

JOHN HARVEY KELLOGG (1852-1943)

**LECTURES, SPEECHES, NOTES, AND
ARTICLES, CA. 1890-CA. 1943
(UNDATED BY TOPIC)**

MISCELLANEOUS

The following ladies of the S.D. Baptist Conference being assembled for a brief period of acquaintance and fellowship bear in the hearts a feeling of deep sympathy for our honored and beloved sister, Mrs. E.E. Kellogg in her illness and suffering. We feel a deep sense of loss in being deprived of her presence and association in our meetings and counsels.

We take this means of assuring her of our love and our prayers in her behalf. We hope and trust that the blessing of our Heavenly Father may so rest upon her as fully to restore her health, and that we may yet long enjoy her fellowship and her help in our work and homes.

(Ten

- Mrs. Walter L. Greene
- Mrs. W. L. Whitford, Alfred, N. Y.
- " O. H. Clarke, Schenectady, N. Y.
- Mrs. M. A. Caudall, " "
- Mrs. F. J. Hubbard, Plainfield, N. J.
- Ida B. Cron Little, " "
- Mrs. E. O. Davis, Salem, N. Va.
- Mrs. L. Hoover Harris, Shiloh, N. J.
- Mrs. M. H. Van Horn, Salem, N. Va.
- Mrs. L. K. Towther, Salem, W. Va.
- Mrs. L. J. Clement, Crid, N. Y.
- Mrs. Wardner Davis, Salem, W. Va.
- Mrs. Will Randolph, Lost Creek
- Mrs. Angelina Abby, New Auburn, Minn.
- Mrs. Florence Ellis, Dodge Center, Minn.
- Mrs. Etta E. Ellis, " " "
- Mrs. Ellen Campbell, New Auburn, Minn.
- Mrs. Lydia A. Sutterlee, Battle Creek
- Mrs. L. F. Kinney, Mrs. Eva Mason, Mich.
- Mrs. A. L. Babcock, " "
- Mrs. E. H. Clarke, Battle Creek
- Mrs. Elsie L. Jenney, " "
- Mrs. Emma Lewis, Stamford - Ill.
- Mrs. E. H. Sherkeld, Memphis
- Mrs. A. S. Thayer, Cosmos Church, Elkhart, Kan.
- Mrs. Hattie Haywood, Mich.
- Mrs. Ida Michel, Marion, Iowa
- Mrs. B. G. Davis, Jackson Center, Ohio
- Mrs. S. L. Groves, " "
- Mrs. H. J. Hemphill, North Loup, Neb.
- Mrs. U. J. Smith, Fonke, Ark.
- Mrs. Frank Mentzer, Marion, Iowa
- Mrs. E. Mudge Kelton, Iowa
- Mrs. J. E. Mudge, Kelton, Iowa
- Mrs. A. L. Crandall
- Mrs. Elsie L. Harris
- Mrs. Agnes Dysland
- Mrs. Angelina Babcock, Nortonville, Kans.
- Hannah Mason, " "
- Hannah Vandenberg, " "
- Mrs. H. C. Cadwell, " "
- Mrs. Edna L. Wheeler, " "
- Mrs. E. R. Crandall, Little Geneva, Ill.

Mrs. A. S. Maxson
Battle Creek

Mrs. Burdick Paris Salem W. Va.
Zella Davis " " "

Mrs. George H. Trimmer Salem W. Va.

Miss Charity Davis, Salem, W. Va.

Mrs. William H. Ash Clarksburg W. Va.

Mrs. Emma Jeffrey - Nortonville, Kans.

Daisy Farrow, R. W., Flint, Mich.

Mrs. Ouster. Battle Creek Mich.

Mrs. Floyd Coon Nortonville Kans.

Mrs. Una H. Burdick Little Genesee N. Y.

Mrs. Lelia V. Livermore Andover N. Y.

Mrs. Emma Green Nile N. Y.

Mrs. Sarah M. Eaton Alfred Ky.

Mrs. A. S. Maxson, Milton Junction, Wis.

Mrs. Sylvia Coon Thomas (daughter of Floyd Coon Wis.)

Mrs. D. L. Babcock Albion Wisconsin

Mrs. S. R. Lamphere, Milton, Wisconsin.

Lida Burdick Jeffrey " " "

Mrs. Walter O. Kenyon, Hopkinton, R. I.

Mrs. Geo. W. Coon Milton, Wis.

Mrs. J. H. Coon Milton Wisconsin

Mrs. Leas S. Sayre Albion, Wis.

Mrs. J. Dwight Clarke Milton " "

Mrs. Jennie Godfrey Walnutworth Wis.

" W. R. Busham " "

Mrs. Edward B. Saunders.

The following ladies of the S.D. Baptist Conference being assembled for a brief period of acquaintance and fellowship bear in the hearts a feeling of deep sympathy for our honored and beloved sister, Mrs. E.E. Kellogg in her illness and suffering. We feel a deep sense of loss in being deprived of her presence and association in our meetings and counsels.

We take this means of assuring her of our love and our prayers in her behalf. We hope and trust that the blessing of our Heavenly Father may so rest upon her as fully to restore her health, and that we may yet long enjoy her fellowship and her help in our work and homes.

Mrs. M. B. Kelly

" P. R. Crandall

Mrs. Martha H. Gardner

Mrs. W. B. Lewis

Mrs. J. H. Fogg

Mrs. Lena G. Crawford

Mrs. Frank G. Davis

Mrs. M. W. Greese

Mrs. Lelia V. Livermore

Mrs. H. L. Cottrell

Mrs. E. M. Holston

Mrs. F. C. Vincent

Mrs. Clarence Alsby

Mrs. G. E. Cron

Mrs. N. M. Hart

Mrs. J. E. Maris

Mrs. S. W. Butler

Mrs. C. A. Miller

Mary E. Coon

Mrs. A. W. Hill

Mrs. J. R. Jeffrey

Mrs. E. M. Glasspy

M. L. Williams

Mrs. A. B. West

Metta R. Babcock

Nannie B. Crosby

Mrs. A. F. Burdick

Mrs. Susan Trofbr

Mrs. James Trofbr

" Belle G. Titworth

" E. L. Camenga

" J. R. Williams

" Gettrude C. Clarke

Ruth L. Phillips

Florence Burdick Sedgwick

Amanda M. Jordan

Mrs. F. E. Stillman

Mrs. Fannie A. Lauphere

Anna S. Davis

Eslie L. Rogers

Muriel R. Babcock

Mary E. Burdick Alfred Station

Mollie W. Davis Shiloh

Mrs. Fred Tetterlie

Helen A. Titworth

Mrs. H. P. Ingle

Mary E D West, Mrs S E Brown Little Comstock
Mrs E B Fisher
Mrs Henry L Davis
Mrs. Clara Bond
Mrs. Arthur E. Main
May Dixon -
Mrs. Erle E. Sutton
Mrs L. C. Bassett.
Julia M. Davis with love.
Mrs. Henry H. Ewing
Mrs Leonard M Smalley
Mrs. R. J. Mills
Mrs L. P. Burck
Ethel L. Neworth
Mrs A C Stewart
Mrs J. J. Van Horn
Dr. Rosa Palmborg

Eling Waung (Dr. Palmborg's little Chinese daughter)
Mrs Geo J. Annas Geneva N.Y.
Ethelyn M. Davis.
Mrs. J. E. Hunn.

Anna M. West
Mrs. Harold M. Burdick
{ Mary S Craudall Independence N.Y.
Emma (Benjamin) Craudall sent her love
by me - }

Harriet - Mrs. Salmon's lunch cloth (not found)

Helena - Pitcher from Cayana (not found)
Picture of Post Office delivered

Bessie - Cushion from Boston Elm (not found)

Richard - Sectional book case (at home)
Art. Books from breakfast (not found)

Violet - Heart chair - (refused)
Oak book case (")

Robert - Sectional book case (at home)
Large chair from wedding furniture (at home)

Nettie - Guadalupe water jug.

Jessie - Glass punch bowl (at home)

Erville - ~~type sketches~~

H. C. T. N.

Child's Letter Book

Miss Cooper -

American Mother's Child

Home Economics Library or Y. N. C. A.
Cook Books -

H. C. T. N.

Dining room furniture, table
Bill gate and clock Agnes gate

delivered to
H. C. T. N.
1925

Things of Mrs Kellogg's Personal Things
that have not been ^{found or} ~~seen~~ ^{yet}
or refused.

Harriet

Mrs Salmon's lunch cloth.

Alena

1. Picture of "Last Supper". (Leave)
2. Pitcher from Canada (not found)
3. ~~Sarge Bible~~.

Bessie

Anchor from Boston Elm.

Richard

Small sectional Bookcase
Art Books from Dresden ^{in pictures}
bound.

~~Alena~~

Violet

Health chairs (Violet refused)
Library table (" " "
Oak bookcase (" " "
Steel safe (" " ")

Terisita (Things at Home)
Davenport etc.

Robert

Sectional bookcase (being used)
Large leather chair (can't come for them)

Paul: -

Tray (Japanese) St. Louis

Nettie + Helena Knapp

~~X~~

~~Things are still at home.~~

~~Oil painting " " "~~
Grandfather's water Bottle

Dialine

~~+ Eva's still here. (Riggs cottage)~~

~~Jessie Punch bowl (brought back)~~

Erville: Samp (Electric)

Not delivered

2 Table

3 Psalmody mailed P.P. 1-3-22 letter sent 1-4-22

4 Grandfather's jacket - Knife - mailed 1-3-22

5. Lifes sketches.

Handbag and picture of ancestor.

+ Minnie Davis -

Crunch tray - sent P.P. 1-4-22 letter sent 1-4-22

Miss Thompson

House matto.

+ Porto Rican work basket.

Sent P.P. 1-4-22

letter sent 1-4-22

M.S. T.M.

Child Culture books.

Nina Richardson —

~~Horse Van Dyke~~ - letter sent 1-4-22

Louise

~~Water bottle etc.~~
~~Year book.~~

+ Albert ~~Camel antkwil.~~

Mrs. Cooper —

1. ~~Maible shoes~~ —
2. ~~American mother & child.~~

Julia Hoenes

~~Egg onyx~~
~~Norman books~~

+ Aunt Fannie

Address book.

+ Anna Kellogg

~~Patterson Porto Rican jar (on mantle)~~

S. D. B. Parsonage

Picture of Water fall (get flat made)

Home Economics ^{Library} or J.W.C.A., B.C.

Cook Books

History
Anatomy

Medical Affairs

Textbook

Pain

Pharmacology
Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Dr. D. D. D.

Woolley

Zalun

Kirkman

Clara

Nester

Anna

Garrison

Hester

Hewitt

Edith

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

Pharmacology

(1)

IS IT ANY USE TO PRAY?

WHERE DO IDEAS COME FROM?

WHAT IS THE ESSENCE OF PER-
ALITY?

THE FALSE GOD OF CHRISTENDOM.

PAUL'S ADDRESS AT MAR'S HILL.

CREATIVE POWER.

HECKEL

WM. CULLEN BRYANT

MILLIKAN

CARREL

IS GOD INTERESTED IN US
PERSONALLY?

UNCONSCIOUS GUIDANCE

CONSCIOUS GUIDANCE

EVERY DAY GUIDANCE IN LITTLE
THINGS. ILLUSTRATIONS.

Deaths from overdose of med.
richness & death from coffee,
& opium

for 1 week.

Injuries from alcohol such
as wrecks of trains etc
Deaths & serious casualties

Chippewy Jan 20.

Personal

Sanitarium

Diseased meats of animals &
diseases due to ~~ysters~~ & fish

Race degeneracy, esp.
diseases in women caused by
too much civilization.

~~Journal Research~~

Jan 28/07

Wm. 3/06, July 14/06,

Says old Thomas Fuller, in his Worthies: "Some heathen have causelessly complained of Nature as a stepmother to mankind, because other creatures come into the world clothed with feathers, furs, fleeces, etc.; or armed with paws, claws, beaks, tusks, horns and hoofs, whilst man is exposed naked into the world. I say, a causeless charge; because Providence having given to men hands, and reason to use them, (two blessings denied to other creatures), all clothing, and fencing, are EMINENTLY AND TRANSCENDENTLY bestowed upon him."

"Being arrived at seventy, and considering that by traveling further the same road I should probably be led to the grave, I stopped short, turned about, and walked back again; which done these four years, you may call me sixty-six."

Benjamin Franklin

The world's biggest things

are ~~the~~ ideals:

Ideals, ^{remain} ~~exist~~ when every

thing other perishes.

The influence of a nation ^{na-} ~~ation~~
city depends less upon its size or

its wealth than upon its ideals.

The ideals of a little Greek

city still influence the world

after seventy-five generations of
men have passed away.

While Plato's career has

many noble and worthwhile

enterprises. I am sure if over
I think it will not be sur-
passed that it - over its world-
wide fame to its health-rela-
tive activities.

This regime seems to have
been predestined to health pro-
ducts, for so long ago as the
forties of the last century a
notable health project was
incubating in the nearby town
Olivet where father Sheppard, having
failed to prevail his health ideals
in ~~Olivet~~ that medical center.

hilltop in the woods
dedicated ^{certificates} for a health
town ^{unfortunately for almost} an army of well-creed
necessaries carried off the
river-pioneer and with his
ideals, and so the project
failed. About the same time
the common cooper was ^{travelling}
the roads ^{hereabouts} in
search of health, ^{and literary}
inspiration. Still earlier, ^{1883,} my
father, John Preston ^{McClary,}
passed this way en route ~~off~~
~~by way of~~ to Chicago on a
laced looking excursion, and

a long time before

Total 14, 560

No. of patients whose histories are recorded. —

150

36

104

22

71

5

84 500

27

599

R.X

Sep. 29, 1892

to

Feb. 8 1893

D

P

711

OK

g

@

5

mm

~~150~~

36

104

22

71

5-

54

27

150

Grip	Lyph.	Pen.	S.F.	Wiph.
105-1	123-3	55	41-2	9-1
250-	65-2	30-2		
75	5	73		
24	10		9	
80		11	8	
28	1	6-1		4
275	416-	524	25-	
	410	75-		

827-1 285-5 / 302-3 / 83-3

W. Keller

Railroads were well bought, with Atlantic Coast Line, Norfolk & Western, Frisco, Rock Island and the Erie issues in active demand, and all scored gains. Lehigh Valley, after selling as high as 89-3/8, closed the day at 87-7/8, an advance of 1-3/8 points from Monday's final, while Missouri Pacific preferred advanced 2-5/8 to 88-5/8.

Steel scrap, considered by many a barometer on the steel situation, advanced 50 cents a ton at Chicago to \$13.50. Valley pig iron was marked up 50 cents a ton to base of \$18.50 by a leading Youngstown producer. News on steel operations and business was generally constructive.

Postum Cereal Co. placed its stock on a \$5 annual basis, compared with \$4.40 previously paid. The new rate is equivalent to \$20 a share on the original stock, which was put out some three years ago and subsequently split up so that the holder of one original share would have four shares of the present issue.

Brooklyn-Manhattan Transit showed earnings of \$5 a common share for the 11 months ended May 31 last, against \$4.42 a share in the corresponding period of 1925. Earnings for the year ending June 30 next are expected to approximate \$5.50 a share, which would compare with \$4.64 a share last year.

Walter P. Chrysler, in an interview with Dow, Jones & Co., stated that the Chrysler Corp. will produce in excess of 15,000 cars in June and declared that inventories were low and there was no ground for pessimism regarding the business outlook.

Union Pacific's May net operating income was \$1,947,063, in compared with ~~\$1,821~~ \$1,873,424 a year ago. Norfolk & Western's May surplus was \$2,913,239, against \$1,381,743 a year ago.

Foreign exchanges were steady, with very little activity except that furnished by the French franc. Sterling Cables were firm

(List of books presented to Dr. John Harvey Kellogg, on his 84th birthday, February 26, 1936.)

Deliverance	Mrs. B. R. Kessler
Government	
The Harp of God	
Prophecy	
Creation	
Land of the Free -	Dr. Norman (Pulitzer Prize)
Quality House -	?
Florida Poets -	A. Graynella Packer
Jane Addams -	Mrs. Emma S. Wertheim
Anthropology and Modern Life -	Mrs. Minnie Salzman
Can Nations Live at Home -	Mr. L. M. Rubens, Police Com.
The Restless Universe -	Mrs. Julian
Desolate Marches -	Judge and Mrs. Warren T. Davis
The Exile -	" " " " " "
A Kipling Pageant -	Miss Alice G. Walsh
The Human Mind -	Miss Bessie L. Walsh
Spring Came on Forever -	Mrs. A. B. Florsheim and Leo B. Rose
Songs from the Slums -	Nan and Garrett Stearly
Green Hills of Africa -	Miss Helen Forbes
The Next Hundred Years -	Mrs. W. R. Prescott
Valiant is the Word for Carrie -	Mrs. Pope Yateman
The Asiatics -	T " " "
Actions and Reactions - An Auto- biography of Roger W. Babson -	Mr. Roger W. Babson
Man, The Unknown -	Mr. and Mrs. L. D. West
The Biologic Basis of Human Nature -	Mrs. McDonald
The History of American Sailing Vessels -	Mr. John P. Harding.

Inside Europe -	Dr. and Mrs. Jeffrey
Universal Education in the South -	Dr. Charles W. Dabney
What is the Oxford Group? -	Lady Nanton
The Phenomena of Life -	Mrs. Merriam
The Holiest of All -	Mrs. Margaret Pjader
Genetics -	Colonel I. Friedkin
Fishes and Their Ways of Life -	Fannie Sakritz
Discovery -	Mr. Morgan Kaufman
The Soul of George Washington -	Judge Joseph Buffington

1934
Excerpt from Dr. M. Hindhede's new book,
"Fuldkommen Sunhed og Vejen Dertil," ("The Way to Perfect Health")
Concerning Dr. John Harvey Kellogg. P. 229.

In America there is a well known Sanitarium in Battle Creek under the direction of Dr. Kellogg.

Dr. John Harvey Kellogg, according to my view, is a man of the greatest importance. He was born in 1852 and is now eighty-two years old. At the age of sixteen he suffered a severe attack of pulmonary tuberculosis. As the Doctor one day was explaining to the father that the condition was hopeless and that it was only a question of a fatal result, it happened that the son in an adjoining room heard the conversation. He decided that he did not want to die and this was the beginning of a study of hygiene and the laws of health to which he gave his entire life. This led him to total abstinence from all narcotics, to life in the fresh air and sunshine. By these means he regained his health in a couple of years and finally qualified as a doctor at the age of twenty-three. He settled in Battle Creek, Michigan and a year later joined the Sanitarium as Medical Superintendent, which institution he has developed until it is the largest Sanitarium of its kind in the world. His ideals are the same as mine: away from modern habits of life back to nature and away from exaggerated medicinal treatment. Naturally at the beginning of his career he was in conflict with his colleagues who threatened to turn him out of the Medical Societies. But Dr. Kellogg invited his enemies as guests of the Sanitarium and it happened that these guests became his good friends and exclusion from the medical society was dropped. Dr. Kellogg sometimes, in his enthusiasm, may have gone a little to the extreme in his position, for a pioneer of new ideas can with difficulty avoid such an experience, but that his work has been of the very greatest importance nobody now denies. In 1906 he founded the Race Betterment Foundation which has conducted three large Congresses where numerous recognized scientists have taken part. It was my visit to the last of these

Congresses that led to my being invited to give lectures to a number of Universities both in the east and west. Dr. Kellogg has certainly earned much money, but he has generously given his funds for altruistic work. Among other things in his private home he cared for forty-eight orphans. When he was traveling in those days and met an unfortunate child in need he often took the child to his home. These children he has reared and educated. Dr. Kellogg fifty years ago introduced electric light therapy as a substitute for sunshine and thus was far in advance of Finsen. In addition he introduced and developed a brilliant system of treatment by massage and medical gymnastics, both manual and mechanical. Honor to Dr. Kellogg. He is the most important medical authority and he possesses the finest ideals of any physician that I know.

Excerpt from Dr. M. Hindhede's new book,
"Fuldkommen Sundhed og Vejen Dertil," ("The Way to Perfect Health")
Concerning Dr. John Harvey Kellogg, P. 236.

