

THE BATTLE CREEK IDEA

VOL. 1., No. 1.

BATTLE CREEK, MICH., DECEMBER 12, 1907.

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Fallacies of Christian Science Are Pointed Out

So-Called Philosophy is Termed a "Quagmire of Irrational Thought" by Dr. Kellogg in Sanitarium Lectures.

INCONSISTENCIES SHOWN

The fallacies and utter lack of reason or logic in Christian Science, as set forth in the text books, "Science and Health," and "Key to the Scriptures," were pointed out by Dr. Kellogg in a lecture given Monday night. The lecture was given in the gymnasium and a large audience assembled and listened with evident appreciation to the doctor's discourse on what he termed a "quagmire of irrational thought."

"I am not going to affirm," said the doctor, "that there is nothing good in Christian Science, but I do assert that what is good in it is not new and what is new is not good. So-called Christian Science is neither scientific nor Christian. It is not scientific because it seeks to destroy the very foundations of science. It declares that the very things with which science deals: things which we feel, taste, touch, smell, do not exist. That material objects have no existence. Now, this is not a new idea. Bishop Berkeley brought forward that idea long years ago. He declared that matter was but an idea—but a picture. Lord Byron, when once asked what he thought of the theory, replied in verse: 'When Bishop Berkeley said: 'There is no matter,'

"'Twas no matter what he said."

Now, Mrs. Eddy finds herself in the same situation. If the theory is true, then she herself is no matter, neither does the book. The million of dollars she has made out of the sale of her books, which cost a few cents a copy and sell for \$5, are also no matter. And it seems very strange that she and her trustees should have been so disturbed recently owing to an attempt upon the part of some of her relatives to get possession of some of Mrs. Eddy's immaterial wealth. If she has nothing she can lose nothing. According to Mrs. Eddy the magnificent temple recently built in Boston is nothing but an ideal.

In reading over this philosophy of Mrs. Eddy's—if one can call it a philosophy—one finds no real system of thought, no logical relation of ideas. It is a hodge-podge. Some one has called it a 'junk shop of effete fancies.' To become convinced of this it is only necessary to read it. The book is its best reputation.

"The real foundation stone on which she bases her science is this: God is good; God created all things and pronounced all things good; a good God cannot create an evil thing. Disease, pain, sin, crime are evil things—

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PLAN "SPREAD" FOR CHILDREN

"Beautiful Time" Is Mapped Out for the Little Ones by Sanitarium Committee

If there is any real contagion in Joy, there will be no lonely or unhappy souls about the Sanitarium Christmas eve, if the present plans of the Sanitarium workers are carried out. At the suggestion of Elder Tenney, it is proposed to give the poor children of Battle Creek—those who would otherwise spend a cheerless Christmas—what the children themselves would doubtless call "a beautiful time."

Which one of us, who cherishes memories of "beautiful times," planned by the tender consideration of those loved ones about us back in that golden time, will refuse to help? It will be our opportunity. There is no room for doubt that our own peace and good-will will be increased in proportion as we share in the plans for happiness-spreading.

The plan was conceived by Elder Tenney and is being developed by a committee which includes Miss Aldrich, Miss Thompson, Mr. Judd, Mr. Robinson and others. The Young Woman's Christian Association and the City Mission will aid in discovering the children

FRUIT GROWERS ARE BANQUETED

"Protest Against Meat" Is Observed and Appreciated by the Members of Horticultural Society

One of the delightful social affairs of the past week was the banquet given at the Sanitarium to the Michigan State Horticultural society, which held its thirty-seventh annual meeting in Battle Creek, Dec. 3-5. The banquet tables were handsomely decorated with fruits and flowers—the crimson blossoms of poinsettias, alternating with mounds of red and white grapes, golden pears and rosy apples, while the menu reflected the principles of the institution—the return to Nature's products and exploited to the complete satisfaction of the guests their epicurean value.

The presence of "protose" on the menu aroused the curiosity of many of the guests. One gentleman looked at the word inquiringly, then said to his neighbor: "Proto—protose, what do you suppose that is?" His quick witted neighbor—who has a reputation for being the wag of the convention body and incidentally is one of the world's greatest horticultural authorities, replied instantly:



BATTLE CREEK SANITARIUM

and it is expected that citizens of the town and guests at the Sanitarium will also interest themselves in the movement.

The children will be invited to the Sanitarium on Christmas eve and be given a real Christmas "spread" in the banqueting room. Afterwards they will be ushered into the big gymnasium, which will be ablaze with light and decorated for the occasion. An orchestra will dispense Christmas music and there will be a wonderful tree laden with gifts of toys and clothing. The committee solicits assist-

"I guess it's a protest against meat."

As a matter of fact the entire menu was a "protest against meat," and an eloquent one, to which each speaker referred in most glowing terms.

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ance in the matter of providing funds for the gifts and any amount, however small, will be gladly received. Subscriptions may be left at the desk or handed to Elder Tenney.

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"Christian Science is sunlight to the body. It invigorates and purifies. It acts as an alternative, neutralizing error with Truth. It

The doctor announced that in his next lecture he would present his views of the influence of mind upon the body.

The Rev. Joseph Clark of Ikoko, Congo Free State will be a guest at the Sanitarium during the coming week. On Saturday he will speak in the gymnasium on "The Present Conditions in the Congo Free State." The lecture will be at 8 p. m. In view of the revelations of atrocities that have taken place in that country, the lecture will be of more than usual interest.

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"A few years ago a metropolitan preacher said to me: 'Doctor, I understand you work like a horse. Now, I have work before me that will require great endurance and I want to accomplish it and I am not sure I can

in my present physical state. Tell me how it is that you can, as they say you do, 'work like a horse.' 'Well,' I replied, 'I eat like a horse. Not as much, but like a horse. I use horse-sense. A horse eats foods that belong to him. He knows what food is good for him and he doesn't make experiments in eating the food that was not meant for him. You college graduates don't know as much as a horse or a cow or a sheep. You have lost your 'horse sense.' His reply was a laugh and a very earnest: 'Doctor, I'm a fool.' I was much pleased recently to note that he was advising young men to eat 'less beefsteak and more fruit.'

"There is nothing so welcome to a man as the news of how he can increase his efficiency. You farmers know that you study to get the most out of your land—to bring the best from your trees. You prune them, you fertilize them, you care for their beauty and their culture. Now, what you are doing for your trees we are trying to do for mankind—getting men in condition to do the best that is in them. The use of flesh foods greatly reduces efficiency—it is like throwing bolts and bars into a boiler—it chokes the fire. That is the reason that you find before you only the fruits of the field. We appreciate what you are doing to make the world healthier and happier."

J. H. Hale, of Connecticut, was the next speaker, followed a humorous vein and told of incidents in the commissariat of the southern peach plantation where the colored brethren demanded "hog and hominy."

W. W. Farnsworth, of Ohio, a successful grower and shipper, drew an optimistic picture of the future of the horticulturalist, if he but took advantage of the opportunities to improve that science, horticultural journals, government experimental stations and schools offered him. He called attention to the fact that shippers had too long neglected the art of packing the fruit attractively. "Follow the Battle Creek ideas and put your commodities up in attractive packages and you will have better results," was his advice. He paid a warm tribute to the profession of horticulture, saying it offered greater opportunities to develop mentally and morally than any other, that the workers should magnify their calling and place it on the pedestal upon which it belonged.

Herbert W. Collingwood, editor of the Rural New Yorker, recited an original poem, and told several pithy stories bearing upon the simple life. Judge W. Prentice, the final speaker, praised in glowing terms the field of horticulture, describing it as the "very poetry and music of farming and the highest and noblest of callings."

SPIRITED BASE-BALL GAMES BEING PLAYED

Enthusiasm over indoor baseball is as keen as ever and devotees are constantly to be seen practicing in the gymnasium. Saturday night there was a spirited game between the Baw-Bees and the Business Office force, Capt. Hood with his Baw-Bees defeating Capt. Steinel's team, the score being 28 to 15. Tuesday night the Baw-Bees played the Office Clerks and won another victory, scoring 39 to the Clerk's 18.

The gymnasium is a busy scene of interest throughout the day. The first drill begins at

Wu Ting Fang Upheld the Battle Creek Idea

Illustrious Chinese Diplomat Has Devoted Much of His Time and Effort to Spreading Simple Life Ideas

HIS RETURN IS WELCOMED

Wu Ting Fang, the illustrious Chinese diplomat, whose return to Washington in his former capacity as Chinese Minister, has been welcomed by the national press with great enthusiasm, has been, for the past several years, an ardent supporter of the "Battle Creek Idea."

Shortly before he returned to China, Wu Ting Fang was converted to the ideas of the simple life—which are identical with those conveyed in the phrase the "Battle Creek Idea"—by Mrs. Mary Henderson, the author of the "Aristocracy of Health," and wife of ex-Senator J. B. Henderson, of Missouri. Wu Ting Fang, when he returned to China, devoted a great deal of his time to propagating ideas of correct living among his fellow countrymen.

The following letters to the publishers of the *Good Health Magazine*, Battle Creek, Michigan, show the interest which Wu Ting Fang takes in the Battle Creek Idea. They are from the diplomat's agent in this country, Mr. Charles B. Haskell, of Norwich, Conn.:

"NORWICH, Conn., Mar. 14, 1907.
"Good Health Publishing Co.,
"Battle Creek, Mich.

"Dear Friends: We have an order for a subscription for one year for *Good Health* from China. Kindly enter on your books this subscription, as follows:

"MR. HO TUNG,
"China.
"I believe the price of *GOOD HEALTH* is \$1, and that the postage to foreign countries is 50c. We enclose check for this amount.

"This order comes through the advice of His Excellency, Dr. Wu Ting Fang, whose subscription I sent to you last year. I hope we shall receive further subscriptions from China through his influence, as he has withdrawn from the diplomatic service of his country, and is devoting his whole time and effort to spreading the truth concerning 'True Scientific Living.' Having been so greatly benefited and blessed himself, he wants all his countrymen to know of the blessed way of life.

