

January 25, 1946

Mrs. L. A. McNalley,
Minneapolis, Kansas.

Dear Janet:

I am mighty sorry that you are having so much trouble with your skin. For several months, as you probably know, I have been troubled more or less, by a skin irritation which is practically invisible to the sight. Feeling that it probably was caused by something that I was eating, I began experimenting by cutting out honey, eggs, coca cola, pears, and various other things. While at Dawson, visiting Dorothea and Bus, we took a ride, and at one place, I bought a sack of apples. I ate one of them, and very shortly after, I felt the effect on my skin. Later, Monday night, I ate a piece of a delicious apple pie at the Nelson's and Nordlund's in Auburn, and again felt something of the same effect. I am therefore, of the belief that the acid of the apple may be the cause of my trouble inasmuch as I have been eating them very freely. I am very much better, and hope to be entirely over my trouble soon.

It may be that your trouble lies in some very simple thing that you are doing every day. Maybe it is the fumes from the oil or gas burner, or the slight dust arising from your household work. While I was connected with the Building and Loan, and had to examine houses, I found myself allergic and very sensitive to the very fine dust that would arise when we walked through a vacant house. You have a sensitive skin, and there is still another suggestion which came to me through Dr. Johnson, and that was that my practice of using alcohol as a rub at times, removed the natural oils necessary for keeping my skin in condition. Of course, perfect elimination has very much to do with securing good health.

The only reason that I am not a quack doctor is not because of inability, but because of greater interest in other things. You may recall that I was the one