

**Title:** Behncke, Franz H. Papers

**Reference Code:** Mss-0089

**Inclusive Dates:** ca. 1890 – 1961

**Quantity:** 17.0 cu. ft.

**Location:** WHS, Sh. D076-D079

**Abstract:** Franz Heinrich (Francis Henry) Behncke was born in Germany in 1868 to an aristocratic land-owning family. He left his homeland and found work as a clerk in Bangkok and fought in the Boer War in South Africa. He was captured and exiled by the British, but he eventually returned to South Africa and engaged in several different vocations before becoming a “Health Evangelist.” He immigrated to the U.S. and attended the Lindlahr College of Natural Therapeutics in Illinois from 1914-1917 and then worked at Lindlahr Sanitarium in Elmhurst, IL, as Physical Director, Lecturer and Social Manager until 1927. He also worked at Sun-Diet Sanitarium in Aurora, NY (1929-1939) and at Bergholz Institute in Milwaukee (1940-). He earned a national reputation as a teacher and lecturer. He passed away in March 1964.

**Scope and Content:** The collection consists of correspondence, publications, memoirs, diaries, photos, scrapbooks and other ephemera that detail Behncke’s life in Africa, Asia and the United States as well as his involvement with the health fitness field.

**Access and Use:** No restrictions

**Language:** English, German

**Notes:** The bulk of the collection was transferred from the Milwaukee Public Library. It was processed by Kevin Abing, June 2019.

**Arrangement:**

<b>Folder Heading</b>	<b>Box #</b>	<b>File #</b>
Diaries, 1892-1918	1	
Diaries, 1919-1953	2	
Copy/Letter Books, 1890-1908	3	
Copy/Letter Books, 1908-1914	4	
<b>CORRESPONDENCE</b>		
Correspondence – Dolly Behncke (wife), 1928-1938	5	1
Correspondence – Dolly Behncke , ca. 1920-1951	5	2
Correspondence – Herman Behncke (son), 1928-1938	5	3
Correspondence – Herman Behncke, 1921-1953	5	4
Correspondence – Lucie <b>ehncke</b> (daughter), 1928-1938	5	5
Correspondence – Lucie Behncke, ca. 1940-1953	5	6
Correspondence – Robert Behncke, 1928-1938	5	7

Correspondence – Robert Behncke (son), 1942-1946	5	8
Correspondence – Victor Behncke, 1928-1938	5	9
Correspondence – Victor Behncke (son), ca. 1942-1951	5	10
Correspondence to Siblings	5	11
– Family History by Victor Ottmann		
– Franz Jacob Behncke & Elisabeth von Tevenar (father & mother)		
– Elise Souchay (sister), 1912-1949		
– Lina Hartmann (sister), ca. 1946-1953		
– Lucie Beyne (sister), ca. 1948-1950		
Correspondence with Family & Relatives, ca. 1920-1956 (1 of 2)	5	12
Correspondence with Family & Relatives, ca. 1920-1956 (2 of 2)	5	13
Correspondence with Family & Relatives, January-June 1947	5	14
Correspondence – Admiral Fritz Behncke, ca. 1946-1951	6	1
Correspondence – Erich von Tevenar (cousin), 1938-1949	6	2
Correspondence – Personalalia of Self & Friends, ca. 1919-1927	6	3
Correspondence with Friends, ca. 1919-1940	6	4
Correspondence – Personal Acquaintances, ca. 1939-1957	6	5
Correspondence – Gertrude E. Beal, 1931-1938	6	6
Correspondence – Mrs. E.M. Johnson (Albion, NE), 1929-1934	6	7
Correspondence – Dr. Hans Puhlmann, 1946-1954	6	8
Correspondence – General, ca. 1919-1940	6	9
Correspondence – Mixed Letters, 1918-1952	6	10
Correspondence, 1894-1924	6	11
Correspondence, 1897-1898 (1 of 2)	6	12
Correspondence, 1897-1898 (2 of 2)	6	13
Correspondence, 1899-1900	6	14
Correspondence, 1921-1929	7	1
Correspondence, 1923 (1 of 2)	7	2
Correspondence, 1923 (2 of 2)	7	3
Correspondence, 1924-1941	7	4
Correspondence, 1930-1939	7	5
Correspondence, 1940-1949	7	6
Correspondence, 1955	7	7
Correspondence, 1956-1957	7	8
Correspondence – Christmas, 1956-1957	7	9
Correspondence, 1957-1961	7	10
Correspondence, “A” – “B” (ca. 1921-1950)	7	11
Correspondence, “A” – “Q” (ca. 1927-1959)	7	12
Correspondence, “C” – “G” (ca. 1920-1949)	7	13
Correspondence, “H” – “K” (ca. 1918-1949)	7	14
Correspondence, “L” (1919-1949)	7	15
Correspondence, “M” – “P” (ca. 1920-1958)	7	16
Correspondence, “R” – “W” (ca. 1919-1954)	7	17