"Yours truly,
"CHARLES C. HASKELL & Co.,

"Norwich, Conn., Feb. 13, 1907.
"Pub. *GOOD HEALTH Magazine*,
"Battle Creek, Mich.

"Gentlemen: Dr. Wu Ting Fang of China writes me to renew his subscription for *Good Health*. Will you therefore please enter the subscription for another year, and send us the bill with discount, and we will remit. Wu Ting Fang wishes it understood that he is a permanent subscriber for your magazine until he gives notice to the contrary. You will therefore send me the bill each year, and I will remit for the amount. Yours truly,"

7 o'clock, when the breathing exercises take place under the exercise of Miss Atherton; at 9 a. m. Dr. Colver conducts the regular morning gymnasium drill; at 3 p. m. the afternoon drill takes place and at 6:45 Miss Atherton instructs in club swinging. This is followed by marching under the direction of Dr. Colver, with music by the orchestra.

Join the Walking Club

One of our exchanges suggests that the coming woman will lose the power to walk. "Walking is becoming less and less necessary each year," it declares, "for car lines are continually increasing in number. The children of this generation do not walk as much as did the children of the last generation. Each future generation will walk less than the one preceding it, until the time will come when people will find it impossible to walk, except around their homes or a block or two at a time. And who knows but the time when people cannot walk at all." Surely this is a dark picture, especially for the "radiator-huggers" to contemplate. Following the law of nature that the part of the body which is not used in time becomes useless, it may not be an impossible one.

But the Sanitarium visitors need not become apprehensive so long as they embrace the numerous opportunities offered them here. There is a pronounced tendency on the part of many of the guests to remain in the house in the winter. In the summer time it is a different matter—with tennis, drives, walks, outdoor gymnasium and sun baths, it is sometimes regarded as a hardship to be obliged to go indoors at all.

The winter activities are just as fascinating and just as necessary to the general health of the individual as those of summer. There are sleigh rides, skating parties on Spring lake and Lake Goguwac, and the daily organized walks. The first walk at 6:30 in the morning following the spray, is much enjoyed by many of the patients, while a larger number participate in the cross-country jaunts, starting from the lobby at 2:30. For those who are not in condition to do the more strenuous walk, there is a second party leaves fifteen minutes later, which does not cover so much ground nor go so fast. These cross-country walks are of invaluable aid to the average person, who invariably walks too little and too unsystematically. Get the walking habit. Get into touch with Nature; she has revelations to make to the seeing, and her winter's tale is full of vigorous charm.

NOONDAY CHAPEL SERVICES

The list of leaders for the noon-day chapel services for the next two weeks, is announced as follows:

Friday, Dec. 13—Bible Study, led by Elder McCoy.

Sunday, Dec. 15—Study in the Book of Job by Elder Tenney.

Monday, Dec. 16—Scientific Study, conducted by Prof. Newton.

Tuesday, Dec. 17—Song service.

Wednesday, Dec. 18—Experience Meeting, led by Mr. Eastman.

Thursday, Dec. 19—Lecture, subject, "The Eye," by Dr. Ryington.

Friday, Dec. 20—Bible Study, led by Mr. Robinson.

Sunday, Dec. 22—Bible Study, by Elder Tenney.

Monday, Dec. 23—Scientific Study, by Prof. Newton.

Tuesday, Dec. 24—The Christmas Song Service.

The Battle Creek Idea

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A Foreword

This is the first number of THE BATTLE CREEK IDEA as a weekly newspaper. There have been sporadic issues of publications under this name heretofore, but of a largely different character, and a distinctly different purpose. The new BATTLE CREEK IDEA is, we believe, an entire innovation; it enters a new field with distinctly new purposes, to perform a new, and, we trust, an important service.

THE BATTLE CREEK IDEA aims to cover, briefly, but authoritatively, because in a reliable manner, the health news of the world in general and the detail news and happenings of the Battle Creek Sanitarium, and its immediate field of operations in particular.

It will aim to be a newspaper of the highest type, which means that the editorial and reportorial service will be of the best, that no pains will be spared to produce a highly entertaining, as well as instructive periodical, at the same time conserving the points of accuracy and thorough consistency with the altruistic principles and purposes of the Battle Creek Sanitarium and the "Battle Creek Idea," which it represents.

Of course, you have all, or nearly all, heard the term "Battle Creek Idea," originated, and you know quite well what it comprehends. It represents, in brief, the movement instituted and upheld by the Battle Creek Sanitarium and its numerous allied institutions and enterprises. Health of mind and body, return to Nature methods, out-of-door life, rational exercise, social purity and temperance—these are but a few of the things the Battle Creek Idea stands for.

The efficacy of these very things that the Battle Creek System has been standing for all along is just beginning to receive recognition now in many parts. The entire world is, as a whole, giving more serious consideration to the matter of health building than ever before, and as a result the principles upon which this movement was established are now receiving endorsement by the leaders of sensible men and women the world over.

Now, as to the local field, which will, perhaps, be given the most immediate attention

This paper will serve as a bulletin not only

for announcing the Sanitarium daily program and Sanitarium news, but it will do more than that. It will reflect also the general health movement represented in Battle Creek, not only by the Sanitarium, but by various enterprises which have grown out of it. Its schools, its shops, the Good Health Pub. Co., and other branches of the Sanitarium work which is included under the general title of "The Battle Creek Idea."

From one standpoint this is the most inauspicious time that could be chosen for the publication of the initial number of this paper. There is less "going on" now than there will be at almost any other time of the year. So if this issue impresses you as being at all good, be prepared for a really delectable diet later on.

As the doings of the Sanitarium are of constant interest to the Battle Creek public, the paper will doubtless be a welcome visitor to the homes of large numbers of Battle Creek people who desire to keep abreast of the times. And with its importance those of the outside public who are desirous of following closely the progress of the great health movement taken into consideration, there can be no doubt that the paper will achieve a substantial Sanitarium, local and natural circulation.

Now, just a word to and about the advertisers. THE BATTLE CREEK IDEA will print a limited amount of advertising. It will be only a limited amount that will be solicited. Only the cleanest announcements, those that we can actually recommend to our readers, will be accepted. This is a big guarantee for the advertisers, but it is no more than we have always made in connection with our publications. The rate for advertising space will be very reasonable.

Thus we introduce to you THE BATTLE CREEK IDEA. Take it for what it is and help us make it what it hopes to be.

THE PUBLISHER.

Chicago's commissioner of health, Dr. W. A. Evans, is a man who believes in the healthful effects of fresh air and sunshine and he has taken steps to influence public sentiment to such an extent that the tenement system of that city will be reformed along radical lines.

Consumption, pneumonia and kindred diseases, bred by lack of ventilation and sunshine, are increasing in Chicago at an alarming rate, and Dr. Evans has declared that the crowded, dark, unventilated tenements are the chief cause of it. There were 4,508 deaths from pneumonia in Chicago in the past eleven months, 911 more cases than in the corresponding period of the preceding year. There were 3,173 deaths from consumption. Most of these deaths were due to lack of fresh air and sunshine.

The commissioner purposes to ask for an

appropriation that will enable him to increase the present force of sanitary inspectors, that the unsanitary tenements may be condemned and the present sanitary laws be so executed that cleanliness shall prevail both in public and private property. Vital statistics should be taken with regard to each house, according to the sanitary inspector, so that the owner may be held responsible for the disease and death which it produces.

If this survey is to be rendered really effective against pneumonia, it must include the larder and the bill of fare as well as the back yard and house plumbing.

"Since the facts of vegetarian diet have become known in this country, the people have had a better opportunity to cope with the meat trusts," says The Pathfinder in an editorial. "Not long ago meat prices went soaring and people who ate at the restaurants thought they could discover a reduction in the size of steaks ordered. But meat is coming down; both beef and pork have dropped within the past week or two, and wholesale dealers say the nonconsumption of meat is alone responsible for the reduction. People are coming to know that there are many fruits, nuts and vegetables that in one form or another can be secured the year around which will nourish them just as well as the meat does and at a much lower price."

SWITZERLAND AS A HEALTH RESORT

Out-door life, the tonic effect of winter sports, the health that lies in winter sunshine, is just beginning to impress itself upon the ideas of the health-seeker, who formerly sought the southern resorts to escape from the rigors of winter. Less and less frequently are people of leisure and means seeking the land of straw hats and muslins when Nature is spreading in the North a panorama of beauty and offering vigorous sport that no southern clime can equal.

The latest claimant to "winter resort" honors is Switzerland, the land of ice and snow, with her mountain passes shut off for months together and her Alpine tops inaccessible. But down about her blue lakes, along her highways is winter sport of the finest sort, and thousands go each year from England, Germany, Russia and the north of France, preferring the joys of ski races, bob-sled courses, skating and the like to the dawdling life of the Riviera or of Egypt, Algiers or the Canary islands, which for years claimed them.

Not alone the simply idle rich are seeking Switzerland during the winter period, but health seekers, suffering from asthma, pleurisy, anemia and bronchial troubles derive great benefit from the Swiss winter cold, which is so dry a cold that in the sharpest days invalids may sit out of doors and take a sun-bath.

The True Christian Science

**It Takes the Same Power to Keep
Man Alive As to Make the Man,
Dr. Kellogg Points Out**

GIVES BIBLE STANDPOINT

In his lecture Sabbath afternoon, given in the Sanitarium, Dr. Kellogg spoke for an hour entertainingly on "The True in Christian Science," pointing out in his vivid, graphic manner, the presence of God in everything—in nature and in man, the power before which all science has to bow down and behind which it cannot penetrate.

The gross, material, arbitrary conception of God which the world formerly had, was, he said, gradually being swept away. "There is a growing protest against the old heathenish ideas of God—ideas which were evolved in the dark ages. Christian Science presents to the world a far better conception of God than it formerly had. The Christian Scientists have got hold of this one idea, that God is the source of all power, but they have got it tangled up with a lot of rude, crude philosophy. God and mind are not, as Mrs. Eddy says, one and the same thing. He works in us just as he works in the tree, the flower.