In "Good Health" for January 1933 the editor, John Harvey Kellogg, M. D.,
in an article on "The Meatless Dietary in Skin Disease - Psoriasis," writes:

"Some eighteen years ago, a remarkable paper appeared which was a report
of an intensive research conducted by four able skin specialists, Drs. Schamberg,
Kolmer, Ringer and Raiziss. The title of the paper was "Research Studies in
Psoriasis." This work demonstrated in a most conclusive manner the potency
of a low protein diet in combating psoriasis. Dr. Schamberg, now recognized
as a leading authority in skin affections, in a recent paper in the Journal of
the American Medical Association, reiterates the views presented in his previous
paper and cites the following case in support of his claims:

"A young woman art student of Paris had a severe and much thickened
psoriasis covering two-thirds of the body surface. She placed herself under
the care of the leading dermatologist of Paris, who could not accomplish
anything with her. She then went to London and was under the care of two
able dermatologists there. She then proceeded to New York and was successively
under the care of five of New York's best known dermatologists without, however,
any change in her condition. She was then sent to us and we placed her under the
low protein diet, and within three weeks her skin responded so well that we
were able to use a derivative of chrysarobin, which was splendidly tolerated.
In a short time she was free from eruption and remained so for eighteen years,
when she died of some other cause."

A. B. Olsen, M. D.

PARTIAL REPORT OF A MEETING HELD AT DR. KELLOGG'S RESIDENCE, SATURDAY NIGHT, AUGUST 8, IN WHICH DR. KELLOGG AND DR. N. ZUNTZ, OF BERLIN, ARE REPRESENTED.

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(I could not hear very well, neither could I understand Professor Zuntz's English very well, so the report is only fragmentary. J. T. C.)

Dr. Kellogg queried: You think then Chittenden is right in his contention about the low protein standard?

Dr. Zuntz answered: Yes; I do not see any evil in it. While I do not think the question is as yet decided, I believe he has proved that men can keep their vital resistance and their vigor, and even become more healthy if they live on a low protein standard, but there does not yet exist proof that they have the same resistance against infectious diseases as men who live on a higher protein ration. We may mention in regard to this, however, in general, the fact that vegetarian animals are more liable to infectious diseases than are the carnivorous animals such as dogs. This is proved, at least, in reference to the usual diseases, such as tuberculosis. It is true that there may be other factors in the matter. It may be true, as Dr. Kellogg suggests, that goats that live in stables are more resistant than the cattle that live in stables, while among mountain goats tuberculosis is not known. That may be true, yet I must mention this thing: ^{at the} ~~at a recent international~~ congress held in Berlin in which the subject of a minimum protein diet was discussed, the rather general opinion was that it was somewhat dangerous to preach a diminution of albuminous substances in the daily ration. With one exception, the holders of these views could not give any exact proof against diminishing the albuminous diet, but they had ^{an impression} ~~a sensation~~ against it.

Personally, I have no opinion. On the contrary, I was one of the few who dared to express an opinion that the protein standard was too high. Sir Michael Foster, who was present, and who had made experiments upon the

16
opsonic index of animals, reported that he had found that the action of the phagocytes on the different bacteria was diminished on the low albuminous ration. Of course this would not prove that the resistance of these animals against infectious disease was low, for there may be many other factors besides phagocytosis to be reckoned with in the study of resistance against infection. But this ^{was} the only positive argument brought by any observer against the low protein ration. All the other arguments were not arguments, but sensations--impressions.

It would be of great interest if Dr. Kellogg and his colleagues should gather together and report their results in relation to the low protein standard.

Dr. Kellogg mentioned that when he was a lad of fourteen he was so puny and in such poor health that he was not expected to live until he was twenty years of age, while now he is enjoying the very best of health, although he has done an enormous amount of work during his lifetime.

The Doctor also cited the comparatively small number of cases of typhoid fever, appendicitis, pneumonia, and other infectious diseases among the members of the Sanitarium community, numbering about two thousand people. He also mentioned the low mortality in the cases of pneumonia and typhoid fever in the cases that did occur.

Professor Zuntz suggested that the higher resistance to disease ~~is~~ which seemed to be found among the members of the Sanitarium community might not necessarily be derived from the diet alone, but, he said, "you have good water, plenty of fresh air, your people take a reasonable amount of exercise and live under comparatively favorable conditions. It may be that these other factors ~~is~~ enter into the question. What Dr. Kellogg says is good argument, but it is not proof. Personally I have lowered my albumin ration very much during the last five or six years. I enjoy very much the non-albuminous foods, especially sweets. When I was fifteen or sixteen my young friends who were studying medicine told me that I was suffering from an infection of the superior portion of the lungs, but now I feel very well. Dr. Detweiler, whom you know

very well as an authority on tuberculosis, lived on a diet which is very rich in albumin. He himself in his youth was an excellent candidate for tuberculosis, but he recovered on a diet furnishing a high protein ration. He ~~is~~ too had an abundance of fresh air, lived an out-of-door life, exercise, etc., so I think what ^{Doctor here has} he cited is an argument and a good one, but not proof.

For "Health Lessons from the Orient."

THE PYRAMID BUILDERS

Manner of Dress of People of Egypt in the time of the Pyramid Building.

Men.

Great simplicity, wonderfully plain, very little variety of style and ornament.

Only the grantees wore elaborate wigs, it being imperative that men shave the head for sake of cleanliness.

When employed in the common duties of life--building and the trades--dress was scanty--consisted of short tunic usually of white linen, reaching from waist to knees, was only garment worn. Arms, chest, legs and feet bare. Sandals or shoes unknown. Only ornament an amulet about the neck.

Women (Dress)

As simple as the dress of the men. single garment--a short gown or skirt reaching from below the bosom to half way down the calf of the leg, supported by two broad straps passed over the shoulders.

Feet, chest and arms bare.

Only ornaments were bracelets ~~around~~ around the wrists.

Hair was worn long, and gathered into three masses, one behind, and two hung just in front of the shoulders.

Pyramids of Egypt.

60 to 70 pyramids in Egypt, chiefly in neighborhood of Memphis.

Some nearly perfect at present; others in ruins. All preserve their ancient shape when observed from afar.

Two are larger than all the others--"Great Pyramid," and Second Pyramid.

A Third, called "Third Pyramid."

Third Pyramid (Smallest of the three).

Base 354 feet square (each way).

Height 218 feet.

Area, 2 acres, 3 roods, 23 poles (about one ord. London square).

Cubic contents, 9,000,000 cu. ft. of solid masonry.

Weight calculated 702,460 tons.

Height not so impressive to eye as the mass.

Masonry excellent.

Ingenuity shown in construction great.

Series of sepulchral chambers sunk in rock forming base of pyramid, exquisitely polished and beautifully carved.

Weight of sarcophagus of King Menkaura in this pyramid was 3 tons. This is now not to be found.

Second Pyramid.

Northeast of "Third" 275 yards distant.

Base 707 feet each way.

Area 11-1/2 acres, or nearly double that of Coliseum at Rome.

Height 454 feet (50 feet higher than Salisbury Cathedral spire)

Cubic contents estimated 71,670,000 cu. ft.

Weight 5,309,000 tons.

Comparisons.

L. Contents of structure of Second Pyramid of Ghizeh, laid down in a line, a foot in depth and breadth, would be a line 13,500 miles long, and would reach more than half way around the equator.

2. Suppose a single man carry 1 ton of stone a week, then it would have required above 20,000 to carry stone for 5 years in order to obtain the necessary material. But if the blocks were required to be made very large, a larger number of men would have to be employed, and a greater amount of time would have been occupied in the work.

"Great Pyramid."

Lenormant says, "It is the most prodigious of all human constructions."

North of second pyramid, 200 yards distant from "Second."

Height, over 480 ft. originally.

Exceeds Strasburg Cathedral 6 ft in height, St. Peters (Rome) by 30 feet, St. Stevens (Vienna) by 50 ft., St. Paul's (London) by 120 ft., and Capitol, (Washington) by 200 ft.

Cubic Contents, 89,000,000 ft.

Weight of its mass 6,840,000 tons.

Area, 13 acres, 1 rood, 22 poles. Two acres more than "Second."

Cubic Contents laid in a line 1 ft. square would reach a distance of 17,000 miles-- $\frac{2}{3}$ earth's circumference.

100,000 men worked for 20 years, says Herodotus, to construct it.

Blocks composing it,

At Base, are 30 ft. long
5 ft. high
4 or 5 ft. wide
cubic contents 650-700 ft.
weight 46-50 tons.

At roof, granite blocks.
19 ft. long
2 ft. wide
3-4 feet high.

External stones are of a size with which modern builders never venture to deal. The exterior blocks on top are very much smaller.

Internally, of comparatively small stones, carefully hewn, and fitted together perfectly.

The blocks of granite are supposed to have been brought from Syene-- 500 miles distant; polished like glass and fitted so that the joints are scarcely detected.

The construction of the galleries has been carried out with such an astonishing amount of precision that notwithstanding the immense weight over them, no settlement, or crack can be detected in their walls. (Ferguson "History of Architecture.")

Great Pyramid supposed to have been built by King Khufu as a sarcophagus for his body at his death. He was a very selfish King and oppressed the people by employing them as workmen on the pyramid.

Notes on the life of Count Lyeff Nikolaevitch Tolstoy.

He has a stately, commanding, imposing figure of massive proportion and majestic picturesqueness, a leonine head, and a strong face, projecting eyebrows, thick sensuous lips, low impressive voice, calm manner, deep soft spiritual light of the eyes that tell that the battle of life has been well fought, the victory won. All of the Count's family speak English.

Tolstoy is a vegetarian from conviction, deeming the more simple, nutrient foods as more physiological and esthetic. Animal food to him is flesh, dead flesh. His love of living creatures prevents him from taking life.

He says: "I do not believe that violent resistance to evil is ever justifiable under any circumstances."

Tolstoy is coming to know that man, through realization of innate powers, creates his own defense,--confidence breeds confidence. The Christ in you sees a Christ in every human heart.

He says, "Invisible life upon which we enter after the death of the body is the only life for time as well as for Eternity."

Tolstoy born in 1828. A yunker in the army at 25. Peace made when he was 26 yrs. old. In his confessions he says that life in his younger days was not influenced by "what do I know and what can I teach", but that he like others was influenced by the popular theory that the artist, the poet taught unconsciously and needed to know nothing.

He once lived on a road to a cemetery where his sensitive soul was impressed by the daily passing of funeral trains until he says, "I only saw one thing--Death. Everything else was a lie." And he looked back at his life of fame as melancholy, horrible, ludicrous. He says "we were all then convinced that we must talk, talk, write and print as quickly as possible and as much as possible; because it was ~~possible~~ necessary for the good of humanity. He was lead to investigate the misery of Moscow but abandoned his philanthropic projects and began to realize that he and all other respectable and well to do people were the direct causes of the misery

Tolstoy -2-

of poverty.

Tolstoy's doctrine summed up.

Resist not evil

Judge not

Be not angry

Love one woman.

Tolstoy says some people seem led toward goodness by the heart, and others by the head--the latter is in some respects the better process. "You may be weary and wish to turn back, but when you have unraveled the tangle of life you see clearly that there is nowhere to turn back to. You must go on."

The problem of life is "What are we alive for?"

Henry D. Thoreau.

Lived alone in the woods one mile from neighbors in a house he built himself and lived by labor of his own hands alone for two and one-half years.

"As if you could kill time without injuring Eternity." --Thoreau.

"Man's capacities have never been measured; nor are we to judge of what he can do by any precedents, so little has been tried."

How can a man be a philosopher and not maintain his vital heat by better methods than other men. Most of the luxuries and many of the comforts of life are not only indispensable but positive hindrances to the elevation of mankind.

All costume of a man is pitiful or grotesque. Every generation laughs at the old fashion but religiously follows the new.

He says that for more than five years he maintained himself by the labor of his hands, by working about six weeks in a year he met all of the expense of living, having the whole of the winter and most of the summer for study. The objection to the trades he says that he should be obliged to dress, train and even think and believe accordingly, and that expenses were great in proportion. He says that even huckleberry picking needs solicitation for buyers and thus is cursed by "trade", that though you trade in messages from Heaven, the whole curse of trade attaches to the business,

Of philanthropy he says: "Be sure that you give the poor the aid they most need, though it be your example that leaves them far behind. If you give money, spend yourselves with it. Often a poor man is not so cold and hungry as he is dirty and ragged and gross."

He found out accidentally the value of unfermented breads--by accidentally scalding his yeast--and ever after discarded leaven which he says "some deem the soul of ~~the~~ bread, the spiritus which fills its cellular tissue and which is religiously preserved like the vestal fire." He gives the translated recipe of Marcus Porcius Cato (200 B. C.) for bread making and this he followed. "Make kneaded bread thus: Wash your hands and trough well. Put the meal in the trough, add water gradually and knead it thoroughly. Mould it and bake it under cover (in a baking kettle.)"

Remarks by Dr. J. H. Kellogg
at the
Funeral of Professor G. H. Bell.

I esteem it an honor to stand here to-day, and offer a tribute to the memory of a man for whom, for more than thirty years, I have entertained the highest regard and esteem. I became acquainted with Professor Bell when I was a boy about sixteen years of age, and I am sure that I owe to him more than to any other man what small success I have had in my life in seeking truth. I found in Professor Bell a man who gave reasons for things; who answered for me the questions which I did not find answered in schools, and who taught me to seek the root of things as a foundation. I found him to be a man who loved truth, who loved truth so supremely that he was willing to lay down his life for it, and be a martyr if necessary. I found him to be a man who was always ready to encourage those who were seeking truth, and to point out the way of investigation and enquiry.

I am sure that no man has lived in this community who has done more to sow vital seeds in the hearts of men and women, boys and girls, - seeds that will spring up and bear fruit in after-life. I heartily agree with the words that have been uttered by Doctor Waggoner in reference to the influence of this man's life. And I feel most of all bereaved in this sad event. I have felt that in Professor Bell I always had a friend who would appreciate everything that was true, everything that was sweet, everything that was pure, and everything that was good and beautiful. I am sure that this community has not known the man as he was. He has lived here for many years, but only those who came in closest touch with him as pupils and friends have ever learned to appreciate him, and to know what a wealth of

tenderness, of childlike simplicity, combined with the noblest traits of character, great mental capacity, and the perseverance and keen insight of a philosopher, he possessed. I am sure that few have appreciated this who have not had the opportunity of knowing intimately the one whom these sad circumstances have taken from us. I feel that I am bereaved as I have seldom before been bereaved. When I looked upon his face at the Hospital after the accident, and saw that his case was hopeless, that nothing could be done, I felt sad indeed. The accident was of such a nature that if the most skilled surgeons had been at hand the moment it occurred, relief would have been utterly impossible. But it is some comfort to know that his death was a painless one, and not one long-drawn out, full of agony and anguish.

I want to extend to the family my most hearty sympathy, and I feel that the whole community will join in this.

FALSE PHILOSOPHY.

In the introductory chapter of his most interesting and instructive work, "The Liver of Dyspeptics," Dr. Emile Boix remarks:--

"Toxicology is becoming, as it were, almost the whole science of medicine, as it is extending its domain beyond the mineral and vegetable world; and it is to be hoped that it will inform us in regard to the various microbial poisons and their effects, and will also demonstrate to us how we may be able, by opposing other poisons to these poisons, to neutralize or weaken their action; for every medicine is a poison and every poison a medicine."

The above is perhaps as clear a statement as has ever been made of a fatal error which, away back in the centuries somewhere, crept into medical philosophy. Who is the originator of the idea that "every medicine is a poison and every poison a medicine," it is perhaps not worth while to seek to ascertain, but that a considerable proportion of the medical profession are prepared to accept this proposition as an axiomatic statement, is a lamentable fact.

The hoary-headed error that every poison is a medicine is not the least potent of the causes which have helped to shorten the lives of millions, and which have culminated in bringing upon us an era of race deterioration and degeneration which, unless checked, will in a few centuries exterminate every civilized race, or reduce it to a condition worse than that of savagery. The idea that every poison is a medicine has for centuries led the medical profession to devote a large part of its energies in search of new poisons. Pharmaceutical enterprise has sent explorers to the ends of earth to scour the forests and dens and bogs and mountain recesses in search of new weeds from which to extract toxic substances, and no small proportion of the medical profession has

devoted not a little of its time and energies to the unphilosophical occupation of the quantity and the quality of poisonous properties of the newly discovered compounds by systematic experimentation upon animals and men. Think of the vast number of animals who have died victims to these toxicological investigations, called "physiological researches!" And consider also the vast waste of human energy which this study of poisons has cost the human beings who have been ~~making~~ ^{made} the subjects of experimentation. From the writer's standpoint, ~~xx~~ this vast outlay of time and vital energy has been worse than wasted. What an immense gain might have been made for the race had the same energy and perseverance been devoted to the study of the relation of the habits of life in eating, dress, etc., to health and disease, and to the work of persuading men to turn away from their evil ways and walk in the path of physical righteousness.

To say that all drugs are poisons and that all poisons are drugs, if not the exact truth, would be much nearer the truth than to assert that all poisons are medicines. But such general credence is given to the idea that the most powerful poisons are the most powerful and valuable medicine, that it is probable that nothing but a medical revolution will ever succeed in uprooting the upas tree of poisonpathy from the theories and practices of the medical profession.

Dr. Jacob Bigelow and Dr. Oliver Wendell Holmes ~~XXXXXXXX~~ half a century ago pioneered the way for rational medicine in this country, as did Sir John Forbes in England. Since their time there has been growing up a new science of medicine based upon the idea that poisons do not cure disease, but that the only curative power is nature, that when men recover from illness, it is through the operation of that hidden curative energy which the ancients designated the vis medicatrix naturae, and not by any system of poison antidoting. Too often, however, still, in the routine practice of physicians, the vis medicatrix naturae is utterly

forgotten, and the physician seems to regard nature as did Collen, who said, "I would drive nature out of the sick room as I would a squalling cat!"

In the light of modern physiological and ethiological research, it is certainly high time that we begin to devote more attention to the study of natural methods of cure, to the operation of physiological remedies, like air, water, exercise, diet, electricity, and sunlight, and to increasing the resistance of the body and aiding the natural processes of cure, instead of attacking the body right and left with deadly missiles of divers sorts, with the idea that the disease is something to be "juggulated", aborted, antidoted, or otherwise exterminated by the use of toxic agents, ~~a process which too often~~ Too often the result of this sort of conflict between the doctor and the disease is to leave the body in the torn and desolate condition of a battle-ground upon which two contending armies have waged a deadly warfare.

SCIENCE JOTTINGS.

ABOUT HANDS

CHESS.

The other day I came across a reference to that old Bridgewater treatise on the hand. Like its compeers, this work had the most laudable aim of setting the Divine origin of the human species by a reference to the perfect adaptation of the hand to all the wants of man. Here, as in the case of the famous argument of Paley, everything was regarded as designed for the purpose for which it was used. Modern science attains to a like result by a different road. An organ has come to be what it is, not because it began its existence as a perfect part, but in virtue of its gradual adaptation to the functions it exercises. Just as Paley's watch was the outcome of a long development and of improvement in timekeepers, so man's hand evidently represents the last or latest term in many hand-evolutions. This latter belief does not ignore necessarily any argument of the "design" nature. The "Reign of Law" applies here as elsewhere in nature; and the fact that man possesses a very perfect hand only testifies to the excellence of the arrangements whereby, from lower and less perfect states of life and structure, man has come literally to rejoice in his handiworks.

This hand question is more complex than it might appear to be to the casual observer. Sir Charles Bell said we ought to define the hand as an exclusive human possession. I have often wondered at this declaration, for that famous anatomist must have known that practically all backboneed animals possess "hands." In the paired fins of fishes—which are their limbs—the hand may be ill-defined, but when we rise above them and reach the frogs, the hand parts are very much in evidence. Reptiles exhibit hands by no means of low degree, as anyone who has watched the movements of a chameleon will attest. Birds' hands are useless. They do not require such a structure, or, to be more accurate, their arm or wing is all-subservient to the function of flight. My parrot uses his foot and his beak as a hand, and very efficient instruments they are, for he holds his nut very aptly and easily with his toes, and contrives to pick out its kernel with dexterity. But if I dissect his wing I shall find a hand represented in the bones of his arm. There will be a thumb and also two fingers, these last joined together, all massed in the wing, so as to constitute it an effective aerial oar.

The paddle of the whale, to come to our own class, ends in a distinct hand; but, like that of the bird, it is enveloped in skin and muscle, so as to make an effective fin. It is not only in the matter of a hand, be it remembered, that we find a general type or build in the limbs of backboneed animals. The similarity extends to the whole limb, and indeed to the entire skeleton. It is not surprising, therefore, to discover that as all these limbs (and bodies likewise) are constructed on one common plan, the hand should agree in its conformity to the general type. Facts of this kind take no denial. They constitute proofs, of exact nature, that our own structure and that of all our lower neighbours present us with evolutions from a common type; only in man's case the modification has reached its highest excellence.

