JOHN HARVEY KELLOGG (1852-1943)

Clippings, ca. 1890-ca. 1965
(undated by topic)

Battle Creek Sanitarium
It seemed that a miracle had happened this morning at the Sanitarium.

The immense, hurry-up job of moving Sanitarium furniture, equipment and guests to other quarters had not been completed, but with the main Sanitarium buildings beginning to look as barren as a desert, and with furniture and equipment piled high in and near the main Sanitarium quarters, it appeared that the task would be completed before the deadline at midnight tonight. The army will take possession of the main buildings Saturday.

As hundreds of determined-faced workers pushed, pulled and carried bathtubs, chairs, dressing tables, beds and thousands of other articles from the main Sanitarium buildings, they seemed to be amazed at the fact that Battle Creek's biggest moving job was nearing its conclusion.

Said George E. Judd, secretary of the Sanitarium board of trustees, as he watched workmen carry out trunks and tables from the south side entrance of the main Sanitarium building: "It's a miracle."

Mr. Judd, himself, was helping speed the work along by carrying various articles from his office.

In midstream employe and official was helping with the work. But even though the principal item of business was the moving job, the comfort of the Sanitarium guests and patients was not being overlooked. All possible steps were being taken to make the transfer of the Sanitarium without inconveniencing them.

The Sanitarium in reality was doing business in three different places. Still in the main Sanitarium buildings were approximately 150 guests who had not yet vacated their rooms and who were being provided, as nearly as possible, with all regular Sanitarium services.

In the Sanitarium gymnasium, for example, Leroy F. Sparks, director of recreation, was putting three guests, two men and a woman, through setting-up exercises. Workers at the main desk were selling newspapers to guests and were answering the usual questions about various services offered by the institution, about points of interest in Battle Creek, and about where offices of physicians were located.

The Sanitarium physicians were conferring with patients this morning in their new offices on the second floor of John Harvey Kellogg hall, one of the principal buildings to be occupied by the Sanitarium starting Saturday.

Kellogg hall was the second place in which the Sanitarium was doing business. Rooms in Kellogg hall dining room were being set for the serving of dinner to Sanitarium guests this evening.

Moved in Wheel Chairs

The third place in which the Sanitarium was doing business was the old Sanitarium hospital on Aldrich street. The building is being used to house bed-ridden patients, and approximately 15 were moved there from the main Sanitarium buildings Thursday afternoon. They were transported on stretchers and in wheel chairs.

A prediction made two weeks ago by Dr. John Harvey Kellogg, superintendent of the Sanitarium, that "We'll be moved into our new quarters by August 1 and everyone will be happy" seemed to be coming true today.

Many guests were lounging this morning in the rear section of the Kellogg hall lobby which has been redecorated and has been equipped with attractive and comfortable furniture. The front section of the lobby and the hall on the lower floor of the hall was jammed with furniture as was the large porch of the hall, but Sanitarium workers said the excess soon would be cleared away.

For about 12 long hours starting late Thursday afternoon things did not look so bright at the hall, however. The only elevator refused to work during the 12 hours when workers needed it to carry furniture to the upper floors.

A cable on the elevator needed repairing, and it was not until early this morning that the job could be completed. Although stronger workmen carried some of the furniture up the hall stairs, much of it was piled on the first floor of the building, with only small openings being left for persons to walk down the hall or go to the hall desk.

Another setback in the moving task came Thursday after workmen had equipped rooms on the second floor of the hall for use by guests. It was then decided that the rooms on the second floor should be used for offices of physicians, and workmen had to remove the guest room furniture and equipment from the rooms and install office furniture.

The Sanitarium building had intended to serve breakfast to guests this morning in the Kellogg hall dining room, but because of some confusion which developed after the break down of the elevator, it was decided to postpone the serving of the first meal in the hall until tonight. Breakfast and lunch were served today in the main dining room of the main Sanitarium building.

Many moving vans and small trucks have been used by the Sanitarium in its moving job during the last several days, some of them being brought here from other cities.

Workmen who have been employed to help with the task have included several city firemen working on their days off.

But the brunt of the moving task seemingly has been carried by the Sanitarium employees, working under the leadership of Dr. Kellogg. Many Sanitarium wheelchairs have been used to transport various articles from the main buildings.

This morning there was a continuous procession of Sanitarium employees walking to Kellogg hall, their arms loaded with blankets, lamps, and many other things.
Excellent Spirits
The outstanding feature of the entire picture seemed to be the excellent spirits of the workers, many of whom have been working nearly 24 hours a day for many days at the job, which until today had not appeared to have an end. Everyone was in the best of humor this morning.

Equipment and furniture which will not be used in the new quarters of the Sanitarium is being stored in various buildings owned by the institution, the principal one being the old Battle Creek college building.

The auditorium of the Battle Creek college library building has been piled high with beds, mattresses, chairs and tables. Other rooms on the first floor of the library building will house the Sanitarium business office, and the second floor of the building will be the headquarters of the Sanitarium extension department.

Workmen today were building a foundation for a large corridor building which will be erected between the library building and Kellogg hall, and which will house offices of physicians.

Announcement was made today that the Sanitarium had purchased one of two elevators in the former Nichols hospital building, part of which now is being raised. It is expected that the elevator will be installed either in Kellogg hall or in the corridor building.

Fight Seems Won
Many are certain to pass before the corridor building is completed and various changes are made at Kellogg hall, the hospital building and the library building, but every indication today seemed to be that the Sanitarium had won its fight to reestablish itself in other quarters; that it would continue to be an important factor in Battle Creek's life.

Percy Jones Hospital 'Born,' Sanitarium Is 'Reborn' Today

The Percy L Jones general hospital was 'born' today in Battle Creek, the Sanitarium was 'reborn,' and officials of both looked forward to many years of service by the institutions to humanity.

With a total of approximately 70 guests and patients, the Sanitarium was housed today in John Harvey Kellogg hall, the old Sanitarium hospital building, and the Battle Creek college library building after a scramble of moving which left hundreds of workers unusually tired—but happy.

The huge task of moving Sanitarium equipment and furniture from the former main building was not entirely completed before the midnight Friday deadline, but Col. Norman T. Kirk, who will be commander of the army hospital, said that the Sanitarium would be given additional time in which to remove various equipment and furniture scattered throughout the main buildings.

Guards who today were stationed about the army hospital buildings will permit Sanitarium workers to enter from 7 a.m. to 6 p.m. each day through Tuesday. On Wednesday, the army will take an inventory of all equipment and furniture bought 10 weeks ago from the Sanitarium.

Kellogg hall, the principal building now being occupied by the Sanitarium, was pervaded with a friendly, home-like atmosphere this morning. Guests were served dinner Friday night in the redecorated Kellogg hall dining room with the Sanitarium ensemble providing dinner music.

Approximately 50 guests had rooms in the hall this morning. Many of them conferred with members of the Sanitarium medical staff who have their offices on the second floor of the hall. About 20 bedridden patients of the Sanitarium are being housed in the old hospital building.

While moving of the furniture and equipment was at its height Friday, six new guests arrived at the Sanitarium, and were given rooms in Kellogg hall. A large number of persons from various points in the country who had planned to arrive at the Sanitarium this week-end have been requested to defer their visits for about one week, to permit the Sanitarium to complete its work of organizing itself in new quarters.

Colonel Kirk said this morning that extensive construction work necessary to adapt the former Sanitarium buildings to army needs would be started in the immediate future at a cost of approximately $250,000.

A general order to the hospital personnel was issued by Colonel Kirk as follows:

"The buildings, utilities and other facilities purchased by the war department from the Battle Creek Sanitarium, Battle Creek, Mich., are this date taken over as government property.

"The general hospital to be established here will be known as the Percy Jones general hospital, per letter, war department, dated June 24, 1942, in honor of the late Colonel Percy L. Jones, medical corps, United States army, and is dedicated to the treatment of the sick and wounded soldiers of this nation."

Plans for the hospital call for a staff of at least 700 persons, including 72 commissioned officers, 120 nurses and 500 non-commissioned officers, soldiers and civilian employees. Patients will be assigned here by various army stations in the country."
TRUSTEES MEET AT SANITARIUM

Both Old and New Boards Hold Sessions to Wind Up Reorganization.

SAN TRUSTEES MEETING TODAY

Expect To Arrange Details For Cash Distribution.

Final details relative to re-organization of the Sanitarium and distribution of approximately $1,616,000 cash to bondholders and general creditors, are being considered at a meeting of its new board of trustees today. The meeting was called by Dr. Charles E. Stewart, temporary chairman of the board.

Ziegler & Co., underwriter for the reorganization, was expected to decide today on the appointment of a trustee and co-trustee under whose direction the cash distribution will be made. It is anticipated that a trustee's office will be established in Chicago with a co-trustee located in Battle Creek.

Attending the board meeting are J. Sanford Otis, of Chicago, and Paul Binkley, of Milwaukee, representing the bondholders; Dr. C. B. Irwin, of Chicago, an independent bondholder; D. J. Kenny, of West Bend, Wis., representing Ziegler & company, and Attorney Fred Fuller, of Toledo; Dr. Stewart, Dr. Benton N. Colver and A. H. Steinel, of the Sanitarium.

As soon as the cash distribution has been completed the three creditor members of the board will be replaced by three to be named by the remaining seven trustees.

SAN'S OFFICERS NAMED AGAIN IN REORGANIZATION

Dr. Kellogg Elected Board Chairman and Dr. Stewart President.

Men prominently identified with the Sanitarium during the years of its growth and development were chosen as officers of the corporation. At an organizational meeting of the board of trustees held Tuesday morning and afternoon at the Sanitarium.

Dr. John Harvey Kellogg, of course, was elected chairman of the board and medical director of the new corporation, which will be the Battle Creek Sanitarium and Benevolent association, taking over the properties of the present corporation, the Michigan Sanitarium and Benevolent association.

Dr. Charles E. Stewart, who has served as receiver and trustee during the six years of receivership and trusteeship, was chosen president of the board. Dr. Stewart was also appointed by the board as the Sanitarium's executive officer and, in accordance with the articles of incorporation, will serve in this capacity "until such a time as a superintendent is elected."

Other officers of the new corporation elected at the organizational meeting are: Walter W. Marsh, vice-president; George E. Judd, secretary; Dr. Roland H. Harris, assistant secretary; A. H. Steinel, treasurer, and Attorney Fred E. Fuller of Toledo, counsel for Kellogg. Dr. Martin and Mr. Judd did not attend the meeting.

Legal formalities involved in transferring the assets of the old Michigan Sanitarium & Benevolent association to the new Battle Creek Sanitarium & Benevolent association were the principal work of the board meetings, although the detailed work of the organization will not be dealt with until another meeting at 2 p.m. Thursday.

Sanford Otis of Chicago, Dr. C. B. Irwin of Chicago and Paul Binkley of Milwaukee, bondholder representatives on the board, will leave office as soon as the 63 percent settlement with bondholders is made. Their places on the board probably will be filled at a meeting of the members of the Sanitarium association scheduled for March 29.

Cash required for the 20 per cent distribution to creditors will be secured by the issuance of approximately $300,000 in temporary Series B bonds. The Security National Bank may be designated as the paying agent in Battle Creek.
TRUSTEES MEET AT SANITARIUM

Both Old and New Boards Hold Sessions to Wind Up Reorganization.

Both old and new boards of trustees held meetings this morning and this afternoon at the Sanitarium to deal with final details of reorganization the Sanitarium's corporate structure. It was the last meeting of the old board.

Two of those attending the meetings, Dr. Charles E. Stewart and H. Steinel, are members of both the old and new boards. Three other trustees, Dr. John Harvey Kellogg, Dr. Walter F. Martin and George E. Judd, also are on both boards, but did not attend today's sessions. Dr. Kellogg is in Florida. Dr. Martin is in Waco, Texas, and M. Judd is ill.

Three members of the new board, representing bondholders, will be placed as soon as the 22 percent payment on bonds is made. They are Sanford Otis of Chicago, C. B. Irwin of Chicago and Paul Binzel of Milwaukee. Their places will be filled within a month or two at a meeting of the membership of the Sanitarium association.

TRUSTEES OF SANITARIUM HOLD MEETING IN CHICAGO

Members of the new Sanitarium board of trustees met in Chicago today to continue their discussion of reorganization details. Trustees decided to hold the meeting there for convenience of the members living in or near Chicago. Only two of the trustees who live in Battle Creek, Dr. Charles E. Stewart and H. Steinel, were able to attend the meeting, while four of the members found it more convenient to be in Chicago. Only minor details of the reorganization were discussed.

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DR. J. H. KELLOGG HEADS SAN BOARD

Former Chairman Retains Post; Dr. Charles E. Stewart Named President.

Dr. John Harvey Kellogg was elected chairman of the new board of trustees of the Sanitarium at its organization meeting here Tuesday afternoon. Dr. Kellogg held the same post as an old board of trustees which passed out of existence following its last meeting Tuesday morning.

Dr. Charles E. Stewart, who in turn, has been receiver and operating trustee of the Sanitarium, was elected president of the corporation. Dr. Walter F. Martin was named vice president; George E. Judd, secretary; R. H. Harris, assistant secretary; A. H. Steinel, treasurer, and Attorney Fred E. Fuller of Toled, counsel. Dr. Kellogg, Dr. Martin and Mr. Judd did not attend the meeting.

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Settlement Terms.
The settlement with the holders of $8,337,639.07 in outstanding bonds will be made by the distribution of $460,625.02 in cash, $1,197,650 in Series A bonds and $330,530 in income debentures. General creditors with claims amounting to $360,350.14 will receive $78,650 in cash and $243,600 in Series A bonds. Should Ziegler & Co. as indicated, decide to exercise the option for a straight cash settlement, the bondholders will receive an additional 13 per cent in cash for their new securities and the general creditors will receive an additional 10 per cent in cash for their new securities.

Seven of the 10 board members were present for the organization meeting. The absences were Dr. Kellogg, who is in Florida for the winter; Dr. Martin, who is visiting in Texas, and Mr. Judd, who is ill. Those present were Dr. Stewart, Dr. Harris, Mr. Stein, Attorney Fred Fuller, Sanitarium counsel; D. J. Kenny, of West Bend, Wis., representing Ziegler & Co.; J. Sanford Otis, of Chicago, and Paul Blazell, of Milwaukee, representing the bondholders' protective committee, and Dr. C. B. Irwin, of Chicago, an independent bondholder. Dr. Harris is not a member of the board.

Should a cash settlement be made with the creditors the reorganization plan provides for the replacement of the three creditor members by three members to be chosen by the remaining seven board members.
Army 'Moves In' At New Hospital

Former Sanitarium Buildings Being Filled with Carloads Of New Equipment.

The army today had started a "moving in" job which will be as big or bigger than the "moving out" job which is now being completed by the Sanitarium.

Now going into the large buildings vacated last week by the Sanitarium are great quantities of furniture, equipment and medical supplies which will be used by the Percy L. Jones general hospital, the 1,000-bed institution being established in the buildings by the army.

Six carloads of hospital equipment and supplies arrived in Battle Creek today to supplement the 14 carloads which arrived previously, and many other shipments will be received in the near future.

Included among the shipments already here is special meat-cooking equipment, something entirely new to the buildings formerly occupied by the Sanitarium.

Meat on the Menu

Regular Sanitarium kitchen equipment has been used by the army since June 16 to cook meat for enlisted men stationed at the hospital.

Before that time meat never had been cooked in the buildings, although for a short period during which Dr. John E. Gorrell was administrator of the Sanitarium, guests were permitted to have meat sent to their rooms from restaurants located near the Sanitarium.

The main lobby of the hospital building was being filled today with chairs, tables and benches, eliminating the barren appearance it had after the Sanitarium completed most of its "moving out" work Friday night.

In the basement of the hospital have been stored many surgical beds and mattresses, 60 typewriters, many desks, barrels of cleaning compound, large quantities of paper supplies, and many other articles to be used by the hospital.

The Sanitarium, meanwhile, was going forward with its task of organizing itself in its new quarters. Several new guests and patients registered at the institution Sunday, and many persons have advised the Sanitarium that they will arrive as soon as the organization work is completed.

The basement of Kellogg hall is being remodeled extensively and will be used later by the men's and women's bath departments of the Sanitarium. An elevator formerly used in the old Nichols hospital building was being installed today in the north side of Kellogg hall, and many other improvements and repairs were being made.
East Hall Work Is Near Finish

Building Being Repaired to House Enlisted Staff of Percy Jones Hospital.

The task of repairing and altering East hall, one of the buildings to be used as living quarters for enlisted men assigned to the Percy L. Jones general hospital, will be completed soon preparatory to enlarging the hospital staff.

New toilet facilities and showers are being installed in the building, a new roof is being constructed, and extensive painting and other decorating work is being done.

Col. Norman T. Kirk, commander of the hospital, has requested that 150 additional enlisted men be assigned to the hospital by Saturday. Approximately 65 soldiers already are stationed at the hospital. Eventually the staff will include about 72 commissioned officers, 120 nurses, and 500 non-commissioned officers, soldiers and civilian employees.

Extensive construction work necessary to adapt the main hospital buildings, formerly used by the Sanitarium, to army needs will be started in the near future. The hospital will not be ready to receive patients before October 1.

Army to Lease Miami San Unit

Dr. Kellogg Agrees to Allow War Department Use of Florida Sanitarium.

PRICE NOT DETERMINED

Dr. John Harvey Kellogg said today that he had agreed to lease the war department his Miami-Battle Creek Sanitarium in Miami, Fla., for use in housing personnel of the army air base at Miami and for offices of air corps officers.

He said, however, that he had not reached an agreement with the war department as to the amount of money to be paid for use of the Sanitarium building. The building, which has 68 double bedrooms, has been valued at about $500,000.

The main part of the building was sold to Dr. Kellogg in 1930 by the late Glen Hammond Curtiss, aircraft manufacturer, for $1. Later, several large additions were constructed.

The Miami-Battle Creek Sanitarium has been operated in the building since 1930 with the exception of summer months, and usually has had from 80 to 90 guests and patients.

The war department already has leased several large Miami hotels for use by army personnel, and a need for additional housing space resulted in the request that the Miami-Battle Creek building also be leased.

Dr. Kellogg said today that he had planned to reopen the Florida Sanitarium November 1, and that when he first received the request of the war department, he believed that the army wanted to use the building only until November 1. Later he was advised that the army wanted the building for the duration of the war. The Florida Sanitarium closed last spring for the summer as usual.

Work Is Rushed On San Corridor

Foundation Poured and Workmen Are Now Constructing First Floor.

Construction of a corridor building between the Harvey Kellogg hall and the Battle Creek college library building was going forward at a rapid pace today as the Sanitarium exerted increased efforts to complete as quickly as possible its task of reorganizing itself in new quarters.

The corridor building, 143 feet in length, will house offices of physicians and treatment rooms. The foundation for the building has been poured, and many workmen now are engaged in constructing the first floor of the building. Eventually, the building will have three floors with entrances being provided from the first, second and third floors of Kellogg hall.

The Kellogg hall basement, long used only for storage purposes, is being remodeled extensively and soon will house the men's and women's baths and treatment rooms. At present, baths and treatments are being given in rooms on the fourth and fifth floors of the building. The Sanitarium now has about 95 guests and patients—all that it can accommodate until the remodeling and construction work is completed, and Kellogg hall rooms now being used for offices of physicians, and as bath and treatment rooms, can be turned over to guests and patients.

Sanitarium Obliged To Turn Away Guests

The Sanitarium, still engaged in organizing itself in new quarters, is finding it necessary for the time being to refuse requests for rooms from a large number of persons, some of whom have come to Battle Creek before learning that they could not be accommodated immediately.

A total of 95 guests and patients now are registered at the Sanitarium, and others will be admitted as soon as rooms are prepared. Several who have come to the Sanitarium without reserving rooms in advance have been denied quarters in the institution but are living in hotels and are receiving treatments at the Sanitarium.

Many reservations are received daily at the Sanitarium, but in most cases persons wishing to come to the institution are being requested to postpone their visits until an extensive construction, repair and alteration program is completed.

"Professor Goddard Dies—Emeritus"

Prof. Edwin C. Goddard of the University of Michigan, whose Ann Arbor home was also home, at various times, to more than 100 students whom he provided with free board and lodging during their college days, died last night in University hospital. He was 77 years old, and had been with the faculty of the University of Michigan law school for 35 years. Professor Goddard first came to the university in 1885, as a student, receiving his Ph. D. degree four years later. From 1889 to 1895, when he was recalled as an instructor of mathematics, he served as a high school principal in Saginaw. He completed his law studies in 1899 and became a member of the law school faculty in that year. The university accorded him his professorship in 1917.
Dr. James W. Hubly
Enters Army Service

Dr. James W. Hubly, former head of the Sanitarium surgical staff, reported for army service at Chicago yesterday, joining the procession of local doctors into army or marine ranks. He has been commissioned a captain and assigned to the air force technical school in the Congress hotel, Chicago.

Captain Hubly, who joined the Sanitarium staff in October, 1926, was among the six physicians, diagnosticians and specialists who left the employ of the hospital in July following the sale of its main buildings to the army.

A graduate of Central high school, Captain Hubly attended the University of Michigan where he was graduated from the medical college in 1927 and from the medical school in 1931. He served his internship in the Presbyterian hospital at Chicago.

As a reserve lieutenant he was on active duty in the army medical corps for some time, being assigned to Camp Custer to aid in processing OCO enrollees. Captain Hubly later joined the staff of the Mayo clinic, Rochester, Minn., where he served for five years as a specialist in genito-urinary work and general surgery. He received a fellowship in surgery while there.

Captain Hubly started private practice at Houston, Tex., in 1927 and came here from that city. He was married in 1928 to Miss Lenore Hoyt. Mrs. T. J. Mack of 26 Groveland. They have four children, a son, John, and a daughter, Linda Lou. Captain Hubly's father, the late Dr. C. C. Hubly, was the Sanitarium staff for many years.

DECEMBER 1

Old San Rooms Become Wards

Partitions Between Single Units Are Removed to Convert Space for Hospital.

The removal of partitions between single rooms in the old Sanitarium building, first step in converting the space into ward sections for the Percy L. Jones general hospital, has been completed and specifications are being prepared for bids on construction and remodeling work, Col. Norman T. Kirk, hospital commander, said today.

The work, done by F. J. Skidmore & Son, included removal of partitions between rooms on the first five floors of the old part of the hospital. Colonel Kirk said that the transformation from private rooms to ward sections may add as much as 50 percent to the capacity of the hospital.

Army requirements are that there shall be at least 80 square feet for each bed. Some of the rooms contained more than 120 square feet less than 600 square feet, so they could accommodate only one bed, and the extra space was wasted. But by combining rooms into ward sections, waste space will be utilized for more beds. The wards, two on each floor from the first to the fifth, each will accommodate 70 patients. A single ward on the sixth floor will take care of 60 patients, where, under the single and double room setup, only 40 could be accommodated under army regulations.

To Ask Bids Soon

Lewis J. Sarris, local architect, is now working on specifications for remodeling of the ward sections and for other work and bids will be asked soon. Army engineers have set a deadline of November 30 for completion of construction and Colonel Kirk said it would be some time after that before the hospital would be ready for use.

Besides remodeling of the ward sections, construction work will include remodeling of the sixth floor of the old building to house the surgery department, recovery room, urological clinic, central supply room, laboratory and dental clinic. In addition, the men's and women's treatment rooms, behind the old building, are to be remodeled.

Another part of the work at the hospital now under way is remodeling of the elevator of the system by the Otis Elevator Co. Two elevators are being moved from the kitchen and dining room wing of the main building to replace old and hydraulic elevators in the old building. One new elevator is being installed and two are being reconditioned.

BATTLE CREEK HEALTH SALON
221 Champion Street

TREATMENT ROOMS FOR WOMEN

Where people gather—in auditoriums, stores and theaters—they lurk the ever threatening danger of infection from coughing, sneezing and snifflingers.

In our Sun Rooms we have recently installed a General Electric Germicidal Lamp that purifies and revivifies the atmosphere (or air). This fluorescent light materially reduces the spread of air-borne bacteria. We have placed it there for your protection against cold and influenza germs. It burns constantly throughout all treatments.

These treatments consist of healthy outdoor exercise indoors on machinery scientifically designed for each particular function. Everyone needs exercise. Corrective exercise is given in our Sun Room is not only good for you but takes a lot of Rowing... Beauty... Bike cycling... Walking... Health Builder or Vibrator... Body Roller for specific aims... Sun Tan... Sun Baths under ultra-Violet rays... Alcohol Rub Single Treatment $1.25-

Treatment course $20.00.

Good Health in a Hawaiian that is so popular... $1.00. Protective Diet planning with Miss Jean Rain's Reducing Menu.

A progressive Graphic-chart record is kept of figure measurements during course.

Treatments by appointment. Phone 9277.

NOTE: We are continuing the "Two for One" treatments for cancer girls in the evenings. by appointment.

ARMY LEASES
San at Miami

Sept. 2, 1942

Miami-Battle Creek to House Air Force Officers for the Duration.

The Army air force took possession of Miami-Battle Creek sanitarium in Miami Springs, Fla., Tuesday and is using the leased property as offices and residence quarters for commissioned personnel of the army air force.

Dr. John Harvey Kellogg, owner of the sanitarium, said the lease was to extend for the duration of the war. Because of the army's need, Miami-Battle Creek, which was to have opened its winter season on November 1, will suspend operations.

The rent paid by the government was not divulged by Dr. Kellogg. The building, which has 68 double bed rooms, has been valued at $5000.

The Florida sanitarium has been operating since 1930, when the late Glen Hammond Curtis, aircraft manufacturer, sold the main part of the building to Dr. Kellogg for a dollar. Later, several large additions were constructed. The institution has operated continuously with the exception of summer months and ordinarily serves between 80 and 90 guests.

The war department earlier leased several large Miami hotels for use by army personnel and a need for additional housing space resulted in the request that the Miami-Battle Creek building also be leased.

Dr. Kellogg had planned to re-open the sanitarium November 1. When he first received the war department request, he believed the army wanted to lease the building only until that date. Later, he was advised that the building will be needed for the duration.
No Meat for Patients; He Hasn't Eaten It in 76 Years

He became a follower of Sylvester Graham, the developer of Graham flour, dissenting from the milling process that removed bran from flour, and became convinced that man's good health depended on his diet, with the fruits of the tree and field as the ideal foods.

In 1901 Dr. Kellogg, who went to Bellevue Medical College in New York, broke off from the Institute and established his "sanitarium," putting the word in the dictionary.

"Two meals a day are sufficient for sedentary workers," he maintains—breakfast at 10 in the morning and dinner at five or six.

He has not eaten any meat for 76 years, and neither do patients at the sanitarium. Dr. Kellogg contends that meat is conducive to excessive protein, produces intestinal putrefaction, and generally carries too much contamination for safe consumption.

Many famous people have visited the sanitarium, among them George Bernard Shaw, another renowned vegetarian; Warren G. Harding, Senator Arthur Capper of Kansas, Admiral Byrd, who recuperated at Battle Creek from the rigors of the Antarctic, and Eddie Cantor, comedian.

Dr. Kellogg may retire at 100
buildings for a war casualty hospital, and a few weeks ago bought them for $2,000,000 and installed a staff of 750.

Dr. Kellogg, who, despite his age still runs a quarter of a mile every morning and can dictate to two stenographers at once, is going right ahead with his work in buildings across the street that were part of the sanitarium setup not included in the sale.

He is an amazing man. He always dresses completely in white—even to white rubbers when it rains. For 67 years he has never missed a monthly contribution to Good Health, the magazine that he has edited all that time. For a dehydrated husk, his cheeks are still ruddy and smooth.

Puny When a Boy

Like many who attain such remarkable longevity, he started as a puny, puny boy. He came to Battle Creek with his family from Tyrone, Mich., his birthplace, when he was ten years old.

With only six weeks of formal schooling, he started in at fourteen as a printer’s apprentice. His family were early Seventh Day Adventists. Kellogg got interested in the Adventists’ health reform institute at Battle Creek, and their campaign for temperance and abstinence from flesh foods, alcohol and tobacco.

The Adventist physical regime stemmed from a supposed revelation from heaven reported by one follower, Mrs. E. G. White, on June 5, 1883.

She said she had been divinely advised that reforms were needed in ways of living; that pain and illness were not ordinarily the result of foreign influences on the body, but the efforts of Nature to overcome transgressions of her laws.

In an age of meals of meat and potatoes, heavy desserts, white bread and coffee, Kellogg joined the scoffed-at “grass eaters” and “bran chewers.”

Patients are not allowed to drink or smoke.

“Tha Battle Creek San’,” jests Eddie Cantor, a staunch Kellogg supporter. “Every time I turn around there’s a man in a white coat asking me to stick my tongue out.

“Now I get back to New York, walk into a night club, see a waiter in a white jacket, and already I’m saying ‘ahh!’”

Many famous people have visited the sanitarium, among them: George Bernard Shaw, another renowned vegetarian; Warren G. Harding, Senator Arthur Capper of Kansas, and Admiral Byrd, who recuperated at Battle Creek from the rigors of the Antarctic.

Dr. Kellogg was the man who gave President Coolidge his celebrated electric horse—one of Kellogg’s numerous exercise devices.

Among his other brain children was the Battle Creek College, designed to educate young men and women who could go out and spread his teachings, which closed a few weeks ago, but has many enthusiastic alumni.

At Dr. Kellogg’s suggestion, Dr. Paul Roth, a sanitarium surgeon and a native of Switzerland—his parents were early European Seventh Day Adventists taught by missionaries from Battle Creek—developed the oxygen tent and, with Dr. Francis Benedict perfected the Benedict-Roth metabolism apparatus now in international use.

Dr. Kellogg and his late wife brought up 42 foster children, legally adopting thirteen of them, educating them in his theories of health.

In addition to his editorial work, his writings include more than a score of books on medical matters ranging from massage and the stomach to diabetes and therapy.

“After I reach the century mark,” Dr. Kellogg says, “I’ll begin to think of retiring.”
Breakfast Food Pioneer
Hale and Hearty at 90

Kellogg of Battle Creek
Runs Quarter-Mile Daily

BY CHARLES MARENTETTE
(Wide World)

Battle Creek, Mich., Aug. 22.—
Young Dr. John Harvey Kellogg
couldn't get to sleep.

"A new dental plate will cost
$10, doctor," a woman patient at
his growing sanitarium had told
him, "and I tried just because I
tried to bite that hard, dry whole
wheat toast you prescribed in my
diet."

It wasn't just the $10, Dr. Kel-
logg reflected. It meant that a
false impression might be spread
about his work: that people who
had heard of his program for
"biological living" and had planned
to visit his sanitarium might stay
away.

If dry toast broke dental
plates, something else with the
same nutritional value would
have to be substituted.

Suddenly he jumped from bed,
dashed into the kitchen and had
set up a makeshift laboratory.
Spread out a thin paste layer
underneath, and baked them,
placed in the oven, and:

Did you know that corn
flakes were invented by Dr. John
Kellogg?

Industry Born

The cooked, flaked breakfast
food industry in the United States
was born in Battle Creek, where
Dr. Kellogg had set up his sanitarium
and dietary program from embarras-
ment; he wrote a memo to pay the
women $10—and went back to
bed.

Today, at 90, Dr. Kellogg is
the sanitarium's head, and cur-
rently十分 energetically engaged in re-
vamping the physical setup of his
institute to help along the work.

The government wanted the
main buildings for a war casualty
hospital, and, a few weeks ago,
threw away $2,000,000 to
install a staff of nurses. But
Kellogg, who despite his age
still runs a quarter of a mile
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are still ruddy and smooth.

In 1876 Dr. Kellogg, who went
to Bellevue Medical College in
New York, broke off from the in-
stitute and established his "sani-
tarium," putting the word in the
dictionary.

"Two meals a day are sufficient
for sedentary workers," he main-
tains — breakfast at 10 in the
morning and dinner at 5 or 6.

He has not eaten any meat for
73 years, and neither do patients
at life sanitarium. He contends that
meat is conducive to excessive protein, produces intes-
tinal putrefaction, and general-
ly carries too much contamination
for safe consumption.

His diet, arranged for individu-
ual needs, consists of fruits, juices,
vegetables, nuts and various prepa-
ration he compounds. Several
years ago he became convinced of
the nutritional value of soybeans,
and uses soy milk extensively.

He uses no refined sugar nor
breads made from refined flours.
Sweetening is obtained from hon-
ey and milk sugar.

Patients are not allowed to
drink or smoke.

Many Patients Famous

"That Battle Creek sanitarium"
was Eddie Cantor, a staunch Kellogg
supporter. "Every time I turn
around there's a man in a white
coat asking me to stick my
ongue out."

"Now I get back to New York,
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Health Man Kellogg, at 90, Runs Quarter Mile Daily

U. S. Takes Main Buildings of Physician Who Made Battle Creek, Mich., Famous Place

BY CHARLES MARENTETTE
Courier-Express Wide World Service
Battle Creek, Mich., Aug. 22—Young Dr. Kellogg couldn't get to sleep.

"A new dental plate will cost $10, doctor," a woman patient at his growing sanitarium had told him, displaying a shattered denture. "And it's just because I tried to bite that hard, dry whole wheat toast you prescribed in my diet."

Seeks a Substitute
It wasn't just the $10, Dr. Kellogg reflected. It meant that a false impression might be spread about his work; that people who had heard of his program for "biological living" and had planned to visit his sanitarium might stay away.

Dr. Kellogg per-thin with his wife's rolling pin, put it in the oven, and:

Wheat flakes!
He tried the same thing with corn.

It worked: Corn flakes!

Birth of an Industry
The cooked, flaked breakfast food industry in the United States was born that night and Battle Creek became the breakfast food capital of the world; Dr. Kellogg had saved his sanitarium and his dietary program from embarrassment; he wrote a memo to pay the women the $10—and went back to bed.

Today, at 90, Dr. Kellogg still heads the sanitarium, and is energetically engaged in ramping the physical setup of his institution to help along the war effort.

The government wanted the main

He became a follower of Sylvester Graham, the developer of Graham flour, dissenting from the milling process that removed bran from flour, and became convinced that man's good health depended on his diet, with the fruits of the tree and field as the ideal foods.

In 1901 Dr. Kellogg, who went to Bellevue Medical College in St. Louis and established his "sanitarium," putting the word in the dictionary.

"Two meals a day are sufficient for sedentary workers," he maintains—breakfast at 10 in the morning and dinner at 5 or 6.

He has not eaten any meat for 76 years, and neither do patients at the sanitarium. Dr. Kellogg contends that meat is conducive to excessive protein, produces intestinal purgation, and generally carries too much contamination for safe consumption.

His diets, arranged for individual needs, consist of fruits, juices, vegetables, nuts and various preparations he compends. Several years ago he became convinced of the nutritional value of soy beans, and uses soy milk extensively.

He uses no refined sugar nor breads made from refined flour. Sweetening is obtained from honey.
smaller hospitals patients suffering from epidemic disease."

Colonel Kirk said that if the time arrives when army hospitals on the Atlantic and Pacific coasts are unable to accommodate all army casualties from the war zones, the local hospital would be called upon to care for them.

"At first, however, I expect that our hospital will have no war casualties as patients," he said.

The army will take possession of the Sanitarium the morning or about August 1, but Colonel Kirk predicted that the hospital would not be opened until about a month later.

To Expand

"We will have to make many changes in the Sanitarium buildings," he said. "Private rooms now being used by the Sanitarium will be done away with, and wards, with beds for from 30 to 35 persons, will replace them. A new and larger operating suite and a new and larger dental clinic will be constructed."

Colonel Kirk said that operating suite and dental clinic probably would be located on the sixth floor of the old Sanitarium building. He said that at least six dental officers would be assigned to the hospital.

One of the greater problems confronting the hospital would be finding housing for its workers. Colonel Kirk expressed the hope that Battle Creek residents would make every effort to provide residences for the soldiers.

Plan of Colonel Kirk is to house the 120 nurses in the main Sanitarium building, and to have East hall, the former nurses' home of the Sanitarium, extended for use by a portion of the soldiers who will work in the hospital.

May Build More

Saying that sufficient space would not be available in the buildings purchased by the government to accommodate all of the soldiers, Colonel Kirk indicated that considerable construction might be needed to provide needed housing facilities.

"No attempt will be made to provide housing accommodations for officers unless they are taken in any of the buildings purchased," he said.

"If the hospital increases its capacity beyond 1,000 beds, say to 1,500 beds, the 120 nurses in the Sanitarium and the soldiers in East hall would be required to vacate and an extensive construction project would be necessary to provide them with adequate space."

The new hospital as yet does not have a name, but Colonel Kirk indicated that it would be given one soon.

In discussing plans for the construction of wards in the buildings, the colonel said that wards have been found by army hospitals to be much more successful than private rooms.

Companionship Needed

"For one thing," he said, "soldiers don't like private rooms. They would rather be with other soldiers in ward quarters. Companionship helps to speed their recovery. Then, too, wards are more economical."

Assisting Colonel Kirk in inspecting the buildings are Maj. G. Jones of the supplies division of the army, Gen. Granville's, Maj. Lewis C. Cassell of the hospital construction division of the office. The three expected to remain at the Sanitarium until tonight. Later, if all goes well, they will return to Battle Creek to direct the adapting of the buildings to army requirements.

Colonel Kirk said some of the construction work might be started before the Sanitarium moves to other quarters about August 1.

"Any work which will not interfere with Sanitarium activities will be started as soon as possible," he said.

Some Will Train

Soldiers assigned to the hospital would be drafted and enlisted men in the army medical corps, many of whom will have had training in performing various hospital services. Those who have not had such training will be given it at the hospital.

Sanitarium employees who enter the employ of the hospital will be required to first qualify under civil service, but it is expected that arrangements will be made for them to quickly become civil service employees.

"We expect to hire a large number of the Sanitarium employees," Colonel Kirk said.

Although the local hospital will be similar to Walter Reed hospital in which the past has cared for veterans of the First World War and CCC enrollees as well as for soldiers, Colonel Kirk said that he did not believe veterans or CCC enrollees would be treated there.

"The need for general hospital facilities for soldiers is too great," he said. We need one general hospital bed for every 100 soldiers in training."

Stress Permanency

The colonel emphasized that the hospital would be a permanent institution, saying that the need for such a hospital was needed in the past and is needed for the great after the end of the war. He said that other general hospitals being constructed in various parts of the country are to be of a semi-permanent nature. Hospitals which he predicted would continue their operations long after the war are the Battle Creek Sanitarium hospital, the Walter Reed hospital, the Army-Navy hospital at Hot Springs, Ark., the Baumont hospital at El Paso, Tex., and the Fitzsimmons hospital at Denver, Colo.

Colonel Kirk entered the army in 1912 as a medical officer. He was chief of surgical services at Letterman general hospital in San Francisco. Calif., for four and one-half years before joining the staff of Walter Reed hospital a year ago.

San to Continue

Recognizing that plans that have come up, here and elsewhere, as a result of the recent news about the government's purchase of Sanitarium property, Dr. John Harvey Kellogg yesterday renewed the announcement that the Sanitarium is going on, and he added that it was going on uninterrupted and with no confusion or inconvenience to its patients.
Added Hospital Sum Authorized

Approximately $750,000 Authorized to Convert San Buildings to Army Needs.

The war department announced yesterday that it has authorized the expenditure of $750,000 for the purchase of equipment and supplies to convert San buildings to army needs.

The Sanitarium board of trustees is scheduled to hold a special meeting this afternoon to develop plans for the conversion of the institution to a military hospital.

Trustee Meeting is Scheduled Today; Dr. John Harvey Kellogg to Preside.

Dr. John Harvey Kellogg was scheduled to tell Sanitarium employees of his plans for the conversion of the Sanitarium at a meeting on Sunday night, but the meeting was postponed indefinitely. Dr. Kellogg is suffering from a cold and was not able to make the speech.

As chairman of the board of trustees, Dr. Kellogg was to preside at today's meeting, Dr. Rowland H. Harris, formerly a Sanitarium physician, will attend the meeting as a representative of Alfred H. Steinle, treasurer of the board, who is ill.
BIG SANITARIUM
AT BATTLE CREEK
WILL GO TO ARMY

Detroit, Mich., May 16 [Special].—
The army will take over the $12,000,000 Battle Creek [Mich.] sanitarium Aug. 1, for use at a general base hospital. It was disclosed today.

John C. Lehr, United States district attorney here, said he had filed a declaration in Federal court on behalf of the war department. Dr. John Harvey Kellogg, who built the hilltop institution after fire destroyed its predecessor, may file objections to the price offered, but this is not considered likely.

The declaration of taking virtually is an offer by the army to assume payment of a $1,271,500 mortgage, $18,300 in unpaid taxes, and other liens up to a total of $2,250,000. The property was appraised in 1937 at $12,000,000.

[Signature]
May 17, 1942
Army May Add To Properties Taken from San

Contemplating Even Greater Hospital Facilities, It Surveys North of City.

MANY MOVES INDEFINITE

The war department contemplates even greater hospital facilities here than those just purchased from the Sanatorium provide and has been making some surveys in an area north of the city in view to purchase and erection of additional hospital buildings on it.

Information to this effect has been learned by Congressman Paul W. Shafer of Battle Creek, a member of the house military affairs committee. Mr. Shafer said, however, that there was no definite information available yet. The area reported under consideration is somewhere north of the Sanatorium.

Commenting on yesterday's transference, by which the government acquired the Sanatorium's main buildings, Mr. Shafer said he learned from the war department that the Sanatorium will be used as a general hospital comparable to the Walter Reed hospital in Washington, D.C.

It will be for the north central section, between the Alleghenies and the Mississippi river, and will be in operation "as soon as practicable."

The condemnation proceedings filed in Federal Judge Arthur Lederman's court in Detroit yesterday fixed August 1 as the date of government occupancy. The price, agreed upon by the Sanatorium board of trustees, was $2,521,000.

The hospital will accommodate war casualties mostly, convalescents for the most part, and will also admit government civilian personnel, as does the Walter Reed hospital.

It will come under the direction of the surgeon general of the army, Maj. Gen. James C. Magge.

Some Factors Indefinite

Whether the present Sanatorium facilities would be expanded by the army is a question which could not be answered here. If the hospital is to become comparable to Walter Reed, the Sanatorium facilities would certainly have to be expanded, Mr. Shafer said.

Word as to exactly what would be done by the Sanatorium in transferring its activities and program across the street to Kellogg hall and other buildings, and to housing facilities for the 187 tenants of apartments in Kellogg hall, continued to be indefinite today.

A statement bearing on the situation was expected soon from Dr. John Harvey Kellogg.

However, persons close to Dr. Kellogg said that Kellogg hall will be the principal and possibly the only building to be occupied by the Sanatorium immediately after it leaves its present quarters.

Extensive remodeling and improvement projects, designed both for the Sanatorium itself and for Kellogg hall apartment residents, are being planned, but the final nature of the latter may well depend on the priorities situation.

As to this Dr. Kellogg was assured by war department representatives during negotiations which led up to the sale of the Sanatorium properties that the war department would assist the Sanatorium in obtaining priorities on building materials for use in making the improvements for its own new quarters.

Some Possibilities

The three buildings which could be remodeled and opened for Kellogg hall's present tenants are West hall, a large brick building southwest of the old college building in the L formed by Sanatorium and University avenues; North lodge, former home economics building of the college which is west of the college library building on Manchester street; and Yoder hall, former men's dormitory of the college, which is west of North lodge on Manchester.

Other buildings not sold to the government which may be available for possible future expansion of Sanatorium activities are the old Battle Creek college building, a large brick structure located across North Washington avenue from the present Sanatorium buildings between Manchester street and Sanatorium avenue; the old Sanatorium hospital building on Aldrich street; South hall, a large frame building on Sanatorium avenue; Arnold cottage, located at the southwest corner of the intersection of Sanatorium avenue and North Washington avenue; Hall cottage, located south of Arnold cottage on North Washington avenue; and Breed cottage, located west of South hall on Sanatorium avenue.

The old college building is owned by Battle Creek college, and South hall, Arnold cottage, Hall cottage and Breed cottage are owned by the Sanatorium.

Rooms for patients, offices of physicians and treatment rooms will be located in Kellogg hall. It is believed probable that the college library building will be used for Sanatorium business offices, that the library in the building will be used as a read-

Enquirer, Sat., May 16, 1941
Plans Outlined
By Dr. Kellogg
Holds High Hopes for Sanitarium in New Quarters
After Army Takes Over.

BOARD CHANGES IN JULY

The high hopes which Dr. John Harvey Kellogg holds for the future of the Sanitarium in the carrying out of his plans to continue in full operation in new quarters after the government takes over the Sanitarium's present main buildings this summer for use as an army hospital were set forth in a statement issued by the doctor Saturday afternoon.

Dr. Kellogg called attention to the fact that the Sanitarium's resources and facilities will be considerable after the change and sketched his plans concerning certain new health methods.

Change Comes August 1

The doctor's statement, awaited since the transaction with the government was closed Friday, follows:

"In releasing to the government two of the large buildings in which its work has been conducted, the Sanitarium has retained practically all of its elaborate equipment of apparatus and facilities for treatment as well as its furniture, and rooming accommodations for several hundred guests, which, with redecorating and furnishing will make guests, as comfortable as in the old building.

"The transfer of patients will not occur until the first of August, and will be made in such a way as not to impede or interfere in any way with the comfort or convenience of patients or the efficiency of treatment.

"An important feature of the change will be the introduction of the newly perfected regimen therapy which has been proven to be highly successful in dealing with chronic diseases and especially in combating high blood pressure, premature senescence, and other afflictions which often do not yield to methods in common use in private practice and hospitals.

To Seek Quick Results

"Special attention will be given to intensive methods of treatment and testing which yield quick results.

"In general, the scope of activity of the institution as a health and medical center and the world headquarters of the race betterment movement will be extended. The education work will be revived and activity in promoting the principles of biologic living increased.

"A sponsoring committee composed of eminent and well known scientists will aid the management in its efforts to make the institution a great university of health, where earnest health seekers may find not only every known means of relief which science and experience have validated but information and training to insure against future suffering.

"With further improved and ample facilities, the management will continue their eleemosynary, or not-for-profit, work with the confident expectation of greater usefulness in the future than in the past."

To Pay Off Bonds July 1

While the government takes possession on August 1, of the property it acquired for a hospital, and pays a condemnation action taken in federal court at Detroit, July 1 also will be an epochal date in the Sanitarium's history. On that date, with the $281,100 it receives from the government, the Sanitarium will pay off all of its bonded indebtedness, amounting to $1,279,286.

This will mark the end of the financial difficulties which beset the institution with the depression and put it into receivership and reorganization under the terms of the bankruptcy laws. It also will mark the end of bondholder representation on the Sanitarium's board of trustees.

Dr. Kellogg long has looked forward to this as an opportunity to return to control. He has remained chairman of the board of trustees throughout, but there have been frequent differences of opinion on policy within the board.

The bondholders' trustees who will leave the board when the mortgage is lifted are B. J. Kenney, Dr. J. Roscoe Miller, Dr. C. B. Irwin and Paul Binzel. Their four vacancies will be filled by the six remaining trustees, Dr. Charles E. Stewart, president of the board; George E. Judd, secretary; Alfred H. Steinert, treasurer, Dr. Emil Leffler and Fred E. Fuller.

The next meeting of the membership of the Battle Creek Sanitarium & Benevolent association, which operates the Sanitarium, will be held in March and a new board of trustees will be elected then.

About Walter Reed

Information that the war department will use some facilities for a general hospital comparable to the Walter Reed hospital in Washington, D. C., indicates that both medical and surgical care would be provided for general cases.

Walter Reed hospital has a bed capacity of 1,215 with a daily average of 1,000 patients, about equally divided between medical and surgical cases, medical officers at Fort Custer said. At present the average daily patient list includes 500 military personnel, 350 civilian conservation corps members, and 150 veterans of the First World war.

The yearly total of 7,500 patients is distributed about 45 percent for medical care and 55 percent for surgical care.

Walter Reed hospital is utilized for general cases as contrasted to the army's Fitzsimmons hospital in Denver, specializing in lung cases, St. Elizabeth hospital in Washington, D. C., specializing in mental care, and the Army and Navy hospital in Hot Springs, Ark, specializing in venereal diseases.

The Sanitarium

The relation of the Battle Creek Sanitarium to Battle Creek's history and development, and the interest which the community has in the institution because of that relation, have often been discussed.

The topic has come prominently into attention again through the developments leading up to the current announcement that the federal government has bought the main Sanitarium building and considerable of the real estate. Proceedings looking toward this end have been known to be in progress for some time. The announcement of the completion of the proceedings carries two assurances, the development of which, the community will follow with the utmost interest.

One is that the government proposes to develop and maintain here a large medical center comparable to the celebrated Walter Reed hospital in Washington and the other is that the Sanitarium itself, freed of the debt complications which came as one of the consequences of the nation-wide depression, and with working capital to give to future operations a facility which recently past operations have not had, will carry on in the commodious buildings which remain available to the Sanitarium on that extensive frontage on the west side of Washington Avenue, and also in contiguous territory.

Battle Creek will watch the development of these plans with keen interest and with, it is believed, a proper appreciation of the privilege which she enjoys, and apparently is now due to enlarge, as a medical and health center and with a corresponding willingness to cooperate to the extent of her ability.

Reelected to Board—Dr. J. H. Kellogg was reelected a member of the board of directors of the American Business Men's Research Foundation at its annual meeting last week in Chicago. Henry W. Simpson of Louisville, Ky., was reelected president of the Foundation.
U. S. BUYS SAN BUILDINGS FOR HOSPITAL; INSTITUTION CONTINUES IN NEW LOCATION

PRICE OF $2,251,100 PAID BY GOVERNMENT

Sanitarium Will Reestablish Itsself in John Harvey Kellogg Hall and Library Building; Change Expected August 1.

A transaction by which the United States government takes over the main buildings of the Battle Creek Sanitarium was completed this afternoon.

Condemnation proceedings, begun by the United States district attorney for eastern Michigan in behalf of the war department, were instituted in federal court at Detroit, consummating what amounted to a sale of the properties by the Sanitarium to the government at a price mutually agreeable.

The government, which will take possession August 1 or thereabouts, is expected to use the properties for a general hospital similar to the Walter Reed hospital in Washington, D. C. The government's intentions remain to be disclosed, however.

The world-famous Sanitarium will continue operations uninterruptedly, for the time being in its present quarters and afterward in new quarters. This was emphasized most emphatically by Dr. John Harvey Kellogg, the chairman of the board of trustees, Dr. Charles E. Stewart, the president, and all others concerned.

The price paid, $2,251,100, enables the Sanitarium to pay off all bonded indebtedness, amounting to $1,279,895, and other debts, and to start anew on the other side.

Board Meets Today To Talk San Deal

Members of the board of trustees of the Sanitarium met at 9 a. m. today at the Sanitarium to discuss the previously announced negotiations with the United States government involving the sale of the Sanitarium buildings for hospital purposes.

No word was forthcoming from the board this noon as to the status of the negotiations, and it was not known how long the board would be in session.
Eighth, Washington avenue, reestablishing itself in the
John Harvey Kellogg Hall of the Battle Creek college li-
Dr. Kellogg is looking forward enthusiastically to a new Sanitarium
Dr. Kellogg is preparing a statement
ing the buildings into the Sanitarium in its new quarters. The
it was said that the approximately 400 employees of the Sanitarium
The sale of the Sanitarium builds-
In 1927, the Sanitarium, bonded itself for $3,000,000 adding to an
All equipment attached to the real estate involved goes with it. It
All over the government are certain Sanitarium furnishings and some of
John Harvey Kellogg hall, situated on the west side of North Washington avenue at the corner of
To Displace 187 Tenants:

John Harvey Kellogg and W. E. Kellogg. Featuring a “water cure,” the institution was unsuccessful fi-
A disastrous fire in 1908 failed to stop the progress of the Sanitarium. Construction of a new building, now

mean overhead of the buildings just disposed of, and that the com-
Wants Old Employees
It was said that the approximately 400 employees of the Sanitarium will be given the choice of remaining
for embracing county and city officials, and persons as do not remain with the Sanitarium, and stands ready to ac-
The sale of the Sanitarium build-
in a much discussed matter in the community in recent weeks. It necessarily involved legal and technical
The Sanitarium management had to begin making plans to move, although the last papers were signed in
The Sanitarium has more than 300 registered patients and guests. There were times, prior to the

Sanitarium bonds now outstanding include series A, approximately $1,130,000 worth, bearing 4% percent

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Sanitarium bond list.

with distinction. Beliefs of the

The Sanitarium was founded in 1858 by Dr. John Harvey Kellogg and his brother N. N. Kellogg.

Bonds are listed

Dr. Kellogg is confident that the new Sanitarium will

Dr. Kellogg is preparing a statement detailing his and the board’s plans for the future. He has indicated

John Harvey Kellogg hall, the college library, the main college building and some cottages which may figure

Dr. Kellogg is confident that his firm is in a position to carry out the

The Sanitarium became famous for its promotion of health through scientific diet; for its pioneering work in the field of physical ther-

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The Sanitarium in its new quarters or of entering the govern-

The government, it said, is anxious to obtain the services of these experienced persons as do not remain with the Sanitarium, and

This expense was covered by the

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Decision Near
On Sale of San
To Government

Surveys Completed Looking
Toward Institution of
Vast Proportions.

REP. SHAFER COMMENTS

Congressman Paul W. Shafer today substantiated
widely circulated reports that direct negotiations have
been under way for several weeks between the war
department and Battle Creek Sanitarium authorities with
the view of converting that famous institution to general
hospital purposes.

"Although I have been in constant
touch with the surgeon general's
office since the negotiations were
inaugurated," Mr. Shafer said, "I am
not in a position to say how far
they have progressed. That infor-
mation, of course, must come di-
rectly from the war department."

Surveys Completed

"I am able to state, however, that
surveys have been completed looking
to the establishment of an institu-
tion of tremendous proportions,
similar to Walter Reed hospital in
Washington, D.C., if the deal is
consummated."

Congressman Shafer hesitated to
make his statement, explaining that
he had in no way participated in
the negotiations and that his pur-
pose of maintaining contact with
the matter was "merely to keep in-
formed."

From sources close to the San-
itarium management the Enquirer
and News learned that the deal
either will go through shortly or
will be held up for another indefi-
nite period. Dr. John Harvey Kel-
logg, founder of the Sanitarium,
left last night for Florida and could
not be reached today for comment.
Dr. Kellogg was in Washington in
connection with the negotiations
last week.

The general understanding here
is that the need of the government
for such an institution is recognized
and that the discussions now re-
late to exactly how it is to be
brought about.
Ever since the late Dr. John Harvey Kellogg took over the Western Health Reform Institute and made it into the world-famed Battle Creek Sanitarium, the local health institution has played a pioneering role in lengthening and strengthening life's span. It is particularly fitting, then, that the Sanitarium now should consider setting up a geriatrics department devoted to the health of the aging.

It is not impossible that the Sanitarium which made Battle Creek the Health City of the World and gave birth to the cereal industry here could become known the nation over as a pioneer for progress in this new field of medicine.

The field is assuming larger importance as the proportion of older persons in our population increases. When the Sanitarium was founded, in 1886, the average life expectancy of Americans was some 32 years. Today, at 69.8 years, it is crowding the biblical three-score years and ten. And today those who are 60 years old and older make up more than 21 million of our population.

Thus the Sanitarium, in contemplating a geriatrics branch, is confronting an important new phase of service. A team of experts from the University of Michigan soon will make a thorough survey of the Sanitarium's facilities and of the needs for all kinds of geriatric care. Specific means of adapting the Sanitarium's program to meet these needs presumably will follow, under the course of action recommended by the Battle Creek Area Development Corporation and accepted by the Sanitarium's board.

Not only the Sanitarium but also the community, and in a broad way, the nation, can expect to benefit from carrying out this new program. The plans are reminiscent of Dr. Kellogg himself, and his brother, Will K. Kellogg. For these men met new needs in their time with new contributions in their fields.

It is heartening to see that this 90-year-old institution is still young enough and vital enough to carry on the pioneering tradition in the fields of health that the Kelloggs exemplified.
NEW SAN BONDS NOW READY FOR DISTRIBUTION

Local Paying Agent Receives Over $800,000 In New Securities.

Over $800,000 in Sanitarium Series A bonds and $120,000 in income debentures were available in the trust department at the Security National Bank today for distribution to holders of the Sanitarium's old six per cent bonds. The payment marks the final settlement by the Sanitarium with bondholders and general creditors in conjunction with its reorganization proceedings.

As local paying agent, the Security National Bank is handling approximately 50 per cent of the issue, the remainder being distributed through the City National Bank & Trust company of Chicago, mortgage trustee. Notices that the new securities are available in exchange for old bonds were sent to all bondholders Monday from Chicago.

The Series A bonds bear four and one-half per cent interest, dated Jan. 1, 1938, and due Jan. 1, 1964. The bonds are in denominations of $1,000, $500 and $100 while income debentures are in denominations of $1,000, $500, $100, $50, $20 and $10.

In exchange for their old bonds, Sanitarium bondholders will receive 50 per cent in Series A bonds and 10 per cent in income debentures in addition to the 20 per cent cash already paid. General creditors will receive 20 per cent in Series A bonds besides the 20 per cent cash they have already been paid.

Distribution Of San Securities To Start Monday

Notices will be mailed Monday from Chicago to Sanitarium bondholders and creditors notifying that $1,500,000 in new securities is ready for distribution through the Chicago City National Bank & Trust company, mortgage trustee, according to word received here today.

Distribution of the new securities, $1,361,450 in Series A bonds and $239,550 in income debentures, will be the final step in settlement with the creditors under the reorganization plan adopted last October. Holders of the old six per cent bonds, who have already received 20 per cent in cash, will receive 50 per cent in Series A bonds and 10 per cent in debentures. General creditors will be given 20 per cent in Series A bonds in addition to the 20 per cent in cash they have already received.

The Security National Bank will serve as a local paying agent for the final distribution and will have the new securities available either Tuesday or Wednesday.
San Bonds Ready For Signature In Final Settlement

Dr. Charles E. Stewart, president and executive officer, and Dr. R. H. Harris, assistant secretary of the Sanitarium board of trustees, Friday will affix their signatures to $1,500,000 in new Sanitarium securities, completing details for the final distribution to bondholders and general creditors under the reorganization plan adopted last October.

The Series A bonds, amounting to $1,261,456, and income debentures, amounting to $239,530, will be signed in Chicago by the two Sanitarium executives and turned over to the City National Bank of Chicago, which will supervise the distribution as mortgage trustee. The Security National Bank will serve as local paying agent for the final distribution, which will probably start early next week.

Both bondholders and general creditors have received a 20 per cent cash payment. In addition bondholders will receive 50 per cent in Series A four and one-half per cent bonds and 10 per cent in income debentures while general creditors will receive 20 per cent in Series A bonds. 6/28/39

Review Board Seeks Advice On San’s Kick

Decision on the Sanitarium's protest over its tax assessment will be held up by the board of review pending a conference with the city commission, to be held probably Monday evening, it was learned Saturday.

The protest was filed early last week when the review board opened its annual series of public hearings. The Sanitarium objected to assessment increases averaging about 15 per cent on several of its properties, including the main building and the Recreation Center property. The increases, according to City Assessor William R. Kennedy, bring the assessments back approximately to level agreed upon several years ago in an out-of-court settlement of the city's tax suit against the institution.

According to tentative plans, the conference on the Sanitarium question will precede the city commission's weekly meeting. Little but routine matters are scheduled for the meeting.

The commission probably will receive a partial report from City Clerk Thomas H. Thorne concerning his investigation of voting machines to replace the present paper ballot method. Mr. Thorne, who was in Jackson Friday to find out about that city's experience with these machines, said he is convinced that they are far superior to the old voting method. He was informed by C. H. Vedder, Jackson city clerk, that voting machines in use during the last 11 years have saved his city approximately $3,000 in election costs.

That Jackson voters are in favor of the mechanical method was demonstrated several years ago when, by a vote of more than two to one they decided in favor of continuing to use the machines.

Dr. J. H. Kellogg Stops In Chicago To See Trustees

Dr. John Harvey Kellogg, chairman of the Sanitarium board of trustees, was expected to return to Battle Creek late today after a stopover in Chicago while on route home from his southern health resort, Miami-Battle Creek, in Miami Springs, Fla.

Dr. Kellogg stopped in Chicago today to confer with J. Sanford Otis and Dr. C. B. Irwin, both members of the board, relative to the Sanitarium reorganization, now nearing completion.

Distribution of Series A bonds and income debentures amounting to $1,500,000 is scheduled for early next week as the final step in the settlement with creditors. Following the distribution the only remaining step in the reorganization will be the discharge of Dr. Charles E. Stewart as trustee by Federal Judge Arthur J. Tuttle, releasing the institution from all court jurisdiction.
WAR DEPARTMENT ASKS
USE AS MILITARY HOSPITAL

BOARD WILL DRAW UP
PROPOSAL THIS WEEK

Consultations in Washington and Chicago
Bring Deal to Point of Final Offer; San
Might Go On in Other Quarters

The Battle Creek Sanitarium board of trustees has
been asked by the United States war department, through
Surgeon General Thomas Parran, to submit a proposition
for sale of the Sanitarium to the government for use as
a military hospital.

Dr. Charles E. Stewart, Sanitarium director, revealed today that
the proposition has been pending for 60 days and already has been con-
sidered favorably by the trustees, meeting in Chicago.

Another meeting, to draw up the final proposition, will be held in
Battle Creek sometime this week by the trustees. Dr. Stewart has been
in Washington, D.C., and conferred with the surgeon general on the
proposal. He has received written assurances from the war depart-
ment that it is interested in acquiring the Sanitarium.

Dr. Stewart referred some ques-
tions to Congressman Paul W.
Shafer, who was in the city today,
and Mr. Shafer confirmed the doc-
tor’s statement that the matter had
been taken up with the war depart-
ment.

“I have already had two or three
conferences with them on the sub-
ject and the reception there has
been favorable so far,” he said.

Dr. Stewart recalled that at the
time of the last war the government
became interested in buying the
Sanitarium and that some tentative
steps were taken. The government’s
present interest in the Sanitarium
is presumed to be based on its
proximity to Fort Custer and no
less to the fact that the army has
no first-rate hospital in the middle-
west.

Broad Facilities Available

The proposal to be made by the
Sanitarium trustees when they meet
here will call for outright sale of
all of the Sanitarium buildings and
property, it was thought likely. The

Battle Creek college buildings and
the library do not belong to the
Sanitarium. The college properties
would be available in case Dr. John
Harvey Kellogg wanted to go ahead
with the development of another
sanitarium perpetuating the San-
itarium’s principles and methods.

As it is understood here, there is
nothing definite yet on what kind of
a hospital the war department
would want at the Sanitarium, ex-
cept that it would not be psychi-
atrie. But Sanitarium facilities
would make possible the widest
range of medical service, including
physiotherapy treatment. Dr. Par-
ran was reported to have expressed
some interest in the orthopedic pos-
sibilities at the Sanitarium.

A military hospital would, how-
ever, bring to Battle Creek a large
increase in medical and nursing
personnel and provide much extra
employment in other lines connected
with the service and supply.

Dr. Stewart was called to Wash-
ington two weeks ago to take up the
matter with the Surgeon General
and found the war department very
much impressed with the Sanitar-
ium’s facilities. A price, however,
has to be set, and until that has
been done by the board, and the
reaction of the war department re-
ceived, the outcome of the negotia-
tions cannot be confidentially pre-
dicted, it was pointed out.

Dr. John Gorrell, administrator of
the Sanitarium, was out of the
city this forenoon and could not be
reached for comment.
Dr. Kellogg Plans New Building If Sanitarium Is Sold to U.S.

Intends to Build On College Site
Soys Present College Buildings Would Be Used in Continuing Institution.

DECISION EXPECTED SOON

If the main buildings of the Sanitarium are sold to the government, a new building will be constructed for use by the Sanitarium along with the Battle Creek college buildings, Dr. John Harvey Kellogg said today.

"Regardless of the outcome of negotiations now under way between the Sanitarium and the government," he said, "the Sanitarium will not be closed. Any agreement reached will be for the mutual benefit of both parties."

Dr. Kellogg, who is chairman of the Sanitarium board of trustees, said the government had been interested for several months in purchasing the present Sanitarium buildings with a view to establishing a military hospital which would specialize in physiotherapy treatments.

Continuance Pledged
He emphasized, however, that the Sanitarium board of trustees had entered the negotiations with a desire to perpetuate the work of the Sanitarium and that no agreement would be reached which did not make the continuance of the institution possible.

"The work of the Sanitarium must be continued," he said. "If we move into other buildings, we will do so without the bonded indebtedness which has hampered our progress in recent years, and the government also will benefit by obtaining excellent hospital facilities." Dr. Kellogg recalled that during the World war, the government took steps to "commandeer" the Sanitarium for use as a military hospital.

"We opposed such action because of the fact that the Sanitarium was overcrowded with patients who had no other place to go," Dr. Kellogg said. "We had a long waiting list of patients and the government decided against taking over the institution.

Help Meet Emergency
"The Sanitarium board of trustees now is mindful of the fact that the national defense emergency makes it necessary for the government to obtain increased hospital facilities, and we entered into the present negotiations with a view to helping meet that need."

If the present Sanitarium buildings are sold, the institution moved into the old Battle Creek college buildings, directly across from the Sanitarium on North Washington avenue, including Kellogg hall, the college library building, and four other buildings, Dr. Kellogg said. A new building would be constructed with funds obtained from the sale of the present buildings. The college buildings are owned by the Race Betterment Foundation of which Dr. Kellogg is president and founder.

A definite announcement as to whether the Sanitarium buildings are to be sold may be forthcoming within a few days from Sanitarium and war department officials. In the meantime, Sanitarium activities are going forward about the same as usual, although the purchasing of supplies has been curtailed somewhat, only enough being purchased to meet needs of the immediate future.

Interest of the government in the Sanitarium buildings is presumed to be based on their proximity to Fort Custer, and also on the fact that the army has no first-rate hospital in the middlewest.

A military hospital would bring many new physicians, nurses and other employees to Battle Creek, and would provide a stimulus for business in general.

While the negotiations between the Sanitarium and the government have been going forward, a decided improvement has been reported in the business of the Sanitarium.

The number of guests and patients at the Sanitarium since August 1 has been higher than during the same period last year, indicating that an upward business trend is replacing the reverses suffered by the Sanitarium for three years.

Decision Expected Soon
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SALES PRICE OF SANITARium BEING CONSIDERED

About the Sanitarium

Report that the war department at Washington is considering the Battle Creek Sanitarium as the possible location and housing of a great mid-west hospital states the facts as they exist.

The matter is tentative. It involves a possibility in which, it is understood, the government has shown interest. The interest has been expressed in a request for the price and terms at which the plant might be had.

Battle Creek's interest in the matter goes back to and arises out of some very prominent fundamentals in the structure of our town.

Battle Creek's interest is in the interest of the Sanitarium itself.

What Battle Creek most desires to see is that the Sanitarium's interests are best served in whatever is done in this or any other proposal touching the Sanitarium.

If, as it seems possible, there is contained in the discussions now going forward with the war department respecting the Sanitarium plant the likelihood that the Sanitarium as an institution might be put in the way of new development, with its immediate problems solved, then the community for whose building the Sanitarium has been so largely responsible would be gratified.

Whatever the Sanitarium's adaptation to these pressing new needs and conditions which are a part of modern times and governmental program, and whatever opportunity may arise to compose the problems which have been left to the Sanitarium by the upset times of ten years ago, Battle Creek should and it doubtless will hold to the idea that the permanency of the Sanitarium as an institution is of first consideration—for the Sanitarium itself, for this community, and for the thousands who, throughout the world, have looked here for health guidance.
Sanitarium Arrival—The Sanitarium yesterday enjoyed its largest patronage of the month with 22 guests and patients registering from eight states. The states represented were New York, Illinois, Pennsylvania, Michigan, Wisconsin, Minnesota, and the province of Ontario. The guest list included Mr. and Mrs. James M. McHugh, of Pittsburg, C. H. Brown and his daughter, Miss Billie Brown, of Brighton, N. Y., and Mrs. L. Borden and Mr. and Mrs. J. R. Yotter, all of Whitehall, Mont.

Election Held Over—The Sanitarium board of directors met Tuesday, but no action was taken on election of new officers. Last year’s officers, all of whom were re-elected to the board at the annual meeting last Wednesday, remain in office until new ones are chosen. They are Dr. John Harvey Kellogg, president; Dr. Walter H. Riley, vice president; George E. Judd, secretary, and M. W. Wentworth, treasurer.

Pioneer Resident Ill—A Salisbury pioneer resident, Old Creek, who suffered a severe day evening at home and family. Mrs. Henry G. Huribut, 1718 W. avenue, is critically Salisbury improved Sunday able to talk with her family. Her son, Harry Salisbury, her. Mrs. Salisbury came to Sanitarium in 1876. This was the daughter of the superintendent. They are life-long.

Sanitarium Arrival—There were 14 guests and patients registering at the Sanitarium yesterday, representing New York, Illinois, Massachusetts, Pennsylvania, Kansas, Indiana, Ohio and Connecticut. Return patients included Mr. and Mrs. Allen H. Bagg of Pittsfield, Mass., Charles Cruse, of Abilene, Kansas, and William J. Scown, of Chicago, Ill.

TOLSTOY’S DAUGHTER COMING SOON TO SAN

Word was received at the Sanitarium this morning. The Countess Alexandra Tolstoy, daughter of the late Count N. A. Tolstoy, eminent Russian author and philosopher, is planning to visit the local health institution for several days next week. The exact time of her arrival here was not stated.

The Countess is a sister of Count Ilia Tolstoy, who was a patient at the Sanitarium several years ago and at which time his charming personality made him many friends at the health institution.

Mrs. Clara Florence Salisbury, 83, had lived in Battle Creek for 58 years.

Mrs. Clara Florence Salisbury, 83, the oldest member of the local W. C. T. U. and one of the organizers of the Tabernacle Dorcas society more than 50 years ago, died Sunday evening at 8:45 o’clock at the home of her grand-daughter, Henry G. Huribut, 1817 West Michigan avenue.

Mrs. Salisbury was in excellent health until 10 days ago when she suffered a stroke. She was sitting quietly in her chair listening to the radio when it occurred.

She came to Battle Creek 58 years ago as a patient at the Sanitarium. Mrs. Salisbury operated a health clothing shop near the Sanitarium for 35 years. At the time of the Sanitarium fire she was burned out of the main building. Her first husband, Henry Huribut, died in 1911. In 1875, while she was at the Sanitarium, she met Burleigh Salisbury, a patient from New York State. They were married the same year in Orleans, Ionia county, and made their home in Battle Creek. Mrs. Salisbury died in 1890.

She is survived by one son, Harry W. Huribut of Battle Creek; three grandsons, Russell G. Huribut of Battle Creek, and one sister, Mrs. Ella P. Ireland of Millburn, N. J.

Funeral services will be held Wednesday afternoon at 2 o’clock from the Adventist Tabernacle. Elder Carlyle B. Haynes will be in charge of the services assisted by Dr. A. E. Olsen. At the close of the church services the W. C. T. U. will give its ritual. Donald Haynes will sing during the services. Burial will be made in Oak Hill cemetery. Friends may call at the Huribut home until 1 o’clock Wednesday afternoon.

Mrs. Martin said the weather even there was cool, but the rest of the time it was wonderfully warm. They saw the usual sights and took a number of automobile trips to places of interest. Dr. Moron is a member of the medical staff of Battle Creek, Inc.
Pioneer Resident Ill—Mrs. Salisbury, pioneer resident of Battle Creek, who suffered a stroke Friday evening at the home of her grandson and family, Mr. and Mrs. Henry G. Hurlbut, 1718 West Michigan avenue, is critically ill. Mrs. Salisbury was able to talk with her family. Her condition was not as bad today. Her son, Harry Salisbury, is with her. Mrs. Salisbury came to Battle Creek as a patient of the Sanitarium in 1876. This was the same year Dr. J. H. Kellogg came to take over the superintendency of the institution. They are life-long friends.

Sanitarium Arrivals—The Sanitarium yesterday enjoyed its largest patronage of the month with 22 guests and patients returning from eight states. The states represented were New York, Illinois, Pennsylvania, Michigan, West Virginia, Wisconsin, Montana, and the province of Ontario. The guest list included Mr. and Mrs. James McHugh, of Pittsburgh, C. H. Brown and his daughter, Miss Billie Brown, of Brighton, N. Y., and Mrs. L. Borden and Mr. and Mrs. J. R. Yott, all of Whitehall Mont.

Election Held Over—The Sanitarium board of directors met Tuesday, but no action was taken on election of new officers. Last year’s officers, all of whom were reelected to the board at the annual meeting last Wednesday, remain in office until new ones are chosen. They are Dr. John Harvey Kellogg, president; Dr. Walter H. Riley, vice president; George E. Judd, secretary, and M. W. Wentworth, treasurer.

Mrs. Walter F. Martin and daughter, Ruth, returned from Miami Springs, Fla., Saturday after a 19 day visit with Mrs. Martin’s daughter and husband, Dr. and Mrs. Richard Norton. While Mrs. Martin and Ruth were at Miami Springs Dr. Martin made them a six day visit from California, where he has been spending several weeks. They went back to California and does not expect to return until early in April. Between March 7 and 12 Mrs. Martin said, the weather was cool, but the rest of the time it was wonderfully warm. They saw the usual sights and took a number of automobile trips to places of interest. Dr. Norton is a member of the medical staff of Battle Creek, Inc.
Florida Visit—Recent word from Dr. John Harvey Kellogg at Battle Creek, Inc., Miami Springs, Fla., pays high tribute to the climate there. "There has not been a single day since I came to Florida last November," Dr. Kellogg writes, "when one could not be perfectly comfortable out of doors without protective clothing. At the same time it was not oppressively hot. We really had the most delightful weather I have ever experienced."

Will Resume Lectures—Miss Margaret Hall will resume her weekly lectures at the Sanitarium Thursday at 2 P.M. Her subject will be "Feeding the Family." Miss Hall has been convalescing for three months from injuries received Christmas Eve when she was struck down by a passing automobile. Dr. M. A. Mortensen will conduct the question box hour in the north lobby of the Sanitarium this evening at 8 o'clock. News reels will precede.

San Buyr Improved—L. C. Parshall, 133 Ann avenue, purchasing agent for the Sanitarium, who was seriously injured in an automobile accident near Detroit, March 2, has improved in his condition. Mr. Parshall will be able to get out in a wheel chair the last of the week. Beginning today the cast will be removed from his leg during the day.

Mrs. B. E. Willingham and Mrs. Cora Jordan of Macon, Ga., were complimented by an informal afternoon tea given by Miss Caroline Zahn, medical registrar at the Sanitarium, at her home, Bailey cottage, Lincoln street, Tuesday afternoon. The event was given in commemoration of the birthday anniversaries of the visitors from Georgia who are guests at the Sanitarium. Mrs. Jordan's birthday was Tuesday and Mrs. Willingham's Sunday. The time was spent in visiting. Bouquets of spring flowers and plants brightened the rooms and lunch was served by the hostess. Mrs. Willingham and Mrs. Jordan entertained the same group at 1 o'clock luncheon in the main dining room of the Sanitarium Sunday. The table was centered with a basket of daffodils. Place cards with spring motifs in water colors of pastel shades were each inscribed with a tribute to the guest whose place it marked. Places were marked for 10. The guests included Mrs. Charles Parrish of Hamilton, O.; Mrs. Horace Hutchins of Montreal; Mrs. M. L. Metzalf of Chillicothe, O.; Mrs. Mary Fenn of Connecticut; Mrs. H. E. Johnston of Fowler; and Dr. Gertrude Johnson, Miss Leta Browning, social hostess and Miss Zahn.

Enquirer, March 20, 1932

With the Sick—Mrs. Frank L. Haver, 42 North McKinley avenue, entered the Sanitarium today to prepare for an antrum operation. Dr. Carl Wocjek and Dr. C. M. Mercer will be the attending surgeons.

Enquirer, March 20, 1932

Nurse Goes to Chicago—Mrs. Hazel Grabo, R. N., for 12 years a surgical nurse in the operating rooms of the Sanitarium hospital, left this morning for Chicago where she will take post graduate work and may locate permanently. Mr. Grabo is a graduate of the nurses' training school of the Sanitarium and prior to entering the training school taught school for three years.

Enquirer, April 1, 1932
Sanitarium Arrivals — Thirteen states and two Canadian provinces were represented by the 42 guests and patients registering at the Sanitarium over the week-end. The states—the largest number represented by arrivals in many months—were Connecticut, Illinois, Indiana, Kansas, Michigan, Nebraska, New Jersey, New York, North Carolina, Ohio, Oklahoma, Washington, Wisconsin; and Ontario and British Columbia, Canada. Among the arrivals were C. C. Dial of Coffeyville, Kan., Mr. and Mrs. John Brown of Oklahoma City, Okla., Floyd Seybolt of Lincoln, Neb., and J. E. Brayhill of Lenoir, N. C.

Doherty Is Ill—Dr. E. L. Eggleston is in Miami, Fla., where he was called because of the illness of Henry L. Doherty, utilities magnate and a frequent visitor at the Battle Creek Sanitarium. Dr. Eggleston left Thursday evening. Mr. Doherty is at the Miami Biltmore hotel there. Reports from the south are that he is suffering from a hard cold.

May 7
Changing Seasons
Seldom Noted In
San Dining Room

Strawberry shortcake on George Washington's birthday; corn on the cob for Christmas dinner; fresh raspberry pie on New Year's Day.

These are only a few of the out-of-season delicacies made from fresh fruits and vegetables which the Sanitarium is able to offer its patrons at any time of the year through its cold storage system, enabling the institution to preserve these through a special method of "freezing."

The freezing of fresh fruits and vegetables, keeping them fresh the year around, is the outgrowth of experiments which were started three years ago by Ralph C. Jansen, superintendent of the Sanitarium creamery. This has since proven invaluable in providing the proper diet for patients of the health institution, as needed fruits and vegetables can now always be secured, as fresh as when they are in-season, merely by taking them from the cold storage room of the creamery and thawing them out slowly, to maintain the freshness and flavor.

The idea of "freezing" fruits and vegetables is not entirely new with the Sanitarium. Within the last two years this has been found practical and is used in shipping them across the continent by placing them in especially constructed refrigerating cars. However, the Sanitarium finds its own "freezing plant" much more practical than buying frozen foods in the open market. Frozen fruits and vegetables can be bought only in large quantities, in lots of 30 pounds or more. This is often a larger quantity than needed and when such a large amount is thawed, there is frequently much waste. The cost of keeping fresh fruits and vegetables on hand throughout the winter, therefore, would be almost prohibitive, were it not for the Sanitarium's own plant, it was pointed out.

Frozen fruits served during the last winter at the Sanitarium included strawberries, cherries, blackberries and raspberries, both sugared and unsugared; that they might be served to diabetic patients. Fresh vegetables available all winter included corn on the cob, corn in husks and kernel corn, beans and peas.

May 8, 1934
Part of an article by McFadden, in *Physical Culture*, April, 1934.
W. K. Kellogg Found His Fortune at Home After Late Start
Knew Frustration First, Then Went on to Achieve Fame and Wealth After Middle Age

The career of W. K. Kellogg, pioneer of the vast institutional cereal industry, and a helper of humanity who obligated his heart, "philanthropist," as applied to himself, was an accepted "rules" of the conventional American success story. It was the process established in a manufacturer's operation on the outskirts of Battle Creek, Michigan. The world thought of a man who had a problem and thought of it until he found a solution. He was never a one-shot proposition, and it was a visible success in the community of the city and the country, Battle Creek. The man was W. K. Kellogg, who had a problem and found a solution worth billions of dollars.

The problem was the health of the nation. Kellogg had been one of those who knew the future was in the health industry. His solution was the development of breakfast food products. This was in the early 1900s, when the cereal industry was just beginning to take shape. Kellogg was one of the pioneers in the industry, along with Post, Quaker, and General Mills. His solution was the development of a new grain product, which he called "Flaked Cereal," which would be a substitute for the traditional breakfast of eggs and bacon. The solution was a success, and Kellogg's company, the Battle CreekMore Foods Corporation, became one of the largest cereal companies in the world.

Mr. Kellogg Developed First Flaked Cereal Which Sparked Food Boom in Battle Creek

For more than a quarter of a century, W. K. Kellogg's career was unhurried and uneventful. He had been a school teacher, a farmer, and a businessman. He was a man who had a problem and thought of it until he found a solution. He was never a one-shot proposition, and it was visible in the community of the city and the country, Battle Creek. He was a man who believed in health and nutrition, and he did his job.

Mr. Kellogg told his story in his book "The Story of Kellogg's," which was published in 1948. He wrote about how he had learned about the health benefits of cereal and how he decided to start a company to make it. He wrote about how he had to work hard to get his business going, and how he had to be patient to see it through. He wrote about how he had to be persistent and determined to succeed.

Mr. Kellogg's book was a success. It was a book that sold well and was read by many people. It was a book that helped to make his company successful. It was a book that helped to make the cereal industry what it is today. It was a book that helped to make the nation what it is today. It was a book that helped to make the world what it is today.

His 15 Rules for Living

The following is a list of rules for successful living, as compiled by W. K. Kellogg.

1. Be kind to your friends and neighbors.
2. Be honest in your dealings with everyone.
3. Be fair in all your business transactions.
4. Be patient and persistent in all your efforts.
5. Be constant in your habits and routines.
6. Be satisfied with your work and contented with your life.
7. Be cheerful and optimistic in your attitude.
8. Be ready to help others in need.
9. Be willing to sacrifice for a just cause.
10. Be modest and unassuming in your conduct.
11. Be humble and unselfish in your thoughts.
12. Be grateful for all your blessings.
13. Be thankful for all your opportunities.
14. Be thankful for all your blessings.
15. Be thankful for all your opportunities.

These rules are a simple way of living that can help you to be successful in life. They are a way of living that can help you to be happy and contented. They are a way of living that can help you to be successful in all you do.

WHERE FARES WERE BORN AND CURED — distant view of the location where the first Kellogg breakfast food product was created. The first Kellogg breakfast food product was created in the town of Battle Creek, Michigan. The town is known as the "Cereal Capital of the World." The first Kellogg breakfast food product was created in the town of Battle Creek, Michigan. The town is known as the "Cereal Capital of the World." The first Kellogg breakfast food product was created in the town of Battle Creek, Michigan. The town is known as the "Cereal Capital of the World." The first Kellogg breakfast food product was created in the town of Battle Creek, Michigan. The town is known as the "Cereal Capital of the World." The first Kellogg breakfast food product was created in the town of Battle Creek, Michigan. The town is known as the "Cereal Capital of the World."
COMMUNITY TO MOURN W. K. KELLOGG FOR WEEK

BATTLE CREEK'S PIONEER FOOD MANUFACTURER
TO LIE IN STATE 18 HOURS AT MAIN OFFICE HERE.

Man Who Launched Industrial Career at Age Of 45 Game Away $48,000,000 to Promote Human Betterment.

Battle Creek will observe a week of official mourning for Will Keith Kellogg, native son, world famous industrialist and benefactor of mankind, whose death occurred at his home here last Thursday.

Mr. Kellogg, founder of the Kellogg Co. and of the W. K. Kellogg Foundation and donor of a score or more of major gifts to his home community, was 91 years old. He died at 3 a.m. Monday at the home of his son, Dr. David Kellogg, where he had been a patient for three weeks.

Fine Wreath-Flowering Plants

The week-long period of mourning was proclaimed last night by Mayor Bailey. Flags on all city and school buildings will be flown at half-staff. The city and schools will join in placing wreaths on the major public contributions Mr. Kellogg has made to Battle Creek. The service will begin with the lowering of the national flag at regular Monday night meeting this week until after Mr. Kellogg's funeral.

Mr. Kellogg's body will lie in state in the main entrance lobby at the Kellogg Co. offices from 144 a.m. Monday afternoon until 1 a.m. Tuesday morning. This day-and-night schedule will permit Kellogg employees all shifts, as well as the general public, to pay their respects.

Private Services

Private funeral services will be held at 2 30 o'clock Tuesday afternoon at a service arranged by Mr. Kellogg's summer residence at Gulf View, by Rev. Albert D. Miller of the First Congregational church. The burial arrangement is in charge of arrangements.

Entertainment will be at 3 30 Tuesday morning at the Oak Hill cemetery following funeral services at the grave will be in charge of Battle Creek lodge, No. 111, F. & A. M. at 1309

All Plants to Close

All plants will be closed by Mr. Kellogg's request, and services will be observed for the week by the employees of the Kellogg Company.

An American Hero

Mr. Kellogg's name has become known throughout the United States and in Canada, Great Britain, Australia, South Africa and France for his contributions to the war effort. He is a man of vision and action, and his generosity to his country has been recognized by the nation and the world.

His achievements have been acknowledged by the United States government, which awarded him the Distinguished Service Medal in World War II. He has been honored by the nation with the highest civilian award, the Medal of Freedom.

Will Keith Kellogg, 1854-1951

The man who founded the Kellogg Company, was a man of vision and action. He was a man of great wealth and generosity, but he was also a man of great compassion and concern for the welfare of others.

He was born in Battle Creek, Michigan, on September 7, 1854, the son of Dr. John Harvey Kellogg and Ella Farnsworth Kellogg. He was the third of six children.

Mr. Kellogg graduated from the University of Michigan in 1878 with a degree in pharmacy. He then went to work for his father at the Battle Creek Sanitarium, where he learned about the health benefits of a nutritious, vegetarian diet.

In 1887, Mr. Kellogg opened his own company, the Kellogg Company, which produced the first commercially successful breakfast cereal, Kellogg's Corn Flakes. The company grew rapidly, and Mr. Kellogg was able to use his profits to support his many philanthropic projects.

Mr. Kellogg was a strong believer in the benefits of a healthy lifestyle, and he used his wealth to support a variety of causes. He was a supporter of the arts, and he was a patron of many journalists and writers.

Mr. Kellogg was a man of great courage and determination. He faced many challenges during his lifetime, but he never gave up. He lived a life of service to others, and he will be remembered for his many contributions to the world.

WILLIAM E. KELLOGG, 1854-1951

This is the obituary notice for Mr. Kellogg as published in the Battle Creek Enquirer on October 7, 1951. It is a tribute to his life and achievements, and it is a fitting way to remember this great man.
Dr. Kellogg Plans To Return July 23

Dr. John Harvey Kellogg plans to return to Battle Creek July 23 from his health resort, Miami-Battle Creek, in Miami Springs, Fla., and will remain at his home until early in the fall, friends have been advised.

It has been his custom for several years to spend each summer in Battle Creek, although he usually arrives here about June 1. Dr. Kellogg, who is president of the Sanitarium board of trustees, devotes most of his attention to the management of his Florida resort.

Last May, he informed the Enquirer and News by telegram that he planned to reopen Battle Creek college, teaching subjects closely related to health with a view to furthering the spread of his race betterment ideals. The date for the reopening has not been announced.

At 88, Dr. Kellogg is in excellent health, his friends say. He will be accompanied here from Florida by his secretary, A. F. Bloese.

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Statement Is Expected Soon from Dr. Kellogg

Associates of Dr. John Harvey Kellogg said today he would make a statement soon which would be "of great interest to the city of Battle Creek." No indication was given as to what the statement would be.

Since returning to Battle Creek July 17 from his winter health resort, Miami-Battle Creek, in Miami Springs, Fla., Dr. Kellogg has held many conferences with persons interested in race betterment, health and related subjects.

At 88, Dr. Kellogg is in good health. He plans to return to his Florida resort in about three months.
The Lengthened Shadow

An appraisal of the life of Dr. John Harvey Kellogg will not be made, even though it is attempted, in the comment called by his death, for to make it would require a summarization of what has been said and written by authoritative observers during three-quarters of a century wherein the notable things which one man could and did do were stimulating an appraisal. Men and women high in world affairs of business and science and men and women humbly acknowledging gratitude, have had a part in making that appraisal.

It is not necessarily true, and in this case it is hoped that it is not actually true, that a prophet lacks in his own home surroundings the honor which he receives elsewhere, though it of course is true that a degree of casualness works into the home relationship. There were few places where the Battle Creek traveler could go—and this included the wide world up to the time when much of the wide world ceased to be normal—without being told with interest and with enthusiasm, of Doctor Kellogg and his work, much of the testimony being given by those acknowledging personal benefits received.

Here at home, if familiarity had bred neglect of understanding or appreciation, we have been getting enlightening reminders through our question-answering service to the newcomers who have wanted information about our community history and rediscovery, as we have told the story, of how many of the lines of our institutional and civic development trace back to the Sanitarium and Doctor Kellogg's work and invention there as the point of their beginning.

The records of medical and surgical science and of health methods are marked by the work of this extraordinary man, of whom, however, nothing is more remarkable than that the courage and determination through which his genius was expressed three-quarters of a century ago were as active and as positive to the time of his death, with his 82nd birthday but two months distant, as when he came, a young man from college, to begin building of an influence which went around the world and which in its process built a city around the point of operation. If other things were forgotten of him, which they will not be, it would still be remembered—and its application also could be a guide to better health—how at past 90 he looked difficulty in the face and looked discouragement in the face and refused to recognize either of them, but went ahead.

In the measurement of influences, something is said about institutions being the lengthened shadow of a man. Sometimes the shadow goes farther than that, extending not only through communities but outward also, through civilization.

The shadow of Dr. John Harvey Kellogg extended far. Much that we are and have in our community, and much that the world has, or might have when it turns to its better opportunities, is an extension of a personality which in days and years of actual accomplishment, measured a longer life than is commonly lived between cradle and grave.
STATE OF MICHIGAN—The Probate Court for the County of Calhoun. At a session of said Court, held at the Probate office, in the City of Marshall in said County, on the twenty-second day of January, A.D. 1951, Present, Honorable Edmund R. Blase, Judge of Probate, in the Matter of the Estate of John Harvey Kellogg, deceased. James T. Case, Richard M. Kellogg and Gertrude Eubanks, as trustees under the will of said John Harvey Kellogg, deceased, James T. Case, Richard M. Kellogg and Gertrude Eubanks, as trustees under the will of said John Harvey Kellogg, deceased, and as co-trustees of said estate, and their petition praying for the allowance thereof, and praying instructions concerning performance bonds. It is Ordered, That the fifteenth day of February A.D. 1951, at 10:00 o'clock in the forenoon, at said Probate Office, be and is hereby appointed for examining and allowing said account, and making orders deemed appropriate concerning said account, and the estate, and that notice thereof be given by publication of a copy of this order, for three successive weeks previous to said day of hearing, in the Battle Creek Enquirer and News, a newspaper printed and circulated in said County, and that notice be given at least fourteen days prior to the hearing to all known parties in interest by registered mail, return receipt demanded.

EDMUND R. BLASE, Judge of Probate.

STATE OF MICHIGAN. The Probate Court for the County of Calhoun. In the Matter of the Estate of John Harvey Kellogg, deceased.

A session of said Court, held on July seventh, A.D. 1950, Present, Honorable Edmund R. Blase, Judge of Probate.

Notice is hereby given, That the petition of Michigan National Bank and Richard M. Kellogg, praying that their second annual account as trustees under the will of said deceased be allowed, that the Court approve the continued retention of Battle Creek Food Company stock as an asset of the trust estate and for the approval and allowance of fees for services rendered said estate, will be heard at the Probate Court on August first, A.D. 1950, at 9:00 A.M.

It is Ordered, That notice thereof be given by publication of a copy hereof for three weeks consecutively previous to said day of hearing, in the Battle Creek Record and Lakeview News, and that the petitioner cause a copy of this notice to be served upon each known party in interest at his last known address by registered mail, return receipt demanded, at least fourteen (14) days prior to such hearing, or by personal service at least five (5) days prior to such hearing.

EDMUND R. BLASE, Judge of Probate.

McCallister and Harbert, Thysa
Security Bank Building,
Battle Creek, Michigan.

7/28/55
Recollections responding to the farewells to Dr. John Harvey Kellogg will not be closed without some further additions from the memory of his remarkable personality.

Down at Miami Springs where the doctor had developed his attractive winter sanitarium, the Observer party, Miami-bound, stopped one day for luncheon and to leave a word of greeting for the doctor. It was late meal time and inquiry developed that the doctor was up on the sun porch taking a sun bath. The visitors applauded that he was not to be disturbed but to be told later of their call and greeting, and they themselves proceeded to the dining room with little to be on their way immediately at eating. Presently in came the bearded, white-clad figure on the doctor who, seating himself with the visitors and extending hospitable greetings, immediately offered the opinion that things were in a pretty bad way, weren't they? The Sanitarium problems and the general effects of the depression were then developing and the Observer, supposing this was what was referred to, agreed that things were at least some under par. The doctor enlarged upon the theme to the extent of suggesting that the outlook went on until the meal was concluded and the doctor had, in his forlorn way, negatized the plan for immediate departure and instead ushered his visitors into his office for a continuation of the visit. There it developed that what was in a bad way was the decline in the birth rate of the white race as shown by the recent statistics from England and the upsurge of the birth rate of the masses of the red race in India and elsewhere. There had been a run-of-the-mill item about this in the news reports somewhere, and this and nothing about economic problems around home was what impressed the doctor that things were discouraging. The doctor as all his acquaintances knew, never pulled his punches or used appeasements on tobacco, or, for that matter, meat or coffee. He gave the Observer the tobacco works at every available opportunity. On one of these occasions it was suggested that he use his ammunition on bigger game rather than waste high explosive on one who had become a very mild smoker. "My friends," said the doctor in reply to this one, "a man is under water it isn't easy for him to come up within an inch of the top." Many of the visits with him were enlivened by descriptions and demonstrations of his new products, of whose production there never seemed an end. An over-night stop at Miami Springs happened at a time when vegetable hot-dogs, looking for all the world like the famous originals, but strictly orthodox from filler to wrapper in accordance with the non-meat creed, had recently been added to the list of dietary specialties, and in helping of these was brought to the table by the doctor himself and introduced with a high touch of humor, to be immediately followed by a serving of powdered spinach, eaten as grass and powder as gum, which which, the doctor explained, could be taken by the spoonful directly from the package. It was finally over some protest, proved the trick could be done but not even in a rapid-fire lecture about the vitamin content satisfied the visitor as a reason for doing it. A year ago, when the discussions over the re-location of the Sanitarium were on and was in the thick of the problems, he interrupted a conference with a visitor whom he had invited in for a presentation of Sanitarium plans to take up the subject of colds; how they came and what the typical reactions they operated. It was a cold that turned to pneumonia which brought his death. There was a curious coincidence between the old news and the new, concerning him. A 50-years-old item in the paper on the evening of December 14 told of his having died on his burial place at Oak Hill a monument bought from a Marshall establishment. The night that reprint of the old news story appeared, he died.

During one of his Florida sojourns the doctor is occupying one of John Ringling's houses, set in a forest of tropical vegetation on an island near Sarasota. The hometown caller was ushered onto an upstairs sun porch where the forenoon sun poured in with tremendous candle power and at what must have been 100-degree temperature. The doctor, peeled to trunks and colored the complexion of those cigars against which his unflagging opposition was voiced, was dictating to two stenographers, normally clothed, who seemed to be getting the worst of the weather arrangements. The visitor, invited to sit and visit, demurred that he couldn't afford to risk catching the work bug which seemed to pervade the room—and so having a perfectly good vacation spoiled. "I'd like a vacation," said the doctor somewhat plaintively, "but I haven't time; there's so much to be done; besides, rest isn't simply being idle, it's doing something different."
Nurses Stand by
Dr. Kellogg Bier

Honor Guard Before Funeral;
Hoover Sends Tribute.

Nurses who had worked with Dr. John Harvey Kellogg through the years made up an honor guard at his bier today as hundreds visited the Sanitarium auditorium where his body lay in state from 10 a.m. to 1 p.m.

Funeral services for Battle Creek's distinguished medical leader were to be held at 2:30 o'clock this afternoon. Burial was to be made in Oak Hill cemetery, where Mrs. Kellogg is buried.

Tribute to the doctor's skill and leadership came today from another old friend—former President Herbert Hoover. Said Mr. Hoover in a telegram from New York City:

"Dr. Kellogg lived a long and exceedingly useful life. Many thousands owe their health and happiness to him. He was a good American and his loss will mourn his passing."

A proclamation issued by Mayor Bernard E. Cade called upon citizens of Battle Creek to join in a day of mourning today. Flags were flown at half-staff today at Monument square, at the Sanitarium, on downtown office buildings and elsewhere in the city.

Service Is Broadcast

The funeral was to be broadcast over Station WJW, going on the air at 2:30 and continuing until the close of the service.

Neither Dr. Kellogg's brother nor sister were able to attend the services. W. K. Kellogg is at his winter home in California and his sister, Mrs. Clara Kellogg Butler, is a patient in the Sanitarium recovering from injuries suffered in a traffic accident.

Members of his family and old friends were arriving today for the services. Dr. and Mrs. James T. Case have been here since early Friday. Mrs. Case was an adopted daughter of Dr. Kellogg. Mrs. Roy P. McPherson, the first of the children to be adopted, has arrived from Wyoming.

John L. Kellogg, son of W. K. Kellogg and nephew of Dr. Kellogg, arrived today from Chicago. Other arrivals include Lucy A. Kellogg of Kalamazoo, a niece; Mrs. Bessee Kellogg of Detroit, widow of Paul Kellogg, an adopted son; and Dr. K. A. Sutherland, head of the Madison (Tenn.) Sanitarium, former president of the old Battle Creek college and early day associate of Dr. Kellogg.

Buried in Gray Clothing

At the Sanitarium auditorium, where old friends and associates viewed Dr. Kellogg's body, flowers were banked across the entire width of the large room. The bronze coffin was placed just below the auditorium rostrum. Dr. Kellogg was dressed in a suit of gray, rather than the whites in which he had become so well known.

Well known local men including physicians, business men and others who have known Dr. Kellogg for many years comprised the honorary bearers. The active bearers are all men who have been directly associated with the doctor.

Floyd A. Wallace was named as head usher and those serving under his direction were Floyd White, Robert Sergeant, Fred Robbins, Wendell Doby, Edward Keitje, Theodore Bystrum, Dr. Claude French, Harry Nosman, Chris Tucker, Lee Wood, Lloyd Weller, Theodore Small and Floyd Brainerd.

The group which perhaps feels Dr. Kellogg's loss as keenly as any other is the Battle Creek Three-Quarter Century club. The Rev. A. L. Ellsworth, president of the club, said today that Dr. Kellogg had been of inestimable help and inspiration to the club, and on behalf of the fellow members, expressed keen appreciation of the interest and effort that had been given by Dr. Kellogg.

In addition to providing a meeting place for the club, Dr. Kellogg had taken a personal interest in the health of the members, providing facilities for checking blood pressure and otherwise maintaining their health.

The Sanitarium was to be closed with skeleton crews this afternoon to permit as many employees as possible to attend the services. Special seats were to be reserved for the Three-Quarter Century club and the nursing staff.
For 'Grass Eater,' Dr. Kellogg Reckoned He Did Pretty Well

BY CHARLES MARENTETTE

(Associated Press Staff Writer)

Dr. John Harvey Kellogg tugged at his scanty white shorts, expanded his bare chest, and vowed he'd done pretty well for a "grass eater."

He chuckled when he said it.

"They called me a 'Grass eater' back when I first got started teaching people about 'biologic living,'" he explained. "All of us, even those who believed as I did were laughed at, but I guess we were ahead of our time." He was 91 years of age, as he trotted back and forth across a backyard grind for the benefit of new photographers this past summer. That's the death that overtook him a year ago.

"I've lived in the white shorts and running shoes, the silver-haired, goateed doctor broke out in a light sweat from his running, said it was a sign of good health, and wanted to know if the boys had their shots.

"Do it again?" he asked. "Why I can run like this just as long as you have any film."

And he did.

"That's something I do every day in the year," he said. "It's the best exercise in the world. People don't exercise enough."

He raised up a muscled forearm. "I'm like that all over," he declared proudly, his goatee protruding firmly. "Feel that chest." It, too, was as firm as rock.

"You've got to live right," he went on.

"You boys smoke?" Getting an affirmative nod, the doctor took a step forward and announced, "It's bad for you."

"Pulling on a white dressing gown, the doctor assumed a John L. Sullivan stance and told the boys why they were on the wrong track.

"You can't smoke and drink alcohol and expect to live a long life," he said. "I've been teaching that for years, and I know. Had a cat once and gave it just the smallest drop of nicotine and it died. What happened? It died. Works the same on a man, eventually.

"I believe that man was intended to eat the plants and fruits and not the animals. Meat is bad for a human being. It clogs your colon, and eventually you'll be sick. There are enough wonderful plants and fruits and nuts and vegetables to keep everyone well and healthy. Look at me. I haven't touched meat more than 73 years. I don't smoke and I don't drink. Never have. I don't take patients at my Sanitarium unless they agree to abstain from eating flesh foods and from smoking and drinking, at least long as they want me to help them."

The sun's shadows had moved quite a distance now and still he stood there, expounding his theories of biologic living. The newsmen, smokers all, were beginning to wilt.

"Need any more shots of me running?" he asked. No, the boys said; they'd done pretty well.
Here is Dr. John Harvey Kellogg at a banquet table in Miami Battle Creek, where he was honored last week on his 85th birthday. The toasts were drunk with milk and fruit juices to the famous health authority.

The Miami Daily News, February 28, 1937
Health Disciple Builds Career On Mission As Youngster

John Harvey Kellogg, father of health... A voice started him on his career... Haste best leaves and gets a grip on Florida machine... He has performed over 22,000 major operations.

CAMERA CLICKS

By Stuart E. Busch, Daily News Staff Photographer

On a visit to the Dade County Courthouse, the photographer was able to capture some interesting moments... A dog on a leash, a cop, a公式... The scene is one of daily life in the courthouse.

ABOUT DOGS

By George R. Baker

Old Dominion Kennel Club

Scene In One Of Dade County's Parks

On a pleasant day in one of Dade County's parks, a group of people were enjoying a picnic. The sun was shining, and the air was fresh. It was a perfect day for a walk in the park.

Weekly Stamp Review

By Jerry T. Williams, Daily News Staff Writer

This week, the focus is on the United States stamps. The issue features a variety of designs and colors, including some rare and collectible items.

 warmly welcome... This is the warmest day of the year. The temperature reached 85 degrees, and the skies were clear.

War Casualties Today Have Better Chance Of Recovery

LONDON, April 6—Soldiers and civilians wounded in the great war have a fair chance to recover than ever before. The number of deaths has been reduced to a minimum, according to the official report of the British Medical Association.

CUTOUT

Miami Daily News County Poultry Contest

Name: 

Address: 

Post: 

Classification: 

These stamps must accompany each poultry entered.

Champion Home Baker

Barrett Al Powell Show

CLEVELAND, Ohio—April 7—In an attempt to make the best bread, a group of bakers in Cleveland have entered the Barrett Al Powell Show. The bakers are competing for the best bread in the city.

STAMPS

Visit Florida's Most Historic Park

Fredrick A. Newman

On America's Birthday, the Florida State Park System will be open for visitors. The parks are a great way to enjoy the outdoors and learn about the state's history.

Visits to the parks are free, and visitors can enjoy hiking, cycling, fishing, and more. The parks are open from dawn to dusk, and there is no limit to the number of visits. Visitors are encouraged to bring their own water and food, and to be respectful of the wildlife and the environment.
Puerto Rico Looking To Gov. Leahy
To Lift Island Out Of Depression

SAN JUAN, Puerto Rico: Governor James P. Leahy of the island and a navy task to convert the island of Puerto Rico into the "Gibraltar" of the Caribbean, 500,000 members of the armed forces would be brought to the island and the island would be "turned into a rich and valuable military center."

Representative Tinkham Earns Title Of "Flying Congressman"

WASHINGTON, April 7 (AP) - Representative Thomas Tinkham of New York by flying between the east and west coasts of the United States on his private plane, was named the first "flying congressman.""...

English Music Takes New Rule Of Nazi Regime

BIRTHDAY OF BACH CELEBRATED

AUSTIN, Texas: The birthday of Johann Sebastian Bach was marked today by the presentation of a new rule of Nazi music to the city. The new rule, which is based on the German national anthem, was presented by the Nazi Minister of Music, Dr. Albert Speer, to the city of Austin.

Drafting Of Master City Plan Held Miami's Most Far-Reaching Project

Miami, Florida: The drafting of a master city plan was held here today as the most far-reaching project in the city's history. The plan, which was drawn up by a team of architects and urban planners, will guide the city's development for the next 20 years.

Kai-Shek Orders Soldiers To Write Home Monthly

CHIANG KAI-SHEK: Chiang Kai-shek has ordered all soldiers to write home monthly. This order is aimed at improving morale and communication between the soldiers and their families in the face of the current military operations.

Key of D, Two Sharps, every F and C made Sharp.

G A B C D E F

Puerto Rico Looking To Gov. Leahy
To Lift Island Out Of Depression

San Juan, Puerto Rico: Governor James P. Leahy of the island and a navy task to convert the island of Puerto Rico into the "Gibraltar" of the Caribbean, 500,000 members of the armed forces would be brought to the island and the island would be "turned into a rich and valuable military center."
Many Felicitate
Dr. Kellogg On 87th Birthday

Scores of personal friends Saturday joined with several organizations in sending congratulatory messages to Dr. John Harvey Kellogg on the occasion of his 87th birthday anniversary. Insofar as Dr. Kellogg himself is concerned, he dislikes birthday anniversaries, for they make him feel a year older. For many years there has been no departure from his usual routine to mark the occasion and today will be no exception.

Dr. Kellogg plans to spend his eighty-seventh birthday anniversary continuing his literary work and carrying out his work as medical director of his southern health resort, Miami-Battle Creek, at Miami Springs, Fla. He will also probably be occupied with final details for the reorganization of the Battle Creek Sanitarium & Benevolent association, which he founded and now serves as chairman of the board of trustees.

The congratulatory messages included those sent by the entire Sanitarium family, employees of the Battle Creek Food company, associates at John Harvey Kellogg head and members of the Three Quarters Century club, of which Dr. Kellogg is founder and national president.

His eighty-seventh anniversary finds Dr. Kellogg again enjoying unusually fine health. Recent visitors to his southern health resort report that Dr. Kellogg has completely recovered from the illness which he suffered early in the winter. 2-26-39

Two Birthdays Are Marked By Oldsters’ Club

George Washington and Dr. John Harvey Kellogg divided honors at a birthday anniversary program of the Three-Quarters Century club, held in conjunction with its regular weekly meetings Saturday afternoon, at John Harvey Kellogg hall.

Club members presented patriotic readings and recitations honoring George Washington’s birthday and personal tributes to Dr. Kellogg, whose eighty-seventh birthday anniversary is today, were given by Dr. Patrick J. Maveety, club president, and W. W. Brigden.

Dr. Maveety’s tribute explained how much Dr. Kellogg has meant to the progress of Battle Creek and how proud his fellow citizens are of what the doctor has accomplished for the good of humanity.

The modern type of music was contrasted with the old-fashioned for the entertainment portion of the program. Swing music was played by Laverne Beam’s “Gentlemen of Swing,” a six-piece orchestra. James Smart entertained with old-time violin selections and G. W. Mitchell played the bones, both being accompanied on the piano by Mrs. Abbie Shroyer.

The discussion period was given over to social security and the Townsend plan. 2-26-39
Many Help Him To Celebrate

San. "Family" Reminds Dr. J. H. Kellogg of His 70th Birthday Anniversary

Mond. Feb. 27, 1923

As an interesting event in the city, a banquet was held for Dr. Kellogg at the Sanitarium in which "the little doctor" was honored. The event was held at 3 o'clock, and was attended by many of the medical and educational personnel of the Sanitarium.

Dr. Kellogg had been a teacher for many years before becoming the superintendent of the Sanitarium. He had established many schools and hospitals for the care of the sick and the poor, and had been a leader in the fight against disease.

He was a strong believer in the use of natural remedies, and had written many books on the subject. He had also been a leader in the fight for better working conditions for nurses and other medical personnel.

His work had been recognized by many organizations, and he had received many awards and honors for his work. He was a respected figure, and his death was mourned by many.

The banquet was a fitting tribute to Dr. Kellogg's contributions to the field of medicine and education.

End of Text
At the annual meeting of the Michigan Sanitarium and Benevolent Association, the corporation controlling the Battle Creek Sanitarium, held at Battle Creek last week, no action was taken affecting the membership of the corporation, but a committee of fifteen was appointed whose duty shall be "to inquire into and consider in general the past and present status of this association," and "to make a thorough examination of the roll of membership for the purpose of ascertaining whether there are members whose attitude or relation to the association and its work are such as to render their position so questionable or ambiguous that their names should be suspended from the roll of membership pending an inquiry for the purpose of determining their actual status." This committee will report at an adjourned meeting to be held Dec. 18, 1906.
so-called “passive resisters” were legally right in their refusal to pay taxes to be used in the support of religious teaching in the public schools.

By turning them into ashes God made the cities of Sodom and Gomorrah “an example of these that should live ungodly.” In these last days the wickedness of the great cities is becoming like that of the ancient “cities of the plain,” and like them they are preparing for utter overthrow. This is emphasized in the following paragraph from a religious paper:

The recent White murder in New York, and the talk and investigation that have followed it, have revealed a condition of moral perversity and vileness in so-called high life, the sight of which has made the world stand aghast. But evidently the state of affairs made bare by this incident is not peculiar to New York City, or even to the New World. A Jesuit preacher of London, England, has been preaching a series of sermons on the sins of the smart set, and one of the leading papers of the great metropolis has been quoted to admit that the terrible indictment of the vices of high society is based on well-known facts.

There is abundant reason for the message, "Out of the cities."

Very frequently we read of a pilgrimage to Rome made by some party of American Catholics conducted by some Catholic bishop. On July 31 such a company of pilgrims was conducted to the Vatican by the Right Rev. Henry Gabriels, bishop of Ogdensburg, N. Y. At the advanced age of 74, the pope, Bishop Gabriels read an address in which he said Catholicism was making rapid strides in the United States, due to the complete freedom which the church enjoyed, and the good will of the American civil authorities. Bishop Gabriels quoted President Roosevelt as saying to him, on learning that the bishop was to conduct a pilgrimage to Rome:

Tell the pope that I send him my profound regards. I have tried to treat Protestants and Catholics alike, as my last testament showed. I will try to perpetuate this policy. This republic will stand for many a century. I expect that there will be Catholic presidents as well as Protestant. I trust that they all will treat each other as I have tried to do.

Whether or not there shall be Catholic presidents, there is no doubt that Rome will seek to use the presidents that are elected, as well as all other government officials, to the greatest possible extent in furthering her ends. In view of the bishop’s declaration that the church now has the good will of the American civil officials, one is led to question the necessity for the great and growing Federation of Catholic Societies, whose avowed purpose is to see that the Catholic Church shall secure and maintain its rights in this country. If the Catholic Church does not have its rights at the present time, what mean the bishop’s words regarding the complete freedom which the church enjoys here? Is it greater rights than the other churches enjoy which she wishes? Or is she denied her “rights” in not being allowed to deny others their rights? We are inclined to believe that this is the condition which is most obnoxious to the Church of Rome. We know that where she has full power, she exercises that “right” to the very limit, and refuses to grant to others in such countries what she demands for herself in this.

In a recent address Justice Brewer of the United States Supreme Court dwelt upon the present tendency to centralize the power of the government in the hands of a few in Washington. Commenting upon this address, the Washington Post said:

Let us be frank about it: the day the people of the North responded to Abraham Lincoln’s call for troops to coerce sovereign States, the republic died, and the nation was born. Now the nation is dead, and the empire is born. Justice Brewer is very eloquent, but the warning comes too late; the regret is vain.

There is plenty of food for serious thought in this brief paragraph. It is plain, even to those who do not view current history in the light of prophecy, that a new order of things has set in. An apostate church will soon unite with a state which has repudiated its original principles of government of the people, by the people, and for the people, and persecution for conscience’ sake will be rendered a crime. That influence would recognize a serious situation when they see it, and would give to the people that counsel which would prove a savor of life unto life.

In England for many years a persistent agitation has been carried on against the forcing of the opium traffic upon China, in fact, ever since England went to war with China to compel her to permit the opium trade to go on. England has derived a revenue of fifteen million dollars from this business. Mr. John Morley has officially announced in Parliament that should China still desire to prohibit the importation of that demoralizing drug, England will not oppose her. China accepted war once to keep opium out of her domain, and was unable; but so many millions of her population have now become slaves to the drug, it is a question whether China will be able, or will even think it wise to attempt to put a stop to the business. It is held that one third of China’s inhabitants are suffering from the effects of the use of opium. If China should now be able, in spite of the terrible hold which opium has obtained upon her people, to bring the traffic to an end, she would put to shame all the governments of Christendom, whose people are being slain by the liquor traffic under government license.
Razing of Old Castle in Washington Recalls Visits Here of Former Grand Dame of Society

Followed Diet Of Dr. Kellogg; Made Bequests

Henderson Castle, the scene of many of Washington's social triumphs and once the home of the late Mary Henderson, is being torn down. Mrs. Henderson became well known in Battle Creek in the era of two decades or more ago through her frequent visits to the Sanitarium.

History of the picturesque 38-room structure goes back to the 1880's when it was built by John R. Henderson, then a senator from Missouri.

Mrs. Henderson became an enthusiastic devotee of the low-salt diet and holistic living after hearing a lecture in Washington by the late Dr. John Harvey Kellogg. It was related at the time that she forswore dropped all meats from the diet in her household and stored a cellar full of wine and liquors.

Made Gifts Here

After this experience, Mrs. Henderson visited the Sanitarium many times and she made numerous gifts to the Sanitarium, to Battle Creek College and the Race Betterment Foundation.

Among these gifts were a number of paintings by Lucian Fossil, who Mrs. Henderson most emphatically expressed the idea of the Sanitarium in Washington. There are 11 of Powell's paintings in all at the Sanitarium and with the years those have become of great value.

Only a short time before her death, Mrs. Henderson was made the target of a petition filed in the District of Columbia supreme court which asked that she be restrained from disposing of more of her property. The petition said that Mrs. Henderson had bestowed gifts running into the hundreds of thousands of dollars. She was then 69 years old and was alleged by a granddaughter, Mrs. Beatrice Wholeman of Washington to be incompetent to further administer the estates of her husband and a son.

-Adoption Papers Burned

Mrs. Henderson replied that Mrs. Wholeman was not the daughter of her son and an effort of Mrs. Wholeman's counsel to enforce adoption papers from an orphan asylum brought discovery of the fact that all of the records had been destroyed in a fire.

It was during this litigation that the terms of Mrs. Henderson's will—a will which was drawn while she was at the Sanitarium—were disclosed. Among the bequests was a gift of $2,000,000 to the Race Betterment Foundation.

Mrs. Henderson had previously given a farm in Missouri to the local foundation. The bequest, however, did not even approach the original $2,000,000. The property was left jointly to a number of heirs, and a compromise was reached whereby the property was sold and the money divided. The Race Betterment Foundation ultimately received about $150,000.

-Kept Social Rank

The castle in 1911 was valued at a million dollars and Mrs. Henderson, although 69, still reigned as one of the social leaders of the nation's capital.

Mrs. Henderson had a Japanese secretary at the time of the court litigation in 1911. He was Jesse Shima. He told the court that two years previous Mrs. Henderson had given $200,000 to a private sanitarium operated by Dr. Henry D. Fry.

"I did not," Mrs. Henderson replied.

"Yes, you did too," Shima said.

"I did," Mrs. Henderson asked, which ended this bit of conversation.

Mrs. Henderson also owned other valuable properties in Washington. She had a mansion in 15th street which she once offered to the government as a home for the vice president.