"The Bible is full of recognition of God's presence in all things. In Genesis we read: 'And God formed man of the dust of the ground and breathed into his nostrils the breath of life.' There is but one source of life. The Bible tells us that and the scientist cannot tell us anything different. The power which made us in the first place, stays with us. It takes the same power to keep a man alive that it did to make him. This power that formed us must maintain and preserve us. Take the beating of the heart for an example. Think of the power that controls it—when I lie down, when I walk, when I am in action—controlling and regulating it according to the demand of the body. Now, it takes a will higher and more intelligent than mine to do all that. If I had to take care of my heart every time I exerted myself I couldn't do anything but attend to my heart. What is true of my heart is true of my lungs. What would become of me when I went to sleep, if it were not for this Power above, which 'neither slumbers nor sleeps?'"

The process of creation goes on day by day, every minute. It takes the same power to make men out of apples, bread and potatoes today as it did to make Adam out of clay at the beginning. If God had made man and gone off and left him, he would have died at once. Creation is not a finished thing. Just as long as God's universe exists, God must be continually creating. Paul said: 'In Him we live and move and have our being.' We cannot make a single motion without God. Our very existence depends upon him. This is the scientific fact on which abiding faith must rest.

"You don't have to be afraid God has forgotten you, so long as your heart is beating. I have had a patient say to me that she thought God had forgotten her. I examined her pulse and I said: 'Your heart is still beating, isn't it?' 'Yes,' she replied, 'Well,' I said, 'God then has not left you.' 'But,' I have had people protest, 'Doctor, you know the physiologies all tell what makes the heart beat.

Science can explain all that.' And I have to tell them that there is not a physiology or a book printed that undertakes to tell how or why the heart beats. Everywhere we find evidence of power outside ourselves. One great physicist calls this power the 'non-relative,' another the 'un-knowable,' another, the a-thing-in-itself,' but this is only a way of dodging the use of the Christian word 'God.'

Now, there is an idea which is current in the world, an idea which has impressed on itself most of the creeds of Christendom that God is so far removed from man that he can only be reached through ambassadors. The Catholic church, one of the most liberal churches in the world as regards doctrine,

has worked out a highly elaborate plan of this sort. The same thing may be found in almost all the Protestant churches. If a sick man wants to be healed he sends for a preacher to pray for him with God. He thinks God must be persuaded to heal him, to have pity on him. Now, all this is very little removed from the poor idolator, who bends before his idol of wood or stone. He doesn't believe that the idol can answer his prayer—the idol represents a sub-diety whom he thinks can help him. He hopes to have the idols intercede for him. There are multitudes of people who believe in this same principle—that they must have some good person to act as mediator to influence God in their behalf.

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"The prayer of a righteous man availeth much," but not in persuading God to be kind and to exercise healing power, but rather in helping the one in need to get in harmony with the Divine will, so that the thing needed may be done for him. God is doing the best he can for us all the time. When we surrender our wills to Him He can do for us what he can not do when we are in opposition and out of harmony.

"The foundation on which Christian Science bases its power to heal is that God and Mind are one and the same thing—that mind is God and God is mind. The Christian Scientist believes that if he can set his mind—a part of the Divine Mind—to operating that the individual will be cured because the operation of this mind operates God himself. This is a fantastic idea.

"It is a fact that God heals. First we must have a foundation for belief. Faith is the thing that heals. God always works consistently—never in an arbitrary way. He can't be persuaded to be more kind, more sympathetic, more willing than he is. He is perfect. It is our need that appeals to Him, not our goodness nor our persuasion. We don't have to hunt up any middleman to get him to do it. We may go right to headquarters ourselves."

DOMESTIC SCIENCE DEPARTMENT

ABOUT GARDEN BEEFSTEAK

"Garden Beefsteak" was the mysterious title of a lecture bulletined for Thursday afternoon in the Sanitarium parlor. Whether it was the element of mystery suggested in the title or the suggestiveness of the "flesh-pot" of former days, it served to attract an audience, masculine and feminine in its make-up. The interested ones were smilingly greeted by Miss Lenna Cooper, of the Domestic Science Department, who stood before a table covered with a snowy cloth upon which rested several "humpy" articles, hidden from the gaze by more snowy damask. It was not until she had explained to her audience the food value of legumes, nuts and cereals, as compared to that in beefsteak and other meats that those napkins were removed, and her audience given the privilege of sampling the turkey that had never strutted or gobbled or undergone the ignominious fate which turkeys generally have meted out to them—decapitation. The mock roast turkey looked the part: he was beautifully brown and had the required number of wings and drumsticks and as he lay garnished on the platter, could hardly have been told from the creature whose understudy he was. But Miss Cooper explained that he had evolved from a combination of beans and eggs, granola, nut meal, sage and grated onion, all properly blended with cream and done into form

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GREAT SMOKE SALE

Arthur D. Smith

20 West Main St.

BATTLE CREEK'S LARGEST CLOTHIER

Will Slaughter at a Great Sacrifice his entire Clothing Stock. The reason of this Gigantic Slaughter Sale of Fall and Winter Clothing is that during the recent fire in the Redner Grocery, which is in the same building, his entire stock of clothing was slightly smoked up. The stock must now be sold at the earliest possible moment. Arthur D. Smith has been established here for 20 years and has the best of reputation for square dealing. This clothing stock must be turned into cash no matter what the loss. We mention below a few items.

A Fine Suit all to Match during this sale	\$2.89	Children's Suits	89c
Men's Fine Business Suits	\$4.98	One lot of Children's Suits worth \$3.00	\$1.39
Men's all wool Suits in color Browns and Patterns		Child's Suits in all colors	\$1.98
such as sold for \$18. and \$21	\$9.98	Child's Over Coats, Blue, Black and Gray	\$2.43
Men's Fine Dress Suits equal to the fine tailor made suit at	\$16.45	Young Men's Suits in all color, worth \$10. and \$12.	\$4.98
Men's Work Pants	89c \$1.29 \$1.49	Black and Brown Sox while they last at	3c
Men's Extra Fine Pants, worth \$5.00	\$3.89	All 50c and 75c Soft Shirts one price	44c
Overcoats in Black and Gray	\$3.89	All \$1 and \$1.50 Fancy Stiff Bosom Shirts at	77c
Kersey Overcoats Black and Gray	\$4.97	All our Double or Single Breasted Heavy Fleece Lined Underwear worth 75c at	44c
150 Overcoats Fine Kersey and Melton	\$10.89	Cut Prices on all Furnishing Goods	
Men's Extra Fine Dress Suits, Satine Lined	\$9.87		

This entire Stock of Clothing is from the best makers such as The Stein Bloch Co. You should not miss this Great Opportunity. This is a Compulsory Sale.

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Mich.

Bernard Shaw on Vegetarianism

No WRITER of today has a more comprehensive and thorough knowledge of the real workings of human society than has Bernard Shaw. He has fought his way unaided from comparative poverty and positive obscurity to one of the highest positions in the world of letters. He has been a total abstainer from meats, alcohol, and tobacco since the age of twenty-one.

Leonard Henslowe has a very vivid and interesting interview with Bernard Shaw in the October number of *Good Housekeeping*, from which we quote:

"I have been a so-called vegetarian since 1881," said Mr. Shaw, and the interviewer interposed with the statement that it was said that Mr. Shaw was addicted to the habit of eating oysters in secret.

"As a humorist who stated the unmitigated lie is a friend of mine," said Mr. Shaw, "I desire to contradict it as gently as possible. You may class it with the periodical statements that Tolstoy is on his deathbed, broken down for want of meat. As a matter of fact, for more than a quarter of a century I have lived and worked without flesh, fish, fowl, tea, coffee, tobacco, or spirits; and any statements to the contrary are entered in the books of the Recording Angel the moment they are made as aggravated and outrageous falsehoods."

"And is it to your diet that you contribute your good health?"

Mr. Shaw answered "No" to that question, saying that in the first place he was never in what he would call good health, because no matter how much health he should be given, he would always abuse it by overworking. His next statement, however, showed that his conception of health differed very much from that ordinarily held. "I am seldom more than ten times as well as an ordinary carcass eater," said Mr. Shaw.

After further discussion of this question, Mr. Shaw continued: "It is as plain as a pikestaff that man can get his threescore years and ten out of beefsteaks just as effectually as out of bread and cheese. The real question is, Does he get a higher or lower quality of life out of the beefsteaks? I believe he gets a lower.

"Herbert Spencer tried vegetarianism, and found that he could not do as much work as before. How do you account for that?" asked the interviewer.

"He accounts for it himself unconsciously in his autobiography," answered Mr. Shaw. "He used meat as a stimulant to enable him to draw on his vital capital and overwork himself. He lamed himself permanently by doing it. If he had taken the warning that vegetarianism gave him, he would not have ended as a hypochondriac who had to carry about plugs of cotton wool to stop his ears when the exertion of listening to a conversation overtaxed his meat-fed strength."

The following are some very pithy quotations from Mr. Shaw's remarks:

"It is so foolish and unnecessary to eat corpses. Think of all it implies. Millions of men, from the shepherd to the butcher, become mere valets of animals while the animals live, and their executioners when they diet. And meat is a stinking diet! Feed horses on meat and they would have to be excluded from the city precincts.

Mr. Shaw not only abstains from meat,—thus removing one of the most serious handicaps to creative brain work that exists,—but he also, in this interview, expressed himself with characteristic vehemence and truth on

other aspects of rational living. Thus, he is a firm believer in the value of fresh air.

Mr. Shaw is one of those who practices what he preaches. He works in the early forenoon, between breakfast and lunch, and, whenever the weather will permit, in the open air. "I am speaking now of my hardest work, my creative, my original work," said Mr. Shaw. "Of course, I blaze away at business or at political committees, or deliver public addresses, or correct translations of my works in the afternoon or evening; but the real thing—what I call work—is over when the luncheon bell rings."