No better illustration of the fact that all "hands" have been derived from a common type can be found than is represented in the case of the horse. This is a much modified quadruped. It walks on one finger and one toe, the third or middle digit. All its other toes have nearly disappeared. In addition to the big third toe—the hoof of which is the highly-developed nail—the horse possesses rudiments of its second and fourth toes in the shape of two "splint" bones, which lie alongside the palm-bone of the third. If we trace the pedigree of the horse backwards in time, as revealed to us by a very complete series of fossil horses, we find the "splints" dangling by the side of the leg as "dew-claws." Then, backwards still, we get these second and fourth toes touching the ground. In this stage of its ancestry the horse was a three-toed quadruped. Earlier still it had four toes, and finally we get to a five-toed ancestor. There is no doubt about this matter, for we have the fossils to appeal to by way of proof. Therefore, here we have an example of how evolution acts in providing us with a one-fingered hand out of a five-fingered one; and the horse has become the fleet animal it is, largely by reason of the change.

In the hand of man we have the five-fingered type, modified specially for his own use. His thumb is much more mobile than that of any ape. He can throw it easily into the palm so as to oppose it to the other fingers, singly or together, and thus grasp firmly or lightly, and execute all the other actions associated with his ways and works, be they great or small. None the less, however, is man's hand an evolution. He has the same bones seen in lower forms, and, what is more to the point, he may now and then give us a hint of his evolution in respect of the development of certain parts which, unusual in humanity, are yet common in certain phases of lower life. Thus, in his wrist he has eight bones—there are only seven in the horse's "knee," which, of course, is really its wrist. But sometimes man shows a ninth wrist-bone as a distinct element in this part of his frame. This extra bone appears in him in precisely the same situation in which it is developed naturally in the wrist of the orang, the gibbon, and other apes, and also in that of many rodent animals and insectivora like the moles.

This, again, is a demonstration of the common type, that type of which Tennyson says nature is so careful. The glory of it all is that, however we have attained to the dignity of the most perfect hand, it is our own exclusive possession. Like our heel-bone, which is more prominent than that of any other animal, having regard to the size of body and foot, the hand is a structure which may well be regarded with deep interest as a mark of man's high estate.

ANDREW WILSON.

CURIOSITIES OF THE HAND.

Under this title a number of interesting facts regarding the human hand have been collected in an article contributed to LA SCIENCE ILLUSTRÉE (March 15) by M. G. d'Angerville. The writer begins with a description of some curious anomalies and deformities of the hand. He says:

"An infirmity as frequent as it is little noticed is the presence of a sixth finger. We say that this is little noticed when the supplementary finger is well formed; the more or less authentic tale is told of a husband who failed to notice until several months after his marriage that his wife was six-fingered. In asking for her hand he had got more than he bargained for—at least, so far as fingers were concerned.

"The supplementary finger is sometimes a second thumb, which is very much in the way; more often it is a second index or little finger. In this case the supplementary finger follows the movement of the other fingers, and can pick up objects. Seven-fingered hands are not extremely rare.

"Polydactylism is easily transmissible by heredity. It affects sometimes not only the two hands but also the feet.

"Retrodactylism, or reduction of the numbers of the fingers, is also quite frequent. In four-fingered hands the fingers are placed symmetrically and include, so to speak, two thumbs, opposable to the other fingers. Some hands have but three fingers; others only two. This anomaly is known commonly as 'lobster-claw'."

In normal hands, M. d'Angerville tells us, the middle finger is always the longest; the thumb and little finger the shortest, the index and ring finger being intermediate. But here he notes a curious point. With many persons the index is longer than the ring finger; with others the reverse is the case. Professor Roker of Freiburg has taken up this question. He remarks in the first place that in large monkeys—the gorilla, the chimpanzee, and the orang—the index is always shorter than the ring finger. Of 25 negroes the ring finger was found to be longer than the

index in 24 cases by about 8 millimeters ($1/3$ inch); in the remaining case the length was the same. With Europeans, the index is sometimes longer and sometimes shorter; with women the ring finger is often shorter. In antique works of art the index is always longer than the ring-finger. Eker thinks that the long index-finger indicates a higher type of hand and that it is found by preference among women. An Italian anatomist, Dr. Mantegazza, has taken up the investigation. In a series of 711 observations he finds that the index is generally shorter and that equality of the two fingers is very rare. The long index, he also finds, is met most frequently among women. M. d'Angerville assures us that the relative lengths of these fingers has no racial significance. It is not an anatomical characteristic, and we can not properly affirm either that man has an index-finger shorter than his ring-finger or VICE VERSA. He goes on to say:

"The hand may play a very important part in anthropometry. M. Bertillon takes account of this in his system. It is curious to find a similar process in use in Annam. To identify a person, a thin piece of bamboo is placed between the middle and ring-finger of his left hand; the base of the angle and the distance between the phalanges are noted by marks. This piece of bamboo is kept, and when the person comes again to the village his identity is established by placing it between his fingers.

"In Annam, also, the signature, in the case of illiterates, is replaced by measurement of the index-finger. The illiterates seizes the writing that he wishes to sign between the index and the middle finger so that the angle between them just touches the edge of the paper; then the place occupied by the index-finger is carefully marked by punching the paper, noting the base of the nail, the knuckles, etc. . . . The signature of a woman is taken by mensuration of the right index-finger; that of a man by the left.

"Another anthropometric index of the first rank is the digital print that has often been discussed. By pressing the finger on an ink-

ed plate and then on a sheet of white paper, there is left on the latter the trace of a thousand tiny ridges formed by the change agglomeration of the sudoriferous glands. It is impossible to find two prints exactly alike. -----

"A distinguished pianist, Madame Jaëll, has conceived the ingenious idea of applying finger-prints to the study of the qualities of touch and to their improvement. By this method it is possible to ascertain how much a pupil applies his fingers to the keys and thus his touch can be regulated and systematized.

"Dr. Féré, a well-known scientist, replaces chiromancy by an examination of fingertips. The palmist wants the whole hand; the end of the finger suffices for the doctor. This physician maintains, in fact, that the more fine, detailed, and delicate are the digital prints, so much more perfect is the action of the finger and so much superior the man. This is quite possible.

"Many persons have hair on the hand Kidd, the English naturalist has recently called attention to the fact that the hair on the back of the hand is always absent on the joint that bears the nail, is rare on the middle joint, and is always present on the first joint.....

"This hair is evidently the remains of the fur that our prehuman ancestors possessed. It is thus unequally distributed because the end joint is much more exposed than the others to contact and friction.

"The hand is a factor of the first importance in hygiene. Certain maladies, including some of the most serious, are transmitted through it. 'How many people,' says Dr. Pinard, 'take off their shoes, soiling their hands with the dust and then sit down to a meal without washing! Is it necessary to explain how contagion may result?'.....

"Again the hands, which in the case of a workman are always in contact with his tools, and in any case are always in motion, are more subject to wounds and burns than other parts of the body. Every lesion of the skin is a door opened to possible infection; so the means of defense

are very abundant in the hand. The lymphatic capillaries form over it a thick network, especially at the ends of the fingers.....The leucocytes or white-blood corpuscles abound in them, and when a burn opens the gate of invasion to microbes, they hasten to the spot, surround the tiny invaders, and digest them. This is the important phenomenon of phagocytosis discovered and studied by Metchnikoff."

Translation made for THE LITERARY DIGEST.

OBSERVATIONS OF MEDICAL STUDENTS.

Persons of all classes who come to visit the Sanitarium for the first time are, without exception, surprised at the completeness and magnitude of the various departments. At first they are simply curious and follow with an air of, "I don't care much whither I see it or not."

Soon they lose this and become more deeply interested, first at the size of the departments, cheeriness of the dining room and parlor, and thoroughly scientific basis upon which every class of treatment is based. So profoundly do these things impress them, that by the time they have seen through the departments on the first floor, they are ready to receive without hesitation any explanation offered for such successful growth and development. So far none have been other wise than favorably impressed with the beauty and symmetry of the principles upon which they are instituted. Many agree that these are undoubtedly God-ordained.

The careful and conscientious efforts put forth in showing visitors around, and proper explanation of all its appliances, and watchfulness for opportunities to introduce the great "secret" of it all, are going to result in widely scattered, but staunch friends. Nothing will do as much good for the institution, in a financial way as this. Many of the visitors are from the city, and are very much surprised at the magnitude of the work.

This is our opportunity of making friends of the "Mammon of unrighteousness."

All remark upon the calm, peaceful atmosphere that prevades. Some upon the ~~contrary~~ courtesy shown by every one to each other. One gentleman from Chicago was very much surprised at the absence of all "joking and bantering." We are indeed, "A spectacle unto man and to angels." "Read and known of all men." "A city set on a hill."

Many visitors are scientific men, doctors, engineers, mining managers etc. etc. And these are always impressed with the completeness and thoroughness of everything. Such testimony is valuable.

If you have a man who is sceptical as to the standing of the institution, send him around with a company of such visitors and let him hear the remarks they make, upon being carefully introduced to the institution.

It is a field of great importance. The first impressions are the most lasting, and it is very important they be carefully and well made.

(Signed) John S. Reekie.

Second:-

Hen eggs that have been laid ten or twelve hours or less, when incubated for twenty-four hours, contain embryos all the way from fifteen to forty-eight hours old. I think that there must be a difference in the amount of incubation which the eggs undergo in the hen before they are laid.

It is said that if the temperature of the incubator goes above 40°C, the chicks are killed, but I have found that it may go as high as 46°C. for a short time without injuring.

(Signed) Jno. Morse.

Third:

A case of hyperpepsia had a large number of germs.

The maltose which is supposed to run in inverse proportion to the H.C.L. is sometime high when the H.C.L. is high.

(Signed) Lillian D. Boyer.

Fourth.

In the chemical analysis of urine, when I find albumin, the jar always foams, when I rinse it out with water, holding it under the faucet. I have not found one to fail yet, even the slightest amount will produce the phenomenon. I think it is a characteristic of albumin; for egg albumen will do the same thing.

A patient who came here with diabetes three days before his death, had 300 grms. of sugar in the urine and just before his death albumin was also found in a very large number of granular casts. The amount of urine passed in 24 hours was ten liters. (made a permanent amount of the casts.)

(Signed) W. L. Gardner.

Fifth.

Remarkable case of diabetes. Mr. Kandtson. (DR. Rand)
May 12, '97. Urine specimen for 14 hrs. 6 litres. 300 grains of sugar. May 14, 1300 cc. for one hour or there about. 43.3 grains of sugar. Specimen contained casts and little albumin. Patient at this time was in diabetic coma, and died 48 hrs. afterward. Interesting history:- Patient came to San. in an apparent fair-health, but succumbed to his disease in a few days. Troubled with glycosuria for about fifteen yrs. Had rested in bed and dieted strictly. His wife seeing that he was making no apparent improvement urged him to return to a liberal diet. He grew stronger for a time and was able to be around. But soon his freedom in diet ushered in the final symptoms. Query.- What was the occasion of so sudden a collapse after coming to the San?

We conclude that possibly an unusual effort or fatigue had been endured in the Journey, which the body in its diseased condition could not recover from.

2nd. Mr. Hornibrook. Rare case of acid albuminuria. Boiling does not effect so that if this test alone is used one is apt to pass by the presence of this form of albumen. Picric acid solution gives the usual prec. It would seem advisable to use the latter test in every instance.

3rd. A suggestion of the presence of albumin is given when the specimen to be examined is emptied into the measure; if alb. is present a characteristic forming more than can be attributed to any other probable ingredient is manifest. And this we found to be given even when much diluted or only a very small percentage is contained.

4th. Baryta mixture filters through the presence of albumin.

(Signed) E. D. Vince.

Sixth.

A few salivas only have shown alkaline or neutral reactions, the greater number possessing an acidity to a greater or less degree varying in proportion with the time elapsed. Since the secretion; probably due to the acid products of decomposition. A slight acidity in the saliva was generally accompanied by a high figure, for salivary digestion. In this case, salivary digestion in the stomach rarely proceeded beyond the reaction indicated by Brown. (Signed) Anna Stocks.

Seventh:-

According to the reports given by the patients, static electricity is ^{best} the sedative they have found. 2nd. It is also invaluable as a cure of headache and rheumatic pains. 3rd. In a severe case of gastric garrh when nearly everything disagrees the patient can enjoy and evidently digest granose and kumyss.

(Signed) Maria Loughborough.

Eighth.

I have worked in all departments. At present I am in charge in the evening from 7 - 10.

Ichthyoid as used on the toe of one patient seems to be very efficacious in reducing inflammation. 2nd. A patient took a E.L.B. after a plunge in the swimming pool. The effect was, that it was about 10 or 15 minutes before he started to perspire. 3rd. Hot sitz baths are demonstrated to be of great value in nephritis in the case of Mr. G- who was suddenly taken hemoglobinuria in which albumin was found. The cause of this condition as far as could ascertain was a too concentrated albuminous diet, which was principally eggs and nut preparations. 4th. E.L. Baths seem to produce their best effects when about 3/4 of the lights are turned on. B

Bathroom. (Signed) L.J. Otis.

Ninth.

In staining, 70% alcohol will abstract all the stain than any alcohol will. 2nd. Do not leave glandular tissues in absolute alcohol over 12 hours because it will get too hard. 3rd. In operating do not hold more than one instrument in one hand.

(Signed) Newton Evans.

Tenth.

I notice that all patients enjoy a friendly chat with their physician which aids in building up their confidence towards their. 2nd. That they are pleased to be promptly interviewed on calling at the office.

An improvement in a case of epithelioma when no special treatment had been prescribed. Improvement due to principles. The case of a carbuncle. Turpentine the best antiseptic ever used. No formation of pus.

(Signed) Jas W. Erkenbeck.

Eleventh.

I notice that one is able to judge largely the habits of the patient by their actions and their dress. Example, when a young man comes with his hat on the back of his head, or cocked on one side, I nearly always find he has pernicious habits. Then again the way the men sit down and the way they sit, indicates their business in life to a certain degree. If they swagger along in a slouchy way sit down in a chair and immediately cross the legs, and assume a careless air, they generally turn out to be saloon keepers or lazy rich people. But if they sit up in their chair and assume an attentive air, and appear on the alert to catch everything they are shrewd business men.

(Signed) T.S Whitelock.

Twelveth.

Heart disease:- I listened to a lady's heart beat- heard three sounds, two faint then one very heavy. Thought the tricuspid or mitral valves must be diseased. The patient had all her life been in the habit of drinking very strong tea and coffee in large quantities.. Could this have caused the trouble.

(Signed) E. Helman.

Thirteenth.

Massage, bath and static electricity make the patients sleepy. More tumor cases came last month than during any one month since I came to the institution. Stomachs nearer normal in last months histories than any preceding months report I have written.

(Signed) Eva M. Gardner.

Fourteenth.

1st. The effects of hot and cold on rapidity of heart beat and circulation in an embryo chick of 48 hrs.

Embryo in water or rather a normal salt solution of 95 Far.' beats 75 time per minute. Now by the addition of some warmer solution the rapidity of heart beat increased to over 100 per minute. 2nd. I observed a patient who rejoiced in the fact that he was released from taking drugs when he came here, as he had been drugged in nearly the whole course of hi life.

3rd. I observed the sad affects of a dislocated hip joint that had not been put in place by the attending family physician. A boy of 13 years was thrown for a load of hay and struck upon his feet. He was disabled and suffered much pain in the region of his hip. The physician was at once sent for, who on his arrival made an examination and said that everything was in place and no, dislocation. The young man suffered for five weeks, at the end of which time they found the hip joint dislocated and too late to replace, and then the young man is a cripple for life, as it has been about fifteen years since it occurred.

4th. I entered into conversation with a man who had formally been a tobacco user, and used it for 14 years, about a half pound per week. He several times made inquiries from his town physician as to the effects upon his system. They assured him that it had no dileterious effect whatever. The amn was a business man. In his business transactions he found that his memory was failing him, in fact he could not remember 5 to 10 minutes after his customer had purchased an article wh what it was,; or had if he had purchased anything or nothing.

So one day he got out of his carriage one of his legs gave way and had no sensation in it whatever, so he surmised something was the matter and that something was due to his tobacco. Very soon he saw his Dr. and he told him that he had quit using tobacco. He inquired how long since the man informed him that he had just quit. The Dr. assured him that it was an impossibilitiy. The man was confined to his bed three days suffering intensely and vomited everything he ate. So the third day he was feeling some better, so he got up and ate a little dinner. and walked down town. In his walk a man smoking a cigar blew some of the smoke so that he got a breath of it which caused him to go straight to the gutter and vomit. So from that day to, this he has used no tobacco, and his memory is as strong as before he used tobacco; and nerves stronger and system healthier, and working than ever.

As soon as this man received the light on the tea and coffee question he discarded their use, more than this he refused to sell these articles to any of his customers, feeling and believing that what was injuring his own health would also injure his neighbor's health, and would be wrong and sinful to sell it to them. This amn and also his wife are here, having disposed of their business, preparing for more efficient work.

Speaking with a young man who was wounded by coming in contact with another body of the external world too violently, suffered much pain in the region of the chest, and over his whole body as well as in the location of the injury. After having a spine bag to his spine and one over the wound and one applied to his feet the pain almost instantly left him.

(Signed) Paul Ellwanger.

Fifteen.

I noticed the difference in the effects of cool sponge in fever. First the treatment was given and spitting afterward, the patient's temperature did not recede but very little. Patient continued to be restless and felt tired. Next night the temperature ran up to $103\frac{1}{2}$ after a cool sponge with barely touching the towel to the patient removed the large drops. Then soft gentle soothing strokes the patient dropped off to sleep. Temperature dropped down $\frac{1}{2}$ and half degrees. The patient felt rested.

Actions of amonia as a cardiac stimulant.

In giving the anaesthetic to a rabbit in the laboratory its heart stopped beating, after giving an injection of amonia its heart started again, but so large a dose of amonia was given that it did not live but a few minutes.

(Signed) Alice Conway.

Sixteenth.

Cases out of the ordinary. Mr. K. from South Dakota, sent in six litres in 14 hrs. Specimen contained 300 gms. of sugar and 5% of albumin. At first but few casts were found, but in two days a great number from 20 to 60 in a field were found, and specimen examined just before his death was found to be entirely full of casts, indicating a sudden break down of the kidneys after holding out as long as possible. Mounted several specimens of these casts for future study.

No. 2. Mr. H. Specimen contained 30% of albumin, by picric acid test but would not coagulate in flame like ordinary albumin. Urin was slightly acid, and on neutralization with the 30% was precipitated, forming proving it to be acid albumin or syntonin.

No. 3. Mr. Streavian, contains much bile. Specimen is nearly black. Have observed that when urine is mixed with baryta mixture and filtered, that containing albumin seldom if ever filters clear, but is more or less milky in appearance. I then took some egg albumin and mixed it with baryta mixture and filtered and it was as milky as the albuminous urine.

I then mixed the filtrate with picric acid solution, and on precipitating the albumin found that none had filtered out with the phosphates. So I conclude that it is one of the properties of albumin to turn white on addition of baryta water and it filters through because it is not coagulated by the baryta. Have also observed that when urine containing albumin is shaken considerable there is a thick foam on top. This is one of the properties of albumin as seen by beating eggs, they form a thick froth. Took the white of one egg and mixed it with 100 cc. of water and filtered after shaking for sometime. There was much foam left on the filter. Then when this solution of albumin was shaken it gave a thick foam. On diluting 100 times it still gave foam such as water will not do. The foam persists for sometime, while foam caused from shaking alone settled immediately. This constitutes a very good preliminary test for albumin as when washing the jar we are always able to tell when we have a specimen containing albumin, and this test was the cause of our finding the syntonin, if I remember correctly. Heretofore the flame test has been used for detection, but syntonin does not answer to that test, so, we would have missed it without our "foam" test.

Triple phosphates are found in ammoniacal urine. Ca acid phosphates are found in acid urine. These two crystals are exactly alike in form, and when they occur in neutral urine what shall I call them?

(Signed) A. Q. Shyock.

Seventeen.

My work is in the Embryology Laboratory with but limited chance for observations.