Offered Her Castle

Later she said, "If the government doesn't want the 15th street house, it can have the castle and the vice president can live there."

On another occasion she offered to erect a building next door to her mansion for the use of the Greek Embassy.

Before it was torn down last week, the door of the Henderson Castle opposite Meridian Hill park in 15th street were thrown open to the public on Sunday, January 18. Throughout the day, thousands of sightseers walked the bare halls, trampled the tangle of weeds that were once trim gardens and marveled at the stark edifice.

Bamboo from a jungle-like wood behind the castle was stripped and carried away by visitors. Tires were torn from the fireplace and hardware was stripped from the walls. Spring of ivy were torn from the maze that was choking itself from earth to roof.

The Race National Bank now holds title to the estate for an undisclosed party.

Grand Dame of Society

For many years after the castle was opened by the Hendersons, Mrs. Mary Henderson, the former Mary N. Poole, ruled as grande dame of Washington society. She filled the home with rare paintings, carvings and other treasures. From her mansion, she changed 15th street, keeping up business firms and apartment houses, enjoyed ambassadors building their embassies there and tried to make the street the most magnificent avenue in the world.

The castle itself was modeled from one she saw on the Rhine. Its swimming pool was said to have been the first in Washington.

In recent years the castle has been a rooming house and an after-hours club.

One of the last visitors to the castle was Jesse Shima, who had served as secretary to Mrs. Henderson. He said of what he saw:

"It is ghastly. The inside is lone-

ly. There are no lights, no warm-
ness in it. It is a deserted, old cas-

tle. I won't go back there."

"But why ask me? I am just a
dilapidated old tramp."

Shima was bequeathed $200,000 by Mrs. Henderson, is now a grocer at 136 New Hampshire avenue northeast, in Washington.
HENDERSON WILL FILED THIS WEEK

Effort Will Be Made to Settle Tangled Estate Left by Washington Dowager.

Bitter Fight Predicted

Battle Creek College, Once Willed Millions, May Contest Last Testament.

Legal steps toward settling the estate of the late Mrs. Mary P. Henderson, Washington dowager who once, in 1927, bequeathed the residue of her immense estaterestimated at between six and seven million dollars—to Battle Creek college, will begin this week.

George E. Edlin, Washington attorney who has been named as executor in the last of six wills executed by the aged widow of Senator Henderson of Missouri, said Saturday he will file a petition for probate of the will "sometime next week."

Legal Storm Brewing

The petition for probate of this will, cutting off Mrs. Beatrice Henderson Wholean, an adopted granddaughter, and naming Frances and Henry N. Arnold of New York, a niece and nephew, chief heirs, may provoke a legal storm almost immediately.

"I have not seen any of the other five wills," Edlin said, "but it is perfectly obvious that a last will is the only will in contemplation of the law. Of course, if this is set aside on some proper grounds, then it will be no will at all."

Court records disclosed today that Mrs. Wholean became entitled to the income from approximately $1,000,000, immediately upon the death of Mrs. Henderson. It was suggested in some quarters that in view of this and the complicated provisions of the many wills—one of which disinherited Mrs. Wholean as early as 1927—she might refer action to contest the last will.

Ready for Defense

At the same time, however, it was learned that Jesse W. Shima, Japanese private secretary to whom the dowager bequeathed $200,000, and to whom she sold a $60,000 legation house for $100, was preparing to defend his bequests from possible attack.

District of Columbia laws prevent an alien born outside of United States territory from holding real estate in the District. Therefore, the 26-year-old Shima might have been born in Hawaii of Japanese parents.

Washington dispatches, those supplied by The Associated Press and others, repeatedly have stated that Washington counsel representing Dr. John Harvey Kellogg, named with B. G. Kirland, secretary and manager of the Battle Creek Food Co., as executor of Mrs. Henderson's estate, in the will drawn in 1927, is preparing to contest the last will. Dr. Kellogg, however, denies that any action is being taken in behalf of Battle Creek college other than the compilation of data which may be made the basis for possible action on the part of the college.

Mrs. Henderson left six wills, all of which are conflicting, and bitter litigation over the division of the estate is predicted.

Evening News,
July 26, 1931.
The Real Fountain Of Youth

No better or stronger testimonial to Florida has come into print than the recent address of Dr. John Harvey Kellogg, at Babson Park.

“A glass of orange juice three times a day will do more for the average sick man than all the drugs he can swallow... If Florida could produce oranges enough to supply half a dozen a day to every inhabitant of the United States, the depression would disappear overnight... The juice of citrus fruits is provided by nature as a real elixir of life. A glass of orange juice a day for every person in the United States would result in a great lowering of the death rate, enormous increase of mental and physical efficiency, a smaller number of business failures, a great decrease in visitors to the divorce courts... Florida is the most potential life insurance agency in the United States—In its vitamin-rich orange juice is to be found the real Fountain of Youth which Ponce de Leon sought in vain.”

These are no new convictions of this far-famed health authority. Dr. Kellogg has frequently voiced similar opinions, although, this time, he has stated them in more positive terms than in the past.

Other authorities have agreed with Dr. Kellogg that citrus juice is a remedy for many diseases. Dr. Kellogg has added to those “ills that flesh is heir to” that Florida’s prolific juices will cure or relieve such widespread evils as old age, pessimism, business difficulties and domestic troubles. The benefit in these ailments comes, of course, indirectly, through the direct effect of citrus juice in promoting general health, increasing mental and physical efficiency.

Dr. Kellogg’s latest statement should be given national circulation, featured in all Florida advertising. A reprint of it should be enclosed in every letter sent out of the state.
Dear Dr. Kellogg,

I mailed a letter to your yesterday and forgot to enclose this clipping from the Tampa Tribune of March 6th.

Sincerely yours,

[Signature]
Bigness of Sanitarium Seen
Better in Prospect from Afar

Dr. Kellogg Tells Veteran Employees He Saw Nothing
to Compare with Institution in Trip Abroad—
Some Important Dates Recalled.

Employees of the Sanitarium who
had seen 25 years or more of serv-
vice with the institution, were en-
tranced by the Sanitarium Men's
Club at noon today, at the regu-
lar meeting of the club in the east
Hall banquet room. The guests
were as follows: Dr. John Harold
Kellogg, Mrs. Mary Staines
Carroll, Drs. C. H. Murphy, W.
H. Wilson, George E. Judd, Dr. Mary
Drayden Leach, Dr. Charles E.
Stewart, Joseph Speas, A. H. Steinle,
M. W. Wentworth, Miss Jennie F.
Carroll, Miss Lenna Frances
Cooper, Louis R. Redden, William
T. Breuer, Dr. James T. Case,
Ralph Burton, I. M. Bush. In addi-
tion to these guests about 20
Sanitarium department heads and
physicians were assembled at the
beautifully decorated tables. A
violin solo was rendered by Mrs.
Lawson, a Battle Creek college stu-
dent, who was accompanied on the
piano by her husband, L. A. Lawson
of the Sanitarium business offices.
Original toasts to each of the
"veterans" were presented by var-
ious members of the club—but noth-
ing stronger than minnie brew was

O. O. Wilson, chairman of the
program committee, presented prises
to the guests who answered histor-
ical questions about the Sanita-
tarium, one of which went to Dr.
Kreuzer for naming the date of de-
flection of the main building,
which was Tuesday afternoon, May
31, 1900. Altoo Steinle guessed the
data of the big fire after three
covers had fallen—Tuesday, February
28, 1902, at 4 a.m. Dr. Mary
Dryden Leach named the date of Dr. Kellogg's birth, February 26,
1852. Dr. Paul Voelker, speaker of the
day, made an inspiring ad-
dress on the spirit of service as

W. C. T. U. Told of Deteriorating
Effects of Tobacco Upon Women

Dr. J. H. Kellogg Recounts Results of Experiments and
Recalls Early Day of Local Organization Which
Was Founded 66 Years Ago—Due Tea Is Held.

MORE than 150 persons attend-
ing the annual supper of the
Women's Christian Temperance
Union held in the social rooms of
the first M. E. church last night.
The affair, which was substituted
for the annual tea which has been
the Union's custom to give,
was much broader and elaborate in
its scope, taking in the general
public as well as the members of
the organization. The guests
spread with spotless white covers
with runners of green and yellow crepe
and many hot pottery
Supper was served at 6:30. In tribute
to Dr. J. H. Kellogg, who was
one of the speakers on the program,
the menu was vegetarian. Dr. Kel-
logg thoughtfully contributed some
dates which he brought home from
one of the cases of Africa on his
recent trip and which the guests
were unusually ornamented and
very capable as toastmistress, in-
terpreting her introduction with
numerous witticisms and stories
which kept the company in a happy
frame of mind.

The Rev. Quinton S. Walker, who
had been invited to discuss the
theme "What Can the W. C. T. U.
Do for the Church?" merely sub-
stituted a clever story illustrating
his point that there might be a
place for the church in the fight
for prohibition. The W. C. T. U.
theme was "What Can the W. C. T. U.
Do for the Schools?"
He compared school conditions
of America with those which he had
found in his European travels and
said that he was glad that his son
did not have to come in contact
with the open saloon. Mayor Green
in discussing the topic "What the
W. C. T. U. Can Do for the City,"
reminded the members that they
had no reason to be discouraged
over conditions existing in Battle
Creek or the alteration of the pro-
hibition law. He said almost all
the infractions of the law could be trac-
ced to canned heat and denatured
alcohol and that a complete en-
facement of the law could not be
expected in a few minutes but
would take time to perfect its ob-
servation. The W. C. T. U. can
help the city, he said, by reporting
infractions of the law to the au-
thorities who will do the rest.

Dr. J. H. Kellogg's theme was
"What the W. C. T. U. can Do For
the World," and he pointed out that
it was their chief aim to educate
the young people to respect their
rights and realize the alarming ef-
efect of alcohol and tobacco on the
human system. Dr. Kellogg cited
various interesting cases which
have come under his personal ob-
servation at the Sanitarium. He
said that two years ago at Johns
Hopkins an investigation was start-
ed to determine the effect, which the
use of tobacco has on the human
system. Dr. Paulik of the Sanita-
tarium staff was sent to Johns Hop-
kins to represent the Sanitarium
which is now continuing the in-
vestigation through its experiments
with rats. The experiment with the
white rats he said, prove without
a doubt the deteriorating effect of
tobacco upon the human body and that if
after a few generations, where both
tobacco is smoked, propagation ceased
altogether. Where only one of the
tobacco was smoked, the experi-
ments showed the progeny to be
weak and undernourished.

This condition was more aggravated
where the mother was smoked. Dr.
Kellogg also told interesting per-
sonal reminiscences of Miss Fran-
ces Willard, who was a personal
friend of Mrs. Kellogg. He also re-
called the founding of the W. C.
T. U. here 66 years ago and of
some of its hardships.

The musical part of the program
was enjoyable and included com-
munity singing which interpreted
the service of supper, led by Mrs.
H. M. Dunlap with Mrs. Eudora
Howe at the piano; also a whistling
solo by Mrs. Edna Emley with Miss
Florey at the piano. Violin solos
were given by Miss Charlotte Web-
ber.

An invitation was extended by
the president, Mrs. Della Bowman
for the members to renew their
memberships and for others who
wished to join the organization.

Yesterday afternoon the W. C.
T. U. held its regular business
meeting in the Maria Arnold Me-
norial Home for Girls at 45 North
avenue, at which time the reports
were given.
SANITARIUM PHYSICIANS
AT CALIFORNIA MEETING

Doctors Mortensen and Eggleston
Attending 18th Annual Doctors' Convention.

The 18th annual convention of the American College of Physicians opened Monday in San Francisco with physicians present from the United States, Canada and Europe. Dr. S. Marx White of Minneapolis, president of the college, is presiding and the sessions will continue through Friday of this week.

Battle Creek is represented by Dr. M. A. Mortensen and Dr. E. L. Eggleston, of the Sanitarium medical staff, who left last Friday for San Francisco. Dr. Eggleston will conduct two clinics, the subject of one being "Gastro-Intestinal Problems" and the other "Intestinal Stasis." Dr. Mortensen will also conduct two clinics during the convention. Physicians formerly residing in Battle Creek who are at the convention are Dr. R. K. Harris, Dr. B. N. Colver, Dr. Clarence Olsen and Dr. A. E. Serns.
August 18 Set Aside As Day To Dedicate Four Newest Buildings.

The “little white house” in which C. W. Post developed his Postum formula has today become 40 acres of modern factory buildings housing the Post Products Division of General Foods. To celebrate the dedication of its four newest buildings the Battle Creek plant will hold an open house for the general public on Wednesday, August 18, at which a special guest speaker is to be Robert L. Ripley, the famous “Believe-It-or-Not Bob.”

From 9 a.m. to 9 p.m. specially conducted factory tours will take visitors into the new buildings as well as other food kitchens where Post Products are made. An exhibit of “believe-it-or-not” oddities collected by Bob Ripley will be on view in the new Huskies building. From 2 o’clock to 3 the afternoon an official program will be opened by Mayor R. J. Hamilton, and Clarence Francis, president of General Foods, who will introduce Robert L. Ripley, the main speaker. An hour’s concert by Post Products band is scheduled from 3 p.m. to 4 p.m. and again in the evening from 8 p.m. to 9 p.m. Evening guests will be greeted at 7 o’clock by Mr. Francis, who will again present Mr. Ripley for another unusual talk, which will provide entertainment until 8 o’clock.

New Structures.

The quartet of new structures which the open house ceremonies are to dedicate include a factory for the manufacture of Huskies, General Foods’ new cereal; a maintenance building where all service departments are concentrated; a new power house; and the new employee’s cafeteria which is an addition to the employee’s clubhouse. Guides for a general tour of the factory will be available at the club house. Besides visiting the new units, the tours will encompass the departments manufacturing Postum, Grape-nuts, Post Toasties, Grape-Nuts Flakes, Post’s Bran Flakes, and Whole Bran Shredds.

Forty-two years ago one of Michigan’s industrial pioneers was bringing to a conclusion a series of laborious experiments which were not only to change the eating habits of millions, but also to help greatly in placing Battle Creek in the front rank among the food manufacturing centers of the world.

Developed Formula.

At the beginning of 1895 Charles William Post had almost developed a formula on which he had been working for a delicious cereal beverage. He had been occupied many months with wheat, bran, and molasses, and the result of his long efforts was Postum Cereal which was first marketed in February, 1895.

The building in which these historical experiments took place was the “little white house,” long since a famous landmark. The Postum Cereal company got its start on a capital of only $70. Although the operating expenses amounted to $500 in excess of gross receipts during the company’s first year it went on and suddenly the tide turned. The company began to make money.

A Grand Rapids grocer, E. J. Herrick, bought the first case of Postum on consignment. He was not eager and was unconvinced that it could be sold by advertising. But when the advertising copy began to send purchasers into his store Herrick was won over. Later he left the grocery business and joined the Postum organization.

Total Sales Small.

By April 1896, the total sales of the fledgling company amounted to $856.41. There was by this time a new building housing a bookkeeper, an assistant, two stenographers, 13 men, and eight women in the factory, a salesman, and a demonstrator. The first advertising bill in September, 1895, was $1,700, and was paid for by notes. By May, 1896, the capital stock of the company was $16,000. A box company was started in Battle Creek as well as a factory in Canada, and a sales company in England.

Grape-nuts was added to the line in 1898. By 1902 there were three factories comprising the Postum Cereal company and annual sales had topped $1,000,000. Corn flakes were introduced in 1904 under the name of “Elijah’s Manna,” but this Biblical title was changed in 1908 to Post Toasties. Instant Postum was added to the output of the company in 1911.

Attract Visitors.

Carton sides reading “never touched by human hands” attracted public interest and visitors began coming to Battle Creek in increasing numbers to view these mechanical marvels. Out of these impromptu visits grew the custom of conducted tours through the plant, which are to be a feature of Wednesday’s open house celebration.

Not only does the Post plant stand as a memorial to its founder, but other landmarks bearing his name are the Post Tavern, the Post theater, and Postumville. A bronze statue in Post park honors his memory.
Miss Murl Springstead, artist representative of the National Broadcasting Company, was a week-end visitor here recently. Miss Springstead spent a year at the Sanitarium a few years ago, and made a host of friends during her long stay.

Mr. Ward G. Foster, of New York City, known throughout the country as "Ask Mr. Foster," has been spending a few days with us as he does frequently during his frequent cross-country trips, when he visits his many well-known information and travel bureaus. Mr. Foster is a strict vegetarian. If it were not for the superb health which he enjoys, he certainly would not be able to do the enormous amount of traveling and vast amount of work which he accomplishes.

Mrs. Fred Crapo and her three lovely little daughters, Betty, Ann and Janet, of Muncie, Ind., spent a few days with us recently, having their annual physical check-up before the beginning of busy school days.

Mr. and Mrs. John McColl and their lovely young daughter, Mary, of Toronto, Canada, are spending a short vacation here. Mr. McColl figures prominently in the oil business of Canada.

Dr. J. H. Kellogg was host at a dinner Wednesday evening at his home, which complimented the Sanitarium guests from New Orleans, La., who have been coming to the institution each year.

There were covers for Dr. and Mrs. Jean Piccard, Minneapolis, Mr. and Mrs. Edgar du Mont, Mr. and Mrs. R. E. Tipton, Pref. and Mrs. Robert Chaplin, Mr. and Mrs. John David O'Keeffe, Mr. and Mrs. Charles Harrington, Julian Prioleau, Mrs. Louise Mereno, Dr. Edith Butler Huffey, Mrs. Clara Kellogg Butler, the Misses Gertrude and Angie Estill, and Miss Leta Browning.

After the dinner the group went to the living room, where a screen was erected, and Dr. and Mrs. Piccard showed news movie reels of the Doctor's various stratosphere flights. Dr. Piccard also gave as a highlight of the evening some of his most thrilling experiences on these flights.

We reluctantly said good-bye to Mr. and Mrs. Edward H. Crump of Memphis, Tenn., who have been spending several weeks' vacation with us. Mr. and Mrs. Crump are always surrounded by some of the many friends they have made here during several previous visits. Mr. Crump is one of the South's most prominent citizens.

Among our very interesting visitors, are Mr. and Mrs. D. P. Bestor of Mobile, Ala., and Mr. and Mrs. I. B. Tigrett from Jackson, Miss.

Colonel J. F. Cannon, of Concord, N. C., owner of the Cannon Towel Company, returned recently.

Mr. and Mrs. W. E. Broadbent, of New York City, are the genial representatives of the eastern branch of the Upjohn Company of Kalamazo.

We are glad to meet Mr. M. W. Jacobson of New York City on his first visit here. Mr. Jacobson is a manufacturer.

Miss Elise Boylston, assistant public school art director in the Atlanta, Ga., public schools, spent the month of August at the Sanitarium. Miss Boylston is noted for her original creations of devices for making kindergarten and primary school children enjoy art. She is active in many other ways, being the director of the Atlanta Branch Humane Society, treasurer of the Georgia Humane Society, and chairman of humane education for the fifth district P. T. A. of Georgia. Writing is her avocation and she has written several stories and poems. Her brother, Mr. Jack Boylston, is well known around the Sanitarium. He is a retired banker and real estate man. Mr. Boylston has attracted a good deal of attention to himself because of his ability to charm and tame the birds on the lawn. Even the sparrows feed out of his hand and light on his shoulder.
Lobby Notes

Among the lovely dinner parties given recently in the main dining room, was the one honoring Dr. and Mrs. Jean Piccard, famous stratosphere explorers. The guest list included: Mr. and Mrs. Isaac Pitblado of Winnipeg, Mrs. Betty Lee Pettingill of Little Rock, Ark., Mr. William Calkins of Philadelphia, Dr. and Mrs. Walter F. Martin, Dr. and Mrs. Stuart Pritchard, and Dr. Emil Leffler of Battle Creek.

Mrs. C. W. Cahoon, one of our most distinguished visitors, has had here as her guest her son, Mr. C. W. Cahoon, Jr., of Wichita Falls, Tex. A few weeks ago Mrs. Cahoon had the joy of having her daughter-in-law and her two lovely grandchildren with her for several weeks.

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We are happy to have with us again Mr. and Mrs. Brydle, of Westport, Conn., who visit us each fall.

Our good friend, Mr. John P. Harding, well-known hotel owner of Chicago is with us again for his annual visit. Mr. Harding is a gymnasiaum enthusiast, and never misses an opportunity to enjoy, while here, the many advantages afforded by healthful recreation in both indoor and outdoor gymnasiaums.

A very enlightening lecture on the subject of "Awakening of Japan," was given in the North Lobby last Thursday evening by Dr. Paul Miller of Battle Creek College. Dr. Miller is a splendid speaker who has made an extensive study of the situation in the Orient.

Over seventy-five interesting visitors attended the Texas-Oklahoma tea recently given by the hostess, Miss Browning for the pleasure of the many visitors from these two states, many of whom return each year to spend the vacation months with us.

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After the dinner the group went to the living room, where a screen was erected, and Dr. and Mrs. Piccard showed news movie reels of the Doctor's various stratosphere flights. Dr. Piccard also gave as a highlight of the evening some of his most thrilling experiences on these flights.

We reluctantly said good-bye to Mr. and Mrs. Edward H. Crump of Memphis, Tenn., who have been spending several weeks' vacation with us. Mr. and Mrs. Crump are always surrounded by some of the many friends they have made here during several previous visits. Mr. Crump is one of the South's most prominent citizens.

Among our very interesting visitors, are Mr. and Mrs. D. P. Bestor of Mobile, Ala., and Mr. and Mrs. L. B. Tigrett from Jackson, Miss.

Colonel J. F. Cannon, of Concord, N. C., owner of the Cannon Towel Company, returned recently.

Mr. and Mrs. W. E. Broadbent, of New York City, are the genial representatives of the eastern branch of the Upjohn Company of Kalamazoo.

We are glad to meet Mr. M. W. Jacobson of New York City on his first visit here. Mr. Jacobson is a manufacturer.

Miss Elise Boylston, assistant public school art director in the Atlanta, Ga., public schools, spent the month of August at the Sanitarium. Miss Boylston is noted for her original creations of devices for making kindergarten and primary school children enjoy art. She is active in many other ways, being the director of the Atlanta Branch Humeane Society, treasurer of the Georgia Humane Society, and chairman of humane education for the fifth district P. T. A. of Georgia. Writing is her avocation and she has written several stories and poems. Her brother, Mr. Jack Boylston, is well known around the Sanitarium. He is a retired banker and real estate man. Mr. Boylston has attracted a good deal of attention to himself because of his ability to charm and tame the birds on the lawn. Even the sparrows feed out of his hand and light on his shoulder.
Sick Headaches
John V. Fopeano, M.D.

HEADACHES have probably caused more suffering than any plague which has visited the human race. Although headache is not mentioned in the Bible as one of the great plagues of Egypt, yet the mummies recovered from the tombs of that country often reveal holes in the skull, placed there undoubtedly with the idea of relieving pain in the head.

The search for a cure for headaches has led to the observation that there are just as many causes for headaches as there are diseases, and relief may be obtained in about as many ways as there are ways of treating those diseases; and still there are many that go unrelied. For many ages headaches were thought to be due to the visitation of an evil spirit and even today they are thought to be the very devil himself by many suffering patients and baffled physicians.

The following partial list will give some idea of the most frequent aggravating causes of headache:

I. Local disease about the head:
1. Eyes: Defective vision; eye-strain due to glare or poor illumination; eye infections; tumors of the eye and orbit.
2. Nose and sinuses: Hay fever; nasal obstruction; acute and chronic sinus disease; tumors of the nose and sinuses.
3. Teeth: Impacted and curious teeth; abscesses; tumors of jaw.
4. Ears: Acute or chronic ear infections.
5. Tumors, or inflammation involving any of the cranial nerves which contain pain fibers.
6. Strain or inflammation of muscles or ligaments of the neck.
7. Infarction or tumors of the brain or its coverings.

II. General diseases elsewhere in the body:
1. Acute infections of all sorts.
2. Chronic infections of tonsils, gall-bladder, appendix, prostate and pelvic organs.
3. Chronic heart disease.
5. High blood pressure.
6. Constipation.

III. External Poisons:
1. Carbon monoxide — illuminating gas.
2. Alcohol.
3. Tobacco.
5. Lead and mercury vapors.
7. Disturbances of acid-base equilibrium.
8. Emotional factors, worry, anxiety.
10. Sunstroke, heat exhaustion, increased barometric pressure.

There is one type of headache which deserves special consideration. If the removal of any of the above factors cures a headache it was not migraine or a true sick headache. By definition, migraine is a periodic headache of unknown cause. The true migraine usually has a hereditary basis. It is passed on from mother to daughter and less often to her son. It occurs more than twice as commonly in women as in men. It usually appears after the onset of puberty and subsides or disappears between the ages of fifty and sixty. In women it is commonly associated with menstruation, and disappears after the menopause, but artificial menopause produced by X-ray or surgery does not bring about relief of the headaches. Although it seems definitely associated with glandular function, the treatment by means of glandular products, such as thyroid and ovarian substances, has not produced any consistent benefit.

True migraine usually gives the patient warning a few hours or a day before the pain begins. The warning may be a chilly sensation or numbness or a dull headache. The pain usually involves only one side of the head at first, but may pass over to the other side later in the attack. It may be almost any type of pain and it may be associated with pallor of the affected side of the face, excessive sweating, chilliness, visual disturbance such as partial blindness or, rarely, paralysis of the eye muscles. There is loss of appetite, often nausea and vomiting. All nerves become very irritable and the patient cannot stand the slightest noise or bright light.

The cause of migraine is not known. It may be aggravated by any of the factors mentioned above, but it may continue in spite of the absence of all recognizable predisposing conditions. Many theories have been advanced. The most widely accepted of these is that the headaches are due to a spasm in the blood vessels of the brain. This theory is far from proven and does not explain all of the observed facts. For instance, drugs which relax blood vessels do not relieve the headaches, whereas the greatest relief has been reported from the use of an ergot preparation which further contracts the blood vessels.

There are other interesting questions to be answered: For instance, why is it that many people who have every reason to have headaches have never had a headache, while others who have no apparent cause suffer from them a great part of their lives? The answers to these questions cannot be given in detail. Until a better explanation is available this difference in people must be attributed to some inherited constitutional quality.

The treatment of headache consists, first, in discovering and removing the cause and, second, the treatment of pain during an attack. Either of these tasks frequently taxes the ingenuity of the most skillful physician.

The best home remedies for the relief of an attack are as follows:
1. Warm saline enema to empty rectum and to dilate the blood capillaries in the abdomen.
2. Hot foot bath with cold towels to head. (For some reason many people obtain more relief from warm applications to head.)
3. Bed rest in a darkened room.
4. The caffeine in a cup of black coffee will tend to dilate the blood vessels in the brain and is often used for relief of attacks.

These measures will relieve many attacks. Others will require special management which is best prescribed by physicians who are familiar with the requirements of the individual. There is no panacea.

TOXIC LAXATIVES
Care must be taken to avoid toxic drugs, of which phenolphthalein is the most popular. Many pharmaceutical manufacturers have incorporated it in their oil and agar mixtures. It is a dangerous drug and is never indicated therapeutically. — Horace W. Soper, M.D.
Chicago Symphony Gives First Concert of Season
Stock Opens Impressive Program with Own Arrangement of Bach's Chorale-Prelude

By Felix Breslow

(The Chicago Sun, Saturday, October 17, 1942)

The symphony season opened in grand style last night when the Chicago Symphony Orchestra presented its first concert of the year. The program, which was planned and executed by the orchestra itself, was a success from start to finish.

The concert began with the world premiere of a new work by American composer Elliott Carter. The piece, titled "Variations on a Theme by Messiaen," was well received by the audience. Following the Carter work, the orchestra performed a program of classic music, including works by Mozart, Beethoven, and Brahms. The performance was conducted by the renowned orchestra leader, Leonard Bernstein.

The concert concluded with the traditional "Hymn of Thanksgiving," which was sung by the chorus of the Chicago Symphony. The performance was met with enthusiastic applause from the audience, who had been treated to an evening of exceptional musical talent and composition.

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MATINEE TODAY OF 3

MATINEE TODAY OF 3

THEATRE RESTAURANT

Princess

meat the Chicago Sun, September 17, 1942

BOY FROM MAINE

By Edward Martin

Fireman Assembly

Firemen and their families gathered at the Firemen's Assembly Hall last night to hear the first concert of the season given by the Chicago Symphony Orchestra. The event was a success, with attendees applauding the performers and expressing their appreciation for the evening of music.

The concert was part of the Firemen's Assembly's annual musical program, which features a variety of musical performances throughout the year. Attendees were treated to a range of music, including works by Bach, Mozart, and Beethoven, as well as contemporary compositions.

The event was well attended, with hundreds of firemen and their families in attendance. The audience was seated in a large auditorium, with performers on stage. The concert was directed by the renowned orchestra leader, Leonard Bernstein.

Firemen and their families were thrilled with the performance, and several expressed their appreciation for the opportunity to attend the concert. The event was a success, with attendees applauding the performers and expressing their appreciation for the evening of music.
Three Inquiries Delay Inquest in Transport Crash
Killed in Army Plane Crash
Two inquiries into the deaths of nine Army airmen near Danville, Ky., will be
made today to clear up questions as to whether the planes were brought down by
enemy action or by pilot error.

Banquet to Mark 419th Police Men in Armed Forces
Award by Navy
Great Lakes Builders Will Honor Officer

Nimitz Gives Awards to 40 Pacific Heros
Thirty-nine war heroes were honored in San Francisco today by the Pacific
Aircraftmen's Union.

Suspect Surrendered
In Traffic Case

Walter H. Mann, 27, a Sycamore man, was arrested yesterday on charges of
traffic violations in Sycamore.

Three Child Authorities Will Speak at Clinic

MOTORISTS OBSERVE 35 MPH LIMIT, SAYS STATE POLICE CHIEF

Par Ridenced After Writing Their Own '10 Commandments'
On the tail of a "10 Commandments" book
which his 10-year-old son, Bill, and six other
first-graders in the Lilburn, Ga., grammar school
produced, a mother has signed the list to be sent
with the book to the publishers of the "10 Com-
mandments" and the National Association of
Teachers.

How Hitler Hating Groups in Chicago Help Their Homelands

Planes Collide Over Gulf; Pilot Missing

Air Force pilot believed missing after accident in the Gulf of Mexico.

Motorist Observes 35 MPH Limit, Says State Police Chief

The heroic efforts being made by anti-Axis groups in Chicago will be
brought to the attention of the public by the Illinois State Police
Chief, who is scheduled to speak at the Illinois State Fair this
afternoon.

Curb on Travel Darkens 1943 Circus Outlook

Soldier Asks Pointers

The stories reveal how scientific
sociology is being carried on in the United
States, how the Axis社会科学
of those under "de-

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Now, with this four-piece suit you can wear it as a combination suit, as a jacket, as a vest, or as a separate jacket. It's an excellent high quality, high style, low price. 28.95. All sizes.

The Chicago Sun, Saturday, October 17, 1942
Ontario Tells Favors Given McCormick
Curtailing of Power For Paper Output Called Justified

By Earl C. Dickinson.

Chicago, Oct. 11—Prime Minister William Lyon Mackenzie King, in a letter to the Toronto Star and the Montreal Gazette, has called for a curtailment of the power for newspaper output in Canada in order to protect the nation's war effort.

The Prime Minister said in his letter that the government is preparing to take steps to control the power for newspaper output in order to avoid a situation similar to that which occurred in the United States during World War II.

The decision was made after consultations with the American government, which has already taken similar steps.

The letter was also signed by other officials of the government, including the Minister of Information and Broadcasting, who said that the decision was made in consultation with the American government.

French Ace Dies In Dakar Air
Felt in Defense of Colony, Says Vichy

A French ace from the Dakar Air Base, who was killed in a dogfight in which the Vichy government claimed victory, has been identified as a member of the French air force.

The ace, who was flying a Dornier aircraft, was shot down by a German fighter plane over the Vichy base.

The Vichy government said that the plane was shot down by a German aircraft, but the French government has denied the claim.

The ace's identity has not been released, but it is believed that he was a member of the French air force.

S. Side Water Found Safe Without Boiling
Water from the side of the river was found to be safe for drinking after a water sample was taken.

The water sample was taken by the Chicago Board of Health, which tested it for bacteria and other contaminants.

The board found that the water was safe for drinking and recommended that the public use water from the side of the river for drinking purposes.

The board also recommended that the public avoid drinking water from the middle of the river.

The water sample was taken on the evening of October 11, and the results were received on the morning of October 12.

Loyola Sophs Kidnap Fresh Men, So Annual Contest Is Canceled

The Loyola University baseball team canceled its annual contest with the University of Chicago because of alleged kidnappings of Loyola students by Chicago students.

The Chicago students allegedly kidnapped Loyola students and forced them to participate in a prank.

The Loyola University baseball team canceled the contest and contacted the police.

The police were investigating the incident and had not released any information as of the morning of October 12.
The Axis On The Air

The Axis reported ready for new drive in Egypt

Alexis Davis 10th
Locancy Places; British Troops Scattered

London, Oct. 30, (Cwil) — Allied forces in Egypt said today that the Axis is reported ready for a new drive in that country. The British are said to be moving their troops to northern Egypt, while the Axis is reported to be moving its troops to the south. The British are said to be preparing for a new drive in the northern part of the country, while the Axis is reported to be preparing for a new drive in the southern part. The British are said to be preparing for a new drive in the northern part of the country, while the Axis is reported to be preparing for a new drive in the southern part. The British are said to be preparing for a new drive in the northern part of the country, while the Axis is reported to be preparing for a new drive in the southern part. The British are said to be preparing for a new drive in the northern part of the country, while the Axis is reported to be preparing for a new drive in the southern part.
HUNDREDS COME TO VISIT "SAN"

Daily Tours Are Conducted Through Institution.

RECORD BOOK IS KEPT

About 800 People Welcomed Since May 1; Many High School Groups Come.

With the approach of summer, people from many sections of Michigan and elsewhere have been coming to Battle Creek for a visit to the Sanitarium and a tour through laboratories, treatment rooms, offices, and rooms in charge of the institution. Records, kept at the Sanitarium this year for the first time, reveal that approximately 640 people have taken on July 5th tours during May and the first few days in June. Establishing, it is believed, a record.

A guest book, kept solely for recording the names of those who are shown through the buildings, contains well over 700 names since May 1 and in addition there are many visitors who have recorded their signatures, according to Sanitarium officials. The increased number this year is partly attributable to the fact that the new fifteen story building with its beautiful lobby, mezzanine, lounge rooms, and foyers, is now fully open, a condition which did not prevail last year.

Widely interested classes of people are represented in the throngs who are escorted daily through the Sanitarium, according to those in charge. A fairly constant number from day to day are patient friends of the Sanitarium who wish to inspect the entire installation. Still other signatures are for local residents, many of whom come to the Sanitarium to accompany friendly patients from distant cities who are visiting in Battle Creek.

A large number of the visitors during the last month have been high school students from schools and villages in the heart of the state. Yesterday a group of 40 students from the agricultural department of Harper High school visited the Sanitarium while Thursday afternoon, 75 came from the school at Freepoirt, Michigan. Other groups who have come recently, totaling in number about 200, represented the following schools: "Jamestown, Union City, Climax, Hickory Corners, Barry county, and Battle." Several Boy Scout troops were also included in the list.

Many parts of the world are represented in the record book. Not only are many states of the United States included but several foreign countries as well. Unusual spots represented are the Philippines, the Panama Canal Zone, China, India, and South American countries.

Most of the tours are in charge of Rev. H. N. Jordan, chaplain of the institution. Trips are started daily at 10 a.m. lasting usually for about one hour and covering most of the places of interest, with the large numbers of visitors. With the approach of summer weather and the annual fall period at the Sanitarium, larger numbers are expected to accompany the tours, according to institution officials.

ALTER LOBBY OF SANITARIUM

Partitions for Offices Will Soon be Placed.

Workmen today began the task of remodeling the main parlor of the Sanitarium lobby as a part of an extensive remodeling and reorganization program inaugurated recently.

For many years the center of religious and social activities at the institution, the parlor will soon be partitioned into a number of medical offices thereby affording a much needed expansion.

Sunday evening religious services, held previously in the parlor, will be transferred to the chapel room, located just off the new lobby.

The service next Sunday, however, will be transferred to the Union building for the occasion of Dr. Frederick Vinegar Fisher's address, "The World Challenge to America." It was announced today by the chaplain, Rev. Henry N. Jordan.

According to remodeling plans, the main parlor will be divided into a number of smaller rooms for medical purposes. There will be one large room, suitable for a meeting place for the medical staff of the Sanitarium.

Two small parlor adjoining the main room have already been partitioned into offices.

Just previous to starting remodeling work in the parlor, workmen have finished similar activities in the chapel room, a place which will probably be the location of many programs for guests and patients in the future. A platform has been installed and facilities for motion pictures have been provided. The room, somewhat larger than the parlor, will have a capacity of several hundred.

Extensive remodeling work is being conducted at the sanitarium this year, most of which is being confined to the main building. The changes were planned following the occupancy of the new building which transferred much of the activity of the institution from the older structure.
"Meeting the public in her shop, she says, has changed the way she sings. 'I see a different aspect of people,' she said. 'It’s quite different from having them out there as an audience, with lights between us.'"

Continued

the light. Once I made her a dress that had over 5,000 crystal beads on it — every one sewn by hand. My sister and I made it, and it took us over eight weeks and cost Tani over $1,000."

Evelyn creates costumes for Detroit's industrial shows. Exhibitors at Cobo Hall know her as one of the lovelies who acts in the costumes, too. Besides, she manages the business side of the shows and acts as wardrobe mistress and dancing teacher.

Evelyn has played the nightclub circuit herself, as one of Detroit's own Terry Sisters.

Perhaps it's only a reflection of her own rosy glow, but Tani's forecast for summer wear is for bright colors. "Apple oranges. Lots of stark dramatic whites. Colors that are bold and offbeat. New combinations of shades."

"And our customers don't want those exaggerated short skirts," she added, "like hemlines just above the knee, even the kids. The A-line continues very popular. So is the shift. It looks like a nice, relaxed-looking summer."

Tani the torch singer even talks, now, like Tani the proprietor. 📸
The "total" program not only helps you shape up, lose weight and gain inspiration, it even takes you nostalgically back to sweet "normalcy."

BY BOBBY MATHER
For Detroit Magazine

The other thing to do in Battle Creek (besides touring the Kellogg place, you know) is to stop off at the Battle Creek Sanitarium. I mean the Battle Creek Health Center.

No, they've changed it back again and now it's the Sanitarium once more.

'The San, as they call it around Battle Creek, has had its ups and downs. Dr. John Harvey Kellogg sold his monumental genuine pile with the later 15-floor tower addition to the Federal Government in 1942 for $2,235,000, after flitting with bankruptcy.

The Depression hit the San hard, and one suspects that the brilliant, flamboyant Dr. John was not the world's best manager when it came to money matters anyhow.

The San is making a comeback nowadays, although housed in a somewhat less imposing building than the pharaoh's tomb now occupied by the Army and other Federal agencies.

The present building is still something to see, however, - the "world's largest fieldstone building," a rambling affair five stories high with a full-width veranda and clusters of tall, white, wooden Ionic columns. Inside . . .

. . . Inside, Warren G. Harding's in the White House after a campaign of "Back to Normalcy" and all's well with the world.

You can stay at the San as a transient guest, just as at any hotel. To do so you have to be either a little masochistic or (like me) a devoted searcher of things past.

The lobby - "our spacious beautiful lobby" - sets the tone. The furnishings are not quite old enough to be camp and too well kept to be dumpy. The arm chairs and loveseats and sofas have curvy spindle legs and hard little damask cushions, Queen Anne style of the '20s.

The bellhop led me down the shadowy fourth-floor corridor to my room. The halls are nine feet wide and carpeted wall-to-wall. The ceilings are maybe 15 feet high. Ahead stretches half a block of ornately paneled white painted doors, all closed.

During the time I stayed at the San, I never encountered another human being in that hall. All the doors stayed closed. When I locked myself in my room about 11 p.m. with the old-fashioned kitchen-door key, I might have been the only living soul on the floor. (On the floor? In the world.)

It was a good-sized room with a white enameled dresser and mirror, white nightstand, white bed with a white chenille spread and a white thermal blanket, a white desk and chair and - daringly - an ash-of-roses damask armchair. The windows were curtained with sheer white panels. The temperature in the room was about 94 and I didn't know how to shut off the white painted radiator. It was all immaculately clean and smelled faintly of vanilla.

There were also two table lamps - one circa 1924 and one circa 1934 - and a spindly floor lamp. You have never seen as many floor lamps in your life as you will see in the San.

SMOKING is forbidden, except in the guest rooms, and it's really rather frowned on even there. Dr. John's teachings also forbid coffee, tea, spices, meat and, naturally, alcohol, all a remnant of his strict Seventh Day Adventist upbringing.

I went down to dinner in the Colonial Dining Room, which easily can seat 200 and which that evening was occupied by 10 women, two men and one foursome, all at widely scattered tables. (Many guests prefer trays in their rooms, where they may have meat.)

I checked my dinner selections from a mimeographed menu which lists the calorie count of each item. Here's what I had:

Assorted relishes, calorie count, 15: One radish, one celery frond, ten small carrot strips, one sprig of parsley.

Berkshire soup, 135 calories: A cup of what was, as far as I could tell, hot pink milk.

Prostate with dressing, 345 calories: Prostate is a meat substitute which the mistress told me is made of nuts, but I think it's really shredded insulation. It was a roundish gray and tan blob about the size of a tennis ball, topped with a
beige gravy containing two mushroom slices. Prouse has no discernible taste whatsoever.

Mashed squash, 80 calories: Mashed squash is mashed squash.

Celery cabbage salad with a thick, orange-colored dressing, 150 calories.

Decaffeinated coffee, zero calories: A strange, murky brew with a burnt cereal aftertaste.

As I finished, I thought of my husband at home, sitting down to a savory pot roast and brown gravy and mashed potatoes, probably after an icy martini or two, and I sobbed. Then I ate the sprig of parsley. By ten o'clock that night I would have assaulted my own mother for a hamburger.

Dinner music was provided by records which the hostess played on a large cabinet-type phonograph. I expected Ethelbert Nevin, but we got the score of "Oklahoma" with "Moonlight and Roses" for an encore.

After dinner we gathered — now 12 women and three men, plus the foursome — in the lounge for the Sunday evening program, an inspirational talk by the Rev. Elwyn Drake, one of the San's four chaplains (two full-time, two part-time). The lounge is huge, studded with more white Ionic columns reaching to the lofty ceilings, gold floor-length draperies, ornate gilt-framed mirrors, crystal and gold bibelots on the mantle flanking the portrait of Our Founder, two pianos, a thicket of floor lamps, stardust antinassas on the Continued on Page 49
KITCHEN CABINETS AND BATHROOM VANITIES
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Continued
couches, an acre of floral carpeting.

Mr. Drake's talk was pop psychology - "Life can be exciting; change your patterns of thinking" - and his small audience listened closely. Mostly, they were people on the shady side of 60, one or two in wheelchairs but the rest in apparent good health.

Mr. Drake kept his talk short so we wouldn't miss the Ed Sullivan show. There's a color TV in an adjoining lounge and a black and white set down at the far end of the hall.

I drifted into the library, another vast area bristling with lamps. It had locked cases of books labeled "Non-Fiction," "Fiction" and, ingeniously enough, "Old Fiction." The rental fee for new books is five cents a day, but old books go free for the first week.

The center of the library is occupied by a giant library table studded with what is apparently every periodical published except Playboy: The Illustrated London News, Vogue, Rudder, the National Jewish Monthly, McCall's, Oral Roberts' Abundant Life, a hundred others.

There's also a rack of Michigan, Chicago, and New York papers. The atmosphere is hushed, club-like. Two elderly ladies worked a jigsaw puzzle at a card table.

Back out in the lobby a few others sat sipping from two punch bowls, one for reducers and one straight. I sampled a cup of reducer's punch and then in sheer bravado, dipped into the real stuff. Neither was particularly heady.

The guests tend to keep to themselves; there is little striking up of casual conversation.

One old lady to another: "How was your nap today?" Second old lady: "EH!" First old lady, shouting: "HOW WAS YOUR NAP?" Second old lady: "Lovely, lovely, I had a beautiful nap."

I sat in my wingback arm chair and wondered if I too would come to a time when my nap would be the highlight of my day. I felt depressed, and sought out the Rev. Mr. Drake.

Mr. Drake is a well-set-up man, probably in his late 40s, with a booming delivery and a flashing pastoral smile. He is a Seventh Day Adventist minister, as the other three chaplains happen to be just now, although the San is strictly non-denominational.

All the chaplains are involved in the Sanitarium's one year-old program for alcoholics. Mr. Drake told me 44 men and 7 women

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by Bestform
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Such a small price for a cool, lacy bra! Bestform's 'Side-Dip' has sheer nylon-Lycra® spandex elastic sides and low back that move with you ... that give you the bare, beautiful look you love. Adjustable stretchy straps. Acetate-nylon lace cups. White; A cup 32 to 36, B and C 32 to 38. Have a wardrobe of Little Bras for Summer!

Foundations-Hudson's Budget Stores-Downtown, First Base.
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Hudson's Budget Stores

Continued on Page 55
BY LILIAN JACKSON BRAUN
Free Press Good Living Editor

Music, painting, sculpture and architecture flow together in Glen Michaels’ imagination.

"Think transition!" says the Birmingham artist, who has studied music at Yale and taught art at Cranbrook. He puts painting in his sculpture, sculpture in architecture, architecture in sculpture, and music in everything.

His Madonna and Child mural at Duns Scotus College in Southfield is a landmark in his career; it combines all his artistic experience. Set in a brick wall, the seven-by-five-foot mural employs paint, tile, porcelain and bronze to create an optical illusion. It has great architectural depth, like a vast vaulted cathedral. Where painting becomes sculpture or sculpture becomes architecture, it is hard to tell. That's the transition, the flowing together that Glen Michaels is striving to express.

"So much could be done for churches," he said, "if they would call in the artist while the building is in the blueprint stage . . . People are becoming more aware of their environment. We need to relieve the starkness of buildings."

In his garage studio Michaels experiments with new materials, new methods. There he makes small studies or sketches that become large works of art—not only sculpture-paintings but sculpture-painting-architecture. He has created fireplaces, light fixtures, fountains, doors, walls and terraces for residences and public buildings.

His paving for a terrace in Grosse Pointe—in collaboration with architect and landscape designer—is a swirling composition of bricks in black, white and grays, the brick cut to odd sizes with a diamond saw.

A fireplace in Atlanta, Ga., is a mosaic of the local slate. Another chimney breast is a collage of rice paper and gold, overlaid with thousands of industrial glass rods.

Two sliding doors in a Birmingham collection have the color and design of Tiffany glass, and their design changes as one door slides in front of the other.

"For a New York Advertising agency Michaels created a wall of metal sculpture, using printer's type and spacing bars from all the countries serviced by the organization. In his own living room there is a wall of cigar molds..."
Bask in the spacious enchantment of new Fox Hills apartments and townhouses.

Come explore lavish landscapes and luxurious living in Bloomfield's new Fox Hills apartments and townhouses. Here against a backdrop of rolling hills and rich greenery, relax in a plush Colonial setting in a two or three bedroom townhouse or a one or two bedroom apartment. Every unit offers color correlated kitchen, electric disposal, dish washer, duo refrigerator-freezer and central air conditioning. Community house for private parties, tennis courts and swimming pool provide ideal surroundings for your every leisure hour. Rentals, managed exclusively by the Sullivan-Smith Realty Company, begin at $165 monthly.

See the freshly decorated Fox Hills models created by Hudson's Studio of Interior Decorating. Open daily and Sunday: 11:30 to 5 p.m., 459 Fox Hills Drive North on Opyke Road. Closed Wednesday. Phone MI 6-2500. Coordinate your apartment or townhouse through the professional services of Hudson's Studio of Interior Decorating—Downtown, 8; Northland, Eastland, Westland.
Borg 7012H: distinguished by a large, easy to read dial, a handle that folds down, a design that stands against the wall when not in use, an embossed vinyl mat. White, black or pink baked enamel finish. 10.95.

Colorful scales in shapely styles help you keep an eye on the shape you're in.

If you don't watch your figure, chances are neither will anyone else. That's why Hudson's has an abundance of ways to help you! We show four of the many scale styles you'll find at Hudson's, and they're from two of our most famous manufacturers, Borg and Detecto. In common, they share distinctive design (note the four shapes you choose from), as well as a high degree of accuracy and a good choice of colors. So weigh in in style with a new scale from Hudson's Bath Shop—Downtown, 3rd; also Northland, Eastland, Westland.

Borg 21245: removable platform carpet in white, Siamese pink, antique gold, verdian green, Bristol blue or black. Brass finish, 13.95. With a white, pink or gray oval vinyl top and enamel finish... 9.95.

Detecto K730: Auto Zero it's called because the dial automatically swings back to zero—it never needs adjusting. 3¾" magnifying lens dial. White, black, verdian green, pink, Bristol blue or walnut. 9.99.

Detecto K982: graceful new shape is at once both contemporary and feminine. Also has Auto Zero automatically accurate mechanism. Carrying handle. Pink, white, black, verdian green or Bristol blue. 10.99.
Roughing It At the San

Morning calisthenics in public view: The townspeople seem to have adjusted to the sight.

Continued

have been treated under the program. The San claims a good rate of success: 21 stayed dry, 16 “improved” and 14 flapped (flapped).

The program takes two weeks, with three group therapy sessions a day. Those in the group—which averages five to eight people — meet with ministers, a clinical psychologist, psychiatrists if necessary, and representatives from AA.

The cost: $180 for the two weeks.

The alcoholic program is a departure for the San, though.

Today, most people visit it for weight reduction. The reducers get the full treatment: Complete physical examination, individual diet sheets, special baths, PLUS workouts in the San’s mechanical gym.

I visited the women’s gym. At first glance it looks like a woman’s vision of heaven.

The nurse in charge proudly showed me three of Dr. Kellogg’s original machines, still in use. One is a spinning machine, with a flapping belt that gently slaps wherever you need to be slapped. Another is a similar machine that pummels you softly with padded knobs.

Still another, which I gingerly tried, is a sliding cot-type thing which runs you back and forth over rollers that massage your spine. It felt great.

They say the Smithsonians are dying to get Dr. John’s machines, but the San is not about to part with them.

THE GYM is also thick with rowing machines, electric bicycles, tilt boards, weights, rings, vibrators, an ominous row of what look like experimental electric chairs that tingle. It must be an awesome sight when everything is going full blast.

A day at the San begins at 7:45 a.m. with “fresh air breathing exercises” out on that big front porch, right in front of everybody. I watched.

The instructor — incongruously clad in street clothes, a car coat, felt hat and gloves — led his class of three portly ladies through simple calisthenics. It was a nippy morning. The sight is apparently routine to Battle Creekers passing by on the way to work.

1 followed the fresh-air exercisers into breakfast. Breakfast was fine: fresh grapefruit, the most perfectly codded egg I’ve ever had and a delicious warm cinnamon roll. If you really want to feel like a degenerate, eat a cinnamon roll with butter while those about you are munching melba toast.

A typical day would include a morning workout in the gym, a juice hour at 11 a.m. in the lobby and Continued on Page 54
Hailing 1910,
At the San

Continued

midday devotions at noon. After lunch, there's arts and crafts at 2 p.m. and another workout in the gym. Tea-time — back to the lobby — is 4 p.m. Weeknights include a grand march in the gym at 7:30 p.m., an intramural drill routine devised originally because Adventists disapprove of dancing.

Monday nights feature "The Question Box" at 8 p.m., when a staff doctor will answer any medical question submitted during the day. Dr. John started "The Question Box" and it used to attract great crowds.

Dr. John died in the early 50s, but he still runs the San. His photos and portrait are everywhere. His voice crying, "Biological Living! An Heritage of Health!" still echoes softly. Apparently, it works. He lived to be 91, then died after a brief siege of pneumonia.

The San does fine work in rehabilitating victims of polio and strokes. Some come seeking relief from arthritis, neuritis, colitis. Others still come just to restore themselves to a feeling of fitness: The cherished rest cure. For many it's an annual pilgrimage, an eagerly awaited event. They come from Canada and Texas, from all over, staff members will tell you proudly.

And they'll tell you proudly of the famous who have stayed at the Sanatorium: William Jennings Bryan, William Howard Taft, Luther Burbank,

"The nurse in charge proudly showed me three of Dr. Kellogg's original machines, still in use. One is a spanning machine, with a flapping belt that gently slaps wherever you need to be slapped."

Evangeline Booth, Booker T. Washington, Billy Sunday, Richard Halliburton, O. Henry's widow — apparently unaware that the names trail a dusty aroma of days long since gone by.

The townpeople are prone to call the San a haven for the idle rich, but it isn't really. Daily rates for the whole shebang—doctor's care, the gym, the baths, the special diet (“every meal a prescription”) — run about $25 a day, about what it would cost you to stay at any good hotel and buy your meals.

For a transient, as I was, it's even less: Under $8 for my chaste white room, $2.35 for dinner, $1.90 for breakfast.

There's something about the place that gets to you. Maybe it's the fingerbowl after each meal or the unflagging courtesy of the staff members, who seem so genuinely interested in your welfare or those vast hushed halls, a million miles from blaring juke boxes and drunk drivers and unhappy headlines.

The hands on the clock seem to go slower and slower, and then finally run backwards — back to 1921 — back to Normalcy.
Pretentious Plan Made to Commenote Dr. Kellogg's Fiftyfith Anniversary.

The announcement of the names of other men of national prominence as speakers at the big gathering and banquet to celebrate the 50th anniversary of Dr. J. H. Kellogg's taking charge as superintendent of the Battle Creek Sanitarium, to be given next Wednesday evening, are expected to be made within a day or two.

In the account given yesterday in the Enquirer and News of the big preparations that are being made to make this a fitting recognition of the half-century of effort, Dr. Kellogg has given to the building of this great health institution. The list of speakers as completed up to that time was given.

As above the names of the most men of prominence in most cases come from a considerable distance and must make arrangements to have the necessary time free from their constant engagements, the arrangement of such a program is a difficult one and requires time.

Meanwhile the arrangements for the big affair—invitations to the limited number of guests in the city who can be accommodated, with those to the out of town guests who are coming from many distant points, arrangements for reception of the guests, decorations, and the multitude of other details, are going busily forward.

This will be in many ways the most notable gathering of physicians and surgeons and of health authorities in the various departments covered by this wide field of modern scientific effort that Battle Creek has ever entertained.

TRIBUTES BY CABLE.

Cables to Dr. J. H. Kellogg on the occasion of the golden anniversary of his taking direction of the Battle Creek Sanitarium were received from the Pasteur Institute of Paris and from the Skodsborg Sanitarium of Copenhagen, Denmark, yesterday morning.

The message from the famous Pasteur Institute read: "Cordial felicitation on the semi-centennial of your devotion to public welfare."

The Danish institution, also widely known through Europe, cables: "Heartfelt congratulations on the fiftieth anniversary."

SANITARIUM CITY TO HONOR KELLOGG

Battle Creek Plans Two-Day Fete of 50th Anniversary.

Special to The Free Press.

Battle Creek, Oct. 11—Tuesday and Wednesday the sanitarium will be dedicated to a celebration of the 50th anniversary of Dr. John Harvey Kellogg as superintendent of the institution.

Dating from the time the sanitarium was known as the Health Institute and was commonly referred to as "The Water Cure," its growth and progress into an institution of world renown will be traced during the two days' program. Prominent men and women from other cities will participate in the program.

Annual field day at Battle Creek college tomorrow will be made a part of the celebration for Dr. Kellogg. It is expected he will be one of the speakers on the field day program. A special program will follow in the men's outdoor gymnasium and in the evening the official sanitarium family will gather to pay homage to their chief.

Particular attention is being given to a banquet program Wednesday evening at the sanitarium, where Mayor Charles C. Green will be one of the speakers.

PRESENT WATCH TO DR. KELLOGG

Program at San Gym Ends Three-Day Celebration.

Celebration of Dr. John Harvey Kellogg's fifty years as head of the Battle Creek Sanitarium, closed last night with a program held in the Sanitarium gymnasium and attended by students of Battle Creek college and employees of the institution.

Dr. Kellogg spoke during the program on the progress made by the Sanitarium. Dr. Linda Roth spoke on "Our Educational Activities" and W. W. Wentworth on "Our Accomplishments." Dr. W. F. Martin presided during the meeting and musical numbers were furnished by the Sanitarium orchestra and Dr. Ed. Foster.

Presentation of awards to prize winners of the Field Day events were made by Dr. B. N. Colver and Dr. Kellogg was then presented with a gold watch and chain, a present from the employees of the Sanitarium. The presentation was made by Oscar Buechel College songs and yells and motion pictures completed the program.
RECALLS EARLY HISTORY OF SAN

Oct. 11, 1936

Dr. John Harvey Kellogg
Marks 60th Anniversary As
Head of Institution.

ONCE SAVED BY PATIENT

On the successful treatment of one patient once hinged the future of the Sanitarium—although no one realized it at the time.

Dr. John Harvey Kellogg, Battle Creek's 84-year-old physician of world-wide prominence, told the story Saturday night as he recalled his three-score years at the head of the Sanitarium.

For his 60th anniversary with the institution, October 1, had slipped by practically unnoticed by reporters. And so lost was Dr. Kellogg in planning the bright future he foresees for the institution he built, and so wrapped up was he in his many other humanitarian interests, that he forgot it himself.

Had Given Up Hope

Still surprisingly spry for a man of his age, Dr. Kellogg sat by the fireside in his Manchester street residence as he told the story of the Sanitarium's threatened doom, and how his successful treatment of Victor P. Collier, old-time Battle Creek banker, saved the institution from financial ruin at its very beginning.

Famous physicians of the midwest had diagnosed Mr. Collier's ailments, and told him to make out his will and prepare immediately for the inevitable. The ailment was incurable, they told him.

But, as Dr. Kellogg examined the banker that autumn, 69 years ago, he relieved Mr. Collier's mind by informing him his trouble was "just a simple digestive disorder—and we'll fix that up in no time."

Money Needed Badly

The next spring money—lots of it—was needed for buildings in which to house the patients, then literally flocking to the one-time "water cure" establishment. The out-of-favor institution, which had recently adopted the newly coined name, "Sanitarium" along with a surprising young physician and his theories and practices in health, was rapidly regaining its lost popularity.

That spring—1877—$120,000 was needed for the building as Dr. Kellogg had planned it. During his first six months as superintendent Dr. Kellogg had paid off a $10,000 debt outstanding against the Sanitarium, from the profits. Another $10,000—also profits—formed the nucleus of the building fund. Bankers, viewing the Sanitarium as a "shaky" investment, refused credit. Dr. Kellogg explained. The money finally was raised through small loans by many individuals who believed in the future of the institution.

Banker Comes to Aid

Still later, shortly before the Sanitarium was to float a $100,000 bond issue, a $30,000 loan came due. And, when Dr. Kellogg tried to give up hope of saving the Sanitarium, Bank President Collier furnished the money.

The next week another loan—this time $10,000—came due. Again Dr. Kellogg was on the verge of despair. Bank President Collier again furnished the money.

Twenty years later, Dr. Kellogg said, he and Mr. Collier, healthy as ever, chatted about the difficult first years of the Sanitarium.

In answer to Dr. Kellogg's request for an explanation of his willingness to risk his money and his depositors' money on the venture, Mr. Collier replied:

"Dr. Kellogg, you probably don't remember diagnosing my condition in your first days in Battle Creek. And you will never know how much it relieved me to be assured a simple cure could be effected after the others had told me there was no hope.

"I gambled on that sort of skill—and won."

100,000 Operations Performed

Since the start of the Sanitarium, under that name, 69 years ago, 7,500 doctors have been treated there. 350 patients have been treated there, and 100,000 operations have been performed. Dr. Kellogg said, and 22,000 of those operations he performed himself.

Looking into the future, Dr. Kellogg predicted the Sanitarium will surpass its former peak, reached in the hysterical days of 1898.

"I haven't a particle of doubt that within two or three years the building will be filled up," he said, and continued, "as soon as we are able to throw off the receivership—and I hope that will be soon, now—the Sanitarium will take rapid strides ahead.

"The Sanitarium's success in the past has been due largely to keeping in advance of general medical practice, and, by the same token, we must keep ahead in the future. We must develop new and effective methods and improve old ones, if we are to do this."
The Battle Creek Sanitarium

A Self-Supporting Philanthropic Organization

This institution was organized September, 1866, and was incorporated in the spring of 1867 under an Act especially created by the Legislature of Michigan to render possible the incorporation of an establishment of this kind.

As the constitution of the State of Michigan at that time did not permit the granting of Articles of Incorporation for more than thirty years, the first charter expired in 1897. On the 18th day of December, 1897, the institution was reincorporated as the MICHIGAN SANITARIUM AND BENEVOLENT ASSOCIATION, as a self-supporting, philanthropic organization under Act No. 242, of the Public Acts of Michigan of 1865, an Act especially provided for the incorporation of hospitals, asylum, and other charitable and educational institutions. A copy of the Articles of Incorporation is on file with the Secretary of State, Lansing, Michigan. The following extract from the articles simply sets forth the objects and purposes of the institution and defines its character:

"To found and maintain 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 they may be relieved from their sickness and poverty and who are unable to pay for the benefit they receive, and to such other objects as are consistent with the objects aforesaid, including the improvement of the condition and facilities, as well as of the institutions and the promoting of the purposes, by such means, as the Board of Trustees shall determine, and in no manner directly or indirectly for private profit or dividend shall it be employed."

The institution is governed by a Board of Trustees of ten members, who are elected by a constituency made up of the friends of the enterprise.

EDUCATIONAL WORK

The Battle Creek Sanitarium and Hospital Training School for Nurses was organized in 1877. It has a three years accredited course. In attendance at the present time, 146 students.

The Battle Creek Sanitarium School of Home Economics was established in 1896. It has a two-years accredited course and meets the necessity for training citizens and institution administrators. In attendance at the present time, 146 students.

Since its organization over 250,000 have visited the institution. The annual report shows that 500 patients were treated during the first five years (1866-1870) while more than ten times that number now visit the institution annually. These patients come from every state in the Union, and from many foreign countries, including China, England, France, Switzerland, Sweden, Japan and New Zealand. Among the patients treated during one year (over 120 different occupations and positions were represented, including Public Health, 38; Bankers, 60; Farmers, 25; Housewives, 2,184; Housekeepers, 697; Merchants, 688; and Teachers, 182.

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Personnel of Institution

Physicians .................................................. 42
Nurses and Attendants .................................. 388
Clerical, Mechanical and Other Workers .............. 968

Citizens of Battle Creek

You Are Cordially Invited to Visit The Sanitarium with Your Guests

Tours of the building are under the direction of capable guides; time 3:00 P. M. Daily except Saturday. An interesting stereopticon lecture including a short history of the institution is given.

The Battle Creek Sanitarium
The second largest plant in the U.S. is devoted exclusively to the manufacture of Pumping Machinery. 6,000 people are employed and 100,000 square feet of floor space are devoted to the manufacture of water wells, pumps, and air compressors. Union Steam Pump Company's products are distributed to all parts of the United States and Canada. The company has a long history of excellence in the field of fluid power and continues to set industry standards for efficiency and reliability. Union Steam Pump Company, Battle Creek, Michigan.
The Reason Why
The Reason Why

By the Superintendent

... The...

Battle Creek Sanitarium

Battle Creek, Mich., 1911
THE REASON WHY

The purpose of this brochure is to answer briefly and simply a large number of questions which are daily asked, demanding a reason for various characteristic features of the curative regimen and methods of health training which within recent years has come to be known as the Battle Creek Sanitarium System.

First of all, it should be said that these methods and principles do not rest upon merely theoretical or empirical grounds. It should be acknowledged also that only a few of the characteristic features of this regimen have originated in Battle Creek. The Battle Creek Sanitarium System professes to be nothing more or less than a thoroughly up-to-date, scientific and progressive system of health culture for the sick and the well. It is unique only in that it represents the pioneer attempt to organize under one management the best results of experience and the latest findings of medical science in everything pertaining to health culture and the treatment of the sick.

Its claim for confidence rests, first, upon well-established physiological facts, the outgrowth of extended laboratory research
by numerous observers in various parts of the world; and second, upon the provings of intelligent and carefully controlled experience, the winnowed results of which have been accumulating for nearly a century and have finally crystallized into practical and proven facts, especially within the last twenty-five years.

The chief merit claimed for the Battle Creek Sanitarium System is that it is not a novelty or in any sense a new departure, but rather, like the "Brook Farm" experiment of Ripley, Wendell Phillips, Emerson, Alcott, Thoreau, and their colleagues, "an effort to return to nature." On the occasion of his visit to the Battle Creek Sanitarium some years before his death, the Concord philosopher, Bronson Alcott, recognized in the enterprise the successful working out of some of the ideals of the Brook Farm experiment. The Brook Farm effort failed for lack of financial support, but the idea of a return to natural, wholesome ways, of cultivating sympathy with nature, was a spark from Heaven's altar which could not be extinguished, a divine thought born into the world with a great purpose behind it, to meet the needs of a suffering race and stem the tide of invalidism and inefficiency.

**The Mystery of Healing**

In these days, when prophets of healing are rising in all directions and crying, "Lo here, and lo there," when mind healers, faith healers, and layers on of hands, along
with patent medicine vendors and the purveyors of magnetic insoles, electric hair brushes, and mineral waters, savory and unsavory, are fattening upon the gullibility of the public in matters which pertain to health-getting, it is essential that the invalid should obtain, if possible, a clear idea of the nature of the healing process, and how the work of curing the sick man is carried on.

The fundamental principle recognized by the Battle Creek Sanitarium is that expressed by Dietl, the pupil of the famous German pathologist, Rokitanski: "Nature alone can cure; this is the highest law of practical medicine, and the one to which we must adhere. . . . Nature creates and maintains; she must therefore be able to cure."

The healing power is in the blood; it is the blood that heals, or rather, the creative power which formed the body in the first place, and which repairs the damage done by the wear and tear of life. It is this same power which restores disordered functions and repairs damaged tissue. Physicians do not and cannot heal. Medicines, baths, and other so-called remedial measures are powerless to heal. All that physicians and remedies can do is to aid in removing causes of disease and supplying favorable conditions. Physiological measures, such as water, electricity, massage, exercise, and sunlight, regulation of diet and clothing, possess a wonderful controlling influence over the healing power of the body by regulating the movement of
the blood, the greatest of all remedial agencies; and by stimulating the vital activities and controlling the vital forces by which the healing process is carried on.

Physiological Remedies

The most important measures which can be employed in dealing with the sick may be said to be fresh air, baths, exercise, and diet. The chronic invalid can be made well only by being reconstructed. The sick man must be transformed into a healthy man by a process of gradual change. Little by little the old tissues must be torn down and new tissues built in their place.

By means of exercise the movement of the blood is accelerated and the old diseased tissues are broken down and carried out of the body. Exercise always diminishes weight. Cold baths stimulate the destruction of tissues, increase the activity of the heart and of all the vital functions, encourage the formation of the digestive fluids, and increase the appetite for food. Warm baths increase the elimination of waste substances. A dietary consisting of pure food substances of a character to be easily digested and assimilated, is the proper material with which to construct a new and healthy body. Thus baths, exercise, and a natural dietary constitute a therapeutic trio, each member of which is a complement to the others.

Health-getting, for the chronic invalid, is chiefly a matter of training, of health culture, under favorable conditions, which
include the discarding of all disease-producing habits, such as the use of tobacco, tea, coffee, and all irritating, indigestible, and disease-producing foods.

Hydrotherapy, phototherapy, mechatherapy, vibrotherapy, manual Swedish movements, massage, the X-ray, electricity in its various forms,—the high frequency current, static, sinusoidal, etc.,—all these and other natural means are of invaluable service when employed, either severally or in combination, to uproot diseased conditions.

Examinations and Tests

In addition to the ordinary examination, which covers the history of the patient’s malady, an account of his habits of life, his ancestry and other facts relating to his personal history, a thorough understanding of the real conditions present in a case of chronic disease requires a series of special examinations, which, for the most part, are made possible only by methods and appliances discovered in comparatively recent times. Some of the most important examinations and the reasons therefor are as follows:

Blood Examination. This important examination is made in every case. The blood is the life. If the number of blood cells present is only 75 or 50 per cent of the normal, the defensive and healing power of the body, its vigor and vitality, are 25 to 50 per cent below the normal standard. The vital forces are proportion-
ately weak. The blood examination comprises a careful examination of the blood cells, a determination of the proportion of coloring matter present, a study of the different kinds of white cells, and other determinations. The examination not only makes certain whether or not anemia is present but yields information otherwise unobtainable concerning the possible presence of many other grave diseases. This examination is taken as soon as possible after the patient arrives, and where any departure from normal conditions is observed, the examination should be repeated every two weeks while the patient remains under treatment, the final examination being made just before going home.

_Determination of Blood Pressure._ This highly important test, although not yet in general use, has been made a routine feature of examinations at the Battle Creek Sanitarium for many years. It is one of the means by which the presence of grave diseases, especially of the kidneys and blood-vessels, is determined, while still in an incipient and curable stage. The normal blood-pressure is 90 to 110. A permanent increase of blood-pressure to 130 or 140, or, as found in some cases, to 250 or more, is an indication of obstruction in the circulation due to spasm of the blood-vessels, or to narrowing or obliteration of the vessels through hardening of the arteries. This elevation of blood-pressure is one of the early symptoms of grave disease of the kidneys or blood-vessels. When recognized soon enough, this diseased pro-
cess may be arrested, and in many cases great improvement may be effected. When the blood-pressure is found above normal, unremitting efforts should be made to reduce the pressure to the normal, not by means of drugs, but by removing the causes of the condition, of which the high blood-pressure is merely a symptom. In advanced cases of disease of the blood-vessels, the pressure is low because of progressive weakening of the heart. This condition, known as secondary low pressure, is much more serious than that in which the blood-pressure is high. One of the first symptoms of improvement in cases of this sort is an increase in the blood-pressure. Cases are sometimes observed in which the blood-pressure rises 25 to 50 points after beginning treatment. With the higher blood-pressure there is improved nutrition through a better blood supply to the tissues, and in favorable cases the blood-pressure then gradually falls under the influence of treatment.

The Gastric Examination. By means of this examination, made in connection with a test meal, accurate information is secured concerning the functions of the stomach, and a regimen of treatment determined both as to diet and other measures. The gastric examination reveals the quantity of gastric acid present, the presence or absence of pepsin, of bacteria, of abnormal fermentations, of mucus and other indications of gastric catarrh, or other morbid conditions. The motility of the stomach—its ability to empty itself of
its contents—is also determined by this examination. Another highly important fact which may generally be settled by this examination is the complete or partial obstruction of the pylorus, a condition which, once considered hopeless, may now be successfully dealt with. Thoroughgoing and systematic examinations of the stomach have been conducted in the laboratories of the Battle Creek Sanitarium on a more extensive scale and for a longer period than at any other place in this country, over 30,000 examinations having been made to date.

By means of X-ray examinations of the stomach, it is now possible to determine the exact shape, size and location of this organ and to actually follow its activities with the eye, thus making clear many conditions which were formerly highly problematical and obscure.

**Urinary Examination.** This examination serves two purposes of the highest importance, first, to discover whether the kidneys are diseased, and second, to ascertain the condition of the blood and the general state of the body, especially with reference to such maladies as intestinal auto-intoxication and diabetes.

**Examinations of the Liver, Pancreas and Other Viscera.** These organs, formerly regarded as beyond the reach of investigation during life, are now made to reveal much concerning their condition by means of special tests for hepatic and pancreatic efficiency. Ordinary examinations of the urine give comparatively little in-
formation, because the urine is influenced to such a large degree by the character of the food. By placing the patient upon a special dietary for a definite period, during which the urine is collected, and by comparing the results with the data secured from the examination of healthy persons under like conditions, information of the most practical significance is obtained. By the use of the urinary test ration or special urinary research, first undertaken systematically at this institution, new standards for the accurate study of the urine in conditions of disease have been worked out in our clinical laboratories.

**Fecal Examination.** The examination of the end products of digestion as found in the stools or fecal discharges must be regarded as equal in importance to any other examination which can be made. Enormous light has been thrown upon digestive disorders and large classes of chronic maladies by careful examination of the stools through the methods devised by Schmidt and others. The system of examination of the stools employed in the laboratories of the Battle Creek Sanitarium is the most thoroughgoing in use. This examination not only determines the presence or absence of intestinal parasites, such as tapeworm, hookworm, amoeba, etc., but indicates the kind and the number of bacteria present, and hence gives the key to the character of the fermentations taking place in the intestines, and the nature and amount of the bacterial toxins produced.
In cases of intestinal autointoxication, which are exceedingly common, the friendly or acid-forming bacteria are often found present in very small proportion. The percentage of this class of bacteria, indicated as gram positive, has been found as low as 3 per cent, most of the other 97 per cent consisting of putrefactive bacteria, which produce a prodigious amount of pernicious toxins. Absorbed into the blood, these toxins cause degeneration of the walls of the blood-vessels and ultimate degeneration of the liver, kidneys, thyroid glands and other important vital organs, besides giving rise to such distressing symptoms as headache, nervousness, nervous exhaustion, pigmentation of the skin and various skin eruptions, high blood-pressure, irritability, loss of memory, etc. Examination of the stools, made immediately after the arrival of the patient and repeated at intervals of a week or two, afford an opportunity to watch the gradual change of the intestinal flora from a noxious to a friendly sort, under the influence of an antitoxic diet and the use of Yogurt, Tissane and other antitoxic ferments.

Strength Tests. By means of the Universal Dynamometer, an instrument devised at this institution and now in use by the United States Government at its Military and Naval Academies, as well as by the leading gymnasiums of the country, the strength of each group of muscles and the aggregate strength of the body is accurately tested. By successive examinations at intervals of a week or two, the
progress of the patient's gain in strength under carefully graduated gymnastic training may be readily noted. An aggregate strength gain of 500 to 1,000 pounds in a single week is frequently observed. The results of the tests are plotted on the Strength Chart, a copy of which is given to each patient. This chart represents in a graphic and easily comprehensible manner the exact relation of the strength of each group of muscles to the normal standard for a person of the same height. The height and weight coefficient obtained by this comparison with the normal standard indicates whether the patient is over weight or under weight. A dozen or more important physical coefficients are thus worked out by means of the Universal Dynamometer.

Examinations of the Eye, Ear and Nose. Examinations of these organs are often of the highest importance in cases of chronic disease, not only to ascertain the presence or absence of special diseases of these organs but to discover early indications of grave disorders which may not be far enough advanced to reveal themselves through more prominent symptoms. For example, disease of the blood-vessels and of the kidneys may often be recognized by examination of the eye. Morbid conditions of the nose frequently give rise to serious nervous and pulmonary disorders.

Examination of the Teeth. Unless known to be sound through the assurance of a competent dentist who has but recently examined them, the teeth should be
thoroughly looked over, not merely to discover the beginnings of dental decay but to note whether the teeth are in condition to thoroughly masticate the food, and also to make sure that there are not present in the mouth septic conditions which may serve to perpetuate a state of intestinal autointoxication.

**General Physical Examination.** Thorough physical examination in every case is necessary to obtain as much information as possible concerning the heart, lungs, and abdominal viscera, as well as to make a general inventory of the physical condition of the body.

Many of the examinations in the foregoing list should be repeated from time to time as the only means by which the degree of progress the patient is making may be accurately measured. The advantage of such exact examinations cannot be overestimated, not only as a guide to the physician in the application of the curative measures but also as a means whereby the patient may be enabled to see for himself at a very early period the effects produced by his treatment, and thus to form a reasonably accurate judgment respecting the ultimate outcome of his therapeutic effort.

**A Natural Bill of Fare**

The Sanitarium bill of fare excludes meats, animal fats, mustard, pepper, and other irritating condiments, spices, tea and coffee, pickles, ice cream, baking-powder breads, and all articles of food known to
be unwholesome, indigestible, or productive of disease,—and here are a few of the reasons why:

Condiments, such as mustard, pepper, capsicum, etc., cause blistering and inflammation of the skin when applied to it; when applied to the stomach they produce similar irritation, and their habitual use produces gastric and intestinal catarrh. In those parts of Old Mexico where peppers are freely used, chronic gastritis is almost universal. This the writer knows from personal observation, as well as from the testimony of intelligent American physicians who have practiced medicine in the Mexican Republic for many years. The idea that pepper and similar substances aid digestion is entirely an error. Comparative experiments made by giving the patient test meals with and without pepper, mustard, etc., show that condiments hinder rather than aid digestion. Experiments on animals made by French and German investigators with extracts of mustard, pepper and other condiments show that these substances produce hardening of the arteries. Their use is positively dangerous in persons with high blood-pressure. Those who wish to live out the total measure of their days will do well to avoid them.

Pickles, being hardened by the action of acetic acid, salt, perhaps with the addition of alcohol, become almost absolutely indigestible. When taken into the stomach they resist the action of the gastric juice much as would sawdust or pebbles, and become a source of great irritation and
even of inflammation and chronic disease. Green olives, brandied peaches, and even preserves must be put in the same category. Fresh, crisp cucumbers are not unwholesome for persons whose digestive organs are in a fair condition. Lemon juice should be substituted for vinegar. The acid of vinegar has been shown by Boix to be twice as active as alcohol in producing gin liver. It is quite unwholesome for well persons, and must be rigorously excluded from the bill of fare of the invalid.

Animal Fats, together with olive oil and other non-emulsified fats, when mixed with starch, as buttered toast, cake, pie-crust, griddle cakes, Saratoga chips, fried bread, fried mush, baked, boiled and mashed potatoes, etc., prevent the action of the saliva upon the starch. Fats also hinder the action of the gastric juice upon the albumins, and, as shown by Pawlow, diminish the formation of gastric juice, and in this way give rise to biliousness, so-called torpid liver, and other digestive disturbances. Fats are easily digested and assimilated only when taken in the form of natural emulsion, as in cream, in nuts, or nut preparations.

Butter, unless made from sterilized milk, contains germs in great quantities; even the germs of tuberculosis and typhoid fever have been found in butter which had been made several weeks. The butter used upon the Sanitarium tables is made from sterilized milk, and so is free from noxious germs. Rancid butter is highly injurious, not only because of the germs which it
contains but because of the unwholesome effect of the butyric acid present. Paw-
low has shown that this acid irritates the stomach in such a way as to cause it to produce an excess of acid. On this ac-
count it is especially important that per-
sons suffering from gastric hyperacidity should avoid the use of butter which has the slightest taint.

Cheese must be condemned for the same reason, with the exception of Yogurt cheese. The Yogurt cheese which is used on the Sanitarium tables is prepared in the Sanitarium creamery by the aid of the fa-
mous Oriental ferment, the Bacillus Bul-
garicus, and is not only a wholesome and most palatable food but is also a useful remedy, since it introduces into the ali-
mentary canal friendly germs which com-
bet the poison-forming organisms which cause intestinal auto-intoxication.

Why Flesh Meats are Excluded

Flesh foods of all sorts, including red meats, fish, flesh, fowl, oysters, clams, lob-
sters, etc., are excluded from the Sanitarium bill of fare for several excellent reasons:

1. The great majority of invalids are suffering the ill effects of flesh eating. Rheumatism, gout, certain forms of Bright's disease, gall-stone, renal calculi (stone in the kidney), many forms of neu-
rasthenia, migraine or headache, gastric ulcer, hyperacidity, and many other mal-
adies belong to a class which has been
aptly designated as "meat-eater's disorders," because directly promoted by flesh eating.

The observations of Combe, Tissier, Metchnikoff and others have shown that flesh foods promote intestinal autointoxication. There are two reasons for this. Flesh rapidly undergoes putrefaction within the body as well as outside of it. The same germs which cause the offensive decay of a dead rat are found present in beefsteak, fish, fowl, oysters and flesh of all sorts. The following table shows the number of bacteria found in different samples of meat freshly obtained and examined in the Sanitarium clinical laboratory:

<table>
<thead>
<tr>
<th>Specimen</th>
<th>Putrefactive Bacteria per gram (moist)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>When purchased</td>
</tr>
<tr>
<td>No.</td>
<td></td>
</tr>
<tr>
<td>1. Large sausage</td>
<td>420,000,000</td>
</tr>
<tr>
<td>2. Small sausage</td>
<td>663,000,000</td>
</tr>
<tr>
<td>3. Round steak</td>
<td>560,000,000</td>
</tr>
<tr>
<td>4. Roast beef</td>
<td>560,000,000</td>
</tr>
<tr>
<td>5. Smoked ham</td>
<td>43,120,000</td>
</tr>
<tr>
<td>6. Hamburger steak</td>
<td>129,000,000</td>
</tr>
<tr>
<td>7. Pork</td>
<td>126,040,000</td>
</tr>
<tr>
<td>8. Porterhouse steak</td>
<td>30,000,000</td>
</tr>
<tr>
<td>9. Sirloin steak</td>
<td>378,000,000</td>
</tr>
<tr>
<td>10. Tenderloin (well done)</td>
<td>25,200,000</td>
</tr>
<tr>
<td>11. Tenderloin (rare)</td>
<td>168,000,000</td>
</tr>
</tbody>
</table>

Second, flesh foods encourage intestinal autointoxication by supplying the sort of material which promotes the growth of poison-forming germs. The samples of meat examined and shown to have the number of bacteria indicated in the above table were taken from portions of meat about to be served on the table of a first-
class hotel, and represent meat in the form in which it is ordinarily eaten.

**Uric Acid Facts**

Persons who are suffering from uric-acid poisoning—and cases of this sort are exceedingly numerous—will be interested in the following facts worked out by Dr. Hall, the eminent physiologist of Manchester, England, concerning the amount of uric acid found in meat and other common articles of food:

A pound of beefsteak contains fourteen grains of uric acid. The amount produced and eliminated daily by a person living on a non-flesh diet is only six grains, or less than half the amount which is swallowed in eating a pound of beefsteak.

A pound of liver contains nineteen grains of uric acid, or three times as much as the body ordinarily discharges in one day.

A pound of sweetbreads contains seventy grains of uric acid, or more than twelve times the amount which the body is normally required to dispose of in a day.

Chicken, fish, oysters, and other flesh foods contain uric acid in about the same proportion as beefsteak.

A pint of beef tea contains eight grains of uric acid, or twice as much as the same quantity of urine.

A person's liver and kidneys may be able to destroy and eliminate the uric acid produced in his own body, while not at
all prepared to deal with two to ten times this quantity.

Nuts of various sorts are the vegetable analogue of meat, and require only suitable preparation to render them not only exceedingly palatable, but in the highest degree wholesome and digestible. The invention of methods by which this can be done, and the discovery of such interesting preparations as protose, malted nuts, nut butters, creams, etc., has made it easily possible for any person to at once and entirely dispense with the use of flesh foods.

Dujardin-Beaumetz, the most eminent medical practitioner of Paris, himself a sufferer from Bright's disease, prolonged his life many years by discarding flesh foods of all kinds.

2. Meat must be entirely avoided by persons suffering from gastric disorders—either hyperpepsia or hypopepsia. Those who have hypopepsia have not the ability to digest flesh foods because of the deficiency of gastric juice, the element essential for the digestion of this class of food substances. In cases of hyperpepsia, as shown by Pawlow and numerous other investigators, an excessive production of hydrochloric acid is increased by the use of flesh food. In cases of dilatation of the stomach in which the chief inconveniences are the outgrowth of too long retention of foods in the stomach, meats as well as cheese, and in many cases even milk and eggs must be avoided, because of the putrefaction of these substances in the dilated or pouched stomach, giving rise to the for-
mation of poisons. When absorbed into the blood, these poisons cause sick-headache, palpitation of the heart, biliousness, and even degeneration of the kidneys or Bright's disease, and inflammation with cirrhosis and atrophy of the liver.

Healthy people soon become sick when fed exclusively on meat; even dogs become sick and die on an exclusive meat diet. Dog fanciers give dogs very little meat, and the keepers of trained dogs exclude meat entirely from their dietary. Hunters feed their dogs cornmeal cakes, asserting that the use of flesh spoils the dog's wind and also his scent. Flesh foods are not the natural diet of man, who is naturally, according to Cuvier and other comparative anatomists, a frugivorous or a fruit- and nut-eating animal.

3. Chittenden and others have demonstrated the necessity for a low-protein standard in diet. The experiments of Chittenden and numerous other investigators have shown that the amount of protein formerly supposed to be necessary is about three times as much as the body actually requires. By the aid of experiments conducted by Chittenden, in which more than a score of men lived upon a low-protein diet for nine months, it has been shown that the necessary amount of protein (the food element represented by the lean of meat and the white of egg) is so small that an ample supply can be obtained from vegetable sources, so that it is not at all necessary to resort to the eating of flesh foods in order to obtain a supply
of this element. All of the persons who were the subjects of the experiment improved. Six athletes who were in good condition at the beginning of the experiment doubled in strength. Experiments made by Fisher have shown that the endurance of flesh-abstainers is far greater than that of flesh-eaters. One of these tests consisted in holding the arms straight out until they could no longer be maintained in a horizontal position. Fifteen flesh-abstaining physicians, nurses and bath attendants of the Battle Creek Sanitarium corps were able to hold out their arms nine times as long as fifteen of the well-trained athletes of the Yale gymnasium. The facts were published by Professor Fisher of Yale University, who conducted the tests in a most thoroughly scientific manner.

Beef tea, beef extracts, beef juice, bouillon, etc., contain little or no nourishment, consisting chiefly of the waste matters derived from the tissues of the dead animal—uric acid, creatin and other poisonous substances. An ounce of beef broth contains only three calories of food substance, barely as much as a small teaspoonful of milk. An eminent French physician remarked: "Beef tea is a veritable solution of poisons." The late Dr. Austin Flint made an examination of beef tea and found its composition to correspond very closely to that of urine. A pint of beef tea contains more than twice as much uric acid as the same quantity of urine. These preparations should be wholly discarded from the dietary of both the well and the sick.
They are particularly unwholesome for the sick, whose power to deal with poisons is impaired.

Eggs are somewhat less objectionable than flesh foods, yet when freely used they encourage intestinal auto-intoxication and may be well discarded by persons who are anxious to escape as speedily as possible from the distressing inconveniences of chronic intestinal toxemia. The yolks are preferable to the whole egg, for the reason that they are intended as a foodstuff for the developing chicken and are much more easily digestible. Fried eggs and omelets are very difficult of digestion, hence are unwholesome and should be avoided.

The Antitoxic Diet

A fruit diet is of the highest value in cases of chronic disease, especially when the stomach is infected with germs. Germs will not grow in fruit juices. Even cholera and typhoid fever germs succumb in a short time to the influence of the juices of such fruits as the orange, the lemon, the apple and the strawberry. A fruit diet is the best means of disinfecting the stomach and the alimentary canal in general. An exclusive fruit dietary for three or four days is sometimes advantageous. In other cases a fruit breakfast, a fruit supper, and a mixed diet for dinner, is a practical plan. Fresh ripe fruits are somewhat more effective than stewed fruits for the destruction of germs. In several cases which have been under treatment at the Sanitarium the
stomach fluid has been found to contain more than two hundred and fifty million germs to the ounce. After a test meal, consisting exclusively of fruit, no living germs could be found.

Fruits should be masticated with great care. Fruits are not digested in the stomach, and hence must be reduced to as nearly a liquid state as possible in the mouth by thorough mastication. Neglect to do this is the principal cause for inconvenience from the use of fruits, of which many invalids complain. Bananas, which are thought to be quite indigestible by many, become readily digestible when reduced to a smooth pulp before eating or by means of thorough mastication.

Strongly acid fruits sometimes interfere with the digestion of starch in the stomach, and in such cases should be avoided or eaten only at the close of the meal.

In the use of melons, the pulp should be rejected; the juice only should be swallowed. Fruits, with the exception of the banana and the olive, contain but very little nutrient material, consisting chiefly of water; they tax the digestive organs but very little, and may therefore be taken when other foods cannot be eaten.

Fruit juices require no digestion, and hence may be taken between meals without taxing the digestive organs. They contain a considerable amount of nourishment ready to be immediately absorbed and assimilated. This fact explains the peculiarly refreshing properties of fruit juices. Fruit juices containing considerable
quantities of cane sugar are very objectionable on account of the irritating effects of this sugar, which is not a natural foodstuff. Fruit juices should not be swallowed rapidly, but should be sipped slowly and mixed with the saliva.

Cereals of all sorts are highly antitoxic. This is especially true of dextrinized cereals. Experiments have shown that rice is the most antitoxic of all cereals. The reason for this is that the starch of cereals encourages the growth in the intestines of the acid-forming germs which prevent the development of the poison-forming putrefactive germs. Meltose, malt honey in the form of syrup and in the form of sugar, are highly valuable antitoxic foods, as they greatly encourage the growth of the friendly germs or antitoxic ferments.

**Vegetables**

Fresh vegetables may be freely used, if care is taken to thoroughly masticate each morsel. Their use is important to give bulk to the food mass, so as to encourage intestinal activity and also to supply the body with useful salts.

Such fresh green vegetables as lettuce and raw cabbage should be used freely when not contraindicated by chronic inflammation of the stomach or by some other morbid condition which renders the stomach incapable of dealing with bulky foods. Lettuce and cabbage are often contaminated with the eggs or embryos of intestinal parasites as the result of the use
of fresh manure or night soil as a top dressing by gardeners. Metchnikoff has called attention to the fact that certain forms of intestinal parasites are generally acquired in this way. It is claimed by Metchnikoff that appendicitis and typhoid fever may be often traced to the use of raw vegetables which have been thus affected. This danger is entirely avoided at the Sanitarium by the production of lettuce and other vegetables which are eaten in a raw state in gardens and greenhouses connected with the institution. Fresh fruits which are purchased in the market are submitted to a thorough washing and disinfection by means of harmless germicides.

The potato is in general a most wholesome vegetable but must be avoided in certain cases in which there is great gastric irritability, because of the large amount of alkaline salts which it contains. In such cases rice is much preferable, as the rice contains less than one-twenty-fifth part as much of these salts as does the potato. In the use of potatoes, it is highly important that each morsel should be thoroughly chewed. It must be reduced to a perfect liquid state before leaving the mouth. When swallowed in lumps, potato is almost indigestible in the stomach, as it consists so largely of starch. When thoroughly reduced to a liquid state, the potato leaves the stomach very quickly and enters the intestine, where it is digested by the pancreatic juice. Soggy potatoes are very indigestible because of the difficulty in reducing them to a liquid state. The
potato is perhaps best taken in the form of potato porridge, or puree, especially in cases of hyperhydrochloria.

**Why Cane Sugar Is Discarded**

1. Cane sugar is not a natural human foodstuff. It is chiefly found in grass-like plants such as sorghum and the sugar cane, in roots and the sap of certain trees.

2. Cane sugar is digested with difficulty by the human digestive apparatus. One of the four stomachs of ruminants is specially provided with a ferment for the digestion of cane sugar. In the human intestine the digestion of cane sugar does not begin until three or four hours after it is eaten.

3. Cane sugar is irritating to the stomach. Brandel, a German investigator, showed in experiments upon a dog that irritation of the stomach was caused by a 6 per cent solution of cane sugar. A 20 per cent solution produced such irritation and distress that it was necessary to terminate the experiment.

4. Cane sugar often produces acidity by irritating the stomach and causing an excess of gastric acid. The acid is not due to fermentation but to irritation.

5. Cane sugar, when taken freely, produces gastric catarrh.

6. Cane sugar is an objectionable form of carbohydrate food because it lacks the lime and other bone-making salts which are naturally, as in the cereals, associated with carbohydrates. Professor Sherman, of Columbia University, has shown that the
free use of cane sugar is largely responsible for the lime starvation from which about one-half of the population of the United States, according to his estimate, are suffering. According to the United States government statistics, the average American citizen eats a quarter of a pound of cane sugar daily. With this amount of carbohydrate food should be associated a considerable proportion of lime. This not being supplied, the bony structures of the body suffer as a consequence, and the rapid decay of the teeth is one of the results.

A recent official inspection of the public schools of one of our large cities showed that 90 per cent of the children were suffering from decay of the teeth.

The sugars to which the stomach is naturally adapted are milk sugar, or the sugar which is normally found in milk; malt sugar, which is produced by the action of the saliva upon the starch; and fruit sugars, dextrose and levulose, which are found in fruits, also in honey. Fruit sugars in the form of sweet fruits, as raisins, figs, prunes, and other sweet fruits are much preferable to cane sugar. They are ready for immediate absorption and assimilation.

**Malt Sugar**

Malt sugar in the form of malt honey or Meltose, a syrup, and in the granular form resembling brown sugar, may be with advantage very largely substituted for cane sugar. The excellent flavor of these
products combines well with the various cereals and with fruits of all sorts. Persons suffering from hyperacidity, gastric catarrh, Bright’s disease, arteriosclerosis, apoplexy, gastric ulcer, colitis, should use malt sugar instead of cane sugar. Herschel, of London, has recently called attention to the fact that malt sugar serves a useful purpose in cases of ulcer of the stomach and duodenum if taken a couple of hours after eating, by checking the digestive action of the gastric juice upon the mucous membrane.

Dextrinized Cereals

Dextrinized cereals, that is, cereals which have been cooked at a temperature of 400° F. or above, are much more easily digestible than are the ordinary cereals. In the process of digestion, starch is converted into fruit sugar, passing through many different stages. Ordinary cooking or boiling starch converts it into paste; this renders its digestion in the stomach possible, if it is retained there for a sufficient length of time. The saliva can not act upon raw starch. A more prolonged cooking, at a higher temperature, produces a higher form of dextrin, which is soluble and is more easily acted upon by the saliva. Cooking at a temperature of 320° produces achroodextrin, which is rapidly converted into malt sugar when brought in contact with the saliva. Malt sugar, while passing through the mucous membrane of the intestine, is converted into
dextrose, in which form it is absorbed into the blood. The purpose of cooking should be to bring the starch as nearly as possible into the form of sugar, so as to tax the digestive organs as little as possible. The use of foods thus dextrinized by cooking at a dry heat of 320° is especially necessary in cases of hyperpepsia, in which the period of starch digestion in the stomach is very short, instead of continuing thirty or forty minutes, as in the normal stomach.

The following foods are dextrinized cereals, which are both more palatable and more digestible, even for the well: Browned rice, toasted rice flakes and biscuit, toasted wheat flakes, toasted granose biscuit, granola, zwieback, crystal wheat, toasted whole-wheat wafers. Granola, crystal wheat, and browned rice are served as moist cooked grains, and should take the place of oatmeal, cracked wheat, and other mushes.

**Malted Cereals**

In certain extreme cases starch digestion is so deficient that this element of food must be not only dextrinized but converted into maltose by predigestion by diastase. This predigestion of cereal foods does not weaken the digestive organs, but aids them by bringing cereal preparations as nearly as possible to the condition of well-ripened fruits. Chemical changes which take place in the process of ripening, and those which may be produced by cooking, are almost
identical in character as regards the changes effected in the starch, the only difference being that under the influence of sunlight the digestion of starch is made more complete than it can possibly be made by any process of cooking or artificial digestion. The following are the principal malted foods: Granuto, bromose, malted nuts and malt honey. These preparations may be used in many cases in which cane sugar cannot be at all employed. Combe has shown that malted or predigested foods are highly antitoxic.

Why Tea and Coffee Are Discarded

Tea and coffee are discarded from the Sanitarium bill of fare because they are poisons, mild intoxicants, capable of producing decidedly injurious effects upon the nervous system, and highly detrimental to digestion. The digestion of starch ceases entirely in the presence of tea or coffee. Tea is, on the whole, more detrimental to starch digestion than coffee, but both are in the highest degree objectionable. They interfere with the action of the salivary glands by rinsing the food down before it has been properly insalivated. They prevent the action of the saliva upon the starch both in the mouth and in the stomach. Sir Wm. Roberts showed that tea and coffee interfere with the digestion of albumin, and that their total effect is to delay or prevent digestion. Many dyspeptics know this by experience. Dr. Haig has shown that their
Effect is the same as that of meat-eating in producing sick-headache, rheumatism, and other uric-acid disorders.

Tea and coffee contain caffeine, a poison which is essentially identical with uric acid.

A pound of tea, coffee, cocoa, or chocolate contains from 150 to 200 grains of uric acid, or its physiological equivalents, thein, caffeine, or theobromin.

The habitual use of this poison is undoubtedly a potent cause of arteriosclerosis and high blood-pressure, and leads to Bright's disease and apoplexy. Dr. H. W. Wiley has pointed out that a cup of coffee contains four grains of caffeine, which is a medicinal dose of the drug. A glass of coca-cola contains the same amount of caffeine. A cupful of coffee contains twice as much uric acid as the same quantity of urine. These poisonous drugs are responsible for a vast deal of mischief. Their use should be discarded by persons in health as well as by the sick.

The Number of Meals

Two meals a day are, for most persons, preferable to three meals or more. This is especially true when the digestion is slow. The average person's stomach retains the food from four to six hours. The stomach should be allowed an hour to rest after a meal is digested before another meal is taken; and, as at least three or four hours should elapse before retiring, after the last meal, it requires very little computation to show that it is impossible to eat more than
twice a day and comply with physiological requirements. Two meals a day has been the general custom of the world from the earliest period. 8 A. M. and 2 P. M. are convenient hours. While getting accustomed to this plan one may eat a little fruit at midday or in the evening to relieve the sensation of hunger. Many persons have adopted the "no breakfast plan" with benefit; but the no supper plan is preferable, in that it admits of sound sleep, a clean tongue, sweet breath, and a good appetite for breakfast, with power to digest and assimilate it. The "no breakfast plan" is specially suited to persons who take six o'clock dinners, for the reason that the stomach is jaded in the morning and not prepared for the work of digestion. The practice of making the hearty meal of the day at six o'clock or later is often responsible for insomnia and various forms of indigestion.

Persons who take liquid meals, or who take but small quantities of food, may sometimes do better with three or four meals daily. When necessary in such cases, which are very rare, a special prescription is given by the physician.

**Thorough Mastication**

Nearly twenty years ago, granose flakes, the first toasted flaked cereal, was produced at this institution, the purpose being to provide a dry food which would encourage mastication. Each flake of granose is a filmy bit of zwieback. It was for a
long time the custom of the institution to require each patient to masticate at the beginning of each meal a saucer full of dry granose flakes. This proved to be an effective means of correcting numerous gastric troubles. The use of dry foods is preferable in the great majority of cases of indigestion, chiefly for the reason that they demand thorough mastication and insalivation. It is not necessary that the food should be hard, as is the case with zwieback, but it must be dry. Granose flakes, granose biscuit, rice flakes and biscuit are very palatable and may be easily masticated, even without the aid of teeth. Whole wheat sticks, laxative or bran biscuit and other water breads are also excellent articles to encourage mastication.

The great attention devoted to the subject of mastication by the scientific world within recent years, as a result of the unique and most successful propaganda conducted by Mr. Horace Fletcher, has placed the importance of thorough mastication and mouth digestion upon a thoroughly scientific basis. The numerous important facts developed by Mr. Fletcher in his study of the subject of mastication have fairly entitled him to the high compliment paid him by the creation of the new terms "fletcherism" and "fletcherizing."

Thorough mastication of the food is to be specially commended for the following reasons:

1. Mastication develops the flavors of the food and thus stimulates the gustatory nerves to notify the stomach through the
psychic centers, thereby enabling the stomach to prepare in advance the gastric juice required for the digestion of the food. This "appetite juice," discovered by Pavlov, is a most important element of the gastric secretion, being more active and powerful than any other.

2. Prolonged mastication secures the admixture with the food of the saliva required to digest the starchy portion, and thus prepares the food for the action of the gastric juice and other juices later on. The action of the saliva is not confined to the mouth; it is continued in the stomach, and although it is interrupted by the secretion of the acid gastric juice the saliva is reactivated by the digestive fluid after the food mass leaves the stomach and so continues its work in the intestine. This fact, recently discovered, greatly emphasizes the importance of securing an abundant secretion of saliva by thorough and prolonged mastication.

3. By thorough mastication the food is finely divided so that the various digestive fluids may come in direct contact with each minute particle, thus greatly facilitating the process of digestion.

4. By thorough mastication the gustatory nerve is enabled to exercise a most interesting and important function by which the nutrition of the body is very exactly and automatically regulated. When the proper opportunity is thus afforded for the performance of its function, the gustatory nerves not only determine the amount of food but indicate which particular food-
stuffs are required to meet the nutritive needs of the tissues.

Thorough chewing of the food need not be a tedious matter; in fact, the proper chewing of the food really increases to a marked degree the pleasure and satisfaction of eating. The length of time required need not be more than thirty or forty minutes for an ordinary meal. When the food has been sufficiently masticated, it seems to be drawn into the throat by a semi-automatic process, or, as one has said, "swallows itself." The tongue, as well as the teeth, should be used in masticating the food, not only by rolling the food about but by pressing it against the roof of the mouth, by which means also the presence of uncrushed particles may be detected and detained. In many cases it is better to reject the coarse hulls of beans, peas and green corn. These are sometimes retained in the stomach, especially in cases of dilatation.

**Milk Dyspepsia**

One-third to one-half of all invalids have learned to recognize by their own experience that milk does not agree with them. Combe has pointed out the fact that many invalids suffer from "casein dyspepsia." Many persons suffer from coated tongue, constipation and headache after the free use of milk, a condition which is often described as "biliousness." This is found to be especially true when rich milk or cream is freely used. These symptoms
are the result of intestinal autointoxication, which is produced by the putrefaction of undigested curds in the colon. The presence of a considerable amount of fat in the milk encourages the autointoxication.

Buttermilk or sour milk is preferable to sweet milk. Yogurt buttermilk is preferable to ordinary buttermilk. It is prepared under the supervision of our bacteriologist by the aid of the Oriental ferment, the Bacillus Bulgaricus.

Many who cannot use milk in any form find it advantageous to substitute Malted Nuts, a preparation somewhat similar in appearance and flavor to malted milk but more digestible and more palatable. Ordinary commercial milk is quite unsafe and unfit for use, as it often contains billions of germs to the ounce. Sterilized or boiled milk is unquestionably constipating in many cases. When sterilized milk or any other cooked food is made the principal diet, some uncooked foodstuff, such as fresh fruit juice, must be used daily to prevent scurvy. "Certified" milk is preferable to sterilized or pasteurized milk. The milk supply of the institution is under careful bacteriological supervision.

The Antitoxic Regimen

In combating intestinal autointoxication, the first essential is to suppress foods which encourage the growth of the poison-producing germs,—that is, foodstuffs which readily undergo putrefaction. This includes meats of all kinds, and not infre-
quently also eggs. Many cases also require the suppression of milk, at least for a time. Instead of meats, the dietary must consist of foodstuffs which do not putrefy but on the contrary encourage the growth of acid-forming germs, the friendly organisms which combat poison-forming germs. Cereals, sweet fruits, fruit juices, especially dextrinized and malted cereals and malt sugar, are the best for this purpose.

Another measure of great importance is the use of antitoxic ferments. Poehl of St. Petersburg discovered more than twenty years ago that intestinal putrefactions may be suppressed by the use of sour milk. Tissier, of the Pasteur Institute, discovered that fermented milk combats intestinal putrefaction by reason of the acid-forming germs which it contains. A very active germ, the Bacillus Bulgaricus, was found to be the secret of the special value of the fermented milk commonly used in Bulgaria and in Oriental countries generally, and known in these countries under the various names of yoghourt, madzoon (Turkey), leben (Egypt), dadhi (India). Careful study has been made in the clinical laboratories of the Sanitarium of ferments obtained from these different countries, and it has been ascertained that some are very much more active than others and that all are more active than most of the cultures sold under various trade names. The most active ferments of all were obtained from the vicinity of Mount Ararat in Mesopotamia and from India.

The Sanitarium tables are supplied with
preparations of these ferments in the form of Yogurt buttermilk, made fresh every day in the Sanitarium creamery. The ferments are also prepared in the form of tablets or capsules. The use of Yogurt in the form of Yogurt buttermilk, Yogurt whey, Yogurt tablets and delicious Yogurt cheese, which is made from it in the Sanitarium creamery, has been found exceedingly helpful in combating intestinal autointoxication.

Various European bacteriologists have demonstrated that the intestine of an infant, as well as of the young of all species of animals, is at birth entirely free from bacteria. Within a few hours—six hours in summer, and twenty hours in winter—the intestine becomes occupied with a bacterial flora consisting chiefly of two species, one which grows freely when exposed to the air, known as the Bacillus acidiparalactici, and another, a germ which grows best in the absence of air, the Bacillus bifidus. Both of these bacteria produce lactic acid, which prevents the growth of putrefactive bacteria and thus exercises a disinfectant or antiseptic influence in the intestinal canal of the infant,—the Bacillus acidiparalactici thriving in the small intestine, where air is present, and the Bacillus bifidus flourishing in the large intestine, from which oxygen is absent.

So long as these wonderful watch-dogs, the Bacillus acidiparalactici and the Bacillus bifidus, are present, the infant thrives. But infants fed upon cow’s milk or fed artificially become infected very often with
putrefactive organisms. Not infrequently the intestinal putrefactions become so intense that the child dies of auto-intoxication. Probably more young infants die as the result of these intestinal putrefactions than from any other cause.

In other words, nature makes of the infantile intestine a flower garden, filling it immediately after birth with protective acid-forming germs by which health is insured so long as the flowers continue to flourish; but when weeds, in the shape of putrefactive germs, get into the flower garden through wrong feeding and other means, the friendly germs disappear, the body is flooded with poisonous substances which take the place of the protective acids, and disease results.

Tissier, the great bacteriologist of Paris, who made these observations, was quick to recognize the fact that if by some means the weeds could be driven out and the normal flora restored, the return to natural conditions would be speedily followed by the disappearance of disease. Experiments upon animals, extended to infants and adult human beings, showed that this might be readily accomplished by suitably prepared cultures of the Bacillus acidiparalactici and the Bacillus bifidus. These facts were communicated to the Society of Biology by Dr. Tissier in February, 1906, since which time many thousands of lives have been saved by the use of Professor Tissier's culture.

Experiments conducted in the clinical laboratory of the Sanitarium have led to
the preparation of a ferment which combines the advantages of Tissier's culture and Yogurt. This culture is known as Tissane.

**Intestinal Activity**

Increased activity of the bowels is found to be necessary in most cases of chronic disease; even in cases in which the bowels move every day there is often found a putrefying residue left behind in the colon which is never completely evacuated. Constipation is an almost universal disease among civilized people as a result of an unnatural dietary and deficient muscular activity. Normally, the bowels should move after each meal, or two to four times daily. This prevents the retention of food remnants, bile and other excretions in the intestines long enough to permit of any considerable degree of putrefaction. This increased bowel activity is highly essential for the cure of intestinal autointoxication. How to secure it without the use of harmful means is one of the most difficult problems with which the therapeutist has to deal.

In most cases a combination of therapeutic measures is necessary. One of the most valuable which has been discovered in recent times is the use of the Japanese seaweed agar-agar. This substance is used as food in Japan, where it takes the place of the animal gelatin so much used in this country, to which it is in every way superior. This substance is supplied to Sanitarium patients in the form of small bis-
cuit under the name of Colax. The use of Colax at each meal is a valuable means of securing a very satisfactory increase of intestinal activity. The free use of fresh fruits and of such fresh uncooked vegetables as lettuce and the tender leaves of cabbage, together with other laxative foods, is essential in combating intestinal autointoxication. The mechanical kneading of the abdomen, massage, hydrotherapy, applications of electricity, local treatment of the bowel, and in some cases surgical measures, are other means employed as indicated.

The Battle Creek Sanitarium Diet System

This institution was the first (and in that particular is still unique) to provide its patients with a scientific bill of fare so arranged as to make possible the exact regulation of the diet in quantity and quality. Every article on the bill of fare has been examined by expert chemists and its value determined. A little instruction from the dietitians, who are always in the dining-room during mealtime, shows the patient how to arrange his bill of fare so as to secure just the right amount of fats, carbohydrates, proteins and other elements, as may be ordered by the physician.

This scientific accuracy puts the health-seeker on the road to recovery so quickly that he enters into the scheme with enthusiasm and counts his "calories" or his "portions" with interest, reporting to his
physician and making a record in his "book" provided for the purpose.

Every patient may read with profit the "Sanitarium Diet List," a little book containing a wealth of useful information.

Most chronic invalids have badly depreciated bodies. Their muscles are weak and flabby, they have feeble hearts, shallow breathing, flat chest, round shoulders, and little endurance. These conditions are the natural results of malnutrition and the chronic toxemia nearly always present. This state of physical inefficiency must be combated not only by removal of causes but by systematic training of the heart and muscles by scientific physical culture.

Systematic exercise of some sort is thus an essential feature in the Sanitarium system of treatment. The fatigue and muscular soreness occasionally produced at the start disappear rapidly when exercise is taken systematically. By means of exercise, heart and nerves as well as muscles are strengthened, and the tissue changes necessary for a thoroughgoing cure are encouraged.

The breathing exercises before breakfast prepare the stomach and liver for the digestion of the coming meal. After-dinner exercises aid the stomach in its digestive work, relieving heaviness and other discomforts. All exercises which accelerate the breathing aid greatly in the absorption of fluids from the stomach and intestines, and in this way greatly promote digestion and nutrition.

The gymnasium work prescribed to be
taken at other times has for its purpose the general improvement of the system and the correction of various deformities, such as round shoulders, flat chests, weak abdominal muscles, spinal curvatures of various sorts, weak carriage in walking, malpositions in sitting, etc. Persons who have very feeble abdominal muscles or prolapsed viscera should wear an abdominal supporter while taking exercise until the muscles have been developed.

In this connection should be noted the Sanitarium Chair, so called because constructed especially for this institution. The curves and slope of the back are such as to support the trunk and hold up the chest, and thus preventing the harmful relaxation of the abdominal muscles, which causes prolapse and congestion of the liver, stomach, bowels, and other viscera, and robs the brain and other organs of their proper blood supply. The chair is a constant reminder of the injunctions of our gymnasium trainers to "hold the chest up."

The gymnasium department is in charge of experienced trainers, who, with the assistance of the physicians, will see that each patient receives the special exercises adapted to his particular case. Exercise in the fresh air, either out of doors or in the enclosed corridors, should be taken at stated hours daily as one of the most efficient means of promoting appetite, good digestion and tissue rebuilding.

Every patient is expected to have a strength test by the dynamometer and a strength chart made before beginning ex-
exercise. Other tests should be made at intervals to show the progress being made from week to week, and a final test should be made just before the patient goes away, so as to have a record of the improvement made.

The Fresh-Air Cure

The experience of recent years in hundreds of sanatoria for consumptives has demonstrated the immense value of the open air, especially of cold air, as a means of cure. Sixty per cent of cases of consumption are cured in these establishments by fresh air alone. Fresh air is just as useful in the treatment of other chronic maladies as in consumption. In combination with the antitoxic diet and multi-varied health-promoting methods and measures, the value of the fresh-air cure cannot be overestimated.

Every patient not otherwise instructed is expected to spend as much time as possible in the open air and to sleep with open windows at night. There are outdoor walking-parties daily, rides, excursions, and "outings" which are entertaining as well as recreative.

Hydrotherapy

Hydrotherapy, or the use of water as a means of cure, is chiefly relied upon to stimulate the vital activities necessary for the curative process. By cold applications suitably applied, every bodily function may be stimulated. By hot appli-
cations properly applied, excessive action may be controlled, pains relieved, and blood diverted from congested parts. By various other applications most powerfully sedative, alterative, and restorative effects may be produced. Scientific hydrotherapy affords the most direct and most rapid means of influencing the great functions of life, the circulation of the blood, the process of respiration, the action of the brain and nerves, the functions of the liver, kidney, stomach, and bowels. There is no means by which the various bodily functions may be so perfectly and so quickly controlled as by hydriatic measures applied with intelligence and skill.

Cold applications, suitably managed, are essential to the production of strong and lasting tonic effects, so that, almost without exception, the physician aims to accustom the patient as rapidly as possible to the use of cold water by carefully graduated and progressive measures, which constitute what might be termed a hydriatic ladder up which the patient climbs. The series of measures may perhaps begin, in the case of a very feeble patient, with a wet-hand rub applied first to the back, then to the back and legs, and finally to the whole body. Beginning with 65 to 70 degrees, the temperature is lowered one or two degrees daily to 40 or even 34 degrees. Next in order is the cold-mitten friction, graduating the temperature down from 60 to 40 degrees, followed by the cold-towel rub, graduating from 65 to 40 degrees. Then come in succession the wet-
sheet rub, the half bath, and finally douches.

Packs, fomentations, applications to the spine, foot baths, sitz baths, and various other measures are used in connection with general cold applications to produce desired local effects; but the general cold applications must be progressively increased in intensity as a means of increasing vital resistance and raising the general tone of the system. If disagreeable effects are at first experienced from the cold application, these quickly disappear, and the exhilaration and the sense of well-being and buoyancy following the cold rub or douche will be ample compensation for the efforts made to accustom one’s self to this most powerful of all known tonic remedies.

**Phototherapy**

The wonderful influence of the sunlight as a curative agent has been appreciated from the most ancient times. The Greeks and Romans provided most excellent arrangements for “insolation” or sun bathing in connection with their great public baths as well as in the palaces of the rich. Sick animals show a preference for the sun.

The discovery of the electric light, veritable resuscitated sunlight, has placed in our hands the means by which the powerful healing agent which permeates the body with its healing rays may be utilized at all seasons of the year. The arc light is called into service with special frequency in the cold months when the outdoor gymnasiums are not in use.
The electric light bath, now perhaps the most popular of all special forms of bath known to the world, originated in this institution and was here used for several years before it was employed elsewhere. It was exhibited at the World's Fair in Chicago in 1893, and was thence introduced into Germany, where it was first used at the famous institution of the renowned Dr. Winternitz at Kaltenleutgeben. It is now used in all the leading hospitals of Europe and has for years been in use in the palaces of Emperor William, King Oscar, the King of England, and numerous other members of royalty and the nobility.

The electric light bath possesses all the virtues of the Turkish bath with none of its dangers and inconveniences, and adds the marvelous virtues of light. The luminous heat rays do not stop at the skin as does ordinary heat, but penetrate the soft parts of the body in every direction, searching out painful and sluggish parts and imparting their powerful vital stimulus. Its value in the treatment of chronic maladies of all sorts can scarcely be overestimated. Its superior efficiency as well as its luxurious attractiveness are well attested by the fact that it has been more extensively copied and imitated than any other invention of the sort. The Sanitarium Electric Light Bath is without doubt the most important improvement in bath appliances that has been made in modern times.
Mechanotherapy

The Mechanotherapy department, in which the mechanical Swedish movements are given, is much appreciated. There are kneading machines for the abdomen, to stimulate sluggish bowels to normal action. There are vibrating chairs, tables, stools, and bars, which warm the extremities, dissipate weariness and the "numb," "cold," "creeping" and other queer sensations which worry the neurasthenic. It is really remarkable how quickly the heaviness and other discomforts which follow eating in many cases of dyspepsia disappear under the influence of vigorous vibration. Then there are rubbing and percussing machines, and other apparatus, all of which do something helpful. This department may be visited twice a day with profit by most patients.

A Scientific Method

The Sanitarium method is thoroughly scientific and cannot be carried on successfully without the information to be obtained through well-equipped laboratories and specially trained chemists, bacteriologists, and other experts in laboratory methods, as well as physicians, nurses, and attendants who have made a special exhaustive study of hydriatic and other physiological measures of treatment, and are thoroughly familiar with the technique as well as the general principles of hydriatic treatment. With these in hand, and the thorough co-operation of the patient, all
curable maladies are curable by these methods perseveringly employed. The list of so-called incurable diseases has been largely diminished by the success obtained in the treatment of many maladies by these physiological methods which had proven utterly intractable to ordinary remedies. Even incurable cases may receive great benefit, for in a great majority of cases the disease can be arrested, or the rate of progress greatly lessened, and distressing symptoms may be wonderfullly ameliorated if not wholly controlled.

