fast-moving and he did many, many things. He invented many things. I often wondered how did this come about? What would he do? Get an idea, for instance, like an exercising machine or an electric light cabinet -- did he say to somebody, I think we can do this or build this and do this with it and then turn it over and say go ahead and see what you can do? Or did he actually do things himself?

BLOESE:

He would do things himself. He drew plans. He drew the first plans for making flakes and essentially the same system is used today as he did then. No. He could draw pretty well and he would draw an outline of what he wanted. And he could do some of the work himself. But he was too busy.

WEEKS:

That's what I thought. But he had to have the idea.

BLOESE:

He had the idea and whoever did the work, did the work at his direction. Now, for instance, he thought of the idea of a coffee substitute -- a cereal coffee. C.W. Post was a patient at the Sanitarium. He spent a lot of time in the laboratory where Dr. Kellogg had a man experimenting for him on making cereal coffee. This fellow told the doctor that Post was hanging around the laboratory quite a little watching and he was getting information. The laboratory man said, "Pretty soon he'll make a coffee."

Dr. Kellogg said, "If he does, it will be a good thing. It'll keep a number of people from using coffee." He didn't object at all.

WEEKS:

He was after the results rather than...

BLOESE:

. . . the glory.

WEEKS:

Just to put in a word or two about C.W. Post. When he came to the Sanitarium he was not a wealthy man. He was almost without money, wasn't he?

BLOESE:

He had a little cart that he pulled around to different grocery stores and sold his cereal coffee before he started the Postum Company.

WEEKS:

Before he started the company, he didn't have much did he?

BLOESE:

No. He didn't have much when he was at the Sanitarium. I don't know if he paid his way or not.

WEEKS:

Just as you said that, it reminded me that in the early days of the Sanitarium there was a lot of charity work, wasn't there?

BLOESE:

There was a lot of charity work at other times. For instance, if a person couldn't pay his bill entirely, he would pay as much of his bill as he could. There were cases when doctor thought the patient didn't get the results he should have gotten. The doctor would look over the report of the examination and he would say to the patient's doctor, "You forgot so-and-so -- you didn't do so-and-so." He wrote a patient a letter and he paid his railway fare both ways and a stay in the Sanitarium for several weeks to get better results because the doctor didn't do as he was supposed to do.

No, he never kept any money for himself.

WEEKS:

In other words, these people were coming in -- most of them were not getting drugs or surgery but they were getting...

BLOESE:

...proper treatment, maybe or proper examination. They had an x-ray man, Dr. Case. He wrote a book on x-ray and he probably is one of the greatest authorities -- or he was -- on x-ray, for years. He was the head of the x-ray department, for a while at the Sanitarium. Then during the war they started

an ambulance corps that went to France, and he had charge of that.

WEEKS:

I get the impression that the doctor was always out looking at new things, what we would call new technology today.

BLOESE:

He spent a lot of money to go to new places to see if they had anything new.

WEEKS:

Today, he probably would be one of the first in the country to have a CAT scanner. But you had good laboratories and x-ray and...

BLOESE:

At the time. Banting and Best, they invented insulin -- I reported a talk on insulin. I wish I had kept it. We got out a medical bulletin at that time. Doctor invited outstanding physicians from different parts of the world to come and talk and I used to report their talks in shorthand. Banting and Best came there and Banting told about his work with rabbits, and what little help he did get from the university. He worked in a sort of barn-like place and...well, every great invention in medicine was by a person, not by a group -- it was a person that did it. Now, you take the money they are spending on various things now. The people doing the work may make some improvements but it's always some individual who does the work, and generally under difficult conditions. Like Madam Curie and the way she worked -- in a barn. She didn't have a great deal of money either. Almost everything done by one person and doctor didn't have a great deal of money either when he started. He was ridiculed.

You hear a great deal about bulk in the diet, using bulky foods in the diet. When he started advocating bulk, the editor of the AMA said, "We all

know that it's good for horses, pigs, and cows, but not for human beings." Then later on the editor sent his mother and father to the Sanitarium. Changed his mind.

WEEKS:

I was just thinking that one product he had was way, way ahead of the field because it was years before Searle Co. brought out Metamucil and other similar products but the doctor was using psyllium seed way back in those days.

BLOESE:

The doctor contracted with some growers in southern France and Italy on growing psyllium seed long before it was known here.

WEEKS:

This dawned on me the other day when I was reading about L.D. Lax. I used to work in a drug store and I can remember Battle Creek products such as L.D Lax and Lacto-Dextrin and a lot of those that you made here in Battle Creek. But doctor was quite out ahead of the field in many things.

When you were talking about Benting and Best, I was wondering was there insulin on the market yet?

BLOESE:

No, there wasn't any insulin on the market. Doctor went to the stockyards and he got some material and we made insulin before anybody else did. He did -- until the pharmaceutical houses got on to it. He made some soon after Banting and Best were here.

WEEKS:

You mean the doctor did?

BLOESE:

Not personally, but he had it done by the laboratory.

WEEKS:

I didn't realize that. He had isolated insulin...

BLOESE:

We used insulin long before it was on the market.

WEEKS:

Is that right? That is something I had never heard. I had read somewhere that he used insulin when it first became available but I didn't realize that you had been able to make it yourself.

BLOESE:

When Banting and Best came to us -- I don't think it was in general use even in Canada where it was made then. But I know we went to the stockyards and got material for it.

WEEKS:

I know there was even arguments whether the pancreas from hogs was better than that from beef and so on.

BLOESE:

I didn't know much about it. I only heard about it.

WEEKS:

That's a marvelous thing that should be noted because that shows the doctor was forward thinking all the time.

This isn't nearly as important as insulin but, as a boy, I can remember being in Battle Creek and seeing a restaurant diagonally across from the Sanitarium on Washington Street called Good Health Cafe.

BLOESE:

Yes. I knew the fellow very well.

WEEKS:

It seemed to me that as a kid I was told that if you go in there you can

get an imitation pork chop or -- since then, I have discovered that it probably was made out of soy beans.

BLOESE:

Well, it was made out of gluten of wheat too. We made imitation steak out of gluten of wheat.

WEEKS:

Where did those ideas come from?

BLOESE:

His ideas. They were all his ideas. He experimented everyday, every time he came home -- I ate dinner with him a great deal and every time he had something he had these men working on -- he had an experiment. He experimented almost every day on something.

WEEKS:

Was this at the Sanitarium -- the laboratory work -- was that connected with the Sanitarium?

BLOESE:

Some of it was at the food company -- practically all of it was at the food company.

WEEKS:

In a separate building though. Was the original food company called the Sanitas? Then he changed it to Kellogg at one time, didn't he?

BLOESE:

Well, W.K. wanted the doctor to stop using the word Kellogg. They had a law suit and W.K. won because he had the word Kellogg on the most packages. He won the lawsuit. So doctor was restrained from making corn flakes with the Kellogg name on it.

WEEKS:

Had he patented the flake process?

BLOESE:

Not that I know of.

WEEKS:

Somebody said that he took out a patent.

BLOESE:

Whether he took a patent out or not I don't know. That was before my time.

WEEKS:

A couple of these things happened before you came on the scene. I was wondering whether you ever knew anything about the doctor's feelings about the White family. Somebody has said that the doctor forced James White off the Sanitarium board back in 1881 -- just the year before White died. (White was a founder of the Sanitarium, the head of the Adventist Publishing Company, and husband of Sister White, the prophetess).

BLOESE:

No. What happened was -- this is before my time -- he met a newspaper reporter in Chicago when doctor was changing trains. This reporter asked him, "Do you know about your Sanitarium burning?"

Doctor said, "No, I hadn't heard about it."