I have noticed something of interest. Eggs seem to, begin incubation before they are laid. I have noticed this several times while securing eggs for the students. I secured control of a flock of hens and collected all the eggs one night. The next day the eggs which had been laid within twenty hours were collected and immediately placed in an incubator. At the end of twenty-four hours the eggs were removed from the incubator and opened. Some of the embryos were as much as 72 hrs. old. While watching the circulation in embryo under a microscope the thought of staining the blood cells was suggested. By pricking one of them the vessels of the vascular area some blood was secured and spreads made which were double stained and examined. On microscopical examination the cells opened large and full, and the marked nuclei had the appearance of undergoing karyokinesis. This could not be demonstrated as the stains were not characteristic. More spreads were secured and special stains applied to demonstrate the cell divisions. After three weeks of experimenting I succeeded in securing a stained specimen which showed characteristic stages of karyokinesis in the red blood cells. In these experiments I noted that the embryonic blood behaved differently toward stains than adult tissues. In using double stains one cell would take one stain and the other would have no effect on it, a cell next to it would take the second stain deeply, while the first stain had no effect on it.

(Signed) S.S. Edwards.

Eighteenth.

Albumin in the urine does not necessarily indicate Bright's disease but may be due to some local acute liver inflammation.

2nd. A pulse tracing in a case of Nitral regurgitation shows a rapid but very regular hearts action. The ^{same} person has great difficulty in breathing, due of course to, the none-oxygenation of the blood.- No appetite.

3rd. In a case of Ner----- who died of Bright's disease in the Hospital. In observing his daily urinary reports two or three weeks before his death his per cent of albumin amounted to 44%. It rapidly lowered to 2% before his death. His adominal dropsy increased, showing the kidneys were completely worn out, causing the dropsy of abdomen and legs to increase. Suffered a great deal on account of swelling in the legs. Serum oozed out.

4th. Rose spots on the abdomen in a supposed typhoid fever case. Small round dark colored spots extended down to legs somewhat.

5th. Continually seeing patients having pains in the region of kidneys, and small of back, abdomen, head and etc., whoes trouble is in the stomach. With an improvement in the stomach the pains become less severe and finally disappearing oftimes.

6th. We sometimes have patients showing a fairly good stomach chart when they first come, who after being here two or three weeks show an appearant inferior quality of work done by the stomach. Due to a previous stimulating diet. The non-stimulating diet does not ~~whip~~ whip the stomach up, hence there may be an appearant declination in the condition of the ~~location~~---stomach.

7th. Prostatic and bladder troubles are usally aggravated by much walking and exercise. They seem to do better when as quite as possible.

8th. In over compensa----- and dilated heart- rest seems ~~valuable~~ valuable to me. A bad case of palpitation and ditatalition should quite an evident improvement on the rest case in four weeks. Patient improved in every way. His indigestion was not as severe.

9th. Chronic case of constipation are usually relieved within three weeks time, under Dr. Kress' treatment. But the principal thing. Then going to, stool every morning whether patient has an inclination or not. If the effort is ineffectual, a small injection of cold water usually has the desired tonic, constricting effort. Have noticed cases of long standing, have been very greatly helped on short treatment.

(Signed) Fulton.

Nineteen.

In nursing a mental case I notice he sometimes seems to be perfectly happy, at times other times, melancholy and in the depths of despair. His melancholy days seems to be accompanied with indigestion.

I also notice in the same case that noises, talking in the room or even outside in the halls disturb him, make him very nervous. A light in the room in the evening disturbs him if not well shaded. Yet he doesn't seem to be satisfied at any time.

I have a "Christian help" case., suffering with chronic ulcer on the left leg, has been there ten years. He struck it with a stick of wood and did not properly care for it, and it kept getting worse all the time till at present it is about five inches long and three wide. I am treating it by cleanseing it thoroughly with Sat.Sol. Baracic acid and washing it with black wash and dressing with Balsom of Peru. It is doing very nicely. It is very hard to impress upon the mind of the family the importance of cleanliness and antiseptics, but I notice marked signs of a revolution each time I go to see the case. I am very careful and particular in dressing the sore that speaks louder than words. I had them buy a large cany pail, and give the leg a bath for thirty minutes in hot water before dressing. At 10⁴- 110 Far.

Gleanings from reading Nature's laws. The scientist may talk most learnedly about gravitation, and tell us the rules of its action; but he can not tell us what it is or how it acts.

He may trace all forms of life back to protoplasm; but when asked to tell the origin of protoplasm and the phenomena of living cells, he must with the school boy take a low seat.

Nature brings us face to face with a power which science can not fathom.

There is a character revealed in nature whose glory is proclaimed by all the splendor of earth and sky. The mysterious power which nature enthroned is God. And we call them The laws of Nature.

Twenty.

In a suspicious case of consumption if examination of one specimen shows no Tubercular Bacilli, often the 7, 8, 9th specimen will show their presence when others do not.

2nd. If there are a large number of pus germs with the Tuber-Bacilli, find their death comes rapidly, the pus germs giving a pre-disposition to the T. B. If there is a large amount of pus corpuscles and few germs, find that there is pus formation in the bronchial tubes because of nasal catarrh, then there will be a large number of ----- germs present.

Specimen sputum came to Lab. having little color, stood over night, and shows a green color. Then on examining find very few cocci which might give the color, say green pus, but there is present many pus and blood corpuscles though perhaps, they might have been a decomposition of the Haemoglobin of the corpuscles to haemotodin thus to bli-uder which is green.

who is this?

In Recognition of Friendship for Students

The Student Government Council, feeling deeply the loss of Miss Hoppough, and knowing that her passing is also felt to a marked degree by all of the student body, has prepared the following resolutions for presentation at this Convocation.

Resolved, that in the passing of our Registrar and Adviser, we realize the loss of one who was ever our friend. Our welfare was of utmost concern to her. She was never too busy to hear personal problems of all who sought her counsel and guidance. She was always a source of joy and inspiration in her capacity as adviser to the girls in the School of Liberal Arts. Her sense of fair-play has served to create a lasting impression on the minds of those students with whom she was intimately acquainted. In this respect she has been a sincere friend and a true pal. We are grateful to have had the privilege of her guidance, and we feel that her work lives on although she has left us. In the words of James Whitcomb Riley, we want to think that she is just away--

"She is not dead--she is just away.
With a cheery smile and a wave of the hand,
She has journeyed on to that unknown land,
And left us dreaming how very fair
It needs must be, since she lingers there."

We, the students of Battle Creek College, want Miss Hoppough's relatives and friends to realize our feeling of appreciation and affection.

Be it further resolved that these resolutions be filed in the records of the Student Government Association, and that a copy of them be sent to the nearest relatives of Miss Hoppough, by the secretary of the Association.

Prepared by the Student Government Association for presentation before Assembly of the College, January 5, 1937.

.....
President, Student Government Ass'n

In Recognition of Loyal and Devoted Service

While every human life must face, sooner or later, the termination of its earthly existence, the significance of such an event is determined, in every case, by the nature and character of the individual who passes.

The departure of a comrade is, quite properly, an occasion for serious reflection upon the frailty of all life and the certainty of a common ultimate experience. Nevertheless, there are instances in which the contemplation of a life departing may hold much of beauty and of inspiration for those who remain, and it is with such an example that our thoughts are now concerned.

It may truthfully be said that her energy was ever devoted to the well-being of rising generations. Her experienced counsel, unselfish guidance, and friendly encouragement were constantly available to all. Those who sought her kindly help now carry with them a lasting impress of her personality.

It should be emphasized, however, that though sympathy and understanding always characterized her dealing with others, her standards in matters intellectual were ever of the highest. In addition to all this her appreciation of and participation in artistic and cultural affairs rendered her an outstanding contributor to the enrichment of both civic and academic life.

She leaves behind her a host of appreciative colleagues, friends, students, past and present. Each one of us is now privileged to enjoy a feeling of thankfulness that our lives were touched by hers, and that our experience has been richer and better by reason of that association.

So it was that during the months of enforced retirement and patient suffering she could not help but know that she held a place in the minds of all who were engaged in forwarding the work of the institution to which she gave so much, of those associates who day by day reflected upon her continued absence

from the accustomed place.

To those of closest kin and most intimate association the profoundest sympathy is extended, for those who knew her best have lost the most and it is they for whom the immediate future contains elements of greatest sadness.

However, we may all rejoice in the record of a work well done, a career honorably achieved. Battle Creek College will be forever proud to honor the memory of Cora Hoppough, the crowning years of whose life were unselfishly devoted to the upbuilding of this, our excellent institution. We, her surviving colleagues, sincerely feel that the position of security and distinction which our College at present enjoys is in no small part the product of her sacrificing labors over the past twelve years. We therefore take this means of placing on record our deep feelings of affectionate gratitude and respect.

Memorial Resolution prepared by committee of the faculty for presentation before Assembly of the College, January 5, 1937.

Dec 31, 1936.

Miss Cora LaVerne Hoppough was born in Smyrna, Michigan, May 15, 1877, and died at Battle Creek December 31, 1936.

In addition to her early education in the public schools of Michigan Miss Hoppough attended Ripon College, receiving her A.B. degree from that institution in 1914, as well as a special diploma in music from Olivet College, of Olivet, Michigan. Miss Hoppough was likewise a private pupil of Emil Liebling, and a graduate student in Oberlin Conservatory and in the American Conservatory of Chicago. She first taught Harmony and the allied subjects at Ripon College and served later as Director of the School of Music of Olivet College, and also as Dean of the School of Fine Arts of that institution. Since 1925 Miss Hoppough has served as Registrar for the Battle Creek College with the rank of Professor of Fine Arts.

She contributed much to the early curricular changes made necessary by the consolidation of the former schools into the Battle Creek College, and has been very active in the administrative functions of the institution.

She was a member of the Battle Creek chapter of A.A.U.W.; the Altrusa Club; was past president of the Morning Musicals; also past president of the Battle Creek Music Teachers Club; a member of the American Association of Collegiate Registrars; and has been active in state musical circles.

Miss Hoppough was an able teacher, possessed of a refinement and appreciation for the finer things of life which made her a woman of rare charm and culture. She brought to the campus of Battle Creek College not only the powers of a brilliant intellect but the influence of a strong and wholesome personality whose passing is a distinct loss to the institution.

Near relatives are Mrs. George Hoppough of Grand Rapids; a brother, Carl Hoppough, of Grand Rapids; another brother, Major Clayton Hoppough, U.S.A., stationed at Fort Monmouth, New Jersey.

The funeral services will be at Hebble's Sunday morning at ten o'clock and interment in the family plot at Smyrna, Michigan.

Proffs of Death
Submitted to Metropolitan Life Ins. Co.

Name of deceased? Cora LaVerne Hoppough

How long had you known deceased? 8 years

Where has deceased resided during your acquaintance? Battle Creek, Mich.

What have deceased's several occupations been during
the past 5 years? Registrar, Battle Creek College

Age of deceased? 59

Date and place of death: Dec. 31, 1936, Battle Creek, Michigan

Did you view body after death? Yes

Do you know deceased to be the person whose life
was insured in the Policy of insurance upon which
the claim is based? Yes

Date and place of burial? Jan. 3, 1937, Sirmna, Michigan

What is your age and occupation? 37 Occupation: President,
Battle Creek College

How long have you resided at your present address? 8 years.

Are you a relative of deceased? No.
In any way interested in proceeds of insurance
on life of deceased? No.

Signature Emil Leffler

Address: Battle Creek College

Notarized.

Jan 4, 1937

Dies Thursday



Miss Cora L. Hoppough, registrar of Battle Creek college, who died yesterday afternoon following a year's illness, had lived in Battle Creek about 12 years.

PLAN SERVICES FOR REGISTRAR

Miss Cora Laverne Hoppough,
College Official, to Be
Buried Sunday.

WAS WELL KNOWN HERE

Funeral services for Miss Cora Laverne Hoppough, 59, who for 12 years was registrar of Battle Creek college and one of the best-known clubwomen in the city, will be held at 10:30 a. m. Sunday at the Hebble chapel. Hiram German, former first reader of the First Church of Christ, Scientist, will have charge of the service. Burial will be in the family lot at Smyrna.

Miss Hoppough, whose death occurred Thursday at 1 p. m. at the residence, 15 Sanitarium avenue, was one of the most popular members of the college faculty among students and teaching staff alike.

"She was an able teacher," says Dr. Emil Lefler, college president, "possessed of an appreciation of the finer things of life which made her a woman of rare charm and culture. She brought to the campus of Battle Creek college not only the powers of a brilliant intellect, but also the influence of a strong and wholesome personality. Her passing is a distinct loss to the institution."

On Olivet Faculty

Upon the reopening of Olivet college after the World war, Miss Hoppough joined the faculty there as director of the school of music and dean of the school of fine arts. In 1925 she came to Battle Creek college to serve as registrar with the rank of professor of fine arts.

She made many significant contributions to the curricular changes made necessary when the former schools of nursing, home economics and physical education were consolidated and a school of literature, science and the arts was added to form the present Battle Creek college. Until about a year ago she played an active part in the administrative functions of the school. During the summer Miss Hoppough underwent a major operation and returned to her duties as registrar with the opening of college in September. She was able, however, to remain at her work for only a few weeks.

Born in Smyrna, Ionia county, on May 15, 1877, Miss Hoppough received her early education in the public schools there. She attended Ripon college, Ripon, Wis., where she received her A. B. degree in 1914. Subsequently from Olivet college she received a special diploma in music.

Talented Musician

Miss Hoppough, an excellent musician, was a private pupil of Emil Liebling and a graduate student in the Oberlin college school of music, Oberlin, O. She also studied at the American Conservatory of Music, Chicago.

Her first teaching position was at Ripon college, where she had classes in harmony and allied subjects.

Miss Hoppough was a past president of the Morning Musical club, past president of the Battle Creek Music Teachers' club, a member of Altrusa club and the local chapter of the American Association of University Women, and a member of the American Association of Collegiate Registrars. She was also generally active in state musical circles, where she enjoyed a wide acquaintance.

Besides her mother, Mrs. Evalina Hoppough, with whom she made her home, Miss Hoppough leaves two brothers, Carl Hoppough of Grand Rapids and Maj. Clayton Hoppough, stationed at Fort Monmouth, N. J., and her sister-in-law, Mrs. George Hoppough, of Grand Rapids.

December 31, 1936

Mr. Robert Downing
Michigan Mutual Liability Co.
Detroit, Michigan

Dear Mr. Downing:

It is my sad duty to notify you of the death of Miss Cora L. Hoppough this day.

If there are any special blanks that must be filed with your office will you please send them to me direct?

Very truly yours,

Emil Leffler
President

l:s

November 23, 1936

Michigan Mutual Liability Co.
1209 Washington Blvd. at State
Detroit, Michigan

Dear Sirs:

It is a matter of regret to me to have to submit again a claim report on behalf of Miss Cora Hoppough, our registrar, who has been one of the members insured with your company. The enclosed report form is, of course, self-explanatory. From the latest report which I have received from the physician in charge it is very dubious whether she will recover, owing both to the nature of the disease and its advanced state.

Very truly yours,

Emil Leffler
President

1:8

P.S. You will please notice that there has been a change in Miss Hoppough's address, which now is Brown Cottage, 15 Sanitarium Avenue.

MICHIGAN MUTUAL LIABILITY COMPANY

1209 WASHINGTON BOULEVARD AT STATE STREET

DETROIT, MICHIGAN

NOTICE OF SICKNESS

CLOCK No.

Date of Policy..... 19.....

CAUTION: This blank must be completed by insured and mailed to the Company within ten days from the beginning of sickness.

1. Name of Insured Cora L. Hoppough Age 59 Years

2. Address 15 Sanitarium Ave. City Battle Creek State Mich.

3. Employer President Leffler Address Battle Creek College

4. Occupation when taken sick Registrar, Battle Creek College
If more than one, state fully.

5. When were you taken sick? Nov. 8 Where? 15 Sanitarium Ave.

6. When did you quit work? Nov. 15 1936 A.M. When did you return to work?..... 19..... A.M.
P.M. P.M.

7. When did you first call a doctor? Nov. 8 1936 His name Dr. Harris, Battle Creek San.
Address.

8. Who is your doctor now?..... Address.....

9. Are you compelled to remain indoors? Yes Are you confined to bed? Yes

10. What part of your work can you do? None

11. What disease disables you? Cancer

12. When were you troubled with this disease before? Last spring

Dated Nov. 21 1936 Cora L. Hoppough
Claimant sign here.

(Have your physician fill out this report.)

PHYSICIAN'S REPORT

1. Examination of Miss Cora L. Hoppough Address 15 Sanitarium Ave., Battle Creek

2. When first examined? Nov. 8 1936 A.M. or ~~P.M.~~ Where? At my office, 101 Sanitarium
Insured's home or your office?

3. What disease disables the insured? Carcinoma of the lungs Has he any others? No

4. What are the symptoms? Persistent cough and pain in the chest. Especially on the left,
Great weakness. Growths in each lung shown by x-ray films.

5. Is the disease chronic or recurrent? Metastatic from carcinoma of left breast removed 8
months ago.

6. When was insured taken sick? Nov. 15 1936 A.M. When did insured quit work? Nov. 15 1936 A.M.
had to quit work Nov 15 P.M. P.M.

7. What part of work is insured able to do? None

8. Is insured necessarily confined to house? Yes To Bed? Yes

9. How many times have you visited insured at house? None Give Dates.....

10. How many times has insured been to your office for treatment? Once Give Dates Nov. 8, 1936

11. When was or will insured be able to return to work? Will not be able to return to work 19.....

12. Did you ever attend insured before? No

13. When and for what disease?.....

14. Is disability due directly or indirectly to, or complicated by tuberculosis, rheumatism, paralysis, lame back, sciatica, any venereal disease, dementia, insanity, intoxicants, or any disease not common to both sexes? No

15. Are there any other facts which will give a better understanding of the case? If so, give full information.....
The patient is a Christian Scientist

Dated Nov. 23, 1936

Signed Rowland H. Harris M.D.
Room 101, B. C. Sanitarium
Address Battle Creek, Michigan

"Pa," asked Johnnie, "what is a pathologist?"

"He's a man who lays out paths in parks and elsewhere, my boy. Now don't bother papa any more; he's busy."

Victor Hugo once said: "There is one thing that is greater than armies and that is an idea whose time has come."

"We learn that the guides who accompany travellers on the road from Smyrna to Babylon discover with certainty in the midst of the desert, where there are no signs, and even at midnight, at what distance they are from Babylon--by only smelling in the sand; though they may perhaps derive some of this knowledge from the odors of plants, and roots which are interspersed among the sand.- Fernie.

Mysteries gone

No supernatural -

Ghosts gone.

Nothing in place.

How many pray?

Those who don't pray.

Why? I am sure many of you pray when you think you don't.

You don't see any use in praying.

Doubt whether there is any big man off somewhere behind the
clouds that listens and takes note.

You are ashamed, so long neglected.

You think you have got to do something first.

All wrong. If we had to be perfect, no use of anybody praying.

What praying does. (

Drives away fear.

Stops worry.

Takes off the brakes from the wheels of life.

Gives Nature (creative intelligence) a chance.

No mystery - no supernaturalism.

Purely a physiologic process.

The God of Science.

How changed seems life! How drear the days,
Since I no longer hear
The songs of birds, the voice of friends,
And sounds I held so dear.

Full well I know God's plans for us
Like lily buds unfold,
And in his own good time we'll see
Their calyxes of gold.

I know another eye than mine
Can guide my steps aright,
I know behind the darkest cloud
The sun still sheds its light.

E. E. K.

To Mr Kellogg -

A wonderful gift appeared last night
It filled our hearts with much delight -
And later filled our stomachs too
It was so very good to "chew"!

Aladdin must have made that cake

Because you see, while it did bake,

The eggs inside rose up so light

That when 't was done (surprising sight)

The chicks themselves stood on the top

Ready to gambol skip & hop!

I've never seen a cake so gay

And thank you, thank you, we all say -

From the Fishers -

Think health and health will find you

As certain as the day,

Disease will lag behind you

And lose you on the way.

JHK

THE FLOWERS AT EVENING PRAYER

The sinking sun at close of day
Shot forth one brilliant, golden ray
That painted field and hill and glen
With marvelous coloring, and then,
Reflected back from earth to sky,
Made banks of glowing gold on high;
Fit signal thrilling through the air
To call the floral world to prayer.

The stately Sunflower bowed its head.
It seemed as if it softly said,
"Good night," to every neighbor, fair,
Then reverently breathed a prayer.
The Four O'clocks were fast asleep.
The Morning-Glories sought to keep
The secret of their perfume well
By closing tight each fragrant bell.
The Roses, weeping tears of dew,
Drooped pensively. The Lilies knew
That soon the purple shades of night
Would hide their gleaming robes of white.
The Fringed Gentian, forest queen,
Stood meekly in her cloister green;
And, bending low each verdant blade,
The grass its humble homage paid.
Jasmines with incense filled the air
And flowers all joined in evening prayer.

