

**JOHN HARVEY KELLOGG (1852-1943)**

**SUBJECT FILES, CA. 1885-1920  
(PRIMARILY CONCERNING TOPIC OF  
MEDICAL MISSIONARIES)**

**MICHIGAN SANITARIUM AND BENEVOLENT ASSOC.**



# Articles of Association of the Michigan Sanitarium and Benevolent Association

STATE OF MICHIGAN, )  
COUNTY OF CALHOUN, ) SS.

We, the undersigned, desiring to become incorporated under the provisions of Act No. 242 of the Public Acts of 1863, entitled, "An Act for the incorporation of hospitals or asylums in cases where valuable grants or endowments have been made to Trustees for such purposes," and the Acts amendatory thereof and supplementary thereto, and having received and having now in hand the gift of the sum of Seven Thousand Dollars (\$7,000) as a founding and endowing fund for the hospital and asylum as specified in the instrument of gift annexed hereto, and being duly authorized, qualified, and directed to effect this incorporation, do hereby make, execute, and adopt the following Articles of Association, to wit:—

## ARTICLE I.

*a.* The name assumed by this corporation and by which it shall be known in law is,

MICHIGAN SANITARIUM AND BENEVOLENT ASSOCIATION

*b.* Said corporation is to be located in the city of Battle Creek, Calhoun County, Michigan.

*c.* The period for which said corporation is incorporated is in perpetuity, or, if by the Constitution of the State of Michigan and the statutes



of said State governing said corporation, its period of corporate life cannot be in perpetuity, but can be for only thirty years, then the period for which said corporation is incorporated is thirty years.

That is to say,—the incorporators hereof are desirous of effecting an incorporation which shall continue for the longest period possible under the Constitution and statutes of this State, and inasmuch as said corporation is one not for profit-earning or dividend-paying, and in or out of which no corporation or member can ever have, or hope to have, any money or property benefit whatever, and inasmuch as said corporators are advised by their legal counsel that owing to said fact and the fact that said Act is silent upon the matter of corporate life, it may well be held by the courts of this State that this corporation is, as to such corporate life, within the rule laid down by the Supreme Court of Michigan in *Kent County Agricultural Society vs. Joseph Houseman*, 81 Michigan Reports, page 609, and other kindred cases.

Therefore, the declaration as to the corporate life of said corporation is made as hereinbefore set forth, so that this corporation have perpetual life upon its incorporation, if the Constitution and statutes of Michigan permit the same.

## ARTICLE II.

The objects of said corporation and other matters germane and auxiliary thereto, are as follows:—

To found a hospital or charitable asylum within the State of Michigan for the care and relief of indigent or other sick or infirm persons, at which institution may be received also patients and pa-



trons who are able to and do pay for the benefits there received, and which institution shall devote the funds and property acquired and received by it from time to time from all sources, exclusively to maintaining itself, improving its condition and facilities, extending its benefits and usefulness, and facilitating and promoting its purposes, by such sanitary, dietetic, hygienic, and philanthropic reforms and efforts as are germane or auxiliary thereto; all of its said purposes being undenominational, unsectarian, philanthropic, humanitarian, charitable, and benevolent, and in no manner directly or indirectly for private profit or dividend paying to any one.

### ARTICLE III.

The names of the Trustees hereby incorporated are,—

JOHN H. KELLOGG,	HOWARD F. RAND,
DANIEL H. KRESS,	GEORGE H. MURPHY,
GEORGE A. IRWIN,	JOHN S. COMINS,
WILLIAM H. HALL,	DAVID PAULSON,
LYCURGUS MCCOY,	

CHRISTIAN M. CHRISTIANSEN,  
all of the city of Battle Creek, Calhoun County,  
Michigan.

### ARTICLE IV.

The number of persons who shall constitute the permanent Board of Trustees of this corporation, the mode of election or appointment of the first Board of Trustees, the time for which the Trustees shall be elected or appointed, and the mode in which their successors shall be elected or ap-



pointed, and other matters germane thereto, are as follows:—

#### FIRST

The number of Trustees of said corporation as at first named, and permanently, shall be ten.

#### SECOND

The mode of appointing the first Board of Trustees shall be as follows, viz.:—

Immediately after the due organization of this corporation the Trustees so incorporated shall meet and proceed to elect from their number five Trustees to hold until their successors are elected at the annual meeting to be held in 1898, and five Trustees to hold until their successors are elected at the annual meeting to be held in 1899.

Provided, however, that if at the time of such election any of said Trustees be dead or incapacitated, then at that extent the remaining Trustees incorporated, may choose others to make up said ten Trustees.

At the annual meeting held in 1898, five Trustees shall be elected to serve two years, and at the annual meeting held in 1899, five Trustees shall be elected to serve for two years, and so on, so that there shall be an election each year at the annual meeting, of five Trustees to hold office for two years. All Trustees shall continue in office until their successors are chosen; and the meeting for the election of Trustees shall be held annually, and shall be called in such manner as the Trustees shall fix in the By-Laws. All vacancies in the Board by death, resignation, or otherwise, shall, for the current year, be filled by the



Board. Resignations shall be made to, and accepted by, the Board.

### THIRD

As to the mode of appointment of Trustees to succeed those so selected as the first Board, we do fix the same as follows:—

There shall be a body of Electors or Constituents, to be known as Members, who shall have the qualification hereinafter prescribed, and who alone shall elect the Trustees to be elected at the corporate meetings.

At all meetings of the Members duly called, a quorum for the transaction of the business to be done shall consist of such duly qualified Members as are present and voting.

### FOURTH

Members shall be of two classes; viz.:—

Permanent Members and Annual Members.

The following are hereby declared to be the conditions upon, and subject to, which (and not otherwise) persons may become or remain Members of this Association; and these conditions shall be set forth in the following form in a proper book (entitled Declaration of Principles concerning, and Statement of Condition of Membership in, the Michigan Sanitarium and Benevolent Association), and be signed by each Member as evidence of his irrevocable consent hereto; viz.:—

#### 1.

As a condition of becoming and being a member of the Michigan Sanitarium and Benevolent



Association, I declare and consent that the objects of this Association are and shall be:—

*a.* The maintaining of a hospital and charitable asylum within the State of Michigan for the care and relief of indigent or other sick or infirm persons, at which institution there may also be received and cared for, patients and patrons who are able to and do pay for the value there received, and which institution shall, with the property acquired by it from time to time from all sources, maintain itself, better its condition and facilities, and use all its said property and funds faithfully and exclusively for its lawful purposes, and not in any manner for profit or dividend paying.

*b.* The performing of such work and acts as it is allowed by the State to perform, with its property and funds, and required for its main and direct purpose as aforesaid, of an undenominational, unsectarian, humanitarian, and philanthropic nature, and also such work and acts so permitted as aforesaid, as are in the line of sanitary, dietetic, dress, and other hygienic and temperance reforms, by classes, lectures, and publications and other appropriate means, and also such work and acts so permitted as aforesaid, as will oppose the use of tobacco, tea, coffee, and other narcotics, as well as of alcoholic liquors, disseminate the principles of social purity, find homes for homeless children and outcast men and women, and care for the aged and infirm, train and send out missionary physicians and missionary nurses, who shall engage in the promulgation of the principles of hygienic and temperance reform and Christian philanthropy, and



enter upon various lines of work so permitted as aforesaid, for the relief and betterment of the ignorant, unfortunate, and degraded, and the suffering, both rich and poor.

All of which work and acts shall be undenominational and unsectarian and purely charitable, benevolent, Christian, and philanthropic, and all of which shall be done with the means of said corporation not needed for its main and direct purpose, and all of which shall be without profit or dividend, direct or indirect, to the Trustees or any of the Members or Constituency or Electors of said corporation.

2.

I declare my belief in God, in the Bible as the inspired word of God, and in the principles of the Christian religion, and express my sympathy with all who are of like mind, without distinction of creed or denomination, and desire that as far as this Association is permitted to do so, it shall cooperate with all such in every good work which has for its purpose the elevation and improvement of mankind.

3.

I further declare and consent that it is a condition of my becoming a Member of said Association, that at any meeting at which election of Trustees is had, and prior to said election, a two-thirds' majority of the members there present and voting may drop me from the roll and remove me from the Association, if in their judgment I am not in harmony with the principles of the work of the Association, or instead of dropping and removing me, I may, by a like vote, be sus-



pended from all membership rights for such period as said vote shall fix.

And I further declare and consent that it is also a condition of my becoming and remaining a Member of this Association that the act of said members in removing or suspending me from membership shall be final, and that I have no right to and will not appeal to any Court of law or equity to question, prevent, or reverse such action or to recover any damages therefor.

4.

I further agree as a condition of my becoming and being a Member of said Association that I shall never have more than one vote upon any election, question, or matter on which I have a right to vote in connection with said Association; that if I vote, I must vote in person and not by proxy; and that no such mode of voting as cumulative voting shall ever be allowed in connection with said Association.

5.

I further stipulate that as a Member, permanent or annual, I have no property rights in said corporation or in any of its property or funds, and that the Trustees for the time being constitute the corporation.

I recognize the fact that it may be considered and held by courts, that under the Constitution and laws of Michigan, said corporation is not limited in its life to thirty years, but has a perpetual or indefinite existence; now, however that may be, I stipulate, agree, and direct, that whenever said corporation comes to an end, be it by the



limitation of its legal life, or by being wound up by statutory or other proceedings, or otherwise, the then Trustees by the majority vote of all the then Trustees, shall, in due form and manner, cause to be made a transfer of all the assets of said corporation, of every kind, name, and nature, to such other corporation as shall then be in existence to receive the same, and as will accept the same, and assume all debts, duties, and liabilities of said corporation, provided, however, that such receiving corporation shall be charitable and philanthropic in its objects and purposes and shall be non-profit- and nondividend-paying to any of its members, and which shall have for its aims substantially the same objects and purposes as the Michigan Sanitarium and Benevolent Association.

And I further stipulate, agree, and direct, if at any time it is the judgment of two thirds of all the Trustees of the said Michigan Sanitarium and Benevolent Association, that the work, objects, ends, and aims of said Association, as expressed in its founding and endowing instrument and its Articles of Incorporation, can be carried on under some other Legislative provision now in existence or hereafter enacted, better and more satisfactorily than under the Act it is then operating and going on under, then, in due form and manner, a transfer may be made of all the assets of said Association, so as to bring them under the operation and protection of such other legislation, and take them out of the law under which said Association is then operating, provided, however, that such change over must preserve all legal essentials



and spirit of the purposes of said Association, and make no material change in or addition to the declared principles and conditions of membership as herein expressed, and shall preserve to me the same membership, and right to membership, therein as I have herein.

(SIGNATURE.)

(DATED.)

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FIFTH

To become a Permanent Member a person must, as aforesaid, sign the Declaration of Principles and Conditions (which signature may be made personally, or by agent authorized in writing, which writing shall be filed with the Association by fastening it into the "Declaration" book),

And, also,

Come within one or more of the following classes; viz.:—

1.

All persons who, on July 13, 1897, were the owners of one or more shares of stock in the **Health Reform Institute** of Battle Creek, Michigan, and who sign said Declaration of Principles and Conditions before July 1, 1898, provided, however, that the Board of Trustees may, by a majority vote of the Board, permit such qualifying signature to be made after said July 1, 1898.

2.

All persons who have given One Hundred Dollars or more toward the founding and endowing of the Association.



3.

All persons who shall give One Hundred Dollars or more to the Association for its corporate uses and purposes.

4.

All persons who have given One Hundred Dollars or more to said former Health Reform Institute, and who sign the Declaration of Principles and Conditions before July 1, 1898, provided, however, that the Board of Trustees may by a majority vote of the Board, permit such qualifying signature to be made after said July 1, 1898, and provided further that the said Board of Trustees shall be the sole and final judges of the sufficiency of the evidence of such gift.

SIXTH

To become an Annual Member a person must sign said Declaration of Principles and Conditions (which signature may be made personally or by agent authorized in writing), which writing shall be filed with the Association by fastening it into the "Declaration" book,

And, also,

Give at least Ten Dollars and less than One Hundred Dollars to the Association for its corporate uses and purposes during the fiscal year for which annual membership is desired.

SEVENTH

In addition to all other requirements for, and terms and conditions of, membership, permanent or annual, in this Association, all persons desiring and applying to become members of either class shall be subjected to the following course of procedure, as a condition of membership:—



On the day of the first annual meeting held in 1898, and reasonably prior to such meeting, the then Board of Trustees shall meet, for which meeting a majority of said Board shall be a quorum, and of which meeting this provision shall be a sufficient notice. The President and Secretary shall select the hour and place for such Trustee meeting, and it shall be the duty of each Trustee for himself, to inquire of the President or Secretary the hour and place of such meeting, and to report thereat and attend such meeting without further or other notice.

When said Trustee meeting convenes, the list shall be read and records examined, showing who has up to that moment sought to become a member and qualified therefor. And every such person shall be deemed to have been and be an *applicant* for membership only, subject to be passed upon and accepted or rejected by the procedure herein provided for.

If no objection is made to any such applicants, and they have duly qualified, they shall then and thereafter be considered to be members, subject, however, to all the provisions for dropping or suspension, or subsequent impeachment of membership, in these Articles provided for.

If any objection is made to any such applicant, a vote shall be forthwith taken on the acceptance or rejection of such person. And if a majority of the Trustees present and voting vote to accept, then such person shall be deemed to be a member, subject to said provisions as aforesaid. But if such majority vote be to reject, then such per-



son shall be deemed rejected and shall not be or become a member, and any money paid or chose in action turned over or assigned to this Association by any such rejected person as part of his application qualification, shall be refunded, turned back, and reassigned to such person, within a reasonable time after request therefor, made in writing by such person to the President or Treasurer of this Association.

At each and every annual meeting of the Association, held after the first annual meeting held in 1898, the following course and method shall be pursued as to those who have sought to become members in the interim between annual meetings; viz. :—

Before any vote is taken upon any matter whatsoever, the names of those who have qualified as members during the interim aforesaid shall be then and there publicly read in open meeting (which interim qualification shall be deemed to be and have been applications only, and subject to the operation and result of this procedure).

And if any member who was such prior to such interim, shall object to any such interim member, then a vote shall be taken forthwith upon the reception or rejection of such person, and if two thirds of the members present and voting, who were such prior to such interim, vote against the reception of such person, then such person shall be deemed rejected, and if such person has during such interim paid any money or turned over or assigned any chose in action to this Association, the same shall be refunded, turned back, and



reassigned to such person within a reasonable time after request therefore, made in writing by such person to the President or Treasurer of the Association.

If no objection is then and there as aforesaid made to any such interim person, then he shall be deemed a member, subject, nevertheless, to said provisions for dropping, suspension, or impeachment, and all other conditions, terms, and provisions in these articles contained.