The reporter said, "Well, the whole thing is burned."

So the doctor sat there in the train and got a table and before he arrived at Battle Creek, he had drawn plans for the new Battle Creek Sanitarium.

WEEKS:

As I remember reading about this fire -- you had about four hundred patients in there at that time.

BLOESE:

And only one person died -- he went in after something he left behind.

WEEKS:

Oh, he went back in. When you think of building a hospital today -- I had an interview in April with one of the founders of the Hospital Corporation of America which now owns or manages about four hundred hospitals. They have built dozens of hospitals. He said the secret is to build them fast -- learn how to build them fast so you can open them up and do business. They try to build a hospital in nine or ten months. I think this is a pretty short time. The average community hospital takes anywhere from one to three years to build. Here, then, I read about the fire at the Sanitarium in 1902 and the fact that by about a year or thirteen months later, the new one was open for business.

The very fact that, as you say, on the train he had the plans all drawn for the new one. I imagine they started working very fast.

BLOESE:

Then the idea was for him to write a book. The Adventists were going to sell a million copies and they would make fifty cents a copy -- and they would get half a million dollars and could make a start. The question came who would run the Sanitarium, who would be the superintendent of the Sanitorium. The so-called Adventists elders insisted they had the majority and they would run it. Dr. Kellogg claimed they didn't know anything about running a Sanitarium. They were ministers. So they decided to ruin the Sanitarium instead of build it up. They got a lot of the employees to leave. That it was a wicked place. And they went out to California. That's how Adventist's Sanitariums started in California.

WEEKS:

Did Ellen White go out there then too?

BLOESE:

I don't know if she went out there or not. But they started a sanitarium out there and they started a campaign of villification and they were for rule of ruin. They put flyers in houses telling what a terrible place it was. The mayor of Battle Creek said, "Stop it or be sued."

WEEKS:

The Sanitarium, the one that burned, was that in the same position that the present Sanitarium is?

BLOESE:

I don't know where that was, I wasn't there.

WEEKS:

That was probably not in the same spot. The Sanitarium they rebuilt in 1902, is that still a part of the main building?

BLOESE:

That was attached to the other building, yes.

WEEKS:

Didn't they build a charity hospital at the same time, a hospital they called Charity Hospital?

BLOESE:

On the side of the street they had a little institution at one time where people could go who couldn't afford to pay anything. They took in a great number of missionaries. They operated on missionaries, who didn't pay anything.

WEEKS:

Can you tell me something about the Chicago adventure?

BLOESE:

Oh, yes. Doctor told me about that. He had a soup kitchen there and he went out and begged bread. They gave bread and soup to the hungry.

WEEKS:

Didn't he start a medical college too?

BLOESE:

They had a medical missionary college across the street.

WEEKS:

In Battle Creek?

BLOESE:

Yes.

WEEKS:

Did they spend part of their time in Chicago, the students?

BLOESE:

Later on they did. Most of them went to Ann Arbor.

WEEKS:

The Sanitarium encouraged men to go to Ann Arbor to get training?

BLOESE:

I don't think the church had anything to do with it -- with the Sanitarium at that time. You see, the church, after the sanitarium was burned and the new building constructed, I don't think the church was connected with it. There were Adventists there but the church itself, I don't think that they helped at all.

WEEKS:

That's right. This is where some of the hard feeling came in, isn't it? Didn't the doctor say it was nondenominational, nonprofit, and nonsectarian -- the new Sanitarium?

BLOESE:

Yes. You see, we were out in California one time when he visited and there were twenty doctors that got up and spoke. They gave a banquet in doctor's honor. Each one got up and said how doctor had helped them -- if it hadn't been for him, they wouldn't be in the medical business -- about twenty of them and they all had the same story. The doctor told me later -- at that time it was a lot of money -- he said that he borrowed $20,000 to put these fellows through medical school. And they didn't know about it. He told me about it later.

WEEKS:

As I see the sequence of events, I think the original corporation charter of the Sanitarium ran out about 1897. Then when it was reorganized under the new laws, I think the doctor, and whoever with him had power, insisted that it be nondenominational, nonsectarian. So, as you say, they didn't have to depend on the church.

BLOESE:

Some of these Adventist institutions... I was in one place out in California and I learned that they didn't give out any mail to anybody after sundown on the sabbath.

WEEKS:

Then the big fire, as we talked about, came in 1902. As you said, some of the church people made it very difficult to get the building rebuilt. Then in 1907, the church terminated doctor's membership in the church, didn't they?

BLOESE:

I wasn't there.

WEEKS:

Didn't you ever speak about it?

BLOESE:

I was looking at some shorthand notes I wrote forty some odd years ago and they wanted to kick him out of the church.

WEEKS:

They did too, didn't they?

BLOESE:

Yes, they did.

WEEKS:

Some of the feeling, I thought, originated with his attitude toward Ellen White's visions.

BLOESE:

No. They were good friends.

WEEKS:

Didn't she get a little impatient with him along toward the last?

BLOESE:

Not that I know of. Of course, the rank and file think she is a prophet, of course. Doctor didn't go for it.

WEEKS:

This is what I meant. These visions she had didn't always seem to turn out just the way they were supposed to.

BLOESE:

She held her arm out like that and a strong man couldn't bear down on it. Dr. Kellogg claimed it was catalepsy.

WEEKS:

She had fainting spells and that kind of thing, didn't she?

BLOESE:

Yes. He tells one story about Mrs. White and Elder White. Elder White

used to be gone on trips for two or three days and they got into a hassle about it. She came to doctor and she asked doctor to see Elder White and tell him that she had a weak heart and that he had to be more gentle with her -- he had to be nicer to her and that he shouldn't do these things. So doctor said he got up a good speech and he thought he was doing fine. When he got through Elder White said, "Young man, you've been stuffed." And he was stuffed.

WEEKS:

I have never had quite a clear picture of Ellen White's position in church. As you say, many considered her a prophetess. Did she have a regular position? Did she have a title? Or was she just sort of a prophetess on the sideline?

BLOESE:

She was a leader of the church. She wrote quite a bit. Wrote books. She wasn't an educated woman.

WEEKS:

James, her husband was quite a good writer, I guess. Wasn't he editor of the health press.

BLOESE:

No. Dr. Kellogg edited Good Health.

WEEKS:

I don't mean Good Health. I mean the old original publishing company.

BLOESE:

That is an offshoot of Good Health. Doctor edited that and wrote practically all the materials. When he died the job was turned over to me.

WEEKS:

My understanding is that, when John Harvey was a young lad, he went to work for James White setting type for the old Review and Herald Publishing

Company.

BLOESE:

Yes, but material was so bad that they finally let him do it.

WEEKS:

Then he became an editor. I was trying to figure out where James White's livelihood came from. I think maybe it was from this publishing company. Maybe he had a salary or something. And they seemed to travel quite a great deal. Ellen White traveled to California several times. I was wondering what her position in church was. Whether she was really head of it or...

BLOESE:

She was the head of it and I suppose they had contributions -- I don't know just what she did.

WEEKS:

This medical school that the doctor started, the American Missionary Medical College...

BLOESE:

That wasn't a finished college. It started the students but they didn't get any medical degrees or anything there.

WEEKS:

I thought they granted degrees there.

BLOESE:

I doubt it.

WEEKS:

Somewhere I read that it was approved by the Association of Americam Medical Colleges.

BLOESE:

Yes. It was approved. But if they gave degrees, it was very few. There

weren't very many.

WEEKS:

Somewhere I read that over the span -- it was in existence 15 or 20 years -- that they granted about 100 M.D. degrees. I don't know how accurate that is.

Didn't the doctor start an orphanage with the help of the Haskell family?