"Smoking is almost universal among writers," the interviewer interjected; but Mr. Shaw wrathfully interrupted:

"Filthy habit! Put your nose into a smoking carriage in the morning before it has been aired—are they ever aired?—and then smoke if you can without blushing. The principal proof that life in the middle ages was decanter and cleaner than it is now, was not so much that they produced such beautiful things and really liked them, but that they didn't smoke.

Men smoke when they have nothing better to do. I know a man who knits instead; and it answers perfectly; women have only taken to smoking since knitting has ceased to take their spare time. I know a chemist who cannot smoke while he is doing his fine research work, for then he needs a particularly steady hand. But when he wants to idle, he smokes cigarettes. Most men do nothing that needs a steady hand. If they did, they would soon notice the effect of smoking. Men smoke when they are doing nothing, when their time is worthless, in fact.

"One thing is certain, though; vegetarian diet helps people to keep their tempers instead of wasting them in useless anger and splutterings. It saves and conserves temper, and temper is the life. Most people haven't half temper enough, and the little they have they waste, because they cannot keep it on a diet of stout and oysters, steak and porter."

THE EXPERIMENTS AT YALE CONFIRM THE BATTLE CREEK IDEA

The Yale experiments conducted by Professors Russell H. Chittenden, Lafayette B. Mendel, and Irving Fisher have been, of course, far and away the most notable of the experiments and tests through which the world has been shown by the most authoritative and approved scientific methods that the dietary ideas practiced at Battle Creek are those most in accordance with the true needs of the human body.

Perhaps the most broadly interesting of these Yale experiments were those having to do with the question of endurance. The vast majority of people are not ambitious to excel as athletes. They find more enjoyable forms of work in life than putting up big dumbbells, or kicking a football, or breaking records on the athletic field or in the gymnasium. Of course, everybody wants to be strong and to have well-trained and active muscles, but on the whole, what the majority of people need in order to lead efficient lives is simply stick-to-it-iveness—the ability to work without deteriorating, without running down like worn-out machinery. Professional men, day laborers, students, and athletes, all need this invaluable quality of endurance—this quality that is the true capital in the Bank of Life to be at their command day in and day out, with a reserve ready to be drawn upon whenever emergencies arise.

And it is here that the Battle Creek Idea bestows its benefits upon those who truly grasp its simple principles. To live right is to sleep right, and to think right. The right way of living is simply another form of saying, The Battle Creek Idea. And from men and women, and from great and celebrated

institutions of learning and research, not at all connected with the Battle Creek Sanitarium, has come of late proof after proof, confirmation after confirmation, that the methods of living which the Sanitarium teaches to all who listen, are natural and right.

Plan to Form Health Clubs

Advanced Move in Chautauqua Circles Bodes Well for the Spread of Simple Life Gospel

A new era in Chautauqua work will be marked by the dedication of Geisel Hall, at Miami Valley, O. The dedication will take place early next year.

Four years ago \$2,000 was donated by a few friends of health reform for the erection of a hall on Chautauqua grounds to be selected by a committee, to serve as headquarters for a definite, aggressive health movement. The committee awarded the money to the Miami Valley Chautauqua. At the last assembly \$2,000 was added to the original sum, and plans laid for a hall of health to be known as Geisel Hall, in honor of Dr. Carolyn Geisel, of the Battle Creek Sanitarium, whose health classes have been so enthusiastically received at all the Chautauqua Assemblies where she has lectured.

Dr. Gunsaulus, of Chicago, is deeply interested in the project, and has donated \$200. The hall will accommodate 400 persons, and will be built in the Ionic style. At one end two smaller buildings in Japanese style will serve, one as a model kitchen, the other as a model bedroom. Several courses of instruction will be given each season, including nursing, cooking, and physical culture. At the end of two years, diplomas will be awarded to those who have completed required work.

At the close of the last Assembly, so enthusiastic were the ladies of Miami Valley that they organized a club, auxiliary to the Miami Valley Chautauqua, to be known as the Miami Valley Chautauqua Science School. Forty names were enrolled as charter members, and the work of perfecting the organization is going forward.

ARRIVALS

Arrivals during the past week: Mrs. Harry McCreary, Pa.; Mrs. J. C. Hoffstetter, Pa.; F. C. Bailey; Mrs. P. T. Hale, Ky.; Mrs. Frank Papenfus, Ohio; Frances E. Lathrop, Ill.; A. Katzenmeyer, Miss.; W. B. Cater, Ill.; John H. Greieve, Ohio; Charles A. Souders, Ind.; John Deuel, Mich.; Dr. R. M. Cater, Mo.; Mrs. W. E. Cook, Ind.; Mrs. W. W. Gaar, Ind.; A. B. Traeder, Iowa; W. Kersgaard, Copenhagen; O. Tague, Ill.; Mrs. Lamoreaux, Miss Lamoreaux, Wis.; Mrs. W. A. Schnable, Ill.; Mrs. A. M. Dudgeon, Ark.; Chas. D. Bolin, Mo.; Mrs. D. T. Haskett, Ill.; J. Walter Hay, Pa.; B. G. Tremaine, Ohio; Mrs. R. J. Wimond, Ind.; Wm. Koelkebeck, Ills.; George Wharton James, Calif.; S. T. Zemp, S. C.; J. S. Gray, Canada; J. M. Vaughan, Ky.; Mrs. J. L. Minor, Tenn.; A. Ross, Ills.; Vincent Kernens, Mo.; Mrs. E. R. Wheeler, City; A. C. Leigh, Miss.; F. A. Jones, Mont.; M. P. Clarke, Minn.; Geo. E. Farmer, Tenn.; H. L. Herrett, Wyo.; J. C. Kiscock, Wyo.; Mrs. S. M. Baker, City; W. E. Lamson, Mich.; Mrs. F. G. Brosius, O.; E. E. Brosius, O.; Dr. F. W. Schneers, O.; Jas. L. Hawley, West Va.; W. W. Dailey, Ky.; Geo. W. Pillman, Mo.; Mrs. C. L. Knight, Ohio; E. Gaekley, Ohio; Mrs. M. Stafford, Ill.; J. B. Wolf, Pa.; Ernest E. Dickenson.

Helicon Hall on the Hoof

Author of "The Jungle," Who Has Been Sanitarium Guest to Head An Interesting Pilgrimage

Mr. Upton Sinclair, author and Socialist, who for some months past has, with his family, been living at the Sanitarium, has completed plans for an interesting co-operative society pilgrimage, which will be even more radical than Helicon Hall in its departure from conventionalities. In speaking of his project the other day, Mr. Sinclair said:

"The new colony will be Helicon Hall on the hoof. We shall live in wagons and tents. We shall tour California, first of all, and then go to Europe, visiting all the noted places and people, such as the Socialist authors, Bernard Shaw and H. G. Wells. The Countess of Warwick has invited us to spend a week at Warwick castle. We shall live for 10 years this way, educating our children next to nature. We shall be vegetarians and non-rent payers and go in for dress reform and all other radical ideas which appeal to us. Some of us, who were at Helicon Hall, have longed for a renewal of co-operative life, away from cities and yet without the monotony of the country."

MAGAZINE MAN TALKS

In an informal parlor talk given at the Sanitarium, Michael Williams of the American Magazine, told of the growing favor with which the "Return to Nature" movement was regarded by the world at large. "I consider it the most significant movement of the present day," he said, "it means the regeneration of civilization as a whole." Mr. Williams was engaged by a magazine to go to Yale and study the experiments being performed there by Prof. Crittenden, physiological scientist; Prof. Irving Fisher, instructor of Political Economy, and others who were aroused to the importance of diet and proper mastication through the prominence given the movement by Horace Fletcher. Mr. Williams gave a resume of the experimental work at Yale and of his personal experiences in meeting noted men who have adopted the vegetarian diet and have been benefited to an astonishing degree. He told of how he had been led to Battle Creek, where he found the "whole movement summed up and expressed as it never has been before."

Domestic Science Department

Continued from page 6.

with a spatula. With a series of charts she showed the comparative amount of proteid, fats and carbohydrates in meats and that of legumes, nuts and cereals. A pound of beans contains as high a fuel value (that is, the same number of calories), as is found in a pound of porterhouse steak; it also contains as much proteid, chemically as a pound of the meat. "Legumes, and by these we mean beans, peas and lentils, are the cheapest source of proteid to be found and yet they are not given the proper place usually in the diet," said she. "Many people believe they cannot digest beans. The trouble is generally with the hulls. Hulled beans may be procured, or if they are not liked, the cooked beans may be put through the colander—thus doing away with the objectionable hull which has no food value."

"In nuts and nut foods contain an average of 20 per cent. proteid, while the amount of fat is even higher than in the flesh foods, averaging between 50 and 70 per cent. The percentage of carbohydrates is small, but they are a much more nearly balanced food than meat. A pound of nuts contains more than three and a half times the food value of a pound of steak, in fact, they are the most concentrated form of food we have."

The nuts, cereals and legumes she dubbed "sympathetic meats," explaining the term as

meaning certain foods in which was found the same chemical composition as that of meat products.

Savory Roast or Mock Turkey.

- | | |
|--|--------------------------|
| 1 cup of either pease, beans or lentils puree. | |
| 2 eggs. | ½ cup granola. |
| 1 medium size onion, | 1 teaspoon sage. |
| grated. | 1 cup strained tomato. |
| 2 cups nut meal or | 2 teaspoons celery salt. |
| finely grated chop- | ¼ cup of cream. |
| ped nuts. | |

Cream Bread Dressing.

- | | |
|---------------------|--------------------|
| 3 cups bread crumbs | 1½ teaspoon grated |
| 1 teaspoon sage. | onion. |
| ½ cup cream. | ½ teaspoon salt. |

Bean Croquettes.

