An Historical Analysis of the School of Nutrition and Dietetics, Loma Linda University

Florence Tidwell Otto

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AN HISTORICAL ANALYSIS
OF THE SCHOOL OF NUTRITION AND DIETETICS
LOMA LINDA UNIVERSITY
by
Florence Tidwell Otto

A Thesis in Partial Fulfillment
of the Requirements for the Degree
Master of Science in the Field of Foods and Nutrition

June, 1963
I certify that I have read this thesis and that in my opinion it is fully adequate, in scope and quality, as a thesis for the degree of Master of Science.

Ruth Little, Ph.D., Director and Professor, School of Nutrition and Dietetics

Jennie Stagg Hudson, M.A., Associate Professor, School of Nutrition and Dietetics

Pearl Jenkins, M.S., retired Assistant Dean, School of Dietetics

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Keld J. Reynolds, Ph.D., Vice President for Academic Affairs
ACKNOWLEDGMENTS

The writer wishes to express her sincere appreciation to the many persons who have directly or indirectly made this study possible.

Grateful acknowledgment is expressed to:

Dr. Ruth Little, advisor, for giving unstintingly of her time; for constructive guidance and keen insight throughout the period of this writing.

Mrs. Jennie Stagg Hudson, for assistance in the collection of materials and valuable judgment in editing the writing.

Mrs. Irma Vyhmeister, for helpful suggestions.

Mrs. Hazel Roller, for clerical assistance.

Dr. Leroy Otto, my husband, for his encouragement and suggestions while the research and writing was being done.

Ronald, Roger, Martin, Gregory, and Vincent Otto, my sons, who have patiently and willingly sacrificed some of their own personal interests.
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CHAPTER I

INTRODUCTION

The health message forms an integral part of the 'advent message.' The relationship between mind and body was early recognized by the founders of the Adventist church. The concept of health reform was adopted as one of the denomination's guiding principles soon after its initial organization in the 1850's and 1860's. The writings of Mrs. Ellen G. White, an early spokeswoman for the Adventist denomination, stresses healthful living in all its phases. These themes run through over thirty-four thousand pages of her published works. In 1863, three years before the establishment of the first Adventist medical institution, she had this to say.

I saw that it was a sacred duty to attend to our health, and arouse others to their duty... We have a duty to speak, to come out against intemperance of every kind,—intemperance in working, in eating, in drinking, in drugging, and then point them to God's great medicine, water, pure soft water, for diseases, for health, for cleanliness, for luxury... I saw that we should not be silent upon this subject of health, but should wake up minds to the subject.¹

With the foregoing thoughts in mind, the Seventh-day Adventist denomination purchased in 1905 the property at Loma Linda, California which was later to become the center of medical and educational work, the College of Medical Evangelists. Dr. Wells Ruble, first president of the college, wrote in retrospect on April 29, 1948:

¹Ellen G. White Letter Number 4, June 6, 1863.
The principles upon which our Medical College was established were: 1. Physiological Therapy. 2. Reform Diet, and Evangelism of the world.²

It is easy to see how later the School of Dietetics developed as part of the College of Medical Evangelists, to work jointly together in medical missionary work.

I. THE PROBLEM

Statement of the problem. There is no one good source that attempts to trace the origin and development of the School of Nutrition and Dietetics and its accomplishments from its origin to the present. Such information as this would include has been wanted upon many occasions.

Importance of the study. This source would provide guidance and insight for the present in light of the past. This study might reveal to what degree the needs of the Seventh-day Adventist denomination have been met and how these needs may be met more fully. It is hoped that this study will be a spiritual inspiration and stimulus to students and prospective students, faculty and other interested persons.

Scope. This study begins with the Hygienic Cooking and Baking Course (1908-1918) which was sometimes referred to as a "dietetics course"

²Dr. Wells Ruble Letter and Observations Regarding the College of Medical Evangelists, April 29, 1948, to J. L. McElhany, President of the General Conference and four others.
during the period of its existence. This was the first attempt of the College of Medical Evangelists to offer food and nutrition courses. Additional courses were added and the time lengthened until 1918. During the war years the course became inactive and finally ceased to exist. The Hygienic Cooking and Baking Course was replaced by the Dietitians' Training Course in 1922. It began with a two year course. This was replaced by the three year cooperative plan beginning in the fall of 1924 and continuing until the fall of 1930. A four year collegiate program was begun in 1930-31 but not fully accredited until 1937. The collegiate program consisted of two years predietetic training, followed by a two year dietetic course at the College of Medical Evangelists. The two year dietetic program operated on the cooperative plan, culminating with a B.S. degree. The collegiate program was discontinued in 1954 with the subsequent installation of a graduate program, including a dietetic internship, in 1956. This is in existence at the time of this writing.

Questions to be answered. What factors led to the establishment of the School of Nutrition and Dietetics? What were the stated objectives? How were they achieved and to what extent? What were the major obstacles to be overcome in achieving the objectives? Did the School of Dietetics develop according to a plan which recognized the changing role of nutrition studies in higher education? Did the faculty of the College of Medical Evangelists (currently Loma Linda University) continually seek to remodel the School of Dietetics to meet changing needs? Did they have a well-conceived and unified plan for the development of
training in Foods and Nutrition?

These questions can be answered in terms of:

1. What actually happened in the School of Dietetics (currently called the School of Nutrition and Dietetics) as recorded in the College of Medical Evangelists Bulletins, School of Dietetics Bulletins, correspondence, board meetings, documents, interviews and brochures.

2. Questionnaires completed by the graduates of the dietetic programs throughout the years.

Limitations. The determination of the degree of service rendered by the School of Dietetics will be difficult to completely evaluate. Some of the leaders of Adventist institutions who could render an evaluation are no longer living. Some of the present leaders have only been in such capacity for a few years and cannot rightly evaluate previous years. It is also difficult to get a purely objective reply when interviewing subjects in a study of this kind.

II. DEFINITION OF TERMS

School of Dietetics. This term is used in a specific sense when referring to the period of time from 1928 - 1952, when the dietetic program was so named. It is also used in a general sense. Since the beginning of diet courses in 1908 to the present, the dietetic programs have frequently been referred to as the School of Dietetics; although the specific terminology for such programs were "Hygienic Cooking and Baking Course" (1908 - 1918), "Dietitians' Training Course" (1922 - 1928), "School of Dietetics" (1928 - 1952) (1956 - 1961), "School of Nutrition" (1952 - 1954), "School of Nutrition and Dietetics" (1961 - date).
**A.D.A.** Where this abbreviation appears, it refers to the American Dietetic Association.

**S.D.A.** Seventh-day Adventist.

**C.M.E.** College of Medical Evangelists.

**L.L.U.** Loma Linda University.
CHAPTER II

REVIEW OF RELATED RESEARCH

The author is limited, by the nature of her subject, in the amount of closely related literature. The background for this writing was provided from three main sources. Recent books concerning educational history were studied. In addition, books on procedures of educational research and five studies relating to the history of education or educational institutions were analyzed. Four of these were master's theses and one was a doctoral dissertation. The examination of these books and historical studies were of value in determining desirable methods employed in writing educational histories.

I. AN EVALUATION OF EXISTING EDUCATIONAL HISTORIES

Recent books on the history of education, upon careful study, reveal certain values and shortcomings. It is the tendency of writers who analyze educational histories, to stress the weak points and pitfalls to avoid. The following is an abbreviation of John Best's list of faults in graduate students' historical research projects.¹

1. Problem too broadly stated.

2. Tendency to use easy-to-find secondary sources of data.

3. Inadequate historical criticism of data, due to failure to establish authenticity of sources and trustworthiness of data.

4. Poor logical analysis resulting from:
   a. Oversimplification - (causes of events are more often multiple and complex than single and simple).
   b. Overgeneralization on the basis of insufficient evidence.
   c. Failure to interpret words and expressions in the light of their accepted meaning in an earlier period.
   d. Failure to distinguish between significant facts in a situation and those that are irrelevant or unimportant.

5. Expression of personal bias. Assuming too generous an attitude towards a person or an idea. Excessive admiration for the past or an equally unrealistic admiration for the new or contemporary.

6. Poor reporting in a style that is dull and colorless, too flowery or flippant, too persuasive . . . or lacking in proper usage.

Some of the principal values of educational history are summarized from several sources:

1. Events of the past supply the foundation upon which the present is built.

2. Past experiences provide knowledge in meeting the questions of the present.

3. Certain trends and influences can be noted and viewed in perspective with their adverse or favorable effects.
4. Insight is provided as to the cause and effect of certain factors as history is reviewed.

5. The goal of historical studies is a critical search for the whole truth.

6. An understanding of the past lends more meaning to the mission of the present.2,3,4,5,6

II. CURRENT INFORMATION ON EDUCATION RESEARCH PROCEDURES

Science is organized knowledge. As one searches for truth, there must be certain clearly defined aims. The gathering of knowledge in research can be accomplished by various methods. The historical method, questionnaire and interview, were the methods used in this study, thus these were considered in detail in the current literature. It is desirable to use largely of primary sources in the historical method. The source materials then require external and internal criticism. After data is collected, the theme, perspective, and style must be determined. Care must be taken not to force information into a category. Freedom from bias is essential.


The interview allows for greater expression of feelings, better clarification of desired responses, and greater flexibility than does the questionnaire. However, it requires more time, is more expensive, and does not allow reflection on the part of the participant.

The questionnaire should be concise, clear in meaning and purposeful. It must be easy to complete and easily tabulated. The respondent must see a purpose for participating. It is desirable to experiment on a few people with the newly constructed questionnaire before mailing it out in its final form. This will reveal discrepancies which would not be obvious to the author. A high percentage of returns is necessary for accurate evaluation. 7,8,9,10,11

III. RELATED STUDIES OF SEVENTH-DAY ADVENTIST EDUCATION

Geneva Bowman's study. This master's study entitled, "Positions Held During the First Year Following Graduation by Graduates from College Programs in Nursing," was completed in 1958. Although its nature was not closely related to the present study, certain aspects were. In Geneva Bowman's study the questionnaire method was used as the medium of obtaining information. Its evaluation and tabulation in connection

7Good, loc. cit.
8Rummel, loc. cit.
9Whitney, loc. cit.
10Travers, loc. cit.
11Best, loc. cit.
with the questionnaire were helpful in the present study.\textsuperscript{12}

**Eugene Owen's study.** This master's study entitled, "The History of the Loma Linda Sanitarium," was completed in 1959. Reading this study provided familiarity with format, style, and organization of a historical study.\textsuperscript{13}

**Leroy Otto's study.** This doctoral dissertation entitled, "An Historical Analysis of the Origin and Development of the College of Medical Evangelists," was completed in 1962. The writer is indebted to the help which this study contributed. It covers the background for the establishment of the College of Medical Evangelists and in turn the development and progress of its various schools. It includes a twenty-five page chapter on the School of Dietetics. Of all of the literature reviewed, the above most closely parallels that of the present study and thus was the most valuable.\textsuperscript{14}

\textsuperscript{12}Geneva Bowman, "Positions Held During the First Year Following Graduation by Graduates from College Programs in Nursing" (unpublished master's thesis, College of Medical Evangelists, Loma Linda, 1958)


\textsuperscript{14}Leroy Otto, "An Historical Analysis of the Origin and Development of the College of Medical Evangelists" (unpublished doctoral dissertation, University of Southern California, Los Angeles, 1962)
CHAPTER III

METHODS OF PROCEDURE

I. THE HISTORICAL METHOD

Careful examination of primary source material such as correspondence, manuscripts, documents, and board minutes was conducted. Pertinent historical data was analyzed and recorded. This included a tracing of the School of Dietetics from its origin to the present.

II. INTERVIEW TECHNIQUE

Personalities who have exerted a major influence in the School of Dietetics were revealed as the historical source material was analyzed. The interview technique was employed in contacting as many of these personalities as possible to clarify and/or supplement findings from written sources. The information supplied in these interviews was recorded.

The above method also contributed added interest and served as a stimulus to the pursuit of this project.

III. QUESTIONNAIRE

A questionnaire was developed and mailed to the graduates of the dietetic programs of Loma Linda University throughout the years from 1922 to 1962. The completed questionnaires served as a basis for evaluation of the contributions of the graduates and thereby aided in evaluating to what extent the founding purposes of the School have been achieved.
CHAPTER IV
THE UNDERGRADUATE PROGRAMS

I. THE HYGIENIC COOKING AND BAKING COURSE (1908-1918)

Background. It was only three years after the establishing of the College of Medical Evangelists that provision was made for a dietetic course in which instruction in dietetics, chemistry and cooking was given. The leader who had so ably led in the establishment of the college and the promotion of the medical course also recommended that a dietetic course should form a part of the overall medical missionary program. Concerning this Mrs. Ellen G. White wrote:

It has been presented to me that men and women of capability were being taught of God how to prepare wholesome, palatable foods in an acceptable manner. I have been instructed to encourage the conducting of cooking-schools in all places where medical missionary work is being done.¹

Ellen White repeated the instruction above as she penned these words:

Cooking-schools, conducted by wise instructors, are to be held in America and in other lands. Everything that we can do should be done to show the people the value of the diet reform.²

It was in the light of the instruction above that the Hygienic Cooking and Baking Course was first offered in the year 1908-1909 by the College of Medical Evangelists. This was referred to in the Third

²Ibid., p. 126.
Annual Announcement of the college for that year, in addition to the medical-evangelists and nurses' courses.

Outline of the course. Due to limited facilities, the number of students admitted was not to exceed ten persons. The course was one year in length. It was open to both men and women. Seven hours of work daily covered the expense of board, room, and tuition. It was stated that "only those who are willing to work hard should apply."

The course of study is given below:

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bible and Testimonies, daily</td>
<td>9 months</td>
</tr>
<tr>
<td>Food Chemistry (didactic and practical)</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Dietetics (didactic) daily</td>
<td>10 weeks</td>
</tr>
<tr>
<td>Practical Cooking, 3 times a week</td>
<td>3 months</td>
</tr>
<tr>
<td>Sanitarium Kitchen, 6 hours daily</td>
<td>6 months</td>
</tr>
<tr>
<td>Sanitarium Bakery, 6 hours daily</td>
<td>6 months</td>
</tr>
<tr>
<td>Field experience in conducting schools of health, and giving health talks and lectures.</td>
<td></td>
</tr>
</tbody>
</table>

For interest only, the articles that students were requested to bring is included.

1. The following articles: Three sheets, one comfort, one pair of blankets, one pillow, four pillow cases, six towels, four napkins, one bed-spread, toilet soap, napkin-ring, toilet articles, dresser scarf, table cover, umbrella, rubbers.

2. Ladies should bring: Three large aprons with sleeves.

3. Gentlemen should bring: Work shoes and outer suit for manual work.


The following statement is reminiscent of yesteryears: "All

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3College of Medical Evangelists, Third Annual Announcement, 1908-1909, p. 38.

4Loma Linda College of Evangelists, Third Annual Announcement, 1908-1909, p. 32.
express matter should be sent by Wells-Fargo, via Redlands Junction, California. 5

The Fourth Annual Announcement of 1909-1910 shows that chemistry was lengthened to eighteen weeks. Also the Dietetics class was to meet four times a week for eighteen weeks, which is an increase in the previous course outline. It was stated that "Those who show adaptability for lecture work will be given experience in conducting schools of health, cooking demonstrations, etc." 6 Thus at an early date provision was made for training some who would serve in the capacity of dietitians.

The Ninth Annual Announcement for 1917-1918 gives the last mention of the Hygienic Cooking and Baking Course. The course was outlined as given below:

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bible Doctrines and Prophetics</td>
<td>36 weeks</td>
</tr>
<tr>
<td>Cooking, three times a week</td>
<td>10 weeks</td>
</tr>
<tr>
<td>Chemistry of Plant and Animal Life,</td>
<td>14 weeks</td>
</tr>
<tr>
<td>five hours a week</td>
<td></td>
</tr>
<tr>
<td>Laboratory Practice, five hours a week</td>
<td>14 weeks</td>
</tr>
<tr>
<td>Food and Dietetics, five hours a week</td>
<td>14 weeks</td>
</tr>
</tbody>
</table>

One cannot but note the strong emphasis placed upon Bible in the curriculum outlined above. It is a reminder of the deep spiritual significance attached to the founding of the College of Medical Evangelists. It was not to be just another school to impart temporal knowledge but was to develop the 'whole man.' The following is taken from the first Loma Linda College of Evangelists Prospectus 1906-1907:

5Ibid.

6College of Medical Evangelists, Fourth Annual Announcement, 1909-1910, p. 32.

7College of Medical Evangelists, Ninth Annual Announcement, Medical Evangelistic and Nurses' Courses, 1917-1918, pp. 47-48.
The promoters of this school have no interest in developing intellectual strength or physical skill for its own sake, but to the one end only, that the heart may be enlarged and strengthened, and that head, hand, and heart may be devoted to the evangelizing of the world. So long as this great purpose is kept in view, students will be encouraged to advance just as far as their capabilities will permit.\(^8\)

The Hygienic Cooking and Baking Course became inactive during World War I. The total number of students completing the course was not recorded. In only one instance was a number given. It was stated that there were three enrolled in the first class. The Hygienic Cooking and Baking Course was replaced by the Dietitians' Training Course in 1922.

II. DIETITIANS' TRAINING COURSE (1922-1928)

**Background.** While the Hygienic Cooking and Baking Course was still in operation, behind the scene plans were being laid to establish the dietetics program upon a firmer basis. The Hygienic Cooking and Baking Course was to be replaced by a broader program, the Dietitians' Training Course. In April of 1917, Dr. Evans wrote to Dr. W. A. Ruble, who preceded him as president of the school:

You may be interested to know that our Department of Dietetics is being built up, and we hope within a short time to have something that may be in a way representative. Brother Anderson, as you know, is an excellent teacher capable of doing some very creditable work. The money has been appropriated for the equipment of a satisfactory cooking school. This is to be located in the large basement room in the Hospital building. Dr. Lavina Herzer is made the head of the Dietetics Department, and last summer she spent two months studying along these lines. She

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\(^8\)Loma Linda College of Evangelists Prospectus, 1906-1907, p. 10.
has developed into a valuable worker in this department. We are making plans for holding some sort of summer school here this summer, which is to include a course in dietetics and cooking, and also in First Aid, simple treatments, etc. We hope that this will be a start of something which will be permanent and of much good.9

The question of a dietetics program was included on the agenda of the constituency meeting of the Loma Linda College of Medical Evangelists, 1919. The following is taken from the resolutions for consideration and adoption:

2nd. In view of the leading place which correct dietetics holds in the successful treatment of the sick, the maintenance of health and the formation of character to prepare for last day conditions and the coming of Christ Therefore resolved: That a chair of dietetics be maintained at Loma Linda College and that the best available instructor be employed to fill this place.10

One of the prevailing thoughts at this time was the possibility of training nurses as dietitians. Thus they could serve the dual role of nurse and dietitian. This thought was reflected in a letter of Dr. Percy Magan to Dr. J. H. Kellogg, on April 12, 1920.

I am quite anxious to have a few of our nurses here trained as dietitians and thought I would write you to find out something in regard to your course in this line at Battle Creek, what the expense is, how long it will take, etc. We are trying here in this Hospital to stand for the principles of diet that you have stood for through all the long years of the history of the Battle Creek Sanitarium, and are doing our best to work up a real sentiment in these lines.11

9Dr. Newton Evans Letter, April 8, 1917, to Dr. W. A. Ruble.

10Resolutions for consideration and adoption at the Constituency meeting of the Loma Linda College of Medical Evangelists March 26, 1919.

11Dr. P. T. Magan Letter, April 12, 1920, to Dr. J. H. Kellogg.
Dr. Magan showed a sustained interest in the field of dietetics. The depth of his interest is reflected in a letter to President Newton Evans on January 1, 1921.

I am most deeply concerned in the matter of dietetics in the Medical College. It looks to me that we are falling down terrible on the whole proposition. Just which of us is to blame, I do not know. But our work appeals to me as lacking the fundamental vigor of a reform movement along the lines which God has given us. If we cannot keep these lines not only alive, but flourishing, we will sooner or later get into trouble with the Lord, and I dread that a great deal more than I do getting into trouble with the brethren.12

Dr. Magan also voiced concern in the above letter regarding dietary habits of the medical students and the lack of vision in dietary principles which many had upon graduation.

This same letter also concerned H. M. Walton, dietitian of the St. Helena Sanitarium, as a potential head for the proposed dietetic course. Mr. Walton had completed a training course at Battle Creek for dietitians before accepting the St. Helena position. Dr. Magan knew of Mr. Walton's desire to take the medical course. His proposal was that the college assist Mr. Walton in the taking of the medical course provided he would devote part of his time to teaching dietetics and would remain with the institution upon graduation to teach dietetics on both campuses. Dr. Magan expressed his confidence in Mr. Walton's ability in this way: "Now this man Walton appeals to me as having 'the gift of dietetics.'"