BLOESE:

It burned you know. Dr. Kellogg himself took in 42 children over a period of time. Some of them got to be pretty good and some of them didn't. It depended on their heredity. Some got to be nurses, dentists. Some of them turned out very well, and some of them didn't.

WEEKS:

The dentist I still go to is Dr. Kellogg of Howell, Michigan. His father was Richard Kellogg, the dentist in Battle Creek --one of the Mexican children that John Harvey Kellogg took in. I think Richard is one of the good examples of the children he took in.

BLOESE:

Richard Kellogg was right next to my office and I used to play golf with him. I don't know what happened to him. I never could find out, but he got all bent over.

WEEKS:

Something was wrong with him?

BLOESE:

He couldn't function anymore. One thing he did that I didn't approve of -- we ate dinner up there quite alot -- he would load everything down with salt. I tried to tell him about it but he wouldn't listen. He ate salt. I don't know why he had that appetite for salt.

WEEKS:

You were speaking about the home and the fire and the children that were lost. They rebuilt that, didn't they, a smaller place?

BLOESE:

They must have done something with the children who were rescued from the fire but they never built a building again like that.

WEEKS:

Wasn't doctor the mover that made it possible for the James White Home for the Aged?

BLOESE:

I don't know anything about a James White Home.

WEEKS:

We were talking about patents a minute ago. I have a note that says in 1897 doctor patented what he called nut meal. I don't have any other reference and I don't know what happened to it. When he invented peanut butter, the story I heard is that he figured that peanuts were no good for you unless they were boiled.

BLOESE:

No, it wasn't like that. If you eat peanuts and don't chew them to the last ditch, they pass through the body like stones. The idea of peanut butter was to have peanuts chewed mechanically so it turned into butter. They used to do it with almonds, and that tasted very good, but it was too expensive. He didn't believe in toasting peanuts either.

WEEKS:

That's where I guess I read that he believed that if you were going to eat them they were better eaten after they were boiled rather than roasted.

I was going to ask you about Battle Creek College. The original Seventh Day

Adventist College was moved in 1901 to Berrien Springs, Michigan -- but then while you were here, didn't they start a new Battle Creek College?

BLOESE:

The college was started by Dr. Kellogg in 1923. In 1915 when I came that building wasn't used as a college really. It was used as a laboratory and they had a photographic laboratory there and they took photographs of things -- various things. I think they did some laboratory work also.

WEEKS:

I have read about the relationship between the two brothers -- W.K. and J.H. Did you observe much of that?

BLOESE:

I knew them both very well and the whole trouble was that W.K. never got any plaudits and Dr. Kellogg was the star. W.K. was sort of a nobody.

WEEKS:

But he apparently was a very capable man.

BLOESE:

He was a capable man but he didn't have the personality that the doctor had. He was about the same size and heavy, but doctor had a personality, and he didn't.

WEEKS:

Isn't it strange that here the man without the personality was the one that had the advertising sense?

BLOESE:

I think the company flourished or didn't flourish by whoever he had running it. There were times when he had people running it that didn't know how. He got one person there that was very good. Now, Dr. Kellogg wouldn't run the company the way that it is run today. He didn't believe in all that

sugar on there -- all that sort of stuff. He believed in health and the company probably wouldn't have thrived the way it has because he didn't believe in sugar and various things.

The other day Kellogg Company had a new product with -- I don't know if they were apples or what, they were little hard like things -- I gathered them and wrote to the company and sent the little things to them. I told the company they were terrible.

WEEKS:

The new fruit and...

BLOESE:

This is something before that.

WEEKS:

Is this the new fruit and...

BLOESE:

It's made with very coarse flakes and pieces of apple.

WEEKS:

We bought some and didn't care much about it.

BLOESE:

These are the particles of fruit and another product but they were hard as pebbles. I gathered about eight of them and put them in an envelope and sent it to the company.

WEEKS:

Did you get a reply?

BLOESE:

Yes. I got a coupon for a new box of anything I wanted.

WEEKS:

It seems to me that I read that the breakdown between the two brothers on

corn flakes came about when W.K. put in some sugar and some malt.

BLOESE:

No. The break was when W.K. wanted to have his name... only his name on there and doctor couldn't use his name at all.

WEEKS:

In the beginning, didn't the doctor hesitate about using his name because it might be unprofessional.

BLOESE:

That's right. He didn't use it -- he didn't want to. It wasn't a good thing to be a doctor and be a tradesman at the same time.

WEEKS:

But within the profession, we talked earlier, he was a member of the AMA and a fellow of the American College of Surgeons. So he must have been recognized by his brother professionals or he wouldn't have gotten those.

BLOESE:

He was very well recognized. He was often called on to speak. He spoke on various occasions.

WEEKS:

Somewhere I read that he made over 5000 speeches in his career. Does that seem possible?

BLOESE:

I don't know. I was with him at all the speeches from 1915 on. I traveled with him all the time.

WEEKS:

When he was in town...

BLOESE:

He spoke every Monday night for the patients. He answered questions every

Monday night. And the questions would be boiled down and we used them in the Good Health magazine.

WEEKS:

He was quite a popular speaker then.

BLOESE:

Yes. He was very popular. He had one trick. He would have something hidden in the room and he would find it. He would be blind-folded and he would find it. He would walk around with his hand on a person's forehead and he said the person would unconsciously lead him to it. He said the person would be unconscious of doing it, but would do it.

WEEKS:

Look at the spot or something?

BLOESE:

He said he would put his hand on their head and he could tell by the way they reacted if he was getting nearer or farther away from the point. He was so sensitive, he could tell whether they were leading him there or leading him away. He was a lot of fun to be with. He was a very amiable person.

WEEKS:

Would you say that he was an impatient man? I get the impression that back in the early days when the board of the Sanitarium had some people on it who didn't know much about the operation and wanted to do something, he would just pay no attention and go on and do what he wanted to.

BLOESE:

He was impatient. He was a talker. He would just talk them into it. He would just talk and talk and talk. But he could talk for hours and it would be interesting. He just wouldn't be talking. He knew everything. He had his house full of books and read every night and he would remember what he read.

When they worked up the Sanitarium down in Florida the plumber was going to put in the pipes for the treatment rooms and various things. Doctor sat down and he drew a plan of it and the plumber came along with his plan and he said, "You are all wrong." Then doctor found out that the plumber was wrong.

Then there was another time years ago when a man came in with a special machine -- a big heavy thing -- it did more than adding and subtracting, it did problems. Doctor said, "I'll just take my pencil and paper, give me some problem and I'll work it by pencil and paper and you with the machine. We'll see who gets it out first." He beat the fellow three times and the fellow picked up his machine and walked out and didn't say a word.

WEEKS:

He must have been a very unusual man.

One thing we didn't speak about was that after he terminated from the church...

BLOESE:

He didn't terminate, they threw him out.

WEEKS:

Did this affect his ability to use money for good purposes? We talked about the fact that he didn't use his salary from the Sanitarium for any purposes.

BLOESE:

That was all his life.

WEEKS:

It seemed to me that after he left the church, he had less money to support some of these things -- that he took over some of the support of things that the church had been supporting before.

BLOESE:

I don't know that the church had done any supporting. He did much of the supporting with his books. I don't think that he was really a true Adventist. I don't think he really believed that the world was coming to an end -- that we would all fly up to heaven. I don't think he really believed that. He happened to be born into that atmosphere and he had to do what he could with it. That's what I believe. I don't believe he was really a true Adventist.

In all the time I was with him, I never -- when we traveled or at any time -- ever observed the end of the week except I took one day off once a week. But it wasn't only Saturday. When he died, of course, I took over the food company. I was president of the company. It used to irk me that we would be working on something and by Friday noon they would all be thinking about getting away at sundown rather than in getting the job done. They would get real interested in the religious end of it instead of the working end of it. I didn't care whether I worked there until midnight.