John Harvey Kellogg

Christmas, 1935, at Miami-Battle Creek, Florida.

1. From what ---- say of ---- case, we should advise ---- by all means to visit us. We have treated a large number of similar cases and with excellent success. It would be impossible to state without opportunity for a personal examination just what ---- present condition is or how completely ---- could be relieved. From our experience in dealing with other cases of a similar sort, however, we believe we should be able to make ---- stay here exceedingly pleasant and profitable, and trust we should be able to secure entirely satisfactory results.

2. If ---- are in need of treatment, we shall be very glad to have ---- visit us and feel sure ---- would find a stay here not only pleasant but very profitable. If ---- come, we will, first of all, make a thoroughgoing investigation such as will doubtless reveal the exact nature and extent of the morbid conditions present in ---- case and the causes. We trust then we should be prepared to remove the causes and to apply the remedies necessary to afford prompt and thoroughgoing relief.

3. From what ---- say of ---- case, we feel sure a stay here would prove very profitable for you. It would be impossible of course, to state definitely, without opportunity for making a personal examination just what ---- difficulty is or to what extent it could be relieved. From our experience, however, in dealing with many cases which have seemed to be similar to ----, we feel sure we should be able to make ---- stay here well worth while.

5. From what ---- say of ---- case, we should advise ---- by all means to visit us. We feel sure that ---- would find even a short stay here very beneficial for ----. We believe ---- can rest here faster than anywhere else.

7. It would be impossible to state without opportunity for making a personal examination just how long ---- ought to remain with us to secure the maximum results. A few weeks doubtless would be of very great service to ----. We trust this would enable us to get ---- started on the right road and to show ---- how to live so as to prevent a relapse of ---- difficulties.

8. From what ---- say of ---- case, we should advise ---- by all means to visit us. We are constantly treating many similar cases and with excellent success.

9. From what ---- say of ---- case, we should advise ---- by all means to visit us.

10. If ---- are suffering from ---- we should advise ---- by all means to visit us.

11. If ---- are suffering from ---- we should advise ---- by all means to visit us here and let us give ---- case such thoroughgoing attention as it may require. We have no doubt ---- would be well pleased with the results of ---- stay here, should ---- come, we are

MEMORANDA FOR LECTURE.

THE DIVINE MASTERPIECE.

Michael Angelo's masterpiece. What a piece of workmanship is man. Survey the body: two hundred bones, five hundred muscles, two hundred million brain cells.

The eye. Spectroscope. Telescope. The "X" ray.

The ear.

The lungs. Two thousand square feet. Experiment with lime water and the breath.

Balance of body. Touching fingers with eyes closed.

Balance of heart and lungs. Temperature regulation.

Protection of body. Detection of change of temperature.

Pain warning of danger. Cells which destroy germs. Infinite pains we should take to care for the body, created in the divine image.

Man, of all creatures, abuses his body most. The beast protects it by instinct, eats nothing harmful, in compliance with the laws of health. Healthy, vigorous, enduring. Man has the appetites, the propensities of the beast, without protective instinct. Blessing of free will involves risk of vices.

Man compound of animal and divine. The savage man, uncontrolled by religion, more cruel than the most ferocious beast. Even savages abuse their bodies less than civilized human beings; follow instinct more closely. With greater light comes greater responsibility. Civilized man must depend upon the exercise of knowledge and judgment.

Civilized human beings deteriorate, as shown by decayed teeth, increase of disease. One of the great causes, poison habits, alcohol and tobacco. Show how these are harmful. Experiment with

frog, action of heart. Effect of alcohol upon the blood, liver, brain, and nerves. Most destructive of all sexual abuse. Increasing prevalence. Sacred character of the sexual function. Make diagram of flower on blackboard. Have a supply of colored chalk: green, red, yellow, white. Karyokinesis. (Home Hand Book). Make diagram of this on blackboard. (1). First grouping of chromosomes. (2). (2). Division and second grouping of chromosomes. (3). Grouping of chromosomes around centrosomes. (4). Joining of chromosomes end to end, forming new nuclei, and division of cells.

SUGGESTIONS.

1. In a strange country, take no water which has not been boiled. I would suggest that water might be boiled at each stopping place, in sufficient quantity to supply the needs for drinking during the following day, if carried in porous or unglazed jugs, or in jugs wrapped in moist cloths.

2. Milk as well as water should be boiled. There is great danger of getting careless with reference to the use of milk and water. If these two directions are carefully followed, your expedition may be exempt from typhoid fever and other bowel diseases, and probably also from malaria, which more often originates from bad water than from bad air.

3. When your destination is reached, put in practice at once some regulations to prevent contamination of the soil and streams. Contamination of the soil will result in contamination of wells and springs, sooner or later. The Dry-Earth system, which is fully explained in the Home Hand Book, will prevent this. If you preserve the virgin purity of the soil, the air and the water, in the new country you are going to settle, you will make it the healthiest spot on earth. Vaults and cess-pools should be absolutely prohibited. Nothing dead should be thrown into the streams, and no sewer should be allowed to empty into the streams, unless the streams are very large with a rapid current.

4. Cattle used for milk should be carefully and frequently inspected.

5. There should be a regular sanitary survey of every premises at frequent intervals--at least as often as once in three months.

6. In maintaining the practice of vegetarianism, it is of great importance to make free use of such nitrogenous foods as peas, beans and lentils. The observance of this suggestion is very important. Nuts should also be freely used. If the country is favorable for nuts, it would be a good plan to plant some nut trees at once, so they may be produced abundantly and cheaply. Almonds are, perhaps, the best of all nuts.

7. Provision should also be made for the cultivation of fruit in abundance, both tree fruit and small fruit, so that the necessities for the use of meat, in consequence of a lack of variety of other foods, may not arise.

8. It would be well to have a conference at least once a month, upon the subject of health, at which the Doctor might give some lessons or lectures and all could join in the discussion. The subject of health needs study and cultivation the same as religious and other subjects.

MEMO.

Physical Basis of Faith.

Influence of the Darwinian theory.

Infidelity to triumph--considering God unnecessary.

Darwin a church member--conservative.

Carry the principle of evolution back to chaos.

Spencer's socialology evolutionizing society.

Pasteur and Tyndall disapprove spontaneous generation.

Pliny, recipe for rats and frogs.

Spencer's admission--evolution and evolutionists rendered valuable service in exhibiting the infinite order of nature.

The unknowable intelligence of the revolutionist.

The omniscient God of the christian.

The Bible presents God as a god of infinite order (find text).

Astronomy shows the infinite order of God.

The great solar clock--movement of suns and cooked stars.

Perfect time kept by the solar clock.

Infinite power of God,--power manifested in simple operations about us.

Rain storm, six inches, 4,000 tons per square mile, or four billion tons for an area 100 miles square.

The evaporation of this water requires an expenditure of heat sufficient to drive 140,000,000 one hundred horse-power engines, or an amount of heat equivalent to that obtained from burning 400,000,000 tons of coal.

The power of sunbeam shown in vegetation--the trees.

An immense amount of energy stored up in the coal fields of the earth.

Buried heat and light.

The sun the source of all energy in the earth.

The power required to propel the earth in its orbit, 17 miles
a second.

Consider the cannon ball--the sun travelling even faster.

Infinite power required to keep all the suns, all the worlds
in the universe in motion.

Infinite wisdom shown in the skill, design, adaptation and
balance.

Man cannot make as small a thing as a snow-flake or a seed.

Simplest animal form of mechanism more intricate than the most
complicated machine ever constructed by man.

A design necessarily presupposes a designer.

Flowers and insects--the humble bee in clover.

Moulting of the lobster and snakes.

Thin-wooled sheep become thick furred in the arctic regions.

Cypresstree.

The earthworm making soil.

Temperature range--extremes 200 or 300 below, where the air is
solid, to 7,000° above, where most refractory metals become gases.

Limit of human endurance a few degrees below zero, a few
degrees above the bodily temperature--scarcely 200° in all.

Oxygen of the air, proportion 1/5, 4/5 nitrogen.

More oxygen, too rapid oxidation; less oxygen life processes
languish.

Clouds.

Rain.

Scavenger germs and insects.

The human body God's masterpiece.

Complicated engine.

Conversion of food into blood, brains, bones, tissues, thoughts.

The body a factory of poisons.

Means of eliminating poisons.

Means of destroying poisons.

Self-regulating functions--heat, perspiration.

Protecting functions.

Vital resistance.

Motor centers.

Intellectual centers.

Sensory centers.

Memory.

Phosphorus and Phosphorescence.

Memory of a tree.

Thicker bark and longer roots on the windy side.

Memory due to organic changes.

Impressions indelible.

Eye pictures.

Photographs of eye pictures.

Reproduction of eye pictures in photographs.

Cat.

Necessity for hygienic care.

Lower animals more obedient than men.

Their experience characterized and inherited as instinct.

Universal presence of God.

Law of gravitation.

Karyokinesis.

God in every cell, every vital act.

Law the expression of God's order.

Laws not independent of God, but an evidence of his perpetual presence working.

God all in all.

Every seed a promise.

In the flowers, the rainbow, the sunset skies, the Infinite artist paints the glories of the eternal world.

His power working in us gives life and thought.

God's infinite mercy shown in the repair of injuries.

Tear off a limb, a latent bud, he builds a new one.

Cut an earthworm in two, one part makes a head, the other a tail.

Cut the flesh, a million of blood cells under divine guidance repair the injury.

Plant a seed in a dark box and infinite intelligence directs it upwards toward the light.

Lower orders of life, or the lower orders of animate and inanimate existence perfectly obedient.

Human will made independent.

Necessary means for the highest development.

Through free will, man has gone astray. This necessitates a special revelation to guide him back to the path of rectitude.

Revelation of the Bible in absolute accord with Nature.

Quote text.

Additional notes.

Under head of Adaptation,--Influence of freezing and thawing of water on change of season.

Under Universal Presence--X ray; glow worm

Under Human Body--Sympathetic nervous system.

Progress

More progress in last thirty years than in centuries before.

Electricity.

Steam.

Telephone.

X Ray.

War methods.

Equal progress in life saving.

Discoveries.

Inventions.

Medical and Sanitary progress in thirty years.

Germs.

Their influence upon ~~the~~

1. Sanitary progress, hygienics (quarantine; water ventilation)
2. Medical progress: typhoid, cholera, yellow fever, diphtheria, hydrophobia, the plague, quarantine, vaccination.

Medical Care.

Acute diseases.

Choice diseases.

Consumption.

Rheumatism.

Bright's disease.

Old age.

Surgery.

3. Dietetic Reform.

Wasperings for fifty years before Graham, Trawl, Shaw(?),

Alcott.

Education.

Diet.

Brook Farm.

Great principle:

Man made of what he eats, discovered long ago by Germans:
"As a man eateth, so is he," and the ancient Saxons, "Every man is laid
on his own trencher."

Another thought dawning, "As a man eateth, so he thinketh."

True principles made slow headway; perverse human nature loves
darkness better than light.

Indolence, and timidity hold us in the rut of habit.

Faithlessness.

Surgeons who still disbelieve in microbes and laudable(?)
pus and adhesive inflammation of wounds.

Physicians who recommend whisky for consumption, tobacco for
dyspepsia, blood letting for fever.

Talk about consumption as hereditary, germs as scientific
myths, and who have as much faith in omnipotence as the South African in
fetishes.

Multitudes of people still believe in the strengthening qualities of such indigestible articles as salt pork, fried sausage, mince pie, and hot muffins.

A few surgeons walking in the light accept the knowledge, are achieving marvelous results-- no suppuration, gangrene, septic(?) fever are things of the past with them.

Physicians walking in the light of rational medicine who have reduced their death rate, now apostles of a better way, examples of sobriety and rational living; only lose one in twenty five of ~~the~~ typhoid fever cases.

Others making tobacco sots and drunkards, and losing one in four of fever cases.

~~Others making tobacco sots and drunkards~~

There are men and women walking in the light of hygienic reform are able to present the world examples of figure, activity, and endurance, pointing to a better way, who are surmounting disease, overcoming hereditary tendencies, living active, useful lives years after condemned to die by experts.

But the multitude cultivate disease, invite death at dinner table and all habits of life, and talk about Providence.

This institution stands for rational medicine and rational living, ~~research~~

Research laboratories.

Education greater gospel,

Progress in thirty years.

V. P. Collier.

Tenney, educational.

List of branches and managers.

Gospel idea.

Philanthropic idea.

Rational medicine.

Ginley, bring Hull &

Past physicians who have rendered service-- Lay, Fairfield,

Sprague, Dr. Hull.

Divine order-- there is a way whose end is death.

Great decalogue--

Finger of God, written over: This do and thou shalt live.

Willing and obedient.

Man-made yokes galling and onerous.

Complains of self in a

Microbes &

Earth cursed.

Microbes and misery.

Parasites within and without.

World going down.

Life of a tree.

The joy of health.

Mayor William B. Harrison, of Louisville, said to the graduating class of Hindman, Kentucky:

From out of the mountains you came. You, more than any one else, understand them. Go your separate ways, but come back, come back and share your advantages with your people. Carry to them this gospel of education, of good health, of sanitation, of household economies, of the capacity to enjoy life, with all its limitations, to the farthest degree."

While education has given you no infallible rules, it has taught you some things that will stand by you when you are in the valley of indecision.- Chancellor Brown, N.Y.Univ., May 28, '28.

JOHN WESLEY (1703-1791)

"In 1747, John Wesley wrote to the bishop of London:

'Thanks be to God, since the time I gave up the use of flesh meat and wine, I have been delivered from all physical ills.'

Picture - Library of the World's Best Literature,
page 15790.

Health is the indispensable foundation for the satisfaction of life. Everything of domestic joy or occupational success has to be built on bodily wholesomeness and vitality. Health is essential to the enjoyment all through a life of active bodily exercise. It is necessary to continuous capacity for hard work; and it is only through active play and hard work that anybody can make sure of the durable satisfaction of life. To promote health in the individual, the family, and the community should be the constant aim of every good citizen in the American democracy.

--Charles W. Eliot.

HEALTH RULES

Do not follow ideas because they are new.

Consider the laws of Moses, which have stood the test of more than thirty centuries. Modern science has explained to us their reasonableness, but it has not simplified or improved them for the purposes for which they were given.

Treat yourself as you would your bank account. Make more deposits than you draw checks and you will create a reserve which will be available in those physical and mental emergencies which come to us all. Many of the symptoms which we have and the conditions which are demonstrated on examination are simply notices from the bank that our account is overdrawn. - Dr. E. W. Dwight.

Herbert Spencer

"The first essential for success is to be a good animal."

Character as well as efficiency.

Abraham Lincoln's melancholy.

Carlyle's sour stomach.

Calvin wrote in his diary that he was suffering the torments of the damned from a bad stomach. The next day he signed the paper that sent poor Servetus to the stake for heresy.

Napoleon lost Waterloo because of a bad stomach--later, cancer.

One wonders what kind of indigestion Johnathan Edwards must have had when he shocked his Northampton audience by shouting to them that hell is lined with infants a span long; or that other Boston divine, Reverend _____ who hung the Salem witches.

Carrel's chicken's heart.

Old hen lymph kills.

Most of us only half alive.

William James - fifth, sixth, even seventh wind.

Haven't even a second wind.

Easy fatigue most often means not lack of power, but poisoning

Causes of inefficiency.

Lack of sound sleep. Need 8-10 hours.

More intense and active, the more sleep needed.

Warm room.

Too much bed covers.

Heavy supper.

Full colon.

Abernethy
Grimaldi
Vallaire

Lack of exercise - sweating.

walking, swimming, housework, gardening,

Health Ladder.

Headache

Posture - New chairs.

Colon - constipation - colitis.

Biliousness - less fats and sugar, more greenstuff, bran,
psyllium, change of flora.

Bad colons.

Original J.H.K. Ideas

1. Penetrating power of light and radiant heat.
2. Measure portions of food on bill of fare with indicated values.
3. Three-a-day- supported by Cannon's experiments on cats.
4. Cause of tired feeling in the morning.
5. Sinusoidal current.
Electric Light Bath.
6. Automatic exercise.
7. Dynamometer.
8. Experiments of training based on dynamometer.
9. Effects of intensive heat.
10. Increased motility for change of flora.
11. Method of making beta-lactose.
12. Flaking cereals.
13. Vegetable meats, nuts, soy, gluten.

Inventions by Dr. Kellogg

- 1884 - Sinusoidal current.
- 1889 - Set of instruments consisting of hooks and retractors for operation of shortening the round ligaments.
- 1891 - An aseptic drainage tube for use in abdominal surgery.
- 1892 - The electric light bath.

A peculiarly constructed snare, especially for removal of internal hemorrhoids.

Measure portions of food on bill of fare, with indicated values.

Automatic exercise.

Dynamometer.

Effects of intensive heat.

Method of making beta-lactose.

Flaked cereals.

Vegetable meats - nuts, soy, gluten

SIMPLE LIFE

Mrs. Mary Henderson - Died at 88?

De Lesseps, the engineer who constructed the Suez Canal was so impressed by the diet of the Arab laborers - wheat and dates - that he became a flesh abstainer himself. Died at the age of 64.

Joffre and Clemenceau were meat abstainers. *> Died at about 88 yrs*

Remenyi, the famous Hungarian violinist, was a vegetarian, and did not use liquors or tobacco.

Edison ate meat very sparingly.
Died at 84 years.

Bronson Alcott

Emerson

Thoreau

Margaret Fuller

Horace Greeley

Lord Byron said: "Meat I never touch...The worst is, the devil always comes with it till I starve him out; I will not be the slave of any appetite."

Julius Caesar's army conquered the world on wheat.

Seneca said "Religion
consists of two things,
to seek truth and
to do good."

zeal

2col

"Shall we go on until some jar in the machinery tells us that we need to go to the shop for repairs, or shall we keep our engine tuned and running smoothly?"

-Dr. Ray Lyman Wilber.

2 col

Habit is a cable; we weave a thread of it
every day, and at last we cannot break it.

--Horace Mann.

2 col

FOLLOWING NATURE

The simple life is Nature's own cure for every ill - life in the out-of-doors, rest, release from business cares and worries, and plain, nutritious food. Nature has in every sense of the term made good her claims; she is not obliged to resort to fake testimonials; she accepts no recompense for her pains, imposing only this condition, that a man when cured follow the order of life which cured him.

- John Harvey Kellogg

SUCCESS

"We must not get ourselves into the frame of mind of the two little English girls, one the daughter of a curate and the other of an English bishop, who were quarrelling over the comparative success of their fathers in the ministry.

"'My father can preach better than your father, because he is a bishop,' said one. That was too weighty a reason for the curate's little girl. But she quickly recovered and said: 'Well, anyhow, we have got a hen in our yard which lays an egg every day.' 'That's nothing,' retorted the bishop's daughter; 'my father lays a corner stone every week.'"

--Edw. Bok, in
Mod. Eloquence, p. 97.
Vol. IV.

A Word to the Wise

For nearly fifty years Dr. J. H. Kellogg has been studying foods and nutrition and from time to time making discoveries some of which have proved of very great service in helping the sick to recovery and in changing for the better the eating habits of millions of people not only in the United States but in every country of the globe.

The international reputation which the doctor's work as a physician and surgeon and as a writer of scientific books and papers has given him, has naturally become associated with Battle Creek, and many people draw the incorrect inference that every food emanating from Battle Creek, and everything bearing the name Kellogg is produced by Dr. Kellogg or endorsed by him or by the Battle Creek Sanitarium. The following are a few examples of thousands of similar letters the writers of which were laboring under a wrong impression.

Letters

(after letters)

-2-

The purpose of this note is to inform the public that this is an error. Neither Dr. J. H. Kellogg nor the Battle Creek Sanitarium is in any way connected with the manufacture or sale of any food or medicine bearing the name Kellogg.

BAD HABITS

1. Too little water drinking.

Have water given to patients at the beginning and end of treatments.

Have water passed around at regular intervals.

2. Chewing. Put on menus chewing time for each food served.

3. ^{Elimination} Overeating. Light suppers.

4. Exercise. Offices for Messner and Sparks in the main hall. Prescribe for everybody.

5. Posture. Walking, sitting, lying.

Have sand bags and leather cushions furnished all tables in treatment rooms. Supply to patients in their rooms and have for sale.

