

The Little White House NEWSLETTER



Roosevelt's Little White House - 706-655-5870 - 401 Little White House Rd. - Warm Springs, Ga. 31830

Fall Quarter 2018

Two Headlines That Changed The World

2018 marks the 90th Anniversary of Roosevelt's reentry into the political world from Warm Springs, Ga. When FDR arrived in Warm Springs for the first time, no one knew the destiny of the world would be forever changed by a newspaper article.

Franklin Roosevelt Will Swim to Health

BY CLEBURNE GREGORY

FRANKLIN D. ROOSEVELT, New York Governor and Senator, assistant secretary of the navy during the World war, and Democratic nominee for the vice presidency in 1920, is literally swimming himself back to health and strength at Warm Springs, Ga.

A graduate of Harvard and Columbia universities, an athlete of note in both Alma Mater, an untold lover from his childhood, fond of nature, of birds, and of horse affairs, Mr. Roosevelt was of strong physique and great endurance until he was stricken during the influenza epidemic in New York in the year of 1921. In 1921, he had swum the full of the mile, and was his usual, better his fitness, and was at a bathing lodge in the Maine woods when the paralysis struck him.

Mr. Roosevelt does not know how he contracted the dread disease, and does not regard himself as more unfortunate or unfortunate than the hundreds of other adults who became victims at the same time for the disease, usually contracted in childhood. All he does know is that he was hit, and he has been with the result that both of his legs were paralyzed for many months. Gradually he acquired the skill necessary to drag himself around on crutches, and, unaided, he was a professional failure in the Democratic national convention in New York last June, making a memorable address in placing the name of Hoover at South before the delegates as a presidential candidate.

How He Heard of Warm Springs

It was a sort of coincidence that brought Warm Springs, Ga., to Mr. Roosevelt's attention. Three years ago Louis Joseph, a New Yorker who formerly lived at Columbia, hit upon the idea of using Warm Springs as the site for a bath against the effects of infantile paralysis. He was far wiser than Mr. Roosevelt, for it is said that he had been persistently in the waters of Warm Springs, where the pool has a natural temperature of 99 degrees in the year round.

Mr. Joseph derived remarkable benefit from the springs, and even swam the entire summer there. The next year he was on hand when the hotel season opened, and was still there when the hotelier closed its doors. Last summer he was back again, so greatly improved that he was able to attend to the duties of hotel clerk, and to lead dance in the parlors on several occasions.

Franklin D. Roosevelt, assistant secretary of the navy during the World war and Democratic candidate for the presidency in 1920, is shown here at Warm Springs, where he spends his time daily in the pool to restore strength to his limbs, paralyzed by infantile paralysis. On the right, at the top, he is shown in the pool. Just below he is taking a rest on the bank.

Tom Lusk, former Augusta and Columbia newspaper publisher, who is in charge of the development of the Warm Springs property, recently mentioned the case of Mr. Joseph to George Foster Peabody, New York philanthropist who is associated in the Warm Springs enterprise.

"That gives me an idea. I'll get my friend Franklin Roosevelt down here," Mr. Peabody declared.

Mr. Lusk was in New York, and Mr. Peabody arranged for an interview between Mr. Roosevelt and Mr. Lusk. The result was that Mr. Roosevelt rented a cottage at Warm Springs, and arrived there on October 3 to give the bath a tryout.

Mr. Roosevelt and Mr. Lusk, in adjoining cottages, are the only residents of the town of more than a dozen houses surrounding the Warm Springs hotel at the present time. The hotel has closed for the winter season. Mr. Lusk is acting as official host to Mr. Roosevelt, and is giving him the run of the resort, and of several cottages, for that matter.

Two Hours Daily in Pool

The distinguished visitor has the large swimming pool all to himself for two hours at more or less day. He swims, dives, uses the swimming rings and horizontal bar over the water, and finally crawls out on the concrete pier for a sun bath that lasts another hour. Then he dresses, has lunch, rests a bit on a delightfully shady porch, and

...the afternoon driving over the surrounding country, to which he is so deeply attached.