12Dr. P. T. Magan Letter, January 1, 1921, to Dr. Newton Evans.
The need for trained dietitians in our denominational institutions was strongly felt. The problem was discussed at the medical meetings at the time of the General Conference. Realizing not only the need, but also the advantages in location and facilities with which it could endow such a project, the recommendation was passed that the Loma Linda School should take steps to provide a course of training for dietitians.13

In July of 1922, Dr. Evans wrote letters to all the heads of our medical institutions explaining the purpose and plans of the proposed program. These letters were individualized but varied only slightly in content. The content of one such letter is given.

You are entirely familiar with the fact that at the present time there is and has been for years past a great need for trained dietitians in our denominational medical institutions, which has not been met. We have felt it here at Loma Linda and at the White Memorial Hospital as strongly or more so perhaps than in some of our other institutions. Some of our Sanitariums have met their need and others have planned to do so by sending persons to be trained to outside institutions. I am sure that you will agree with us that this is not the ideal plan. This problem was discussed at the Medical Meetings at the time of the General Conference and a recommendation was passed by those in the Medical Department meetings asking that the Loma Linda School should take steps to provide a course of training for dietitians, who after being trained would be available for service in our various denominational medical institutions.

Our Faculty and Board at Loma Linda here felt deeply interested in this and have felt a burden to do something to help. As a result of our efforts the Board of Trustees of the College of Medical Evangelists has taken steps to organize a school of dietetics. Looking to this end we have secured H. M. Walton who has served as dietitian at the St. Helena Sanitarium for a number of years, after an extensive course of training in

13Dr. Newton Evans Letter, July 23, 1922, to Dr. L. L. Andrews.
this subject. Other members of the Faculty of the College and Sanitarium here stand ready to lend their services to make the school a success. At a meeting of the Loma Linda Board just held plans presented by a committee previously appointed were adopted. These include provision for a two years' course in Dietetics with a fully manned Faculty. The entrance requirements are to be at least twelve grades of school work and those accepted must be of good Christian character and missionary purposes.

It is estimated that the first year of the course, providing for first year students only, will require an outlay of a maximum of $4,000 in addition to what can be provided by our present facilities. The Board adopted an action providing that in case twelve suitable students for the first year could be secured paying $150 each for the yearly tuition, the school should be started.

It will readily be seen that in order to meet the estimated maximum expense of $4,000, the tuition from the twelve students would cover about one-half of the total amount required. In order to meet the deficit of approximately $2,000, it has been planned to ask each of our medical institutions to cooperate with us by providing a portion of the amount needed to cover this deficit.

In order to make the project a success it will also be essential to secure a suitable class of students. It has seemed to us that the most successful plan for doing this would be that each of our institutions which desires to secure for their benefit the service of a trained dietitian should select one or more persons having the required qualifications and encourage them to enter this course arranging with such students to return for service in the institution selecting each of them as soon as the course of training is completed.

It is felt by our Board that all of our denominational Sanitariums would necessarily be interested in the undertaking, but that the financial ability of each of these institutions to help would vary a great deal. In order to apportion the approximate amount of the $2,000 needed for the carrying on of the first year of the work we have gone over the list of Sanitariums, carefully considering as far as possible their individual financial ability. It has seemed to us that a reasonable proportion of the amount for the Nebraska Sanitarium would be about $100. On account of the pressure of the circumstances and the desirability of beginning the instruction about September 19, the date of the beginning of the year for the Medical School, we are writing you thus early after laying the plans, in order to push the enterprise along as fast as possible.
We are preparing a little announcement of the course, a copy of which will be sent to you just as soon as possible.

Just as important, of course, in making the school a success as the securing of financial help, is the selection of the students. We trust that you will be able to give this matter serious consideration both with your Faculty and your Board of management at a very early date and see your way clear to select at least one and if possible two or three persons whom you can advise and help financially if necessary in entering the school and securing this training.

We are sending similar letters to all of our institutions in this country as well as to the office of the Medical Secretary of the General Conference at Washington, and to Doctor Truman at Resthaven. Elder Daniells, as a member of the Board was present at the meeting when this matter was considered and the plans adopted by the Board. He expressed himself as entirely in favor of the whole project, including the feature of asking for financial help from our other institutions.

We sincerely trust that we may have the cooperation of all who are interested in the progress of the cause and especially in the growth of our medical missionary work.14

Official approval of the proposed plan for solicitation of denominational medical institutions for funds was secured at the 1922 Fall Council of the General Conference in Kansas City.15

The denominational sanitariums were independently considered as to their possibility of contributing to the anticipated deficit. The suggested contributions ranged from $50 to $500. A list of the sanitariums contacted and the suggestive amounts is given below:

<table>
<thead>
<tr>
<th>Sanitarium</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington Sanitarium</td>
<td>$500.00</td>
</tr>
<tr>
<td>St. Helena Sanitarium</td>
<td>300.00</td>
</tr>
<tr>
<td>Glendale Sanitarium</td>
<td>200.00</td>
</tr>
</tbody>
</table>

14Dr. Newton Evans Letter, July 25, 1922 to Medical Superintendent, Nebraska Sanitarium, Hastings, Nebraska.

15Dr. Newton Evans Letter, October 24, 1922, to R. W. Nelson.
Paradise Valley Sanitarium  $100.00
Walla Walla Sanitarium  100.00
Florida Sanitarium  100.00
Madison Sanitarium  100.00
Boulder-Colorado Sanitarium  200.00
Resthaven Sanitarium  100.00
Alberta Sanitarium  100.00
Melrose Sanitarium  100.00
Portland Sanitarium  100.00
Wabash Valley Sanitarium  100.00
Moline Sanitarium  100.00
Hastings Sanitarium  100.00
Kansas Sanitarium  100.00
Iowa Sanitarium  100.00
Hinsdale Sanitarium  200.00
Hebbard-San D.  50.00
Sanderson's Sanitarium  50.00
Will Mason's Sanitarium  50.00
Harding's Sanitarium  50.00
Fisher's Sanitarium  50.00
Kinne's Sanitarium  50.00 16

The responses, of the institutions as listed, to solicitation by correspondence were varied. Some mailed the stipulated amount along with a very encouraging letter, while others found their present responsibilities too taxing. Correspondence with Dr. H. W. Miller, who possessed a keen interest in the field of dietetics, was included in the correspondence. Most sanitariums did not have individuals in mind whom they could recommend for the course.

It was interesting to note that one sanitarium questioned whether small units such as theirs could afford a dietitian. Their suggestion was that the dietitian be a nurse or trained in other lines such as teaching and thus serve in a dual capacity. Dr. Evans reply to this was:

I was very much interested in your suggestion regarding the desirability of having each Dietitian trained in general nursing and other lines of usefulness in the institution. It is

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16This proposed Dietetic School donations is included in the correspondence of Dr. Newton Evans regarding the School of Dietetics.
our plan as far as possible to enlist trained nurses for this work. In the course there is also a certain amount of instruction and training in nursing lines and as you say in our smaller institutions a Dietitian might also be able to help in other lines. However, I think that in most of our institutions in order to get the best of service from the Dietitian a person should be selected for these responsibilities who is capable of taking entire charge of the culinary and Dietetics Departments of the institution. The best illustration in our own ranks of this kind of service has been provided by Brother Walton at the St. Helena Sanitarium for several years past, where he has had entire charge of their food departments. Brother Walton, as you no doubt know, is coming to take charge of the Dietetics school here.\\footnote{17}

**Opening of the school.** We have traced the background of events which led to the opening of the Dietitians' Training Course in the fall of 1922. The First Annual Announcement for 1922-1923 shows the Dietitians' Training Course being offered as one of the four courses of instruction conducted by the College of Medical Evangelists with H. M. Walton as the dean. Some of the purposes which led to its establishment have been given previously. In the foreward to the First Annual Announcement of the Dietitians' Training Course for 1922-1923 we find its purpose stated in the following way:

We as a people have had great light in regard to proper eating, and have received instruction as to our duty to educate the people in the matter of dietetic reform. Our sanitariums throughout the world have done some of this work, but only a small amount has been accomplished compared with what might and should be done along this line. The establishment of the Dietitians' Training Course is a further effort on the part of the College of Medical Evangelists to fulfill more completely the mission set forth for it.\\footnote{18}

\\footnote{17}Dr. Newton Evans Letter, August 14, 1922, to R. W. Nelson.

\\footnote{18}Dietitians' Training Course, First Annual Announcement, 1922-1923, p. 3.
The new dietetics course was two years in length and based upon twelve grades of school work, or an equivalent, for entrance. Only persons of Christian character and who were willing to dedicate their lives to the promulgation of health principles were to be accepted. Graduation from a Nurses' Training School was considered desirable and valuable as a preparation for this course.

Course outline. The Dietitians' Training Course was more thorough and included more scientific instruction than the Hygienic Cooking and Baking Course which had preceded it. A summary of the courses offered is given below:

<table>
<thead>
<tr>
<th>Subjects for First Year</th>
<th>Subjects for Second Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inorganic Chemistry</td>
<td>Organic Chemistry</td>
</tr>
<tr>
<td>General Biology</td>
<td>Physiological Chemistry</td>
</tr>
<tr>
<td>Physiology</td>
<td>Nutrition</td>
</tr>
<tr>
<td>Bacteriology</td>
<td>Foods and Cookery</td>
</tr>
<tr>
<td>Hygiene</td>
<td>Infant Feeding</td>
</tr>
<tr>
<td>Testimonies</td>
<td>General Diseases</td>
</tr>
<tr>
<td>Bible</td>
<td>Medical Dietetics</td>
</tr>
<tr>
<td>Economics</td>
<td>Invalid and Institutional Cookery</td>
</tr>
<tr>
<td>Food and Cookery</td>
<td>Food Demonstrations</td>
</tr>
<tr>
<td></td>
<td>Bible</td>
</tr>
<tr>
<td></td>
<td>Home Nursing</td>
</tr>
<tr>
<td></td>
<td>Administration(^{19})</td>
</tr>
</tbody>
</table>

Thirty-six semester hours credit were allowed for the first year and thirty-eight for the second, making a total of seventy-four. The curriculum was quite inclusive and would provide a good background for a medical dietitian.

The Second Annual Announcement for 1923-1924 again shows H. M.\(^{19}\)

\(^{19}\)College of Medical Evangelists, First Annual Announcement, 1922-1923, p. 4, 5.
Walton as dean of the Dietitians' Training Course. \textsuperscript{20} The curriculum was much the same but there was a rearrangement of courses with slight changes in terminology and an allowance of thirty-two semester hours per year. It was stated that in addition to the outlined course of study, each student was given practical experience in all lines of work in the Sanitarium Culinary Department. \textsuperscript{21}

**Cooperative plan.** Beginning with the fall of 1924 with H. M. Walton again as dean, a cooperative plan of education was inaugurated, based upon a three year schedule. The second year class for the year 1924-1925 was the last class conducted on the two year schedule. The courses offered were much the same as for previous years but were divided over a three year period which allowed more time for work experience. Students were divided into two sections. Section I was engaged in classwork one month while section II was engaged in practical work. This was alternated. It was thought that its effect would be to make students more practical and efficient, as well as to be of financial assistance.

In addition to the experience obtained in the sanitarium culinary department, field work was given the students in the third year of study. \textsuperscript{22} Various institutional dietary departments were visited in the nearby cities and corrective nutritional work was done with school children. \textsuperscript{23} The student's time was divided equally between study and practical work.

\textsuperscript{21}\textit{Ibid.}, p. 7, 8.

\textsuperscript{22}\textit{College of Medical Evangelists, Third Annual Announcement, 1924-1925}, p. 11, 12.

\textsuperscript{23}\textit{Ibid.}, p. 16.
This was intended to produce dietitians of a practical nature and also was to allow the student to more nearly support himself. The number of semester hours credit allowed varies slightly throughout the years that this plan was offered.

The Fourth Annual Announcement for 1925-1926 shows Dr. E. H. Risley as dean of the Dietitians' Training Course with chemistry and medical dietetics as his field. Miss Pearl Jenkins is shown as assistant dean with economics, foods and cookery as her field of specialty.

Prior to his connecting with the College of Medical Evangelists, Dr. Risley had worked as a biochemist under Dr. J. H. Kellogg of Battle Creek. While at Battle Creek, Dr. Risley was sent anywhere in the United States that he desired to study any phase of nutrition. Former associates of Dr. Risley speak enthusiastically of his vision and great dedication to the field of nutrition. Dr. Risley was quoted as having said "The time is come when nutrition will fast become a big thing. We must be in the forefront." This reflects a great deal of foresight for the early 1920's.

Pearl Jenkins had been a grade school and academy teacher of several years experience when solicited by Dr. Evans as a student for the first Dietitians' Training Course. She graduated in 1924. In a

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25 Ibid., p. 4.

26 Personal interview on March 19, 1963, with Dr. and Mrs. Floyd Gardner.
current personal interview she paid high tribute to Dr. Risley's ability as a teacher of chemistry. She had feared chemistry but in her words "Dr. Risley taught biochemistry as a thread that unravels a sack. It just seemed he knew how to pick the right thread which made it all unravel beautifully." Upon graduation, Miss Jenkins was employed as a dietitian for one year at Paradise Valley Sanitarium. She was then recalled by her alma mater to be assistant dean of the Dietitians' Training Course. At a later date Miss Jenkins further strengthened her academic preparation by receiving the master's degree from Oregon State College in 1936.

The three year cooperative plan, which was begun in the fall of 1924, was to continue until the fall of 1930. Miss Jenkins was assistant dean throughout this period. The dietetics program itself was to later change but the cooperative plan was to be in effect in both medicine and dietetics until 1938.

**College credit.** The Dietitians' Training Course had been in operation for several years before consideration was given to obtaining college credit for the course offered. Dr. Newton Evans wrote to President W. E. Nelson of Pacific Union College, February 17, 1926, regarding denominational accreditation:

> If I am not mistaken we have never in the past taken any definite steps looking to the recognition of the work of this course as applying on a regular college course in our denominational colleges. If you will be so good as to give this matter some attention and ask your faculty to take an

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27 Personal Interview with Pearl Jenkins, March 19, 1963.
action recognizing this Dietitians' Training Course as equivalent to two years of college work we shall greatly appreciate it ... 28

Recognition was achieved as is evident from an entry in the Sixth Annual Announcement of the Dietitians' Training Course for 1927-1928. It reads as follows: "The General Conference Educational Department has voted two years of college credit for the work of the Dietitians' Training Course." 29

During the years from 1925-1927, Dr. E. H. Risley is shown as dean of the Dietitians' Training Course. It was during this time that H. M. Walton was studying medicine at the White Memorial Hospital. He had completed the freshman and sophomore years at Loma Linda over a three year period in which he had also carried heavy responsibilities in the Dietitians' Training Course. In addition, he was responsible for the hospital dietary service. Upon his return to Loma Linda in 1927 for the medical internship, he is again shown as dean of dietetics. He received his M.D. degree in 1928 but remained as dean of the School of Dietetics until 1930. In January of 1930 he became medical director of the Loma Linda Sanitarium and Hospital.

Insufficient students. The chief problem in the operation of the school to date seemed to have been the securing of a sufficient number of desirable students to use the excellent facilities available. Dr. Evans received a letter from Kathryn L. Jensen of the General Conference Nurses' Division dated April 21, 1925 in which she stated that

28 Dr. Newton Evans Letter, February 17, 1926, to W. E. Nelson, President, Pacific Union College.

29 Dietitians' Training Course, Sixth Annual Announcement, 1927-1928, p. 11.
she had done all she could to interest qualified individuals to take the course. In her travels she had found many well acquainted with the medical course but few knew of the dietitians' school.30

On April 22, 1925, L. A. Hansen, associate secretary of the General Conference medical department, wrote in reply to a letter from Dr. Newton Evans. He sent Dr. Evans a copy of a letter which he mailed to the medical superintendents and business managers of all denominational sanitariums as well as to the principals of all of the colleges. An excerpt from the letter reads as follows:

The immediate problem now is that of securing sufficient enrollment to properly utilize the very excellent teaching facilities which Loma Linda offers in this dietitians' training course. As you can well appreciate, the educational facilities available there for this particular work are not to be duplicated anywhere else in our institutions. While the enrollment of the three classes thus far carried on has been encouraging, there is need of our urging suitable candidates to enter the course. Doctor Evans considers that the dietitians' course should have from twenty-five to thirty members. To secure this enrollment it is necessary for our medical people in various parts of the field to give encouragement to suitable persons to enter. I am sure it is not necessary to dwell upon the importance of the work thus presented and its need among us. This we have all appreciated for a long time.31

While quantity of students was a necessary concern, the uppermost concern for quality was not overlooked. On July 1, 1928, Dr. Walton discussed this matter very seriously in a letter to Dr. Risley. In discussing the School of Dietetics, he suggested retaining only such students as were able to demonstrate their interest, loyalty

30Kathryn L. Jensen Letter, April 21, to Dr. Newton Evans.

31L. A. Hansen Letter, April 22, 1925, to Dr. Newton.
and consecration. "We must recognize and prize quality and disregard quantity when quality is at stake."³²

Some interesting notes from the period in which Dr. Walton was connected with the dietetic program are included at this point. He was the first male dietitian to receive active membership in the American Dietetic Association. In reply to a recent inquiry, Dorothy Bates of the A.D.A. wrote the following words:

We have been checking the records in regard to male membership in the Association. It appears that Dr. Harold Walton was the first active member of the Association. He became a member in 1921. Dr. E. V. McCollum was made an honorary member of the Association in 1919.³³

After arriving at the Loma Linda campus to take up his new position as head of the dietetic program, he was taken to the basement of the hospital which was located approximately where Daniels Hall presently stands. As he looked about him, he was surrounded by articles in storage and old discarded beds and mattresses. His task was then presented to him. He was to be the designer of the laboratory layout and curriculum of a dietetic program which was to occupy this room.

Sewerage drainage was not adequate following heavy rainfall. Consequently on several occasions Mr. Walton found it necessary to mop the floor just prior to the arrival of the students for class.

It was during the first three busy years of service here, 1922-1925, that he did the original compilation of Councils on Diet and Foods.

³²Dr. H. M. Walton Letter, July 1, 1928, to Dr. E. H. Risley.
It appeared under the title "Testimony Studies on Diet and Foods." He describes this as a "labor of love" whose purpose was to serve as a textbook for the class Testimonies. During the years from 1928-1930, Dr. E. H. Risley and Dr. Walton coauthored a book on dietetics entitled *Foods, Nutrition, and Clinical Dietetics*. It was to be revised but the untimely death of Dr. Risley terminated such plans.34

III. SCHOOL OF DIETETICS (1928-1952)

The dietetic course is expressed in new terminology in the Annual Announcement for 1928-1929. It is called the School of Dietetics.

Recognition sought. Dr. Magan wrote a letter of inquiry concerning the School of Dietetics to Dean Langley Porter of the University of California Medical School to which Dean Porter wrote the following favorable comment dated August 23, 1928:

TO WHOM IT MAY CONCERN:

The thoroughness and careful planning of the teaching given by the staff of the College of Medical Evangelists is attested by the standing of its graduates gained before examining boards, and by the high reputation of the men who do the teaching.

From these facts, I am thoroughly convinced that the work done by the Department of Dietetics in that institution is considered with regard to the same sort of high standards and is worthy of the highest degree of respect and rating.35

Agnes Fay Morgan, Professor of Household Science at the University of California wrote Dr. Magan on August 17, 1928. It reads as follows:

34Personal Interview with Dr. H. M. Walton, March 22, 1963.
35Enclosed in Dean Langley Porter Letter, August 23, 1928, to Dr. P. T. Magan.
My dear Dr. Magan:

Dean Langley Porter of the University of California Medical School has referred to me the matter of the status of your course in dietetics. There appears to be at present no official method for the recognition of a course in dietetics in this state. We are hoping within a year or two to bring about legal registration of dietitians and along with it standardization of the hospital course in dietetics. There is, I believe, some attempt along the latter line now being made by the American Dietetic Association.36

The comments just given were very encouraging. Despite them, it was to be a very long process before the dietetic program was officially recognized by the American Dietetic Association as will be seen as the history unfolds.

On March 1, 1929, Dr. Percy Magan received a letter from Elizabeth Hayward of the California State Dietetic Association in which she solicits his assistance in promoting the passage of a bill through the legislature. It reads as follows:

A committee of dietitians have just drafted a bill on "State Registration for Dietitians" and have presented it to the present session of the legislature. It just occurs to me that you might be interested in this bill as you are training dietitians who, under this bill, could not be registered dietitians.

My first thought in writing you was to solicit your interest and cooperation in pushing this bill through the legislature. I know that you have a great deal of influence in medical centers here and I would appreciate any effort you might make in arousing favorable interest. I know that you will realize the need of this as there are many quack dietitians in this state.37

The bill as presented was enclosed. Some of the stipulations

36 Agnes Fay Morgan Letter, August 17, 1928, to Dr. P. T. Magan.

37 Elizabeth Hayward Letter, March 1, 1929, to Dr. P. T. Magan.
were that applicants for examination for certification as registered dietitians must have received a bachelors' degree with a major in foods and nutrition from a recognized college or university and a six months Dietitian Intern Course in an accredited hospital.