Every such applicant for membership of either class as aforesaid, expressly stipulates by becoming such applicant and qualifying as such, to submit himself to said procedure as to acceptance or rejection as a condition of such application, that the same shall be final, and that he has no right to, and will not, appeal to any Court of law or equity, to question, prevent, or reverse such action or procedure, or to recover any damages therefor.

#### EIGHTH

All membership — permanent and annual — shall be and is strictly personal, and cannot be the subject of transfer or succession, by purchase, gift, descent, or bequest, and the death of any member, permanent or annual, shall instantly terminate the membership.

Certificates of membership may be provided for by the By-Laws; but any such certificate shall be prima facie evidence only, and may always be impeached by showing that its holder has, in fact, never qualified as a member, or that the membership has been terminated by suspension, removal, death, or otherwise.



## ARTICLE V.

The offices to be held in this corporation, the tenure thereof, the mode of selection of the incumbents, and the duties of such offices shall be ordained and defined by the By-Laws.

## ARTICLE VI.

The time and place of holding the Annual Meeting shall be at such time and place as is named in a notice which shall be published in such paper as is known to be most widely circulated among the membership, which notice shall be published for not less than two consecutive weeks within the sixty days prior to such meeting.

## ARTICLE VII.

There is annexed hereto a copy of the instrument by which the original gift was made to the Trustees now incorporating.

## ARTICLE VIII.

These Articles may be amended at any time in any manner not inconsistent with any of the terms or provisions of the instrument of gift (but not otherwise), by a resolution passed by all the Trustees at any duly called Trustee meeting, which resolution shall be written out in full in the permanent record book of the corporation and there signed by all said Trustees. Before any such amendment shall take effect, a copy of such resolution in duplicate shall be certified by the Secretary under the seal of the corporation; one of which shall be filed in the office of the Secretary of State, and one recorded in the Clerk's office of the County of Calhoun, Michigan.

IN WITNESS WHEREOF, We the said per-



sons hereby associating, for the purpose of giving effect to these Articles, hereunto sign our names this eighteenth day of December, 1897.

JOHN S. COMINS	(L. S.)
DANIEL H. KRESS	(L. S.)
GEO. H. MURPHY	(L. S.)
GEORGE A. IRWIN	(L. S.)
DAVID PAULSON	(L. S.)
HOWARD F. RAND	(L. L.)
LYCURGUS MCCOY	(L. S.)
WILLIAM H. HALL	(L. S.)
CHRISTIAN M. CHRISTIANSEN	(L. S.)
JOHN H. KELLOGG	(L. S.)

STATE OF MICHIGAN, }  
COUNTY OF CALHOUN, } ss.

On this eighteenth day of December, 1897, before me, a Notary Public in and for said County, personally appeared:—

JOHN S. COMINS,  
DANIEL H. KRESS,  
GEO. H. MURPHY,  
GEO. A. IRWIN,  
DAVID PAULSON,  
HOWARD F. RAND,  
LYCURGUS MCCOY,  
WILLIAM H. HALL,  
CHRISTIAN M. CHRISTIANSEN,  
JOHN H. KELLOGG,

known to me to be the persons named in, and who executed, the foregoing instrument, and severally acknowledged that they executed the same freely and for the intents and purposes therein mentioned.

STEVEN S. HULBERT,  
*Notary Public.*



A regular called meeting of the Board of Trustees of the Michigan Sanitarium & Benevolent Association was held at the Committee room in the Hospital building, July 2nd. 8.30 P. M. L. Mc Coy offered prayer.

Reading the minutes of last meeting waived. Full Board present, except G. A. Irwin.

Chairman J. H. Kellogg made a report on the auction sale of the Health Reform Institute at Marshall yesterday. The Committee appointed for the purpose performed their duty and bid the full amount of our indebtedness, \$277,211.98. All necessary conveyances have been made; the Judge has approved the sale, and it is now the property of the Michigan Sanitarium & Benevolent Association. The Chairman spoke of two important matters connected with our work that should be promptly and carefully considered, viz, reduction of interest and charity work, and that the next three months will be our harvest time, and we ought to reduce our debt at least \$30,000.

It was moved and carried that a purchasing committee of three be appointed to look after all purchases. The following named persons were selected, W. H. Hall, W. K. Kellogg and W. L. Hoover.

Also a Labor Committee was selected as follows:-W. H. Hall, H. G. Rand, W. K. Kellogg, W. L. Hoover, Dr. David Paulson, Mrs. L. M. Hall, N. W. Paulson and C. M. Christiansen.

Voted that all standing committees be nominated for three months.

The Chairman spoke of the General Conference kindly donating their  $3/4$  of the Sanitarium tithe for the carrying on of our work. At a meeting held this afternoon in the chapel, many of the family voted to pay their tithe here.

The following Committee was selected to work the matter up with the family:- Dr. D. Paulson, Eld. G. C. Tenney and W. E. Johnson.



Voted that we request Dr. Kellogg, Elder Mc Coy and Elder Tenney to see the Michigan Conference about Sanitarium tithe.

It was voted that a Committee on reorganization be chosen to report at the next meeting of the Board. The following persons were selected, L. Mc Coy, W. K. Kellogg, N. W. Paulson, Mrs. L. M. Hall, Dr. Winegar, Dr. Rand and Dr. Paulson.

The following resolution was presented and adopted; that hereafter no cook shall be permanently employed until he has taken the proper training in the cooking school, and given a certain amount of time for his experience; that we request the Labor Committee to select <sup>suitable</sup> ~~such~~ persons to enter this line of work.

The following resolution was adopted; that in case of sickness of helpers, before a bill is rendered, it shall be referred to the Board.

Voted that the Sanitarium Health Food Co. and Good Health Pub. Co. be separate from our benevolent missionary work, being incorporated; that all profits be controlled by this Board.

Voted that we request the Labor Committee to release Harvey Spencer to go to Cal. provided someone be found to take his place as head cook of the Sanitarium.

Voted that Dr. Whitney, Dr. Holden and Miss Cummins be selected to attend schools of health in different states; that all expenses are to be paid by the association where they are held.

Voted that we ask Miss Mc Coy to go to Omaha, and Miss Cruthers to return to Battle Creek.

Dr. Kellogg was requested to visit Staten Island in the interests of our work.

On motion, meeting adjourned.

*W.H.H.*



Following Pages

Are Best

Copies Available



Dear Brother:-

Enclosed herewith you will find a printed copy of the articles of incorporation of the Michigan Sanitarium and Benevolent Association, the corporate name of the Battle Creek Sanitarium under its new organization. In the preparation of these articles of incorporation, the committee has endeavored to provide against certain difficulties which the old form of incorporation involved, recognizing the following principles:-

1. No person has a right to be a member of the corporation unless thoroughly in sympathy with its principles and objects.

2. In a charitable organization of this sort there should be no provision for voting by proxy, and accumulative voting should not be allowed. Proxy voting and accumulative voting are not allowed in voting for a mayor or governor. A man must be present in person if he wishes to exercise his privileges. Proxy voting and accumulative voting are privileges which should be restricted to purely money-making enterprises.

3. Provision should be made in a charitable enterprise to secure the perpetuation of the work through re-organization or otherwise, so as to eliminate all possibility of any pecuniary selfish interests.

4. On pages ----and ----, you will find marked paragraphs relating to the condition of membership. By reading section-----of article----- you will notice that through being a stockholder in the old corporation you are entitled to membership in the new on condition that you are still in harmony with the principles and the objects of the work which is being carried on by the Battle Creek Sanitarium, and the further condition that you make an application for membership in writing and authorize the



To the Board of Trustees of the Michigan Sanitarium and Benevolent Association.

Having been a stockholder in the corporation known as the Health Reform Institute whose charter expired by statute limitation,------(date), and being in full accord with the principles, purposes and plans of the Michigan Sanitarium and Benevolent Association as expressed in a printed copy of the articles of incorporation and explained in a circular letter received from Dr. J. H. Kellogg, President of the Board of Trustees of said Association, bearing date of Apr.----, 1898, I hereby express my desire to take advantage of the privilege accorded stockholders in the Health Reform Institute by the articles of incorporation of the Michigan Sanitarium and Benevolent Association, whereby they may become members in said incorporation by virtue of membership in the corporation known as the Health Reform Institute. I hereby express my approval of the plans which have been formulated by the trustees of the Michigan Sanitarium and Benevolent Association and others for re-organization of the work of the Battle Creek Sanitarium or Health Reform Institute through the organization of a new Association under a statute and with articles of incorporation better adapted to the work of the institution and do hereby authorize the secretary of the Michigan Sanitarium and Benevolent Association to affix my name to the declaration of principles.



secretary to sign for you the declaration of principles. In a stamped, addressed envelope enclosed you will find a printed application which only requires your signature to make you a member of the new association with all the rights and privileges which can be enjoyed by any member, no matter how large the amount of money which they have contributed. One member and his wife contributed \$5000.00 ~~to~~ the new organization and are allowed but one vote.

You will readily see that the plans laid down have for their purpose the carrying out of the will of the stockholders in carrying forward the enterprise which their beneficence has established and which has made it possible to develop from the small beginning of thirty years ago, the splendid work which is now represented not only by the institution here at Battle Creek but by an extensive sisterhood of Sanitariums, numbering fifteen in all, reaching their influence to all parts of the civilized globe.

I am sending you, with this a copy of the Year Book of the International Medical Missionary and Benevolent Association which represents in a faint way the work that has developed from the foundation laid by the founders of the Health Reform Institute, now known as the Battle Creek Sanitarium, in the organization of this institution in the summer of 1866.

Feeling sure of your interest and co-operation in this work in the future as in the past, I remain,

Sincerely and respectfully yours,

J. H. Kellogg.

F. encs.



(ABSTRACT.)

R. E.

PROCEEDINGS OF THE  
FIRST ANNUAL MEETING OF THE MICHIGAN SANITARIUM & BENEVOLENT ASS'N.  
Tabernacle, Battle Creek Mich., March 9, 1899.

Meeting called to order by the Chairman, J. H. Kellogg, at 3 A.M.,  
March 9, 1899.

Opening prayer by J. N. Loughborough.

Reception of charter members.

On motion, list of new members received.

Treasurer's report read and accepted.

Moved by O. A. Olsen, seconded by Bro. Nelson, that the proceedings  
be published in full in a form resembling the Medical Missionary, with  
a cover at the end of the session.

Carried.

Moved by H. W. Decker, and seconded, that the Chair appoint  
necessary standing committees.

Carried.

On recommendation from the floor the following were appointed as  
Committee on Nominations:

S. H. Lane,

O. A. Olsen,

A. J. Breed,

R. A. Underwood,

Wm. Covert

J. N. Loughborough,

I. H. Evans,

H. W. Decker.



Upon recommendation from the floor the following persons were appointed Committee on Resolutions:

J. H. Kellogg,  
W. H. Hall,  
J. O. Corliss,  
D. Paulson,  
E. J. Waggoner,  
D. H. Kress,  
W. K. Kellogg.

Reading of Articles of Association and explanation of same by the Chairman, J. H. Kellogg.

On motion the meeting adjourned till March 10, at 8:30, at the Tabernacle.



MINUTES OF SECOND MEETING M. S. & BEN. ASS'N.  
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Meeting called to order at 9 A.M. March 10th, 1899 at the Tabernacle  
Battle Creek, Mich., by the Chairman, J. H. Kellogg.

Opening prayer by O. A. Olson.

Minutes of previous meeting approved without reading.

Discussion of situation with relation to endowed beds.

Moved by C. P. Bollmar that the Committee on Resolutions formulate  
something on the matter of ~~xxxxxx~~ the treatment of the sick poor  
and bring before this body at the next meeting.

Carried.

Moved and seconded that the meeting be adjourned until 9 A.M.,  
Monday March 13, 1899, at this place.

Carried.

Dismissed by benediction.



610.6  
R.E.

1299

PROCEEDINGS

FIRST ANNUAL MEETING OF THE MICHIGAN SANITARIUM AND BENEVOLENT ASS'N  
Tabernacle, Battle Creek, Mich., March 9, 1899.

J. H. Kellogg, M.D., Presiding.

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Meeting called to order at 8 A.M., March 9, 1899, J. H. Kellogg,  
Chairman.

J. N. Loughborough: I would like to say a few words at the opening of this meeting. I might say that perhaps not ten feet away from the spot where I am now standing a tent was erected in 1866 for a general meeting, and Sister White bore a testimony that our people should start a health institution where people could be gathered together not only to learn ~~health~~ <sup>the</sup> principles of health which the Lord has been pleased to reveal to this people, but where they could be gathered to be treated, and it was suggested that through its instrumentality a great good would be accomplished; that many would go to the place and be brought under the influence of the truth and that they would go forth to represent that truth in other parts of the world, and that from this small beginning a great and mighty work in God's plan would be accomplished in this world.

Well, it looked to us like a great venture to start out on such an enterprise as this. I was serving as president of the Michigan conference at the time, and I believe that the first man whom I approached upon the subject was John P. Kellogg, the father of J. H. Kellogg. "Well," he said, I will tell you what I will do: I will put in five hundred dollars whether it succeeds or not." I remember the last expression he used--



he said "Understand, that five hundred dollars is a seed to start the institution, sink or swim."

Well, brethren and sisters, thank God for what we see to-day and the fulfillment of the testimony concerning the great good that was to be accomplished in the world, and I do not believe we have more than seen the beginning of the end of it yet. (Voices, "Amen.") And I say that it is a happy privilege to me that we are permitted to come together here to-day, for we little expected that we who took hold of the institution in its infancy which has been running now for thirty years and over, should be able to be here again to-day in the interests of the work now reorganized on a broader scale, for the purpose of spreading these truths to the ends of the earth and for the accomplishment of God's purpose.

Prayer by Eld. J. N. Loughborough.

Singing.

The Chairman: We regret that the audience has been kept waiting, but it was necessary in order to comply with the legal requirements that the Board should hold a meeting at exactly three o'clock, and also that this meeting be held at the same time, so in order to facilitate business the Board has been holding its meeting in an adjoining room here

Now I suppose the first thing in order will be a statement of the situation, and I wish to say that everyone is at liberty to ask questions at any time.

This is the first annual meeting of the Michigan Sanitarium and Benevolent Association. This Association is the legal and moral successor of the old Health Reform Institute, which was organized in ~~this~~ city



in this city some thirty-two years ago next September. This meeting was called to order, I believe by Elder Loughborough, who was present at that first meeting also, and was one of the most active men in effecting the organization and in preparing the Articles of Incorporation  
 Doctor Ley ?

and I am glad to say that we have also with us ~~Mr. Lane~~ Lane (?) who was also a physician of that institution, and I believe the only one at that time, so that we have with us here a few representatives at least of the old Health Reform Institute, which incorporated about thirty-two years ago. It was opened in 1866, and incorporated a little later.