Have posture drill for nurses and bath attendants every day.

Have strength test and shadowgraphs for all helpers who want them.

Have weekly meetings and organize Aristocracy of Health.

Offer prizes every month during the winter.

6. Relaxation and rest. Try to restore rest hour.

7. Fresh air. At night. Rest hour.

8. Sunbathing every day out of doors or three times a week indoors.

9. Worry. Arrange cures for worry.

10. Bowel habits. Toilet after each meal same hour every day.

LD-LAX, Savory Yeast, Lacto-Dextrin, Acidophilus, enema at night.

X-ray in every case following barium breakfast.

See Norton.

^{ha}
Buddah's Remonstrance.

Sir Edwin Arnold's masterpiece, "The Light of Asia", contains the following beautiful passage depicting the protest of Gotama against the sacrificial slaughter of animals by the priests of Bramah:-

Light of Asia pp 190-197

The king stood in his hall of offering,
On either hand the white-robed Brahmans ranged
Muttered their mantras, feeding still the fire
Which roared upon the midmost altar. There
From scented woods flickered bright tongues of flame,
Hissing and curling as they licked the gifts
Of ghee and spices and the Soman juice,
The joy of Indra. Round about the pile
A slow, thick, scarlet streamlet smoked and ran,
Sucked by the sand, but ever rolling down,
The blood of bleating victims. One such lay,
A spotted goat, long horned, its head bound back
With munja grass; at its stretched throat the knife
Pressed by a priest, who murmured, 'This, dread gods
Of many Yajnas, cometh as the crown
From Bimbasara; take ye joy to see
The spirited blood, and pleasure in the scent
Of rich flesh roasting 'mid the fragrant flames;
Let the king's sins be laid upon the goat,
And let the fire consume them burning it,
For now I strike.'

But Buddha softly said,
'Let him not strike, great king!' and therewith loosed
The victim's bonds, none staying him, so great
His presence was. Then craving leave, he spoke
Of life, which all can take but none can give,
Life, which all creatures love and strive to keep,
Wonderful, dear, and pleasant unto each, Even to the
Even to the meanest; yea, a boon to all
Where pity is, for pity makes the world
Soft to the weak and noble for the strong.
Unto the dumb lips of the flock he lent
Sad, pleading words, showing how man, who prays
For mercy to the gods, is merciless,
Being as God to those; albeit all life
Is linked and kin, and what we slay have given
Meek tribute of their milk and wool, and set
Fast trust upon the hands which murder them.
Also he spake of what the holy books
Do surely teach, how that at death some sink
To bird and beast, and then rise up to man
In wanderings of the spark which grows purged flame.
So were the sacrifice new sin, if so
The fated passage of a soul he stayed.
Nor, spake he, shall one wash his spirit clean
By blood; nor gladden gods, being good, with blood;
Nor bribe them, being evil; nay, nor lay
Upon the brow of innocent bound beasts
One hair's weight of that answer all must give
For all things done amiss or wrongfully,
Alone, each for himself, reckoning with that
The fixed arithmetic of the universe,
Which meteth good for good and ill for ill,
Measure for measure, unto deeds, words, thoughts;
Watchful, aware, implacable, unmoved;

Making all futures fruits of all the pasts.
Thus spake he, breathing words so piteous
With such high lordliness of ruth and right,
The priests drew back their garments o'er the hands
Crimsoned with slaughter, and the king came near,
Standing with clasped palms reverencing Buddha;
While still our Lord went on, teaching how fair
This earth were if all living things be linked
In friendliness and common use of foods,
Bloodless and pure; the golden grain, bright fruits,
Sweet herbs which grow for all, the waters wan,
Sufficient drinks and meats. Which when these heard,
The might of gentleness so conquered them,
The priests themselves scattered their altar-flames
And flung away the steel of sacrifice;
And through the land next day passed a decree
Proclaimed by criers, and in this wise graved
On rock and column: 'Thus the king's will is:
There hath been slaughter for the sacrifice
And slaying for the meat, but henceforth none
Shall spill the blood of life nor taste of flesh,
Seeing that knowledge grows, and life is one,
And mercy cometh to the merciful.'
So ran the edict, and from those days forth
Sweet peace hath spread between all living kind,
Man the beasts which serve him, and the birds,
On all those banks of Gunga where our Lord
Taught with his saintly pity and soft speech."

Be Of Good Cheer

Good cheer has wonderful power to help the sick get well. Solomon says: "A merry heart doeth good like a medicine." A merry heart and a merry countenance go together.

We encounter disagreeable things, but it does not make it a bit better to talk about them. Why not make up our minds that we will not? We all like sympathy, but how many of us like to sympathize with ~~them~~ others? We prefer to have other people keep their skeletons in their closets, but we are very apt to exhibit our own troubles and complaints before the world, hoping for sympathy.

One can manufacture as many symptoms as he wishes. He can cultivate disease as easily as he can cultivate anything else. He can also cultivate health if he will. There is an old saying:

"Seek health, and health will find you
As certain as the day;
Disease will lag behind you
And lose you on the way."

On the other hand, hope and good cheer have the effect of enlivening all the processes of life, of quickening the heart-beat, of increasing the play of nerve impulses through the body, and also of facilitating the work of all the vital functions.

So hope and good cheer are things that every one should cultivate. We ought to make it our business to make sunshine. Sometimes there are clouds in the sky, but there is always sunshine beyond the clouds. When it is dark without, it is all the more necessary to make sunshine within. When you look into a mirror, you see the reflection of your face, and when you come into a room where there are many mirrors, your face will be reflected many times. Now we are mirrors; we reflect the joy or gloom which comes before us. A person comes in with a sad face and casts a gloom over us all. Another person enters, his face shining with good cheer, and he brings in an influence which we feel striking down in our hearts.

Don't Let Failure Discourage You

In forming new and good habits—the only means by which vicious habits can be got rid of—do not be discouraged if the first attempts are not successful. Repetition of the effort will conquer, if the efforts are persistent and insistent. Right thought leads to right action; if one closes the eyes while looking at the left wall of a room, for instance, and then thinks of a window on his right, his eyes on opening will be found directed towards the window. When one thinks of the movement of a leg, even though no movement is executed, the muscle fills with blood in obedience to the thought, and thus prepares itself for the expected action. Hence, it is essential that thought habits, as well as outer acts, should conform to the standard to which one seeks to attain.

How to be a Real Man as Well as a Scholar.

Race Degeneracy

Eugenics Congress

Mortality of Sedentary Men and Women

Lack of Virility.

~~Things that Hinder Students~~

Lack of Sleep--How to Sleep Twice as Fast.

Neutral Bath.

Cause of Mental Dullness.

Deficient Elimination of Wastes.

Mastication.

Sleeping with the Windows Open.

Water-Drinking.

Diet

Bran ?

Packers clamoring for us to eat more meat so the farmers can raise more steers and the packers slaughter more pigs and sheep.

Chittenden and others telling us to eat less meat or even none at all.

McCollum, of Johns Hopkins, showing the evils of a bread and beef diet.

Sherman has shown a glassful of milk takes the place of meat, and meat can be dropped from the bill of fare. (page 19, Lesson III)

Evils which students especially suffer.

Posture.

Lack of exercise.

Lack of sleep (mentioned on page I)

Bad air

Wrinkle in the Vest. (See Lesson II, The Sag at Forty)

"What is autointoxication?"

"It's the only kind you can get legally."

Names of scholarly men who have failed because their health failed.

Robert Louis Stevenson died from arteriosclerosis from smoking
cigarettes.

AIR AND LIGHT AND EXERCISE
MAKE ROSY CHEEKS AND BRIGHTER EYES,
BREATH AND TEMPER BOTH MAKE SWEET,
WITH READY WIT AND NIMBLE FEET.

OUT OF DOORS THERE'S LIFE AND JOY
WHICH SHADE AND INDOOR LIFE DESTROY;
FRESH AIR REVIVES THE VITAL SPARK
WHICH FADES AND FLICKERS IN THE DARK.

JOHN HARVEY KELLOGG

For Biologic Life

THINGS TO DO

1. Make a survey of yourself and your surroundings.

Supply library with up-to-date health literature.

Get in touch with State Board of Health.

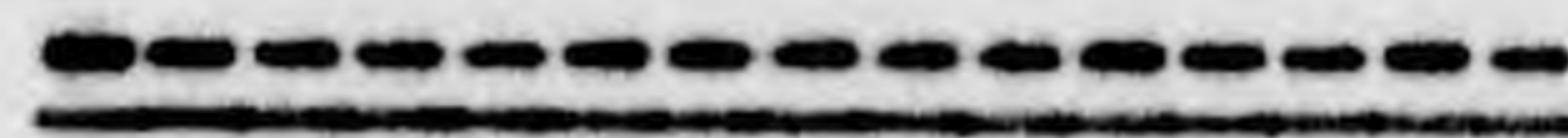
Have thorough examination by physician of every organ and function.

Consider carefully your habits.

Eliminate every disease-producing factor; fight disease.

Concentrate on Health.

Become a health enthusiast. Make a list of defects and set to work systematically to correct them.



THINGS TO AVOID

Don't be satisfied with an ordinary cursory examination, but find out everything you can about yourself.

Don't believe all you read about health in magazines and newspapers; avoid sensational ideas and fads.

THINGS TO DO

- 7.. Be careful to eat enough.
Weigh once a week.
Masticate thoroughly.
8. Eat what you like; that is, the food which you can relish.
9. Give preference to vegetable fats.
10. Choose carbohydrates as the chief and best source of energy values.
- 11.

THINGS TO AVOID

7. Be careful not to eat too much.
11. Avoid the free use of confectionery and cane sugar.

THINGS TO DO

The Rules

1. Breathe deep.
2. Work and sleep out-of-doors.
3. Take sun baths.

Eat Biologically

1. Use horse sense in your eating.
2. Eat natural foods.
- 3.
- 4.
5. Use nuts, soybean milk or other good vegetable proteins in place of eggs.
6. In general, persons who discard meat should take with their meals daily from a pint to a pint and a half of milk to supply the proper amount of "complete" protein.

THINGS TO AVOID

2. Don't move inside when the frost comes.
3. Don't be afraid of getting sunburned.
.....
3. Avoid too much protein.
4. Avoid meats, fish, flesh and fowl.
5. Eggs should not be used freely.

ABSENT-MINDEDNESS

Anecdotes of absent mindedness--of Newton, absorbed in thought, leading his horse up a hill, that he held the empty bridle in his hands; of Sylvester, teeming with ideas, stepping up to the nearest cab and feverishly covering it with figures, until it moved away leaving him bewildered in the street; of Gauss, buried in meditation, when summoned to the bedside of his wife who was sick unto death and to whom he was tenderly devoted, remaining mute to a first appeal, failing to act at the second, whereupon the servant returned a third time with the announcement, "Your wife is dying"--and received the calm reply: "Tell her to wait till I come."--Quentin Gulliver, The Century, July, 1929.

Science Answers Nature's Demands

It may be laid down as a fundamental fact that when Nature makes an imperious demand for the satisfaction of some human need, there is somewhere an answer which may be found by patient and thorough-going search.

Mention some of the needs that have been met in living conditions, in food, etc.

From a speech by George Bancroft at William Cullen Bryant's **seventieth** birthday celebration-

"You teach us how to **meet old age**; with each year you become more and more **genial**, and cherish **larger and still larger** sympathies with your **fellow-men**, and if Time has not set on you any mark, you preserve in all its freshness the youth of the soul."

M. Chevreul

M. Chevreul died on the 9th of April, 1889, aged one hundred and two years and seven months. Only a few days before his death he went in his carriage to see the Eiffel Tower, in which he took a lively interest. Throughout his long life he had worked hard, sparing neither mind nor body, and it would seem that his faculties were preserved with but slight impairment up to the time of his death.

--The Popular Science Monthly, Vol. XXXV., p. 773.

Zeal

" Every man is the builder of a temple, called his body, to the god he worships, after a style purely his own, nor can he get off by hammering marble instead. We are all sculptors and painters, and our material is our own flesh and blood and bones. Any nobleness begins at once to refine a man's features, and meanness or sensuality to imbrute them."

--Thoreau's "Walden."

Physical labor not only does not exclude the possibility of mental activity, it improves and stimulates it, as I found.

The harder I worked at physical labor, the sounder, the more cheerful, and kindlier, I felt myself. -

Tolstoy.

For Simple Life

"If thou well observe

The rule of not too much, by temperance taught,

In what thou eat'st and drink'st, seeking from thence

Due nourishment, not gluttonous delight,

Till many years over thy head return,

So mayst thou live, till, like ripe fruit thou drop

Into thy mother's lap, or be at ease

Gathered, not harshly plucked, for death mature."-Milton.

A1 Insulin

Severely afraid
of cold

+2 Electricity

+3 Radiotherapy

+4 Thermotherapy

+5 Exercise

+6 Massage

+7 Mechanotherapy

+8 Hydrotherapy

+9 Acupuncture

+10 Others

60
120
108
32
140
149

00

16
12
3
12
3
12
3

Force of psychomotor
is empiricism

Rational plays must ac-
cept physiology as

guide. The
Modern natural

Psychomotor is in
truth the child of physiology

Although plays or natural
methods were first employed

Empirically, they were
rationalized and brought into
line with scientific the
natural or scientific turn
ventures only when correlated
with physiologic principles.

~~For example, water ceased
in fever long before the
functions of heat production
& heat dissipation were
understood.~~

~~Quinine used affirms
Cobb affirms used for
yellow fever by (Jackson)
Quinine used in scarlet
fever for his own children~~

Religion from a Physician's Standpoint.

During 20 years' experience met thousands of physicians and a variety of experiences, found my religious views very much changed.

o
Large proportion of physicians skeptics.

Cause:--Associations--teachers--surroundings--scientific studies.

Scientific Method:--

Every effect must have an adequate cause, and every cause an efficient effect.

Chemistry and physics present known and fixed laws.

Illustration:--Earth, air, water, the sun and stars.

In dealing with disease the scientific physician studies causes and effects--dyspepsia, diet, disordered mind, disordered brain, &c.

Contagious diseases--cholera, smallpox, &c., formerly attributed to evil spirits.

Pope fulminated a bull against the Turk, the comet, and the plague.

Common to charge upon providence the results.

Clergymen and doctors praying--a cause of skepticism among doctors.

Theologians make skeptics of doctors and other classes of scientists by attempting to prove the existence of God,--to place the Infinite upon a rational basis,--attempt futile.

Bishop Patton down to natural theology.

The scientist worships law.

Paul found an altar dedicated to the unknown God "whom therefore ye ignorantly worship--him declare I unto thee."

God can never be found by any process of reasoning--it is only by faith that we can lay hold of the Infinite.

This is as true in science as in theology.

Bishop Patton's argument from design--natural theology fails to find proof--it presents only inferences and analogies.

1. The nebular hypothesis.
2. The atomic theory.
3. The theory of evolution.

The orthodox scientist and the scientific theologian, both present in

their theorizing noly new renderings of the old Aristotlian doctrine elaborated by Thomas Aquinias in his treatise, "de animi."

The problem is the same with the theologian and the scientist--both are seeking to find the Infinite.

We cannot grasp the infinite or non-relative for all our terms are relative, all the data and material of thought finite.

The non-relative or infinite placed beside the relative or finite, ceases to be non-relative and infinite, being compared and measured.

The problem is unthinkable. It continually eludes us. Even in eternity will the grand riddle of the universe be solved? Will it not rather remain a problem forever opening to the mind, but never solved, the study of which will give interest and zest to an eternity of life under circumstances far more favorable to the penetration of the secrets of existence than those which surround us here.

A mystery explained ceases to interest us.

The North Pole once discovered will cease to attract reckless mariners.

An eternity of idleness with no problems to solve, no mysteries to unravel, a ceaseless round of psalm singing, might grow tiresome even to the elect; but an eternity of research, an investigation at each moment, rewarded by some novel discovery or new unfolding of the limitless power, wisdom, and beneficence of the Infinite, would, by its constant surprises and wondrous revelations, be an existence of ever growing interest, a joy of ever increasing intensity, which would find continually spontaneous expression in praise and adoration.

The secret which underlies all the phenomena of nature, neither the theologian nor the scientist can solve by reasoning.

Faith leads us to a God whom we cannot comprehend, whom the Bible reveals to us as a loving Father as well as an all-wise Creator, who is all and in all.

Having learned of God and received him into the ~~raimke~~ mind and heart, all Nature speaks to us in most unmistakable language and resistanceless eloquence of a beneficent Creator.

With faith, not reason or science, is the key that opens the book of nature and the beacon that points to the source of light and life, and of all the mysterious forces which underlie the phenomena of animal existence.

It was this problem which led the inspired Job to exclaim in his finite helplessness--"Ah that I knew where I might find him," and it was by faith that the Psalmist could say in the 19th Psalm- (See text)

Christian doctors more liberal perhaps than many other Christians in their ideas.

Sees men and women without their masks.

Looks deeper.

Question of responsibility and influence of disease.

Heredity.

Education.

Religious needs of the physician.

The world needs Christian physicians and nurses.

Medical Missionary work.

THINGS NOT TO DO

Don't worry. Don't speculate.

Don't scold.

Don't stoop.

Don't take sleeping drugs.

Don't depend upon cathartics.

Don't smoke.

Don't drink tea or coffee.

THINGS NOT TO DO (2)

Don't get very tired-secondary fatigue.

Don't get excited.

Don't strain, as in lifting.

Don't get fat.

Don't eat much sugar - sugar of milk.

SIT WITH CHEST HELD WELL TO FORE,

FEET PLACED SQUARELY ON THE FLOOR.

STAND HEAD ERECT AND LOWERED CHIN

HIPS HELD BACK AND STOMACH IN.

FOURTEEN YEAR BOUND

OUTWORTHY O. S. J. A.

COTTON FIBER CONTENT

LECTURES. (J. H. K.)

Physiology of Exercise--5 lectures.

Dress--3 lectures.

Chemistry and physics of cookery--4 lectures.

Special physiology for Men--3 lectures. (To be public, one each week,
and to be announced in the College and the Review & Herald Office.)

How we Feel, Think, and Act.--4--6 lectures.

On the Use of the Sanitarium Health Foods, Properties and Uses--1 lec.

Bible Readings on the subject of "Works."

Copy and Return to JHIC

Belief aids relief and recovery. Hope heightens health. Confidence brightens the search for health.

Faith exerts a powerful influence for good, as a vitalizing force.

Doubts are poor company. They always bring trouble, and should never be entertained.

Rely gladly on the efficacy of the treatments. You are having the best to be had anywhere.

Follow directions and instructions carefully. They point straight to your recovery.

Ask any questions about health which occur to you. Our officials will supply the knowledge you need.

Rejoice because you are here. Now you can depend on the certainty of health renewal.

Eliminate worry and fear. Such emotions cause depletion that you can avoid.

Cultivate the bravery you need for victory over disease. Courage will make you stronger.

Find and remove the cause of your ailment or debility. That means health preservation.

Keep smiling. Health rewards unflinching optimism and a habit of merriment.

Possess an abundance of patience. Recovery to be permanent must often be slow.

Relax frequently to benefit your nerves and vital organs. Relaxation promotes recuperation.

Make upright posture a healthful habit. Your lungs, heart and stomach will feel the good effects.

Refrain from talking to guests and patients about your troubles. Conversation should be uplifting.

Invite your friends who seek health to come and find it here. Mutual satisfaction should result.

Plan to keep well after you are well. You have here a great experience for health education.

Learn how to live your religion. The natural life is completely healthful since of divine origin.

97A.46

BOSTON HUMOR.

A Boston tippler entered the Diocesan House, Episcopal headquarters, and asked the way to the bar.

Formerly one Bostonian said to another, "Do you bike?" Now they say, "Do you psyke?"

Bostonians send benignant vibrations to earthquake sufferers, and attend classes in success where they are taught to say, "I am power, I am wealth, I am success."

White little motors run about the streets delivering The Christian Science Monitor, and high above the city looms the dome of the "Eddyfice," which an aeronaut mistook for the capitol, landed in the wrong place and lost his prize.

Some colored folks waited on a leading Bostonian and asked him to sign a petition for the better treatment of colored school children, which he did without reading it. The petition appeared the next morning in the paper with his name attached. It read: "We, the parents of colored school children, etc."

Boston invented Unitarians.

Said a Boston motorman: "I was delayed by a horse and team."

Says an ashman: "I banged the barrel down hard on the team," meaning the wagon.

A Boston waitress offering you corn-meal pudding says: "Will you have some baked Indian?"