**Recognition and outlets for graduates.** The field of dietetics was a new field and must win its standing and recognition with professional people and the populace as a whole. While seeking recognition from official agencies, it was also struggling to obtain status and recognition within the Seventh-day Adventist denomination.

On December 23, 1928, Dr. Risley received a letter from the medical secretary of the California Conference. He anticipated that one feature in the dietitian's work would bring more or less conflict in our sanitariums; that of the dietitian's position being superior to that of the chief of the buyers. Some such persons are of many years of experience and would not care to work under a dietitian, perhaps many years younger. The writer felt that the mature workers would have the advantage of experience and inside details. He pointed out that if the young dietitian felt that she must be accorded due recognition because of the dignity of her office, trouble could ensue. He suggested a modified idea of "superior position." Such concepts impeded recognition of the school at a later date by the American Dietetic Association. At the time of the letter, however, the school was training only medical dietitians.

Some of the thinking of that time is exemplified in a letter of a graduate, Eunice Marsh, of the School of Dietetics class of 1928.

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At the time of the writing she was employed as matron at Brookfield, Illinois. She speaks enthusiastically of her work but expresses concern over the view that some of the leading men in the denomination held regarding the dietetics work. An excerpt from her letter follows:

I had one or two fine girls lined up for dietetics work when Elder _______ came along and advised against it so strongly that they have changed their plans. President Steen has just returned from a trip through the South, and reports many of our general men feel the same way about it. 39

Notwithstanding the important place which diet occupies within the framework of the denomination, many in responsible positions failed to recognize the importance of dietetics and the dietitian. This lack of proper esteem and recognition has been, and continues to be a detriment to the enrollment of students, though to a much less degree than in the past.

In the L. A. Hansen letter previously referred to a concern was also expressed for finding outlets for graduates of the Dietitians' Course. It might be noted here that about this time and during a number of years to follow, the United States was gripped in the "depression." A portion of a recent letter received from a graduate of the class of 1932 sheds light on that period.

You students graduating in these days of prosperity and many job offers do not know what we faced in those years. Upon my graduation I was anxious and willing to be employed as a dietitian. My writing 75 letters to hospital directors, my writing to several orphanages offering my services just for the remuneration of "board & room," and my offering to teach Home Economics without any salary-just for the chance to be using my training in nutrition and dietetics-all of this brought me no job. It is hard in this day of 'free-spending' to visualize a teacher who offers to teach 'for free' being turned down because of lack of finances to heat the Home Ec. room.

390. R. Staines Letter, March 13, 1932, to Dr. P. T. Magan regarding correspondence received from Eunice Marsh.
However, I was given a job in that Home Economics room, but not by the school board, but by the County Welfare Department under the Federal Government. My job as Social Welfare Worker was to oversee the Food Canning Project. Women of the county brought their fruit and vegetables to the Home Ec. room and used the equipment that the Federal Government supplied to can all of their produce, donating a portion of their canned product to the county for distribution to the less fortunate.  

The problem of finding outlets for its graduates during this period was not a peculiar problem of the School of Dietetics. This was a like concern within all professions.  

In its beginning, the immediate goal of the School of Dietetics was supplying sanitariums with trained dietitians schooled in Seventh-day Adventist health principles. It expanded its vision. Opportunities for service as teachers in denominational academies and colleges, administrators, demonstrators, lecturers, conference dietitians, etc. gradually began to unfold on the horizon of the dietitian.  

IV. COLLEGIATE PROGRAM (1930-1954)  

The old order was to give way to the new with the inauguration of the collegiate program from the opening of the Dietitians' Training Course in 1922 continuing to 1930, twelve grades of schooling was the minimum entrance requirement. Up to and including June 22, 1930, a total of sixty students had graduated.  

In the fall of 1930, the School of Dietetics opened its doors with Dr. E. H. Risley as dean and Pearl Jenkins as assistant dean. Miss Jenkins was to maintain this same position for the next eight years.

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40 Clara Mae Hartman Pardi Letter, March 1963, to School of Nutrition and Dietetics.
A collegiate program was inaugurated. All students entering the School of Dietetics must have two years of college work in predietetic training, with a requirement of certain specified courses and a minimum of sixty-four semester hours. A two year dietetic program was offered at the College of Medical Evangelists with thirty-two semester hours yearly credit. Upon completion of this program the student received a B.S. degree. This increase in requirements caused a marked decrease in enrollment.

**Course outline.** The outline of the curriculum as given below was to vary only slightly during the succeeding years.

<table>
<thead>
<tr>
<th>First Year (Third Year College)</th>
<th>Second Year (Fourth Year College)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiological Chemistry</td>
<td>Bible Hygiene</td>
</tr>
<tr>
<td>Bacteriology</td>
<td>Bible</td>
</tr>
<tr>
<td>Advanced Physiology</td>
<td>Nutrition</td>
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<td>Foods and Cookery II</td>
<td>Proseminar Nutrition</td>
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<td>Food Demonstrations</td>
<td>Diseases</td>
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<td>Medical Dietetics</td>
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<td>Coordinators</td>
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<td></td>
<td>Administration</td>
</tr>
</tbody>
</table>

On June 19, 1932 the B.S. degree was first conferred with nine students as recipients.

**Accreditation.** Early in the history of the School of Dietetics the desirability of endeavoring to offer a curriculum which would be approved by the American Dietetic Association was recognized. Dr. E. H. Risley wrote to the American Dietetic Association asking for a clarification of the meaning of a major in Foods and Nutrition as required by their

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association prior to the intern course. In May of 1932, they replied "When the committee which is working on the definition of a 'major in Foods and Nutrition' has made a report, I shall be glad to send one." That this was mailed to Dr. Risley in due time is evident from letters which follow. One motive behind the establishment of the degree program in dietetics at Loma Linda was the requirement of the American Dietetic Association that students receive a four-year degree before taking the hospital training course leading to A.D.A. membership. It was also stipulated that the degree be conferred by an accredited college or university.

Accreditation of the School of Dietetics began to acquire the attention of those responsible for its operation. Dr. E. H. Risley in a letter to Dr. Percy Magan on October 7, 1936 states:

A few days ago you wrote me a note with reference to the School of Dietetics, suggesting that I get out a list of several items which you might use in talking with the University regarding accrediting. We have listed a number of items of interest with reference to the school and am also enclosing a couple of calendars . . . .

On Sept. 11, I wrote to Dr. Bolton at the University of Washington, Seattle, asking him for an appointment and stated that if he should be in Southern California in the near future we should be glad to make an arrangement to talk with him while he is here. . . .

Dr. Risley included entrance requirements for the School of Dietetics to date, number of graduates by years, qualifications of teachers, building accommodations and equipment and an outline of preparation required for students applying for admissions to graduate

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43 Dorothy I. Lenfest Letter, May 25, 1932, to Dr. E. H. Risley.

44 Dr. E. H. Risley Letter, October 7, 1936, to Dr. Percy Magan.
training course approved by the American Dietetic Association effective January 1, 1934. Also included were the requirements for a Foods and Nutrition major as well as an Institution Management major as basis for active membership in the American Dietetic Association, effective January 1, 1934.

A few days later Dr. Magan wrote to Dr. Newton Evans:

I am making progress on the matter of the accrediting of the School of Dietetics. Dr. Kress is arranging a luncheon interview for me with President Sproul of the University of California. I have had Dr. Risley draft a brief showing the history and statistics, lines of study, etc., appertaining to our School of Dietetics . . .

Up to date we have had no word from Dr. Bolton of Seattle who does the accrediting for the Mid-Western Association [sic.] of Universities and Colleges.45

Accreditation for the collegiate program in dietetics was granted by the Northwest Association of Secondary and Higher Schools in 1937. This fact and a statement of the inherent reason for the delay in seeking accreditation is expressed in a letter of Dr. Percy Magan to Dr. Angeline Phillips, Chairman of the Membership Committee of the American Dietetic Association, dated July 13, 1939.

For several years the College of Medical Evangelists has conducted a School of Dietetics and since 1933 [sic.] has granted the Bachelor of Science degree to those completing this work. A few years after we began conferring this degree we were very much surprised to find that it was not recognized by the American Dietetic Association since the course had not been approved by an accrediting body. We had thought that since the College of Medical Evangelists was on the list of approved medical schools any course offered by the College would likewise be acceptable. However, as soon as we were aware of our situation we immediately applied for accreditation and same was granted by the Northwest Association of Secondary and Higher Schools in 1937.46

45 Dr. Percy T. Magan Letter, October 18, 1936, to Dr. Newton Evans.
46 Dr. Percy Magan Letter, July 13, 1939, to Dr. Angeline Phillips.
Study of previous graduates. The problem now arose as to the status of those students who graduated before the accreditation of 1937 was received. In contemplating this, Dr. Risley again wrote the American Dietetic Association. It was considered by the executive board of the A.D.A. and in September of 1939 Dr. Risley received their reply. For all applicants presenting unaccredited courses, the applicant must have the unaccredited course evaluated by an accredited department for graduate admission where she could arrange to take one or two courses that would strengthen her academic preparation. The association then accepted the rating given the student by the accredited college.\footnote{Angeline Phillips Letter, September 20, 1939, to Dr. Percy Magan.}

For students who did not have an approved hospital course, at least two full years of varied and successful professional experience in a position of responsibility was required. The applicant must also be endorsed by at least two active members of the Association, who were both familiar with the professional capacity and experience of the applicant, which she was presenting in lieu of an approved training course.\footnote{Angeline Phillips Letter, September 20, 1939, to Dr. E. H. Risley.} Although it does not sound too difficult, A.D.A. membership was very difficult to achieve.

Cooperative plan discontinued. In the School of Dietetics Bulletin for 1937-1938 is stated:

The cooperative work which has been a feature of the educational program in the College of Medical Evangelists, will be in operation for the second year students during the 1937-38 session. After this session the plan will be discontinued in both the medical school and the School of Dietetics.\footnote{School of Dietetics, Sixteenth Annual Announcement, p. 17.}
The loss of financial assistance which the cooperative plan afforded was partially compensated by the opportunity for several hours free for work each day in the sanitarium and cafeteria culinary departments. The possibility also existed that a student might obtain summer work to help defray expenses.

The school year of 1937-1938 was also the last year in which Miss Pearl Jenkins served in the capacity of assistant dean of the School of Dietetics, although she was to remain with the school as a full-time teacher. Her absorbing interest was now the establishment of an internship program in connection with the School of Dietetics. Miss Jenkins taught full-time in the School of Dietetics from 1925 to 1944, a period of nineteen years.

The school developed to a great degree under Miss Jenkins' direction. It progressed from a two year to a three year and then to a collegiate program with B.S. degree conferred. She was instrumental in beginning the dietetic internship in 1938 and furthered its progress.

She actively promoted the school. Among her activities was the preparation of a promotional film picturing the activities of the School of Dietetics. During the period of deanship of the dietetic program, the dean also assisted in promotional work within the colleges while making contacts for medicine simultaneously.

It was Miss Jenkins' initiative which led to the provision of lovely new quarters for the School of Dietetics in 1935. This was located in the then administrative building which is presently the Newton Evans Hall. She planned the layout and furnishings which were modern in concept. The final plans were carried to completion during
the year in which Miss Jenkins was on leave to obtain the master's degree. Ruth Hansen Jacobsen acted in Miss Jenkins' capacity during her absence and thus directed in their fulfillment. These same quarters remained the home of the School of Dietetics until 1954. Students of that period have commented on the beauty of its accommodations.

Miss Jenkins excelled as a gracious hostess. She entertained the students frequently. Her ability to cook refuted the proverb that dietitians can't cook. Her standards were very high in every area she touched. She possessed a quiet dignity and yet was adept at putting her guests at ease.

Beginning with the school year of 1938-1939, Mrs. Esther Gardner assumed the responsibility of assistant dean of the School of Dietetics. Mrs. Gardner had several years of grade school teaching experience before she and Dr. Floyd Gardner came to Loma Linda in 1917 as newlyweds. She was scholarly by nature. This led her to take various courses offered in the departments of the College of Medical Evangelists. She enrolled in the School of Dietetics, graduating from the three year curriculum in 1930 and receiving the B.S. degree in 1932. In 1937, Mrs. Gardner received the master's degree from the University of Redlands. She taught part-time in the School of Dietetics from 1922-1938, at which time she became the assistant dean with full-time responsibility.

Scholarships. The first recorded mention of a scholarship plan for the School of Dietetics was noted in correspondence between Mrs. Gardner and Dr. Macpherson on June 6, 1943. One week later Dr. Macpherson replied by asking Mrs. Gardner to prepare a suitable document
to go to various colleges. Ten scholarships of $100 each were offered to students from Seventh-day Adventist colleges who entered the freshman class of April, 1944. The points listed were: 1. One scholarship would be awarded to each of the ten junior and senior colleges in the United States and Canada. 2. Scholarship was to be awarded on the basis of grades and character - 2/3 for scholarship average in predietetics classes, and 1/3 for leadership, Christian character and adaptability to the profession. 3. Student should have at least a B average. 4. Scholarship was to be evaluated and recommended by the college faculties of the predietetic schools. 5. Scholarship would be applied on tuition and expenses at the School of Dietetics of the College of Medical Evangelists, was not transferable, and must be used within two years from time of award. 6. Should difficulty arise in deciding between two students of nearly equal ability, the college faculty were allowed to divide the scholarship.

In the Annual Announcement for the school year 1944-1945 and continuing to 1949, twelve scholarships of $100 each were offered to students of ability and promise. Scholarships were to be awarded on the basis of criteria already given. Students from the following colleges were eligible:

Atlantic Union College
Canadian Junior College
Emmanuel Missionary College
La Sierra College
Madison College
Oshawa Missionary College

Pacific Union College
Southern Junior College
Southwestern Junior College
Union College
Walla Walla College
Washington Missionary College


51Carbon copy of "Scholarships in School of Dietetics" inserted in C.M.E. School of Dietetics correspondence file immediately following the above letter.

52C.M.E. Announcement of the School of Dietetics, 1944-1945, pp. 25, 26.
The Loma Linda Food Company also offered scholarships in conjunction with the above and over the same time period. They offered a maximum of twelve scholarships of $100 each to students of S.D.A. junior and senior colleges who entered the School of Dietetics at Loma Linda. These scholarships were awarded and the beneficiaries selected by the management of the Company and such other persons as they appointed.

Entrants must have demonstrated to the satisfaction of the faculties of their respective colleges their interest in public educational work in nutrition and healthful living. They must have read the *Story of Our Health Message* and *Councils on Diet and Foods*, must have completed a course and shown an aptitude in public speaking and cookery, and in addition maintained a B average during their pre-dietetic training. Entrants were required to prepare a theme of 2,500-3,000 words pertaining to the development of the nutritional program of the Seventh-day Adventist Church, including a discussion of the present need and plans to meet that need.\(^\text{53}\)

In addition, the Loma Linda Food Company offered a second group of scholarships to students in the second year of dietetics at Loma Linda, based upon scholastic standing and character. These scholarships were $150 each.\(^\text{54}\)

**Change in title.** The position which had previously been termed "Assistant to the Dean of the School of Dietetics" was changed to Director, School of Dietetics in the Announcement for the school year 1944-1945 and was to continue until the present time of this writing.

\(^\text{53}\)Ibid., pp. 26, 27.

\(^\text{54}\)College of Medical Evangelists, Announcement of the School of Dietetics, 1944-1945, pp. 25-27.
The school is indebted to Mrs. Gardner for a period of service extending over many years. She is listed in the Bulletin of the School of Dietetics from 1927-1952.

During this period she further heightened the promotional work being done by the school. In 1941 she was the originator of a beautiful and outstanding brochure on the School of Dietetics which would be a credit to any college or university.

Mrs. Gardner was noted for her organization, keen intellect, and journalistic ability. The latter was expressed in the production of several publications some of which are Homemaker's Cookbook and Guide to Nutrition, Food for Victory, Tasty Table Treats, Lesson Outlines in Nutrition and Cookery and Prescriptions for Good Eating.

Lesson Outlines in Nutrition and Cookery was prepared for use in the instructor's course for ministers and their wives and lay instructors.

Miss Lydia M. Sonnenberg is listed as Director of the School of Dietetics in the Announcement of School of Dietetics for the school year 1949-1950.55

As a child, Miss Sonnenberg possessed an active interest in the medical field. This interest persisted. She knew she wanted to enter some phase of the medical field and rather thought it would be nursing. When she graduated from the academy she was still too young to enter nursing. She began to take some college work. She found languages very interesting so continued with her college work to its completion. Upon graduation she was invited by the faculty to remain with the school to

55College of Medical Evangelists, Announcement of the School of Dietetics, 1949-1950, p. 8.
teach five hours of French. This seemed an excellent opportunity to her, especially since this was the time of the depression. She continued to teach for several years at Union College. Then Miss Sonnenberg's brother came to Loma Linda to take medicine. This revived the former interest of Miss Sonnenberg for greater knowledge in the medical field. She, in turn, also decided to come to Loma Linda but realized that her interest had now shifted away from nursing to the field of nutrition. She enrolled in the School of Dietetics in 1938, graduating in 1940 with subsequent enrollment in the internship program as offered here. Her training completed, she served in the dual capacity of consultant dietitian and office nurse in a private clinic in Ontario, California. Dr. Harold Shryock contacted her while at this position, inviting her to serve on the faculty of the School of Dietetics at Loma Linda. Her response was favorable. She returned to the College of Medical Evangelists on April 1, 1944. After teaching for several years she became director of the School of Dietetics in 1949, as afore mentioned.56,57

Dietitians' monthly meet. Miss Lydia Sonnenberg conceived the plan of holding monthly meetings for practicing dietitians of the area at Loma Linda. This was to be a means of getting acquainted with those of like profession and in turn letting them become familiar with the work being done at Loma Linda. The first meeting was held on the evening of February 22, 1951 with G. T. Harding, president of C.M.E., in attendance.

56 As recorded in a personal interview with Miss Lydia Sonnenberg on April 4, 1963.

57 College of Medical Evangelists, Announcement of School of Nutrition, 1949-1950, p.8.
A light luncheon was served with an informal get-acquainted period. **

**Shortages of dietitians.** As the role and possibilities of the dietitian began to be better understood and appreciated, the sanitariums and hospitals began to ask for several dietitians rather than the customary one. The easing of the financial stress of the depression also influenced this. This period of shortage, if only temporary, is recorded in correspondence between Miss Sonnenberg to Dr. George Harding on January 11, 1951.

There are a number of calls coming to my office for the services of a graduate dietitian which we are unable to fill. It appears as if almost all of our sanitariums and hospitals are in need of one or more dietitians. Specifically, dietitians are wanted at the Porter Sanitarium, Portland Sanitarium and Hospital, Washington Sanitarium, New England Sanitarium and Hospital, Paradise Valley Sanitarium, Madison Sanitarium, and Florida Sanitarium and Hospital. Just yesterday I learned that the General Conference will be placing a call for a dietitian to connect with our new hospital at Karachi, Pakistan. Outside hospitals are writing to me also for dietitians. We need them in our colleges as food directors and in our conferences, too.

As you know, the enrollment in the School of Dietetics is small. We must make plans immediately to recruit more dietetic students if we are to carry on an effective nutrition and dietary program in our sanitariums and hospitals as well as in our colleges and churches. **

There were certain inherent problems in offering the last two years of a collegiate program. A student is reluctant to change location after becoming acquainted and putting his "roots" down over a two-year period. It is also only natural that the faculty of any school would be reluctant to encourage its better students to transfer

**58**Pr. George T. Harding Letter, February 2, 1951, to Lydia M. Sonnenberg.

**59**Lydia M. Sonnenberg Letter, January 11, 1951, to Dr. George T. Harding.
to another school. Most of the students were supplied by the various Home Economics departments throughout the denominational colleges. The head of such a department would possess a certain amount of professional jealousy of her students. After nurturing them through the first two years of college, she would desire to see them through completion of their college program.  

**Insufficient students.** The problem of securing capable students in sufficient quantities to utilize the facilities offered was, and continued to be, a major problem. The school operated on a deficit basis. This situation called for frank assessment and evaluation on a number of occasions. One of the decisions that was always reached on such occasions was that there was real purpose for the existence of training in dietetics and that the rewards warranted the sacrifice and struggle. To determine the method of procedure to use in overcoming the obstacles and making the program more successful, was less obvious.

Dr. Macpherson, then president of the College of Medical Evangelists, maintained a sustained interest in the dietetics program. In August of 1951, in part is quoted what he wrote to those leading out in the dietetic program:

> It is necessary for us to recognize that two things should be accomplished. We should make every reasonable effort to increase the number of applicants and students in the School of Dietetics. Also, we should make every reasonable effort to develop a sound internship of good quality which can be approved by the American Dietetic Association. It has always been assumed that such an approved internship would be an important factor in creating a greater interest on the part

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60Accumulation of views as expressed by leading personalities interviewed. These are recorded in the Appendix.
of more students, not only in the field of dietetics but more specifically in studying dietetics at the C.M.E. . . . Also, it has been our belief that the available internships would be filled by the graduates from our School of Dietetics. . . .