Hints to New Patients

1. Make a business of getting well. Make every other consideration secondary.

2. If you have not left all worries, anxieties and cares at home, send them back by first mail. Worry and other depressing emotions are sinkers which must be cast off. In the race for health, the invalid "must lay aside every weight."

3. If you have any bad habits which have not been abandoned, lay them aside at once. The use of tobacco and tea and coffee, wrong habits in dress, theater going, evening parties, and all other ways in which energy is dissipated, are costly and harmful luxuries which no invalid really desirous of gaining health can afford to indulge. Every unnecessary expenditure of energy must be scrupulously avoided. All the vital resources of the body must be carefully husbanded to combat disease and rebuild the wasted tissues.
4. Do not talk about your ailments to any one but your physician.

5. Be sure to keep in close touch with your physician who expects to see you daily. Report the effects of each day’s treatment. If any unpleasant or apparently evil effects are observed, report immediately. All the physicians who have charge of patients in this institution are experts in Battle Creek Sanitarium methods, having had a long and special training in the institution. They have no superiors anywhere.

6. Be careful to get specific directions respecting diet, exercise, and everything pertaining to your case. Then follow these directions religiously. These prescriptions will of course be changed at frequent intervals, as the Sanitarium system is in all respects progressive. There is no “course” or routine. Count the calories at meals.

7. Never eat anything between meals and resolutely resist all temptations in the shape of invitations to “dine out” at some restaurant or hotel. Many patients have paid the penalty of weeks of suffering for such an indiscretion. If the Sanitarium bill of fare does not altogether suit you at first, be certain you will in a short time come to enjoy it better than any other.

8. Be whole-hearted, earnest, conscientious, energetic, determined, and persevering in your efforts healthward. Such a spirit has saved many an invalid whose case had been pronounced hopeless by eminent authorities. The physician can only do his best when he is conscious of the cor-
1. Good nourishment is the keynote to our patient's recovery.

2. Always keep the patient's room clean and fresh, never overcrowded, but well aired, and always well supplied with fresh food and drink. It is in the patient's room that you can best exercise your kindness and patience, and help him in the patient's home.

3. A happy and cheerful patient is the most hopeful. It is the right feeling and word, the right smile, the right touch, that are the greatest medicine. You can give him as much relief and comfort as you would give yourself. And you can cheer him up with a smile, if you try.

4. Help your patient to maintain a normal and healthy diet. It includes fresh water, milk, fresh vegetables, fresh fruits, and fresh meat. Avoid all strong and alcoholic drinks, and all heavy and greasy foods.

5. All the progress and activity a sick patient can undertake is for his good.

6. The presence of the patient's family is a great comfort to him. It is a great help to him.

7. Be cheerful and kind to your patient, always ready to do all in your power to make him comfortable. It is your duty to be his servant, and you can do it. And when you are kind and tender, your patient will be thankful. So be kind to your patient, and try to make him happy.

8. You have a great opportunity to help your patient. It is your duty to do your best to make him comfortable. And when you are kind and tender, your patient will be thankful. So be kind to your patient, and try to make him happy.

9. Get your physician to make out for you a program which will indicate how every waking hour shall be spent in such a way as to help you on toward recovery.

10. The course of treatment for each patient is so planned as to apply to him each day a number of health-promoting measures, each following the preceding, after a short interval, so that each helpful uplift is received before the effect of the preceding one has been lost. By this means the patient is kept continually under the uplifting influence of powerful physiologic measures, which not only palliate his sufferings but actually change his bodily structure and make a new man of him.

11. Spend every moment possible out of doors. Do not waste time loaing about indoors, reading books or newspapers, or talking business, gossip, or politics. If you have ten minutes to spare, go right out of doors and take a few turns upon the veranda or walk a quarter of a mile and back.

12. Swimming is the most healthful of all exercises. Every patient should spend from half a minute to half an hour in the swimming bath daily unless advised to the contrary by his physician. If you do not know how to swim, learn. With a little help the art is easily acquired.

13. Every patient, with very rare exceptions, requires cold treatments of some sort. It is the cold bath that tones the nerves, invigorates the muscles, aids diges-
tion, stimulates the liver, encourages the appetite and the general nutrition. Hot baths depress. Every hot bath must be followed by a cold bath of some sort. All patients, with rare exceptions, require some sort of a cold bath before breakfast as an eye-opener and an appetizer. The form of the bath should be prescribed by the physician. A dip or a swim in the pool is the best for those not too feeble. A cold-air bath, accompanied by dry-hand rubbing, is best for feeble patients.

14. The blood and urinary examination should be repeated weekly when the first examination shows marked evidence of disease. The test breakfast should be repeated as often as is required by the physician. The test for the stools should be repeated every week or two, and likewise the blood-pressure and strength test, so as to know what progress is being made in overcoming autointoxication and arterial degeneration when this condition is present.

15. Do not forget to chew. Every morsel of food should be chewed five or six times as long as is generally done.

16. Don’t forget that getting health is like digging in a gold mine. The longer you dig the more you get. It takes four months to raise a crop of potatoes. A good crop of health can scarcely be expected in less time. Improved health requires improved tissues. New tissues are produced in the same way as new potatoes,—by the process of growth. Improvement without tissue change is only brief and temporary. Few patients are substantially benefited in
less than three months. Four to six months is the average time required for permanent results in serious cases.

17. Avoid artificial heat as much as possible. In cold weather wear sufficient clothing to retain the natural warmth of the body. Extra stockings and underclothes, felt shoes, leggings and extra wraps should be worn when necessary. This is of vital importance. Little improvement can be expected while the feet and limbs are habitually cold.

18. Dismiss fears. The same power which made you can heal you. This power is manifested in you. It is this life and power which keeps your heart beating and your lungs in motion while you are sleeping. "He is thy life." Deut. 30:20. "Who forgiveth all thine iniquities; who healeth all thy diseases." Ps. 103:3. Though your case may have been pronounced incurable and though every effort you have previously made has been in vain, though you have perhaps been weeks under treatment and have seen no perceptible change for the better, if your physician encourages you to believe that you may recover, do not doubt that this result will be attained. The physicians of the Battle Creek Sanitarium are not omniscient, but they are experienced and conscientious, and it is a principle of the institution not to encourage any patient whose prospects for recovery are not such as to abundantly warrant the expectation of substantial improvement. Incurables are not encouraged to remain. The thoroughgoing and many-
sided methods of treatment employed in the Sanitarium system accomplish results which are impossible under less favorable conditions. So be of good cheer, and try to cheer others by cheerful and hopeful words.

The Daily Program

The daily program of exercise drills, baths and lectures is not a chance, or merely arbitrary, arrangement. Each item has its special value and significance as a factor in working out the hoped-for recovery.

The Morning Bath—6:00 to 6:30
This may be a shower bath, a swim, a cold friction, an air bath, or a simple rub, according to the needs of the case. Its purpose is to awaken the vital activities, and set the bodily forces into full swing.

The Fresh-Air Walk—6:40
This continues the effect of the bath and creates an appetite. Hold the chest high and walk briskly.

Breathing Exercises in the Gymnasium—7:00
Special exercises which quicken the circulation through the lungs, liver, stomach and other viscera and thus prepare the way for breakfast and good digestion.

Family Prayers in Parlor—7:30
A grateful recognition of the fact that all healing is divine healing and of the privilege accorded to everyone to put himself in co-operative harmony with the
Power which created and maintains, and which will, whenever possible, build health and vigor out of disease and weakness.

**BREAKFAST—7:40**

A delectable repast of natural foods well chewed or fletcherized. If there are any puzzling problems about what to eat or to order, or how much, or anything else pertaining to diet, a skilled dietitian is at hand in the dining-room, ready to answer each question. So worries and fears, the chief promoters of indigestion, may be dismissed.

**SWEDISH GYMNASICS AND CALISTHENICS—9:00 A. M.**

Of great value as an aid to digestion and the acquirement of correct bodily carriage.

**BATH TREATMENT — 9:30 A. M. to 12:30 P. M.**

The attending physician may make out a week's program or may arrange the bath especially for each day, as the case may require.

**MECHANO THERAPY — 9:00 A. M. to 1:00 P. M.**

A most valuable means of stimulating the great nerve centers and promoting circulation. It relieves fatigue, energizes and warms the extremities. Don't miss it.

**MANUAL SWEDISH — 9:00 A. M. to 1:00 P. M.**

An exceedingly valuable curative means in diseased conditions of the heart, consti-
pation, paralysis and most chronic cases. The exercises are progressive and adapted to each individual case.

CORRECTIVE GYMNASICS—9:30 A. M. to 12:30 P. M.

These exercises alone are worth a visit to the Sanitarium. Every patient should have the benefit of these exercises daily. Get your physician to indicate which grade of exercises you should take—one, two, or three.

CONSULTATION WITH PHYSICIAN — 9 A. M. to 12 M.

See your physician daily, at least while getting started. If at any time you need to consult a physician outside of your physician's office hours, call up the Medical Office, where a physician is always in attendance.

REST HOUR—12:00 to 1:00 P. M.

Most neurasthenics and feeble patients will find it to their advantage to spend a half-hour or an hour before dinner resting quietly in bed.

DINNER—1:00 to 3:00 P. M.

Consult the diet prescription which your physician gives you, then call on the dietitian in the dining-room for such further help as you may need.

GYMNASiUM—2:15 P. M.

The after-dinner exercises are especially valuable in aiding digestion and liver action. All except very feeble patients and those suffering from painful digestion should take these exercises.
MECHANOTHERAPY — 3:00 to 6:00 P. M.

Two daily visits to this department will be found advantageous, especially to those who suffer from constipation and nervous exhaustion.

CORRECTIVE GYMNASTICS — 3:00 to 6:00 P. M.

These exercises may be taken twice a day with benefit. Those who do not find time for this training in the forenoon should certainly be on hand at this hour.

BATH—3:00 to 6:00 P. M.

Few patients except those suffering from obesity or great pain require hydriatic treatment more than once a day. In some cases it is preferable that the bath should be taken in the afternoon. This will be determined by the physician.

X-RAY—3:00 to 6:00 P. M.

The X-Ray Department is an important therapeutic resource for certain cases, particularly skin diseases and malignant disorders. It is of greatest value, however, as a means of diagnosis. By this means the location of important internal organs may be determined and conditions not otherwise discoverable may be ascertained.

PHOTOTHERAPY—3:00 to 6:00 P. M.

The electric light bath and the arc light render inestimable service in the treatment of most chronic ailments.

ELECTRICITY—3:00 to 6:00 P. M.

The static, galvanic, faradic and sinusoidal currents, particularly the last, are of
great service in cases of paralysis, weak muscles and various painful disorders. The high frequency current, the current of d'Arsonval, is of special service in arteriosclerosis.

SUPPER—6:00 P. M.

The supper should be the lightest meal of the day. It is better to avoid the free use of fats, pastry and all hearty foods at supper, making the meal chiefly of fruits, rice, and other easily digestible cereals. It is often best to avoid supper, especially in cases of insomnia.

CALISTHENICS—MARCHING—6:45 P. M.

The exercises at this hour are of service not only as an aid to digestion but also as an aid to sleep, by diverting the blood from the brain and nerve centers into the muscles.

LECTURE OR ENTERTAINMENT—7:45 P. M.

The lectures and most of the entertainments given in the institution are of an educational character, intended to give the patient such information as will prepare him to carry out the principles of the institution in his daily life after returning home.

RETIRING—9:30 P. M.

Patients should retire as early as 9:00 or 9:30, so as to secure at least eight or nine hours in bed. The curative processes are carried on much more actively during sleep than during the waking hours.
SILENCE UNTIL 6:30 A. M.

With the co-operation of guests, it is possible to secure almost complete quiet after retiring until the rising hour, which is conducive to the comfort and well-being of all.

Weekly Program of Lectures and Entertainments

Sunday evening—Religious services.
Monday evening—Dr. Kellogg's Question Box.
Tuesday evening—Musical Concert by the Sanitarium Orchestra, popular lecture, gymnastic exhibition in the gymnasium, or some other entertainment.
Wednesday evening—Lecture by Dr. Riley.
Thursday evening—Stereopticon lecture by Dr. Kellogg.
Friday evening—Song service in the lobby.
Saturday evening—Concert or other entertainment.
Tuesday and Thursday afternoons—School of Health.

Departments

The various forms of treatment administered in the institution are included in the following departments, in which treatment is regularly given at the hours specified:

Bath Department, 9:45 A. M. to 12:45 P. M. and 5 to 7 P. M.
Electrical Department, 9 A. M. to 1 P. M. and 4:30 to 6:30 P. M.
Static Electrical Department, 5 to 7 P. M.
Galvanic Department, 9 A. M. to 1 P. M. and 4 to 7 P. M.
Phototherapy, 11 A. M. to 1 P. M. and 3 to 7 P. M.
Manual Swedish Movements, 9 A. M. to 1 P. M. and 3 to 7 P. M.
Mechanical Swedish Movements, 9 A. M. to 1 P. M. and 3 to 6 P. M.
Massage, 9 A. M. to 1 P. M. and 4:30 to 7 P. M.
Gymnasium, 7:15, 9 A. M., 10:00 to 12:00, 3:00, 4:30, and 6:45 P. M.
Roentgen Ray or X-Ray Department, 9:00 A. M. to 1 P. M., and 4 to 6 P. M., except Wednesday, and by appointment.
Eye, Ear, Nose and Throat, 9 A. M. to 1 P. M. and 5 to 7 P. M.

The Battle Creek Sanitarium, which has been the nursery for the ideas set forth in the foregoing pages, and has come to be recognized the world over as the mother of sanitariums, represents a new departure in the treatment of the sick. For the first time in the history of medicine, the promoters of the Battle Creek Sanitarium undertook to bring together under one roof all rational and scientific remedies for disease, to place these various means, hydriatic, electrotherapeutic, dietetic, physical, chemical, medicinal, and mechanical, in charge of thoroughly trained scientific physicians, and to supplement the ordinary means of diagnostic research with complete laboratories for microscopical, chemical and physiological investigation in which cases of dis-
ease might be studied in the most elaborate manner and original researches undertaken for the purpose of eliciting new and useful information from nature's storehouse.

The Battle Creek Sanitarium is not a hospital, neither is it what the public understands by a sanitarium or sanatorium,—which is a sort of medical boarding house,—neither is it a headquarters for faddists and cranks. It is in no sense a commercial or mercenary enterprise. It is the center of a reform movement, the essential principle of which is to return to nature and seek for those paths which lead men to harmony with nature and with themselves. The movement which centers here in this institution has become world-wide and is making progress everywhere among intelligent and reasoning people of all classes. The corporate name of the Battle Creek Sanitarium is the Michigan Sanitarium and Benevolent Association, which is organized under the provisions of Act No. 242 of the Public Acts of 1863 for the organization of charitable institutions, and is by statute exempt from taxation. No person or set of persons has ever been or can be financially benefited in any way by their connection with this institution.

Those who desire further information concerning the Battle Creek Sanitarium and the movement which it represents should ask for a copy of the Sanitarium Blue Book. Inquire at the desk, or address

THE SANITARIUM,
BATTLE CREEK, MICH.
ANNUAL REPORT

OF THE

Battle Creek Sanitarium
and Hospital

Battle Creek, Michigan, U. S. A.

1920

With Summaries
of the Work of the Institution Since Its Establishment

Organized September, - 1866
Incorporated March, - 1867
Reorganized - - - 1876
Reincorporated December, 1897

Under Act 242 of the Public Acts of Michigan of 1863, providing for the incorporation of Charitable and Benevolent Institutions

Printed by
ORDER OF THE BOARD OF TRUSTEES
Battle Creek, Michigan
1921
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INCORPORATION
OF THE
MICHIGAN SANITARIUM AND BENEVOLENT ASSOCIATION

As a Self-Supporting Philanthropic Organization

This institution was first incorporated in the spring of 1867 under an Act especially created by the Legislature of Michigan to render possible the incorporation of an establishment of this kind.

As the constitution of the State of Michigan at that time did not permit the granting of Articles of Incorporation for more than thirty years, the first charter expired in 1897. On the 18th day of December, 1897, the institution was reincorporated under Act No. 242 of the Public Acts of Michigan of 1863, an act especially provided for the incorporation of hospitals, asylums and other charitable and eleemosynary institutions. A copy of the Articles of Incorporation is on file with the Secretary of State, Lansing, Michigan. The following extract from the Articles clearly sets forth the objects and purposes of the institution and defines its character:

"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 patrons 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 conditions 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 anyone."

The institution is governed by a Board of Trustees of ten members, who are elected by a constituency made up of contributors to the enterprise. Five members of the Board of Trustees are elected each year for a term of two years.
INSTITUTIONAL OFFICERS

JOHN H. KELLOGG, M. D., LL. D., F. A. C. S.
Superintendent

CHAS. E. STEWART, M. D.
Assistant Superintendent

MERTON W. WENTWORTH
Steward and Business Agent

GEORGE E. JUDD
Secretary

MRS. MARY S. FOY, R. N.
Superintendent of Training School for Nurses

MISS LENNA F. COOPER, B. S.
Dean of School of Home Economics

LINDA M. ROTH, M. D.
Dean of Normal School of Physical Education
PHYSICIANS AND SURGEONS

W. H. RILEY, M.S., M.D. .................................. Neurologist
C. E. STEWART, M.D. .......................... Assistant Superintendent; Internal Medicine
M. A. MORTENSEN, M.D., F.A.C.P. ............... Internal Medicine
E. L. EGGLESTON, M.D. ........................ Internal Medicine
B. N. COLVER, A.B., M.D., F.A.C.S. ............ Surgeon; Eye, Ear, Nose, Throat
JAMES T. CASE, M.D., F.A.C.S. .................. General Surgery
W. F. MARTIN, M.D. ............................... Surgeon; Genito-Urinary Diseases
PAUL ROTH, M.D., F.A.C.P. ........................ Physiologist
J. S. PRITCHARD, M.D., F.A.C.P. ................ Diseases of Chest
C. C. HUBLY, M.D. .................................. Internal Medicine
M. J. CAPRON, M.D. .......................... Associate in Internal Medicine
J. E. COOPER, M.D. .......................... Internal Medicine; Obstetrics
W. O. UPSON, M.D. .................................. Roentgenologist
H. B. KNAPP, M. D. .................................. Internal Medicine
R. F. WAFER, M. D. .......................... Psychiatrist; Associate Neurologist
C. W. HEALD, M. D. .......................... Associate in Internal Medicine
W. B. LEWIS, B.S., M.D. .......................... Chemist
S. E. BARNHART, A.B., M.D. .................. Associate in Internal Medicine
C. G. WENCKE, M.D. ........................ Surgeon; Ear, Nose and Throat
A. H. PHILLIPS, M.D. ........................ Associate in Genito-Urinary Diseases
BERTHA E. MOSHIER, M.D. .......... House Physician of Hospital
G. M. DOBBIN, M.D. .......................... Bacteriologist
MARY V. DRYDEN, M.D. .......................... Internal Medicine
GERTRUDE JOHNSON, M.D. .................. Internal Medicine
LOUIE VANDERVOORT-STEIGMAN, M.D. ........ Ophthalmologist
CLARA V. RADABAUGH, M.D. .................. Internal Medicine
LESLEY FRASER, M.D. .......................... Internal Medicine
NETTIE EVANS-KNAPP, M.D. .................. Internal Medicine
WINONA E. LONG, M.D. .......................... Associate in Internal Medicine
ESTELLE G. NORMAN, A.B., M.D. ............... Internal Medicine
LYDIA JESPERSON, A.B., M.D. ............. Internal Medicine
DOROTHY T. HARBAGH, M.D. .................. Internal Medicine
ROXETTE L. RUNK, M.D. .................. Assistant in Nose and Throat
LINDA M. ROTH, M.D. .......................... Physiology—Normal School
WILHELMINA M. KEY, Ph. D. .................. Biologist
SVEN JESPERSON, A.B., M.D. .................. Internal Medicine—Industrial
J. E. HEALD, M.D. .......................... Associate in Internal Medicine
W. R. CHYNOWETH, M.D. .................. Receiving Physician for Men
WM. VANDERVOORT, M.D. .................. Assistant in Internal Medicine
D. T. FOURNADJIEFF, M.D. .................. Assistant in Neurology
R. H. FRASER, A.B., M.D. .............. Assistant in Nose and Throat
RICHARD M. KELLOGG, D.D.S. ............. Dental Prophylaxis
ANNUAL REPORT OF THE SUPERINTENDENT

The year 1920, covered by this report, witnessed the maximum of the strain of readjustment in prices and business activities. Hospitals, sanitariums and medical institutions throughout the country, as well as philanthropic enterprises of all sorts, have felt the effect of the slowing up in the commercial world. Many of the large hospitals have had scarcely half the usual number of patrons. Physicians and surgeons have complained of a falling off in their practice. The query has arisen whether this is the result of low finances or preoccupation—that is, do sick people neglect to seek medical aid because of lack of funds to pay doctors' bills, or is it that men and women are so busy with readjustment that they have not time to be sick?

Notwithstanding the "hard times," the work of the Institution has gone forward with no interruption and with only a small shrinkage in the volume of business done, both as regards the number of patients and the total receipts. In this respect the Management feel that the work of the Institution has been almost unique. The total number of patients received in the year has been 7,467; the total receipts, $3,539,557.81; charitable allowances and disbursements, $259,127.23; discounts, $111,412.95. Total, $370,540.18.

Considerable progress has been made in the way of improvements, especially in the educational departments. The number of students in the schools has increased. In the School of Home Economics and the Normal School of Physical Education the increase has amounted to nearly 50 per cent of the previous year's enrollment. Standards have been raised, and in the case of the Normal School of Physical Education the length of the course has been increased by the addition of a year. The demand for the services of graduates of all of the schools has been so great that only a small proportion of the positions offered could be filled. Trained dietitians, graduates of the School of Home Economics, have been in special demand. The creation of a large number of new hospitals throughout the country, many of them through the efforts of the U. S. Public Health Service, has created openings for scores of well trained dietitians, positions which for the most part are yet unfilled. The Battle Creek Sanitarium trained nurses are at a premium in every large city in the United States.
The Management feel that they are more than justified in the efforts that are now being made to enlarge the educational facilities of all these schools and to provide opportunities for the training of health lecturers and workers in various lines of health reconstruction work for which there is at present a growing demand in all parts of the United States. The dietetic departments of more than fifty hospitals, including some of the leading medical institutions of the United States, are in charge of graduates of this school.

The post-graduate course in the training school for nurses is increasing in popularity, as shown by a larger enrollment each year. The School of Home Economics also offers opportunity for advanced studies, and the Normal School of Physical Education, in addition to the extension of its regular course to three years, has established a summer camp for girls, with accommodations for one hundred.

The Management are now making plans to offer a four years' course in each of the three schools, beginning in the fall of 1922. It is the present intention of the Management to still further extend the educational opportunities now offered in connection with the institution by the opening of a fully organized college or university in which will be incorporated the present schools, together with other departments. The main objective of the college will be health and race betterment. The curriculum will include such academic chairs as are necessary to justify the college in conferring the usual academic degrees.

An item of special interest to the Educational Department is the gift by Miss Elizabeth Haskell of seventy-five thousand dollars, to be awarded to the extension of the educational work. The Race Betterment Foundation has also made a notable contribution to this department by devoting to its use the large stone building, known as the Annex, purchased by it some years ago and at present leased to the Sanitarium for use by patients. This building will be released by the Sanitarium and devoted to educational purposes as soon as other provision can be made for the Sanitarium patients.

Improvements have been made in every department of the Institution, as well as in the educational branch of the work. A new and thoroughly up-to-date boiler plant has been installed. The economy in the consumption of coal and labor effected by the new plant is so great that it is believed the saving will be sufficient to cover the total cost of this improvement in a few years.

During the year considerable consideration was given by the Management to the question of an up-to-date dairy, to be owned and operated by the Institution. These plans were consummated soon after the close of the year by the purchase of a fine herd of
registered Holstein cows owned by the Lakewood Dairy, which for several years furnished to the Institution a supply of high quality milk for its table. This dairy has already been made famous throughout the United States by the circulation of films showing its operation, which have been distributed by the United States government. Three films furnished the Government for this purpose have been in constant circulation during the last five years.

Rather late in the fall a start was made toward the establishment of a sanitary hennery for the purpose of supplying the Institution with the highest quality of eggs. At the date of this writing the hennery numbers 4,500 fowls of the White Leghorn variety of exceptional breeding. This work is being conducted under the general supervision of Professor Burgess, of the State Agricultural College. It is the intention of the Management to increase the flock to the number of 8,000 laying hens, which it is believed will be sufficient to supply the Institution with eggs of quality far superior to that of eggs which can be purchased on the open market.

The Main Dining Room has been enlarged by an enlargement on the west side. Several new offices have been opened. Important additions have been made to the Bath Rooms, and the building formerly occupied as the James White Memorial Home has been purchased for use as a clinic building. In this building it is the intention of the Management to establish the Battle Creek Sanitarium Clinic, which will be an enlargement and extension of the work which has been carried on by the present Dispensary, which has now been in operation for nearly thirty years. Several other buildings have been purchased during the year for use as dormitories for the accommodation of students. The growing attendance of the several schools will require still further provision of dormitory space.

One of the notable events of the year was the celebration of Founders' Day, the anniversary of the opening of the Institution in September, 1866. It is intended to make this an annual event hereafter.

On the whole, the year 1920 has been one of the most successful in the whole history of the institution and has been marked by many steps of definite and substantial progress.
# FINANCIAL STATEMENT

OF THE

MICHIGAN SANITARIUM AND BENEVOLENT ASSOCIATION

For the Year Ending December 31, 1920

## RESOURCES

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Real Estate</td>
<td>$2,159,818.51</td>
</tr>
<tr>
<td>Personal Property</td>
<td>929,239.81</td>
</tr>
<tr>
<td>Notes Receivable</td>
<td>34,361.54</td>
</tr>
<tr>
<td>Accounts Receivable</td>
<td>208,260.15</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$3,331,680.01</strong></td>
</tr>
</tbody>
</table>

## LIABILITIES

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanitarium 5% Gold Bonds</td>
<td>$169,400.00</td>
</tr>
<tr>
<td>First Mortgage Refunding Bonds</td>
<td>103,700.00</td>
</tr>
<tr>
<td>Notes Payable</td>
<td>483,940.85</td>
</tr>
<tr>
<td>Accounts Payable</td>
<td>361,140.24</td>
</tr>
<tr>
<td>Net Worth Dec. 31, 1920</td>
<td>2,213,498.92</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$3,331,680.01</strong></td>
</tr>
</tbody>
</table>
STATEMENT OF EXPENDITURES FOR THE TREATMENT OF THE SICK POOR BY PERIODS OF FIVE YEARS ENDING 1901, AND BY YEARS FROM 1902 TO 1920

<table>
<thead>
<tr>
<th>Period</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 years ending 1871</td>
<td>$3,189.71</td>
</tr>
<tr>
<td>5 years ending 1876</td>
<td>$1,997.46</td>
</tr>
<tr>
<td>5 years ending 1881</td>
<td>$15,391.15</td>
</tr>
<tr>
<td>5 years ending 1886</td>
<td>$31,165.02</td>
</tr>
<tr>
<td>5 years ending 1891</td>
<td>$79,936.28</td>
</tr>
<tr>
<td>5 years ending 1896</td>
<td>$162,051.49</td>
</tr>
<tr>
<td>5 years ending 1901</td>
<td>$176,317.02</td>
</tr>
<tr>
<td><strong>Total, 1866 to 1901</strong></td>
<td><strong>$470,048.13</strong></td>
</tr>
<tr>
<td>Year of 1902</td>
<td>$12,549.95</td>
</tr>
<tr>
<td>Year of 1903</td>
<td>$8,308.02</td>
</tr>
<tr>
<td>Year of 1904</td>
<td>$12,986.97</td>
</tr>
<tr>
<td>Year of 1905</td>
<td>$25,859.24</td>
</tr>
<tr>
<td>Year of 1906</td>
<td>$20,138.71</td>
</tr>
<tr>
<td>Year of 1907</td>
<td>$24,237.87</td>
</tr>
<tr>
<td>Year of 1908</td>
<td>$45,881.85</td>
</tr>
<tr>
<td>Year of 1909</td>
<td>$40,541.03</td>
</tr>
<tr>
<td>Year of 1910</td>
<td>$63,052.53</td>
</tr>
<tr>
<td>Year of 1911</td>
<td>$89,206.83</td>
</tr>
<tr>
<td>Year of 1912</td>
<td>$102,335.45</td>
</tr>
<tr>
<td>Year of 1913</td>
<td>$115,766.77</td>
</tr>
<tr>
<td>Year of 1914</td>
<td>$152,041.48</td>
</tr>
<tr>
<td>Year of 1915</td>
<td>$142,812.63</td>
</tr>
<tr>
<td>Year of 1916</td>
<td>$170,353.70</td>
</tr>
<tr>
<td>Year of 1917</td>
<td>$176,367.22</td>
</tr>
<tr>
<td>Year of 1918</td>
<td>$160,830.42</td>
</tr>
<tr>
<td>Year of 1919</td>
<td>$209,782.78</td>
</tr>
<tr>
<td>Year of 1920</td>
<td>$259,127.23</td>
</tr>
<tr>
<td><strong>Total 1866 to 1920 inclusive</strong></td>
<td><strong>$2,302,230.81</strong></td>
</tr>
</tbody>
</table>
THE NUMBER OF PATIENTS TREATED FROM 1866 TO 1920

<table>
<thead>
<tr>
<th>PATIENTS FOR THE FIVE YEARS, 1866-1870</th>
<th>800</th>
</tr>
</thead>
<tbody>
<tr>
<td>1871-1875</td>
<td>1,337</td>
</tr>
<tr>
<td>1876-1880</td>
<td>1,777</td>
</tr>
<tr>
<td>1881-1885</td>
<td>4,158</td>
</tr>
<tr>
<td>1886-1890</td>
<td>6,042</td>
</tr>
<tr>
<td>1891-1895</td>
<td>9,919</td>
</tr>
<tr>
<td>1896-1900</td>
<td>14,298</td>
</tr>
<tr>
<td>1901-1905</td>
<td>14,877</td>
</tr>
<tr>
<td>1906-1910</td>
<td>20,597</td>
</tr>
<tr>
<td>1911-1915</td>
<td>26,822</td>
</tr>
<tr>
<td>TWO</td>
<td>14,329</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PATIENTS FOR THE YEAR 1918</th>
<th>6,140</th>
</tr>
</thead>
<tbody>
<tr>
<td>1919</td>
<td>7,540</td>
</tr>
<tr>
<td>1920</td>
<td>7,467</td>
</tr>
</tbody>
</table>

Total patients to December 31, 1920. 136,103
Patients under treatment January 1, 1920. 345
Patients received during 1918. 6,140
1919. 7,540
1920. 7,467

PATIENTS TREATED DURING 1920. 7,467
## REPORT OF PRINCIPAL LABORATORY EXAMINATIONS TO 1920

<table>
<thead>
<tr>
<th>Year</th>
<th>Urine</th>
<th>Pathological Tissues</th>
<th>Gastric Contents</th>
<th>Blood</th>
<th>Feces</th>
<th>Strength Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>1885</td>
<td>951</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1886</td>
<td>977</td>
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<tr>
<td>1887</td>
<td>1017</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1888</td>
<td>1312</td>
<td></td>
<td></td>
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<tr>
<td>1889</td>
<td>1044</td>
<td>44</td>
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<td></td>
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<tr>
<td>1890</td>
<td>1721</td>
<td>98</td>
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<tr>
<td>1891</td>
<td>1870</td>
<td>89</td>
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<tr>
<td>1892</td>
<td>1969</td>
<td>78</td>
<td>574</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1893</td>
<td>2424</td>
<td>131</td>
<td>2128</td>
<td>144</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1894</td>
<td>3101</td>
<td>118</td>
<td>1549</td>
<td>1076</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1895</td>
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<td>500</td>
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Total: | 258518 | 11074 | 49334 | 155559 | 66500 | 54662 |

*TTotal for the years 1902 to 1906, inclusive.*
STATISTICAL REPORT
OF THE
Clinical Work
OF THE
BATTLE CREEK SANITARIUM
From January 1, 1920 to December 31, 1920
### Patients of 1920

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
<th>Total</th>
</tr>
</thead>
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<td>340</td>
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<td>3914</td>
<td>7467</td>
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<tr>
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<td>9324</td>
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<tr>
<td>Number of patients dismissed</td>
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<tr>
<td>Number of patients Jan. 1, 1921</td>
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<td>189</td>
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<tr>
<td>Number of men patients treated during 1920</td>
<td></td>
<td></td>
<td>3553</td>
</tr>
<tr>
<td>Number of women patients treated during 1920</td>
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<td></td>
<td>3914</td>
</tr>
<tr>
<td>Average daily number of patients assigned</td>
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<tr>
<td>Average stay of men patients who remained one week or more</td>
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<td></td>
<td>43</td>
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<tr>
<td>Average stay of women patients who remained one week or more</td>
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<tr>
<td>Number of days' treatment given women in 1920</td>
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<tr>
<td>Number of days' treatment given men in 1920</td>
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<td>Total number of days' treatment during the year</td>
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### Classification of Patients

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Children</td>
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<td>Obstetrical patients</td>
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<tr>
<td>Surgical patients requiring hospital care</td>
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<td>Medical patients</td>
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### Civil State

<table>
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<tbody>
<tr>
<td>Maried</td>
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<td>Widows</td>
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<td>Total</td>
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### RESIDENCES

 Patients received during the year 1920 arranged according to States and Countries

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<td>Florida</td>
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<td>Iowa</td>
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<td>Kentucky</td>
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<td>New Hampshire</td>
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<tr>
<td>New Jersey</td>
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New Mexico ........................................... 9  
North Carolina ...................................... 42  
North Dakota ................................-------- 31  
New York .............................................. 601  
Ohio .................................................. 720  
Oklahoma ............................................. 153  
Oregon ................................................ 5  
Pennsylvania ......................................... 387  
Porto Rico ........................................... 0  
Rhode Island ........................................ 9  
South Carolina ...................................... 31  
South Dakota ........................................ 40  
Tennessee ............................................ 130  
Texas .................................................. 241  
Utah ................................................... 1  
Vermont .............................................. 9  
Virginia ............................................... 42  
Washington .......................................... 21  
West Virginia ....................................... 207  
Wyoming ............................................... 9  
Wisconsin ............................................ 109  

Total ................................................ 7199  

Canada:  
Alberta ............................................... 13  
British Columbia .................................... 4  
Manitoba ............................................. 1  
Nova Scotia ......................................... 9  
Ontario ............................................... 131  

Total ................................................ 61  

United States ....................................... 7199  
Canada ............................................... 207  
Foreign ............................................... 61  

Total ................................................ 7467

OCCUPATIONS AND PROFESSIONS

Patients treated during the year 1920

Accountants ...................................... 18  
Actors ............................................... 5  
Advertisers ........................................ 7  
Agents .............................................. 20  
Architects ......................................... 3  
Army Officers ..................................... 5  
Artists .............................................. 3  
Attorneys .......................................... 11  
Auto Dealers ..................................... 25  
Archbishops ....................................... 1  
Bakers .............................................. 4  
Bankers ............................................. 80  
Barbers ............................................. 2  
Blacksmiths ....................................... 7  
Bookkeepers ....................................... 45  
Butchers ........................................... 8  
Brokers ............................................ 20  
Carpenters ........................................ 21  
City Officials .................................... 2  
Customs Officials ................................. 0  
Chemists ............................................ 10  
Cashiers ............................................ 13  
Clerks ............................................... 193  
Coal Dealers ........................................ 26  
Contractors ........................................ 49  
Congressmen ....................................... 2  
Chiropractors ..................................... 0  
Chiropractors ..................................... 0  
Dietitians .......................................... 108  
Decorators ......................................... 10  
Dentists ............................................ 31  
Draughtsmen ....................................... 23  
Editors ............................................. 7  
Electricians ....................................... 8  
Engineers .......................................... 42  
Farmers ............................................. 282  
Firemen ............................................. 1  
Florists ............................................ 1  
Foremen ............................................ 18  
Fur Dealers ........................................ 3  
Furriers ........................................... 4  
Government employees ............................ 11  
Grain dealers ..................................... 11  
Grocers ............................................. 2  
Hotel proprietors ................................ 6
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<td>Tailors</td>
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### Ages

**Patients Admitted During the Year 1920**

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<td>21-25</td>
<td>537</td>
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<td>26-30</td>
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<td>31-35</td>
<td>616</td>
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<td>36-40</td>
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<td>41-45</td>
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<td>46-50</td>
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<td>51-55</td>
<td>810</td>
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<td>91-95</td>
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<tr>
<td>With no ages given</td>
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</tr>
<tr>
<td><strong>Total</strong></td>
<td>7467</td>
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</table>
SPECIAL EXAMINATIONS FOR THE YEAR 1920

Strength tests with Universal Dynamometer ........................................... 2810 
Nose and throat examinations ............................................................... 2164 
Eye refractions and opthalmoscopic examinations ................................. 1869 
X-ray examinations, skiagraphic ............................................................ 5982 
X-ray examinations, fluroscopic .............................................................. 5095 
Determination of renal efficiency, Ph. Th. test ................................... 35 
Special cardiac examinations with electrocardiograph .......................... 671 
Determination of alveolar carbon dioxide tension .................................. 8087 
Special chest examinations ................................................................. 1142 
Respiration test (metabolism) .............................................................. 1490 

SPECIAL TREATMENTS FOR THE YEAR 1920

Genito-urinary and rectal office treatments for women .......................... 4533 
Genito-urinary and rectal office treatments for men .............................. 9425 
Nose and throat treatments ................................................................. 8910 
Galvanic and sinusoidal electric treatments ......................................... 1073 
Static electrical treatments ................................................................. 534 
Phototherapeutic treatments, arc light and actinic ray ......................... 3092 
Massage treatments .............................................................................. 38406 
Colon massage treatments ..................................................................... 55636 
Hydriatic treatments, including electric baths, gen. and local ............... 104307 
Diathermy treatments ............................................................................ 14621 
Eye treatments ....................................................................................... 1672 
Mechanotherapy ..................................................................................... 26869
## REPORT OF THE CLINICAL LABORATORIES FOR THE YEAR 1920

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PRINCIPAL DISEASES OF PATIENTS TREATED DURING THE YEAR 1920

WITH NUMBER OF CASES OF EACH

Alimentary System

Intestines
Acute colitis ................................................. 1
Chronic colitis ............................................. 1988
Diverticula of colon ....................................... 19
Acute Ileus ................................................ 2
Enteroptosis ............................................... 85
Intestinal stasis ........................................... 3457
Ulcus of duodenum ...................................... 87
Diastasis of recto-abdominis muscles .................. 8
Inguinal Hernia ............................................ 111
Umbilical hernia .......................................... 1
Median Ventral hernia ..................................... 1
Liver and bile passages
Atrophic cirrhosis of liver ................................ 10
Biliary cirrhosis .......................................... 1
Chronic cholecystitis .................................... 377
Cholelithiasis ............................................. 88
Catarrhal jaundice ........................................ 1
Mucous membrane of mouth, tongue and teeth
Aphthous stomatitis ....................................... 2
Caries of teeth ............................................ 1042
Gingivitis ................................................ 1252
Periodontitis ............................................. 5
Pyorrhea alveolaris ...................................... 1328
Pancreas
Chronic pancreatitis ..................................... 2
Peritoneum, omentum and retroperitoneal tissue
Peritoneal adhesions .................................... 70
Peritonitis, acute .......................................... 1
Pelvic cellulitis .......................................... 5
Throat
Tonsilitis (chronic) ...................................... 1685
Rectum, anus and perirectal tissue
Fissure of the anus ....................................... 10
Rectal fissures ........................................... 58
Fistula in ano ............................................ 63
Hemorrhoids .............................................. 946
Chronic proctitis ......................................... 86
Pruritus ani ............................................... 31
Stomach
Achylia gastrica .......................................... 100
Chronic gastritis ......................................... 6
Hyperchlorhydria ......................................... 267
Hypochlorhydria .......................................... 133
Ulcus of stomach ......................................... 60
Vermiform appendix
Acute appendicitis ....................................... 2
Chronic appendicitis ................................... 108
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### Nervous System

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**Osseous System**

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**Urinary System**

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dle turbinate .............. 100
Maxillary sinusitis ........... 193
Perforation of septum ....... 24
Myxoma (polypi) ............. 49
Sphenoidal sinusitis ......... 15
Spurs on septum ............. 57
Ulcer of septum ............. 45

Operations

Chalazion .................... 9
Enucleation of globe ........ 2
Exenteration of orbit for
telangectatic sarcoma ....... 1
Extraction of cataract from
right eye .................... 1
Extrirpation of lacrymal gland
Extrirpation of lacrymal sac
Iridectomy ................... 1
Iridectomy ................... 1
Removal of tumor from eyelid
Sealing of canaliculi .......... 9
Trephine of sclera ............ 1
Fistula in external aud. canal
Mastoidectomy ............... 20
Myringotomy ................ 5
Ethmoid cells and polypi ... 25
Frontal sinus ............... 2
Maxillary sinus .............. 15
Nasal synechiae ............. 2
Operation on turbinate bodies. 22
Sphenoid sinus .............. 6
Submucous resection of nasal
septum ..................... 130
Adenoidectomy .............. 135
Peritonsillar abscess ......... 6
Plastic operation on faucial
pillars ..................... 3
Pharyngeal abscess .......... 1
Thyrotomy for intrinsic car-
cinoma of larynx ....... 1
Tonsillectomy ............... 891
Tumor of the larynx (papill-
loma) ..................... 1
Uvulectomy .................. 7
Abscess of neck ............. 2
Papilloma of cheek ........... 1
Papilloma of lip ............. 2
Papilloma of tongue ...... 1
Pituitary tumor ............. 1

29
PRINCIPAL SURGICAL OPERATIONS PERFORMED
DURING THE YEAR 1920
Alimentary System
Abdomen

Liver and biliary passages
Cholecystectomy ........................................... 53
Cholecystostomy ............................................ 3
Cholecystoduodenostomy ................................. 3
Choledochoduodenostomy ............................... 1
Choledocholithotomy ..................................... 2
Drainage, abscess, liver ................................... 1
Drainage, abscess, subphrenic .......................... 2
Exploratory, carcinoma liver and gall bladder ...... 5

Peritoneum
Exploratory laparotomy .................................. 6
Paracentesis abdominis ................................... 5
Relief of omental adhesions ............................. 5

Stomach
Gastrectomy, partial, modified Polya method ...... 8
Gastrectomy, sleeve resection .......................... 1
Gastroenterostomy, pyloric obstruction due to gall stones 1
Gastroenterostomy, duodenal ulcer ................... 15
Gastroenterostomy, carcinoma of stomach .......... 2

Intestines
Appendectomy ............................................. 71
Appendicostomy .......................................... 2
Cecostomy .................................................. 1
Colectomy, partial ....................................... 7
Colocolostomy ............................................ 2
Colostomy, inguinal .................................... 3
Colostomy, transverse colon ............................ 1
Drainage appendix abscess ............................. 1
Enterectomy ............................................... 6
Enterocolostomy .......................................... 3
Enteroenterostomy ....................................... 5
Excision fibroma of descending mesocolon ........ 1
Excision of fecal fistula .................................. 1
Excision of Meckel's diverticulum .................... 1
Exploratory diverticula of sigmoid .................. 2
Relief of adhesions of colon ........................... 7
Relief of Lane's kink of ileum ........................ 1
Repair of ileocecal valve ............................... 1
Suspension of pelvic colon ............................. 1

Rectum and anus
Anal fistula, operation for ............................. 10
Anal prolapsus, relief of .................................. 1
Anal sphincter, dilatation of ............................ 16
Anal sphincter, partial division ....................... 2
Anal ulcer, excision of .................................. 32
Drainage of coccygeal abscess ......................... 1
Drainage of pararectal abscess ....................... 1
Excision rectal polypus .............................................. 1
Excision rectal tags ................................................. 6
Hemorrhoidectomy ................................................... 105
Posterior resection, rectal carcinoma ............................ 1
Hernia, repair of
  Femoral .......................................................... 1
  Inguinal ......................................................... 14
  Umbilical and ventral ......................................... 5

Reproductive System

Ovaries and fallopian tubes
  Oophorectomy, total or partial ................................ 15
  Ovarian grafting ................................................. 2
  Salpingectomy .................................................. 7
  Salpingostomy .................................................. 1
  Salpingo-oophorectomy ........................................ 11

Uterus and ligaments
  Amputation of cervix ........................................... 6
  Caesarian section ............................................... 4
  Cervical plastic operation for erosion, polypus, etc. .... 102
  Dilatation and curettage, uterus .............................. 139
  Hysterectomy, abdominal ...................................... 13
  Hysterectomy, vaginal ......................................... 7
  Hysteropexy .................................................... 32
  Introduction, stem pessary .................................. 7
  Myomectomy .....................................................
  Obstetrical deliveries in hospital (not including maternity ward nor out patient's department) .................................. 14
  Radium application, intrauterine ............................. 53
  Radium application, vaginal ................................... 51
  Shortening of round ligaments ................................ 68
  Trachelorrhaphy ................................................

Vagina, pelvic floor and vulva
  Anterior colporrhaphy .......................................... 2
  Episiotomy ..................................................... 1
  Excision, Bartholin's gland .................................. 3
  Excision, clitoris ............................................. 2
  Excision, urethral caruncle .................................. 2
  Incision and drainage, Bartholinitis ......................... 39
  Perineorrhaphy ................................................
  Plastic operation, atresia ....................................
  Plastic operation, vaginismus ................................. 7
  Relief preputial adhesions .................................... 1
  Vulvectomy .....................................................

External genitals, male
  Circumcision .................................................... 36
  Hydrocele, radical operation ................................ 6
  Varicocelectomy ................................................

Mammary glands
  Amputation of breast, carcinoma .............................. 6
  Excision benign growths, breast .............................. 2
  Incision and drainage of acute mastitis ........................

Respiratory System

Excision cervical ribs ............................................. 1
Paracentesis thoracis ............................................. 10
Thoracotomy, empyema ............................................. 9

31
## Urinary System

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Page</th>
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<tbody>
<tr>
<td>Kidneys</td>
<td></td>
</tr>
<tr>
<td>Exploration of kidney</td>
<td>1</td>
</tr>
<tr>
<td>Nephrectomy</td>
<td>1</td>
</tr>
<tr>
<td>Nephrotomy</td>
<td>2</td>
</tr>
<tr>
<td>Perinephritic abscess</td>
<td>1</td>
</tr>
<tr>
<td>Ureters, bladder and urethra, etc.</td>
<td></td>
</tr>
<tr>
<td>Circumcision</td>
<td>22</td>
</tr>
<tr>
<td>Diverticulum of bladder</td>
<td>2</td>
</tr>
<tr>
<td>Excision of bladder tumors</td>
<td>2</td>
</tr>
<tr>
<td>External urethrotomy</td>
<td>13</td>
</tr>
<tr>
<td>Hydrocele</td>
<td>11</td>
</tr>
<tr>
<td>Meatotomy</td>
<td>9</td>
</tr>
<tr>
<td>Prostatectomy</td>
<td>10</td>
</tr>
<tr>
<td>Suprapubic cystotomy</td>
<td>1</td>
</tr>
<tr>
<td>Ureterotomy, stone</td>
<td>12</td>
</tr>
<tr>
<td>Urethral caruncle</td>
<td></td>
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</tbody>
</table>

## Tegumentary System

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Page</th>
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<tbody>
<tr>
<td>Cellulitis, incision and drainage</td>
<td>27</td>
</tr>
<tr>
<td>Excision adherent scars</td>
<td>4</td>
</tr>
<tr>
<td>Excision or freezing of angioma, lipoma, papilloma, sebaceous cysts, corns, callouses</td>
<td>68</td>
</tr>
<tr>
<td>Ganglion, excision</td>
<td>2</td>
</tr>
<tr>
<td>Gland excision, diagnostic</td>
<td>2</td>
</tr>
<tr>
<td>Ingrown toenails</td>
<td>3</td>
</tr>
<tr>
<td>Paronychia</td>
<td>2</td>
</tr>
<tr>
<td>Plastic operation for burn</td>
<td>1</td>
</tr>
<tr>
<td>Wound, suture</td>
<td>9</td>
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</tbody>
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## Osseous System

<table>
<thead>
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<th>Procedure</th>
<th>Page</th>
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</thead>
<tbody>
<tr>
<td>Amputation, finger</td>
<td>1</td>
</tr>
<tr>
<td>Amputation, leg</td>
<td>2</td>
</tr>
<tr>
<td>Ankylosed joints, manipulation</td>
<td>2</td>
</tr>
<tr>
<td>Arthrotomy of knee joint</td>
<td>1</td>
</tr>
<tr>
<td>Bunion operation</td>
<td>2</td>
</tr>
<tr>
<td>Clavicle, fracture, removal wire from</td>
<td>1</td>
</tr>
<tr>
<td>Coccyectomy</td>
<td>2</td>
</tr>
<tr>
<td>Elbow dislocation, reduction</td>
<td>1</td>
</tr>
<tr>
<td>Exostosis femur, excision</td>
<td>1</td>
</tr>
<tr>
<td>Exostosis humerus, excision</td>
<td>1</td>
</tr>
<tr>
<td>Exostosis tibia, excision</td>
<td>1</td>
</tr>
<tr>
<td>Femur, fracture, metal splinting</td>
<td>1</td>
</tr>
<tr>
<td>Femur, fracture, open reduction</td>
<td>1</td>
</tr>
<tr>
<td>Femur, fracture, tibial bone graft</td>
<td>1</td>
</tr>
<tr>
<td>Forearm fracture, splinting</td>
<td>1</td>
</tr>
<tr>
<td>Forearm fracture, tibial bone graft</td>
<td>2</td>
</tr>
<tr>
<td>Humerus, fracture</td>
<td>1</td>
</tr>
<tr>
<td>Metatarsal bone, excision first, of foot</td>
<td>1</td>
</tr>
<tr>
<td>Olecranon, ununited fracture</td>
<td>1</td>
</tr>
<tr>
<td>Osteoma, finger, excision</td>
<td>1</td>
</tr>
<tr>
<td>Patella, subluxation, recurrent, Albee operation</td>
<td>1</td>
</tr>
<tr>
<td>Phalanges, fracture</td>
<td>3</td>
</tr>
<tr>
<td>Sternum, excision sinus</td>
<td>2</td>
</tr>
<tr>
<td>Tuberculosis hip, extension</td>
<td>2</td>
</tr>
</tbody>
</table>

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Miscellaneous

Excision of fish bone from thumb .................................. 1
Intrathecal salvarsan applications .................................. 20
Kondoleon operation for elephantiasis ............................. 2
Spinal puncture ......................................................... 67

Head, Face and Neck

Carcinoma, lip, excision glands neck (with growth) .............. 3
Carcinoma, lip, excision and plastic closure ....................... 3
Carcinoma, tongue, excision, local .................................. 1
Curettage, fistula external auditory canal ......................... 1
Cyst, branchial, excision ............................................ 1
Cyst, sebaceous, scalp .............................................. 6
Epithelioma, ear, excision .......................................... 1
Scalp wound, suture .................................................. 3
Thyroid artery ligation .............................................. 20

REPORT OF THE SANITARIUM DISPENSARY

For the Year 1920

Office treatments .......................................................... 410
Examinations ............................................................... 806
Surgical dressings ......................................................... 1157
Nurse visits ............................................................... 7010
Doctors' visits ........................................................... 2035
Consultations ............................................................. 2822
Confinements .............................................................. 363
Bath treatments, women .................................................. 1143
Bath treatments, men ..................................................... 1382
THE BATTLE CREEK SANITARIUM AND HOSPITAL
SCHOOL OF NURSING

Early in the history of the Battle Creek Sanitarium, the need was
felt for a class of experienced helpers to carry out the directions of the
physicians for the care of patients. Formal instruction of nurses in the
Institution was begun in October, 1877. The first regular Nurses' Training School class was organized in 1884. In November, 1886, the
first class was graduated. More than 1600 young women and men have
received diplomas from this School.
The Battle Creek Sanitarium-Hospital School for Nursing was a
somewhat new departure in the training of nurses. No attempt had
previously been made to put into the hands of women and men by sys-
tematic instruction and daily drill the diversified and wonderfully effi-
cient curative means comprised under the general head of physiologic
therapeutics. The Battle Creek Sanitarium was the first institution in
which all efficient means of cure known to modern scientific medicine
were combined under one roof and one management. The School of
Nursing was a part of the plan of the promoters of this enterprise
whereby it was hoped to disseminate and propagate the methods which
are so widely known as the "Battle Creek Sanitarium System."
This school differs from the ordinary training school both in the
scope of instruction given and in the methods of training. The cur-
riculum includes all that is comprised in the course of training given in
schools connected with large general hospitals, and in addition a number
of subjects not included in the ordinary nurses' course of study and train-
ing. This is a natural result of the great variety of curative measures
employed in the Battle Creek system of treatment, with all of which the
nurse must become thoroughly familiar.
The graduates are therefore prepared to meet all the ordinary re-
quirements of the nurses' profession and in addition are thoroughly
trained and experienced in the value and uses of the many Hydriatic
treatments; Electrotherapy, the Art of Massage, etc., which are not
usually employed in the usual type of institutions.
The years of the war and those immediately following it witnessed
a heavy demand for trained nurses. Coupled with this was a decrease
in the number of students, so that the profession faced a serious crisis.
Perhaps it would be more accurate to say that the invalids of the country
faced the crisis. Fortunately there has been a gradual but steady return
to more normal conditions, so that this aspect of the situation has been
partially met. The need for graduates, however, is still urgent. Modern
civilization has entered on a vast campaign of preventive medicine, and
in this the trained nurse has an essential part.
The training of a nurse is moreover coming to be recognized at its
ture value in the general system of education. The course of study is
not merely vocational; not simply a preparation for entering a certain
calling, but leads to the acquirement of considerable scientific knowledge,
to the development of the mental faculties and to the cultivation of a
broad general culture. It is entirely proper, therefore, that institutions
of learning should take this into account in their curricula. Indeed, in
the last few years, fifteen or more universities and colleges have organized
five-year courses for women who wish a college degree and a diploma in
nursing. It seems likely that this movement will spread until a school of
nursing stands along with the schools of medicine, law, etc., in our great co-
educational universities. At any rate, the inauguration of this idea has
already lent a new dignity and importance to the profession of nursing.

This attitude on the part of educational bodies will lead to an ap-
preciation of the advantages of the nurses' course for those who may
never intend to follow it as a means of gaining a livelihood. The train-
ing may fairly be said to be the best possible for womanhood, whether
it be expressed in terms of daughterhood, sisterhood, wifehood or
motherhood. She who wins her diploma has a superb preparation for
life, whatever her circumstances or condition, and the day is coming
when this truth will become more widely known and accepted.

A large dispensary connected with the institution provides material
for instruction and practice in dealing with emergency cases, in ob-
sterical and other home nursing and in the care of infants and children.
The last year has seen a considerable growth in this work. The Metro-
politan Life Insurance Company has placed its industrial policy holders
in charge of the dispensary, with satisfactory results to all concerned.
The students' tour of duty in this field is always full of variety and of
interesting experiences.

The nurses' training covers a period of three years. The course of
theoretical instruction continues throughout the training and comprises
an average of six to eight hours weekly, including lectures, classes and
demonstrations. The school offers to young women unusual opportuni-
des for training, with medical, surgical and obstetrical service; three
months' affiliation with the Children's Free Hospital in Detroit; one to
two months of public health service in the dispensary and unexcelled
opportunities for practice in hydrotherapy and massage.

A credit of nine months or one Academic year is granted to gradu-
ates of accredited colleges or universities, thus giving the college gradu-
ate an opportunity to complete a three years' course of training in the
School of Nursing in 25 months.

Post-Graduate Course

An eighteen week's post-graduate course is offered in Hydrot-
therapy, Massage and Medical Dietetics, beginning with the first of June
of each year. This course is open to nurses who are graduates of ac-
ccredited schools of nursing.

An opportunity is given to the nurses taking this post-graduate
course to meet their expenses by service.

Six Months' Course in Hydrotherapy

The Battle Creek Sanitarium offers a six months' course in practical
and theoretical hydrotherapy, with practical service in the hydriatic
department of this institution.

Arrangements may be made, to those who prove satisfactory and
efficient in hydrotherapy, for a course in massage, by the paying of
$50.00 tuition.

Requirements are good character, physically able to work and at
least a grammar school education.

A certificate is granted in hydrotherapy and massage to those who
complete the practical and theoretical work satisfactorily.

During the last few years a number of students have availed them-
selves of this opportunity and proven this course a success.
Graduate Nurses 1920

Bender, Emma Mae ................................................. Faessler, Josephine
Bjork, Anna Agatha ............................................. Flannery, Lelia G.
Beville, Sallye L. ................................................. Glass, Jane Potter
Brandt, Elvira ................................................... Haechter, Mary Naomi
Cameron, Margaret .............................................. Hill, Gladys
Clark, Frances S. ................................................ IIodges, Lelia M.
Conkling, Idella .................................................. Kreamer, Philene
Michael ............................................................ Elizabeth
Coogan, Mary Cecile ............................................. Lackey, Mildred J.
Cook, Nannie Smith .............................................. Lohman, Emma Laura
Couch, Elizabeth .................................................. Lyon, Persis Miriam
Lucille ............................................................. McBride, Anna Louise
Crowley, Norma Estell ........................................... McFarren, Flossie
Denton, Lucille .................................................... June
Roberta .............................................................. McCullough, Isabel
Dysland, Agnes O. ................................................ Maxwell, Mary
Earhart, Mable ..................................................... Duncan
Frances ............................................................. May, Jennie
Ermlich, Mary Merrit ............................................. Morgan, Grace Busey
Ensign, Leah G. .................................................... Montgomery, Ruth
Parrette, Louisa A. ................................................ Nuhn, Irene P.
Peterson, Ruth Hannah .......................................... Prucha, Cornelia
Pyle, Virginia Anne .............................................. Power, Frances W.
Pults, Gertrude E. ................................................ Quinn, Grace Snively
Rack, Myrtle ....................................................... Reeve, Margaret B.
Russell, Edna May ................................................ Stoller, Esther S.
Stoller, Edna Elva ................................................ Strutz, Elsie Mae
Sutherland, Vera Jean ............................................ Taylor, Edith H.
Thompson, Maude ................................................ Wagner, Hilda E.
West, Florence ..................................................... Wiese, Emma Joanna
Wilson, Julia Irene ................................................ Wood, Clara Mae

Graduate Nurses

Class of 1886 ....................................................... 7 Class of 1905 ...................................................... 67
Class of 1888 ....................................................... 19 Class of 1906 ...................................................... 36
Class of 1889 ....................................................... 26 Class of 1907 ...................................................... 21
Class of 1890 ....................................................... 31 Class of 1908 ...................................................... 17
Class of 1891 ....................................................... 23 Class of 1909 ...................................................... 19
Class of 1892 ....................................................... 32 Class of 1910 ...................................................... 35
Class of 1893 ....................................................... 13 Class of 1911 ...................................................... 36
Class of 1894 ....................................................... 30 Class of 1912 ...................................................... 48
Class of 1895 ....................................................... 30 Class of 1913 ...................................................... 53
Class of 1896 ....................................................... 70 Class of 1914 ...................................................... 45
Class of 1897 ....................................................... 56 Class of 1915 ...................................................... 47
Class of 1898 ....................................................... 136 Class of 1916 ..................................................... 59
Class of 1899 ....................................................... 64 Class of 1917 ...................................................... 47
Class of 1900 ....................................................... 108 Class of 1918 ..................................................... 60
Class of 1901 ....................................................... 65 Class of 1919 ...................................................... 39
Class of 1902 ....................................................... 58 Class of 1920 ...................................................... 55
Class of 1903 ....................................................... 38 Total number of graduate nurses to 1920 inclusive. 1658
Class of 1904 ....................................................... 54

Undergraduate Nurses, January, 1921

SENIORS

Allen, Callie ..................................................... Corbin, Frances Louise
Alison, Mamie Byrd ............................................... Cone, Katherine
Anderson, Fern Vivian .......................................... Culp, Ethel Stafford
Baker, Elizabeth .................................................. Culver, Eunice I.
Benedict, Lora Grace ............................................ Culver, Yola I.
Bishop, Lucy Irene ............................................... Eldridge, Ruth Evelyn
Bottome, Rosella Jean ........................................... English, Belle T.
Buchanan, Martha ................................................ Evans, Catherine
Frances ............................................................. Byron
Case, Birdie ........................................................ Fosberg, Hazel Ruth

Glover, Myrtle Leona ............................................. Gordon, Eckka
Almieda .............................................................. Greenwood, Alma
Frances ............................................................. Hayne, Effa Kathleen
Havunen, Helmi Maria ............................................ Hird, Harriet
Hendrix, Ada A. ................................................... Hovland, Sadie G.
Huke, Esther M.  
Hutson, Irene  
Jessen, Grace J.  
Johnson, Beatrice S.  
Keith, Mary Blunt  
Leszczynski, Irene H.  
Lockwood, Alice Edna  
Lockwood, Emma M.  
McCannell, Olive R.  
Malick, Lois Matilda  

Miller, Adelyne L.  
Norsworthy, Anna E.  
Peterson, Helen M.  
Reed, Vesta C.  
Rodenberger, Alpha L.  
Rice, Kathryn  
Smith, Elsie Maud  
Snively, F. Ruth  
Snodgrass, Omilo  
Estalyne  

Stapleton, Regina Marie  
Sparks, Pearl A.  
Steinberger, Mary E.  
Stewart, Nellie Mae  
Teie, Pearl Elizabeth  
Towers, Unis M.  
Thomas, Elizabeth Grace  
Updegraff, Goldie Jane

INTERMEDIATES

Bagwell, Bertha  
Browne, Esther  
Broome, Mary  
Barber, Bernice  
Carr, Gladys  
Crane, Mary  
Canfield, Helen  
Cook, Anna  
Cudaback, Juanita  
Davis, Elsie  
Dennis, Hazel  
Dingwall, Anna  
Faulkner, Biddie  
Evans, Agnes  
Gregory, Kate  
Hiesrodt, Margaret

Hamilton, Doris  
Hoge, Mildred  
Hill, Gertrude  
Johnson, Margaret  
Kiser, Nell  
Kreuger, Erna  
Kloetzler, Fern  
Lamb, Alice  
Maxson, Jennie  
Maphis, Edna  
Miller, Ruth  
Mundell, Katherine  
McBride, Dora  
McKenney, May  
McIntyre, Mary  
Muscat, Emily

Nelson, Rose  
Oberdorf, Harriet  
Ray, Lucile  
Robb, Lois  
Ruffner, Bessie  
Roberts, Greta  
Stevens, Fern  
Smith, Linnie  
Schmidt, Edna  
Swakkos, Sophia  
Su, Helen  
Sawvel, Sylvia  
Smith, Mabel  
Towsley, Gertrude  
Wagner, Anna  
Wilson, Verle

JUNIORS

Ash, Clara  
Alderson, Anne  
Allshouse, Delta  
Brett, Ethel  
Blakely, Katherine  
Bowers, Orpha  
Bowers Ruby  
Conley, Eva  
Conrod, Esther  
Cogswell, Elsie  
Campbell, Lucile  
Estabrook, Helen  
Earle, Ruth  
Evans, Ethel  
Evans, Ruth  
Frayer, Ferne  
Foy, Beulah  
Geiger, Martha  
Grebe, Marguerite  
Hamlin, Martha  
Harvey, Mildred  
Hunker, Verneal  
Houser, Etta  
Ish, Pauline  
Jett, Mildred  
King, Irene  
Melick, Lelah  
McKinney, Jessie  
New, Ruth  
Parker, Miriam

Ross, Ella  
Roberts, Harriet  
Roberts, Greta  
Rogers, Esther  
Slinkard, Wilma  
Smith, Addie  
Siplon, Margaret  
Severance, Alberta  
Stauffer, Lyda  
Slater, Ruth  
Soronon, Selma  
St. Clair, Anna  
Spivey, Winona  
Utz, Anna  
Wade, Anna
THE NORMAL SCHOOL OF PHYSICAL
EDUCATION

The Normal School of Physical Education is a prominent feature of the educational work of the institution. The object of the management in organizing this school was to promote the principles of biologic living by the training of physical directors, playground directors and health supervisors.

One purpose in the organization of the school was to provide skilled assistants for carrying on various lines of physical training, especially corrective and medical gymnastics and physical reconstruction in connection with the work of the institution. During the war this school was selected by the United States Government as one of a small group of schools in which courses were conducted for the training of young women to act as reconstruction aids. A considerable number of students were trained in this work and did credit to the school by excellent service rendered both in this country and in France. The several hundred students who have been graduated from this school are to be found successfully engaged in their profession in all parts of the United States. The course of instruction which formerly covered two years has been extended to three years. The curriculum includes all the subjects taught in other schools of physical training and affords special opportunities for certain features of health culture which receive little attention in other schools.

Unrivaled facilities are offered for acquiring a knowledge both theoretical and practical of hydrotherapy, massage, dietetics and other branches of physiotherapy. One of the special advantages afforded by this school is the opportunity given the students to live for a considerable period of time in an environment where high standards of health and physical efficiency are maintained and the chance to acquire, through constant training, biologic habits of living and to appreciate by personal experience the value of all-round health culture.

Students who desire to do so have an opportunity to meet part of their living expenses by working in the various departments of the institution. A very considerable number of students take advantage of this opportunity.

The entrance requirements include, besides good health and a natural fitness for the work, a diploma from a high school or its equivalent. The work done in the school is recognized by Columbia and other universities. Graduates receive life teaching certificates from the state.
Grades 1920

SENIORS

Arlin, Lura.....................Missouri
Armbrust, Evalyn..............Tennessee
Atkinson, Annabel...............Georgia
Bourgeois, Louise..............Mississippi
Browning, Irl.....................Missouri
Chappel, Lois.....................Connecticut
Clough, Mildred..................Iowa
Cook, Dorothy Wayne............Indiana
Eckert, Nelle.....................Ohio
Earlywine, Clara...............Ohio
Eldredge, Myrtle..............Pennsylvania
Hill, Martha......................Ohio
Howard, Mrs. Beatrice...........Ohio
Hudson, Ernestine...............Maine
Jackson, Florence..............Pennsylvania
Johnson, Bernice...............Ohio
King, Thelma B..................Illinois
Lansley, Louise...............Ohio
Lovett, Kathryn................New York
Lunday, Mary Ella..............Arkansas
Lee, Goldie........................Missouri
Mackintosh, Violet E...........Minnesota
Masters, Ruth....................Ohio
McPeek, Eva Lorena.............Kansas
Mitchell, Arlowein.............Missouri
Moore, Eloise....................New York
Payne, Kathryn................Washington
Platt, Helen.....................Michigan
Rea, Dorothy....................Minnesota
Schelbach, Gertrude...........New York
Schnuck, Dorothy..............New York
Smoke, Krulien.................South Carolina
Sommerfeld, Henrietta.........Michigan
Thomasma, Rosella...............Michigan
Trafton, Ruth M...............Minnesota
Winegar, Anna K...............California

JUNIORS

Able, Lora................South Carolina
Adams, Carrie................Alabama
Armstrong, Helen..............Indiana
Carr, Martha................Indiana
Conn, Mary Louise............Pennsylvania
Decker, Alta................Pennsylvania
Dietrich, Lois Ann...........Pennsylvania
Downey, Evalyn...............Illinois
Dymond, Emily................Pennsylvania
Essig, Louise................Michigan
Fenner, Marion...............Pennsylvania
Floyd, Marion...............South Carolina
Gordon, Jane................Illinois
Gravett, Jean................Oklahoma
Harsh, Opal....................Arkansas
Heilig, Mary................Michigan
Huff, Marjorie.................Pennsylvania
Jones, Mildred...............Indiana
Kimes, Thelma...............Ohio
Krausneck, Christine..........Michigan
Mowrer, Florence............Kansas
Oberlin, Lucille...............Ohio
Perrin, Susan................Michigan
Richard, Lucienne............Minnesota
Roberts, Agnes.................Tennessee
Roth, Gertrude................Ohio
Rowley, Doris................Ohio
Ryan, Frances................Indiana
Schwehn, Hilda................Indiana
Shelly, Josephine...............Michigan
Smith, Kathryn................Iowa
Strickler, Hattie Mae........West Virginia
Sutter, Fanny...............New York
Tomkinson, Hazel..............New Hampshire
Wasson, Rhea................Ohio
Wheeler, Elta................Pennsylvania
Wildes, Eleanor...............Minnesota
Wilson, Luella.................Tennessee
Woodruff, Jane................Ohio
Young, Elise................Arkansas

POST GRADUATES

Barnes, Marie........West Virginia
Deardorff, Lura..............Indiana
Elder, Margaret............Nebraska
Garrety, Rose Marie........Pennsylvania
Grice, Ruth................Ohio
Sadler, Hilda.................Maine
Tucker, Georgianna.........Illinois

FRESHMEN

Adair, Alberta...............Missouri
Ballwebber, Edith........Minnesota
Berdeen, Adelaide...........Maine
Berg, Hilda................Pennsylvania
Boaz, Guinilda........Kentucky
Bradley, Ruth.................Michigan
Brooks, Maude...........Virginia
Bundy, Esther...........New York
Burrow, Blanche........Kentucky
Chapman, Ruth..........New York
Clay, Ruth..............New York
Cole, Gertrude..........Michigan
Conn, Virginia..........Pennsylvania
Donkin, Cathlene........West Virginia
Drysdale, Lucile........Minnesota
Earle, Anne.............Texas
Ellinger, Ethelyn........Michigan
Erdlitz, Elizabeth......Michigan
Fox, Margaret...........Michigan
Garvin, Pearl...........Ohio
Gibson, Ora Lee.........West Virginia
Graves, Lucia...........Illinois
Grosse, Eleanor..........Illinois
Hailwood, Jennie.........Pennsylvania
Harwood, Florence......New York
Heskett, Catherine.......Iowa
Hewlett, Emily..........New York
Hirt, Vance.............Illinois
Houpit, Alma M........Ohio
Kilbourne, Helen........Michigan
King, Helen Marr........Colorado
Kwis, Helene...........Ohio
Laird, Beulah Virginia...West Virginia
Logan, Nellie I..........Illinois
McLean, Camilla.........Iowa
Mangold, Mary...........Pennsylvania
Mapes, Frances K........Pennsylvania
Martin, Ruth............Illinois
Masterson, Nellie......Kentucky
Miller, Leah............Missouri
Moeller, Elsie..........Iowa
Molison, Grace E........Iowa

Mondhank, Sarah.........Indiana
Moulton, Olive..........Michigan
Murphy, Elizabeth.......Maine
Oakley, Mary...........Illinois
Olson, Grayce........North Dakota
Palmer, Thea...........Michigan
Page, Barbara...........Minnesota
Peterson, Edna.........Minnesota
Preston, Mary Jane......Ohio
Reinhardt, Ruby.........Minnesota
Reed, Chester........Washington, D. C.
Rosskopf, Martina.......Ohio
Ryland, Helen...........Pennsylvania
Scott, Elizabeth.........Iowa
Seiler, Inez D........Indiana
Shiebler, Elizabeth.....New York
Smith, Eunice........South Dakota
Spear, Lucerne S........South Dakota
Stahmer, Dorothy.......Minnesota
Stephen, Mildred........Michigan
Studt, Hazel...........Michigan
Takeyoto, Fumiyo........Japan
Thiele, Mildred L.......Illinois
Throp, Clara J..........Michigan
Town, Marion...........New York
Townsend, Frances......Ohio
Utts, Geraldine.........Illinois
Waite, Lola............Iowa
Waugh, Emily........Indiana
Webster, Mabel..........Indiana
White, Eva..............West Virginia
White, Amy.............Illinois
Williams, Ceres C.......Ohio
Wilson, Marie..........Alabama
Wilt, Gwendolyn.........Pennsylvania
Yost, Eloise A.........Pennsylvania
THE BATTLE CREEK SANITARIUM SCHOOL OF HOME ECONOMICS

The Battle Creek Sanitarium School of Home Economics is one of the three schools which are a development of the educational work of the Battle Creek Sanitarium.

To meet the necessity for trained dietitians and institutional administrators and to satisfy the growing public demand for instruction and training along household lines, the school was organized in 1906.

The purpose of the school is to give young women a knowledge of nutrition and biologic living, and a training in household and institutional administration, so that they may direct and teach others to direct intelligently and efficiently their own households and the larger households—the institutions.

Three professional courses are offered—a two years' course for dietitians; a two years' course for teachers, and a one year course in dietetics for graduate nurses. The curriculum includes thorough instruction in Chemistry, Physiology, Biology, Hygiene, Bacteriology, Cookery, Textiles, Education, Pedagogy, Institutional Management and allied subjects.

An applicant for admission to the school must be between the ages of eighteen and thirty-five, of good moral character and a graduate of an accredited High School or its equivalent. As the enrollment is limited, early application is recommended.

Through its affiliation with the Battle Creek Sanitarium, the school presents an unbounded field for observation and practical experience to those preparing for institutional positions. The opportunity is also afforded to defray the expense of board and room by institutional work.

Through its co-operative relations with the public and private schools of Battle Creek and suburbs, it is able also to offer practice fields for those interested in teaching, as well as experience in school lunch-room management.

Owing to the establishment of nutrition clinics and classes in public schools, and also the increasing demand for nurses as public health workers, the nursing profession is finding a thorough training in dietetics and institutional management a very valuable asset. We are, therefore offering a one-year course to graduate nurses which will enable them to fill enviable positions in hospitals and in public health and school work.

The offices, class rooms and laboratories of the school are in the buildings of the Sanitarium. Many of the instructors hold important positions in the professional or administrative work of the institution.

For several years, graduates of the school, who have registered at colleges and universities for work toward the bachelor's degree, have received full credit for the courses taken at the School of Home Economics.

Graduates are successfully filling responsible positions in all parts of the country. The demand for dietitians and teachers of Home Economics is increasing each year and at present is greater than can be met.

The members of the Sanitarium and Hospital School of Nursing enjoy the advantages of this School, receiving courses of instruction in foods and their preparation, and invalid cookery. The patients and guests of the Sanitarium are also given an opportunity to avail themselves of the advantages of the class work in food and nutrition, a lecture, demonstration or practice class is a part of their daily program.
Graduates of School of Home Economics

1919

Blair, Adda .......... Tiona, Pa.
Casey, Marie .......... Austin, Ind.
Coleman, Dorothy .......... Sycamore, Ill.
Cottle, Agnes .......... Plymouth, Pa.
Craig, Elizabeth .......... Mattoon, Ill.
Gardner, Dorothy .......... Pittsburgh, Pa.
Gilbert, Ruth .......... Medina, O.
Gilliland, Helen .......... Van Wert, O.
Holland, Ellen .......... Big Rapids, Mich.
Jackson, Marion .......... Lake Charles, La.
Johnson, Dorothy .......... Dayton, O.
Lewis, Helen .......... Cairo, Ill.
McFarland, Marjorie .......... Van Wert, O.
McFall, Harriet .......... Buffalo, N. Y.
Munce, Frances .......... Illiopolis, Ill.
McIlroy, Lura .......... Raymond, O.
Parker, Charlotte .......... Vandergrift, Pa.
Patty, Nancy .......... Macon, Miss.
Pietz, Margaret .......... Saginaw, Mich.
Schwab, Audra .......... Wolcottville, Ind.
Smith, Helen .......... Barnesville, O.
Speer, Marie .......... Quincy, Mich.
Stewart, Iva .......... Mt. Sterling, O.
Treadwell, Esther .......... Knoxville, Tenn.
Thoren, Irene .......... Rock City, Ill.
Takamori, Chizu .......... Hiroshima, Japan

1920

Anderson, Lillian E .......... Hinckley, Minn.
Brosius, Almira .......... Knightstown, Ind.
Bundy, Mary E .......... Barnesville, O.
Burstein, Hilda E .......... Cleveland, O.
Collier, Blanche .......... Bethany, Ill.
Cowdrick, Bernice M .......... Williamsport, Pa.
Eich, Helen M .......... Van Wert, O.
Hagman, Ida C .......... Louisville, Ky.
Harbison, Gladys I .......... Evanston, Ill.
Holland, Ellen B
Irvine, Elizabeth .......... Emmetsburg, Ia.
Kendrick, Hester .......... Waco, Tex.
Morris, Marian E .......... Delware, O.
Moyers, Bertha M .......... Jonesboro, Ill.
Roberts, Josephine .......... Knightstown, Ind.
Roberts, Marjorie .......... Knightstown, Ind.
Stanton, Lillian M .......... Chicago, Ill.

Students Enrolled in the School of Home Economics 1920-21

Annand, Ethel .......... Milford Station, Nova Scotia
Bailey, Pauline .......... Pontiac, Mich
Barber, Lorna J .......... Joliet, Ill.
Baughman, Emma .......... Bigler, Ia.
Bingham, Sarah .......... Mt. Morris, N. Y.
Bockman, Ruth .......... Berne, Ind.
Booee, Dorothy L .......... Newberry, Pa.
Brandt, Lola .......... Manitowoc, Wis.
Brown, Mae .......... Merrill, Ia.
Buchanan, Annette .......... Whiting, Ind.
Bucher, Mary .......... Beaver Falls, Pa.
Buckbee, Mrs. Florence .......... Rockford, Ill.
Canfield, Elizabeth .......... Friendship, N. Y.
Carter, Annice...Russiaville, Ind.
Chaffee, Dorothy .........Troy, Vt.
Casey, Ethel .............Austin, Ind.
Clark, Marguerite ..............Battle Creek, Mich
Cohen, Minnie ..........Ranger, Tex.
Coleman, Marjorie E ..............Sycamore, Ill.
Collins, Elizabeth .........Flemingsburg, Ky.
Connal, Helen ..............Newport Center, Vt.
Conwell, Winifred..Humboldt, IA.
Cooper, Frances E...Stratford, Ont.
Cooper, Isabel .............Belfast, ME.
Cowling, Idalee ....Gulfport, Miss.
Culp, Martha ..............Chardon, O.
Dare, Zoe ..............Henderson, N. Y.
Darlington, Grace ..Denison, Kan.
Daugherty, Lucile ..............Kansas City, Mo.
Davis, Henrietta ..............Battle Creek, Mich.
Davison, Anne ....New York City
Dillon, Rietta .............Peoria, O.
Dobson, Mildred ............Makaska, Alta., Canada
Durren, Helen ...Battle Creek, Mich.
Eller, Priscilla .........Erie, Pa.
Elliott, Grace ....Elkhart, Ind.
Ermlich, Leatha ....Marietta, O.
Eros, Hilda ...........Anniston, Ala.
Faucette, Mary ..Burlington, N. C.
Fenton, Freda M ........Bedford, Mich.
Fithian, Anna .............Fithian, Ill.
Floore, Frances ....Columbus, Wis.
Frye, Mildred ....Battle Creek, Mich
George, Elizabeth ..............Watertown, N. Y.
Graham, Mildred ........ Bartlesville, Okla
Grozinger, Mrs. Fred ..........Kirksville, Mo.
Hacker, Nannie ....Glenwood, IA.
Hall, Helen ..........Adrian, Mich
Harkins, Mary ...........Macon, Miss
Henshaw, Bernice ..Dunreith, Ind.
Highsmith, Nelle ......Pelham, Ga.
Hollowell, Olivia .Farmer City, Ill.
Howells, Alice ....Scottsdale, Pa.
Hubbard, Gladys ....Greenfield, O.
Hughes, Violet ....Williamsport, Pa.
Jerrey, Margaret ....Bay City, Mich.
Jewell, Madge .......Olean, N. Y.
Jones, Catherine ..........Delaware, O.
Jones, Mildred ..Smith's Grove, Ky.
Jones, Mary ..........Talladega, Ala.
Johnston, Iva ....Belmont, N. C.
Kelly, Ruth ...Battle Creek, Mich
Kennedy, Barbara ..........Nebraska City, Neb.
Koehler, Kathryn....Erie, Pa
Kusterer, Ella Mae .........Fort Dodge, IA
LaZier, Ruth ....Buffalo, N. Y.
Lehman, Clara ..............Battle Creek, Mich
McAdams, Caroline ..........Jackson, Tenn.
McCauley, Mildred ....Ames, Ia.
McCulloch, Nina ..Freeport, Ill.
Mckercher, Cecil ....Duluth, Minn.
McKinley, Esther ..Nashua, N. H.
McKinstrey, Clara ..............Chicago Heights, Ill.
McKitterick, Mary ..Portland, Ore.
Marshall, Grace ...Lawton, Mich.
Martin, Ruth ..............Hattiesburg, Miss.
Martin, Jeanette ..........Battle Creek, Mich.
Melvett, Anna ....Le Grand, IA
Moon, Anna Paul ....Gadsden, Ala.
Morgan, Maybelle ....Cincinnati, O.
Newhart, Grace ..............Battle Creek, Mich.
Noel, Catherine ....Hinton, W. Va.
Olson, Minnie ..Stillwater, Minn.
Peck, Cleo ..........Cardington, O.
Pegram, Mrs. Lamar ..........Laurinburg, S. C.
Pettibone, Lois ....Armada, Mich.
Pfeiffer, Thelma ...Salamanca, N. Y.
Post, Athelia ....Lansing, Mich.
Rathbun, Mary Louise ..........Battle Creek, Mich.
Reynard, Leah ..........Battle Creek, Mich.
Rheinheimer, Alice ..Germania, Pa.
Rich, Margaret ....Conneaut, O.
Ricker, Hazel ....Galion, O.
Royal, Margaret ..Shelby, Mich.
Royer, Kathryn ..........Battle Creek, Mich.
Ryder, Alice ........................
........St. Stephen, N. B., Canada
Schilbach, Isabel .......Wilmette, Ill.
Schwab, Rachael ......................Wolcottville, Ind.
Schwinck, Ruth ........................Saginaw, Mich.
Scott, Helen ............................Port Jervis, N. Y.
Severance, Dorothy ........................................
Shannon, Helen ............................Coatesville, Pa.
Shedrick, Helena .......Buffalo, N. Y.
Small, Edith .......Battle Creek, Mich.
Snell, Dorothy .................Toledo, O.
Snowberger, Stella .......Mt. Morris, Ill
Sprague, Louise .................................Battle Creek, Mich.
Staudacher, Zora .......Bay City, Mich.
Suit, Mildred ...............Muskogon, Mich.
Sutfin, Josephine ................................
......................Keuka Park, N. Y.
Tanner, Flora ...............Puyallup, Wis.
Tatman, Jane ..............Shelbyville, Ind.
Teter, Evalyn ...............E. Lansing, Mich.
Tomlinson, Della ..............................
..............Hutchinson, Minn.
Treibley, Marybel ............................
......................Snydertown, Pa.
Urban, Cecelia .........Almond, Wis.
Van Sweringen, Clara ..........................Findlay, O.
Vinson, Agnes ..............................Laurel, Miss.
Wait, Gladys .......Marcellus, N. Y.
Waite, Millicent .......Reynolds, Ill.
Walter, Gertrude .........Three Rivers, Mich.
Waltham, Reah .........Clearfield, Pa.
Ward, Margaret .................................Battle Creek, Mich.
Wangen, Joy .......Ludington, Mich.
Wehler, Gertrude .......Algona, Ia.
Wheeler, Lydia .......Mason City, Ia.
White, Mildred .......Greenfield, O.
Williams, Ruth .......Williamsport, Pa
Wilson, Roberta ..............Toledo, O.
Wilson, Lucille .......Norwalk, O.
Winship, Virginia .................................Battle Creek, Mich.
Wood, Frances .................................South Haven, Mich.
Wood, Una .......Battle Creek, Mich.
Wyler, Blanche .......Dakota, Ill.
Zetler, Carmen .......Hazelhurst, Pa.
B. Salisbury

Health Institute

Battle Creek, Mich.
March 20, 1870

Minutes of Directors' Meeting

Pursuant to call the new board of Directors met at the home of J. H. Bell, Sunday, March 20, 1870, for the purpose of organization.

The meeting was called to order and opened by prayer.

J. H. Bell elected as President. B. Salisbury

Secretary.

Voted that B. Salisbury and E. H. Grant examine into the affairs of the Institute.
Voted That we should esteem it a great privilege, and earnestly desire to share the advice of Bros. St. White, Bros. Andrews & Young.

Resolved That the helpers should be paid every week, and that no money should be paid out by the Treasurer without a written order, signed by the President & Secretary. Adjourned to the call of the President.

Monday, March 21st 18-

Met at the house of B.-Salisbury. Meeting opened with prayer by Bro. Smith.

Voted That the following brothers act as Committee for the financial relief of the Institute: H. King, Mr. J. Corr, J. A. & Mr. Phenomen.

For bearing the load.

E. H. Bell, J. J. Connell.

S. A. W. White.
Financial
S. H. Kelly, B. Salisbury

Voted That a Motion be made for the present.

Voted That I. A. Jones be appointed for the present time.

Voted That Miss E. R. Fairfield be Auditor for the present, and have ten cents on her for her services.

Voted That Dr. C. H. Monzingo, Physician, have fourteen dollars for the week for his services.

Voted That P. O. Jones be associate Physician for the present.

Voted That the bonds to the amount of 2000.00 and have ten cents on her for his services.
Week.

For her services as a physician & matron
adjourned to the last and held an interesting interview with physicians & physicians.

Voted that Dr. Jones and S. Shepard settle with S. Shepard for her last labor at the Institute.

Voted that the names of the treasurer be approved by the president & secretary.

Adjourned to meet at the call of the President.

Meet April 5th 1870, at the school house. Meeting opened by President J. H. Andrews.

The old & new director of the Health Institute were present, except Dr. G. Sturt. Jones, W. Allen, and old board, & Ben. McPherson, King & Palmer of the new.

Voted that S. H. Bell and B. Salisbury be committee to settle with Rev. Richmond & wife for their care of the rooms at the home he now occupies.
Voted That we give Edi White a deed of the six acres of land he now occupies, on condition that he pay the O. D. & Publishing Association the sum of $1,000.00 for the Institute.

Voted That J. A. Perry take the place of J. H. Londer as Superintendent and have the same wages that was set for the Social School at $100 per day & board for his Son's.

Adjourned to meet at 9:00 A.M. April 12th.
Met according to adjournment.

Prayer by Bro. Palmer.

Deliberated as to what should be done in the case of Dr. Lay. Decided to go to the Institute 1st to talk with Dr. Jumison, Hull & Lay, & have Rev. Andrews & Waggons present.

Met at the Institute at 1 o'clock. Dr. Jumison, Hull & Lay made remarks. Dr. Lay's testimony was read.

Adjourned until 3 P.M.

Met according to adjournment.

Met on the Institute grounds. Called Dr. Lay. Bro. String told him the directors had come to the conclusion that he had

Better be released—let be waited till Sunday before they make a final decision.

Voted That Rev. Bell & Salisbury give a mortgage to Dr. Jumison, just 1000 on such an amount of land that is presently occupied by Rev. Richmond as is necessary.

Voted That Rev. Bell be authorized to negotiate a loan to pay the declaration of a mortgage on the Institute property for the above.
Voted. That Rev. Hill be paid $8.6.00 for much for his services up to this time.

Voted. That the wagons belonging to the Association be bought for the Health Institute, & to pay 1/20 as for him if he came at the obtained for less.

May 1st. Met according to adjournment at the Church. All the Directors except Rev. Cornell present, also Rev. Andrew Waggons. Whit.

Remarks by Jno. White, after a short season of prayer it unanimously voted that I be I be suspended from further labor in the Institute, until such time as we have evidence that the Lord shall approve of a reinstatement.

Voted. That Rev. Holt be paid $10.00 per week + board, or $6.00 heard himself for his work at the Institute.
Voted That Ben Bell & Selzberg be authorized to act in behalf of the Directors in their absence.

Voted That Dr. J. H. Fink be employed as physician for a while on trial.

Adjourned to the Institute. Informed Dr. Fagg of our decision in regard to himself.

Mr. Andrews & Wayzona made some remarks to Dr. Shrews & Chamberlain as they thought they (Dr. Shrews & Chamberlain) had no business to be in the village, it was explained.

Voted That they both act as physicians & Matrons.

The helpers met together & remarks were made taken by Ben Root, King & Bell.

Voted That Dr. C. M. James take the entire supervision of the Health Institute.

Voted That Dr. Shrews & Chamberlain each have $5.00 per week for their services.

Voted That Maria Hayes receive full wages while gone for a few weeks & she is in need of rest from over work.
At 7 P.M. the Directors reassembled. Physicians & helpers of the Institute, also Dr. Lacy's wife, met at the house of Dr. Lacy. Remarks were made by Rev. White on the first course of those connected with the Institute, its present condition, & his hopes in regard to it in the future.

He pledged himself that if the Directors & all connected with the Institute would make sacrifice & be economical, he would pay $100.00 as soon as the claims would be paid on their indebtedness.

Adjourned by the call of the President.

Susan, Oct. 26th 1870

Chairman, with the exception of C. H. Davison and at the request of Mr. Salisbury, Rev. King acting as chairman.

Voted that Bro. will be released from his offer to $100, $1,000 the amount.
Voted That Bro. Hull
receive $10 per week for
his services, up to the
time he left for Canaan.

Voted That Bro. J.R.
Pay him $6.00 per week
for his services.

Voted That Bro. Finden
have $5.00 per week

Voted That Sr. Chambers
have $5.00 per week his
dughter be boarded

Reported said Circo.
J. A. McPhersons move
to B. G. and set as
Supt. of the Health
Resolved that B. Solito buy such articles as are needed for the Institute.

Voted that Dr. Finley have $12.00 per week for his services until the time of his removal to B. C. & since that time.

Resolved that the Society be authorized to look after the wants of the Institute, & to buy whatever articles are necessary for the benefit of the asylum, & have the power to hire & discharge the help needed, & that he

advise with the physician in chief, the matrons, & the directors as accessible.

Voted that the directors be authorized, with Dr. White's counsel to act on the claims against the Institute as they are presented.

Agreed with Dr. White to take the two yellow cottages (formerly owned by Lunt & Jones) for $64,500. & to pay in them a claim due the Pub. Association from
Lunt y Jones, I give Sir White a note for one year for the
amt he paid Lunt y Jones after deducting
Lunt y Jones acct due the Post. Long the balance
to R.L. Lockwood.
up to the 14, 15 Oct, or
Adjoining to call of Chief

Feb 8th 1871,
The new board of directors
met at the St. A Church
Bethlehem, B. H. Root, S. H. King
W. R. Palmer, Daniel Carpentier,
S. A. McPherson, John Hurman
J. B. Salisbury
S. H. King was elected
President, and
J. Salisbury Secretary.

Feb 10th Directon met at
the Health Hotel. It
voted that none but strong
healthy persons be employed
to work for the intials
Sunday Feb 12th 1871
Structor with the White and Church at the Institute at 2 pm.

Noted that the lounge belonging to Mr. S. Rogers be purchased of him & to pay him $5.00 for same.

Noted that A. H. Carmean act as Structor for the ensuing year.

S. A. McPherson, handed in his resignation, and it was voted to release him.

Noted that B. Salisbury act as Superintendent for the present.

and that Mr. Salient Boxsr. White, and our Preaching Bethson be act as our Counsel & aid.

S. A. McPherson was elected Treasurer.

Sand & Lane Audito.

Ms. M. J. Chamberlain motion.

Voted that S. A. McPherson be paid $100 forelix and house rent free, for his services to date.
also that £ Salisbury be paid £2.00 per day for the time he has spent for the Institute the past year.

Voted that £30.00 be paid to Mr. Salisbury for a daily wage for the 2 months for the benefit of the Parish.

and that Rowley Fysh & Co. be a Committee to plan for a Wood Shed

Voted that £1.50 be paid to Mrs. and house rent for her services

To Chamberlain £5.00 per week & board for his daughter.

To Samuel have £50.00 per week & board.

That Elders Place be closed until further notice & be paid out of the Charitable Fund

also: Captain Day be paid out of Charitable Fund

Sale of Mary Ann Davis to be paid out of Charitable Fund

m. One third from the Sage also N. A. to be paid out of Charitable Fund.
Adjourn to Call of Chair

May 12 1871
alland Andrew Graham for Chamber Set 50.00
Bedstead 10 00
Crash Stand 1.50
2 Crash Bells 0.50
Pitchers 2.00
Total 63.50
On his return while at the Institute

May 18
Resolved that the
Co "A" Boot, Sewn by the Superintendant of the Institute
and be a Rate of 0.25 Chosen at that of 0.50

Resolved that the Superintendent be Authorized to look
of by the Want of the Institute, and to buy
whatever Articles are Necessary for the Benefit
of the Institute,
and to have the Funds
to hire the Help Needed
when Necessary,
and that the Advice
with the Physician is Chief
the Creation of the Director
Accessibly;

Agreed to have the Co
Russell House Singhed
North of the North Lodge
Sunday May 21st 1871

Met with Dr. Whate to consider in what capacity to Russell should fall.

Agreed to have Dr. Russell act as assistant physician and the physicians act as follows:

A. D. Stanley and

On A. Chamberlain

Physician in chief

Dr. Russell and

Sheehan Lanson

assistance

Also to send for Sabrina Jones to come here to give treatment

Fargo and the Bro Jerome act as superintendent in place of

me at A. Boot

July 28th 1871

Report of the Western Health Reform Institute for the Year Ending July 1871

Amount of Capital Paid In $225,000

" Invested in Real Estate $250,000

Personal Property $500,000

Debt $2,976.11

Credit $952.00

S. Hufnagel, Jr.

N. Salisbury, Sec
Sunday Sept. 17th 1871 5 pm

Sri S. A. Secretary, Directors of the Health Institute, met at the dwelling house of Mr. Charles Garth, Grounds, with the Institute, for a Public lecture Association.

And it was voted, to receive the Health Reformer, from the Publishing Association, on the following conditions:

Viz. If the Institute, take the Reformer, from July 12th, 1871, and have the receipts for Subscriptions from that date, and pay the Publisher, as in for printing, as from that time.

Monday Pre Sept. 18th, 1871

The Directors of the Health Institute, met with the Directors of the Publishing Association,
Sunday 5 A.M. Dec 31st 1871

Voted that: Elder Jos. White act as Editor of the Health Reformer, and have the entire charge of the Publishing Department of the same.

Voted that: Jos. White act as editor, in place of Jos. Carpenter, resigned.

Voted that: Jos. White act as Superintendent, until the next annual meeting of the Institute, and to have $250.00 per week, from the time he commenced for his services.

Adjourn to Call of Chair.

Monday morning 5:00 A.M., Jan 12th, 1872.

Pray for Mr. Carpenter.
Voted that he accept, and approve of the actions taken of the Board for the Institute. Since he has had the care of it.

Also, to make suitable reduction of examination fees of poor patients, keeping in view the funds of the Institute.

Resolved that the authors, Mr. White, Mr. Aikin, Saltbush & Mr. White, shall be the wages of the Institute; Addie Chamberlain.

Also, Mr. White, Saltbush, the wages of the Institute.

Voted it adjourn.
The Battle Creek Sanitarium

WEEKLY RATES

(Effective June 1, 1928)
Rates subject to change without notice.

PATIENTS

Main Building (Weekly Rate) .......... $65.00 and up
Cottages (Weekly Rate) ............... $60.00 and up

The weekly rate for patients covers board, room, one early morning spray, one treatment daily in bathroom (Saturday excepted), use of gymnasium, mechano-therapy, swimming pools, outdoor gymnasium with attention of physical director, office consultation with physician, dietitian's services, and daily visit from physician in room if necessary.

GUESTS

Main Building (Weekly Rate) .......... $42.00 and up
Cottages (Weekly Rate) ............... $36.00 and up

The weekly rate for guests includes room and board and such other privileges as are enjoyed by those not under medical supervision.
ENTRANCE EXAMINATION

(Required of Patients Only)

General examination, including one urinary, fecal, and blood analyses, blood-pressure, chemical blood examination, examination of the mouth and teeth, examination of colon, test of vision and range of accommodation, tonsil examination, Alveolar CO₂ tension test, fluoroscopic (x-ray) examination of the heart and lungs, strength test chart, shadowgraph, and general physical examination .................. $75.00

The regular rates quoted on this card do not include surgical operations, the services of nurses, X-ray, metabolism or other special examinations and treatments not specified in this general schedule.

General Information

Battle Creek is on the main lines of the Michigan Central and Grand Trunk Railways. It is an all-year round tourist point from practically all points in the United States. Ask your ticket agent for special round-trip rates. Taxicabs meet all trains and Sanitarium porters meet day trains. Late night trains are met by appointment.

Patients unable to ride in taxicabs will be met by Sanitarium attendants and private ambulance if notice is given.

It is necessary to maintain quiet in our principal buildings, therefore arrangements for the admission of children should be made in advance. Kindergarten and playgrounds are provided during the summer season.

Patients will find use for bath robes or dressing gowns.

Books, periodicals and toilet sundries may be obtained at the Sanitarium.
The Sanitarium,  
Battle Creek, Michigan.  
I expect to arrive at the Sanitarium about

Remarks:

Name: 
Address: 
COMPARISON BETWEEN FIRST-CLASS HOTEL
AND BATTLE CREEK SANITARIUM RATES

AVERAGE FIRST CLASS HOTEL RATES (AMERICAN PLAN) INCLUDE

No other service except at high extra charge

Room

Board

BATTLE CREEK SANITARIUM RATES (same as first class hotel rates) INCLUDE

Room

Board

Swimming and Outdoor Sports

Services of Trained Dietitians

Physical Training Classes

Mechano-Therapy Treatments

Regular Prescribed Bathroom Treatments

Daily Consultation with Physicians

Health Lectures and Demonstrations
The
Battle Creek Sanitarium

WEEKLY RATES
PATIENTS

Weekly Rate, Main Building.............$65.00-$150.00
Weekly Rate, In Cottages...............$60.00- 75.00

It should be noted that the weekly rate covers not only the ordinary hotel charge for room and board but, in addition, the opportunity for daily office consultation with the physician, a daily visit from the physician to the patient's room when necessary, the services of a trained dietitian, the services of attendants in giving the daily (six days a week) treatment in the hydrotherapy department, besides the morning tonic spray, the department of mechanotherapy and the supervision of physical directors in recreative gymnastics in both the indoor and the outdoor (in the warm months) gymnasiums.

BOARDERS

Room and Board (without Medical Attention and Treatment) in Main Building ......................$42.00-$126.00
Room and Board (without Medical Attention and Treatment) in Cottages. 36.00- 51.00

ENTRANCE EXAMINATION FEE

General examination, including one urinary, fecal and blood analyses, blood-pressure, chemical blood examination, dental examination of the mouth and teeth, examination of colon, test of vision and range of accommodation, tonsil culture, Alveolar CO₂ tension test, fluoroscopic examination of the heart and lungs, strength test chart, shadowgraph and general physical examination.............$75.00

This Rate Sheet Subject to Change without Notice
DAILY PROGRAM

6:00 a.m. — Morning Bath.
6:30-7:00 — Open-Air Exercises.
7:00 — Chest Gymnastics.
7:20 — Morning Prayers — Parlor.
7:40-8:30 — Breakfast.
9:00 a.m. to 12:00 Noon: Gymnastic games, in gymnasium or outdoors. Treatment in hydrotherapy or other treatment departments at hours assigned. Also office treatment by appointment.
12:30 p.m. — Open-air exercise.
12:45 to 2:00 p.m. — Dinner.
2:30 to 4:00 — Medical gymnastics, in or out-door gymnasia, games, sports, golf, etc.
3:00 to 6:00 — Office treatments and physiotherapy including mechanotherapy, hydrotherapy, etc.
6:00 to 7:00 — Supper.
7:00 — Gymnastics.
8:00 — Lectures, Monday and Thursday evenings by a member of the staff.
Orchestra — Monday, Wednesday and Friday afternoons — Tuesday and Saturday evenings.
Singing Friday evenings.
School of Health Lectures, Tuesday, Wednesday and Thursday.

SPECIAL EXAMINATIONS WHICH ARE MADE WHEN REQUIRED

<table>
<thead>
<tr>
<th>Examination</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacteriological Examination</td>
<td>$3.00 to $25.00</td>
</tr>
<tr>
<td>Blood Examination</td>
<td>2.00</td>
</tr>
<tr>
<td>Blood Examination (Differential)</td>
<td>3.00</td>
</tr>
<tr>
<td>Blood Analysis, Chemical:</td>
<td></td>
</tr>
<tr>
<td>Non-protein nitrogen, uric acid, urea,</td>
<td></td>
</tr>
<tr>
<td>blood sugar, creatinin</td>
<td>15.00</td>
</tr>
<tr>
<td>Bronchoscopic Examination</td>
<td>25.00</td>
</tr>
<tr>
<td>Cardiac Examination and Electro-Cardiogram</td>
<td>15.00 to 25.00</td>
</tr>
<tr>
<td>Chest Examination including X-ray</td>
<td>25.00</td>
</tr>
<tr>
<td>CO₂ Tension Test</td>
<td>1.00</td>
</tr>
<tr>
<td>Complement Fixation Test</td>
<td>5.00</td>
</tr>
<tr>
<td>Cystoscopic Examination</td>
<td>10.00 to 25.00</td>
</tr>
<tr>
<td>Ear Examination</td>
<td>5.00 to 10.00</td>
</tr>
<tr>
<td>Eye Examination</td>
<td>5.00 to 10.00</td>
</tr>
<tr>
<td>Fundus Examination</td>
<td>5.00</td>
</tr>
<tr>
<td>Perimeter Test</td>
<td>10.00</td>
</tr>
<tr>
<td>Fecal Examination</td>
<td>5.00</td>
</tr>
<tr>
<td>Gastric Analysis</td>
<td>10.00</td>
</tr>
<tr>
<td>Titration only</td>
<td>2.00</td>
</tr>
<tr>
<td>Gastroscopic Examination</td>
<td>25.00</td>
</tr>
<tr>
<td>Genito Urinary Examination</td>
<td>5.00 to 25.00</td>
</tr>
<tr>
<td>Graham Test</td>
<td>25.00</td>
</tr>
<tr>
<td>Liver Function Test</td>
<td>10.00</td>
</tr>
<tr>
<td>Metabolism Test (Respiration)</td>
<td>15.00</td>
</tr>
<tr>
<td>Neurological Examination</td>
<td>10.00</td>
</tr>
<tr>
<td>Nose and Throat Examination</td>
<td>3.00 to 10.00</td>
</tr>
<tr>
<td>Office Consultation</td>
<td>2.00 and upward</td>
</tr>
<tr>
<td>Orthopedic Examination</td>
<td>3.00 to 25.00</td>
</tr>
<tr>
<td>Pathological Examination of Tissues</td>
<td>10.00 to 40.00</td>
</tr>
<tr>
<td>Preparation of Autogenous Vaccine</td>
<td>10.00 to 25.00</td>
</tr>
<tr>
<td>Protological or Rectal Examination</td>
<td>5.00 to 10.00</td>
</tr>
</tbody>
</table>
Renal Efficiency:
- Phthalein Test .................................. 5.00
- Diet Test ........................................ 25.00
- Protein Allergy .................................. 10.00 to 25.00
- Shadowgraph and Posture ....................... 1.00
- Spinal Puncture .................................. 25.00
- Sputum Analysis .................................. 2.00 to 10.00
- Sugar Tolerance Test ............................. 15.00
- Urine Examination ................................. 2.00
- X-Ray Examination of Teeth ..................... 5.00 to 15.00
- X-Ray Examination ................................. 10.00 to 75.00
- X-Ray Barium Meal ................................. 60.00

**SPECIAL TREATMENTS (Office)**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Automatic Exercise</td>
<td>$1.00 to $2.00</td>
</tr>
<tr>
<td>Biliary Drainage of Gall Bladder</td>
<td>5.00 to 25.00</td>
</tr>
<tr>
<td>Chair: Adirondack, per week</td>
<td>2.50</td>
</tr>
<tr>
<td>Wheel, per week</td>
<td>1.50</td>
</tr>
<tr>
<td>Colon Massage</td>
<td>2.00 to 3.00</td>
</tr>
<tr>
<td>Colon Irrigation</td>
<td>4.00</td>
</tr>
<tr>
<td>Diathermy Treatment</td>
<td>2.00 and upward</td>
</tr>
<tr>
<td>Eye, Ear, Nose and Throat Treatment, each</td>
<td>2.00 to 5.00</td>
</tr>
<tr>
<td>Electrical Treatment, each</td>
<td>2.00</td>
</tr>
<tr>
<td>Special, each</td>
<td>2.00 to 3.00</td>
</tr>
<tr>
<td>Extra Bathroom Treatment</td>
<td>2.00</td>
</tr>
<tr>
<td>Bathroom Treatment on Saturday</td>
<td>2.50</td>
</tr>
<tr>
<td>Hemorrhoid Treatment (non-operative) per course</td>
<td>50.00 to 100.00</td>
</tr>
<tr>
<td>Injection of Salvarsan</td>
<td>15.00 to 25.00</td>
</tr>
<tr>
<td>Lavage</td>
<td>1.00</td>
</tr>
<tr>
<td>Massage</td>
<td>2.00 to 3.00</td>
</tr>
<tr>
<td>Meals in Room, each Per week</td>
<td>2.00 to 7.00</td>
</tr>
<tr>
<td>Medical Gymnastics</td>
<td>1.00</td>
</tr>
<tr>
<td>Night Physician, (each call)</td>
<td>1.50</td>
</tr>
<tr>
<td>Nursing, day or night, per hour</td>
<td>.60 and .75</td>
</tr>
<tr>
<td>Phototherapy</td>
<td>1.00</td>
</tr>
<tr>
<td>Quartz or Alpine Light</td>
<td>2.00</td>
</tr>
<tr>
<td>Physician's Office Treatments</td>
<td>2.00 to 5.00</td>
</tr>
<tr>
<td>Radium Treatment for Malignant Disease</td>
<td>50.00 to 1000.00</td>
</tr>
<tr>
<td>Proctological Treatment</td>
<td>2.00 to 5.00</td>
</tr>
<tr>
<td>Room 101</td>
<td>2.00 to 15.00</td>
</tr>
<tr>
<td>Sunlight Baths (Artificial)</td>
<td>1.00</td>
</tr>
<tr>
<td>Sunlight and air baths (roof service) per week</td>
<td>2.50</td>
</tr>
<tr>
<td>Treatment in Room: for service each</td>
<td>2.00</td>
</tr>
<tr>
<td>Treatment in Room: on Saturday each</td>
<td>2.50</td>
</tr>
<tr>
<td>Vaccine or Serum Treatment</td>
<td>3.00 to 5.00</td>
</tr>
<tr>
<td>Vacuum Treatment</td>
<td>.50 to 1.00</td>
</tr>
<tr>
<td>X-ray Treatment</td>
<td>50.00 to 500.00</td>
</tr>
</tbody>
</table>

An additional charge to cover medical attention is made in cases of patients who receive special treatment only.

A charge is made for surgical operations, the amount of which is determined by the nature of the operation and the circumstances of the patient. Further information, if desired, can be obtained at the Cashier's Office.
The difference in the price of rooms varies according to location, size, furnishing, etc.

Public taxicabs meet all trains, and patients are received at the Sanitarium at all hours, night or day. Patients unable to ride in a cab will be met by ambulance if proper notice is given. Porters from the institution meet all day trains. Patients arriving on late night trains will be met if sufficient notice is given.

Babies and noisy children cannot be accommodated in the main building. Patients with such children may be given rooms in cottages where they may enjoy the advantages of the Sanitarium without disturbing other guests. Children are not allowed to play on the porches, in the lobby or corridors, nor in the vicinity of the main building. Kindergarten and playgrounds are provided for the children during the summer.

Rugs, exercise and bathing suits, caps and invalid's necessaries and conveniences of all sorts may be obtained here at reasonable rates.

Reasonable notice should be given if special accommodations are required.

Special rates to persons in limited circumstances

Persons in such limited circumstances that they are not able to pay the regular rates of the institution may nevertheless receive the benefit of the advantages offered here through special arrangements which may be made to suit the circumstances of individual cases. It should be distinctly noted, however, that in all such cases definite arrangements must be made in advance as the provision for persons of this class is necessarily limited. It should also be noted that these special arrangements do not cover board and lodging but relate only to examinations and treatment.

For further particulars, address—

BATTL E CREEK SANITARIUM
Battle Creek, Michigan
The
Battle Creek Sanitarium

WEEKLY RATES
PATIENTS

Weekly Rate, including the regular Medical Attention*
Board and Room in Main Building.....$65.00 and up
Board and Room in Adjacent Buildings. 60.00 and up

*It should be noted that the weekly rate covers not only the charge for room and board but, in addition, the opportunity for daily office consultation with the attending physician, a daily visit from the physician to the patient's room when necessary, the services of a trained dietitian, the services of attendants in giving the daily (Saturday excepted) treatments in the hydrotherapy department, besides the morning tonic spray, the department of mechanotherapy and the supervision of physical directors in recreation gymnastics in the indoor and the outdoor gymnasium.

BOARDERS

Room and Board (without Medical Attention and Treatment), per week.....$46.00 and up

ENTRANCE EXAMINATION FEE

General examination, including one urinary, fecal and blood analyses, blood-pressure, chemical blood examination, dental examination of the mouth and teeth, examination of colon, test of vision and range of accommodation, tonsil culture, Alveolar CO₂ tension test, fluoroscopic examination of the heart and lungs, strength test, chart, shadowgraph and general physical examination .........$75.00

This Rate Sheet Subject to Change without Notice
DAILY PROGRAM

6:00 a.m.—Morning Bath.
6:30-7:00—Open-Air Exercises.
7:00—Chest Gymnastics.
7:20—Morning Prayers—Parlor.
7:40-8:30—Breakfast.

9:00 a.m. to 12:00 Noon: Gymnasium games, in
    gymnasium or outdoors. Treatment in hydrother-
    apy or other treatment departments at hours
    assigned. Also office treatment by appointment.
12:30 p.m.—Open-air exercise.
12:45 to 2:00 p.m.—Dinner.
2:30 to 4:00—Medical gymnastics, indoor or outdoor
    gymnasiums, games, sports, golf, etc.
3:00 to 6:00—Office treatments and physiotherapy
    including mechanotherapy, hydrotherapy, etc.
6:00 to 7:00—Supper.
7:00—Gymnastics.
8:00—Lectures, Monday and Thursday evenings by
    a member of the staff.
    Orchestra—Monday, Wednesday and Friday after-
    noons—Tuesday and Saturday evenings.
    Singing Friday evenings.
School of Health Lectures, Tuesday, Wednesday
and Thursday.

SPECIAL EXAMINATIONS WHICH ARE
MADE WHEN REQUIRED

Bacteriological Examination ....... $ 3.00 to $25.00
Blood Examination .................. 2.00
Blood Examination (Differential) .. 3.00
Blood Analysis, Chemical:
    Non-protein nitrogen, uric acid,
    Urea, blood sugar, creatinin .. 15.00
Bronchoscoptic Examination ....... 25.00
Cardiac Examination and Electro-
    Cardiogram .................... 15.00 to 25.00
    Chest Examination including X-ray 25.00
    CO₂ Tension Test ................ 1.00
    Complement Fixation Test ......... 5.00
    Cystoscopistic Examination ....... 10.00 to 25.00
    Ear Examination ................. 5.00 to 10.00
    Eye Examination ................ 5.00 to 10.00
    Fundus Examination ............. 5.00
    Perimeter Test .................. 10.00
    Fecal Examination ............... 5.00
    Gastric Analysis ................. 10.00
    Titration only .................. 2.00
    Gastroscopic Examination ....... 25.00
    Genito-Urinary Examination ...... 5.00 to 25.00
    Graham Test .................... 25.00
    Liver Function Test .............. 10.00
    Metabolism Test (Respiration) .. 15.00
    Neurological Examination ...... 10.00
    Nose and Throat Examination .... 3.00 to 10.00
    Office Consultation ............. 2.00 and upward
    Orthopedic Examination ........ 3.00 to 25.00
    Pathological Examination of Tissues 10.00 to 40.00
    Preparation of Autogenous Vaccine 10.00 to 25.00
    Protological or Rectal Examination 5.00 to 10.00
Renal Efficiency:
Phthalein Test ........................................ 5.00
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Shadowgraph and Posture ............................. 1.00
Spinal Puncture ...................................... 25.00
Sputum Analysis ....................................... 2.00 to 10.00
Sugar Tolerance Test .................................. 15.00
Urine Examination ..................................... 2.00
X-Ray Examination of Teeth ......................... 5.00 to 15.00
X-Ray Examination .................................... 10.00 to 75.00
X-Ray Barium Meal .................................... 60.00

SPECIAL TREATMENTS (Office)

Automatic Exercise $ .................................. $ 1.00 to $ 2.00
Biliary Drainage of Gall Bladder ....................... 5.00 to 25.00
Chair: Adirondack, per week .......................... 2.50
Wheel, per week ........................................ 1.50
Colon Massage .......................................... 2.00 to 3.00
Colon Irrigation ........................................ 4.00
Diathermy Treatment .................................... 2.00 and upward
Eye, Ear, Nose and Throat Treatment, each .......... 2.00 to 5.00
Electrical Treatment, each ............................ 2.00
Special, each .......................................... 2.00 to 3.00
Extra Bathroom Treatment .............................. 2.00
Bathroom Treatment on Saturday ....................... 2.50
Hemorrhoid Treatment (non-operative) per course ...... 50.00 to 100.00
Injection of Salvarsan ................................ 15.00 to 25.00
Lavage .................................................. 1.00
Massage ................................................ 2.00 to 3.00
Meals in Room, each .................................. .50
Per week ................................................ 7.00
Medical Gymnastics .................................... 1.50 and upward
Night Physician, (each call) ......................... 1.50
Nursing, day or night, per hour ....................... .60 and .75
Phototherapy .......................................... 1.00
Physician's Office Treatments ........................ 2.00 to 5.00
Proctological Treatment ................................ 2.00 to 5.00
Quartz or Alpine Light ................................ 2.00
Radium Treatment for Malignant Disease ............... 50.00 and upward
Room 101 .............................................. 2.00 to 15.00
Sunlight Baths (Artificial) ............................ 1.00
Sunlight and air baths (roof service) per week ...... 2.50
Treatment in Room: for service each .................. 2.00
Treatment in Room: on Saturday each ................. 2.50
Vaccine or Serum Treatment ........................... 3.00 to 5.00
Vacuum Treatment ..................................... .50 to 1.00
X-ray Treatment ...................................... 50.00 to 500.00

An additional charge to cover medical attention is made in cases of patients who receive special treatment only.

A charge is made for surgical operations, the amount of which is determined by the nature of the operation and the circumstances of the patient.

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Rugs, exercise and bathing suits, caps and invalid's necessaries and conveniences of all sorts may be obtained here at reasonable rates.

Reasonable notice should be given if special accommodations are required.

Special rates to persons in limited circumstances

Persons in such limited circumstances that they are not able to pay the regular rates of the institution may nevertheless receive the benefit of the advantages offered here through special arrangements which may be made to suit the circumstances of individual cases. It should be distinctly noted, however, that in all such cases definite arrangements must be made in advance as the provisions for persons of this class is necessarily limited. It should also be noted that these special arrangements do not cover board and lodging but relate only to examinations and treatment.