This institution was incorporated for thirty years, and was compelled by law to expire at the end of that thirty years. I had a letter ~~w~~ while ago asking what business the Board or anybody else had to sell out the Sanitarium. Now the Board did not sell out the Sanitarium, and the ~~stockholders~~ did not sell out the Sanitarium. The court was compelled by the statutes under which this institution was organized to wind up its affairs at the end of thirty years, and to ~~an~~ appoint a Receiver, and this Receiver is required by law to sell us out at ~~an~~ auction, and so we were sold. There was nothing else to be done. The Board took the steps rendered necessary by this situation, and in so doing carried out the wishes of some of the stockholders which had been expressed on several occasions, a committee having been several times appointed to ask that a special committee be appointed to take such necessary steps as were necessary to secure the winding up of the institution and its conversion into a new association which would carry out the same work and purposes as the old.

So the old Board of Directors took pains to take such steps as would secure, that, when the institution was sold out, and the property



was sold by the court, it should be purchased by a new corporation, organized for the purpose of carrying on precisely the same work.

Now this has all been done. The property of the institution was ~~all~~ inventoried by an expert appraiser who was employed by ~~fire~~ insurance companies for this same kind of work. We had this man, whom we did not know, except that we knew that such was his business, come from Chicago and go through the institution from room to room, making an inventory, and placing the price which it would bring if sold, of every piece of furniture and apparatus, every towel and every lamp and lamp-chimney.

When it was found that the institution was about to be wound up, of course all sorts of rumors were ~~float~~. It was reported that Dr. Kellogg was going to buy it up; and some even whispered that Dr. Kellogg was going to steal it. Now this was a pretty big thing for one to carry off in his pocket without its being seen. And it was also reported and published in the city papers and all over the country that it was to be sold out to an eastern firm who were going to use it for patent medicine advertising of some sort. But none of these things happened, but this did happen, that at the time appointed the re-organizing committee went down to Marshall and attended a Receiver's sale, and the property was offered for sale and sold to the highest bidder, and the highest bidder was the Michigan Sanitarium and Benevolent Association, -- and in fact, the Michigan Sanitarium and Benevolent Association was the only bidder. It was rumored about that there would be various other people there to bid, and that it would likely be sold to a syndicate, and it was published in the city papers that there were eastern syndicates ready to buy it up, and I am not sure but what there were some







Now the price bid for the property was a sum just exactly sufficient to pay its debts, and now the question will be raised, why did not the association bid more. And I will ask the question, Why should the Association bid more. This matter of the interruption of the work of the association and the life of the association and the winding up of its affairs and the expiration of the charter was an accidental circumstance. This association was organized to stand just as long as there was need of such an association or such a work, as many who were here will bear me witness, I am sure--is not that true? (Elder Loughborough, Dr. Ley? ~~xxx~~ Brother Amadon, <sup>and others</sup> ~~xxxx~~..... "Yes.") It was organized to last just as long as such an institution was needed, and to do the work just as long as such a work was needed. Now it happened by reason of the peculiarities of the statutes of the State of Michigan, which in that respect differ from those of many other states, that this institution could live but thirty years, because some years ago some politicians who looked away ahead into the future thought that it would be an splendid idea to have all institutions come to an end at the end of thirty years and have the property all distributed among the stockholders. They thought that it was in the interests of trusts and monopolies to have institutions running for a longer time than that, and made no provisions for charitable organizations, such as hospitals, for orphan asylums, old people's homes, sanitariums for the benefit of the people--no provisions were made for them, but the statute was that all corporations should expire at the end of thirty years, and that the property should be sold to the highest bidder and be distributed among the stockholders.

Now that fact was not taken into account when this institution was organized. Elder Loughborough never dreamed that it was necessary to



take it into account, nor did the other promoters of the enterprise. So it happened, as I said, by accident, that when the institution was at its height, and had acquired some property, when there was a greater necessity for it than ever before, and its work was more appreciated than ever before, that there came a time when the law said it must be sold. Now that as I say was only an accident, and there was no reason why a simple technicality of the law should interrupt the life or work of the Association, because it was organized to go on as long as it was needed. It was not organized to be broken up and distributed and dispersed, but to go right on and do its work, as you have heard stated by men who were here when the institution was born--when it was begun. I might say that in the meantime the Michigan Sanitarium and Benevolent Association had been incorporated in as a basket in which to receive the institution when it was purchased. Now in buying it they were not under any obligations to pay any more than just sufficient to meet its debts and see that the work was carried on properly. Now we will suppose for a moment that it had paid ten thousand dollars more than sufficient to meet its indebtedness. What would it do with that ten thousand dollars? It would simply have to give it away to the stockholders, and every single stock holder would have to have his ~~rx~~ pro rata. We could not say to one, You have been good to us, and have been very patient, you should have five hundred dollars, or to another "you have left your stock in here a long time, and we will give you two hundred dollars--we could not do that, for we would have had nothing whatever to do with it. The receiver would have had to <sup>have</sup> kept the whole thing in his hands. The Sanitarium would have been turned over to the Judge of Probate, and the money would have been put in a



bank for the stockholders, and they would have advertized for the stockholders, all over the country, and if they could not be found, for their heirs, and if they could not be found in the course of time it would have been escheated to the state. Now that principle would have been true if the sum had been ten dollars or ten thousand dollars or a hundred thousand dollars.

Now there was another reason why the Michigan Sanitarium and Benevolent Association did not pay any more than the debts, and that was that it could not afford to pay any more than that. Suppose I should take a boy and ~~xxxxxxx~~ send him to school and train him as a missionary, not to work for me, or at a trade, but as a missionary. How much could I afford to pay for that boy? Looking at it from a business standpoint. (Delegates: "Nothing.") I could not afford to pay anything for him, because he is going to be a bill of expense to me, and is not going to do anything to enrich me in any way, but simply to make me trouble, labor, toil and expense, and consequently I could not afford to pay for him. I never heard of such a thing being done--Yes, I did, once, I paid fifty dollars for a boy, and I think he was cheap at that. I have him with me now, and I would not take five hundred dollars for him, but then, that was not a business transaction, at all.

Now there is another reason still, and that was that the Michigan Sanitarium and Benevolent Association was simply taking off from the habits of the old Health Reform Institute the burden of carrying on this work, and it could not afford to pay for the privilege of so doing, and there was no reason why it should. It was simply stepping into the shoes of the old corporation, doing its work, which the technicalities of the law had prevented it from doing itself. It was simply a devised plan by which the new live Board could step into the shoes of the dead Board and go on and do its work, and the Michigan Sanitarium and Benevolent Association could not afford to pay anything for such a privilege



like that, because it is an onerous burden. It is a great privilege, but at the same time it is not the kind of a privilege that people pay for in money.

Now the other reason why the Michigan Sanitarium and Benevolent Association did not bid more than simply enough to pay the debts, was because it did not have anything to pay it with, and the only way in which it could have raised money enough to have paid more than the debts would have been to have come to you and everybody else and begged the money of you, because this was the only way in which it could get the money for it had no property on which to raise it, and had no funds, except about five to seven thousand dollars with which to carry on business.

So you see there were several very good reasons why the Association did not bid more than enough than to meet the debts. In the first place there was no reason why it should, for it was simply extending the business in the same way that it had previously been conducted, in the second place it could not afford to,, because it was a burden on its hands and was not contributing anything to its enrichment, and in the next place it had nothing to pay with, and that is a very good reason.

A Delegate: It was simply putting new life into the old association.

Yes, that was what it was doing, in a measure. Now there were some things about the old association that we had to get rid of, so that we did not want to give new life altogether to the old association, but we wanted to keep the people, so the new association was organized on a slightly different basis. Now why was it best for the old health association to die if it was a good thing? Because in the legal phase of its organization, it was a money-making concern, and was incorporated under the manufacturing and mining act, so that it was hampered with all the restrictions and restraints of a money-making concern, and was under the clause compelling the selling and distribution to the stockholders pro rata, and it would not have been a good



thing to have reorganized it for thirty years more, for that would have been doing the same thing right over again. Well, you will say, you could have gone right along without selling it at the end of the thirty years. Yes, but there would always have been the possibility that somebody would come along and contrive some legal excuse for compelling a receiver's sale at any time.

The Michigan Sanitarium and Benevolent Association is organized as purely charitable organization under a statute specially enacted for the purpose of incorporating hospitals in the State of Michigan--the same that Harper Hospital of Detroit is incorporated under, so as to be recognized as a charitable organization, it being distinctly understood in its incorporation that nobody can have any share in the profits or earnings of the Association

2

(Reading, Page 2, Articles of Ass'n.)



Such were the objects, as stated in the Articles of Association, and the foundation of this new association was a gift of seven thousand dollars, five thousand of which was donated by Brother John S. Comins and wife of the Haskell Home, and two thousand dollars donated by Thomas Davis of Pennsylvania, and Mrs. Durham of Flint and others especially interested, and it complied in every respect with the requirements of law.

Now this association differs in many respects from the old. In the first place it is not only a charitable institution, but it is so incorporated as to be able to sustain charitable organizations institutions. The membership is not based upon the payment of a sum of money exclusively, but upon several conditions. For example, every person who was a stockholder in the old Health Reform Institute can be a member of this; every person who has ever paid a hundred dollars into the old Health Reform Institute can become a member of this, provided,-- and every person who ~~has~~ shall pay in twenty-five dollars may become a member of this, provided-- and every person who was a stockholder in the old association and holds more than one share may nominate one person for each share that he holds more than one, who may also become a member of this association without the payment of fees, provided that in each case the prospective member shall agree to sign the Articles of Association, and the objects, and this article which says that no money shall ever be distributed to anybody, that this is a charitable association, and that its objects are those which have been stated.

J. O. Corliss: Is the time limited in which one can turn over his shares of stock in this way?

Yes, to ~~the~~ June 30, 1899.

J. O. Corliss: Then any disposition made of the shares before



R. E.

-12-

that date will be valid?

Yes, provided, as I said, that the person nominated shall sign the Articles of Association and agree to them.

Now there is one other particular in which the new association differs from the old. There is a statement here which gives the purposes of the Association, which I will read:

Py 6 - a Art  
" 10 -



Now the purpose of this Declaration is to make it clear to everyone, so that afterward he cannot come around and say that he did not understand that such was the case, and that he put his money in there and now he wants it out with its accumulated earnings. It also provides against cumulative voting and makes it impossible for anyone to come here with thirty or forty proxies and put himself into office, and it makes it impossible for me or anyone else to have the control of things. It makes the person in the association worth just what he is worth in person to the association. If he wants to have anything to do with the meeting he must come to it and take part in it. "Well," you say, "but will not that be inconvenient for those who live at a distance?" Yes, it might be so, but is it any more inconvenient than at an election in a town or city? If a person wishes to have a voice in an election in a town, he must come right there and take hold of it himself. Town and city organizations are charitable and philanthropic organizations, and charitable organizations should be organized in the same way and their elections should be held in the same way, and then a person simply stands for what he is worth to the association.

A Delegate: What is the length of this charter?

It says "Thirty years or more, as allowed by the state." Provision is made, however, that if the institution is wound up at the end of the thirty years, there shall be an association incorporated for the purpose of carrying on this same line of work, so that provides for an unlimited extension of the work.

A Delegate: What is understood by the association being undenominational?

It means simply that it is to be conducted as a medical institution so as to get the advantages of the statutes of the state; as a hospital it must be carried on as an undenominational institution. That is,



It cannot give benefits to a certain class, but must be based upon unsectarian lines for the benefit of the people who suffer and are sick. As an educational institution it cannot say to a boy "You are not a Seventh-day Adventist boy, and you cannot come here." The institution can feel free to assist the Haskell Home, or the Old People's Home, etc., and no one can say you are burdening the institution by supporting these. It may support any work it chooses to with the earnings of the association, and as I said, it cannot discriminate against any one because of his belief, and its object should be, as I have stated, medical, and physical relief and help to the afflicted. It is not organized as a General Conference would be organized or as a publishing house may be organized, for a publishing house may be for a denominational purpose, but this is for undenominational work.

A Delegate: Can the property of the association be transferred to another or to some other institution?

Yes, at the expiration of the charter, or if <sup>The Board</sup> consents to it.

A Delegate: Does the act under which it is incorporated give exemption from taxes, both county and state?

It is organized under a statute which is included in the exemption clause, but this subject has not been fully considered as yet.

The Chair: I would like to inquire how many there are here who were stockholders of the old Health Reform Institute. (About forty.)

How many received and answered favorably this (exhibiting) circular letter containing blank application for membership to this Association?

(Hands raised.)

All such persons have become members of this association. The object of this plan is to spread the membership over as wide a territory as possible. There were 11,700 (?) shares, held by 300 stockholders,



Each stockholder has been asked to nominate one person for membership, for each share over one which he holds.

Now it has been suggested that the old stockholders would be frozen out by this method. That is true, but in the process of freezing them out there was an open door for them to come in. (Delegates: "That is so.") It had to be done. They were not "frozen out," but sold out by the court, and seeing that they were being sold out and their property lost, the Association provided a way by which every one could come in and assist in carrying on this work.

J. O. Corliss: I wish to nominate ~~xxxxxx~~ <sup>Dr. Sanderson</sup> to hold one share of my stock.

The Chair: Dr. Sanderson will please come forward and sign the Articles of Association.

Here is a list of persons who will come forward and sign the Articles

(Reading list.)

*C members.*



J. N. Loughborough: I nominate Marie Loughborough(?) and Capt. Norman.

(The following is a partial list of nominations from the floor.)

Mary Nicola?

LeRoy Nicola

Sylvia (?) Nicola

Fredrick Griggs?

~~F. E. Andross~~ A. B. Olsen

Louie Vandervoort

Martin Olsen

A. B. Olsen

F. J. Weggoner

H. M. Hayes

J. A. Rice

Nehemiah Lawrence

Mrs. F. M. Rossiter

Dr. Hubbard

James Bartholf

Mrs. G. A. Irwin

The Chair: The persons named in the list first read constitute the membership of the Association at the present time, and are entitled to vote on the admission of these other names

(Reading second list.)



It was moved and seconded that the persons whose names were presented be received as members.

Carried.

The Chair: Is there any other question? If not we will proceed with the reading of the Treasurer's Report. There have been about 130 members received up to this time.

(Reading of Treasurer's Report.)

*See Report*



The Chair: Are there any questions with reference to this report? If not it will be accepted.