- | | |
|----------------------|---------------------------|
| 2 cups stewed beans. | 2 teaspoons butter. |
| 3 cups corn flakes. | 1 teaspoon salt. |
| | 3 teaspoons tomato puree. |

Writers Go to Bermuda

Messrs. Upton Sinclair and Michael Williams, with their wives and families, will leave the latter part of the week for the Bermuda Islands, for a two months' sojourn. In April they will start for California to begin their pilgrimage along the Pacific Coast. They will be keenly missed by the Sanitarium family, but it is trusted they will some day return and all friends join in wishing them a Bon Voyage.

Shoes & Rubbers

BUY NOW AND SAVE MONEY

30 Per Cent Discount

Having purchased the entire shoe stock of the late Garrett Gerould, we are selling out the same at a great discount to make room for new goods. Come in and look over the bargains.

Shoes and Slippers always make a practical Xmas present.

RIGGS & ALDEDYCE

217 W. Main St.

Craftsman Pillow Covers
Scarfs

Hand Tooled Leather

Hammered Brass
Novelties

BELLE ROBERTS

Needle Work Shop

6 ARCADE

Dainty Needle Work
Novelties

New Huckabuck for
Towels

Laundry Bags

THE BATTLE CREEK IDEA

VOL. 1., No. 2.

BATTLE CREEK, MICH., DECEMBER 19, 1907.

PRICE, 2 CENTS.

CHILDREN'S CHRISTMAS CHEER A CERTAINTY

Battle Creek Citizens and Sanitarium Guests Are Generous Givers.

THE PLANS ARE OUTLINED

"Put me down for fifty pounds of candy." That was the reply one of the white-haired guests of the Sanitarium gave when asked if he cared to contribute to the poor children's Christmas feast! He hadn't forgotten that candy is as inseparable from Christmas in a child's mind as the tail from the kite. Of course it will be the very best sort of health candy and there will be no little "tummies" that will have to be doctored as a result, on the morning after.

Such a generous response as has been made to the appeal by the committee! Local merchants have without exception given with an open hand from their store: Caps, mittens, shoes, underclothing, hoods, scarfs, and then the toys! No little child need go toyless to bed on Christmas night. There will be dolls, and horns, and drums and Teddy bears and blocks and books and all the things that children's hearts delight in.

The children—and from all accounts it is estimated the number will approach very closely to 200—will gather at the Sanitarium at 5 o'clock Tuesday afternoon. They will be entertained in the chapel with music and recitations until 6 o'clock; then they will be taken upstairs to the banqueting hall on the sixth floor and there for another hour they will be feasted with all the good things that the Sanitarium management has provided. At 7 o'clock they will march into the big gymnasium where the huge Christmas tree laden with gifts will be blazing a welcome to them. On the march they will pass a manger, hedged about with shocks of corn and grasses, from which will be distributed bags of candy.

A programme of music, recitations and other amusements, a number of which are being kept a secret by the entertainment committee, will precede the distribution of gifts. Guests of the Sanitarium will be permitted to watch the entertainment from the balcony. Seats should be engaged in advance.

Christmas

"I am sure I have always thought of Christmas time, when it comes round—apart from the veneration due to its sacred name and origin, if anything belonging to it can be apart from that—as a good time; a kind, forgiving, charitable, pleasant time; the only time I know of, in the long calendar of the year, when men and women seem by one consent to open up their shut hearts freely, and to think of the people below them as if they were really fellow passengers to the grave, and not another race of creatures bound on other journeys."—Charles Dickens.



MANY COLLEGE MEN STUDYING THE BIBLE

50,000 Bible Students Enrolled
on Y. M. C. A. Study
Courses.

Mr. Neil McMillan, Jr., associate secretary of the Student Bible Department of the International Committee of the Young Men's Christian Association, has been a guest at the Sanitarium during the past week.

"There are 50,000 young men in the colleges of this country studying the Bible this year," said Mr. McMillan, "and we hope to greatly increase the number. Practically every man in the sophomore class at Yale is taking some one of the various Bible study courses. In the University of Illinois there are 725 men enrolled. In the Nebraska state university 550 men are enrolled and nine out of eleven of the fraternities have Bible study groups. The work is directed by a committee of seventy leading educators and statesmen of the country."

Man's Maker, Man's Healer

Dr. Kellogg In Sabbath Afternoon Lecture Tells of Healing Power and How It Works.

That there is a divine agency constantly at work—a superhuman power operating in a perfectly natural way for our good, was clearly pointed out in address given before Sanitarium guests in the parlor Sabbath afternoon by Dr. Kellogg. The subject of his discourse was "Healing Power, What It Is and How It Works," and his explanation, from a background of science and his own deep underlying faith, succeeded in creating a profound impression upon his audience—an audience to whom

Continued on page 3.

ENTERTAIN OFFICERS OF SALVATION ARMY

Leaders Are Vegetarians—Dr. Kellogg Warmly Praises Army's Work.

Twenty officers and well known members of the Salvation Army were guests of Dr. Kellogg at the Sanitarium Sunday night at an informal banquet. The affair was in honor of Col. Scott, provincial officer for Michigan and Indiana, who with Staff Capt. Irvins, is on a tour of inspection of the various corps. The guests included Capt. H. J. Clifford of the local corps and several bandmen from Kalamazoo.

Dr. Kellogg addressed the members at their afternoon meeting, warmly praising their work and asserting that history would record amongst the highest achievements of church work the organization of the Salvation Army. It had brought forward some of the greatest ideas for practical Christian service—ideas that were being adopted by other churches over the country. "There was no such thing as an institutional church until after the Salvation Army came into existence," said he. "I have never been able to plan any new work along these lines but I discover that the Army has already developed the same idea."

It may not be generally known that most of the leaders of the Salvation Army are vegetarians and that the regulations of the body urge that a non-flesh diet be adopted. General Booth has been a strict vegetarian for the past eight years and his wife, before her death, did much to further the movement among the workers. Chief-of-Staff Bramwell Booth and his family of seven children, are all vegetarians and are well known for their powers of physical endurance and intellectual attainments. Lieut.-Col. Damon, another leader of prominence, has long been a follower of the return-to-nature movement, living on two meals a day and eschewing flesh foods.

GIFT TO LIBRARY

The Sanitarium library is pleased to acknowledge the receipt of one hundred and thirty-eight volumes of official records of the Union and Confederate armies. The books were the gift of the government war department and were obtained through the courtesy of Congressman Washington Gardner. They will undoubtedly prove a valuable source of reference to library visitors and college students.

Anecdote of Cato

Cato, the censor, made many speeches in the Roman senate.

No matter what the subject matter, however, it was his custom to end every speech he made in this manner: "It is also my opinion that Carthage should be destroyed, and that Christmas shopping should be done early."

BRITISH PHYSICIANS CONDEMN MEAT EATING

Remarkable Manifesto Striking at the Flesh Dietary and Up- holding Vegetarianism Is Issued.

A number of London medical men have issued a remarkable manifesto in favor of a vegetarian diet. The following is the text:

"We, the undersigned medical men, having carefully considered the subject of vegetarianism in its scientific aspects, and having put its principles to the practical test of experience, hereby record our emphatic opinion that not only is the practice based on a truly scientific foundation, but that it is conducive to the best physical conditions of human life.

"The diet of vegetarianism provides all the constituents necessary to the building up of the human body, and those constituents, as proved, not by the misleading tests of the chemical and physical laboratory, but by the experience of numerous persons living under normal conditions, are at least as digestible and as assimilable as the corresponding substances obtained from flesh.

"We therefore claim vegetarianism to be scientifically a sound and satisfactory system of dietetics.

"Moreover, considering the liability of cattle and other animals to ailments and diseases of various kinds, and the pure character of food obtained from vegetarian sources, we are convinced that abstinence from flesh food is not only more conducive to health, but, from an esthetic point of view, is incomparably superior.

"Robert Bell, M. D.
"George Black, M. D., Edin.
"A. J. H. Crespi, M. R. C. S.
"H. H. S. Dorman, M. D.
"Albert Gresswell, M. A., M. D.
"Walter R. Hadwen, M. D., L. R. C. P., M. R. C. S.
"John Reid, M. B., C. M.
"George B. Watters, M. D.
"J. Stenson Hooker, M. D.
"Augustus Johnston, M. B., M. R. C. S.
"H. Valentine Knaggs, M. R. C. S., L. R. C. P.
"Alfred B. Olsen, M. D., M. R. C. S.
"Robert H. Perks, M. D., F. R. C. S."—
From London Daily Express.

(All the physicians whose names are signed to the above manifesto are men of prominence in their profession in Great Britain. Several are members of the Royal College of Surgeons, or licentiates of the Royal College of Physicians. George Black is professor of physiology at the University of Edinburgh.

I Am Glad

I am glad to think
I'm not bound to make the world go right,
But only to discover and to do,
With cheerful heart, the work that God appoints.

I will trust in Him,
That He can hold His own; and I will take
His will, above the work He sendeth me
To be my chiefest good. The glory is not in
the task,
But in the doing it for Him. —*Jean Ingelow.*

The yearly course that brings this day about
Shall never see it but a holiday.

—*Shakespeare.*

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening, conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Somebody asks me what I do for food when I travel.