The original shape of Boston was like that of your hand laid on a piece

of paper with the fingers spread out. The streets followed all the curves and were connected by cross streets. The gaps have been filled in and the curly streets remain.

A street may change its name from Summer to Winter in the next block.

A line of omnibuses was labelled "Boston Elevated Railway."

One frequently sees the sign "Private Way, Dangerous Passing," the result of an old law which relieves the owner of obligations for damages for broken shins when such a sign is displayed.

Residents in old houses are proud of the purple glass in the windows, the result of some defect in a cargo imported a long time ago.

One church is called the Church of the Holy Bean Blowers because of the great number of angels with trumpets in the frieze.

Chestnut Street has many stables at one end of it, whence it is called Horse Chestnut Street.

A Boston puzzle: Why was Dr. (Editor of The Atlantic) greater than Moses? Answer: Whereas Moses only dried up the Red Sea, Dr. dried up the Atlantic.

Boston trolley car stops to let a passenger pursue his hat.

An organ grinder has to have his organ examined by an expert to see if it is in tune before he gets his license.

Good Health.

THE ANNUAL DELIVERANCE. . . .

Conte de

Out of door activity and out of door sleeping are perhaps the most potent influences which can be brought to bear to lessen the degenerating influence of the modern school room and our artificial civilized life. We are not too much civilized, but too much tamed, too much perverted. We have gotten too far away from the freedom and wildness, joyousness and vigor of the natural life of our ancestors. We are yet to learn how to enjoy the advantages and benefits of civilization without suffering the destructive effects of the influences with which these advantages are associated. The increase of chronic disease and deformity; the decreased expectancy of life in advanced age; the increase of crime; the decadence of religion; the lowering birth rate; the increasing feebleness of woman, shown by their increasing incapacities for motherhood--these and numerous recognized facts show that man has not yet learned how to live rationally under the conditions of civilization, and indicate a necessity for a return to nature.

Mothers can ~~accomplish~~ do more than any others in initiating and accomplishing this needed reform. Health reform must be the basis of the radical revolutionary change necessary in relation to modern modes of life. Mothers, housekeepers are the natural custodians of the family health. They, to a large extent at least, determine the dietary of the family. They have an opportunity to mould ~~the~~ the habits not only of their children but of every member of the household. If only the mothers of the nation can be ~~in~~ roused to the importance of the needed reforms and their responsibility in relation to the enormous diminution in the death rate a great accession of racial vigor and stamina would appear as a natural result in half a score of years or less. Let every mother who appreciates the necessity for better things

begin with out of door sleeping, which may be generally arranged very easily by enclosing a back porch with mosquito netting or ~~or~~ pitching a tent in the back yard. Everybody who has experienced the uplift of a camping trip has had a small taste of the larger benefits which may be easily secured at small expense and little inconvenience right at one's own home, and not for a season only but continuously.

A change in diet is at least of next in importance. It is part of the mother's duty to see that every member in the family acquires the art of thorough mastication or fletcherizing. The fine art of chewing is receiving attention in these days in the very highest circles. The remarkable tact and energy and perseverance of Mr. Horace Fletcher have compelled the recognition of intelligent people everywhere of the paramount importance of thorough chewing as a duty in relation to nutrition. Fletcherizing, or thorough mastication and appreciation of the food, can no longer be regarded as a work of supererogation. Physiologists, physicians, men of science, astute business men, lawyers, clergymen, university professors, men of all ranks of society who desire to increase or maintain their physical and mental efficiency at a high level are taking heed to their ways in both the manner and matter of eating.

Line upon line, precept upon precept, mothers should install into the minds of their children, especially at meal times the fundamental principles of healthy nutrition. This does not mean that fletcherizing must be the only topic of conversation at the dinner table, but it does involve acute and constant supervision of the table habits of the members of the family and public

or private admonition, which by constant reiteration shall firmly establish in the subconsciousness of each member of the family wholesome rules which may thus be made the means of instructive guidance in right channels. Here is a noble field for opportunity ~~and~~ every mother who has herself been enlightened, and one in which earnest activity is certain to yield a most splendid harvest of good results.

jnk-h-5-23209

In his efforts to establish the "biologic diet" and to meet the needs of the patients of the Battle Creek Sanitarium, Doctor Kellogg has invented many methods, processes and machines for the manipulation of foods. As the result of these activities more than a score of valuable new foods have been developed among which may be mentioned toasted corn flakes, also flaked wheat, rice and other cereals, besides various granular ready-to-eat cereals. Peanut butter, malted nuts, and various other nut products were also originated by him. At the request of the U.S. Ass't Secretary of Agriculture he devised a vegetable meat, protose, which is in daily use in thousands of homes. Under various commercial names his breakfast food inventions are now ^{more} widely used throughout the civilized world than any other ready-to-eat foods, and have become the staples of the American breakfast. Doctor Kellogg was the first to prepare sterilized bran for table use and has prepared various foods which render valuable service in aiding bowel activity and "changing the intestinal flora."

file
(From Dr. Kellogg's address at the celebration of the centenary of the founding of the city of Battle Creek (1831-1931).

More than two hundred thousand persons have been attracted to this small country town to avail themselves of the health-promoting advantages which it offers. Among them have been found large numbers of persons of influence, including more than 3,040 business managers, 3,080 merchants, 3,370 lawyers, 3,790 bankers, 7,200 physicians, 2,200 clergymen and 6,100 manufacturers.

Lord Dawson tells of a friend who wrote him; "I am so much better. I have not had cancer for three months."

Charles Lamb was once advised by his doctor to take a walk every morning on an empty stomach.

"Yes," was the essayist's quick response; but on whose?"

--Carlo Bos, in "The Rotarian."

BEAUTY

Florence Nightingale, desperately ill of fever in the Crimea, left a record of the fact that the thing which wooed her back to convalescence was the sight of a single rose.

The Readers' Digest, Aug., 1932.

Why is an oyster like a
diamond mine in South Africa?

Answer - Because it has
millions in it.

THE BRIEFLESS BARRISTER.

"An attorney was taking a turn,
In shabby habiliments drest,
His coat it was shockingly worn,
And the rust had invested his vest;

"His breeches had suffered a rent,
His linen, and worsted were worse,
He had scarce a whole crown in his hat,
And not half-a-crown in his purse;

"And thus, as he wandered along,
A cheerless and comfortless elf,
He sought for relief in a song,
Or complainingly talked to himself--

"'Unfortunate man that I am!
I've never a client but grief;
The case is, I've no case at all,
And in brief, I have never a brief.

"' I've waited and waited in vain,
Expecting an opening to find,
Where an honest young lawyer might gain
Some reward for the toil of his mind.

"' 'Tis not that I'm wanting in law,
Or lack an intelligent face,
That others have cases to plead,
While I have to plead for a case!

"'Oh! how can a modest young man
E'er hope for the smallest progression,
The profession's already so full
Of lawyers so full of profession! '

"While thus he was strolling around,
His eye accidentally fell
On a very deep hole in the ground,
And he sighed to himself, 'It is well! '

"To curb his emotion he sat
On the kerb-stone, the space of a minute;
Then cried, 'Here's an opening at last!'
And in less than a jiffy was in it.

"Next morning twelve citizens came
('Twas the Coroner bade them attend),
To the end that it might be determined
How the man had determined his end.

"'The man was a lawyer, I hear! '
Quoth the foreman who sat on the corse;
'A lawyer? alas! ' said another,
'He undoubtedly died of remorse.'

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The Briefless Barrister.

"A third said, 'He knew the deceased,
An attorney well versed in the laws;
And as to the cause of his death,
'Twas no doubt from the want of a cause!'"

"The jury decided at length,
After solemnly weighing the matter,
'That the lawyer was drowned because
He could not keep his head above water.'"
John G. Saxe.

Our Outsides - Page 73
(Fernie)

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Our Outsides - Page 73
(Ferne)

MAIMONIDES' PRAYER

"O stand by me, my God, in this important task;
Grant me success! For-
without Thy loving counsel and support,
Man can avail but naught.
Inspire me with true love for this my art
And for Thy creatures,
O, grant-
That neither greed for gain, nor thirst for fame,
no vain ambition,
May interfere with my activity.
For these I know are enemies of Truth and Love
of men,
And might beguile one in profession
From furthering the welfare of Thy creatures.
O strengthen me.
Grant energy unto both body and the soul
That I might e'er unhindered ready be
To mitigate the woes,
Sustain and help
The rich and poor, and the good and bad, enemy
and friend.
O let me e'er behold in the afflicted and the
suffering,
Only the human being."

He who, from zone to zone,
 Guides through the boundless sky
 thy certain flight,
In the long way that I must tread alone,
 Will lead my steps aright.

---Bryant.

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THE HEALTH SURVEY

The first step in a health building program is a thorough examination by an application of all known dependable tests of tissue integrity and functional efficiency. The whole body must be critically examined and many of the tests must be repeated at short intervals, when abnormal conditions exist, for the purpose of checking the effects of the measures employed, and regulating the character and the intensity of the training given.

The first step is a thorough medical

examination upon arrival at the Sanitarium. Every important organ and function is carefully investigated and tested for efficiency. A complete inventory of the patient's vital assets is made, and this inventory is used as the basis for subsequent treatment under physicians' instructions.

Laboratories play a vital role in the Battle Creek Plan. They work hand in hand with Sanitarium physicians, controlling

every procedure. Without them, accurate diagnosis would be impossible; complete results obtained by treatment, unknown.

Here every important structure and function of the body are examined and tested. While each is a complete unit in itself, all these laboratories co-operate to one common end: accurate scientific knowledge of the patient's physical condition at all times.

Only through such collaboration in diagnosis and treatment is it possible to give the sick the full benefit of expert medical advice and care. Working in perfect co-ordination are the following laboratories.

Chemical Laboratory: Makes intricate tests and analyses of various kinds. Sugar and nitrogen content of the blood are also determined.

Bacteriological and Serological Laboratories: Make routine and special bacteriological examinations of urine, blood, gastric fluids, stools, etc., and prepare such vaccines and serums as may be required.

Blood Laboratory: Here the blood is examined microscopically and the number of leucocytes (white cells) and red corpuscles, as well as the amount of haemoglobin (red coloring matter) determined.

Urinary Laboratory: Applies every known scientific test to the urine and determines the patient's kidney efficiency as well.

Fecal Laboratory: Makes a thorough examination of the stools or fecal discharges, determining the kind of intestinal bacteria and parasites, etc.

Anthropometric Laboratory: Makes a complete record of the patient's physical measurements, strength, lung capacity, etc.

X-ray Laboratory: Here, by means of the fluoroscope and X-ray film, much valuable information as to the condition and functioning of internal organs is revealed.

Nutrition Laboratory: Analyzes foods; makes various nutritional studies.

Research Laboratories: Conduct investigations and experiments in an effort to solve various physiological problems of interest to medical science.

Metabolism Laboratory: Measures the functional activity of the body especially in cases where it is suspected that the thyroid gland and other parts of the governing mechanism of the living process are out of order.

HEALTH TRAINING

at the BATTLE CREEK SANITARIUM

The Battle Creek Sanitarium is a University of Health, where health problems of all sorts are studied and health activities of many kinds are carried on. It is the purpose of this series of articles to present a description of some of these activities, together with pictures, ^{that} ~~which~~ will give the reader something of an idea of the life and atmosphere of a large sanitarium.

The Sanitarium deals almost exclusively with chronic maladies ^{which} are the result of unhealthful life conditions, wrong habits, errors in diet, lack of exercise, bad posture, neglect of elimination, etc. We may inherit weaknesses and predispositions, but no one ever inherited Bright's disease or myocarditis, hardening of the arteries or "softening" of the brain.

~~no~~ The cumulative effects of months or years of unhygienic living finally exhaust the vital resources ~~of the body~~, and then miseries and disabilities appear.

~~no~~ ^{It is thus that,} ~~no~~ ^{no} ~~no~~ unwittingly, we actually cultivate disease. Manifestly, the rational method of regaining health when lost is to reverse the process — to cultivate health instead of disease. This requires a radical change of program. Instead of treating health like an unlimited bank account, permitting extravagant expenditures, we must become penurious in our attitude toward unnecessary vital outlays. We must become misers of health, hoarding our vital resources and making use of every rational means to increase our vital reserves, our stores of life energy with which to combat disease, inoptitude and senility.

The results of comprehensive health training, when applied with thoroughness and expert scientific direction, are usually a great surprise to the patient. He does not

realize what a heavy handicap his vital organs have carried as the result of wrong eating, coffee drinking, smoking, postural errors and other physical misdemeanors. Within a few days after beginning his new program, often within 24 hours, he begins to note highly significant changes. That tired feeling in the morning-- a dread to rise and tackle the problems of the day-- is lessened. Pretty soon, it has disappeared. The old "pep" is returning, a long-lost relish for food is coming back. A black cloud of gloom and pessimism is lifting. This is just a touch of the rejuvenating restorative power of physiologic health culture, and a foretaste of the happy deliverance from irksome miseries and crippling inefficiency which may be experienced when the full renovating and reconstructive effects of a few weeks or months of real health training have been realized.

north
Looking through the
magnificent colonnade



THE BATTLE CREEK SANITARIUM =

A University of Health



Guests Arriving at the South Pavilion of
the Colonnade

JHR

JHR
article

Here begins ~~your~~ therapeutics

Sanitarium's

In the comprehensive training method, the muscles, which are usually the chief objects of training, receive adequate but by no means exclusive attention. The training of each section of the vital machinery, — the lungs, heart, stomach, liver, kidneys, skin, colon, brain and nerves ^{re-}ceives specific attention. Goethe, the poet, was an enthusiastic anatomist. When he discovered the intermaxillary bone, he was so happy, he declared, "my internal organs danced," ~~and~~ ^{This is} a poet's description of ~~that~~ state of physical beatitude, in which the "dance of life" goes merrily on in every organ of the body, ^{in which} and one experiences the real joy of living, ^a goal which is attainable through biologic health training by thousands who are daily tortured by headaches and migraines, insomnia, neuralgias and "blues," till life is a tragedy and existence drab.

A rational health building program is not a hardship for a penance, but a really delightful experience if one enters into it with an intelligent understanding of the purpose of each activity and requirement. Here is a brief outline of the leading features of the Battle Creek Sanitarium Course of Health Training:

MAKING WEAK MUSCLES STRONG

The 500 muscles are the engines of the body. They use the bones as levers and are the most efficient machines known to man. This muscle machinery constitutes about one-half the weight of the body. ^{not} By a mysterious process, the secret of which still defies the sharpest scrutiny of science, the muscles convert the latent energy of food into work. ^{They do} just what a locomotive does with coal. So food is really ~~food~~ ^{fuel}.

^{not} Well trained voluntary muscles are our ready servants, doing all sorts of mechanical jobs, big and little. They also aid in maintaining poise, physical and mental, and self-control.

4 Besides, the muscles are a great chemical laboratory in which remarkable chemical reactions are taking place continually, one result of which is the production of bodily heat equal to that which would be produced by the burning of a ten-ounce tallow candle every twenty-four hours. ^

4

2

3

Under judicious training, the total strength increases at a rapid rate, often several hundred pounds a week. Every pound means progress in health building, better appetite, better digestion and assimilation, better breathing while asleep as well as when awake, better heart action, increased power to resist disease, greater physical endurance, better mental efficiency, and ability to hold Old Father Time and other deteriorating agencies at bay.

4091 When the muscles are large and strong, the body fires burn briskly, that is, the heat-making and other vital processes are active; but when the muscles become flabby and weak, the flame of life burns low, all the bodily powers are enfeebled; the power to resist disease is lessened, ^{and} old age processes are encouraged. One does not need to be an athlete, but strong, elastic, quick-acting, tireless muscles are a vital asset of priceless value.

^{are the muscles of a}
How strong is ~~a~~ healthy man?

~~For hundreds of years~~ ^{when} this question remained unanswered, until about 40 years ago, ^{Dr.} Kellogg invented the Universal Dynamometer, a device by means of which each of the thirty large groups of muscles of the body may be measured, and a graphic made which shows at a glance the strength of each group of muscles and how it compares with the normal. This instrument has for many years been used by the United States Government in the training of officers at its army and navy schools at Annapolis and West Point. When the muscles of an average healthy man are tested by the dynamometer, the aggregate lifting power is found to be two and a half tons, 5,000 ^{pounds} lbs. The average woman's strength total is 2600 pounds.

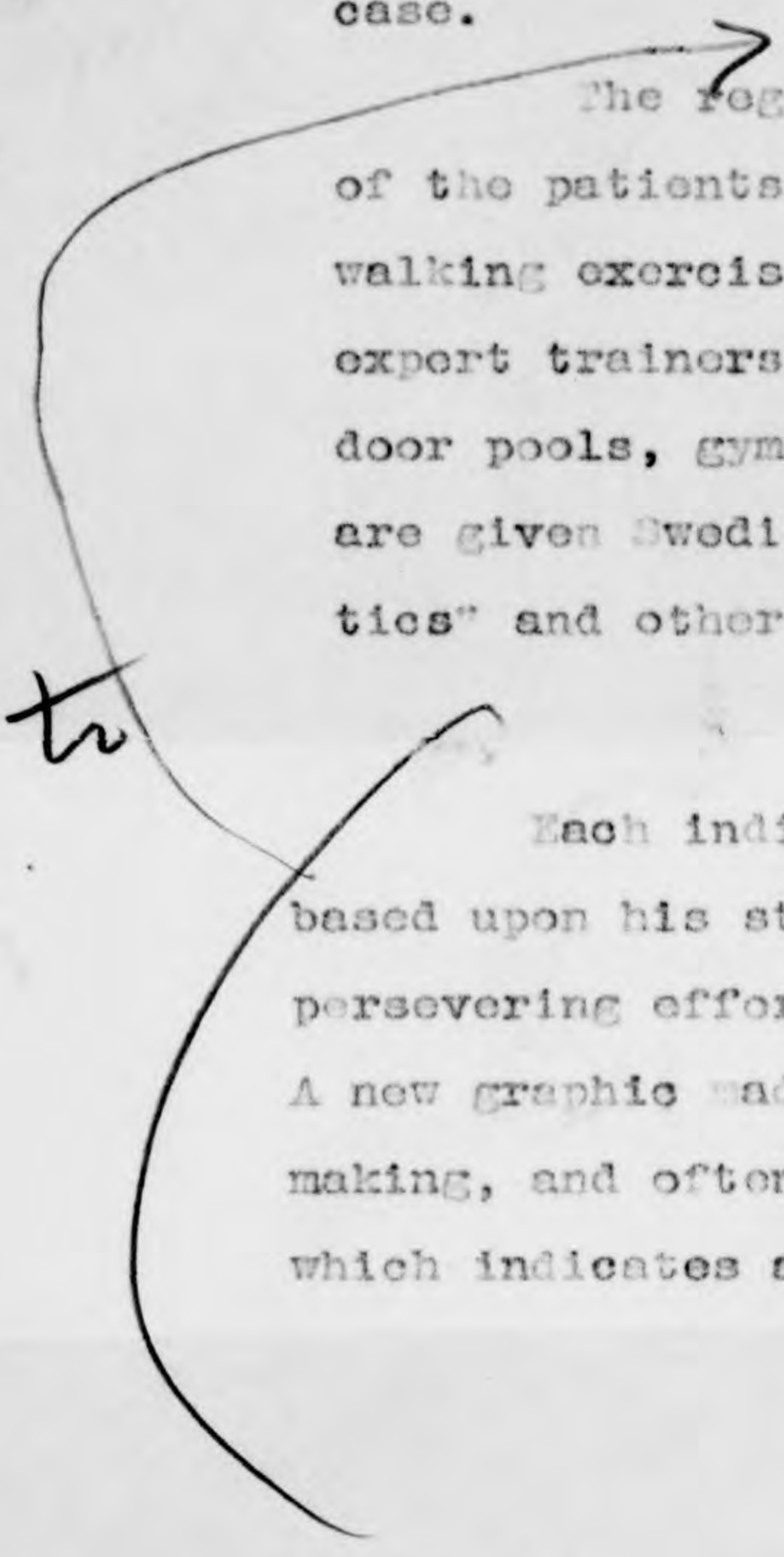
41 The strength graphic shows the weak spots, and thus indicates to the trainer the particular exercise that is needed to restore the symmetry that has been lost by sedentary habits or irregular occupational demands.

Postural faults, such as flat chest, ~~and~~ the sag after forty (nearly always present) and the "slouch" position, rapidly disappear under expert instruction and appropriate corrective measures. ¶ The shadowgraph, an original device, clearly defines the postural defect and reveals the progress made under training.