Correspondence, "R" – "W" (ca. 1929-1941)	8	1
Letters in Africa, Vol. 1, No. 1 (1894-1911)	8	2
Letters in Africa, Vol. 1, No. 2 (1894-1911)	8	3
Letters in Africa, Vol. 1, No. 3 (1894-1911)	8	4
Letters in Africa, Vol. 1, No. 4 (1894-1911)	8	5
Letters in U.S.A., Vol. 2, No. 5 (1912-1928) [1 of 2]	8	6
Letters in U.S.A., Vol. 2, No. 5 (1912-1928) [2 of 2]	8	7
Letters in U.S.A., Vol. 2, No. 6 (1912-1928)	8	8
Letters in U.S.A., Vol. 2, No. 7 (1912-1928) [1 of 2]	8	9
Letters in U.S.A., Vol. 2, No. 7 (1912-1928) [2 of 2]	8	10
Letters in U.S.A., Vol. 2, No. 8 (1912-1928)	9	1
Letters in U.S.A., Vol. 2, No. 9 (1912-1928)	9	2
Letters in U.S.A., Vol. 3, No. 10 (ca. 1929-1938)	9	3
Letters in U.S.A., Vol. 3, No. 11 (ca. 1928-1936)	9	4
Letters in U.S.A., Vol. 3, No. 12 (ca.	9	5
Letters in U.S.A., Vol. 3, No. 13 (ca. 1920-1934)	9	6
Sun-Diet "Letters," Vol. 16, File "A" – "N" (ca. 1929-1938)	9	7
Sun-Diet "Letters," Vol. 16, File "O" – "P" (ca. 1930-1938)	9	8
Sun-Diet "Letters," Vol. 16, File "R" (ca. 1929-1937)	9	9
Sun-Diet "Letters," Vol. 16, File "S" No. 1 (ca. 1929-1936)	9	10
Sun-Diet "Letters," Vol. 16, File "S" No. 2 (ca. 1930-1936)	9	11
Sun-Diet "Letters," Vol. 16, File "T" – "Z" (ca. 1929-1938)	9	12
Letters – Important!	10	1
Correspondence – Health & Hygiene	10	2
– Ekeberg Farms		
– Fern Gould		
– Florence Olmstead		
Correspondence – Health & Hygiene – Nature Cure Various Letters	10	3
Correspondence – Health & Hygiene – Elmhurst, IL, 1928	10	4
Correspondence re "Seven" (Behncke Autobiography)	10	5
<b>PUBLICATIONS</b>		
"Pep-Ward Ho!": Manuscript, 1928	10	6
"Seven: Autobiography of a Soldier of Fortune": Manuscript	10	7
"Stepping Stones in the United States": Manuscript	10	8
"A Well Regulated Life": Manuscript	10	9
<i>The Watchtower</i> , 1959-1960/ <i>Awake!</i> , 1958-1959	11	1
<i>Zeichen der Zeit</i> , #1-#47 (not inclusive), 1957	11	2
Publications – Miscellaneous (1 of 2)	11	3
– <i>Weltwanderer und Glückfucher</i>		
– "Waters of Life"		

<ul style="list-style-type: none"> <li>- "Troubles in Africa"</li> <li>- "Life's Remaining Years," <i>Balanced Living Journal</i>, 1946</li> <li>- <i>A Twenty Years' Struggle in South Africa</i> by Dietrich E. Braun</li> </ul>		
Publications – Miscellaneous (2 of 2) <ul style="list-style-type: none"> <li>- "Sixty-Six Years Young"</li> <li>- "Life's Lesson"</li> <li>- "The Professors Picture Book"</li> <li>- "Ancient Siam (Thailand)"</li> <li>- "Body Culture"</li> <li>- "Sun-Diet Health Foundation"</li> <li>- "Roaming Four Continents"</li> <li>- "Lose Blätter"</li> <li>- <i>The Karezza Method or Magnetation, the Art of Connubial Love</i></li> </ul>	11	4
<b>HEALTH &amp; HYGIENE MATERIAL</b>		
Bergholz Clinic, Milwaukee (1 of 2)	11	5
Bergholz Clinic, Milwaukee (2 of 2)	11	6
Bossow's Recharge Resort – Algonquin, IL	11	7
Contemporary Magazines	11	8
Dr. Crandall's Health School of York, PA	11	9
Dr. Jensen's Natures Retreat, Altadena, CA, Canyon Crest Road	11	10
Dr. M. Sayle Taylor Records, 1928	11	11
Fred S. Hirsch of the Health Center, Los Angeles, CA	11	12
Manuscripts	11	13
Nature Cure Institutes – Dr. Henry Lindlahr	11	14
Nature Cure Institutes – Lindlahr College	11	15
Nature Cure Institutes – Milwaukee	11	16
Nature Cure Institutes – My Trip to Waconda Springs, KS	11	17
Oxford Groupe, Montreal, Canada, 1937	11	18
Randle, Helen – Avon Park, FL	12	1
Scribbled Notes	12	2
Scribbling	12	3
Sun-Diet Health Foundation	12	4
Sun-Diet Health Foundation No. 3	12	5
Sun-Diet Health Foundation – Bulletins, 1935-1938	12	6
Sun-Diet Health Service	12	7
Tilden School of Health – Denver, CO	12	8
Physical Culture Letters <ul style="list-style-type: none"> <li>- Denver, CO, 1928</li> <li>- Geneva, NY, 1929</li> </ul>	12	9
Health & Hygiene – Miscellaneous	12	10
Newspaper Clippings	12	11