Nevertheless, the School of Dietetics and the internship must be recognized as two separate functions within the C.M.E., and at the moment I have no reason to believe that our promotion of each function would create an incompatible relationship one with the other . . . .

The thing which I would like to have accomplished would be readily agreed to by all; namely, to have a good crowd of students in the School of Dietetics and to have a healthy and approved internship in operation. Then the C.M.E. would be the focal spot in the denomination for carrying on this type of education. . . . As long as we maintain a superior quality of performance, and assuming that we can get cooperation from our Department of Education and from our colleges, it will then be up to us to generate an interest and to sell our particular program to those who are interested.

As I look upon the past I am reminded of what the C.M.E. has already accomplished in the training of dietitians who have joined the work in many places and in many capacities . . . .

In reply to the above letter, Miss Sonnenberg expressed her appreciation by letter to Dr. Macpherson for his interest and support. She was completely in harmony with the objectives but expressed the questions which arose in her mind as to the method of obtaining them thus:

The problem in my thinking, however, concerns itself not with the need but the method of obtaining students for both the internship and the School of Dietetics. As you know, it has been difficult to attract a sufficient number of high caliber students our way. There have been several reasons for this situation, I believe: lack of adequate promotion of the profession of dietetics; the students' own desire to stay on in the liberal arts college, especially if no one actively influences them to transfer to the College of Medical Evangelists; undesirable working condition of dietitians

61Dr. W. E. Macpherson Letter, August 3, 1951, to Lydia M. Sonnenberg.
and food directors, especially in our colleges; and confusion
in the field as to the accreditation of the work in Dietetics
at the College of Medical Evangelists. These and perhaps
other factors have been responsible for the fact that we have
but a comparatively few students each year coming to the College
of Medical Evangelists. 62

In September of 1951, Dr. Macpherson wrote to the presidents of
S.D.A. colleges acquainting them with the problems and his opinions
regarding the matter of education of dietitians and nutritionists. It
was stated that he had requested the Educational Department to place
the above matter on the agenda for consideration by the college presi-
dents. After stating the problems which existed, he summarized the
dilemma in which the School of Dietetics found itself.

1. Our School of Dietetics is in competition with our
colleges. This creates an undesirable situation,
which I hope can be changed or modified.

2. If all of our colleges established curricula which
will meet the requirements of education for a dietitian
and a dietetic internship, the competition as between
the C.M.E. and our colleges will increase. This might
even raise the question as to whether we here in the
C.M.E. should continue. Because of the fact that we
believe that we give such a good course with such an
adequate faculty and facilities, we are reticent to
give up this school and would not like to do so unless
more suitable arrangements otherwise can be arranged.

3. On the other hand, it seems advisable that at least
a few of our colleges turn out a few graduates who
can qualify for the dietetic internship. 63

Dr. Macpherson discussed the dietetic training program with presi-
dents of the various colleges at the Fall Council in Cleveland. He
found the presidents interested and sympathetic and willing to support

62Lydia M. Sonnenberg Letter, August 5, 1951, to Dr. W. E.
Macpherson.

63Dr. W. E. Macpherson Letter, September 11, 1951, to Presidents
of Denominational Colleges.
such a program. There was uniform agreement that the establishment of an approved internship for the training of dietitians was uppermost. This was thought to be the chief factor leading to diminished interest in the profession. Near the close of his correspondence he observes the following:

Now in conclusion, it seems to me as though we are in a position to make every possible and necessary move to develop an approved internship. Further, it seems to me as though this would not interfere with plans to strengthen the work that we are now giving in our School of Dietetics. At any rate, the development of plans for these two functions would appear not to be in conflict with each other, and the future program for the education of dietitians will of necessity have to be worked out by trial.  

V. SCHOOL OF NUTRITION

The name of the School of Dietetics was changed to the School of Nutrition in March of 1952.

Curriculum. The curriculum of the four-year collegiate program varied only slightly during the years that intervened since its initial beginning in 1930 until the school year of 1949. The curriculum then takes somewhat of a change, perhaps more in terminology than actual practice. For comparison with the curriculum of 1930-1931 given on page 35 of the curriculum of the school year 1949-1950 is given below:

<table>
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<th>JUNIOR YEAR</th>
<th>SENIOR YEAR</th>
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<tr>
<td><strong>First Semester</strong></td>
<td><strong>First Semester</strong></td>
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<tr>
<td>Bible</td>
<td>Accounting and Food Cost Control</td>
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<td>Experimental Foods</td>
<td>Animal Experimentation</td>
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<td>Food Management</td>
<td>Bible</td>
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<td>Health Principles</td>
<td>Diseases</td>
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<td>Advanced Physiology</td>
<td>Institutional Experience</td>
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<td>Nutrition</td>
<td>Medical Dietetics</td>
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<td>Quantity Cookery</td>
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64 Dr. W. E. Macpherson Letter, September 11, 1951, to Presidents of Denominational Colleges.
Second Semester

Bacteriology
Bible
Biochemistry
Child Nutrition & Infant Feeding
Psychobiology

Second Semester

Bible
Institutional Organization & Management
Institutional Experience
Institutional Marketing
Methods in Teaching Nutrition
Nutrition Seminar
Speech

From 1949-1953 there was only a rearrangement of the curriculum, but with the school year of 1952-1953 a major change in curriculum was shown with three degrees offered: Bachelor of Science Degree in Food Administration, Foods and Nutrition, or Hygiene and Nutrition. The first two required a Foods and Nutrition major with a minor either in Institutional Management or Chemistry. The B.S. degree in Hygiene and Nutrition consisted of a major in Hygiene and a minor in Nutrition.66

Scholarships. The Announcement of Scholarships offered for the school year 1952-1953 was altered for the first time since its initial appearance in the Announcement for 1949-1950. It was stated that the School of Dietetics offers annually two $75 scholarships. It was also stated that two $125 scholarships were offered to students in their senior year of Dietetics. The same scholarship plan, as given above, continued until the termination of the four-year collegiate program.67

School of Nutrition closes. Approximately one and one-half years from the time of the previous consideration of the dubious state of the School of Dietetics, the Board of Trustees recommended the following:

65 Announcement of School of Dietetics 1949-1950, p. 27.
67 Ibid., pp. 29, 30.
That study be given by the administration and the Board of the College of Medical Evangelists to discontinuance of the present School of Nutrition and to the establishment in its place of an approved internship or other graduate work in nutrition or dietetics.\textsuperscript{68}

It was made clear that this was not a vote to close the School of Nutrition but that study be given to such a move. However, it seemed probable that such would be the case in the future. Dr. Macpherson suggested early careful study to a program which would permit the closing of the School in a dignified manner and with proper and adequate care of current students. He encouraged Miss Sonnenberg to assure the students in the School of Nutrition that they would be enabled to finish their courses and obtain the degrees for which they were working. An excerpt from the letter is again quoted below:

I do appreciate your patience and your untiring interest in this School. It has been a difficult assignment, and without much glory. The General Conference Survey Committee is also recommending to the Department of Education that it get behind a program for training students in at least a couple of colleges for the field of dietetics and to try to create a greater interest in this field and in nutrition. I hope that they will do so, otherwise I fear greatly that the action of the Committee will have seriously interfered with the production of dietitians, the need for which in our denomination seems to be increasingly great.\textsuperscript{69}

On May 20, 1953, Dr. Macpherson wrote to Professor E. E. Cossentine, who was Educational Secretary of the General Conference, regarding the action of the Spring Council in which consideration was given to the educating of dietitians within the various institutions and conferences of the denomination. Part of the action included the recommendation

\textsuperscript{68}Dr. W. E. Macpherson Letter, April 12, 1953, to Miss Lydia Sonnenberg.

\textsuperscript{69}Ibid.
that an approved dietetic internship be developed at the College of Medical Evangelists. Dr. Macpherson then states:

We shall not be admitting a new class in the School of Nutrition this coming fall, but we shall continue the education of the class which we will have left so that those students will finish in the spring of 1954. At that time our School of Nutrition will become inactive.  

Then, approaching the problem of establishing an internship, Dr. Macpherson reminded him of the necessity of a sufficient number of qualified candidates from which to choose for the internship appointments. Three possible schools which might function in this program are mentioned by name.

From what we can learn from the current school bulletins, Emmanuel Missionary College is qualified to take on such a program immediately. Perhaps also Washington Missionary College can do so with relatively little effort, and also La Sierra College. La Sierra has a good program worked out but does need some additional faculty personnel.

Anticipating the necessity of publicity for the change in the programs of the School of Dietetics, Dr. Macpherson wrote Elder D. E. Rebok, who was then Secretary of the Educational and Young People's Missionary Volunteer Department of the General Conference, regarding a booth during the General Conference session. He stated that beginning July 1, 1954, the School of Nutrition would be discontinued with the subsequent development of a dietetic internship. He felt that this fact should be given due publicity so as to be brought to the attention of interested persons.

70Dr. W. E. Macpherson Letter, May 20, 1953, to Professor E. E. Cossentine.
71Ibid.
72Dr. W. E. Macpherson Letter, November 17, 1953, to Elder D. E. Rebok.
In spite of precautionary measures which were taken to clear existing uncertainties, the junior class felt some concern as to their future. They drew up a letter, signed by the class, which was presented to Dr. Macpherson. Several points were stated, part of which is quoted below.

As of now we have not been informed of a definite schedule for next year, therefore, we wish to present our preferences.

1. Under no circumstances do we desire to be transferred to another campus. It was by preference that we came to the C.M.E. recognizing the type of training at Loma Linda. The institutional training found here cannot be duplicated on a college campus.73

The words penned by this last group of college students is a very fitting tribute to the School of Nutrition.

The closing of the collegiate program of the School of Nutrition was not evidence of defeat. It was a period of preparation for an advance step. Some factors which provided background for the closing of the school were the following:

1. Difficulty in securing sufficient students of high caliber.
2. Frequent misconception held by enrolled students that they would graduate as full-fledged dietitians.
3. Dietetic education throughout the United States had increased and broadened. Emphasis of the A.D.A. had shifted to a broad undergraduate program, including more liberal arts courses. The specialization in dietetics came during the intern year.

73Junior Class, School of Nutrition, Letter, May 1, 1953, to Dr. W. E. Macpherson.
Since the beginning of the collegiate program in 1932 to the date of the closing of the School of Nutrition in June of 1954, a total of 163 graduates had received the B.S. degree. The collegiate program filled a real denominational need until such time as the colleges were ready to assume responsibility. Gradually they acquired faculty and layout that would permit them to offer the undergraduate dietetic program. The School of Dietetics since its establishment had fulfilled the purpose for which it was established.

Miss Sonnenberg was the last director of the collegiate program. Some interesting highlights of her service are included here.

Miss Sonnenberg possessed the esthetic quality of preparing food with eye and taste appeal. These qualities she was able to instill in her students.

During her directorship she prepared some fine promotional material consisting of posters, slides and leaflets. She furthered interest in the field of dietetics by presenting programs in colleges and academies.

Since becoming Director of Dietary Service at Loma Linda Sanitarium Miss Sonnenberg has continued to actively participate in the profession. It was under the auspices of the Seventh-day Adventist Dietetic Association that she edited Everyday Nutrition for the Family and also prepared the "Everyday Nutrition Series" which is a set of twelve correspondence lessons. Current articles by Miss Sonnenberg can be found in Life and Health under the section "The Dietitian Says."
CHAPTER V

GRADUATE PROGRAMS

The College of Medical Evangelists was far in advance of its time when it provided a dietetic program in its curriculum in 1908. The first dietetic program was called the Hygienic Cooking and Baking Course. It was not until nine years later that the American Dietetic Association came into being.

The American Dietetic Association was established in 1917 by a group of fifty-eight women who saw the growing need for persons educated in the science of nutrition and trained in the art of feeding people. As of March 1, 1963, it has a membership of 16,232.

The object of the association (as stated by the A.D.A.) is "... to improve the nutritional status of human beings; to raise the standards in dietetic service; to protect the status of the profession; and to foster cooperation between the members and workers in allied fields." 

Since membership in the A.D.A. is the only means of professional recognition for a dietitian, an individual must meet the standards and become a member of the A.D.A. These standards are that an individual must have a bachelor's degree with a major in Foods and Nutrition or Institution Management (which includes the minimum course requirements as outlined by the American Dietetic Association) from an accredited

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1Taken from a leaflet about the American Dietetic Association.
college or university. In addition, completion of an accredited dietetic internship is required.  

I. INTERNSHIP

Dietetic internship envisioned. Dr. E. H. Risley early foresaw the desirability of planning the curriculum in the dietetic program of the College of Medical Evangelists so as to meet the course requirements as set by the A.D.A. for those who desired to take the internship and receive A.D.A. membership. In reply to correspondence by Dr. E. H. Risley, Dorothy I. Lenfest, Business Manager of the American Dietetic Association replied:

Under the direction of the Education Section last year a committee was appointed to study and report back to the group on just what constituted "a major in Foods and Nutrition." This has entailed a great deal of work which is being done very carefully and the final report is not yet ready. I am enclosing, however, a list of subjects which hospital dietitians giving the intern course which is approved by the American Dietetic Association are asking of all applicants and am also enclosing a questionnaire which was sent out under the direction of Miss Ross. When the committee which is working on the definition of a "major in Foods and Nutrition" has made a report, I shall be glad to send one if you care to have it . . . ."  

Included with the enclosures to the above, was a form letter by Nelda Ross, dated February 1932. She states that the portion of the training offered within the hospital now approached some degree of uniformity.

Certain minimum essentials have been established and seventy-one hospitals throughout the United States and Canada have met these requirements and are now on the

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3Ibid., p. 4.

4Dorothy I. Lenfest Letter, May 25, 1932, to Dr. E. H. Risley.
accredited list of the Association. These institutions were inspected in 1930 and 1931 by committees from the Education Section and these annual inspections will continue.

The requirement for entrance to these courses has gradually been raised to that of a four-year college course leading to a degree in Home Economics. This requirement has proved to be too vague to insure preparation for the specific field of dietitian. During the past year the directors of dietary departments of the accredited hospitals approved the including of the enclosed list of courses in the college training of students entering hospital dietetic training. These courses were also endorsed as advisable minimum requirements at the recent convention of the American Dietetic Association in Cincinnati.5

Miss Pearl Jenkins, realizing the value of an internship in addition to the collegiate dietetic program, began to feel out the possibilities and also the reactions of certain responsible individuals. She corresponded with Dr. A. D. Butterfield, Medical Director of Paradise Valley Sanitarium and Hospital. She also wrote the Medical Superintendent of the White Memorial Hospital and the Medical Superintendent of the Glendale Sanitarium and Hospital.

Dr. Butterfield expressed interest in the outline and plan of dietetic internship as given by Miss Jenkins.

I am sure that it would be a great advantage to a person expecting to head a dietetics department in a hospital if she might have had the various lines of actual experience in an institution following the completion of her course.6

**Internship planned.** A committee was appointed May 6, 1937, to arrange for a dietetic internship for graduates from the School of Dietetics. This committee met at Loma Linda December 9, 1937, to

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5Melda Ross Letter, February 1932. This was a form letter among enclosures sent to Dr. E. H. Risley May 25, 1932, by Dorothy I. Lenfesty.

6Dr. A. D. Butterfield Letter, June 13, 1935, to Pearl Jenkins.
consider additional plans for developing an internship for dietitians. Dr. E. H. Risley was chairman. The committee met in his office. Dr. Risley gave a brief history of the School of Dietetics with emphasis on the requirement of an internship after the four-year basic course before dietitians are admitted to membership in the American Dietetic Association. The committee's objective was to outline plans for providing this necessary internship within its own institutions.\footnote{Minutes of committee meeting held at Loma Linda December 9, 1937, to consider plans for developing an internship for dietitians.}

The committee was composed of Dr. E. H. Risley, Mr. H. B. Thomas, Mr. G. H. Curtis, Miss Pearl Jenkins, Mrs. Eva Crites, and Miss Nellie De Ford. Mrs. Crites represented Jennie Stagg who was on leave for study. The committee reported as follows: Tentative arrangements were made for a four-month service at White Memorial Hospital, four months at Loma Linda, two months at Glendale Sanitarium, and two months at Los Angeles County General Hospital. However, the affiliation at the Glendale Sanitarium did not materialize.

At the conclusion of above mentioned services, each girl should receive a certificate of internship, probably to be given by the College of Medical Evangelists, to cover various lines of service she had completed.

In arranging this program, it was the purpose of the committee to so plan as to meet the requirements of the American Dietetic Association, whose inspection by officials of the later organization during the first year of its operation would be necessary. If the requirements...
were met, the girls would be granted membership in the American Dietetic Association.8

**Why establish an internship?** Why endeavor to establish an approved internship course at Loma Linda against a number of obstacles? This may be partially answered in a portion of the information which Miss Pearl Jenkins supplied each member of the hospital training course committee before the date it was to convene.

The School of Dietetics, as you know, has been endeavoring to comply with the requirements necessary for securing membership for its graduates in the American Dietetic Association. Membership in this organization is becoming highly essential because of the pressure brought to bear by the nursing department which requires in many places that the instructor of dietetics be a member of the American Dietetic Association. Some of our graduates have already been forced to give up their positions because of this situation.

There are two types of requirements of the Association: (1) Education and (2) Supervised Hospital Training. The first of these requirements we are able to meet since the school is now accredited. The second may be met only by the graduate of a recognized college taking a nine-to-twelve-month hospital training course which is also recognized by the Association...9

The next question which logically follows is: why was it necessary to establish a hospital training course at Loma Linda when a number of such approved courses already existed throughout the country? Miss Jenkins referred to this when she wrote:

Two avenues through which such training is possible are, first, the fifty-five or more outside hospitals training schools organized and conducted by outstanding hospital

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8Dietetic Internship Committee Report (committee appointed May 6, 1937).

9Pearl Jenkins Letter, August 6, 1937, to members of the hospital training course committee.
dietitians throughout the country. (Three of these training schools are in California and all are recognized by the American Dietetic Association.) A second avenue is to organize a hospital training course in our own hospitals that would meet the approval of the American Dietetic Association and take care of the product of our School of Dietetics.

There are advantages in the latter method foremost of which is the Sabbath work problem which is decidedly a different one in our institutions from that of the outside hospital. Maintaining the religious, social and professional influences of our institutions for another year would seem desirable for young people the age of our graduates.10

**Internship program begun.** The next committee regarding the internship was held May 3, 1938. On June 21, 1938 Miss Pearl Jenkins was appointed internship program coordinator. The intern course was begun on June 30, 1938. There was an enrollment of six students.11

**First inspection.** After the internship course had been in operation for a period of one year, it was inspected by the American Dietetic Association. The report of the inspector was presented to the American Dietetic Association committee. The report included strong points, weak points and recommendations given at the time of the inspection. This first report of the inspector is included below for interest.

**Strong Points in Training**

Therapeutic practice.
Service and patient contact.
Teaching student nurses; formal and practical.
Seminars; lectures by medical staff developing nicely.
Clinics progressively strong including group class both patients and outside groups.

10Ibid.
11Historical file, School of Nutrition and Dietetics, Loma Linda campus.
**Weak Points in Training**

Administration not actively under dietary department: food purchasing procedures; record routine; cost control; preparation experience largely observantion and limited in time; no personnel service experience. Personnel management confined to diet therapy employees. Training at Loma Linda (four months) and White Memorial (six months) similar in practice especially diet therapy training in the major duplicated. Affiliation in pediatric training - service training supervised indirectly by dietary staff.

**Recommendations given at time of inspection to improve training under present existing conditions**

To strengthen administration experience make an affiliation where responsibilities are under the direct supervision of dietary department for at least three months (patient food service now included). Arrange in affiliation for one month of intensive meat experience - grades, cuts, and cookery.12

The A.D.A. Executive Board on August 26, 1939 failed to give approval to the internship program. Notice of such action was mailed to Miss Pearl Jenkins and Dr. E. H. Risley. In corresponding with the A.D.A. officials, Dr. Risley exhibited restraint, courtesy and a very cooperative spirit. This is noted in his reply to Miss Dorothy Lenfest regarding the first inspection with subsequent failure of approval.

We are doing everything we can to make our School of Dietetics and our intern service a success, and it is our earnest desire to meet the standards set by the American Dietetic Association. We trust that very shortly our course will be sufficiently well developed to warrant your approval.13

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12Report of the inspector of Student Dietitian Training to the Approval Committee of the American Dietetic Association, College of Medical Evangelists, Loma Linda, California, 1939.