Not only are the swimmers and the sunbathers delighted, but the interest in Mr. Roosevelt, but his method of living is fascinating. He admits, having a full half mile from the town of Warm Springs, formerly known as Bullochville, he is protected from the intrusion of the outside, and is even treated by infrequent mail delivery. He expressed great relief at being two or three days behind on the news of the world.

"Has the ZEP-3 landed?" he asked eagerly, on Thursday afternoon, October 18, and was surprised to learn that the great Zeppelin had been in its country a day and a half.

"I am deriving wonderful benefit from my stay here," Mr. Roosevelt said. "This place is great, see that right leg?" It is the first time I have been able to move it at all in three years.

Mr. Roosevelt does not attribute any medicinal effects to the Warm Springs water, but he gives the water credit for his ability to remain in it two hours or more, without tiring in the heat, and his loss of the credit for his improvement is given to Georgia's sunshine.

Swimming Only Cure

"The best infantile paralysis specialist in New York told me that the only way to overcome the effects of the disease was to swim as much as possible."

Gallstones and Gall Bladder Trouble Cause Many Diseases

Swimming Only Cure

"The best infantile paralysis specialist in New York told me that the only way to overcome the effects of the disease was to swim as much as possible."

On October 3, 1924 Franklin D. Roosevelt visited Warm Springs, Georgia for the first time. It was his last hope of finding a cure for the polio that had left him crippled three years earlier. Eleanor came with him and he was carried from the train to an awaiting automobile. The man who carried him had no idea that within ten years, FDR would be the most powerful man in the nation, carrying the weight of a crippled nation on his shoulders. That first night Roosevelt was kept awake by squirrels running across the roof of his cottage.

The next day, Roosevelt took his first swim in the Warm Springs pool. The water was pleasant he noted and soon he was able to stand in four feet of water - something he had been unable to do previously.

Roosevelt swam daily for the next two weeks. He also began to explore the countryside and towns meeting the local folks. It was here that Roosevelt got his first glimpse of rural southern poverty; it left a very strong impression on him - one that helped shape many of his New Deal programs a decade later.

There was little fanfare during his first visit but Cleburne Gregory of the Atlanta Journal came down under the orders of Clark Howell to find out what the former Assistant Secretary of the Navy and Vice Presidential candidate was doing in this neck of the woods. Roosevelt didn't want any press coverage but agreed to an interview. The article is notable for many reasons but mainly for the first time in three years, FDR said that he was able to move his right leg. He also commented on the beauty of the area and the hospitality he received, what he called "the Spirit of Warm Springs". He would come to rely upon these qualities, this spirit, for the next twenty one years. The article and photographs showing Roosevelt's shriveled up legs were published in the October 26, 1924 Sunday Magazine and was syndicated nationally. Unbeknownst to Roosevelt, polios across the country read the story with great interest.

The article is quoted at length on the next page.

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FRANKLIN ROOSEVELT WILL SWIM TO HEALTH

October 26, 1924

The Atlanta Journal
"By Cleburne Gregory

WARM SPRINGS, GA. — Franklin D. Roosevelt, New York lawyer and banker, assistant secretary of the navy during the World War, and Democratic nominee for vice president in 1920, is literally swimming himself back to health and strength at Warm Springs, Ga.

A graduate of Harvard and Columbia universities, an athlete of note in both Alma Maters, an outdoor lover from his boyhood, fond of nature, . . . Mr. Roosevelt was of strong physique and great endurance until he was stricken during the infantile paralysis epidemic in New York in the year 1921. In fact, he had answered the call of the wild, as was his wont before his illness, and was at a hunting lodge in the Maine woods when the paralysis struck him.

Mr. Roosevelt does not know how he contracted the dread disease, and does not regard himself as more outstanding or unfortunate than the hundreds of other adults who became victims at the same time by the disease usually confined to childhood. All he does know is that he was hit, and hit hard, with the result that both of his legs were immovable for many months. Gradually he acquired the skill necessary to drag himself around on crutches, and, undaunted, he was a prominent figure in the Democratic national convention in New York last June, making a memorable address. . . .

