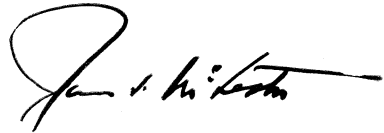
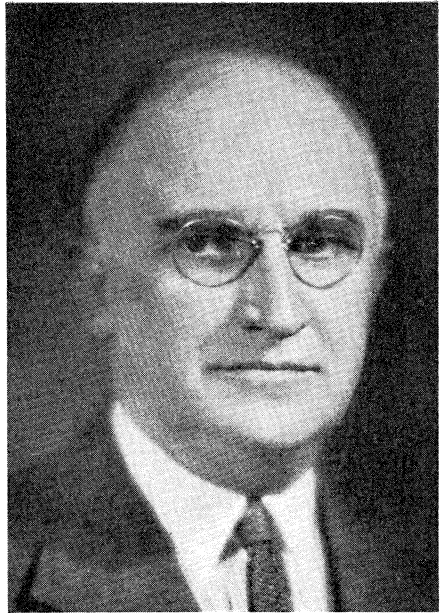




JAMES S. McLESTER, M.D.  
Birmingham, Ala.  
1877-

*Eighty-eighth President, A. M. A.  
Atlantic City Session  
June 10, 11, 12, 13, 14, 1935*



DR. JAMES S. McLESTER came to the office of president of the Association with a distinguished career of service to organized medicine; furthermore, he had become recognized as an authority on metabolic and nutritional disorders, and attained a high place as a medical educator. Through his election, the great membership of the Association in the South was again honored.

He was born in Tuscaloosa, Alabama, January 25, 1877. His collegiate education was obtained at the University of Alabama where he received his Bachelor of Arts degree in 1896; his degree Doctor of Medicine was granted by the University of Virginia in 1899. This was followed by postgraduate studies at the universities of Göttingen and Freiburg, returning in 1902 to become professor of pathology in the Birmingham Medical College. Within a few years his title was changed to professor of medicine, and he began the practice of internal medicine in Birmingham. In 1907 and 1908 he took further postgraduate work in Berlin and Munich. The Birmingham Medical College was discontinued in 1912, and for a few years Doctor Mc Lester was not actively engaged in teaching.

After the establishment of a School of the Medical Sciences by the University of Alabama, Doctor Mc Lester was appointed pro-

fessor of medicine in 1919, and has held this position ever since. A few years ago, a four year medical school of the University of Alabama was organized in Birmingham, and the first class was graduated in 1946. In this significant educational development, Doctor McLester has had a prominent part. He early gained recognition for his learning and leadership as he appeared before medical meetings. Dr. Frank Billings, one of the great leaders of American medicine, was a fine judge of men, and back in those early days, said these prophetic words: "You watch that man McLester—he will go far in medicine."

Soon after the beginning of World War I he was commissioned a Major in the medical service in the Base Hospital at Camp Sheridan. Early in 1918 he was promoted to Lieutenant Colonel in the American Expeditionary Forces, becoming Commanding Officer of Evacuation Hospital No. 18. Upon his return from military service in 1919 he resumed his practice in Birmingham, and became professor of medicine in the University of Alabama School of Medical Sciences.

The research and scientific articles of Dr. McLester have dealt chiefly with diseases of nutrition and metabolism. Besides contributing extensively to the literature on these subjects, he has published two books entitled—"Nutrition and Diet in Health and Disease," and "The Diagnosis and Treatment of Disorders of Metabolism." He also contributed the chapter on "Diseases of the Mediastinum," in the Oxford System of Medicine, and the chapter on Syphilis in Cecil's Textbook of Medicine.

Doctor McLester's first official connection with the American Medical Association was as secretary of the Section on Practice of Medicine in 1917 and 1918, and chairman of this section at the annual session in 1920. He served as a member of the House of Delegates from the Section on Practice of Medicine in 1921, and again from 1929 to 1933, inclusive. In 1929 he became a member of the Council on Medical Education and Hospitals, serving until his election as president in 1934.

He has also since 1933 been a member of the Committee on Foods of the Association with the exception of the two years that he was president.

His presidential address in 1935 was a masterly presentation on "Nutrition and the Future of Man," in which he emphasized the importance of an adequate diet in the improvement of racial stock, of undernourished children, of its influence on heredity and environment, and in its implications on certain political and economic factors; adequate nutrition in its last analysis was a problem of

education and of Government. Much of this gospel was of significant portent in the great World War then in the offing, when the oft quoted dictum "Food will win the war" came to be realized.

Doctor McLester is associated with many learned societies being a Fellow and Past Regent of the American College of Physicians, a member of the Association of American Physicians, the Society of Clinical Investigation, the American Climatological and Clinical Association, and the Southern Medical Association. He was president of the Alabama State Medical Association in 1920.

It can truly be said that he has at all times added distinction and leadership to American medicine.

Dr. McLester continues his consultation practice and teaching in internal medicine in Birmingham, Alabama.