13Dr. E. H. Risley Letter, September 21, 1939, to Dorothy I. Lenfest.
Due to the report of the approval committee, Miss Jenkins strongly urged the addition of an affiliating hospital which gave meat cookery and meat accounting. This was accomplished by an affiliation with Fairmont Hospital, Alameda County. A definite record of all meat experience was to be kept by each student. As much experience as possible was to be given at the White Memorial Hospital. ¹⁴

Unofficial inspection. After a period of endeavoring to strengthen the weak places in the internship program, unofficial inspection was given by Gladys Hall in 1942. The Executive Board of the A.D.A. at its meeting on October 17, 1942 considered application for approval of the training course for student dietitians at the College of Medical Evangelists. Approval was not granted. It was stated that the members of the board were cognizant of the fact that definite efforts had been made to improve the course through additional affiliation. Despite the above, several weak features of the course as outlined in the inspection report did not warrant acceptance of the course on basis of the additional affiliation. It was stated the actual organization of the dietary department did not meet the standard and that one of the weakest points related to the quality and scope of administrative experience offered to the student dietitians. ¹⁵

Internship reevaluated. In May of 1943, Mrs. Esther Gardner wrote to Professor Frederick Griggs and Doctor Walter Macpherson regarding the position of the internship program and her suggestions regarding

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¹⁴Historical file, School of Nutrition and Dietetics, L.L.U.
¹⁵Bessie B. West Letter, October 26, 1942, to Pearl Jenkins.
it. Some of the points she made were:

1. If we are to maintain a School of Dietetics, the Hospital Internship should be continued . . . .

2. If qualified persons can be secured to make up the dietetic staff in Loma Linda and White Memorial Hospital, or the necessary changes made to meet the A.D.A. requirements, and sufficient application attained to make up a class, the internship should continue without interruption.

3. Since we are having difficulty in securing A.D.A. members to make up the staff, . . . and only one or possibly two of our own graduates who wish to take the internship, it might be wiser to drop this internship training out for one year and spend that time in progressive organization . . . .

4. . . . Persons who are capable of holding responsible positions on the dietetic staff and who are not now A.D.A. members, should be given special post work or training, beginning this summer, so that they may get their membership as soon as possible.16

Miss Jenkins was encountering difficulties. It was in regard to these that she wrote Dr. Macpherson on June 11, 1943. She stated that to date three girls had been accepted for the intern course. The third girl would not begin the course until reasonable assurance of approval had been given her. At the time of the writing of the letter, Miss Jenkins had just received word from one of the girls stating that she was sick and would not be able to begin her work for two months. In Miss Jenkins's words "I strongly suspicion that her faith in the course has suffered a jolt." In order to keep the service going at the County, it was necessary to continue the affiliation. Again quoting from Miss Jenkins:

You know it's like trying to make brick without straw, this effort to get girls to take the course without

16Esther L. Gardner Letter, May 4, 1943, to Professor Frederick Griggs and Dr. Walter Macpherson.
reasonable assurance of its approval this year, and I'm going to add it's causing me about as much distress. All of us for that matter.\textsuperscript{17}

A committee on dietetic internship was held in Dr. Macpherson's office on June 18, 1943. It was felt that most of the objectives would be realized by a change in personnel and by judicious application of present organization plan, approval would be obtained. Additional personnel were recommended to meet requirements of the American Dieteretic Association. The additional cost of same would be $3,000.\textsuperscript{18}

Nellie De Ford assisted Miss Jenkins with the internship program from its beginning. Miss De Ford, assisted by Helen Curtis and the remainder of the dietary staff, planned a good work experience and class program for the interns at the White Memorial Hospital. In 1943 Miss De Ford found it necessary to leave to care for her parents.

Since Jennie Stagg was operating the Loma Linda Sanitarium dietary department efficiently, she was asked to fill the vacancy left by Miss De Ford.\textsuperscript{19} This she declined to do as she felt it would not advance the internship program since someone would then have to be found to fill the Loma Linda vacancy. It would thus necessitate two people becoming accustomed to new jobs.

Jennie Stagg Hudson contributed twenty-four years of outstanding service to the Loma Linda dietary department and to the School of Dietetics. She has been a guiding influence in the internship and the graduate program.

\textsuperscript{17}Pearl Jenkins Letter, June 11, 1943, to Dr. Walter Macpherson.
\textsuperscript{18}Minutes of Committee on Dietetic Internship, June 18, 1943.
\textsuperscript{19}Ibid.
Dr. Macpherson then corresponded with Elder E. D. Dick, Secretary of the General Conference, regarding problems associated with a satisfactory program for internship. He requested the General Conference to send an official call to Ruth Little to take over duties as chief dietitian for the White Memorial Hospital. Miss Little was located at the Paradise Valley Sanitarium at the time although the Paradise Valley Sanitarium had partially loaned her services to C.M.E. to assist Miss De Ford in the existing internship for the school year 1942-1943. Miss Little commuted to Paradise Valley every week to teach the nutrition, diet therapy, and cooking classes to the nurses.20

Dr. Macpherson interviewed Miss Little regarding the position which it was desired that she fill. Following this interview Miss Little replied by correspondence that after careful and prayerful consideration she was declining the invitation to unite with the College of Medical Evangelists. She assured Dr. Macpherson of her interest in the School of Dietetics and her willingness to forego any personal preferences in getting the internship accredited. One paragraph from her letter reads as below.

After our interview, however, I am convinced that under the present organization of the diet department here, it would not advance the School of Dietetics for me to connect with it. The department is so arranged that the American Dietetic Association would not consider accrediting it, I believe, even with a change of head dietitians.21

Miss Little's letter continued on and enumerated the weak points

20Dr. W. E. Macpherson Letter, August 5, 1943, to Elder E. D. Dick.

21Miss Ruth Little Letter, August 25, 1943, to Dr. Walter Macpherson.
as she saw them in the internship course in a very clear yet kindly manner. Most of these centered around the administrative problem. Until these could be more successfully handled, she did not feel that her personal presence would avail much toward A.D.A. approval for the intern course.

Dr. Macpherson again wrote Miss Little. 22 G. H. Curtis, manager of the White Memorial Hospital, also wrote Miss Little a lengthy letter elucidating on the full responsibilities as Directing Dietitian and also of those who would serve under her. The call was very urgent, almost a plea. 23

The above letter was followed by a visit and a phone call from Mr. Curtis. On October 10, 1943, Miss Little wrote a letter in confirmation of the phone conversation which she had had with Mr. Curtis several days prior. One portion reads:

The first of December I will plan to take over the work at the White as we have previously discussed it with the understanding that at the end of four months if things have worked out satisfactorily for all concerned we will make plans for the post work in administration and I will plan to continue on at the White. 24

There were a few questions and points yet to be cleared. The last paragraph of the letter reads as follows:

If you should decide as you consider all the phases of the work that you do not want me in the capacity outlined by the dietetic association, I am sure you will not hesitate to make it clear. If you do not want the internship or do not plan to have it, I would like to know. 25

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22 Dr. W. E. Macpherson Letter, September 2, 1943, to Ruth Little.
24 Ruth Little Letter, October 10, 1943, to Dr. Walter Macpherson.
25 Ibid.
The foregoing correspondence of Miss Little with the administration impressed the writer with her realistic approach, calmness, and analysis of favorable or unfavorable conditions with candor.

Ruth Little assumed the responsibility for the internship course in the fall of 1944. She endeavored to make the necessary changes in organization as suggested by the American Dietetic Association. A store room clerk was installed, with subsequent lowered meal cost. These changes she outlined in her letter to the American Dietetic Association with her inquiry concerning an inspection. However, on April 9, 1945, word was received in the negative from Lucille M. Refshauge (Educational Director of the American Dietetic Association). Her letter reads:

The preliminary application for establishing a course approved by the American Dietetic Association at the White Memorial Hospital has been submitted to the Hospital Approval Committee and to the Executive Board of the Association.

At the recent Executive Board meeting, after serious consideration, it was voted that because of the manifest difficulty in reconciling the principles and practices of nutrition as presented in courses approved by the Association with those at the White Memorial Hospital, the proposed course be rejected.

It is understandable that the reason given for refusal of approval was not enthusiastically received. Dr. Macpherson wrote to the American Dietetic Association refuting the basis used for disapproval and asking for clarification. He also wrote Miss Maniza Moore

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26 Ruth Little Letter, February 12, 1945, to Lucille Refshauge.

27 Lucille Refshauge Letter, April 9, 1945, to Ruth Little.

28 Dr. Walter Macpherson Letter, May 11, 1945, to Lucille Refshauge.
(President of the American Dietetic Association) enclosing with his letter a copy of his letter to Miss Rafshauge. After receiving a reply from Miss Moore, Dr. Macpherson wrote Dr. Frances Dittes, Director of the Department of Nutrition at Madison College and Sanitarium, Tennessee, requesting that she discuss the problem which the school was having and seek to further enlighten Miss Moore, who was located in Tennessee, regarding our principles on diet. Dr. Dittes wrote Dr. Macpherson stating that she had visited with Miss Moore but felt she could do little to change her mind.

The decision regarding the internship was reconsidered at the October meeting of the American Dietetic Association. Regarding this, Miss Lucille Rafshauge wrote to Dr. Macpherson.

Your request for further consideration of approval for training dietitians at White Memorial Hospital was presented to the Executive Board on October 15.

The Executive Board reconsidered the decision made at the meeting in February 1945, and took the following action: "In view of the evidence submitted no reason is seen for changing the decision made at the February 1945 Executive Board meeting."

Administrative training needed. This was a set-back but was not

29Dr. Walter Macpherson Letter, May 11, 1945, to Maniza Moore.
30Maniza Moore Letter, May 21, 1945, to Dr. W. E. Macpherson.
31Dr. W. E. Macpherson Letter, June 3, 1945, to Dr. Frances L. Dittes.
32Dr. Frances L. Dittes Letter, June 18, 1945, to Dr. W. E. Macpherson.
33Lucille H. Rafshauge Letter, October 30, 1945, to Dr. W. E. Macpherson.
accepted as defeat. Plans were immediately laid to yet achieve the desired goal. Ruth Little and Jennie Stagg studied the matter and submitted their conclusions to the members of the board, College of Medical Evangelists, as follows:

It seems important that we continue to work toward the accrediting of the Internship for dietitians because,

1. Registering of dietitians is being pushed in the state of California and if it passes will doubtless spread elsewhere.

2. The plans for collegiate schools of nursing seem to warrant accredited dietitians.

It is recognized by members of the California State Dietetic Association that the National Dietetic Association is prejudiced in favor of eastern trained dietitians. The American Dietetic Association seems to question the background of dietitians heading intern courses who have not been trained in administration in the east. We believe that this is one obstacle in the path of our school being accredited. In view of this, it would seem that eastern trained dietitians should be obtained to head the work at the White Memorial Hospital and the Loma Linda Sanitarium or that the present head dietitians be sent east for work.

It is possible beginning in September to get the required administrative training at Columbia University with an affiliation at the New York Hospital. This would cover about a six months period and the cost would be approximately as follows:

The Board of Trustees, College of Medical Evangelists, met on July 25, 1946. The Minutes of the Board record that the repeated efforts to have the dietetic internships at Loma Linda and White Memorial Hospital accredited by the American Dietetic Association had thus far met with failure. It was assumed, partly on the basis of correspondence with officials of the American Dietetic Association, that

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34Ruth Little and Jennie Stagg compilation of facts submitted to members of the Board.
refusal stemmed from prejudice regarding the advocacy of a vegetarian dietary. Dr. Macpherson reported, that in conversation with Miss Hall (an executive of the American Dietetic Association) he was informed that one of the principal reasons why the internship had not been approved centered around the observation that those dietitians in charge of the dietetic internships had not had formal training in problems of administration. Thus the stand in vegetarianism was not the only factor. It was thought best to consult with the General Conference before continuing any long range plans for the School of Dietetics which was operating at a financial loss. The Board advised Miss Little and Miss Stagg to continue arrangements for six months' training in problems of administration at Columbia University, but conditioned it upon the concurrence of the General Conference.35

The General Conference did concur with the above. Ruth Little and Jennie Stagg enrolled at Teacher's College in the Department of Institution Management and Jennie Stagg received her Master's degree. Miss Little had previously received a Master's degree from Oregon State College. On August 1, 1947, she wrote to Dr. Macpherson from Columbia University. She stated that a fellowship in nutrition and dental carries with the famous Dr. Julian Boyd had been offered to her. This would be under the auspices of Iowa State College. She would be expected to do research and it could be used as a basis for a doctor's thesis. The research and classwork would take several years and would culminate with a Ph.D. degree with a joint major in nutrition and institutional management. She would be able to be self-supporting while doing this. Dr. Boyd

35Minutes of the Board of Trustees, July 25, 1946.
had interviewed her and both he and Mary de Garmo Bryan, head of Teacher's College Institution Management Department, encouraged her to accept it. "If you feel that it is worthwhile and that I should take it, I will accept the fellowship but if not, I will return to the White in September as originally planned." She personally did not want a doctorate but was impressed that it would further advance the internship program.

Dr. Macpherson replied to Miss Little that they had read her letter with interest. He had presented the above matter to the administrative officers involved and to the Reference Committee. It was the opinion of the Committee that they would like very much for her to return in the fall. On the other hand "they do not want to interfere absolutely with your future education. They would advise that you come back here next September, but would not hold it against you if you accepted the appointment in Iowa on your own volition."

In accordance with her word, Ruth Little returned to her responsibilities at the White Memorial Hospital. Dr. Boyd, however, was not one to give up easily. He visited the College of Medical Evangelists, contacted some of the board members, and succeeded in securing her release to assist him in the research project.

Miss Jennie Stagg was asked to assume the responsibility of the internship during the absence of Miss Little.

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36Ruth Little Letter, August 1, 1947, to Dr. W. E. Macpherson and Mr. Harold Ermshar.

37Dr. W. E. Macpherson Letter, August 6, 1947, to Ruth Little.

38Dr. W. E. Macpherson Letter, October 7, 1947, to Jennie Stagg.
It was during this period of extended study that Dr. George Harding, then president of C.M.E., wrote to Miss Little assuring her that there was no other plan than that she would return to the White and assume those duties which were planned prior to her departure for graduate work. For her encouragement he added, "So many have spoken of your exceptional ability, and I hear such frequent reference to the help that we will have when you return to the White Memorial . . ."39

Miss Little replied to Dr. George Harding in part as follows:

There will surely be some way to get the internship accredited. Looking back on our past efforts I can see that, although we did not realize it, we were not ready for accrediting. Some of our deficiencies stand out quite clearly after studying institution management and the organization of other departments. I think that we all feel that we must have a superior organization and be prepared to give the students outstanding training before we can hope to compete. When we have sufficiently built up our dietetic program I believe that God will open the way for the accrediting, if it is His will . . .

I appreciated your expression of confidence in my ability and I hope that in some way I may be able to help our dietetic program but it will be because of the hard work and united efforts of all our group when success comes.40

Internship discontinued. Miss Jennie Stagg continued to direct the internship program until 1951, at which time it was discontinued for an interim in preparation for its reactivation on a more successful basis. The internship program as previously offered was a good course. Its weakest point lay in the field of administration. The dietitians were in charge theoretically but when the A.D.A. inspector came to investigate, the discovery was made that it was in theory only. Perhaps it took what

39Dr. George T. Harding Letter, August 5, 1949, to Ruth Little.
40Dr. Ruth Little Letter, August 17, 1949, to Dr. George T. Harding.
has gone before in order to achieve the present.

Miss Little received her Ph.D. from Iowa State University in December, 1950, and returned to her previous work at the White Memorial Hospital.

**New internship planned.** In July, 1952, Dr. Macpherson wrote Dr. Little regarding an action of the Board. The Board of Trustees had requested the development of an approved dietetic internship to be identified as the Graduate School of Dietetics. Dr. Little was the newly appointed director, with Miss Jennie Stagg as her assistant in the development of plans. Dr. Little was authorized to organize a faculty, a curriculum, and a budget. Due to the interference of the building program then in progress at the White Memorial Hospital it was understood that it would be some time before the internship could be offered.41

**Internship launched and A.D.A. approved.** After careful study and a re-evaluation of methods used, an internship program was launched anew in the fall of 1956 with Dr. Little as its director. She was also director of the Dietary Service of the White Memorial Hospital. Mrs. Ruth Jacobsen was assistant director of Dietary Service from 1955–1959 and made a real contribution to the dietetic internship program in both organization and teaching capacities.

There was an enrollment of four students the first year. In the fall of 1957, the existing internship program was inspected, approved, and A.D.A. membership granted the students of its first year in operation.

41Dr. W. E. Macpherson Letter, July 3, 1952, to Dr. Ruth Little.
This came almost twenty years after the initial internship program was begun by the School of Dietetics.42

Name of school changed. The name of the School of Dietetics was changed to School of Nutrition and Dietetics in 1961. With the change in name came the adding of a new major to the master's degree program.43

Organization. The graduate School of Dietetics since its beginning was administered by a Director (also an Assistant Director from 1960-1962). There is a Faculty Council, Graduate Committee, Admissions Committee, and Internship Committee.

Course outline. The Loma Linda University School of Nutrition and Dietetics internship offers a strong scholastic program and an opportunity for the intern to observe and participate in all areas of dietetics.

These areas include dietary administration (including menu planning, food purchasing, cost control, personnel management, food production and service), therapeutic dietetics, outpatient clinic teaching, public health experience and metabolic research as part of the intern's year of education.

Affiliations include eight weeks in the dietary service of the Los Angeles County General Hospital, two weeks in the metabolic unit of the University of Southern California School of Medicine, and two weeks with the nutritionists of the Los Angeles County Public Health Department.

42School of Nutrition and Dietetics, report to President Anderson, April, 1962, p. 1.

In addition to the "on the job" training just listed, the interns enroll in graduate courses.\(^4^4\) A total of fifteen semester units is taken.

This work-study program, offered in fulfillment of the post-degree requirement for membership in the A.D.A., covers a period of twelve months in which the student is required to be in residence in School of Nutrition and Dietetics on the Los Angeles campus.

**Curriculum.**

<table>
<thead>
<tr>
<th>Courses Required of Interns</th>
<th>Semester Units</th>
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<tbody>
<tr>
<td>Organization and Management I</td>
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</tr>
<tr>
<td>Organization and Management II</td>
<td>1</td>
</tr>
<tr>
<td>Nutrition Education and Teaching Methods</td>
<td>2</td>
</tr>
<tr>
<td>Advanced Nutrition I</td>
<td>1</td>
</tr>
<tr>
<td>Infant and Child Nutrition</td>
<td>1</td>
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<td>Nutrition Seminar</td>
<td>1</td>
</tr>
<tr>
<td>Special Problems</td>
<td>2</td>
</tr>
<tr>
<td>Preventive Medicine and Public Health</td>
<td>1</td>
</tr>
<tr>
<td>Medical Lectures</td>
<td>(\frac{1}{2})</td>
</tr>
<tr>
<td>Clinical Diabetes</td>
<td>(\frac{1}{2})</td>
</tr>
<tr>
<td>Advanced Dietetics</td>
<td>2</td>
</tr>
<tr>
<td>Religion</td>
<td>1</td>
</tr>
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</table>

**Enrollment.** The dietetic internship was approved by the American Dietetic Association in 1957 for an intern quota of six students. Four students were enrolled the first year. With a subsequent ever-increasing number of applications and demand for dietitians, request was made and granted by the A.D.A. in 1961 to double the quota.

Twelve students are currently enrolled. Through year ending June and August, 1963, fifty-three interns will have finished the intern

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\(^4^4\)School of Nutrition and Dietetics, Report to President Anderson April, 1962, p. 2.

\(^4^5\)Bulletin of Loma Linda University Graduate School, 1962-63, pp. 86, 89, 90.
course. Four of these were young men which is a higher percentage than found in the A.D.A. (A.D.A. membership is 16,232 of which 119 are male dietitians). Twelve interns and four alternates have been accepted by the Admissions Committee for the 1963-64 school year. The number of students enrolled yearly is listed below:

<table>
<thead>
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<th>Year Ending June and August</th>
<th>Interns</th>
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<td>1957</td>
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</tbody>
</table>

**Recruitment.** The Director of the School of Nutrition and Dietetics endeavors to visit each college about every two years. The film, "Service of Love," prepared upon the encouragement of the School has been widely distributed and has assisted in the recruitment program. Paul Damazo (Assistant Professor, School of Nutrition and Dietetics and Food Service Consultant) was chairman of the committee which produced the film. He also raised the necessary funds for its production.

**Fellowships.** In 1956 no fellowships were available to the School of Dietetics. In 1957-58 the Loma Linda Food Company granted three intern scholarships of $350 each and one master's degree fellowship of $1350. At present the Loma Linda Food Company is offering five intern scholarships. Mr. and Mrs. Theodore Bearman have made available a scholarship

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46School of Nutrition and Dietetics, Report to President Anderson, April, 1962, p. 1.
of $150 for several years. From the Mary Little Memorial Fund a small student loan fund has been set up for dietetic students. In addition four scholarships of $150 each have been granted from this fund.47

**Facilities.** In 1956 the graduate program opened with no classrooms or offices. The facilities of the dietary service of the White Memorial Hospital were used. The graduate program continued to operate without a permanent home until July of 1961. At this time a building was made available which provided a classroom, test kitchen, three offices and storage space. This housed the School of Nutrition and Dietetics until November of 1962 when it was moved to the Martha Borg Hall. The dietary service of the White Memorial Hospital serves as a laboratory for the dietetic internship.