It was a sort of coincidence that brought Warm Springs, Ga. to Mr. Roosevelt's attention. Three years ago Louis Joseph, a New Yorker who formerly lived at Columbus, hit upon the idea of trying Warm Springs as the locale for a fight against the effects of infantile paralysis. [Joseph helped arrange and stayed with Roosevelt on his first visit to Warm Springs.] He was in far worse shape than Mr. Roosevelt, it is said, but he bathed persistently in the waters of Warm Springs, where the pool has a natural temperature of 90 degrees the year round. . . .

Tom Loyless, former Augusta and Columbus newspaper publisher, who is now in charge of the development of the Warm Springs properties, casually mentioned the case of Mr. Joseph to George Foster Peabody, New York philanthropist, who is associated in the Warm Springs enterprises.

'That gives me an idea. I'll get my friend Franklin Roosevelt down here, if I can,' Mr. Peabody exclaimed.

Mr. Loyless was in New York recently, and Mr. Peabody arranged for an interview between Mr. Roosevelt and Mr. Loyless. The result was that Mr. Roosevelt rented a cottage at Warm Springs, and arrived there on October 3 to give the baths a try-out.

Mr. Roosevelt and Mr. Loyless, in adjoining cottages, are the only residents of the dozen or more small houses surrounding the Warm Springs hotel at the present time. The hotel has closed for the winter season. Mr. Loyless is acting as official host to Mr. Roosevelt, and is giving him the run of the reserve, and of several counties, for that matter.

The distinguished visitor has the large swimming pool all to himself for two hours or more each day. He swims, dives, uses the swinging rings and horizontal bar over the water, and finally crawls out on the concrete pier for a sun bath that lasts another hour. Then he dresses, has lunch, rests a bit on a delightfully shady porch, and spends the afternoon driving over the surrounding country, in which he is intensely interested.

Not only are the swims and the sun baths delightful innovations to Mr. Roosevelt, but his method of living is enchanting, he admits. Living a full half mile from the town of Warm Springs, formerly known as Bullochville, he is protected from the intrusion of the curious, and is even favored by infrequent mail deliveries. He expressed real relief at being two or three days behind the news of the world. . . .

'I am deriving wonderful benefit from my stay here,' Mr. Roosevelt said. 'This place is great. See that right leg? It's the first time I have been able to move it all in three years.'

Mr. Roosevelt does not attribute any medicinal effects to the Warm Springs waters, but he gives the water credit for his ability to remain in it for two hours or more, without tiring in the least, and the rest of the credit for his improvement is given to Georgia's sunshine.

'The best infantile paralysis specialist in New York told me that the only way to overcome the effects of the disease was to swim as much as possible, and bask in the sunlight. Conditions here are ideal for both prescriptions. The water

in some way relaxes muscles drawn taut by the disease, and gives the limbs much greater action. The sunshine has curative effects, I understand.'

So marked have the benefits been in his case, Mr. Roosevelt plans to return to Warm Springs in March or April, to remain two or three months. At that time he will build a cottage on the hilltops that he may spend a portion of each year there until he is completely cured. Even then he plans to keep coming back, as he 'likes Georgia and Georgians,' he remarked.

Nobody can explain why the waters of Warm Springs, flowing from the foot of Pine Mountain, are almost as warm as the average person's blood. Nor can anyone explain why the waters on the other side of the mountain, where the United States fish hatcheries are located, are unnaturally cold.

Mr. Roosevelt made no effort to explain the phenomenon, but he did remark 'poor fish' with a characteristic grin. . . .

Mr. Roosevelt has made a great hit with the people of Warm Springs who have met him, and they are extending him a hearty welcome as a prospective regular visitor. A number of Georgia's public men have also called to pay their respects and extend greetings. Georgians who attended the Democratic national convention have been especially cordial, because they appreciate the interest Mr. Roosevelt showed in them. . . .

'Say! Let's get one of the hot dogs this man makes just outside the swimming pool. They're great,' Mr. Roosevelt challenged. With him everything in Warm Springs is 'great' or 'fine' or 'wonderful.' That is the spirit that has carried him to remarkable heights for a man just past his fortieth year, and it is the spirit that is going to restore him to his pristine health and vigor, for political and financial battles and successes in the years to come."