I want to call your attention to the fact that this report covers two years. We could not make a report at the end of the first year, for the reason that we were just in the midst of the winding up proceedings and the sale occurred in the middle of the next year, so this report has to cover both years. I would also like to call your attention to two items:

The first is the donation of thirty thousand dollars to the Health Food Company. What does this mean? It means that the Sanitarium has given away a small amount of its property, the buildings occupied by the Health Food Company, and the lot, and apparatus. The Sanitarium Health Food Company has heretofore been known as the Bakery department, or the Health Food Department, of the Sanitarium, but it was thought best to make a separate and distinct organization so that it may go on and do its work of manufacturing and selling foods, donating all of its profits to charity, in the same way as this Association. The Sanitarium Health Food Company was incorporated and made a present of the building, lot and outfit. The food department has earned this for the Sanitarium twice over. They propose to use their proceeds for charitable purposes, and it was suggested this morning that they send Sister White twenty-five thousand dollars for the Sanitarium in Australia. The sales of food amount to over a thousand dollars a day, and its proceeds must all be devoted to charity. One purpose of this work is to establish centers in different parts of the United States where foods may be sold and the profits go to support city missions and work of that kind. There is no reason why all of the city missions could not be supported by the sales of health foods. A plan could easily be arranged



whereby the largest city missions could be supported by the sale of health foods, and I am sure the Health Food Company would be glad to make some arrangements of that nature.

Another item to which I desire to call your attention is the donation of \$11,455 to the Good Health Publishing Company. The Good Health Publishing Company has also been incorporated in the same way as these other associations, and its apparatus, office fixtures and the small amount of property which it possesses have been set aside for its use, and its proceeds go the same way as the others.

This company carries on a large educational work and takes the responsibility for it. Heretofore there has always been a deficit in this department, but now it is proposed to make this self-supporting, and so it has been incorporated so that it will have to stand on its own legs and no longer be carried on by the Sanitarium as a dependency.

Bro. Hall informs me that last year the Health Food Co. paid the Sanitarium forty thousand dollars in cash, so that it was no great charity after several years of this service, the building, plant and grounds which they occupy, and they have no further use for capital, except to give it away.

Now it might be interesting to note something of what has been done with the funds of the Association during the years that are past. In the early part of the history of this Association there was raised about forty thousand dollars in cash. Elder Loughborough and other earnest men who first took hold of the work raised about eighteen to twenty thousand dollars with which to start the institution, and within the next few years raised enough to make about \$40,000 in stock. Now what has become of this stock?



If you had put \$40,000 on 6% interest thirty years ago and let it remain to the present time it would amount to \$200,000. It has been reported to you in the Treasurer's report that the present worth of the institution is about \$274,000. That is at the low estimate of the Receiver at the Receiver's sale. Of course it was not appraised at anywhere near its actual value, but every article in the institution was appraised. Placing the estimate on this basis, it reduces it somewhat below the former estimate, which makes the present worth \$274,200. As explained there was a depreciation in the inventories of the appraiser of something like \$49,000, which is taken out, with the two gifts of \$30,000 and \$11,000, making the present worth to-day about \$17,000 less than it was twenty years ago. But it is on a sound basis, as you will see. This depreciation and the two gifts bring it down to that. Our present worth, then, is \$274,000. As we said, the original investment placed at six percent interest, and doubling or compounding the interest, would have amounted to \$200,000, or would have reached five times its original value. So here we have the present worth amounting to \$74,000 more than the original investment would have amounted to at this rate. I ment on this to show you that the money invested has not been thrown away, but that money had actually been earned.

Now there has also been given away the magnificent sum of \$436,000, in cash, besides this, and I will explain how this was done.

The medical college established by the Sanitarium has been supported during these years, the faculty has been provided during this length of time, and there has been expended \$20,000 in equipments. We have fortunately had the use of a portion of the Battle Creek College through the courtesy of the College Board(?) and the General Conference, and thus have not been obliged to pay rent for the building, other than



the expense for light and fuel. Had we been obliged to pay rent, there would have been a much larger expenditure, but as it was were only obliged to pay ~~rent~~ <sup>\$19,00</sup> for rent and equipment for a building in Chicago for a part of the course. We did not feel that under the circumstances it would be wise to expend more money on buildings in Battle Creek. There has also been \$10,000 additional paid for teachers during this four years, making a total of \$33,395 (please verify) which the Sanitarium has paid out in actual cash for this purpose, making a total expenditure for the medical college of \$58395.. I sometimes wonder if it would not be a good thing for some other institutions which I could name to support a medical college. Take for instances the publishing houses. Now a publishing house is a literary institution, why should it not support a medical college to use the books which it makes?

The students that are being educated here are for the whole world, and not for our Sanitarium, for we have doctors enough there and to spare. ~~As~~ Doctors are for sale here to the highest bidder; that is, the biggest and hardest job takes them.

In addition there has been paid out for the Training School for Nurses, and this has been estimated very carefully, estimating 400 pupils but two teachers, and there are eighty classes a week right along, and sometimes six at once, so you see that it is not possible for only two teachers to have done the work,--there has been expended at least \$56,500. I want to say that this is the only missionary training school in the denomination, and has been supported by the Sanitarium at an expense of \$56,500.

Now I give you these figures, not in boasting, but that you may know what the institution has been doing during this past thirty



years, and I think that now that the time of the old institution has expired that it is but right to review the work which it has done.

This makes a total expended for medical missionary education of \$94,995 within the last ten years, and this has been for Australia, Europe the Islands of the Sea and Africa etc, and that this has been actually done I am glad to be able to demonstrate by the fact that there have been established within the last five years twenty-seven different centers where the work is carried on on the same plan as at the Sanitarium. Of these, twelve are Sanitariums, and the rest are elementary sanitariums,--embryo Sanitariums, if you please, which are going to develop and will by and by become institutions themselves. We have Sanitariums in ten different countries. There are 60 Sanitarium physicians at work in these different institutions. There are 350 trained nurses who are outside the Sanitarium who have been sent out from this institution in different part of the United States and other countries, there are something like 400 missionaries, besides 100 medical students who are here receiving training and 400 nurses receiving training. Besides these there are 400 in the field at work, of nurses and doctors. This makes, as you will see, a total expense, per missionary, of about \$100. Now do you not think that if a missionary can be educated for the small sum of \$100, that it would be well to send out more and more of them into the field? (Delegates: "Yes.")

\$5,000

Now about ~~\$100,000~~ has been expended in the circulation of literature during the 30 years in Sanitarium health work, organizing schools, teaching, giving instruction in health reform, dress reform, dietetic reform and the various branches of the health principles. \$6,673 is the actual amount paid out.



There has been a larger sum still paid out in the treatment of the sick poor in connection with the hospital, over and above the amount received in payment for endowed beds, sick poor funds and payments for treatments. This amounts, on an actual cash basis, of cash actually paid out, ofx to \$225,000.

Now you see that the institution has expended \$25,000 more in the treatment of the sick poor during the thirty years it has been organized than the amount of the original investment would have amounted to up to this time if placed on interest. It has expended \$10,000 more in medical education in the circulation of literature, school of health work and the different lines of educational work than ~~ix~~ the original investment would have amount to ~~at~~ the rates mentioned, and this has been almost wholly done within the last ten years.

I show you this to make it clear that the institution is able to account well for every dollar that has ever been invested in it. For every dollar invested twenty years ago there is \$7 in the institution <sup>invested</sup> to show for it. For every dollar that has been expended there has been \$2.50 expended in medical education. For every single dollar invested there has been \$5.50 expended in the treatment of the sick poor.. For every dollar invested there has been \$1.50 expended in missionary work, in educating the people, in publishing and distributing literature, ~~and~~ school work etc., and for every single dollar that was originally invested there has been \$11 expended in charitable work, and there is still left on hand for the carrying forward of this work \$7 for every dollar invested, and the results of this money which has been expended in the work, eternity alone can show. (Delegates: "Amen.")

H. W. Decker: I move that the proceedings of this conference be published and that the Bulletin committee be requested to look after the publishing of the same. ~~publishing of the same~~ Seconded. Carried.



O. A. Olsen: I move that the proceedings be published <sup>in full</sup> in a form resembling the Medical Missionary, with a cover, at the end of the session.

.....Nelson: I second the motion.

Carried.

C. M. Christiansen: I move we accept the treasurer's report.

Carried.

The Chair: It is for you to decide with reference to standing committees, whether you prefer to nominate your own officers or have them suggested by a nominating committee, and as to whether you desire a committee on plans and resolutions, and as to how they shall be appointed

H. W. Decker: I move that the Chair be authorized to appoint the necessary committees.

Recorded and carried.

The Chair: I will ask you to appoint your own committees.

On motion the following ~~xxxxxxxxxx~~ persons were appointed

Committee on Nominations.

S. H. Lane.

O. A. Olsen.

A. J. Breed.

R. A. Underwood

Wm. Covert.

J. N. Loughborough

I. H. Evans

H. W. Decker.



On motion the following named persons were appointed  
Committee on Resolutions.

The Chairman (J. H. Kellogg)

W. H. Hall

J. O. Corliss

D. Paulson

E. J. Waggoner

D. H. Kress

W. K. Kellogg.

The Chair: The persons first named on the lists will please call  
their committees together at a suitable time and elect your own officers.

....Rees: I move we adjourn till 9.30 Max A.M., March 10, at  
this place. (The Tabernacle.)

Carried.



610.6

PROCEEDINGS OF THE  
SECOND MEETING OF THE MICHIGAN SANITARIUM AND BENEVOLENT ASS'N.

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The second meeting was called to order at 9 A.M., March 10, '99,  
at the Tabernacle, Battle Creek, Mich., J. H. Kellogg Chairman.

Opening prayer by O. A. Olsen.

~~Reading of~~ minutes of previous meeting approved without reading by  
consent of delegates.

The Chair: The meeting is now open for the discussion of such  
questions as may properly come before this body, as, the subject of en-  
dowed beds, treatment of the sick poor, health foods relation  
to city missions, and kindred lines of work. Opportunity will be given  
for those who were accepted as members yesterday and who have not yet  
signed the Articles of Association to do so.

W. B. White: We understand that the Sanitarium has made some changes  
recently with reference to the matter of endowed beds. Will you kindly  
explain this to us.

The Chair: A number of years ago the Sanitarium looked over the  
matter of the treatment of the sick poor and it was found that the sum  
of \$200 per year, or \$4 per week, would about pay for the board and gen-  
eral expenses of a patient of this class. This is the charge made for  
the care of the insane by the state, and is what the Poormaster pays for  
the care of patients in the hospitals. In the State of Michigan, the rate  
I believe is \$5 per week. So we fixed the rate at \$4 per week. This  
pays for nothing but the board and general expenses and does not include  
medical care, nursing or surgical operations, includes nothing for  
sanitary supplies, medical supplies of any kind. It was simply the cost  
of ordinary board and maintenance.



So we appealed to the conference to endow beds, and a considerable number of beds were endowed, some twelve or fifteen, I believe. That is, the sum of \$200 was supposed to be paid yearly for each of these beds.

Matters went along quite swimmingly for a little while, the conference paying \$4 per week, and the Sanitarium standing the balance. We found that in the average case the total expense was something like \$10 or \$12 per week. But in a little while various difficulties began to appear. In the first place it was found that when people came to an endowed bed where they had nothing to pay, they usually liked to stay pretty well. One lady, for whom nothing but an operation would have any successful result, said she would not have an operation, but said that she had made her plans to spend the winter here. She said she had made arrangements to pay her way, and she was to stay all winter. In another case of this nature a lady brought her children here to send them to school while she staid here at the Sanitarium, and we have had many cases of this sort.. One brother came here, for example, who required a severe surgical operation and the care of several nurses and just as he was going away it was learned incidentally that he was entering into an engagement with some of the people at the Sanitarium to go home and work for him. One young man said to me "What do you think about it? Do you think it would be well for me to go and work for this man?" I said "He is a poor man, and has no farm." "Oh yes, he tells us that he has a large farm, and offers me thirty dollars a month to go with him and work for him." We looked into his case a little and found that he was a farmer who had money enough, but he did not feel like spending any of it on himself, so he applied for an endowed bed and got into it.



We find this sort of thing going on continually. A brother from another state came to spend the winter with ~~us~~ his wife, at the Hospital, and we found that there was nothing particularly the matter with them, and that home treatment would do them just as well as not. They were simply old people in moderate health, and all they needed was a simple correction of diet. We found that they could go home as well as not, and insisted on their going. Just as they were leaving the sister said "Don't you think it would be well for us to have a battery?" I said a battery might be of some service, but I did not think that it was hardly necessary. "But," she said, "if it will do us any good, we want it." I told her it would cost from ten to twelve dollars, and that I was sure that they could get along just as well without it. "Oh," she said "we could pay that for it, easily." I began to inquire a little more closely into their circumstances, and found that they owned a farm worth about five thousand dollars, free from all incumbrance, and that they had come into the endowed bed at the hospital simply because they did not care to spend money for themselves, and thought it would be a good thing for their health (and I do not know but it would have been) and thought that they would improve their opportunity. They thought that they had just as good a right as other people to enjoy the privileges of the bed because they were members of the Indiana Conference, and they knew that that conference enjoyed such privileges, and they ~~represented~~ supposed that it belonged to them as church members. "Well," I said, "why should you come here when you have a farm worth five thousand dollars?" They said "We have a boy who has been pretty wild and had gone away from home," and they had told him that if he would come home he might have the income from the farm for a year, so he had come home to the farm and they had made their arrangements to come up and stay with us.



So you see that this plan was laying a premium, so to speak, upon idleness and thriftlessness, and we began to think that some better plan ought to be adopted. I might mention another difficulty that arose. We found that conference presidents did not always remain in the same place. Perhaps some of you may have discovered that fact; they move about sometimes from place to place, and sometimes the times would be had and the crops would fail in a state and the collection for the endowed bed would be overlooked because of the pressure ~~of~~ <sup>for</sup> finances in other directions. Then conference presidents were changing all the time, and a new president would take charge of the work, and when the matter was presented to the new president he would say "Why I do not know anything about this matter, I never agreed to support it. Here I have found this conference heavily in debt, and have been laboring to get out of debt, and here is a debt of three or four hundred dollars saddled upon ~~me~~ us which I am not responsible for." So the matter has gone on, until at the present time the endowed bed account, ~~that~~ that is, the conferences owing the endowed bed fund, amounts to about \$3,000. About a year ago it was \$5,000.

So you see the Sanitarium has not only had the six or eight dollars a week excess to pay, but it has also had the four dollars a week for the care of the patient to pay for.

Upon talking the matter over it was thought that some better plan might be devised by which the expense to the conference might be made less and the abuses of the privileges would also be less, and it also seemed necessary to do this because of the great expense occasioned by the Sanitarium undertaking to maintain a medical school and paying ten thousand dollars a year to support it. This work is not in the in-



terests of the institution, but as a means of sending missionaries to the ends of the earth, and the institution has expended about \$20,000 a year, as our books will show, in this direction.