A. I take it with me sometimes; sometimes not. It is possible to find wholesome food almost anywhere. I tried an experiment a number of years ago in traveling in Turkey and Egypt. I tried the experiment of living on the products of the country in which I was traveling. I had no difficulty. In Egypt I found these things which I could eat very easily: Bread, and very good bread, too; the bread of the country is good native bread, made from coarse flour and is very wholesome; figs, they are very good, and dates which are very, very good, indeed. Raisins which were all right, and that was about enough to eat—all I wanted. Bread, nuts and fruit—that is a plenty. I always took care to have some bread in my bag, and a pound or two of nuts of some sort—hazel nuts or pistachio nuts, nuts of some sort, and a few raisins, and some figs; and I generally made my meal out of this simple food and got along all right. I noticed in traveling on the Mediterranean that the sailors, the Greek sailors there who are very hardy, tough, vigorous men, sat down upon the deck and made their meal out of black bread, rye bread and ripe olives. They seemed to thrive on this diet of simply bread and olives. Potatoes you can always find almost everywhere. Potatoes and a few fresh vegetables, and bread and fruits and nuts are all one needs. Certainly, if you want to eat eggs, you can add them; you can always find eggs, but can get along very well without eggs. I rarely eat an egg, not any more than once in six months; and I never eat milk of any sort; I never use much of the milk products, but I live on just the simple products of the earth, and I find it very much more wholesome. I have been experimenting with a great many different diets the last forty years. I discarded meats some forty years ago, and have been experimenting with different sorts of diets and combinations. I used milk quite freely for some years, and eggs quite freely, and found I had to discard them all, and for a number of years I have lived upon a very simple diet of bread, nuts, potatoes, and fruits, and I am quite satisfied, and find myself a great deal better for it.

Q. Can we do anything with olive oil to keep it from getting rancid, or to make it wholesome, prevent it from becoming somewhat rancid?

A. After olive oil has become rancid it costs more to purify it than it is worth. It can be done, but it is not worth while to underake it. If you wish to preserve the oil, it is only necessary to add fresh oil, oil that is perfectly fresh—take such oil and sterilize it as you would milk; or can it in a fruit can as you would fruit, and you have to heat it to a little higher temperature; it is necessary that it should be heated to the boiling point or a little above the boiling point for half an hour, then it keeps all right.

Q. What is a cold?

A. A cold is not a cold at all, but a heat. It is an infection; it is due to a lowering of the vital resistance. Some part perhaps may be congested, and the resistance of the body being lowered, the bacteria in that vicinity find opportunity to grow and develop and set up an irritation, and that is a cold in the head, or a cold in the bladder, or catarrh of the stomach, or catarrh of some other part; catarrh or cold in some other region. You take cold by a prolonged chill of some part, resulting in the relaxation and congestion and stasis of blood in some related part. For instance, you chill the back of your neck, and you will have congestion of the throat. Chill the soles of the feet, and you may have congestion of the bladder, congestion of the stomach, or of the bowels, or lungs, or kidney, or nose—in fact of any part of the body almost, there may be a chill, and such a part may be disturbed, chilled, congested in this way by chilling the feet.

Q. How can a person sterilize milk at home?

A. Here is a very simple method. Make a saturated solution of common salt. Say in a steamer or a double boiler. Any sort of boiler or kettle will do—a big tin boiler. Then put your milk up in bottles—get strong beer bottles that have been well cleaned; these are good for the purpose. Put the corks in loosely. Tuck the corks in the top without tightening them. Put the milk in the bottles, then put the bottles down into the brine and raise it to the boiling point. That will be about the temperature of 220 degrees, and after thirty minutes' boiling in this brine—of course none of the brine gets into the bottles—then tighten the corks, fasten them down with wire, allow them to remain and cool off in the brine. If you like you can put the milk into the bottles, wire the corks down tight, then put these bottles into the brine and boil them for half an hour. They will not burst if they are good, strong bottles; but there is great risk in taking them out. If you take them out and dry them, they will crack, burst very quickly, but if you set the vessel which contains the bottles off the stove, let it get cold, in the morning they will be all right. The slow cooling will anneal the glass again, so there will be no difficulty.

DOMESTIC SCIENCE LUNCH

On Monday Group No. 1 of the Domestic Science class gave the first of a series of luncheons to be given by the members during the winter term. The guests included Dr. Kellogg and other members of the faculty and Sanitarium board. Each group elects its own hostess, cook and waitress. The young women who entertained were Mrs. Grace Guinan, Miss Bettie Stark and Miss Mary Ferguson.

MANY SLEIGHING PARTIES

The excellent sleighing of the past week has given opportunity for numerous sleighing parties. To many of the Southern guests of the Sanitarium the experience was a novel one. On Sunday afternoon, after the snow had ceased falling, fifty guests had registered for rides. Divided into parties of from six to twenty they went out about the town and over long stretches of country roads, returning with lungs filled with ozone and cheeks glowing from the contact of the crisp winter air. For nearly every afternoon and evening of the week parties have been arranged. Prospects seem bright for a prolonged sleighing season.

Man's Maker, Man's Healer

Continued from page 1.

the subject of healing is of paramount interest. "Lack of knowledge of what the real 'healing power' is," said the doctor, "is responsible for more mistakes than any one thing. Christ asked: 'What go ye out for to see?' That question might be asked of many people—seeking here and there, rushing all over the world in search for health. If it were only understood what the healing power is—that it may not be found in one spring, in one climate, one nostrum—that it cannot be bottled and corked up, the world would be better off. This thing that has such creative power couldn't be gotten into a bottle. You might as well try to bottle up the sunshine. Healing power is a thing that is abroad—in the air. It is the creative power that is in and all about us.

If your watch is out of repair you take it to a watchmaker, don't you, to get it mended? If your shoes need repairing you take them to a shoemaker. Now, when a man is out of repair he must go to the man-maker for repairs. It takes the same power to mend a man that it does to make him. This is scientifically true and scripturally true. A sick man is only different from a well man in that his bodily functions are being carried forward with difficulty. Suppose he loses part of his skin. New skin must be created to cover the raw spot. Now, skin is being created all the time; for it is being destroyed constantly. That is why we eat food—to replace that which is being destroyed. The average laboring man consumes himself every month. Ten or twelve times a year the substance of the body is changed. Now, the change is just as much a creation as the first creation. The only parts of the body that do not change materially are the bones and teeth; the blood changes every six weeks. Of the 30,000 million blood cells that each of you had in your bodies a month ago not a single one of them is alive today. Eight million blood cells die every second and 8,000,000 are created.

Take an æmic patient. What is the matter with him? Poisons are being formed in his system that consume his blood faster than they can be created. What can we do for him? The thing to do is to stop the killing off—to stop the absorption of poisons. Gradually the blood cells increase to 50 per cent, 60 per cent until it climbs up to 100 per cent and he is in his normal state. Nothing new has entered his body. No new force, no new process. We have simply stopped the destruction of his blood.

"There are 5,000,000 blood cells in every drop of blood. Sometimes we find a man with only 300,000, one-seventeenth of what he should have. We recently had such a patient. But he eventually went home with 4,500,000. Now that was not a miracle. It was simply a stopping of abnormal destruction. What is true here is true of every other vital process. Take the typhoid patient. Certain bacteria have entered the body; have grown and produced poisons; they are absorbed and grow in the blood. The man has not simply an intestinal disease. He has a general disease. The same is true in pneumonia. We do not confine the treatment of pneumonia merely to the lungs. The whole body is sick. The thing we have to deal with is a general infection of the body. If we could remove the poison, that would be the thing to do, but we can only look on and wait for the power that is within the body, which works most wonderfully, to combat the invading germs and restore the man to health. There is no remedy, no treatment that will cure the patient, nothing but the

power that is within him. The patient gets worse every day, the pain and cough are worse, his fever is higher, when suddenly there comes a change and the patient begins to get better. Sometimes the change comes without anything being done; the temperature lowers, perspiration breaks out, the body begins to throw off a great quantity of salts.

In a few hours the patient is convalescent. The wonderful change is due, not to medicine or treatment, but to the operation of the power within—the healing power, the creative power, the power which maintains life and health against disease. A study of how this power works is most fascinating. When a person suffers from pneumonia or typhoid fever or any other infectious disease, his body is invaded by germs.

"In the blood are some wonderful little cells whose duty it is to pursue the germs and destroy them—the germs are actually digested by these cells. Ordinarily in every minute drop of blood there are 6,000 or 7,000 of these cells. In a pneumonia patient these cells increase sometimes to 100,000 or more. They are created to fight these germs. Created with a rapidity almost beyond belief. There is one of these white cells for every 700 red cells—40,000,000 white cells in the total blood. Yet they are increased sometimes in a few hours time to a million million. That is what happens to every man who has pneumonia and gets well of it.

Now man can not do that; medicine can't do it, baths can't do it; a wet sheet pack helps. It will sometimes bring into circulation, into active work, 10,000,000 more of these cells.

"But it takes something besides these white cells to cure. If it were not for something more, the cells would not capture the germs. And it has recently been discovered by science that certain substances in the blood are absorbed by the germs and given them a flavor, or opsonin, which the cells like. If the germ is without this flavor the cell won't attack it. Now a man who has pneumonia is the man that lacks opsonin. There are certain forces at work all the time to create opsonins. It is not a power on he outside, but a something working within.

"Now, your Christian Scientists will say: 'Pneumonia is simply an idea. I'll think him out of it. Man is only an essence—a mere mental conception; disease is the same thing, because God never made it. I'll set up a mental attitude against it. Well, suppose someone sits down beside the bed of that pneumonia patient. Does that create opsonins? Decidedly not.

"Facts are stubborn things. The men and women who make a success of life are those who deal with facts, but this is something which throws away all fact. If Christian Science can do some good, let it. I am not here to decry it. The good that is in it is that it may help man to see that God is the power behind all things. That is good; but Christian Science goes a little too far when it says that disease is not a real thing; that there is nothing to be done but to think. We are to work in conjunction with the Divine power, to co-operate with it; do the things that help make blood cells and opsonins and cease to do the things that oppose these healing agencies.

"Now, you don't want to give alcohol in any form to a pneumonia patient. It is an obstacle put in the way of the healing power. Alcohol lowers the opsonic index. A test in our laboratory the other day proved this. A man whose opsonic index was 1.17 was given two ounces of Peruna (which is largely cheap alcohol), and his index was reduced to

half the normal in two hours' time.

"Now, this healing influence is not a fantastic idea. It is an intelligent power. It is just as real as the sunshine, as the everlasting hills. The process of health getting is simply co-operating with this power—this Divine Healer. We are to 'cease to do evil, and learn to do well.' It is a superhuman power operating in a perfectly natural way. It is far above and beyond us but it is still working within us. As Paul said: 'It is nigh unto every one of us.'