**Future of internship.** The dietetic internship is remaining on the Los Angeles campus for the present. It would seem wise to locate the School all on one campus as soon as it is expedient.

The School of Nutrition and Dietetics has experienced success in attaining A.D.A. approval for its internship program and also a two-fold increase in quota allowed. At present the quota of students for which the internship is approved is adequate to meet the needs of qualified applicants.

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47 School of Dietetics, report at Union College Seventh-day Adventist Association Convention, October, 1961.
Background. With the discontinuation of the collegiate program in dietetics in 1954 and the resolve to make strenuous effort to offer graduate work in the form of an internship which would receive accreditation, it followed in natural order that plans should also be laid for additional graduate work leading to the master of science degree. The time had also come in which advanced degrees were generally being stressed in the field of dietetics. No other such program was offered by any of the Seventh-day Adventist schools, thus there would be no basis of competition. The concept of offering graduate work leading to a master's degree was referred to briefly in recording the history of the collegiate program.

In correspondence dating as far back as December 3, 1945, the following is found recorded in a letter of Dr. W. E. Macpherson to Mrs. Esther Gardner.

When we were at Grand Rapids we had a number of committee meetings where the teaching of dietetics was discussed. You will recall that Professor Morrison had an idea in mind that we should run a graduate school in dietetics, requiring four years of college for admission. When this was discussed by the college presidents who were attending the meeting, it did not meet with much favor. They were of the opinion that on a graduate basis we would not get very many students, at least no more than we are now getting. The final conclusion was that we should continue as we are, but that we should make a real campaign for students, preferably in our academies.

President Cassentine, of Union College, voiced the opinion of most of the men there that a large percentage of students had already decided what career they were going to follow at the time they entered college, and that if we were going to get a larger number interested in the field of dietetics we should acquaint them with this field before they actually entered their college program.
You have already started doing this, and I think that if it is continued and extended it should bear fruit.\footnote{Dr. W. E. Macpherson Letter, December 3, 1945, to Esther Lofgren Gardner.}

The seed of thought concerning a master's program in nutrition as expressed in this letter, was to lie dormant for several years.

**Opening.** The master's program was begun in the fall of 1957 with Dr. Ruth Little as its director. It might be stated here, that while Dr. Little was active in promoting the dietetic programs throughout the years, she was simultaneously in charge of the White Memorial Hospital dietary service. She served in this dual capacity from 1943-1947. She was on leave for study from 1947-1950 following which Dr. Little returned as director of the dietary department. She carried this responsibility until 1962.

**Organization.** The school since its beginning has been administered by a director. There is a Faculty Council, Graduate Committee, and Admissions Committee.

Mrs. Phyllis Acosta was assistant director of the School of Nutrition and Dietetics from 1960-62. She had a number of functions, chief of which was the responsibility of developing research and securing of grants for the School. She was efficient and was recommended by Dr. Little for the position of Director of Dietary Service at the time the School and Service were divided.

**Course outline.** A master of science in nutrition was granted on the satisfactory completion of an additional two semesters work and
thesis beyond the completion of the internship. As noted previously, fifteen semester units of course work was given during the year of internship.

A master's degree could also be secured without enrolling in the internship. Senior college graduates with majors in foods and nutrition, or in chemistry, or in other related areas, could apply for graduate standing. Completion of at least thirty-two semester units, including a thesis, is required for the Master of Science degree.49

Curriculum. A master's degree program is currently being offered with majors in nutrition and dietetics. The curriculum is given below:

<table>
<thead>
<tr>
<th>Required Courses for Majors 50</th>
<th>Semester Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Statistical Methods of Research</td>
<td>2</td>
</tr>
<tr>
<td>Organization and Management I</td>
<td>2</td>
</tr>
<tr>
<td>Organization and Management II</td>
<td>1</td>
</tr>
<tr>
<td>Nutrition Education and Teaching Methods</td>
<td>2</td>
</tr>
<tr>
<td>Advanced Nutrition I</td>
<td>1</td>
</tr>
<tr>
<td>Infant and Child Nutrition</td>
<td>1</td>
</tr>
<tr>
<td>Nutrition Seminar</td>
<td>1</td>
</tr>
<tr>
<td>Special Problems</td>
<td>2</td>
</tr>
<tr>
<td>Advanced Nutrition II-A,B,C,</td>
<td>6-9</td>
</tr>
<tr>
<td>Preventive Medicine and Public Health</td>
<td>1</td>
</tr>
<tr>
<td>Medical Lectures</td>
<td>1/2</td>
</tr>
<tr>
<td>Clinical Diabetes</td>
<td>1/2</td>
</tr>
<tr>
<td>Advanced Dietetics</td>
<td>2</td>
</tr>
<tr>
<td>Methods of Research</td>
<td>2</td>
</tr>
<tr>
<td>Thesis Seminar</td>
<td>(no credit)</td>
</tr>
<tr>
<td>Thesis Research</td>
<td>4-6</td>
</tr>
<tr>
<td>Religion</td>
<td></td>
</tr>
</tbody>
</table>

Other courses offered are:
- Catering | 2-3
- Experimental Quantity Cookery | 2-4
- Equipment | 3
- Layout and Design | 3

---


Purchasing 3
Animal Experimentation 3-6
Research Problems other than Thesis 2-3

*Presently changed to:
Protein 3
Vitamins 3
Minerals 2
Fats and carbohydrates 2

Enrollment. The internship program of the College of Medical Evangelists (currently Loma Linda University) has furnished the majority of the candidates for the master's degree. The master's program has had several graduates each year since June of 1958 when three students were graduated. These were dietetic interns of the previous year. Two students were graduated each year during the following two years. In 1961, four students received the M.S. degree and four completed requirements for the M.S. degree in 1962. Eight students are presently enrolled in the master's program and four are planning on graduation in June, 1963.

Including June of 1963, nineteen students will have graduated from the master's program. Twelve of the nineteen were graduates of Loma Linda University internship program. Six additional students had graduated previously from the collegiate dietetic program of the College of Medical Evangelists. Only one student had not been enrolled in the School of Dietetics previously.

In addition to the graduates listed, students classified as "special students" have benefited from its opportunities. Ten such students have been enrolled since the beginning of the master's program.

Candidates for the master's degree have come from many countries. Upon completion of the required courses, some have returned to serve in
various capacities in their homeland. At present, six of the graduates of the master's program are serving overseas.51

Recruitment. See recruitment under internship.

Fellowships. In 1956 no fellowships were available for the School of Dietetics. In 1957 the Loma Linda Food Company granted three scholarships of $350 each and one master's fellowship of $1350. Now the Loma Linda Food Company is offering five intern scholarships. Mr. and Mrs. Theodore Bearman have made available a fellowship of $150 for several years. From the Mary Little Memorial Fund a small student loan fund has been set up for dietetic students. In addition four fellowships of $150 each have been granted from this fund. Awards have been offered from the Mary Little Memorial Fund for college students participating in the Youth Instructor Pen League who choose dietetics as their subject.

Facilities. In 1956 the graduate program opened with no classrooms or offices. The facilities of the dietary service of the White Memorial Hospital were used. The graduate program continued to operate without a permanent home until July of 1961. At this time a building was made available which provided a class room, test kitchen, three offices and storage space. This housed the School of Nutrition and Dietetics until November of 1962 when it was moved to the Martha Borg Hall.

51Dr. Ruth Little paper presented at General Conference, 1962, entitled "Dietetic Education in the S.D.A. Denomination."
The Los Angeles campus had been the home of the graduate program in dietetics since its beginning in 1956. In studying plans for strengthening the programs offered in the School of Dietetics it was concluded that a stronger master's program could be provided if it were located on the Loma Linda campus. The following reasons were given: The program would be benefited by university association and atmosphere, all other graduate programs of Loma Linda University are located on the Loma Linda campus with the exception of postgraduate medicine, it would allow graduate students in other schools to enroll in courses offered by the School of Nutrition and Dietetics and vice versa, availability of biochemistry department desirable, and space for the master's program more readily available.52

In January of 1963 the Master's program of the School of Nutrition and Dietetics moved into an attractive suite of offices and seminar room provided in the Graduate School Building at Loma Linda while the internship remained in Martha Borg Hall. Space for a test kitchen is available in the Graduate School Building but funds are lacking for its completion with equipment and decks. Space and equipment for a Nutrition Laboratory is also needed.

Current research. Periodically in the past the directors and associates of the School of Dietetics have had articles published in scientific journals. Within the past three years the following articles have been published and papers presented which were authored by the faculty of the School of Nutrition and Dietetics.

52School of Nutrition and Dietetics, Quarterly Report, April 1, 1963.
Papers Published:


Papers Read at Society Meetings:


Future of School. Loma Linda University offers the only internship and graduate program in nutrition and dietetics within the denomination. An increased enrollment is desired. The internship is limited to number of students enrolled but the master's program is not. Its graduates have been well received but the number has not kept pace with increasing demands which have come to the School from both within and outside the denomination. There have been a number of recent requests for Home Economics teachers which an increase in the number of graduates
from the master's program could supply. Additional individuals need to prepare themselves academically to serve on the faculty of the graduate program in the future.

The present director, Dr. Little, has been associated with the Loma Linda University dietetic programs since November, 1942. She experienced the struggle for A.D.A. accreditation of the internship program and directed it to ultimate success. It was her responsibility to develop a successful master's program. She has done much to develop the status and influence of the dietitian. In accordance with the requirements of the A.D.A., Dr. Little planned and put into operation a superior administrative organization for the White Memorial Hospital Dietary Service. Those who have worked closest to Dr. Little are impressed with the full measure of devotion and complete selflessness with which she has served these twenty strenuous years.

All of the directors, except the first dean (H. M. Walton) have been graduates of one of the dietetic programs offered at Loma Linda University. The heritage of the present is due to those who have gone before.

Future horizons are quite well summarized in the School of Nutrition and Dietetics Annual Report for 1961-62.

The School of Nutrition and Dietetics is proud of the contribution being made by its graduates in this country and overseas, but the need for dietitians is acute and there are constant calls which we are still unable to fill.

We are thankful for the growth of the School and for God's wonderful blessing, and plans for the future of the School include continuing efforts for growth and advancement.

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53 Information received from interview with Dr. Ruth Little, Director of School of Nutrition and Dietetics, Loma Linda University.
CHAPTER VI

ALUMNI

The success of the program is indicated by the 281 individuals who will have graduated from the combined dietetic programs of Loma Linda University (formerly College of Medical Evangelists) since their beginning in 1922 up to and including June of 1963. This is representative of a composite of individuals.

Although a total of 281 individuals graduated from the combined dietetic programs since 1922, a total of 312 certificates and degrees were conferred. This is due to the fact that 31 of the graduates have graduated from two of the programs.

The graduates from the various dietetic programs who received certificates and degrees were broken down into their composite groups which are as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total graduates receiving certificate for the two and three year dietetic programs (1922-1932)</td>
<td>77</td>
</tr>
<tr>
<td>Total graduates receiving the B.S. degree (1932-1954)</td>
<td>163</td>
</tr>
<tr>
<td>Total graduates completing approved dietetic internship (1957-1963)</td>
<td>53</td>
</tr>
<tr>
<td>Total graduates receiving master's degree (1958-1963)</td>
<td>19</td>
</tr>
<tr>
<td>Total</td>
<td>312</td>
</tr>
</tbody>
</table>
The method by which it is calculated that there are 281 total individual graduates is given below:

Total graduates receiving certificate only for two and three year dietetic program (1922-1932) .... 64

(Although 77 individuals received this, 13 continued on to receive the B.S. degree and thus are calculated in the total receiving the B.S.)

Total graduates receiving the B.S. degree (1932-1954) ... 163

Total graduates receiving certificate from approved internship program who had not been previous graduates (1957-1963) ... 53

Total graduates receiving master's degree who were not previous recipients of B.S. degree or internship program (1958-1963) ... 1

(6 of the master's students were graduates of the collegiate program while 12 were graduates of the internship program.)

Total 281

I. ALUMNI NEWS NOTES

Melting Pot. Graduates of the School of Dietetics early showed interest in their school and in one another. In January, 1934, the executive committee of the alumni association wrote to the graduates inviting them to suggest a name for the alumni paper. The reward was one year free subscription, to include membership in the association. Miss Ellen Anderson suggested the name "melting pot" which was chosen because the committee felt it was representative of unification of thoughts and ideas of a large group brought together into a "pot." The alumni were exhorted to contribute to the Melting Pot in the following words:
We trust that every alumnus will remember that we need his recipes, tray suggestions, clinical reports, etc., to keep the pot boiling.¹

The early Melting Pot consisted of greetings, recipes, nutrition abstracts and news notes of graduates. Included below are a portion of the news notes regarding alumni appearing in the Melting Pot for December 10, 1938.

Winea Simpson ('30) has enrolled this year in the School of Medicine and is hard at work.

Ruth Little ('33) on a leave of absence from her duties at the Paradise Valley Sanitarium is taking advanced work at the Oregon State College where she expects to secure her masters degree in the spring.

Jennie Staff ('30) has returned to her duties at the Loma Linda Sanitarium after a year spent at P.U.C. where she received her B.S. degree.

M. Dorothea Van Gundy ('27) and her sister Dr. M. Charlotte Van Gundy announce the opening of offices at 9519 Santa Monica Blvd., Beverly Hills, California.

Ruth Westcott-Hansen ('30 and '33) and young son Charles Junior, have recently returned to their home at Ashville, N.C. after a visit of several weeks with her sister Miriam Westcott-Turner ('28) and her daughter Patricia at the White Memorial Hospital.

From the Vincent Hill school in the mountains at Mussoorie, India word comes from Marie Owens ('33) that she is happy in her work as food administrator and instructor in the Home Economics Department.

Recently seen on an extended trip to the East were, Thelma Herrmann ('36) on the dietetic staff of the Battle Creek Sanitarium who thinks being a dietitian is plenty of work but lots of fun.

Helen Terry Nelson ('28) at Indian Hospital, Claremore, Okla., whose young son, now going to school, and twin daughters four and on-half years old, are the absorbing interest of her life at the present.

Willodel Kavanaugh Gray ('30) Central Lake, Michigan, who with her husband is active in our church work in the community where they are living.

Marie Saunders ('33) at the Washington Sanitarium is busy, happy, and proud that she has recently made the A.D.A.

Mrs. Dorothy Putnam ('34) at 6 N. State Street, Watterville, Ohio is busy crooning lullabies to Dale Eric, Jr. arrived Oct. 1.

Down in Rio De Janerio, Brazil, Emma Snyder Landon is conducting a Portuguese cooking class with lessons in Foods and Nutrition. We can appreciate the problems involved when she tells us that the cooking is done on small charcoal stoves and that the favorite method of preparing food there is cooking in oil, with onions or garlic. The people are very poor and need to be taught how to prepare inexpensive protein dishes to take the place of meat. Her efforts are being blessed as they are when we unselfishly work for others.

Ellen Anderson ('32) is sailing next Tuesday at Midnight, December 13, from New York Harbor, on the S.S. Brennen for South Africa. She will join the faculty at Helderberg College as dietitian and instructor in Home Economics. If this number of the Journal reaches you in time, would you like to write an air mail letter addressed to her on the Steamship Brennen, New York Harbor, New York, and let her know that we are thinking of her and wishing her a safe journey and God's Speed.2

The last Melting Pot recorded is dated April 20, 1954.

Current alumni news. The current method for keeping graduates informed on the progress and happenings within the school as well as publishing news notes concerning the graduates is the "Alumni News." This is in the University Magazine, a section of which is provided for the School of Nutrition and Dietetics.

The rotating letter plan is an excellent medium enabling alumni to keep in touch. The provision is that the president of each previous

2The Melting Pot, December 10, 1938.
class will promote a rotating letter to the members of his class, the
final form of which is to be sent to the School of Nutrition and
Dietetics.

A number of alumni recently contributed notes of interest from
their post or present experiences which were included here.

Willodel Kavanaugh Gray ('30) pays tribute to a classmate
now deceased, Frances Crowther, "whose love was deeper
than the average."

Elizabeth Walker Tietze ('38) later graduated from nursing
and is presently employed at Hinsdale School of Nursing.
She writes "I wouldn't give anything for the training I
have received in nutrition. It is wonderful knowledge to
have. I feel very deeply that diet is so important, that
all nurses upon graduation should have a B.S. in dietetics."

Jean Ann Foreman ('48) writes that although her years since
graduation have been spent in non Seventh-day Adventist hospitals,
she has had opportunity to share her faith. She tells of one
such experience. Her closing words are: "My hope and prayer
is that I can draw others."

Penelope Karry Krug ('54) describes the Do Care Medical
Program in which she and physician husband participates
each year. They fly to a remote region in Mexico to give
care to the Indians. She speaks of the frustration encoun-
tered in endeavoring to aid them in their diet when they
have only two foods - corn and dry beans. Only one in ten
children live to be five years of age.

Doris Pillsbury Graham ('48) writes the following experience
in retrospect. "During the time that I was attending the
then C.M.E., the girl dietetic students were housed on the
ground floor, left wing of Daniel's Hall. The medical stu-
dents living above us were always interested in what the
"Vitamin Gals" had experimentally concocted so would let
down a string with a bag attached which we would fill to be
hoisted up. Not once (that we know of) were there any
fatalities!"

Doretta Kahuda Staley ('37) writes the following: "I am
not an Adventist, but attended C.M.E., as it was called
then, and took my dietetics work. I really appreciate the
fact that I was admitted to Loma Linda and was never treated
better!! I made some very nice friendships there, and only
wish I could attend all your alumni "doings." Enclosed please
find my alumni dues of $2.00. I would be glad to contribute
to the rotating letter of my class."
Clinton Wall ('51) is attending graduate school at University of Wisconsin. He writes of the excellent lectures which are presented frequently. One such recent lecture was by Paul Dudley White in which he stated that a hard working vegetarian still has the greatest chance of survival.

Sally Wonderly Caudill (Internship '61) reports in red ink that four S.D.A. dietitians at Walla Walla College cafeteria married during 1962!

Jennie Stagg Hudson ('31) gives an experience from the Co-op days. She was in the second year of dietetics when sent to Vegetarian Cafeteria in San Diego, California to be consulting dietitian in name but general flunky in reality. If a patron came for advice she would talk about his diet pattern and then set a date for his return. In the meantime she would feverishly read up on the diet. As she expresses it: "One afternoon while sweeping the floor a well dressed woman and her husband asked to see the consulting dietitian. I dropped the broom and stepped forward. If the floor could have opened and swallowed me I would have felt better—the disgusted look on her face was most painful! Well, she didn't return (when I was there) for 3 or 4 months--then I had the opportunity to tell her I was a student and she was most kind after that. I guess all's well that ends well!!"

Clara Mae Hartman Pardi ('32) gives a glimpse of her economic conditions which existed at the time of her graduation when she offered her services free to teach Home Economics but was not accepted as the school could not afford to heat the room.

She recalls the day of the commencement address as she left Loma Linda in June of 1932: "The speaker's theme 'Life Cannot Have Meaning Without Christ' was taken as the theme for my life.

"Every day has been a serious experience of living to know Christ more intimately -- to yield my life to him more completely--and to witness of His Love and Grace more freely."

Ida Bergold ('49) and Royalynn Case ('54) (both received master's '62) are together in Brazil. Aside from their busy schedule they are laying plans for nutrition lectures at a coming evangelistic meeting. Ida has been asked to write an article for the Reader's Digest of South America and has been elected a member of the newly organized Brazilian Academy of Hospital Organization.
II. QUESTIONNAIRE

Development and use. As a part of this study it was decided that a questionnaire would be a useful tool in obtaining information concerning the graduates. This would serve to strengthen the historical background of the school. It would also provide a basis for evaluating the contributions of its graduates.

A questionnaire was designed so as to obtain as much information as possible on one sheet of paper with comparative ease of completion. Information requested was the various branches of dietetics in which alumnus had served, participation in mission service, research, journalism, lectures, and present employment. It was requested that the graduate state total years spent in services listed and whether they were in S.D.A. denominational employment. Space was provided for both Seventh-day Adventist and non Seventh-day Adventist total years employment.

The questionnaire (Appendix D-2) with a covering letter (Appendix D-1) was mailed to all alumni whose addresses were known on February 28, 1963. Self-addressed stamped return envelopes accompanied the letters. A total of 232 letters were mailed, four of which were returned, leaving a total of 228 assumed delivered.

Returns. Responses came in rather slowly. Prompting letters were sent on April 11, 1963 (Appendix D-3). To date a total of 177 of the 228 have responded. This is a total of 78 per cent.