Now the plan proposed is this: That instead of paying a stipulated sum, of \$4 per week, that we shall say to the sick poor everywhere, whether the conference applies ~~in~~ them or whether they apply for themselves, but we will say to the man who is penniless, "Now you may come here and we will board you on the European plan. If you want a cheap room we will give you one for fifty cents a week, or if you want a better room by yourself we will give you one for a dollar a week, and you can buy your own fuel. Then we will furnish you with little books of tickets with which you can buy food ~~for~~ for two cents a dish." That would be the actual cost of the food given them. Over at the dormitory the price is one cent a dish, but the size of the dishes is made to fit the price. That would make their expense about \$2 per week, at that rate.

Now the patients would find that it would be in their interests to economize, and a dollar ~~at~~ \$1.25 would support them quite well. I think you will find it to be almost universally true that business people, who have means with which to pay their expenses, are more moderate, and more economizing than the people who occupy the endowed beds. When they feel that everything is paid for, that the conference has paid for everything for them, they feel that they must have all of their privileges, that they must test everything there is, and must have a taste of this and a taste of that, and must run the whole gamut of the Sanitarium, to hear how everything soundw The idea is to make the patient ~~find~~ realize that it is necessary to keep the expenses as low as possible and get away just as quick as he can. I



remember the case of one young man whom we found could go home just as well as not after he had been here three or four weeks. "Why," he said, "My father has made a donation to the endowed bed fund sufficient to cover my expenses for the whole winter, and he has paid in advance for my care." He felt very sore that he had to go home at the end of the three or four weeks. It was a case in which we could not do him an atom of good by keeping him here, and he was simply causing an expense without any real return. We also found that there were many cases in which persons having a salary of ten twelve or fifteen dollars a week would take advantage of the endowed beds when they were really able to pay reasonable prices.

Well, you will say, these people have to pay for nursing. That is true, but we have found this difficulty. When the people felt that the conference was paying for the nurses, we could not find nurses enough to supply them. I was in the surgical ward one day and I happened to step into a room where there were ~~two~~ two patients, and each of them had a nurse sitting on the side of the bed holding their hands, and they would not let them go, and ~~neither~~ neither of these patients required more than a quarter nurse. Now you cannot appreciate what a pressure a doctor is under when he has a charity patient over him. Some of these endowed bed patients have very long whips, and they crack them so that they can ~~be~~ be heard in Minnesota and in Indiana and Illinois and in Iowa. The endowed bed patient thinks there is something that they ought to have that they do not have or that they are neglected in some way, and then they commence to write letters and they fill the mailbox full, and then pretty soon back comes a whole stream of letters, and the conference president wants to know what is the matter with that patient, and the whole church is stirred up, if you do not satisfy that patient.



Now while it is true that most of these people were good Christian people, still they had had no experience in being cared for, and they really do not know what propriety is, and on this account we have had lots of trouble that we have not been to blame for. Our doctors have toiled night and day to satisfy them, and yet have been blamed for cases in which they have been as ~~innocent~~ innocent as lambs. That is not to say that there have not been mistakes made, but we do say that the proportion of mistakes is no greater among this class of patients than among those that pay us fifty dollars a week.

A Delegate: Were there not some who appreciated what was being done for them?

Yes. As I have said, there were many most excellent Christian people, and it was a pleasure to minister to them, as it is to ever one. We have had some of the most appreciative people, who would not ask even for all that they ought to have, while on the other hand there were many who wanted more than they ought to have.

Now what we want is to put the whole thing on an equal basis. We found the same thing was true at the Sanitarium itself. We had a plan there by which when a person took a room, at say \$15 per week, that price covered everything, extra treatment, and everything he required except nursing. Now it was not very long before the majority of the patients had to have some one to give them a rub and help them put on their clothes in the morning, and it was but a little while before two-thirds of the patients were having trays sent to their rooms every night, although they did not need them at all, and pretty soon they had to have every delicacy that the institution could afford; all sorts of extras had to be provided, and every kind of canned fruit had to be set on the tables and every thing of that sort.



Well, we soon got enough of that. In the first place we gave them two weeks notice that there would be a charge of five cents made for every tray sent to the rooms, and ten cents for every tray sent outside, and although it was but five cents, on the very night that that regulation took effect there were but two calls for trays. Then we began to see how much money and effort had been thrown away. People simply wanted these things because they felt that they had paid for them. Here is an illustration of that propensity of human nature: A gentleman came to me and said, a little while ago, "Doctor, I tried to live hygienically after leaving here before, but you know I have been stopping at hotels for six months, and we have paid a pretty good price, and we felt like getting our money's worth, and in fact, I have ruined my stomach." He had ruined his stomach for the sake of getting his money's worth at the hotel.

Now it is the same way about nursing. The average patient requires only a quarter nurse, and of ~~that~~ that would be but twenty-five cents, or if they required a quarter nurse in the day and a quarter nurse at night, that would be fifty cents a day, for nursing, and even in the most severe surgical cases, they require a full nurse but a very short time, even in cases of abdominal operations, which are the severest kind. Now in case there were two in the same room, and they each had a half nurse, that would be fifty cents a day and fifty cents a night, and after that only a quarter nurse, or fifty cents a day, or \$3 per week,, and after that in a little while they would be able to care entirely for themselves, and then there would be but the expense of \$4 for board and room. But when they feel that the nurse is paid for, they want one all the time, whether they need it or not, just for the sake of company. I will ask Dr. Winegar if it is not a fact in her experience that



this class of patients require more nursing than do the patients who are in moderate circumstances.

Dr. Winegar: Yes, that has been almost the universal experience.

My experience has been that they require about twice as much nursing as the average patient in moderate circumstances. There are of course some very wealthy patients who can afford to keep a nurse all the time for company, but I refer to the people of moderate means.

Now the idea is not that the Sanitarium shall get more money, for they do not want more money, but that it shall cost the conference less and that greater justice shall be done, and that it may have a greater influence over the people who come here.

A Delegate: Do you think that those patients would economize more if they thought that it would be charged to the conference?

That is a point I was just coming to. Do you not think that it is a mistake to have a general fund for this purpose, anyway. Do you not think that it would be a better plan to make each case an individual case by itself, and consider it separately, and when there is a member of the church who is sick and needs to go to the Sanitarium, it might be published in the church paper, and the attention of the church members called to the case, and then take hold and help him. I believe that there are a great many people who would come and enjoy the privileges of an endowed bed if they were certain that the ones who were paying for the privilege did not know who was occupying it. In some cases of course we might think differently, and have a sick poor fund, and then help the people who come here out of that, but it really seems to me that the best thing to do would be to make each case a case by itself and consider it separately.

A Delegate: You mean to raise the money locally?



Yes, I think it could be done in the church itself.

Wm. Covert: I would be interested to know how we can find out who are really entitled to these benefits. You know the conference president has usually been called upon to endorse for the person who goes, and in our conference we do not know these cases scarcely at all, and yet if the president does not say that the person ought to go, he does not get these benefits, and yet the president is not acquainted with the circumstances. Then sometimes after the funds have been forwarded we find that there has been a mistake made. I think if there could be some plan arranged by which ~~the~~ we could find out whether the patient was really in need of such assistance or not, it would be a great relief to the conference presidents.

The Chair: I think the number of patients in this class could be very greatly reduced if the Sanitarium offers to give free treatment and board at a rate of about \$2 per week. Under this arrangement I think that nearly all of them would be able to pay for themselves, for they will say that if it costs but \$16 to \$20 they can come and stay two months if necessary, and I believe that their friends would get together and fix it up in some way.

A Delegate: Who will be admitted to these privileges under this arrangement?

I do not think we should be so very particular about that. If we see that a man is poor and needs help I do not think we would be so very hypercritical if he brings the money to pay his way, and we will not ask how many cows and chickens he has got, because he is paying his own way, and thus is not so much an object of charity.

...Wilcox: Then they will not be admitted solely upon the recommendation of the conference presidents.

No. If a man comes along and we find that he is sick and has nothing



with which ~~to~~ pay he ought to be taken in, and we will take him in. And we will do that all the time. A brother came here with his wife a little time ago and said that he had made arrangements with the new conference president for the use of the endowed bed for that conference, but when he got here he found that the bed had not been paid for, and therefore that state had no bed. "Are you willing to work?" "Oh yes," he was willing to work. "What is your trade?" "Watchmaker." "Have you tools?" "Yes." "Well, then, we will give you a room, and you can hang out your sign and go to work, for there are lots of watches around here that need fixing." That man went to work and paid his way, and paid the \$4 for his wife's board, and paid his own way, and when he went away he said that that was a great deal better than to have been an object of charity.

Now here is another thing: An endowed patient will come, and the friends will want to come along and expect to be cared for as cheaply as the patient. Or, a man's wife is undergoing an operation, and he wants to come along and be with her. That is all right, provided their expenses are paid. I am satisfied that many of these people could pay their own way with a little assistance and advice, and thus the conferences be relieved from this burden.

Now it remains with you as stockholders to adopt this plan or to devise another, for the institution belongs to you.

Dr. D. Paulson: One of the saddest things I have had to meet in going to the camp meetings is the people who come and want to go to the Sanitarium for treatment. Now I feel that if we could get this down on this basis, on the European plan, that many of these people could be reached who could not be helped in any other way.



The Chair: Another point is, that if you have an endowed bed you can have but one patient in it at a time. One brother got the idea that they could send as many as they liked, but this was a mistake, for the bed would not be large enough to accommodate them. But under this plan if one is sick they do not have to wait until a other gets well and gets away, but they can come at once, at any time.

Another part of the plan is to have each patient pay just as he is able to pay. Let him have his board and room at actual cost, say \$2 per week, then if he is able to pay something ~~xxx~~ besides this, let him pay it. That is, if he is able to pay three dollars a week for his treatment, let him pay that amount, but let us look at all the <sup>concerning</sup> circumstances ~~xxxxxx~~ the case.

Now in Chicago we have a building capable of holding two hundred people which we would like to see utilized for the purpose of helping these sick people. I have had a dream in my mind that I have ~~xxx~~ never mentioned publicly before, and in ~~xxxxx~~ fact have not told to anyone, and that is that everywhere we had a Sanitarium, that we would have a center where the sick poor would come flocking from all around to get relief. Now this is what it ought to be. The poor ought to look toward our sanitariums as refuges just as well as the rich, and it might be so just as well as not. I hope that we may sometime see twelve or fifteen hundred sick people in this town seeking for relief. Now in Chicago we have this building we have mentioned, where we could accommodate a couple of hundred, and Dr. Olsen and Dr. Holden have been very much interested in the work there.

Now my thought six years ago was that if we could take hold of this Christian Help Work in the cities, that we would find sick people who needed relief, and that some means could be provided for them to come to the Sanitarium for such help as they needed. So we prepared blanks,



which I think some of you have seen, in which we inquired if a person was sick and poor, what their circumstances were, and we hope to get them within reach of help in that way. Now if you people in the churches learn of the weak, the neglected, the sick, the poor, our Sanitariums are ready to co-operate in the work, and this plan has been devised to assist in bringing this about.

You see when a man comes here with fifty dollars, ~~that~~ and needs to stay four weeks, say, the first question we ask is, How big is your pocketbook? How much money have you got? "Fifty dollars." All right, that fifty dollars ~~will~~ will keep you the four weeks and get you well enough to go home and by following up the course of treatment and diet you learn here, you can continue the improvement." So by this plan we can let each man pay his way as he is able to.

Have you any resolutions to offer on this subject, or do you wish to consider it further?

C. P. Bollman: I move that the Committee on Resolutions be instructed to ~~make~~ formulate something in relation to this matter and bring before this body at its next meeting.

Seconded and carried.

Moved and seconded that the meeting be adjourned until Monday morning, March 13, at 9 A.M., in this place.

Carried.



610.8  
FIRST ANNUAL MEETING OF THE MICHIGAN SANITARIUM AND  
BENEVOLENT ASSOCIATION. Morning Session.

March 13, 1899.

The Association convened March 13, 1899, Dr. J. H. Kellogg, Chairman.  
Opening prayer by Dr. Leigh.

Report of Committee on Nominations read and approved.

Reading of names of newly received members.

On motion the Secretary (W. H. Hall) cast a ballot to represent the unanimous vote of the Association for the following persons, to serve as trustees for the respective terms named below: 2 Yr. J. H. Kellogg, G. A. Irwin, G. W. Murphy, David Paulson, A. B. Olsen. For 1 yr. W. H. Hall, H. F. Rand, L. McCoy, C. M. Christiansen, J. M. Craig.

The Chairman: There are several important questions to be considered this morning, one of which is that of endowed beds, and another is the treatment of the sick poor. The poor we have always with us, and while the sick and the poor are increasing, this is a question which is increasing in importance with us all the time. In this country at the present time wealth is increasing in the hands of a few people, while the masses are becoming poorer,--is not that true? ("Yes.") There are many diseases among us, some of which are especially rife in this country; for example, tuberculosis, or consumption. This disease alone is responsible for one-seventh of all the deaths each year, and the number is constantly increasing. The same is true of these other diseases which are becoming so common, and which are especially common among the poorer classes of the people.



Now what shall we do for the sick poor? This is one of the most distressing and perplexing questions that I know of. We are interested in the lepers in India, and we are interested in the poor of the South Sea Islands, and we, as a people, have spent thousands of dollars for them. The Pitcairn is now on a trip in the South Seas, and we have spent several thousand dollars in <sup>sending</sup> ~~carrying~~ this ship about among the islands of the sea, --and it is a beautiful thing to do--but we have poor people in our own neighborhoods who are sick and dying under the most distressing circumstances. Even in this town, we have found cases of poverty and distress which we are simply astonished at. In Chicago and other great cities there is coming in constantly from all the neighboring towns, a stream of people who have various maladies which can be quickly relieved, and it is astonishing that an opportunity is not afforded them for such relief. Now, as I remarked a moment ago, there is one disease, consumption, which carries off at the present time one-seventh of all who die. I want you to think about this, and cooperate with us; it is not my duty ~~alone~~ to do this, --it is not Br. Hall's duty, it is not the duty of the Board--but it is your duty, because you are this Association, and we are only your servants to tell us what to do, and you can reprimand us if we don't do ~~it right~~ the work right. So I beg you to take an interest in this matter and help us to solve the serious problem of the care and treatment of the sick poor.

It is calculated that for every person who dies, there are at least twenty persons who are really sick. In this country there die, yearly, about twelve persons in every thousand. See how many that would be for all the inhabitants of this country, numbering about seventy millions. Dividing that number <sup>by 1000</sup> and multiplying by twelve, we have 840,000 or nearly a million persons who are dying every year in this country, --



practically, a million people die in this country every year, and for every million people who die, there are twenty million people who are more or less sick; that is nearly one-third of the population. That is true; upon examination, about one-third of the population is sick. It is amazing to see how many persons are dosing themselves with drugs all the time. There is no doubt but that there is fully one-third of the population who are employing a doctor more or less or are taking patent medicines,--there is something the matter with them.