WEEKS:

As I told you, I lived in Battle Creek for two years as a boy. It seems to me I remember hearing a sundown bell. Was there a sundown bell?

BLOESE:

I don't remember a bell. Maybe there was, but I don't recall it.

WEEKS:

In fact, the last year we lived here we lived in Urbandale, east of the business section on the street where the old halfway house is. That's a long time ago.

Can you tell me something about yourself previous to 1915 when you came here?

BLOESE:

I was working at the Chicago Beach Hotel going to school.

WEEKS:

You were a native of Chicago?

BLOESE:

I was going to be a professional billiard player. I played billiards. I got to be pretty good. I gave exhibitions. I played golf in the morning and I studied at the billiard room at the Chicogo Beach Hotel in the afternoon. I had my books and everything. No people came until the evening after supper -- 6 o'clock or so. I had a whole afternoon to myself to study. I learned to box. The house detective was an ex-professional so he taught me how to box.

Then I got this job at the Battle Creek Sanitarium. I didn't know what the job was. The head of the school insisted that I take the job. The school in Chicago insisted that I take the job with doctor. I took the job finally and what do you think I did? I took all the letters doctor received that were handwritten and were lengthy and condensed them -- sort of like Reader's Digest. Then pretty soon I got to write fast enough shorthand. I wouldn't advise anybody to try and learn it. It's an awful drag. Then I got to be his secretary and a little more than secretary.

WEEKS:

Were these letters that came into the Battle Creek Sanitarium?

BLOESE:

They were letters to him but they were handwritten letters which he wouldn't read. Or he wouldn't read a long letter, for instance, two or three pages. I would have to boil it down to one page. Finally I reported his lectures.

I was the only one really that disagreed with him. I wouldn't agree with him if I didn't believe a thing. There were too many "yes" men there. I wouldn't.

I remember one time we were in the Sahara Desert and he said."Bloese, tomorrow I'm going to rent some camels and a tent -- everything is going to be very sanitary. We're going to have food and everything. We are going for a safari into the desert for a week. Would you like that"?

I said "No".

He looked at me and said,"Bloese, you have lost the spirit of adventure." He said, "This afternnon let's hire a couple of camels and try it."

So we did. We got on the camels and we had a lot of copper coins that we threw to the kids as we walked through the towns and he had himself dressed up like an Arab -- I was on the camel and I had a club. I asked the fellow, "What do I do to get him to go?"

He said, "Hit him with the club."

But the doctor had the guide lead his camel so it didn't run. My camel lit out across the desert and it was getting toward dusk before we got back. I got back just in time to see doctor get off the camel and he nearly fell over backwards. The camel went down on it's back feet amd he fell over it. He walked with his feet about that far apart and got onto a hot bath just as soon as he could. He never said a word more about his spirit of adventure.

He had a miniature golf course at the top of the Sanitarium building which was rather nice and he built one across the street. I didn't know about it. We were on a trip and he thought he would surprise me with this miniature golf course. He took me over there with these beautiful putting greens and there were hazards -- it was a beautiful thing. He said, "Bloese, what do you think? Don't you think it's wonderful?"

I said, "No I don't. I think it's terrible". I said, "What's going to happen is the people are going to run over it and they'll be walking on that little space."

He told me the head of the General Motors has one, and so-and-so has one.

I said, "Yes, but they only use it maybe once in a while. They don't have fifty or a hundred people putting around that thing and pretty soon it'll wear the grass and it'll be gone." They put a little fertilizer and some water on it and it got to be just a slushy thing.

It was a funny thing. Doctor told me, "I can make the most ridiculous suggestion and everybody will agree with me."

WEEKS:

He probably liked your candor and honesty.

I am still a little bit confused. In Chicago, where were you going to school?

BLOESE:

I was going to a private school.

WEEKS:

You worked at the Chicago Beach Hotel and it was there that you met the doctor?

BLOESE:

One of the persons who worked at the Sanitarium heard about me and sent for me.

WEEKS:

But you worked in Chicago for the doctor?

BLOESE:

No.

WEEKS:

You moved to Battle Creek?

BLOESE:

I worked in Chicago for myself. I was going to school. Many evenings I was playing exhibition billiards. I was going to make billiards playing sort of profession.

WEEKS:

What year was this? The year 1914 before you came to Battle Creek?

BLOESE:

Yes.

WEEKS:

When you came to Battle Creek, what were your duties?

BLOESE:

That was shortening the letters. Then the war came along in a few years -- 1917. I enlisted right away. I came back from the war in France after two years. I reported some interesting court-martial cases there. You see, after the war was over, there were so many men over there they couldn't get them all back. So I was in Paris for six months reporting court-martial cases.

WEEKS:

Using your shorthand?

BLOESE:

Yes. I played billiards there too and had an interesting time. I came back and there weren't any jobs available. I thought I would do some court work in New York or somewhere. They paid very well in those days. But there weren't any jobs available. So I went to Battle Creek, the job was open in Battle Creek and I started over again there. Pretty soon, I got to be quite friendly with the doctor. We hit it off pretty well.

He used to embarrass me quite often. You know where the trees are and they have that park on West Michigan. They used to have a golf course. They had a pro there and I could hit a ball pretty far. Everytime I went there, he would have the pro hit a ball and he would have me hit a ball. I could outdrive the pro. It was embarrassing. I didn't want to muff the shot but I could outdrive him by maybe 10 yards.

We were at Chevy Chase one time and there was a big crowd there. We played a game of golf. Doctor was on the first tee and I never saw him hit a ball as well as he hit it that time. He had a straight shot right down the pike -- good distance for him. He got great fun out of golf.

WEEKS:

Was he a fairly good golfer?

BLOESE:

No. He wasn't a good golfer. He couldn't hit the distance. He could get maybe 120 - 130 yards, something like that. He enjoyed it.

WEEKS:

When did you become the secretary and travel with him? How did that come about?

BLOESE:

After I had been there a few years. After a few years of Readers' Digest business...

WEEKS:

Did you have to answer any of his mail? Did he have you do any of that?

BLOESE:

No. I just shortened it. He answered his own mail.

WEEKS:

Somewhere I read that he was such a prolific dictator that his secretary

had four helpers.

BLOESE:

No. I dictated some of the material into a dictaphone. He had a habit of writing letters, not naming the person to whom the letter was going. Just throw it over at me. I would sort of glance at it and get an idea and mark it. He was very, very quick at that. He didn't fiddle around much.

WEEKS:

You mentioned that in 1918, three years after you came there and this would be about the time you came back from France, the doctor became ill.

BLOESE:

He was ill when I was in France. He had lung trouble. When I came back from France, he was in pretty good shape.

WEEKS:

He had spent the whole winter in Florida?

BLOESE:

During the time I was in France, he was in Florida.

WEEKS:

We were talking about this James White Home for the Aged that I mentioned. I have a note that in 1920, the doctor transferred it to the Lake Union Conference of the S.D.A. church -- the ownership of it.

BLOESE:

I don't think he mentioned that to me.

WEEKS:

Tell me about some of your trips. You must have been in on the Miami Springs, Florida...

BLOESE:

Miami Springs was owned by Glenn Curtiss. Dr. Kellogg one morning said,

"I'm going to get that place Glenn Curtiss has out there."

I said, "Does Glenn Curtiss know about it?"

He said, "No."

He met Glenn Curtiss and a minister and they talked awhile and Glenn Curtiss agreed to give doctor the building if he used it as a sanitarium for seven years. But Dr. Kellogg had it converted so that he didn't own it personally. He kept it seven years and that's how it started. Curtiss was a very nice fellow.