PERSONAL MATERIAL		
Adenauer, Konrad – Visit to Milwaukee, 1956	12	12
Biographical/Genealogical Information	12	13
Calendars/Records/Etc.	12	14
Drawings by Eben Lawson: “Old Timers”	12	15
Esperanto	12	16
“Memories”	12	17
“Ninety,” 1868-1958	13	1
“On Horseback through Basuto Land, July 16-24, 1907”	13	2
Personal Folders #1-#17	13	3
85 <sup>th</sup> Birthday, 1953	13	4
89 <sup>th</sup> Anniversary, 1957	13	5
91 <sup>st</sup> Birthday Celebration, 1959	13	6
Victor E. Lawson, Willmar, MN	13	7
Personal – Miscellaneous	13	8
Index/Address Book, ca. 1889	14	1
FINANCIAL RECORDS		
Russinngan(?), 1890-1894	14	2
Finances, 1914-1922	14	3
Banking & Accounts, 1924-1940	14	4
Deutsche Bank, 1928-1938	14	5
Cash Books, 1927-1942; 1942-1945; 1945-1947; 1948-1952	14	Loose
Sales of Literature Ledger, 1921-1943	14	Loose
Cash Sales of Literature (?), ca. 1921-1931	14	Loose
Literary Efforts, 1897-1945	14	Loose
Literary Transfer, 1945	14	Loose
Ledger, 1952-1953	14	Loose
“Rough” Cash Books, 1945-1948; 1949-1951; 1951-1953; 1953-1955; 1955-1958	14	Loose
Bank Books	14	Envelope
SCRAPBOOKS (Very fragile condition)		
“Reisebilder” Clippings, 1944-1945	15	Loose
Lindlahr Resort, Elmhurst, IL	15	Loose
Sun-Diet Health Foundation, East Aurora, NY, 1929-1939	15	Loose
Bergholz Clinic, Milwaukee, WI	15	Loose
“All Events” Scrap Book, ca. 1929-1940	15	Loose
Scrapbook – Miscellaneous Clippings, 1947-1950	15	Loose
Books from Personal Library	16	
– <i>The Guide to South Africa for the Use of Tourists, Sportsmen, Invalids &amp; Settlers</i> , 1909-1910 edition		