Now of this twenty millions of people who are more or less sick all the time, there are perhaps half of them ~~are~~ poor; so you may say that there are, in this country about ten million poor sick people. If you should go down to New York <sup>or Chicago</sup> and visit one of the public dispensaries there, and see the long line of sick people marching in there all day, you would make up your mind that pretty nearly the whole population must be sick. There are hundreds of dispensaries, but they are all thronged with sick people and are all overworked. Now, of the ten million poor sick people of the United States, there is at least one-tenth of them who are so seriously ill that they need something more done for them than is being done; they must have something different from pills or decoctions, drugs and mixtures. And they must have a change of habits and a change of diet, and more effective treatment,--they need sanitarium treatment.

Now sanitarium treatment does not cost very much when you apply it in its simplest form;--with a piece of cloth costing five cents and a common wooden bowl costing ten cents, a patent pail and a ~~pit~~ pail of water which costs nothing, you can do wonders for a man; you have got a whole sanitarium in those articles. You might even get along without; the patient might lend you his stocking,--I have given treatment with



the assistance of a stocking many a time.. It is simply marvelous, the wonders that can be wrought with water; it is worth more than all the rest of the remedies in the world put together. I consider water worth a hundred times more than all artificial or invented remedies, and I am coming to think so more and more. If I were going off into a wilderness or into a far-away place I wouldn't think of loading myself down with drugs, and I think that ten dollars would supply me with all the chemicals and everything else that I would need for ten years in the practice of medicine. Pure water, fresh air and exercise are the great curative agents. Now this don't cost much; air is free, and <sup>pure</sup> water is free, or practically so. And exercise is free; you don't have to pay for ~~xxxxxxxxxxxx~~ the privilege of exercising.

Now we have a hundred medical students and three or four hundred nurses, and they can all be employed in this work, and do ten times as much, as they are doing to-day, for the poor and without any great effort or expense either; I feel as though we should do more for the poor. You heard something read in the General Conference in reference to plans for a building for the poor. But the Board have not been making plans for a building for the poor, in this town ~~at any rate~~; there has not been a mark made upon paper for such a purpose, and no site selected. There has never been a decision reached that there should be such plans. On the contrary, there was a positive, absolute decision months and months ago that we must not do such a thing, --that it could not be done; our board decided months and months ago, that although there seemed to be a need of doing this in other places, yet that it wouldn't be the right thing to do in Battle Creek with all the other buildings which have been put up for the relief of the poor. So our board decided, more than a year ago, that though there was a great need of something of that kind,



that it would not be right to do it in Battle Creek, and in that respect, nothing has been done that I have ever heard of. I am bound to say, in justice to the Medical Missionary Board of the Sanitarium here, that I believe there has never been any intention to put up such a building here, and I don't know how the idea ever got abroad that we intended to put up such a building. But something of this kind should be done somewhere for the poor.

We have in Chicago a building where many of the poor could be gathered in, and we have many vacant places in Battle Creek where the poor could be gathered in for treatment,--the Lockwood building, for instance. But the question ~~then~~ would be, if this building were occupied for that purpose, what we should do with our poor helpers..The Sanitarium at the present time is renting sixty cottages outside of its own building; last Summer we rented eighty buildings outside of our own building. Br. Loughborough remembers the time when we had only one wooden building, and when it was said to us in the Testimonies that the time would come when this whole hilltop should be covered with Sanitarium buildings,--isn't that true, Br. Loughborough? ("Yes, sir.") Now we see the fulfilment of that prophecy. Now we don't want to put up any more buildings here; and our Board have felt for a long time that they didn't want any more or any larger buildings here. We have difficulties all the while because of the massing of so many people together; the enterprise being so large, we are encountering difficulties all the while, that we wish we didn't have to deal with. So we are thoroughly agreed that it is better to have a larger number of smaller institutions scattered all over the world than it is to have the work concentrated at one place, thus obliging sick people to travel great distances.



But some one says, "I've got the best site in the world for a sanitarium in Arizona," or, "in the Rocky Mountain region." Ask them "How many sick people are there there," and they will say, "O, there are none; it is a very healthy region,--there is no such healthy climate anywhere, and if you will put up a building here, the sick people will come here, because the climate is so healthy." Now I have always said that it is the duty of a sanitarium to go where sick people are, and not to put up a building for the care of the sick where no sick people are, and then say to them, "You come to us." I believe that instead of sanitariums being established in the healthiest places in the world, they should be established in the sickliest places in the world.

A VOICE : We have a splendid location of that kind in the South.

DR. KELLOGG: Then that is where a sanitarium ought to be,--they should be where sick people are, and not hundreds and thousands of miles away from them where only a few can get to them. I think you will readily see that that is the right principle,--that institutions for the relief of the sick should be where sick people are, <sup>although</sup> Of course it is a good plan to have <sup>some</sup> ~~an~~ institutions of this kind located where patients can go who need a change of climate .

Now about the sick poor: What can we do, and what ought we to do for them? There are two classes of sick people,--those who can be cured where they are, and those who must go somewhere else to be cured. Now we have and other places sanitariums established, not only for those who need to make a change of climate for those who have tuberculosis or consumption, but for those who need to make a change of climate because they have chronic dyspepsia ~~and~~ or other troubles, and don't readily get well. We have sanitariums for those who need more sunshine than they have at home, and for those who need to climb hills and don't



-7-Mar.13.

get exercise enough on the level surface, and of those who need, or think they need, a change of climate. For such, the institution at Colorado should be filled ~~with patients~~ to overflowing with patients, and it would have been so, if our people had had the interest in it that they ~~could~~ have had. It is wonderful,--the work that can be done for sick people at the Boulder sanitarium. I don't know of a place in all the world where there are such splendid opportunities and advantages for curing all manner of sick people as can be found there,--because changes of climate can be found there that are not found anywhere else, and facilities for treatment are to be found there which are found nowhere else.

There is another class of sick people,--those that are near by us--what shall be done for them?. I believe, as I have already said, that our people should be educated to treat simple diseases, and should have simple apparatus for that purpose in connection with our city missions.. We want a sanitarium in every State. The Sanitarium at Battle Creek is willing to be considered as a sort of mother of other sanitariums, and is willing to encourage and to assist them everywhere,--to assist any institution that is doing the same kind of work. This Sanitarium is ready to help such institutions,--and it can help them in a great many different ways. In this connection, I think a resolution of some kind would be in place,--how do the stockholders feel about it? Would it not be well to organize in Chicago a work for the poor which will reach out into surrounding cities? The city of Chicago itself is nearly equal to the whole State of Michigan in population, and a properly organized and conducted work there would be capable of reaching out into neighboring cities, and doing something for the poor of those cit-



ies. Will the trustees consider the advisability of this thing? The idea is to put the work on a self-supporting basis, each one paying something for this purpose, enlarging the work in Chicago instead of enlarging it here; the idea is, to make Chicago the center of work for the sick poor, instead of Battle Creek.

Q. That would not prevent those from coming here who desired to come ?

A. No ; but the idea is to encourage those who wish to go there.

There is another question that I would like to bring before the stockholders for advisement : During the last four years, the institution,--the old Health-Reform Institute corporation has paid out \$33,000 in cash for the support of the Medical College. The Medical College is the most expensive school in the denomination; the old Health-Reform Institute undertook to support that school, but made a proposition to the General Conference that if they would furnish a building for it, that the Sanitarium should support the enterprise. The building was furnished,--the North end of the Battle Creek College, or a portion of it, was supposed to belong to the General Conference, the General Conference being responsible for the construction of the building.

A VOICE: That was done by a vote of the stockholders of the College.

DR. KELLOGG: The General Conference ,however, had started the thing before that; it started in a little room over the Review and Herald Office; I was there when it was originated. The General Conference took the responsibility of erecting a building, and it was expected that they would raise the money for that purpose..Well, there was the building and the General Conference gave us the right to use it for the



Medical College; so we have been using it for that purpose, and haven't paid any rent for it,-- and I don't see how the Sanitarium could pay rent, with all the other expenses of the school. I think it is just as reasonable for medical missionaries to use this room, as for others to occupy the building, since it belongs to the whole denomination; I think it was well to ask for the room, and for the Medical College to use it, the Sanitarium paying their expenses,--and this has been done. The Board of directors have not thought it proper for them to incur this expense, for the reason that, some nine years ago, I brought before the stockholders this question: Shall we, every year, lay aside out of our earnings, five thousand dollars to be used for educating men and women for the medical profession, as an aid for us, and the stockholders voted unanimously that we might lay aside \$5000 a year for that purpose. This was done, and the money advanced for the education of the ~~medical~~ students of the Medical College. We have used \$58,000, for the Board went a little further than it was authorized to do, perhaps,, but the balance will be paid back so as to confine the sum expended for medical students to the amount ~~allowed~~ originally allowed. Now, the question is, Does this association desire to take up this same work and carry it on? Will the Michigan Medical Missionary and Benevolent Association maintain the Medical College as it has been heretofore maintained? That is the question for you to decide.

It was then MOVED and SECONDED that this Association continue the work of educating missionary physicians and nurses through the Medical Missionary College, also the continuance and development of the Nurses' Training-School.

(Discussion, as follows:)

ELD. ALLEE : I believe this question deserves more than a passing notice. It has been my observation through all these years that this



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Institution has been **more** generous in affording opportunities for usefulness for worthy young people than any other institution in our denomination; I have been observing this fact with a good deal of interest. There have been scores and scores of young men and women who, had it not been for this opening, would certainly have been lost to the cause, some of whom occupy ~~the~~ most important positions in it now. And this I have also observed,--that these young people have the most thorough and genuine missionary spirit of any that have been engaged in the work. I believe I am not exaggerating in this; I believe it to be true. I am personally acquainted with and have recommended for this work numbers of young people who seemed to be just floating and drifting, not knowing where to find a place in which to work for the cause; they have taken hold in earnest; their hearts are in the work. And there have been scores of young ladies anxious to work for the Lord, <sup>who</sup> seemed to have been able to find no place had it not been for this opening. I believe that this work originated in the providence of God and should have the hearty cooperation of all our brethren. Eternity alone will tell the benefit to be accomplished through this source. I am intensely interested in this question and always have been, and I have often wondered how I could be of more use to you. I do not know just ~~what~~ what to do as I ought to do it, but I rejoice that in the providence of God this work has successfully battled against all difficulties. This is a most noble work,--that of giving thorough training for hundreds of young people who go out and become the very best kind of workers in this cause, and I feel to bid it God speed, with my prayers and all that I can do to aid in this good work.

I suppose what makes me feel more interest in this work is, because I am in a field where I see the vast need of it, and I would to God to-day that we might have a hundred of these young men and women



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distributed through that great and needy Southern field. That field is reaching out its hands for help, and I believe that the results of this kind of work there will be just as satisfactory as in any other field. I am glad to support this resolution, and I hope it will receive a full vote, and I hope that we will lend this cause our influence wherever possible, and ever be willing to lend a hand to help the work forward.

ELD. JOHNSON: I heartily endorse this resolution; and I am grateful to the Lord ~~XXXXXXXXXXXX~~ for what has been done in this direction, and also that so many young people have had the opportunity of receiving instruction in the principles of health in the Sanitarium. I have been praying that many more might receive the same instruction, so that a greater number could go out into the field in this country and in the Old country and help educate workers there, as well as helping the poor, the sick and the suffering. So I am heartily in sympathy with this resolution.

ELD. LOUGHBOROUGH: While these remarks were being made, they brought forcibly to my mind a Testimony sent by Sr. White to me, --not for my personal instruction but for the brethren in California--more than thirteen years ago. She spoke of this and other institutions, saying that Satan was trying to work against <sup>work</sup> this, but that God said "Let it live and prosper; it is a branch of my planting. Let it prosper; take hold and build it up." This expression also comes to my mind: "From these institutions will go forth missionaries that will tear down the idols in high places and establish truth and righteousness where now only prevails selfishness, self-indulgence and all evil." I think of that sometimes when I see our people preparing to go to India and other points. A brother was talking about India and idols there. I expect



not only that truth and righteousness will be established in heathen lands by this means, but I expect that we will throw their idols into the river before we get through. I am heartily in favor of this resolution and I expect to see this work going to the ends of the earth.

MRS. HENRY: How large a proportion of the human family are perfectly sound and healthy in body?

CHAIRMAN: The proportion of grown people who are in the enjoyment of sound health must be very small, for an inspection of the public schools in England has shown that 35 % of the children, on the average, are deformed. In one of the young ladies' seminaries which had, I think, 36 girls in it, <sup>was</sup> it found that 35 of them had crooks in their backs, and various other blemishes and deformities, -- and by the time they get to be about forty years old, I expect the other one will be diseased.

MRS. HENRY: It has occurred to me that the importance of this work is ~~such~~ so great that preparation for it should be proportionate to its demands for remedy and salvation. And, as we know that there are none who are without sin, , so there are very few who are without some form of disease; therefore it seems to me that ~~is~~ the preparation for this work should be just about as wide as the needs of the human family. I can look back over past experiences in our efforts to reach these needs and how terrible it was to feel the burden of the sick poor, as well as those who were not so poor, but were bearing the burdens of the sorrows and heartaches of this world, without having been trained to meet those needs, and I am sure that if any one has had such an experience they will realize the value of this training in these institutions by which men and women can be trained to give practical aid to those who are in such need. It seems to me that of all work which is in the hands of



the church this medical missionary work is the most important; I can but consider it so, in view of the wide and pressing demand for immediate practical help, <sup>in view of</sup> and the fact that when one is ill in body and realizes the pressure of physical infirmity, those who come to them with practical relief will have access to their thoughts, feelings and emotions, --to their very souls--and will be able to reach them with the salvation of Christ as no others can; it seems to me that there is no other line of work which promises so much in building up ~~of~~ the cause of Christ as well as in alleviating the suffering that sin has brought into the world.

ELD. BURRILL: I can hardly keep silence at this time, because I feel such a deep interest in this work and this school; I have looked upon it with a great deal of interest from its first stage, and have been trying to calculate the efforts and labor <sup>in this direction</sup> that have been ~~made to it~~ <sup>wrought out</sup> through the Sanitarium. Besides, the Lord has been speaking to us upon this subject and telling us that this was the right kind of work for us to engage in and to which we should lend our influence.. I am glad this resolution has been offered. I want to see more young people educated in this line of work, and I believe the Sanitarium is in the line of its duty while educating these young men and women to go forth into fields of usefulness in the cause of God. I have been reading some of the testimonies upon this point, and it seems from that this is the right kind of work, and our people and ministry should be ready to engage in it. I am glad that our ministry are looking upon this work more favorably than in the past. I hope all will feel encouraged as they see the influence of this work growing up among our people. I feel that we have reason to praise God for ~~this~~ what he is doing, especially for the physicians of the Sanitarium. Although we meet with many discouragements yet God, I am sure, is encouraging our hearts, and that this work will go forward.