You know that Curtiss had an airplane the same time that the Wright brothers had one.

WEEKS:

Is that where the Curtiss-Wright name came from?

BLOESE:

Curtiss made a plane that would fly. The only difference between his plane and the Wright's plane was that Curtiss' plane would fly in one direction only. It couldn't curve. Couldn't go round and round the way the Wright brothers' could. He made a trip from Albany to New York and won a $25,000 prize.

WEEKS:

You forget those names sometimes. That Florida Sanitarium was quite successful, wasn't it?

BLOESE:

It was successful while the doctor lived.

WEEKS:

You said they didn't do any surgery down there.

BLOESE:

No surgery.

WEEKS:

Did he have a couple of women come dowm from Battle Creek to manage it?

BLOESE:

He had a whole staff come down. We drove down there every year. I made fourteen trips down there.

WEEKS:

You said you went to Europe -- at least once that you mentioned.

BLOESE:

I stayed with him. I met a lot of people. I remember one time that George Bernard Shaw was making a trip around the world and he stopped off. The doctor said "Let's go to the office and we'll have an interview with Shaw and get an article out of it."

In the meantime a nurse came in and said a patient was very ill -- something happened. That left me alone with Shaw. It seemed that he wrote the same style of shorthand that I did. We sat there for half an hour or so talking about shorthand.

WEEKS:

I didn't realize that Shaw knew shorthand.

BLOESE:

Shaw wrote his plays in shorthand and his secretary transcribed them. He wrote not a very sophisticated shorthand but his secretary could read it. He's the one...you've heard the story about Lady Astor?

WEEKS:

You mean about them having a child?

BLOESE:

No. This was Lady Astor and Shaw got into a political argument and Lady Astor got pretty mad. She said, "Mr. Shaw, if I were your wife, I would put

poison in your coffee."

Shaw said, "If I were your husband, I would drink it." Doctor didn't get this joke.

We had Savita on the market. It tasted like mushroom. It was made in Germany from a brewery product. England had a product called Marmite but it wasn't quite so good as the other one.

We were at dinner and Shaw said, "Dr. Kellogg, this is good soup. Was that made with Marmite?" Shaw pronounced it Marmeat.

Dr. Kellogg said, "No, no we don't have a bit of meat in our house."

WEEKS:

When you speak of Lady Astor, did you see the program on public television that just ended a week ago? There was a series on Lady Astor's life. According to the character there she was pretty much outspoken and she would have been a good sparing partner for Shaw, I think.

BLOESE:

Shaw was a very nice man, nice person.

WEEKS:

What other famous people did you meet? A lot of famous people came to the Sanitarium didn't they?

BLOESE:

Yes. I didn't think any more of them than anybody else. We had about five memberships at the country club and patients who played golf -- he would send me out to play golf with them. I was sort of the man around doing different things. Rockefeller was there.

WEEKS:

The old gentleman?

BLOESE:

The old gentleman is dead. Not the one that was Vice President -- the other one. I don't know which one. He had been there for about three weeks and said goodbye to the doctor. He came into the office to say goodbye and said, "By the way, I've been here three weeks and this girl that waited on me has done a good job and I want to give her something. What do you think I ought to give her? I don't want to give her too much and appear ostentatious, and I don't want to give her too little to appear cheap."

WEEKS:

I suppose that would be a problem if you were a Rockefeller or a millionaire.

BLOESE:

I think when you reach a certain place you should be as ostentatious as you want to be.

WEEKS:

That brings up another point I read. At the Sanitarium the wages were not terribly high, especially in the beginning.

BLOESE:

No. The wages were very low. The doctors didn't get much but they had a dining room for their workers and you could get a good meal for about twenty cents. I worked nights quite a bit and I could order anything I wanted to in the dining room -- anything I wanted. I remember there was one woman ten or fifteen years older than I was and when stock companies came to Battle Creek, she would go to the show and wouldn't want to go home to dinner. She would want to eat before she went to the show. I used to order a double tray so she could eat. They didn't seem to have any restriction which they should have had.

WEEKS:

Was there any ruling on health care for the employees? Or did they have to be a patient?

BLOESE:

They got the same food the patients got.

WEEKS:

I mean expense. Did they have to pay regular rates?

BLOESE:

No. If a person got ill, the Sanitarium took care of them. I don't know what they charged. I know I had pneumonia one time, I don't know whether I paid very much or not. They treated the help all right, I thought.

WEEKS:

I can remember being in the Sanitarium and walking in the lobby back in the middle 1920s and it seemed like a beautiful hotel to me -- the lobby atmosphere was like a big hotel, and they had bellhops.

BLOESE:

Of course you couldn't see everything from the lobby. They had treatment rooms and everyday a person got a treatment of some sort, and up in their rooms they had treatments, and they saw a doctor once a day, or once every other day when they had so many. The fellow who had the big oil company that went broke. They brought him in on a stretcher. He had rheumatism. He had been at Johns Hopkins and everybody at the Sanitarium, not everybody, but a great many, bought some of the stock just before the crash, and I was foolish enough to buy some too. I sold mine as soon as I could. He came in on a stretcher with some kind of rheumatism and they treated him for about a month and he walked out.

WEEKS:

Was that Doherty?

BLOESE:

Yes. Doherty.

WEEKS:

I bought some of that City Service stock in those days too.

BLOESE:

Did you keep it?

WEEKS:

I kept it. I bought some on loan from a bank and it took me years to pay it off. I didn't buy much. But I was just a young man working for not much money. I kept it for ten or fifteen years and sold it at a loss. If I held on to it I might have been able to come out all right.

BLOESE:

I bought some -- $2,000 or $5,000. The bank wanted me to buy twice as much and I said no. I told my wife to go down and sell it at the opening. It opened at 69. There was a fellow there who was the champion seller of Doherty's stock -- he sold more Doherty stock than anyone else. They called him the champ. I asked my wife that night how much she got for the stock.

"Oh," she said, "I didn't sell it. So-and-So said it was going up to 100 tomorrow. So I put in an order to sell it the next day."

The fellow said, "You owe me a box of cigars."

I said, "What do I owe you a box of cigars for?"

He said, "I sold your stock first thing in the morning and the next day it dropped 30 points." So I lucked out.

WEEKS:

So you stayed on after the doctor died? And you ran the food company?

Did you have a connection with the Sanitarium too?

BLOESE:

No, my connection with the Sanitarium was that I wrote an occasional spiel for them to send out. I didn't have much to do with the Sanitarium after that.

Of course, I had a 140 acre iris farm. At night I would plow with lights on, and I enjoyed it.

WEEKS:

Which direction was that from here?

BLOESE:

It's north-northwest.

WEEKS:

Out by Gull Lake?

BLOESE:

No, it's before Gull Lake. Do you know where Bedford post office is? It's near there. It was just a couple of miles from there. That post office came in a strange way. I had a lot of packages going out and I complained about it. If it rained, they only had a store there where they took the mail, and if it rained it would rain on the packages. So they built the post office for me. That's how the post office happened to be there.

WEEKS:

That's interesting.

BLOESE:

They don't need that post office there now, I guess.

These people in this town I was telling you about up there, they don't get very much mail and they don't even stamp them. I had three big boxes of irises, the maximum size they would take and I had three of them lost in the mail. When UPS came you got good service.

In Chicago at one time, they had a room bigger than this full of packages that had smashed up with their machines in Chicago and they threw them all in there because the addresses were gone, but these machines didn't work out.