Findings. It was found that 106 of the respondents were currently
employed. This is 60 per cent. Seventy-one or 40 per cent were unemployed. Fifty-two of the unemployed listed their present position as housewife. Ten are retired and nine are attending graduate schools.

From the total employed, it was determined how many were serving in the field of dietetics and nondietetics. It was also determined how many were employed by the Seventh-day Adventist denomination. The per cent was based on the total number employed. The findings revealed that of the total graduates employed, 86 graduates (81 per cent) were employed in the field of dietetics. Twenty graduates (19 per cent) were serving in nondietetic areas. Fifty-five (52 per cent) of the total employed were serving within the denomination while 51 (48 per cent) were employed outside the denomination. This data is given in Table I.

**TABLE I**

**ANALYSIS OF RESPONSES AND EMPLOYMENT**

<table>
<thead>
<tr>
<th>Description</th>
<th>Number</th>
<th>Per Cent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Questionnaires Assumed Delivered</td>
<td>228</td>
<td>100</td>
</tr>
<tr>
<td>Responses</td>
<td>177</td>
<td>78</td>
</tr>
<tr>
<td>Graduates Currently Employed</td>
<td>106</td>
<td>60</td>
</tr>
<tr>
<td>Graduates Employed in Field of Dietetics</td>
<td>86</td>
<td>81*</td>
</tr>
<tr>
<td>Graduates Employed in Nondietetics</td>
<td>20</td>
<td>19*</td>
</tr>
<tr>
<td>Graduates Employed by S.D.A. Denomination</td>
<td>55</td>
<td>52*</td>
</tr>
<tr>
<td>Graduates Employed by non S.D.A. Institutions</td>
<td>51</td>
<td>48*</td>
</tr>
</tbody>
</table>

*Per cent based on the total employed or 106.
It has been stated that 86 graduates or 81 per cent of those employed are in the field of dietetics. It was decided to further calculate the areas of dietetics in which the graduates are currently employed. Percentage was based upon total employed in dietetics. The total number employed in teaching, food service, as hospital dietitians, nutritionist, consultant, demonstrator, lecturer and researcher was found. The large areas of service such as teaching, food service, and hospital dietitian were broken down into subheadings. It was found that 67 per cent were employed in various capacities as hospital dietitians. Twenty-four per cent are teaching in the area of dietetics. Nine per cent are employed in various branches of food service. Six per cent are participating in research. Fourteen per cent are also currently conducting cooking schools or giving nutrition lectures. One graduate is employed as a nutritionist, one a demonstrator, and three are consultants. The total number of graduates and the per cent is given in Table II. It might be included here that some graduates are serving in more than one capacity and thus may be included twice. These findings are given in Table II.
### TABLE II

**AREAS OF DIETETICS IN WHICH GRADUATES ARE CURRENTLY ENGAGED**

<table>
<thead>
<tr>
<th>Area</th>
<th>Number</th>
<th>Percent*</th>
<th>Combined Number</th>
<th>Combined Percent*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Teaching</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>University or College</td>
<td>17</td>
<td>20</td>
<td>21</td>
<td>24</td>
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<tr>
<td>Academy</td>
<td>3</td>
<td>3</td>
<td>21</td>
<td>24</td>
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<tr>
<td>Grade</td>
<td>1</td>
<td>1</td>
<td>21</td>
<td>24</td>
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<tr>
<td><strong>Food Service</strong></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>College</td>
<td>4</td>
<td>4</td>
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<td>Academy</td>
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<tr>
<td>Grade School</td>
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<td>2</td>
<td>9</td>
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<tr>
<td>Industrial</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>Hospital Dietitian</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Administration</td>
<td>28</td>
<td>32</td>
<td>59</td>
<td>67</td>
</tr>
<tr>
<td>Therapeutics</td>
<td>28</td>
<td>32</td>
<td>59</td>
<td>67</td>
</tr>
<tr>
<td>Clinic</td>
<td>2</td>
<td>2</td>
<td>59</td>
<td>67</td>
</tr>
<tr>
<td>Relief</td>
<td>1</td>
<td>1</td>
<td>59</td>
<td>67</td>
</tr>
<tr>
<td><strong>Nutritionist</strong></td>
<td>1</td>
<td>1</td>
<td>59</td>
<td>67</td>
</tr>
<tr>
<td><strong>Consultant</strong></td>
<td>3</td>
<td>4</td>
<td>59</td>
<td>67</td>
</tr>
<tr>
<td><strong>Demonstrator</strong></td>
<td>1</td>
<td>1</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td><strong>Research</strong></td>
<td>5</td>
<td>6</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td><strong>Conducting Cooking Schools</strong> or Nutrition Lectures</td>
<td>12</td>
<td>14</td>
<td>12</td>
<td>14</td>
</tr>
</tbody>
</table>

*Percent based upon total number employed in the field of dietetics (86).*

Some are employed in two areas of service simultaneously. This accounts for the combined numbers being greater than the number of graduates employed in the field of dietetics.
Some of the accumulated contributions of the graduates are included here. This data is calculated on the basis of the 177 graduates who have responded to date.

<table>
<thead>
<tr>
<th></th>
<th>No.</th>
<th>Percent</th>
<th>Total Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graduates Who Have Participated in Research</td>
<td>14</td>
<td>8</td>
<td>52</td>
</tr>
<tr>
<td>Graduates Who Have Contributed to Journals</td>
<td>34</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Graduates Who Have Authored or Coauthored Books</td>
<td>17</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

Years Employed by S.D.A. Denomination | 1179½

Years Employed Outside S.D.A. Denomination | 382*

*Several graduates failed to supply information in this category, therefore the number given is not complete.

Study of recent graduates. A study was made of the graduates from the School of Nutrition and Dietetics during a six-year period of its operation from 1956 to the fall of 1962. During this period fifty-six young men and women completed the dietetic internship or the master's degree program.

The students represent many areas. They have come from the Philippines, Korea, Japan, China, Chile, Brazil, Bangkok, Switzerland, Baghdad, Jamaica, Trinidad, and from all corners of the United States.

As a result of the recent study already described, the following summary was given:
Most of the graduates of the Loma Linda University School of Nutrition and Dietetics continue in professional work. Of the fifty-six students receiving certificates and degrees, 92 per cent are employed or are continuing their education. Seventy-five per cent are employed in the denomination. Twenty per cent of these are on overseas appointment.

There are many openings for every graduate. It has been impossible to fill the calls which have come to the School of Nutrition and Dietetics.\(^3\)

\(^3\)Dr. Ruth Little paper presented at General Conference, 1962, entitled "Dietetic Education in the S.D.A. Denomination."
CHAPTER VII

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

I. SUMMARY

Very early in the organization of the Seventh-day Adventist denomination, instruction was given regarding the importance of diet. Only two years after the opening of the doors of the College of Evangelists, provision was made for instruction in diet. This first course was called the Hygienic Cooking and Baking Course. The course was one year in length. This course was given from 1908 to 1918 at which time it was discontinued.

A two year course was inaugurated in 1922 called the Dietitians' Training Course. It provided more didactic training. In the fall of 1924 the cooperative plan was put into operation. The two year plan was lengthened to three years, allowing more work experience. The cooperative plan was in effect from 1924-1938. The name of the School was changed to the School of Dietetics in 1928.

In the fall of 1930, a collegiate program was begun which led to the B.S. degree. Entrance requirements which had previously been twelve grades now required two years of predietetic training. The collegiate program was in operation until June of 1954. For an interim of two years no academic program existed.

One of the greatest struggles of the dietetic programs was an attempt to establish an approved dietetic internship. From 1938-1951 an internship was given without successfully achieving A.D.A. approval.
In the fall of 1956 a newly planned internship was established. This was successful in achieving A.D.A. approval in the fall of 1957, approximately eighteen years after the initial inspection.

The master's program was offered in conjunction with the internship in the fall of 1956. Enrollees or graduates from the internship have furnished most of the master's students. Since 1961 the graduate program has been called the School of Nutrition and Dietetics.

Currently the master's program is located on the Loma Linda campus while the dietetic internship is on the Los Angeles campus. At present there is an enrollment of twenty in the graduate program.

A total of 312 certificates and degrees will have been conferred during the period from 1922 to August of 1963.

II. CONCLUSIONS

The primary purpose in the establishment of a dietetic program was to prepare individuals trained in the health principles peculiar to the Seventh-day Adventist denomination who could supervise the dietary service of its institutions. This concept has broadened with time to a more extensive horizon for the dietitian such as: teaching, food service, hospital dietitian, nutritionist, consultant, demonstrator, and research. At times in the history of the school, this need has been met within the denomination but at times there has been a shortage. The demand has increased with the years. At present the school receives more calls for dietitians than it is able to fill.

Findings of the questionnaire were based upon the 78 per cent response of the assumed delivered questionnaires. Sixty per cent of the graduates are employed. Eighty-one per cent of the employed are serving
in the field of dietetics while 19 per cent are employed outside the field of dietetics. Of the total which are employed, 52 per cent are employed by the S.D.A. denomination. However, the ratio of total years denominational employment to that of non denominational employment is approximately three to one.

A study made of the graduates from 1956-1962 showed that of the 56 graduates, 92 per cent were employed while 20 per cent of these were on overseas appointment. Increased enrollment within the School of Nutrition and Dietetics is desired. An increased trend toward denominational employment is needed until such time as all needs should be filled.

Obstacles to be overcome have been lack of funds, lack of sufficient high caliber students, lack of status and professional recognition of the dietitian. The struggle for recognition existed both within and without the denomination. These obstacles have been partially overcome. The enrollment has increased to twenty students in the graduate program at present. More students would be advantageous in the master's program. Additional enrollment would help meet existing demand and also aid in defraying operating expenses of the School. Education has raised the status of the dietitian in the estimation of the general public as well as within the denomination. The School has progressed in keeping with the advancements in the dietetic profession. The first dietetic program offered was one year in length. This was later broadened to a two-year course and later increased to a three-year course. In keeping with the requirements of the A.D.A., a collegiate program was begun in 1930. Advanced degrees are now being stressed. In harmony with this trend the graduate program in nutrition and dietetics is now offered.
III. RECOMMENDATIONS

As has been previously stated in the questionnaire findings, 81 per cent of the employed are in the field of dietetics while 19 per cent are employed in nondietetic areas. It is recommended that a study be made of those who are employed outside the field of dietetics to determine the factors which influenced a transfer of interests.

Records for the undergraduate program are not adequate and exhibit inaccuracies. It is recommended that study be given to the project of collecting and organizing data on the graduates of that period.

It is recommended that study be given to the preparation of a pamphlet designed for students and prospective students concerning the origin and development of the School of Nutrition and Dietetics.

An evaluation of the strong and weak points in a graduate program might be better determined by contacting alumni of the graduate program. It is recommended that such a study be made under the sponsorship of the School of Nutrition and Dietetics to serve as valuable criteria to the administrative officers.

It is recommended that a department of research be set up within the School of Nutrition and Dietetics. This same department should also see that all eligible scientific projects should be written up and submitted for publication in scientific journals.
BIBLIOGRAPHY

A. PRIMARY SOURCES

1. Books


2. Bulletins

College of Medical Evangelists. *Bulletins* as follows:

- *Bulletin* of the *College of Medical Evangelists*, 1908-1916.
- *Bulletin* of the *School of Dietetics*, 1922-1953.
- *Bulletin* of the *School of Nursing*, 1917-1918.

College of Medical Evangelists. Minutes as follows:

- Minutes of the *Board of Trustees*, 1910-1952.

College of Medical Evangelists. Reports of the *Three Development Conferences*, 1956-1959.

Loma Linda University.


3. Documents

Miscellaneous Documents. Approximately 400 pages of selected documents pertaining to the School of Dietetics from the Historical Records Office of Loma Linda University and approximately 300 pages from the files of the School of Nutrition and Dietetics, Loma Linda University.
4. **Interviews**


Hudson, Jennie Stagg, M.A., April 21, 1963, Loma Linda, California.

Jenkins, Mabel Pearl, M.S., March 19, 1963, Loma Linda, California.

Little, Ruth, Ph.D., February 14, 1963, Loma Linda, California.

Sonnenberg, Lydia, M.A., April 4, 1963, Loma Linda, California.

Walton, H. M., M.D., March 22, 1963, Loma Linda, California.

5. **Letters**

Approximately 400 pages of selected correspondence from Dr. P. T. Magan, Dr. E. H. Risley, Dr. Newton Evans, Dr. H. M. Walton, Miss Pearl Jenkins, Mrs. Esther Gardner, Dr. W. E. Macpherson, Miss Lydia Sonnenberg, Dr. Ruth Little and others influential in the origin and development of the School of Dietetics. (This material is housed in the Historical Records Office of Loma Linda University. Approximately 100 pages of the above is on file in the School of Nutrition and Dietetics, Loma Linda University).

6. **Periodicals**

*Medical Evangelist*. Loma Linda, California: College of Medical Evangelists, June, 1908-


**B. SECONDARY SOURCES**

1. **Books**


4. **Interviews**


Hudson, Jennie Stagg, M.A., April 21, 1963, Loma Linda, California.

Jenkins, Mabel Pearl, M.S., March 19, 1963, Loma Linda, California.

Sonnenberg, Lydia, M.A., April 4, 1963. Loma Linda, California.


5. **Letters**

Approximately 400 pages of selected correspondence from Dr. P. T. Magan, Dr. E. H. Risley, Dr. Newton Evans, Dr. H. M. Walton, Miss Pearl Jenkins, Mrs. Esther Gardner, Dr. W. E. Macpherson, Miss Lydia Sonnenberg, Dr. Ruth Little and others influential in the origin and development of the School of Dietetics. (This material is housed in the Historical Records Office of Loma Linda University. Approximately 100 pages of the above is on file in the School of Nutrition and Dietetics, Loma Linda University).

6. **Periodicals**

*Medical Evangelist.* Loma Linda, California: College of Medical Evangelists, June, 1908-

*Melting Pot.* Loma Linda, California: School of Dietetics Alumni Association, 1934-1954.

---

**B. SECONDARY SOURCES**

1. **Books**


2. Unpublished Research Studies


APPENDIXES
APPENDIX A

ADMINISTRATIVE OFFICERS OF DIETETIC PROGRAMS
THROUGHOUT THE YEARS

1. ACADEMIC PROGRAM

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<td>Dietitians' Training Course</td>
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<td>1925-1927</td>
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<td>Dean</td>
<td>Dietitians' Training Course</td>
<td>1927-1930</td>
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<td>E. H. Risley, M.D.</td>
<td>Dean</td>
<td>School of Dietetics</td>
<td>1930-1944</td>
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<td>Pearl Jenkins, M.S.</td>
<td>Assistant Dean</td>
<td>School of Dietetics</td>
<td>1925-1938</td>
</tr>
<tr>
<td>Esther Lofgren Gardner,</td>
<td>Assistant to</td>
<td>School of Dietetics</td>
<td>1938-1949</td>
</tr>
<tr>
<td>M.A.</td>
<td>the Dean Called</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Director in 1944</td>
<td></td>
<td></td>
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<tr>
<td>Lydia M. Sonnenberg, M.A.</td>
<td>Director</td>
<td>School of Dietetics</td>
<td>1949-1954</td>
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<td></td>
<td></td>
<td>Name changed to School of Nutrition (1952)</td>
<td></td>
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<tr>
<td>Ruth Little, Ph.D.</td>
<td>Director</td>
<td>School of Dietetics</td>
<td>1956-</td>
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<td></td>
<td>(1956-1961)</td>
<td>School of Nutrition and Dietetics (1961)</td>
<td></td>
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<tr>
<td>Phyllis Brown Acosta, M.S.</td>
<td>Assistant Director</td>
<td>School of Dietetics</td>
<td>1960-1962</td>
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2. **INTERNSHIP**

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<tr>
<td>Pearl Jenkins, M.S.</td>
<td>Director of Interns</td>
<td>1938-1944</td>
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<tr>
<td>Ruth Little, M.S.</td>
<td>Director, Dietetic Internship</td>
<td>1944-1947</td>
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<tr>
<td>Jennie Stagg, M.A.</td>
<td>Acting Director</td>
<td>1947-1951</td>
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<tr>
<td>Ruth Little, Ph.D.</td>
<td>Director, School of Nutrition and Dietetics</td>
<td>1956-</td>
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APPENDIX B-1

FACULTY OF UNDERGRADUATE DIETETIC PROGRAMS*

Period of 1922-1934

Barber, Ora, M.D., Bacteriology, 1922-1923.
Baron, Lois  see Stuckey
Bowers, Marion H., R.N., Physical Education, 1923-1924.
Bunch, Taylor G., Bible, 1928-1934.
Burk, Cecil C., A.B., M.D., Diseases, 1931-1934.
Campbell, Charles R., M.D., Diseases, 1923-1924.
Campbell, Lenore D., M.D., Hygiene & Sanitation, 1922-1924.
Counter, Clement E., A.B., M.D., Bacteriology, 1927-1929.
Crooks, Samuel A., A.B., M.D., Personal Hygiene, 1928-1934; Diseases, 1930-1931.
Curtis, Esther Hare, B.S., M.D., Assistant in Physiology, 1925-1927.
Dagaberg, Mrs. A. W., R.N., Home Nursing, 1928-1929.
Donaldson, Orpha, M.D., Infant Feeding, 1924-1928.
Forehand, Helga, A.B., Psychology, 1930-1931; Nutrition, 1931-1933.
Fulton, E. G., Food Marketing, 1923-1925.


Hudson, Jennie Stagg, Assistant in Medical Dietetics, 1933-1934.

Hudson, Otis A., Administration, 1925-1927.

Jacobsen, Ruth Westcott-Hansen, Assistant in Medical Dietetics, 1931-1933.


King, Myron, M.D., Diseases, 1927-1929.

Knowles, Clara, B.S., Assistant in Foods & Cookery, 1924-1925; Assistant in Medical Dietetics, 1927-1930.

Lynn, Fern Kenyon, A.B., Physical Culture, 1929-1931.

Macpherson, Walter E., A.B., M.D., Physiology, 1926-1934.

Mikkelsen, A. Mae, Institutional Housekeeping, 1925-1926.

Nelson, Florence, Assistant in Medical Dietetics, 1930-1931.

Owen, Roderick S., Bible, 1922-1928.

Raley, F. H., Administration, 1931-1933.

Reiswig, Albert H., B.S., M.D., D.N.B., Diseases, 1933-1934.


Ritchie, Iner Shield, M.D., Diseases, 1924-1926.

Roberson, Leon V., Administration, 1923-1926.

Roos, Alfred R., M.D., Bacteriology, 1922-1926; Hygiene & Sanitation, 1924-1925.

Shryock, E. Harold, Psychology, Chemistry (Asst'), 1928-1929.


Smith, Olive, M.D., Hygiene & Sanitation, 1925-1926.

Stagg, Jennie L.  see Hudson

Staines, Ora R., Testimonies, 1924-1934.

Stuckey, Lois Barton, Assistant in Medical Dietetics, 1925-1928.


White, Julius G., Testimonies, 1922-1924.

Zener, Mary I., M.D., Bacteriology, Hygiene & Sanitation, 1926-1928; Hygiene & Sanitation, Infant Feeding, Diseases, 1928-1930.

Zirkle, Thomas I., A.B., M.D., Bacteriology, 1929-1934.

Period of 1934-1944

Crites, Eva, B.S., Cafeteria Management, Institutional Cookery, 1939-1943.

Dail, C. W., A.B., M.D., D.N.B., Physical Therapy, 1939-1942.

Davidson, Marie, R.N., Hydrotherapy, Nursing Procedures, 1938-1939.

DeFord, Nellie, B.S., Assistant Director Internship, 1938-1943.


Fisher, Willard C., B.S., M.D., D.N.B., Diseases, 1941-1942.

Gardner, Esther L., B.S., M.S., Nutrition, 1934-1944; Food Chemistry, 1936-1938; Bacteriology, 1937-1938; Food Analysis, 1938-1942; Food Demonstrations, 1941-1944; Health Principles, 1942-1944; Conference, 1940-1941; Nutrition Seminar, 1938-1944; Assistant Dean, 1938-1944; Director, 1944-1949.

Gardner, Floyd W., A.B., M.D., Chemistry, 1934-1936; Physiological Chemistry, 1937-1938; Medical Diseases, 1934-1937; Physiology, 1936-1944.
Hansen, Ruth Westcott, see Jacobsen


Hudson, Jennie Stagg, B.S., Assistant Medical Dietetics, 1934-1944.

Jacobsen, Ruth Westcott-Hansen, B.S., M.S., Relief for Miss Jenkins in 1935-1936 while Miss Jenkins was getting M.S.

Jenkins, Pearl M., A.B. (M.S., 1936), Foods, 1934-1938; Proseminar in Nutrition, 1934-1938; Dietetics 1934-1944; Administration, 1938-1944; Food Demonstrations, 1938-1941; Food Marketing, 1938-1944; Experimental Foods, 1939-1944; Director Internship, 1938-1944; Assistant Dean 1925-1938.