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ELD. CORLISS: I have long been convinced that this is one of the best lines of work that has ever been introduced among the children of men, and I have been thinking how this Association can do this great work. Nearly all the people who are here to-day heard the testimony of Capt. Norman from the platform the other day. Now he sails a vessel from Melbourne to Singapore and back, constantly, and he has from 500 to 2500 passengers on board at each trip, every four weeks. He tells me that many of these people are among the most intelligent classes of people from such countries as England and Scotland. They are wealthy ~~people~~ as well as intelligent people and have nothing else to do but read, when they are on board his ship, and they all the time want something new, and they need something elevating,--something that will lift them up in both soul and body. Now I have wondered if there could not be some measures started by which this Association could place its literature in the libraries of these steamers. Now the Captain suggested this to me the other evening,--said he, "If you will let me have a supply of the books and papers which you publish here, I will throw out the books which I have in our library on my ship, and I will put yours in their place: the passengers will read them,--they are bound to read our library books any way." Now I don't care to have this published abroad, but this is what I think: It seems to me that the Lord is opening ways by which we may extend these ideas to the nations of the world. Now think! On each one of these trips from Melbourne to Singapore the Captain has on board his ship representatives of almost every nation,--and better than that, these are people who understand English, and if they get these ideas from English publications they will spread them in their own native tongues. It seems to me that this is one of the grandest openings which has ever been offered to this people, and I thought I would



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call the attention of this Association to it at this this time. I will see that the books <sup>are sent</sup> ~~get~~ aboard the ship if they are provided.

ELD. PHELPS : I have a desire to make one statement in reference to the line of work under consideration, and in doing so, I would not discount or disparage any other branches of the work,--I would say this : that there is no <sup>other</sup> line of work, nor no other enterprise that has given me so much satisfaction and real pleasure as has this work of educating missionaries for the work of spreading abroad the principles of the salvation of the Physical and the moral man. God's hand is in this work, and it reminds me of the words of the Savior, "The poor have the Gospel preached to them!" We need to have sanitariums in all the States, and I hope the time is not far distant when we may have one in our State. (Mim.)

ELD. LOUGHBOROUGH : While one brother was speaking of the ocean, this testimony came to my mind: Sr. White says the angel quoted the words of the Lord, saying, "I have put you in possession of the seas, put the world in possession of my Gospel, " then saying, "If that were understood, there would be ships traversing the ocean distributing the truth." We had just one boat then; thank the Lord we have some more boats now. Capt. Norman says this is only the beginning,--that other Captains will want missionaries on board their ships.

ELD. KENNEDY: The great adversary of truth and righteousness is alive to the merits of this question. He knows just what kind of food people should eat to destroy their health, and you need only to go the different hotels and restaurants to see what kind of food he provides. At the saloon there is a thirst created for drink. The Bible says, "They ate and drank and —



*Chairman:*

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DR. KELLOGG: The Bible says something about eating and drinking damnation too?

ELD. KENNEDY: Yes,--"They ate and drank and became sick." Then right around the corner you will find a drug-store where they have drugs and poisons to put in your system as cures for ~~dyspepsia~~ and other diseases, but which not only do not cure disease but create disease after a while. Now the principle that we endorse is just contrary to that: it is, to bring before the people the proper diet and a diet which will not create a thirst for poisonous drinks or anything of that kind, and also to teach people that medicines and drugs do not cure. Now if we can train young men and women to go out and teach these principles, we are surely counteracting the work of the great adversary, and hence I am heartily in favor of this motion. Not only should <sup>there</sup> be ~~improvement~~ among the people of the world, ~~for~~ great improvement in this direction, but there is also room for improvement right among our own people; they need to be taught lessons along this line,--taught how to prepare proper food and make proper combinations, and also to learn that it is not necessary to send for the doctor for the purpose of taking prescriptions of drugs and medicines in order to get well, but to rely upon the things that the Lord has provided. We really need instruction along these lines, and I think our people are <sup>ready and</sup> willing to be instructed. But the question is, How can they be instructed unless there is a way opened by which this can be done. Now here a way is provided for this purpose: We can send our young people to the Sanitarium where they will receive the necessary instruction, and carry it to ~~the~~ needy people who will receive it and be a blessing to their friends and neighbors. I hope this resolution will prevail.



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DR. HITT: I have but a few words to say. When I was attending a medical school in Louisville a number of years ago, one of our professors (Dr. Galt) once said to us, "Boys, the time will come when physicians will be called on to tell people, not what to do, but what not to do, and to tell them how to live so they won't need medicine." Well, I didn't believe that theory at that time; I couldn't realize the truth of it; I didn't care much for truth then, and didn't realize what little truth I did receive. I was born in the South, and the negroes there go round with a <sup>dried</sup> rabbit's foot in their pockets thinking that is a cure for disease. Now in place of that rabbit's foot, I am going to carry <sup>with me</sup> a dried hog's foot in order to explain its mechanism,--and I think if I couldn't do good in that way, I couldn't in any way. After reading Dr. Kellogg's address on "Pork" I went and got a hog's foot and saw where these sewers of filth poured from the hog and it convinced <sup>me and</sup> my wife also of the danger of eating pork, and now I don't think you could get either of us to eat a piece of hog for the world,--and this applies to any <sup>other</sup> kind of meat. I am going to carry the hog's foot with me to show the truth of what we teach about pork.

*Chairman--*

~~DR. KELLOGG~~ The hog has little openings inside of its legs;-- it has a regular system of sewers to carry out the filth of its body. That is the reason the hog can be a scavenger. We are not provided with these great outlets for sewerage, hence if we eat the hog this filth accumulates to a dangerous degree. The hog is fitted by nature to be a scavenger by this provision for the outflow of these filthy and disease-~~making~~ producing accumulations.

ELD. BROWN: I am sorry that so many delegates are compelled to go away from this meeting. I know that many do not realize the amount



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by this Institution in a medical way. We have been discounting this work and calling those who have been carrying it on, extremists; but we have found that this is not the case, and that they are in advance of us in work in which we should all be engaged and interested. For myself, I am prepared to return home and give this work my hearty coöperation,-- a thing which I have never done before. And in talking with other delegates, I find that their experience in this respect is the same as my own.

CHAIRMAN: Personally I feel very grateful for all these excellent remarks; I am only sorry we have not the full delegation here. However, we have a constituency, and will be able to vote on this resolution. It may be of interest to you to know that for the last twenty-five years the Sanitarium has been an industrial school. From the time I became connected with this Institution my colleagues and myself have taken a great interest in the industrial <sup>and medical</sup> education of young people. I had to work my own way in getting an education after I was ten years old, and I appreciated what education I got. The first money that I earned after graduating in medicine I invested in three young men for the purpose of giving them an opportunity to study medicine. I invested every spare dollar that I got in that way, and I continued to do this until the stockholders voted to do something in that line themselves, and then we did a good deal more of this work, and I think that of the young men and women who have thus taken hold of the medical work, not one in ten could have entered it if it hadn't been for the aid given them, because they were young men and women who had given themselves to the Lord and had not been accumulating money; some of them had been staying with their parents on the farm, and others had been doing other benevolent work,



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and the consequence ~~was~~, that they did not accumulate money, and to have worked their way through the getting of an education in advance would have taken them long years. So it has been the aid which the stockholders of this Institution <sup>have rendered</sup> which has enabled these young men and women to get an education and prepared them to enter the work.

Now for the last twelve to fifteen years we have had at the Sanitarium from 60 to 150 young men and women who have been attending the Battle Creek College and paying their way in work, and we have made it a rule to make as many places as possible for these. Many of them came back after they had finished their education, and many of those who are now physicians worked their way through the Sanitarium. After they had gotten their book-education they came back to the Sanitarium and got a medical education. We should not have had the men and women who now help us in the most earnest and effective way, if it had not been for the work specified in the resolution before you; so I am glad of the encouragement we have already received. As many of you as are in favor of this resolution please say "Aye!" (The contrary, "No.") ("AYE!") It is carried unanimously.

COMING : I have not been able to be here much, on account of the many things which were left undone while I was at the General Conference, but I have been pleased to meet some of the delegates at the Haskell Home, and they have been interested in the Home. I think this is one of the best opportunities in the world for you to become acquainted with the practical workings of the system of education which we use, and which is carried out in the Haskell Home in the most practical way. We would be glad to have you all come out and visit the Haskell Home. It is your institution; you support it, and you have a right to know



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how it is run and the kind of work that we are doing there. I give you all a hearty invitation to come out there; we would be glad to see you all.

It was then moved and seconded that this Association adjourn to 9 o'clock to-morrow morning (March 14, 1899.) Carried.



6/8.6

FIRST ANNUAL MEETING OF THE  
*Amity*  
MICHIGAN ~~MEDICAL MISSIONARY~~ AND BENEVOLENT ASSOCIATION .

M O R N I N G S E S S I O N .  
March 14, 1899.

The Association convened pursuant to adjournment, Dr. J.H. Kellogg Chairman.

OPENING PRAYER by Eld. Morrison.

THE SECRETARY read additional list of members received.

CHAIRMAN: We are obliged to hold this meeting in order to take up the question of the care of the sick poor, the question which was brought before you at the last meeting. This is a very important question. There are, even in our own churches everywhere, sick poor who need help. I have been to many different campmeetings, and have many times ~~attended them~~ <sup>sick</sup> from early morning till late at night, sometimes caring for more than a hundred sick people at a single Seventh-day Adventist campmeeting, and there must have been scores more who could not come. Now I think that every <sup>sick and needy</sup> Seventh-day Adventist should have the advantages of our institutions and a chance to get well. --and they can have such an opportunity and I desire to urge this matter upon our people, --that the presidents of conferences and others will see that something is done for them. Formerly it has been those who have clamored the loudest that have received the most attention. Sometimes, for instance, some old dyspeptic who felt languid and miserable and wretched would insist upon occupying an endowed bed, and when they got here it was found that there was nothing to be done for them but to set them right upon their habits and diet, but they wouldn't be set right. On the other hand, there are a good many good, refined sick people who are patiently suffering on, waiting for the Lord to send some one to their rescue, expecting that



their needs will yet be recognized. Now we ought to have some means by which to get hold of these people who are the greatest sufferers and who are the most worthy. Can't we so organize <sup>our plans</sup> that wherever there is a sick and poor Seventh-day Adventist among our people, they may come here and get relief? Do you feel like doing that? ("Yes.") The managers of the Sanitarium don't want to limit the ~~number~~ opportunity, but to enlarge it so that those who are the most needy can have the best chance, and so that all may have an opportunity and a chance to get well who are sick and poor among us.

MRS. HENRY : It has become evident to me through correspondence which has come to me among the women of our people, that this is an intensely important subject. My heart has been almost broken, over and over again, by the condition of things among <sup>our people. Many</sup> mothers with a family of children, and with no sympathy for them in their homes, ~~and they~~ are standing alone for God's truth, surrounded by influences which are continually against them, and continually struggling to keep up. Many do not know how to apply our health-principles, and these are writing me saying, "I wish you would put me in correspondence with some one who can teach me how to live healthfully; I have heard of the health-reform, and of health-principles, but I don't know anything about them." I have also received many appeals for help to come to the Sanitarium for relief, and I hope that something can be devised by which this can be accomplished.

CHAIRMAN: Let me tell you what can be easily done: You can have a superintendent in each State to cooperate with the conference committee, <sup>and president</sup> and to hunt up needy cases, nurses can be sent to their relief, old dyspeptics can be cured up by showing them how to live, how



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to use fomentations, moist abdominal bandages, ~~and~~ cool sponge baths in the morning, etc. The truth is, a little of this kind of treatment, --a little home-treatment--will cure most of these cases. The best thing in the world to make gastric juice is a cool bath. That is nature's stimulus. That is the reason you get such a tremendous appetite when you go in swimming; nature thus prepares you for food and you have a craving for it, the gastric juice being all ready for the food. We can examine the stomach and find out how much gastric juice is present, and then we can give the man a cold-bath, and then we find by examination that the amount of gastric juice is increased. The cool-bath is generally recognized by the medical profession as a means of stimulating gastric juice. Now see what the world is doing: They are swallowing great quantities of the pepsin of dead pigs,--in the first place eating the pig and then swallowing pig's pepsin to help us digest the pig--which is not fair to the pig, and which seems to me to be a piece of most prodigious folly. But that is not the Lord's method. He has given us cold water and cold air, the use of which makes, not more pepsin, but more gastric juice. The stomach has all the pepsin it needs all the time, but the stomach of the dyspeptic needs more hydrochloric acid, and that we can get by cold applications,--cold air and cold water. So, as I have said, we can send nurses into these places where there are sick and needy persons, and cure up, right at home, the greatest snare of dyspeptics. And then nervous cases and others can be hunted up and helped. Will you instruct the Board to provide the best measures possible for the relief of the sick poor among us ?

IT WAS MOVED and seconded that the Board be instructed as suggested by the Chairman.

CARRIED.



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CHAIRMAN: Now I wish to bring <sup>up</sup> a question that is important, because there is a principle involved in it. We have been asked why we don't furnish foods and books at cost. I believe in that. If there is anything that has made me feel bad during the last ten years, it is the fact that a poor Seventh-day Adventist who wants a fuller knowledge of the truth but who is living on a bare pittance cannot get it, because we charge so much for our books. I think that principle is wrong. I think our books should be sold to the world at good prices, but I think poor Seventh-day Adventists should have a chance to get our books at cost. I am not speaking of the Review and Herald office but of our book-publishing company: they should charge only enough for our books to cover office expenses. Then look at the food-sales: If there is anything that has made me particularly uncomfortable for years, it has been the high prices that we have charged for our foods. We try to get our foods into the hands of the people, and we send out boxes of food into different parts of the country and to our missions in various ~~places~~ <sup>a portion</sup> places,--and I have set apart <sup>a</sup> of my earnings for this purpose. We could do something more than we are doing in this respect in the sale of our books, <sup>and food</sup> but the trouble has been with our publishing companies as well as food-companies. They say, "How can we sell at one price to one man and at another price to another man?" Our publishing company says, "It wouldn't be just to sell at a high price to a rich Baptist and ~~at~~ at a low price to a poor Seventh-day Adventist."

There has been a plan maturing by which we can get our foods and books into the hands of our own people at small prices. Now I will tell you a thing: Swedenbergians publish the works of Swedenbork so that ~~all his works~~ <sup>they</sup> are circulated all over the United States; and you can buy all the works of Swedenborg for a few cents. These works have some power in them because they have some truth in them. Error must have



some truth with it, in order to hold people, -- in order to command their respect and confidence. I have his books in my library and they only cost me the postage. Now why should not Seventh-day Adventists provide some way by which our literature could be put in the hands of our own people in cheap and simple form. Formerly, if a man wanted the Testimonies he must pay six dollars for four little cloth-bound books. This has been so <sup>until</sup> recently, and many do not have them now, because they are so costly, although they are sold at forty off through the Tract Society; but suppose a man don't know about that, and is very poor, -- how is he going to get these books? Now we propose to arrange things so that our people can have our health-books at half retail prices, and also get our foods at the same rate.