After each case has been carefully studied, the trainer prepares a program for each patient adapted to his individual case.

The regular exercise program, in which a large proportion of the patients participate, includes the following: Graduated walking exercises, body building and corrective exercises under expert trainers, light calisthenics, swimming ⁱⁿ in-door or out-of-door pools, gymnastic games, folk dancing, etc. Feeble patients are given Swedish gymnastics, automatic exercise, "heart gymnastics" and other special forms of muscle training as indicated.

Each individual is given a special exercise prescription based upon his strength graphic, by following which he will by persevering effort, be able to bring his weak points up to par. A new graphic made every two weeks shows him the progress he is making, and often reveals a gain of 500 to 1,000 pounds in strength, which indicates an equal gain in nutrition and vital stamina.



While harmful condiments are eliminated from the bill of fare, there is no lack of flavor. For every subtraction there are several additions. Substantial, carefully "balanced" staples are supplemented by attractive relishes and tempting tidbits.

Amiable, expert and experienced dietitians figure out the calories and balance the food salts and vitamins for new patients until they become themselves skilled in catering on biologic principles and able to work out menu problems under the supervision of the dietetic director.

By well tested scientific methods, the too fat are made thinner, the too thin fatter, and without the grave risk of nervous or constitutional disturbances. And the transformation from lean to fat or from fat to slimmer is made in so insidious and subtle a manner that the subject is unconscious of any hardship or discomfort.

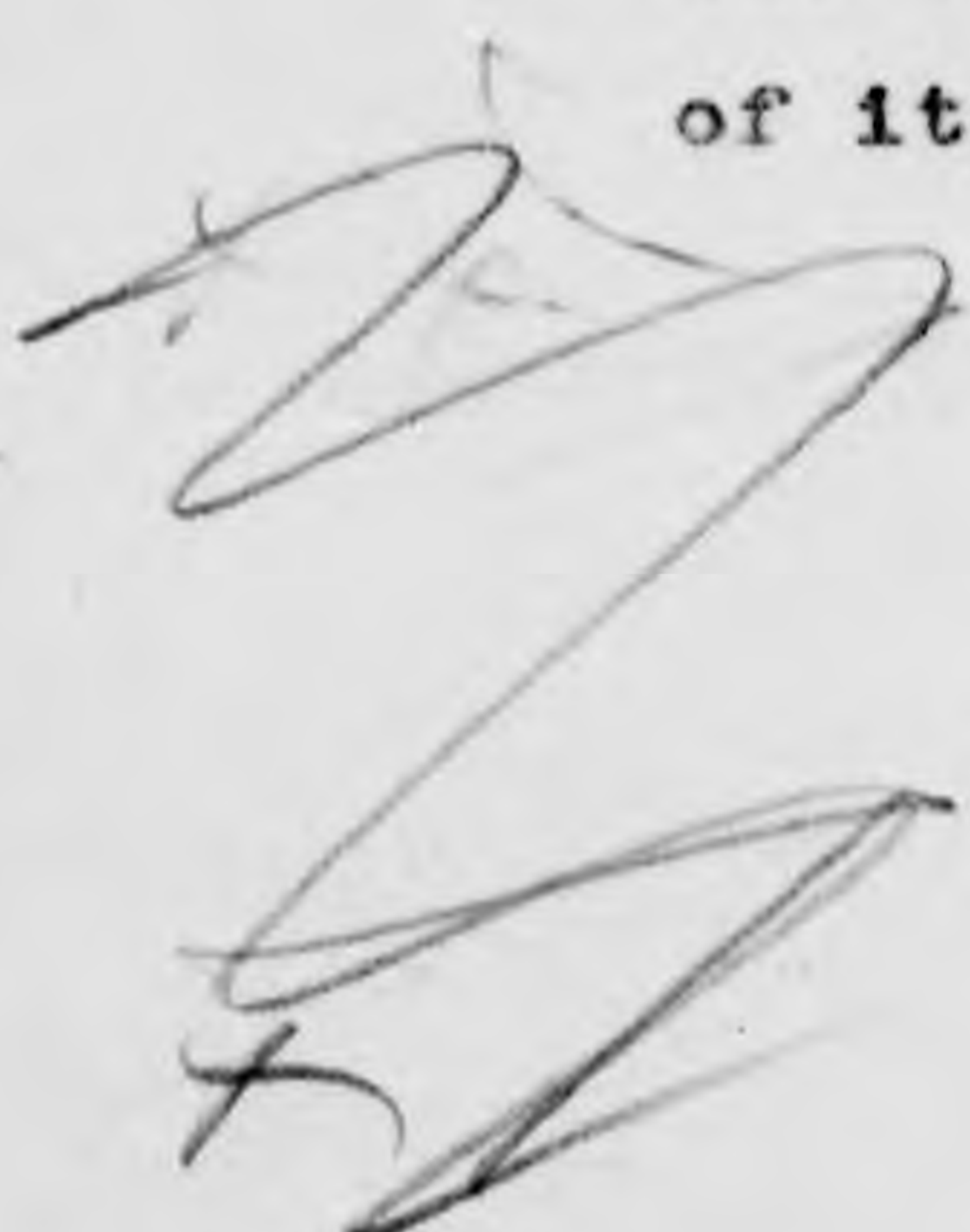
Some thought is given to the fine art of chewing, by which digestion is improved and the pleasure of eating enhanced.

A cooking school taught by an expert, gives daily practical instruction in the principles and methods of the Battle Creek Diet System. These lessons are free and men as well as women are invited to attend the classes. Ample facilities are provided so that each one may practise the methods described and so become proficient in the making of biologic bills of fare .

TRAINING THE CRIPPLED COLON

Modern medical research has shown the crippled colon, with its stagnating, putrefying residues, to be a veritable Pandora's Box of maladies and miseries. Intestinal toxins, if not the specific cause of many serious disorders, are certainly a most potent cause of functional disturbance and a handicap which must be removed to give the restorative forces of the body an opportunity for successful activity.

The poor colon is so universally neglected and abused, it practically always needs help. The one-a-day evacuation in the light of modern physiology is constipation, and a cause of self-poisoning, auto-intoxication. ¶ Fifty years' study of the many problems concerned in this eliminative function has developed methods of dealing with the various classes of crippled colons which so rarely fail that success practically always follows a sincere effort, and with most gratifying results. Complete clearance of the colon daily by an efficient evacuation after each meal is the recognized normal standard, the benefits seen from which are the most convincing proofs of its validity.



This is accomplished by regulation of the diet and the use of highly efficient food accessories that were sought for from the very ends of the earth. One of the most useful of these is a little black mucilaginous seed, Plantago psyllium, from the hillsides of old Greece, where it has grown wild for untold centuries and has been used as an intestinal helper by the native peasantry.

When the great value of this simple accessory was fully established by thorough laboratory and clinical study and began to be known, the demand increased so rapidly that in a short time the world's supply was exhausted. The successful culture of the plant is difficult, requiring special conditions of soil and weather and an enormous amount of hard labor. The crop has been, on this account, a very small one, especially as the principal use made of the seed was in Germany, where its mucilage was used to give the highly polished surface to playing cards. The fifty tons produced for this use were soon exhausted, and it became necessary to send men out in the Mediterranean regions of Europe to arrange with hundreds of the little peasant farmers to plant, cultivate and harvest the crop with the aid of their sturdy little wives and their numerous children, whose deft fingers are well adapted to the handling of the tiny black seeds, separating them from the various sorts of weeds that grow with them.

And it became necessary, also, to invent new machines for assorting and cleansing the seeds, and also to perfect dependable methods of sterilizing, to insure against any possible contact with the miscellaneous oriental germs that abound in the Far East countries and their neighbors.

Attempts to produce Plantago psyllium in this country have thusfar proved unsuccessful.

This incident is thus briefly mentioned as an illustration of the great effort made to give to every candidate for health training every possible aid that the world's resources can supply.

Methods and means for aiding the crippled colon that have been tested, developed and devised at the Sanitarium have proved so efficient that they have in some instances acquired world-wide fame.

TRAINING THE LIVER

The crippled liver, even when cirrhotic and hobnailed, may often be made to perform its blood-purifying tasks efficiently by the potent measures of thermotherapy, especially diathermy, aided by a special liver-regenerating regimen. For, the liver, with proper conditions supplied, has an extraordinary capacity for self-regeneration. A German physiologist saw the half of a rabbit's liver which he had removed completely reproduced; and a French physiologist proved that assimilable carbohydrates, in liberal amounts, will enable a damaged liver to repair and reproduce its injured and destroyed cells.

In changing the intestinal flora by the liberal use of lactose or lacto-dextrin, the liver is supplied with an easily assimilable carbohydrate, and at the same time the work of the liver is greatly lessened by the suppression of putrefactive changes.

Include
cut of Electrocar-
diograph tracing



Electrocardiograph

TRAINING THE HEART

The heart is the central engine of the body. At each stroke it sends out to the hungry body cells a quart of liquid life. Says Holy Writ, "The life is in the blood;" "the blood is the life." The blood creates, vitalizes, repairs, restores. The normal heart pumps seventeen gallons, half a barrelful of blood each minute.

Each year more than 200,000 persons die in the United States of disease of the heart and blood-vessels. This is now the chief cause of death in this country. Many thousands of these lives might easily be saved by right heart training and biologic living. The two great enemies of the heart are unclean blood and overwork. Hardening of the arteries (arteriosclerosis) is chiefly due to poisons circulating in the blood-stream. Obstructed bloodvessels compel the blood pump to work much harder to pump its half barrelful of blood per minute. The blood pressure rises. The heart wears out prematurely and stops. Apoplexy, due to damaged bloodvessels and chronic myocarditis, the worn-out heart, are the words that appear on the burial permit.

The decay of the bloodvessels may be arrested by making the blood clean and keeping it clean. If the liver and kidneys are not too badly damaged, this can ^{usually} always be done by biologic training. Something much worth while may be done, even in cases of quite advanced cardiovascular renal disease, by thoroughly efficient daily elimination of colon residues and a very carefully adjusted basic diet.

And the overworked heart may be relieved of a considerable part of its burden by improving the circulation in the

skin, the muscles and the abdominal viscera, three great reservoirs of blood each ^{one of which is} capable, in health, of holding half or more of all the blood in the body. The narrowed blood-vessels of the skin may be widely opened by sun baths, massage, bubble baths, frictions and various hydriatic applications. The muscles respond to gentle gymnastics, automatic electrical exercise and aerotherapy ~~and~~ (sun ~~and~~ air baths), thus securing a better distribution of the blood.

And the weak heart, even when badly damaged by myocarditis, may often be made stronger. Cleaner blood improves the nutrition of its muscles. A properly balanced diet, rich in the right vitamins and salts, gives the failing heart wonderful support and a new store of energy.

Added to these potent measures, heart training by carefully graduated muscle exercises ~~is~~ is a precious resource for rebuilding a broken down ^{organ} heart. Beginning with rest until the heart is able to do its work efficiently in the horizontal position, ^{and} with skilful hydriatic treatment, compensation may often be completely restored by judicious training.

It is not extravagant to say that the life expectancy of the average person suffering from heart disease may easily be doubled by judicious heart training and biologic living.

TRAINING THE MIND

Thinking is not confined to the brain. The whole body participates. Agreeable thoughts and pleasant emotions induce bodily conditions which favor health and efficiency, physical and mental. On the other hand, fear, anger, worry, produce morbid bodily states and actually generate poisons which cause grave vital disturbances and create disease.

The Coué magic phrase, "I'm getting better and better every day" is wholly unsound philosophically but works practically, for when one is saying, "I'm getting better and better every day," he cannot at the same time be thinking, I am getting worse every day, and indulging in morose and pessimistic reflections which flood his body with poisons and create disease. His mind is thus kept in an optimistic state; worry poisons are suppressed, and so the natural healing powers of the body, the vis medicatrix naturæ, are enabled to make a successful restorative effort. The repeating of optimistic phrases thus have a real curative virtue. For the man who mournfully soliloquizes,

Alas! my heart is ailing,
I'm daily growing worse;
I'm surely, surely, failing,
I'll soon ride in a hearse—

~~and~~ thus keeps himself ill. There is real salvation in the Christian Science jingle,

"Think health and health will find you,
As certain as the day;
Disease will lag behind you,
And lose you on the way."

Even though the philosophy is unsound, as the scoffing parody discloses,

"Think bread when you are hungry
And shortly you'll be fed.
Think sleep when you are weary,
And you'll find yourself in bed."

Psychotherapy receives consideration in dealing with neurotic cases, but chief dependence is placed upon the creation and maintenance of an optimistic atmosphere. Universal amiability, good will, helpfulness and generous sympathy surround the patient with an uplifting influence that wins him away from his pet worries. The thoroughness with which his case is studied, and the rational methods adopted to combat and eradicate his maladies, inspire his confidence and command his cooperation.

Besides, the daily program occupies the patient's time so fully with interesting and agreeable activities that there is no time for brooding over disappointments or worry about imaginary catastrophies. The mind is kept occupied with health-promoting procedures.

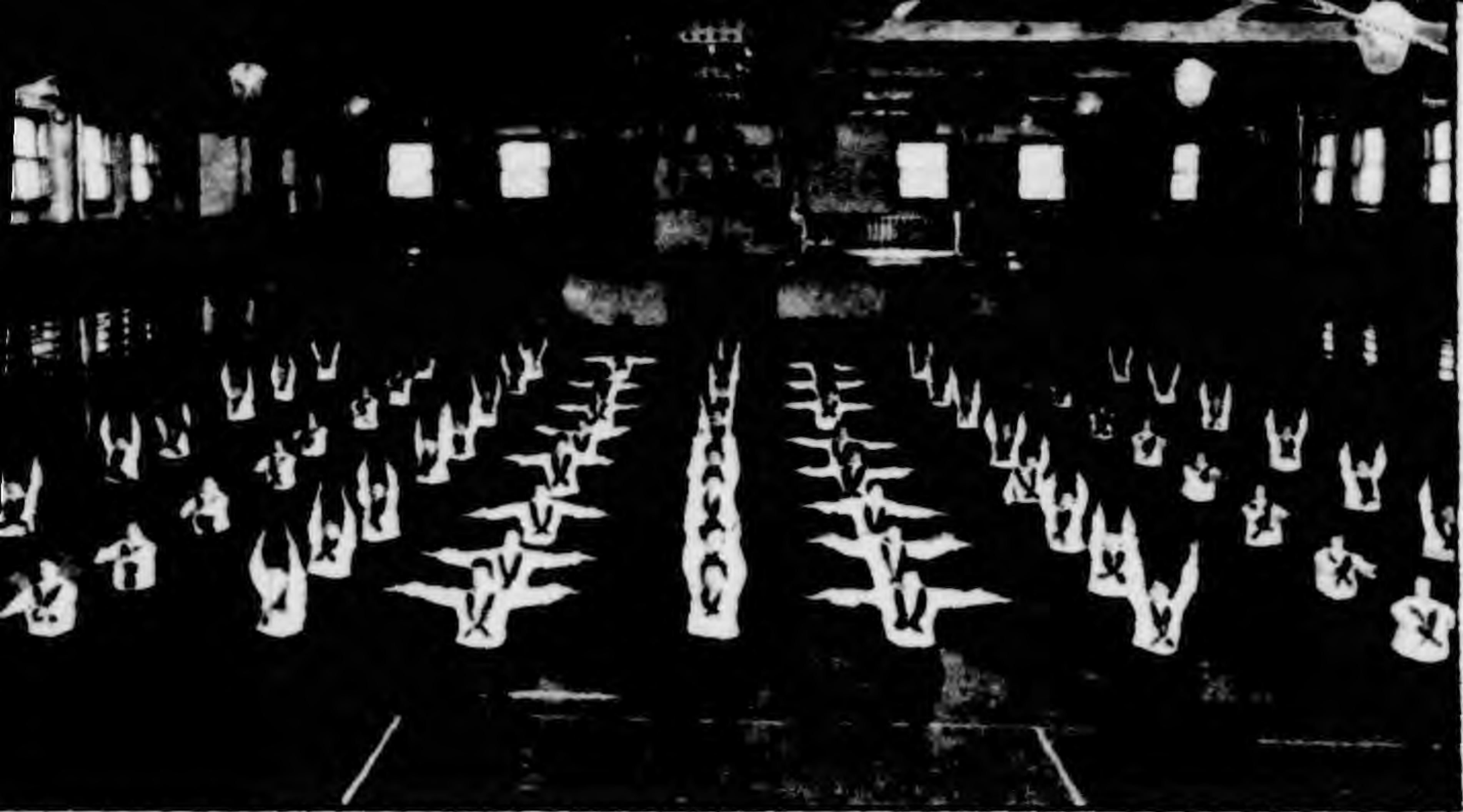
There is no invalid or hospital atmosphere; no repellent sights or sounds. A quiet, cheerful, cultured air pervades the place. Everybody feels at "home." There is no "smart set." The exclusion of smoking and all forms of fashionable dissipation eliminates the patronage of an undesirable class.

Those who come to Battle Creek are serious-minded persons seeking relief from real troubles; persons who are glad to improve the opportunities offered them, and ready to cooperate with physicians and attendants. There is at all times among the guests a generous sprinkling of distinguished persons, senators, governors, foreign ministers, physicians, lawyers, industrial and social leaders, and educators and other interesting persons not only from the United States, but many foreign lands.



Class for Women in the Indoor Gymnasium





Class for Women in the Indoor Gymnasium

GETTING NEW HEALTH HABITS

Mark Twain found one good use for bad habits - "something to give up when you get sick". Getting rid of bad habits and forming ^{good} new ones is one of the most important things to be accomplished by a visit to a health university like the Battle Creek Sanitarium.

Health training begins the moment the guest steps upon the Sanitarium grounds. There is no smoking-room and no smoking on the premises. Nothing unwholesome appears on the bill of fare.

~~Health training begins the moment the guest steps upon the Sanitarium grounds. There is no smoking-room and no smoking on the premises. Tea and coffee do not appear on the bill of fare.~~ ^{Nothing unwholesome} As soon as the new arrival is initiated by passing through the Medical Office, he begins to find his place in the general health crusade against his old harmful appetites and practices. Within a day or two he begins to like it. It's interesting and entertaining, as well as enjoyable, and so reasonable that "common sense" tells him he is on the right track. And it is seldom long before he begins to feel the cloud lifting and to see light ahead.

To his surprise, he finds the diet attractive and satisfying. The steaks and chops and fricassées^e are not there, but the satisfying flavors of the savory bouillons and entrées; "brown gravy," and "dressing," are more than reminiscent of much enjoyed repasts. After his first meal an enthusiastic guest exclaimed, "I missed nothing but the gristle." Of course he missed a lot of uric acid and urea, and bacteria and putrefaction products, and possibly some thousands of trichinae or young tapeworms, but he suffered no loss in consequence and had no reason for regret.



*Dr. Kellogg Delivering ^{the} ~~One of~~ his Famous Monday
Evening Question Box Lectures*

Every day the program becomes more enjoyable and the climbing toward health becomes easier. As the weeks go by, the various tests show ^{the} fundamental changes in tissue and function which are taking place, and thus supply a sound basis for the confidence necessary to support the prolonged and persevering effort needed to accomplish maximum results.

This page should be transferred to follow

Page 2

The service of a trained dietitian at each meal. f

Medical Supervision)—————→

Each patient on arriving is assigned to an experienced physician who, with the cooperation of various specialists, makes an exhaustive examination and arranges a program of treatment and training adapted to each individual case. The patient may visit the physician's office daily or may be called upon by the physician at his room if necessary.

MEDICAL MISSIONARY COLLEGE SETTLEMENT.

In May 1895 was started the Med. Miss. College Settlement, situated about a mile east of the stock-yards, in a two-story frame building. The lower floor had a commodious hall, with bathrooms and dispensary in the rear. The second story is used for living rooms, and here the resident nurses, teachers, and workers in all departments live, and receive the neighbors, of whom they seek to make friends. Mrs. Baker was in charge of this work for some time.

See summary on page 68 of Year Book.

Children's Christian Home.

The Medical Missionary of Nov. 99 says as follows:

Miss black writes that the Home has sheltered 42 children during the last four months.

Messrs. Sears & Roebuck, of Chicago, rendered much appreciated help in meeting the expense of sending 2 nurses and 17 children to Wisconsin.

School began in the Home the middle of Sept. With Louise Paulson in charge of 20 bright-faced children, plump and happy.