<ul style="list-style-type: none"> <li>- <i>The Ship of Ishtar</i> by A. Merritt, 1924</li> <li>- <i>Nature Cure</i>, Lindlahr Nature Cure Institutes, n.d.</li> <li>- <i>The Philistine: A Periodical of Protest</i>, Vol. 19 (1904)</li> <li>- <i>Riches</i> by J.F. Rutherford, 1936</li> <li>- <i>Skookum Chuck</i> by Stewart Edward White, 1925</li> <li>- <i>Natura Hygia</i> by Jose Honorato Ferreira, 1918</li> <li>- "<i>The Kingdom is at Hand</i>", 1944</li> <li>- <i>This Freedom</i> by A.S.M. Hutchinson, 1922</li> <li>- <i>D'Artagnan's Letter</i> by M. &amp; H. Bedford-Jones, 1931</li> <li>- <i>My Favorite Story</i> by Fannie Hurst, Ring Lardner, W. Somerset Maugham, et al, 1928</li> <li>- <i>In for a Penny</i> by Sophie Kerr, 1931</li> <li>- Health Series of pamphlets by Dr. Arthur Vos (21 total)</li> <li>- <i>Vorwärts zur Gesundheit!</i></li> <li>- <i>Lehrbuch der Gesichtsausdruckskunde</i> by Louis Kuhne, 1900</li> </ul>		
<p><b>OVERSIZE MATERIAL</b></p> <ul style="list-style-type: none"> <li>- Lecture poster, "An Ancient East India Merchant House," 1946</li> <li>- Lecture poster, "Youthful Living," ca. 1946</li> <li>- Packet of presentation materials: Africa (see also photos)</li> <li>- Packet of presentation materials: Europe</li> <li>- Packet of presentation material: Asia (see also photos)</li> <li>- Original designs of lecture poster and testimonials: "Prof. F. H. Behncke Health Humorist"</li> <li>- Natural Living Physical Culture Club tribute to Dr. and Mrs. John Maxwell on Golden Wedding Anniversary, 1940</li> <li>- Original drawing "The Life-Long Exercise" by Arthur Werner</li> <li>- Originals of two "Blackboard" drawings</li> <li>- Negative of (one page) yellow folder "After 40 Years"</li> <li>- Plates of two brochures: "Prof. F. H. Behncke Health Humorist"</li> <li>- Plates of brochure "The Papers Take a Hand"</li> <li>- Diploma from Lindlahr College of Nature Cure for Doctor of Nature Cure degree, 1917</li> <li>- Certificate from Lindlahr College of Natural Therapeutics for Behncke completing course in Massage and Hydro-Therapy, 1920</li> <li>- Certificate of membership, American Naturopathic Association, 1924</li> <li>- Flyer "Twenty Years of Body Culture," ca. 1915</li> <li>- Tribute to Behncke from <i>Willmar Daily Tribune</i>, 1944</li> <li>- Part of article "The Rocky Mountain Sheep Group" by Remi H. Santens in <i>The Carnegie Magazine</i>, 1937</li> <li>- Tribute to Behncke from Lindlahr students, October 1923</li> </ul>	<p>WHS, Sh. D078</p>	
<p><b>PHOTOS</b></p>		

After the War	17	1
Behncke, F.H.	17	2
Behncke Family	17	3
Bergholz Clinic	17	4
Lindlahr Sanitarium	17	5
People – Identified	17	6
“Pep-Ward Ho!” Duplicates of Illustrations	17	7
Photo Album/Scrapbook: Lindlahr Sanitarium & Health Resort	17	8
Photo Album/Scrapbook: Sun-Diet Health Foundation, East Aurora, NY	17	9
Photo Album/Scrapbook: Sundry Endeavors <ul style="list-style-type: none"> <li>– Colburn Farm, Chautauqua, NY</li> <li>– Seven Villages of the Society of Inspiration, Amana, IA</li> <li>– “House of David,” Benton Harbor, MI</li> <li>– Roland Sander, Hong Kong, China</li> <li>– Gertrude Beal &amp; Barbara, Toronto, Canada</li> </ul>	17	10
Pictures from Calendars, Papers & Church	17	11
Postcards	17	12
Presentation Photos: Africa	17	13
Presentation Photos: Indonesia, 1891-1893	17	14
Presentation Photos/Material: Biographical	17	15
Sun-Diet Health Foundation, East Aurora, NY	17	16
Sundry Photos – U.S.A.	17	17
<b>PHOTO ALBUMS</b>		
Postcard Album: Through 7 states and 52 cities of the U.S.A., 1913-1914	18	Loose
Postcard Album: Various U.S. States/Cities	18	Loose
Lindlahr Sanitarium (?), ca. 1915	18	Loose
“Pilgrimsrest” (Africa scenes)	18	Loose
Life’s Exhibit at 90 Years, 1868-1958	18	Loose
Photo Negatives (Some Glass Plates)	19	
Half-Tones, Cuts #1-10	20	
Half-Tones, Cuts #11-20	21	
<b>OVERSIZE PHOTOS</b> <ul style="list-style-type: none"> <li>– “Essentials for Longevity”</li> <li>– Franz Behncke “At Fifty,” 1928</li> <li>– Graduating class, Lindlahr College of Nature Cure an Osteopathy, 1914</li> <li>– Graduating class, Lindlahr College of Nature Cure, 1916</li> <li>– Graduating class, Progressive College of Chiropractic, 1923</li> <li>– 4 charcoal sketches of Franz Behnke</li> </ul>	WHS, Sh. D079	
<b>OVER-OVERSIZE PHOTOS</b> <ul style="list-style-type: none"> <li>– Lindlahr Sanitarium, n.d.</li> </ul>		

– Unveiling of Dr. Henry Lindlahr Memorial, July 1926		
<p>TRANSFERRED TO MUSEUM DIVISION</p> <ul style="list-style-type: none"> <li data-bbox="237 312 651 352">– Boer Republic flag, ca. 1899</li> <li data-bbox="237 352 602 392">– World War I service flag</li> <li data-bbox="237 392 821 432">– Natural Living Physical Culture Club flag</li> </ul>		