I wrote an article about the government free cheese and told them there is no such thing as giving cheese. Nobody gives you anything. The cheese had been paid for by the taxpayers. I said if they want to give away something instead of cheese -- if they have over production -- why didn't they have over production of wine and let everybody have a bottle or so of wine. They would be more pleased.

WEEKS:

That reminds me that in reading about Ellen White and her group -- the SDAs seemed to be against cheese -- eating cheese. Was the doctor against eating cheese?

BLOESE:

I don't know that we had any cheese there. I don't know if he was against it.

WEEKS:

Some of the Seventh Day Adventists were against cheese -- even eggs and milk.

BLOESE:

Of course, there were extremists. The only thing doctor didn't believe in was too much salt and pepper and any hot spices or things of that sort. This story about tobacco -- the Surgeon General at one time said that it <u>may</u> be harmful and then he changed his tune and said it <u>will</u> be harmful. At the Sanitarium, the doctor had a film made of tobacco smoking and he showed Indians smoking tobacco. He showed a great big pile of money burnt up -- all the money that was being burned.

WEEKS:

Haven't there been studies made of Seventh Day Adventists to show that those who didn't smoke, or quit smoking for a lengthy period of time, have less lung cancer and less heart disease than those who smoked?

BLOESE:

I don't know about this today. Doctor told me of a case in the early days that they ate a peculiar diet and he had a survey made and found that people living on this diet -- not eating this and not eating that -- that their rate of tuberculosis was higher than those on an ordinary diet.

WEEKS:

Maybe they were depriving themselves of certain things. How about vaccination? I have heard both sides of the question. Was the doctor in favor of vaccination? Or didn't he take any particular stand of it?

BLOESE:

At the time I was with him there wasn't much talk about vaccination. At that time we didn't have many of the vaccinations that they have now.

WEEKS:

Mostly smallpox in those days.

BLOESE:

Yes. But ordinary vaccinations we didn't have in those days.

WEEKS:

Not like they do today. He also believed in heat in different forms as the best remedy for pain, didn't he?

BLOESE:

Yes. After every operation, they used fomentations, wet compresses, and they cut down the pain. He found they had less trouble with patients that were treated that way.

WEEKS:

Less chance of shock.

BLOESE:

He was very much interested in his cases. I was there many a time at midnight and he would call up and would want to know how so-and-so was getting along that he had operated on. He was very interested in his cases.

WEEKS:

Didn't he kind of invent the electric blanket?

BLOESE:

No. We didn't use the electric blanket.

WEEKS:

Somewhere I read that he got ahold of some carpeting that had wires in it and he attached it up so that he could put low current through there as a means of heat. Maybe they didn't use it. Maybe it's an idea that he tried out.

BLOESE:

No. He never did that. They only used -- speaking of heat -- they tried an experiment with an athlete in the shower and you subject a person to as much hot water as he could stand -- up to 120 degrees. You would give them a shower in this hot water and then you would take him out and give him some work to do -- lifting and some feats of strength. He made a machine so that he could test the twenty different important muscles of the body. They found that after the athlete was under a hot shower he lost from ten to fifteen percent of his strength. Then they put the same person, an athlete, in a cold shower. He gained strength from the cold.

WEEKS:

Made his muscles contract I suppose. What was his position on dress

reform? I know the Seventh Day Adventists catered to dress reform almost to an extreme. Did he believe in women getting rid of tight corsets and tight clothing?

BLOESE:

Yes. He worked on that. He had one interesting thing happen when he was experimenting. He tried some sort of corset on Mrs. Kellogg's dog. The dog jumped out the window and ran off. And she gave doctor the dickens for working with the dog. He actually told me that. No. He believed in not restricting any of the organs of the body. He didn't think they would function properly if they were restricted.

WEEKS:

I have asked you a lot of questions. I wonder of you have any comments about your life at the Sanitarium that you think should go on record here.

BLOESE:

I think I had a good time there. I enjoyed it. It was a challenge. You don't know anything about writing shorthand and that is something when you write two hundred words a minute or one hundred eighty. You have to be pretty agile. Your mind has to work.

Recently I was laid up for fifty-two days in the hospital and I got out and I can't even use the typewriter now. I used to be able to write page after page without an error. Doctor used to say that I did work better than necessary, because I used to be able to write without an error.

I had a good time growing the flowers. I had long rows there, some of them two blocks long of these irises. I'd think of new things. I developed a machine -- they were gathered and then they were separated -- the little ones we threw away, it took too long for them to develop. The others, I put through a machine and it cut the tops off. I was going to write an article.

This machine I got had a big tank on it and it gave each plant a dash of water. Now for tomatoes and other plants it was a good thing but I tried it for iris and I tried another field where I didn't give them anything and they both ended up the same. After a rain came they both were the same. It used to take four men to do it and they would have to bring that tank in and get it filled up.

WEEKS:

Did you have fertilizer in there too, or don't you fertilize iris?

BLOESE:

We used fertilizer. I used all sorts of things. I used barnyard fertilizer and I used alfalfa -- a very rich field. The farmers were shocked when I turned that under -- beautiful alfalfa -- I turned all that under and I grew rye. Another thing I did was to grow this sorghum. That grows taller than ordinary corn. I had that. This tractor had a running board. I had two plows. I got rid of one of the plows. I used a single plow. This running board bent these stalks over just exactly perfect. Then the plow would turn that over and you couldn't see a leaf on the field. Beautiful. I did that at night. I had lights on the tractor and I had a lot of fun. I had a good experience at the Sanatarium. I can't complain.

WEEKS:

You believe that the doctor's idea about health care was pretty good, huh?

BLOESE:

It did me - I'm still around.

WEEKS:

May I ask you what your age is?

BLOESE:

89

WEEKS:

You have had a good full life.

BLOESE:

I saw a lot of the world. I got a lot of traveling and got around. I spent two years in France in the Army. I was in the ambulance outfit. I can't complain about the Sanitarium. Of course, my position was a little different than some of the others.

WEEKS:

It was nice to be confidant of the doctor and a friend of his.

BLOESE:

I met a lot of interesting people. You see my office was next to his and he was generally late. People stopped him wherever he went. It was up to me to sort of entertain people until he came. And it was rather interesting some of the people that I met -- that I saw at different times. It was a lot of fun.

WEEKS:

I have really enjoyed this afternoon.

Your reminiscences about Dr. Kellogg and the Battle Creek Sanitarium will soon be a part of the Oral History Collection at the American Hospital Association in Chicago.

Interview in Battle Creek, Michigan

June 28, 1984

# Anecdotes and Interesting Episodes in the Life of Dr. John Harvey Kellogg as Told by August F. Bloese

Dr. Kellogg was a man of great courage and determination, which is well illustrated in the following accounts of two events:

Dr. Kellogg received a letter threatening his life. He said that he would pay no attention to it, but one of his associates hired a detective and found the culprit. Dr. Kellogg insisted that the man not be prosecuted. Only three or four persons learned of this incident.

His office nurse became engaged to a drunkard man who was in prison for manslaughter. She felt that it was her duty to reform him. Dr. Kellogg succeeded in having her break the engagement. When the fellow learned of this, he was so enraged that he dashed into Dr. Kellogg's office, not stopping at the desk of the receptionist, held a gun against Dr. Kellogg's chest and said that he was going to kill him. Dr. Kellogg stood up, pressed his right index finger against the man's chest and backed him out of the office.

When I asked Dr. Kellogg why he took such a chance with his life, he said, "When he did not shoot me at once, but hesitated, I knew that he would not kill me."

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Mr. C.W. Barron, founder of the Wall Street Journal, a frequent visitor at the Battle Creek Sanitarium, stopped Dr. Kellogg and me in the lobby of the Sanitarium and told us about a world figure who needed such a dangerous

operation that his New York doctor did not want to undertake it. Mr. Barron added, "I would have asked him to come here, but I knew you would not have operated on him."