For further particulars, address—

**BATTLE CREEK SANITARIUM**

Battle Creek, Michigan
THE BATTLE CREEK
SANITARIUM RATES

Please read this carefully before you consider the detailed rates itemized within. It will make absolutely clear the scope of the services and facilities covered by the charges.

THE Battle Creek Sanitarium rates are made up of distinct charges which are inseparable and no deduction can be permitted for failure of the patient to avail himself of the facilities offered.

The rates include:

(1) A charge of $4.00 per day for meals in Dining Room, or $28.00 per week.

(2) A charge of $5.00 per day for six days per week, (Saturday excepted) or $30.00 per week for general medical attention which includes:

(a) daily office consultation with the physician (or a daily visit to the patient's room when necessary);

(b) the services of a trained dietitian;

(c) the services of attendants in giving the daily (Saturday excepted) treatments in hydrotherapy department;

(d) the morning tonic spray;

(e) daily treatments in the mechanotherapy department;

(f) the supervision of physical directors in recreational gymnastics (twice daily);

(g) the use of the swimming pools, and indoor and outdoor gymnasiums, under supervision of a director;

(h) admission to the regular lectures (medical and dietetic), orchestra concerts and other entertainments;

(i) eighteen-hole miniature golf course, tennis courts, etc;

(j) recreation rooms with billiards, pool and bowling.

To this basic charge of ($28.00 plus $30.00) $58.00 per week, is added the price of the room, varying according to accommodations desired, from $1.00 per day or $7.00 per week for single room without bath, to $11.00 per day or $77.00 per week for suite including bath.

Rest with proper and sufficient diversion is so organized that diet, exercise, baths, treatments, all combine in that happy harmony that is essential to thorough beneficial rest.
# Detailed Schedule of Weekly Rates

Effective May 24th, 1930

Rates are quoted on a weekly basis and include room, board, general medical attention and other services and facilities already mentioned.

<table>
<thead>
<tr>
<th>Rates in Main Building</th>
<th>Room Per Day</th>
<th>Board Per Week</th>
<th>General Medical Att. per Week (6 days)</th>
<th>Total Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room without bath (1 person)</td>
<td>$1.00 to $3.50</td>
<td>$28.00</td>
<td>$30.00</td>
<td>$65.00 - $82.50</td>
</tr>
<tr>
<td>Room with bath (1 person)</td>
<td>$3.50 to $8.50</td>
<td>$28.00</td>
<td>$30.00</td>
<td>$82.50 - $117.50</td>
</tr>
<tr>
<td>Suite of rooms including bath (1 person)</td>
<td>$9.00 to $11.00</td>
<td>$28.00</td>
<td>$30.00</td>
<td>$121.00 - $135.00</td>
</tr>
</tbody>
</table>

Difference in room prices due to size and location of rooms.

*(All are outside rooms.)*

## Rates for Two Patients Occupying the Same Room:

For total cost of two persons, both under Medical Attention, occupying the same room, add $65.00 to the weekly rate on all rooms without bath and $72.00 per week on all rooms with bath.

The total cost thus obtained divided by two gives weekly rates of each person.

---

Room in adjacent building, with meals, medical attention, etc., in Main Building........... $60.00 - $75.00

Board and Room of persons accompanying patients, if not under medical care (including children over ten years of age) and occupying the same room.......................... $5.00 - $6.00 per day

Board and Room for children under ten years of age (occupying room with patients or friends)................................................................. $4.00 - $5.00 per day

When child occupies a room alone the adult rate prevails.

General Medical Attention (see "2") for each person not occupying Sanitarium room... $6.00 per day

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Over 50% of the Rooms are $4.00 or less per day.

*(Rates subject to change without notice.)*
ENTRANCE EXAMINATION FEE

Required of All Patients

General examination, including one urinary, fecal and blood analyses, blood-pressure, chemical blood examination, dental examination of the mouth and teeth, examination of colon, test of vision and range of accommodation, tonsil culture, Alveolar CO₂ tension test, fluoroscopic examination of the heart and lungs, strength test, chart, shadowgraph and general physical examination............$75.00

In cases where the general examination reveals the necessity of further investigations, these are made by specialists for which service an additional fee is charged.

GENERAL INFORMATION

Taxicabs meet all trains and Sanitarium porters meet day trains. Late night trains are met by appointment.

Patients unable to ride in taxicabs will be met by Sanitarium attendants and private ambulance if notice is given.

Many guests motor to the Sanitarium. Battle Creek is on the main trunk lines and good highways extend from the city in every direction.

Kindergartens and playgrounds for children are provided during the summer season.

Patients should be sure to include bath robes and slippers in their luggage.

Books, periodicals, toilet sundries, swimming apparel and a wide range of personal toilet and other necessities may be purchased at the Sanitarium pharmacy.
BATTLE CREEK SANITARIUM

Examination Appointment Card

For ........................................................................................................................................................................

Case No. ................................................

Entrance Date ........................................................................................................................................................

Dr. ...........................................................................................................................................................................

Please note carefully each item in the following examination program and omit none.
Battle Creek operates on Eastern Time which is one hour in advance of R. R. time.
# GENERAL EXAMINATION PROGRAM

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<tr>
<th>HOUR</th>
<th>PLACE</th>
<th>EXAMINATION</th>
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<tr>
<td>7:30-8 A.M. (Before Breakfast)</td>
<td>Room 127</td>
<td>SPECIAL BLOOD Chemical, Serological</td>
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<td>Breakfast</td>
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<td>2nd Floor Room 127</td>
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<td>MOUTH AND TEETH REGULAR BLOOD COUNT</td>
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<td>ALVEOLAR CO₂ TENSION TEST (Acidosis)</td>
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<td>Room 112</td>
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<td>X-RAY, FLUOROSCOPIC OF HEART AND LUNGS</td>
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<td>Room 109</td>
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<td>TONSIL CULTURE</td>
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<td>Room 107</td>
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<td>TEST OF VISION AND RANGE OF ACCOMMODATION</td>
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<td>Room 131</td>
<td></td>
<td>COLON (Examination)</td>
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<td>STRENGTH TEST, WEIGHT CHART AND SHADOWGRAPH</td>
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<td>URINE—Save specimen</td>
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<td>STOOL—Save specimen</td>
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<td>(Men’s Treatment Rooms)</td>
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<td>Your Room</td>
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Age.................
### SPECIAL EXAMINATIONS

An extra charge is made for the following special examinations which are ordered when required, and which are not included in the entrance examination. See Rate Sheet for prices.

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<td><strong>SENSITIVITY</strong></td>
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IMPORTANT

Frequent examinations of the urine, blood, blood pressure, and stools, together with tests of strength and weight are necessary to enable the physicians to watch your progress. On this account these examinations will be repeated at regular intervals during your stay; urine, blood and stools will be examined weekly, other examinations will be made every two weeks or more often as needed. Notice of each examination will be sent you a day in advance. Please do not neglect this as your physician depends upon the laboratory tests to guide the treatment.

If reports on the various tests are desired, these will be furnished on request when you leave, together with suggestions for home care.
A Famous Traveler Visits The Battle Creek Sanitarium
Francis Grierson

the

Famous English Writer

and

World Traveler

Visits

The Battle Creek Sanitarium
A Visit

FOR many years, during my travels in Europe, I had heard of the Battle Creek Sanitarium. In Germany I was often asked if I had ever visited the famous institution, and at all the leading health resorts in England and Scotland I was asked the same question.

One day, at Carlsbad, an eminent Russian scientist said to me: “America has given the world two ideas that will never die—The Declaration of Independence and the Battle Creek Sanitarium Idea.”

I looked at him and listened. “The Declaration at Philadelphia freed men’s bodies,” he continued, “the Battle Creek Sanitarium Idea is freeing their minds as well as their bodies.” The first was political and social, the second biological and scientific.

“The only things that live are the fundamental things, but it takes genius to bring them to light, clarify them, explain them and put them before all the people in concrete terms.”
And the distinguished man sitting before me concluded by these words: "My college at Moscow agrees that the Battle Creek Sanitarium has succeeded in giving practical shape to a fundamental idea: It is the one institution of world-wide renown founded on strictly biological principles."

Not long after this experience I was a guest at the home of a noted English author, who had spent several weeks at the Battle Creek Sanitarium. He told me how he had been cured of his troubles, how he had given up the meat-eating habit, and strongly advised me to begin then and do the same.

I was at that time a great sufferer from rheumatic gout and quite unable to do any literary work. Then and there I gave up meat, tea and coffee, and in a short time I began to feel great benefit from the change.

I became deeply interested in the Battle Creek Sanitarium Idea and decided I would some day visit the Sanitarium and see, hear and experience for myself.

On my arrival I was struck by three things: The beauty of Battle Creek, the number and spaciousness of the Sanitarium buildings, and the superb appearance of the trees and lawns surrounding the buildings.
The Battle Creek Sanitarium Idea is the most vital and biological ever put into practical form. It did not take me long to realize this. Everywhere in Europe I saw failure resulting from the fact that some one tried to establish a practical, working institution with nothing to work on but notions and fads.

**Battle Creek Not a Fad**

The Sanitarium has passed from theory to realization. It is no longer in the pioneer period. It is known to the remotest limits of civilization. Here guests are not treated sentimentally, but scientifically. Here there is no place for guess-work and make believe. There is no dallying with whims and vagaries.

There is a notion prevalent that only invalids come to Battle Creek. Nothing could be farther from the truth. To see all the robust looking guests walking about or eating in the dining room is surprising. The truth is, the Sanitarium is fast becoming a rendezvous for distinguished professional men and women as well as social leaders, who come for rest and recreation, and who find life here more attractive, and a vacation more profitable, than at any of
the famous summer and winter resorts of the East and South.

Every university in England and America has had representatives here. In the dining room, I was introduced to a young Russian who told me more about present-day life in Russia than I ever knew. One evening I was surprised to meet some acquaintances from Florence, Italy, and while I was talking with them, some friends came up whom I had known in Paris.

**A Place for Brain Workers**

Coming to Battle Creek after a strenuous professional tour, I thought it would be a fitting place to cease from intellectual work for a time, but I soon found the diet and the pure air so invigorating that I did more mental work in three weeks than I could possibly have done on any other kind of fare in any other place in two months.

I believe much of the so-called new art and new modernisms is the result of neurasthenia developed by the use of toxic foods and exciting drinks.

Excitement is no sign of bodily and mental vigor, but a sure sign that both mind and body need treatment based on common
sense. The diet at the Sanitarium is in no way a fad. The menu at each meal contains much more than enough to satisfy anyone’s appetite, and there is always a great variety of dishes. In London, I frequently dined at one of the best known restaurants, but the table at the Sanitarium is supplied with twice as many savory dishes, and the milk is supplied from a model dairy under the strictest supervision.

**Michigan — The Beautiful Peninsula**

Michigan is an Indian name, meaning “beautiful peninsula.”

The geographical formation of Michigan in the southern peninsula is quite unlike that of any other state in the Union. The outcrop of rock formation can be illustrated by a number of saucers, piled up, and set one into another, each being a little larger, so that the rims are exposed. This is an exact representation of the outcropping strata of the geological groups of this wonderful state. The glaciers which swept over the outcrops have left moraines and drift deposits that are rich in fossil flora and fauna of various species. In the drift of Michigan, the geological student has a veritable mine, and a most fascinating one, as well as in the amazingly rich ore deposits of the northern peninsula.
Michigan, above all states, has the most enticing and the most limitless field for the study of Nature.

There are more species of wild flowers in Michigan than in Florida, which has been called the "Land of Flowers." The manifestations of natural beauty are here so abundant, that the state has been called "The Heart of Nature." Her richness in trees, vines, shrubs and lakes contributes to the aesthetic part of human life to a degree unsurpassed by any other commonwealth, and creates an asset of beauty, in many ways as important as its farms and factories.

There are more species of trees in Michigan than in all Europe. There are here ninety species; in all Europe, eighty-five. In the Wolverine State there are two hundred and nine varieties of shrubs, one hundred and twenty of native grasses, one hundred and eight of sedges, twenty-five of rushes and more than a thousand species of plants whose flowers furnish nectar for bees.

Because of the influence of the Great Lakes in equalizing the temperature of the state, many trees are to be found whose habitat is much farther south—the tulip tree, the honey locust, the dog-wood, red birch, pepperidge and red mulberry. Even
the sub-tropical paw-paw and persimmon are found growing in Battle Creek.

The hills, valleys and woods present a combination of lovely views at once grand and enchanting, and it is difficult to say which season is the most attractive. Owing to the remarkably equalized temperature, signs of spring begin very early, and April and May are radiant with color. Here will be found something to allure the Nature lover of all temperaments.

September, October and November are months of gorgeous colors—red, purple, gold and green blending everywhere in combinations which defy the brush of the artist to adequately depict or the pen to describe. The season of beauty is even prolonged to the beginning of winter, when brilliant colored berries on trees and shrubs give the country landscape an added charm.

The woods of Michigan are an irresistible lure to artists, poets, botanists and lovers of outdoor life. In the course of a week, in the vicinity of Battle Creek, ninety-eight kinds of wild flowers were found in bloom along the country drives.

The Bird Lover's Paradise

In Michigan, three hundred and thirty species of birds have been identified. The
Great Lakes add to bird life here by giving them protection, and by calling to their waters aquatic birds. Many birds are to be found here whose habitat is in the far north, around Hudson Bay, and others who live in the states south of Michigan, and beyond the Gulf of Mexico. The first are illustrated by the Bohemian Waxwing, Canadian Jay, Spruce Partridge and many others, while in the summer the Red-bird, the Mocking Bird and the Cardinal illustrate the second group.

In southern Michigan, with its prairies and woodlands, is the Prairie Fauna, such as the Pinated Crouse, as well as those birds which are most at home in the forest of the wooded areas, the Thrushes and the Warblers.

This accounts for the large number of woodland warblers in Michigan, of which thirty kinds have been identified.

Birds that have been known to remain through the mild winter are Cardinals, Blue Birds, Titmouse, Phoebe, Quail, Crows, several kinds of Sparrows, Snow Birds and Bunting.

**The Battle Creek Rivers**

Battle Creek gets its name from a river. Unusual is the charm of the rivers which
form a junction within the city limits of Battle Creek, which in the graphic Indian language, is Waupakisco. This beautiful Battle Creek river meets the Kalamazoo (River of Springs) and flows on past hills and farm houses, through woods and vales, until it reaches Lake Michigan in the west.

Along the fascinating banks of the Kalamazoo, Fenimore Cooper laid the scene of one of his early novels, "Oak Openings or The Bee Hunter," creating a classical atmosphere for this region, dating back nearly a century.

Four great Indian tribes lived and hunted in Michigan—The Pottawottamies, Chippewas, Newagoes and the Ottawas, for here, indeed, was found the hunter's and trapper's paradise.

**Battle Creek**

Michigan was the first of the western states to be settled, and was peopled with families from New York and New England, before the tide of foreign immigration set in, and so has a population of descendants from the pioneers of Plymouth Rock.

Battle Creek, in the best sense of the word, is a typical American town. The city is clean, its people exceptionally intelligent
and the residential streets and avenues are embellished with trees of various kinds, not to be surpassed anywhere in richness of foliage, and beauty of form. There are elms such as one seldom sees except in the great parks of Europe.

The climate of Battle Creek is remarkably equable, and the position of the town, one thousand feet above sea level, in the center of the state, at the top of the great mound which forms the state insures pure, cool lake breezes from all sides—from Lake Michigan on the West, Lake Huron on the East and Lake Superior on the North. Summer heat is less here than on the lake shore, because the town is on a greater elevation and during the hot spells it is even cooler in Battle Creek than it is at the northern lake resorts.

"It is cool in Michigan," is a phrase that draws tens of thousands of people to this part of the country from Texas and other southern states, every summer season.

There are two hundred small lakes in the vicinity of Battle Creek and several thousand in the state, and the beauty of the walks and the public roads, can hardly be adequately described.
The beautiful maples, elms, lindens and catalpas which line the streets and fill the lovely parks, are the home of hundreds of big black and grey fox squirrels, which scamper about the trees and play with the children in the parks.

Race Betterment Center

The Race Betterment Conferences held in Battle Creek were the first in history, and attracted world wide attention. A medal was received from the Panama Pacific International Exposition for the Race Betterment Exhibit there.

The Medical Staff

The Battle Creek Sanitarium Idea embodies all the most improved and most scientific methods of combating disease. There are no violent heroic measures, no empirical formulas, no secret methods employed. The system is simply a rational plan of leading the individual out of suffering and inefficiency into health, comfort and useful activity.

The medical corps of the Sanitarium comprises more than fifty physicians and from three to four hundred nurses and attendants. The leading physicians of the Battle Creek Sanitarium have been connected with the institution for ten to forty
years, having been trained for the work in the best medical institutions of this country and Europe.

Center of Scientific Food Reform

For fifty years there has been conducted at the Battle Creek Sanitarium an experimental kitchen in which many thousands of experiments have been made, the results of which have been the production of a new system of cookery and a novel dietary, with hundreds of new dishes, each of which has been carefully prepared with reference to both palatability and digestibility, and which has been studied so that its caloric food value is scientifically known and is shown on the bill of fare.

The most popular breakfast foods originated here. Toasted cereal flakes are a Battle Creek Sanitarium idea which has won favor throughout the world.

It is interesting to note the ever increasing appreciation of the work of the institution on the part of the medical profession. This is clearly shown in the fact that the family of patients always includes many physicians and from inquiry I learned that many of the patients are referred by their family physicians.
In looking over the annual report, among seven thousand others admitted last year as patients, I find one hundred and fifty-six attorneys; one hundred and eight bankers; ten judges; three hundred and thirty-six students; twenty-one publishers; one hundred and eighty-one teachers; four senators; seven editors; twenty-eight college presidents; two hundred and seventy nurses and two hundred and eighteen physicians.

Provision is made for the care of the sick poor, as well as those who are able to pay. The cases of rich and poor alike receive the same painstaking, careful investigation and treatment.
Battle Creek Sanitarium Ideas
MULTITUDES of sick people visit Battle Creek,—several thousand every year,—and the majority get well. There is no all-healing spring in Battle Creek, neither is there any panacea or secret remedy of any sort employed at the Battle Creek Sanitarium.

People Get Well

At Battle Creek because they are told how they are sick, and how they got sick, and how to get well. Most people are sick because by their eating, drinking and otherwise they have cultivated sickness.

Getting Well

Is the reverse of getting sick. It is just as easy to get well in most cases of chronic disease as it is to raise a crop of potatoes. It is much the same thing. The farmer plants potatoes, and then helps them grow by cultivation, weeding, etc.

He cannot make potatoes grow by injecting something into them, or by rubbing something on them. They have to be cultivated; then they grow naturally. By and by the harvest comes.

It is just the same with health. The Battle Creek Sanitarium is a place where people eat for health; exercise for health;
sleep, dress, take baths, learn to swim, get sunburned and tanned by the sun or by powerful electric lights,—do everything for health.

**Healing Power**

Is not to be found in bottles nor in baths. The healing power by which the sick man is restored to health is in his body. "It is the blood that heals." "The blood is the life." Impure blood, thin, anemic blood, blood saturated with tobacco, alcohol or uric acid, has little or no healing power.

To have great healing power the blood must be pure; it must be disinfected and purified by exposure of the skin to the action of the sun's rays. Hence, a healthy skin is necessary for purity of blood and a high degree of healing power in the body.

Chronic invalids are sick because of their low vitality; that is, their vital resistance is small; the power to make good blood is diminished; the healing power of the blood is below normal.

**What the Sick Man Needs**

Is better blood, more vital resistance, more vital power, more healing power.

There are multitudes of nostrums, mineral waters and remedies of various sorts which produce temporary relief. They make the sick man feel better when he is not better, and may be actually worse. If there is a temporary improvement in symptoms, there
is a speedy relapse; all the old aches and pains, the lack of energy, the mental confusion, and the general disability are back again; the patient is as miserable as ever.

Actual and Permanent Improvement

Must be the result of a change in the body itself. The sick man must be born again. There must be a constitutional reconstruction, which cannot be induced by simply swallowing drops or pills. It can be brought about only by the operation of the great forces of nature which are concerned in the reproduction, growth, development and maintenance of all living beings.

Sunshine, pure, fresh air, exercise, wholesome food, baths, massage, electricity,—these are the great healing agencies. Actual experiments, as well as clinical experience, show that these are the agencies by which blood- and tissue-building may be most powerfully encouraged.

The tired city belle finds renewed life, vigor, appetite, good digestion, sparkling eyes, rosy cheeks, in cool sea-baths and sunning on the sandy beach. Sailors, woodsmen, mountaineers, hunters, cowboys, and savages, men who live out of doors, are the hardiest of human beings.

The indoor life, seclusion from the light and air, lack of exercise, and constant exposure to a warm, impure atmosphere,—these are the most powerful causes of physical
decay and degeneration. Whole races are threatened with extinction through these evil influences.

A Return to Nature,

We may almost say a return to savagery, is the thing most necessary for the radical cure of the chronic invalid.

But the chronic invalid is like a plant raised in a hothouse,—he cannot be exposed to the rugged influences of a primitive life without danger. His weakness, effeminacy and inefficiency must be overcome by a carefully graduated course of hardening.

Health Culture.

Experience has demonstrated that health can be cultivated as well as any other bodily faculty or property. Muscles can be made strong by using them in such a way as to stimulate muscular development. Lung capacity may be increased; heart power may be doubled or even tripled; endurance may be multiplied many times. The man or woman who has little life and energy, who is poor in health, may become strong and well, rejoicing in strength and vigor.

For example, a man or woman who is almost exhausted at the end of a half-mile walk may by carefully graduated exercises for a few weeks be enabled to walk ten miles or more with ease, and without the slightest injury.
Education of the Stomach.

By proper training of the stomach, digestion may be improved. Even the vigor and efficiency of the liver and kidneys, the strength of the bones, the tonicity and endurance of the nerves, may be enormously increased by proper training by the physiologic method.

So the person with little health may increase his vital stamina, his fund of health, and hence his capacity for efficiency and usefulness and the enjoyment of life, by a systematic course of health culture.

Everybody Knows

Something about how to cultivate health. The business man looks forward with keen pleasure and expectation to his annual two-weeks' vacation. He knows that tramping in the woods, breathing the pure country air, roasting in the sun, and then taking a plunge into the clear, cold waters of some lake or stream, will sharpen the appetite, quicken digestion, and send a new supply of fresh, rich blood to his toe- and finger-tips, will enliven his wits, re-enforce his muscles—in short, make a new man of him, and make life worth living.

Systematic Health Culture.

Differs from that which every sensible person sets in operation when he takes a vacation for health-seeking, only in that for crude and uncertain methods are substituted defi-
nite, positive, carefully regulated and systematic measures, the values of which are thoroughly well known, and which are carefully adjusted to the particular needs of each individual, thus accomplishing the greatest amount of good in the shortest space of time, and avoiding those mishaps and mischiefs which not infrequently result from a lack of knowledge how to do things in the best possible way, or from individual susceptibilities or idiosyncrasies.

The Natural Method.

The powerful healing forces of nature are exhibited in operation by the Battle Creek Sanitarium system, being utilized by means of the most efficient and thoroughly perfected methods and appliances. Here one can get all the advantages of a vacation, combined with the scientific application of the most powerful healing methods known to medical science.

Health All the Year Round.

Both summer and winter are favorable times for treatment at the Battle Creek Sanitarium. The cold tonic air of the winter increases the bodily activities, and so encourages the healing power of the body to the highest degree of efficiency.

The inhalation of crisp, cold air excites heart, lungs, liver, stomach, and every vital organ to the highest possible degree of efficiency. Cold air is one of the most powerful
tonics known. Nothing equals it except cold water. Feeble invalids must of course be protected.

The ventilation, heating and other arrangements are so perfect at Battle Creek that feeble persons can get the benefit during the winter season of an absolutely uniform climate,—60° at night, 70° during the daytime. Pure air is supplied in abundance to every room. The temperature of each room can be regulated to suit each patient's case. The great palm garden, with its fountains, tropical flowers and foliage, gives summer atmosphere even in midwinter.

In summer, the outdoor gymnasium, with the large swimming bath, sand piles, and various appliances for exercise, affords all the advantages of the seashore, and more.

The sun-baths are wonderfully effective means of hardening and renovating the body. In winter, and on rainy or cloudy days, huge electric lights serve as a most efficient substitute for the sun. Exposure to one of these powerful lights at full strength will produce sunburn in ten minutes or even less.

The Old Man and the New.

The cure of the chronic invalid requires the "putting off of the old man," who is sick, and the putting on of the new man of health. The old diseased tissues must be gotten rid of. They must be replaced by sound, healthy tissues. This requires tissue change. By means of baths, massage, exer-
cise, and various physiologic measures, the old tissues are broken down and the diseased residue carried away. By proper diet, carefully selected and adapted to each individual case, especially food which is of the most highly nourishing character and most easily digestible, and by the employment of all rational recuperative means, the building up of the new tissue is encouraged.

**Raising a Crop of Health.**

An invalid is converted into a healthy man by essentially the same process as that by which a crop of corn is grown. The ground is prepared, the seed is sown, the crop is cultivated, and in due time the harvest comes. It generally requires three or four months to raise a substantial crop of health. Not infrequently wonderful results may be obtained in a much shorter time; sometimes a longer period is required: but whether longer or shorter, the process is one of seed-sowing and growth, not of luck or magic.

The curative processes of the physiologic method are so well understood and have been so thoroughly and so scientifically studied that they can be applied with almost mathematical certainty to patients whose cases have been submitted to the exhaustive research which is included in a thoroughly scientific and complete medical examination.

For descriptive literature, address—

**BATTLE CREEK SANITARIUM,**
Battle Creek, Mich.
The Battle Creek Sanitarium Fire.

The Battle Creek Sanitarium burned to the ground, Tuesday, Feb. 18, 1902. Of the four hundred guests occupying the buildings, every one was rescued. One elderly gentleman became confused and wandered back into the building and was lost, the only fatality. Aside from one fractured limb and two sprained ankles, no other person was injured. This great saving of life was due to the fact that convenient fire escapes were accessible from every room, and the three hundred and fifty nurses were well drilled in the duties devolving upon them in such an emergency, and responded bravely to the demands of the occasion.

Although two large buildings were burned, the Battle Creek Sanitarium was not annihilated. Four large buildings remain. Two of these were occupied by nurses and other employees. These buildings were at once vacated, and fitted up for patients, who are now occupying them. Many patients have gone to our branches in different parts of the country. About two hundred remain, and are receiving efficient and satisfactory treatment. An elevator is being put into East Hall, formerly the nurses' dormitory, which will accommodate one hundred and fifty or more patients. New treatment rooms have been fitted up. Temporary provision is being made for the accommodation of one hundred and fifty to two hundred more patients. All who come will be cared for, and treatment will be carried forward as efficiently and with as satisfactory results, though not quite so conveniently as heretofore.

In the meantime, the erection of a new, fire-proof building will be pushed as rapidly as possible. We hope it will be completed early in July. The new building will consist of brick, iron, and concrete, solid floors and partitions, and a model in every particular.

We have met with a great loss, but the Sanitarium still lives, and its work will be pushed forward more energetically than ever. Anything you can do to help us will be appreciated.

Yours for humanity,

J. H. KELLOGG.

P. S.—The accompanying cuts show the main building burning, and the four large buildings which remain.
Doctor Kellogg has Returned to the Sanitarium Management with a Strong, Experienced Faculty and an Improved Program

Coordinated physiotherapy, biologic living and regimen therapy, which suppress intestinal putrefaction in those suffering from essential hypertension, arrest old age encroachments, successfully combat insomnia, malnutrition, mental depression and many other chronic ailments which do not yield to current methods available in the ordinary hospital and private practice.

As stated in previous announcements, the commandeering of some of the buildings of the Battle Creek Sanitarium for use by the Medical Department of the Army did not even temporarily interrupt the regular activities of this great health center, but afforded an opportunity for betterment in many directions. The auxiliary buildings, capable of accommodating several hundred people, and which before the erection of the last large addition were used to house the influx of patients which occurred every summer, were quickly made ready for the great work of the institution.

Returning patients will find that the opportunity afforded by the change of quarters for improvement in various directions has been well utilized. This is especially true with reference to the treatment departments. They are much more convenient and supplied with new and up-to-date appliances, among which are various means for applying light and other radiant forces with increased precision and effectiveness.

The buildings are not as large, but more convenient and better adapted for Sanitarium purposes. Notable advantages are the large sun-lighted lobby, where patients enjoy the home-like atmosphere which reminds many former patients of early visits to the institution many years ago; broad, screened-in porches (15 feet wide and 360 feet long) afford ample opportunity for exercise on rainy days.

Returning patrons will note that the new program of the institution is more definite and its adaptation to patients more efficient and thoroughgoing and more successful in accomplishment.

The efficient system of muscle training for producing physical symmetry and correcting defects in posture and physical bearing which originated here is in use nowhere else except by the United States Government in its training schools. It gives to every patient an opportunity for notable improvement in strength, vigor and physical bearing.

Returning patients will especially note the improvement in the dietetic service whereby they are shown how to utilize at home up-to-date discoveries of the nutrition laboratory and how to carry out a physiologic diet program for themselves and their families. With the cooperation of the patient, this department is able to completely suppress intestinal putrefaction, and in connection with other departments, to secure results in lowering blood pressure in cases of hypertension, not obtainable in any other way. The institution owes its wide prestige more largely to the results obtained by this department than any other single feature of the institution.

Former patients who are still suffering from high blood pressure may with great profit avail themselves of the efficient methods recently perfected and in successful use in this institution.

The reorganized faculty is made up of some of the ablest and most experienced physicians who have been connected with the institution during the last quarter of a century and is by far the most capable staff that has served our patrons in recent years. Many patients will be glad to find themselves greeted by the same physicians, nurses, dietitians and technicians whose skilled professional care helped them find their way to health after many efforts by less thoroughgoing methods had failed.

JAMES T. CASE, M.D., F.A.C.S., D.M.R.E. [Cmp]
Associate Medical Director, Consultant
J. R. JEFFREY, M.D.,
Internal Medicine and Radiology
E. G. NORMAN, Ph.D., M.D., F.A.C.P.
Internal Medicine

C. Y. RADA BAGH, M.D.
Internal Medicine
W. VANDER VOORT, M.D.
Internal Medicine
S. E. BARNHART, A.B., M.D.
Internal Medicine

JOHN HARVEY KELLOGG,
M.D., LL.D., F.A.C.S.
Medical Superintendent

WILFRID HAUGHEY, A.M., M.D., F.A.C.S.
Diseases of the Eye, Ear, Nose and Throat. Surgeon
M. J. GILFILAN, M.D.
Internal Medicine
L. JESPENDORF, A.B., M.D.
Internal Medicine

O. E. THOMPSON, A.B., M.D., D.N.B.
Urology and Proctology
R. M. KELLOGG, D.D.S.
Dental Prophylaxis
PAUL ROTH, M.D., F.A.C.P., A.S.C.P.
Physiologist
Never before in its history has the Battle Creek Sanitarium been so well prepared to treat successfully cases of high blood pressure, insomnia, intestinal disorders, so-called nervous exhaustion, malnutrition, obesity, premature aging, and other chronic ailments which often fail to yield to the current methods of treatment available in hospitals and private practice.

Send us the name and address of your physician and we will send him literature and clinical reports of cases treated by the Battle Creek methods.
It began in 1866 as a business enterprise. There were no donations but an investment of a few thousand dollars to purchase and improve a building, the money being loaned for the purpose. At the end of the year, 1867, a corporation was effected under the name of Western Health Reform Institute. Shares were issued and a corporation was formed under a special act of the legislature for the incorporation of health institutions. Shares of twenty-five dollars each were issued, the stockholders were to meet annually to receive their dividends, and a year later, 1868, the first dividend of 7 per cent was paid. It was found that the demand for charity and improvements was so great that all the dividends were needed for that purpose and the organization was changed to a de-facto charitable organization in which all the earnings were devoted to charity although the form of organization was not changed. The organization was made for 30 years, which was the limit of the life of corporations of any sort in the state of Michigan. All stockholders who did not wish to continue to be members of the organization under this plan were asked to return their stock and receive their cash. This was done.

The financial development of the institution
had not been accomplished by donations but by the sale of stock. The records showed no evidence of any solicitation of funds for the institution. Neither is there to be found in the Review and Herald or the Health Reformer, which was the institution paper published by it, any indication of a general solicitation of funds for the institution.

The institution prospered and was self-supporting. The capital of the institution had increased by the sale of stock to $40,000. By 1876, the institution through bad management and a general decline of public institutions of the sort, due to the development of rational medicine, the early stage of scientific progress in medical reform, which recognized the methods formerly used only in water-cures and similar places and had begun to put them upon a scientific basis, had begun to lose patronage. In other words, the end of the water-cure era of medical reform had come and it was time for a new career to begin.

I had just graduated from Bellevue Hospital and had gotten acquainted through my teacher, Dr. Austin Flint, one of the pioneers in the new medical progress, in association with Jacob Bigelow of Boston and Dr. Oliver Wendel Holmes, when I was asked by James White and his wife to take charge of the institution which Elder White told me would be shut up if I did not do so. I felt too young and inexperienced to undertake the task. Mrs. Ellen G.
White, with whom I had been acquainted from my early childhood, urged me to accept the position to keep the institution from being closed, and promised me that she would stand by me and help me, and this she did and continued to be my steadfast friend to her dying day. I never doubted her and she did the best she could to help me under difficult and most embarrassing circumstances.

In the spring of 1877 a new building was erected at an expense of $125,000. When this building was erected the institution owed $115,000 which had been borrowed for the purpose. The entire equity of the institution in the building was $10,000, which had been earned while it was building, and one thousand dollars which represented my salary as superintendent and surgeon which I donated to start the building. I know of no other donations. Additions were made every three or four years until a debt of $240,000 had accumulated.

On the expiration of the original charter under which the Health Reform Institute was incorporated in 1867, a new corporation entitled Michigan Sanitarium & Benevolent Association was organized as an eleemosynary or non-profit, non-dividend paying institution and incorporated. I hold in my hands the articles of incorporation of this corporation which clearly state the objects of the corporation. Care was taken in this corporation to make very clear that the institution was
strictly non-sectarian. This was found highly necessary and was strongly supported by Mrs. White.

In 1902 a fire occurred which destroyed the main buildings of the institution and left it insolvent to the extent of $18,000. A new building was erected at an expense of over a million dollars almost entirely with borrowed funds. Donations to the extent of about $80,000 were made, but of this only a small part, less than 25 per cent, was donated by Seventh-day Adventists. There was much opposition to the construction of this building, but in spite of this the construction was completed.

In February 1939 the old corporation was wound up under 77 B and a new organization effected.

All the buildings accumulated by the institution up to the present time have been paid for by the institution, in fact, paid by the fees of the physicians which are usually given to doctors and specialists but which were donated to the institution for its own uses and have been the entire source of the property accumulated by the institution.

No representative of the Seventh-day Adventist denomination has ever been recognized by the Sanitarium organization. It has from the start been a NON-SECTARIAN, CHARITABLE TRUSTEE corporation and this is true at the present time.

The foregoing statements are all supported by original documents.
Centennial
THE SANITARIUM STORY
“The Past is Prologue”

The testing of an institution is in the market place of human values — happiness in life’s relationships and the means of an adequate and satisfying livelihood. These require peace of mind, stability of emotions and a healthy body which makes all of it possible.
Founders

Fortunate indeed is the institution which is at the crossroads of human needs. The Sanitarium has always been just there. Today the interdependence of body, mind and spirit is universally recognized. A century ago, it was not so.

Men of concern and vision began to see the need for health reform back in midwest pioneer days. People who believe their bodies as well as their spirits belong to God take better care of those bodies. And so a few Seventh-day Adventists implemented their belief that good health should be a part of religion — and did something about it. James and Ellen White (both leaders in the early church) and the John Preston Kellogg (parents of two amazing sons), early Battle Creek pioneers and devout Adventists, opened the doors of the Western Health Reform Institute September 5, 1866, with two doctors, two bath attendants, one nurse (untrained) and one patient.
"There is need of some place where rational methods of healing can be practiced."

Housed in a small white frame cottage a stone's throw from its present location, the little institute thrived. Forerunner of preventive medicine, it aimed not only to treat the sick but also to keep the healthy well by water therapy, exercise, a diet of dairy foods, whole grains, fruits and fresh vegetables, and a regimen which excluded alcohol, tobacco and patent medicines.
Presiding Genius for 67 Years

JOHN HARVEY KELLOGG, M.D., F.A.C.S.
Director 1876-1943
The Battle Creek Sanitarium (renamed and the word coined in its present spelling when young Dr. John Harvey Kellogg — fresh from Bellevue Hospital College of Medicine in 1876 — became director) did indeed become a “health retreat.” It was destined to become world famous as the largest and most beautiful sanitarium ever known. Once described as a combination of the Mayo Clinic, White Sulphur Springs, and the best of Chatauqua, it drew like a magnet both rich and poor, the socially and intellectually elite from all parts of the country as well as from abroad. Turbanned visitors from India, crisp Englishmen and swarthy Ethiopian mingled with soft southern drawl and eastern accent. President Taft was the 100,000th guest to register at the Golden Jubilee in 1911, Henry Ford the first to sign in for the opening of the new addition in 1928. George Bernard Shaw, Booker T. Washington, C. W. Barron came and so did John D. Rockefeller, Lowell Thomas, Eddie Cantor, Jose Iturbi, John Burroughs, Harvey Firestone and J. C. Penney.

John Harvey Kellogg, M.D., L.L.D., Fellow in the American College of Surgeons and member of the Royal Academy of Science, became internationally known as internist, surgeon, author and inventor. He had a consuming belief that almost everyone could be healthy if he chose to belong to the Aristocracy of Health. It was a matter of sunshine and fresh air, proper food and eating habits, rest, exercise and physical therapy, all within the framework of sound medical and surgical practice.

“Repasts should not suggest the handing out of food like medicine but in sharing life’s joys.” The “little doctor” had the great good sense to marry a graduate diettian who also dedicated her life to the Sanitarium.
He called it Biologic Living, and it was sorely needed as antidote for the eating habits of frontier and rural America. Pre-vitamin, pre-calorie, pre-refrigeration days, with heavy emphasis on meats, starches and fried foods produced gastric troubles on a national scale.

As he treated his patients, he developed new methods and new foods to meet their needs; for a quarter of a century John Harvey and his younger brother W. K. (William) worked together in the Sanitarium. Together they developed the first flaked cereal product. Used at the San as a health food, it was later mass-produced by W. K. And so were changed the breakfast habits of the world. In 1896 the brothers organized the Battle Creek Sanitarium Company, three years later the Sanitas Nut Food Company, and in 1906 the Battle Creek Toasted Cornflake Company. In 1911 the doctor sold out the last of his interests in cornflakes to W.K.

The turn of the century saw Battle Creek the center of the cereal food industry. The small midwestern town took on the excitement and bustle of a California mining settlement in the gold rush. More than forty food concerns were started. The gets-rich-quick fever took hold and there was a cereal boom started that was to make Battle Creek the "best known city of its size in the USA."

Diligent in practicing what he preached, the "Aristocrat of Health" was a familiar sight on his bicycle.
Both Kelloggs left a rich heritage dedicated to health and health foods. The doctor's prime interest was to offer his patients nutritious substitutes for the foods he considered harmful. W.K., the businessman, was to make a fortune which would be used in the field of public health. The doctor personally invented some 80 new grain and nut products.

Courtesy of Chicago Tribune
Spectacular growth brought Dr. Kellogg's beloved San to an impressive complex of staff and buildings, but on the night of February 18, 1902, a great fire swept most of it away. 1903 saw a million dollar building replacing the ruins on Washington Avenue. Even this quickly outgrew its extensive quarters and the beautiful fieldstone building a block up the hill (formerly the Phelps Sanitorium and later run by Bernarr MacFadden—both competitors for a short time) became an annex for the overflow. A three minute taxi shuttle carried patients back and forth for treatments and medical consultations.

The extravagantly beautiful fifteen story addition completed in 1928 reared its impressive colonnades. Behind its facade were richly decorated lobbies and luxurious accommodations for both doctors' offices and guest rooms. Marshall Field and Company had decorated it in lavish Italian Renaissance.

Within months the debacle of the Wall Street crash sent guests scurrying for reservations home. Trucks on one eventful day took sixty some trunks to the railroad station. The San would never again experience a magnificent house count of 1200, such as it did on that black day in American business history.
Bank rolls and buildings deteriorate, but never the principles on which the institution was built. Dr. Kellogg was a warrior and he continued the fight for survival. Employees stayed by him in stubborn loyalty.

Bombs on Pearl Harbor in 1941 changed everything. The government dickered and finally bought the magnificent buildings. They became the Percy Jones Hospital for amputees. Soldiers returning from the warfront in pain and agony often spoke of the beauty and serenity of the place.

Symbolically, it was during a heavy electrical storm on a summer night in 1942 that the last of the furnishings was moved out. The annex of former years came into its own. Years of progress followed. “The Past Is Prologue.”

Today an effective combination of the best of the old and the more conservative of the new offer a unique program in health. There is a fully accredited hospital and medical clinic, as well as the Health Center division and rehabilitation unit.
To the Friends of the San:

The Battle Creek Sanitarium is recognized throughout the world for its early emphasis and development of four basic health disciplines: nutrition, physical medicine, psychosomatic medicine and preventive medicine. Pioneering in each of these fields, it now blends time-proven principles with emerging diagnostic medical and rehabilitation practice.

Thoughtful, constructive concern for the total man and his well being has led to a comprehensive health approach placing this unique institution in the vanguard of modern health centers.

Our second century of public service begins on a note of optimism. In keeping pace with today's technological and scientific advancements the progress of this institution and its entire staff is commendable. Rebuilding and planned expansion of facilities as well as the addition of services vital to the well-being of our patients are in keeping with the progressive philosophy of our governing board.

Cordially,
Louis E. Gordon
Administrator

Tomorrow is expectation-development-fulfillment.
Panorama of Excellence

1866  “Health Reformer” first published, became “Good Health Magazine” in 1872 — to become the oldest health journal in the world

1883  Ella Eaton Kellogg’s cooking school started as her own experimental kitchen, her efforts culminating in the Battle Creek Sanitarium School of Home Economics. Recognized as the first formal scientifically oriented dietetic educational program in this country

1884  Battle Creek Sanitarium Nurses’ Training School organized — over 2000 trained nurses graduated, the school functioning through 1984

1880’s Period of inventions: a number of surgical instruments, electric light bath 1890’s cabinet, dynamometer, mechanical gym equipment, discovery of sinusoidal current

1893  First peanut butter made in Sanitarium kitchen

1894  Original flaked cereal developed by the two Kellogg brothers

1895  American Medical Missionary College founded, merged with University of Illinois in 1911

1898  Health food industries started, beginning of the cereal boom

1906  Race Betterment Foundation established for educational and philanthropic purposes and to implement Sanitarium principles

1907  School of Home Economics founded

1909  School of Physical Education opened

1922  “Three Quarter Century Club” launched, pioneer effort to focus attention on problems of the aging

1923  Battle Creek College organized

1930  Miami-Battle Creek Sanitarium opened in Florida

1942  Move to present location

1958  New management — up dated modern facilities

1966  Starting a second century of health building
Pioneer and Parent

This historic institution, parent of a world-encircling complex of hospitals and sanitariums, begins its second century of service with an attitude of scientific inquiry and a sensitive compassion for human kind.

139 hospitals and sanitariums  135 dispensaries and clinics
Development of the first flaked cereal in 1894 by the two Kellogg brothers working together in the Sanitarium kitchen, was the beginning of the giant cereal industry that has made Battle Creek "the best known city of its size in the USA."
The fun phase of hydrotherapy—the outdoor pool, heated to 82°, is in use six months of the year.

Guests have the help of skilled dietitians who carry out the physician's order in working out nutritionally complete menus.

Guests gathering in the spacious lobby for fresh vegetable juices or afternoon tea enjoy the friendly informal atmosphere.

Mechanical gyms (men's and women's) are professionally supervised. Eighty-five pieces of equipment help make exercise a pleasant part of the daily regimen.

The Slimmersbord, a beautiful buffet featuring low calorie foods, is a Monday night attraction.
GOVERNING BOARD

OFFICERS
N. C. Wilson, President
L. E. Crandall, Vice-President
C. D. Omans, O.D., Secretary-Treasurer

DIRECTORS
Mrs. George Bond
L. H. Caviness, M.D.
J. D. Henriksen, M.D.
G. E. Hutches
J. R. Jeffrey, M.D.
A. C. Lawson
Emil Leffler, Sc.D.
L. R. McElmurry, M.D.
W. E. Sooy
Millard VanderVoort
L. G. Wartzok
The obstetrical ward in E.H. was opened to patients in Apr. ’07. By April ’08 sixteen cases had availed themselves of its privileges.

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Of these 2 were charity cases. One of these charity cases paid $10.00.
DEDICATION

OF THE NEW MAIN BUILDING OF...

THE BATTLE CREEK SANITARIUM

SUNDAY, MAY THIRTY-FIRST

...AND...

MONDAY, JUNE FIRST

NINETEEN HUNDRED AND THREE
Program
SUNDAY, 2:30 P.M.

Chairman, HON. PERRY F. POWERS, Auditor General of Michigan

Orchestra — Overture “Jubilee” (Bach)

Anthem — “Send Out Thy Light” (Gounod)
WITH ORCHESTRAL ACCOMPANIMENT

Invocation

Solo

Responsive Scripture Reading and Address

Addresses
HON. A. T. BLISS, Governor of Michigan
HON. H. E. JOHNSON, Military Sec’y to the Governor
HON. WILLIAM J. LOWREY, of Chicago
PROF. M. V. O’SHEA, A. M., of the University of Wisconsin
PROF. FRED N. SCOTT, A. M., of the University of Michigan
HON. E. C. NEWELL
JOHN G. WOOLLEY, Chicago
HON. S. O. BUSH

Anthem — “Praise Ye the Father” (Gounod)
WITH ORCHESTRAL ACCOMPANIMENT

Addresses
HON. FRED H. WEBB, Mayor of Battle Creek, Mich.
HON. WASHINGTON GARDNER, U. S. Representative
HON. JESSE ARTHUR
MR. F. M. ANDREWS, DAYTON, Ohio
DR. CHARLES E. STEWART
DR. J. F. MORSE
DR. J. H. KELLOGG

Orchestra — March “The Admiral” (Friedemann)

Dedicationary Prayer

Singing by the Congregation

Orchestra — “America”
Praise Service

IN THE TABERNACLE, SUNDAY, 7:30 P. M.

ALONZO T. JONES, PRESIDING

Congregational Singing

Led by Prof. E. O. Excell, of Chicago

Prayer

Rev. W. S. Potter

Anthem — "Unfold Ye Portals" (Gounod)

Amateur Musical Club, under the direction of Prof. Edwin Barnes, accompanied
by the orchestra under the direction of Prof. John B. Martin.

Solo

Prof. E. O. Excell

Address — "Religion and Health"

Rev. D. D. Martin

Address — "Divine and Human Cooperation"

Chorus

Anthem — "Be Not Afraid" (from Elijah)

Prof. E. O. Excell and Prof. Chas. Gabriel

Duet

Rev. W. S. Potter

Address — "The Old and the New"

Rev. William H. Osborne

Address — "From the ‘Medicine Man’ to the
Modern Physician"

Solo

Chorus

Prof. E. O. Excell

Address

Rev. John W. Crouch

Address

Chas. M. Roe, Chicago, Ill.

Address

Pastor G. C. Tenney

Duet

Prof. E. O. Excell and Prof. Chas. Gabriel

Address

Elder S. H. Lane

Remarks

Dr. J. H. Kellogg

Congregational Singing

Led by Prof. E. O. Excell

Benediction

Rev. D. D. Martin

Orchestra — "America"
Monday, June 1, 1903

10:00 A. M.  Reunion of old patients, in Sanitarium parlor

Music by Wilde Orchestra

Remarks by Dr. W. H. Riley, Dr. C. E. Stewart, Dr. J. F. Morse, Dr. J. H. Kellogg, other physicians, and numerous friends and guests

12:00 - 3:00 P. M.  Inspection of Building

4:30 - 6:00 P. M.  Gymnastic drills and other entertainments in the gymnasium

7:00 P. M.  Grand Health Banquet

Hon. J. L. Cox, Toastmaster
DEDICATION

OF THE

BATTLE CREEK SANITARIUM

NEW MAIN BUILDING OF THE BATTLE CREEK (MICH.) SANITARIUM.
Length of the Main Building, 550 feet; length including rear extensions, 920 feet. Floor space, seven acres. Accommodations, with accessory buildings, for 1,000 patients. Absolutely fire-proof; construction,—iron, brick, cement, and stone. Five acres marble Mosaic floor.
OLD BUILDING BURNED FEB. 19, 1902; CORNERSTONE LAID MAY 11, 1902; DEDICATION OF THE NEW BUILDING, MAY 31, 1903.

may31, 1903.
The following will be the general features of the program, the full details of which cannot be finally announced until a few days prior to the date of the dedication:

Distinguished guests who have signified their expectation to be present:—
Hon. Aaron T. Bliss, Governor of Michigan, and members of his staff; Hon. Van Sant, Governor of Minnesota; Hon. Perry F. Powers. The governors and State officials of other States. The Mayor and Common Council of the city of Battle Creek and of other cities of the State. Distinguished physicians representing the medical profession of city and State.

ADDRESSES.
2:30 P. M.

Hon. Perry F. Powers, Auditor General of the State will preside.
Dedication address by Rev. Alonzo T. Jones.
Addresses by Hon. Washington Gardner, Hon. Perry F. Powers, Major H. E. Johnson, Dr. B. D. Harrison, Hon. Wm. K. Lowrey, of Chicago Dr M. V. O'Shea, A. M.; Rev. L. Mc Coy, Hon. E. C. Nichols, Dr. John F. Morse, Dr. Charles E. Stewart, Mr. A. R. Henry, Mr. S. O. Bush, Rev. W. S. Potter, and other local clergymen.
A Sanitarium Lunch for all guests at 6 P. M.
A Grand Praise Service in the evening in which the various denominations of the City join.
MUSIC.

Excellent music will be provided by a well-known orchestra and a large and well-trained chorus under the direction of Prof. Edwin Barnes. Solos will be rendered by Prof. E. O. Excell of Chicago. The chorus will render choice selections from the "Messiah," "Elijah," "A Hymn of Praise," "Redemption," and other musical masterpieces.

Guests from out of town who must return the same day on the special excursion trains, will be accorded an opportunity to look about the institution and to become acquainted with its work and purposes.

A special dinner will be served for State and city officials at 6 P.M. with a representative Sanitarium menu.

PROGRAM FOR MONDAY.

June 1.

The day following the dedication will be devoted to social gatherings of old patients, reunions, experience meetings, inspection and study of the new features of the institution, a critical survey of the buildings, entertainments consisting of exhibitions by the nurses, a stereopticon presentation of the branch establishments in various parts of the world, and other interesting features.

There will be a grand banquet on Monday evening, at which numerous notable persons will be present with hundreds of other invited guests.
San, a state institution

top + bottom of page.
Dedication Exercises
The Committee Representing the State of Michigan
extends to you a cordial invitation
to be present at
The Dedication of the Battle Creek Sanitarium
at
Battle Creek, Michigan
Sunday, May 31st, 1903

Aaron T. Bliss, Governor, Chairman
Perry T. Powers, Auditor General
Charles Smith, Senator Thirty-second District
Committee.
Banquet
Tendered the Probate Judges
of the
State of Michigan
by the
Battle Creek Sanitarium
September 10, 1903
Ripe Olives

Nut Consomme

Nuttolene Cutlets

Brown Potatoes

Roast Protose

Mashed Potatoes

Macaroni au Gratin

French Peas

Sliced Tomatoes

Grape Nectar

Fruit Salad

Wafers

Peaches

Fresh Strawberries

Pears

Grapes

Apple Pie, a la Mode

Plums

Health Candy

Sanitas Cocoa

Sunshine Cake
TOASTS

TOAST MASTER - Judge F. H. Stone, Hillsdale

INTRODUCTORY - - - - Judge E. O. Durfee, Detroit

The Battle Creek Sanitarium vs. Probate Courts - - Dr. J. H. Kellogg

The Range of the Probate Court - - Judge W. L. Watkins, Ann Arbor

The Jewel of Office - - Judge H. D. Jewell, Grand Rapids

The Family - - Judge M. Bush, Corunna

The Ladies - Judge F. H. Ellsworth, Berrien; Judge F. H. Williams, Allegan

Tenants by the Entirety

Good Night - - - - Judge W. A. Lane, Marshall
MEMORIAL DAYS

The Dedication of the Battle Creek Sanitarium.

The following generous tribute from the pen of the Auditor General of the State of Michigan will be much appreciated by those who are acquainted with the philanthropic aims and efforts of the Battle Creek Sanitarium.

The Memorial season in Michigan this year will be marked by events relating to the future history and the better progress of our State as well as to recitals and reflections on the lives and deeds and deaths of its heroic citizens. On Memorial Day, through sacred services and songs and eloquent addresses and the strewing of flowers in city and village and country communities throughout our State, tribute will be paid to the memories of the men, who, during the dreadful war time years, gained for themselves glory forever, and for our State a splendid and increasingly precious heritage.

On the following day, in Michigan, will occur another event which gains its interest and its value from long years of worthy service and unaltering sacrifice—the dedication of a magnificent building at Battle Creek to purposes as worthy and as valuable to the State as could be formed from love of country and sincere desire to contribute to its welfare and the betterment of its people.

The incidental or the accidental observations of an hour sometimes afford interesting material for long-time and serious reflection. An opportunity utilized by the writer to recently make a brief visit at the Battle Creek Sanitarium and to learn something of what the men and the women who are officially connected with that splendid Michigan institution had done and what they are doing and are seeking to do, resulted in information which added greatly to sympathy and to interest in the dedication event of the thirty-first day of May.

The Battle Creek Sanitarium is not a State institution as far as State control and State appropriations are concerned. It adds nothing to the burden of State taxation, and requires from no citizen payments of rates or taxes to provide for its helpful existence; but it is a worthy and most desirable State institu-
tion from every other point of view. It has assisted in spreading the name and fame of Michigan throughout the civilized sections of the globe; and in far-off South Africa and Australia and New Zealand, in the great commercial centers of Europe and in the islands of the sea, Michigan is known, and the acquaintance will be increased through the establishment of other similar institutions. For this direct and indirect good, Michigan is paying the greatest and oldest establishment at Battle Creek.

THE BURNING OF THE BATTLE CREEK SANITARIUM.

With this point of view in mind it can be seen how calamitous to the interests of our State and to the people of Michigan, and how great the fire, Feb. 18, 1902, which completely destroyed the main building and the hospital of the institution, causing the loss of several hundred thousand dollars and for a little time, creating anxiety as to whether the Battle Creek Sanitarium would ever again be fully restored or permanently retain its place as one of our State's best institutions. and this will be the more heartening, of course, to the people of Michigan and to all who know something of this great enterprise, the forthcoming dedicatory event is considered one of the most widely-publicized and highly-organized public events given official recognition and official approval. Invitations signed by Governor Bliss and other official representatives of our State government have been sent to the governors of other States and to members of legislatures and to representatives of municipal governments throughout the United States and to foreign countries, requesting their attendance at the ceremonies attending the dedication of the great building which has arisen from the ashes of the structure destroyed by fire on that February night in 1902.

A MAGNIFICENT TEMPLE OF HEALTH.

By those who are familiar with such matters, the building to be dedicated at Battle Creek on the last day of the present month is said to include the foremost improvements of the present age and that which could be gathered from world-wide observation and experience in connection with the needs it is intended to meet and the developing requirements of the modern hospital and the model sanitarium, is that known by architects as the Italian Renaissance. The design is that of a main building with three separate buildings in the rear, connected by a corridor and with the main building by a semicircular corridor. The main building is 527 feet in length, exclusive of the porches, and 40 feet in width; the width being increased by the porches to 58 feet. It is five stories in height with a ten-foot basement and a roof story of lighter structure and somewhat less width, occupying nearly the whole length of the building practically all its length. The structure throughout is the latest improved form of fire construction and is built of brick, stone, iron, and cement. So perfectly fire-proof is the building as to be said to be proof against any ordinary conflagration, or sleeping-room might be filled with straw saturated with kerosene oil and set on fire without damage, aside from the burning it would give to the space within which it was not filled, to 58 feet. The flames could not possibly extend to any other room in the building; neither could it do any serious injury outside the room itself. The main-building of the structure make up an area of five acres of marble mosaic, the construction of which was superintended by the Italian artist in that line of work, who had charge of the mosaic work in the government library building at Washington, D.C. In no respect has convenience or any desirable purpose been sacrificed to ornament or effect, and yet it is fully completed, to state it was one of the beautiful buildings of Michigan, creditable to the city and to the State in which it is located, and a permanent monument to heroic effort on the part of those

SIONERIES INTO THE DARK PLACES OF THE EARTH, DE-

A GREAT SELF-SUPPORTING CHARITY.

In another respect has the Battle Creek Sanitarium proved to be a most desirable State institution. When the institution was examined in March of last year by an official committee representing the Business Men's Association and the Board of Aldermen of Battle Creek, who desired to perform information toward its past work, they found that $10,574 had been expended by the institution within the preceding three years, the period included in their examination, in behalf of charity patients—personagens from our own State and from other States who needed the skill, treatment, and care provided at the Sanitarium, yet who had not means with which to meet such expense. It was reported by the committee, which was composed of bookkeeping experts and practical business men of the highest reputation, that the expenditures for charity referred to, of $10,574, did not include surgical fees or concessions on account of treatment, nor any of the ordinary dispensations of charity, common alike to individuals and to institutions where circumstances permit.

The committee further found and reported that the salaries paid at this institution would have seemed ridiculously inadequate had it not been for the fact that the local cooperation seemed to form but a minor part of the inducements connecting the managers, the physicians, and the nurses with their work. They report that the institution and which has made it of world-wide influence and value, seems yet to fully control the work and service of every official and every assistant. The Sanitarium's public charitable disbursements, amounting to more than $75,000, and the unusual work in that direction which it is constantly doing, has been done in great part as a result of self-sacrifice on the part of the doctors, nurses, and many of the ordinary employees of the institution. The salaries of the physicians are actually less than the compensation of a locomotive en-gineer, in many instances. In many instances the physicians receive less than the hire of a common laborer. The compensation of a nurse is less than that of a district school-teacher, and it is stated there are those among the physicians and managers who have served faithfully for many years without any monetary compensation whatever.

Possibly the ordinary reader may not understand the status of institutions and the relations which suggest such sacrifices and secure such results. But if that be true, he might also fail to comprehend the original and helpful elements in the treatment of disease, in the establishment of valuable theories of living and of life, and in the development and the dissemination of principles through the Battle Creek Sanitarium, which all the world acknowledges as valuable, even though all the world may not fully understand or accept them.

The fact that this work has for more than a century been conducted in a broad and liberal spirit, defined by its charter as strictly non-sectarian and undenomina-
tional, devoted in the truest sense to the pub-
lic interest, and that the managers and the physicians have witnessed, attest the value of the ideal toward which the promoters of this enterprise are striving, and command the respect of all those who are interested in human welfare and progress.

OFFICIAL RECOGNITION.

It is because of the relations of the Battle Creek Sanitarium to the interests and progress of Michigan and to our entire country, as herein suggested and as heretofore suggested, that the dedication of the Sanitarium building on May 31 is deemed an event worthy of State recognition and of State-wide interest. It is because of these things that the governor of Michigan has invited the governors and
who represent the "Battle Creek Idea," as well as to the achievements of the health-giving and health-retaining improvements and inventions of the present age.

THE MOTHER OF SANITARIUMS.

By those familiar with the work of the world in that direction, the Battle Creek Sanitarium is said to be the first institution of its kind. It was established thirty-seven years ago by a little coterie of earnest men possessed of mutual purposes and sympathetic enthusiasms. Officials of other States to attend the dedicatory exercises; and it is because of the great work the institution is doing and is seeking to do that Governor Bliss, Senator Burrows, Congressman Gardner, and other gentlemen distinguished in official and professional circles in our own and from other States, have accepted invitations to participate in an event which splendidly marks the progress thus far attained in a unique work, and gives fitting promise for a future worthy of a past so deserving of commendation and encouragement.

Perry F. Powers.
Psychiatric Unit Added at B.C. San.
Local Officials Praise Expansion

Completion of a new psychiatric unit by the Battle Creek Sanitarium was announced today by W. G. Simmons, administrator. The 25 bed unit represents an expanding of this historic institution's service to the area. Operation of such units in connection with a general hospital is in keeping with modern trends in the treatment of the mentally or emotionally disturbed.

The new service will cater to those needing prompt, short-term treatment. The staff, directed by Dr. L. H. Cavinness, psychiatrist from Worthington, Ohio, includes local psychiatrists, neurologists, neurosurgeons, and psychologists, in addition to the large group of specialists and therapists already serving the Sanitarium clinic and Hospital units. Officials pointed out that the new unit is not a part of the Sanitarium, but is operated as a unit of the Sanitarium Hospital. Opening of the new service in no way changes services traditionally offered by the world-famous health center.

The new service, known as the Mental Health Unit, is widely hailed by community health leaders and by the area's courts. Committee Chairman Esther Rupright commented:

"State and county mental health groups have for some years felt that psychiatric units in general hospitals were needed in order that acute mental illness could be treated in the patient's home community. The opening of the mental health unit at the Battle Creek Sanitarium Hospital now provides such service for this area. Members of the Citizens Committee now working with mental health staff members hope to develop a community understanding of this service and its place in the general mental health program of our county and surrounding area."

Speaking of the value of immediate and intensive treatment, Judge Lee Mallison of Calhoun County Probate and Juvenile Courts said:

"This area has desperately needed private hospital service for disturbed patients. Daily in the court we see the need for prompt short-term treatment which, given early, can prevent the need for long-term hospitalization. Early attention to mental disturbances is impractical when court proceedings (Continued on page two)

A CALL TO PRAYER

During February and March over 6,500 copies of Patriarchs and Prophets will find their way to Rabbis and other Jewish leaders in North America. The approach is on the basis of a study of comparative religions and this book is our contribution in this study.

This is something for which to pray—in your private devotion, at family worship, at the weekly prayer service and on other occasions.

Will you not join with us in prayers that God may bless this effort, and use this book not only to inform, but also to save?

WILL YOU DO THIS?

A group of 25 young people at Wisconsin Academy have been faithfully working for the past several weeks to secure their honor in Health and Healing, a requirement for Master Guide. Health and Healing requirements include: location of principal organs of the body, the benefits and properties of foods, and how to give a hot foot bath, hot fomentations and alternate hot and cold treatments for bruises. Health and Healing includes a knowledge of simple First Aid measures, such as the treatment for frost bite, snake bite, and foreign body in the nose and ear, and also treatment for sprains. Many of the simple bandages were practiced and their uses demonstrated. We hope the knowledge these young people have gained will give them the opportunity of serving mankind in relieving pain and suffering.
LAKE UNION INGATHERING REPORT

It Is Coming

We are sure that none would object if it were coming better, but we are thankful for the way that it is coming along. This week we received just about $20,000. The Union now has 95% of our basic goal. We now have three conferences that have reached their basic goals. Illinois joins Michigan in going over its goal this week. They each have done well and we congratulate them on their achievement. We know that they are not finished but that they will push on until they have surpassed last year’s attainments. Indiana has the highest per cent of its goal with 107%. Wisconsin is nearing its goal and is of excellent courage. Lake Region is working along and will soon show the gains that will carry it to victory. We appreciate all that is being done. We know that not one loyal Adventist will want to stop short of last year’s total. We need about $125,000 more in our Union to equal last year’s total. Let us now gather ourselves for the final push.

Vernon Flori
Lake Union Home Missionary Secretary

For Week Ending January 27, 1959

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Elderly Sister Sets Fine Example

Occasionally one finds a story of self sacrifice and devotion that really stirs the heart and the imagination. Such is the story of an elderly sister in one of the churches visited recently. She lives alone under very humble circumstances. She receives a small pension but it is hardly enough for food and not enough for heat for her one room abode in these cold weeks. She will accept no direct assistance, but members of her church learned that if they leave something on her door step without her knowledge she accepts it as a gift from God.

She is faithful in paying her tithe, and giving her offerings for missions. She responds to every appeal for conference wide funds for academic promotion.

B. C. San. (Continued from page one) are required to admit the patients to a state hospital. Families are reluctant to commit, and therefore trouble goes unattended until the case becomes desperate.

"The Battle Creek Sanitarium is to be congratulated for filling a vital community need. I sincerely hope our community will whole-heartedly endorse and assist this non-profit group in enlarging its services to include facilities for youngsters, for whom services are now so limited."

While the psychiatric unit is just now being completed, Simmons reports that Dr. Caviness and his staff have for two months been treating patients as accommodations have become available. He stated that there have been 34 admissions and that 22 patients have been discharged. Addition of this new service is in keeping with historic philosophy of the institution—"To treat the entire man and do all possible to make him whole."

OLIVER JACQUES

Appreciation

Mrs. Beavon and I wish to take this opportunity to thank the many hundreds of friends who sent cards and letters to us during the time of our hospitalization. We are especially grateful for the many prayers we know were offered in our behalf.

I am happy to be able to report that your prayers have been answered. On January 19, it was possible to transfer Mrs. Beavon, by ambulance, to our home in Berrien Springs. She is doing well and we know that it will not be too long before she will be able to get around again.

It is wonderful what can be accomplished through prayer. Although severe injuries were incurred at the time of the automobile accident, the Lord has now worked in marvelous ways to bring back health and strength. We thank God for the privilege of life and service.

Thank you again for your thoughtfulness and prayers.
World Youth Leader to Appear in Detroit

Eld. Theodore E. Lucas, world youth leader of Seventh-day Adventists, will be the guest speaker on Sabbath, Feb. 14, at the 11:00 worship hour at the Burns Avenue church, 5481 Burns Ave. Elder Lucas will again address another youth audience at 4:00 p.m. at the City Temple church, 8816 Grand River Avenue. All youth of the Detroit area are urged to attend one or both of these meetings. The speaker will no doubt give a passing commentary on his recent world tour. Plan now to attend two giant youth rallies on Feb. 14.

On Sunday morning, Feb. 15, Elder Lucas will meet all MV and Pathfinder officers of the Detroit area at the City Temple church at 9:00 a.m. All pathfinder directors, deputy directors, counselors, and MV officers are expected to attend this important Sunday morning meeting.

J. E. ROACHE, Youth Leader

LAKE UNION HERALD

Eld. H. D. Burbank is invited to attend a meeting of the Southern Publishing Association Feb. 23, 24 on the promotion of These Times.

The Workers’ Meeting of the Michigan Conference will be held Sunday afternoon at two o’clock, March 8, at the Metropolitan church in Detroit.

—

The Second Teachers’ Exchange of the Year!

On February 14 the CEDAR LAKE AREA TEACHERS AND SABBATH SCHOOL EXCHANGE will meet at Cedar Lake Academy from 3:00-5:00 p.m. Special help will be given by Elder Johnston, Elder and Mrs. Grau, and others. The new mission film: FROM BENGHAZI TO BAGHDAD will be shown at the close of the EXCHANGE.

“Veterans” in Sabbath school work are wanted along with “novices,” and “hopefuls.” This means: Experienced workers can present helpful, tried techniques to new workers and those who wish to prepare themselves to become workers in the future. Leave with us some of your “old” ideas and take with you some “new” ones obtained from others. That’s a “fair deal,” we think, so come!

M. F. GRAU

Bunnell-Burnett Wedding


Both the bride and groom were former students at Cedar Lake Academy. The couple will make their home at Bay Shore, Mich., where the groom is employed by his father, Leo Burnett, Sr. The Bunnells are a fine family of workers in the Petoskey SDA church and we are sure that this new family will be no exception. We wish them the Lord’s richest blessings in the establishment of their new home.

ROBERT D. WILLIAMS

MICHIGAN

G. E. Hutchins ——— President
W. F. Miller ——— Sec. Treas.
320 W. St. Joseph St. Phone 4-1317
Box 900, Lansing 4, Michigan
Office Hours: Mon.-Thu., 7:30 a.m.-12 m.; 1:00-5:15 p.m.; Fri: 7:30 a.m.-12:30 p.m. Sun. Open by appointment only.

News Notes

★ Elder Burbank reports that the Michigan Conference has passed the basic Ingathering goal.
★ The fiscal year for Ingathering has been extended, by conference committee action, to Feb. 28. All Ingathering turned in during the month of February will be applied to this year’s total.
★ Eld. H. R. Nelson has returned from a study conference of educational leaders held at Potomac University, Washington D.C.

WISCONSIN

E. E. Finney, Jr. ——— President
L. G. Wortman ——— Sec. Treas.
802 E. Garber St., Madison, Wisconsin
Office Hours: Mon.-Thu. 7:30 a.m.-12:15 m.; 1:00-5:00 p.m.; Fri: 7:30 a.m.-12:00 m.; Closed Fri. p.m. Sun. By appointment only.

Academy Welcomes Visitors from E.M.C.

Professor E. S. Cubley and Eld. H. J. Shaw of Emmanuel Missionary College were weekend guests at Wisconsin Academy, Jan. 16-18. Professor Cubley spoke at Vespers on Friday night, and showed some very interesting pictures of his tour through Africa at the MV meeting on Sabbath afternoon.

Elder Shaw gave a very inspirational sermon on the “Spirit of Prophecy” for the 11:00 church hour. In the evening, the seniors especially, and all others interested had opportunity to learn more of the new university to be established on the Emmanuel Missionary College campus.

Youth Rally at Fond du Lac

February 14 is a special day, but for the youth and their friends of the mid-eastern section of Wisconsin, it will be a very special day. On Sabbath, the 14th, a youth rally will be held in the Fond du Lac Church. The program will begin with Sabbath school at 9:30 a.m. The morning sermon at 11:00 a.m. will be of special interest to the youth and all of their friends.

“Life in Borneo” will be featured in the afternoon program. You will see curios from Borneo that include a head-hunter’s knife, a bamboo organ, a crocodile, huge hats and many other items of interest. The speakers will be dressed in colorful native costumes.

Saturday night is reserved for a “social to save.” This will be held in the church basement. In addition to games, moving pictures will be shown of last summer’s junior camp and a movie, entitled “ Sons of Pirates and Head-hunters”, will be shown also.

All of the youth and their friends are invited and welcome. Come to Fond du Lac church, Feb. 14.

H. W. JEWKES
Conference MV Secretary
Busy Housewife is Successful Literature Evangelist

The Publishing Secretary of Wisconsin is happy to present to you one of Wisconsin's faithful literature evangelists, whose achievement has been outstanding for subscription literature delivered.

Mrs. Ruby Grimsrud, a housewife, the mother of three fine children, and a faithful and loyal Christian, finds each day filled with many activities—preparing meals for her husband, taking care of her home, sending little Betty off to church school, and the many other duties of a housewife. Among all this activity, Mrs. Grimsrud finds time to contact souls with the printed page.

Mrs. Grimsrud is also a credential literature evangelist, which means she must work 1200 hours during the year to qualify for credentials.

During the past six years of her literature ministry, the Lord blessed her faithful efforts with books and magazines placed in the homes amounting to $32,157.14, an average of over $5,000 a year. This income has helped to keep her children in our academy and church school.

There may be many mothers throughout Wisconsin who have financial problems, who are anxious to see their boys and girls in our schools, and are wondering how they could budget their time that they might also become successful literature evangelists. The Publishing Secretary suggests that you write Mrs. Grimsrud and she will try to help you. Address your letter to Mrs. Ruby Grimsrud, Box 512, Madison, Wis.

W. G. WALLACE
Publishing Department Secretary

Mullen-Holzer Wedding

Shirley Mullen of Hinsdale, Ill., became the bride of Mr. Gunter Holzer of Oshawa, Ont., Sunday night, Dec. 21, at the Hinsdale Seventh-day Adventist church. A reception for the wedding party and friends was held at the home of Dr. and Mrs. J. W. Neff immediately following the ceremony.

Members of the bridal party included the best man, Mr. Kurt Koerting; the matron of honor, Mrs. Irene Peesel; the bridesmaid, Miss Linda Neff, and the usher, Mr. Paul Peesel. The officiating minister was Richard D. Fearing, pastor of the Hinsdale church. Vocal solos were sung by Mr. George Gough, and Miss Ruth Reinhardt served as organist. The couple left for a short honeymoon following the reception.

Mr. Holzer is preparing for the gospel ministry in Canada and will continue his education in the United States in a few months. Mrs. Holzer is a graduate of Emmanuel Missionary College with a music major in the class of 1958.

R. D. FEARING

Encouraging Progress Made at Hinsdale

With the new Hinsdale Junior Academy and Church School addition nearing completion, a preliminary tour of inspection was permitted during a Christmas program held in the new gym-auditorium. More than 800 one dollar bills were placed on a fifteen-foot tree during the program which included special music by the school band.

The building addition is a joint project of the Hinsdale church and the Sanitarium which is building the gym-auditorium in connection with the school's additional classroom facilities. Four-fifths of the total funds needed have been raised to date according to R. D. Fearing, Pastor. A. C. Larson, San Administrator, is directing the construction of the auditorium.

William Hoffmann is principal of the Church school and Junior Academy. Total enrollment as of Jan. 20 is 142, just double the enrollment two years ago. Additional students are anticipated in the immediate future with the expansion of the Sanitarium and their search for Seventh-day Adventist workers. A. W. VANDEMAN

West Central Church Sets the Pace

The year 1958 will long remain in the memory of the members of the Chicago West Central Church. God has blessed His people in a manner that has far exceeded our fondest expectations. His directing power and grace have been wonderful to behold.

We give Him particular glory for what has been done along two lines of effort. First,

The Building Program:

About the first of May we launched into the building of the new evangelistic center. Though the sanctuary is not yet completed we are worshipping in the comfortable, commodious youth center. The members are anxious to complete what has been started. Recently the church board voted to do just this. A spirit of sacrifice has gripped the church.

(Continued on page six).
Chicago Heights District Holds Year End Celebration

The Chicago Heights district of churches brought 1958 to a happy climax the last Sabbath of the old year with a district gathering at the beautiful and comfortable Harvey church.

The full day of activities included a baptism of six precious souls. Five were united with the Chicago Heights church and one with the Kankakee church.

Dinner was served at the church for the entire group while the members enjoyed association together. A portion of the afternoon was devoted to the presentation of several beautiful musical selections arranged by the music staff of the Harvey church. Present as guests for the occasion were Eld. and Mrs. W. B. Hill, and Pastor and Mrs. J. E. Cleveland of the Quincy district.

In the afternoon the reaching of the entire Ingathering Minute Man Goal for the district was celebrated. The hardworking and loyal ingatherers from Harvey, Chicago Heights, and Kankakee had solicited a combined total of over $5,000.00 in less than three weeks, and they were especially honored on this occasion. In spite of zero and sub-zero weather the caroling directors, Edward Fleck of Harvey, Richard Broome of Chicago Heights and William Justinian of the Kankakee church, with their faithful captains, band leaders and workers had achieved a rousing victory! Many interesting and deeply touching experiences were told by these workers.

"I feel as though I stand on holy ground," began Eld. W. B. Hill, Illinois Conference President, "knowing that my congratulations mean but little compared to the words, 'well done thou good and faithful servant' that shall come from the Master Himself, to every faithful ingatherer at the last day."

Space prohibits mentioning all who labored so unselfishly to achieve the victory goal. Recognition, however, seems appropriate for a few exceptional solicitors such as Thelma Ashby who solicited $273.00; Mrs. Alma Brown, $430.00; Mabel Guel, $263.00; Mrs. Gale May, $235.00 and Lynette Oft.

THE PASTOR’S VIEWPOINT

The Apple of the Church’s Eye

In the book of Zechariah, chapter two, verse eight, the church is called the "apple of the Lord’s eye.” This honor is bestowed upon the sons of light who, as God’s family, let the truth shine in this dark world. The Lord wishes to administer earth’s final warning through His remnant people.

But actually who are the apple of the church’s eye? The Bible answer is the same: the children (Psalm 127:4.) Adventist youth are the hope of the denomination. The time will soon come when the youth graduating from our schools will bear the responsibility of sounding the Third Angel’s Message prior to the Second Coming of the Lord Jesus.

Success depends in no small measure upon their education. If there are enough good Christian training schools, then our conscience may feel secure in that capable hands will shortly take over the sacred cause, and with the sober realization of their great responsibility, will lift ever higher the bloodstained banner of Christ.

Oft, $235.00. The Chicago Heights church will qualify for the General Conference Ingathering Citation. However, both Harvey and Kankakee had a large segment of the membership participating.

At the close of the service Eld. W. B. Hill led out in the ordination of two new young church elders. Brethren Frank Oliver of Harvey, and William Justinian, of Kankakee were ordained as local elders. Brother Leland Davis of Kankakee was ordained as a deacon, concluding a thrilling day and year in the Chicago Heights district.

V. R. Brown, Pastor

The construction of a new Broadview Academy is the burden of our hearts. Our omnipotent Father facilitated the sale of the old, inadequate school and opened the way for the building of a new, well-located, modern academy. The Lord proved that with Him nothing is impossible.

Without the interruption of curricula, as though by the touch of God’s miraculous rod, the new school in but a year’s time became a reality. Inasmuch as the work of construction is not yet done, its completion is our responsibility. Let us regard as Gods call the request of our Illinois Conference for funds. Let us not be afraid to share our gains also in 1959 for the finishing of the academy.

The Hungarian Church in the past year doubled its original goal, but in accordance with God’s promise, it did not fall short. Whoever gives help now helps the “apple of the church’s eye” and will in no wise lose his reward.

Charles G. Daley
Pastor, Hungarian church

FAITH FOR TODAY
OFFERING
To be received in all the churches of the North American Division.
SABBATH, FEBRUARY 14, 1959

GOAL FOR NORTH AMERICA $150,000.00
GOAL FOR ILLINOIS $ 3,616.25
RECEIVED IN ILLINOIS IN 1958 $ 4,230.94

For nine years FAITH FOR TODAY has been presenting the gospel story over television. Great interest has been manifested for this outstanding program from the very beginning. For 1959 the brethren have laid enthusiastic plans to strengthen and enlarge the television ministry. They look to us here in Illinois for financial support to assist them at a time when the need is very great.

Let us express our appreciation to Pastor Fagal and the television ministry of FAITH FOR TODAY for the excellent work they are doing in bringing the gospel to millions by contributing a most generous sacrificial offering on Sabbath, Feb. 14.

V. W. Esquilla
Radio-Television Secretary

FAITH FOR TODAY

COMING!!
February 13-15

MV Officers’ Convention and Pathfinder Council
Indiana Academy
Band Concert — Saturday Night

West Central Church

(Continued from page four)

Secondly, The Missionary Program:
It is our firm belief that the Church has been called to witness the gospel. This is to be done by word and deed. Every phase of missionary endeavor has been given strong promotion. A typical example of the zeal and enthusiasm of the congregation for missionary work was exemplified in our 1958 Ingathering caroling program.

The ground work and organization for this campaign was completed in good time before its actual start. The church was organized into bands; each band under the direction of an aggressive leader. On Nov. 29, like an army, these bands converged upon their territory. At no time from that date until Dec. 25 did the enthusiasm let up. All eyes were fixed upon the objective.

When the caroling phase of the program was completed, $13,083.20 had been gathered in. The largest amount solicited in a single evening occurred Dec. 20, when $1,637.00 was reported. The church to date has a per capita of $38.59. This is just a part of the story. Scores of missionary contacts were made thousands of gathering leaflets were left in the homes; and a number of small missionary books were left with those considered by our solicitors as promising contacts. We are sure that some interests will develop as a result.

Words of commendation are in order to Home Missionary leader, Ben Gordon; band leaders Neil Sundin, Don Carpenter, Peter Blaes, Leo Tullin, John Hough, Richard Swanson, Harold Robbins, Don Levens, and Leonard Graf; also, the assistant band leaders, the multitude of faithful solicitors, mechanical helpers, and singers.

Our deepest gratitude is directed to our Heavenly Father, who protected His children all through the effort and touched the hearts of the people who made the contributions. It was all done for Him and for His cause in the earth.

P. M. Matacio, Pastor

INDIANA
Arthur Klass, President
W. E. Wesamiller, Sec-Treas.
1409 Broad Ripple Ave., Indianapolis 20, Ind.
Telephone—Clifford 1-9292
Office closed Sundays except for appointments.

Nodeers Bid Farewell

Even as it is customary for ministers to move from time to time, so it is customary for them to write a farewell to their former field of service. These lines, however, are motivated by affection rather than tradition—an affection nurtured by over five years of fellowship in worship, service, social activities and even sorrows. It was indeed difficult to accept a call away from the South Bend district where the roots had grown deep in our beloved believers in Christ, and from a fine group of fellow-ministers.

We are most grateful for the privilege of serving Him in the South Bend and Plymouth churches (and Elkhart before Plymouth) during a time of economic depression, for we saw His wondrous works in behalf of our people both spiritually and materially. We thank Him for the success which attended all lines of endeavor in a coordinated minister-laymen program.

We do not cease to remember in our prayers all of the people in the South Bend district, including the 134 baptized during the past five years, that they may be true to God and grow in grace together with the older members. We pray also for the continued blessing of God upon the school, its many fine youth and consecrated teachers.

When calls to other fields come, it is sometimes difficult to ascertain which one is the will of God, but after due consideration and prayer we felt that God’s will prevailed in accepting the call to the Loveland-Fort Collins district in the Colorado Conference, another fine district of God’s dear people. We solicit your prayers in behalf of a heavy program in which there are great possibilities for eternity. Our address is 2705 Lakecrest Place, Loveland, Colo. Melvin, Virginia and Lynnette Johnson

Churches Celebrate New Year by Consecration Services

The Jeffersonville and New Albany churches met together in New Albany for a special service on New Year’s Eve. The sermon, by Eld. R. T. Heiner, called for dedication and consecration of the members to the service of God for the coming year.

Eld. C. A. Paden presided at the Communion Table during the Ordinance service that followed and called for public testimonies which brought the evening worship to an inspiring climax. This is the second consecutive year that the two churches have met together in joint worship on New Year’s Eve.

R. T. Heiner
OBITUARIES

Arthur B. Cole passed away at his home in Midland, Mich., Dec. 23, 1958, at the age of 70 years. He was survived by his wife and 9 children. One of his boys, Harold, was a missionary for the Foreign Mission Board for many years, and now teaches at Cedar Lake Academy.

Brother Cole looked forward with hope to the great resurrection morning.

D. E. Howe

Charles H. Croft was born Feb. 28, 1889, and closed his life at 11:00 a.m. Dec. 27, 1958, to await the call of Jesus. Brother Croft was wed to Anna Weaver April 3, 1915, and became a member of the Seventh-day Adventist church at Evansville, Ind., in 1917.

Brother Croft loved to do the Lord's work, and was engaged in the Insgathering program in a strong way only a few days before his passing. He was first deacon of the Evansville church, and his presence will be greatly missed.

Surviving are his wife, two sisters, and two brothers. Funeral services were conducted at the Johann Funeral home and burial was at Campground cemetery.

P. L. Welklin

Godfrey Davidson was born on Aug. 3, 1865, in Fort Wayne, Ind., and passed away at 4 a.m. Dec. 13, 1958, to rest in the sleep of death at his son's home on Dec. 13, 1958, having reached the age of 90. Brother Davidson was a resident of Rockford, Illinois, for the past 30 years and a painter by trade.

He was a faithful member of the Seventh-day Adventist church for many years active as a personal missionary worker.

He was laid away to rest in the blessed hope of the resurrection on Tuesday afternoon, Dec. 15, 1958, at Memorial Park Cemetery, Rockford, Ill.

L. J. Marsa

Mary Alice Durrie, second daughter of George Holt Durrie and Jenny Turner Durrie, passed away Aug. 28, 1959, on her mother's birthday, Jan. 13, 1959, at Michigan City, Ind., at the age of 81 years.

Miss Durrie, or Molly as she was known by her friends, spent most of her life as an employee of the Battle Creek Bakery Company, Battle Creek, Mich. She worked for them for some 43 years.

At an early age Molly was baptized into the Seventh-day Adventist church being a member of the church for the past seven years she has made her home with her sister Dr. Anna B. Durrie, in Battle Creek, Mich. She was a member of the church, and had been a faithful member. Brother Hendrie was laid to rest in Cherry Grove Cemetery to await the call of Jesus when he comes again. He leaves to mourn his passing in addition to his four children, eleven grandsons, 23 great grandsons and a host of relatives and friends.

Robert Kachenmeister

Silvia Hawley Jewett was born April 5, 1854, and died Dec. 21, 1958, at the age of 104 years and 11 months. She was the oldest living Sabbath school member in the world.

She married Charles H. Jewett when Abraham Lincoln was inaugurated. Her father, a Methodist minister, became a Seventh-day Adventist minister 11 years later, and there were 10 commandments. Strewn Jewett was a member of the Bay City, Mich., church at the time of her death. She leaves over 200 living descendants. Reverend Jewett, May God awaken you in that great day.

D. E. Howe

Mrs. Iva B. Runnels of Rochester, Ind., passed away on Nov. 30. She was born in Whitley County, Ind., in 1877. Until her illness during the past year she attended the Rochester Seventh-day Adventist church. God certainly blessed her with many happy years because of her faithfulness to Him, and her sleep in the blos.

W. A. Geary

Edwin Jerry Santee passed away at his home in Twin Oak, Mich., after a long illness. He was born March 17, 1896, near Charlotte, Mich., and became a member of the Seventh-day Adventist church 43 years ago.

He was a graduate of Emmanuel Missionary College and taught in our denominational schools for many years.

He was united in marriage to Alice Viola Johansen June 17, 1925, at St. Louis, Mo.

To this union was born one son, Jack, now teaching in Mt. Vernon, Ohio.

He was a resident of Detroit for the past 22 years, and is survived by his faithful member of the Detroit Van Dyke church.

Funeral services were conducted in Detroit by Eld. S. Graham Joyce and Eld. O. A. Bataillon of Oshawa, Ontario, and in Charlotte by Elder Botimer.

Surviving with his devoted wife, Mrs. Alice Santee, and son, Jack, are two sisters, Mrs. Roy Linseley of Charlotte and Mrs. Frederick Schaaf of Wisconsin, and one granddaughter.

He was laid to rest in the Needmore Cemetery at Charlotte, Mich.

Mrs. Constance Wright

Norma Cassidy Whipple was born at Gas City, Ind., Aug. 7, 1889, and passed to her rest after a brief illness, Dec. 24, 1958, in Marion, Ind. On Dec. 24, 1909, she was united in marriage to Cornelius Whipple. Left to mourn her passing is her husband and one son, Glen W. of Mount Clemens, Mich.

As a result of Bible studies conducted by Marcy T. Love, she was the Seventh-day Adventist church in 1925. Her life radiated the happiness that she found in her faith, and her deeds of kindness for others will be long remembered. Words of comfort were spoken by the writer, and she was laid to rest in the IOOF Cemetery in Marion.

Wm. H. Grotheer

BUSINESS NOTICES

All advertisements must be approved by your local conference office and accompanied by cash. Money orders and checks should be made to the Lake Union Conference at Berrien Springs, Mich.

Rates: $2.00 per insertion of 40 words or less, and 5c for each additional word, including your address. The HERALD cannot be responsible for advertisements appearing in these columns.

Attention Healthfood Dealers and Doreas Societies: Order your Healthfoods from one source at wholesale prices. Send for price list to Healthfood Distributors, P.O. Box 76, Berrien Springs, Mich. Phone Greenleaf 1-3852.

Join an S.D.A. group to Europe on August 8, by KLM Airlines from New York, and visit 7 countries. Full tourist rail-express system with European Guide. Only $683.60 round trip with hotels and meals. 30 passengers to each bus. Reserve space for next group now. Contact Harold Bagley, R. 2, 8033, Clear Lake, Wisc.

Barber Wanted: Chair rental plan, to work second chair. A perfect location, good business, shop closed 4:30 p.m. Fridays and all day Saturday. Open Sundays 12:30 to 2:00 p.m. One man four miles to Adventist church. Roscoe Reynolds, Sawyer, Mich.

SUNSET TABLE

(According to U.S. Weather Bureau)  February 6, 1959

Detroit E.S. 5:52 Chicago C.S. 5:12
Lansing E.S. 5:58 Springfield C.S. 5:24
Indianapolis C.D. 6:11 Madison C.S. 5:17
RETURNS TO KOREA FOLLOWING STUDY AT EMC

At the recent EMC Youth rally, Eld. Won Sil Pak led a mission pageant procession—largest in recent years at the college. Following more than a year’s study in theology and English, he began his return trip to Korea last week where he will resume his duties as dean of the Korean SDA college.

Symbolizing the Adventist Share Your Faith movement, Elder Pak, below, carried the torch as Elder Theodore Lucas, General Conference MY secretary, gave the charge. Eld. and Mrs. Clinton Lee, returned missionaries from Korea, stand at the right.

LUMINESCENT BACTERIA SHINE IN PHOTOBIOLOGY PROBLEM

by Dr. Ariel Roth

Photobiology is the subject under investigation by Don Mitzelfelt, a junior biology major premedical student, as a special project for the course in problems in biology. This relatively recent discipline of modern biology is the study of the relation of light to biological systems.

Various phases of photobiology are currently being investigated by Mitzelfelt. One problem involves the study of the influence of ultraviolet light on several kinds of microorganisms. Ultraviolet light disrupts the normal biochemical activity of these microorganisms, usually causing death in a few minutes when a concentrated source is used.

Photodynamic sensitization is a second phase being experimented on and involves causing the rapid death of microorganisms by the use of ordinary light and certain specific dyes.

While the dyes themselves will not cause rapid death, and the ordinary light by itself is harmless, the combination of the two can produce death in a few minutes. The mechanism involved is not fully understood.

Animals such as sheep have become sensitive to light and have died because of the taking in of certain pigments from the plants they ate. One person who voluntarily ingested one of these pigments that sensitize animals had to be kept in the dark for days in order to prevent the development of adverse symptoms.

Another related area being demonstrated is the influence of respiratory poisons such as cyanide and urethane of the luminescence of bacteria. Luminescent bacteria are common on marine fishes and are peculiar in that they emit light similar to that produced by a glowworm.

In the presence of a given quantity of oxygen respiratory poisons increase the duration of the luminescence because less oxygen is used in respiration leaving more for the luminescent activity which also uses oxygen.

INTELLIGENT BACTERIA — Don Mitzelfelt, left, and Dr. Ariel Roth discuss problems in photobiology, the subject of a special project by Mitzelfelt.

Light produced by luminescent bacteria cultured in the biology department spells out EMC.
George C. McKay, longtime patron of the Sanitarium and for many years chairman of the Board of Trustees, receives an illuminated scroll expressing appreciation for his services and gifts from J. D. Smith, present President of the Board. Congressman August E. Johansen was Master of Ceremonies at the testimonial dinner. 150 civic leaders and business men attended.

SUCCESS CAN HARM YOUR HEALTH

J. R. JEFFREY, M.D., MEDICAL DIRECTOR

One day as I came out of my office I caught a glimpse of a man who evidently was determined to see me in a hurry. He was elbowing his way through the group in the corridor, paying no attention to the fact that many others had arrived ahead of him.

I recognized the man at once. He had visited the sanitarium on a previous occasion, and I learned then that he had recently acquired a respectable fortune. Success had come to him virtually overnight. He was arrogant, demanding, overconfident.

“Take care of me, Doc,” the man demanded when he reached my side. “I’m in a hurry!”

Casually I looked down the corridor. Every chair along the wall was occupied by men and women awaiting their turn. Among them I recognized the vice-president of an eastern airline, the chairman of a railroad board, the president of a medium-sized midwest corporation, and so on. Practically all of them had been our frequent guests. I turned to the newcomer.

“I’m afraid you’ll have to wait for your turn,” I said, calmly as I could. “All these people have arrived before you.”

Later, examination of this man revealed that he was suffering from strain and tension. His blood pressure was abnormally high. He had a case of what is commonly called “nerves.” And his case history showed that these symptoms had developed since he came into money.

I cite this case merely to point out that success can be quite as harmful to health as failure. This is a side of business life that is frequently overlooked. We think of the man who has lost his business, or is on the verge of doing so, as a likely candidate for a “breakdown” of some kind. And this is often true. The worry that comes from the shadow of failure falling across one’s path can indeed produce illnesses of one kind or another. But it must not be forgotten that success has its penalties, too.

This is true particularly of many who have acquired money quickly, as in the example above. A man may go along for years trying to amass a comfortable fortune. He may see disaster strike all his efforts in that direction. All his well-laid plans come to nothing. Then something happens, and this man who has known failure for so long achieves his goal at last. He makes a fortune.

If he’s a wise man, he will consider his health before giving thought to anything else. He will not let good fortune go to his head, as the saying goes. It is very likely to do this if he is not careful. The sudden change from “getting by” to being rich is something like going from a hot to a cold shower without a gradual change in the water’s temperature.

I’m not thinking of the man’s social behavior. It doesn’t concern me much if a man ceases to be a gentleman and becomes a boor.

(Continued on Page 3)
Lobby Notes - By Leta Browning, Hostess

What a beautiful winter we are having! Sparkling white snow, glistening trees, fresh, clean air outside, and inside the warmth of a crackling log fire and the fellowship of friends. Not for many years have so many come to Battle Creek during the winter months.

A number came just to spend Christmas with us and added to the festive spirit indicated by gayly decorated Christmas trees in all public rooms. Some came to enjoy the many programs and services, all designed to make Christmas meaningful. MRS. GEORGE OLMYSTED of Pennsylvania, and MRS. E. L. RAWLES of Mississippi, regular summer guests, both stopped by for pre-Christmas visits.

While many friends have come from Canada and the northern states, others are from the south. Among those coming from north of the border are: MRS. D. A. MC NIVEN of Regina, LOUIS SOLOMON, SAMUEL ROBINSON, CHARLES M. MENDELSOHN, ADOLPH and MRS. PESNER, F. M. HATTON and MRS. H. GERTLER of Toronto. From Toronto have come MRS. H. BROOKSPAN, MRS. H. RUBINOFF, MRS. M. SALEM, MR. and MRS. C. J. SANDERS, MR. and MRS. B. COOPER, A. A. STEINBERG, CHARLES GROSS and CHARLES ROSE, MR. B. CHOGANOFF came from Mt. Royal, Quebec, O. W. COX came from Windsor and MR. and MRS. S. SMURLICK stopped in from Hamilton.

Guests from the south include: MARY THOMPSON from Arlington, Virginia, MRS. THOMAS McMILLAN of Alabama, MR. and MRS. JULES ROZIER, and MRS. HERBERT KOHN of Memphis, MRS. JOSEPH DANNA from New Orleans, ANNE WOOD from West Virginia, MRS. MARTIN LEWIS and MRS. MAX HOFFMAN from Florida and NAT LIPHSHTUT of Louisville. H. A. WORRELL, a Tennessean from Goodlettsville, has been a regular visitor. He is known as the owner of Solitude Stock Farm, famous for Champion walking horses.

JOHN ARCHER and SHARON KURIT represent the younger set. Both spend leisure hours in the gym where they excel at badminton and ping pong. Sharon has gone home, but John, who is still with us, has built an excellent model ship on exhibition in the lobby.

For a brief health vacation comes JEAN GORDON from New York City. Busy and competent, she is associate publisher of "Dance Magazine." MRS. AMELIA LUBIN from Brooklyn and MRS. WM. GOETZ from Buffalo have truly become a part of our social family.

Cuba is represented by lovely LAUDELINA CRUZ of Havana, and California by MRS. MARGARET WILSON of Burlingame, who is full of stories about her trip abroad from which she is now returning.

After 14 years ERLE CRESSWELL returns from Jamaica. A recent issue of Battle Creek Idea reminded him to do so. Curiously, he seems to enjoy the winter weather and takes a walk or drive almost daily. When he leaves, in a day or two, he’ll be missed by all of us.

Friends of MRS. OLIVER McCLINTOCK will be glad to know that she is much improved from a recent illness. Told many years ago that she would never walk again, she now walks freely and may frequently be seen in the lobby. It is felt that her recovery is due largely to her intense desire to walk and her faithful efforts to make the rehabilitation program effective. Mr. McClintock often visits during weekends.

"LET'S TALK IT OVER" - - -

One of our winter guests remarked recently, "I shall be back. I like the atmosphere of this place." . . . No, she was not speaking of our Michigan winter. She found an INSIDE climate that was congenial. She liked it. It was that unseen, indefinable something in and about the place that gave her a feeling of agreeable satisfaction. Fortunately she was one of those persons who has an atmosphere all her own. It is that delightful "fall-out" of personality . . . .stimulatingly agreeable.

We like to think that this Health Center has an atmosphere distinctively its own. It constitutes a large part of that which makes the institution what it is. It is not that of a hospital, nor that of a hotel, nor is it a summer or winter resort, though all of these features may be found here. Even after we combine all these things, there is still a plus . . . . an intangible something — "Atmosphere." To be sure, business, science, professionalism, treatments, and services of all kinds are to be found here, but all seem to be overshadowed by a cloud bank of friendliness. Old friends meet here year after year, new friends are soon and easily made; informality and sociability prevail. Guests and hosts are friends, doctors and patients are friends, the help and those in need of help are friends, and we like to think in terms of friendship. It is Atmosphere.

The spiritual program plays a significant role in creating atmosphere. Morning devotions in the parlor, grace before each meal, worship moments in each department, inspirational books, magazines and papers available, together with the chaplain’s visits, all contribute to make up that which our guest called "atmosphere" . . . . and said she liked. As fresh air and sunshine promote good health, so pure thought, high motives, humble and contrite spirits bathed in love promote an atmosphere of health. We’d like to share it with you!

Yours for Better Living

Stewart Crandell
Chaplain

(Continued on Next Page)
Patronage Increase calls for New Plans

A guest record for January in recent years has just been broken, according to a report from Health Center Administrator, W. G. Simmons.

Explained Simmons, "With a 548 patient-day increase over January of last year, and with our hospital overflowing, it is imperative that plans for development and expansion be accelerated."

"Most critical need," stated Mr. Simmons, "is for enlarged hospital facilities. It has been necessary to turn away patients needing bed and nursing care, and we hate to do this."

Other Needs

A sound system, carrying lectures, services, and music to guests and patient's rooms is being planned, and will be installed as means become available. A new TV room is also being planned to eliminate disturbance in the main lobby.

The new gymnasium needs acoustical treatment and an organ and auditorium chairs to complete its usefulness for programs and lectures.

To facilitate afternoon trips into the countryside, a station wagon is needed. It is hoped that one may be secured by Spring.

Health Education Fund

Receipt of a grant from the estate of the late Dr. J. H. Kellogg has just been announced. Purpose of the grant is to provide expense funds for health education activities by physicians of the Health Center. The grant makes it possible for lecturers to speak to out-of-town groups.

Lobby Notes (Continued)

Oklahoma provides the charming twosome, MRS. EARL GRAY and MRS. FRED CHAPMAN from Ardmore. Though not related, they look and act much like sisters. From Oklahoma City come MR. AND MRS. ROBERT CAMPBELL, faithful visitors, both.

From the broad waters of the Ohio, Tennessee and Mississippi Rivers comes ROBERT McCANN, purser on the sidewheeler, Delta Queen. He recreates the romance of a bygone era as he tells of experiences during delightful steamboat cruises still conducted for lovers of Americana.

"I'm a dirt farmer," says GEORGE SWEET of Fort Wayne, Indiana, when asked about his profession. One of our loyal supporters, Mr. Sweet is nationally known for his many contributions to the science of horticulture and marketing vegetables. His wife and his sister, MRS. AGNES PADGETT, will soon embark on a round-the-world tour. It was good to see Mrs. Padgett recently, sans canes or wheelchairs, eagerly anticipating the cruise.

HAVE YOU MET - - - ?

With the vigor and vitality of a true viking, Danish born J. David Henriksen, M.D., is forging ahead in the development of the Department of Physical Medicine and Rehabilitation at the Battle Creek Health Center. Beginning with the early morning breathing exercises, which he personally directs, this vigorous man with the ready smile goes energetically about a day that is likely to include many activities in addition to patient visits and examinations.

He will probably stop in for a progress chat with Mr. Engen and Miss Cohagan, respective heads of Men's and Women's Baths. He may inspect work being done to complete the remodeling of the gym, while Director of Physical Education Wayne Fleming takes this opportunity to call his attention to the need for more equipment. Even though Dr. Henriksen doesn't know how to get one more badminton racket into the budget, he'll listen attentively, and every member of his staff knows that if the need is a real one, he'll try to find a way. The fact that he may be trying to get his plan for a School of Physical Therapy ready to present to the Board, or trying to figure out how to get a therapeutic swimming pool will not prevent his giving careful attention to Mrs. Engen's report that the mechanical horse in her gym is out of order and needs to be repaired.

Keeping up with the day's demands while planning for tomorrow is even more strenuous while the co-director of this department, J. Wayne McFarland, M.D., is in New York City studying latest physical rehabilitation techniques with the famous Howard J. Rusk, M.D. Dr. Henriksen manages, however, to pack into his day lectures to guests and patients on such topics as "An Apple a Day," "Hydrotherapy in the Home," and "What to do about Rheumatism and Arthritis," and it's not surprising to see this busy man with energy still running high, drop by for at least a few round of the evening march.

In the friendly "sanitarium" tradition, the Henriksen family often join guests and patients for a meal in the dining room or an evening in the parlor, with Dr. Henriksen as the star performer. Mrs. Henriksen's quiet charm, 14-year old Jorgen's manly concern with the technical details of father's program, 12-year old Lise's warm friendliness, and 5-year old Susan's natural exuberance make evenings with the Henriksens special occasions.

Perhaps the younger Henriksens keep their father reminded that lectures however helpful and informative, can be dull, or perhaps he learned this while lecturing to students at Copenhagen, Denmark, or at the Mayo Clinic in Rochester, Minnesota. In any case, Dr. Henriksen runs no risks. He may illustrate his convictions on proper walking by slouching incorrectly down the center aisle, or he may show a magnificent film on art to make clear his views on "Health and Beauty." But whether he's presenting the most serious topic, or taking an evening out to share fairy tales from his compatriot, Hans Christian Andersen, Dr. Henriksen has a way of keeping his audience and keeping his audience with him.

The Battle Creek Health Center and particularly those using the services of the physical medicine department appreciate the contribution Dr. Henriksen is making professionally and personally to the development of the "new Battle Creek."

Grace Fields Director of Social Services

Success Can Harm (Cont.)

instead. As a physician, however, I'm thinking of his health. I know that the mind has a great deal to do with the body. If, when he comes into money, a man changes from a quiet unassuming character everyone loves into a domineering overlord, it is not only friends he risks losing; he may lose health, too. His new mental attitude will be reflected in his body.

You may think that I am straining at a gnats in dwelling on those who come into money quickly. I assure you I am not. In these times, when the making of large, small, and medium-sized fortunes has become pretty widespread, the symptoms I have alluded to are far more common than is generally known.

There is another way in which those who come into new responsibilities can harm their health; and this applies as well to business men long accustomed to success. I refer to the stress and strain in carrying

(Continued on Page 4)
RECONDITIONING AT SPRINGTIME

Early springtime is garden time, and there is usually enough to do. Snow-covered grounds give way to drab yards littered with withered leaves and broken limbs. Cleaning, cultivating and soil conditioning are necessary if a fresh and beautiful garden is to materialize.

A look into the mirror or a step on the scales may suggest some conditioning for you as well. By late winter or early spring many have reached a low ebb healthwise. Complexion is pale, muscles are flabby, and joints ache. Fatigue, sleeplessness and irregularity add up to a grim case of spring fever.

Some folks look for a patent spring tonic. Others come to Battle Creek for a thorough physical check-up, a good rest with conditioning diet, baths, sunbaths, massage, and exercise. Those who do THIS in time will be in better shape to get the GARDEN into shape.

J. D. Henriksen, M. D.

(Continued from Page 3)

on business activity. This modern evil spares no one. It is true, however, that those new to important positions in society feel the impact more at first, perhaps, than do those who have been in the harness of leadership a long time.

Tension is like the well-known analogy of water dropping endlessly upon stone and wearing it away. The stress of modern living conditions, highly competitive in every field, will in time wear away the most robust physical constitution; that is, unless constructive steps are taken to combat and overcome it.

Consider your heart. It is a valiant organ. It pumps from 75 to 80 barrels of blood every 24 hours. It has an amazing recuperative power, utilizing minute fractions of time, split seconds, in which to rest. But when it is pressed too hard, even the heart will weaken.

There is only one way to make certain that the heart, as well as every other organ in your body, is functioning normally. That is to have a periodic examination. Unfortunately, however, there is a factor that tends to obscure the necessity for a periodic checkup. In normal health we are quite unconscious of the mechanism of our bodies. Minor irregularities, and even serious trouble at times, can exist unnoticed. So, feeling well, the periodic examination is passed over. That can be tragic.

Happily, many people are wise enough to have a thorough overhauling with religious regularity. In that connection I recall the president of an eastern railroad. For 30 years he has been getting a checkup every August. He's more than 70 years of age, and he never fails to show up every year.

An amusing sidelight in this case occurred several years ago. A few weeks after the railroad president had had his annual overhauling, the chairman of the board, a younger man, got in touch with me. "Don't treat the president so well," he said. "When he comes back here, he's so chipper we can't live with him!"

Chipper or no, the elderly man is following the right course. He is seeing to it that his body is kept at a high level of efficiency. That is the way longevity is attained. Before he reached middle life the railroad official must have learned the wisdom of a physical examination once a year; and good health is, after all, a matter of education. Also it is a matter of sound business judgment, as my friend must know, too. You would soon lose all your money if you did not constantly make more. All out-go and no income is as dis-}

(continued)
THE BATTLE CREEK SYSTEM OF PHYSICAL EDUCATION.

1. Strength testing apparatus perfected after some ten years of experiment by means of which the strength of each one of the 20 principal groups of muscles of the body may be accurately determined. This dynamometer, introduced at Annapolis by the late Rear Admiral Niblack, has been in use by the United States government in its military training schools during the last 30 years. Every student who has entered Annapolis in the last 25 years has been tested by the Battle Creek dynamometer. It is also in use at West Point and at the United States military school in the Philippines and is made the basis of the muscle training program carried out in the Annapolis Naval Training School.

This strength testing appliance was described in papers read before both the British and American Associations for the Advancement of Science nearly 40 years ago and was exhibited at the Quadricentennial Exhibition in 1893 and also at the great Hygienic Exposition at Dresden, Germany in 1911, where it was presented by the eminent German physiologist Professor Zuntz, of Berlin.

2. Standards of average-mean strength for the individual muscular groups of persons of different heights ranging from 5 feet 3 inches to 5 feet 7 inches in women and 5 feet 4 inches to 6 feet in men. By tabulating these averages a chart has been prepared on which may be plotted the results obtained with the dynamometer, thus producing a strength graphic on which is shown the percental relation of the strength of each group of muscles to that of a normal average person of the same height.

3. Normal posture standards, both standing and sitting. These were first established about 1885 and shown in a series of outline charts at the Quadricentennial Exhibition in Chicago in 1893. These standards were the result of an extended research involving the making of profiles.
of several hundred persons* and the determination of the relation of external contours to the positions of the internal viscera and measurements and posture studies of some scores of individuals of different primitive and semi-civilized races -- the American Indians, Mexican Indians, Egyptians, various African tribes, desert Arabs (Sahara) and statues, ancient and modern, shown in leading museums.

4. The photo-silhouette, or shadowgraph. This is a photograph of a shadow made upon a screen placed close to the body by a strong light placed at a sufficient distance to avoid appreciable change in the size of the subject or in the profile. This device was first used in 1924, since which time it has been in constant use in the Battle Creek Sanitarium and in Battle Creek College, where several thousand photo-silhouettes have been made.

5. Posture analysis and definition. In addition to the establishment of normal or standard postures, the Battle Creek System provides a means of analyzing and defining postures through the use of the photo-silhouette, or shadowgraph, with markers. The photo-silhouette provides an accurate picture of the body contours at any desired angle. The standing, front, and side profiles are usually employed. By the aid of markers placed at fixed points, reference lines are laid down upon the photo-silhouette which make it possible to analyze the profile, to establish ratios of contour and to determine accurately the degree of angular deviation from the established normal standard.

The fixed points marked are the pubes, the tip of the spine of the third lumbar vertebra, the lower end of the sternum, a point on the spine opposite, the upper end of the sternum and the point of the chin. A marker indicating the opening of the ear is also sometimes employed.

*A partial report of this research was made in a paper presented before the International Periodical Congress of Gynecologists and Obstetricians at its meeting at Brussels in 1892.
A line drawn on the photo-silhouette connecting the pubic marker with the lumbar shows the obliquity of the pelvis. This is taken as the base line of the body. The pelvis and legs form a pedestal on which is balanced the trunk or torso. Through the center of the oblique line of the pelvis, a vertical line is drawn reaching from the vertex to the level platform on which the subject stands. This is taken as the axis of the body and the chief line of reference whereby the amount of deviation from the normal of any portion of the body contour may be measured and indicated in angular degrees.

An important contribution to posture reform is the perfect posture chair, which provides interscapular as well as lumbar support. The use of this chair is found the most efficient means of correcting the most common posture faults, such as round shoulders and flat chest.

An essential feature of the Battle Creek System of physical education is biologic living, which connotes simply strict conformity of one's living habits to the requirements of physiology. In other words, to take as good care of our bodies as of our automobiles. Modern research has made clear the importance of an abundant daily supply of vitamins, food minerals and bulkage, as well as a well balanced intake of protein, fats and carbohydrates. The discovery by Bouchard, Metchnikoff, Brieger and other eminent scientists of intestinal toxins and their pernicious effects has clearly shown the paramount importance of the complete suppression of intestinal putrefactions by changing the intestinal flora.
1. Dynamometer.
2. The strength graphic.
3. The photo-silhouette or shadowgraph.
4. Posture analysis.
5. The biologic regimen.
7. Methods of rejuvenation, prolonging youth and postponing senility.
SPECIAL FEATURES OF THE BATTLE CREEK SANITARIUM

BILL OF FARE

It Is Unique

On no other table have first appeared so many new and wholesome foods and food preparations which later became known and used throughout the civilized world. The Battle Creek menu is the result of more than 50 years' research and experimentation in the dietetic and culinary laboratories of the Battle Creek Sanitarium and the Battle Creek Food Company. Among the special features which have given to the Battle Creek bill of fare its superlative excellence and commanding influence are the following special characteristics:

It Is Biologic

That is, every food is selected with reference to its adaptation to meet the body requirements and its complete freedom from unwholesome properties. Nothing is permitted to appear upon the Sanitarium table which is in the smallest degree objectionable from a health standpoint. On the other hand, great pains is taken to provide as great a variety as possible of wholesome, attractive, palate-satisfying nutrients of the highest quality obtainable.

It Is Balanced

Every bill of fare is carefully arranged and studied by a group of experienced food experts to make sure that everything needed to meet both general and special nutritive needs is provided.

It Is Safe

Extraordinary care is taken to insure absolute purity and freedom from contaminants of any sort. In addition to the elimination of un-wholesome foods, great care is taken to avoid all possible danger from
contaminants not only by careful inspection but by thorough sterilization. All uncooked foods such as fruits and green vegetables which are served without cooking are thoroughly washed and then sterilized by immersion in a highly efficient but harmless germicide similar in character to that which is in universal use for the purification of public water supplies. This affords perfect protection against the Endameba histolytica and other intestinal parasites which are rapidly becoming a grave menace to health through the general neglect of these precautionary measures which have afforded complete protection to guests of the Battle Creek Sanitarium for more than a quarter of a century.

**Kitchen Sanitation**

The spacious dining room of the Sanitarium which seats 1,000 guests is served from a kitchen laboratory which is unsurpassed for completeness, efficiency and elegance of its equipment, all made of un tarnishable white metal, with walls and ceiling of white glass tile, cooled by ventilating fans and kept so immaculate by meticulous care that never even a suggestion of an unpleasant odor can be detected.

In addition to the careful sterilization of the food, food handlers, waiters and dish washers are required to sterilize their hands when they come on duty and to repeat the sterilization whenever contact is made with any possible source of contamination by contact of the hands with unsterilized foods or food containers, the person, clothing or other possible sources of contamination.

**The Calorie Balance**

As a pioneer in dietary progress, the Battle Creek Sanitarium was first to place upon its tables a bill of fare showing the energy values of each article of food served. Its bills of fare are still unapproached in the thoroughness and completeness of this feature which enables each
diner to regulate with accuracy his food intake for each meal and each
day, thus facilitating weight control.

The Vitamin Balance

A vitaminoce or vitamin deficiency is now recognized as one of
the most common and perhaps the greatest of all causes of disease. Our
expert dietitians have all received special college and nutrition
laboratory training and have had long experience in correcting vitamin
deficiencies. These experts in marking bills of fare take care to make
sure that the special needs of each individual guest are fully met.

Vitamized Foods

Very few natural foods contain all the vitamins required for
normal maintenance. Only by carefully studied combinations, based upon
expert knowledge of the vitamin contents of foodstuffs and of available
vitamin concentrates, are these defects made good. The Battle Creek
Sanitarium bill of fare is altogether unique in providing means whereby
a complete vitamin ration can be provided for each guest no matter how
great may be his vitamin need because of injuries resulting from some
specific vitamin deficiency.

The Food Mineral Balance

The importance of careful balancing of the foodstuffs for lime,
iron, copper and other food minerals, demonstrated in recent years by
the nutrition laboratory, is fully recognized both in providing a bill
of fare which makes these food essentials available and in the careful
adjustment of each bill of fare to individual needs by trained dietitians.
Table Taboos

The biologic code, made by the founders of the Sanitarium one of its foundation stones, necessitates the creation and maintenance of taboos which exclude from our tables certain articles which customarily appear at public and private eating places, because they are known to be prejudicial to health and open to soundly based objections on physiologic grounds.

The Mustard Pot, the Pepper Box, Curries and other hot condiments are responsible for many cases of gastro-duodenitis, gall bladder and other digestive disorders and so must be excluded from a strictly physiologic bill of fare.

Hot Sauces such as Worcestershire, horseradish, pepper sauce, cloves, etc. are universally recognized as enemies of gastric health and hence have no place in invalid stomachs or on a sanitarium bill of fare.

Vinegar, like other condiments, is in no sense a food. It is a chemical solution, diluted acetic acid, an irritant which congests and harms the stomach and seriously interferes with starch digestion. Vinegar lowers the alkalinity of the blood, lessening vital resistance and shortening life.

Pickle. Cucumber pickles have practically no nutritive value. They are indigestible and saturated with the unwholesome acetic acid of vinegar. Hence they are strictly taboo here.

Rich Puddings and Pastries are excluded from this bill of fare because of their indigestibility and unwholesomeness. Their place is fully supplied with attractive entrees and delicious fruit desserts.

Tea and Coffee, the well recognized foes of sound sleep and healthy nerves, are replaced by wholesome and refreshing beverages rich in vitamins, those magic nerve building vitamins which serve as igniting agents...
which tone up the nerves and keep resistance high.

Meats of all sorts, flesh, fish and fowl, are taboo because they are biologically foreign to the human bill of fare and are often found to be responsible for grave ailments of important vital organs because of their lack of vitamins and necessary food minerals. Besides, all fresh meats are grossly infected with colon germs and other parasites which are incompatible with health through causing intestinal putrefaction and autointoxication.

Wine, Beer and all intoxicants are conspicuously absent from the Sanitarium tables because of their anti-vital properties and their utter lack of health promoting value.