This is a matter which very largely concerns the Sanitarium, because the Good Health Publishing Company and the Health-Food company are the children of the Sanitarium. I omitted to mention, this morning, that the Sanitarium last year had given away as much money as is called for on the College debt. I wish to call the attention of the stockholders to this question.

Now the question is, Do you think this is a good plan? I will present the matter a little further in detail. I don't want some one to come up and say we have been impoverishing the Institution and imperiling its credit by being too generous. Now the thing we want in reference to our foods, is, not to make money out of them, but to get them into the public stomach. And what we want in reference to our books, is, not to amass great wealth from their sale, but to get the ideas contained in our books into the people's heads and hearts; and if we get the ideas of our books into their heads and hearts and our foods into their stomachs, I hope it will be the means of making pretty good people



out of them; but that is our part,--to do that thing ..

Now, to carry out this plan, we propose to organize an International Health-Bureau Association, to be called "The International Health Association. This association will undertake to have branches in various places, for the purpose of taking hold of this part of Sanitarium work. It will be necessary to bring this work before the public, hence our people,--for instance, ~~we~~ propose to start the work in Cleveland by an association to be known as "The Cleveland Health Association;" and they propose to start there, bath-rooms, a food-store and a vegetarian restaurant. These three things, like the Siamese twins, will help each other. The Cleveland Health Association would authorize these different lines of work,--the furnishing of treatment -rooms or bath-rooms, different kinds of baths, such as electric-light baths, etc., a restaurant and the foods, and it would justify the holding of schools of health, and it would have lectures on Health, and thus come before the public. We don't want to go before the public with our surgical work, because we don't want the people to think of us as having bloody hands, *and* cutting people up. I don't want to be considered a surgeon. I do a great amount of surgical work, but I dreadfully hate to do it. This morning I ~~had~~ to cut a hole into a man's head, *and* I would rather have been whipped, but it has got to be done.. But that is not the side which we wish to present to the world; we want to go before the world as reformers in diet and dress and everything that tends to the development of health. Health-reform is really our watchword.

We would not perhaps do well to call our association a health-reform association, because people are somewhat prejudiced against being reformed. But there is no such thing in the United States as a health-association, and why should we not have such an association established in different places? We propose, then, to have a health-



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association in which every single principle of health will be recognized..  
No ~~body~~ <sup>body of people</sup> has such great principles of health-reform as we have. I was glad to hear Eld. Corliss speak of these ~~great~~ principles as being "grand principles." They are grand principles for the preservation of health and the building up of the body. I have just received a telegram asking me to deliver a lecture in Washington next Monday night,--to speak in the Columbia University on the subject of "Health." They telegraphed me that they wished me to speak upon that subject, and I expect to do so. Next Tuesday night, there is to be a great vegetarian dinner there, and the Chief Clerk of the Treasury Department has sent out four hundred invitations to influential people of Washington,--Generals, Senators, etc.--to come to this vegetarian dinner, and to "meet the doctors" there. I am going down to Washington and shall be at this dinner, not to represent myself, but to represent these principles. From there, I must go to New York. On the 23d inst., the "Hundred-Year Club" is going to have a great meeting for the purpose of finding out how to live a hundred years, and, at their invitation, it is my duty to teach them how to eat for a whole hundred years,--not to eat for a hundred years steadily, but at regular intervals for a hundred years--twice a day.

I mention these things to show you how the world is waking up to this subject. If we go before the world as a health-association how many people would gather into it and thus come into fraternal relations with people who are in sympathy with these principles.

Now let us see what we ~~can~~ <sup>propose to</sup> do. (Reading <sup>from Food Reform Bureau Circular</sup> "1st : To promulgate the principles of physical righteousness in relation to human life, as revealed by the Bible and Science, and confirmed by experience. 2. To associate together for mutual encouragement and assistance those whose aim is the most perfect obedience to the requirements of the Divine order of life and conduct." (Reading <sup>from Food Reform Bureau Circular</sup> ~~Declaration of Principles~~ which see.)



We propose to present this Declaration of Principles, <sup>for adoption</sup> and by signing them and paying a dollar you can become a member of this association, be entitled to its privileges and receive a copy of Good Health for one year. Good Health will be the organ of the society, and every member will receive a copy of it, --so he gets his dollar's worth as soon as he becomes a member.

It is proposed that this association shall be carried on by standing committees and bureaus, --for instance, there will be a standing committee on foods, etc. And this association will undertake to go before legislatures and influence them in regard to the enactment of laws to prevent food-adulteration, also laws upon food-inspection, and the inspection of meat-markets and meats in reference to tuberculosis etc., and to take up every question in relation to public and private health. The Association will also have a standing committee on Dress-Reform; also a committee on Literature, a committee on Drug-Habits, and ~~on~~ tea, coffee and opium. We will also have a committee on Home Sanitation, the object being to make the homes of the poor more healthy. People are becoming interested in this question. Some time ago I was asked to give an address before a popular Physicians' Club on the subject of "How to teach Health-Principles to the needy poor." There is much interest in this question.

The promulgation of these principles, --habits in relation to health, etc.: Of all people in the world, we should be the people who should take the most earnest steps to prohibit and suppress this terrible trade in patent nostrums. The world ought to find us the most active agitators of health-questions, --not of a few but of all the health-questions that can possibly interest the people.

I think we ought also to maintain bureaus for the benefit of members, --bureaus which will undertake to purchase health-foods in large



quantities and low rates, and furnish them to members of the society at cost retaining only five per cent. to meet the expense of conducting the bureau. "A bureau for Dress Reform," etc. (reading paper.)

Educational bureaus should also be established for the purpose of furnishing literature at a very low rate,--about half the regular rates.

Now in reference to the Food-Reform Bureau, <sup>our</sup> ~~the~~ subject is,

" 1. To promulgate the principles of physical righteousness in relation to human life, as revealed by the Bible and Science, and confirmed by experience.

2. To associate together, for mutual encouragement and assistance, those whose aim is the most perfect obedience to the requirements of the Divine order of life and conduct." (Reading ~~Balance of Declaration of Principles to be adopted.~~) *from Good-Reform*

*Bureau Circular, which see.)*

Now I think I have laid before you the major part of our plan. I should say that a committee upon "Organization" has been suggested, and those of the members of the committee who could get together have met, and this is the result of the work that they have done. The matter was brought before the Medical Missionary Board and received its approval and this committee was appointed by the board to consider the matter. This organizing committee consists of Drs. Paulson, Rand, Kress (reading list of names.) This committee has not held a meeting; all the members have not met together to consider it. So what I have presented to you is not a report of this committee, but it is presented to give you a little idea of what is proposed. The form may be changed somewhat; but I would like to present the question to you-- do you think it would be wise to undertake to do this thing? There will, of course be some business complications, when the down-town dealers hear of it.



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W.H.HALL: We have lost a dozen good merchants already, because they have heard of it.

CHAIRMAN: If we expect to live according to Christian principles, we must make sacrifices. When I was a boy, my father sent me out on the road selling brooms. I sold a bill of goods to a certain merchant, and he made out a bill of goods at 25% higher than he paid me, and I called his attention to it when he offered me the bill to sign. Said he, "Are <sup>you</sup> such a fool <sup>as</sup> that ~~you~~ you don't know how to do business; this bill is to show <sup>to</sup> my customers." Said I, "I can't sign that unless you pay that price." Said he, "You're a fool and don't know how to do business. You go home and tell your folks if they want to deal with me, to send some one along who knows how to do business." That was a terrible shock to me, and I said to myself, "Business is the most devilish thing in the world; it is horrible, and I will have nothing to do with business as long as I live." I couldn't get over that experience,--it followed me for years and years. That very same man was a patient at the Sanitarium two or three years ago. When I examined him, I found him a hopeless case, and that he must die. I don't suppose he had any recollection of our former interview, but I recollected it very well. ~~Now~~ that is the world's way of doing business,--to take advantage of somebody all the time. Now see what a mean thing that is: Here is Eld. Loughborough who wants some granose. That granose is made of wheat and costs a cent a pound. Now if Eld. Loughborough gets it, he has got to get it in this way: Br. Hall passes it over to Br. Morrison at, perhaps, five cents a pound; then Br. Morrison passes it over to Br. Stewart, and he pays him five cents for passing it over to him; then Br. Stewart passes it over to Eld. Corliss who pays Br. Stewart three cents for passing it over to him; then Eld. Corliss passes it to Eld.



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Loughborough, and he pays Eld. Corliss a couple of cents for passing it along to him. So by the time Eld. Loughborough gets his granose he pays fifteen cents a pound for it. The same principle applies to everything you buy; a poor man must pay a lot of people for putting it into his hands. If he could get his grain direct from the farmer and get it ground, it wouldn't cost him much to live. One of our Sanitarium young men thought he could eat a cent's worth of meal at a single meal, but after eating on it all day, he had to get five others to help him out the next day. You see, original foodstuffs don't cost much; but it is paying all these middle-men who are running big stores, and paying traveling men, and paying for advertising and for labels--why the gaudy label on a box of granose costs as much as the contents of the box,--and you burn up the label and the box. How ridiculous that is! It is these ridiculous and absurd expenses that make foods high.

Now we propose to organize a Food-Reform Bureau that will help the people who join this society; we propose, if you please, to organize a Health-Reform church by which you can get things on a communistic basis. Now this applies not only to cereals but to the nut-foods and also the dried fruits. How much do you pay for figs at retail? ("Fifteen cents.") I recently stepped into a store in New York and saw a bag-full of California figs and I asked how much that was worth, and I was told that it was worth forty-five cents.. Br. Hall, how much do you pay for them? ("Twenty-five; but the crop is nearly destroyed; they are usually eight cents a pound.") What do they ordinarily sell at, at retail? ("About fifteen. ") Now we propose to buy these articles at wholesale prices and sell them to members of the bureau at whole sale prices; and so with peas, beans, etc.,--canned foods. Br. Hall, what will a dozen three-pound cans of tomatoes cost? ("About eighty cents.") How much do you pay for a three-pound can of tomatoes?



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("About twelve cents.") That would be about a dollar and a half per dozen; but we get them at wholesale at eighty cents a dozen, while the original cost is less than that,--and so it is with many other things, Our people are throwing away a good deal of money. Now the merchants down town are getting rich out of the people living at this end of the city, and this is very absurd,-- putting the earnings of this Institution into the tills of the merchants ~~down town~~ of this town. We might have a community-store here, furnish our foods at wholesale prices and save money that is now being poured out to enrich other people .. One merchant down town has said that he would rather have the trade of the "West End" of the town than of all the surrounding country....This Institution and the Review and Herald Office together are paying out about \$20,000 a month, <sup>to employees</sup> --and where does it go? It goes down the hill. I think we ought to organize for the purpose of saving money? Do you not think so, brethren ?

ELD. WILCOX: This is a question that interests me considerably because I have had something to do with this line of work in connection with our Colorado Sanitarium. I know that one argument that we had to meet in the churches in Colorado, when we tried to urge upon them health-principles, was, that our health-foods were held at prices that placed them beyond the reach of most Seventh-day Adventists. I believe there is nothing in the world that would so contribute toward the promulgation of health-principles <sup>among our people</sup> as the inauguration of some such plan as is proposed to-day for the purpose of bringing health-foods within their reach. I have no doubt that such a plan would bring some trouble with the grocers , but I don't believe it would bring as much trouble as is apprehended. For some time we have been offering <sup>to our churches</sup> in Colorado, through the



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elders of the church the same discounts on health-foods that we have from our grocers; we have received many orders from our brethren in that way, and so far, it has not brought us into conflict with the dealers. I do believe, brethren and sisters, that if some move of this kind were made to place these health-foods within the reach of our people that their interest in health-principles would also be greatly increased.

CHAIRMAN: It is because the world has its business fixed in this way, that it requires such a desperate effort to get out of it. We can sell the health-foods to them the same as heretofore; but the Bureau is not responsible,--it has no business credit and don't want any; it does not do business in the world, and does not wish to. It can do its business like a department-store and if there is a surplus, it can go into the work. The foods won't be sold in boxes, so you won't have to pay the prices of foods for the boxes. They will be put up in plain parcels,--bags, perhaps, and the foods will be sold in bulk; it will be just the same foods, but without the labels or boxes and without the appurtenances etc. which now make it expensive, <sup>as we wish to</sup> ~~but~~ bring it down to an actual, practical thing.

Q. Would this arrangement include the nut-foods?

A. Yes. We are told that sales are falling off since this plan was suggested, but the one protection that we have, is, that our foods will be shipped in bulk. They won't be labelled, and those who buy them must sign this Declaration. ~~If~~ he buys foods he will be furnished with a coupon-book, and he must send in a coupon with every order, the name of the buyer being signed to the coupon. When these coupons are gone, the buyer can't get any more foods unless he has some more coupons. This is for the purpose of keeping track of things and keeping them under control.



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Q. Is the membership confined to Seventh-day Adventists ?

A. No. Any one who will sign these declarations can become a member,--don't you think a man would be a pretty good man who would sign them? ("Yes.")

Q. Will not the Gospel of Health take the place of Gold Health in reference to some matters pertaining especially to our people?

A. Yes,--and the Gospel of Health is only forty cents a year.

Q. Is it right to appeal to Legislatures for the enactment of law

A. For the enactment of wholesome laws,--yes. This is not a question of religious liberty. Is it not right to have laws for the inspection of meat, laws to prevent the sale of diseased cows, etc. There is a wide difference between liberty and license.

It is MOVED and SECONDED that this Association adopt the plan outlined by the Chairman. Carried.

CHAIRMAN: I wish to state this : That the Sanitarium, through its Board of Directors, has transferred to the Health-Food Company property to the amount of about \$50,000, and to the Good Health Publishing Company about \$15,000,--as stated in their Annual Report. These two corporations are two plants which are so organized as to be under the control of the Board of Directors of this Association (~~the Sanitarium~~), and yet they are separate corporations, being what are termed "close corporations," but organized in such a way as to be under the control of the Board of Directors. It was very important to do that, from a business stand-point, so that the whole Sanitarium might not be involved in any <sup>legal</sup> <sup>legal</sup> <sup>ques-</sup>tion that might arise.

Now I offer this motion: That you approve of this action of the Board of Directors in the transfer of this property. Seconded and carried.

On motion duly seconded, the Ass'n adjourned sine die.

Nor



**JOHN HARVEY KELLOGG (1852-1943)**

**SUBJECT FILES, CA. 1885-1920  
(PRIMARILY CONCERNING TOPIC OF  
MEDICAL MISSIONARIES)**

**SANITARIUM TRAINING SCHOOL  
FOR MISSIONARY NURSES**