March 18, 1939

Dr. Albert S. Sabine
Rockefeller Inst. Medical Research
New York, N.Y.

My dear Dr. Sabine:

I received a dispatch from 'Science Service' a few days ago regarding your experiments with arthritis.

Naturally I was very interested in the article as I had one of the most serious cases possible — both muscular and joint at the same time — for a period of 2 years.
And I cured myself! By that, I mean I had no assistance whatsoever from a physician.

From my own unusual experience, both as to the cause and the cure—I feel you are definitely on the right track. It can be "an unusual kind of germ, or micro-organism." And my belief is it can be gotten from most any of the well-known diseases—especially the so-called "children's diseases." And it can be cured if not allowed to become chronic.
The original theory was: 'Arthritis or Rheumatism was caused either by an over-acid condition, or from dampness and cold? In my case, although it was caused by a germ or micro-organism, it was more pronounced and of longer duration because I didn’t have the proper alkaline balance -- too much acid from almost a total lack of water and an improper diet, previously. I know the above to be so in my case, because others.

There is no physical evidence I ever suffered from it other than a weak heart and extreme thinness. There is a
"got" in my right little finger joint which appears if I neglect my water drinking and eat tomatoes, even now, after 7 years from the cure or recovery. So you can see in my fight to recovery not only just had to rid myself of the infection but I had to restore the alkaline balance.

Outside of the above, to look at the one would never dream I had had such an apparently hopeless case and was a totally helpless invalid for 2 long dreadful years suffering as I never dreamed could be possible — and yet live.

P.S. I need a little time to read John's articles in Science.