



John Muir Correspondence (PDFs)

1907-08-07

Letter from A. H. Sellers to John Muir, 1907 Aug 7.

A. H. Sellers

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Hotel Metropole

Michigan Ave. and 23rd St.

MANAGEMENT
C. C. HORTON - F. G. WARDEN.

Chicago,

August 7th 1907.

ABSOLUTELY FIRE PROOF HOTEL
300 ROOMS.
THE METROPOLE COMPANY
PROPRIETOR.

My Dear Mr. Muir:-

Last night Mrs. Sellers said to me "Is'nt it strange that we have not heard a word from Mr. Muir? I feel worried about him", I replied I will write him tomorrow. About noon today, she came up from the hotel office all smiling, and said "you remember I spoke to you last night about not hearing from Mr. Muir, and now here is a letter from him", and I assure you we were glad to get it.

Well, when we got home from Pasadena, my heart was troubling me very much, so I called on my doctor, Frank S. Johnson, who is a heart and lung specialist. He told me that my heart was in very bad shape, that I had been abusing it, that the only way to cure heart troubles was to give it complete and, as far as possible, absolute rest, and not to fight it. He then put me under the "Nauheim" treatment. Nauheim, Germany, is where so many go for heart troubles. There is a Swede here who was educated in the Nauheim sanitarium, and gives the treatment at your home. It consists of certain very slow movements of the arms, legs, and body, designed to very slowly exercise and strengthen certain muscles of the heart. Following this I take a bath, in which are placed 15 lbs of salt, 3 or 4 pints of "Calcium Chloride", I think this is right, and 6 or 8 cakes, with a lot of soda, which cause the cakes to liberate an immense quantity of carbonic acid gas, so that the water in the tub boils violently. In this bath I remain for 15 minutes, am then put to bed to sleep for an hour. I have now been taking this treatment for five weeks,

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and it is astonishing the improvement it has made. I told the doctor, last night, that I believed that I was well, and could now go to work. You ought to have heard the raking over he gave me. Told me taht I was in good condition to fully recover, but that I had several months yet to do so, of very careful nursing of my heart to acomplish it. That I could by carelessness undo, an five minutes all that I had gained in five weeks work. This is rather discouraging but I will have to stand it, for I feel it is right.

My wife's neice, Rhea Logan, is to be married the 20th, at the family's summer home at Darien Conn, on Long Island sound. We leave for there the 12th inst, and they want us to stay down there, with them, a month, I dont know that I can stay that long, but the doctor thinks it will help me very much, the sea air, and the quiet life I must lead. I am very anxious to get my stuff out to California, and get to living once more. I hope to leave here, for Pasadena, about the 15th of October.

My address here will still be at this hotel, and letters will be forwarded to me. Mrs. Sellers is at her dressmakers, but know she will join me in kind regards to you all. Were very sorry to hear of brother Keith's accident, kindly remember us to him.

Yours very sincerely

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