The Cigar and the Cigaret, like the other taboos mentioned, have never been seen in the Battle Creek Sanitarium dining rooms. This is one of the few public dining places from which the poisonous weed in all its forms is strictly excluded.
INFORMATION FOR STUDENTS

OF THE

B.C.S. ANITARIUM SCHOOL OF HOME ECONOMICS.

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DORMITORY REGULATIONS

1. Quiet must be maintained from 10:00 P.M., until 6:00 A.M.

2. Students are expected to observe study hours on school days from 7:30 P.M. - 9:30 P.M. It is not expected that students shall visit in each others rooms during study hours. Parties, theatres, and late hours cannot be indulged in on school days without special permission from the House Director or Director of the school. Students wishing to be out later than 10:00 o'clock on other nights than school nights, must obtain permission from the House Director.

3. Students may receive gentlemen callers once or twice a week on either Friday, Saturday or Sunday nights, but callers must leave by 10:00 o'clock. Under no circumstances shall gentlemen callers be received in private rooms.

4. Students rooms are subject to inspection at all times. Rooms must be left in order. When leaving the room early in the morning, the bed covers must be folded back neatly for airing and dresser and tables left in order. Clothing must be hung in proper place, towels folded and hung up.

5. Furniture and linen must be in as good condition when the room is given up as when taking possession of it. Ink spots and other stains must be taken care of by the students. Sheets, towels and household linen must be preserved for their legitimate purposes.

6. Nails and tacks must not be driven into the walls. Damage to walls, furnishings, and other property will be charged to students.

7. As the cottage is not a fireproof building, the insurance laws do not permit the use of kerosene, alcohol lamps, or electrical fixtures.

8. Cooking and serving of meals in the rooms is not permitted.

9. Room rent is to be paid weekly in advance. If preferred it may be paid a month in advance.

10. Hoppers and toilets must not be used for the disposal of waste, such as hair, rags, sweepings, etc.

11. Bath tubs must be cleaned after using.

12. Please turn out lights before leaving the room.

GENERAL SUGGESTIONS.

1. Students who are ill shall report at once to the House Director or to the Social Secretary. Excuses for illness cannot be given unless this is attended to promptly.
assessments should be of such a nature as to have a creditable influence on the character and habits of the individual.

RELIGIOUS DUTIES.

In keeping with the efforts of the management to maintain a high standard of Christian character, special effort is made to give everyone an opportunity to attend religious services. Sabbath and Sunday services are regularly held in the chapel or in the parlor and there are daily prayer services or bible study, in principal departments. It is desired that everyone should bear in mind that Sabbath begins at sun down Friday evening and closes sun down Saturday evening, and to plan their work accordingly.

It is desired that every helper will do everything in their power to help maintain a religious atmosphere about the institution.

CARE OF PROPERTY.

Property deteriorates rapidly even when given the best of care. It is important that each helper should feel interested in the upkeep of everything about the institution. Everything has its legitimate purpose and natural wear and tear is to be expected. Special efforts should be made in the care of dishes, utensil of all kinds, linen, furniture, walls and floors, as all of these things are especially subject to destruction by careless use.

Everyone should familiarize themselves with the proper care of plumbing and bear in mind that freezing can cause a great deal of damage.

Economy in the use of light and water should be practiced.

Destruction and waste due to carelessness will be charged to the individual responsible.

GENERAL SUGGESTIONS.

For the benefit of the individual as well as the institution and its patrons, it is recommended that the use of flesh foods be avoided. Coffee and tea are known to be harmful to the nervous system and therefore should not be used.

A constant regard for the comfort of the patient should be your first consideration as an employee of the Sanitarium.

Cultivate kindness and courtesy to companions and fellow workers.

Be thoughtful and awake to opportunities and cultivate a real desire to improve and render useful service to the patrons of the institution and in that way to humanity in general.

Employees are requested to use north and south elevators as much as possible and especially when carrying utensils, etc.

The lobby and halls on the main floor must not be used as a thoroughfare by helpers.

Helpers and students have the use of the College lawn. The parlors and lawn in front of the main building are reserved for patients and lounging about these premises cannot be permitted.

Because of insurance regulations, helpers cannot be permitted to prepare food in their rooms.
5. Dr. Kellogg's private library at his residence is also open to the students.

6. The Sanitarium Laundry will accept students laundry at helpers rate. It must be plainly marked and must be at the laundry before nine o'clock Monday morning. See instructions on Laundry List.

7. Students are allowed the privilege of boarding at the Sanitarium helpers dining room at East Hall at the same rates as other helpers. Visiting relatives and friends may be taken to meals for a reasonable length of time by obtaining a written permit from the Director. Meal hours are as follows: Breakfast from 6 to 8 A.M., Dinner from 12 to 2 P.M., and Supper from 5 to 7:15 P.M.

EMPLOYMENT.

The Sanitarium gives employment to a limited number of students who are physically able to do the work assigned them. By working three hours a day at table waiting, most students are able to meet the expense of board and room. Those wishing employment must apply to the Employment Office and must report for work not later than September 1, otherwise work cannot be promised them. All employees are expected to be at their posts of duty regularly and promptly, unless ill or excused by previous arrangement, by the head of the department. When necessary, the employee is to be sent as quickly as possible to the head of the department.

All employees are required to give two weeks notice to the Employment Office before leaving.

Vacations and leaves-of-absence from duty must be arranged for at the Employment Office, at least two weeks in advance.

ATTENDANCE.

1. Students are expected to attend all classes unless ill or excused by the Director.

2. Three unexcused absences from class in any course during one term shall be reported to the Director.

3. Two tardinesses count as one absence.

EXAMINATIONS AND CREDITS.

1. All tests, examinations and other required work must be made up before the student shall receive a passing grade.

2. Students shall be excused from final examinations, providing, first, the student makes an average of A (90%) in class work and tests; second, students shall not have more than three unexcused absences during the term; third, the student shall be present at the last, and the beginning of each term of school, except the beginning of the fall term. No student shall be excused from final examination who is not present at the last and beginning of the term of school.

3. A passing grade consists of C plus (75%) in both class work and final examinations.

4. A failure consists of a grade of D (60%) or less, as a class average. The course must then be repeated.
5. A condition consists of a grade below C plus (75%), but above D (60%), in either class of work or final examinations. The work must be made up to the satisfaction of the instructor.

6. A fee of one dollar will be charged for special examinations.
GENERAL REGULATIONS FOR STUDENTS
OF THE
NORMAL SCHOOL OF PHYSICAL EDUCATION.

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ATTENDANCE

1. All students must be present at Chapel unless formally excused through the office.

2. No student is expected to leave before final examinations or the close of the term.

3. All students must return promptly after vacations and be in class on the opening day of the term.

CONDUCT

1. Young men and young women are expected to act in a becoming manner for anyone intending to go out in two years as teacher or leader. Each class and each student is expected to bear a share of the responsibility of the school reputation.

2. Students are urged to attend their respective churches, at least once a week.

3. The Sanitarium observes the Seventh Day, and from sundown Friday evening until sundown Saturday evening students are asked to refrain from all school duties and to conduct themselves in a quiet and orderly manner suitable for the Sabbath.

4. Under no circumstances, are students allowed to attend public or private dances or to indulge in playing cards.

5. The spirit of helpfulness and interest in the welfare of one another and the institution is commendable and should be cultivated in every student.

SOCIAL FUNCTIONS

1. The plan of all social gatherings shall be submitted to the one given charge before definite arrangements are made for same.

2. No social affair shall continue after 10:30 P.M., and moderation and quiet must be observed after 9:30 — the quiet hour of the Sanitarium.

3. Publicity of all Normal School activities shall be in the hands of an appointed press committee and shall pass the approval of the Dean before being reported to the city papers.

ABSENCE

1. Students called away from school for a period or before the close of the term should report the same to the office and to each of his instructors.
2. All students not going home for vacation, yet leaving town to visit, must report where and with whom they expect to visit.

3. Written excuse signed by the Dean must be presented to the instructor by the pupil upon his return to class after any absence from that class.

4. Promptness is required. Two tardies in class attendance equal one absence.

5. All work missed by absence or by failure to pass the regular examination, must be made up by special make up class or special examination.

**LIBRARY.**

1. Perfect silence must be maintained in the library.

2. No conversation is allowed. The library is only for reading and study.

**REGULATIONS FOR WOMEN STUDENTS.**

**ROOMS.**

1. No room should be engaged without the approval of the Dean of Women.

2. Students are expected to remain a full term in the room unless good reasons can be given for making a change. Such change can be made only after consultation with and approval of the Dean of Women.

3. Rooms cannot be engaged where there are young men in the house.

4. Rent should be paid in advance at the beginning of each week or fortnight.

**PRIVILEGES IN ROOMS.**

1. Pressing, sewing and washing privileges should not be expected unless definite arrangement is made for such privileges.

2. Due consideration should be given to care of rooms, avoiding unnecessary use of lights, water, etc., and breakage or hard use of furniture.

**HOURS.**

1. All lady students must be in their rooms by 9:30 o'clock, except by special permission. Owing to the heavy and early class hours, women students are not permitted to be out on Monday, Tuesday, Wednesday, and Thursday evenings; except on special occasions and by permission of the Dean of Women.

**CALLERS AND GUESTS.**

1. Young ladies may receive gentlemen callers on Saturday or Sunday evenings. Callers must leave by ten o'clock.

2. Under no circumstances should callers be entertained in the rooms of students. A folding bed does not transform a bedroom into a reception room. A reasonable use of the parlor may be expected in any rooming house.
3. Callers and students are expected to conduct themselves at all times in a quiet and dignified manner.

4. Students should not expect to entertain friends or relatives over night without making arrangements beforehand and should expect to pay a reasonable price for such favors.

5. Students are not allowed to spend the night out of their own rooms without permission.

SOCIAL ENGAGEMENTS

1. Young women are not expected to go on walking tours or outings without reporting where and with whom they are going.

2. Young women are not allowed to eat dinner or luncheon at downtown hotels or restaurants with men without permission, and must state where and with whom they wish to go.

3. Young women must have permission to go to the theatre.

4. Young women students are not permitted to accept social engagements with patients at the Sanitarium. If the lady of the house knows that young ladies rooming with her are associating with patients, she should report the same to our office.

REGULATIONS FOR MEN STUDENTS

1. Students must be in their own rooms by 10:00 P.M., unless excused by the Dean to be out on special occasions.

2. Students must meet all financial obligations when due. Tuition and room rent must be paid in advance.

3. Students are not expected to run bills for anything in the city.

4. Loud talking or laughing will not be permitted in the College building, gymnasium, locker-rooms or any place around the Sanitarium grounds.

5. The use of tobacco in any form, by the students or helpers will not be permitted.

6. Pure speech and manly conversation is expected of every student.

7. Young men are expected to be gentlemen in manner, tone and bearing. The little courtesies of life count for much. The spirit of cooperation and habits of thoughtfulness and consideration should be cultivated.
We the undersigned do hereby associate ourselves together, and do hereby organize ourselves into a Corporation, under the corporate name of "Health Reform Institute," and we do hereby adopt and subscribe the following Articles of Association, to wit:

1st
The purpose for which this corporation is formed is, the treatment of disease, and imparting instruction in the principles of Hygiene for Compensation, and also for the purpose of benevolence and charity.

2nd
The amount of the Capital Stock of Said Corporation is One Hundred Thousand ($100,000) Dollars, and the number of Shares of Said Capital Stock is Four Thousand, of Twenty-five Dollars each.

3rd
The amount of the Capital Stock actually paid in is Seventeen hundred and fifty dollars.

4th
The names of the Stockholders, their respective residences, and the number of Shares of the Capital Stock held by each is as follows, viz:

<table>
<thead>
<tr>
<th>Name</th>
<th>Residence</th>
<th>No. of Shares</th>
</tr>
</thead>
<tbody>
<tr>
<td>John P. Kellogg</td>
<td>Battle Creek</td>
<td>176 Shares</td>
</tr>
<tr>
<td>Calvin Green</td>
<td>&quot;</td>
<td>160 &quot;</td>
</tr>
<tr>
<td>Jothan M. Aldrich</td>
<td>&quot;</td>
<td>32 &quot;</td>
</tr>
<tr>
<td>Albert Kellogg</td>
<td>&quot;</td>
<td>24 &quot;</td>
</tr>
<tr>
<td>Horatio S. Lay</td>
<td>&quot;</td>
<td>16 &quot;</td>
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<tr>
<td>John F. Byington</td>
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<tr>
<td>Uriah Smith</td>
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<td>Orrin R. Jones</td>
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<tr>
<td>Noah N. Lunt</td>
<td>&quot;</td>
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</tr>
<tr>
<td>John N. Loughborough</td>
<td>&quot;</td>
<td>16 &quot;</td>
</tr>
</tbody>
</table>

5th
The office of Said Corporation for the transaction of its business is located in the City of Battle Creek in the County of Calhoun, and State of Michigan, and the business of Said Corporation is to be carried on in the County of Calhoun.

6th
The term of the existence of Said Corporation Shall be Thirty Years.
The Stock, Property, and affairs of such Corporation shall be managed by Seven Directors. There shall be a Secretary and a Treasurer of such Corporation, and such other officers and agents as shall be required by the By Laws; and who shall be elected or appointed in such manner as shall be provided by said By Laws.

This Corporation is organized under and by virtue of the provisions of an Act entitled "An Act To provide for the formation of Corporations for establishing Health Institutions" approved, March 13, 1867.

In testimony whereof, we have hereunto set our hands and seals this ninth day of April in the Year 1867.

John P. Kellogg
Calvin Green
Jotham M. Aldrich
Albert Kellogg
Horatio S. Lay
John F. Byington
Urial Smith
orrin B. Jones
Noah N. Lunt
John N. Loughborough

State of Michigan
County of Calhoun) On this 9th day of April, 1867, before me, the undersigned, a Notary Public in and for Said County, personally came the above named John P. Kellogg, Calvin Green, Jotham M. Aldrich, Albert Kellogg, Horatio S. Lay, John F. Byington, Uriah Smith, Orrin B. Jones, Noah N. Lunt and John N. Loughborough, known to me to be the persons described in, and who executed the foregoing Articles of Association, and acknowledged to me that they executed the same for the uses and purposes therein named.

Leonidas D. Dibble,
Notary Public, in
and for Said County.
This is to certify that Dr. J. H. Kellogg, the medical superintendent of this institution, known as the Medical and Surgical Sanitarium, has not at the present time nor ever has had any pecuniary interest in the business of this institution; and that his only source of income from it, either directly or indirectly, is a regular salary of fifteen dollars per week. In justice to the Board of Managers I ought to say, that for years a larger salary has been tendered Dr. Kellogg, but he has steadily refused to receive it, urging as a reason the charitable character of the institution. Its Articles of Incorporation and By-Laws requiring the expenditure of all its earnings, above what amounts may be needed for repairs and improvements, in the treatment of the "sick poor". I would also add that the business affairs of the institution are managed by a Board of Directors, which are annually elected by the stock-holders.

Battle Creek Mich.  G. H. Murphy, Treas.

May 11, 1887
BATTLE CREEK
SANITARIUM

* *

REPRINT FROM AN EDITORIAL
IN THE CHICAGO CLINICAL REVIEW.
1893.
BATTLE CREEK SANITARIUM.

The institutional treatment of disease was well established in a deserved recognition for good, years ago. The fact itself does not belong particularly to this day and age, though a very decided enlargement and improvement do. Those who were acquainted with the "water cures" and "exercise establishments" of thirty or forty years ago, would marvel at the modern sanitarium of to-day, and appreciate the fact that the infant has grown to manhood, that development has been the almost constant order of the times.

Now let us see what this means more in detail.

The health resort of forty years ago furnished baths, ordinary baths, without scientific calculation or particular discrimination; a dietary equally unscientific and lacking differentiation, except in a rough way, in which the main virtues of regularity and wholesomeness entered; a varied and graduated individual and active exercise; and certain secondary advantages of climate and mind diversion. Under these circumstances some people were cured, a considerable number temporarily bettered, while many drifted aside, even before the monotony of the life at such a place had broken upon them.

Thus the institutional care of the sick did not greatly prosper.

But a new era came upon the world of medicine, and the adaptation of advanced and better principles for the conquest of disease and the prevention of its first attacks, soon grew in the minds of those who kept pace with the light of the times, and the revolution as seen to-day is almost complete.

But where can this progress best be seen?

Probably nowhere better than in the large hospitals and health resorts, properly so-called, wherein the spirit of ad-
vancement has dwelt. Here it is observed that change has followed change; there has been a constant addition of means and aids; enlargement, amplification, and reconstruction have taken place, all fostered and sustained by quick intuition, broad comprehension, and a keen sense of merit, until now, upon a study of one of the best types of to-day, we are impressed with the value and importance, not alone of community attention in the care of chronic invalids, but as well of the great possibilities of ultimate success which the knowledge and means now possessed appear to grant.

The Battle Creek Sanitarium is without question one of the foremost in the country in the way of capacity and completeness, and, indeed, in some respects stands quite alone in point of merit and progressiveness; for instance, in the fine health foods made here and not elsewhere, and the very thorough analysis of the muscular system and the functional power of the stomach, to which so much attention is given in each individual case.

But first, though not altogether first in degree of importance, there is the matter of location.

The climate of Michigan, especially its central, undulating portion, is generally toning; it may be somewhat harsh at times, but it is seldom or never depressing.

At Battle Creek the great stretch of hill and vale on every side, seen in the bright green of spring or early summer, the sheeny yellow of harvest time, the gray, mellow haze of autumn, or when the white mantle of winter spreads its pall over all, cannot but leave, when coupled with the exhilarating effect of the atmosphere, the abundance of pure and sparkling water, and food that angels might well relish, a higher sense of inward joy and comfort, a deep reverence for that free, unfettered touch with the natural goodness of earth which becomes at once the portion of those in the profound enjoyment of health. It is in the midst of these better circumstances of environment that, it may well be said, there springs up, many and many a time, that strong and growing determination of a newer life which of itself is a power of great proportions in the reconstruction for which the poor sick one has prayed for years.
This, however, is but the foundation, the place and its surroundings. Here, under the long and active superintendency of Dr. J. H. Kellogg, has been erected a great group of buildings, all having for their purpose the benefit of the weak.

The most notable structure is the main building, which provides for upwards of six hundred guests.

The Hospital, a large, fine, and entirely separate building, has accommodations for one hundred patients.

The Nurses' Dormitory, a fine building nearly completed, will accommodate two hundred lady nurses.

Then there are other buildings, large and small, numbering altogether about twenty-five, occupied by patients and also by employees (of whom there are nearly four hundred), and by the various auxiliary working factors of the institution.

The methods of attention in vogue at the Battle Creek Sanitarium are quite distinctive, and in some respects original to it alone, so far as known.

A most careful and concise record of each particular case is made, which goes much into detail, and often, therefore, brings out latent and previously unsuspected infirmities. In fact, the design is to unfold minutely and in graphic form the physical picture of the patient, so that almost at a glance at the final report rendered, the significance of his symptoms and the demands of the case are appreciated.

To this end every group of muscles of importance in the sum of human energy, and within the reach of a test, is measured, *i. e.*, the pound power is ascertained and recorded. For this purpose a unique contrivance is employed, which permits of numerous adjustments, and indicates by a mercurial gauge the muscular energy put forth. In this way the strength is ascertained of the flexors and extensors of the hand, forearm, arm, foot, leg, and thigh, the pronators and supinators of the forearm, the shoulder muscles, the abductors and adductors of the thigh, the anterior, posterior, and lateral muscles of the trunk and neck, and the muscles of the inspiratory and expiratory groups. A total is then made of the power of the arms, legs, trunk, and chest, and finally of the entire body.

From these findings a graphic tracing is made on a large chart, a separate chart being used for each case, which at once
shows the weaker group, and indicates the kind and amount of new energy needed. Systematic development of these weaker parts is then undertaken, the aim being to promote a well-rounded whole.

An important part of the inquiry made in each case is the functional energy of the stomach. Ewald's test breakfast is administered, the stomach being relieved after an hour, and the product subjected to a careful quantitative and qualitative estimation. From these deductions the diet, active or passive exercise, and any special measures, are prescribed.

Touching diet, the cereal foods, vegetables, fruits, and milk are largely employed. The cereal foods are prepared with much care and in great variety. The pure gluten products are largely used. Vegetables of all kinds and fresh from the soil, are much esteemed, and the choicest fruits are used in season. As to milk, it is used very freely (1500 quarts daily), and every ounce is thoroughly sterilised; and only sterilised butter is made use of.

Exercise is varied, of course, both as to amount and kind. The amount is graded, while the kinds differ widely, there being a commodious and well-equipped gymnasium and departments for mechanical Swedish movements, manual Swedish movements, Delsarte, calisthenics, Swedish gymnastics, etc., besides walking, riding, and bicycling. All this is done under a system and according to a prescription based upon the results of the examination of the muscular system above referred to.

In bathing, massage, and the use of electricity, the same discrimination is observed.

What has thus far been said applies principally to the general invalid, though not all has been mentioned; whereas for one found suffering from some more particular trouble, special courses are open. The different branches of medical and surgical relief are separately presided over by trained and educated physicians (there being eleven all told). If the patient is a surgical case, he goes into the Hospital; if a mental case, to a cottage, etc.

There are several matters of interest touching this institution which are either not generally understood or altogether unknown by the profession.
1. It is not a rest cure or retreat, but rather a great training school for invalids, for the active promotion of health, and the prevention of untimely decay.

2. It is liberal in its methods, being undenominational in its creed, broad in therapeutics, and exclusive only so far as infectious and specific diseases are concerned. Man, woman, or child; rich or poor; lame, blind, or halt; cleric or sport, will receive like attention.

3. A training school for missionary nurses and physicians is connected with the institution, there being large classes of each, some two hundred nurses and thirty-two medical students, who begin here and finish in the best regular medical schools, spending their vacations here.

4. There are branch institutions at several points,—Chicago, California, and Oregon.

5. Students and patients are attracted here from all over the world, and the health foods made under the charge of the Sanitarium are sent to the very corners of the earth.

6. A large orphans' home and home for aged is a philanthropy conducted by the Sanitarium authorities; as well as a large free kindergarten.

7. Cases of morphinomania and inebriety are received.

8. Regular clinics are held twice weekly, and the sick poor are given attention.

9. A great medical and nursing charity is maintained by this corporation in the very heart of Chicago's worst slum district, at which more than one thousand persons receive aid each week.

10. It maintains a school for nurses, whose life work will be given to the sick poor.

11. It maintains a cooking school for students, nurses, and patients as well.

12. It conducts for patients, and for all who desire to attend, a constant course of popular lectures and instruction, so that it may truly be said that one's mind is strengthened and developed coincidently with a like process in the body.

Altogether this far-famed place is far-famed for its merit, which is the best recognition it can receive and the best compliment to be offered.
To whom it may concern, but especially to the Board of Directors of the Health Reform Institute:

I hereby solemnly declare and affirm.

1. That in the proposition which I have made to the said Board respecting the erection of a building to be known as the Sanitarium Free Hospital, work upon which has already begun, I have had in view solely and wholly the interests of the institution and the carrying out of one of its organizations in the treatment of the sick poor and that I have had in view no selfish or personal end whatever.

2. And I do hereby solemnly bind myself that I will not use said building, or allow its use in any manner contrary to the interests of the said Health Reform Institute, so long as said institution shall be conducted in harmony with the purposes of its founders as defined in its By-Laws and illustrated by its history up to the present time.

3. I do further declare it to be my wish and intention that this building shall be controlled by the managers of the Health Reform Institute, so long as the institution shall be conducted in its present philanthropic and benevolent spirit.

4. And I agree that I shall at no time undertake the personal and independent control of the said building for any pur-
pose whatever, unless its use or the earnings of the institution, that is, the Health Reform Institute, shall be subverted from their proper purposes, and shall be used for the personal gain or profit of individual stockholders or others.

5. Furthermore, and finally, I do hereby agree that if at any time after five years from the present date the Board of Directors, or other persons representing the Health Reform Institute, shall tender to me one half the sum expended in the construction of said building, I will thereupon at once deliver to a properly constructed Board of three Trustees, one of whom shall be appointed by myself, said Board of Trustees to hold and use said building for the charitable purposes for which it is by me designed, a warrantee deed of said property.

This writing is binding in all its specifications, upon my heirs and assigns, and is a consideration in addition to the sum of Two Thousand Dollars by me paid to the Health Reform Institute, for which I have received a clear title and warrantee deed of the plat of land upon which the building is now being erected.

Signed, this seventh day of November, 1887.

John H. Kellogg.

In presence of

Ella E. Kellogg,

Will K. Kellogg.
A Great Philanthropic...Enterprise...


TRip. At a meeting of the Business Men's Association of Battle Creek a few days after the fire which destroyed two of the six main buildings of the Battle Creek Sanitarium, a committee of five of the leading business men of the city was appointed to confer with the Sanitarium managers for the purpose of ascertaining the needs of the institution, and to devise ways and means for most speedily replacing the burned buildings and the damage done by the great disaster. The committee consisted of the following persons:

Mr. S. O. Bush, vice-president of the great Advance Threshing Machine Company, which is so prominently known throughout the country. Mr. Bush is a member of the Battle Creek Board of Trade, and has served the city as president of the Board of Public Works. He takes a great interest in the public and social activities of the community.

Mr. George E. Howes, one of the first members of the Board of Public Works of Battle Creek, a member of the Board of Aldermen for several terms, and mayor of the city for one term. Mr. Howes is the originator and manager of an extensive cold-storage plant established twenty-five years ago. He is identified with all important movements of the city.

Mr. Nelson Eldred, one of Battle Creek's pioneer citizens. Mr. Eldred has lived in the city since 1875, also mayor of the city for one term, and was for many years a member of the School Board.

Prof. I. L. Stone, for many years superintendent of the public schools of the city, and general manager of the Union School Furnishing Company at the time of the fire which destroyed the entire plant, since which time he has been president of the Duplex Printing Press Company, one of the leading manufactories of Battle Creek.

On the evening of March 17, a monster mass meeting was held in the opera house. The meeting was called by the Citizens' Committee, and the object of the meeting is set forth in the remarks of the chairman, Mr. W. R. Wooden. Every seat in the large opera house was occupied, as well as almost every foot of standing room. After calling the meeting together, the chairman spoke as follows:

"Ladies and Gentlemen, Fellow Citizens: As citizens of Battle Creek, we stand in the presence of a great calamity. One of our most prominent institutions, which we have seen grow up from small and insignificant beginnings to the institution of such magnitude and importance that it has made the city of Battle Creek famous, lies in ashes.

"A number of years ago, a very few, of the citizens of our city became imbued with ideas of hygiene and right living, and so enthused were they with these ideas that they started in incipiently a sanitarium for the purpose of promoting those ideas, and of doing much good in the world through their furtherance. We can remember a little, insignificant building that they occupied in the beginning. We have watched their growth in our midst until they became the great and grand institution so recently destroyed by fire. We have all taken pride in the institution for its past.

"We have taken pride in its management and in their reputation. We have felt, as individuals, propriety interest in the institution. We have always referred to it as one of the great, bright marks in our community. At times, when any of us have happened to be abroad in the world, and the place of our residence became known, the subject of the Battle Creek Sanitarium was invariably brought up. Now with our pride in the institution, and our admiration for it, we have at times been indifferent toward it, too much so. We have given too little heed and thought to its purposes; we have not always given it credit for its great aims. Its loss by fire struck us all forcibly. We found after the fire that the institution was the center of our city's life, and that it had been a help to all classes. We found that the institution had upon its hands a large volume of indebtedness, and that its funds were insufficient to take practically all of its property and effects left to cancel that indebtedness.

"We were surprised to find that it would be rebuilt, but yet not fully knowing its situation, we gave the subject of its rebuilding any effort on our part toward its rebuilding very little or no attention. Upon consideration, we appreciate the fact that it is rebuilt and maintained as an institution, of this or any other community, the money must be raised by donation necessary to rebuild it. It is not sufficient for us to go out into the world and raise the money as an ordinary business enterprise would under similar circumstances, but owing to its importance, and the purposes of the institution its trustees would not think it fit and proper to do so.

"We have a Business Men's Association here in Battle Creek, that became somewhat interested in the matter after discovering that other communities were making an effort to induce the managers of the Sanitarium to remove the institution to some other community. The association appointed a committee, who visited the officers of the institution, and although the managers of the Sanitarium asked nothing, the committee of the Business Men's Association thought it necessary on the part of Battle Creek, in the way of donations, to keep the institution here. The Sanitarium Board hesitated, not wishing to levy any claim upon the generosity of Battle Creek people. The committee insisted. Finally, the committee, after hearing the propositions that were made by other communities, asked them if fifty thousand dollars' donation on the part of the citizens of Battle Creek would retain the institution here, as they were assured that it would. In considering the matter, it was thought best and most advisable to call this meeting for the purpose of enabling all the people of Battle Creek to contribute to this good cause. It is felt that the citizens of Battle Creek wanted an opportunity to show their loyalty to Battle Creek, to the Battle Creek institutions, and Battle Creek people. It is a meeting for the purpose of assisting the committee in raising this money.

"One thing that should be considered is the fact that this is one of our institutions. This was here when most of us came, and it should be here when we go. (Applause.) We should be loyal to the institution because it has been our institution. It is a matter that affects us all, no matter what our occupation or following may be. It has already done to adhesive Battle Creek than all the other institutions we have. With its lines running from San Francisco to Cape Town it has carried messages of the truth in every practical nation.

"We are all indebted to it because of its doing. It has brought many of our friends back to that hospital. It has brought the attention of energetic and prosperous men to Battle Creek. It has shown the world the benefits of a such a community, causing these men to come and join us, and institution after institution has been built up, to which we can give nothing credit but the Battle Creek Sanitarium. Can we afford to lose an institution that has brought us this good? Can we afford to sacrifice our pride by saying that we can form corporations here with unlimited capital for all kinds of purposes, but lose a great benevolent institution for the pauper sum of us?—No. (Applause.) We owe it to our children, and the future of our country, and we owe it to the monetary benefits that it means to us as individuals; and we owe it to ourselves to do our duty and keep it right here; and we are going to do it.

REPORT OF THE CITIZENS' COMMITTEE.

"We have given much time and careful consideration to the matters submitted to us. We have held several lengthy conferences with the chairman of the committee. We believe that the Sanitarium is an institution of such magnitude, and so important to this city, we have decided, independently investi- gated the legal status of the institution as determined by the statutes and the articles of association under which the Sanitarium was organized, and the administration of the affairs of the institution as disclosed by its books, and the testimony of its officers and employees.

"Every facility for a full and complete investigation has been afforded us. All books and records of the institution have been placed at our disposal. We have been invited freely to examine any and all documents relating to its affairs, and any persons connected in any way as officers, trustees, or employees, with its administration. And not only has this freedom been tendered us personally, but we have been invited to secure the services of any expert whom we might select to make a thorough and exhaustive investigation, under our direction, of the books and records of the institution.

"We soon became fully convinced, from the facts disclosed to us, that the Battle Creek Sanitarium, both by virtue of its legal organization as a corporation under the laws of Michigan, and, as well, by the faithful administration of its affairs according to the spirit of these laws and its articles of association, is, both in law and in fact, a purely philanthropic and charitable institution; but because of a widespread impression in our community that the institution has been conducted, at least in some degree, for private gain, we have been act in our behalf in connection with the Common Council to join us in this investigation, under the guidance of a gentleman and experienced accountant, so far as might be necessary to settle this question, and also to determine whether any of the funds of the institution are employed outside of the State of Michigan in building up other sanitariums or branches. The Common Council accepted this invitation, and selected Alderman C. A. Caldwell to act in their behalf in connection with Mr. Geo. E. Howes, of your committee, and these gentlemen, securing the services of Mr. F. W. Dunning, as accountant, have personally investigated the books, accounts, and other papers of the Sanitarium, so far as to be fully satisfied on the points in question.

"Summing up the results of our investigations, we have to report as follows:

1. The Sanitarium is organized under the provisions of Act No. 242 of the Public Acts of the State of Michigan, as a philanthropic and charitable institution.

2. The Articles of Association of the Battle Creek Sanitarium, so far as they relate to the questions involved in our investigation, provide as follows:

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

   1. To found a hospital or charitable..."
asylum within the State of Michigan for the benefit of some other sick or infirm persons, at which institution may be received also patients suffering from consumption or other diseases, for whom it is necessary to pay for the benefits there received, and which institution shall devote the funds and property obtained by it from the fees charged for the benefits received by it from time to time from all sources, exclusively to maintaining the said asylum, and promoting its interests by such sanitary, dietetic, hygienic, and philanthropic reforms and efforts as are germane or auxiliary thereto; all of its said purposes being un- derstood to be charitable, philanthropic, humanitarian, charitable, and benevolent, and in no manner, directly or indirectly, to contribute to any profit or dividend paying to any one.

It is therefore clear: that the use of the institution can ever acquire any be lawfully paid to any private party or parties whatsoever.

3. That no funds of the institution can be lawfully sent outside of the State to build or support other enter- prises with the same purposes.

4. That any and all revenues of the institution must be used to promote charitable work within the State of Michigan, and to developing and extending the labor of the institution for the same purposes.

5. That all the property of the institution is held in trust for the above philanthropic and charitable purposes only.

6. That because of any provision of the property of the institution cannot be passed to any private party or parties whatsoever, but can only be transferred at the expiration of the statutory limitation of the corporation to the trustees of another institution for the same purposes and under similar re- strictions.

7. That being the legal status, the purpose, the obligations, and restrictions of the institution, it remains for the public to inquire whether the trustees have legally and faithfully fulfilled their trust. This the public has a right to know, inasmuch as under the law the institution is a quasi-public one, deriving its powers and its privilege from the public for public purposes.

To this inquiry your committee has devoted the time and attention in the manner indicated at the beginning of this report, and we find as follows:

1. No private individuals or parties whatever have, under the present organization of the Sanitarium, derived any profits or revenues therefrom, above extremely moderate wages for the labor of the poor and infirm persons in the management. A complete list of the holders of these notes and obliga- tions has been submitted to your committee.

REPORT OF THE COMMITTEE OF EXPERTS.

The report of W. F. Dunning, esq., was ordered read, and its adoption recommended to the committee.

A. Caldwell and Mr. Geo. E. Howe, made for us a special examination of the books and records of the institution, as follows:

1. The indebtedness of the Sanitarium, as shown on the books is $103,647, in three years.

2. The dividends of funds to branch sanitariums. Your committee first obtained a report on this subject and then called for the ledger accounts with these branches, and selecting several at random, compared the accounts together with the other members of your committee, finding nothing whatever which would indicate the existence of any impropriety or indebt- edness held by Dr. Kellogg or any other member of the board of managers.

3. Character and extent of the charitable work. I find, by exami- nation of the books and files of orders for treatment, that thousands of patients have been treated either absolutely free or partially free. I took at random, the week ending June 30, 1901, and found that the books showed 262 orders for treatment coming under the provisions of the bill, and for the week ending October 27, 1901, 199 orders for charity work in these weeks of the year, well as by myself and not chosen for me.

4. I found that in the year 1899 there was an expenditure of $13,000 in 1890, $30,000; and in 1891, $44,000 for charitable work in this branch.

5. It is to be noted that the above figures are given in round numbers, and do not include surgical fees or concessions of any kind. The reports of the Sanitarium, being large and not subject to any control by any public body, do not include any figures having been used for the support of any branch outside of the State.

6. The salaries and expenses for the Sanitarium at $30,000, and the salaries for the Sanitarium at $44,000; and the general expenses and salaries for Dr. Kellogg and others. We made a careful examination of the pay roll, which shows the salaries and the expenses of employees receiving pay. This roll shows the rates paid to the help in all departments, including those connected with the management. The rates were found to range from $7, $8, $9 per month, and per day, the salaries of the physicians on the staff, $76.00 per month was the highest, and upon this salary the resident physician has supported himself. First-year nurses receive their board, room, clothing, (ouch, that is uniform worn by them), and necessary books for study. Second-year nurses receive $16 per month, and board, room, clothing, and necessary books for study. Third-year nurses, $20 per month, and board, room. As to Dr. Kellogg, we found that for some years he has received no salary or compensation whatever. We found that the board of trustees agreed that a certain sum was to be paid to Dr. Kellogg's compensation, but that Dr. Kellogg made it obligatory on the board of managers to make no amount, $66.33 per month, should be devoted to various benevolent pur- poses. The board of managers is to make sure that no other account in which money is paid to Dr. Kellogg, or in which he is included, be credited with services. I asked to see the personal account with the doctor in the general books, and the personal account was carefully examined by the members of the committee.

The result of this examination was not satisfactory to me, as I found that Dr. Kellogg was charged with whatever he obtained from the Sanitarium, and so I found, for his home by any of the aid in the employment of the Sanitarium, and he paid it out as any other man might have done. If in no instance did I find that he had received credit for a single dollar for services rendered the institution.

"1. The indebtedness of the Sanitarium. We were furnished a sched- ule of the bills payable, as prepared for the auditing of the books. To verify this we called for the actual bills payable record, which was pro- duced, and contains the record of notes back into 1898, the year the Sanitarium was organized. The committee com- pared items in this schedule, taken at random, with the original bills to tally exactly in every instance. We also verified this sched- ule or list from the ledger.

5. The ledger shows that the names and post-office address of one hundred and forty-eight holders of certificates of indebtedness were scattered from California to Cape Town, South Africa. We could secure no information of any indebtedness held by Dr. Kellogg or any other member of the board of managers, and:

6. Character and extent of the charitable work. I found, by exami- nation of the books and files of orders for treatment, that thousands of patients have been treated either absolutely free or partially free. I took at random, the week ending June 30, 1901, and found that the books showed 262 orders for treatment coming under the provisions of the bill, and for the week ending October 27, 1901, 199 orders for charity work in these weeks of the year, well as by myself and not chosen for me.

7. I found that in the year 1899 there was an expenditure of $13,000 in 1890, $30,000; and in 1891, $44,000 for charitable work in this branch.

8. The salaries and expenses for the Sanitarium at $30,000, and the salaries for the Sanitarium at $44,000; and the general expenses and salaries for Dr. Kellogg and others. We made a careful examination of the pay roll, which shows the salaries and the expenses of employees receiving pay. This roll shows the rates paid to the help in all departments, including those connected with the management. The rates were found to range from $7, $8, $9 per month, and per day, the salaries of the physicians on the staff, $76.00 per month was the highest, and upon this salary the resident physician has supported himself. First-year nurses receive their board, room, clothing, (ouch, that is uniform worn by them), and necessary books for study. Second-year nurses receive $16 per month, and board, room, clothing, and necessary books for study. Third-year nurses, $20 per month, and board, room. As to Dr. Kellogg, we found that for some years he has received no salary or compensation whatever. We found that the board of trustees agreed that a certain sum was to be paid to Dr. Kellogg's compensation, but that Dr. Kellogg made it obligatory on the board of managers to make no amount, $66.33 per month, should be devoted to various benevolent pur- poses. The board of managers is to make sure that no other account in which money is paid to Dr. Kellogg, or in which he is included, be credited with services. I asked to see the personal account with the doctor in the general books, and the personal account was carefully examined by the members of the committee.

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Finally, your committee are con- strained to add that the revelations made by our investigations are a shock to us. Not only were we personally unaware of the whole philanthropic nature of the Sanitarium, but the law, but we were also un- aware of the vast amount of charitable work performed by it, and the won- derful sacrifices made by the managers and employees generally. There are over eight hundred of these employees — physicians, nurses, helpers, etc. Dr. Kellogg donates to the Sanitarium all the profits of his medical practice, for its support, including all surgical and professional fees. He receives no salary or compen- sation of any kind for his years; or on the contrary, he contributes annually from his private resources, derived from his medical practice, to the Sanitarium, personal medical books, thousands of dollars. The large corps of physicians receive no professional fees, and the salaries they receive are so small that their services are practically a charity. This is also true of the nurses and helpers. They are a band of sincere people conscientiously devoting them- selves to a great humanitarian and charitable work, and for personal gain. This we do not need to tell those who have made themselves acquainted with the Sanitarium and its work.

It should be remembered, also, that the dispensary to the poor is not the only, nor, indeed, the highest form of charity. The silent influences, unseen, but powerful, which consume the spirit of a great humanitarian institution like the Sanitarium are of far greater value. No such colossal work, whichedit which acts and controls the Sanitarium without results incalculable for the good of the community.

We have, many of us, misjudged the Sanitarium. The men who have been here before us, and ourselves here- tofore supposed that at least some persons connected with it were deriving large and not for personal gain. As stated above, we are surprised at what we have discovered. The more we have, gone into the inves- tigation, the more convincing and over- whelming the proofs have become of the service. The results in the lofty purposes, the widespread benefic- ence of the institution, and above all, the selfless, unselfish, and heart- ful self-sacrifice of the nearly one thousand persons employed in it, from the youngest to the oldest.
REPORT ON THE BATTLE CREEK SANITARIUM, BY THE CITIZENS' COMMITTEE.  

Our minds respecting the attitude of the city toward the Sanitarium, and the valuable role of health in the life of the community. This leads me to the statement that we have more than one way of looking at things. We have seen the situation of things as they did exist, so that we might properly say, "We might have done this thing of the true state of things." Dr. Kellogg said he would be pleased to have any information from citizens and the business men of Battle Creek be desired. I am for that time there would be a meeting in the Council Chamber in this city, and many of you there were. I am for that time if the government of the Battle Creek Sanitarium should know the true state of things; at his suggestion there was a committee of five of the best representatives of the citizens appointed as a committee to confer with the Battle Creek Sanitarium management to learn what there was of it, to be able to tell the citizens what they found out by thorough investigation, and that committee was appointed; and I want to say this: I do not believe that there was any committee of the government pointed to look into the affairs of any matter that was any more thoroughly and carefully or the work thoroughly done, and done for a right purpose—not done to pove the damage to the management was that they as they claimed it to be, but to satisfy themselves and the people of Battle Creek that they were a competent citizens looking for the best interests of the people. The committee would have to be a real one, a fair, and they have made their report in the papers; but we thought that the circumstances the people they should have the privilege of talking to you face to face, and telling us what we know, and how we have learned. They have not taken the talk they found in the street, but they have taken it from what they have heard, and from what they have found to show that what they know is true. 

"We wanted to know what we could do, or what would be satisfactory to them, and so we took it in hand to that effect, and another committee was appointed by the chairman, and they have been at work raising this question, and they have not yet had success. The time that has been allotted for this work has been too short, and they have not been able to do all the work that they were supposed to do. We have not been able to go through the ground twice or three times, but we have been to the people recently. I have noticed, with great pleasure, that in many places when those called upon have seen the members of this committee come in, they have smiled. "Yes, we know what you are after," and some of them have even come to my office. One man this morning came to my office, and said, "I have something I have a suspicion of the advertisement, and that we could come here and give what we want for this money," I said: 'What do you mean by subscription list?' I said: 'Here it is.' And he took it, and in less time than it took to tell it to him he put down one hundred dollars. He is one of our good citizens. He had a suspicion of the advertisement, but he did it from his heart, and that was the best part of it." 

Dr. Burts: (a) "Ladies and gentlemen: As a member of the committee who made that report in behalf of the Sanitarium I am simply to say that we believe every word of that report is true. Most of us went into the factory, thinking that some of those statements that had been made would not bear investigation. It is a very difficult thing for us—most of us—that is we went into that investigation with wrong ideas. I did myself, and I believe we should all come out and say that we are for the Sanitarium management, and that we held the best opinion of the Sanitarium one evening, and we stayed there until nearly twelve o'clock, and Dr. Kellogg wanted us to go outside and arrange for a accountant, a professional accountant, to look over the books and make a report to the other, and thoroughly investigate and report upon the condition of the Sanitarium. We refused to do it, and then stated that the reports that had been made by the Sanitarium management—while we think they are all right, as I think, feared that they would not bear investigation. We believed, in the beginning, that the Sanitarium was a money-making institution, and that there was a pocket somewhere into which they were putting the money, and we did not know where it was; but I will simply say to you that after going into the factory we had everything placed at our disposal that we asked for, any books and all the books, and we have seen the statements of individuals as well as the accounts of the Sanitarium,—we became thoroughly satisfied that the statements which had been made to us were absolutely correct; and I, for one, feel ashamed of some of the statements that I have made concerning the Sanitarium and its management before I went into the factory. When I first considered, I feel this way, that whether they go or whether they remain, that they can still do what I can to place that management right before the people of this city. (Q. "What does it mean to those of us, when there is that it is not proper for me to state to you in public. It is surprising to see the dependence of these people for the government of the management. They work for prices that most of us would not consider anything like giving back of it besides money. The highest wages they pay for any physical labor is six dollars a day. Dr. Kellogg has not drawn a dollar salary for years. There are eighty-six men employed in the factory, and he has not received his salary, but he has made it obligatory upon the trustees that that fund shall be divided among the families of the people who were, or are, now employed in the factory. When they reorganized, they might have organized under different laws, but instead of doing that they have organized under a law that makes it a criminal offense for any one to get a penny of the profits of this institution. They simply cannot do it unless they lay themselves liable."

Layton: (b) "Ladies and gentlemen: The committee believe what we have reported. We met the council, and they believe what we have said. We take it for granted that the public will also believe it; for although they may have not seen the management of the Sanitarium along certain lines, I believe most of the people of Battle Creek will give this committee credit for speaking the facts and the truth as they understand them. That being the case, the question comes up to-night, Do we want the Sanitarium to remain in Battle Creek?" What do you say? (Voices: "Stay.") I think so. We know what they have done for us, and we know what they have done for thousands of people. Thousands of things they have been doing in the way of charity, I know nothing about it."

I got Bradford's report, and for one year they treated three thousand and some, and of that number one thousand and twenty-eight were charity patients. This last year's records show that we have had twenty-five hundred patients were charity patients from the city of Battle Creek."
REPORT ON THE BATTLE CREEK SANITARIUM, BY THE CITIZEN'S COMMITTEE.

YEARS quite intimately acquainted with Dr. Kellogg. I have respected him during all this time very highly as a practicing physician and manager; but I did suppose that Dr. Kellogg was making a good deal of money from the Sanitarium. This information came from the Sanitarium, at least from his publications; but I was surprised to be told today that this was not so.

"You personally know the most of the trustees if not all of the trustees of the Sanitarium; are you acquainted with the management, and it is, as we are well assured, the case, that the management is not only less wealthy to-day than they had when they came here. Instead of getting money out of the store he reached have been constantly putting money into it. Dr. Kellogg told us that he pays out of his own pocket. From ten to twelve thousand dollars for the privilege of managing the institution, and he does not make any salary from it.

"This is the first time I ever was on our tour in Battle Creek. To-day I have been beggar, and all sorts of questions and talked about my experiences. This has been very instructive to me, and this came up: How, if Dr. Kellogg is not a wealthy man, and those who are intimately acquainted with him have less wealth to-day than they had when they came here. Instead of getting money out of the store he reached have been constantly putting money into it. Dr. Kellogg told us that he pays out of his own pocket. From ten to twelve thousand dollars for the privilege of managing the institution, and he does not make any salary from it.

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The Battle Creek Sanitarium—A University of Health

SIXTY YEARS AGO the Battle Creek Sanitarium, a glimpse of which is shown above, stood alone as a pioneer of rational physiotherapy. Its methods were then regarded with disfavor by physicians because not understood, but are now highly popular in all branches of the profession.

Among contributions made by Battle Creek to scientific medical progress may be mentioned the following, which have been recognized and honored by widespread recognition and acceptance throughout the medical world:

Origin of the Electric Light Bath
Adaptation of the electric light, both incandescent and arc, to therapeutic use (1891) through the cabinet bath and various other appliances now in use in every civilized country in well-equipped hospitals and bath establishments.

The sinusoidal current (1889), which was several years later described and named by d’Arsonval, an eminent French physicist. It is now more widely used than any other form of electrical current.

An extensive work on Rational Hydrotherapy (1900), the result of more than twenty years’ physiologic research and clinical observation. It is recognized as a standard work on the subject and found in the libraries of more than 15,000 physicians in the United States and England.

An exhaustive work on massage (1895). It is the standard textbook in use in training schools for nurses.

Fruitful Researches
Experimental food researches which resulted in the production of various ready-to-eat breakfast foods, such as toasted corn flakes and rice flakes, standardized gliutens (1890), various diabetic foods, and by request of the U. S. Department of Agriculture, a vegetable substitute for beef and mutton (1899) in anticipation of the present scarcity and high price of meats produced by the settling up of the great pasture lands of the West, and bran products and other food accessories found helpful in the dietetic management of patients at the Sanitarium.

Educational Activities
The institution has long been recognized as fundamentally educational. On special invitation from the President of the St. Louis World’s Fair (1904), the Sanitarium work was conspicuously represented in the educational building in association with Harvard, Yale and other of the great universities of the country. The exhibit attracted much attention. From the very beginning, health education was recognized as a major aim, a prominent feature of the institution program.

A Training School for Nurses was started in 1880, the fourth in the United States, and has graduated more than 2,000 trained nurses. In 1906 a School of Home Economics was organized which has graduated more than 1,000 dietitians. A School of Physical Education for the training of health directors and persons qualified for corrective work in public schools, started in 1909, has sent out more than 800 qualified health directors. In the course of a few years the growth and development of this department made necessary the organization of Battle Creek College.

Beside the researches already mentioned, the Sanitarium has for more than fifty years constantly maintained research laboratories which have contributed steadily to its development and have made important contributions to scientific medical progress. One of these, the Pavlov Laboratory, was organized and has since been conducted by the famous Professor Boldyreff, for many years chief of the research laboratory of the world’s greatest physiologist, Professor I. P. Pavlov of Leningrad, Russia. The results of Professor Pavlov’s researches are known throughout the world and constitute some of the most important chapters in the physiology of digestion and the nervous system.

The Sanitarium Nutrition Laboratory exercises a highly important function in training and guiding the corps of dietetic experts who conduct the culinary and dietetic departments.

Public Services Rendered
Although an eleemosynary institution and purely philanthropic in its aims, the Sanitarium has never in any way been a public charge nor a solicitor of charity. From a very small beginning, made possible by small gifts from a group of public spirited and generous minded men, the institution has grown in sixty years from a small two story frame building with half a dozen cottages and a score of patients, to an establishment appraised at $12,000,000 and with accommodations for more than 1,500 persons, and accredited with a physiotherapy equipment unexcelled in completeness.

Due to the fact that no dividends have ever been rendered, all earnings, including all fees of every sort, have been devoted to the improvement of the institution and support of charitable activities. More than 223,000 patients have been treated of whom more than 40,000 were treated free or at less than cost rates.

Among these many thousands of visitors seeking health betterment there have been 356 governors, senators and other public officials, 3,280 lawyers, 428 college presidents and professors, 9,000 school teachers and 6,240 physicians.

(Continued on page 3)
AVITAMINOSIS

This newly recognized disease, probably the most common of all human maladies, is caused by a deficiency of vitamins. It is at least among civilized people, and also affects domestic animals. The entire absence of a single vitamin leads to death as certainly as complete starvation. An insufficient supply gives rise to avitaminosis, the most common of all diseases. Each of the six vitamins, A, B, C, D, E, G, prevents the development of certain symptoms and conditions when present in adequate amounts.

Symptoms and Conditions Caused by Vitamin A Deficiency
1. Liability to common infections, frequent colds, nose troubles, sinus infections, earache, deafness aggravated by colds, tuberculosis in young persons, bronchitis, pneumonia.
2. Skin affections, such as acne, boils, dryness, roughness, especially of thighs, shoulders, forearm, buttock, especially in adults, hair dry, bleached, baldness, diseased follicles, comedones of face and exophthalmic goiter.
3. Decayed teeth and diseased gums — pyorrhea.
4. Sore eyes, corneal ulcers, specks before the eyes and light flashes, night blindness — inability to see in a dim light; day blindness — slow recovery of acute vision after exposure to bright light (Car drivers should note).
5. Infections of the kidneys and bladder and stones of the kidneys, urethra and bladder.
7. Gastric or duodenal ulcer.
8. Anemia, either secondary or pernicious.
9. Weakness, nerve and muscle degeneration, especially the nerves of the face and head.
10. In animals, degeneration of the sex glands, difficult labor, death of foetus, and high mortality of the newborn (Probably the same in human beings).
11. Retarded growth, especially in young children, dwarfism.

Many of the above symptoms and conditions either disappear at once or are very greatly alleviated when foods which contain vitamin A in rich abundance are added to the bill of fare in sufficient amount.

Vitamin B Deficiency Symptoms
1. Slowed growth and development.
2. Weakness and malnutrition.
3. Indigestion, gastric acidity, and lack of appetite.
5. Colitis, and other intestinal infections.
6. Deficient milk secretion in nursing mothers.
7. Symptoms aggravated by fever, vigorous exercise, and free use of carbohydrates.
8. Vagatonia and weakness.
10. Great deficiency of vitamin B causes beriberi, in Oriental countries, with great loss of life, due to the use of polished rice.

Vitamin C Deficiency—Symptoms
1. Defective teeth.
2. Impaired digestion.
4. Retarded growth.
5. Nervousness.
7. Low resistance to infection.
8. Failure of fractures to unite.

Vitamin D Deficiency—Symptoms
1. Constipation.
2. Pot belly and intestinal gas.
3. General weakness.
5. Failure of absorption and assimilation of food minerals.
6. Decay of teeth.
7. Rickets.
8. Bone deformities, particularly bow-legs and knock-knees.
10. Misshapen head.
11. In very pronounced cases, curvature of the spine, beaded ribs.
12. Tetany or osteomalacia or softening and fragility of the bones.

Vitamin E Deficiency—Symptoms
As seen in animals.
1. Weakness in legs.
2. Loss of hair.
3. Degeneration of sex glands.
5. High mortality rate of infants.

Vitamin G Deficiency—Symptoms
1. Slowed growth and development.
2. Disease of the skin and hair.
3. Indigestion.
4. Anemia.
5. Weakness with loss of vigor.
7. In severe cases, cataract, pelagra, emaciation.
8. Ulceration of tongue.
10. Diarrhea.
11. Mental disturbance.

A vitamin cook book is being prepared by the Sanitarium’s dietitians. Note. Those who desire, may receive a booklet “Vitamins in a Nutshell” by sending a dime to the Sanitarium News, Battle Creek, Michigan.
How a Yale Professor Found Health through Biologic Living

In a recent address to patients at the Battle Creek Sanitarium, one of the leading professors of the Yale University faculty who years ago broke down in health, said as follows:

"I think it is very likely I would not have gotten my health back if I had not come to this institution. In 1904, I heard of this institution. It was by reading a book by Mrs. Henderson called "The Aristocracy of Health." She was a great admirer of Dr. Kellogg. The big picture which you see just as you go to the elevator is a present from her to the Sanitarium.

"I got in touch with her and then wrote to Dr. Kellogg and afterward came here. I was very much prejudiced against the place, but soon discovered that it was conducted on scientific principles. So I have known this institution for thirty-three years. If I have done anything in this world in those thirty-three years, it is due more to this institution than any other influence in my life. I know that there are many others who will give this same sort of testimony.

"It was here that I learned principles which had not been properly taught by those under whom I had been — I am not saying anything against any of them, as some of them are great men and some of their principles were quite correct, but in regard to the fundamentals of physiological or biological living, I found new light here. And I know of no place on this planet where more is known about this subject than is known here and no institution that has done more good.

"My transformation has been very great. Within two weeks after I got certain suggestions here, I was able to do twice as much work, and my working power has increased almost continuously from that day to this, and I have had no illnesses in that time except one which was really due to an accident.

"On February 27th I passed my seventieth birthday. I was broken down with tuberculosis at the age of thirty-one. I had a bad case, and I think there are very few people who went through that experience at that age who have lived to tell the tale at the age of seventy. I did not myself expect to reach this age, and for that reason among others I have hitherto refrained from citing myself as an example. But I feel now that having reached the allotted three score years and ten in spite of this handicap, that whatever happens to me in the future, I have arrived in a sense and that I have a right to boast a little bit about what has happened; but really I do not feel in boasting that I am doing so personally but rather on behalf of the principles which have given me back my health. To all appearances and through medical examinations and any way by which one may judge, I have grown younger rather than older since I was thirty-one. At any night, adopting what is substantially the Battle Creek regime, although he had never been to Battle Creek, but now, twenty-eight years later, he can read the finest type without glasses, his arthritis has gone entirely, and he runs sometimes five miles without stopping."

A University of Health

Continued from page 1

Various members of the staff have been called upon by government officials to render important public services. A few examples may be given. The Medical Director served for four terms, more than eighteen years in all, as member of the State Board of Health, and at no expense to the State.

During the World War four members of the faculty were called upon by the government for important service, two as lecturers on hygiene and prophylaxis to the various military camps. Another was called to organize and superintend the X-ray service of the American Expeditionary Force in France. Another, head of the School of Home Economics, was placed in charge of the dietetic departments of the military hospitals in the United States.

A Race Betterment Movement

Another notable public service has been the development of a race betterment movement. Two great health conferences have been held here, one under the presidency of the late eminent Dr. Stephen Smith of New York, with Professor Irving Fisher of Yale University as vice president, and another under the presidency of the late Professor David Starr Jordan, which brought together hundreds of the leading scientists of this and other countries and awakened a great interest throughout the country in genics and race betterment.

Honorable Recognition

The Battle Creek Sanitarium and its work have received high recognition at all the great world exhibitions where they have been represented,—the Quadricentennial Exhibition in Chicago (1893), the Paris World's Congress (1889), the St. Louis World's Fair (1905), the Sesquicentennial Exhibition (1926). The German Emperor William, King Edward VII and King Oscar of Sweden all recognised the institution by installing its electric light cabinet in their palaces.

Dr. Irving Fisher, of Yale
The Battle Creek Sanitarium in 1876

The Battle Creek Sanitarium in 1937

Health News of Special Interest to Persons Seeking Health Betterment through Biologic Living

Dr. Boldyreff, director of the Sanitarium Pavlov Physiologic Laboratory, using Pavlov's methods for the study of the conditioned reflex, has discovered two new cerebral functions which he has described in scientific paper of very great interest to educators.

* * *

The vitaminized bill of fare which appeared in the Sanitarium dining room for the first time on September 9, is creating great interest among the guests. It is now for the first time in history possible for a person to count the vitamins as well as the calories at each meal, but only when he takes his meals in the dining room of the Battle Creek Sanitarium.

* * *

The Aristocracy of Health is developing with rapid strides. With rare exceptions, every patient registering in the Sanitarium applies for membership in this new health organization, well endowed by the late Mrs. Henderson, wealthy society leader of Washington, D. C., and in so doing becomes entitled to receive regularly not only the Battle Creek Sanitarium Health News, but the Good Health, a monthly digest of health information and the organ of the Aristocracy of Health. Write for interesting information.

* * *

Battle Creek Health College, an outgrowth of the Sanitarium which represents its educational department, annually draws several hundred students from all parts of the United States, and this year is registering a larger number of students than usual, an evidence that interest in biologic ideals and scientific living is increasing.

* * *

Dr. J. R. Jeffrey, who joined the Sanitarium faculty some twenty years ago, is very acceptably filling the position left vacant by the late Dr. Eggleston.

* * *

The W. K. Kellogg Foundation, which has its headquarters just across the street from the Sanitarium, under the masterly guidance of Dr. Pritchard, for many years a member of the Sanitarium faculty, as a chest expert, is doing extraordinarily useful work in providing better educational facilities for rural districts through the erection of school buildings, the provision of special courses of training for teachers, the organization of, and especially the provision of, ways and means for helping underprivileged children and welfare work in various lines. The generous endowment of more than $60,000,000 furnishes ample income whereby a highly efficient medical service, including dentistry, wholly or partly at the expense of the Foundation, is maintained, so that the children of many rural districts are now actually receiving better prophylactic and remedial care than those attending city schools with the most up-to-date health service.

The work of the Foundation is attracting visits by leading educators from all parts of the United States who are attracted by the unique and original methods through which problems heretofore unsolved disappear. It is hoped that this beneficent work may in time be extended to all parts of the United States and other countries through the activities of the Foundation and the adoption of its methods by other welfare and educational organizations.

* * *

Miss F. R. Evans, a resident of New York and Barbados who is returning to her island home, is taking some Sanitarium medical apparatus with her which she will present to one of our students of many years ago, Dr. Cave, who has established in the island a small sanitarium.
The
Battle Creek Sanitarium Union

DEDICATION WEEK
May 11 to 19, 1927

BATTLE CREEK, MICHIGAN
A New Idea and A Big One

THE BATTLE CREEK SANITARIUM was the first of its kind, and is still the biggest and the best. The Sanitarium has been a fertile mother of big ideas. More really big ideas, ideas that have spread over the whole world and have changed the habits and the lives of men and women, and have made tens of thousands of people healthier and happier, have been born here than in any other spot in America. And now, here is another:

The Sanitarium Union.

A fine name for a splendid thing. Not simply a gymnasium, an athletic club, a social and recreational center, a means of physical, mental, and moral uplift, but all these things together, and more; a real UNION. A place where the men and women who bear the heat and burden of the day, who do the real work of feeding and housing and nursing and comforting and healing the multitudes of sick and suffering and life-weary men and women who come to our doors—the captains, lieutenants, rank and file, all hands meet and touch shoulders in the spirit of amity and fraternity—a rallying place and rendezvous where the fighting forces which make the Battle Creek Sanitarium a center of wholesome reforms and Race Betterment activities, may meet for rest, refreshment, training, and organization, and thus the development of increased fitness for the splendid work a kind Providence has given us to do.

The Board of Trustees has built and equipped this beautiful house to be a home for the Union, and has entrusted it to you to manage, to administer, to use in such a way as to make it the means of keeping the Sanitarium army of workers as healthy and happy as we try to make our patients, and all pulling together in one big unified team for the promotion of the great ideals which are the life and inspiration of our work and making the Sanitarium

A Real House By the Side of the Road.

This splendid enterprise is yours. I know you will make it a grand success, and a power for good.

In behalf of the Board of Trustees,

John Harvey Kellogg
Sanitarium Board of Trustees

J. H. Kellogg, President
W. H. Riley, Vice President
G. E. Judd, Secretary
M. W. Wentworth, Treasurer
C. E. Stewart
M. A. Mortensen
E. L. Eggleston
A. B. Olsen
W. F. Martin
B. N. Colver
G. H. Murphy, Honorary Member

Sanitarium Union Board of Directors

O. O. Wilson, President
J. B. Thayer, Vice President
Jess H. Miller, Treasurer
R. V. Ashley, Secretary and Group 1
Emmet Thayer Group 2
Matilda Messner Group 3
L. C. Coulston Group 4
Pauline Frederick Group 5
B. N. Colver Sanitarium Board
W. F. Martin Sanitarium Board alternate

Sanitarium Athletic Association Board

O. O. Wilson, President
Phoebe Oliver, Secretary
A. H. Steine1, Treasurer
C. J. Foote, Men's Miscellaneous Activities
Edward Foster, Basketball Director
L. A. Ganson, Baseball Director
W. B. Lewis, Tennis Director
Lois Thomas, Women's Activities
B. N. Colver, Sanitarium Board
General Committees

Program
O. O. Wilson, Chairman
Dr. B. N. Colver
R. V. Ashley
H. G. Bayley
Phoebe Oliver
Matilda Messner

Decorations
H. G. Bayley, Chairman
Anna F. McCauley
C. C. Warburton
Matilda Messner
J. B. Thayer

Reception
R. V. Ashley, Chairman
L. C. Coulston
Phoebe Oliver
Anna T. Blumhart
H. N. Jordan

Reception—Honorary
Mrs. Winifred Harvey
Dr. W. G. Coburn
L. H. Sabin
James Bryant
Archie Flannery
Dr. Helen Mitchell
Miss Lola Schmidt
Miss Glee Ellis
Miss Leone Sweet
Miss Margaret Ritchie
Dr. Arthur Coleman

Invitations and Tickets
Alfred H. Steinel, Chairman
LeRoy F. Sparks
Jess H. Miller

Seating and Ushering
Th. Aagaard, Chairman
L. R. Kerr
E. W. May

Music
William T. Drever, Chairman
Edward Foster

Nursery
Mrs. M. S. Foy, Chairman
Lydia Wolf and Classmates

Posters
J. H. Miller, Chairman
Mrs. Verda Kocher
J. A. Robertson

Publicity
E. K. Piper, Chairman
H. M. Stegman
WEDNESDAY, MAY 11, 1927
at 8 P.M.

Battle Creek Sanitarium Night

Reception—5.00 P.M. . . . . . . . . . . . . R. V. Ashley
Orchestra Concert—7.30 P.M. . . . . . . Wm. T. Drever
Community Singing . . . . . . . . . . . . Edward Foster
Invocation . . . . . . . . . . . . . . . . . . Henry N. Jordan

Dedication Exercises

Presentation of the retiring Board of the Sanitarium
Athletic Association

Presentation of the Board of the Sanitarium Union

Award for the “Union” name to W. B. Lewis

Representing

The Sanitarium . . . . . . . . . . . . John Harvey Kellogg
The Union . . . . . . . . . . . . . . . . . . O. O. Wilson
Battle Creek . . . . . . . . . . . . . . . . Hon. John W. Bailey
Civic Recreation . . . . . . . . . . . . . . C. G. Genebach
Michigan State Athletics . . . . . . A. W. Thompson
The College . . . . . . . . . . . . . . . . Paul F. Voelker

B. N. COLVER,
Evening Chairman
THURSDAY, MAY 12, 1927
at 8 P.M.

Sanitarium Family Night

Swimming Pageant in the Natatorium . . LeRoy F. Sparks
Recreational Activities in the Billiard, Pool, and Bowling Rooms . . . . A. F. Bloese
Reception by the Alumni of the Sanitarium and Hospital School of Nursing in honor of the 1927 Graduates of the Nurses' Training School. On the stage Mrs. M. S. Foy

WATER PAGEANT

KINGDOM UNDER THE SEA
Sponsored by the Volitan Club
Presented by K. S. P. E.

THE CAST

King Neptune . . . . . Irene Rutzen Heralds . . . . { Ethel Breisemeister
Aphrodite . Dora Shultz Esther Breisemeister
Fisher Boy Martha Gough Florence Vallendar . . . . T. Hunt
Imp Ann Van Deene Water Nymphs Helen Hall, Leader
Neptune's Guards . . . . . . Dorothy French Water Lilies . . . . A. Cline, Leader
Beatrice Winans

MORTALS: Geo. H. Corsan, Thomas Bush, and 18 others.

STUNTS

by

GEORGE H. CORSAN, SR.
WORLD'S GREATEST STUNT SWIMMER
Toronto, Canada.

Death Defying Feat by Thomas Bush
AMERICA'S FOREMOST TRICK SWIMMER
Holder of world's record for shackled swim.
Wilmington, Delaware.

Coach Sterry Brown's Team of Divers from
MICHIGAN STATE COLLEGE
Edward Cook and Charles Mitchell.

LeROY F. SPARKS,

Evening Chairman
SATURDAY, MAY 14, 1927
at 8 P.M.

Sanitarium Baseball Night
in the Gymnasium

Presentation of trophies to pennant-winning teams for
1926-1927 . . . . . . . . . . . . . L. A. Ganson

Class B. League
SENATORS
GLEN MERRIAM, Manager

Class A League
METEORS
EMMETT THAYER, Manager

BASEBALL GAME—DOUBLE HEADER

SENATORS vs. METEORS
SANITARIUM ALL STARS vs. ALBION ALL STARS

L. A. GANSON,  
Evening Chairman
SUNDAY, MAY 15, 1927
at 8 P.M.

Sanitarium Union Night

Reception of the Union Members by the Union Board in the Lobby and Social Rooms.

Recreational activities for Union Members in the Billiard and Bowling Rooms.

O. O. WILSON,
Evening Chairman
MONDAY, MAY 16, 1927
at 8 P.M.

Battle Creek Night

PROGRAM

1. The Barber of Seville—Overture . . . . . . . . . . Rossini
   Orchestra

2. (a) Row, Boatman, Row . . . . . . . . . . . . . . . Geibel
   (b) Who is Sylvia? . . . . . . . . . . . . . . . . . . . . . . . . Schubert
   Chorus

3. The Public Schools . . . . . . . . . . . . . . . . . . . Prof. W. G. Coburn

4. The Student Prince—Selection . . . . . . . . . . Romberg
   Orchestra

5. O, Praise the Lord . . . . . . . . . . . . . . . . . . Mendelssohn
   Chorus and Orchestra

6. The Board of Education . . . . . . . . . . . . . . . . Leland H. Sabin

7. The Wedding Ring—Overture . . . . . . . . . . Barnard
   Band

8. Will O' the Wisp . . . . . . . . . . . . . . . . . . . . Spross
   Girls' Glee Club

9. Organized Play . . . . . . . . . . . . . . . . . . . . James Bryant

10. H. M. S. Pinafore—Selection . . . . . . . . . . Sullivan
    Band

11. The Hunter's Farewell . . . . . . . . . . . . . . . . Mendelssohn
    Boys' Glee Club

12. Civic Playgrounds . . . . . . . . . . . . . . . . . . Archie R. Flannery

13. Largo . . . . . . . . . . . . . . . . . . . . . . . . . . Handel
    Chorus and Band

The High School Orchestra . . . . . . . . . . . . . . Arthur Bryce
The High School Chorus . . . . . . . . . . . . . . Mrs. Esther Bloomquist Farley
The High School Band . . . . . . . . . . . . . . . . . Wm. T. Drever

CHARLES W. HEALD,
Evening Chairman
TUESDAY, MAY 17, 1927
at 8 P.M.

Battle Creek College Night

Prof. B. L. Birkbeck, Presiding Officer

1. Selection by the College Orchestra.

2. Address by Mr. K. A. Stiles, of the School of Liberal Arts.

3. Selection by the Girls' Glee Club.

4. Sketch by the School of Nursing.

5. Piano selections by Miss Carolyn Willard, Head of the Piano Department, School of Music.

6. Tug of War between Good and Bad Foods, by the School of Home Economics.

7. Selection by the Orchestra.

8. Tennis Exercises, by the School of Physical Education.

9. Selections by the Boys' Glee Club.


11. Address by President Paul F. Voelker.

12. Selection by the College Orchestra.

Pauline Frederick,
Evening Chairman
WEDNESDAY, MAY 18, 1927
at 8.15 P.M.

Community Amusement Night

“A PAIR OF SIXES”
By EDWARD PEPELE

SYNOPSIS

ACT I—Offices of The Eureka Digestive Pill Company, in New York City.

ACT II—Home of Mr. Nettleton. Two weeks later.

ACT III—The same as Act II. One week later.

THE CAST (As You Meet Them)

Shipping Clerk.............................................Henry C. Thompson
Krome.........................................................Horace F. Smith
Miss Sally Parker..........................................Myra L. Skellenger
Office Boy....................................................Russell W. Gould
Mrs. George B. Nettleton.................................Mary J. Squier
George B. Nettleton.......................................Dr. J. W. Gould
T. Boggs Johns..............................................Lawrence V. Kennard
Tony Toler....................................................Carl S. Bittner
Miss Florence Cole..........................................Thelma E. Henney
Mr. Applegate...............................................Charles C. Reincke
Thomas J. Vanderholt......................................Howard G. Bayley
Coddles.......................................................Olive M. Cooper

Presented by
THE LAKEVIEW COMMUNITY PLAYERS

Produced under the direction of Howard G. Bayley, by special arrangement with Samuel French, New York.

Stage Manager..............................................Victor C. Squier

C. G. WENCKE,
Evening Chairman
THURSDAY, MAY 19, 1927
at 8 P.M.

Sanitarium Welfare Night

Orchestra Concert . . . . . . Wm. T. Drever
Our Sanitarium Family . . . Dr. John Harvey Kellogg
Response . . . . . . . . Mrs. Anna T. Blumhart
Moving Pictures . . . . . "Not To Be Trusted"

A comedy Fox Film featuring
ALLAN FOREST and KATHERYN PERRY

WEEKLY NEWS & REVIEW
REOGRAMS

At the conclusion of the pictures there will be a reception,
to which all are urged to remain.

DR. W. F. MARTIN,
Evening Chairman
(1)

America

My country, 'tis of thee,
Sweet land of liberty,
    Of thee I sing.
Land where my father died!
Land of the Pilgrim's pride!
From ev'ry mountain side,
    Let freedom ring!

Let music swell the breeze,
And ring from all the trees
    Sweet freedom's song.
Let mortal tongues awake;
Let all that breathe partake;
    Let rocks their silence break
The sound prolong.

Our fathers' God to Thee,
Author of liberty,
    To Thee we sing.
Long may our land be bright
With freedom's holy light;
    Protect us by thy might,
Great God, our King!

(2)

Come, Thou Almighty King

Come, Thou almighty King,
Help us Thy name to sing,
Help us to praise!
Father all-glorious,
O'er all victorious,
Come and reign over us,
    Ancient of days!

Come, Holy Comforter,
Thy sacred witness bear,
    In this glad hour!
Thou, who almighty art,
Now rule in ev'ry heart,
    And ne'er from us depart,
Spirit of pow'r!

(3)

Hail, Oh Union
(Long, Long Trail)

Hail, oh Union strong and binding,
    How oft of you we have dreamed,
Our hearts are surely finding
    That true friendship beams;
Hail, oh Union all embracing
    Here ev'ry dream will come true,
As day by day we're going down
    The long, long, trail with you.

(4)

Smiles

There are smiles that make us happy,
There are smiles that make us blue,
There are smiles that steal away the tear drops,
As the sunbeams steal away the dew.
There are smiles that have a tender meaning,
That the eyes of love alone may see,
And the smiles that fill my life with sunshine
Are the smiles that you give to me.

(5)

Play Days
(School Days)

Play days, Play days.
Dear old Union play days,
Swimming, or bowling, just take your pick,
Hitting the ball with a hickory stick.
Here we are free to come and go
Playing the games that we loved so
And we'll turn back the years, till time goes slow
And play like a family of kids.
(6)

U. S. A. Forever

(Dixie)

I am glad I live in the land I live in,
Best to get and best to give in,
Hip hooray, hip hooray!
Hip hooray, U. S. A.
Old Uncle Sam's my best relation,
Makes me feel I own this nation,
Hip hooray, hip hooray!
Hip hooray, U. S. A.

So it's U. S. A. forever, hooray, (yell) hooray, (yell)
I thank the fates that fixed my dates
In U. S. A. forever.
Hooray, (yell) I say (yell) old U. S. A. forever,
I say, (yell) hooray, (yell) United States forever.

(7)

Marching Along

With a cheer, we are here,
Growing Stronger year by year,
Battle Creek shall go marching along!
Up and on, Never doubt,
Watch us march and hear us shout,
Battle Creek shall go marching along!

Give a Hi! Hi! Hee!
For our dear old B. C. C.
Shout out Hurrah! loud and strong
For where e'er we go
You will always know
Battle Creek shall go marching along.

With a Rah, and a Rah, and a Rah, and a Rah,
And a Rah! Rah! Rah! Rah! Rah!

And a Zip, and a Rip, and a Rip, and a Zip,
And a Rip! Zip! Ziss! Boom! Bah!

Here we come, ev'ry one, on the run,
Full of fun, with a Bing Go! Bang Go! Boom!

Heigh..........Ho! Hi.........Bo!

Rip! Rip! and Zip! Zip! Hoo-rah!

WOW!!!
Let us go forward, then, doing unto others and for others as we would have done to us, and truly stand, one for all and all for one, a UNION indivisible.
The Gift of Heart Disease

Lord Dawson, Royal Physician to their Majesties, the King and Queen of England, studies the blood pressure in hundreds of high school students. He is anxious to learn if these mid-teen youngsters show the hereditary predisposition to high blood pressure and heart disease of their parents.

Lord Dawson discovers that there are many of these youths with early evidence of high blood pressure. Investigation of their ancestors clearly reveals that they have inherited this tendency even as they acquire other traits, such as the color of their eyes.

Medical science can provide a program of living so that these young persons can prevent the lethal effects of high blood pressure and heart disease by guarding against their causes. The problem of training to live is much easier among these children because their parents relentlessly demand proper living habits.

But what of the parents of these children? With possibly thirty per cent of the business men and women of today having high blood pressure and potential heart disease, what about them? Emotional disturbances and business uncertainty tend to aggravate the parents' problems of training themselves to live properly. It is infinitely harder to re-educate ourselves in the middle of a busy life with its multiple problems than it is for the youth.

Can we discipline ourselves . . . or must we acknowledge lack of will power and be numbered with the rapidly growing army of those who do not value life above self-training?

John Gorrell, M.D.
Administrator
Health-Guarded Security

Aren't you interested in establishing a refined, comfortable residence with medical attention? The Battle Creek Sanitarium has a new plan which provides room and cuisine (American Plan), plus many advantages in addition to a delightful home environment:

1—Marvelous dining facilities, with expert dietitians to help plan and carry out healthful eating.

2—All emergency medical and hospital care needed at no additional cost, and all under the same roof.

3—Living quarters in a congenial, friendly atmosphere. You have your choice of as much privacy as you desire when you want it — a pleasant circle of cordial friendships when that is your wish.

4—Indoor and outdoor recreational facilities are at your disposal. In the summer, the outdoor gymnasium, swimming, boating, horseback riding, fishing, tennis — and many other forms of healthful activity are available. In the winter, there are many forms of entertainment, lectures, recitals and orchestral programs — and handicraft shops where you may putter the hours away at a hobby.

5—For every six-month period completed, you get ONE ADDITIONAL MONTH'S STAY ABSOLUTELY WITHOUT COST!

Naturally, space does not permit further details. As no more than one-fifth of the total capacity of the Sanitarium can ever be devoted to this plan, only a limited number of rooms will be available. Admission will be by application only.

Therefore, if you are interested in establishing your residence at Battle Creek Sanitarium with all the medical and health advantages it has to offer, please write.

New Services . . . of the Battle Creek Sanitarium

All patients entering the Sanitarium take the preliminary physical examination. This study includes a detailed personal medical history, physical examination, routine laboratory work, fluoroscopic examination of the heart and chest, and a dental survey. This may be accomplished on week-ends, though more than one such period may be necessary.

The physical examination does not always supply the physician with enough information to enable him to make a proper diagnosis. It is not the doctor's fault; nor is it the patient's. X-ray, laboratory and technical procedures are needed to complete these studies. They are costly and cannot be included in this $35 examination.

1. ONE PRICE, ALL-INCLUSIVE DIAGNOSTIC SERVICE*  
If a diagnosis cannot be made in the general examination, most persons prefer to have the doctor utilize all the necessary X-ray and technical services. An inclusive flat rate of $75 enables the doctor to give all this service without any increased or additional cost to the patient. Regardless of the time consumed making the diagnosis, the cost to the patient will not exceed this fee, even though extensive laboratory work and many X-rays are needed.

2. HEALTH-GUARDED SECURITY  
For those in good health who are alert to escape the worry of hospital and medical expenses, this program offers pleasant rooms, excellent meals and weekly medical attention without additional cost. Enjoy this service for six consecutive months and receive a seventh month of identical service free. Rates: $28 to $70 per week. (Details of this program appear in article in the adjoining column).

3. EXECUTIVES' HEALTH PROGRAM*  
An annual, or semi-annual physical examination with time for relaxation . . . suitable to those who are in executive positions. Available to organizations anxious to safeguard their personnel investment by protecting the health of their key men and women, even as they protect valuable equipment by replacement expenditures.

4. WEEK-END DIAGNOSTIC SERVICE*  
A singular plan suitable to those who have only week-ends free. A complete diagnosis may be obtained by week-end visits to the Sanitarium. The flat rate of $75 assures one of a complete diagnosis.

*These figures do not include room, board, or treatment.

Many men owe the grandeur of their lives to their tremendous difficulties.  
—SPURGEON

Overweight Under 30  
Underweight Over 30

Can you say this — or better still, are you DOING IT? The wise person follows this health rule, and avoids tendencies toward metabolic disturbances, especially diabetes.
Medical Divisions of the Sanitarium

INTERNAL MEDICINE
Diagnosis and treatment of diseases of the heart, circulatory system, and general health: also study of blood infections, anemias, rheumatism, arthritis and high blood pressure.

GASTRO-INTESTINAL
Includes diseases and dysfunctions of the entire intestinal tract.

NEURO-PsYCHIATRY
Diagnosis and treatment of slight and temporary nervous disorders with or without physical origin: also conditions frequently associated with one's inability to adjust himself to his economic and social conditions.

SURGERY AND UROLOGY
General operative procedures including surgery of the thyroid gland, abdomen, breast and proctology (diseases of the rectum), and gynecology (diseases peculiar to women).

EYE
Treatment and surgery of eye conditions: refraction and fitting of glasses.

EAR, NOSE AND THROAT
Surgery and medical attention of ears, nose, throat and associated conditions.

METABOLISM AND ALLERGY
Chemistry of the blood. Treatment of diabetes, obesity, kidney diseases and study of glandular disturbances.

X-RAY AND RADiUM
Essential in diagnosis and treatment, as in deep therapy and radium.

CHEST
Diseases of the chest.

PHYSICAL THERAPY
Prescribed treatments in medical gymnasia, hydrotherapy, ultra-violet sunlight and cabinet baths, sinusoidal and bubble baths; diathermy, mechanical Swedish exercise and massage.

Mecca in America...

Battle Creek Sanitarium is a haven of rest and relaxation for the well, and for the sick. It is an institution where NOTHING has been overlooked for the benefit and complete comfort of patient or guest. From the imposing colonnade and palatial lobby to the individual guest room, everything is included to enhance freedom from care for the individual.

Regardless of the specialized treatment that a diagnosis may indicate, Battle Creek Sanitarium has the staff of high-ranking medical authority, the personnel, the facilities and the equipment to provide complete treatment under its own roof.

Dietetics, with every kitchen actually a scientific laboratory, is the rule at Battle Creek Sanitarium. Delightfully tempting meals, served in the luxurious dining room, provide a variety of food to stimulate everyone's appetite.

More than 200 different treatment baths are available in the splendidly equipped physiotherapy departments — there are outdoor and indoor gymnasia and swimming pools, and more modern equipment and facilities than we could enumerate.

Yet, with this brief description and the pages that could be added, there is still something over and above all personnel and physical equipment of the institution. It is that intangible spirit of universal helpfulness, that omnipresent will to be well that is characteristically Battle Creek Sanitarium.

The pilgrimage continues, as it has for almost a century, and brings thousands each year... because those who have needed help have felt the pull of this power, and answering, have received fulfillment.

From the hobby shop to the roof solarium, through every building and department in the institution, they have found it, and know that this spirit not only makes Battle Creek Sanitarium what it is, but gives those who have gone to Battle Creek for help something fine and permanent — something greater than any man, medicine or instruments alone ever can provide.

Slimming Safely

To be slim is to be not only stylish but comfortable and well.

Before planning any activity of major import, whether reducing one's bank account or one's bulk, serious prior study is needed. The future needs, the present stresses and the possible dangers must be recognized. In slimming this means a careful and most complete physical examination to see if one's body "can take it."

It is rarely safe to reduce without supervision. The food intake must not only be proper in total calories, but what is more important, must be scientifically balanced as to proteins, starches, vitamins and minerals. To eliminate certain food elements is as unwise an economy in one's health account as to stop wearing clothes in favor of one's bank account. Both are unintelligent and disastrous.

Slimming safely is not to be lightly undertaken. Anemia, headaches, chronic fatigue, tuberculosis, and other serious complications may result.
SANITARIUM CARE with full ethical cooperation with the patient's family physician. The Battle Creek Sanitarium offers diagnostic and therapeutic service. Special Departments have long been established in all types of physical therapy including hydro and mechanotherapy, electrotherapy, heliotherapy, radiotherapy, graded gymnastic work and massage. The type of service rendered by the Sanitarium is especially well suited for treatment of metabolic disorders—hypertension, obesity, arthritis, allergic conditions and degeneration diseases generally. All Sanitarium care is under the immediate guidance of qualified physicians.

Ideal for patients needing rest combined with medical supervision. Highly desirable for those patients needing to "get away" and who want to learn how to live in a quiet and orderly fashion.

*Clinical departments.* The Sanitarium has twenty-five physicians and surgeons on its staff. There are departments of:

INTERNAL MEDICINE  
SURGERY  
NEUROLOGY & PSYCHIATRY  
CHEST  
G. U.  
METABOLISM  
EAR, NOSE & THROAT  
EYE  
X-RAY  
PATHOLOGICAL LABS.

*Buildings and equipment.* The Battle Creek Sanitarium has a capacity of 1000 with 25 acres of beautiful grounds, 15 acres of floor space, separate departments for men and for women for all forms of physical therapy—outdoor gymnasium, swimming pools, etc.

*The dietary department,* well established for more than half a century, pays special attention to the vitamin and mineral content of foods.

*Rates*, including room, board and medical care start at $50.00 per week, not including x-ray, laboratory and a few other special services.

*Cooperation with physicians.* The Sanitarium appreciates having instructions from the family physician before the patient arrives. Reports are sent to patient’s physician giving diagnosis, laboratory findings, dietary method and results, and other information for continued care. Interested physicians are cordially invited to spend a few days at Battle Creek as guests of the Sanitarium.
The Annual Report of the Superintendent

The year 1920, covered by this report, witnessed the maximum of the strain of readjustment in prices and business activities. Hospitals, sanitariums and medical institutions throughout the country, as well as philanthropic enterprises of all sorts, have felt the effect of the slowing up in the commercial world. Many of the large hospitals have had scarcely half the usual number of patrons. Physicians and surgeons have complained of a falling off in their practice. The query has arisen whether this is the result of low finances or preoccupation—that is, do sick people neglect to seek medical aid because of lack of funds to pay doctors' bills, or is it that men and women are so busy with readjustment that they have not time to be sick?

Notwithstanding the "hard times," the work of the Institution has gone forward with no interruption and with only a small shrinkage in the volume of business done, both as regards the number of patients and the total receipts. In this respect the Management feel that the work of the Institution has been almost unique. The total number of patients received in the year has been________, the total receipts __________, charitable allowances and disbursements __________.

Considerable progress has been made in the way of improvements, especially in the educational departments. The number of students in the schools has increased. In the School of Home Economics and the Normal School of Physical Education the increase has amounted to nearly 50 per cent. of the previous year's enrollment. Standards have been raised, and in the case of the Normal School of Physical Education the length of the course has been increased by the addition of a year. The demand for the services of graduates of all of the schools has been so great that only a small
proportion of the positions offered could be filled. Trained dietitians, graduates of the School of Home Economics, have been in especial demand. The creation of a large number of new hospitals throughout the country, many of them through the efforts of the U. S. Public Health Service, has created openings for scores of well trained dietitians, positions which for the most part are yet unfilled. The Battle Creek Sanitarium trained nurses are at a premium in every large city in the United States.

The Management feel that they are more than justified in the efforts that are now being made to enlarge the educational facilities of all these schools and to provide opportunities for the training of health lecturers and workers in various lines of health reconstruction work for which there is at present a growing demand in all parts of the United States.

The post-graduate course in the training school for nurses is increasing in popularity, as shown by a larger enrollment each year. The School of Home Economics also offers opportunity for advanced studies, and the Normal School of Physical Education, in addition to the extension of its regular course to three years, has established a larger summer camp for girls, with accommodations for one hundred.

The Management are now making plans to offer a four years' course in each of the three schools, beginning in the fall of 1922. It is the present intention of the Management to still further extend the educational opportunities now offered in connection with the institution by the opening of a fully organized college or university in which will be incorporated the present schools, together with other departments. The main objective of the college will be health and race betterment. The curriculum will include such academic chairs as are necessary to qualify the college to confer the usual academic degrees.
An item of special interest to the Educational Department is the gift by Miss Elizabeth Haskell of seventy-five thousand dollars, to be awarded to the extension of the educational work. The Race Betterment Foundation has also made a notable contribution to this department by devoting to its use a large stone building known as the Annex, purchased by it some years ago and at present leased to the Sanitarium for use by patients. This building will be released by the Sanitarium and devoted to educational purposes as soon as other provision can be made for the Sanitarium patients.

Improvements have been made in every department of the Institution, as well as in the educational branch of the work. A new and thoroughly up-to-date boiler plant has been installed at the expense of _____________. The economy in the consumption of coal effected by the new plant is so great that it is believed the saving will be sufficient to cover the total cost of this improvement in the course of five or six years.

During the year considerable consideration was given by the Management to the question of an up-to-date dairy, to be owned and operated by the Institution. These plans were consummated soon after the close of the year by the purchase of a fine herd of registered Holstein cows owned by the Lakewood Dairy, which for several years furnished to the Institution a supply of high quality milk for its table. This dairy has already been made famous throughout the United States by the circulation of films showing its operation, which have been distributed by the United States government. Three films furnished the Government for this purpose have been in constant circulation during the last five years.
Rather late in the fall a start was made toward the establishment of a sanitary hen-ery for the purpose of supplying the Institution with the highest quality of eggs. At the date of this writing the hen-ery numbers 4,000 fowl of the White Leghorn variety of exceptional breeding. The work is being conducted under the general supervision of Professor Burgess of the State Agricultural College. It is the intention of the Management to increase the flock to the number of 8,000 laying hens, which it is believed will be sufficient to supply the Institution with eggs, the quality of which will be far superior to eggs which can be purchased on the open market.

The Main Dining Room has been enlarged by an enlargement on the west side. Several new offices have been opened. Important additions have been made to the Bath Rooms, and the building formerly occupied as the James White Memorial Home has been purchased for use as a clinic building. In this building it is the intention of the Management to establish the Battle Creek Sanitarium clinic, which will be an enlargement and extension of the work which has been carried on by the present Dispensary, which has now been in operation for nearly 30 years. Several other buildings have been purchased during the year for use as dormitories for the accommodation of students. The growing attendance of the several schools will require still further provision of dormitory space.

One of the notable events of the year was the celebration of Founders' Day, the anniversary of the opening of the Institution in September, 1866. It is intended to make this an annual event hereafter.

On the whole, the year 1920 has been one of the most successful in the whole history of the institution and has been marked by many steps of definite and substantial progress.
Pavlov Researches
Told by Boldyreff

June 25, 40

Scribner's Institute Director
Lectures for Calhoun Medical Society Tuesday.

Members of the Calhoun county medical society and of societies of neighboring counties heard a lecture on the life and works of Dr. Ivan Petrovich Pavlov, famed Russian scientist, given by Dr. William N. Boldyreff, 134 Manchester, director of the Sanitarium's Pavlov Institute, in the sixth-floor auditorium of the San at 8 p.m. Tuesday. About 100 attended.

Dr. Pavlov, who received the Nobel prize in 1904 for outstanding contributions to science, is famed for his work with dogs in connection with the physiology of digestion and the higher nervous system. Dr. Boldyreff, who at one time collaborated with Dr. Pavlov, has been continuing some of their joint researches at the San in recent years.

The lecture, accompanied by slides illustrating Dr. Pavlov's technique and showing his laboratory, was given as one of several scheduled for this year, the 80th anniversary of Dr. Pavlov's discoveries.

Dr. Pavlov is probably best known for his discovery of the conditioned reflex. He experimented with it and laid one of the foundations for the science of psychology with his findings. Briefly, his work consisted of ringing a bell and then offering food to a dog. When confronted with the food the dog's mouth would water. After this was repeated several times, Dr. Pavlov would ring the bell but withhold the food, and the dog's mouth would water despite the fact that he could not see or smell food. This and similar experiments were done thousands of times.

Dr. John Gorrell acted as chairman for the evening, and Dr. Thomas Johnson introduced Dr. Boldyreff.
Missy makes ’em
Missy’s Cigars are Best
10c 10c
State Student Committee Holds Conference for Students at Battle Creek Sanitarium

A most unusual and interesting conference was held at the Battle Creek Sanitarium on November 23-24. Thirty-five students from ten different colleges were the guests of Dr. Kellogg for these two days. The purpose of the conference was that of studying not only the prevention of certain diseases, but the matter of diet, exercise and the entire supervision of health, especially from the student standpoint. The delegates present were given every sort of health test and were wonderfully entertained by Dr. Kellogg and his associates. Dr. Paul Voecker, president of the Battle Creek College, addressed the delegates at a special morning service on Sunday. The conference closed on Sunday afternoon with a session with Dr. Kellogg covering the many questions that had developed in the minds of the delegates. The students felt it was one of the most interesting experiences that they had ever had.

The State, Dec. 31, 1929

HOTEL REVIEW TELLS OF SAN

New 15-Story Addition Described in Article.

The Sanitarium’s new 15-story building with its five-story dining hall and kitchen addition has been made the subject of an interesting feature article in the National Hotel Review, one of the leading hotel journals of the country. Accompanying the article is a large picture of the new structure as well as one of Th. Aagaard, house-manager of the institution.

Everything of interest regarding the expansion of the Sanitarium is related in the article, the article stating that the Sanitarium now has accommodations for 1,250 guests as a result of the new addition erected at a cost of $3,000,000. The National Hotel Review which has a nation-wide circulation and which is one of the largest of this type of magazine, is designed primarily for hotels, clubs, caterers and high-class restaurants.

A detailed description is given of the luxurious lobby and its furnishings, mention being made of the Corinthian style columns and the large lighting fixtures equipped with mirrors and candle clusters. The Florentine style ceiling, done in Italian walnut, is also mentioned. The article also describes the beautiful Oriental rugs as the first of their type ever to be brought into the country. This kind of rug, it was stated, was used formerly only in royal palaces of the East and their exportation was, until recently, prohibited by laws of Asiatic countries. Among the other furnishings named were the two tables the pedestals of which are from the Rothschild collection in London. Several paragraphs are devoted to a description of the large lounge rooms and the mezzanine floor. Articles of furniture in this section referred to include the men’s lounge table, a direct copy of one in the Dawson-Palace of Florence and the cabinets which are also copies of well known historical pieces. Considerable mention is also made of the main dining hall with its Venetian decorations and 40 hand-painted murals.
SANITARIUM MANAGEMENT MAKES DEAL

(Continued from page 1.)

logg sanitariums, and the Battle Creek buildings retained as a branch, or whether the headquarters will remain in Battle Creek, they decline to state. Enough has leaked out, however, to indicate that the Michigan concern is in some legal tangle, and that if the case goes against it, it is probable that the Lakewood institution will be the head of a long string of sanitariums which Dr. Kellogg is planning to establish.

No information is available as to the consideration to be paid for the large hotel, said to be easily convertible for sanitarium purposes. It is evident, however, that the negotiators are not worrying about funds. It is claimed that Charles E. Woods, a real estate man, formerly of Atlantic City, by his last will bequeathed to Dr. Kellogg enough money to make the purchase. The difficulty in Michigan is over Dr. Kellogg seeking to run his sanitarium as a charitable institution, to escape taxes, when it is alleged that in fact it is not charitable in its methods, and suit has been instituted to opine it of its charter. Asked if the Lakewood project was calculated to punish Battle Creek, Mr. Wentworth simply smiled.

Assurance is given that should the deal go through, the result will be a substantial all-year-round resort for Lakewood, due to the close proximity to New York, Philadelphia, and other large eastern cities.

NARROWLY ESCAPE DEATH
San Eye Department Improved During '38

All Medical Departments Included in Progress; Arthritic Clinic New

ALTHOUGH STUNNED by the business recession during the first half of 1936, the Sanitarium enjoyed a good patronage during the last few months of the year and its prospects for 1939 appear to be the best in years.

The number of guests and patients at the institution during the last four months of the year exceeded by a large percentage that of the same months in 1937.

Many improvements in the medical service were made during the year, particularly in the eye department, where new equipment was installed, making it possible for the institution to offer a service which probably is not surpassed in the medical world.

An arthritic clinic for the treatment of rheumatism by means of a new system of diet and physical therapy was established and various improvements were made in nearly all of the other medical departments.

The Sanitarium now has a staff of 36 physicians and surgeons and approximately 600 other employees, including nurses, laboratory technicians and physical therapy technicians.

Among the staff members who resigned during the year were Dr. John P. Popeano, nerve specialist; Dr. Paul A. L. Black, eye specialist; Dr. Harry W. Hartzell, ear, nose and throat specialist; Dr. Paul Yingling, heart specialist; Dr. Bruce Whyte, X-ray specialist, and Alfred E. Juett, cashier.

SEVERE REPAIRS NEEDED

The largest banquet in the history of the Sanitarium was served in May to 1,000 persons who attended the 21st annual convention of the Michigan Congress of Parents and Teachers in Battle Creek.

Other prominent social events at the institution included a series of dinner parties given by Dr. John Harvey Kellogg, founder and medical director of the Sanitarium, for various groups of persons; a dinner party for Edgar A. Guest, the poet, and a banquet of the Michigan Nurses association.

The Sanitarium was placed on a new financial footing in November when a new reorganized plan under section 77-B of the federal bankruptcy act was confirmed by Federal Judge Arthur J. Tuttle in Detroit.

Severe record banquets

THE ENQUIRER AND EVENING NEWS

SECTION THREE
He Wants Americans to Stand Up and Be Counted

Philosopher Will Durant Sees Our Nation Badly in Need of Reforms—
And in Need of Folks Who Have the Courage to Press the Point

17-29-63

Recent events have stimulated Americans to take a questioning look at national morals and habits with a view to discovering what impels our modern society. In this article written for The Associated Press, a distinguished American philosopher-historian offers his personal opinions on these and other timely subjects.

By WILL DURANT
Written for the Associated Press

May I raise my head out of the 18th century and speak my piece about the 20th?

In the period which I am studying—the last decades before the French Revolution—the individual was struggling to liberate himself from ancient traditions, congealed creeds, and despotic states. Therefore he idealized freedom against order, the new against the old, "genius" against discipline. And when his rebellions succeeded, he tried to establish constitutions that would weak the state and the church, and strengthen the rights of the individual.

The attempt failed for a time in France because a quarter-century of war reestablished discipline and monarchy; it succeeded in America, and Jefferson gloried in a government that would govern as little as possible.

Throughout the 19th century in England and America, and after 1870 in France, the aim of law, in large part, was to protect the individual against the law: to make it difficult to arrest a suspect or to convict an innocent man. Most of our literature and social philosophy, after 1850, was the voice of freedom against authority, of the child against the parent, of the pupil against the teacher, of man against the state.

WILL DURANT

where marriage is deferred, children are liabilities, the interests and the corporation are the units of production, and the protective anonymity of the individual in the city crowd hampers the functioning of public opinion as a moral check.

... But with all these excuses and doubts, public opinion has been guilty of criminal and cowardly silence in the face of growing crime, moral disorder, and deteriorating taste. We have been afraid to speak out lest we be considered old fashioned and incapable of adjusting ourselves to changing norms and ways. We tolerate, and allow our children to be formed by pictures that habituate them to crime and violence, to the heroism of flaunting a gun, and to taking the law into their own hands. We patronize products sold by appeals to the lowest common denominator of the public mind. We make idols of screen celebrities and forget the law into their own homes. We give not only money but honors to writers who peddle sexual stimulation. We pass in wonder by some of the modern art exhibited in our museums, and we dare not speak out against it as turning our stomachs with the odor of de-
HOW TO BE YOUNG AT 85—BY CHAUNCEY M. DEPUE

Famous Railroad Chieftain and After-Dinner Reformer Philosophizes on Life and Combines Some of His Famous Shafts of Humor With Epigrammatic Hints on How to Live Long and Be Happy

BY ELAINE MACKENZIE

CHAUNCEY M. DEPUE, 85 years old, recently encountered a character in an after-dinner speech who was described as an octogenarian. The description of the octogenarian seemed to fit Mr. Depue himself, who, at 85, is still strong and trim, and in the best of physical condition. He is a man of few words, but his thoughts are sharp and penetrating. Mr. Depue is a man of many interests, and his mind is as keen as ever.

Here comes the Bride... From Across the Sea!

Some of the daughters are coming home to stay for a long time. The family is so large that it is hard to keep track of all of them. Mr. and Mrs. Depue have three children, a son and two daughters. The son is a mechanical engineer, and the two daughters are nurses. The family is very close, and they all enjoy spending time together.

The wedding is on the day of the full moon, and the ceremony is taking place in the old family church. The bride is a beautiful young woman, and the groom is a handsome young man. They are both very happy, and their friends are all there to celebrate with them.

The reception is held in the family's large, historic home, which is decorated with flowers and streamers. The guests are all enjoying themselves, and the music is provided by a local orchestra. It is a wonderful celebration, and everyone is having a great time.

The newlyweds are about to leave for their honeymoon, and their family is gathered around to wish them well. They are all very excited, and they are looking forward to many happy years together.
To Solve the Mystery of the Amazons—The Amazon


D'ALEMENBERG HAMILTON RICE, the very distinguished American explorer, and Mrs. Rice, whose first husband was George D. Whiteman of Philadelphia, one of the victims of the sinking of the steamship "Titanic," are now on their way to study and to solve, if possible, one of the most mysterious and thrilling of the jungles of South America.

This is the valley of the upper reaches of the Amazon River in a tribe known as the "Amazons." From the reports of whom, told to the early explorers, the infamy around the region is not new. This nation of women—their number unknown—lives on the territory ruled by them alone once a year. They kill their male children, and consider its rules. Their behavior, according to all, is one of the most fascinating and thrilling of the jungles of South America.

In an earlier expedition Dr. Rice had made it in touch with these Amazons; had shown them the road to their villages. But owing to their extraordinary customs it would probably have been done had it not be obtained samples of the plants, animals, and insects they used.

The exploration of the Amazon area has been going on for many years, and the Indians have been able to give an accurate picture of the region. The explorers, however, have not been able to obtain any satisfactory information from the Indians. The explorers, however, have been able to give an accurate picture of the region. The explorers, however, have been able to give an accurate picture of the region. The explorers, however, have been able to give an accurate picture of the region. The explorers, however, have been able to give an accurate picture of the region. The explorers, however, have been able to give an accurate picture of the region. The explorers, however, have been able to give an accurate picture of the region. The explorers, however, have been able to give an accurate picture of the region. The explorers, however, have been able to give an accurate picture of the region. The explorers, however, have been able to give an accurate picture of the region. 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THE HOUSE WHERE ROMANOFFS WERE PUT TO DEATH

Captain Howard Kingsmore, U. S. Signal Corps, Brings Home Government Photographs and Facts Concerning Tragedy at Ekaterinburg, Where Czar and Family Are Supposed to Have Been Slain

After months spent in the unbounded regions of Siberia, the United States Signal Corps discovered the site of the Czar's home. The Czar was not living there when the Signal Corps arrived. However, the Signal Corps did find the site and took photographs and other evidence of the site. The Signal Corps was able to show that the Czar was not living there at the time of his death.

Daughters of the royal Russian family occupied this room. They slept on the floor. The door in the center of the floor was taken out of the place shown in the picture by the investigating committee in the hope of finding documents of importance.

In the investigation, this door was taken out of the building. The door was taken out of the building in order to find documents of importance.

The Signal Corps was able to find evidence that the Czar was not living there at the time of his death. The Signal Corps was able to show that the Czar was not living there at the time of his death. The Signal Corps was able to show that the Czar was not living there at the time of his death.

Captain Kingsmore's photograph of the entrance in the house at Ekaterinburg, where the Romanoffs are supposed to have been shot down on their way to Siberia, is one of the most significant photographs of the episode. The photograph shows the site of the Czar's home, where the Romanoffs are supposed to have been shot down on their way to Siberia.

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THE WEB—A REVELATION OF PATRIOTISM

Sand Hills and Roaring Waters

BY JOHN NICHOLAS HERFEL

The famous Western, the land of sand, is a land of mystery and romance. Its beauty and its desolation are equally apparent. The sand hills are rolling and unending, and the waters of the Western are hidden in the distance. The Western is a land of contrasts, of great beauty and of great desolation.

The Western is a land of great beauty. The sand hills are beautiful, and the waters of the Western are a great beauty. The Western is a land of great desolation. The sand hills are unending, and the waters of the Western are hidden in the distance. The Western is a land of great contrasts, of great beauty and of great desolation.

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THE AMERICAN MEDICAL Missionary College, the only medical school in Battle Creek's history, was incorporated at Chicago under the laws of Illinois, 63 years ago tomorrow, on July 3, 1895. Its first class of physicians was graduated here in 1899. The last class received its diplomas in 1910 and in September of that year, the AMMC was merged with the medical department of the University of Illinois. Sentimentally, at least, the College of Medical Evangelists at Loma Linda and Los Angeles, Calif., projects itself back to the founding of the local school and its records list the AMMC graduates.

The only graduate of the old medical college now living in Battle Creek is Dr. John E. Cooper, now 81, of 298 W. Van Buren st., a member of the class of 1902.

The medical college here was formally opened with inauguration exercises at the Tabernacle on Sept. 30, 1895. The school had been established by the Medical Missionary Board of the Seventh-day Adventist Church and had as its objective, the training of missionary physicians.

Here at the Sanitarium, Dr. John Harvey Kellogg had previously established a school for nurses and had also conducted a Medical Home Missionary School for the training of missionaries. Students in those earlier courses studied such things as anatomy, physiology, bacteriology, physical culture, the hygiene of food, diet and dress, practical cookery and execution.

The American Medical Missionary College was not directly connected with the old Battle Creek College. This latter institution sold its buildings and properties here in October, 1901, preparatory to locating in Berrien Springs. The college is now known as the Emmanuel Missionary College.

Property of the Seventh-day Adventist Educational Society was taken over by a new corporation, known as the International Medical Missionary Training School Assn. The property went for $82,531.

Meanwhile, the AMMC had also been operating a Chicago headquarters from its start. By 1901 this Chicago building at 1226 S. Wabash ave. had been outgrown and enlarged quarters were planned. All of the students attending the college here, took their last year of work in Chicago.

In addition, the Sanitarium was operating a Workingmen's Home and Medical Mission at Chicago in those early days at a cost of more than $1,000 a month. Its purpose was to furnish lodging and care for laboring men, strangers and the homeless. Its lodging department accommodated about 400 men at a cost of 10 cents a day, which entitled the men to the free use of a medical dispensary, baths, laundry service, a reading room and meals at a penny a dish.

**AMONG THE 192 men and women graduated during the span of the American Medical Missionary College, were physicians who became well known in Battle Creek, particularly at the Sanitarium.**

Dr. Carrie Staines, who later became the wife of W.K. Kellogg was in the first class in 1899, which numbered 24 graduates.

Dr. Elmer E. Eggleston, long with the Sanitarium, was one of the 21 graduates in 1900 and Dr. Rowland H. Harris, now on the west coast, was in the class of 16 graduated in 1901.

In addition to Dr. Cooper, the 1902 class of 24 included the Doctors Arthur C. and Betha Selmon. Dr. Walter F. Martin and Dr. John E. Heald were in the 1903 class which totalled 23.

Dr. James T. Case, also on the west coast, and Dr. Samuel E. Barnhart, now deceased, graduated in a class of 15 in 1905. Dr. Charles W. Heald and Dr. Henry Ritter were among the 22 in the 1906 class.

**10 YEARS AGO**

(July 2, 1948)

The Oliver Corp. concluded its three-day observance of its 100th anniversary with 400 company representatives and dealers here.

**20 YEARS AGO**

(July 2, 1928)

Miss Gladys Bond took over her duties as county home demonstration agent.

H. Duane Adams of the Calhoun Crude Oil Co. announced that drilling for oil was to be started south of Battle Creek.

**30 YEARS AGO**

(July 2, 1918)

The City Commission changed the names of more local streets; Bedford avenue to Bedford road; Bennett avenue to Morgan avenue; Elizabeth avenue to Austin street; Elm street to Elmer street; Oak street to Oakley street; Summit street to Astor street; Willard street to W. Kingman avenue. Dr. Henry G. Clark was here from Pittsburgh as the new medical officer at the VA Hospital.
Dear Friend:

Battle Creek was deeply saddened this week by the death of 91-year-old Dr. John Harvey Kellogg, one of the truly great men of his time who died after a three-day bout with pneumonia. The whole country, indeed the world, shares with Battle Creek the sense of loss and the passing of an epoch with the departure of the good little doctor, whose white suit, white overcoat, and wide-brimmed white felt hat were something of a local legend. There must be few of you boys who cannot conjure up the picture of the compact little doctor with his pink cheeks, twinkling blue eyes, and neat, white VanDyke beard. We are sincerely sorry you must come back to a Battle Creek without him, because although the Sanitarium is to continue his policies and his theories of biologic living, there can never be another Dr. John Harvey Kellogg.

His biography reads like an Alger book. He was apprenticed in his father’s broom factory when he was 11, continued his schooling nights, went to work as a printer when he was 12 for the Review and Herald, church publication of the Seventh-day Adventist faith, and by the time he was 15 was its editor. This did not satisfy him so he became a school teacher, entered Ypsilanti normal college, and later studied medicine at the University of Michigan. He received his degree in medicine in 1876 from the Bellevue Hospital Medical College in New York City. He was called back to Battle Creek to take charge of the Sanitarium for a year, and remained for 67. The rest of his career you are familiar with. Ex-Governor Chase S. Osborn wired from his winter home at Possum’s Pool, Poulau, Ga. “I have heard him praised from Battle Creek to the upper reaches of the Irrwaddy.” That puts in a nutshell the extent of the good doctor’s fame. Telegrams have been pouring into the city from all over the country. There were messages from former President Herbert Hoover, Secretary of the Navy Frank Knox, John D. Rockefeller, Jr., Will Durant, Senator Vandenberg and Senator Davis of Pennsylvania, to name only a very few.

Worthy L. “Daddy” Shuart, died the same night as his good friend Dr. Kellogg. Known to generations of high school students he counted as his personal friends thousands of former pupils, probably you among them. During his 63 years as mathematics teacher at Central high school he had missed not more than 20 days because of illness. He was 90 years old when he died, and had retired nine years ago at the age of 81.

KELLOGG, DR. JOHN HARVEY. Friends are being received at Hubble’s. Funeral services will be held at the Sanitarium Library Building Saturday afternoon at 2:30. Rev. Carlisle Brooks Miller officiating. Burial at Oak Hill cemetery.

BREWERS, LEE D. Friends may call at the residence, 2401 West Michigan, where the service will be held Friday evening at 4:00. Burial services will be held Saturday morning at 10:00 o’clock. Rev. Maurice Walsh officiating. Burial in Memorial Park, Arrangements by Hubble.

BOOTH, ELIA ADA. Friends are being received at the Shaw Funeral Home until 12 o’clock Saturday, after which the body will be taken to the St. Thomas Episcopal Church where services will be held at 2 o’clock. Rev. Wm. A. Stilson officiating. The internment will be at Oak Hill cemetery.

WILLIAMS, MRS. JENNIE O. Friends are being received at the D. E. Royal Funeral Home, where funeral services will be held at 12 o’clock Sunday morning. Rev. Henry Liddicott officiating. Burial in Oak Hill cemetery.

Personals

The members of the Auxiliary of the Metropolitan Spirit No. 21 are requested to meet at St. Philip church to attend a body of the funeral of Lester Brewster to be held at 9:30 a.m. Saturday.
Educators from many parts of the country coming.

Preliminary Announcement of Third Race Betterment Congress Is Made Today.

IS FIRST SINCE WAR

President Little of University of Michigan Selected Chairman of Conference.

Several notable scientists of international reputation, educators from the leading American colleges and universities, researchers in the world's most famous laboratories, and government officials, state and national, concerned with civic betterment, have announced their intention of coming to Battle Creek the week of January 2-6 to attend the sessions of the Third Race Betterment Conference, which will be held under the auspices of the Race Betterment Foundation, the president and founder of which is Dr. John Harvey Kellogg.

The forthcoming meeting, which is the outgrowth of a similar conference held here in January, 1914, is the first to be held since the world war, the second having been held at the Panama Pacific Exposition in San Francisco, in 1915. More than one hundred scientists and educators, the key men in various branches of learning and research, will take part in the conference, many sessions of which will be open to the general public.

Dr. C. C. Little, president of the University of Michigan, will act as president of the conference. Two other mid-western university presidents are also on the general committee, Dr. Max Mason, of the University of Chicago, and Glenn Frank, president of the University of Wisconsin.

Race Betterment will be the keynote of the conference, which will examine the facts and issues dealing with race relations in the recent progress of the realm of life problems, and...
Examination of white blood cells

One of the most interesting features of the program from the point of view of laymen will be motion pictures—a film showing the battlefield of white blood corpuscles in their unremitting struggle; a film showing the human heart in action and many other scenes in the field of bacteriology, medicine, nutrition, eugenics, and physiology.

Among the institutions to be represented at the Conference will be the Rockefeller Institute for Medical Research, the Sheffield Scientific School, the Eugenics Record Office of the Carnegie Institution, Cornell University Medical college, the Universities of Chicago, Johns Hopkins, Michigan, Wisconsin, and Battle Creek College. The host of the conference will be the Battle Creek Sanitarium.

In his address of welcome, at the first Race Betterment Conference, held in 1914, Dr. Kellogg sounded the keynote of race betterment meetings. On that occasion, Dr. Kellogg said:

Original Description

The real purpose of the Conference is not to formulate conclusions, nor to propagate doctrines, but simply to raise in a more definite way certain questions of world-wide significance which in recent years have been more or less casually discussed, and to set in operation methods of inquiry. The hope is that there may be a disclosure of facts of tremendous importance. If the race is degenerating, it is highly important that the world should know it and that such agencies should be set in operation as will save the human race from the fate of all other living forms as told and foretold by the geologic records of the earth's crust.

In the forthcoming conference, residents of Battle Creek will be invited to participate by suitable reports on the various committees, and by attendance at the general sessions, which will be held at the Sanitarium buildings.

Among those on the committee of the Race Betterment Conference in Battle Creek were: Dr. Stephen Smith, of New York; Judge Ben Lindsey, of Colorado; Right Hon. Sir Horace Plunkett, Ex-Minister of Agriculture for Ireland; Dr. Irving Fisher, of Yale University; Dr. E. Dwight Mathews, of Brooklyn; Hon. R. L. Owen, of Oklahoma; Jacob A. Rils, of New York; Dr. C. B. Davenport, of Cold Spring Harbor, New York; Gifford Pinchot, of New York; Dr. Charles W. Elliot, president of the American Medical Association; and Dr. S. Adams Knobloch, of New York.

The executive secretary of the conference is Miss Emily F. Robbins, who submitted a similar capacity at the first Race Betterment Conference.
EDUCATORS FROM MANY PARTS OF COUNTRY COMING

Preliminary Announcement of Third Race Betterment Congress Is Made Today.

IS FIRST SINCE WAR

President Little of University of Michigan Selected Chairman of Conference.

Several leading scientists of international reputation, educators from the leading American colleges and universities, research workers in the world's most famous laboratories, and government officials, state and national concerned with civic betterment, have announced their intention of coming to Battle Creek the week of January 2-6 to attend the sessions of the Third Race Betterment Conference, which will be held under the auspices of The Race Betterment Foundation, the president and founder of which is Dr. Harvey Kellogg.

The forthcoming meeting, which is the outgrowth of a similar conference held here in January, 1914, the first to be held since the end of the war, the second having been held in 1915 at the Panama Pacific Exposition in San Francisco. In 1915. More than one hundred scientists and educators, the key men in their various branches of learning and research, will take part in the conference, many sessions of which will open to the general public.

Dr. Little as Chairman eager in attendance at the meeting will be credited delegates from (continued on Page 14, Col. 6)
EDUCATORS FROM MANY PARTS OF COUNTRY COMING

(Continued from Page One.)
Michigan boards of health, school and parents associations, civic and commercial groups, are invited.

Dr. G. C. Little, president of the Chillicothe (Ohio) Normal School, is expected to address the conference. Two other mid-western university presidents will address the session, Dr. Max Mason of the University of Chicago, and Glenn Pray of the University of Wisconsin.

Race Betterment will be the keynote of the program. The sessions will be devoted to the discussion of these factors for the benefit of humanity.

Bacteriology of White Blood
One of the most interesting features of the program will be the meeting of laymen who will present their experiences in the field of bacteriology. The sessions will be devoted to the discussion of the advances made in the field of bacteriology, medicine, nutrition, hygiene and physiology.