Franklin Roosevelt Will Swim to Health



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Mr. Roosevelt made no effort to explain the phenomenon, but he did remark, "Pose like" with a characteristic grin.

George Foster Peabody, his nephew, Charles Peabody, a noted New York architect, and Mr. Loyless, have enlarged and rebuilt the open-air swimming pool at Warm Springs, and are now spending four included

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Not a bath at Roosevelt's swimming pool, half mile from Warm Springs, Ga., of the infrequent rainy days behind on the heels of

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So how did that headline change the world and what is the other headline?

From October 3, 1924 to October 3, 1928, Franklin D. Roosevelt transformed into FDR. He saw the effects of poverty, lack of education, lack of electricity, and bank foreclosures while at the same time creating the world's first treatment center for polio patients. During these four years, FDR bought nearly 5000 acres of land and created demonstration farms, authored books, wrote for newspapers, and built cottages. He oversaw the development of hydrotherapy, physical, occupational, recreational therapies as they evolved into sciences, while keeping his name alive in the Democratic Party. He also swam and exercised in the pools and by 1928, he was ready to jump into the pool of politics. After a twelve hour long distance telephone call from Al Smith, the Democratic nominee for President on October 2, 1928, FDR's name was placed in nomination by acclamation as the candidate for Governor of New York. That leads us to the second headline, as FDR is about to meet his political destiny and change the world. The headline and article at length follows.



F. D. ROOSEVELT NOMINATED FOR N. Y. GOVERNOR

By The Associated Press.

WARM SPRINGS, Ga., Oct. 2.— Franklin D. Roosevelt today accepted the Democratic nomination for governor of New York.

His acceptance was made known by Mr. Roosevelt in a telegram to Oliver Cabana, chairman of the democratic state convention in session at Rochester, after he had been notified by the Associated press that the convention had nominated him by acclamation.

His telegram to Mr. Cabana follows: "Please give the convention this message, 'Every personal and family consideration has been and is against by becoming the candidate of the convention, but if by accepting I can help the splendid cause of our beloved governor I will yield to your judgment. I will continue in this campaign to do everything possible for the state and national ticket. If elected I shall give my best service to the maintenance of the high example set during all these years by Governor Smith and to the furtherance of the cause of good government in the State of New York.'

Roosevelt was emerging from his daily exercise in the Warm Springs pool when he received his first word through an Associated Press staff correspondent of his nomination. He then drove to the telegraph office a half mile away where he found a number of telegrams and where he wrote his message to Mr. Cabana.

He said he had wired the Associated Press in Atlanta before he was told of his nomination that he could not be a candidate for the nomination. Mr. Roosevelt added, however, that since the convention had nominated him he could do nothing else but accept.

ROCHESTER, N. Y., Oct. 2.—Franklin D. Roosevelt, former assistant secretary of the navy, was nominated by acclamation for governor of New York by the democratic state convention today.

Decision of the party leaders at the democratic state convention to name as the nominee for governor Franklin D. Roosevelt, former assistant secretary of the navy, candidate for the vice presidency in 1920, was made early today after the third of a series of conferences with Governor Smith.

The delegates had been holding off on the man to head the ticket, in deference to the governor's wishes, while he had frequently said the convention would be an open one

and that he would not pick the candidate, the leaders did not feel like going ahead until they had consulted with him.

Selection of Mr. Roosevelt came as a surprise, for only yesterday, shortly after he had arrived here from his western tour, Governor Smith made public a telegram from him saying that he could not run on account of his health. Mr. Roosevelt had been urged many times to enter the race but each time he refused. He has been suffering from infantile paralysis for several years and is at present in the south for the benefit of his health.

There has been a warm attachment between the governor and Mr. Roosevelt for many years. It was Roosevelt who nominated Smith for the presidency at Madison Square Garden and at Houston.

The announcement of his selection was made about one o'clock this morning.

M. William Bray of Utica, the new state chairman, did not directly answer a question as to whether Mr. Roosevelt would consent to make the run, saying that his point would be cleared up at the convention.

Colonel Herbert H. Lehman of New York, finance director of the democratic national committee, who managed one of Governor Smith's campaigns, was announced as his party's chance for lieutenant governor and for United States senator Royal S. Copeland of Nyack, incumbent.

