

March 13, 1941

Mrs. Roxana Davis
706 W. 12th Street
Lawrence, Kansas

Dear Mrs. Davis:

I received your letter and I assure you that I am very happy to do anything that I can to help you in any way.

For fear of fatiguing you with too fulsome a missive, I omitted some of the information that I believe would be helpful. I did not want you to understand that this was only for cardiac deficiency. I do not believe that I made that plain.

The autonomic nervous system, of course, controls all the organs not under control of the will. So many emotional disturbances first appear through some deficiency of vitamins that aid in building a durable nervous system. Of course, the heart suffers along with the other vital organs controlled by the sympathetic and para-sympathetic system, which is, of course, the autonomic system.

I might state to you that I have been taking these three biological products for two years, and frankly, I believe that the energy that I have is due largely to a pretty careful adherence in taking these regularly. I take one tablespoon full of the glycolixer before each meal and a capsule of betulin after each meal. Neither one of these are fattening. In fact, they are the normal ingredients that a very normal person would digest from a balanced meal, if he took the food stuffs that contained the proper vitamins.

The dexin (Burrows & Wellcome) is a scientific name for dextrine which is a sugar and is fattening, but if a nervous or worn-down person should have trouble with their digestion, dextrine is the indicated food for such a person because it is easily assimilated.

My breakfast for the morning is an egg-lemonade with a tablespoon full of dexin and two heaping tablespoons of cane sugar. Many people certainly would not go an egg-lemonade for breakfast, but in my athletic endeavors I have learned to take many liquids. Ty Cobb ate nothing but a bowl of bread and milk before his strenuous baseball games, and we feed our Kansas basketball players very lightly before any contests.

My noon meal is a good fulsome meal, but I find that one does not have the desire to eat so much food if you take these vitamins into your body. The system is fairly well satisfied but I do eat a large meal at noon.

If I come home pretty tired at night I just have a cup of bouillon and some rye bread and maybe a couple pieces of Canadian bacon. I have not lost a pound, in fact I have to watch pretty carefully or else I will go above the 200 pound mark.