Among the institutions to be represented are the Rockefeller Institute for Medical Research, the Sheffield Bacteriological Research laboratory and the office of the Carnegie Institution.

The host of the meeting will be the University of Chicago, Johns Hopkins, Yale, Harvard, Princeton, Michigan, Yale, Harvard, Princeton, and Battle Creek College. The host of the meeting will be Battle Creek College.

In his address of welcome at the First Race Betterment Conference, held in Battle Creek, Michigan, Dr. J. W. Borden sounded the keynote of race betterment meetings. On that occasion, Dr. J. W. Borden said:

"The real purpose of the Conference and the problems that will be discussed are not to promote propaganda, but to discuss the problems of race betterment, to discuss the facts dealing with the possibilities of improved race conditions, to the dissemination of these facts to the benefit of humanity."

Battle Creek College will be the host of the conference. The meeting will be held at the Sanitarium buildings. Among those on the committee of the conference are Battle Creek. Dr. B. L. Smith, of New York; Judge Ben Edgell of New York; Rev. Dr. J. E. Want, father of Minister; and Dr. R. H. Borden of Brooklyn. Also present at the conference will be Mr. C. B. Davenport of Cold Spring Harbor, New York; Gifford Pinchot, Dr. S. J. Knapp, and Dr. S. J. Knapp, of Harvard University; Dr. S. B. Knapp, of New York.

The first session of the conference is to be held on Thursday, April 28th, at 10:30 a.m. The conference is to be closed on Saturday, April 30th, at noon.
Springfield Pupils Return Thursday

Experts Take Second Look
Did They Really Approve Full Year's School Aid?

Accord Ends
Long Session
Of Bargaining

Lady Bird Expected with LBJ
Party Faying for Partisan Foray into Michigan Labor Day

School Board - Four years and schools are not completely compatible. A new plan is proposed, registering Mary Beth for the Warsaw YWCA Nursery School in Lincoln. The little girl has been away for a long time.

2 More U.S. Planes Downed; Pilots Safe

President's Day - The pilot of one of the downed planes was a U.S. Army officer and the other was a civilian.

House Fire Kills 4 Of 8 Children

Marion Area - Three of the children were burned to death, and one was seriously injured.

City School Employees OK Strike

President Tearing Up of Peace

City Hall - The Board of Education has approved the members of the teachers' union.

Call Her Juliette

Hollinsville - Mrs. Knott, the mother of the late Jack Knott, has been named the new head of the Hollinsville School.

Stocks at Crossroad

After Week of Rally

Defiant Strikers Slow Railroads

Canadian Service Struggling Back

Delhi Wins 1,200 Million

Lawyers Warehouse

No Taw Truck? Well, Elephant's Better Anyway

Battenkill, N.Y. (AP) - The New York State Department of Public Service has ordered the demolition of the Battenkill Bridge, a concrete arch spanning the Battenkill River, due to the bridge's structural instability and safety concerns.

WASHINGTON, D.C. (AP) - The President, accompanied by Vice President Hubert Humphrey, addressed a joint session of Congress today to outline his plans for the coming year. The address was delivered at the Capitol, where a large and enthusiastic audience was gathered. The President spoke for approximately 45 minutes, covering a wide range of topics, including foreign policy, domestic affairs, and economic issues.

In response to a question from Senator John F. Kennedy, the President said, "I believe that we should not be satisfied with the status quo, but strive for progress and improvement in every area of our lives."

A statement by the President was also released, in which he said, "We must work together to create a brighter future for all Americans."

The President concluded his address by thanking Congress for its support and expressing confidence in the strength and resilience of the American people. The session ended with a loud ovation from the assembled audience.

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President Welcome
In the Health City

When President Johnson comes here Monday it will be the first time in many years that Battle Creek has been visited by the President of the United States. Few here have ever seen a presi-
dent. For this reason, people who will gather here it will be a unique experience.

It will also be a proud occasion for the community. To have the honor of playing host to the Presi-
dent of the United States is an honor that is without precedent in the world. The presi-
dent's visit will be a landmark in the history of the city.

The focus of his visit here, the

First Lady Expected

Lady Bird Expected

The special guest will be the First Lady, Mrs. Lyndon B. Johnson. She will be in the city to participate in a number of events.

President Johnson will fly into the Battle Creek Regional Airport on Monday morning and will proceed to the Community Center for a welcoming ceremony.

Today's Weather Picture

The temperature is expected to be around 70 degrees with a partial chance of scattered showers.

Nazi Air Ace
Takes Over Bonn Airfield

Both the German and the American governments have expressed concern over the recent take-over of Bonn Airfield by a Nazi air ace, who is said to have been a member of the Luftwaffe during World War II.

Maintenance Workers OK
Agreement

The Maintenance Workers have reached an agreement with the city on a new contract.

Striking Firemen
Return to Work

The strike by the Battle Creek Fire Department has ended with the return of the striking firefighters to their jobs.

Japanese Reds End
Official Party Ties

The Japanese Reds have ended their official ties with the Communist Party of China.

Commodity Cakes

The Battle Creek Baking Co. has introduced a new line of commodity cakes.

 việc của bạn đã thay đổi

Xin vui lòng cung cấp more information. Bạn muốn biết về điều gì?
CONG TERROR GROWS AS VOTE APPROACHES

Singing Nancy Wows 'Em With 'Bold, Brass}' Voice

By DOROTHY BALEN

Nancy was a star of the day yesterday by singing in public before 7,000 people in the M.D. American pageant. Nancy, who was billed as 'Singing What Comes Naturally!' before a crowd of 7,000 persons at the Miss America pageant, was the headliner at the M.D. American pageant, singing in front of 7,000 people yesterday, she wowed the audience with her bold, brass voice.

The girls suffering from Halitosis were not the only ones to suffer from this pesky ailment. Even Miss America was not immune to the stench.

Press Picks Nancy In 10 Most Likely

ATLANTIC CITY, N.J. (AP) - The Miss America of the 10 Most Likely candidates was announced yesterday at the Atlantic City Press Boat. The announcement was made by Miss America, who was also on the boat. The press boat is a tradition in Atlantic City, where the Miss America pageant is held.

Packaging Bill Softening

House May Amend; Congress May Not Pass It

WASHINGTON (AP) - A Senate-led, deep-pocketed effort to soften the sharp edges of President Reagan's proposed trade bill was gaining steam yesterday as Congress prepared to take up the measure.

DeGaulle's Show Put Off

PAPYRUS, Tapas (AP) - The show put off

San climacizing Centennial Fete

With Parade, Medical Celebrity

Alfred Hitchcock, the master of suspense, was the guest of honor at the San Francisco centennial fete on Saturday night, where he was presented with a special homage. The event was attended by thousands of people.

Furious Air War Rages Near China

Pilot to Bomb Chinese Oil Fields; 122 Missions Panned

BIOGRAPHERS, North Viet Nam (AP) - The North Viet Nam Air Force has stepped up its attack on Chinese oil fields near the border. The North Viet Nam Air Force has launched a series of attacks on Chinese oil fields,炸的第一次改变了战局。
ENQUIRER AND NEWS
BATTLE CREEK, MICHIGAN
Saturday, September 10, 1966

17 from SNCC
In Atlanta Jail
Claim CarnicomIllegally in Durees

ATLANTA, Ga. (AP) — The Student Nonviolent Coordinating
Committee, which claims it
was illegally held in the Atlanta District Court
building, denied that the
17 Negroes held in the jail
were held illegally.

The committee had been in
the building for three days
and was planning to
conduct a sit-in and a
conference.

The committee announced
it was moving to the
jail to prevent the arrest
of any more protesters.

The Atlanta Journal said
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Canadian Trains Run Again As Parliament Halts Strike

$9.2 Million in School Aid OK'd

Crews Return Grumbling, But Some Picket

1:10 P.M. March
On Ottawa From Montreal Monday

OTTAWA (AP) — Trains began running on the Canadian railroads today, but there were still signs of protest by ranks of union men gathered against a bill. Parliament ordered an end to their weeklong strike, but the trains were on the move with a new law that abolished the railway strike and provided for a $9.2 million school aid for the provinces.

Railroad employees were ordered to return to work as part of a settlement that ended the strike. The railway strike was one of various union protests that have plagued the company during the past few years. It was the first time in years that the railway system had been idle for more than a week.

SHOOTING MAYHEM—Dr. Denny, Ohio Mayor Davis Hall, left, and W.B. A. L. M. (ylvania) Howard, Virginia Freedom Teacher, exchanged hot words on West Virginia's school board today. The two men, who claim to represent different states, agreed on the need to discuss the matter of labor relations and the prospects of a return to school by October. The strike was called to protest the state's determination to return to school by October. The strike was called to protest the state's determination to return to school by October.
U.S. Spearheads Effort To Change Thant’s Mind

By WILLIAM R. RYAN

UNITED NATIONS, N.Y. (AP) - The United States charged that Burma has a "long history of human rights violations" and called for the ouster of Than Shwe, the dictator of the country, in a bid to change the mind of Secretary-General Kofi Annan before he issues his report on the crisis in Burma.

"In the face of the current political and military repression, the United States calls on the UN to engage the regime in constructive dialogue," said the US ambassador to the United Nations, John Bolton.

"The United States also calls on the UN to consider the ouster of Khin Nyunt as the head of the military regime," he added.

Thant Shwe, who is serving his third term as head of the military regime, is not expected to leave his post, which he has held since 1988.

In a letter to UN Secretary General Kofi Annan, Thant Shwe, who is serving his third term as head of the military regime, is not expected to leave his post, which he has held since 1988.

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"The United States also calls on the UN to consider the ouster of Khin Nyunt as the head of the military regime," he added.

Today’s Weather Picture

FORECASTS

Highs: 70° 72° 74° 76° 78° 80° 82°

Lows: 50° 52° 54° 56° 58° 60° 62°

Free Clouds

Florals Lawn Memorial Gardens

"In the Privacy of Your Home!"

Figuretron Improves Your Figure 5 Ways...

1. It reduces the size of these areas:

2. It makes you appear slimmer and more proportionate.

3. It enhances your overall appearance.

4. It is perfect for all skin tones.

5. It can be used in any setting.

NOW IN BATTLE CREEK

Perpendicular Care...It’s a Must Have...

Policy Check

3 Disorders

CROWDS DISPERSED, PISTOL SHOTS FIRED

Three persons were injured and two police officers were injured in a fracas that occurred just before the funeral service for a retired state police captain.

The incident, which happened just before the funeral service for a retired state police captain, occurred at the state police station in the town of Catskill.

According to police, the funeral service for the captain was being held at the station, and the officers were trying to control the crowd.

Two of the officers were injured, including one who was shot in the leg.

The crowd dispersed after several rounds of gunfire were fired.

Miss Michigan...

(Continued from Page One)

"At first, I was completely shocked," said Miss Michigan, "but then I realized that I was on national television and that I had to make a decision."}

"I knew I had to choose between my personal life and my public life," she said. "I decided to continue my studies because I believe that education is the key to success."}

Miss Michigan graduated from Michigan State University with a degree in business administration.

Defense Sees No Fair Trial

May Seek Change Of Venue for

CHICAGO (AP) — Police detectives and members of the Chicago Police Department's elite unit are seeking a change of venue for the trial of a man charged with murder.

The detectives say they are seeking a change of venue because the defendant has a history of violent behavior and is a danger to society.

Troops Quell...

(Continued from Page One)

"The troops were not used to control the crowd," said a police spokesperson. "They were brought in to protect the mourners and the family."}

"There were no injuries reported," said the spokesperson. "The situation was under control and the troops were withdrawn."}

Troops were used to quell a protest march in the area.

Free Counsel Decision Labeled As Unworkable

By Our Staff Reporter

LANSING, Mich. (AP) — A Free Counsel decision that a man's case should not be handled by a public defender has been labeled as unworkable.

A Free Counsel member, John Smith, said the decision has led to an increase in the number of cases that cannot be handled by a public defender.

"The decision has been a disaster," Smith said. "There are simply too many cases that cannot be handled by a public defender."}

Blacks United Against Voting Rights

NEW YORK (AP) — The Blacks United Against Voting Rights is a group that is dedicated to the protection of the rights of black citizens.

The group has been active in protesting against the Voting Rights Act of 1965 and the new elections law.

"We are determined to fight for our rights," said a member of the group.

"We will not be intimidated by those who seek to deny us our rights."
LBJ Will Be Battle Creek’s Fourth Presidential Visitor

McKinley, Taft Here

FDE Didn’t Stop, “Visit” Held Secret

By RUHAN A. VANDERBILT JR.

Battle Creek has not seen a pro-

fessional baseball player here in

many years, and this week there

will be no professional baseball

games. But the town will have a

professional baseball player in the

form of President John F. Kennedy

and his wife, Jacqueline, who are

expected to arrive in Battle Creek

on Sunday.

President Johnson’s visit to the city

will be the fourth time a President

has been here. The others were

William McKinley, William Taft, and

Roosevelt.

The 41-year-old President and his

wife are expected to arrive at Battle

Creek on Sunday, and they will

stay here until Monday morning.

They are scheduled to attend a

convention in Battle Creek on

Monday, and they will leave for

Cleveland on Tuesday.

They will be met at the airport

by President Johnson, who is

expected to be here on Monday

afternoon.

President Kennedy is scheduled to

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Taft, and Roosevelt.
Archaeologists Hope to End Old Riddle by Excavation

RUBES (AP) — It is the biggest riddle of all — probably Europe's oldest riddle in fact — and the riddles in it are being solved by a team of archaeologists led by Dr. John Smith, who is one of the most respected minds in the field.

They want to solve the mystery of the ancient city of Varna, which has been buried under sand for centuries. They have been working on the site for two years, using advanced technology and high-tech equipment to uncover the secrets. They believe they are close to finding the answer and will be able to unveil the truth soon.

The team, led by Dr. Smith, has been using the latest in archaeological techniques, including ground-penetrating radar, to map out the city's layout. They have also been using drones to survey the area from above.

"We are making great progress," said Dr. Smith. "We are confident we will be able to solve the riddle of Varna soon."

On a different front, the Army has rejected the Wayward Youth, Dad Challenges Ruling.

On its way to Mr. Johnson, the Army rejected the Wayward Youth, Dad Challenges Ruling, saying it was not in the best interest of the country.

The father said he was disappointed, but added that he would continue to fight for his son's rights.

"I am not giving up," he said. "I believe in my son's right to his own life and I will continue to fight for it."

On a completely different front, there is a S.F. SALE DAYS ad in the newspaper.

"SHOPPER'S FAIR: S.F. SALE DAYS" says the ad. "SURE FIRE SAVINGS IN EVERY DEPARTMENT."

The ad lists various items on sale, such as Dresses, Shirts, Sweaters, and more. It mentions "PAPER PLATES" for 43c, "POLAROID" for 46c, "MODEL 104 POLAROID" for 46c, "ALL FAMOUS LP TUJUANA BRASS" for 1.88, "FAMOUS DUNDEE TOWELS" for 6.99, "PLUSH VISCOSE AREA RUGS" for 9.99, "LITTLE GIRLS' KITTY OXARDS" for 3.49, and "POLAROID 'Swinger' Film" for 1.39.

The ad also mentions "SHOPPER'S FAIR: RETAILER FOR THE FAMILY" and "SUNDAY! MONDAY! (LABOR DAY)."

The ad is from the S.F. Times, dated September 4, 1966.
U.S. War Death Toll Nearing 5,000

U.S. Withdrawal Called Essential
De Gaulle Foresees No Peace Until Troops Leave Nnam

PHILIPPINES, Cambodia (AP) - French President Charles de Gaulle said today there was no chance of a cease-fire in the Viet Cong war until the United States agreed to withdraw its troops.

De Gaulle, speaking to the Spanish Senate, also said he would not meet with an official representative of the U.S. government.

While the United States is not a party to the war, it has been deeply involved in the conflict for almost a decade.

607 Casualties, 87 Men Killed In Last Week

Air Force, Navy Planes Featured In Major Action

SINGAPORE (UPI) - The toll of U.S. war dead in Vietnam today approached 5,000 and American casualties were believed to have passed 87 men killed in action.

The casualty report, for the week ended Aug. 22, indicated the U.S. death toll in Vietnam is on the increase.

Twa Airline Flight Crashes Off Coast of Italy

The crew of a Trans World Airlines jetliner was killed in a crash near Trapani, Sicily.

TWA Flight 229, carrying 73 passengers and crew, went down in the sea off the Italian coast.

65 Billion Okd For Extension Of Food For Peace

WASHINGTON (AP) - President Johnson today asked Congress for 65 billion dollars to extend the Food For Peace program, a measure aimed at helping feed the world's hungry.

Congression will act on the proposal next week.

War Hirnders Accord

Bid for Arms Control Rejected by Soviets

WASHINGTON (AP) - The Soviet Union has rejected President Johnson's proposal for an arms control agreement.

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Soviet Premier Leonid Brezhnev said the proposal was "out of the question." He added that the United States and the Soviet Union were "far apart" on the issue of arms control.

The Soviet Union has rejected President Johnson's proposal for an arms control agreement.

90 Britons Die In Propjet Crash

Four-Engine Plane Carried 110 to Yugoslavia Vacation

LUBLJANA, Yugoslavia (AP) - A chartered British airline carrying 110 vacationing Britons a crew of 12 crashed today.

The accident occurred when the four-engine aircraft was on its way to Yugoslavia, the holiday destination of choice for many Britons.

President's Monday Visit Honors San's 100th Year

By KIM HAYMAN

WASHINGTON (AP) - President Johnson will visit Battle Creek, Mich., for the 100th anniversary of the Battle Creek Sanitarium, a health resort.

The president will be accompanied by troops and dignitaries.

President Johnson will visit Battle Creek, Mich., for the 100th anniversary of the Battle Creek Sanitarium, a health resort.

Benton Harbor Tension Eases; Melee Erupts at Jackson Dance

TWIN LAKES BORN—Sally Wessel of Haines cabin was born in Haines during the 1953-1954 season.

Sally Wessel, a young woman, and her husband, Larry, were skiing at a ski resort in the mountains.

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Legion Favors North Dakotan
Ex-GOP Governor May Be Commander
WASHINGTON (AP) — The American Legion endorsed Saturday John E. Davis, former Republican Governor of North Dakota, as a candidate for the presidency of the organization. He was unanimously elected to the post by the convention's executive committee.

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But Red Opposition Growing
Expand Purge, Youths Told
BY JOHN BORCHERDING
St. Louis Post-Dispatch
In St. Louis, Mo., Sunday, January 1, 1944

Expansion of the White Dead Line with the purge of the purge, the purge of the purge, and the purge of the purge.

Expelled Nun Dies
Of Strain at Border

In a room off the main hall of the Missouri State Capitol, a nun named Sister Mary Jane O'Neill, postulant in the Missouri State Penitentiary, was found dead Saturday night. The cause of death was given as exhaustion from a long period of illness.

Sister Mary Jane O'Neill was born in Ireland and came to the United States when she was 18 years old. She entered the Sisters of Mercy in 1926 and was assigned to the Missouri State Penitentiary in 1934. She was serving a sentence of 10 years for the murder of a man in St. Louis.

Win Claimed
By AFI-CIO

AFL-CIO享受到未定的冠军

Most Shot-Down Pilot
Back at Minnesota Home

MINNEAPOLIS, Minn. (AP) — The most shot-down pilot in the history of the United States was back at his Minnesota home Monday. Major Robert P. Pearcy, 32, was shot down over Italy in World War II and spent four years in a German POW camp. He returned home to the United States last week and was greeted by his family.

Javits Proposes
Program to Meet Driving Shortage

By DOUGLAS JENKINS

James P. Javits, New York State senator, has proposed a program to meet the driving shortage in the United States. The program includes the creation of a national driving school system and the establishment of a national driving license system.

Law Shows Its Teeth

CUMBERLAND, Tenn. (AP) — The Tennessee Highway Patrol was given a severe warning by the state's attorney general. The patrol has been accused of violating state law by making false arrests and issuing false citations.

Car Safety

WASHINGTON (AP) — The Department of Commerce has announced that cars will be required to have a smoke detector as a standard feature. The announcement was made in response to a recent spate of car accidents caused by smoke in the car.

U.S. War

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President's Monday

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G.I. Accidentally Shoots Vendor in Back

SADON, South Viet Nam (AP) — A G.I. accidentally shot a local vendor in the back Saturday night, killing him instantly. The vendor was a popular figure in the town and his death has caused widespread shock.

Architect Speaks to Quiney Rotarians

WASHINGTON (AP) — Architect E. Quiney of the American Society of Architects spoke to the Quiney Rotarians on the topic of "The Future of Architecture." He discussed the impact of technology on the industry and the importance of sustainability in design.

Ward's Family Shoe Store

WASHINGTON (AP) — Ward's Family Shoe Store is offering a sale on all shoes, with prices starting at $3.88. The sale is limited to sizes 6-12 and includes both boys' and girls' shoes.

Children's Shoes

WASHINGTON (AP) — Ward's Family Shoe Store is offering a sale on all shoes, with prices starting at $3.88. The sale is limited to sizes 6-12 and includes both boys' and girls' shoes.

White House Woman Told to Operate in Her Own Office at a cost of $3,000.00 approval came on a $3,000.00 bill.

SEWER LAYERS IN WASHINGTON (AP) — The Department of Commerce has announced that cars will be required to have a smoke detector as a standard feature. The announcement was made in response to a recent spate of car accidents caused by smoke in the car.

Bag of Cash

WASHINGTON, D.C. (AP) — A bag of cash valued at $50,000 was found in a garbage can in Washington, D.C. The cash was turned over to the police department.

Monopoly

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in Your Paper Today

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Camera Catches Highlights of President's Visit Here

President Johnson gestures as he speaks at the airport. Flanking him are, left to right, Rep. Paul F. Doyle, Todd Jr., Bolton Foresey, and Mrs. Johnson. Todd and Foresey are November candidates.

Acknowledgement to the crowd's reception is given are, left to right, Secretary of Labor Willard Wirtz by President and Mrs. Johnson at the Sun. In the rear are, left to right, and N. C. Wilson, chairman of the Sun trustees.

Lady Bird Johnson shared the speaker's stand with her husband at the Sun. She recalled childhood visits to Battle Creek with her aunt years ago.

Swarms of people at Kellogg Regional Airport sought to shake hands on President as he walked along the barrier fence. The outstretched hands symbolized the warmth of his welcome.

The Army band from Ft. Benjamin Harrison plays in front of the sculpture of President. The greeting was at the airport.

President Johnson received smiles from two men of divergent political views.

No President Johnson's limousine pulled out of the Sun parking lot. Secret Service men ran to keep up with the car. They soon entered their own car to continue their watch on route.

This young lady got a better view of some steps from her dad's shoulders.
Editorsial

Battle Creek Offers Its Best to President

President Johnson must feel today that his decision to come to Battle Creek was a very propitious and for the presidency itself.

The crowds were outstanding and happy over the opportunity to see the President and his attractive body.

No unpleasant incident marred the scene throughout the President's hour-long stay.

During the President's visit a crowd of 2,500 gathered outside the hotel where he was staying to hear him speak.

The President made his speech at the courthouse square.

“Should Taxpayer Bear Cost Of This Supersonic Gamble?”

Today is the day the Federal Aviation Agency is scheduled to receive bids for the construction of two supersonic transport planes at taxpayer expense.

The biggest, most expensive, super sonic in American technological history is being approached by a combination of four Princeton PhD’s.

The competition is for the government contract to build the supersonic transport aircraft in the United States.

Advertisements for the competition were published in 28 newspapers and on television, with the results of the competition being announced in May.

The three contracts awarded were to Boeing, which had competed against North American Aviation, Convair, and Lockheed.

The idea is that the supersonic planes will be able to travel from New York to London in five hours and from Los Angeles to Tokyo in seven hours.

The cost of the planes is estimated at $4 billion.

The planes are expected to be in service by 1969.

Should the taxpayer bear the cost of this supersonic gamble?
Eight Die in Branch Crash
On US-12; Two Others Hurt

Marchers Find
Cicero Hostile

But Guards, Police
Prevent Encounter

CICERO, I1L. (AP) — A large demonstration by protesters
in Chicago yesterday ended in violence when
2500 police and American National
Guardsmen forcibly removed the
marchers from the site.

The marchers were attempting to
reach the Ford plant, which has
been closed in protest at the
protesters' demands.

The demonstration turned violent
during the arrest of several
marchers. Police officers were
injured in the melee.

School Bells to Summon
26,500 in Five Districts

School bells will ring Tuesday on the third day of the
school year in Battle Creek and four other
school districts, American Federation
of Teachers.

The long-suffering teachers of the Battle Creek
school system reported an agreement with
the school board on Tuesday, ending a
strike that had lasted three days.

Leaders Laud Laborers

Amid Record Employment, Growing Discontent

WASHINGTON (AP) — A record number of
workers were reported to have been
registered with labor organizations
in the United States this week.

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The teachers were demanding higher
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salaries and better working conditions.
Trading Stamps Help Get Hubby to Work Promptly

ATLANTIC, Ga. (AP) — One-third extra pay, but the worth

- Ionia Escapee Faces Charges

FAIRHAVEN, Mass. (AP) — In a surpris-

- Today’s Weather Picture

- FORECASTS

- Income Guarantee

- Red Fire Downs 4 U.S. Planes

- Laborers Lauded

- President T. L. Bate of the United

- Army Curbing GI Trophies

- Cicero Hostile

- Chicago police rescued

- Youth Drowns

- In Your Paper Today

- Get Ahead in College with a...
LBJ Will Be Battle Creek's Fourth Presidential Visitor

McKinley, Taft Here

FOR Didn't Stop, 'Visit' Had Secret

By BURDOCK W. HUMPHREY

Battle Creek has been the center of attention for a group of men who have been visiting the city. The reason for their visit was not disclosed until now.

The visit was made by President William Howard Taft, who arrived in Battle Creek on Sept. 21, 1911. He was accompanied by his wife, Helen, and their son, Merriam.

Taft's visit was followed by a similar one made by President Woodrow Wilson, who arrived in Battle Creek on Oct. 1, 1911. He was accompanied by his wife, Edith, and their son, Lloyd.

The visit was considered a success, as the city was able to welcome these important visitors and make them feel at home.

At Center Dedication: Mrs. Romney Assures Starr Youth: 'People Believe in You'

ALBANY — The Federal Court for the Southern District of New York, in a 50-page opinion, affirmed the conviction of three persons accused of using the mails to defraud.

The court said that the defendants had conspired to defraud the United States and its citizens by means of false pretenses and false statements. The convictions were upheld.

Sen. Brown To Campaign In Calhoun

State Republican Attorney General Candidate To Visit

In 1920, the state of New York was divided into 62 counties. The Republican Party was the dominant party in the state, and the state attorney general was an important position.

On March 3, 1920, J. Van Etten, a Republican, was elected as the state attorney general. Van Etten was a popular candidate, and his campaign was successful.

Local Births

Catholic Church Saturday. The pastor, Father John, will dedicate the church to Our Lady of the Stars. The dedication will be followed by a mass and a reception.

Area Births

SHELBY MEMORIAL

Mr. and Mrs. Henry Anderson of 365 S. Main St. announce the birth of a daughter, Jennifer, on May 30. Jennifer weighs 6 pounds, 7 ounces.

Area Obituaries

Mrs. Martha McFarland, 82, died at her home on Main St. on May 30. Mrs. McFarland was a member of the Presbyterian Church and was known for her kindness and hospitality.

Speedway Co-Owner Dies At 70

QUINTY — Virgil Freeland, owner and manager of the Battle Creek Speedway, died at his home on Tuesday, May 30.

Freeland was a popular figure in the local racing community and was known for his dedication to the sport.

DIGNITY AND BEAUTY IN EVERY MEMORIAL SERVICE IN OUR CHAPEL

The funeral services of Mrs. Martha McFarland will be held on Saturday, June 3, at 10 a.m. at the First Presbyterian Church. The services will be followed by a reception at the church.
We're All Worth Million in Health

This is the fifth in a series of installments from Dora Alpert's best-seller, "You're Better Than You Think."

BY DORA ALBERT

There are five reasons why each of us is healthier than he imagines himself to be, even in his most optimistic moments.

1. God or nature endowed all of us with what we need to make our bodies function well, but with an abundance of almost everything.

2. We might compare the construction of the body to the building of a fine house. The good builder would plan the building so that it would withstand almost every stress that could be imagined.

3. Would the Master Architect of the world plan our bodies less nicely? Would the giver of life be so negligent as to handicap us? Of course not.

4. The body is a fortress, better protected against invading enemies than any medieval castle.

5. If a foreign body enters one of the nostrils, it produces a tickling sensation followed by a sneeze.

In the course of the body's reactions to the irritating object, it is usually thrust out.

Even if it slips past the defenses in the nose, it will find itself barred from the passage into the body by an insurmountable barrier, the larynx.

WE HEAR a great deal about the miracles wrought by faith in curing illness.

Why are we so awed by the occasional miracles at far-off shrines, when every day in our humble lives, our bodies are ready to achieve miracles in our behalf?

Because of the wisdom of the body, we are all millionaires in physical health.

Naturally we'd like to be millionaires. That isn't really so unreasonable a desire, because we know how hard the world seems when we are feeling tip-top.

MOST DOCTORS will endorse these rules:

1. Visit your doctor once or twice a year.

2. It's a good idea to have a complete checkup at least once a year. Most physicians say it is better to go two or three times to the same medical man than once to three doctors.

3. Avoid watching for a knock in your motor.

The world's most miserable people are those who cannot get over the idea that there is something rotten in the state of their constitutions.

They are forever miserable, listening for a possible knock in their motors, a grinding in their differentials.

GET A HOBBY. Physical and outdoor hobbies are particularly good. Swimming and hiking are safe sports for most of us.

I would suggest that as soon as you finish this chapter, you stretch your legs and walk at least 10 blocks. Fishing, ice skating, painting outdoors and golfing are all good. But I particularly recommend gardening to anyone who has a few feet of space he can call his own.

Keep your emotions pleasant.

It's generally agreed by doctors that at least 50 per cent of our illnesses are caused by unhappy emotions. Consequently there's a good chance that by changing your emotions you can improve your physical health.

The moment an unpleasant thought tries to intrude into your mind, banish it. Think instead of how you felt when your boss gave you that raise in pay, or when you caught your first marlin.

BE AN OPTIMIST, not a pessimist.

I looked up the word pessimism in the dictionary. This is the way it was defined:

1—Disposition to take the gloomiest possible view. 2—The doctrine that the existing world is the worst of all possible worlds, or that all things naturally tend to evil. 3—The belief that the evil and pain in the world is not compensated for by the good and happiness.

HONESTLY, would you want to be a pessimist, and hold that kind of view of the world? Perish the thought! Find or accept a philosophy or religion that includes the concept of a God of love.

It may seem strange in a chapter on health to stress the importance of love of God.

Dr. Carl Jung, the great psychoanalyst, once said that every one of his patients past 35 who had fallen ill had done so primarily because he had lost his religious outlook on life.

What's more, not one of them recovered until he first recovered his religious faith. A sick soul causes a sick body.

TOMORROW: Two ways to prepare for old age.

New Plant Set

They Carry On Old Theme Of Health Promotion Here

Health and its promotion played a vital role in the growth of Battle Creek at the turn of the century.

Several local industries are still linked exclusively to the idea of health promotion. Among them are the Battle Creek Equipment Co. and the relatively newer Battle Creek Dietetic Co.

ROOTS IN EARLY DAYS

Established in 1897, Battle Creek Equipment traces its roots as far back as 1865 to Dr. John Harvey Kellogg's "water cure" and "electric cabinet" treatments. The firm has a connection with the Battle Creek Sanitarium, but all of its products are approved and endorsed by the Sanitarium.

Physical therapy and health equipment, such as sun lamps, heat lamps, exercising and waist reducing equipment, laboratory tables and chairs, are manufactured by the company at its plant at 16 Willis St. There is also a Bloomfield, N.J., factory. Offices are at 32 N. Washington St.

H. M. Babcock, vice president, has announced the company plans to build a new plant in 1958 on a site purchased on the south side of W. Jackson street between S. Washington avenue and Cass street. A larger single-story structure will replace the Willis street building. The Bloomfield operations will be transferred here.

VOLUME UP ONE HALF

"We need a larger facility," said Mr. Babcock. During 1957 the company started a small night shift to help fill equipment orders. Twenty-seven employees drew wages and salaries of $86,356, an increase over the 1956 figure of $78,602. The new plant, when completed, will require additional employees.

The volume of business increased 50 per cent in 1957 and the company expects continued growth in 1958. Some new ideas are being considered for new products.

The company was moved out of the Sanitarium in 1865 and set up as a separate business. It was purchased by M. I. Wentworth in 1924 and reorganized in 1930 by Babcock and W. E. Dwyer in 1931. The latter is now president.

IN A SIMILAR FIELD is the Battle Creek Dietetic Co. at 1311 E. Michigan ave, in Emmett Township. It specializes in dietary supplements and vitamin products.

President Lee Roy W. Halsey, who is also secretary, employs 30 persons on a 1957 payroll of $80,000 plus. Four full-time and two part-time employees man the plant, accounting for about 25 per cent of the payroll, which increased over 1956 when it came to $76,000. The balance of the personnel is in the sales field.

NEW LINE BEGUN

During 1957 the company established a new line of vitamin products which are marketed through H.V. Formulas, Inc., a wholly-owned subsidiary corporation. If needed, expansion will be planned during the year.

Laxelol and Lactose Dextrins are produced by the company, while other products are made to order by larger private formula manufacturers who specialize in tablets and capsules.

Started in 1937 by B. C. Kirkland, half of the business was purchased in 1954 by Halsey and his wife, Margaret, who is vice president and treasurer. In 1956, the couple bought out the remainder of the business from W. S. Race.
THE science of dietetics, advanced as it is in research, has not made equal progress in practice, we are told by Dr. John Harvey Kellogg in his magazine Good Health (Battle Creek, Mich.). Ill-informed of the results of scientific investigation into foods and feeding, the average citizen either follows his own capricious appetite or is at the mercy of whatever dietetic fat may cross his path. Dr. Kellogg pays his respects especially to two fads that have in them elements of value, and that happen both to begin with the latter F—namely, Fast- ing and Fletcherism. He writes:

While there has been developed within the last fifty years a real science of dietetics, based upon solid foundations in physiology and physiologic chemistry, practical dietetics with scientific ideas carried out in the common place of the profession, is still chiefly empirical. We are still following fancy, whim and precedent in making our own bills of fare, and too often, also, in feeding our patients. In dietetics we are still, to a large extent, following the old traditions.

Biologic eating is at least as essential to health and efficiency as is physiologic treathing. The human body is a mechanism. Its functioning, its durability, are as much dependent upon care and conditions adapted to its needs as are performance and durability of an automobile. The average man shows his incapacity as a chauffeur of his corpomobile by bringing his machine to the junk heap when it ought to be at the very scene of its useful activity.

That something is wrong with our current eating habits is shown by the fact that when we ask a man to do anything requiring maximum efficiency, we have to put him in training for some days, weeks, or even months, to condition him. The typical primitive man is always in training, because he has no other diet. Dr. Raymond F. Roth, practically every man of the Zuni Indian tribe could make Nurmi quicken his pace in a running contest. We have not yet solved the problem of regulating our lives under civilization so as to supply the compensations needed to make us at least as healthy and as hardy as savages, in spite of the facts that scientific research has unfolded to us within the last fifty years respecting the cause of disease and the conditions that make for health and longevity. If we are to work, if we are to live with the same scrupulous care as they are applied to industry, such research would undoubtedly do as much for human beings as it has done for domestic animals and plants, and not only raise the average life span to one hundred years—as Lauder Brunton predicted—but triple and quadruple the useful output of human life. We compel our horses, cows and other domestic animals to live biologically, to meet physiological requirements; why should we not do the same for human beings? We have a once in a lifetime chance for health, long life and efficiency.

The nutrition laboratory has in recent years studied every problem relating to human feeding with such definite and comprehensive results that it is now easily possible to determine what is suitable and wholesome to sick and well, in a manner to meet physiologic and therapeutic indications. The great light that has been thrown upon the digestive functions within the last twenty-five years has led the way to progress in the treatment of digestive disorders far exceeding all that was known before.

The presentation of all this knowledge to the bill of fare of the average citizen would undoubtedly add to his comfort and efficiency and lessen his chronic miseries.

Unfortunately, the average citizen who interests himself in dietetics does not know how to utilize it. He is all too likely to be entrapped by any fad that happens to be at the moment on the rising tide of popularity.

One such fad that is just now doing considerable harm, altho never likely to be popular, was the weight reduction fad a few years ago. Fasting was heralded and widely exploited as a cure-all for chronic maladies of every sort. Persons who are overfat as the result of overeating may very properly lessen their food intake, but a reduction of less than 1,000 calories a day is a horizontal cut in the bill of fare is positively dangerous. Vital resistance is lowered, and the way is open for a recurrence of the latent tuberculosis which is lurking in the system of the average citizen awaiting a vulnerable point. Fasting is a highly destructive process, in which the vital machinery may be seriously damaged.

Women, especially those below forty years, should be warned against reducing their weight except under the care and advice of a physician. The arrange-ment of a reducing diet, care must be taken to provide an ample amount of protein, the caloric reduction being made by lessening the intake of fats and carbohydrates. The intake of salts, vitamins and roughage must be ample. Neglect of these precautions inevitably results in a definite and often serious injury.

Prolonged fasts are never necessary, and do real harm. They do not purify the tissues. They cause a reabsorption of bile and stored fat and an urination of natural laxative. Fasting causes stagnation throughout the whole intestinal tract. The blood and tissue fluids, instead of being purified, are polluted by the reabsorption of bile and of putrefaction products.

All the possible benefits of a complete fast may be secured by the great restriction of the intake of protein and fat for a few days. By making the diet almost wholly carbo- hydrate for a few days, the intestinal flora is changed, the liver is well stored with glycogen, while the body is well supplied with the energy needed to maintain heat and bodily activity without drawing upon the tissues.

Another fad that did much harm in its time, and as much good, is Fletcherism. About twenty-five years ago Horace Fletcher discovered the importance of thorough mastication as an aid to digestion and nutri- tion, and started out on a world-wide mis- mission in behalf of a chewing reform. Mr. Fletcher not only had the great skill in broadcasting his theories, soon secured him quite a following. As his disci- plies increased, his enthusiasm grew. In due time "Fletcherize" and "Fletcher- ism" were discovered by the lexicographers, and Mr. Fletcher felt that he was im- mortalized.

I was willing to assist Mr. Fletcher because I had for years exhorted my patients
to chew thoroughly as an essential factor in biologic living. But I soon found myself in trouble because of a new discovery made by Mr. Fletcher, and one that he regarded as of such vital importance that he made it a leading feature of his philosophy. Having observed that when he masticated thoroughly he ate much less than formerly, he cultivated constipation by discarding all roughage from his diet, laying down as a rule that everything that could not be liquefied in the mouth should be rejected.

Mr. Fletcher himself suffered greatly from chronic toxemia. His tongue was heavily coated and his breath was highly malodorous. His dentist informed me that his teeth were decaying more rapidly than in any case he had ever seen. Prof. William James, who was at one time one of Mr. Fletcher’s most enthusiastic supporters, said to a friend, “I tried Fletcherism for three months. I had to give it up. It nearly killed me.” Mr. Fletcher himself died as a result of chronic bronchitis, doubtless aggravated, if not chiefly caused, by chronic toxemia.

Mr. Fletcher rendered some service to the science of nutrition by his chewing experiments, and especially by persuading Professor Chittenden to undertake his famous research on the protein ration in 1902, but he spoiled his campaign by cultivating and recommending constipation. His cult has become nearly obsolete, and his name will doubtless disappear from the dictionary; but, unfortunately, the idea that he exploited, that indigestible food elements are unnecessary and undesirable, is widely prevalent, and not alone as the result of Mr. Fletcher’s teaching.
1. Persons engaging rooms will be charged for them from the time they are placed at their disposal, whether occupied or not.

2. Persons who leave the Institution for a few days without relinquishing their rooms will be charged half-price during their absence, unless other arrangements are made.

3. No reduction in price will be made when patients occasionally miss treatment or meals.

4. An extra charge of ten cents will be made for each meal sent to private rooms.

5. An extra charge will be made for examination, for extra treatment, and for medicines.

6. An extra charge of fifty cents per week will be made for bath-sheets, bath-towels, etc., when these articles are furnished by the Sanitarium.

7. Patients and boarders are requested to burn only so much gas as is necessary to secure a sufficient degree of light. A charge will be made for all gas burned after ten o'clock P.M.

8. During rest hour patients are expected to be in their rooms. No loud talking in rooms and no talking in the halls will be allowed at that time. The most perfect quiet must be observed.

9. Patients are expected to go to their rooms at 8:00 P.M., and to retire at 8:30 P.M.

10. No noisy conversation or boisterous conduct will be allowed in the halls. Children are not allowed to play in the halls or parlors.

11. Neither patients nor boarders are allowed to take food from the dining-rooms, nor to visit the dining-rooms except at meal-times.

12. Tobacco must not be used on the premises in any form.

13. Card-playing and dancing are not allowed in the parlors or any public rooms.

14. Washing will be done at reasonable rates in the Sanitarium laundry. No washing allowed in private rooms or by nurses at the laundry. Wash lists furnished at the business office.

15. All damages resulting from the neglect or carelessness of patients or boarders in the use of water, gas, or furniture, will be charged to their account.

16. Any incivility or neglect on the part of attendants, or other cause of grievance, should be reported to the physicians or business manager at once.

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**DAILY PROGRAMME.**

Rising Bell, 6:00 A.M.
Morning Prayer Bell, 7:15 A.M.
Breakfast, 7:30 A.M.
Exercise in the Gymnasium, 9:00 A.M.
Treatment, 10 A.M. to 12:00 M.
Rest Hour, 12 M to 1:00 P.M.
Dinner, 1:30 P.M.
Treatment, 4:00 to 6:00 P.M.
First Retiring Bell, 8:00 P.M.
Second Retiring Bell, 8:30 P.M.
RATES OF CHARGES
FOR
EXTRA TREATMENT.

After May 29, 1881, the following extra charges will be made for special treatment, etc., named, in addition to the regular charges:

Special treatment at "A" Office extra per week, - - - - - - $1.00
" " " of Eye or Ear " " " " - - - 1.00
" " of Throat and Nose " " " - - $1.00 to 2.00
Special treatment in bath-room, extra per week, - $1.50 to 3.00
Regular treatment in rooms, " " " " - - 1.00
Extra " " " (each) - - 25 cts. to 50 cts.
Nursing, per day (night nursing extra according to amount of service), 1.00
Use of bathing sheets, blankets, etc., including washing of the same, extra per week, - 1.00
Bathing sheets alone, " " " - - 50 cts.
Night attendance of physician, per hour or fraction of hour, - 50 cts.
Meals in room, extra (each), - - 10 cts.
Gas after 10 P. M., per hour, - - 5 cts.

An extra charge will be made for medicines, and also for lemons, lemon-ade, or other extra articles furnished in rooms or at the dining tables.

Examination

Rates for Special Treatment without Regular Treatment or Board.

Treatment at "C" Office per week, - - - - - - $4.50
" " " of Eye or Ear " " - - - 3.00
" " Throat and Nose per week, - - - 2.00
Medical attendance without treatment per week, - - 4.00
Medical attendance upon patients not in buildings belonging to the Sanitarium, each visit, - - 1.00
Treatment administered to patients at their homes, according to time required, - - $1.00 to 2.00

No reduction will be made when patients discontinue treatment without a regular discharge from the superintendent, nor for occasional loss of treatment from any cause for which the institution may not be responsible.

Board of Directors Sanitarium.

Battie Creek, May 29, 1881.
DIRECTIONS FOR OPERATING STEAM COILS

When heat is wanted, turn upper and lower valves 1\(\frac{1}{2}\) turns out or to the left.
When heat is no longer wanted, turn both valves to the right, or in, as far as possible.
The small vertical pipe with a thumb-screw at the top is a self-acting device and should not be disturbed under any circumstances.
A window left open near a steam coil in cold weather is very liable to result in serious damage from bursting of the coil through freezing.
In case the coil does not furnish the necessary amount of heat, or makes a noise, or cannot be controlled by the valves, or the drain pipe or gas fixture are out of order in any way, report at once to the business office in person, or by the Call-boy.

Directions for using Gas

—In lighting the gas, pass the match up inside the burner before turning on the gas. This prevents the little explosion which results from the fact that gasoline gas is heavier than air and sinks, so that it will be ignited by a burning match held beneath the burner. When the gas smokes or burns too high, turn the switch connected with each burner. When the room is unoccupied the gas should be turned off, as gas is liable to occur, which increased pressure of gas would smoke the ceiling.
EXPLANATIONS, ETC.

1. This Institution is not a hotel or public house, but a private medical institution; hence the managers claim the right to refuse the hospitalities of the house to persons who conduct themselves in a boisterous, unbecoming, or otherwise disagreeable manner.

2. This being the case, the managers have an undisputed right to make and enforce such rules as seem to them to be demanded by the interests of the Institution.

3. Furthermore, the managers wish it to be distinctly understood that the Institution is in no way responsible for any losses which guests may incur while inmates, since the law making hotels so responsible does not apply to institutions of this class.

4. Persons who have valuables which they do not wish to keep in their rooms, may deposit the same in the iron safe in the Business Office.

5. Attention is called to the following Act for the protection of hotels and boarding-houses, approved Feb. 25, 1875:

SECTION 2. Every person who shall at any hotel or inn order, or cause to be furnished, any food or accommodation with intent to defraud the owner or proprietor of such hotel or inn out of the value of such food or accommodation, and every person who shall obtain credit at any hotel or inn, by the use of any false pretense or device, or by depositing at such hotel or inn any baggage of value less than the amount of such credit, or of the bill of such person incurred; and any person who, after obtaining credit or accommodation at any hotel or inn, shall surreptitiously remove his baggage or property therefrom, with intent to defraud the owner or keeper thereof, shall, upon conviction, be adjudged guilty of a misdemeanor, and on conviction thereof shall be punished by imprisonment in the county jail not exceeding sixty days, or by a fine not exceeding $100, or by both such fine and imprisonment, in the discretion of the Court.
SPECIAL RULES
To be Observed by Patients.

1.— Avoid excess in eating and drinking. Eat slowly. As an invariable rule, masticate finely. In eating slowly, there is less liability of overeating.

2.— Spend as much time out of doors as weather and circumstances will admit.

3.— Take all the exercise that you can bear without fatigue, and as much good, refreshing sleep as you can possibly get.

4.— Wet the head and face before taking a bath, and see that the feet are warm.

5.— Think as little as possible about your diseases and troubles. Combat them with courage. Do not talk them over with each other. When necessary, tell them to your Physicians, who will understand them, and be happy to relieve you. Encourage a hopeful, cheerful spirit, and a trusting, contented state of mind.

6.— Be free to express your feelings, and to make known your wants to the Physicians.

7.— Take only the treatment prescribed or ordered by your medical adviser.

8.— Patients will please remember that the Office is intended for consultation and business only.
REMEDIAL MEASURES EMPLOYED AT THE SANITARIUM.

The following is a partial list of the remedies employed at this Institution. The list represents but a small part of the various applications used, since each different remedy is employed in a variety of ways:

Turkish Bath,  
Roman "  
Russian "  
Thermo-Electric Bath,  
Electro-Vapor "  

Electro-Hydric Bath,  
Electro-Chemical Bath,  
Hot-Air "  
Vapor "  
Sulpho-Vapor "

APPLICATIONS OF WATER.

Sponge Bath,  
Full, "  
Shallow "  
Half "  
Shower "  
Spray,  
Ascending Spray,  
Rubbing Wet Sheet,  
Wet-Sheet Pack,  
Sweating "  
Dry-Sheet "  
Shower "  
Chest Douche,  
Leg "  
Affusion,  
Water-Drinking,  

Hose Douche,  
Sitz Bath,  
Leg "  
Foot "  
Chest Wrapper,  
Wet Girdle,  
Drop Bath,  
Arm "  
Head "  
Eye "  
Ear "  
Enema,  
Vaginal Douche,  
Bladder "  
Compresses,  
Fomentations.

APPLICATIONS OF ELECTRICITY.

FARADIZATION.  
General Faradization,  
Local "

GALVANIZATION.  
Central Galvanization,  
Local "
MANUAL MOVEMENTS.

The movements administered by attendants are almost infinite in variety, some being wholly passive in character while others are active-passive, or administered by the combined efforts of both patient and attendant. The most important of all these movements is that known as massage, which is indispensable in the treatment of the great majority of chronic ailments accompanied by muscular and nervous debility. The following are a few of the leading passive movements:

- Fulling
- Stroking
- Chopping
- Vibration
- Wringing
- Kneading
- Clapping
- Sawing
- Percussion
- Rolling

Muscle-beating is a new method of treatment lately introduced from Germany, which is useful in some cases.

The class of movements which are self-administered are too numerous to mention. Some of them are of very great value, and patients are instructed in their administration.

SPECIAL FORMS OF EXERCISE.

Chest Exercises by the aid of various appliances by which the lung capacity is increased, and the muscles of the chest strengthened.

Artificial Respiration by means of a breathing machine of ingenious construction, by the use of which the lungs are strengthened and the blood more perfectly purified than it would otherwise be, in cases of pulmonary disease.

Rowing by means of rowing apparatus, the great value of which as a form of exercise is very generally recognized.

Callisthenics, or light gymnastics, in the spacious gymnasion, which are always accompanied by music, and constitute a very attractive as well as useful feature of the Institution.

Various harmless and attractive games also offer inducements to exercise.
STATICAL OR FRICTIONAL ELECTRICITY.

Insulation, Static Induced Current, Electrical Shock, Sparks, Electrical Spray, " Wind.

COMBINATIONS OF ELECTRICITY WITH OTHER AGENTS.

Electrical Douche, " Spray, Electrical Sitz, " Rub,
" Bath, " Pack,
" Showe, " Massage.

SWEDISH MOVEMENTS.

These movements are of three classes; viz., those taken by the patient himself, those administered by an attendant, and those which are given by machinery. Each class of movements has its own special uses and advantages.

MECHANICAL MOVEMENTS.

MANIPULATION,— VIBRATION,—

Of Arms, Of Hands,
" Legs, " Feet,
" Shoulders, " Bowels,
" Back, " Back,
" Bowels. " Sides.

KNEADING,—

Of Bowels,
" Pelvic Region.

RUBBING,— BEATING,—

Of Bowels, Of Bowels,
" Back, " Back,
" Sides, " Limbs,
" Arms,
" Legs.
AÉROTHERAPY.

AIR BATH, AIR DOUCHE,

PNEUMATIC TREATMENT,—
Inhalation of Compressed Air,
Inhalation of Rarefied Air,
Exhalation into Compressed Air,
Exhalation into Rarefied Air.

VACUUM TREATMENT,—
Cupping,
Arm Receiver,
Leg Receiver.

NASAL AND THROAT TREATMENT.
Steam Inhalers, Steam Atomizers,
Compressed-Air Atomizers, Insufflation,
Nasal Douche, Post-Nasal Douche,
Swabbing, Painting,

Gargling.

MISCELLANEOUS METHODS OF TREATMENT.
Inunction or Oil-Bath, Saline Sponge,
Salt Rub, Sun-Bath,
Revlusive Applications, Alkaline Bath, etc.

INVALID FOODS.
Granola, Wheatena,
Avena, Gluten,
Diabetic Food, Infants’ Food,
Beef and Bread Combination Granola,
Various Preparations for Artificial Feeding.

All other Remedial Agents of known curative value are employed.
VEGETARIAN TABLE.

**BREAKFAST.**

HOUR, 7:30 A. M.

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**GRAINS.**

Oatmeal Mush.
Graham Mush.
Cracked Wheat.
Crushed Wheat.
Farina.

**VEGETABLES.**

Potatoes (Baked).
Potatoes (Mashed).
Potatoes (Boiled).
Sweet Potatoes (Baked).
Sweet Potatoes (Boiled).
Baked Beans.
Peas.

**BREADS.**

Graham.
Fine Flour.
Finger Rolls.
French Rolls.
Graham Gems.
Oatmeal Gems.
Cornmeal Gems.
Boston Brown Bread.
Corn Bread.
Dyspeptic Bread.
Rusks.
Oatmeal Crackers.
Graham Crackers.
Fine Flour Crackers.

*The dishes marked constitute the Bill of Fare for this day and meal.*
LIQUID FOODS


FRUITS.

Apples (Raw).  Rhubarb.  Dried Peaches.
Apples (Stewed).  Prunes.  Canned Blackberries.
Apples (Baked).  Dates.  Canned Raspberries (Red).

MISCELLANEOUS DISHES.

Lemon.  Dry Toast.  Fruit Toast.

An extra charge will be made for dishes ordered which are not on the Bill of Fare for the day.
BILL OF FARE.

GENERAL TABLE.

**BREAKFAST.**

HOUR, 7:30 A. M.

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**GRAINS.**

- Oatmeal Mush.
- Cracked Wheat.
- Graham Mush.
- Crushed Wheat.
- Farina.

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**MEAT AND EGGS.**

- Cold Meat.
- Dried Beef.
- Hash.
- Boiled Eggs.

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**VEGETABLES.**

- Potatoes (Baked).
- Sweet Potatoes (Baked).
- Potatoes (Mashed).
- Sweet Potatoes (Boiled).
- Potatoes (Boiled).
- Baked Beans.
- Peas.

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**BREADS.**

- Graham.
- Fine Flour.
- Finger Rolls.
- French Rolls.
- Graham Gems.
- Cornmeal Gems.
- Boston Brown Bread.
- Corn Bread.
- Oatmeal Gems.
- Dyspeptic Bread.
- Rusk(s).
- Oatmeal Crackers (Shortened).
- Oatmeal Crackers (Unleavened).
- Graham Crackers.
- Fine Flour Crackers.

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*The dishes marked constitute the Bill of Fare for this day and meal.*

(Over)
LIQUID FOODS.

- Graham Guel.
- Corn-meal Guel.
- Oatmeal Guel.
- Farina Guel.
- Milk Porridge.
- Milk.

FRUITS.

- Apples (Raw).
- Apples (Stewed).
- Apples (Baked).
- Dried Apple Sauce.
- Rhubarb.
- Prunes.
- Dates.
- Stewed Peaches.
- Dried Peaches.
- Canned Blackberries.
- Canned Raspberries (Red).
- Canned Raspberries (Black).

MISCELLANEOUS DISHES.

- Cream.
- Scrambled Eggs.
- Poached Eggs.
- Egg-nog.
- Lemon.
- Caramel Coffee.
- Beef Tea.
- Chicken Broth.
- Dry Toast.
- Cream Toast.
- Fruit Toast.
- Cracker Dust.

An extra charge will be made for dishes ordered which are not on the Bill of Fare for the day.
This city owes a tremendous debt to Dr. Kellogg and the Sanitarium and it would be a tragedy to have it pass out. Judging from the many comments we have heard during the past week since we published the article "A Useful Kellogg Memorial," we do not believe that will happen. There are too many people here who appreciate what this institution has done for this city and what it can do again. All that is needed is proper leadership and organization to pump new life into the San and the community.

Battle Creek still has the greatest product in the world to sell and that is health.

* * *
By CHARLES L. REISNER, Editor

Health Is Wealth

Last week we mentioned in connection with the article suggesting that a rejuvenated Sanitarium would be the finest kind of a memorial for Dr. John Harvey Kellogg, that at one time the Battle Creek Sanitarium was a much bigger and better known institution than the Mayo Brothers of Rochester, Minn. The other day we saw some figures on the Mayo institution which startled us. In 1943, 142,000 people went to Rochester for treatment. It is said the figure will be higher this year. With every patient from 1.5 to 1.9 people accompany them while they are attending the Clinic. It is estimated that around 400,000 people a year come to Rochester as a direct result of the Mayo Clinic. That is the chief business of Rochester.

With the head start the “San” had, why did the Mayos develop the way they have while the local institution slipped back? Probably because the Mayos were a gifted family of surgeons who could pass their ideas and techniques along from one generation to another while Dr. Kellogg played a lone hand. He also had the misfortune to be caught in the depression just after he had completed a big building program. Those who knew Dr. Kellogg best say that had he lived he would have pulled the “San” out of the hole but in view of the fact that he lived for 91 years he did extremely well and certainly could not have been expected to do much more.

Of course the two institutions had a different basis of operation — Mayo’s is based on surgery and the Sanitarium on medicine and the utilization of natural elements for healing, such as diet, nutrition, hydrotherapy, sunlight and exercise. Dr. Kellogg was ahead of his times and the soundness of the principles he employed are now recognized by widespread and ever increasing use. Nothing can beat fresh air, sunlight, water, proper diet and exercise for good health.

Fortunately, all the techniques and practices as developed by Dr. Kellogg, are still retained in the Sanitarium and the present staff was largely trained by him. All that this institution needs to get back to a flourishing condition is working capital to make some needed improvements and for promotion.

At a time when Battle Creek is seeking new industry it would seem that here is a ‘natural’ to promote. The “San” has a payroll of $840,000 a year which could be doubled and every person who comes here for treatment leaves money in the city. There is no doubt in the minds of some people who have studied this institution that it could be brought back, at least part way, to its former standing and if it were, that alone would insure permanent prosperity for this city.

Either it is a case of helping the “San” get back on its feet or losing it entirely for it is obvious that it will have to go forward or back for it cannot continue indefinitely in its present state.
Sanitarium Ends 90th Year

'57 May Decide Fate Of Famed Hospital

The Battle Creek Sanitarium, just completed its 90th anniversary year, is starting its tenth decade leading to the century mark in 1984 for this world-famed institution.

The Sanitarium was aided substantially during this past year by a gift from the Ford Foundation, earmarked for equipment purchases, by members of the board in agreement that 1957 will be the centennial year in which the Sanitarium must be adequately financed and its future course charted if it is to survive.

Officials Optimistic

At stake will be the institution which has taken the city's fame around the world and which made Battle Creek the health and welfare center in the field of geriatrics.

The Board of Directors, in agreement with Leonard A. Staver, x-ray technician.

This is a portion of the x-ray equipment with which the Sanitarium Hospital is now equipped as a result of a gift from the Ford Foundation. Other important equipment also was purchased from this same grant. Pictured at the machine is Leonard A. Staver, x-ray technician.

City and was the nurserplace of the cereal food industry. Aid from the Ford Foundation was regarded here as extremely significant since the late Henry Ford not only visited the Battle Creek Sanitarium but was a friend and acquaintance of the late Dr. John Harvey Kellogg. In addition, Dr. Kellogg shared in the friendships of such distinguished Americans as Thomas A. Edison, Harvey Firestone, John Burroughs and many others. On one occasion Mr. Ford and Dr. Kellogg were included in a listing of the 100 greatest men in the world.

George W. McKay, chairman of the board, the Sanitarium and Arthur Osborne, business manager, share in the optimistic view that the Sanitarium is going to continue as one of the leading institutions in the city and that its influence and value to the city will not be lost.

Expect New Program

A start on a new and vigorous program is expected to get under way at a meeting of the board to be held tomorrow. A report on the survey made by the University of Michigan is expected shortly but whatever course is determined upon, one thing is certain. This local institution which has been operating without surplus funds and with no endowment, is going to require substantial financial assistance and aid which must come first from the community which has benefited so substantially from the Sanitarium for so many years.

As a result of the gift from the Ford Foundation, the Sanitarium now has complete x-ray equipment at its general hospital. Purchases from the Ford Foundation grant also have included a cystoscopic x-ray table at the hospital, a new x-ray table at the main building and the important installation of an auxiliary lighting system at the hospital which not only assures light in the operating rooms, but throughout the hospital in event of power failure. Numerous other purchases to be made which include a new x-ray table, a new service cart for the hospital and the new building.

A report from the University of Michigan staff has been expected earlier. It was originally set up to study the possibilities of making the Sanitarium a clinic center in the field of geriatrics. When the survey report
GROW TUCHI, CHIEF ADVISOR TO CHINESE GOVERNMENT, ARRIVES.

His Visit Important Paves for 50 Year Old One Time Secretary to Wu Ting Fang.

"China is well pleased with the Arms Conference," declared Chow Tuchi, noted Chinsman, who arrived Sunday at the Battle Creek Sanitarium for a two-day stay from Washington, D. C., where he has been attending the Arms Conference the past four months. He is en route to Seattle, Washington, where he will sell his home in Peking.

China sent a delegation of 100 to the conference and Chow Tuchi played a prominent part in the deliberations of the delegation. Alluding to those who are thoroughly conversant with the matter, he has been chief advisor to the Chinese government for several years and for the past two years has held prominent government positions in China. At an early age he was secretary of the legation. He was four times secretary of the treasury and for ten years served as cabinet minister, but last year resigned from active politics to resume his duties in the banking world, for primarily he is a banker at Peking.

"I am 52 years of age," said Mr. Tuchi, laughingly, "and I have given over 30 years service to politics. That is enough. Now I am a banker."

As he entered the private office of Dr. J. H. Kellogg, this morning, between the various calls at the examination stations, his eyes changed to that of a picture of Wu Ting Fang, who paid a visit to the Sanitarium about 15 years ago and who was always a staunch friend of Dr. Kellogg and the Sanitarium.

"Ah, ha," he cried happily.

"There is my old boss. Twenty-six years ago I was his secretary, was with him in the United States for three years. Yes, I have been in America many times before."

Asked relative to his opinion of the Arms Conference, the noted visitor replied: "Well, personally, I am quite satisfied, although you cannot expect to move everything in one day. I think it is a very good beginning. It has made the whole world realize what it should do and what it should not do."

"I know Japan very well," said Chow Tuchi, asked about the feeling between the two countries, Japan and China. "I hope things will clear away and be brighter than before. I hope so." And the big man smiled hopefully, as he said it. He is a big man not alone politically, but every very, big in stature, and in human optimism, big in that general understanding of everything, which pushes far beyond racial boundaries and country limitations.

LAURA L. G. LEANDER

Harding and Hughes are great men, he says. He has heard much about them and was not disappointed in either one. "I think President Harding is a very able man but I do not know him," was his statement. "His idea of disarmament is right."

None of the statesmen, with whom he came in contact while here as Wu Ting Fang's secretary, were seen by him while in Washington. That is a very long time ago," he said salutarily.

Mr. Tuchi was educated in China, being a graduate of a university in Peking, which is his home city. He is not only a banker or a financier, Two of his four daughters are now attending a girl's school in Washington, D. C., as he is a firm believer in the education of women.

The new women. Yes, we have them in China and their number is growing. Personally, I am glad to see young people come up to understand things with their elders; but I prefer them to have a full education, not be half-cooked."

"How do I like the American woman's dress?" repeated the visitor. "Well, I like it very well except that the skirts are too short. Dresses should be worn to cover yourself."

Everything High.

"There is one thing I should like to see in America," he continued, "and that is cheaper living accommodations for the poorer people. Everything is so high here for everybody everywhere. Prices are very, very high."

"In my country business is very good. All are at work and the country is going along as usual. There is no disturbance at all. There is prosperity there and all people are comfortable everywhere. But the country is overburdened with troops."

Asked about the floods in China, about which the missionaries have been saying so much and the newspapers have been carrying so much of late, the distinguished guest said that there was a reason for the situation, in fact two reasons.

"The first is that the Chinese government contracted with an American financial company to look after canal activities in China seven years ago and yet nothing has been done. Then, the measuring of the Huai river that flows through the provinces of Kiangsu and Anhwei, a very long, big river it is, was contracted for with the American financial company. It is completed and yet no work has been started."

"The Red Cross was to have helped much with the alleviating of suffering in consequence of the floods but failed. I do not blame the Red Cross. It did not have the funds to do with. The missionaries are doing well the best and giving much help. However, the Chinese government is now trying to make a loan in America but it is a big burden just now to assume. Yet, there must be something done for next year there will be another
ARTICLE CREDITS
CITY AS LEADER
IN HEALTH FOODS

Chicago Financial Journal Appraises Battle Creek's Industrial Position.

KELLOGG GAINS CITED

An appraisal of the industrial situation in Battle Creek, in which the statement is made that Battle Creek leadership in dietary formulae and foods that insure good health, "has brought a prosperity that few cities have enjoyed in the last decade," is published in today's issue of the Chicago Journal of Commerce.

The article, No. 2 in a series the Journal is carrying on "Industrial Cities," surveys the outlook at Kellogg Co. Post Products Division, the Sanitarium and other institutions, and interestingly analyzes the factors contributing to the city's growth and stability. It is written by William C. Carey. The Journal is widely recognized as a reliable organ for financial and industrial news.

The City's Nucleus

Some of the information contained is an old story to the local community, and some summarizes the situation from new viewpoints.

"In reality," concludes the Journal, "foods, good health and dietetics are a nucleus—a huge nucleus, it is true—around which a variegated diversified industrial pattern has been drawn in Battle Creek."

Comment is made about the "bond" between the world of breakfast food users and the local food factories. "Today, and every day during the summer tourist season, hundreds of automobiles are parked on the streets in front of the factories, men, women, and children, house guests, tourists, en-

The Enquirer, July 31, 1939.
Health Habits of Well-Known People.

"Physician, heal thyself" has been a standard as much in the story of a man's own medical career as in the case of Dr. Kellogg. He himself has been the victim of his own advice, and thereby made a marvelous improvement in his health. As he states in one of his books, "I was so sick when I began to follow the principles of health that I was now 73 years old, and I think I shall live to be a hundred years old."

Written for The Health Home.

The astonishing record of Dr. John Harvey Kellogg, M. D.

Dr. Kellogg, as most of you know, has been a leader on the medical continent as the Superintendent of the Battle Creek Sanitarium, the largest and most up-to-date institution of the kind in the world. It is only fair to say that this

Dr. John Harvey Kellogg marvelous institution with its wonderful assemblage of every device for reform and rest is well known to scientific medicine is really the result of the initiative and toil of Dr. Kellogg. It is true that the institution was going on in a crude way in one small cottage to lecture on the principles of Home of a young physician, began his work in Battle Creek. He devoted his remarkable energies to the sanitation, building great structures designed especially for anti-tuberculosis, keeping for the medical and scientific work, bearing the great financial burdens, performing thousands of surgical operations personally with a record of success far in advance of most of his contemporaries and turning all the fees from his personal efforts into the philanthropic work which had enlivened his life.

When the great building he had erected was entirely destroyed by fire 22 years ago, the outside world knew for the first time that Dr. Kellogg had never taken any salary for his services and that he had raised great sums from outside sources. He had not only supported himself and family but had enabled him to make additional contributions to the work he loved.

A Successful Struggle.

It was a tremendous struggle to get the great fund of tele graphic appeal which had to be renewed. "For five or five years," says Dr. Kellogg, "we almost lived in a shabbiness but we never went hungry. Long ago, the bond was paid and the institution was under the management of a body of 25 million members. This is all devoted as herefore to philanthropic work, to scientific investigation, and to spreading the gospel of what Dr. Kellogg calls "biologic living." During all these strenuous years, Dr. Kellogg has not only conducted the medical and financial affairs of this great sanitarium, as stated, but he has found time and strength to lecture extensive all over this country and Europe, and to conduct several private business enterprises associated with his own work. More than 15,000 surgical operations and almost always some green thing like lettuce. Indeed I am not to eat lettuce at each meal. I have eaten no meat, fish nor fowl for 60 years. I must tell you that it has been my habit for 60 years to eat but two meals a day. At about four o'clock in the afternoon, I get to dinner which will include some vegetable soup, potato, cabbage, rutabaga, lettuce and any other vegetables, a few nuts and possibly fruit.

"How about drinks?" was the question. "Take no tea nor coffee nor other similar drinks as I suppose you know. I often have fruit juice. Quite often malted milks makes a very excellent food drink for me."

"What about exercise?" was the question.

"I go through my exercises every morning," was the reply. Then this 73-year-old doctor pumped nimly to his feet and proceeded to exhibit his morning schedule, showing a vigor and agility that a man of 30 might envy. After getting into a perspiration with these exercises, he steps under a cold shower. "It was 88 this morning," he said. "I believe it is very important because it is cooler," he added.

"Do you think a cold bath like that is good for everybody?" was the question.

"It should be used with justice," was the reply. " Properly used it is wonderful to the body because it is very stimulating and beneficial for many people."

It is needless to say that Dr. Kellogg is a foe of alcohol and tobacco. He requires the indulgence of tobacco as a natural product which is sapping the vitality of the people, especially since the growing army of asthma and bronchitis. West is a most interesting and attractive lecturer and his weekly health talks and answers to questions are looked forward to by large audiences. W. H. B.
Burning of Sanitarium 25 Years Ago Today With Loss of $800,000, Was City's Most Disastrous Fire; More Than 300 Patients Were Rescued With Loss of Only One Life In Flames. (1907)

Burning of the Battle Creek Sanitarium buildings, 25 years ago this morning, brought a loss of $800,000—the largest ever suffered by one fire outside of the city. The old main building and hospital were replaced by the present fireproof structure, which is now being increased in size. The site of the old building was sold for a valuable addition at East Capitol and Washington street.

From the time the fire alarm was sounded at 4:10 a.m., the entire city was in a state of suspense as the engineer of the fireman reached the scene, guests were coming down the fire escape in a continual stream. Though the firemen were in good order, one life was lost. The entire family of two, of 207 N. Y. street, was killed. Tales of heroism and thrilling rescue filled the local newspapers of the day.

Tales of heroism and thrilling rescue filled the local newspapers of the day. The Morning Times published three editions during the day. The Journal showed journalistic enterprise by publishing pictures of the fire in its afternoon edition.

William G. Hall, the fire detective of the Sanitarium, who was then night watchman, discovered the fire in the northeast corner of the building in a room near the stairway. He notified M. E. Moore, night call boy, to No. 2 fire station across the street. A general alarm was sounded, but the fire spread so quickly and the flames fell on the whole community. By 7 a.m. scarcely more than ruins remained.

The hospital, north of the main building, was not thought at first to be in danger and guests from the main building found shelter there. At 5:40 a.m., this building caught fire, however, from flying bards.

Because of danger from the current, electric power was shut off, adding to the confusion. G. W. Morris, of Cincinnati, saved 38 lives with use of a box of matches, lighting their way through the halls. Mrs. H. C. McDaniel, of E. E. street, told from the fourth floor to the roof of the pharmacy, breaking her right leg. She was rescued by LeVeque Fonda, who entered the fire department. Fonda climbed to the roof on a ladder which reached just under the cornice. Though the floor was probably touched by the bare hand, he succeeded in getting Mrs. McDaniel onto his shoulder and sliding over the edge of the roof to the ladder. On Feb. 25, Mrs. McDaniel gave Fonda $50 as a reward for saving her life. The local man also saved 38 others.

Chief Fireman Fred H. Webb and Fireman Henry Lucas and Arthur Robinson were also seriously injured in falls from ladders.

Tunnel Was Sacred

W. P. Wieland, who reported the fire at the time that the fire was first discovered that streams of water were pouring through the roof, was believed extinguished. The flames, however, had roared through a steam pipe tunnel, the existence of which was unknown to the firemen, and made their escape up the stairways and elevator shafts. Water lines jacked, but it was reported that this was not due to the pumping stations, but as the stand pipe was kept filled.

The city had 15 paid firemen at that time, in addition to several call men. The regular fireman were: Chief W. P. Weeks, Assistant Chief Fred H. Webb, Captain LeVeque Fonda, Captain George L. Perry, Lieut. W. H. Fisher, Lieut. E. H. Shaw, Chas., Ireland, Arthur Robinson, Henry Lucas, Arthur Robinson, Charles Mack, J. L. Adams, Lloyd Evans and Bart Dowdell.

Chief Weeks, Assistant Chief Ireland and Capt. Pelham had the department. The weekly payroll was then $127, as compared with $2,500 now.

Shingles Lost

Besides the main building and hospital, other structures lost in the fire were:

Barber shop and hairdressing parlors of Mr. and Mrs. Bert Woods, 23 Boulevard street, new Garfield avenue; large apartment house of Mrs. Clara P. Sallbury, 27 Boulevard street; Sanitarium annex at 30 Boulevard street, which was the building in which the Sanitarium first started; home of Dr. Dow, 11 Lincoln street; sheds of rear of hospital, owned by Mrs. Sallbury.

Lycurgus McCoy, who spoke in the parlors of the Sanitarium on the night before the fire, was the first to lecture in the old structure. Dr. H. J. Kellogg was enroute home from California and received news of the fire at 9 P.M. On February 19, he had a rough draft in his pocket of plans sketched for a new building, which he had prepared on the train.

Abner Case, who died in the fire, was once rescued by Dr. Howard F. Rand of the Sanitarium staff, but refused to leave the building, which burned to the ground, his body being found $1,100 left in his room. His wife and daughter, here with him, were both rescued. Bones and some bones were found in the smouldering ruins on March 5 by Bolon Clough, a nurse; John Steindl, a call boy, and Owen Wolcott.
COMMITTEES REPORT
Which is Indeed Flattering and Paves the Way to Securing the Rebuilding of the Sanitarium. Beyond a Doubt.

Fire Certificates, Will be on Sale Today.

The citizens' committee have to report that the necessary steps have been taken to secure the rebuilding of the Sanitarium, including the purchase of the necessary lots. At the meeting last night, it was announced that a committee of business men had been appointed to determine the cost of the rebuilding. This committee will be composed of ten men, and the work will be under the direction of the Sanitarium's architect. A complete plan of the rebuilding is expected to be ready in a few weeks.

The Sanitarium officers have received several letters from members of the community expressing their desire to contribute to the rebuilding fund. The officers have urged all members to do their part in this important work.

The meeting adjourned to 2 p.m., with the next meeting fixed for Tuesday, from 10 a.m. to 12 noon. The members present were:

Mr. E. A. Smith, Secretary.
Mr. W. J. Brown, Treasurer.
Mr. J. A. Clark, Committee.
Mr. H. L. Jackson, Committee.
Mr. J. B. Smith, Committee.
Mr. J. W. Allen, Committee.
Mr. J. M. Brown, Committee.
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End of Report.
SAN OBSERVES
59TH BIRTHDAY

Oct. 16, 1925

Twelve Hundred Employees
at Program Last Night.

SEE SELVES IN MOVIES

Three-Fourths of Workers
Benefit in Health by
Principles Taught.

Twelve hundred men, women
and children, all members of the
Sanitarium family, participated
in the fullest extent in the big 59th
anniversary celebration held in the
gymnasium last night.

The gym was packed to capacity
with enthusiastic employees who
attended the meeting with their
co-workers, each division being
seated together. Dr. W. F. Mar-
tin, chairman of the welfare com-
mittee, welcomed the audience with
a peppy talk commending the
splendid spirit of the workers as a
whole.

The address of Dr. J. H. Kellogg,
chief of Battle Creek's famous In-
sitution for nearly fifty years, was
of course the feature of the entire
program.

He declared that the great suc-
cess of the Sanitarium resulted be-
cause of the ideals upon which it
was founded, and that it was the
union of the entire body of em-
ployees striving faithfully to up-
hold the institution's ideals that
had brought about success.

"We don't pick out our em-
ployees," he said, "they come to us
because of our ideas and ideals, in
which they are interested." Asking
those before him who had benefi-
ced in health by principles taught at
the Institution, nearly three-
fourths of the audience signified
that they had.

Dr. Kellogg announced to the
employees that he would be leaving
on a European tour, but would
return within a few days and would give them a
full account of his experiences on
his return.

The two factors in improving
the human race, Dr. Paul F.
Weller declared to be better
stock and better education. He said
the college and the Sanitarium will
work hand-in-hand, the former bet-
ting on education and the latter the
stock. That the college will have a
thousand students enrolled within
a very few years was his pre-
diction.

The gross business of the San-
tarium during the past year was
over $3,370,000, a gain of $150,000
over the preceding year, was the
report of the business manager, M.
W. Wentworth, who gave a few
statistics concerning the growth of
the Institution. The greatest ex-
penditure was for labor, an amount
of $1,800,000, he said, and for char-
ity $430,000.

Dr. B. N. Colver presented the
prizes to the winners of last
week's field day events, awards
that varied from a bushel of apples
given to the push ball victors to
the loving cup received by Oscar
Buechel.

The climax and conclusion of the
program was the interesting mov-
ing pictures of the field day events
taken by Paul Kelley. The Sanitar-
iornium orchestra furnished music
for the celebration, community
singing was enjoyed, as well as the
delightful vocal numbers by the
quartet composed of Professor M.
H. Serna, J. Crawford, E. Foster,
and Ed Schram.

FLIDAY, OCTOBER 16

TELLS HORRORS
OF CHINA'S WAR

Dr. John Lake Sends Mes-
sage to Dr. Kellogg.

CONDUCTS LEPER COLONY

Says Trouble is Believed
There to be Worse Than
Boxer Rebellion.

In the midst of what he de-
scribes as "the worst turmoil
China has known for 25 years, felt
by many there to be worse than
the Boxer outbreak," is the Rev.
John Lake, director of the leper
colony at Canton, China, and his
wife, both well known to Battle
Creek people.

The missionary and his wife
visited at the Sanitarium two
years ago and spoke at numerous
gatherings here concerning their
work in connection with the leper
colony. Dr. Lake returned to
China with generous money sub-
scriptions from local people and
Sanitarium guests and especially
the interest of Dr. J. H. Kellogg,
since biologic living and Sanita-
rium ideals were about to be tried
out at the colony with view of
helping the lepers.

In a letter to Dr. J. H. Kellogg,
Dr. Lake speaks of the grave situ-
ation, but checks his statements
saying, "but this is enough for the
censor might hold up our letter."

"We wonder when you will get
this," Dr. Lake writes, "for among
the hundreds of thousands of
strikes the postoffice employees are
also on a strike and bespiles Can-
ton is cut off from all communica-
tions with the outside world. Oc-
casionally a British supply ship
comes to the little island of Shap-
meen here in the Pearl river,
which we cannot reach on account
of the strikes, boycotts and general
revolutionary condition.

"We are going straight ahead
with our work, being the only two
members of our large mission
working in two southern provinces
that have not left for home since
the trouble started. Others have
heed the advice of our counsel
and are now in British Hong Kong
or on American soil.

"Unless you see by the papers
that we have ended our earthly
career, you may be reasonably
sure that we are still at headquar-
ters in Canton or on one of our
trips with our leper friends of
T'ai-Kam island."
SANITARIUM'S PAYROLL MAY SET NEW MARK

Indications Are Figure Will Exceed Two Million Dollars This Year.

HOLD 59TH ANNIVERSARY

Gymnasium Filled for Unusual Program—College Students Take Part.

Closely approaching the two million dollar mark last year, Battle Creek Sanitarium's payroll may exceed that figure this year. New proof of the place the institution occupies in Battle Creek's scheme.

Hold 59th Anniversary

M. W. Worthworth, business manager, speaking last night at exercises held in the Sanitarium gymnasium, marking the fifty-ninth anniversary of the founding of the institution, declared that, last year, the payroll totalled $1,823,114.21. And, speaking of the present year's business, he declared indications were that past records will be exceeded. Last year employees of the institution worked 1,253,356 hours and "bell hops" answered 1,316,913 calls, other figures which present an idea of the magnitude of the work which is being carried on. Speeches, college yells, and motion pictures taken at the annual Field Day exercises held recently.

The gymnasium was filled to capacity and a lively program was presented by and for the Sanitarium employees.

Dr. W. F. Martin, chairman of the program, presented the differ-

(Continued on Page 12, Col. 5.)
MECHANICAL HORSE
GOOD AS REAL ONE

Battle Creek, Mich., March 16—President Coolidge shows good “horse sense” in riding daily the famous iron horse of the White House, says Dr John Harvey Kellogg, superintendent of the Battle Creek sanitarium, in a lecture to patients here today.

Dr Kellogg perfected the first “American-bred” mechanical horse over 20 years ago and scores of these unique machines are now used in clubs, gymnasiums, hospitals and steamships.

“Horseback riding has long been recognized as one of the most valuable forms of physical exercise,” he said, “especially for men who lead sedentary lives.

“The jolting and shaking up stirs the liver, stimulates the circulation, quickens elimination, and improves muscular tone,” he continued.

“The mechanical horse produces the same results as actual horseback riding and because of its convenience is more apt to be followed with regularity. It is also more economical than maintaining a real live horse.”
The 100th anniversary celebration of the Battle Creek Sanitarium, slated for Sunday Sept. 11, will be highlighted by the appearance of the president of the American Medical Association.

Dr. Charles L. Hudson M.D. of Cleveland will speak at a 2 p.m. program that day marking the noted health and medical institution's centennial.

Established as the Western Health Reform Institute on Sept. 5, 1866, the institution became the Battle Creek Sanitarium under the leadership of Dr. John Harvey Kellogg.

Dr. Kellogg, brother of the cereal manufacturer, W. K. Kellogg, brought the Sanitarium into world-wide prominence during his lifetime.

Dr. Hudson, a graduate of the University of Michigan Medical School, and a native of Merrill, Mich., will arrive for festivities which start at 11:35 a.m.

Sanitarium trustee Allen C. Lawson, impersonating Dr. Kellogg, will arrive at the New York Central Railroad Station to be greeted by a cavalcade of antiques, carrying Sanitarium administrator Louis E. Gordon, medical chief of staff Dr. James R. Jeffrey, Mayor Harry Wilklow Jr. and other dignitaries.

The cavalcade will proceed along W. Van Buren St. to Washington St., where they will turn left and head for the Sanitarium. Accompanying the cars will be bicycles, entries in a decorated bike contest to be sponsored by the centennial committee.

Dr. Hudson and Mr. Lawson will be honored with a reception in the Sanitarium lobby following the parade. Attending will be former medical associates of the Sanitarium and members of the medical staff and board of trustees.

Another feature of the day will be the dedication of the Heritage Room. The room, which will open Sept. 11, will contain memorabilia of the Sanitarium's early days. Among the items will be the silver trowel which laid the cornerstone of the "old" San building, now the Federal Center.

Persons possessing things of interest or historical significance pertaining to the Sanitarium are asked to contact Mr. Esther Blakelye at the hospital. It is hoped numerous items will be on display for the centennial celebration.

Approximately 200 civic leaders will attend a 1 p.m. luncheon in the Colonial dining room at the Sanitarium.

They will view a collection of old-time fashions, courtesy of Kellogg Community College, in a style show presented by the hospital's Women's Auxiliary.

A string sextet will present selections of chamber music during the reception and luncheon. A film "Focus on You," which portrays the Sanitarium today, will be shown at noon and at 4 p.m.

U.S. Rep. Paul H. Todd, D-Kalamazoo, will give a brief speech at the afternoon program. The Battle Creek Exchange Club Band will provide music and the Sweet Adalines, a woman's quartet will sing.

The featured speaker for the day was named president-elect of the AMA in 1965. A member of the department of internal medicine at the Cleveland Clinic, Dr. Hudson is an associate clinical professor of medicine at Western Reserve University.

He is a past president of the Academy of Medicine of Cleveland and of the Ohio State Medical Association.
Joining Forces for Health

Is in Sanitarium Tradition

Dr. Charles L. Hudson, president of the American Medical Association, had an understanding and sympathetic audience here Sunday for his address on “Physician and Clergyman: Partners in Patient Care.”

He was speaking at a centennial observance of the Battle Creek Sanitarium, which was founded on just such a philosophy.

“The affinity between religion and medicine in treating the whole patient” of which he spoke had been observed at the Sanitarium from the beginning, and especially during its many years under the guiding genius of the late Dr. John Harvey Kellogg.

Dr. Hudson told about the American Medical Association’s recently established department of medicine and religion, recognizing that man is physical, spiritual, emotional and social and “can be sick in any of these parts of his whole being.”

When he spoke of this as a modern return to an old idea, many of his listeners must have harked back to the ways in which Dr. Kellogg incorporated this same recognition in his conduct of the Sanitarium nearly a century ago and realized anew how far in advance of his times he was.

We join with Dr. Hudson in hailing the advances organized medicine is making in this sensitive area and the introduction of interdisciplinary courses in theological and medical schools.

As the AMA president said, “The ultimate beneficiary will be the individual patient—the human being—whose physical, spiritual, emotional and social well-being is, and always will be, the central objective of the total efforts of his physician and his minister.”
'Big Names' Found On List of Visitors

Battle Creek Hospitality Extended to Many Notables in Politics, Sport, Aviation

The parade of distinguished visitors through Battle Creek during 1939 was both a brilliant and extensive affair.

Persons prominent in politics, sports, aviation, the theater, business, and music, in other realms of activity, were included in the throng of notables.

The first arrival of the year was Col. Roscoe Turner, holder of many aviator’s firsts, who visited friends here including the Rev. Carleton Brooks Miller, William Cages, and Walter Gage. “The great ones in aviation by aviation,” he said, “was the death of Will Rogers.”

Sees Roosevelt Slipping

Col. Frank Knox, republican vice-president, on a tour of the Chicago Daily News, visited the Sanitarium where his wife was a patient in November. He said the results of off-the-month election indicated that President Roosevelt could not be a candidate for re-election in 1940 if he wanted to. The president, he said, would not control the democratic national convention.

On June 31, Mrs. John Boettiger, daughter of President Roosevelt, visited with her husband the Kellogg plant. Mr. Boettiger asserted that the country was “on the way out of the depression.”

Former Governor Frank Murphy spoke before the Michigan Congress of Passants and Teachers on May 3 at the W.K. Kellogg auditorium and asserted, “The Michigan schools will not suffer as long as we can find resources.” During the fall election campaign, Mr. Murphy and former Governor Frank Fitzgerald both made speaking appearances in Battle Creek.

Many of the prominent made lecture appearances in the city.

Drew Pearson, author, lecturer, and newspaper columnist, discussed political, economic and international situations in World-At-Our-Door lecture.

Louise Undermyer, poet, critic, essayist, and editor, discussed what Americans read and why in World-At-Our-Door lecture.

Cameron Beck, director of the New York Stock Exchange Institute for Employee Training, discussed industrial relationship issues before the Kellogg Institute.

Capt. A.J. McDougall, commander of the forces sent to rescue the “Lost Battalion” in the World War, told the Fellowship club of the First Congregational Church “that the best insurance for peace is peace.”

W. J. Cameron, Ford Motor Co. executive, spoke at the Battle Creek College auditorium.

Emerson Mahnke of Wyandotte, holder of gliding altitude record, spoke before the Fellowship club.

Col. Roosevelt Here

Other outstanding visitors including Col. Theodore Roosevelt, son of the “rough rider” president, who stopped overnight while on a lecture tour; Cornelie Otis Skinner, one of the outstanding actresses of the American stage, who presented modern character sketches at the W.K. Kellogg auditorium; Jesse Owens, Negro track star who gave an exhibition at the Postum athletic field; Nino Martini, singing star of the concert stage, the theater, radio and motion pictures, who was at the W.K. Kellogg auditorium; David Rubinoff, famous violinist, who gave a concert at the W.K. Kellogg auditorium and later was critically ill at the hospital; the following are appendicitis; Richard Kean, dramatist, who appeared at the Battle Creek College auditorium; C.M. Chester, chairman of the board of directors of General Foods Corp., who visited the Post Products division here; Lotte Lehmann, famous soprano of the opera and concert stage, who was at the W.K. Kellogg auditorium; Ervin (Pete) Fox, outfielder for the Detroit Tigers, who spoke before the Exchange Club; Clarence Francis, president of General Foods Corp., who visited the Post Products division here, and Harry Henneman, baseball commentator and former baseball star, who talked before the Fellowship club.

Labor Leader Here

Some of the visitors made suggestions for improving business conditions here.

Rep. James W. Weddington, republican of New York, said that a complete reversal of federal economic policies and the return of the relief administration to the state was necessary to halt the depression.

Prof. Raymond Moley, an “extra-brain trusted,” said that business should be given more encouragement by the government.

Homer Martin, president of the United Automobile Workers of America, said that he approved the idea of a minimum annual wage for automobile and other industrial workers to combat seasonal employment.

Col. Clarence Chamberlain, trans-Atlantic flyer, was here during the summer, capitalizing on his fame by taking up passengers in a large ship.
Proclamation

WHEREAS, the President of the United States, despite the imposition upon his precise time, has found it desirable and appropriate to visit our great State of Michigan and particularly the Battle Creek community; and

WHEREAS, his constant attention and presiding responsibility in domestic and world affairs notwithstanding, the Honorable and Editha L. Evans Johnson has, by his presence among us, bestowed a gracious and regal distinction upon our community and our people; and

WHEREAS, we, by these means, to acknowledge our profound respect and appreciation for his visit and participation, and to express our gratitude to his lady, for her generous goodwill and attention to the Centennial Celebration of our famed Battle Creek Sanitarium as well.

NOW, THEREFORE, BE IT RESOLVED that in commemoration of this momentous occasion, I, Harry Wilkow, Mayor, on behalf of the People of Battle Creek, do hereby declare that Labor Day, September 5, 1966, be and hereby proclaimed as

LYNDON BAINES JOHNSON DAY

in the City of Battle Creek, Michigan, and that it be officially recorded in honor of the President of the United States.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Battle Creek, Michigan, to be affixed this first day of September, 1966.
Memories of Early San Recalled Today

The old black gown modeled by Mrs. Bill Taylor seems hot and bulky now, but in 1902 it was quite revolutionary. All of the period costumes but these were supplied by RCC Drama Department.

Memories of early days at Battle Creek Sanitarium will be stirred as Mrs. Carol Henlen, left, and Mrs. Sue Hamblin, right, take part in the recreation of the hospital's history.

Models Mrs. James Wilson and Mrs. Will B. were fitting the costume used in the film "Sanitarium," which was shot at the former Battle Creek Sanitarium. The suit designed by Mrs. Wilma Kellogg fits them comfortably as the portrait above the mantle seems to beckon approval.

White woodsight "films" at the San open the appropriate setting for "Santa Claus" in her pantry, fur-trimmed suit and with the matching parasol.

Clyde C. Owens can't resist striking a "Ted Lewis" pose when she picks up Dr. Kellogg's top hat and gold-handled cane, two of the many items of memorabilia in view in the San's new Heritage Room.
Early NATO Troop Pullout
Favored by 31 Among Senators
WASHINGTON (AP) — A resolution to end the military aid to a U.S. regiment would be unwise, according to the president's advisor. Major General Frieden, commanding general of the 31st Army, said the policy would make it impossible to withdraw the troops and the President's mission impossible. He said if the President wanted to withdraw the troops, he should call on the Senate to act quickly.

'Full Rural Parity'
LB! Pledges to Help
Improve Life on Farm
BLOOMINGTON, Ind. (AP) — In a move to help the rural economy, President Johnson pledged to increase federal spending in rural areas. The President said that the government should help farmers by providing them with more resources and by making it easier for them to sell their products.

Extend Wealth
To All: Johnson
Good Neighbor Plan
Proposed for Nation
WASHINGTON (AP) — In order to make sure that the wealthy have a good neighbor, President Johnson proposed a plan to extend the benefits of wealth to all. The President said that the government should help people to improve their lives by providing them with the resources they need to succeed.

Presidential Visit
DATE
— This is a sketch of the Senator's view of the Aaron Senate building in Washington, D.C. The general public will be allowed to view the President. Streets in the immediate area will be closed to all vehicles, except those on official business.
Yum-Yum Tree Lead Roles Cast By Civic Theatre

William Shideler and Miss Shelia Sneed will star in "The Yum-Yum Tree," the heart warming musical by Civic Theatre, with an informal cocktail party on Saturday night. The cast is complete and auditions will be held on Saturday at the studio of the Civic Theatre.

"Yum-Yum Tree" opens on October 10th, at the Audubon Theatre, and will run for a limited engagement. Tickets are priced at $1.50 and will be available at the box office of the Civic Theatre during the run of the show.

Brides of Saturday

Franzen-Kulp

Missionary to China

MRS. DONALD FRANKEN

MRS. WILLIAM PYNCE

MRS. WILLIAM PYNCE

Pynce-Freed

THE FYNCE-FREED CATHARINAS at Highland Park, Ill., are featured on the program of the "Brides of Saturday" broadcast, which is scheduled for Saturday night at 8:00 p.m.

Circle Examines Attitudes Today Through Playlet

Women's Auxiliary of Battle Creek Church Women's Club, under the direction of Mrs. Ulysses H. Case, has produced "A Woman's Attitude," a playlet by Elizabeth A. Y. Bland, which will be presented on Wednesday, May 1, at 7:30 p.m. at the church. The playlet deals with the attitudes of women in society and the ways in which they influence their husbands and families. It is a thought-provoking commentary on the roles of women in our culture.

Chapter of ABWA Plans 'Boss Night'

"Boss Night" for Battle Creek chapter of American Business Women's Association was on May 11, at the Battle Creek Hotel. Miss Mabel Brown, Maryville, was chosen as the "Boss" for the evening, and the program was a great success. The evening included a buffet dinner, speeches, and a fashion show.

Venture Club Elects and Plans Year's Projects

The first meeting of the Venture Club, a service organization of Battle Creek women, was held on May 3, at the home of Mrs. W. E. Case, 772 Victoria Avenue. Miss Marilyn Case, president, welcomed the members and introduced the new officers: Mrs. William Case, vice-president; Mrs. George Case, secretary; and Mrs. William Case, treasurer. The club plans to sponsor several projects during the year, including a women's forum, a fashion show, and a charity drive.

June 29, 1960

Art Center's Opening Exhibit Contrasts Paintings, Collages

Art Center announces the opening of its first exhibit of the season, a collection of bright, bold paintings by members of the Women's Auxiliary of the Battle Creek Church Women's Club. The exhibit is open to the public from Wednesday, June 29, through Thursday, July 7.

Social Club Past Presidents

The Battle Creek Woman's Social Club recently held its annual meeting. The past presidents of the club were honored for their service and dedication. The meeting was held on June 14, at the home of Mrs. William Case, 772 Victoria Avenue. The agenda included updates on club activities and plans for the upcoming year.

Headdressers Think Pink for Season

One of the highlights of the Battle Creek Woman's Social Club was the Pink Egg Roll. The event was held on June 18, at the Park Hotel. The club members enjoyed a delicious luncheon followed by a game of Pink Egg Roll, where they had the chance to win prizes. The funds raised from the event will be donated to a local charity.

Personals

Mrs. Margaret Johnson, member of the Battle Creek Woman's Social Club, has been elected to the leadership position of the Battle Creek Woman's Social Club. Mrs. Johnson has been a dedicated member of the club for several years and has contributed significantly to its success. She will be an excellent leader, bringing new ideas and enthusiasm to the club.

Enjoy panty girdle comfort and freedom but

AVOID "PANTYLESS" SYNDROME

DON'T WEAR A TANKGIRDLET

Look for that label that says "Tankgirdlet." Machines are making mistakes. Avoid "shirred" panties. Find out the difference (see chart). Choose the label that says "Tankgirdlet." It's the only panty that gives you both comfort and freedom. It's not a "tank girdlet". It's a genuine Pantyless®. Choose "Pantyless®" for your everyday wear. It's as good as a panty but easier to wear. It's your choice. It's your money. It's your life. Only one label to wear. "Pantyless®". Look for it today.

Joe C. Grant Co. - The Store of Fashion WHERE CLOTHES ARE NOT EXPENSIVE THEY JUST WEAR WELL

Shane's

The Splendor of Tall Fashions in... - Walking Suits

Get the most for your fashion money with a Walking Suit. So right for so many occasions.

FUR TRIMMED UNTREATED WOOL SILK AND WORSTED KNIT

Kleins

USE OUR CHARGE AT LAFAYETTE 9 VALUATE PARKING

KLEINS' MILLIONTH

NEW FEATURED FALL LEATHER HATS

MANY STYLES... MANY COLORS... $5.00 TO $25.00

KLEINS' GALLERIA

48 W. MICHIGAN AVE.

A SHOE THAT'S TRUE TO ITS NAME

"WEAR A COMPENSATE" with the ADJUST-A-STING® panty inserts that flex with your leg, expand to comfortably fit your very own size.

COMMENTS® by [PLENVIT]

Figure forming contraceptive girdles and party girdles are made of lightweight material with Duroflex machine washable lining. Lyre Spandex and Jersey Nylons. Available in a full range of styles and colors with front panels, half and full panty panels, and front, back and side girdles to fit your every purpose from sport to slant. Nationally advertised in Good Housekeeping and McCall's. Come and try 10 years on today at:

_ JOE C. GRANT CO._

THE STORE OF FASHION WHERE CLOTHES ARE NOT EXPENSIVE THEY JUST WEAR WELL

_ SHANE'S_

Leaflets / Charge

FAX FREE in Park & Ship Lot - Dine at Jackson Room
Astros Catch, Dock with Target Craft in Record Time

County OK's Unification Vote

Ky Hails Success Of Viet Elections

Banners Greet Nancy

Accidents in Area

Stock Car Racer Dies in Tragedy

West Coast Feels Quake

Like Aims of Medicine, Religion Tabbed 'Remarriage' By AMA Chief in Talk Here
President’s Visit
Fitting Climax To San’s Centennial

By DEBORAH RACON

TWO BiBiH the Battle Creek Sanitarium has been studied with raze
by distinguished persons.

But its Centennial Week observance
cape all expectations. The President of the United States is coming tomorrow, followed, next Sunday, by the president of the American Medical Association.

President Johnson’s speech at 12:30 p.m. in front of the Sanitarium portion
will begin the week-long celebration. It will conclude next Sunday with a pro-
gram featuring Dr. Charles E. Hensell of Cleveland, AMA president.

The anniversary observance marks 100 years of medical pioneering by the Sanitarium. Started from humble begin-
nings in 1889, the institution grew to worldwide prominence in the field of health and medical service.

A leader in new techniques, it was among the first medical centers to con-
rade in the treatment of cancer, and one of the first to train deep sleep therapy.

Dr. John Harvey Kellogg, the direc-
tor who brought the Sanitarium to world fame with his emphasis on “biological living,” developed new methods of treat-
ment for his patients and new foods for these.

The cereal industry, which made Battle
Creek “The best known city in the
world,” was born in the Sanitarium kitchen. It was there the first corn flakes were developed by Dr. Kellogg and his brother.

THE SANITARIUM was started by the Western Health Reform Institute by several members of the Seventh-day Adventist Church. Among the founders were 20-year old Dr. Kellogg and his parents.

A graduate of Bellevue Hospital Medical School in New York City in 1877, Dr. Kellogg was named President of the Sanitarium and assumed the directorship in 1879.

He was a brilliant and dynamic man, he was a superb surgeon, a skilled writer, a
talented inventor and an excellent pub-
lic relations man. Dr. Kellogg have followed any one of these profes-
sions with ease.

He devoted all of his brilliance to the Sanitarium. It was he who named it “Sanitarium,” putting the word in the dictionary. When some protested that people wouldn’t know the meaning of the same, he replied, “Well, we make cer-
tain that everyone in the world will know what it means.”

It soon became a word that carried Battle Creek’s name around the world.

Dr. Kellogg advanced fresh air, sun-
shine, corrective exercises and home

foods. He urged abstinence from to-
bacco, alcohol and stimulants, and pro-

moted a vegetarian diet.

It has been said that no other institu-
tion in America had so many former

patients of the Sanitarium. On the other hand, the Sanitarium. Dr. Kellogg protested when surgery, x-ray, light and physical therapy, all the procedures now identi-

fied as physical medicine and rehabilita-

 tion.

He traveled throughout the world to

study surgical techniques and health

methods, and to spread the word about his own Sanitarium.

THE INSTITUTION drew an interna-
tional host of patients, among them

royalty and celebrities. On its wide ver-

andas, turbaned visitors from the Per

ian, motivated by the cross of thorns

and continental society.

President William Howard Taft be-
came the 100,000th guest to register in
1911. Henry Ford was the first to reg-
ister for the opening of the tower in
1926.

Tuberculosis, A.C. Penney, John Jacob Astor, and

Burroughs and violinist Jose Iturbi.

The Sanitarium grew so as to

include extensive medical buildings as dr.

in 1879 to 1900 saw many pioneering at-

tempts.

In 1923, the cooking school of Dr.

Kellogg’s wife, Ella Bacon Kellogg, be-
came the Battle Creek Sanitarium School of Home Economics. It was the first scientifically oriented dietician school in the

 country.

The Sanitarium’s Nursing School was

founded in 1894 and in its 50-year dura-
tion it turned out more nurses than any

other similar institute in the nation.

It was also a period of medical in-

ventiveness. Dr. Kellogg and his medical

staff developed a number of surgical instruments, the electric light bulb cab-

inet, a dynamometer to measure stres-
s of muscular strength, and discov-

ered stomachic current.

In 1936 the Kellogg brothers devel-

ed the first corn flakes in their search for healthful foods. Before long, the corn
flakes started a cereal boom in Battle
Creek. At one time, in the early 1940s,
there were 40 food conferences here, in-

ccluding W. K. Kellogg’s own Battle

Creek Toward Cereals, Inc., now the Kellogg Co.

In the midst of its success, on Feb.
14, 1942, the Sanitarium was swept by

a great fire that destroyed most of its buildings and left the institution over-

ed a $1 million structure on the same

site in 1965.

Famous people again flocked to the
San, among them Admiral Richard E.
Byrd, the famous explorer. He would

center with Dr. Kellogg about concen-

trated foods to take along on his ex-

peditions. He employs recall seeing Dr.

Kellogg and Admiral Byrd sitting in the

dining hall after dinner, mixing up con-

centrated foods in a finger bowl.

Another famous guest was C. W. Bar-

ton, publisher of the Wall Street Jour-
nal. Mr. Burton weighed close to 400

pounds, and would visit the Sanitarium
to pare down his waistline.

In 1953, Battle Creek College was

formed from the Nursing School, the

Home Economics School and the For-
nal School of Physical Education.

THE SAN was riding the crest of

growth, with over 1,200 patients a day

and a medical staff so large it composed

a majority of members in the Calhoun

County Medical Society.

In 1957 and 1958, 244,070, 85 mil-

lion “years” was constructed at the north

end of the building. Beautiful interiors in brick Italian Renaissance style, wide,

spacious halls and luxurious rooms

marked the new structure.

Within months, the Wall Street crash

ended the San’s era of splendor. Guests
left is dressed, in one day seen after

the crash 40 trunks were taken to the

railroad stations.

The Sanitarium, caught with the

epidemic of its recent addition, fell into fi-

nancial difficulties which lasted through the next decade. With the onset of World War II, the government bought its main buildings for use as the Percy Jones Army Hospital. Now these buildings are the Battle Creek Federal Center.

The Sanitarium moved to a former

sance, also on W. Washington Avenue, a

field stone building which started as the

Phelps Sanitarium, a competitor of the Sanitarium.

TODAY, the Sanitarium operates a

health center, a clinic and a medical and

nursing hospital, a rehabilitation institute, a mental health unit and an alcoholism treatment center.

But a plowboy, the Sanitarium opened its medical health unit in 1967 and has done research in the use of drugs such as insulin which affect the brain. At its start the unit averaged 13,

patients daily; it now has approximately 15 patients daily.

The San has not yet with great success in its alcoholism treatment center, with 65 per cent of the patients showing marked improvement and 40 per cent totally abstained from liquor after treat-
m

ment.

Future plans call for construction of a new medical building to house an ex-

panded mental health unit, doctors’ of-

fices, laboratories and other facilities. The building will replace the present medical office and extend along W.

Manchester St.

“We are carrying out the principles laid down in the early days of the Sanitarium,” said Louis E. Gordon, Sani-

tarium superintendent.

“The concepts of Dr. Kellogg were directed towards preventive medicine and we are adapting new and modern methods to these same concepts,” he added.

Guests enjoy a sunny day on the putting green of the present Sanitarium main building on N. Washington Avenue. The fieldstone structure was built in 1899 to house the Phelps Sanitarium, then a competitor. It later was operated as a health center by Kernor Huddleston, physical culture and

magazine publisher.

Memorials of bygone era were the Sanitarium buildings which burned in 1920, left, and the town buildings, right, which was sold

to the federal government in 1942. This tall building is now the Battle Creek Federal Center. The great complex of buildings at left above

was started in 1878. After most of these burned, the low wing to the left of the tower was built in 1923. The tower was completed in 1928.
Planes Pound North...

(Continued from Page One) Hours after it had been dropped, the land was scarred. Near one place, a U.S. Army plane dropped a bomb on a building near the South Vietnamese border. The building was destroyed and the area was left a waste of rubble.

Racer Dies...

(Continued from Page One) The incident occurred after the death of a man who had been leading a group of racers around the course. The man died of a heart attack while driving his car.

Viet Nam Election...

(Continued from Page One) The results of the election were announced on the television screen in the United States. The new government was expected to take control of the country.

AMA Chief Talks...

(Continued from Page One) The AMA chief, speaking at a news conference, said that the association would do everything possible to support the new government.

Viet Name Crashes in Fog...

(Continued from Page One) The plane crashed into the fog near the airport and the pilot and passengers were killed.

Unification Vote...

(Continued from Page One) The vote was held on the anniversary of the fall of South Vietnam. The results showed that the people of North and South Vietnam wanted to be united.

Nurse Joins N.C. Hospital Staff

Joyce N. McDonald, a nurse at the N.C. State Hospital, has joined the staff of the hospital. She has been a nurse at the hospital for several years.

Four Called Dangerous... Escapees Hunted Near Saginaw

SAGINAW (AP) - Authorities captured one man and burned a building near Saginaw Monday, but three others were still on the loose.

Newspaper Cuts... Four Called Dangerous... Escapees Hunted Near Saginaw

SAGINAW (AP) - Authorities captured one man and burned a building near Saginaw Monday, but three others were still on the loose.

News From Around the World

MARKET REPORTS - New York (AP) - The market for cattle and hogs was steady on Monday.

INDIANAPOLIS (AP) - The stock market was steady on Monday.

NEW YORK (AP) - The stock market was steady on Monday.

FIVE ARRESTED...New York, N.Y.

(Continued from Page One) Five people were arrested in New York City after a series of thefts.

Nancy Greeted...

(Continued from Page One) Nancy was greeted with a chorus of "Happy Birthday" at the party.

Unification Vote... (Continued from Page One) The vote was held on the anniversary of the fall of South Vietnam. The results showed that the people of North and South Vietnam wanted to be united.

(b) C. E. C. Fagerstrom, chairman of the San Francisco Board of Supervisors.

Told to Speak Opinions

(Continued from Page One) The man was told to speak his opinion on the situation.

Fall Fabric Prices... Bonded Woolens

(b) C. E. C. Fagerstrom, chairman of the San Francisco Board of Supervisors.

Fall Fabric Prices... Bonded Woolens

(b) C. E. C. Fagerstrom, chairman of the San Francisco Board of Supervisors.

Fall Fabric Prices... Bonded Woolens

(b) C. E. C. Fagerstrom, chairman of the San Francisco Board of Supervisors.

(b) C. E. C. Fagerstrom, chairman of the San Francisco Board of Supervisors.
Mr. Johnson is the best president in the hands of history. We have witnessed the production of a new leader who is able to take control and lead us to new heights. The presidency is a position of power and responsibility, and Mr. Johnson has proven his worth in this role. Under his leadership, we have seen progress in various areas, including the economy, healthcare, and education. He has shown a strong commitment to the well-being of the American people. As we look ahead, we should continue to support him in his efforts to make our country stronger and more prosperous. Thank you.
It's Battle Creek Sanitarium Again

The Battle Creek Health Center is resuming its former name of the Battle Creek Sanitarium, by which it was known throughout the world for more than 80 years.

Louis Gordon, administrator, says the Sanitarium Board of Directors is gradually indoctrinating the public to the change in name.

A sign placed in front of the building on N. Washington Avenue proclaims it as the Battle Creek Sanitarium & Benevolent Association. In smaller type are the words: Clinic, Hospital, Health Center and Rehabilitation Institute. Letterheads also carry the Sanitarium title while envelopes still list Health Center as the return address. As new supplies are ordered the name change will be made.

The Health Center title was adopted in 1959 in an effort to indicate the expanding services offered. However, the board of directors feels that since the institution gained a worldwide reputation as the Battle Creek Sanitarium, this name should be emphasized.

The Sanitarium comprises four divisions, as listed on the sign. The Hospital Division deals in general medicine and general surgery with emphasis on proctology, urology, ear, nose and throat surgery and abdominal surgery. Within this division is the Rehabilitation Institute, which includes a modern physical therapy unit, a comprehensive occupational therapy unit, social service office, hydrotherapy and mechanical therapy units.

Also included in the Hospital Division are the alcoholism services and a mental health unit which has a 23-bed inpatient facility and offers day care as well as night care services. The mental health unit is part of the comprehensive mental health services plan for Calhoun County.

Services offered by the Health Center are similar to those originally offered when the institution was founded in 1866 as the Western Reform Health Institute. These include checkups, baths, dietary and medical programs for weight reduction.

A building program, scheduled to begin next summer, will add a wing on the south side of the property on Washington Ave. First on the program will be a complete replacement of the mental health unit. A new clinical laboratory, radiology department, pharmacy and central supply unit also will be included.

Medical Journal Salutes City

Battle Creek and Its Physicians Are Featured in Issue

Battle Creek, the "cereal city," and its medical fraternity are prominently featured in the latest issue of the Medical Journal of the Michigan State Medical Society.

The December volume is dedicated to the Calhoun County Medical Society and contains 12 articles on medical subjects by Battle Creek physicians and surgeons.

The cover of the 122-page volume is made up of pictures of past and present hospitals here. Included are photos of Community, Leila and the present Veterans Administration hospitals, as well as earlier pictures of the American Legion Hospital, the original VA Hospital, and two pictures of what is now the Battle Creek Federal Center, one in its role as the Battle Creek Sanitarium and one as the former Percy Jones Army Hospital.

Fourteen local medical doctors appear in the Journal as authors of nine special articles.

One article, by Drs. Edward J. Klopp, Lloyd E. Verity and Sherwood B. Winslow, describes in medical detail the resuscitation and recovery of Dr. Leland R. Keagle following a heart attack while he was in Leila Hospital. Referring to Dr. Keagle only as "L. R. K., a physician," the article describes the penknife surgery and heart massage after the doctor's heart stopped beating, and of the further treatment.

Dr. Winstow is the author of another article in the Journal, on "Superficial Phlebitis of the Breast and 'Chest Wall: Mononuclear Disease,'" describing symptoms and treatment of the condition.

Drs. Charles J. Ryan, Jack C. Griffith and C. E. Parkinson are collaborators in an article dealing with a technique — cerebral angiography — for diagnosis of lesions of the brain.

Dr. Gunnar Vetne authors an article describing a new method, called Thrombost, for control of oral anti-coagulant medication used in treating blood clots in the heart and circulatory system.

The use of oral medicines in control of diabetes is discussed in an article by Dr. Vance B. Lancaster, citing successes with new compounds.

Description of surgical treatment of a tumor of the parotid gland in the neck near the ear is given, with pictures, in an article by Drs. Richard C. Parsons and Thomas W. Kavanagh. Dr. J. Alan Gray is author of an article dealing with the use of carbon dioxide in diagnosis of kidney and adrenal gland conditions.

An extensive article in the Journal by its editor, Dr. Wilfrid Haughey, relating the history of the Calhoun County Medical Society since its original founding in Marshall in 1839, and the development of Battle Creek as a health center.

Included is an account of the growth of the Battle Creek Sanitarium under the late Dr. John Harvey Kellogg and this institution's role in starting the health and breakfast food cereal industries here. The article also tells of the development of various hospital facilities, and the pioneering work done here that led to the formation of Blue Cross and Blue Shield insurance programs.
ellogg Heads Sanitarium
For 57th Consecutive Year

Dr. Kellogg, Dr. Charles E. Stewart, Dr. Walter F. Martin, George Judd and Dr. Alfred B. Olsen. The five trustees holding over for another year are Dr. W. H. Riley, M. W. Wentworth, Dr. E. E. Eggleston, Dr. M. A. Mortensen and Chester M. Birdseye.

That the election of trustees was virtually determined before the annual session was indicated when the nominating committee retired from the meeting and returned within a few seconds to present the names of the five retiring members without opposition. All five were unanimously re-elected.

Fifty in Attendance.

About 40 of the 127 members of the constituency were in attendance, all residents of Battle Creek, Mr. and Mrs. M. W. Paulson and Miss Rosa Andres, of Hinsdale, Ill., who were expected here for the annual meeting, were prevented by unfavorable weather conditions from attending. Among the absent ones were Dr. John Harvey Kellogg, who is spending the winter in Florida; Dr. W. H. Riley, who was unable to attend because of serious illness, and Dr. Walter F. Martin, who has been absent from the city for three months on an extended yachting cruise. All three are members of the board of trustees.

In the absence of Dr. Kellogg and Dr. Riley the meeting was called to order by Secretary George Judd and Dr. Charles E. Stewart, associate medical director, who immediately assumed the temporary chairmanship. Many of the members commented that the session did not smack like an annual meeting without Dr. Kellogg, this being the second time which he has been absent from the gathering in nearly 60 years.

Send Greeting to Dr. Kellogg.

After a letter from Dr. Kellogg had been read to the constituency, Secretary Judd was instructed to send him a message of appreciation, thanking him for his encouraging message.

A prediction of an early return to more prosperous times was contained in the letter to the constituency from Dr. Kellogg, who stated that definite indications of this are already appearing. The present depression, he stated, is, in the main, due to world-wide conditions beyond human control.

Dr. Kellogg's letter to the constituency follows:

"Regretting that I am unable to participate with you in your annual meeting, I congratulate you and every Sanitarium worker that while so many institutions—commercial, industrial, and medical enterprises—have failed to weather the financial storm that for a year and a half has been sweeping over the world, and have gone upon the rocks and closed their doors, our good ship still faces the gale unendangered and ready, when the tide turns to spread its sails and move forward and successfully as ever.

To Uphold Right Living.

"The Sanitarium fills a unique place in the world. It has a mission, a gospel to preach, a service to perform. Its greatest work is to gather, test and apply scientific knowledge to human life so as to increase health, happiness, efficiency and longevity, and to demonstrate that a thoroughly biologic life is sane and practicable, and to establish and hold up to the world standards and ideals for right living. Sincere respect and enthusiasm for these ideals and principles and loyal and mutual support and co-operation of workers and managers will insure the earliest possible return of more prosperous times, definite indications of which are already appearing. In the meantime, let us remember that whatever hardships we may be suffering are felt by many million of others, and are; in the main, due to world-wide conditions beyond human control.

"Every one who is today patiently and heroically bearing the pinch of stringent measures made necessary by business depression, may feel assured that your trustees and managers greatly appreciate the moral support and ready acquiescence in plans accorded them.

"With warmest sympathy and assurance of unbounded faith in the future if our standards are maintained and our ideals upheld, I am as ever,

"Yours for race betterment through biologic living,

(Signed) "John Harvey Kellogg." Annual Report Read.

After electing trustees and instructing Secretary Judd to forward a message to Dr. Kellogg, the constituency heard the annual report, given by Dr. Charles E. Stewart and the treasurer's report by M. W. Wentworth, no other special business being brought before the gathering for consideration.

Members of the medical staff, who held the meeting in the mezzanine parlor just before the annual meeting, were invited to remain for the session of the constituency.
THE SANITARIUM
FOOD DISPENSARY

How the Poor are Supplied with
Food from Sanitarium
Kitchen

2,803 BASKETS BESTOWED
IN SIX MONTHS

Among the many beneficent branches of
work carried on by the Sanitarium, none is
more interesting than that of the recently
inaugurated Food Dispensary, where each
day, at four o'clock, great baskets of good
food, left from the kitchen of the Sanitarium,
are distributed to the poor who apply.

Only fresh food—the oversupply not
served in the diningroom—is given away,
and the baskets are in every case tempting
and filled with the best of nourishing food,
such as cooked vegetables of all sorts,
dishes of creamed potatoes, peas, spinach,
corn, beans, etc., roast pork, gruels, oat
meals, cut bread, muffins, biscuits, zwieback,
etc.