Kellogg, Kenneth E., A.B., M.D., Physiology, 1936-1944.

Lacey, Herbert C., M.A., Bible, 1934-1936.

Macaulay, Carrier G., R.T., A.S.X.T., X-ray Technique, 1938-1942.


Mason, Christopher A., A.B., M.D., D.N.B., Diseases, 1936-1937.


Reeves, Nile I., M.D., D.N.B., Diseases, 1937-1942.

Risley, Edward H., M.D., Physiological Chemistry, 1936-1938; Health Principles, 1940-1942; Dean 1934-1944.


Stagg, Jennie L. see Hudson
Period of 1944-1954

Blais, Elvira, B.S., Assistant in Medical Dietetics, 1949-1954.


Hansen, Ruth Westcott, see Jacobsen


Judefind, Thomas F., B.S., M.D., D.N.B., Bacteriology, 1944-1948.


Little, Ruth, B.S., M.S., Ph.D. (1950), Director Internship, 1944-1951.

Modglin, Francis Rene, M.D., Diseases, 1949-1952.


Stagg, Jennie L. see Hudson

Stenborn, Ruth see Neilsen

*Compiled from the College of Medical Evangelist School of Dietetics Bulletins, 1922-1953.


Valuable assistance was given by the former Directors--

Mrs. Esther Gardner
Miss Pearl Jenkins
Miss Lydia Sonnenberg
APPENDIX B-2

FACULTY OF GRADUATE PROGRAM*

Period of 1956-1963


#Gant, Ola K., B.S., M.S., Ph.D., Nutrition Seminar, 1956-1957.


Hardinge, Mervyn Gilbert, B.S., M.D., M.P.H., D.P.H., M.A., Ph.D., Major Professor in Research, 1962-1963.


Ogura, Grace Mikiko, B.S., M.S., Assistant Professor and Administrative Dietitian, 1960-1962.

Register, U. D., B.S., M.S., Ph.D., Major Professor in Research, Biochemistry, 1957-1963.


#Deceased

*Compiled from Bulletins of School of Graduate Studies with assistance from the Director, Dr. Ruth Little.

114
ASSISTANTS IN INSTRUCTION

Period of 1956-1963

Anderson, Ellen, B.A.
Bafus, Muriel LaRue, B.S.
Banfe, Marie Hatley, B.S., M.S.
Beckner, Ardis Stern, B.S., M.S.
Bergold, Ida, B.S., M.S.
Buettner, Dorothy Syme, B.S., M.S.
Bunch, Ada May, B.S.
Case, RoyaIynn, B.S., M.S.
Craig, Louise Page, B.S.
Dang, Donna, B.S.
Dootoff, Charlene Ogren, B.S.
Haddad, Ella Hasso, B.S.
Harper, Jessie, B.S.
Hartman, Charlotte, B.S., M.S.
Hess, Dina, B.S.
Hines, Robert H., B.S.
Imai, Darlene, B.S.
King, Marcia Peterson, B.S., M.S.
Lee, Esther, B.S., M.S.
Miguel, Jane, B.S.
Ocho, Mie, B.S.
Romulo, Erlinda, B.S., M.S.
Reynolds, Edith Ryberg, B.S.
Richards, Aletha Shook, B.A.
Steinman, Wilma, B.A.
Wenz, Elizabeth Johanna, B.A.
Yonesawa, Sally Hanafusa, B.A.
APPENDIX C

GRADUATES OF THE DIETETIC PROGRAMS BY YEARS

Certificate Program

1924, June 3  5 Graduates
Dorothy Hebard McDonald
Pearl Mabel Jenkins
Elwin Lester Knecht
Clara Marie Knowles
Edwin James Moore

1925, May 31  4 Graduates
*Ola K. Gent
Harriet Buchheim Mather
Nina Louise Reid
John H. N. Tindall

1926, June 7  1 Graduate
Marguerite Steele Williams

1927, May 29  10 Graduates
Arthur M. Cott
Matilda B. Cott
Hilda Hoehn Crooks
Edith Parsons Crudens
Lucille Jeanne Gotham
Dorothea Van Gundy Jones
Lois Shafer McConnell
Florence K. Nelson
Hazel Nicola Woodruff
Leone Hall Wright

1928, June 24  8 Graduates
August 31  1 Graduate
Ada May Boynton Bunch
Gladys V. Griffin
*Martha W. Howe
Christina Huse
Eunice Marsh
Helen Terry Nelson

1928 continued
Hazel Ausherman Weber Rippey
Dayle Hayward Shull
Miriam Westcott Turner

1929, June  9 Graduates
Sylvia Schmidt Burk
Dorothy Graham Cross
Nellie H. DeFord
Eleanor Simpkins Lyman
Beatrice Haley MacKay
Zella Holland Nixson
Dorothy Pratt
Evelyn Leo Sturdevant
*Dorothy Wen

1930, June 22  22 Graduates
Myrtle Barker Adler
Helen E. Burroughs
Ella Tucker Wade Dooley
Ruth Hants Emmonson
Lucille Carnahan Failing
Helga Christiansen Forehand
Beth A. Frederick
Esther Lofgren Gardner
Willodel Kavanaugh Gray
Harriet Galbreath Hill
Ruth Westcott Jacobsen
Peggy Pelmilder Kolstad
Emma Snyder Landon
*Winifred Lindsay
Katherine Reamsburg Looney
Helen L. Morse
*Frances Crowther Poynter
Frederick Hugo Rahm
Fyrnn Ford Rahm
Winea J. Simpson
Margaret A. Van Atta
Dorothea Wade
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<td>Margaret Dammeier White</td>
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<td>Audrey Mable Lea Cardey</td>
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<td>Helen Leanna Curtis</td>
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<td>Emma Helen Haskins</td>
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<td>Jennie Stagg Hudson</td>
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<td>1932</td>
<td>7</td>
<td>1935, June</td>
<td>9</td>
<td>Velma Marie Davis Cooper</td>
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<td></td>
<td>Graduate from 3-year course</td>
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<td>Eva May Hazelton Crites</td>
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<td>Ellen Pauline Anderson</td>
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<td>Doris Seemans Gerow</td>
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<td>Verda Alder Fraizer</td>
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<td>Esther Ernest Hannah</td>
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<td>Hazel Dennis Green</td>
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<td>Nina Reffett Merrill</td>
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<td></td>
<td>*Rebecca Vickers Ingram</td>
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<td>Elsa Paepel</td>
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<tr>
<td></td>
<td>Elizabeth Lewis Nosler</td>
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<td>Carolyn Mann Prout</td>
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<td>Pearl Hannan Pilcher</td>
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<td>Lenore Eby Rittenhouse</td>
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<td>Ruth Stelle Taylor</td>
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<td>Mildred Crain Stilson</td>
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<td>B.S. DEGREE PROGRAM</td>
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<td>9 Graduates Bachelor of Science</td>
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<td>1933, June 18</td>
<td>5 Graduates</td>
<td></td>
<td>Mary Philmon Byers</td>
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<td>Nellie H. DeFord</td>
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<td>Thelma Herrmann Culver</td>
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<td>Edna Grace Kendall Face</td>
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<td>Hazel Olsen Heckler</td>
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<td>Helga Christiansen Forehand</td>
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<td>Elsie Carlson Lindquist</td>
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<td>Esther Lofgren Gardner</td>
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<td>Louise Beaty Loy</td>
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<td>Lois Shafer McConnell</td>
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<td>Gretchen Van Syoc Mock</td>
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<td></td>
<td>Clara Mae Hartman Pardi</td>
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<td>Lodene Pruett Peterson</td>
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<td>Irene Urquhart Steck</td>
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<td>Lorna Miller Purdom</td>
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<td>Dorris Cloninger Underwood</td>
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<td>Ferne Welander Stevenson</td>
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<td></td>
<td>Florence Leo Zirkle</td>
<td></td>
<td></td>
<td>Mary Lucas Turner</td>
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<tr>
<td>1938, June 12</td>
<td>9 Graduates</td>
<td>1937, June 13</td>
<td>4 Graduates</td>
<td>Elnora Zolber Evans</td>
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<tr>
<td></td>
<td>Elvira Lee Blais</td>
<td></td>
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<td>Nettie Attebury Pellow</td>
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<td></td>
<td>Lillian Lane Colby</td>
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<td></td>
<td>Ruth Furber Schuler</td>
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<td></td>
<td>Margaret Ary Field</td>
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<td>Doretta Kahuda Staley</td>
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<td></td>
<td>Juanita Graham Hodde</td>
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<td></td>
<td>Della Reiswig Holm</td>
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<td></td>
<td>Esther Gordon Joplin</td>
<td></td>
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<td></td>
<td>Martha Marie Miller</td>
<td></td>
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<td></td>
<td>Arnie Roberts Robinson</td>
<td></td>
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<td></td>
<td>Elizabeth Walker Bush Tietze</td>
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</table>
1939, June 11  7 Graduates
Frances Taylor Christensen
Thelma Bruner Harris
Catherine M. Hermann
Alice Margareta Johanson
Jimme Webber Kramer
Lucile Ward Lukat
June Root Toews

1940, June 9   8 Graduates
Elenoir Cross Allen
Lorraine Bungor Cornwell
Louise Page Craig
Elizabeth White Evans
Ione Herrigan Hunt
Edith Hyberg Reynolds
Lydia M. Sommenberg
Minnie Sue Bruce Waller

1941, May 25   8 Graduates
Eleanor Christensen Berecz
Helen Curtis
Etta G. Featherston
Virginia Luchenbill Gries
*Esther Gulbrandson
Winifred Hudson Martone
Eileen Marjorie Baltzer Ritz
Anna Elizabeth Stagg Vandeman

1942, May 31   5 Graduates
Muriel LaRue Bafus
Glee Anderson Crane
Jean Irwin Olsen Graets
Alice Clark Russell
Harryette Helen VanAusdale Scott

1943, March 28  5 Graduates
Emma Johnson Aitken
Fonda Cordis Chaffee
Hulda Hoehn Crooks
Dorothy Tefft Farley
Zella Holland Nixon

1944, September 24  12 Graduates
Lois Miller Carr
Maxine Litwinenco Corson
Marjorie Goll Harder
Eileen Pangburn Lapree
Esther Panoma Groom Liebrand
Veta Mae Longfellow
Juloma Powers Miles
Gladys Haffner Mitchell
Mythol Reiber Odell
Irene Showalter Rechlor
Auda Fay Martin Stark
Maxine Anderson Zinke

1945, July 1   4 Graduates
Esther Leach Foley
Shirley Tuttle Moore
Ruth Jensen Stenborn Neilson
Lenora Vonhof Payne

1946, June 30   5 Graduates
Genevieve Dennis Bergvall
Elaine Williams Berrett
Andrienne Huey Engleman
Margery Davis Peterson
Winifred VanFeit Schmidt

1947, June 22   7 Graduates
Helen Terry Nelson Alberti
Anna Wikoff Bailey
Ada May Boynton Bunch
Janice Rifenbark Burg
Katherine Kessell MacMillan
Elaine Ragnhild Reinhold
Helen Carlson Wakefield

1948, June 13   7 Graduates
Jean Ann Foreman
Doris Pillsburg Graham
Gladys Vivian Griffin
Eppie Chung Hart suiker
Adaline Erna Lewis Landis
Velma Cranfill Prather
Lulu Allen Tadlock

The following students were not enrolled in the collegiate program but completed the C.M.E. dietetic internship: Ethel Russell Bailey - 1940, Bertha Shollenburg - 1941.
1949, June 12  6 Graduates
Ida Dulcy Bergold
Iris Juanita Webster Cozzie
Beverly Symonds Gates
Charlotte Grant Graham
Barbara Dodson Martin
Florence K. Nelson

1950, June 11  13 Graduates
Marian Niiya Abraham
June LeClaire Bishop
Anita E. E. Ching
Charlene Ogren Dootoff
Grace K. Hayashi
Effie Potts Ketting
Lillian Boris King
Sekino Masuda
Naomi June Snyder Nogler
Florence Helen Hardt Robb
Rose Gezina Yee Shim
Mildred Lane Williams
Ruby Belle Hickok Wilmoth

1951, June 9  5 Graduates
Jo Ann Lofgren Lambeth
Arlene E. Nelson
Aileen Weaver Saunders
Jean Carter Sonneborn
Clinton A. Wall

1952, June 8  7 Graduates
Helen Hoyt Bostelman
Paul S. Damazo
Elizabeth Mohr Fowler
James A. Graham
Ruth June McElheny
Shirley Denney Olson
Marina Rios de Rodriguez

1953, June 7  6 Graduates
Wilbur Karl Baumgart
Bette Arlene Brown
Julia Viola Brown
Virginia P. Gibson
Vera Mae Marsh Hanson
Barbara Jean Hough McNally

1954, June 5  7 Graduates
Shirley Kenneth Benson
Dorothy Syne Buettner
Bettie Royalynn Case
Penelope Karry Krug
Charlotte Baker Kunza
Nada Froman Mason
Helen Hite Register
Dietetic Internship

1956-57 4
Rhodie Hizon Imperio
Grace Ogura
Erlinda Romulio
Irma Vyhmeister

1957-58 6
Ella Haddad
Jane Miguel
Grace Murphy
Kathleen Ruf
Dianne Heyman Smith
Sally Yonesawa

1958-59 5
Marcia Peterson King
Esther Wang Lau
Esther Lee
Ella Lydie
Hee Ok Shin

1959-60 6
Kathleen Graham
Charlotte Hartman
Marie Hatley Banfe
Loureitta Hayden
Robert Hines
Mary Chang Lee

1960-61 7
Ardis Stern Beckner
Sally Wonderly Caudill
George Cummings
Ruth Deming
Jessie Harper
Young Sil Ryang
Sumi Yoshimura

1961-62 13
Sara Brown
Patricia Trent Calvert
Donna Dang
Conrad Demsky
Darlene Imai
Jacqueline Lee
Mie Ocho
Carol Peters
Carol Nerness Powers
Julia Boyd Swarner
Darlene Roderick Schmitz
Carol Slate
Charlene Walker

1962-63 12
Rose Budd
Selma Chaij
Annie F. Cristobal
Daysi Mayi Cunningham
Betty Eaton
Marian Fedak
Georgia Hodgkin
Judith Anne Lampy
Edith Rufer
Linda Schultz
Wilmer Snyder
Ellen B. Velasco
<table>
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<tr>
<th>Year</th>
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<tr>
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<td>1962</td>
<td>4</td>
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<td>1963</td>
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</table>

**1958**
- Rhodie Hizon Imperio
- Erlinda Romulo
- Irma Vyhmeister

**1959**
- Fonda Cordis Chaffee
- Kathleen Ruf

**1960**
- Esther Lee
- Grace Ogura

**1961**
- Marie Hatley Banfe
- Eva Crites
- Charlotte Hartman
- Eppie Hartsuiker

**1962**
- Ida Bergold
- Dorothy Syme Buettner
- Royayln Case
- Marcia Peterson King

**1963**
- Ardis Stern Beckner
- Conrad Densky
- Florence Tidwell Otto
- Julia Boyd Swarner
APPENDIX D-1

INITIAL LETTER SENT TO THE GRADUATES

February 28, 1963

We are compiling a complete history of the School of Dietetics and the contributions of its graduates. We would like to solicit your assistance.

This project has been undertaken by me upon the recommendation and cooperation of the faculty of the School of Nutrition and Dietetics. A detailed compilation of the history of the School of Dietetics will be an important legacy. The contributions of the graduates form a vital part of the history, and thus your contribution is needed.

Since we are endeavoring to complete this before the annual Alumni Homecoming, which is featuring the history of the School of Dietetics and those who have contributed since 1922, would it be possible for you to answer the enclosed questionnaire and send it by return mail? The data is to apply only to capacities in which you have served since graduation from the School.

Thank you for your help with this. As a token of appreciation, we plan to mail you a picture of the graduates attending the alumni meeting which will be held in the new home of the School of Nutrition and Dietetics on the Loma Linda campus.

Sincerely yours,

(Mrs.) Florence E. Otto
Master's Student

hr
Encl.

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APPENDIX D-2
QUESTIONNAIRE
(If insufficient space use back of sheet.)

Last Name        First        Middle        Maiden        Degree        Certificate
_________________________________________ ____________________________

Address
_________________________________________ Date of Graduation

Since Graduation -

1. Have you been engaged in overseas mission service?  Yes ____  No ____
   Where?  ___________________________ Dates __________________

2. Have you participated in college teaching?  Academy teaching?  _____
   Where?  ___________________________ Dates __________________  SDA _____ Non-SDA _____

3. Have you been employed in food service for college?  Academy?  _____
   Grade school?  _____ Where?  ___________________________ SDA _____ Non-SDA _____
   Dates ___________________________ Non-SDA _____

4. Have you been employed as a dietitian in hospital administration?  ____
   Therapeutics?  _____ clinic?  _____ Dates __________________  SDA _____ Non-SDA _____

5. Have you been employed as a nutritionist?  Consultant?  _____
   Demonstrator?  _____ Other?  _____ Where?  ___________________________

6. Have you been employed in research?  _____ What?  ___________________________
   Where?  ___________________________ Dates __________________
   SDA _____ Non-SDA _____

7. How many years have you been employed by the SDA denomination?  ____________
   by Non-SDA?  ______________________

8. Contributions to Nutrition or Dietetic books or journals:
   Journal ___________________________ Title ___________________________ Date ____________
   Book _______________________________ Date __________________

9. If you have done other types of work not included above, please list here:
   ____________________________________________________________________________
   ____________________________________________________________________________

10. What are you doing at present?  _______________________________________________

11. If you have a humorous or serious experience from your school days, or since,
    will you record it on the back of this sheet?

12. If convenient, please enclose a recent picture of yourself or with your family.

THANK YOU FOR YOUR CONTRIBUTION!
APPENDIX D-3

PROMPTING LETTER WHICH WAS SENT TO GRADUATES
WHO WERE SLOW IN RESPONDING TO QUESTIONNAIRE

April 11, 1963

Perhaps you mislaid the letter with the enclosed questionnaire
which I mailed to you on March 1, 1963. I am very much in
need of your completed questionnaire in order that I may finish
my study which will constitute my master's thesis. The material
supplied by your questionnaire forms a vital part of the study.
Without it the history of the School of Dietetics will not be
complete.

Will you please take a few minutes to fill out this questionnaire
and return it at once?

Thank you!

Sincerely,

(Mrs.) Florence Otto

hr
LOMA LINDA UNIVERSITY
Graduate School

AN HISTORICAL ANALYSIS
OF THE SCHOOL OF NUTRITION AND DIETETICS
LOMA LINDA UNIVERSITY
by
Florence Tidwell Otto

An Abstract of a Thesis
in Partial Fulfillment of the Requirements
for the Degree Master of Science
in the Field of Foods and Nutritions

June, 1963
ABSTRACT

The purpose of this study was to provide a historical reference on the origin, development, and objectives of the School of Nutrition and Dietetics from the beginning of the first dietetic program in 1908 to that of the present.

Three methods were employed in this study: the historical, interview, and questionnaire. The main historical source material was obtained from the Historical Records Office in the Library of Loma Linda University. The material consisted of selected letters of the administrators of the College and leaders in the dietetic programs. There is a greater amount of board minutes, annual bulletins, and documents. Additional source material was obtained from the files of the School of Nutrition and Dietetics, Loma Linda University. Interviews were held with leading administrators of the dietetic programs through the years. A questionnaire was designed and mailed to the graduates of the dietetic programs from 1922-1962. Responses received formed a basis for evaluation of the contributions of the graduates.

The principal factor contributing to the establishment of a dietetic program by the College of Medical Evangelists was the desire to fill the existing need for individuals trained in principles of healthful diet and cookery to serve in denominational sanitariums and hospitals. This concept broadened and expanded to the wide area of service in which dietitians are currently in demand.

The enrollment has varied with the years and with various programs offered. Twenty are currently enrolled in the graduate program with a
steady trend upward. Fifty-two per cent of the currently employed graduates from 1922-1962 are engaged in Seventh-day Adventist denominational employment. A study made in 1962 showed that 75 per cent of the graduates of the graduate dietetic program from 1956-1962 are employed in the denomination. Although the dietetic programs throughout the years have ably served the purpose for which they were established, the existing demand for trained dietitians is greater than the supply.

The School has developed in keeping with trends in the dietetic profession. It progressed from the original one year course to a two, a three, and then a four-year program granting the B.S. degree. It sought to establish itself in keeping with American Dietetic Association requirements.

An internship program was planned in 1938 to provide training which would not pose a Sabbath work problem to Seventh-day Adventist youth as would be experienced in outside institutions. It would also provide the desired social environment and training in health principles peculiar to the Seventh-day Adventist denomination. The internship existed until 1951 at which time it was discontinued temporarily because approval was not granted by the American Dietetic Association. Its chief weakness lay in the area of administration.

A graduate dietetic program was begun in the fall of 1956 which is in operation at the present. It consists of an American Dietetic Association approved internship and a master's degree program. The progress is upward, built upon that which has gone before.