Dr. Kellogg surprised Mr. Barron by remarking, "Your friend is going to leave the hospital tomorrow. Why don't you go over and see him?" The man fully recovered.

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Dr. Kellogg did not waste any time when he operated. He said, "The less time the patient is under the anesthetic the quicker he will recover." Surgery for him was a very serious business. He prayed before each operation and permitted no idle talk by his assistants.

***

A young surgeon, who came to see Dr. Kellogg operate, ruined his chances of ever being invited again by patting Dr. Kellogg's stomach, which was rather ample, and saying, "Doc, what will it be, a boy or a girl?"

***

Dr. Kellogg was the kindest and most forgiving man I ever met. From time to time he received letters from conscious-stricken employees who had taken a few towels or sheets or something else of no great value, who wanted to confess, "to make myself right with the Lord."

One case stands out. This person had taken some money and wrote the usual letter wanting to make himself "right with the Lord." I told Dr. Kellogg that this letter was a hollow gesture because the letter did not contain the money that had been stolen. My argument fell on deaf years. Dr. Kellogg sent him the usual forgiving letter. He did not ask the culprit for the return of the money, or lecture him. This person is now a minister and was on the board of a large company, so evidently he has reformed and is doing the good work for the Lord.

***

I accompanied Dr. Kellogg on a trip to Europe and Africa which he said would be for six weeks; it lasted six months. He accumulated suitcases from city to city. When we arrived in Battle Creek, he had 27. It had required two cabs to transport his baggage from the ship to the train.

Dr. Kellogg was well known in Europe. He was invited to dine with the physician who treated the King of England and his family. The head of the Pasteur Institute entertained Dr. Kellogg in Paris.

***

There was an unwritten rule followed by the members of Dr. Kellogg's office staff that Dr. Kellogg was never ill. We all just sensed it that it was bad form to admit that Dr. Kellogg was human. We were horrified when a new girl answered the telephone and said, "Dr. Kellogg will not be in the office; he is at home with a cold."

***

When we were in Africa, Dr. Kellogg was always interested in the customs and habits of the natives. He took the blood pressure of many of the natives in a small village in the Sahara Desert and found many cases of high blood pressure. In a survey of another village there were no cases of elevated blood pressure. The natives of the first village drank a great deal of strong coffee, while those of the other village were too poor to buy it.

The bread the natives ate was homemade. Wheat was ground every morning in stone hand mills. The bread was in the form of large thick pancakes baked in a skillet over an open fire of dried camel's dung.

***

Dr. Kellogg enjoyed one winter in Florida much more than I did. A dietitian, a bookkeeper, a cook, a chauffeur, and I made up his household. Doctor had the habit of taking a nap after our nine o'clock breakfast, sleeping several hours. After six o'clock dinner (there were only two meals) doctor was ready to work all night until morning. The rest of the members of the household enjoyed the siestas that Dr. Kellogg did, but since the only time I had to do my work was when the rest of the folks were snoozing along with Dr. Kellogg, I got little sleep.

I suggested that the nappers form a club known as the Snoozers Club. One morning when the club was being discussed at breakfast, Dr. Kellogg caught the word "club."

He asked, "What is this club that you are talking about?"

One member replied, "We have just honored you by electing you president."

When he heard this he seemed to be delighted until he learned the name of the club.

***

At one time Dr. Kellogg directed the work of three schools, dietetics, nursing and physical education. He had the task of signing the diplomas of the graduates. Higgins permanent black ink, which dries slowly, was used. It was my job to snatch away each diploma and supply another one for his signature. To avoid the danger of smudging the diplomas, they were placed everywhere in the room, even on the floor. We kept time with a stopwatch of each lot of fifty diplomas. He tried to break his previous record.

***

One of the officials of the Columbia Phonograph Company asked him to produce a set of exercise records. Each exercise had to be accurately timed. Dr. Kellogg acted as drill sergeant and kept time while I performed the exercises. He invariably forgot to start the watch or lost track of the number of movements of the exercises. Something usually went wrong, so I had an exhausting time.

The exercises were successfully recorded. The company, however, went out of business before the records could be put on the market. All that Dr. Kellogg received for his trouble was a batch of records.

***

Horace Fletcher, the father of Fletcherism, chewed his food until it was reduced to minute particles. He told Dr. Kellogg that it was his greatest ambition to have his name in the dictionary. Dr. Kellogg said this could be arranged without difficulty. He would write an article about Fletcherism for his magazine, Good Health, which he felt sure would be read by Mr. Funk of Funk & Wagnalls, and his name would appear in the next edition of the Funk & Wagnalls dictionary. Mr. Fletcher was grateful and delighted when "Fletcherism" became a word in the dictionary.

***

Dr. Kellogg and Henry Ford conducted numerous experiments with the soy bean. Mr. Ford had his cook visit the Sanitarium and spend some time in the kitchen to study Sanitarium cooking.

***

Dr. David Fairchild, one of the founders of the U.S. Plant Introduction Bureau, gave Dr. Kellogg a small quantity of a dozen varieties of the best soy beans available from Japan. His gardener planted the beans in twelve rows, each one bearing the Japanese name on a stake. The beans all grew well, producing vigorous green plants. It looked like there would be a bumper crop.

***

When Dr. Kellogg heard frost warnings for that night, he went into instant action to save his precious beans. He almost stripped the treatment rooms of sheets to protect the plants from frost. He went to the field the next morning and was delighted to find the beans in good condition.

There were frost warnings again for the next night. When he went the next morning to see how the plants had fared, he thought, of course, that his gardner had covered them. The plants were completely destroyed. When he asked his gardner why he had not covered the beans, the fellow said, "I didn't aim for it to freeze." He thought this was a good alibi.

***

Dr. Kellogg liked to drive fast. Someone remarked that although the doctor might not be the world's worst driver, he was certainly runnerup.

Before we went to Europe we went to city hall to get some needed documents. There is a small hill in front of the Sanitarium. Since Dr. Kellogg's chauffeur was not in sight when he went to the car, the doctor decided to drive himself. In descending the incline he pressed hard on the gas pedal instead of the brake. We went down the hill at an alarming rate, crossed the road and bounced off the opposite curb, crossed the road and hit that curb also. He finally got the car straightened out and drove to the city hall without stopping for stop streets. We were very fortunate to avoid an accident.

***

Dr. Kellogg believed that food residues and body wastes should not carry too long in the body, but should be removed with dispatch. To speed up waste material along the alimentary canal, he gave his patients mineral oil. We know that mineral oil has a deleterious effect upon vitamins, which at that time was not known. The disposal of the body wastes with the assistance of mineral oil was not synchronized. The mineral oil always left the body first and in such a sly manner that by getting a rear view of a patient one could easily detect the mineral oil users.

***

Dr. Kellogg was first in using bran and other forms of bulk to stimulate intestinal peristalsis. Bulk in the diet has now almost become a fad. Years ago Dr. Kellogg's advocacy of bran was ridiculed in the Journal of the American Medical Association.

***

Our little fox terrior broke a leg. Dr. Kellogg had a penchant for appearing unexpectedly and where his presence was not wanted. He, of course, stepped into the x-ray department while the radiologist was making a film to determine the nature of the break. Dr. Kellogg took charge at once. He soon had a cast on the dog's leg. The dog made an uneventful recovery, living for many years with his leg set by a world-famous physician. Quite a distinction.

***

Dr. Kellogg jogged and rode a bicycle when he was more than 90 years old. He had a little circular track at his residence. His chauffeur would time each trip around it. He always tried to set a new record.