"We can do a great deal to help. Some people's minds are filled with fear and apprehension, they blame God and everybody about them for their condition. They feel as a poor fellow once told me he felt that 'God was agin him.' Now, it is an awful thing—this idea that God is far away; that we can't reach him; that we've got to hire him or bribe him into helping us. He keeps us and sustains us constantly. If we but submit our wills to him, we are his children. "Like as a father pitieth his children, so the Lord pitieth them that fear him." God is the great healer. We must trust him and believe that He will do for us everything that can be done."

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Government Garden Needed In Panama

Miss Gertrude Beeks, sent to Panama by the Welfare Department of the National Civic Federation, to make investigations regarding the food of the government employes, says there is need for a distilling plant and a government garden. One onion, one radish and a few slices of cucumber are the proportions in which vegetables are served on family tables, according to Miss Beeks, while the need for pure water is most crying. Men are not allowed in the mess halls at night, where the water is kept and in the constant desire to drink, such as exists in a hot country, the men turn to the frightful liquor combinations sold by the Chinese saloon keepers who are clever and understand the art of adulteration to perfection. Proper feeding and application of true health principles would dig that canal. Uncle Sam should apply Battle Creek ideas.

Teaches How to Be Happy

Five thousand horses are slaughtered for food in Paris every year, and the number is on the increase. The need of a special abattoir has long been felt. Such an establishment has within the past month been inaugurated in the Rue Brancion. Here horses that are injured or rendered unfit for service will be turned into butcher's meat, says a Paris dispatch. Next time you saunter into a cafe along Rue de la Paix and order a fillet of beef with mushroom sauce, this piece of information may cause you to hesitate. The abattoir is in connection with a new horse market to take the place of the Boulevard de l'Hospital, where Rosa Bonheur used to plod about with pencil and sketch book.

Paris and Horse Meat

The inspection of the hundreds of retail meat markets of Chicago is delegated to two men. In addition to this the two men have charge of the examination of bakeries. Is it any wonder that epidemics are frequent, that the increase in tuberculosis and other infectious diseases is causing apprehension in the city's health department?

Miss Lawrence Alma-Tadema, daughter of the famous artist, arrived in New York recently on a novel mission. She is to deliver in various parts of the country lectures on "How to be Happy." When she landed in New York she informed an interviewer that "happiness consists in managing one's self"—a fine art, certainly. A properly managed self results in a healthy mind and body; happiness goes hand in hand.

PERSONAL COLUMN

H. F. Bennett left this week for Boston, Mass.

Mrs. E. Shaffer has gone to Colorado to visit her children.

Miss Ida Lahey is the guest of Mr. and Mrs. Heyemann, Chicago.

Master David Sinclair and maid left for New York early in the week.

Mr. and Mrs. A. H. Emmons will spend the holidays with friends in Iowa.

A party of twenty Sanitarium nurses enjoyed a sleighride, Monday night.

Dr. Leslie Fraser of Melrose, Mass., is the guest of Dr. Stoner during the holidays.

Mrs. C. E. Wallace of Chicago is spending the holiday season at the Sanitarium.

The college will close for the holiday vacation on Dec. 24 and resume work on Jan. 2.

New night school classes in German will be formed after the holidays at the college.

Dr. Maude Vollmer has gone to Milton Junction, Wis., to spend the holidays with her little daughter Dorothy.

Mrs. Harry McCreary of Pittsburg paid a short visit to the Sanitarium during the past week.

Miss Emma Benson of the Correspondence Department, is visiting her mother and sister at Plateau, New Mexico.

F. W. Thurston of Chicago, a time honored friend of the Sanitarium, is a welcome guest during the present week.

Walter Gramer of the Sanitarium business office, has gone to his home in Jackson, Mich., to spend the holidays.

Prof. E. D. Kirby, secretary of the Battle Creek College, and principal of the Preparatory department, will spend the holiday season in Nebraska with relatives.

Sir C. Rivers Wilson, G. C. M. G. C. B., London, Eng., president of the Grand Trunk railway, called at the Sanitarium Wednesday.

Robert McCutcheon of the Nurses' Department, left this week for Oplin, Tex., where he will take up his future residence.

Miss Mamie Welstead of the Sanitarium postoffice department, was given an informal surprise party Saturday night.

Miss Clara Schuttleworth has been granted a leave of absence and will spend some time at her home in Ontario recuperating.

Mrs. Michael Williams and children will leave Friday for New York, where they will join Mr. Williams for Christmas, after which they will sail for Bermuda.

Miss Anna Baldwin, a senior nurse, who recently suffered injuries in a railway accident, has returned to her home in Columbia, Mo., to recuperate.

Miss Amy Aicher has gone to Chicago to enter upon her new work in connection with the dispensary and visiting nurses' department.

Friends of Dr. and Mrs. W. S. Sadler of LaGrange, Ill., graduates of the American Medical Missionary College, will rejoice with them over the news of the arrival of an heir.

Miss Hattie Hall has gone to Aleigan, Mich., to visit Miss Armitage, who is on a leave of absence from the Nurses' Department.

Miss Frederick, at one time head nurse at the Battle Creek Sanitarium, who has been at Loma Linda, Cal., has been obliged, on account of failing health, to return to her home in Iowa.

A birthday dinner was given at East hall this week in honor of Drs. Mosher, Stoner and Fraser. Covers were laid for twelve and the table decorations were of Richmond roses and ferns.

Members of the Sanitarium Medical staff attended the regular meeting of the Battle Creek Medical club, Tuesday night. Dr. W. H. Haughey gave a talk on "Fractures of the Skull."

Friends of Dr. Helman, formerly of the Medical staff, will be glad to hear of her success in Cotati, Cal. She writes to friends here that she is anticipating a visit in this vicinity in the spring.

Choir-Master Drever has arranged for special music for the Christmas service. An augmented choir will render: "And the Glory of the Lord," from Handel's Messiah, and there will be solos by several members.

A china shower will be given Miss Marie O'Donnell on Thursday night by her friends of the Sanitarium staff. Her marriage to Mr. John Berguson of Chicago will take place next week.

Dr. W. F. Martin has returned from a two months' sojourn abroad, where he visited London, Paris, Amsterdam, Berlin, Prague, Vienna and other continental points of interest.

Among the nurses who are spending the Christmas season with friends and relatives out of the city are: Misses Rena Johnson, Grace Staninger, Lura Kemp, Bonnie Core, Edith Errickson, Julia Seager, Winifred Way, Esther Drover, Mamie Youngberg.

Miss Eva Borden of the American Medical Missionary College dispensary, Halstead street, Chicago, has been spending a few days at the Sanitarium. She returned to Chicago Tuesday morning. The dispensary is planning to give a Christmas celebration to one hundred poor children in the stockyards district.

Mrs. M. Tate Young will return to her home in Missouri for the Christmas season.

Dr. Margaret Banta of the Sanitarium Medical staff, who has been at Lamar, Cal., for the past few months will leave shortly for California to spend the remainder of the winter. She will make a few weeks' stay in Arizona, en route.

DOMESTIC SCIENCE DEPARTMENT

Practice classes in practical cookery were held on Tuesday and Friday in the Cooking school, both men and women sharing in the demonstrations and taking notes from the informal talk which preceded the practice work. Tuesday soups and beverages were under discussion and the following recipes tried by the class:

Cream of Pea Soup—

1 can peas 1½ pts. cream.
1½ pts. milk 1 teaspoon salt.

Put the peas through a colander, add the milk, cream and salt. Heat and serve.

Cream of Corn Soup—

1 can kornlet 1 pt. cream.
1 qt. milk 1 tsp. salt.

To the kornlet add the cream, milk and salt. Heat.

Cream of Brown Onion—

4 medium sized onions.
1 cup milk 1 cup cream.
1 cup water 1 teaspoon salt.
1 level teaspoon flour.

Bake the onions in a closed vessel in a slow oven until very tender and quite brown. Rub through a colander. This will keep for some little time and gives an excellent flavor. To the pulp add the milk, cream, water and salt. When boiling add the flour, which has been previously braided with a little water and let cook five to eight minutes. Serve hot.

The value of nut foods, their high proteid value and superiority to meat as a food was the subject of the Friday afternoon talk, followed by demonstrations of the following recipes:

Chestnut Roast—

2 cups chopped chestnuts
3 cups stale bread crumbs.
½ cup cream ¼ cup milk.
2 eggs 1 tsp. salt, sage, onion.

Beat the eggs slightly, add the cream, milk and seasonings, then the chestnuts and lastly fold in the bread crumbs. Bake in a moderate oven 20 or 30 minutes.

Nut Patties—

6 tbsp. peanut butter.
18 tbsp. (1 1-8 cups) dry bread crumbs.
Salt, sage and parsley minced very fine.

Dissolve the nut butter in 2 tbsp. of water, add the bread crumbs, sage, salt and parsley. Mix well together and form into small cakes with the hands. Place on an oiled tin and bake in the oven or cook on top of the stove; cook on both sides.

Nut Fillet—

Slice protose and nuttolene each ¼-in. thick. Place a slice of onion between protose and nuttolene, protose on top. Make a dressing of strained tomatoes, which have been stewed down, and seasoned with bay leaves, thyme and salt. Put the dressing over the fillets. Bake one hour in a moderate oven. Garnish with parsley or lettuce.

At Christmas, play and make good cheer,
For Christmas comes but once a year.

—Trusser

GUEST DIDN'T PAY FOR ACCOMMODATIONS

Unusual Sanitarium Visitor Refuses to Give Name—Makes a Short Stay.

NO QUESTIONS ARE ASKED

He was just an ordinary little fellow. Plain, gray-brown clothes. No style. Might have been a tramp for all anybody knew, but he succeeded in centering upon himself the inter-

est of half the business staff and all of the guests in the lobby Wednesday morning. And that without uttering a word.