Didn't Desire Nomination

ATLANTA, Ga., Oct. 2.— Franklin D. Roosevelt in response to a request from the Associated Press dispatched prior to his nomination for Governor at Rochester, telegraphed the following message from his home at Warm Springs, Ga:

"Told governor my position remains unchanged. Cannot consent to be a candidate in fairness to my family and myself." The Associated Press telegraphed Mr. Roosevelt early this morning, and his reply was received shortly before noon, central time, and a few minutes later a second message was received from him saying.

"Sincerely hope convention in Rochester will understand and respect my oft repeated statements.

Mr. Roosevelt's Georgia home is 70 miles southwest of Atlanta in Meriwether County. He has not accessible by telephone this morning. The nearest telephone is in a hotel a half mile from the Roosevelt cottage and

inquirers were told in that Mr. Roosevelt would not be in today.

When Mr. Roosevelt was first approached by New York democratic leaders last week he told them he had two reasons for not accepting the nomination. . . "First that he felt he could do Governor Smith more good in the campaign by speaking in cities where he has previous acquaintance because of his service in the Wilson cabinet, and second, that the state of his health would not permit."

Mr. Roosevelt came to Georgia two weeks ago to consult, doctors of the Georgia Warm Springs foundation. They told him that it lie would spend two more winters in Georgia, it would be possible to remove the brace from his left leg placed there when he was stricken with infantile paralysis in 1921.

Insists He Will Run.

ROCHESTER, N. Y., Oct. 2.— Governor Smith, on being informed of the Associated Press dispatch from Atlanta stating that Franklin D. Roosevelt had not consented to accept the democratic nomination for governor of New York, said: "The convention had the consent of Mr. Roosevelt to do what it did. It nominated him and he will run."

Would Repay Confidence

NEW YORK, Oct. 2.—Mrs. Franklin D. Roosevelt regards the nomination of her husband as democratic candidate for governor of New York as an opportunity for him to repay the confidence of old friends.

Roosevelt, who has been forced to use crutches for years, did not want the nomination which was given him at Rochester today, Mrs. Roosevelt said, adding, however:

"In the end you have to do what your friends want you to. There comes to every man, if he is wanted, the feeling that there is almost an obligation to return the confidence shown to him."

Mrs. Roosevelt at democratic national headquarters, where she is engaged as a member of the national advisory committee, said she hadn't talked with her husband today, but she indicated that family plans which provided for Mr. Roosevelt's staying in the south for his health, would have to be changed.

"You don't have to cross bridges until you come to them, however," she said.

Here is the last photograph of "private citizen" Roosevelt, taken in Warm Springs on October 2, 1928 just before boarding the train to New York to campaign for governor. He would go on to win, get re-elected, run for President and be elected for four unprecedented terms. He would lead our nation through the Great Depression with the New Deal and into World War II as the most powerful man in the world. At the same time, he spearheaded the fight against polio by founding the March of Dimes. Warm Springs made all of that possible.

This press photo literally marks the moment Roosevelt reentered the political world. Two headlines, four years apart, not only changed the life of a man, but of a town, a state, the nation and our world. Franklin D. Roosevelt was surely born in Hyde Park, New York, but he became FDR at Warm Springs, Georgia. Little fanfare will note this historic date but from the Little White House, we say "Happy 90th Anniversary FDR".



ASSOCIATED PRESS PHOTO FROM NEW YORK
PLEASE WATCH YOUR CREDIT
THIS PICTURE SENT BY A.T. & T. TRANSMISSION

DEMOCRATS NOMINATE ROOSEVELT FOR GOVERNOR OF
NEW YORK BY ACCLAMATION

This telephoto of Franklin D. Roosevelt, made at Warm Springs, Ga., October 2, shows the nominee just after he emerged from his daily exercise in the pool. Mr. Roosevelt had just agreed to set aside his personal preference to aid Governor Smith in his campaign for the presidency by accepting the Democratic nomination for Governor of New York State. He was nominated by acclamation at the Democratic State convention, Rochester, New York, October 2.

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