***

When we were in a little town in Italy, Dr. Kellogg bought a small painting for ten dollars. He showed it to his guide in Rome who promptly offered him $100 for it. It was, in fact, worth much more than that. I told him that among his other accomplishments he was an art critic.

***

Dr. Kellogg was fond of fruit. He insisted that whatever food we had should be divided equally. On one occasion on a train in Africa (there was no dining car) our food supply diminished to one apple. He cut it in two and insisted I eat half of it.

***

Dr. Kellogg insisted that meat was not necessary for strength and endurance. The porters of Tunis carried heavy loads on their backs and ate practically no meat. One fellow demonstrated his strength by walking with a large bale of cloth. To help keep it in place, he wore a cloth band across his forehead. The band broke and the bale fell, breaking his large right toe. A noisy crowd

gathered. Dr. Kellogg was glad to get into a horse-drawn cab and leave the scene of the accident. He paid twenty-five dollars for the man's hospitalization, and like amount as salary. In those days a dollar was more robust than it is today.

When we returned to the hotel the clerk told us that a shyster lawyer learned of the accident and was going to hold us to face a lawsuit. A ship left for Italy in an hour. We did not want to miss it. I packed quickly by tossing shoes, clothing, books and everything else into a large trunk in less than ten minutes. We caught the ship and escaped being detained.

***

Just before the Great Depression, more people wanted to come to the Sanitarium than there was room for. Some were housed in the stone building across the street, while others stopped in cottages near the institution or hotels in the town.

***

The members of the Sanitarium board wanted to build the large structure that is now used by various departments of the federal government. Dr. Kellogg was more conservative. He wanted to construct an addition on the land occupied by the gymnasium. While he was in Florida, the Sanitarium board voted to have the large building built. Without it, the Sanitarium might have weathered the storm of the depression without great difficulty.

***

Whenever Dr. Kellogg learned something new in medicine which he thought had merit, he sometimes traveled great distances, even to Europe, to investigate it.

In one instance a new form of treatment was brought right to his door. It consisted of a large metal ring suspended from the ceiling under which the patient stood. I was pressed into service to demonstrate the device. A current was passed through the ring all right and I felt as though I were being electrocuted. Something evidently went wrong with the rheostat, allowing more current to hit me than safe. The ring came down and was not used again.

***

Dr. Kellogg's chauffeur and I went on an errand. The road was wet and slippery, the car turned over twice, landing on its wheels. Dr. Kellogg insisted on examining me to see if I had any broken bones. He did it so gently that it was quite a contrast to the manner in which I was examined in the army during World War I.

***

Some of the Sanitarium physicians became interested in a gold mine and asked Dr. Kellogg to invest in it. They thought it was a great opportunity to make a great fortune. Dr. Kellogg told me he never invested in anything but Sanitarium work. He turned down the offer diplomatically by saying that he had done nothing to discover this great opportunity for acquiring wealth,

therefore he felt that they alone should reap all the rewards.

***

W.K. Kellogg felt that he had never received the credit due him for the part he played in the work of the Sanitarium in the early days. He was the business manager and was a much better business man than Dr. Kellogg. He played a leading role in making the institution a success, for which Dr. Kellogg gave him credit.

***

The most prominent minister in Washington called on Dr. Kellogg. After chatting a few minutes Dr. Kellogg said, "Reverend, would you like to hear my philosophy?" He would. When Dr. Kellogg started his peroration, the good minister was seated as straight as a ramrod on a soft, comfortable chair with a high back. He gradually sank back farther and farther as Dr. Kellogg talked on and on until he was so comfortable that he went fast asleep. He had the good manners not to snore.

It was getting dark so Dr. Kellogg could not see him distinctly. When, after a half an hour, Dr. Kellogg finished his talk, he stood up, clapped his hands and said, "Reverend, what do you think of my philosophy?"

I was surprised when Dr. Kellogg's visitor popped up like a jack-in-the-box and said, "Dr. Kellogg I agree with every word of it."

***

While we were in Paris, a young lady who was studying to be an opera singer consulted Dr. Kellogg about her health. Since Dr. Kellogg would not accept a fee (he had never taken a fee during the many years he practiced medicine, that is, for himself) she said, "When I return to America perhaps some day I will have an opportunity to sing for you."

Years later when the large addition to the Sanitarium was being dedicated, the hostess submitted a program to Dr. Kellogg which he said was excellent but did not include a singer. Suffice it to say, the young lady from Paris sang at the dedication and made a big hit.

***

On one occasion when we were in Washington, Dr. Kellogg asked me to call for a masseur. A man about 6 feet 4 inches tall arrived who looked very muscular indeed. I thought he would give an excellent massage. Not so. From the sounds emanating from the bedroom I knew that all was not going well. Soon the giant of a man came running to me with his hands over his head, tears streaming down his face, saying, "I can't please him. I give up."

He was followed by Dr. Kellogg who said, "He is only a rubber. He doesn't know anything about massage."

I found that, in addition to my other duties, I was called upon to act as referee.

***

When the Sanitarium was in it's infancy, one of the patients declared that he was not going to pay his bill, although he was satisfied with the treatment he had received. Dr. Kellogg thought this might set a bad example which would be followed by other patients.

The gentleman had an expensive gold watch which he valued highly. When he was ready to leave early in the morning, Dr. Kellogg was waiting for him and said that he would be served breakfast and given his usual treatment. Dr. Kellogg called the sheriff to seize the watch while the man undressed for hydrotherapy treatment. The sheriff turned the watch over to Dr. Kellogg. In order to get the watch back, the patient paid his bill and said, "Dr. Kellogg, you were too smart for me."

***

When we were at El Centro one winter we played golf on a course where there was not a blade of grass on the fairway. On the way to the course Dr. Kellogg told me that he had been reading a book on herpetology. The author stated that rattlesnakes never attack a person unless provoked. However, as I approached one of the greens a larger rattler made a dash for me although I had not even tried to make his acquaintance. I dispatched it with a golf club to keep from being bitten. I told Dr. Kellogg that it was quite evident the snake had not read the book.

***

Dr. Kellogg had one bad habit that did not endear him to his associates. For instance, he would have someone call the Food Company five minutes before five and say he would be right over. Since he had no quitting time himself, the victims of these calls were not only late for supper, but sometimes had to break appointments.

***

While we were in Biskra, Algeria, Dr. Kellogg visited a native bath similar to a Turkish bath. The steam was produced by tossing water on large, hot stones. It was so unbearably hot that I thought that I would pass out. Dr. Kellogg was asked to lie down on a cement slab face down. Massage of the establishment was unique, consisting of a dwarf walking up and down your spine. I think it was one of the shortest applications of massage on record. Dr. Kellogg did not enjoy the heat anymore than I did. He shouted, "Take me out of here. Take me out this instant."

***

Dr. Kellogg had small hands and nimble fingers. He made small incisions and left no unsightly scars. When Charlie Mayo was examining a patient, he said, "I see that you have a Kellogg scar."

***

When Dr. Kellogg first took charge of the institution, water was hauled from a well at the bottom of the hill east of the Sanitarium. A windmill did the pumping. When there were strong breezes there was plenty of water and it was stored in bath tubs. It was used from storage on calm days. One lady who saw these storage facilities thought the water was being used over and over again. She went around telling the patients, "We are being dipped in the same gravy."

***

Dr. Kellogg was only about five feet four inches tall. Perhaps to console himself for the lack of stature he would demonstrate that he was much taller than he appeared to be by sitting in a chair near the wall and making a mark opposite the top of his head. He would then do the same for some six footer, who would be suprised while sitting he was no taller than Dr. Kellogg. His torso was unually long but his legs were short. He, with some satisfaction, would say, "It's just legs. Just legs."

# INDEX