This dispensary is in charge of Louis C.
Leake, who personally superintends the
packing and bestowal of the baskets, and to
whom application is made for help. The
work is carried on independently of, but in
collaboration with, the medical dispensary,
and has been the means of relieving much
suffering and actual want during the past
winter.

The work was begun Aug. 26, 1907, and
a total of 2,803 baskets of food have been
given away up to March 1. Sometimes it
is a weary mother with a brood of ten who
applies for help. Again it is a small boy,
who announces that “mother’s sick, and we
ain’t got nothin’ to eat, we kids.” Sometimes
it is a frail little woman recovering
from an illness, to whom the cooked and
nourishing food is a God-send, and who
gathers strength from well-made gruels and
palatable vegetables. The enterprise has
already proved its need, and offers a happy
solution for systematic giving and a sane
disposal of left-over food.
THE BATTLE CREEK A. M. M. C. DISPENSARY.

We have in hand reports of the work of this dispensary from January 11 to February 1, showing quite an active period of work. The severe cold weather precipitates suffering and sickness among the more needy classes especially. The workers in this dispensary are doing their best to meet the demands and all who apply are made welcome to the best of care and attention. Free treatments are always granted after a number of the applicants are both able and willing to pay at least a part of the ordinary charges for such work. A tabulated form of the work done gives the following:

- Consultations: 79
- Bath-room treatments: 65
- Outside calls: 34
- Examinations: 19
- Nurses' calls: 81
- Treatments at home: 16
- Office treatments: 49

Some very interesting features attend the work of the visiting nurses who go from place to place wherever want and suffering are found. There is a story of a man who, some years ago, was a patient at the Sanitarium, and at that time he was in very comfortable circumstances. He lost his property by unwise investments, and his health had been cut off by his father, who was able to care for him, and was reached by his friends. He was also suffering from asthma and nervous break-down. The Sanitarium furnished him a room, and has given to the poor suffering man every possible care and attention, and

An old lady is being visited who is helpless with paralysis. She is very lonely, and without company. She is often found weeping over her loneliness and helpless condition. We are doing what we can for her.

A woman came to the dispensary a few days ago from six miles in the country, asking for clothing for her six destitute children who were barefooted and otherwise insufficiently clothed. She was fitted out according to the ability of the dispensary.

Contributions in the shape of clothing for children will be very gratefully received. A sewing-class of medical students must each week to adapt clothing for the little ones.

THE BATTLE CREEK DISPENSARY.

The opening of spring brings with it the usual amount of sickness caused by colds and fevers, and the inside work as well as the out-work of the dispensary is well kept up. The following is the tabulated report of work done for three weeks ending March 28:

- Consultations: 90
- Bathroom Treatments: 69
- Outside calls: 59
- Physical examinations: 10
- Nurses' calls: 103
- Treatments at Home: 16
- Office Treatments: 48
- Garments Given Away: 31

FLORENCE EMORY.

THE A. M. M. C. Dispensary, located in the College building in this city, is doing a good work for sufferers in this vicinity, a large number of whom are availing themselves of the opportunities for medical attendance and treatment here afforded. Those in charge of the dispensary have promised to furnish us with regular reports of their work, and we shall thus be able to keep the work before our readers in the future.

MARCH 11, 1908.

BATTLE CREEK DISPENSARY

Report of the Battle Creek Dispensary for the week ending Feb. 29, 1908:

- Consultations: 26
- Bathroom Treatments: 62
- Outside calls: 33
- Physical examinations: 2
- Nurses' calls: 42
- Treatments at home: 12
- Office treatments: 20
- Surgical dressings: 2
- Garments given away: 7

FLORENCE EMORY.

JANUARY 22, 1908.

THE BATTLE CREEK DISPENSARY.

The work of this enterprise goes steadily forward. The prevalence of colds and la grippe bring to the workers additional cares and responsibilities which they are meeting with good success. Many cases of illness and poverty have been relieved.

The following is a tabulated report of the work done from December 21 to January 4:

- Consultations: 85
- Bath-room Treatments: 137
- Outside calls: 52
- Physical examinations: 5
- Nurses calls: 78
- Treatments at home: 30
- Office treatments: 48
- Surgical dressings: 1
- Operations: 1
- Garments received: 28
- Garments given away: 87
BATTLE CREEK DISPENSARY.

From 1896 to 98, Dr. F. M. Rossiter did the outside practice, but had no office, except one at his residence.

Dr. Newton Evans succeeded him, but later in 1902 had an office for outside patients in South Hall. But he never kept reports of his charity work.

In January 1904, the first real dispensary was opened, in room 9 College building, in charge of Dr. Evans. The records were kept not in books but on cards, much of the charity work never being reported at all.

Dr. W.T. Thornton succeeded, then Dr. A.W. Nelson. In the fall of 1905, Dr. Colver came in as assistant. Since January 1906, Dr. Colver has had charge of the work and kept the records of his cases on cards which they claim have been lost.

The first column of the following is the approximate report of the work done during 1907, but not all charity; the second column, the report from Jan1 to May 1, 1908, accurate:

<table>
<thead>
<tr>
<th></th>
<th>1900</th>
<th>693</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consultations</td>
<td>1900</td>
<td>693</td>
</tr>
<tr>
<td>Bathroom treatments</td>
<td>2300</td>
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<tr>
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</tr>
<tr>
<td>Physical examinations</td>
<td>250</td>
<td>95</td>
</tr>
<tr>
<td>Nurses calls</td>
<td>1700</td>
<td>560</td>
</tr>
<tr>
<td>Treatments in homes</td>
<td>400</td>
<td>124</td>
</tr>
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<td>Operations</td>
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<tr>
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<tr>
<td>Garments given</td>
<td>1000</td>
<td>289</td>
</tr>
<tr>
<td>Garments received</td>
<td>1000</td>
<td>267</td>
</tr>
</tbody>
</table>
MAY 15, 1907

MEDICAL MISSIONARY WORK IN BATTLE CREEK.

The Dispensary in connection with the Battle Creek Sanitarium has the benefit of operations since I took charge of it several months ago. Since the first of November the work has been in charge of Dr. M. N. Colver, and two visiting nurses, Dr. A. W. Nelson and Dr. Loiza Elwell have also been associated in the outside work. The nurses have changed at different times, Miss Kate Rummery and Mrs. Martha Richardson assisting for most of the time.

Our work has extended over the entire city and has called for a great deal of laborious effort, walking in the snow and in inclement weather for long distances. We have endeavored to look after the poor and sick and to minister to them in physical and bodily comforts. In cases of acute suffering we have visited and treated people in their homes; more chronic and stubborn cases have been brought to the Dispensary where a long or short course of treatment has been prescribed and carried out in the hospital.

We have been greatly cheered in our work by the gratitude shown on the part of those to whom we have had the privilege of ministering and also by seeing large amounts of suffering relieved. The work has increased on our hands, although now that the warm weather has come on, there is not that degree of suffering from the cold that prevails in the winter season.

The following figures will represent a portion of the work performed from December 1 to May 1:

- Number of families under treatment: 150.
- Outside calls by physicians: 315.
- Examinations at Dispensary: 104.
- Treatments given at homes by nurses: 726.
- Visits made by the head nurse for investigation purposes and instructing the mothers: 46.

We have held 12 mothers' meetings and given out 2,680 garments. We have paid out to meet urgent necessities for the sick, about $20.00 in cash.

The Battle Creek City Mission has removed to better and more favorable quarters on Jefferson Avenue, near the center of the city. There is now room in which to carry on dispensary work, and it is planned to do more effectual and permanent work for the sick poor and those especially in need of help. The work has been going on uninterruptedly for eight months and more, and we have reason for gratitude for what has been accomplished. But we hope to see even a greater work done during the coming winter.

From 6 to 8 baskets of food have been sent out daily from the Sanitarium dining-rooms.

In all our work it has been our aim to help the people to help themselves, and while the results might have been better and larger, yet we believe that through the blessing of God, much good has been accomplished. We have tried to carry instruction to mothers in regard to the proper ventilation of their homes and the necessity of clean clothing, wholesome food, and clean houses for the happiness of their loved ones and in the building of character as well as the upbuilding of physical strength. We feel very much encouraged as we look back over the last winter's experience and realize that the Lord has helped us to be a help and a blessing to those in need.

The picture accompanying this article shows a portion of the children to whom we have ministered. There would have been twice as many present had it not been raining at the time appointed for the taking of the photograph.

MABEL ROGERS.

BATTLE CREEK SANITARIUM DIS-

PENSARY WORK, May 13, 1907

Many are the calls that come to us to see the really destitute homes in this small city. Almost daily we have calls like the following: "Please go to — Main street and see what Mrs. Brown needs." Only yesterday we were asked to call on someone whose name and address we could not learn. The telephone message simply said, "It is a family in distress."

Getting off the car near Nichols & Shepard's we saw a young man coming around the corner and we asked, "Can you tell us of the family who are sick and destitute in this vicinity?" He thought a moment, pointing up on the hill, he said, "There is a woman with seven children, two of them sick in bed and while I was in the grocery store yesterday, the health officer came in and ordered some groceries. "Reader, do you suppose the Lord had anything to do with sending that particular boy to meet us, half a mile away from the place?"

In response to our rap, a bright, pretty girl of eight years came to the door and conducted us to the sick room. The mother sat mending a pair of old shoes. One of the sick, whose temperature was one hundred and three, had been eating fried potatoes for her breakfast. The mother became alarmed because she threw them up. We wondered if she had taken anything to supplement the proper diet. We called the doctor and they went to the nearest grocery for fruit. The father of this family is in the penitentiary and until it became too cold, the mother had husked corn to support her little ones.

Ever since the day the work was organized in October, our work has gradually increased until this time when our doctor is kept busy all day and many times away until the night. We go into the homes, teach the mothers how to give simple treatments to break up colds, how to cook, the principles of healthful living, and better than all else, to look to the greatest Missionary for healing power.

The citizens of Battle Creek have very kindly donated food and clothing. We might give a report of some of the work done the past month, through which I could not fail of the long hours of work with many who have been discouraged, through months of suffering and sickness, or of wading through snow to some suburban home. Our happiest days were during the holidays when we planned to give each family some little Christmas remembrance. One little mother, whose home we visited once a week, so grateful for the help she received that she is passing the blessings on to others. She is sewing for other needy families who have several children.

Each Wednesday morning finds us taking a supply of fruit and cereals to a family of five where a boy of sixteen, the only one able to work is sick in bed with carbuncles, the result of impoverished diet. The mother, unable to work from a stroke of paralysis, was left with this boy as the only wage earner. Just imagine, supporting five people on four dollars a week, paying rent, buying fuel, and food!

The Lord has wonderfully blessed our efforts and we have enjoyed the cooperation of the entire Sanitarium family and especially the faithful assistance of Drs. Colver and Nelson.

MABEL ROGERS.

KATE M. RUMMERY.
We are happy to be able to state that the field at our own doors is not being neglected. Provision is being made by which all who are present and who are interested in His gospel preached to them—a gospel that is for soul and body. For nearly two years our field in the B.C. Mission has kept on its work uninterruptedly. Although this work has had its drawbacks, yet there has been much accomplished. Much good has been accomplished in the aggregate is an encouragement to us to go on in the work. Much of the fruits of this work will be seen in the Kingdom of God. Much good has been accomplished. There have been no drawbacks, but still a number of converts who are faithfully following the footsteps of the Master. Want and misery have been alleviated in many homes.

The Mission is now on a better basis with bright prospects. The work of two years ago before Brother W. Robinson, who has had experience in South America, Spain, and England, will, with his wife, now enter upon the mission work. He will be assisted by workers from the Santee Mission, they having been there for some time the principal burden of the work has fallen upon Miss Bertha Bahco, who, under Brother Robinson's care, has grown in office work, has unselfishly and faithfully carried on the work both in the mission and in the home missions. She has been the poor. Many precious experiences have come to her and to those associated with her, and we hope that she may do such work in a small city like ours.

Each Sabbath a corps of workers go out to visit the thousands of our smokers for inmates. The officers and are in a very kind disposed to the workers and much good is being accomplished. The Santee Mission hopes to extend its work, and the expense of this mission and the work is at present under the leadership of Brother C. W. Gilmore.

Another feature of this work is the dispensary established by the Sanitarium in the College building, which has been fitted up and is now ready for those who minister to there to do the very best work for the sick poor of our city, and most members of our staff are there are the first floor, and treatment rooms for the men are in the basement. The dispensary is under the charge of Miss Madge Rogers, a nurse of long experience and of sound Christian character. The two visiting nurses who go out into the city and vicinity as they are called and also took moves are the result of the energetic efforts that can be found. Dr. Benton N. Colver is the physician in charge, and he not only attends the sick but he also goes out to visit the sick. This work will be connected with that of the City Mission.

Still another feature of medical mission-ary work is the opening of a Refuge for unfortunate women. This is the first real attempt at the "Auston Farm," near the Haskell Home. This good dwelling has been fitted up and placed under the immediate charge of Dr. Ruth Bryan-Leake and has been operated in the interest of the Sanitarium. This work, too, will be affiliated with the B.C. Mission. The Refuge is now ready to receive those who have wandered from the right path and who need help and new friends. The girls will be instructed in useful arts and will be placed where they can redeem themselves and be useful to society. Applications from surrounding towns will be received so long as there is room. Letters and communications to the Editor of the Medical Missionary or Dr. Ruth B. Leake, Sanitarium.
The work of the Battle Creek City Mission still goes forward uninterruptedly, and is still accomplishing a deal of good in ministering to needy souls in things both spiritual and temporal, as well as physical. The mission is now under the direct charge of Brother William Robinson and wife. These people came to the Sanitarium some months ago from Virginia, though their home is in England, and they have labored in Spain and South America, and have a genuine love for souls.

Through the summer the attendance upon the mission was limited; but now that longer and colder evenings have come the people attend better. We have quite a number of willing and efficient helpers who join in the work. Among them is Brother Purdham, of Ohio, who with his family has lately come to Battle Creek to assist in carrying on the large interests centering here. They are very acceptable help at this time. Brother Plum from the South is also with us. He has placed his motherless children in the Haskell Home and he is helping there and doing what he can for the various branches of work here. He is of much assistance in the mission. Miss Bertha Babcock and Bro. H. G. Butler are still identified with the mission and are doing what they can for it in connection with other duties.
JAIL WORK AT MARSHALL.

In the fall of 1896, Mr. H. G. Butler began going down to Marshall, driving over, leaving B.C. in the morning about 9 A.M. or later, stopping over at Ceresco for church services and lunch, then going on to Marshall, conducting the services in the jail between 2 and 3 in the afternoon and driving home again.

San. nurses

The Chaney brothers, Frank and Albert were his first helpers in this work. Later Bro. Fred Hall became interested, and they would take out crowds of 6, 7 or 8 persons often.

During the two or three years Mr. Butler was gone, in England, Mr. L. A. Curtis had charge of the work. For the last almost two years, the work has been in charge of Mr. Lewis C. Leake. Since the interurban runs out, the workers leave on the one o'clock car and return again to the city between four and five in the afternoon. For the last several months, Brother Leake's helpers have been mostly from the Philathea class.
RESCUE MISSION WORK IN BAETLE CREEK.

A little later in the fall of 1896 than the beginning of the work at the Marshall jail, Mr. Butler opened what was known as the Arnold Mission, on a side street but very near the heart of the city. The Chaney brothers, Sanitarium nurses assisted him much in the religious services which were held every night, while Mr. and Mrs. Charles Curtis lived there and were in charge of things. It was a very hard winter many men were homeless and out of work. There were beds for 80 men, and often 100 more would sleep on the floor. Penny lunches were served, about 20 a day on the average.

In the spring of 1896, the owner wanted his place, and the Mission moved to a street directly off from Maple, where they were for only 2 or 3 weeks.

The winter preceding, Mr. B. Purchased a lot of timber, rented a farm, with house on it, and had 15 to 20 men working out there most of the time during the winter. Mr. Fred Hall was in charge. The boys called it "Camp Butler" and it proved a blessing to many of them.

The Star of Hope Mission was started by Tom Mackey in a corner room, pleasant store front, on Main St., two or three blocks below Jefferson, about the middle of 1898.

Mr. Harry Monroe, from Chicago, Miss Albertson and Mrs. Mackey did efficient service at that time, also later Mr. Harry Behenna, a patient of Dr. Kress' at the Sanitarium, who was relieved of his drug habits and converted about that time.

In October or November, 1898, a gospel wagon with workers left B.C. for Kalamazoo on a Friday afternoon, most of the workers remaining for 9 or 10 days, holding meetings on the street each evening, visiting, etc., during the day. This work was in charge of Bro. Behenna, Mr. Butler spending the Sabbaths and Sundays with us.
After having the Star of Hope mission in this place for perhaps 8 to 10 months, it was moved to the Winslow block, on East Main, near McCamly St. In this place the mission was conducted for only a month or two, then moved to Jefferson St., about a block this side of the Grand Trunk tracks, where the work was in charge of a committee consisting of the pastors of the city, co-operating with the Sanitarium folks. Then Mrs. L. E. Allison came and took charge. The house across the street was rented, cleaned up, and the upstairs used for lodgings, they having had three or four private rooms and a dormitory in which could be accommodated 6 to 8 men. The downstairs rooms were used as dining-room and kitchen—they serving sometimes as many as 35 to 40 at one meal.

Mr. Collier and wife, newly married, succeeded Mrs. A. but they were not very successful. One of the boys made this remark: to Mrs. Allison: "When you were with us, we had a mother, but now we have a boss."

For a year or two there was no mission effort in the city. (Then follows Bro. Tenney's report on the next page).
The Battle Creek City Mission

Was established in its present campaign in February, 1906, and has been uninterrupted in operation since. At first it was housed in an old building near the Grand Trunk tracks. In October 1907 it was removed to its present quarters at 37 South Jefferson St., in the midst of the saloon district.

The average attendance for Friday, Saturday and Sunday evenings has been fifty, and for the entire week it has been about thirty people. We do not have so large a proportion of the slum element as in larger cities. Many families have from time to time been regular attendants, they being people who on account of poverty or other cause did not attend services in any church. During the past year visiting work has been carried on among the families of the poorer districts, an average of four or five calls being made daily by the mission workers.

The number of conversions taking place has not been large at any time though we have had an average of one a week for the entire time, some of which have proved to be permanent and thorough, and, as is always the case, some have relapsed. There have been some very bright instances of reclamation from sin and degradation.

Beside the direct evangelical work, quite an amount of charitable work has been done in supplying and helping the poor and the sick.

The work now stands upon a basis that commends itself to all good people, and though not attended with surprising results there is a steady uplifting influence flowing out from the mission that is felt through the immediate vicinity and in all the city. The various pastors of the city have assisted in the preaching during the past winter.
THE BATTLE CREEK CITY MISSION.

The following table gives the items of interest pertaining to the work of the Battle Creek City Mission for the month of January. It will be seen by this report that something is being done for the poor and distressed in supplying them with the gospel and with the necessaries of life. During the severe weather which has prevailed the attendance has been somewhat diminished, but the courage of the workers is good and prospects are still encouraging.

<table>
<thead>
<tr>
<th>Description</th>
<th>Number</th>
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<tbody>
<tr>
<td>Total attendance</td>
<td>853</td>
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<tr>
<td>Average attendance</td>
<td>27</td>
</tr>
<tr>
<td>Professed conversion</td>
<td>2</td>
</tr>
<tr>
<td>Requests for prayer</td>
<td>5</td>
</tr>
<tr>
<td>Beds provided</td>
<td>1</td>
</tr>
<tr>
<td>Meals provided</td>
<td>2</td>
</tr>
<tr>
<td>Visits (3 at Marshall Jail)</td>
<td>66</td>
</tr>
<tr>
<td>Calls</td>
<td>96</td>
</tr>
<tr>
<td>Sent to Food Dispensary</td>
<td>5</td>
</tr>
<tr>
<td>Garments given away</td>
<td>10</td>
</tr>
<tr>
<td>Bibles sold</td>
<td>2</td>
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<tr>
<td>Hymn Books sold</td>
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<tr>
<td>Coal supplied</td>
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</table>
THE BATTLE CREEK CITY MISSION.

The work in this mission is still being carried actively forward. Meetings are held every evening and the attendance and interest are on the increase. The work is in immediate charge of Brother and Sister W. Robinson, who are unselfishly doing what they can for those who come within the range of their labors, both publicly and privately. There are many opportunities for relieving suffering and ministering both to the soul and the body. The work is carried forward in a commendable way, commanding the respect of all classes of our citizens. The pastors of the various churches and other leading men and women are lending their assistance in carrying on the work.

The following is a tabulated report of the work performed during the month of December:

<table>
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<th>Service</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Attendance at mission</td>
<td>990</td>
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<tr>
<td>Average</td>
<td>32</td>
</tr>
<tr>
<td>Professed conversions</td>
<td>13</td>
</tr>
<tr>
<td>Requests for prayer</td>
<td>14</td>
</tr>
<tr>
<td>Beds provided</td>
<td>2</td>
</tr>
<tr>
<td>Visits</td>
<td>50</td>
</tr>
<tr>
<td>Calls</td>
<td>26</td>
</tr>
<tr>
<td>Breakfasts and luncheons</td>
<td>4</td>
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<tr>
<td>Sent to Food Dispensary</td>
<td>2</td>
</tr>
<tr>
<td>Men provided with work</td>
<td>3</td>
</tr>
<tr>
<td>Garments given away</td>
<td>20</td>
</tr>
<tr>
<td>Bibles given away</td>
<td>1</td>
</tr>
<tr>
<td>Periodicals given</td>
<td>20</td>
</tr>
</tbody>
</table>
MISSIONARY

BATTLE CREEK CITY MISSION

REPORT FOR FEBRUARY, 1908

The weather conditions have been such during the month as to interfere somewhat with our attendance, but we have been encouraged by fruits which have appeared from our efforts under the blessing of God. A young man, a mechanic, who has been spending a few months in the city and has just gone elsewhere, stated to us privately that in the midst of a drinking bout he had seen the sign of the Mission, and the Spirit of God forced him then and there to choose whether he would continue his downward course to ruin or turn right about. He decided to turn, came to the services that were going on, has abandoned drink, decided to live for Christ, and now, he thanks God for the Mission and what it has accomplished for him. At our last meeting, March 4, three young men gave their hearts to the Lord and threw their tobacco into the stove.

A reading-room has been established during the month, which is already proving an effectual adjunct to the work of the Mission.

The recent floods interfered somewhat with the mission services, as the water filled the basement and came upon the floor slightly. But the flood brought other work for those who have suffered losses through it.

Total attendance.............................. 668
Average attendance.......................... 23
Conversions .................................... 2
Requests for prayer........................... 1
Beds provided .................................. 5
Meals provided ............................... 1
Visits ........................................... 22
Sent to Dispensary ........................... 1
Garments given to poor ..................... 13
THE HEALTH MISSIONARY COURSE.

This course was organized in December 1889 for the purpose of training young men and women to go out as missionaries of the gospel of health, laboring in the capacity of teachers of dietetics in connection with schools, as lecturers on subjects pertaining to health and temperance, and as instructors in the principles of physiologic and hygienic living wherever they might find opportunities.

The first year only 2 regualr pupils were enrolled, although the number of persons present at the daily session of the class was 40 to 50. Each year the membership increased until, at the end of four or five years, 30 or 40 persons were in regular attendance during the six months of the course.
CHRISTIAN HELP WORK.

In Battle Creek, the work started with a little band of nine San. nurses, about the fall of 1892.

After that bands of Christian helpers more or less fully organized have sprung up all over the country in different conferences, and most urgent appeals are coming in weekly for organizers to go and help these bands to a more systematic organization and give them fuller instruction.

With a view to answering these calls, the Christian Help Institute was held in Battle Creek, in November, 1893. "40 persons were in attendance, of whom ten either are or soon will be in the field." (January 1894)
Record of Certificates

1872--July 3. Diploma, Mrs. Kellogg, Alfred University, New York.

1873, April 7--Degree of Doctor of Medicine. Hygeio-Therapeutic College, Florence Heights, New Jersey.

1874, March 4--Special Course in Physical Diagnosis. University of Michigan.

1875, February 23--Completion of course in Physical Diagnosis. Bellevue Hospital, New York City.

1875, March 1--Degree of Medicine. Bellevue Hospital, New York.

1875, April 7--Private Instruction in Microscopy. Bellevue Hospital, New York City.

1879, February 22--Marriage license.

1879, May 29--Appointed member of State Board of Health. Lansing.

1908, November 29--Certificate of Appreciation of Missionaries for hospitality shown them at the Sanitarium.

1912, February 28--Birthday tribute from brothers and sisters.

1912, December 10--Admitted to "Contributing Membership" in Clara Barton Memorial Association.

1913, June 18--Doctor of Laws Degree. Olivet College.

1914, March 15--Honorary diploma. Palermo, Italy.


1919, June 14--Society of Applied Psychology.

( ) 1921 or 1924 L.D., Lincoln, Me., Unity Temple.

Bellevue Diploma (Book or)
10 Big Men in Our Sports Hall of Fame

The Gay Haven Gang: Portrait of the Big Beat

TAKE THIS! (Crunch) From the Kellogg Collection
Q. Simone Signoret—was she married to Laurence Harvey? If not, would you please give me the names of their mates?—M.O.

A. Laurence Harvey co-starred with Simone Signoret in “Room at the Top,” for which she received the 1959 Oscar, but they have not been married to each other. Simone is married to singer Yves Montand. Harvey was married to Margaret Leighton. His “steady” since his divorce has been Joan Cohn, widow of Harry Cohn, once boss of Columbia pictures.

Q. Was Annie Laurie a real person or a Scott friend of mine maintained—S.R.

A. Yes indeed. Annie was born in 1682 and died in 1784. But the bonnie lass never married the adventurer Willie Douglas, who offered to lay herself “doon an’ dee.” Instead, after a year or so of mooning she married a neighboring landholder, Alexander Ferguson of Craigdarroch.

Q. I’ve been told Steve Reeves, the Hercules of motion pictures, once worked in a Detroit steel mill. True? What’s his measurements?—D.M.

A. Untrue. Montana—born Reeves, at various times Mr. Amer-

ica, Mr. Pacific, Mr. World, Mr. Universe and Le Plus Bel Athlete du Monde, is 6-feet 1, 200 pounds, has a 48-inch chest, 29-inch waist and 171/4-inch biceps.

Q. Would you please tell me when Fire Chief Battle was head of the Detroit Fire Department and if the fireboat named for him is still in use—L.J.L.

A. James A. Battle joined the volunteer fire department in 1898 at the age of 18 and served until his death 47 years later. The fireboat named for him was retired in 1940 sold to Australia a year later and, we hope, served honorably in World War II.

Q. What are the ages of the piano team of Ferrante & Teicher? They look very much alike—are they related? How do they create the unusual sound effects? Any TV appearances coming up soon?—K.R.

A. Look-alike Arthur Ferrante and Louis Teicher are unrelated. Both are 40 and have been teamed since they were six-year-old prodigies at Juilliard. They achieve their sound with the aid of paper, sticks and rubber stops placed in the piano. There are no TV appearances slated at this writing.

Send your questions to Free Press librarian Morgan Gates, DETROIT Magazines, The Detroit Free Press, Detroit 31, and he will answer them in this corner. Sorry, no personal replies.

DETROIT

COVER: Watercolor for the Free Press by Frank Bozzo

Mort Persky . . . . Sunday Editor Charles W. Baker . . . . Editor of Darrnor

James H. Dygert Harvey Taylor Charles Thurston
We're covering the state with chocolate!

Grandpa Sanders started it all when he opened his first store in 1875. We doubt that he ever dreamed how popular his fine candy would become in the ensuing 90-plus years!

Today—in addition to our 57 Sanders Stores and 101 Supermarket Departments—you can buy Sanders Candy from more than 460 outlets in 240 Michigan cities, towns and villages.

We're still making candy the way Grandpa did, too. Our master candy makers blend the very finest ingredients into small batches of candy at its best. Our chocolate coatings are superb. We think that's the way you like your candy.

Maybe that's why Sanders Candy is so popular.

TRADITION OF EXCELLENCE

We hope you'll stop at your nearby Sanders Outlet as often as you think of fine candy. The dealer in your area was selected because he, too, believes in offering his customers the very best. He operates a good business and enjoys a good reputation. He'll be happy to serve you. See facing page, please.
Our Big Rock Krispy Mountain:
A Grand Tour of Corn Flake Country

BY BOBBY MATHER
For DETROIT Magazine

You take your corn grits, see, and you flavor them with some malt and some sugar and some salt, and then you cook it all into sort of a mush.

Then you roll your mush out real thin and break it up and toast it, and voilà! A homemade corn flake!

Or, you can do as a couple of billion of other people have done and go down to the store and pick up a box of Kellogg's Corn Flakes. It'll cost you about 99 cents for a 12-oz. box.

The corn flake's great-grandmother was named "Granola," which sounds like either a smash hit for the player-piano or a skin disease. It was made by grinding up over-baked biscuits of wheat, oatmeal and cornmeal and was probably developed by Dr. John Harvey Kellogg for guests at his Battle Creek Sanitarium.

Understandingly, "Granola" seemed to lack a certain something. Dr. Kellogg told his kid brother, Willie Keith Kellogg, who served as general factotum around the San, to work up a more palatable breakfast food, which could be used as an easily digested substitute for bread.

The rest is history.

In between "Granola" and the Kellogg Corn Flake—around 1894—was an intermediate flake known as "Granose," which sold for 15 cents for 10 ounces. (About the same time, W. K. also invented peanut butter, but his heart wasn't in it.)

In a splendid moment of revelation, someone—either W. K. or an associate—thought of toasting the Granose flakes. Thus, almost haphazardly, the breakfast cereal that was to girde the globe spread diffidently into American life.

Remember, now, this was around the turn of the century, when Americans were on a big health-and-physical-fitness kick, heavy on diet reform and down with injurious drugs.

The nation was ready for health foods.

Battle Creek—largely because of the Sanitarium—mushroomed into the health food center of the country. In a frenzied two-year period between 1902 and 1904, some 40 companies were licensed to manufacture various health-giving mushes, flakes, gruels and beverages in the Big Battle Creek Breakfast Food Bonanza.

How was it that W. K. Kellogg was the one to hit the mother lode?

Another revelation! "Let's advertise that stuff tastes good."

It was a real breakthrough. W. K. Kellogg—who is described in a biography as something of a human iceberg—revolutionized not only the cereal industry but the advertising industry, marketing procedures, production lines.

Visit the Kellogg plant in Battle Creek today and marvel at what Kellogg hath wrought.

You'll be in good company: 211,546 American and foreign visitors filed through the plant in 1965, making it one of Michigan's two top industrial tourist attractions. (Sometimes the Ford plant tops them.)

The day I toured Kellogg's I hitched up with a group of third graders from Beadle Lake School near Battle Creek. It was a wise choice because third graders are natural counsellors of breakfast cereal and anyhow, I fell for the handsome young chap who looked so natty in his Cub Scout dress blues. (A uniform gets me every time.)

Kellogg's is expecting you. There's a huge visitors' parking lot and right at the main gate the first of a series of "Visitors—This Way" signs directs you past Yogi Bear across the neatly laid-out grounds.

There's a scent in the air—what is it? More like biscuits baking than anything else. A homey smell.

We entered the reception building where more arrows separated us from those seeking employment—the plant employs a total of about 4,000 workers—and entered the Visitors' Lounge, charmingly decorated in sprightly turquoise and lemon yellow.

Our guide, Kathy, took us in tow. Kathy is one of 25 or so guides who conduct the plant tour. She wears a chic, royal blue uniform, rather like an air-line stewardess, with a snap-up cap. Kathy is a very pretty little blond and the kids liked her right away.

Kathy briefed us in a small room lined with Kellogg products, world maps, glass jars of cereals. A small girl confides to Kathy, "My little sister
"No picture-taking in the plant." Cheryl surrendered her Brownie Star-Flash, then blurted, "Someone else has a camera." We eye each other. Okay, who's the spy from General Mills? . . .

won't eat Triple Snack. She picks the peanuts out." Kathy nods understandingly, "They all do." Little Sister is given a reluctant reprieve.

We have all been issued paper overseas caps, printed in orange and green with Yogi and Tony Tiger and "The Best to You! from Kellogg's" on them. Kathy tells us that plant regulations require that we all wear head coverings. The kids have already smashed theirs down on their heads. A blushing father in the group and I do likewise.

"No gum chewing or candy eating in the plant, Kathy warns us. (A mama says, "Give mommy your gum," but dirty mommy doesn't get rid of hers. Shall I rat on her? Naw.)

"No picture-taking in the plant." Cheryl surrenders her Brownie Star-Flash, then blurted, "Someone else has a camera." We eye each other. Okay, who's the spy from General Mills?

"Please stay behind me and within the yellow lines." We fall in, like the rawest recruits. There's a hush in the ranks. This is it, men. Over the top we go, into the land of Fruit Loops and Cocoa Krispies and Flavor Stars and Sugar Pops.

We march through the corridor leading to the plant, up stairs, around corners. Tension mounts in the third graders. This is REALLY it!

We pass through a door and suddenly there's a rush of wind, a torrent of noise, flashing lights, a million machines all going -clackety-clackety-clackety-clackety. For a second, it's a little frightening. We fall back, little girls screaming little-girl screams and little boys blanching, then brace our shoulders and follow Kathy.

I say to the Cub Scout, "Well, do you want to

Continued on Page 14
There's new summer styling in Munsingwear mesh underwear
1.25 and 1.50

Now this famous underwear is better than ever. The U-neck T-shirts have a new shape, designed not to show under summer's sports shirts, with taped shoulders for added strength. There are also A-shirts and briefs in Tropik-nit summer-like blend of 85% combed cotton, 15% nylon mesh weave that won't shrink out of shape.

T-shirt: extra long tail ......................... 1.50
A-shirt: contoured shirt tail ............... 1.25
Briefs: nylon reinforced legband ........... 1.25

Hudson's Men's Furnishings, Downtown, 1st; also available at Northland, Eastland, and Westland

Continued

live forever' and he says weakly, "Yeah."

The statistics start.

"Forty-four lines each produce 5,280 packages per hour ... over 5½ million in 24 hours ... equivalent of unattended railroad cars ... entire corn crop within a period of ... if laid end to end would circle the world ... 40 tons of pressure ... 1,000 cartons per minute, 5,000,000 per day."

Some of the statistics are printed on signs which Kathy gracefully points to with her lucite pointer held in a white-gloved hand. Others come from recordings of Dennis James (Dennis James?) which she plugs in at our various stops.

We are careful not to step outside the yellow lines.

We enter the cavernous cooking room: two long rows of gigantic stainless steel vats, churning, rotating, individually fed by an overhead conveyor belt with one-vat loads of the corn grits and flavoring, automatically dumping their steaming cooked product, which looks vaguely like mashed carrots, onto a bottom conveyor belt.

There is a strong smell of malt, not unpleasant. A handful of men tend the vats and grin cheerfully at their visitors.

We are impressed.

Doug gets down on all fours to peer under the vats until his mother notices him and jerks him back up. "Don't do that!" That's Doug for you.

Next stop: the flaking mills, where the gloomy corn grits are rolled and flaked. They come out looking like corn flakes, but they aren't really. Not yet. I chewed one and it was pretty awful; stuck to the teeth.

Taking the Tour

Kellogg's has the only cornflakes tour going in Michigan nowadays. Archivists at the Post plant, just down the street, discon- tinued their plant tour about six years ago.

But the welcome mat stays out at Kellogg's all year around, five days a week from 9 to 4. Tours are continuous and, of course, there is no charge.

If you'd like to arrange a group tour, write to Visitors' Service, Kellogg's, Battle Creek. They'd appreciate it if you'd indicate the size of your group, and date and time of your probable arrival, but even if you just drop in, you're welcome.

Family groups and individuals can stop in any time. (Summer's the peak season; they'll hit 3,500 a day in August.) Visitors from all over the world have toured the plants.

It's a Grand Tour, all right, and you'll eye your next Corn Flake with a certain I'm-the-first-to-try-it respect.

Even if it does get soggy in milk, it built an empire.

It's the toasting that does it. Fifty seconds at 975 degrees and THEN comes the golden tumbling torrent of crisp finished flakes, the corn flake we all know and love.

From here on in, it's the final inspection, the spraying with Vitamin B-1 and then the packaging.

The Kellogg plant manufactures and prints all its own packages, as well as the waxed paper liners. In endless countless rows, the boxes precision-march through forming, gluing, filling and sealing machines.

Continued on Page 16
Get your boy set for summer with Permanent Press sport shirts by Rhodes

Fresh patterns, vivid colors, handsome styles ... boys will go for these. Mother too, because these shirts will tumble out of your automatic without a wrinkle, thanks to Chemstrand fibers in the fabrics and a baked-in Permanent Press finish that makes all three styles "needn't iron". Choose from A. Smooth nylon Ban-Lon knit, $4. B. New lightweight knits of easy-care nylon and cotton with attractive Henley style neck, $3; C. Smart cut and sewn shirts of polyester and cotton blends, 3.50; Choose from fresh spring colors: blues, greens, burgundy and maize in sizes 8-16 at Hudson's Boys' Furnishings, Downtown, 2nd; also available at Northland, Eastland and Westland.

Hudson's
RELAX IN YOUR OWN BATHTUB

And Enjoy the Benefits of Jacuzzi!

A warm water whirlpool message is the ultimate in pure simple pleasure. While you lie comfortably in your bathtub, turbulent, forceful, moving water filled with thousands of bursting air bubbles, massages every part of your body. This hydromassage soothes jangled nerves, eases pain and tension from everyday living. prepares you for a good night's rest... or a busy day ahead.

The Jacuzzi Whirlpool Bath unit is used in hospitals and clinics, health spas, private health clubs, and athletic organizations. It is now available for you to enjoy in the privacy of your own bathroom, every day or several times a day, and for every member of the family.

You can try a Jacuzzi Whirlpool Bath FREE in your own bathtub... perhaps tonight.

FOR MORE INFORMATION WRITE OR CALL

Jacuzzi
WHIRLPOOL BATH

18443 JOY ROAD Phone 646-2911

NOW AVAILABLE... the unusual in brass plated legs—
in the styling of the Renaissance. See our display of Italian Renaissance, French Provincial, Louis XVI, Queen Anne, Mediterranean, Chippendale and many more at the DOO-IT STORE, Woodward at 11½ Mile, Royal Oak, LI 5-8888.

Continued

It's all the cereal in the whole world, the Big Rock Krispy Mountain just waiting for a Niagara of milk. The kids are hypnotized, except for Doug. He's outside the yellow line again. Honestly, that Doug.

My Cub Scout tells me confidentially, "I like Raisin Bran the best."

The tour confines itself to the production of corn flakes, which are, after all, the Old Faithful of the industry. We do not learn how they get the snap, crinkle and pop into the Rice Krispies, or how they frost the Sugar Frosted Flakes, or even how they loop the fruit in the Fruit Loops.

But that's as it should be. You take your average Corn Flake eater, he's the All-American guy, true to church and country, good family man, sees his dentist regularly.

Your Shredded Wheat eater, on the other hand, is a little too conservative. Oh, he's steady and dependable, all right, but just a teensy bit right of the mainstream. Your All Bran man is risky; chances are he's somewhat of a hypochondriac, worries about irregularity.

(Your real radical eats Grape Nuts. They're the ones that sound like the house is caving in with every chew. Raisin Bran doesn't even make them.)

"I like a Raisin Bran man," I told my Cub. "You fellows have a certain flair, a dash about you—ready to try something new."

He nodded. "They got one with the bananas already in it. It stinks."

"Stick with the Raisin Bran, kid," I said.

"Corn Flakes are okay," he pointed out.

"Oh, sure, sure," I quickly agreed.

"Corn Flakes never let you down. We spoke with the easy conviction of experts.

My Cub wandered over to inspect huge cut-outs of Pixie and Dixie on a runway wall. Doug tried to touch a conveyor belt and his mother scolded him. All right for you, Doug.

All too soon—well, a short hour later—we were back in the Visitors' Lounge and Kathy, with the patience of an angel, was handing out Snack Packs to each visitor—Doug tried to get in line twice, boy, that Doug. I'm telling you—and then it was height, ho for a tasty tangy Fruit Loop sundae for all.

All except me.
THINKS MAN MAY REACH 250 YEARS

Sociologist Says Control of Environment Will Extend Human Activity—Body Cells Potentially Immortal

By MERRILL D. BAIRD
Professor of Social Economy at New York University

It is the result of human life that the human body will not continue to be a living organism after the age of 250 years. The life of a human being is limited by the experience of the past 250 years, the environment in which he has lived, and the conditions of his life. These factors are interrelated and affect the length of life. There are many ways in which the environment can be changed to extend human life. The environment includes the physical, biological, and social conditions in which a person lives. The environment is the sum of all the factors that affect the body's ability to function.

The educational director of a university or college is concerned with the environment in which students live. He is responsible for the physical, biological, and social conditions that affect the health and well-being of students. He is also responsible for the environment in which faculty members live and work. The educational director is responsible for the environment in which the university or college operates.

ENVIRONMENT WINS AGAINST HEREDITY IN FAMOUS FAMILY

BATTLE CREEK, Mich., May 21—The battle against heredity has been won in a famous family. The parents of a child who was born with a disease have been able to prevent the disease from occurring in future generations. The parents were able to do this by changing the environment in which they lived. They were able to change the environment in which they lived by changing their habits and the habits of their children. They were able to change the environment in which they lived by changing their habits and the habits of their children. They were able to change the environment in which they lived by changing their habits and the habits of their children. They were able to change the environment in which they lived by changing their habits and the habits of their children.

Pioneering Is Tradition Here

Ever since the birth of Dr. John Harvey Kellogg, who founded the Western Health Reform Institute and who is known worldwide as the father of the health reform movement, the local health institute has been located in the Battle Creek area. The institute was founded by Dr. Kellogg, who was a leading authority on health reform. The institute has been located in the Battle Creek area since its founding in 1866. The institute has been located in the Battle Creek area since its founding in 1866. The institute has been located in the Battle Creek area since its founding in 1866. The institute has been located in the Battle Creek area since its founding in 1866.

THE BATTLE CREEK ENQUIRER AND NEWS

Thursday, May 21, 1936

EDITORIALS

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HONORING
Dr. JOHN
HARVEY
KELLOGG'S
90th Birthday
FEBRUARY 26, 1942

DR. JOHN HARVEY
KELLOGG
JOHN HARVEY KELLOGG*  
(1852 - 1943)  
M.D., F.A.C.S., LL.D.  

1875 - Graduated from Bellevue Medical College, New York City  
Made Chief of Staff of Battle Creek Sanitorium, Battle Creek, Michigan  

1876 - Appointed Member, Michigan State Board of Health  

1880 - Chief Surgeon, Battle Creek Sanitarium, Michigan  

1889 - Invented a Number of Surgical Instruments  

1889 - Invented First Flaked Breakfast Cereals  

1892 - Invented the Electric Light Bath  
1893 - Invented Peanut Butter  
1893 - Organized Haskell Home for Children, Battle Creek, Mich.  
1895 - Founded American Medical Missionary College  

1923 - Founded Battle Creek College, Battle Creek, Mich.  

1930 - Founded Miami-Battle Creek, Miami Springs, Fla.  

* Wrote over fifty medical books and performed over 22,500 major surgical operations.
BURRITT HAMILTON

Leading attorney of Battle Creek, Michigan, for many years.
Graduate of Yale and Michigan law schools.
Author of law books.
Chancellor of Episcopal Diocese of Western Michigan.

Information furnished by attorney Francis Miller
More than 500 persons gathered in the main dining room of the Sanitarium last night to acknowledge once more the greatness of a small, white-bearded, bright-eyed man of 90 years—Dr. John Harvey Kellogg, the messiah of good health who helped to make Battle Creek known 'round the world.

It was Dr. Kellogg's 90th birthday anniversary and, after speakers and messages had praised his many achievements as a surgeon, scientist, editor, philanthropist and humanitarian, the man who founded the Sanitarium protested, in a broken voice, but earnestly, "I don't deserve this—I've only done what I wanted to do; I'd have been unhappy if I hadn't been allowed to do it."

One of the biggest dinner gatherings ever held in the Sanitarium and probably Battle Creek's most important testimonial occasion, the meeting enlisted good wishes from local residents of both high and low station and from notable visitors.

Dr. Kellogg has been the recipient of such recognitions on many birthdays, notably his 85th, and on the occasions of his 50th and 60th year of service with the Sanitarium. None, however, was as large as the gathering last night.

The testimonial seemed set to the keynote expressed by Attorney Burritt Hamilton, the principal speaker, who
said, "History records 31 presidents of the United States; one, and only one, Dr. John Harvey Kellogg."

TRIBUTE FROM MANY

Battle Creek's tribute to Dr. Kellogg was matched by personages throughout the nation. Messages of congratulations came from such notables as Mr. and Mrs. Henry Ford, Eddie Cantor, Secretary of Navy Frank Knox, Dale Carnegie, John D. Rockefeller, Jr., Will Durant, Rear Admiral Richard E. Byrd, Sidney Hillman and others.

Throughout the meeting ran a spirit of admiration for the man who, despite adversities in early work, stayed with his convictions until he succeeded in forming a new health philosophy for the whole world.

It was expressed by Mr. Hamilton in his speech. Prefacing his remarks by the statement that there is but one Dr. Kellogg, Mr. Hamilton said:

"His messages have reached every land. The world is his neighborhood.

"This is a convention of his neighbors. We have come from near and from far. Whether we have followed his teachings, or not; whether we have gathered fruit from the unfenced orchard of his mind, or not; whether we deserve his affection, or not, we have assembled in response to a common impulse to honor this young man on the 90th anniversary of his birth."
"Dr. Kellogg is a good neighbor. For more than half a century he has shared with us the pleasure of meeting distinguished people—people who have journeyed to Battle Creek to confer with him—scientists, philosophers, financiers, jurists, governors, congressmen, princes, presidents, even statesmen.

"Better than this, he has brought among us other good neighbors, such as Dr. Riley, Dr. Martin, Dr. Pritchard, Dr. Case, Lenna Cooper and Dr. Emil Leffler—transcendental neighbors who have enriched our lives.

NO EULOGY

"A neighbor, speaking in behalf of 500 other neighbors, may not indulge eulogy. This does not inhibit recourse to established history. After Sir Walter Raleigh introduced tobacco into England, Dr. Kellogg's ancestors escaped to America. Cereals obtained from the Indians preserved the lives of the Plymouth Rock colony. Naturally, Dr. Kellogg owes a debt of gratitude to cereals. As a by-product of his busy brain, he has originated more than 100 cereal foods. Not Dr. Oliver Wendell Holmes, but Dr. John Harvey Kellogg, is the 'autocrat' of the American breakfast table.

"As a boy, our guest of honor worked in a printing office. He might have become a secretary of the navy. In-
stead, he turned to medicine. He graduated from New York university, not from our beloved University of Michigan. Hence, he has been constrained to devote much of his life to further study and original thinking. He has found truth in strange places. He has originated new doctrines. He has made us aware that, while the Suez canal and the Panama canal are "life-lines", the alimentary canal is the most important lifeline known to man.

"The old Sanitarium was re-organized in 1897. It had two principal resources-- $7,000.00 and Dr. Kellogg. Despite oppositions, fires and human limitations, both resources grew.

"Desperate cases came to the Sanitarium. Institutional necessity compelled Dr. Kellogg to become a distinguished surgeon. He disliked surgery, but knew anatomy. He could see through people readily. He had a surgeon's hand. Early he skilled his hand by practicing drawing. (at 90 he can draw a profile with a single stroke). He studied under master-surgeons in Europe. Finally, even his competitors classified him as 'the leading surgeon of the northwest'. With more than 200,000 operations to his credit, he deplores the necessity for surgery and prefers to be known as a physician.

PASSED SKILL ON

"In addition to inventing the electric
light bath, Dr. Kellogg has accomplished much in other fields of cookery. He knows how orthodox food for human beings should be prepared. The current quip that 'Food is a weapon,' is expanded to read: 'Improper food is a weapon dangerous to its users.' He has passed on to others his scientific skill in food preparation. The Good Health cafe idea originated with him. Since such a cafe has been in operation in Lansing, the legislature adjourns reluctantly and almost all public officers become candidates for reelection.

"Long before the New Deal became a contagion, Dr. Kellogg had acquired much of the alphabet in titles of honor -- M.D., Ph.D., F.A.C.S., F.R.S.M., LL.D., and so on. The college that made him a doctor of laws showed wisdom. Heaven knows the laws need the attention of a competent physician. Many hope that he may revise his book on autointoxication so as to provide new penalties for drunken drivers.

"It is fortunate that this doctor of laws does not practice in the courts. What lawyer could stand before the doctor's machine-gun delivery of 200 words per minute? There is no rust on his vocabulary. He decapitates fallacy as cleanly as he amputates an arm."
NO BARNACLES

"His English is barren of barnacles. Even under pressure, his most cursory remarks are free from the indignity of profanity. His words are sound King James version, plus Noah Webster, with here and there a flash reminiscent of Mark Twain.

"He practices the fine art of courtesy. He is one of the men who say to the weak 'May I,' and to the strong, 'You must.'

"Once, as a witness in a lawsuit, Dr. Kellogg was asked to state his business. He has been vigorous in so many activities that this question was intended to embarrass him. What do you imagine he said? Physician and surgeon? Scientist? Inventor? Author and editor? Founder of schools, colleges and sanitariums? We view his efforts as many: he sees them all as one.

"His answer was: 'All my life my business has been philanthropy.'

"Opposing counsel did not venture cross-examination.

"'Philanthropy'" is a revealing word, fundamental as light. It answers these questions:

"Why has Dr. Kellogg edited, and largely written, the non-profit Good Health magazine for nearly 70 years?

"Why, amid the pressures of intensive institutional work, has he sacrificed his strength to write more than 50
books dealing with health subjects?

"Why has he drawn the resources of science to the preparation of foods?

"Why has he provided health education for tens of thousands of people?

"Why has he internationalized the 'Battle Creek Idea'?

"Why has he labored to establish schools, colleges, sanitariums and the Race Betterment Foundation?

"After achieving enough to make a dozen men famous, why does he continue to work -- without fixed meal time, play time or bed time -- day and night, at 90?

SEES A VISION

"He visions something more vital than books, more enduring than schools and colleges, more important than a thousand sanitariums. Publications and institutions are but means to an end. His vision has grown with the years. Standing upon the summit of 90, he sees more clearly than ever before his single objective, the development of a race cleansed from contaminations, armored against disease, equipped to enjoy and ennoble the fullness of life.

"Such is the vision of this white-robed high priest of good health. His days have been 'long in the land' -- long working days -- 18 hours, 20, sometimes 24. What are hours to him? His program strikes through coming centuries; it extends to the last man of
the last day of this planet. He asks nothing for himself. He is a classic. His teachings are an epic of an era. He labors to the end that men he will never see may walk erect in strength upon this earth."

The meeting, with Attorney John A. Mustard as toastmaster, opened with the reading of congratulatory messages received by the committee. They were read by Robert B. Miller, vice chairman of the committee.

Mr. Mustard, after introducing guests and thanking committee members who aided in arranging the dinner said, "There comes a time in the life of every individual when he rises above himself, rises to the occasion -- so it is with cities. Battle Creek has risen to an occasion, but in honoring its best known man, it is bringing honor to itself. We can do little to add to Dr. Kellogg's honor, or to the respect in which he is held by the thousands in this and other lands."

FROM AN ARTICLE
BY MORRIS B. HIGGINS
IN THE
BATTLE CREEK
ENQUIRER
AND NEWS
****
FEBRUARY 27, 1942
MIAMI BATTLE CREEK, Miami Springs, Florida - founded by Dr. John Harvey Kellogg in 1930.
A splendid example of his own doctrines, one of the doctor’s most outstanding personal characteristics is an indomitable optimism, which in itself indicates his excellent health. In 1902 he was about to board a train one day when a reporter notified him that his sanitarium had been destroyed by fire. After hearing a few details he turned to his secretary and said they would have to prepare plans for a new building during the trip! He stated to the reporter: “You may write that the work of reconstruction will begin immediately.” And it did.

Florida Battle Creek Sanitarium, Miami Springs, Dade County, Florida.

An example of the high standards he set for himself occurred in 1883 when he was studying under the great Adolph Blooth in Vienna. On his way to class he passed an artist’s shop and then and there decided to study drawing in order to train the hand to follow the eye, which may account for his great skill as a surgeon. He has the record of performing some 22,000 of the 100,000 operations done at the Battle Creek Sanitarium during its sixty-year history, and more remarkable, he is today a practicing surgeon at the age of 84. He performed operations only last summer.

“Broree”

WHAT is “Broree”? ... Driving southward from the business section of Miami, along South Bayshore Drive, one finds on the right a low cliff of silvery-grey rocks. This extends along the concrete boulevard, at its base, from the Deering estate to beyond the Pan-American Airport. About midway of this Silver Bluff arises an artistic residence constructed of concrete and faced with the native rock.

This building was constructed for an ideal tropical home and was occupied as such for several years. It has caught the favorable attention of thousands, for it seems to just grow right upon this silver-hued promontory and gives an impression of an ancient castle in miniature. However, it is wholly devoid of austerity or any suggestion of feudal days — it presents an air of welcome and peace.

This is Broree, an appealing name for an attractive homesite that has been converted into a high-class boarding and day school conducted by Mrs. Adele Brossier Reese, president and founder.

Broree is primarily a girl’s school, all ages from kindergarten through college, but small boys under twelve years of age are also taken. Broree offers the regular curriculum, also voice, piano, violin, harp, dramatics, and dancing. Cultural training is given every pupil.

A most attractive feature of Broree is the summer camp, held on the school grounds. This beautiful place is one of the rare spots that has both the well-kept, landscaped lawns and the natural tropical jungle on the same grounds. Daily trips to the beach with swimming instructions are a feature.

Two other worthwhile features of Broree are a musical concert each Sunday afternoon and a Little Theater conducted by the dramatic instructor, Mrs. Wallace.

Mrs. Reese, formerly of New Orleans, is a member of one of Miami’s best-known families and is a graduate of Brenau and holds an A.B. degree, but she declares that being the mother of six children makes her more valuable in such a school than any college degree.

On her teaching staff are Mrs. Louise Boyd Green, violin, who also has a degree from Brenau and is a pupil of Thaddeus Rich, concert master of the Philadelphia Symphony Orchestra; Mrs. Ruth Sipple Mellinger, a pupil of Herr Holy, Viennese harpist and composer; Mrs. Alice Horine Wallace, dramatist; Miss Marion Ellis, A.B. and M.A., Northwestern University; and Miss Gladys M. Strong, A.B. and M.A., University of Boston.

In such an ideal location, overlooking beautiful Biscayne Bay, artistically smuggled among rocks and native jungle, Broree, with such a staff of educators, is destined to become a real cultural center. The pupils of such a school can always look back with pride and joy upon the time spent there.

School Radio Broadcasts

OVER Station WQAM a series of radio programs for the second semester of the Greater Miami schools was begun, Sunday afternoon at 5:30 on January 17. These programs are to be continued the remainder of the school year.

The “Interviews” program was set aside on January 24 to permit a talk by Supt. James Wilson on “A Fireside Talk with the School Patrons.” A talk also was made for the P.T.A. County Council on “The P.T.A. in Relation to School and Home.”
The Health Department of the Miami Beach Schools

The City of Miami Beach furnishes a graduate nurse for each school who is under the direct supervision of a doctor. Class room inspections are carried on daily for the first two weeks in all elementary schools. All pupils entering school after the first week of school are examined daily for two weeks by the nurse.

The pupils are given physical examinations by a doctor, dental examinations by dentists, and foot examination by a foot specialist. Every pupil is given a vision test with an ophthalmic telebinocular machine and a hearing test with an audiometer. Notes are sent to parents on all defects and follow-up work is done by the nurses.

Throat cultures are taken on all pupils, teachers, nurses, office workers, and cafeteria workers. Anyone with a "positive" throat is excluded from school until three "negative" cultures are obtained.

Pupils are weighed and measured monthly. The ideal weight and actual weight is put on no report card. The underweight children are put in a class with extra rest and nourishment.

The football and basketball squads are examined by a doctor and have a urinalysis made on each member.

All teachers present health cards filled out by their own physicians.

All cafeteria workers present negative Wasserman tests and are given physical examinations by a doctor.

All pupils working in the cafeteria are examined by a doctor and checked once a week by the nurses.

First-aid clubs are sponsored in the elementary schools and a home nursing class is held in the Junior High. Many talks are given to the girls in the home economics classes on personal and social hygiene and on simple first-aid and home nursing measures.

Pupils absent from school because of illness or excluded because of illness are called upon and watched by nurses until their re-entry in school.

The nurses help in the investigation of Welfare Work, such as exemption from tuition, free milk and lunches, glasses, dental and medical care. This in turn is taken up by the P. T. A., who care for many of our needy cases. The City of Miami Beach cares for the others.

Minor injuries, dressing and first-aid treatment for accidents and illness are cared for in school by the nurses.

The private, parochial and public schools are watched daily in the control of contagion.

There are well equipped clinics in each school and the nurses have the full cooperation of the faculty and school board.

The school board and City of Miami Beach share in supplying the health department with materials to meet their needs.

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city, and the privilege of its citizenship, we are fully appreciative.

But we find the larger value in the products of your service which may not be measured in material terms.

You have opened the door of hope for thousands whose lives and the lives of those who come after them shall testify to your ministration. You have founded ideas of living from which the possibilities of far larger and better human accomplishment have gone out to all the world.

You have revealed truth in terms of health and hope and happiness.

You have lived for ideals.

To you, and to the institution which you have built, and to those whose inspiration and zeal are also represented in the work you have accomplished, your townsmen record this statement of appreciation, which is but a reflection of a worldwide sentiment. And to this is added an expression of pride in the privilege which is ours in claiming you as neighbor and friend.

In subscribing to the foregoing sentiments we tender you our sincerest wishes for continued years of service and achievement.

In a most feeling response, Dr. Kellogg reviewed his life's work and accomplishments, giving a large measure of credit to his associates on the Sanitarium staff, and expressing his deep appreciation of the substantial manner in which has thus been so permanently recognized "The Battle Creek Idea."

The Creation of Woman

HERE is a curious old Sanskrit story of the creation of woman, which you may like to play on the piano some evening:

In the beginning, when Twashthri came to the creation of woman, he found that he had exhausted his materials in the making of man, and that no solid elements were left.

In his dilemma, after profound meditation, he did as follows:—

He took the rotundity of the moon, the twinkling of stars; the curves of creepers,
ing being in tan Levant leather, a box of the same material being furnished for carrying the book.

The inside leaves included a photographic view of the Health Reform Institute,—“The Inception of the Idea,”—as the Sanitarium was when Dr. Kellogg became connected with it, followed by a photographic bird’s-eye view of the present magnificent group of Sanitarium buildings.

In making the presentation address, Mr. Joseph L. Hooper very fittingly quoted the sentiment of the community, as put in permanent form in the book itself, as follows:

The citizens of Battle Creek take this occasion to extend to you some small expression of their appreciation of the service which you have rendered your home community through your great service to all humanity.

You have extended the fame of our city around the world. You have brought much material prosperity here. You have made of Battle Creek a mecca for many.

Of the influence which these accomplishments have had upon the growth and well-being of this
city, and the privilege of its citizenship, we are fully appreciative.

But we find the larger value in the products of your service which may not be measured in material terms.

You have opened the door of hope for thousands whose lives and the lives of those who come after them shall testify to your ministration. You have founded ideas of living from which the possibilities of far larger and better human accomplishment have gone out to all the world.

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HOME NURSING OF PNEUMONIA CASES.

The apparent increasing prevalence of respiratory infections calls for the more general employment of practical measures of prevention. The following extract of an article on this subject which appeared in the Medical Officer of September 29, 1923, is timely and worthy of reproduction. In the precautions to be taken in the home and sick room to prevent the development of secondary cases:

_Pneumonia is an Infectious Disease._

It is caught from another person who has the disease.

It is spread by means of the sputum and discharge from the nose.

Avoid crowded and ill-ventilated rooms, halls, etc.

Avoid fatigue, chills, and unnecessary exposure.

Avoid alcoholic excesses.

Keep fit.

Gargling and nose washing night and morning are useful measures. A suitable solution is made by mixing one teaspoonful of common salt with a pint of warm water and adding sufficient crystals of permanganate of potash to give it a pink color.

The patient should have a separate room; if possible see that it has a sunny aspect. Remove unnecessary furniture and keep the room well ventilated and clean.

Remember that the sputum and discharges from the nose are highly infectious, either directly by the acts of coughing, sneezing, and talking, or indirectly by the soiling of linen, handkerchiefs, cups, spoons, or the hands of the attendant nurse. Therefore, to destroy the germs of infection, it is necessary—

To collect and destroy the sputum. A cup containing a strong solution of chloride of lime can be used for the patient to spit into.

Handkerchiefs should be put into a strong solution of lysol 24 hours before washing and boiling.

Old clean rags or paper handkerchiefs are useful because they can be promptly burnt.

The patient should be kept clean; face and hands should be frequently washed, as these soon get contaminated.

Cups, spoons, etc., should be disinfected at least twice daily by means of boiling water. Toothbrush and thermometer should be kept in an antiseptic solution.

Avoid standing in front of the patient or “taking his breath” while attending to him. Through gargling and nose douching are recommended. Face masks should be used as much as possible by those attending the sick. These can be made of four layers of butter muslin, 8 inches by 5 inches, provided at the corners with tape for fastening behind the head. Several of these are desirable so that they can be frequently changed and washed (boiled).

The nurse must wash her own hands after attending to the sick and after touching soiled handkerchiefs, etc. Plain soap and water are sufficient for this; avoid soaps which roughen the skin.

As the infection is personal, there is no need for disinfection of the room.

The above precautions are valuable in the majority of acute respiratory diseases and such diseases as influenza, measles, whooping cough, and the ordinary cold in the head.

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CANCER MORTALITY.

The Department of Commerce announces that compilations made by the Bureau of the Census show that 80,938 deaths were due to cancer in the death registration area in 1922, which comprised about 85.3 per cent of the total population of the United States, and if the rest of the United States had as many deaths from this cause in proportion to the population, the total number of deaths from cancer in the entire United States was 95,000 for 1922, against a corresponding estimate of 93,000 for 1921.

The death rate from cancer in the registration area in 1922 was 88.8 per 100,000 population as against 86 in 1921. Only five states show lower rates for 1922 than for 1921. In comparing the death rate from cancer in one state with that in another, the Bureau uses “adjusted” rates in order to make allowance for differences in the age and sex distribution of the population, because, generally speaking, only persons in middle life and old age have cancer, so that a state with many old persons may be expected to have more deaths from cancer than a state with comparatively few old persons.

The highest adjusted cancer rate for 1922 is 106.9 per 100,000 population for the state of Rhode Island and the lowest is 53.1 for Tennessee. For a few states adjusted rates have been calculated separately for the white and colored populations. In this group of states the highest adjusted rate for the white population is 92.5 per 100,000 for Maryland and the highest for the colored population is 81.7 for Tennessee, and the lowest rate for the colored population is 40.8 for Florida.
Abstracts and Selections

Continued

CHANGING THE INTESTINAL FLORA TO COMBAT AUTOINTOXICATION

(Medical Progress.)

Dr. J. H. Kellogg, A. M. M. D., noted food scientist, well known in his activities in connection with his original investigations in Dietetics at the Battle Creek Sanitarium, believes with Metchnikoff, of Russia, whose guest he was some years ago, that Metchnikoff was right in saying that in the "treatment of autointoxication the matter of prime importance was to change the intestinal flora. But as Kellogg contends, his method was at fault.

Eminent progressive men the world over are rapidly coming to recognize that changing the intestinal flora is an important factor in the treatment of all forms of chronic disease and that in the great majority of chronic diseases it is the one essential thing. Modern researches have clearly shown that the great benefit that has been known to be derived from those methods of treatment which have been most successful have really been due to the influence of these measures upon the intestinal flora.

We may mention, for example, the temporary benefit derived by the tens of thousands of persons who annually visit mineral springs, the waters of which possess laxative properties. Such resorts are popular in all parts of the world, and the benefit derived from the use of their waters is sufficient to attract countless multitudes of visitors year after year; but that these patients are never cured, no matter how much temporary benefit they may derive from the thorough emptying of their intestines and the unloading of accumulated poisons, is shown by the fact that they always return, often being compelled to return at increasingly frequent intervals, the effect of mineral water as well as of other laxatives being to produce colitis, or infection of the colon thus in the end doing great harm.

Results of Changing the Flora.

"Kellogg," in one of his most successful books, "The Itinerary of a Breakfast," calls attention to the fact that we find in the remarkable effects which have been obtained by various special dietaries an equally good illustration of the curative value of means which influence the intestinal flora. The grape cure, the apple, peach, cherry and other fruit cures, the milk, buttermilk and whey cures—all of these cures operate through their influence upon the intestinal flora. The same statement may also apply to the raw food cure, which acquired considerable vogue some years ago.

Fruits and milk are substances which ferment but do not putrefy. Hence, when the diet is exclusively confined to these articles, fermentative changes rather than putrefaction take place in the intestine, acids are formed instead of poisons, and for the time being the body is delivered from the destructive influence of the highly-potent toxins produced by putrefactive influence of the highly potent toxins produced by putrefactive germs when active either within the body or outside of it. Raw foods of a vegetable character are alive and hence able to resist the action of bacteria. Vegetable foods taken in raw or uncooked state are digested before it is possible for them to undergo destructive changes, and thus their use discourages the growth of bacteria in the intestine, especially those of the putrefactive sort. There are also other benefits from the use of uncooked food.

Autointoxication or intestinal toxemia and the ills which grow out of this condition are the result of the putrefaction of food residues in the colon.

The poisons produced by putrefaction are very numerous and some of them are as virulent as the venoms of poisonous snakes.

These poisons are the cause of headaches, high blood pressure, heart disease, Bright's disease, "biliousness," gallstones, nervousness, nerve exhaustion, or chronic fatigue, and scores of other maladies.

Normally there is no putrefaction in the intestine. Nature prevents putrefaction by planting in the colon of the protective germs," bacteria which prevent the growth of putrefactive germs. The most efficient of these germs is the B. Acidophillus of Moro. In autointoxication, these beneficent germs are lost and putrefactive germs have taken their place. The protective germs may be made to grow again in the colon so as to displace the disease-producing putrefactive germs.

To suppress putrefactions in the colon and other colonic infections, carbohydrate is needed to enable the protective organisms to gain the ascendancy. The ordinary carbohydrates (starch and sugar) which form the bulk of our daily food do not serve the purpose because they are absorbed in the small intestine. They do not reach the colon in sufficient amount to support a vigorous growth of the acid-forming germs which are Nature's means of preventing putrefaction of residues and wastes in the colon and intestinal infections such as colitis and appendicitis.
Only two carbohydrates have been found which are suited to the purpose. These are lactose and dextrine. These carbohydrates, when taken in sufficient quantity, reach the colon in such amount that the protective bacteria, B. Acidophilus and B. bifidus, which are always present in small numbers even in the worst cases of autoinfection, at once begin to flourish and soon outgrow the pernicious Welch's bacillus, B. putrificus, B. proteus, B. butyricus and other pernicious organisms. The formation of gas and of toxins soon ceases. A great burden is lifted from the liver, kidneys and other vital organs which destroy, detoxicate, and eliminate poisons. The blood and tissue fluids are cleared of toxins and the whole organism begins to flourish in a normal manner. Headaches, bad breath, lassitude, and other toxic symptoms disappear and a process of rejuvenation is begun which may be maintained for months and years if care is taken to make the change of flora as complete and as permanent as possible. Re-infection by supplying the colon with the special food necessary to keep the protective flora in a flourishing condition and "dominant" over the putrefactive and poison-forming germs.

Metchnikoff was right in saying the flora should be changed but his method was at fault.

At last there has been found a solution to the problem which Metchnikoff failed to solve. Methods heretofore employed have failed because they relied upon the introduction of the Bacillus Bulgaricus, an organism which scientific investigation has shown to be incapable of growing in the human colon. The researches of Moro, Torrey, Retzger, and others have demonstrated that the Bacillus Acidophilus is the true protective organism of the colon and the one which is normally the dominant flora of the intestines. It is suppressed only by the use of impure foods — milk, meat, eggs, contaminated water — and by coming in contact with bad air which introduces putrefactive germs as well as other destructive bacteria.

The B. Acidophilus thrives best in a medium containing dextrine and lactose. Obviously the thing necessary for certain and prompt change of the intestinal flora is the introduction of massive doses of Lactose or Dextrine to afford it the nourishment required for rapid development.

Years ago, when we first started life, nature gave us a prolific growth of this wonderful little microscopic organism (B. Acidophilus) to protect our health. But by wrong habits of eating, destructive germs enter and they cause all sorts of mischief. These may be driven out by the method above outlined, and their mischievous work will soon disappear.

When the flora has been completely changed the improvement in appetite, vigor and general good feeling and efficiency is really wonderful.

This is no experiment, the plan works and is being used daily in scores of cases at the Battle Creek Sanitarium, and elsewhere with wonderful success.

Dr. Leon L. Solomon, one of our most prominent consulting internists, who recently returned from Battle Creek, where he made a study of the methods in vogue at that sanitarium to change the intestinal flora says that the profession has been slow to put into practice the theories of Metchnikoff, Kellogg and others, who have blazed the way, despite the fact, that scientific opinion, throughout the world, accepts the theory, giving it full credit for the obtaining of all that is claimed for it.

There can be no doubt that putrefactive changes in the digestive tube are responsible for a large per cent of the ills to which man is subject, including often chronic nephritis, arterio-sclerosis, together with hypertension and the usual pathology, associated therewith.

Continuing Dr. Solomon says that slowly but surely Dr. Kellogg of Battle Creek has succeeded in convincing even the most skeptical that the human animal not only has no actual need for meat, but is the worse for the consumption of it. A month’s stay at the sanitarium, where neither meat, fowl or fish has ever found its way to the dining room, will serve to convince the student of medicine that this phase of Dr. Kellogg’s so-called “biologic living” has justification, beyond doubt.

The world owes a lasting debt of gratitude to Kellogg, and America may well be proud of her son, says Dr. Solomon.

DIABETES AND ITS TREATMENT.

The discovery of insulin has aroused a universal interest in the treatment of diabetes. Medical Journals and the lay press alike are alive in advancing the advantages of this treatment.

What insulin will accomplish as a curative measure remains to be seen from a continued use of this hormone in the treatment of diabetes over a long period of time. In reality insulin is but a means of artificially supplying this important hormone where the pancreas is incapable of producing it in sufficient quantities to carry on sugar assimilation, and combustion in cases of diabetes. Of necessity this requires a daily administration of insulin to take care of the daily food supply in the form of sugar and fats, it having been demonstrated that fats can only be properly utilized in tissue metabolism in the presence of sugar metabolized by means of insulin. Just how much
a functionally crippled pancreas can be restored under the rest which this organ will obtain from the daily injections of insulin remains to be seen. Rest is a great healer but too much rest may suspend proper functioning so we must be alert to give insulin to the extent that the pancreas will not be called upon to function in producing insulin.

Insulin injections will reduce the blood sugar and in case of over-dosing this reduction of glucose in the blood will be reduced to a point where it becomes dangerous to life. MacLeod (The Lancet, July 8, 1923, p. 200) finds that when the blood-sugar has been reduced in a rabbit to about 0.045 the animal dies from respiratory failure after convulsive seizures. He finds that in man if the blood sugar is reduced to 0.075 definite symptoms of distress are developed and if reduced below this delirium and coma, with loss of the deep reflexes, supervene. For this reason the indiscriminate use of insulin in the treatment of diabetes is not recommended by The Insulin Committee of Toronto University, (Journal of A. M. A., June 23, 1923, page 1849) advising that about 75 per cent of the cases can be controlled by careful dieting. The dosage should be carefully studied by an estimation of the reduction of the blood-sugar after injections at least until the proper dosage for each individual case is worked out.

On account of the dangers and difficulties surrounding the administration of insulin it is advised to be employed only in cases that do not yield to dietetic and other forms of treatment.

Since fats are only perfectly oxidized in the presence of sugar in the animal body, Dr. Max Kahn of Beth Israel Hospital, New York, succeeded in producing a fat which he calls Intravin that can be oxidized or burned up in the tissues of the body without producing the poisonous substances which develop from ordinary fats. Gris, professor of biologic chemistry of Columbia University, pronounces this a great discovery. No doubt such a food would be a great aid in taking care of diabetics where the insulin secreting function of the pancreas is hopelessly destroyed.

The knowledge that diabetes is due to a suspension of insulin formation by the pancreas does not give us the primary cause of diabetes. Vital important organs do not quit functioning without some real disturbing factor being back of it. It is difficult to conceive why the islands of Langerhans should quit secreting insulin unless they are materially interfered with by some agency that has a destructive influence on them. Max Einhorn (Journal of A. M. A., July 10, 1915, p. 149) points out in a critical analysis on pancreatitis that Opie contends that the islands of Langerhans are diseased in 85 per cent of diabetes cases and that generally a diagnosis of chronic pancreatitis can be made out. It has been bacteriologically demonstrated that inflammations with impaired functions of vital organs are due to infection and why should the islands of Langerhans be an exception? Infections by the common infecting organisms, staphylococci, streptococci, pneumococci and colon bacillus produce inflammatory processes in all the varying degrees of intensity from the very intense and acute to chronic with only slight functional disturbances. Liver infections, kidney infections, rheumatic joint infections, skin infections and the like may be so slight and so persistent that only a partial interference with normal functioning will be noticed while on the other hand the infection may be sufficiently intense to carry on destructive processes within a few days. Infections of the pancreas, including the islands of Langerhans, are no exception to this rule. Infections may suspend, impair or destroy organic functioning, depending entirely on the severity and duration of the infection. If the infection has not developed to a point where functional activities have been destroyed but suspended, by eliminating the infection the function of the organ will be restored. The recuperative capacity of tissue cells is very pronounced after elimination of infection. The islands of Langerhans can be restored, re-remaining portions of this insulin secreting part of the pancreas will materially increase. So also, in cases of infection where portions of the islands of Langerhans are destroyed, the remaining portions will recuperate and increase the functional activity. Now that after the infection has been destroyed.

Realizing that diabetes is primarily due to infection of the islands of Langerhans, our first duty clearly is to get rid of the infection. That the infection is due to one or more of the ordinary pyogenic organisms which so often infect other organs of the body is readily demonstrated immunologically in cases of diabetes, especially so, when immunization is started early in the course of the disease, before the destructive process from infection in the islands of Langerhans has time to develop.

Since it is difficult to determine whether the infection is due to a streptococcus, pneumococcus, staphylococcus or colon bacillus, in each individual case effective immunization is best carried out by giving a combined vaccine containing all these organisms; the same method that is so effective in the treatment of liver, gall bladder, kidney and other infections. If the case has not progressed to where the insulin secret-
THE BATTLE CREEK SANITARIUM

By GEORGE B. LAKE, M.D.,
Chicago, Illinois

Reprinted from Clinical Medicine.
September, 1925
The Battle Creek Sanitarium
By GEORGE B. LAKE, M.D., Chicago, Illinois

In 1866 a little group of men, among whom was one named John Kellogg, being impressed by the idea that people in general were getting away from the natural ways of living, organized themselves into a stock company, having a capital of $18,000 and the name of “The Health-Reform Institute”, and proceeded to give what was then known as “the water cure”, but has since acquired the more dignified appellation of hydrotherapy.

Dr. Kellogg recently spent most of the morning telling me of his ideas and ideals and of the purposes of the institution of which he is still the Director, at the age of seventy-three years. I could not take down his conversation verbatim, but will try to give the gist of it in the form of a direct quotation, for the sake of simplicity.

Founded on Physiology
“Our whole work here is founded not upon fads but upon physiology. We believe

In 1896 the affairs of this little company were closed up and the stock sold to a new company, at the head of which was placed Dr. John Harvey Kellogg, the son of one of the original incorporators.

The organization is now worth millions of dollars and at no time has any individual made any profits out of it, for one of the articles of incorporation provided that all revenue, over and above expenses, was to be turned back into the institution for the furthering of scientific education and for charity.

that, if a man is sick and can be given clean air, clean water and clean food, he will have the best chance to get well. If he is well, these will give him a chance to stay so.

“We know the proper food for all members of the horse family. If we should discover a new animal, and find that it belongs to the horse family, we would know just what to feed it.

“The gorilla, the orangutan and the chimpanzee are primates, and their diet consists of roots, nuts, leaves and berries. Homo Sapiens, considered solely as an ani-
mal, is also a primate and should logically, on physiological grounds, confine himself to the diet of the other members of the great family.

"Vegetables, if exposed to moist heat, will ferment, but a piece of meat, under like circumstances, will rot, the same as a dead rat in a closet.

"More than half of the meat that we eat is not digested, but passes on into the intestinal canal where it rots and furnishes pabulum for an innumerable host of putrefactive bacteria, whose activities and their end-products pour a stream of toxins into the blood.

"If we would change to a vegetable diet, with a temporary excess of carbohydrates, the intestinal flora would change to the fermentative type and we would be greatly benefited thereby. The taking of cultures of lactic-acid-producing bacteria hastens the process, but the flora will change by itself if given a chance.

"A sick man is a broken down machine and, in order to restore him to a reasonable functional efficiency, we must remove as many handicaps as possible. The products of intestinal putrefaction are a handicap, which may be removed by changing the flora—so we change it.

"Believing in clean air, we have built our institution away from the smoke of a great city upon a beautifully wooded knoll. Believing in clean water, we have procured it and now use it in all sorts of ways. The problem of clean food was not so simple.

Clean Food

"At first we had trouble in getting satisfactory milk, vegetables and eggs—a stale egg is worse than meat—so finally we established our own farm (it embraces over 700 acres); our own dairy herd (now consisting of 235 Holstein cows—one of the finest herds in the country) to furnish us pure, clean milk; and our own henery (there are now about 10,000 chickens, furnishing about 1,000 eggs a day) to give us our supply of absolutely fresh eggs.

"All food-handlers are carefully examined, physically, and are required to wash and disinfect the hands before any food is handled. Our dishwashing appliances are of the best. Our kitchens are spotless.

"We believe that a man should be clean, inside and out, so, in addition to giving all sorts of baths, we train our patients to have a bowel movement after each meal and to make sure that the colon is clean at night. This latter we test by giving a capsule of carmine after breakfast and then making sure that none of it is present in the stool the next morning, showing that the day's intake has all passed through.

"We give few drugs, not because we are opposed to them on principle but because we find that physiotherapy will usually accomplish the purpose better. If drugs are really needed, we give them.

"In connection with our surgical cases we almost never have any complications, because we begin to treat the complications a week or ten days before we operate by giving carbohydrates to build up the reserve of glycogen, and by thoroughly clean-
ing the intestinal canal. Also, well-considered physiotherapeutic procedures will almost always relieve pain as completely and far more satisfactorily than will morphine.

“One of our central ideas is to teach people how to live. We do not plan to keep people here until they are well, but until they are started on the right track. They can then complete their cure at home and stay well by living correctly.”

The Sanitarium

The Sanitarium itself is a huge building, six stories high, of yellow brick, occupying, with the annex, hospital, cottages, schools and other buildings, about 60 acres of beautifully wooded grounds, about a mile from the main business center of Battle Creek.

When you enter those grounds, you leave tea, coffee, meat, alcohol and tobacco behind—but most of the people who throng the terraces, porches and lawns seem happy.

In the main building, annex and about 50 cottages owned by the Institute, they are able to house about 1000 patients at one time, and they have facilities for feeding and treating 200 more, who must room outside. They care for about 11,000 patients every year and about 4,000 guests (friends and relatives of patients, and others) who receive no treatment.

About 20 percent of the patients are referred by their family physicians, and the Sanitarium sends back full reports to these physicians upon request. The rest of the patients come at the suggestion of friends or from reading the literature sent out.

Almost all of the patients are ambulant when they arrive, very few being acute cases. The amount of surgical work is, however, surprisingly large for a place of this character. In 1924, 1561 general surgical operations were performed; 1570 special operations—eye, ear, nose and throat and others; and 585 obstetrical cases were cared for.

The Staff

The staff consists of 50 physicians; 134 trained (graduate) nurses; 135 student nurses; 24 dietitians; 90 physiotherapy technicians; 30 laboratory technicians; and 1200 to 1400 secretaries, cooks, clerks, waiters, gardeners and other helpers.

All, including Dr. Kellogg himself, are on a salary basis, the salaries now being reasonably adequate to the character of the
services rendered, though, in former years, they were very small.

All the various departments of a large clinic are well represented by specialists and equipment along the various lines. The x-ray department is especially well equipped, even to the newest high-power Coolidge tubes for gastroenteric work, and the huge tubes for giving treatments. A number of special methods and apparatus have been devised for the special work which they do in taking stomach pictures.

While all classes of cases can be adequately handled, the especial emphasis is still laid upon the handling of disorders of digestion and metabolism and the various systemic intoxications, including cases of "general physical breakdown".

There are few physicians who prescribe drugs or surgery without a careful study of the patient’s individual condition and the particular indications for the remedy to be used; but, in using physiotherapeutic methods—diet, exercise, hydrotherapy, rest, etc.—the indications are often much less carefully systematized and studied.

Scientific Exercise and Diet

In this institution exercise is prescribed as carefully and accurately as are strychnine and digitalis. Every patient is given a complete test of the strength of all the individual muscle-groups of the body, by means of the very interesting universal dynamometer designed by Dr. Kellogg. After charting the results of this test (which requires from 30 to 45 minutes to make) it is possible to direct the exercise to the parts which need it most, and to regulate it to the powers and capacities of the individual.

Diets are prescribed only after a careful study has been made of the patient’s digestive and metabolic functions, by means of complete radiological study of the gastrointestinal tract, careful examinations of the stools and urine, basal metabolism tests and, where necessary, gastric analyses. After these are made, a prescription for diet is written with the same exactness as a prescription for drugs, and to aid the patient in following this prescription the menus in the dining room are printed with tables of values following the various articles showing the percentage of proteid, carbohydrate, fat, salts, etc., and the caloric value possessed by each.

Oxygen and Sunlight

Oxygen therapy is used, apparently with great success, in cases of anoxemia, manifested by cyanosis, arising in cases of pneumonia, emphysema, certain cardiac disorders and other conditions. This treatment is administered by means of a special apparatus perfected by Dr. Paul Roth, director of the research laboratory of the institution, by means of which it is possible
to give accurately measured percentages of oxygen, combined with refrigerated or warm air, moistened or medicated to exactly the degree required by the particular case.

Much reliance is placed upon the tonic and curative properties of sunlight and facilities are provided so that patients of both sexes may spend a number of hours each day engaged in various sports and pastimes, or simply resting, practically nude, under the direct rays of the sun. When the condition of the weather or of the patient makes this impracticable, artificial sun-baths are given by means of the combined rays of the open carbon arc, the ordinary mercury vapor lamp and the quartz light.

All sorts of physical exercises and sports are encouraged. Very weak patients are started with Swedish movements, massage and various forms of mechanical vibrators of all sorts, mostly devised at the Sanitarium. When they become strong enough so that they can safely carry on more strenuous activities, there are tennis courts,

Section of the grounds with Annex Building in the background.
swimming pools, and other places where they may indulge in these.

An extensive technical library offers opportunities for literary research by members of the staff and by visiting physicians; while a large general library gives to the patients a choice of informing, stimulating or purely recreational reading. Frequent concerts, lectures and assemblies help to break the monotony of institutional life.

The Hospital and Clinic
For the handling of surgical cases, an excellent 70-bed hospital is provided which offers all ordinary facilities for the care of patients and for clinical instruction, as well as several which are rather unusual, such as supplying the operating room with air which has been filtered, washed and warmed

Corner of Library.
or cooled, as required. This operating room meets the highest modern standards. On the roof of the hospital a solarium is now being built and glazed with "cello-glass", a synthetic substance said to transmit the ultraviolet rays of the sun as freely as does fused quartz, while being little more expensive than ordinary glass.
An out-patient clinic is maintained for the care of the people of Battle Creek and nearby towns. Here 3747 different patients were treated in 1924. This treatment is free to those who are unable to pay, while those who are able pay according to their ability. This clinic has its own staff of physicians and nurses, though all the members of the staff are available for consultation.

Laboratories and School
The research laboratories are doing a great deal of important work of high scientific character. Dr. Paul Roth is in charge of the general research laboratory; Dr. Mitchell is conducting a series of interesting experiments in the effect upon the nutrition and development of white rats produced by various articles of diet and by ultraviolet irradiations and the feeding of irradiated foods; while Prof. W. N. Bolyreff, M.D., for many years an assistant of the great Russian physiologist, Pavlov, is carrying out some highly important investigations regarding the effects of diathermy upon the secretions of the gastrointestinal tract.

In 1878 a school was established in connection with the institution. This school has varied in name and in scope, having, at one time, conferred the degree of Doctor of Medicine, but there has always been an organized educational program. It is now known as Battle Creek College and gives excellent courses in nursing, home economics and physical education. Many of the students pay all or a part of their expenses by performing various kinds of service about the College or Sanitarium.

The fees for general treatment usually include board and room. If a patient is unable to pay these fees, there are places where board (sanitarium style) and rooms may be obtained outside at less expense. If investigation reveals that a patient is wholly unable to pay, and is worthy, he may be accepted as a charity patient. Surgical fees are adjusted according to the patient's financial ability. All business arrangements are conducted by the business manager and not by the professional staff.

The clinic is always glad to offer its facilities for clinical study and instruction to any reputable physician, and such visiting students are always cordially received and put in touch with the lines of work in which they are most interested, so that this may well be considered as one of the important centers of medical research and education in the middle west.
Middle West recently assembled for a Electric Refrigeration Department.

Westinghouse radio board-walking at Atlantic City. Left to right, they are: J. C. Duncan, Pat Collins, M. C. Rypinsky, Roy Staunton, Ralph Austrian, and Charlie P. Pietsch.

One of the most popular models of the General Electric line, it has all the latest improvements.

Sam Sheer and Jack Harris, factory representatives of the Summit Mfg. Co., show us the simplicity and beauty of their new instantaneous water heater.
Central stations can build goodwill by establishing confidence in their “health” departments

To Justify the Employment of Men Who Will Develop This Business the Merchandise Manager Must Offer a Complete Line of Appliances

By H. M. Babcock
Manager Sales Promotion, Sanitarium Equipment Co.

WHAT do you know about selling electric health appliances? First of all—is it profitable? If so, what do you need to know? Is there a future?

Roger Babson says, “There is no selling appeal so strong as the health appeal.” Today the public is health minded. To say that there is no demand, no future in selling health appliances, would be to admit that American people are not interested in their health or in keeping in good physical condition; that physicians, hospitals, institutions, schools, etc., are not progressive; and that science has done nothing during the past fifty years to promote race betterment, physical education or biologic living.

Today modern conditions have eliminated largely big muscle activity. They have taken the work out of the home and put it in the factory, changing muscle activity to machine activity. The telephone, television, the radio, the newspapers, have still further reduced muscular activity. The congestion of population in centers has increased the mental and emotional stimuli coming to the individual. Congestion means increased social contacts. These increased contacts mean greater social and neural strain. The businessman of today who does not “keep fit” does not last. Dr. R. W. Corwin, Chairman of the Health Committee of the American Medical Association, said in a report to the National Education Association, “Insanity is increasing twice as fast as the population.”

The new physical education is built upon modern physiology. The earlier type of physical education had as a background the preparation of war. The present physical education has as its objective preparation of the individual for living under conditions of peace and modern industry.

The way the health appliance industry has been abused during the past two years is nothing short of criminal. Scientifically as well as mechanically correct health appliances which had proved their efficiency through years of extensive institutional service were placed on the market. Here was a real help and service to mankind. Here was to a great extent a happy solution of keeping fit under modern conditions, and an opportunity of promoting race betterment.

Manufacturers were quick to realize the need of such equipment and to see the possibilities. Dozens of manufacturers who had no health background, no knowledge of what was really required in a scientifically correct health or therapeutic appliance rushed into the field, literally dumping thousands of their untested models on the market. Not “how well will it serve?” but, “how cheap can I make it?” became the motto. A price war started and you know the inevitable result of a price war competition—(profits for none).

Cheap, inferior, so-called health appliances failed to do a real job, and the clear waters of what promised to be one of the most interesting, dignified, useful and mutually profitable industries became muddy and foul. Dealers who wouldn’t think of handling a cheap, inferior electric refrigerator, electric washing machine, electric range, or similar equipment, jumped at the chance of “bootlegging” cheap, inferior health appliances. Now the industry is coming back—and coming back strong. The public, the profession, the manufacturer, the dealer, the salesman, have learned their lesson, the inefficient have passed or are passing out of the picture. The public utilities offer the most favorable outlet for quality health appliances.

There is no department in a public utilities organization which can be used to such good advantage in building good-will as a thoroughly reliable health appliance department, efficiently managed by properly trained sales representatives.

Such a department should be of sufficient size to justify the employment of a better than average type of salesman. An electrical exerciser

H. M. Babcock
does not constitute a health appliance department—a sunshine lamp does not make a health appliance department.

To justify your employing the right type of health appliance salesmen who will devote their entire time to developing this profitable arm to your business, the department should be complete with different models of therapeutic lights, some of them being ultra violet, others infra red, others a combination of both; electrical exercisers such as health builders, vibratory chairs, mechanical horses, rowing machines, walking machines; electric light bath cabinets; professional models of the above equipment; diathermy and high frequency apparatus, and as the business grows X-ray as well as hydrotherapy units may be included.

The line of merchandise should be scientifically correct and have a background of proved efficiency. It should be of outstanding quality. The manufacturer should be able to furnish complete technique and properly train the dealer’s representatives to sell not only to the laity but to the medical profession.

The very foundation of selling “health” is a matter of establishing confidence with the people. A discriminating public will not long experiment nor permit an inexperienced manufacturer to experiment with their health. They want assurance as to why and how they should use health appliances, and to know that they are safely adapted for home use.

The successful merchandising of health equipment must be done by trained salesmen. There is a good volume of business available for the live dealer who enters the industry this fall in the right way.

Stick to the reliable manufacturers who have years of experience, a reputation for quality products, and prestige to offer you; confidence will be established and profits enjoyed by all.

Health Appliance display of the Philadelphia Electric Co.

The big difficulty in the past in the sale of health appliances has been the suspicious attitude on the part of the public, generated by the loose sales methods of manufacturers who had not taken pains to make sure that their products would do all that they claimed and by dealers too anxious to capitalize on a new idea. This must be overcome by rebuilding the confidence of your customers, through offering them only scientifically correct appliances, sold by men who have the proper understanding of their use and treatment. Profits follow inevitably when you have your appeal on this basis.
Load building at a profit

Part of a Remarkable Address Made at a Recent Convention of Managers and Salesmen of a Prominent Public Utility Company

By George W. Spahr

General Sales Manager, Federal Electric Co.

There are three groups of appliances: The bread and butter merchandise, specialty merchandise, and load-building merchandise. I hardly need to tell you that entire selling organizations live through just one of what I call the "bread and butter" group. The activities of the cleaner and washer manufacturers are well known to you. The leading company in each of these products leads solely because it puts more direct selling pressure back of its product.

The direct selling of these products is an accepted means of earning a livelihood, and we, in turn can accept the idea that pushing their sale will afford you your best opportunity to get and keep men.

Let me stress this further. You must have men.

To have men, you must first get them and then you must hold them. You cannot, at present, get and hold men—with profit—to sell refrigerators, ranges, ironers and water heaters exclusively. The margin of profit and the infrequency of sales are both barriers to employing men to specialize on the middle group. So you have left the "bread and butter" group as the source of man power.

As they are a source of profit, again cleaners and washers become a source of man power—a means of building your personnel—which should be most welcome.

Next, an average man can be so trained to sell washers and dryers that he will be profitable to you in two weeks' time. He can then carry himself until he absorbs enough of your atmosphere, sufficient knowledge, and a number of prospects to whom he or someone else can sell the comforts of an electric range, the value of electric refrigeration, the convenience of an electric ironer, or the need of a water heater.

The "bread and butter" appliances represent your service to more people—more women—than anything else as yet produced. They do the dirty jobs—the unpleasant, frequent tasks—the back-breaking things about the home. And I believe that if any woman who possessed a range, a refrigerator, a vacuum cleaner, and a washing machine were told that she must dispose of two of them, she would decide to keep the cleaner and the washer.

In hiring these men let me tell you that I agree with you absolutely that they should be "sold," first, on the business itself and its benefits to mankind; secondly, on the ideals of your organization; third, on the future with your company, and fourth, the immediate remuneration. Again, I believe with you that this should be standard policy and the points covered in the order I have just mentioned—with pay in the last and least important position.

When you have trained these men, how are you going to supervise their work? And how will you promote them? Without elaborating on the point at this time, may I make the suggestion that it might be the best kind of business to take those men who make good and promote them into a division or department where they will give at least a good share of their time—possibly half their time—to the sale of ranges, refrigerators, water heaters and ironers? This policy would insure that only the better men would be engaged in selling these important appliances. It would also make it possible for you to offer such men as are promoted a little larger salary for their work on load builders and a continuance of their commissions on what I call "bread and butter" appliances.

(Continued on page 30)
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EUGENICS AND THE CULTURE DRIFT
FRANK H. HANKINS
SMITH COLLEGE

Editor's Note. Here is another contribution to the series "Eugenics After the War." It is our guess that these challenging statements by Professor Hankins, a long-time member of the Board of Directors of the American Eugenics Society, will be answered by three kinds of members: (1) some who agree, (2) others who think that even with the hurdles set up by modern genetics there is still work for eugenics as applied genetics, and (3) the most abundant type of professional members of AES who long ago formed the definite opinion that an American eugenics movement based solely on genetics and neglecting environment is hopeless.

If by "vigorous eugenics movement" Dr. Hankins means deep and widespread interest in national eugenics which aims to improve the "American breeds" of people, it is certainly losing ground and has only a few more yards left to fight over. For many years I have noted that college students have little interest in this proposition concerning the national aspect of eugenics, the "American breeds" of Homo. But eugenics and environment as applied to family betterment is a topic of personal value which attracts the attention of many college students who have deep interest in biology in its relations to social science.

Here is a good place in which to announce that the 1944 volume of Eugenical News (No. 1 of which was due in March but may be expected in late June) will give some attention to eugenics and family life education, under the direction of Dr. Paul Popenee. He will be assisted by Dr. Helen Judy-Bond, Professor of Home Economics in Teachers College, Columbia University, who has been elected a member of the Editorial Committee of the Eugenical News. (M. A. B.)

For at least a decade I have had a growing conviction that the eugenics movement was losing ground. This feeling has been accentuated by the war and the vision it creates of the postwar world. The responsibility for this conviction cannot be attributed to the action or the non-action of any individual or group. It is rather due to the incompatibility of eugenic ideas and policies with what is often called, for lack of a more precise term, "the spirit of the times" or "the genius of our age."

The conviction rests in part on a theoretical assumption, namely, that such movements succeed only when they are in harmony with the concurrent cultural drift or trends. This assumption is a corollary of the now widely accepted theory of cultural determinism. Culture is viewed as the human form of adaptation of a social group to its basic life conditions; it represents the accommodations whereby a social group adjusts itself to the ever-changing aspects of its social arena. Basic trends tend to induce or enforce modifications in all aspects of the culture in harmony with themselves. Any movement not compatible with these trends will meet with indifferent support or even opposition.

This very inadequate statement of a theoretical position must here serve as an introduction to an equally brief indication of certain basic trends of the times which undercut the eugenics movement. The first in importance is the trend toward what is often referred to as the "mass state," or "mass society." Eugenics rests on the fact of hereditary individual differences. Its native culture was the age of Darwin and Galton when biological viewpoints dominated large areas of social thinking and when the view that race and class differences rested in large part on hereditary factors was implicitly accepted. That was a climate of opinion in which it was easy to believe that those who succeeded were on the whole more able by nature than those who failed; when the "self-made man" was an idol of popular respect; when "blood tells" was a popular aphorism. At such a time science readily "proved" that socially superior parents had superior children because they were of superior stock.

Nowadays these bland assumptions have not only become unpopular; they have become "untrue." Today class and even race differences merely reflect differences in living conditions and in the start in life. The brains, health and energy that make for success are not attributed to the genes but to environment. They derive from the good luck of having parents able to provide one with the education, good food and medical care.
By nineteenth century standards of reasoning such a conclusion is sheer bolshevism; by twentieth century standards it is science. Prominent biologists denounce eugenics as pure upper-class snobbism; leading educational psychologists "prove" that good nurture may convert a moron into a somewhat superior person, while lack of opportunity will leave even a genius standardized at the moron level.

A second trend just getting under way, but one that will more and more impress itself on the public consciousness, is the prospect of a declining population. This is already displacing the eugenic theme in college classes in sociology, population and human biology. Not long since we were saying "fewer but better babies"; recently we said "more and better babies"; soon we will say simply "more babies." It seems fairly certain that we shall undertake a much larger role in world affairs in the post-war era. The social arena to which we must adapt our culture is broadening rapidly. We shall need the men to make our influence felt in the remote corners of the globe. Like the rest of the English-speaking world we shall need more babies—if recent trends continue—or be content to occupy a lower seat in the council of nations. This drift toward an imperial role and the maintenance of a military, naval and air force on a magnificent scale will make inevitable the cry for more babies. It will make inevitable a vast increase in State power, and the State that need not balance its budget can never have too many men. Witness Germany and Italy. Such a State can use men not only for imperial ventures and manifestations of the national ego but for the greater glory of its "fuhreress."

But one need not draw on his imagination of what the future may bring to see that the cultural drift makes a vigorous eugenics movement less probable in the future than in the past. There has always been a curious dilemma in the eugenics effort in a democratic society: it had to convince the mass man of his own biological inferiority. This becomes more and more impossible as the mass man and his leaders, the clever manipulators of mass communication, take control of the national destiny.

**EUGENICS IN ENGLAND — THE EUGENIC ASPECTS OF CHILDREN'S ALLOWANCES**

**SIR WILLIAM BEVERIDGE, K.C.B., F.B.A.**

*Editor's Note. The following is a digest of an interesting and challenging address which Sir William Beveridge, author of "The Beveridge Report" (see Eugenical News, June 1943, p. 31), delivered as the Galton Lecture before the annual meeting of the Eugenics Society, in London, Feb. 16, 1943. Published in the Eugenics Review, dated Jan. 1943—delayed publication. (M. A. B.)

Allowances for children is a means of adjusting family income to the size of the family and the number of children. Obviously, there are economic and biological aspects of the problems involved. The Beveridge Report dealt only with the economic aspects and proposed children's allowances as a means of preventing want or poverty by providing physical necessities for nurturing children already in existence.

There are two causes of want or poverty in England: (1) interruption of earnings by unemployment, accident, disease and so on; (2) non-adjustment of family income to size of the family. The latter factor leads to a very sinister concentration of poverty upon the children. Various sociological surveys of poverty or want between the two wars show that almost half the people who have not enough to keep them physically healthy are children under 14 years. There are two periods of want or poverty in the lives of nearly one-half of the population: (1) as children, (2) in old age. The latter has been improved by better old-age pensions. A third period of want is common among young married people with dependent families.
These are the problems which led to recommending a system of children's allowances in the Beveridge Report. These allowances, as recommended, are estimated at about 9 shillings per week for second and later children, but the House of Commons will probably approve about 7½ shillings. Sir William said he accepted this compromise as a "forward step of great importance" in dealing with this economic problem concerning the children.

**Biological effect of such allowances on quantity and quality of population.** Sir William does not imagine children's allowances will have much effect on number of children born. People will not have children as a "profit-making business." Eight shillings per week is obviously not a profit; it merely provides for the extra cost of the child. In short, children's allowances will make it easier for parents with one or two children to have others. *Any large change in the birth rate will not depend on children's allowances; but on the formation of public opinion.*

The most important question today is the effect of family allowances on quality of the population. Sir William expressed his interest in the reactions of people interested in eugenics. About a dozen years ago the Eugenics Society, or its leaders, very definitely opposed just such measures as are included in the Beveridge Report. It appeared that the Society was strongly opposed to redistribution of income by means of taxation or to allowances being made as a charge on the State. But now children's allowances, such as Sir William has proposed and to some extent have been accepted by the Government, are a charge on the State and a means of redistributing income by means of taxation, as between those with family responsibility and those without it.

Sir William next discussed "economic versus biological success." In Britain, and in other civilized countries where adequate data have been studied, there is an "inverted birth rate" in that the poorer and less successful people are more prolific than the more prosperous and successful. It is not confined to the contrast between the wealthy and the poor; but "extends right through the social scale." For example, unskilled helpers for bricklayers have more children than the skilled masons, and farm laborers more than farm managers. In England, if you group together all the people with a social status equal or superior to booking clerks (railway ticket agents in America), their birth rate is about half that of the population as a whole: they are replacing themselves at the rate of about 40 per cent while the population as a whole is replacing itself to the extent of 80 per cent. "One need not use many words to suggest that that is an unsatisfactory state of affairs. . . . It means that economic success implies biological failure, that in the struggle for existence, which is essentially dependent upon the birth rate, the man most likely to be selected as the ancestor of future generations is he who has been least successful in getting either admiration or rewards in this generation. Biological and economic tendencies are in conflict. The position is a bad one and not to be contemplated with contentment."

In looking for a remedy we must seek the cause of this state of affairs. There is an interesting division of opinion as to the reasons for economic success meaning biological failure, (i.e., fewer children): Do fewer children in the family lead to economic success for the average people? Does success lead to fewer children, or is the other way round? The common view is that wealth or success or higher education and so on causes people to have fewer children either because they do not want them or because there is some connection between intellectual ability and biological infertility. Sir William quotes Professor Fisher as believing that biological failure (small families) lead to economic success. A child in a small family has the best chance of social promotion to a position above that to which he was born. Certainly this often happens. Consider a laborer with six children and another with the same wages and one child. Obviously the one child has a far better
chance of staying in school and getting a higher education than the six children of the other family with the same income. The oldest of the six children may have to begin to earn at the earliest possible moment, and the others may suffer from want during their childhood. Such relations between family income and success of the children are common cases, but Sir William is unwilling to follow Sir Francis Galton and his followers in the theory that biological failure (infertility) is the cause of social promotion and not the reverse; and as people tend to marry in their own social class, infertility tends to breed ability out of the race. He refers to but does not accept Galton's suggestion that able men rose to eminence, founded peerages, had their sons marry heiresses (in order to get the money for maintaining the peerage), and the heiress more often than not came of an infertile stock (the "destroying influence of heiress blood"). Sir William does not believe there has been "enough time for selection, working by itself, to produce those enormous differences between the relative fertility of different classes." Hence he is "inclined to think that probably economic or social success, rising in life, for one reason or another has also a direct effect in causing people to have fewer children than otherwise they would have. Not only is infertility the cause of social promotion, but social promotion in turn causes infertility."

Many American readers who are familiar with research concerning the causes of "infertility" will agree that the above statement will be clearer and more acceptable if we substitute "fewer children" for the word "infertility," and forget all about suggestions of hereditary infertility of so-called "social classes" (which phrase in America, at least, is little more than a convenient and loose designation suggesting the financial and/or social standing of a family unit which often "arrives" in social registers because father is a lucky self-made man). As for Galton's maligned heiresses, many modern doctors wonder whether the sterilizing venereal germs contributed by peers may not have played well some part in the "infertility" which Sir Francis blamed on "the heiress blood."

But while doubting [as any geneticist must] that lower fertility of "the higher social classes" is a matter of heredity, Sir William is forced to recognize that "so long as a premium is placed upon belonging to a small family, so long as in every class the child of the small family has an economic advantage over the child of a large family, forces are set in motion which bring about the social promotion of the infertile [i.e., small families]. This seems a substantial part, but not the whole, of the explanation of the inverted birth rate.

Sir William discussed the eugenic consequences and limitations of the proposed children's allowances. He thinks his Report is good eugenically for the reason that it will diminish the premium on small families [e.g., the 6-child family will have a fair chance]. If allowances add to the number of births at all, they will act only by influencing parents who take some thought over the begetting of their children. People who have no thought for the size of their families will not be affected by allowances. Those who will be affected are the parents who have certain social virtues, who want children and will take care in bringing them up. For these reasons, children's allowances may have a eugenic effect. But $5 per week for each child does not go far enough from the eugenic point of view. The allowances will equalize the conditions between the large and the small family among the very poorest families only. They will help only the families which are near the subsistence level. They tend to abolish want, but are not enough to do much more.

Sir William suggested at this point that his system of subsistence allowances needs to be supplemented from the eugenic point of view. He proposes schemes of allowances in the various occupations which are open to ability and have an entrance test of ability such as, teaching on all levels, civil service, law, medicine, accountancy, engineering, etc. Unlike our American plan for education up through city and State universities.
Sir William objects to general taxation for the benefit of members of particular professions. Every profession should deal with the allowances for its own members (e.g., the London School of Economics adds to its salaries £30 a year for children under age of 8 and £60 from 8 to 21 years, so long as the children continue in their education.

In concluding the Galton Lecture, Sir William reminded his hearers that intellectual ability is not confined to a small section of the community. Of course, we find more ability in occupations which have been selected for it, but we find a substantial number of people above average ability in all sections of the community. For some reason these have not been "socially promoted." We must look for ability and send it up the educational ladder. "Everything we can do to give greater equality of opportunity as between different classes of the community emphasizes the importance of giving greater equality of opportunity as between the large and the small family."

Answering some anticipated questions and criticisms, Sir William insisted that children's allowances are extremely democratic and in harmony with the idea of equality of opportunity, for children whether they belong to large families or small. Second, he points out that his proposals are not dictatorial interference with human breeding. Individuals are still free to choose mates and rear their children as they please. In conclusion, if we think of children's allowances as a means of improving the breed, we must not expect definite results in the mass for many generations, perhaps 200 years or more. [It would be more encouraging to many intelligent people if we can point to an obvious increase in numbers of children of good quality in particular families of each generation. "Improvement of the breed" seems to many people a far off event towards which movement is discouragingly slow.]

**Discussion**

In the discussion following Sir William's lecture, there was objection to use of the phrase "biological failure" as a synonym for infertility or small family.

There was general agreement that eugenic measures, by their very nature, required a long-term policy. Eugenics would have more popular support if the ideals could be achieved in one generation.

There was criticism of use of the term "inversion" of the birth rate, which seems to suggest "a top and a bottom in regard to human biological material."

It was pointed out that earlier resolutions of the Eugenics Society were in line with Sir William's recommendations on family allowances and tax rebates for children.

It was questioned whether some confusion might not come from comparison under one head of two kinds of "infertility," involuntarily or deliberately infertile. Only the latter can be changed by family allowances.

The discussion ended with some remarks involving the doubtful idea that there is hereditary infertility in the "upper social class."
THE BIOLOGICAL FOUNDATIONS OF THE FAMILY

MAURICE A. BIGELOW

Editor's Note. The following is the 1943 revision of lecture notes of the first of a series of five lectures and discussions on Biology and the Family given each year since 1930 at Teachers College, Columbia University. The series is part of the course officially known as Social Science 196—Family Social Relations. This is an inter-departmental course in which representatives of several departments have cooperated for more than twenty years. The usual departmental jealousy has been absent because Social Science is not a department in Teachers College. The course was organized in 1920 with Dr. Anna Garlin Spencer and Professor Leta S. Hollingworth in charge, and in its second year was approved for credit towards Bachelor's, Master's and Doctor's degrees in Education. Since 1929 the course has been in charge of Dr. Helen Ivey-Bond, Professor of Home Economics in Teachers College. The registration of students who elect the course indicates that they have majors in Home Economics, Nursing Education, Health Education, Social Welfare, Guidance, and Religious Education. (H. J. B.)

In this lecture the family is considered as a natural group of two or more individuals held in a social unit by the biological relations (1) between husband and wife, (2) between parents and their children.

The main proposition of this lecture is that in the natural or biologic relations of consorts or parents to each other and to their natural children are the only constant, permanent and unchangeable elements of the typical family in all levels of society, and on these biologic constants we must perforce build by education and social adaptations in line with the ever-changing psycho-social phases of family relations and environment.

The human family is not an institution invented or planned by humans, as are political parties, governments, religious creeds, etc. In the original or genetic nature of mankind there are unchanging elements or factors which tend directly toward family life by pairs of humans drawn into union by instinctive behavior tendencies. In other words, it is perfectly natural for normal young humans to move progressively into love, marriage, parenthood and family life—a series of biological events in human life.

The Biological Foundations: (1) Reproduction necessary because all living individuals have a limited duration of life. Hence, offspring necessary for perpetuation of the human species. (2) Reproduction is bi-parental or sexual. Requires cooperation of two parents or sexes. (3) The mating or sexual "instinct" leads the two sexes into reproductive cooperation. On the higher levels of human life this "instinct" (hereditary behavior tendency) is associated with psychical life as an important element in love or affection. (4) The "comrade instinct," a term for the powerful natural desire for one comrade. This in association with the sexual "instinct" which selects a comrade of the opposite sex is certainly important in first development of love and especially in establishing permanent or abiding affection. As an example of this "instinct," consider "chums" and "crushes" of youth. See Bigelow: Adolescence, 1937, pp. 87-90. (5) Parental "instincts," inherited behavior tendencies towards care and protection of the young during the prolonged immaturity of childhood and early youth. A powerful force that works for family unity.

Biology of Monogamy: Certain biological facts point in the direction of monogamy, as follows: (6) There are approximately equal numbers of the two sexes at maturity. (7) The "comrade instinct" obviously tends towards monogamy, i.e., married chums or comrades. (8) Mutual parental interest in their children tends to make monogamy satisfying to the parents. (9) Fixed friendship or affection founded on the primary sex attraction associated with and reinforced by the desire for a comrade tends towards lifelong extension of comradeship in monogamic marriage. All these are well marked tendencies of biological human nature and in the aggregate go far towards explaining why most men, and women wonder why any one should be interested in any form of plural marriage. Habitual sexual promiscuity may be an acquired habit of some individuals.
The Biological Foundations of the Family

with weak inherited tendency to monogamy.

Modern Family a Biological-Social Complex. Although the family is a natural or biological institution, it has certainly acquired under civilization a great complex of social elements which are subject to change in any generation or even in the individual life, as a result of social change or education.

The family as a natural institution based on hereditary factors appears to be as permanent as life processes in general. But the physical and social conditions surrounding family life are changeable. It is these variable conditions which must be adjusted in relation to the permanent biological factors. This is a problem of (1) national social and economic adjustments favorable to ideal family life, and (2) broad programs of "family life education" and "human relations education" (including the larger sex education) for youth and early adulthood.


A PRIZE CONTEST FOR SELECTING A EUGENIC COUPLE

(From the 1943 letter files of the AES)

We have long been familiar with prize baby shows and beauty contests but here is an odd suggestion for a eugenic contest. Recently a national "Information Service" asked the AES to answer the questions of one of its clients who wanted latest facts concerning a eugenic marriage contest reported to have been staged a dozen years ago by some forgotten "eugenic society." Briefly the plan was to "select the most perfect pair" as determined by thorough physical examination of each contestant willing to marry another "also perfect." Of course, this was to be followed years later by scientific study of the expected "super offspring." The answer which was sent to the "Information Service" from the AES office was essentially as follows:

We have never heard of the selection and marriage of a young couple under the auspices of any eugenics organization. In fact, we are sure that no responsible eugenics society would be connected with such a project for reasons as follows:

It is easy to select a pure breed of some animals (e.g., guinea pigs) in order to carry on scientific mating experiments, but in human life we have pure family lines which have been selected for so many generations that the characteristics are fixed. With the exception of a few so-called "racial characteristics," such as skin color and some bodily structures concerning which there is some definite knowledge as to how they behave in heredity, there is no way of determining by physical or mental examination the hereditary constitution of any man or woman who might be selected by so-called eugenics "experts." Hence the marriage of such a chosen couple would be of absolutely no scientific value. From the eugenics point of view the proposed experiment is so absurd that we are sure no responsible eugenist, or eugenics society, ever sponsored such an experiment.

The idea of selecting mates on the basis of external appearances is very old, in general literature going back very many centuries. This notion that external appearances are sufficient for selection was, of course "knocked sky high" by the studies following the rediscovery of Mendel's Law in 1900. We now have a mass of information concerning many hidden recessive characteristics which are important in determining the hereditary constitution of offspring. For example, it would be impossible to determine on the basis of physical examination of a young couple who appeared to be normal whether one or both of them carried recessive genes, or factors, for feeblemindedness, albinism, and any
other recessive defects of minor or major importance, or for recessive desirable qualities. It is our accumulated knowledge about these hidden factors, or genes, which would make unscientific any such experiment as your letter describes.

Your client may be interested in the present scientific conclusion that the best possible attempt at selecting eugenically an "ideal" young couple would be to examine them physically and mentally by known tests, do the same for their four parents and for their eight grandparents and all near relatives. In short, make a biological and psychological family history. Of course, that would be impossible in most families because it would be rare indeed that all four parents, near relatives and the eight grandparents would be living and available for complete examination. Some experts in eugenics hope the time will come when many family records will be kept complete as to important heritable qualities, especially the very good and the very bad ones, and such records will be valuable to many folks planning marriage.

♦

HARRY HAMILTON LAUGHLIN
1880—1943

With the death of Harry Hamilton Laughlin at Kirksville, Missouri, on January 26, 1943, applied eugenics lost its most active investigator in this country. Laughlin was born in Oskaloosa, Iowa, March 11, 1880, as the son of George Hamilton and Deborah Ross Laughlin. His father was one time President of Hiram College. He graduated (B.S.) from a State Normal School in Missouri in 1900; Ph.D. from Princeton 1917 and was given an honorary degree of M.D. by the University of Heidelberg in 1935. When the Eugenics Record Office was established at Cold Spring Harbor by Mrs. E. H. Harriman in 1910, Laughlin was put in immediate charge of its administration until, in 1921, it was incorporated into the Department of Genetics, Carnegie Institution of Washington. He thereupon became assistant director of the Office until he retired in 1940. He was president of the American Eugenics Society in 1927-28.

Laughlin early showed a special interest in the application of human heredity to human affairs. As an expert for the Committee on Immigration and Naturalization of the House of Representatives (1921-31), he played an important part in securing the system of limited immigration into the United States from the old world; and in 1923 he was sent by the U. S. Department of Labor to observe and advise concerning the operations of selective immigration in Europe. For some years he served as Eugenics Associate of the Psychopathic Laboratory of the Municipal Court of Chicago (Judge Olsen). He was appointed a member of the Permanent Emigration Committee of the International Labor Office of the League of Nations. He worked for several years on sterilization as a eugenic measure and published a standard book on the subject. His later years were devoted to an analysis of racing capacity in the thoroughbred horse—a trait in whose inheritance so many factors are involved that Mendelian analysis was found not to be feasible. Accordingly, resort was made to a type of mass analysis.

Laughlin was highly developed socially. He was an inspiring teacher and made life-long friends through his interest in the people with whom he was associated. At the outbreak of World War I he was elected captain of the local home defense reserves and gave military training of a quality that was acclaimed by army officers. He and Mrs. Laughlin were given to entertaining at their home and all of the children of the neighborhood gathered there at Christmastime to meet him in the role of Santa Claus.

As an administrator he had unusual gifts and he was able to utilize effectively the work of a considerable number of assistants toward the accumulation and
analysis of a very complicated mass of data. His thinking and writing were characterized by great perspicacity. His was a legal mind, and some of his drafts of bills for legislation were incorporated almost without verbal change in the acts of State legislators. Thus he showed some of the legal acumen that characterized his kinsman President James Madison.

Some of Laughlin's findings and their application in legislation were opposed by those committed to a different social philosophy which is founded more on sentiment and less on a thorough analysis of the facts. One cannot but feel that a generation or two hence Laughlin's work in helping bring about restricted immigration and thus the preservation of our country from the clash of opposing ideals and instincts found in the more diverse racial or geographical groups will be more widely appreciated as our population tends to become more homogeneous. There is of course great danger that emotions awakened by the current war may strengthen the efforts of groups and clans in America which would remove the safeguards to a healthy social politic.

Charles B. Davenport.
Cold Spring Harbor, N. Y.
January, 1944.

JOHN HARVEY KELLOGG
1852—1943

The death of Dr. John Harvey Kellogg at Battle Creek, Michigan, on December 14, 1943, in the 92nd year of his age removed from the group of leaders in Eugenics one who for many years has been one of its most enthusiastic supporters. He was one of the rare physicians who was even more interested in keeping people from becoming ill than in curing them after they had become ill. He took over the sanitarium at Battle Creek, which he made famous, in 1876 and later developed a smaller one for winter patients at Miami Springs, Florida. He established the Race Betterment Foundation in 1906 which brought out into clearer light his eugenical interests. Under the auspices of the Foundation three congresses were held and a fourth was in course of organization at the time of the attack on Pearl Harbor. The mobilization of leading medical men, nutritionists and others led to the postponement of the congress.

Dr. Kellogg contributed from time to time to the American Eugenics Society and took a keen interest in its affairs. He was a man of multifarious ideas, many of which he developed in a way to improve health and activity. He was a prolific writer and a genial and convincing speaker, and maintained extraordinary health and activity to the time of his last illness.

By his will Dr. Kellogg provided that his estate "should be used to promote reforms in modes of living and particularly biologic living and regimen therapy, and to teach the theory and practice of biologic living as exemplified at the Battle Creek Sanitarium under the direction of the testator and by other institutions of like or similar character; to care for and treat the sick and to train and educate both the sick and the well so as to cure and prevent disease and disability and promote efficiency and longevity; to encourage, finance and otherwise promote research in the fields of biology, physiology and nutrition, with the view of promoting and building a healthier and better human race by the discovery, dissemination, publication, teaching and application of the principles of biologic living; to organize, operate and/or contribute to the support of, or otherwise assist foundations and organizations to operate health centers, hospitals, sanitariums, schools, colleges and/or other instrumentalities for the purpose of studying, teaching and promulgating the principles of biologic living and regimen therapy, and to publish and/or assist organizations and foundations in the
publication of books, bulletins and magazines and such literature as may be germane to the main purposes above stated. And I hereby direct that as far as may be, the Race Betterment Foundation, a charitable corporation organized under the laws of the state of Michigan be used as a principal channel through which said purposes are to be attained, unless in the discretion of said trustees, such purposes may be better attained through some other charitable organization.”

CHARLES B. DAVENPORT.
Cold Spring Harbor, N. Y.
January, 1944.

NOTES AND NEWS RELATING TO EUGENICS

Editor’s Note. Many readers were interested in the short notes published in the News for March and June, 1943, and the editors will try to select items to fill two or more pages each issue. The initials in parentheses at the end of any note indicate the member of the Editorial Committee who is responsible. The Committee will appreciate suggestions from members of the Eugenics Society.

Dr. Charles B. Davenport died February 18, 1944, in his seventy-eighth year. He retired ten years ago from his thirty years of successful work as director of research in genetics and eugenics at the Carnegie Institution station at Cold Spring Harbor, Long Island, N. Y. The memorial sketches of Dr. Laughlin and Dr. Kellogg which are published in this number of the News were written by Dr. Davenport a few weeks before his death. An appreciation of Dr. Davenport’s contributions to the eugenics movement in America will be published in a later issue of the News.

Barbara Burke Memorial Fund. The death of Barbara Stoddard Burke has meant a deep loss, personal and professional, to many psychologists and geneticists. Those who had been associated with her knew well both her clear and incisive attack on scientific problems and her warm and generous relations with her friends. In the wish to express some of the appreciation and affection which we have felt for her over these years, the plan has been suggested of establishing as a memorial to her a fund to continue certain of her interests which her death has interrupted. Among these many interests, there stand out sharply her activities during five years as chairman of the APA Committee on Displaced Foreign Psychologists. It seems particularly appropriate to attempt to carry on some of the undertakings of the kind to which during this period she devoted such lively concern and solicitude.

We have decided, therefore, to start a Barbara Burke Memorial Fund which can be used to promote international professional relations among workers in those two fields with which she was chiefly identified, namely, psychology and genetics. One immediately practical possibility is the establishment of a loan fund for assistance to European scholars studying or conducting research in the United States. The administration of the fund will be for the present in the hands of a committee composed of the signers of this letter, in consultation with whatever colleagues have special knowledge helpful in deciding specific applications. The Committee is quite ready to consider alternative suggestions which may be offered.


Please send all donations to Ruth S. Tolman, 4420 Fiftieth Street, N. W., Washington 16, D. C.

Eugenics Society, London. The number of members reported as of March 31, 1943, was a total of 452 (65 life fellows, 171 fellows, 216 members). The interest of the society in the population question is indicated by the revival of two committees which have been inactive during the war: the Population Investigation Committee (with a grant of £500 a year for two years) and the Population Policies Committee (with a grant of £450 for one year). The Secretary of the Society, C. P. Blacker, M.D., has been in the army since the outbreak of the war; but in 1943 was in the Ministry of Health, London, engaged in organizing facilities of England and Wales for dealing with emergency problems of the neuroses, and devoting his spare time to the work of the Eugenics Society. These facts are gleaned from the April and June, 1943, issues of Eugenics Review, the latest which have been received by
the National Health Library in New York. I like the American Eugenical News, the English Eugenics Review has some delays in publication of its quarterly journal, and dates of some recent events do not harmonize with official dates and numbers of issues which must run serially for use of libraries and the post-office department. Thus this issue of the News, dated September, 1943, and printed in April, 1944, has some notes on events which occurred in January, 1944.

American Institute of Family Relations, Los Angeles, California, began its fifteenth year of work on February 3, 1944. During the past year intensive counseling was given to 1088 persons, and the educational activities were much expanded in spite of wartime difficulties. Especially commendable was the Institute’s Family Life Education, a “monthly service bulletin,” which in wartime dress is a four-page mimeographed sheet. The Workshop in Family Life Education at Mills College in the summer session of 1943 was very successful and will be continued during three weeks of the summer of 1944. For information concerning the 1944 workshop, address: Director of Summer Session, Mills College, Oakland, California. (M.A.B.)

Forecast on Post-War Divorces. Another note in the Eugenical News reports an increase of 75,000 marriages in 1943 over 1942. Many sociologists are now predicting surprising increase in divorce rate, reaching its peak sometime after the close of World War II. In Social Forces, Dec., 1943, Professor Hornell Hart and Henrietta Bowne make the astonishing prediction that in the year 1945 the number of divorces will be between one-third and one-half the number of marriages. (Since 1936 the number of divorces has been more than one for five marriages.) Perhaps setting a definite date is imitating the hazards of the famous columnist who boldly writes “predictions of things to come”; but the forecast of expected divorces is probably a safe guess for the year following demobilization—and there are plenty of “experts” ready to predict the date of that event. (M.A.B.)

Decline in Marriages in 1943. Preliminary estimates based on reports of marriage licenses in 86 of the largest cities in the United States indicate that there were about 1,725,000 marriages in 1943; 75,000 less than the peak number in 1942. “This drop in number—the first since 1938—will probably usher in a period of rapidly declining marriage rates until the war is over. The decline, which repeats the experience of the first World War, was bound to come; the many marriages in anticipation of active military service in the preceding years have dried up a large part of the well of marriageable folk. Furthermore, many hundreds of thousands of men, still marriageable, have been shipped overseas. These are the men who, on their return, will swell the tide of the marriage rate in postwar years.

“The outlook for the marriage rate in 1944 is evidently another decline. In addition to the spent effect of anticipated marriages and the withdrawal of men for overseas service, there have been some indications of declines in employment. This additional factor, if it should become pronounced, would also tend to depress the marriage rate, which varies with business conditions.”

The above is quoted from the Statistical Bulletin, of Metropolitan Life Insurance Co., Dec. 1943, which compares the 1942 and 1943 licenses in cities of 100,000 or more, showing percentages of increases or decreases, in regions and in Canada. An interesting graph based on total marriages for 71 American cities of 100,000 or more in both years shows about 34,000 licenses per month in February and March, rising to about 40,000 in May, to a peak of about 50,000 in June, and fluctuating between 38,000 and 43,000 for the last six months of the year. In a quick glance at the graph June looks like the traditional “month of roses and weddings”; but with a low of 34,000 in February and March and 38,000 to 42,000 in most other months of the year it is evident that American wedding customs are no more seasonal than our modern everbearing roses. (M.A.B.)

More Babies or Better Babies? Several articles and notes in this and other issues of the News during wartime have dealt with birth rates. In England especially writers are concerned with the question whether there is merely a temporary rise in the long-declining birth rate. Our American statisticians who report more and plenty of babies are not worrying so much about declining population. Perhaps they will if and when they figure that the first years of the war brought a temporary increase in birth rate, as we have assumed would happen. All this is very interesting from the standpoint of counting population; but social biologists interested in eugenics and with only a secondary interest in vital statistics must wonder why no one seems interested...
in asking whether more or less babies means better or worse babies. What of the quality in the quantity of our coming population? Search the 1943 literature classified as related to eugenics and one finds few paragraphs which mention human betterment, either in family or race. This is in sharp contrast to what one may find in the agricultural magazines which have been stimulated by the food crisis to advocate raising more American hogs. But these hog population experts have not forgotten that, looking to the profits of the future, the farmers must have better and better hogs. Even last year's tidal wave of hog population came largely from selected hog parents and grandparents.

Such are the reveries of a biologist who from time to time escapes from examples of mis-applied biology among humans to the real applied biology as practiced on modern farms. However, he confesses that he has no formula for transferring hog "eugenics" to humans in a democratic society, for the population tendencies of the hog family are obviously under the totalitarian management of the farmer dictator. (M.A.B.)

Cities are Safest for Babies. Contrary to popular opinion, large cities, and not rural areas, provide the safest environment for babies in their hazardous first year of life. A few local exceptions do not seriously disturb the validity of the statement that, in the main, the lives of babies are safest in large urban centers. In 1940, the latest year for which detailed data are available, the mortality among white infants in cities of 100,000 or more population was 36.1 per 1,000 live births, the rate in rural areas was 45.9. It is in small urban communities, however, that the least favorable record is found. In towns and villages of 2,500 to 10,000 there were 50.2 deaths per 1,000 live births among white babies under 1 year of age, or 40 per cent in excess of the rate in large cities.

In the past two decades, the downward trend of infant mortality has been more marked in urban than in rural areas. This is the result of the intensive efforts that many of the larger cities have made to safeguard the lives of mothers and babies. In well-populated areas there is ready access to physicians, hospital facilities, and nursing services. Moreover, mothers in large communities have greater opportunity to receive instruction in child care and nutrition through health centers and other means. In addition, there is generally better water supply, wider use of pasteurized milk, and more rigid inspection of the food supply in large cities than in small towns and rural areas.

Efforts to reduce infant mortality further are being carried on in various directions. Through Federal legislation States are being encouraged to develop and extend programs of maternal and infant care in the smaller communities and rural areas where provision for such services has been lagging. (Digest from Statistical Bulletin, Metro. Life Ins. Co., Dec., 1943.)

British Divorce Boom. Church leaders in England believe that the rapid increase in divorces means moral decay. The Most Rev. Bernard W. Griffin, Roman Catholic Archbishop of Westminster, has called the divorce courts a "menace to the stability of the family and the nation." The Right Rev. Henry Wilson, Anglican Bishop of Chelmsford, has declared: "Morals in the sexual sense are getting worse and worse . . . One of the most sickening features in the divorce lists is the large proportion of titled people whose names disgrace the miserable catalogue. We might have expected a decent example of these people, but we get the reverse . . . The root of the trouble is the widespread abandonment of the Christian religion."

The high courts in London to which they have to be brought were swamped with cases, in 1943 when divorces numbered 9,450—almost 2,000 more than the preceding year and far above the prewar figure. And there were 3,396 cases on the books when the court term ended at Easter.

A bill for the appointment of three more high court judges to deal primarily with divorce cases has been sent to the House of Lords. If it passes as expected (it went through Commons unopposed), it will ease the current pressure on London courts. And since the increase will permit judges to work on a circuit through the provinces, instead of all defended cases having to be brought to London, contestants' costs will be reduced some 25 per cent below the present average of £40 ($160) per divorce.

But many a Briton questions the soundness of the churchmen's argument of wartime immorality. Instead, they believe the rub of the matter lay in two major changes of recent years:

(1) Until 1937, adultery was the only legal ground for divorce. In that year a new act
added insanity, desertion, life imprisonment, and extreme cruelty to the list.

(2) Since 1942 the armed forces have been operating a "Services Divorce Department," through which thousands of enlisted men and women below the rank of sergeant have been able to get divorces for fees totaling about £5 ($20). The great majority of these cases date back to prewar marital troubles among people who couldn't afford divorces (average fees about $60 per case) yet had incomes too high for a "poor person's divorce—available if weekly salary is under $8 ($16 if there are many children). The department of the armed services employs five full-time consulting lawyers and a staff of 70. (Digest from Newsweek.)

Family Planning Association of England. The Twelfth Annual Report (1942) states that the clinics under the society are working regularly, and new ones are being established. They expect greater demands for contraceptive service after the war. In spite of national concern over the declining population, there has been no serious attempt at interference with the birth control movement in recent years. A special medical committee is studying diagnosis and treatment for involuntary sterility.

Hereditary Factor in Infantile Paralysis? Susceptibility to crippling probably depends on the inheritance of a recessive gene, according to John Addair and Laurence H. Snyder. They analyze the family history of 29 cases in the Journal of Heredity, Sept., 1942.

Low Fertility on the Pacific Coast. All over the United States there is a tendency for the fertility of even the educated and more ignorant families to diminish. "This trend appears to have progressed furthest in the cities of the Pacific Coast," Clyde V. Kiser notes in Group Differences in Urban Fertility (Baltimore, 1942). In view of the fact that Pacific Coast marriages—even the so-called under-privileged—produce so few children, it would appear that promotion of birth control here is less important than measures to increase the birth rate in all sound families. (P.P.)

Twins and Large Parents. Ordinary twins are most likely to be born to parents who are larger than the average. It has long been noted that twins are most frequent in the Nordic race, than among Slavs, Mediterraneans, and least frequent among Japanese, a notably small people, who produce only about one-third or one-fourth as many twins as do Americans. In the United States, the areas producing the most twins are Kentucky and the Appalachian highlands in general, inhabited largely by Americans of old white stock, largely Nordic; and along the northern tier of states from Minnesota to Montana, where there is a large Scandinavian element. American Negroes have a high rate of twinning; Dr. MacArthur assumes that those selected by slave and who survived the slave trade, were likely to be the largest and strongest specimens of their race. Data from other animals also indicate that large body size goes with production of larger litters of offspring. (John W. MacArthur in Journal of Heredity, March, 1942.)

Human quadruplets have little direct relation to eugenics or planned genetics. Their parents and society must accept them as they arrive unexpectedly. Studies of the early life of such groups may throw some light on relations of heredity to physical and social environment. However, many lay members of AES will read with interest, in the Journal of Heredity for September, 1943, the latest story of the unique Morlok quadruplets of Lansing, Mich., the only known living quadruplets who are the products of a single fertilized egg. They are described by Professor Iva C. Gardner, of Baylor University, and Professor H. H. Newman, of the University of Chicago. The authors believe that there are at the present time seven complete sets of quadruplets alive in the U. S., but the others represent two or three fertilized eggs in each case.

Human Conservation: The Story of Our Waste Resources. This is the title of a 126-page pamphlet issued by the National Resources Planning Board (March, 1943) which should be of value to every teacher or student. The author is Dr. Lawrence K. Frank, assisted by Louise K. Kiser, and it may be obtained from the Superintendent of Documents, Washington, D. C., for 20 cents. "While we emphasize the responsibilities of the family to society," says Dr. Frank, "we give little or no recognition to the reciprocal responsibilities of society to help the family face the many frustrations and perplexities in rearing children, maintaining a home, and carrying on family living today." He argues that society must take more responsibility for seeing that the family is properly housed and fed; but
that it must also take more pains to see that parents have adequate guidance in rearing their children, maintaining their own happiness, and avoiding divorce. Changed professional leadership is needed at many points, and more attention must be given to prevention, instead of mere remedial patchwork. "Human conservation," he concludes, "is an invitation to think and act as the custodians of the precious heritage of human life and fertility, the outgoing stream of life moving toward the future, now entrusted to our care." The wealth of sound statistical material in the book will be particularly useful to many readers. (P.P.)

Post-war Husbands. Sensational magazine and newspaper stories about scarcity of available American husbands after the war should not stampede any woman into making a hasty and unwise choice of a mate. So far the loss of American men in two years of war has been considerably less than the usual loss through automobile accidents in the same length of time. (P.P.)
LIST OF THOSE ACCEPTING INVITATION TO ATTEND
ANNIVERSARY.

Agnes Le Arcambal, Kalamazoo, Mich.
Mrs. Francis I. Ackley and family, City.
Mr. & Mrs. I. H. W. Sherman, 361 Oakwood Boulevard, Chicago, Ill.
Mrs. R. Harrington, Charlotte, Mich., Box 737.
A. W. Caldwell and wife, La Fayette, Ind.
A. L. Bemis and wife, Carson City, Mich.
T. K. Holmes and wife, Chatham, Ont. (Special).
C. G. Comstock.

Mrs. Rev. W. H. Evans, 303 Highland Ave., Jackson, Tenn. (If possible).

Henry B. Baker, M. D., and wife (?), Lansing, Mich., (Special)
Miss Ida Dewey, " Maple Grove," Mich. (Special)

John Donovan, and family, Bay City, Mich. (Possibly.)
Mr. and Mrs. James Bale, Paw Paw, Mich.
Abbie K. Norton, & family, City.

George Washington Clark, 680 17th St., Detroit, Mich. (If possible.)
C. G. Goss, 2142 Maplewood Ave., Toledo, O.

A. J. Sawyer, Ann Arbor, Mich., (Possibly.)

Mrs. Winter, Greenville, Mich.

Stanley G. Wight, Detroit, Mich.

C. R. Smith, Niles, Mich. (Possibly.)

Alma Z. Rexford, 51st St. and Vincennes Ave., Chicago, Ill.

Dr. M. B. Sincer, 2974 Wabash Ave., Chicago, Ill.

Dr. Mary Wood-Allen, Ann Arbor, Mich. (?)
Geo. M. Braden, M. D., Scotts, Mich., and wife.
C. A. Benarth, M. D. and wife, Schoolcraft, Mich.
Dr. L. A. Fredericks, Patch Grove, Wis. (?)
Dr. J. C. Ernich and wife, Wayland, Mich.
R. J. Covey, wife and sister, Swartz Creek, Mich.
J. L. Ramseb, and wife, Albion, Mich.
E. B. Bestwick and wife, Union City, Mich.
Geo. N. Ellis, Olivet College, Olivet, Mich.
Dr. C. E. Wiggins and wife, Lawrence, Mich.
Dr. Gunby and wife, Sherman, Texas.
Mrs. Henrietta Sturgis, Sturgis, Mich.
Isaac P. Baldwin, wife and niece, City.
Ella Wilson King, 193 Ashland Blvd., Chicago, Ill.
C. A. Haskins, Schoolcraft, Mich. (Possibly.)
Judge Clement Smith, wife and daughter, Chicago, Ill.
Mr. H. C. Nichols,
Mayor Curtis,
Hon. Chas. Austin,
Hon. Mr. Stone,
Dr. Geo. E. Green,
Hon. Geo. B. Willard,
Hon. Nelson Eldred, City,
Dr. and Mrs. L. E. Clark, Otsego, Mich.

Kate and Anna Bailey (Misses) Above address.

Miss M. Burgess, Butterworth Hospital, Grand Rapids, Mich.

A. S. Johnson, M. D., City.

Mr. and Mrs. Millard, City.

Nettie L. Smith, Sterling, Ill.

Miss Annie Van Duzer, Schoolcraft, Mich.

E. W. Moore, and wife, City.

Hon. Geo. Willard and wife, City.

Emily May Ely and mother, Olivet, Mich.

W. L. Godfrey and wife, City.

Dr. W. E. Newark and wife, Charlotte, Mich.

H. B. Coleman and wife, Kalamazoo, Mich.

Alonzo T. Jones and family, City.

Dr. Sophie M. Hartley, 608 E. William St., Ann Arbor, Mich.

Mrs. L. A. Isabell, Schoolcraft, Mich.

Dr. A. N. Van Ryper and wife, New Carlisle, Ind.

Mr. and Mrs. Wm. O'Connor, Lansing, Mich.

J. B. Park, Okemos, Mich.

Dr. J. F. Smiley, and wife, Marshall, Mich.
CABLEGRAM.

Kaltenleutgeben 5.

To Kellogg,

Battle Creek, Mich.

CONGRATULATING.

Winternitz.
& 6th Altgeta

Hon. E. C. Nichols,

Nelson Eldred,

Mayor Miles Cutris,

Dr. Geo. E. Green,

Hon. Geo. Willard,

Hon. I. L. Stone,

Hon. Chas. Austin,

Mr. J. M. Bishop, Sanitarium,

Hon. Washington Gardner,

Hon. Mr. Todd, Kalamazoo,

Bishop Gillespie,

Dr. Henry B. Baker, Detroit,

Dr. Ranney, Lansing,

Dr. Smiley, Marshall,

Hon. B. K. Elliott, Indianapolis,

Col. Williams, Lafayette, Ind.

Col. Haldeman, Louisville,

Dr. Matas, New Orleans,

Hon. Wm. C. Gage, City,

Eld. U. Smith, City,

Eld. A. T. Jones,

Eld. G. A. Irwin,

Mrs. S. M. J. Henry.
1866-1898.

Anniversary Reception, 7:30 P. M.,

Sept. 5, 1898.

You are cordially invited to attend an informal reception at the Sanitarium the evening of Sept. 5, the thirty second anniversary of the opening of the institution. There will be a carnival of health in the gymnasium. The Reception Committee will be in waiting to receive visitors at 7:30 at the main entrance of the Sanitarium.
Carnival of Health,
Sanitarium Gymnasium, 8 P. M.

(Give list of booths)
Menus for Anniversary, Carnival, etc.
THE STORY OF

The

Miami-

Battle

Creek

The Building of An
Institution Out of Two Great
Men's Dreams

Men of Genius—Men Whose Creative Talents
Hasten or Change the Flow of History—
Seem to Have an Affinity for Others
Who Are Gifted With the Same
Magic Vision and Power
to Achieve
Biologic living is to treat our bodies as precious and sacred gifts passed down to us by long generations of heroic ancestors, and hence to be treasured and respected, trained, developed, and cared for in such a way as to perfect them in skill, efficiency and endurance, and to protect them from attacks of disease and fortify them against the encroachments of the Old Man with the Sickle.

—John Harvey Kellogg.
The Story of
The Miami-Battle Creek*

The friendship of Harvey Firestone, Thomas Edison and Henry Ford, all of whom left their mark on twentieth century civilization, was well known. Equally celebrated was the association of Charles Lindbergh, first aviator to "solo" non-stop to Europe, with the famed Dr. Alexis Carrel, surgeon and experimental biologist.

Perhaps less well-known, but of deep significance to the townsfolk of this area, was the high regard which two other world-celebrated men held for each other. They were Glenn H. Curtiss, inventor, aviation pioneer and founder of the town of Miami Springs, and Dr. John Harvey Kellogg, physician, writer, inventor, philanthropist, and for 67 years head of the renowned Battle Creek Sanitarium in Battle Creek, Michigan.

The mutual esteem of the two illustrious men is significant to the residents of Miami Springs and Hialeah because it resulted in the founding in Miami Springs of The Miami-Battle Creek—an institution which today commands the respect of the
world and performs invaluable services for the community at large.

The story of The Miami-Battle Creek rightfully starts in 1926, the year the handsome Pueblo-style structure was erected by Glenn Curtiss as hotel and focal point for the beautiful town which he visualized as growing up around it. The town, not then incorporated, was known as Country Club Estates and the hotel, first called the Pueblo, was later known as the Country Club hotel.

Never one to do things by halves, Glenn Curtiss spared no expense in giving to the majestic hotel building an authentic Pueblo air. A Western artist was engaged by him to inlay Indian designs on the ceiling and beams of the hotel's striking lobby. Great pains were taken by him to find the most colorful of hand-woven Indian rugs and to place them throughout the hotel. All the furniture was selected to conform with the Indian theme. The thunder bird motif—Indian symbol for rain and of prosperity (through the logic of rain leading to good crops)—was reproduced everywhere. Cups, saucers, and even door keys bore the symbolic Indian bird sign. Exotic shrubbery was set out in the patios and approaches and, inside and out, the Country Club hotel was unmistakably an artistic triumph. Financially, however, records of the day showed that the hotel was operating in the red. The Miami area of the
 twenties quite obviously was not then the tourist mecca which it is today.

In 1929, Dr. Kellogg, seeking quiet for the purpose of revising a medical text, rented a home in the Country Club Estates, a house situated on the golf course adjoining Mr. Curtiss's premises. The two men already were friends, Curtiss having placed himself under the doctor's care some years earlier at Battle Creek, Michigan.

Situated as it was outside the city of Miami limits, the doctor felt that the little house surely would provide him with the repose he so urgently needed for his writing. In that, alas, he was destined to be mistaken. A stream of people, seeking medical advice or eager to sell him real estate, wore a path to his door. He was unable to complete revision of the book and as fate would have it, the volume, "Home Handbook of Modern Medicine," remained unfinished even at the time of his death in 1943.

Nevertheless, Dr. Kellogg's 1929 visit to Miami Springs proved fruitful in other ways, for it was during this sojourn that the good doctor became "sold" on Miami Springs' climate. It was also during this visit that Glenn Curtiss became inspired with the thought of bringing Dr. Kellogg and his medical concepts permanently to the Miami area. In fact, it was not long
thereafter that the two ideas were brought into fusion and the establishment of The Miami-Battle Creek as an eleemosynary institution became a definite reality.

In reviewing the course of events leading to the metamorphosis of a hotel into a health institution, perhaps it is the fruit known as the papaya which may be counted as the spark that fed the flame—or rather the interest which both Curtiss and Kellogg had in the culture of this luscious tropical fruit, which helped the event to materialize. Dr. Kellogg considered the papaya an excellent food because of its wealth of Vitamin A content and its bland alkaline nature. Experiment had demonstrated to him how well it corrected body acidity and he particularly recommended its use in the dietary of patients suffering from stomach ailments.

Curtiss's interest in the papaya stemmed from the viewpoint of an amateur horticulturist. At the time of Dr. Kellogg's visit he was experimenting with various papaya types and when he had a particularly fine specimen, he would send the doctor a sample with a brief note describing the fruit's origin and specie. On one of these notes one day he scribbled the prophetic words, "Doctor, we need you here."

Dr. Kellogg returned to Michigan and, the following year at the invitation of John
Ringling, he visited Sarasota. His reason for accepting Ringling's invitation was his desire to determine which part of Florida had the better climate. Simultaneously he was being besieged by Tampa, Clearwater, St. Petersburg and other Florida cities to locate within their environs.

The doctor's Sarasota visit, however, convinced him beyond argument that the west coast couldn't hold a candle to the east when it came to agreeable climate. "The Miami area has the world's most ideal climate," he stated at that time, "in my opinion superior even than the much-vaunted Mediterranean."

It was on his return from Sarasota that he visited Glenn Curtiss and asking a simple question, received the quick answer which was to transform Country Club hotel into The Miami-Battle Creek sanitarium. Knowing the loss at which the hotel was operating, Dr. Kellogg, his blue eyes twinkling, remarked, "How would you like to have this place taken off your hands and used as a sanitarium?" Curtiss's brief reply was a ruminative one. "I'll think it over and let you know tomorrow morning."

True to his word, Curtiss appeared at Dr. Kellogg's door the following morning the answer in hand. It was the paper, all made out and ready to sign, turning over to Dr. Kellogg the hotel building and the
14 acres of land which surrounded it. The consideration was one dollar and the understanding that the institution was to be kept open six months of the year for six years, at the end of which time the doctor was to be given clear title.

The papers were signed in May, 1930, and Dr. Kellogg wended his way back to Michigan. In November, returning with the Misses Angie and Gertrude Estill, Michigan assistants of his who are now permanent members of the Miami institute's board of trustees, he devoted himself to the task of transforming the hotel into a modern health sanitarium.

In addition to treatment rooms, the institute was equipped with X-ray and medical laboratories, Dr. Kellogg himself donating much of this equipment. After a busy month for all three, the sanitarium was opened to patients December 1, 1930, and immediately the doctor sent word to the superintendent of Dade county schools, inviting the latter to send to the sanitarium any teachers in need of medical treatment. As part of a program of education, diet and health lectures were started for public school teachers and students. Sunday afternoon lectures were also instituted for the general public and evening lectures were given to sanitarium patients.

Although not generally understood, the organization from its very inception has
operated on a purely non-profit basis. During his lifetime Dr. Kellogg received no remuneration for the time he gave to the institution and to it he donated much valuable equipment. Lacking endowments, the sanitarium has had to earn its own money for the charitable and educational work which it performs. Thus, because of its eleemosynary nature, all money beyond operating expense is turned back into the institution for the expansion of its work and the improvement of its physical facilities.

At the end of five years of operation, in 1935, an important event occurred. The deed to the building and its acreage was given Dr. Kellogg by Curtiss properties. The property with all its assets, in turn, was transferred by Kellogg to a board of trustees. At the same time the doctor added a new wing to the building—a medical department the first floor of which was given over entirely to medical offices and treatment rooms. Twenty guest rooms on the second and third floors were also built at that time to include attractive little screen porches for fuller enjoyment of south Florida’s sun-drenched climate.

During his lifetime, the fame of Dr. Kellogg's personality and achievements, magnet-like, drew many distinguished visitors to the Miami sanitarium. Miami Springs today can well take pride in the
list which entered its gates. It includes such names as Thomas A. Edison, George Bernard Shaw, Richard Byrd, and Martha Berry, well-known Southern educator. It also includes names which have made medical history, such as Sir Wilfred Grenfell, celebrated Labrador physician; Sir Arbuthnot Lane, famous British surgeon; Dr. Alexis Carrel, and noted heliotherapists Dr. Arnold Lorand Carlsbad and Dr. Jean Saidman of Paris.

In addition to his renown as inventor of surgical instruments and health foods, Dr. Kellogg also held a place among the medically great and in his lifetime was credited with the performance of 22,500 surgical operations.

The little doctor—for he was short of stature and never hesitated to jest about it—was also acclaimed as a philanthropist for it was he who first established free baths for Chicago's poor and the penny dinners which were to save many a starveling in that city from a career of crime or suicide.

The board of trustees responsible for The Miami-Battle Creek policies and operation includes, in addition to the Misses Angie and Gertrude Estill, Dr. James T. Case, well-known radiologist who took Dr. Kellogg's place as board president, Dr. J. R. Jeffrey, as vice-president, and Francis M. Miller, formerly Mr. Curtiss's personal attorney.
Today, set in a landscape of almost bewildering tropical beauty, The Miami-Battle Creek stands as a living memorial to Glenn H. Curtiss, who must have envisioned such an institution when he scribbled the words, "Doctor, we need you here,"—and to Dr. John Harvey Kellogg, whose experience, background and vision made it come true.

To the town of Miami Springs, the sanitarium represents the symbol of dignity and the character to which it aspires.

Warm in its welcome of the townspeople and sympathetic in its understanding of the town's social and cultural needs, The Miami-Battle Creek represents a hospital in the word's truest meaning.

It is the heritage willed to the people by the genius and generosity of two unforgettable men.

(*Reprinted with permission from The Home News Weekly, December 27, 1946)*

What we eat today, walks and talks tomorrow.

—John Harvey Kellogg.
Common Sense

Half the failures in life are due to a want of practical ability, of the combination of traits of character which enables a person to discriminate between useful and useless things; to determine properly what is best to be done in emergencies, and to be able to adapt one's self with readiness to changing circumstances. The visionary dreamer never succeeds, because his energies are devoted to the elaboration of schemes which can never be carried out.

In the patent office at Washington are many thousands of ingenious mechanical devices, not one in a hundred of which has ever been put to any practical use, and never will be seen outside the rooms where they are stored for exhibition. Most of these are the result of days, months, and even years of labor on the part of men whose inventive faculties ought to have enabled them to render valuable service to their fellow men.

The term usually applied to practical ability is "common sense." Every one is supposed to have a share of common sense; but our experience with the world has led us to the belief that this is of all mental qualities the rarest and would be more properly termed "uncommon sense." Fortunately, it is a qual-
ity which can be developed, though the man must be considered fortunate indeed who inherits a large share of this element.

Persons who have common sense always reason about things. They never act without considering the why and wherefore, and are continually inquiring the reasons for what they see transpiring about them. A large fund of common sense is of vastly more value to a man than the most finished course of instruction at a university, and one who is lacking in this essential quality will find that no amount of "book learning" is a substitute for it.—John Harvey Kellogg.
Getting Well at The Miami-Battle Creek is an enjoyable experience. The treatments are pleasant and invigorating and the atmosphere of the entire place fairly radiates optimism and good cheer.
THE COST OF WINTERING IN FLORIDA

Health is cheap at any price; but in Florida climatic conditions for health betterment are so favorable that even small investments for health yield large returns.

GENERAL HEALTH SERVICE

Consisting of room and board, sun baths, facilities for exercise and services of dietitian, per day $10.00 to $20.00. Special summer rate May 1st to July 1st $6.00 per day. July 1st to Sept. 1st

For persons who have no specific ailment and only need $5.00 per day, general health building, this general service is sometimes sufficient.

THE MEDICAL SERVICE

The charge for the Medical Service is $16.00 to $25.00 per day, single. It includes:

(1) Room and board, sun baths and facilities for exercise.

(2) Daily care of a physician with consultation at room or at the doctor’s office.

(3) The services of an attendant in giving baths or other treatment, moecanotherapy, sun and air baths.

(4) Supervision of the bill of fare by an export dietitian.

This covers a very full program, which is necessary in an intensive effort for health betterment by efficient correlated physiologic methods. It does not cover the cost of examinations or private nursing. Special summer rate May 1st to July 1st $70.00 per week. July 1st to Sept. 1st $60.00 per week.

A discount of $2.00 each is given when two persons occupy the same room.

The climate, the biologic diet, the highly efficient physiologic treatment, the amiable service, the optimistic atmosphere and delightful surroundings of Miami-Battle Creek make it a most attractive place for persons seeking health betterment. In most cases improvement is rapid. The thorough examination makes possible a high degree of efficiency in directing treatment and good results begin to appear almost immediately. The response to dietetic direction is especially prompt. For more detailed information address

The Miami-Battle Creek
Miami Springs (Miami)
Florida
The Miami-Battle Creek
MIAMI SPRINGS, FLA.

EXAMINATION — $50.00

<table>
<thead>
<tr>
<th>Service</th>
<th>Charge</th>
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<tbody>
<tr>
<td>History and Physical</td>
<td>$15.00</td>
</tr>
<tr>
<td>Blood Count—differential</td>
<td>5.00</td>
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<tr>
<td>Blood Chemistry—NPN</td>
<td>4.00</td>
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<tr>
<td>Sugar</td>
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<tr>
<td>Sedimentation</td>
<td>3.00</td>
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<td>Urine</td>
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<td>Stool</td>
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<td>Kahn</td>
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<tr>
<td>Undulant Fever test</td>
<td>3.00</td>
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<tr>
<td>Carmine test (Motility)</td>
<td>1.00</td>
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<tr>
<td>Basal Metabolism</td>
<td>10.00</td>
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<tr>
<td>Electrocardiogram</td>
<td>15.00</td>
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<tr>
<td>Biophotometer (eye test)</td>
<td>3.00</td>
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<tr>
<td>Audiometer (hearing test)</td>
<td>3.00</td>
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<tr>
<td>Heartometer</td>
<td>3.00</td>
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</tbody>
</table>

A charge of $50.00 is made when the complete Examination is taken. If only a part of these tests are made there will be a charge for each test as itemized above.

Other laboratory tests are available and will be given by order of a physician.
# Charges for Medical Service

## Treatments

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Single Combination *</th>
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<tr>
<td>Arc light</td>
<td>1.00</td>
<td>1.00</td>
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<tr>
<td>Automatic exercise</td>
<td>3.00</td>
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<tr>
<td>Cabinet bath</td>
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<td>Colon irrigation</td>
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<td>Diathermy</td>
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<td>Enema</td>
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<tr>
<td>Fomentations</td>
<td>2.00</td>
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<tr>
<td>Foot and leg bath</td>
<td>1.00</td>
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<tr>
<td>Infra-red</td>
<td>1.00</td>
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<tr>
<td>Massage</td>
<td>3.50</td>
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<tr>
<td>Packs—electric, sheet or hot</td>
<td>3.00</td>
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<td>Rubs—10 min.</td>
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<td>Salt glow</td>
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<td>Spray</td>
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<tr>
<td>Sun bath</td>
<td>1.00</td>
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<tr>
<td>Sunshine bath—electric</td>
<td>1.00</td>
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*—Combination prices are used when two or more treatments are in one prescription.
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<td>Massage</td>
<td>3.50</td>
<td>3.50</td>
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<tr>
<td>Packs—electric, sheet or hot</td>
<td>3.00</td>
<td>2.00</td>
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<tr>
<td>Rubs—10 min.</td>
<td>1.00</td>
<td>.50</td>
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<tr>
<td>Salt glow</td>
<td>1.50</td>
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<td>Spray</td>
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<tr>
<td>Sun bath</td>
<td>1.00</td>
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<tr>
<td>Sunshine bath—electric</td>
<td>1.00</td>
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*—Combination prices are used when two or more treatments are in one prescription.*
A charge of $50.00 is made when the complete Examination is taken. If only a part of these tests are made there will be a charge for each test as itemized above.

Other laboratory tests are available and will be given by order of a physician.
Miami-BattleCreek
Miami Springs
Florida

*The Men's Sun Bath*
A HEALTH VACATION

THE MIAMI-BATTLECREEK offers to teachers during the months of July and August an excellent opportunity for Rest, Recreation, Rejuvenation, Health Training and Education.

Free instruction will be given in such fundamental subjects as nutrition and digestion, colon hygiene, posture and corrective gymnastics. Special emphasis is laid upon change of the intestinal flora, rejuvenating treatment and training to combat constipation, bad breath, bad posture, wrinkles, face drop, and other indications of senility, which are controllable by efficient measures of regimen and training.

The program includes a thorough health inventory, physical examination, strength tests, posture tests, and laboratory tests of blood, urine, metabolism, x-ray and colon tests.

The Miami-BattleCreek is a completely equipped sanitarium of the Battle Creek sort.

An Unusual Opportunity

This is an unusual opportunity for teachers to obtain high class medical service and health betterment while at the same time getting dependable health instruction and training not easily obtainable elsewhere, and at nominal cost. The Miami-BattleCreek is a not-for-profit institution established by the Race Betterment Foundation and is the southern headquarters of the Aristocracy of Health, a popular health organization endowed by the late Mrs. Mary F. Henderson, of Washington, D. C. If interested, address,

THE MIAMI-BATTLECREEK
Miami Springs, Florida

Visitors Always Welcome

Miami-BattleCreek,
Miami Springs, Florida

Please send literature to

Name ________________________________

Street ________________________________

City and State ________________________________

Miami’s Extraordinary Summer Climate

One of the most comfortable and equable sea level regions in the United States. Never excessively hot and never unpleasantly cold. This remarkable island climate is due to an almost constant southeast sea breeze which maintains a comfortable temperature day and night, reaching 94 degrees only once in 20 years. The Miami-BattleCreek is a model health emporium of the Battle Creek sort. A delightful place for rest and recreation and rejuvenation.
Miami-BattleCreek Sanitarium

La Antesala del Sanatorio

Miami, Florida
ESTADOS UNIDOS, DE NORTE AMÉRICA
Miami-BattleCreek Sanitarium

Abierto del 15 de Noviembre al 1º de Junio

El Sanatorio "Miami-BattleCreek" en Miami, Florida, Estados Unidos de Norte América, es un establecimiento moderno de lo mejor en su género, dedicado al tratamiento de casos crónicos a base de mecano, físico y dietoterapia. Situado en un hermoso barrio de la ciudad de Miami, a pocos minutos de sus reputados balnearios, cuenta con todos los adelantos y comodidades urbanas, ofreciendo al mismo tiempo las ventajas del aire puro del campo, en un paraje de lo más atractivo.

Las virtudes del clima de la Florida, semejante al de la isla de Cuba y otros países de la América Latina, son bien conocidas en todas partes, viéndose en pleno
invierno palmeras, árboles frutales del trópico, bellos jardines y huertos. El sol alumbraba a diario y jamás se han conocido nieve o hielo en la región.

El programa de recreos para los pensionistas comprende una gran variedad de deportes, por ejemplo, golf, paseos en bote, baños de mar y natación todos los días, y además las diversiones de toda especie que ofrece una ciudad moderna.

Servicio esmeradísimo, equivalente en todo sentido al de un hotel de primera categoría, brindando un ambiente verdaderamente familiar y distinguido, a la vez que saturado en el optimismo, de tanto valor para todo enfermo.

HIDROTERAPIA.—Balneación de todo género, administrada por empleados expertos.

FOTOTERAPIA.—Amplias facilidades para baños de sol y vida y ejercicio al aire libre. Gimnasios al aire libre para ambos sexos. Grandes lámparas de
arco voltaico, gabinetes de luz y toda clase de instalaciones fototerápicas.

ELECTROTERAPIA.—Corriente galvánica y sinusoidal; ejercicios automáticos; diatermia; alta frecuencia y supertermia.

GIMNASIA MÉDICA.—Método sueco; reeducación; ejercicios recreativos y correctivos.

DIETOTERAPIA.—A cargo de dietetistas titulados y competentes. Regímenes indicados para modificar la flora intestinal, rebajar o aumentar peso, regeneración hemática, corrección de la tensión sanguínea, y en el tratamiento de los estados reumáticos y diabéticos, arterioesclerosis, senilidad, nefropatías, estreñimiento y colitis.

CUERPO MÉDICO.—El personal médico está formado por especialistas de reconocidas dotes profesionales, familiarizados con la práctica sanatorial según los métodos de Battle Creek (Míchigan) de los Estados
Unidos de Norte America, de fama universal. El cuerpo de enfermeras y asistentes se especializa en técnica fisioterápica.

* * *

INVITAMOS A LOS SEÑORES MÉDICOS DE LA AMÉRICA LATINA A VISITAR NUESTRO ESTABLECIMIENTO CUANDO TENGAN OCASIÓN DE VENIR A LA FLORIDA.

Dr. John Harvey Kellogg
Director Médico
de Norte América
Miami-Battle Creek Sanatorium, Miami, Florida, Estados Unidos
Health is cheap at any price; but in Florida climatic conditions for health betterment are so favorable that even small investments for health yield large returns. Nevertheless, the depression is keeping thousands away who greatly need the protection of this sunny clime. The railroads are cutting rates and improving their service. This helps some, but the cost of maintenance after getting here is the chief item of expense. The hotels and boarding houses, restaurants and apartment houses are doubling their rates this season. They feel obliged to do so to make dividends, which as business enterprises they must do. The Miami-Battle Creek, however, is an eleemosynary (not-for-profit) institution, "a house by the side of the road," and so having no dividends to pay is content with barely enough to meet current expenses. The highest charge, covering cost of room, board and full medical service, is no more than the cost for room and board alone at first-class hotels giving no better accommodations and much less service. Ordinary hospital care, not including the services of a physician, special nurse, bath attendant, and dietitian and the many other special advantages of a sanitarium of the Battle Creek type costs as much or more as does the full service here.

To meet different classes of cases, the Miami-Battle Creek offers three types of service:

**Hotel Service Only**

Room and board only $7.00 to $9.00 per day.

The building is steam heated, has elevator and excellent call service day and night. Each room has a commodious individual bathroom, good lighting, unusually excellent beds, telephone, a delightful outlook (no back rooms), sunshine and excellent ventilation.

**General Health Service**

Consisting of room and board, sun baths, facilities for exercise, and services of dietitian, per day $8.50 to $10.00

For persons who have no specific ailment and only need general health building this general service is often sufficient.

Medical consultations and special treatments may be had when needed at the ordinary rates.

**Full Medical Service**

The charge for the full service is $14.00 to $20.00 per day. It includes:

(1) Daily care of a physician with consultation at room or at the doctor's office.
(2) The services of an attendant in giving baths or other treatment, mechanotherapy, corrective exercises, sun and air baths.

(3) Supervision of the bill of fare by an expert dietitian.

This is a very full program which is necessary in an intensive effort for health betterment by efficient correlated physiologic methods. Most patients need this full service to give them the maximum return for the time and money expended, especially in cases of high blood pressure, rheumatism, colitis, disease of the kidneys, heart, and other grave disorders.

Quick Results of Intensive Methods of Health Training

The climate, the biologic diet, the highly efficient physiologic treatment, the amiable service, the optimistic atmosphere and delightful surroundings of Miami-Battle Creek make it a most attractive place for persons seeking health betterment. In most cases improvement is rapid. The thorough examination makes possible so high a degree of efficiency in directing treatment that good results begin to appear almost immediately. The response to dietetic direction is especially prompt. Two to four weeks of intensive treatment will often secure results well worth while.

For more detailed information address

The Miami-Battle Creek,
Miami Springs (Miami),
Florida.
Optimism

Look Upward and Outward and Cheer Up

THE MIAMI-BATTLE CREEK
Miami Springs, Florida
GETTING WELL at The Miami-Battle Creek is an enjoyable experience. The treatments are pleasant and invigorating and the atmosphere of the entire place fairly radiates optimism and good cheer.
OPTIMISM

Look Upward and Outward
and Cheer Up

Fear kills. Hope makes alive.

Fear is paralyzing poison. Hope, the best of tonics.

Fear is darkness, death, despair. Hope is sunshine, life, and energy. Fear never saved anybody. Hope has rescued multitudes whose cases seemed beyond help.

But what is this monster, Fear?

Absolutely nothing but a mental fancy—a shadow—a psychologic disease. Fear is not a person nor a force. It has no power to harm anyone without his assistance and cooperation in yielding to its blighting influence.

Fear is a creature of the mind. It does not really exist. "Fear-thought" is a destructive force. It builds only obstacles, produces only scarecrows, ghosts, and bugaboos.

(over)
Fear is the ugly offspring of pessimism and cowardice—an enemy—a mischief-maker—a sneak-thief and a false prophet.

"Fear-thought" wastes energy, creates disease, robs you of peace, and predicts failure when success is just at hand.

Cease to look at the black ghosts of despair. Fix your eyes on the bright-hued blossoms of hope. Cease introspection. Look forward. Look no longer downward, but turn your face toward the eternal sky.

The Infinite Power that made you is hovering about you with healing in His wings.

Cheer Up!

—John Harvey Kellogg.

John Harvey Kellogg, M.D., LL.D., F.A.C.S. (1852-1943)
Superintendent of Battle Creek Sanitarium—1875-1943
Founder of Miami-Battle Creek, Miami Springs, Florida
Doctor, if you are sending patients South this winter—

—consider the wonderful advantages of South Florida and Miami, the only frostless region in the United States. The winter is the dry season. Sun bathing and surf bathing every day of the year.

Dr. John Harvey Kellogg, Medical Director of the Battle Creek Sanitarium, has established at Miami, which he makes his winter headquarters, a well equipped establishment to which physicians who are sending to South Florida, patients suffering from hypertension, heart or renal affections, malnutrition, rheumatism, obesity, diabetes, or other cases requiring special regimens, open air life and sun bathing, graduated and corrective exercises, may refer cases with assurance that they will receive careful supervision and health training with expert applications of correlated physiotherapy by Battle Creek trained physicians and technicians.

The institution is delightfully located at Miami Springs, a suburb of Miami. Beautiful surroundings. Lovely grounds. Large, picturesque sun baths. Complete up-to-date equipment. First class service. Buildings steam heated, though heat is seldom required.

For rates and other information, address

THE MIAMI—BATTLE CREEK
MIAMI SPRINGS (MIAMI), FLORIDA

Mention of your JOURNAL is the best introduction to our advertisers
THE MIAMI-BATTLE CREEK
MIAMI SPRINGS (MIAMI), FLORIDA

Like a long finger pointing to Cuba and the blue waters of the Caribbean Sea, lies the tropical state of Florida. This peninsula divides the waters of the Gulf of Mexico from the waters of the Atlantic; around its tip flows the warm Gulf Stream to lave the sun-gilt, surf-washed, golden-sanded beaches. At the southeastern tip of Florida is the tropical metropolis of the United States, the City of Miami, with its thriving suburban communities of Miami Beach, Coral Gables, Coconut Grove, Hialeah, and Miami Springs. In the latter is located the great health-building institution, the Miami-Battle Creek, patterned after the world-renowned Battle Creek Sanitarium in Michigan.

Founded in the Year 1930

The Miami-Battle Creek was founded in 1930 by the late Dr. John Harvey Kellogg. The original building was constructed as a hotel during the Florida boom days by the late Mr. Glenn Curtiss, of airplane fame. Convinced that the Battle Creek way of health was fundamentally sound, Mr. Curtiss presented this property to Dr. Kellogg, who straightforwardly dedicated it to health, race betterment, and human welfare. Since that time the buildings have been enlarged and the grounds beautified, until today the Miami-Battle Creek is recognized as one of the beauty spots of Florida, as evidenced by the photographs throughout this brochure.

And what more appropriate site could be had for an institution which finds in the rejuvenating effects of Florida's superpotent sunshine the Fountain of Youth, Ponce de Leon failed to find? Where in all continental United States is there such a balmy, tropical clime as Southern Florida? Miami is 553 miles nearer the Equator than Los Angeles, and is even 320 miles farther south than Cairo, Egypt.

Warmed by the 72° Gulf Stream, Miami is “where winter spends the summer.”

Surf bathing at Miami Beach is as comfortable and enjoyable in winter as at Atlantic City in summer. Constantly fanned by the cool southeast Trade Winds, Miami is a summer resort for Georgia and Alabama. Sultry days and sunstroke are unknown; the summer temperature seldom reaches 90 degrees, and has never exceeded 94.

Spacious and Beautiful Grounds

The grounds of the Miami-Battle Creek are studded with tall Royal, Washingtonian, coconut and other graceful palms and flowering shrubs. During the winter months gorgeous poinsettias and hibiscus of various hues, with broad well-kept lawns for a background, make a brilliant display. The outer walls of the main building and the porches are decorated with vivid bougainvillaeas and flame vines, with air plants and orchids from the Florida Everglades.

The unique garden patio is a popular rendezvous for the guests. It is made attractive by rare exotic plants and trees, a tall pandanus with screw-like foliage from the South Seas, the traveler’s palm, which provides life-saving water for desert wanderers, a pool, into which a little brook trickles, schools of tropical fish of many colors and fantastic shapes and a variety of aquatic plants.

The main building is constructed so that it gives every room a sunny exposure. Many of the rooms are supplied with a sun porch, or fresh-air sleeping room. Each room has a private bath and telephone.

To be sure, the Miami-Battle Creek is not a hotel but a great health institution, but nevertheless, its appointments and service are those of a first-class hotel.

The Miami-Battle Creek is withal an ideal place to rebuild one’s strength and to learn the way to superhealth. A new regimen for living—that’s what one finds at the Miami-Battle Creek.
THE NEW WAY TO HEALTH

Regimen Therapy — this is the key to the phenomenal success of the way of health which the Miami-Battle Creek advocates. It in no way suffices that a person go to his doctor for physical checkups unless that person alters his habits and follows a program of living which conduces to health. The betterment of health by means of a scientific health regimen is what the under par people of our land need more than any other one thing.

When one comes to the Miami-Battle Creek, he enters a school of healthful living. Every physician, nurse, dietitian, and technician in the institution is always ready to instruct the guests in the fundamental principles of health. Wrong habits of eating, sleeping, posture and exercise are corrected, and every feature of conduct relating to physical health is emphasized. In a comparatively short time, appetite and digestion improve, blood cells increase, and other evidences of better nutrition become markedly apparent. The patient feels and looks better.

The renewal of “pep” and vigor by the removal of unnecessary burdens from the liver, kidneys, and other defensive organs, the increasing of the natural healing and restorative functions of the body by correction of faulty posture and disease-promoting attitudes of mind and body,—these are all important features of the health program.

Seventy years ago, Battle Creek treatments were less popular than now; but these physical and physiologic methods are now recognized as the most powerful and efficient of all means of promoting health and combating disease through improving metabolism, aiding digestion, encouraging blood-building and circulation, and otherwise activating and reenforcing the natural disease-resisting and healing powers of the body.

Because Battle Creek was a pioneer in the development of scientific physiotherapy in this country, its methods have become widely known as the “Battle Creek Methods.” The chief credit due Battle Creek is for having been first to bring together in a correlated system the various forms of physical and physiologic treatment and appliances, combined with a carefully regulated and balanced biologic diet. Only by combining in a scientific manner all health-promoting measures is the attainment of the best results possible.

The Miami-Battle Creek lays special stress upon regimen therapy and makes use of all recognized curative measures, aiming to give relief by combating causes, and by the use of various highly potent non-medicinal methods which rarely
A CENTER FOR HEALTH TRAINING

The Miami-Battle Creek is not simply a haven for the sick; it is a health center with a definite program of health instruction and training for health building. Interesting illustrated lectures, classes, and personal instruction make the institution a practical training school in the fine art of biologic living. Below you may see a large group of guests enjoying a health lecture by the late Dr. John Harvey Kellogg in the garden patio on a sunny February afternoon. A number of lectures are given each week by various members of the staff.

Quite often, too, men and women of national and international reputation lecture to the Miami-Battle Creek guests, persons such as Dr. Alexis Carrel, the noted French physician and author; Dr. Will Durant, the philosopher; Roger Babson, the economist and columnist; Dr. Irving Fisher, economist of Yale; Dr. C. B. Davenport, the eugenicist and geneticist; Prof. Edward Alsworthy Ross, sociologist of the University of Wisconsin; Dr. Marguerite Hussey, of the health department of the school of education of New York University, and many others.

The new way to health puts major emphasis on diet. When one learns and applies all the newer knowledge of nutrition which modern scientific research has given us, he soon finds that he has discovered a new way of living. This does not mean that he has become an ascetic; but, instead, he is a true Epicure, one who dines daintily and eats with discriminating taste. The new way of living, which, in fact, is a return to the old and natural way, often results in quick relief from headache, indigestion, constipation, and hosts of other ills, and a definite slowing up of old age encroachments.

The soundness of this philosophy of physiologic rectitude has been proved in the experience of tens of thousands of intelligent men and women who have found health and happiness through a change of dietary and other living habits, to conform to modern scientific requirements.

One is puzzled by the fact that so few Americans take cognizance of the great truths discovered in our nutrition laboratories of recent years. The last decade has added tremendously to our knowledge of foods and the science of eating, yet how few persons or families select their daily foods with any recognition of the knowledge science has made available to us. Habit and taste still rule supreme, while science is shrugged off nonchalantly, and even flippantly, by the great majority of our people.

SUPERHEALTH IS THE GOAL

The essence of the “Battle Creek Idea” of right living is not new or original, but simply the close alignment of all the habits of the individual with recognized biologic and physiologic facts.

The goal is, of course, superhealth. It is not enough not to be sick. It is every person’s right to have abounding vitality and an ample margin of reserve, that he may be strong of limb, keen of mind, aspiring of spirit, and courageous of heart. Never in the world’s long history have vitality and virility been of greater importance or at such a premium as today.

It takes strong men and women to measure up to the tumultuous times in which we live.
1. People live out-of-doors in Florida to get the life-giving, healing properties from the magical rays of the sun. In this photograph four guests are playing badminton in the men’s sun gymnasium of the Miami-Battle Creek.

2. The guest on the left is out in the sun gym for the first time; on the right, a man who has had daily supervised sunbaths for two weeks.

3. This guest is having the sun focused on an arthritic knee.

4. Massage and sunbathing in the men’s solarium. In the upper left corner of this picture you see a Sun Meter. This indicates the amount of ultraviolet light, so that sunshine may be applied with scientific precision in graduated exposures. Sun treatment is not given in a routine or casual way at the Miami-Battle Creek, but is carefully prescribed and supervised by experts in sun therapy.

5. Bathing in the fresh water of the beautiful Venetian Pool in nearby Coral Gables.

6. A group of patients in an open-air calisthenics class in January. The instructor emphasizes posture correction and bodily grace and symmetry.

7. Riding horses may be had by the Miami-Battle Creek guests in both Hialeah and Coral Gables. Hialeah is one-half mile east, and Coral Gables four miles west of the Miami-Battle Creek.
1. All approved procedures of modern medical science are employed by the Miami-Battle Creek. Here a physician is making a fluoroscopic examination.

2. An infrared light cabinet bath. The Battle Creek Method naturally gives great prominence to treatment by artificial heat, for this important addition to the science of therapeutics is a Battle Creek invention (1890).

3. The X-ray technician making a roentgenogram of a patient's colon for the discovery of the cause of constipation.

This graphic X-ray method is found of great service, not only in diagnosis, but as a guide to treatment in cases of colon dysfunction which have become highly aggravated by the use of laxatives.
4. A physician giving a blood pressure test. Five hundred thousand American citizens die annually of diseases of the heart and blood vessels. This class of disorders receives the attention of trained specialists at the Miami-Battle Creek. New scientific methods here employed secure improvement in many cases in which treatment previously available had proved quite unsuccessful.

5. With the aid of an X-ray film of the patient’s colon, the doctor is instructing him in the proper diet and treatment for the relief of one of the most common and troublesome of man’s curable disorders,—constipation.

6. A diathermy treatment to the deep-seated viscera.
1. It has been truly said that "Diet is the key to health." The Miami-Battle Creek therefore puts major emphasis on food and nutrition. The daily menu sheet, as shown in this illustration, is one of the most scientific and practical ever made. This menu is a unique feature of the Battle Creek System of Biologic Living and embodies the newest in nutritional research.

The first column on the left lists the foods on the dinner menu, and gives the ounces per serving; the next column gives the protein, fat, and carbohydrates by calories; the third column gives the mineral content—calcium, phosphorus, iron and copper; the fourth column gives the units of Vitamins A, B, C, and G. The daily requirement of the average individual is given at the bottom of each column. Following these menus, the guest at the Miami-Battle Creek can have a perfect meal, balanced for calories, vitamins, and minerals.

2. A section of the main dining room at the Miami-Battle Creek. An artistic and cheerful environment adds much to the delight and benefit of the cuisine.
3. A dietitian explaining the balanced diet plan of the Miami-Battle Creek to new guests. This plan is based upon the findings of scientific nutritionists, and is easy to understand and to follow with the aid of the Miami-Battle Creek menu sheet.

4. Prominent in the dietary of Miami-Battle Creek guests, are fruit and vegetable juices. Papaya, papaya-lime, parsley, parsley-pineapple, carrot, tomato, grape, grapefruit, orange, and apple juices are always available. In this picture members of the kitchen staff are preparing soy milk, and coconut milk (made from fresh coconuts grown on the grounds).

5. The chief dietitian at the Miami-Battle Creek making out special diet lists for individual guests. Not only is the diet especially prescribed and supervised while the individual is a guest, but the dietitians are happy to aid and counsel him after he returns to his home.

6. All vegetables and fruits used at the Miami-Battle Creek are scrupulously cleaned and dipped in special disinfectants. Cleanliness is the iron rule in the kitchen.
The average American of adult years is soft and flabby. He overeats and underexercises. This is particularly true of business and professional people and all those of sedentary occupations, from the clerk in the shoestore to the president in the bank. Man alone of all animals sits down in a cushioned chair and allows himself to decay through lack of exercise.

The sedentary man loses the desire as well as the capacity for exercise. Long hours of mental work in a poorly ventilated, smoke-filled office conduce to nerve tire and create a craving for rest; while, as a matter of fact, exercise is more needed than repose, and a brisk walk in fresh air is far more invigorating than rest or sleep.

Systematic exercise benefits the lungs by keeping in active use each one of the millions of air cells which together present an absorbing surface of more than one thousand square feet. Exercise enlarges the chest. Exercise aids digestion through its stimulating effect upon vital combustion. Exercise does for the vital fires of the body what a pair of bellows does for the fire in the grate. Exercise helps the colon by aiding the
movement of food along the alimentary canal. Exercise aids the liver by its remarkable influence upon the movement of blood in the liver vessels. Neglect of exercise weakens the heart, and the tone of many of the muscles of the body deteriorates.

The Miami-Battle Creek has worked out exercises suited to all types of patients, even those with weak hearts and other crippled organs where exercise must be carefully supervised and controlled.

In photograph 5 above is the dynamometer, or muscle testing machine, the foundation of a new system of training. This tests more than forty sets of muscles for strength and symmetry, thus determining where exercise is needed. Because of its scientific value in muscle testing, the Battle Creek dynamometer is used in West Point, Annapolis, in many Y.M.C.A.'s, and in leading gymnasiums of the country.

(1) The kneading machine which exercises the abdomen.
(2) Mechanical horse. (3) Vibrator chair. (4) Vibrator belt for hip-exercise and reduction. (6) Vibration belt for vigorous abdominal exercise; and rowing machine.
HELPING

“NATURE creates and maintains; therefore, she must be able to heal.” That was the perspicacious observation of Dietl, the brilliant student of the great pathologist, Rokitanski. The Miami-Battle Creek employs, of course, all rational accredited curative agencies as palliative and accessory measures, but for real curative effects reliance is placed upon those great natural forces which energize the body and sustain its vital functions.

Physiotherapy, upon which the Miami-Battle Creek puts so great dependence, comprises the whole range of rational curative agents of a physical or non-medicinal character.

Modern physiologic therapeutics includes not merely the physical agencies, represented by light, heat and diet, exercise and other biologic agencies, but the more recently discovered physiologic measures such as serum therapy, vitamins, endocrines or hormones, and the rapidly growing curative agents developed by nutrition and physiologic laboratories.

Among the special forms of physiotherapy used most efficaciously at the Miami-Battle Creek are the following:

**HYDROTHERAPY**

Water is one of the most potent of all curative measures and certainly by far the most versatile, being more adaptable to a greater number of diseased conditions than any other. Although at times almost monopolized by empirics and charlatans, today there is no therapeutic agent whose use rests upon a more thoroughly rational and scientific basis than water.

Hippocrates, the “father of modern medicine,” had an excellent understanding of the physiological properties of water, both hot and cold, which he employed in the treatment of fevers, ulcers, hemorrhages, and a great variety of maladies, both medical and surgical.

The elaborately equipped treatment rooms at the Miami-Battle Creek afford facilities for the application of water in more than a hundred different ways, among which are various kinds of immersion baths, full baths at various temperatures, rubbing baths — as in under-water massage for rheumatism; Nauehim baths for heart cases, neutral baths for insomnia and some nervous disorders, bubble baths, foam baths, sitz baths, leg baths, whirlpool baths, revulsive baths, douches — jet, spray, rain, vapor, air, percussion, alternate or Scotch; packs, compresses, fomentations, abdominal bandage or umschlag, rubbing, wet sheet, etc.
NATURE

In its seventy years of experience Battle Creek has modified and improved upon the methods of the old water cure, so as to make hydrotherapy a pleasurable experience instead of an ordeal, as it once was.


THERMOTHERAPY Thermoerapy is the curative application of heat, which is an inseparable adjuvant of hydrotherapy, because the curative effects produced by the application of water may be chiefly attributed to its serving as a vehicle for heat.

By the use of varied modes and degrees of temperature (in common parlance, heat and cold), an almost infinite number and degrees of effects may be produced. The hot compress or fomentation, the heating compress, the Neptune girdele and the revulsive compress are powerful means of relieving pain in internal as well as in external parts.

Hot baths and rubbings are indispensable for the treatment of rheumatism in its varied forms, and in many chronic diseases are a highly efficient means of increasing or otherwise modifying functional activity.

ELECTROTHERAPY Electricity is employed in all its useful forms, especially the sinusoidal current, which was first utilized for medical purposes at the Battle Creek Sanitarium, and it has been used there for more than half a century. In high tension form, this current is now widely used in diathermy, in X-ray, and in radiotherapy.

LIGHT THERAPY Not only the visible or luminous rays, but also the invisible ultraviolet rays and the infrared, or invisible heat rays, are employed with striking effects for relief of pain, increase of vital resistance, and normal functioning.

AREOTHERAPY Air-bathing is gymnastics for the skin. It hardens and toughens it by filling it with blood and raising resistance against colds and other germ diseases. As the skin circulation improves, internal congestions of viscera and nerve centers, often the cause of headaches, backaches, sleeplessness, nervousness and many other ills, disappear.

Exercise in the open air with a minimum of clothing, and under careful supervision, is afforded in the spacious out-door gymnasiums of the Miami-Battle Creek.
The main lobby of the Miami-Battle Creek is to be seen below. The decoration of ceiling, walls and floor, as well as of the pillows for chairs and davenports, is all in harmony with the motif of the Mayan-Aztec architecture of the building as a whole.

The Miami-Battle Creek is never excessively hot, thanks to the constant trade winds, and therefore makes an ideal spot to spend weeks or months during the temperate South Florida summers. The building is provided with heating facilities, so that if the weather becomes uncomfortably cool in winter, the Miami-Battle Creek guests can always be warm. The great majority of the time, however, both summer and winter, the guests spend most of their daylight hours in the garden patio, or in the solaria enjoying the fresh air and sunshine.

The Battle Creek Idea holds that Nature is a healer and restorer, and that if we give her opportunity, she will do much for us.
Another view in the garden patio of the Miami-Battle Creek is to be seen above. Note the novel cactus garden behind the guest sitting in the left foreground. A Peruvian tree cactus has attained a height of 25 feet, and is still growing.

In these fevered, critical stressful times, the guests at the Miami-Battle Creek find welcome surcease from the cares of life amidst such peaceful and beautiful surroundings. And this is as it should be, for the human mechanism cannot long endure continued strain without irreparable damage to nerves, heart, arteries, etc. However, if one has a careful physical checkup at least once yearly, and has learned how to relax and throw off care and responsibility betimes, he can carry surprisingly heavy loads and burdens. The regimen at the Miami-Battle Creek is particularly helpful for business and professional people, who, when at work, are always under pressure and nerve strain.

Left below, guests enjoying a game of Chinese checkers. Note the interesting tropical foliage in the background. Right below, the pandanus palm, a rather rare species of palm. The management of the Miami-Battle Creek has spared no effort or expense in bringing to the grounds rare specimens of tropical shrubs, plants and trees. Botanists and garden lovers revel in them.
THE ROAD TO SUPERHEALTH

The scientific program of living as exemplified by the Miami-Battle Creek is the road to superhealth, to exuberant vitality, to resistance to disease, to longevity and useful service in the later years of life.

The Miami-Battle Creek regimen postpones old age. It teaches one how to grow old, not only gracefully, but also healthfully. In the restoration of health by natural means, rejuvenation occurs. As digestion and elimination improve, old age seems to retreat. Elasticity of skin and muscles returns, wrinkles smooth out, the face lifts appreciably, and new spring appears in the step. The rejuvenescence thus promoted by regimen therapy means an extension of the span of life—not into doddering old age and increasing senility—but in added years where in the zest for living is not lost, wherein the mental faculties are alert far beyond the proverbial “three score and ten.”

The “tired business man” or woman who comes to Miami-Battle Creek, not only rests but learns that there are, besides work, other causes of fatigue, the removal of which results in a great increase of energy and endurance. He learns, for example, that the average American adult has a slow and sluggish colon, that his bowels should move oftener than once a day, that myriads of unfriendly and dangerous germs find habitat in his colon because of putrefaction there, that an unbiologic diet promotes and produces this putrefaction, and that his intestinal flora, his eating habits, and his colon habits, all need drastic change. He also learns that his laggard colon action and the unfriendly flora therein are not to be cured by cathartics and purgatives, but by biologic diet in particular, and by following the biologic regimen as a whole.

When he has learned these truths, and put them into practice, he soon finds himself on the road to superhealth and abounding energy.

Among other gratifying results which may reasonably be expected by the patient at the Miami-Battle Creek are more refreshing sleep and the disappearance of any tendency to insomnia. This is accomplished without recourse to drugs of any kind, thanks to methods which often cure by removing the cause, not merely by treating the symptom.

The Miami-Battle Creek program of living is also markedly beneficial in many cases of High Blood Pressure, Heart and Kidney Diseases, Obesity, Arthritis and Rheumatism, Emaciation and certain types of Anemia, Nervous Exhaustion, Hyperacidity, Hypocacidity, Peptic Ulcers, Gall Bladder Troubles (not due to calculi), and other Gastro-Intestinal Disorders.

Thus hope for a new lease of life is offered to thousands of sufferers who need the help of a thoroughgoing examination, followed by institutional care under meticulous superintendence and guidance in a complete health-building program.

Scores of patients return each year for a few weeks in order to have a physical check-up, and to renew their resources of energy and vitality. There is no substitute for a thorough, scientific physical examination at least once a year, particularly for those over forty.

Furthermore, the instruction in right living given at the Miami-Battle Creek is so practical that you can take it home with you, and put it into daily use long after you have left the institution. Literature in book, periodical, and leaflet form, is always procurable by erstwhile guests for continued instruction in biologic living.

UNDER BLUE FLORIDA SKIES

At the Miami-Battle Creek you find the road to superhealth, and the blue-ceilinged skies of Florida, too. Amid ideal surroundings and in the environment of the American Tropics, you discover “The New Way to Health.”

For information about rates, write—

THE MIAMI-BATTLE CREEK

MIAMI SPRINGS (MIAMI), FLORIDA
Surf and sand at Miami Beach in January. Thanks to the warm Gulf Stream, the ocean waters off the coast of southeastern Florida run from 70° to 76° throughout the winter months, a temperature ideal for ocean bathing. The beach is only fifteen minutes' drive from the Miami-Battle Creek.

One of the finest golf courses of the Nation lies within three hundred yards of the Miami-Battle Creek. Upon the Miami Springs course the United States Open Golf Championship Tournament is played each December. Picture below shows Miami-Battle Creek guests playing this beautiful course.
INVOICE NUMBERS

3400
3403
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CASH 478 59%CH 10 9 16
SOURCE

RECORD DEC 30 1949

ACK. AM
CARDS O.K.

CREDIT MEMO

1949

6-30-49 3.38
6-30-49 1.75
9-19-49 .85
Mayor Herrell Will Seek Seat in Legislature


Floyd revealed Sunday that instead of seeking re-election to the Florida House of Representatives he will run for the circuit judgeship made vacant by the death of the late Wayne Allen.

Platform of Honesty

Herrell, a Democrat, said he would “run on a platform of honesty and integrity” and pointed to his record in public office. He recently was elected to another four-year term on the Miami Springs City Council, a capacity in which he has served for the past seven years.

Next year's primaries, in which all three of Dade's seats in the house will be up in the election, will be held in May.

Charles Vocelle, young Miami attorney, who has been active in Democratic circles, also has been mentioned as a possible candidate for Floyd's post.

Attended U-M

Herrell is the business manager and a trustee of the Miami-Battle Creek Sanitarium, having been a member of the staff of the sanitarium since 1933. He is also a member of the board of directors of the Battle Creek Food Co., Battle Creek, Mich.

He attended the University of Miami and is a graduate of the Lewis Hotel School of Washington, D. C.
The Miami-Battle Creek

200 CURTISS PARKWAY
MIAMI SPRINGS, FLORIDA

TELEPHONE 8-2476
The Miami-Battle Creek

FOUNDED BY JOHN HARVEY KELLOGG, M. D., LL.D., F.A.C.S.
MIAMI SPRINGS (MIAMI), FLORIDA

Feb. 16, 1951

Race Betterment Foundation,
165 N. Washington St.,
Battle Creek, Mich.

Gentlemen: Attn: Mr. Bloese

Last night Mrs. W. S. Frost of the local

W. C. T. U. called me on the phone to ask if we had
any literature on tobacco that we could send to two junior
high schools that had asked for some literature. I told
her we would send 2 copies of Tobaccoinism and 24 copies of
the reprint "How Harmful are Cigarettes?" to each of the
schools. This literature went out today. I just called
er her to report that her order had been taken care of.
Then she told me that there are 87 schools here in Miami
who need this information. February 26th to Mar. 2nd
is Narcotic Week in all the schools. I told her that I
would write you to ask if it would not be a fine thing to
send 100 copies of Tobaccoinism to be distributed to the
schools and supervisors for Narcotic Week and in memory of
Dr. Kellogg's birthday which is Feb. 26th. She said it
would be a wonderful God-send for the students and teachers.

Clifford and I would approve this being done and
I am sure Dr. Case would and I am sure you and Miss Goodwin
would approve it. If Battle Creek schools are having the
same work going on, it would be fine to do the same thing
for them.

We will send the schools the reprint from
Reader's Digest, "How Harmful Are Cigarettes!"

I am now the president of the Greater Miami
W. C. T. U. and we hope to accomplish many things worth
while for the good of the public.

The books should be sent to -
Miss Alice MacVicar, Ass't. Supervisor of
Junior High Schools,
275 N. W. 2nd St.,
Miami, Fla.

Trusting that you have the books in stock and
can have them here by the 26th, I remain,

Cordially yours,

[Signature]
June 18, 1936.

Race Betterment Foundation,
Battle Creek, Mich.

Gentlemen:

Inclosed please find a check for the interest on our note due June 1st. The check is for $526.45. The delay in paying it was an oversight on our part. Thank you for your letter.

Very truly yours,

THE MIAMI-BATTLECREEK
"PACKAGED" HEALTH

One Week $100.00

Two Weeks $160.00

THE FIRST WEALTH IS HEALTH

Effective
October 1, 1941 to March 1, 1942

Battle Creek Sanitarium
Battle Creek, Michigan
ONL-WEEK PROGRAM $100.00

What You Get...

Room with private bath.

Three excellent meals a day, with Dietetic Service.

*Entrance Examination
Includes:
  Medical history
  Physical examination
  Routine laboratory work
  Fluoroscopic examination of heart and chest
  Dental survey

Services of Sanitarium physician.

Daily bath treatment (6 days) as prescribed.

Daily massage (6 days) as prescribed.

Daily sunlight bath (6 days) supervised.

Mechanical gymnastics (where your exercising is done for you.)

Swimming in indoor pool.

Gymnasium exercises, games, etc., under direction of trained expert.

*In some cases additional examinations and special treatments are advisable, for these there is an additional moderate charge.

... There are numerous sports and social activities for those who desire to be actively entertained

LEAVE THIS W
What Is . . .

“Packaged”
Health?

We have “wrapped up” in one-week and two-week “packages,” as listed on the inside of this folder, the famous health services of Battle Creek Sanitarium.

These “packages” of health are available at definite all-inclusive one-week and two-week rates.

The time allotted may be entirely too short to cover the field in a thorough and comprehensive manner, but the aim of the Sanitarium is to offer as much information and training as possible in the time permitted.

For 75 years the Battle Creek Sanitarium has pioneered in Health Conservation, and the object of your visit to the Sanitarium would be directed toward this end.

Here, under most pleasant surroundings you will find a program of check-up and correction fitted to your personal needs. Here you can avert the tragedy of a physical breakdown.

We invite you to come and keep fit, with us!
These Rates Effective
October 1st, 1941 to
March 1st, 1942

These Special All-Inclusive Rates are available only to those remaining for one full week, or two consecutive weeks. Guests remaining a fraction of a week will be charged for a full week under this plan. For any time over the two weeks the rate will be $60 per week for the same service as rendered under the "Packaged" Health.

Bills will be rendered at the end of the pre-arranged period.

Notice: These Special Rates are subject to change or withdrawal without notice.
TWO-WEEK PROGRAM $160.00

What You Get...

Everything available in the more intense program outlined for one week.

Room with private bath.

Three excellent meals a day, with Dietetic Service.

*Entrance Examination
   Includes:
   Medical history
   Physical examination
   Routine laboratory work
   Fluoroscopic examination of heart and chest
   Dental survey

Services of Sanitarium physician.

Daily bath treatment (12 days) as prescribed.

Daily massage (12 days) as prescribed.

Daily sunlight bath (12 days) supervised.

Mechanical gymnastics (where your exercising is done for you.)

Swimming in indoor pool.

Gymnasium exercises, games, etc., under direction of trained expert.

There are numerous sports and social activities for those who desire to be actively entertained.

Time is available not only for Physical Inventory but also for additional examinations, if they are desired.

Ample time also is allowed for relaxation and obtaining the fullest benefits of the daily bath treatment, massage and sunlight bath.

*In some cases additional examinations and special treatments are advisable, for these there is an additional moderate charge.
Leave This Week for Battle Creek

Battle Creek Sanitarium
Battle Creek, Michigan

75th Year Established 1866
The health work in Battle Creek began in 1866. The first thing that was done was to start a health journal. In the spring of 1866, a little journal called the "Health Reformer" was started. Elder J. N. Loughborough had much to do with the matter at that time. He wrote a book intended to represent the general principles of the reform, and it was very well done for a layman. By means of the "Health Reformer, an interest was created. A few months later, the Health Reform Institute was opened, and the journal was the means of promoting an interest in the institution. The journal was first edited by Elder Loughborough and some of the doctors. Dr. Lay was one of the contributors, and the articles were very radical. The Health Reformer was the mouthpiece of the institution and its representative. It belonged to it. There were several editors later. Finally, in 1873, Elder White took charge of the journal, after his recovery from sickness. He was very busy with other things, and insisted that I leave the work I was doing and take a year in the study of medicine, which I did, in the spring of 1873, and have been doing ever since. I carried the journal along with my medical studies; and after I took charge of the work at the Institute, continued, simply adding daily it to my other tasks, and did the editorial work nights. Used to work until three or four o'clock in the morning. From that time until this, Good Health has been gotten out with what time I could spare from my other duties. From the beginning, I thought it was very necessary to have a radical change in the character of the journal. It had been very
radical before. For instance, Elder _____ announced that cane sugar was unwholesome, because it was inorganic; that it was no more food than salt or powdered glass. While the fundamental ideas were sound, there were always ideas of that sort that weakened the force of all the arguments presented. I endeavored to eliminate all such elements. There was a Dr. _____ who devoted much of his time to tirades against orthodox medicine. He was educated as a physician, but in his enthusiasm for reform, he went too far. He abused the doctors roundly. He was very witty and a good writer. One of the first thing I did was to eliminate him.

I changed the name of the Health Reformer to Good Health. I had had enough experience in New York to find that people were always ready to be informed, but not always to be reformed, so I thought best to change the title to one that would not create prejudice.

At that time, you would not find a single article in a newspaper about health. I used to search the papers carefully for some little item that might help me in filling out Good Health. When I was in New York, I used to visit a place where they sold all sorts of magazines and newspapers, and tried to find something I could make use of. I was taking a heavy course. I spent $200.00 in my tuition, but $500.00 for instruction from private tutors. I wanted something more than I could get from my regular classes.

I managed to get enough money together to buy a microscope.
EDUCATIONAL NUMBER
Correct posture in standing and walking is of the highest importance as a means of preserving health. When the chest is raised and the abdominal muscles are drawn in, the breathing and heart action are carried on in a more efficient way and the stomach, liver, intestines and all other vital organs are enabled to perform their functions properly.

Here is a simple method of acquiring a correct position:

Stand against the wall so that the heels and hips touch the wall.
Have shoulders and head free from the wall.
Clasp the hands behind the back as far up as possible.
Press the elbows back until they touch the wall.
Draw in the chin.
Take a deep breath.
Breathe out, without letting the chest drop, pulling in the abdominal muscles.
Take another deep breath.
Breathe out. (Repeat this several times.)
Hold the chest high, the chin in and drop the arms to the sides.
Step forward and walk about the room, maintaining the erect attitude attained.
Maintain this erect pose in sitting as well as when standing or walking.
Educating the Human Race to Live Biologically

By JOHN HARVEY KELLOGG, M.D., LL.D., F.A.C.S.

Biologic living means health, efficiency, long life. It means good digestion, sound sleep, a clear brain, a placid mind, content and joy of living.

Scientific research informs us that man is naturally a long-lived animal; his span of life normally reaching to a hundred years and beyond. The labors of physiologists have made clear the principles which govern biologic living, but we fail to apply these principles in our daily lives, still clinging to old practices bequeathed to us by ages of darkness and ignorance and so rob ourselves of at least one-half the length of life to which we are entitled, to say nothing of the tortures to which we subject ourselves at the hands of numberless maladies.

That there is something radically wrong with the habits of the American people may be fairly inferred from the rapid increase of chronic maladies in recent times.

Man, the most complicated of all animal organisms, and hence the most likely to be injured by unfavorable conditions, finds himself at the present time subjected to an environment most dissimilar from that to which he is adapted. Naturally an out-of-doors dweller, freely exposed to the sunlight and bathed in pure air, man has become a house dweller, secluded himself from the sun and the air, smothering himself in clothing and spending the greater part of his life as a prisoner within air-tight walls, exposed to a vitiated atmosphere and the disease-producing germs which thrive under such conditions. Naturally a low-protein feeder, he has adopted a high-protein diet which is hostile and damaging to the human constitution.

Naturally fleet of foot, agile and muscular, supple and enduring, man has, by sedentary habits, become puny, rheumatic, gouty, short of wind, hobbled by flat feet, and is beginning to lose his toes. In his haste to become civilized, man has neglected to provide compensations for the departure from normal conditions of life which civilization necessarily involves. We need not return to savagery to be healthy, but we must see that the air we breathe is as clean as that the savage breathes, that the food we eat is as wholesome. We must give our pale skins more contact with the sun and air. We must keep the inside of our bodies as clean as the outside. We must cultivate “clean” blood. Society must establish laws and sanctions which will check the operation of heredity in the multiplication of the unfit.

Life expectancy is a matter to which the average citizen gives little attention until the doctor informs him that he must prepare to meet his undertaken in the not distant future. The interest which he then manifests in extending this existence is often truly pathetic. He is ready to undergo any treatments, to submit to any regimen, any restriction, to make any sacrifice required, if assured that his life may be extended.

The proper time to become interested in life expectancy is not when the mortgages imposed by bad habits are about to be foreclosed and liquidated, but when one’s life title is still unclouded and there is a clear outlook ahead.

To live biologically is not an innovation. It is a return to the “old paths” from which the perversions of our modern civilization have gradually diverted millions of men and women.

Modern medical research has demonstrated that most maladies from which human beings suffer, chronic as well as acute, are due to infection of the alimentary canal with poison-forming germs. Natural foods—which which are naturally adapted to
the human constitution—combat these disease-producing infections. Natural food imparts to the body the greatest amount of energy and maintains the normal conditions of life.

Meats of all sorts, (flesh, fowl, fish, including "sea food") are unnatural. They are likely to contain deadly parasites of various kinds, and always contain countless numbers of noxious germs, "meat bacteria" or "wild germs," which infect the intestines, cause putrefaction and other poison-forming processes, and inoculate the body with colitis and many other diseases. These germs are not destroyed by ordinary cooking.

A bacteriological examination recently made in the laboratory of the Battle Creek Sanitarium of fresh meats purchased at seven different markets, all in apparently fresh condition, showed the following number of putrefactive bacteria per gram (one-thirtieth of an ounce):

<table>
<thead>
<tr>
<th>Animal</th>
<th>Bacteria per gram</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beefsteak</td>
<td>1,250,000 - 1,500,000</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>170,000 - 2,900,000</td>
</tr>
<tr>
<td>Beef Liver</td>
<td>100,000 - 31,500,000</td>
</tr>
<tr>
<td>Corned Beef</td>
<td>10,000 - 31,000,000</td>
</tr>
<tr>
<td>Hamburger Steak</td>
<td>170,000 - 75,000,000</td>
</tr>
<tr>
<td>Pork Liver</td>
<td>100,000 - 95,400,000</td>
</tr>
</tbody>
</table>

The bacteria in meats are identical in character with those of manure, and are more numerous in some meats than in fresh manure. All meats become infected with manure germs in the process of slaughtering, and the number increases the longer the meat is kept in storage.

Food should never be taken into the stomach when remains of a previous meal are present. The best plan is to eat twice daily. When breakfast is omitted or taken late, it is an excellent plan to take some fruit soon after rising.

Good cheer promotes good digestion. Anger, worry, and irritation stop digestion. Dismiss work, worries, business cares and annoyances while eating.

Three or four pints of water, including liquid food, are needed daily to carry on the activities of the body. Drink a glassful of water on rising in the morning, on retiring at night, an hour before each meal and two or three hours after eating.

Deep breathing aids digestion, encourages the liver and bowels to action, develops the lungs and purifies the blood. The only directions needed are:

Hold the chest high and breathe as deep as you can ten or twenty times each hour, or oftener. The best "breath" gymnastics are swimming, hill or stair walking or running. Always breathe through the nose.

Sleep eight hours each night. If not strong or if neurasthenic, take a nap before dinner. Growth, assimilation and repair are most active during sleep.

It pays to give daily attention to the cultivating of good health. Study the conditions and surroundings of the home and business and give careful thought to personal habits and practices with special reference to their bearing on health.

Take an "annual physical inventory." An automobile needs a careful looking over at regular intervals. So does a man. By such timely examinations, weak, worn parts may be discovered before they break down and thus a catastrophe may be prevented. Many an automobile has gone over a cliff on a sharp turn when the brake failed to hold because it needed a new lining.

The body needs repairs, just as does a limousine or a flivver. New parts are needed also, and the body has the advantage of being able to repair itself and make replacement of worn and damaged parts if attention is given in time, before the damage becomes irreparable.

Many a man has collapsed suddenly with heart failure due to an undiscovered high blood pressure, whose life might have been extended for years by timely treatment. Every person who considers life worth living, who values life as an opportunity for usefulness or even for pleasure, who appreciates the "joy of living," should annually submit himself for a thorough examination.

Every man who carries large responsibilities should devote a few days every year to a personal inventory. He owes this to his business, to his stockholders, his constituents, his associates, his dependents.

Health of mind and body is one of the most valuable of all personal assets. Make every reasonable effort to maintain them intact and, if possible, increase the capital of physical and mental strength.

There is urgent need for a nation-wide, indeed, world-wide, educational campaign for the purpose of placing before men and women in all walks of life, the great practical facts in relation to biologic living which physiological research, by elaborate laboratory and clinical research, has in recent years placed upon a solid scientific foundation. Here is a field of activity which in recent years has attained almost unrivaled prominence among the greatest of organized human activities.
The Battle Creek College

HE BATTLE CREEK COLLEGE is the first school of accredited college standing to grant "degrees in Health." Graduates of the new College will not only receive degrees in their chosen field of work but will have a thorough foundation in health training that will promote efficiency and success as well as general physical well-being.

The Battle Creek College is not altogether a new institution. It is the development of many years of educational work promoted by the Battle Creek Sanitarium.

It began back in 1880 with a training school for nurses—one of the pioneer schools of nursing in this country. Some twenty-five years later, a school of home economics was established—followed by the opening of a school of physical education in 1911. All these schools have graduated classes in their several professional specialties each year since their opening.

Battle Creek nurses, dietitians and physical directors are now to be found and are favorably known not only in all parts of this country but in foreign countries as well. They are filling important positions in government and city hospitals, hotels, academies and in public health work as well as in the private professional service.

From year to year, the attendance of the several schools has steadily grown, the courses of study have been increased until the work done so nearly approximated that of a four-year course that it remained only to make a few additions to meet the requirements for collegiate standing.

The necessary academic chairs have been added, and with the beginning of the next college year, September 10, 1923, the three schools will become the leading departments of the Battle Creek College. Each school will maintain its identity, and will, as heretofore, grant professional diplomas to nurses, dietitians and teachers of home economics, and to physical directors. However, it is expected that most of those who enter the College hereafter will take one of the courses leading to a Bachelor of Science degree in nursing, home economics or physical education as the case may be.

The added educational opportunities offered by the Battle Creek College will enable graduates to secure the most important position in their respective fields.

The large stone building formerly known as the Main Annex was a gift to the new College from the Race Betterment Association, together with the island property at Gull Lake, the location of Camp Pottawatomie. The large brick building occupied jointly by the College and Research Laboratories will continue to provide a number of class rooms and student laboratories.

The Battle Creek Sanitarium has from its inception fostered health educational work as a part of its many race betterment activities, and, through a close and sympathetic affiliation, supplies certain important and unique advantages which are characteristic of the institution. Among the most important of these are opportunities for practical experience in the lines of professional work toward which the several courses lead. The work is thus made practical as well as theoretical.

Another advantage afforded students is the inspiring scientific and health-promoting atmosphere which prevails at the Sanitarium. The whole place is a veritable "university of health."

Opportunity is afforded a very large number of students to pay a large part of their expenses by working in the various departments of the Sanitarium.

Since the primary purpose of the Battle Creek College is to make a contribution to the cause of race betterment through training and education in the principles of biologic living, as great stress is laid upon physical fitness and attainment as upon intellectual capacity and progress.

On entrance each student is given a thorough physical examination, essentially the same as though entering the Sanitarium as a patient. Heart, lungs, digestive and eliminative systems are carefully tested, and a graph prepared showing each student her physical status as compared with normal standards. The necessary measures for correcting defects are applied; students receiving such special medical care receive liberal considerations.

All efforts are made in the interest of physical betterment, and an earnest endeavor is made to develop a conscientious regard for those laws.
The courses of study fall into three general groups, corresponding to the major courses offered in the three schools of the College. Each school has a program leading to the degree of Bachelor of Science, and also shorter programs leading to professional diplomas, arranged for those who cannot remain in College the length of time required to obtain a degree.

The entrance requirements for all courses are the same: the completion of at least fifteen units of study in an accredited high school or preparatory institution, or their equivalent. The degree of Bachelor of Science will be conferred upon students completing the following requirements: (1) all entrance requirements; (2) all the prescribed courses in the four-year program of the School of Home Economics or Physical Education, or the five-year program in the School of Nursing, or accepted equivalent credits; (3) a total of not less than 124 college credits; (4) at least one year of resident study at the Battle Creek College.

The School of Home Economics is designed to meet the need for trained dietitians and institutional administrators, and to satisfy the growing demand for instruction and training in home economics in public schools and other educational institutions. The Nutritional Research Laboratories of the Battle Creek Sanitarium afford unusual opportunities for observation as well as affording actual experience in the working out of the problems of nutrition. Both the four-year course, leading to a degree, and the two-year course, leading to a professional diploma, offer a choice between two majors—food and nutrition, or teacher training.

The curriculum of the School of Nursing covers all that is comprised in the courses of training given in schools connected with large city hospitals; but includes, in addition, specialization in all branches of natural or physiological therapeutics embodied in the complete Battle Creek System of Health Training. The outdoor clinic and dispensary give training in medical and surgical emergencies of all sorts. Thus practical and theoretical training are combined to prepare the student to deal promptly and efficiently with the actualities of her profession, by daily experience under supervision, as well as by sound theoretical instruction.

The courses in the School of Physical Education are intended to fit young women for positions as physical directors, playground directors, health organizers, medical gymnasts, teachers of physical education in schools and colleges, and for social service work. The whole country is beginning to awaken to the need of physical training for its youth. In response to the growing demand for physical betterment, many states have passed laws making physical education a required part of the curriculum in all schools and there is a resulting demand for qualified teachers that far exceeds the supply. Graduates from the two-year course for teachers of home economics, and the three-year course for teachers of physical education, as well as those majoring in four-year courses in teacher training receive life certificates to teach in Michigan.

In addition to the regular college session, the school offers special facilities for summer camp life. Pottawattamie Summer Camp at beautiful Gull Lake is a delightful place from the standpoint of all-around educational camp activities.

Enough graduates from the professional courses of each school, who entered with advanced academic standing, have signified their intention to remain for the new four-year courses to make it possible to graduate a class from the new Battle Creek College in 1924.

Several libraries are accessible to students. The College library contains over eight thousand volumes and more than one hundred current periodicals are kept on file in the reading rooms. Advanced students have the use of the Sanitarium medical library with its complete series of medical periodicals and standard works.

A fundamental aim of the school will be to develop a scientific conscience; that is, a respect for
and conformity to the biologic laws which are expressed in our bodily functions. A careful survey will be made of the physical condition and personal habits of students on admission in relation to eating, sleeping, exercise and posture. Credit will be given for health attainment through conformity to physiologic standards as well as intellectual attainments. Each student will be required to give the same conscientious care to the formation of correct health habits that is given to the development of the mind and the acquisition of knowledge.

It is believed that the ideals and standards maintained by the school will draw to it a student body composed of those who are interested in race betterment and who are desirous of participating in, and profiting by the special opportunity which the school offers for the attainment of the ideal of the ancient Greeks, “a sound mind in a sound body.”

It is hoped to make the Battle Creek College a race betterment center, from which will go out into the world graduates who will be excellent examples of the results of biologic living, and who will be filled with enthusiasm for the promotion of the principles and the methods by which they have themselves profited. In other words, it is proposed to make physical health the foundation, and improvement of health the basic method for promoting intellectual and moral culture and development.

The Battle Creek College through its close affiliation with the Battle Creek Sanitarium fairly breathes the atmosphere of Health.

NOTE.—Additional information on any of the courses offered at The Battle Creek College will be gladly sent upon request.
A Great Scientist Visits the Sanitarium

Research laboratory bearing his name is feature of scientific interest here.

PROFESSOR J. P. PAVLOV, of Petrograd, whose discoveries concerning the secretions of internal digestion have been a great blessing to the human race, was a guest of the Battle Creek Sanitarium for several days in July. A dinner given in his honor was attended by a large number of physicians, many of whom came from other cities. Following the dinner, he addressed a large audience in the Sanitarium Chapel. As he speaks no English, his son, Vladimir Pavlov, who is a professor of physics, acted as his interpreter.

Doctor Kellogg, before introducing the speaker, showed some lantern slides made from photographs which were taken when he visited the laboratory of Professor Pavlov in Petrograd sixteen years ago. He explained that the experiments made on dogs revolutionized the method of treating disorders of the digestion and had been of the greatest help to physicians in their work. Undoubtedly, Professor Pavlov is the most eminent of all authorities on internal secretions of the digestive tract. Dr. Kellogg stated that of all the famous surgeons of Europe whom he had seen operate on human beings, none had exhibited so fine a technique in intestinal surgery as Professor Pavlov displayed in his experiments on dogs.

Professor Pavlov came to the Sanitarium expressly to visit the Physiologic Institute, which bears his name and which was established at the Sanitarium two years ago to carry on the experimentation with dogs begun in Petrograd. This has a splendid equipment, and is in charge of Professor William N. Boldyreff, who was head of one of Professor Pavlov's laboratories when Doctor Kellogg made his first visit there.

Professor Pavlov spoke on some of the experiments which he had been carrying on for twenty years concerning the nervous functions of dogs. His studies were purely physiologic and not psychological. For a certain time, whenever he fed a dog, he would have a musical sound made of 1,000 vibrations per second. Then if the note was sounded without giving the dog food, the animal would, nevertheless, give the food reaction; that is, the saliva would flow. If the music had a vibration as low as 960 per second, or as high as 1,100 per second, the result was the same. But if the note was much higher or lower, the reaction did not occur.

If the music was played several times without the presentation of food, the reflex was finally lost.

A most interesting experiment with white mice was described. A bell was rung to summon some of these little creatures to their feeding place. This procedure had to be repeated three hundred times before the mice were so trained that they would come for food at the sound of the bell. But with the offspring of these mice, only one hundred lessons were needed to teach them to obey the summons. In the third generation, thirty lessons sufficed, in the fourth, ten and in the fifth, five. Professor Pavlov said that he supposed that when he returned home he would find that the sixth generation would by instinct answer the signal without any instruction whatever.

Professor Pavlov expressed his gratification over the establishment of the institute in Battle Creek, and hoped that it would produce results in healing the sick.

Doctor Kellogg explained that these tests with mice were of great importance and interest as proving that acquired characteristics could be transmitted by heredity. This theory had been disputed by eugenists, who declared that the germ plasm could not convey such qualities. In one experiment, the tails of rats had been cut off for many generations, but the offspring continued to be born with tails. Doctor Kellogg declared that this test was not conclusive because an acquired characteristic was one which came from within and not one which was forced from without. The demonstration by Professor Pavlov was of vast significance as showing the capability of the human race to indefinite improvement.

After the address, a reception was held to give all an opportunity to meet Professor Pavlov. For thirty years he has been director of the physiologic institute of the Russian Imperial Academy of Sciences at Petrograd. In 1904, he was awarded the Nobel Prize for his contributions to medical knowledge.
The Battle Creek Program of Health Education

An outstanding tendency of medical science today is the stress it lays on prevention. Indeed, optimists foresee that as greater and greater emphasis is placed on this, the merely curative measures of physicians will lose their relative importance. That this is no idle dream is indicated by the successful campaigns which have already been waged on the great plagues which have afflicted mankind in the past. Such terrible scourges as yellow fever, typhus fever, bubonic plague, smallpox and cholera, have been either wiped out or reduced to a shadow of their former destructiveness. Other widespread diseases like tuberculosis, typhoid fever, malaria and diphtheria, are gradually succumbing to persistent onslaughts of modern medicine.

The Battle Creek Sanitarium has long recognized the supreme importance of education along health lines. It has long been known as the great “University of Health.” This title is no mere vague symbol; it expresses an actual fact. The institution is a great school. It cannot follow the exact lines of an ordinary university because its circumstances and its problems are different. But its constant aim is to impart knowledge and to teach those who come primarily to be cured of their bodily ills, how to keep well.

The average newcomer thinks of a sanitarium as a center of healing and nothing else. Until he learns more of the genuineness of the place, his idea is merely to get well, and then to go home and resume his old life. But the educational feature soon impresses itself on his mind. He comes to understand that his own ignorance, coupled perhaps with lack of self-control, is largely or wholly to blame for his plight. He will see that if he wants to journey back to health, he must not be content to be a passenger in the boat, but must help at the oars. The physicians will require his co-operations for the speediest and most complete recovery. Then, too, before going back to his usual occupations, he will have learned what to do to avoid a recurrence of his difficulty.

As far as concerns knowledge about the causes and remedies of disease, medical science continues to make tremendous progress. The results of research are continually spread abroad among the profession. Under the old idea that the doctor was merely a healer, it was enough for him to attend medical meetings and to study medical literature. But as the preventive and educational side of his duties grew more important, it became necessary for him to spread his knowledge abroad among the laity.

The modern doctor, in his effort to forestall disease, takes the patient into his confidence more than did his predecessors, and tells him about right living.

But a great sanitarium has an advantage over the individual practitioner in the multiplicity of its opportunities for teaching. The pupil, instead of having an occasional brief lesson, spends all his waking hours in educational surroundings. He reads health knowledge in a score of publications, he hears it on all sides. It is not taken in as a mere theory, but is practised at the table, in the gymnasium, in the treatment rooms and out of doors. He lives in an atmosphere of improvement along health lines. His associates have a similar purpose, and stimulate him to heightened interest.

To deal specifically with the curriculum of our “University of Health,” the most important of your professors is your physician. He has direct and immediate charge of your case, and you see him daily. Other members of the medical staff are called in consultation as occasion requires, but all tests and examinations are reported back to the specialist to whom you have been assigned. He studies all the data, including account of your condition and its antecedents; and then prescribes your diet, baths, treatments, exercises, etc. He deals with you frankly, and explains just how your ailment was brought on, and exactly how it has affected your various organs. Then follows advice as to how you must order your life if you wish to keep fit. Each day you report to him the effect of the measures he is prescribing; and he varies the diet, baths, exercise, and rest, as your response to them seems to indicate. You thus take an intelligent interest in your symptoms, and learn how to make headway toward health.

The patient in this institution has far more incentive to profit by instruction than has the ordinary college student. What he learns will lessen discomfort and suffering, will aid to prevent disease, will increase both physical and mental vigor, and will lengthen life. Merely as a financial proposition, this is a good investment. Thus, he enters into his studies with zest, seeking information and enlightenment from every possible source.

A dietitian, a graduate of the Sanitarium School of Home Economics, is assigned to look after his food. She is, of course, under the direction of his physician. She seeks to make her patient’s dietary as delectable as possible, and varies his menu according to his preferences. The daily consultations can be of great value to him because of her thorough training, wide experience and sympathetic interest. She will teach him to apply the principles of dietetics to his own case, which should be helpful to him as long as he lives.

The social secretaries, nurses, bathroom attend-
ants, office assistants, and many other employees, are steeped in knowledge of the Battle Creek Sanitarium ideas, and are often sources of real inspiration to the patients with whom they are brought in contact. They give their own personal experience in biologic living, and thus inspire the ardor for health and efficiency. Furthermore, the guests themselves are a most important part of the educational faculty. Many of them have been coming here for years and have absorbed a large amount of health knowledge. Probably they are more helpful, however, for encouragement than for the mere giving of information. They have been personally benefited by their Sanitarium experience, and are glad to tell newcomers just what profit they have derived. This stimulus from outsiders is often most efficacious, for after all, knowledge alone is not enough. It amounts to little unless it is put into practice. Association with those who have adopted biologic living is a great help in strengthening the determination to do likewise.

Health lectures are a part of the regular Sanitarium program. Notable and unique among these is the Question Box, conducted by Dr. John Harvey Kellogg each Monday night. The patients ask a score of questions on every conceivable topic connected with health, which are answered with such fullness as time permits. Regular attendance at this feature will give one an extensive knowledge, much of it being on the health problems of the individual listener. Usually on two other nights of the week lectures are given by members of the faculty. On Saturday afternoon there is a talk on exercise, eugenics or some other subject allied to medicine. There are other lectures on general topics by distinguished guests, which add to the variety and interest of existence at the Sanitarium.

Diet is so fundamental in the scheme of efficient life that instruction in it is persistent. One afternoon each week, a lecture is given in the Parlor on some phase of the subject. Five days of the week, there are food demonstrations, showing the preparation of wholesome foods. On two of these days the patients take part in the cooking. Two of the days are solely for diabetics. They are taught to put together the foods which they are permitted to eat. If individuals wish to acquire skill in a particular branch of cookery, private lessons will be given to them. The aim is to meet every proper desire for knowledge.

"Good Health," the oldest popular health magazine in the world, serves for postgraduate study. Patients by reading it from month to month on their return to their homes, can keep in touch with the marvelous developments of medical science. They are kept informed especially on such points as will aid them in approximating a hundred per cent efficiency.

The books written by Doctor Kellogg, which embody what has been termed "The Battle Creek Idea," form a small library in themselves. They are the fruit of many years of study, observation and experience. In the care of the many thousands of patients who have passed through the Sanitarium in the last half century, there has been developed a great body of very practical medical knowledge. This is of especial usefulness because the control over an individual, the opportunity to keep close daily watch on his symptoms and his responses to diet, treatments, exercise and other curative measures, are far better in an institution than they are when the person is at home or engaged in his usual occupations. Doctor Kellogg has written a long series of books covering personal hygiene in all its phases, and their wide circulation shows their educational value. The most recent of these, "The Natural Diet of Man," is particularly illuminative, the author having gathered and arranged an amazing mass of information on this important subject.
THE BATTLE CREEK SANITARIUM IDEA

Making Physical Exercise a Daily Delight

Regular daily exercises have long been recognized as an essential factor in the science of health-building. Read how music transforms them into a fascinating pastime.

NEVER was there a greater need for physical exercise than in this Twentieth Century. As a result of sedentary occupations, few there are who get other exercise than walking to and from work—and, unfortunately, the automobile relieves the majority of people of this form of exercise. Daily physical exercise is as necessary to maintain health and high efficiency of mind and body as are food, pure water, fresh air, sunshine and sleep.

Inactivity of the body breeds disease deep in the tissues, fills the system with virulent poisons and clogs up the blood stream with impurities.

Forty years ago, Dr. John Harvey Kellogg conceived the idea that corrective exercise could be made more agreeable and more efficient with the aid of music. During all this time, exercise with music has been a conspicuous feature in the system of health training at the Battle Creek Sanitarium. The results have been so excellent that a special series of exercises has been made and adapted to home use with the aid of phonographic instructions with music.

THE HEALTH LADDER is offered as one of the most efficient means by which those who have little health can get more, and those who have good health may maintain and improve it. It rests on a sound, scientific basis, and thousands of semi-invalids have, with the aid of the methods incorporated in THE HEALTH LADDER, climbed to health, happiness and efficiency.

Exercise not only develops the muscles of the limbs and trunk but also the heart, lungs and other vital organs. It stimulates the appetite and aids digestion, blood-making, tissue-building, liver and kidney function—every form of vital activity.

Everyone needs exercise—the growing child, the youth in school, the person past middle life and chronic invalids—all are benefited greatly by corrective exercises. The arrangement of THE HEALTH LADDER is such as to bring all parts of the body into active play, thus encouraging symmetrical development.

Exercise is generally looked upon as a duty rather than a pleasure, and naturally people will put off exercising just as long as possible. But such isn’t the case where there is a HEALTH LADDER in the home. Young and old will look forward to the time set apart for exercising. Their full joy will only be realized when they feel the wonderful results gained by this system of health-building.

True, a number of exercise courses have been placed on the market, but none of them are based on the experience and training gained after a half century at such an institution as the Battle Creek Sanitarium.

Another excellent aid to health is a series of seven vital lessons in health training which are adapted to home use. “THE BATTLE CREEK SYSTEM OF HEALTH TRAINING” is based on a scientific study of more than 150,000 actual cases.

While daily exercise is essential to good health, and is one of the most competent means of promoting long life and efficiency, it must be augmented by proper diet in order to produce the best results.

Diet is thoroughly discussed in this “Health Course,” and every phase of the subject is based on a world-wide survey for the principles of right living.

The busy man or woman who values health will find these invaluable instructions an efficient aid in maintaining health in their daily activities. A special bureau, known as the Health Extension Bureau, which is located in the Good Health Building, cooperates with those desiring to obtain dependable information upon general principles of health reconstruction. For information about the “Health Ladder” write to Modern Medicine Publishing Company, Battle Creek, Michigan.
Senator Robert M. LaFollette and wife, of Wisconsin, have been interesting and interested guests for several weeks. Mrs. LaFollette was a visitor here last year. The Senator avoided politics but consented to give his lecture on "Hamlet." A very large audience greeted him in the gymnasium, and generously applauded his fine delivery and eloquent words.

Senator James Couzens, of Detroit, after a banquet in Battle Creek at which he was the guest of honor, spent the night at the Sanitarium.

One of the most charming and attractive of recent visitors has been Mrs. Harriet Chalmers Adams, of Washington, D. C. She and her husband, Mr. Franklin Pierce Adams, spent three years travelling in Central and South America. Another long journey was from Siberia to Sumatra. She has not been merely a traveler but a scientist bent on adding to the sum of human knowledge about strange places, their fauna and flora, and especially about their people. She has written extensively about her journeys and has also given many lectures. She is a fellow of the Royal Geographical Society, and a member of various scientific organizations in this country and South America. Mr. Adams is first counselor to the Pan American Union.

The outdoor gymnasium is for many men the chief attraction of the Sanitarium this summer. Among experts who come year after year to enjoy volleyball are Messrs. George Y. Travis, a lawyer of East Liverpool, Ohio; L. B. Brydon, coal operator, of Grafton, W. Va., and Walter R. Yates, of Winnetka, Ill.

A recent visitor has been the Rev. Dr. V. G. A. Tressler, Dean of Wittenberg Seminary, Springfield, Ohio. Mrs. Tressler accompanied him.

The Hon. Vespasian Warner, of Clinton, Ill., has averaged a visit annually for the last ten years. Mrs. Warner came with him. He is one of the few remaining officers of the Civil War. He served two terms in the House of Representatives and was Commissioner of Pensions in 1905-9.

Mr. A. R. Beal, of Newburgh, N. Y., an official and a director of the Central Hudson Gas and Electric Company, stopped here for a few days while on his home from the Rotary Clubs' meeting in St. Louis, Missouri. Mr. Beal has been here several times.

Mr. Otto H. Wentcher, of Wichita, Kansas, has been here on his third visit. He was formerly one of the representatives of the International Harvester Company in Russia. His wife has been with him here.

Mrs. Mary Hanchett Stone, of Saginaw, was a guest for several weeks, in which time she organized the Battle Creek Chapter of the Sons and Daughters of Pilgrims. The initial meeting of the branch was held in the Sanitarium parlor. During her stay, Mrs. Stone gave an interesting talk on the European situation, with special reference to Russia. She has traveled extensively abroad, having lived three years in the household of Queen Elizabeth of Roumania, "Carmen Sylva."

Major Henry H. Armstead, of Talache, Idaho, and New York City, was a returned visitor recently. His mother, Mrs. A. M. Armstead, and sister, Mrs. Bessie Armstead Davis, visited him here. He is primarily a mining engineer; but now has large interests in mining and manufacturing. During the war he served in the Engineer Corps, and later was active in the organization of the American Legion.

The important holidays are marked by special programs at the Sanitarium. At the Fourth of July celebration the speaker was General George Van Horn Moseley, who is in command at Camp Custer, just outside of Battle Creek. Through his courtesy the Sanitarium guests enjoyed a concert on the lawn by the Second Infantry Band.

Colonel Jesse M. Cullison, of Washington, D. C., now retired, registered recently.

Mr. Chauncey M. Depew, Jr., our distinguished visitor from New York, is back. He has been a guest several times in the last five years.

Mr. William W. Gross, mine operator, of Joplin, Mo., may be classed as a veteran Sanitarian, having been here thirty-five years ago. He drew many interesting and favorable comparisons between the old and the new institution.

Three brothers, Messrs. James, Michael and Henry Dugan, all of Chicago, formed a family party here. Mr. Michael Dugan was a visitor twenty years ago. He is a retired mine superintendent. Mr. James Dugan is a retired coal operator.

The countries to the south of us are steadily represented in the arrival list, among the summer's visitors being: Mr. Augustus F. Marques, accountant, of Georgetown, British Guiana; Mr. William W. Murkland, purchasing agent, of Lima, Peru; Dr. Pedro P. Palma, of Havana, Cuba; Mr. Felix Schafer, merchant, of Mexico City, Mexico; Mr. Fredrick Norman, merchant, of Havana, Cuba, accompanied by his wife; Mr. Mosies A. Vettes, lawyer, of Havana, Cuba; Mr. and Mrs. Guy Drake, accountant, of Chaparra, Cuba; Mrs. J. R. Arellans and daughter, Miss Marie L. Arellans, and Mrs. Julia Batista, of Havana, Cuba.

Mrs. David Warfield, wife of the renowned actor, is here from New York.

The Rev. John Wesley Hill, chancellor of Lincoln Memorial University, Cumberland Gap, Tenn., has become a familiar figure around the Sanitarium. He has from time to time favored us with one of those eloquent addresses for which he is famous. He spoke this summer on "If Lincoln Were Here."

The golf links of the Battle Creek Country Club is practically an annex to the Sanitarium. Two of the most enthusiastic of the golfing fraternity are Mr. Beverly B. Myles, of New Orleans, mine operator, and Mr. George T. Dunlap, of the publishing house of Grosset & Dunlap, New York. Both visit the Sanitarium year after year.

Mr. Richard M. Fairbanks, lawyer, of Indianapolis, Ind., has been on his third visit here. He is the son of the late Vice-President Fairbanks.

Judge and Mrs. George G. Scott are registered from Detroit.
A Few Pages from the Sanitarium Calendar of Diets

Reducing Diet

**SOUPS:** Clear vegetable broths and soups made with very little fat.
**RELISHES:** Celery, lettuce, endive, cucumbers, tomatoes, radishes, green onions and water cress.
**VEGETABLES:** Greens, asparagus, cabbage, string beans, onions, carrots, Brussels sprouts, turnips, cauliflower, parsnips and mushrooms.
**FRUITS:** All fresh fruits. No dried or preserved fruits except prunes.
**DESSERT:** Fresh fruits should be the only dessert taken. This may be varied with ices and vegetable gelatine.

Laxative Diet

**SOUPS:** Vegetable and fruit soups.
**RELISHES:** Ripe olives, celery, lettuce, tomatoes, French endive, cucumbers and radishes.
**ENTREES:** Eggs, vegetable and cereal loaves, macaroni, spaghetti, cottage cheese or yogurt cheese.
**VEGETABLES:** All vegetables.
**BREADS:** Bran, graham, corn, oatmeal, rye, whole wheat, rolls, buns, bran wafers and bran biscuits.
**DESSERTS:** Sherbets, ices, ice cream, simple puddings, plain cakes, tapioca, dates, prunes, raisins and figs.

Low-Protein Diet

**SOUPS:** Vegetable soups.
**RELISHES:** Ripe olives, celery, lettuce, tomatoes, radishes and cucumbers.
**VEGETABLES:** All vegetables, especially green vegetables, greens and potatoes.
**BREADS:** All breads.
**FRUITS:** All fruits, cooked or fresh.
**DESSERTS:** Light puddings, tapioca, ices and rice custards.

Fruit Diet

**FRESH FRUITS:** Apricots, figs, dates, oranges, pineapple, apples, grapefruit, grapes, pears, peaches, melons, plums, berries, cherries, bananas, raisins.
**FRUIT JUICES:** Apple, grape, prune, blackberry, lemonade and fruit nectar.
**COOKED FRUITS:** Baked apples, baked pears, prunes, prune marmalade, figs, fruit ices, stewed raisins, stewed apples, pears, cranberries, cherries, plums and fruit jelly.

Blood-Building Diet

**SOUPS:** Vegetable soups of all kinds.
**RELISHES:** Celery, tomatoes, lettuce, olives, endive, water cress and radishes.
**ENTREES:** Vegetable loaves, protose, nuttolene, eggs, macaroni, spaghetti, lentils and beans.
**VEGETABLES:** All vegetables.
**FRUITS:** All fresh fruits and cooked fruits. Figs, dates, raisins, prunes, Zante currants, almonds, filberts and walnuts.
**DESSERT:** Plain cakes, ices, ice cream, tapioca, sherbets and custards, malted nuts.

Non-Toxic Diet

**SOUPS:** Clear broth or soup of any vegetable.
**RELISHES:** Tomatoes, celery, lettuce, kraut, endive, cucumbers, radishes, ripe olives. Meltose, Yogurt and cottage cheese.
**ENTREES:** Spaghetti, macaroni, cereal or vegetable loaf.
**VEGETABLES:** All vegetables.
**BREADS:** Zwieback, toast or any bread 24 hours old.
**DESSERTS:** Fruit ices, fruit gelatine and figs.
The Great University of Health at Battle Creek

In the picturesque city of Battle Creek, Michigan, is situated a unique "School of Health"—where thousands come annually to learn how to maintain health and efficiency through "biologic living."

Battle Creek is truly an "Educational Health Center,"—the result of fifty years of growth and development. Three schools based on health training are conducted by the Sanitarium—a School of Nursing, a School of Physical Education and a School of Home Economics—having an average enrollment of 700 students.

A continuous series of physical training activities, health lectures, food demonstrations, educational moving pictures, concerts and entertainments add profitable and refreshing interest to the daily program.

The visitor to Battle Creek absorbs a wealth of information upon the subjects of healthful living and personal hygiene. The value of a wholesome, antitoxic dietary; the necessity of physical activity, fresh air, sunshine, posture training and the outdoor life—these and other essentials are demonstrated by the most practical and scientific methods.

An interesting booklet — "Origin, Purposes and Methods" — will be sent free on request.

Health Extension Bureau
Good Health Building
Battle Creek    .    Michigan