Occasionally a guest would approach him and he would edge away in a not unfriendly manner, but still with an air of: "I've as much right as you here." He went in one or two of the doctors' offices, fitted down the corridors, took a drink, with perhaps fifty pairs of eyes watching him and then he suddenly disappeared. The curious who watched him are still waiting for his re-appearance.

Although he did not register, the desk clerk is authority for his name—Sparrow (plain English Sparrow). He is a vegetarian and a teetotaler and he had probably heard the old adage: "Birds of a feather flock together."

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BATHS AND BATHING

"Only in recent years has it been considered necessary to maintain public bathing establishments. A few of our larger cities have had floating baths, but these were open to the public only during the summer months. The policy of maintaining public baths at municipal expense seems to have commended itself to those interested in the improvement of the condition of the poor, and appropriations have been made in New York, Chicago, Philadelphia, Buffalo, Boston and a few other cities for the erection and maintenance of bathing establishments available to the public throughout the year. It is to be hoped that the good work thus inaugurated will appeal to all large cities, and thus in a small way help to eliminate some of the dangers accruing from conditions unfavorable to cleanliness, comfort and health," says the Dietetic and Hygienic Gazette.

"Bathing, if not as old as the hills, at any rate is as old as man himself. Indeed, the ancients paid more attention to the value of bathing than do we of modern times. Bathing with many of the old races was a part of their religion. One of the laws of Moses was purification by water, and bath houses were established in India, Persia, Assyria and Egypt. The Hebrew's ritual ordered that the body should be washed before the daily meals, before wedding festivities and birth celebrations, and before all religious ceremonies.

A Roman emperor, if he wished to gain the good will of his people, expended with a lavish hand the money of the State in the construction of thermae, vast buildings containing suites of bath apartments, gymnasias, and sometimes even theaters and libraries. In the time of Ptolemy, Alexandria was unrivalled in its public bath system. The Greeks, again, were fully impressed with the value of baths in physical culture and for retaining "mens sana in corpore sano." Especially did the Greek hold sea bathing in high favor as a therapeutic measure.

"In modern times Germany was the first country to establish public municipal baths; so far back as the thirteenth century river baths for the summer months have been in existence in that country. Great Britain was the first to inaugurate the present system of people's baths. Liverpool, with a population of 660,000, has spent more than all the American cities combined for baths. Almost all the towns of Great Britain possess public baths in proportion to their population. London has thirty-five. Glasgow has twelve public baths and five swimming baths. The Continent of Europe generally has followed the lead of Great Britain, and in many ways Germany has improved upon the system in vogue there.

"Of all the countries of the earth, however, Japan is easily first in facilities for bath-

ing. With the Japanese personal cleanliness is a passion, and the use of water in every way is more common than elsewhere.

In Tokio there are more than 800 public baths and from 800,000 to 1,000,000 people go to the public baths daily. The population of the city is less than 2,000,000, and the death rate for children is lower than it is in Europe or in America.

The United States is very backward so far as public baths are concerned. There are few cities which provide them—not more than twelve—and the interest taken in the matter is very languid. Lyon Playfair said that a great part of sanitary science can be comprised in that one word—cleanliness. The influence of bathing facilities on the public health is very great and consequently municipal baths should be regarded not as a luxury, but as a necessity. Personal cleanliness is a most important factor in the life of the people. It goes without saying that there should be baths, if possible, in every private house, but beyond this there should be facilities easily available to the dwellers in the poor districts of cities for bathing. The report of the committee appointed by the Mayor of New York, transmitted to the Legislature on March 25, 1897, was that out of 480 houses visited only 17 had baths and only three houses of each 100 had bath rooms, and that there was only three public baths in the city of New York. As it is in this respect in New York, so it is to a greater or less extent in every American city.

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Their old familiar carols play,
And wild and sweet,
The words repeat,
Of "Peace on earth, good-will to men."
—Longfellow.

The world is happy, the world is wide,
Kind hearts are beating on every side.
—Lowell.

Be merry all, be merry all,
With holly dress, and festive hall;
Prepare the song, the feast, the ball,
To welcome Merry Christmas!
—H. K. Spencer.

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Food and Water Mean to the
Consumer.

A SHORT HEALTH TALK

Starch, sugar, fats and vegetable acids are the fuel of the body; they are to be burned to keep us warm, to furnish energy; for they make the steam that keeps the machine going. Albumin, or "proteid," as it is marked on the Sanitarium bill of fare, constitutes the metal. They are the brass and the iron that goes to repair the body. It requires very little to keep the body in repair. The body itself is a machine that works; it takes a large amount of fuel to supply the locomotive, but it does not take very much iron. The locomotive stops at nearly every station to put on a new supply of coal, but it goes into the round house only once in several hundred miles. It goes into the repair shop after it has been running 300 or 400 miles, to be looked over. Perhaps a nut has dropped off, or some little part is worn, and this is supplied, but it does not take very much iron or copper or brass to keep the locomotive in repair; but it takes a large amount of coal to keep the tender in repair, and a good deal of water and a great deal of air, you see. Now, it is exactly so with the body. We need a large amount of air first. We require a pint of air at every breath. If you can take more, it is all the better. The consumptive does not take half of that. Some ladies do not take half a pint. A pint every breath, sixteen breaths a minute would be two gallons every minute; that would be 120 gallons every hour, and that would be how many gallons—almost 3,000 gallons a day. Three thousand gallons would be how many barrels?—100 barrels of air. That is the ration of air, 100 barrels. Then, we will require somewhere about four pints of water, three or four pints of water every day. Then we require starch, albumin and sugar. Starch, sugar and acids—we require a pound a day of those. Then we require fats, about two ounces a day, and of proteids about an ounce and a half a day. You see it keeps going down all the way. One hundred barrels of air, five pints of water—if we convert that water into air, it will be a good deal more, eighteen times as much; convert it into steam, so it is warm, we will require as much water as we do air. Air converted into liquid form like water might not be any larger quantity. What will it be? Multiply the water by eighteen, three pints or quarts—1,800 quarts, how many gallons would that be? That would be 675 gallons; and how many barrels? 22 3-4, wouldn't it? Now, you see, we require 100 barrels of air and 22 3-4 barrels of water, that is, in the form of steam. A pound of starch, two ounces to three ounces of fat, and an ounce and a half to two ounces of proteids—that is our daily ration; that is, what we have to eat. Now, the air is to maintain combustion, to keep up the fire, to keep the fire going; that is what the air is for. The water is to keep the fire from rising too high, to cool off the bearings, and to wash the ashes away, and to circulate the

fuel. The starch and the fat and the acids and the sugar—those are for fuel to keep us warm, to furnish energy, to keep up steam. And the proteids, the least of all, you see—those are for the purpose of repairing the machine, keeping the machine in order.

The Battle Creek Idea in Its Relation to Domestic Economics

Not only business men, but the wives of business men, took a great interest in the reports of the Yale experiments, because the practical mind of the housewife saw here an opportunity to effect a great economy in many directions. The writer of this article was connected with a New York newspaper at the time when the news of the Yale experiments was causing so much public interest, and was requested by the editor to gather some information on this phase of the diet question. Prof. Irving Fisher, of Yale, spoke to him as follows:

"As to the saving of money in the household, it is difficult to answer such a question with any degree of accuracy. I have made no calculations as to the money-saving if the diet standard of Prof. Chittenden should be generally adopted. Such a calculation would be impossible unless one prescribed the exact foods to be used, for the costs of various foods in proportion to the food value vary enormously. It is true that meat and other high-protein foods—which are the first to be reduced under the new ideas—generally represent the more expensive elements; and yet it is quite possible, if one's taste runs to peacans, pineapple-juice, and other expensive delicacies, to make the cost of the non-meat or low-protein diet very great; while, for example, if a person consumes bread and bones, he can bring it down to a very low level.

"The real and greatest saving which would be effected by introducing Prof. Chittenden's protein standard into families would not only be in the cost of foods, great as that might very possibly be, but in the saving of doctors' bills, medicine bills, etc., the saving and prolonging of useful lives, and the increase of working power and earning power during those lives. Evidently these factors could not be statistically calculated.

"I would not be able to answer your question as to the average food cost for the American family at present except to express it in percentages. The poorest families expend about half of their income on food, and the proportion expended for food is smaller the larger the income of the family. It is evident what a boon it would be to the family of the average financial standing if they could find a dietary which, while amply nourishing them, would be less expensive than the one now commonly followed."

The writer then submitted some sides of this question to Horace Fletcher, the author of the celebrated Fletcher books.

"I shall be very glad to give you some of my ideas on this the most important subject before the world today," said Mr. Horace Fletcher. "I myself live well at such hotels as the Waldorf-Astoria in New York at a food cost of one dollar a day; and I am quite certain that American housewives can effect a great saving of money by adopting thorough mastication and a meatless diet and influencing their families to do so as only a woman—who is the great natural diplomatist—can do.

"Of more importance, however, than money is the saving of time and worry. For instance, the adoption of rational methods of living, of the principles of the Battle Creek Idea, very often means that the family adopts the two-meals-a-day plan. Here, you see, there is a saving of one-third of the work connected with cooking and preparing and serving meals, time which is just so much clear gain for the housewife.

"Suppose she has no cook—and I am told that American housewives, even in families of good financial standing, often find themselves without cooks, or are so worried by the servant problem that they prefer to do their own work. To such women, then, by our plan of living, there need be no fussing over a stove on sultry summer mornings,—no eggs to cook or steaks to broil,—no worrisome efforts to minister to the jaded taste of Mr. Businessman, or Mr. Lawyer, or Mr. Workingman, before he starts for his office or workshop.

Build thee more stately mansions, O my soul,
As the swift seasons roll;
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at last are free,
Leaving thine outgrown shell by life's unresting sea.
—O. W. Holmes.

Who gives to whom hath naught been given,
His gift in need, though small indeed,
As is the grass-blade's wind-blown seed,
Is large as earth and rich as heaven.
—Whittier.

Not what we give but what we share,—
The gift without the giver is bare;
He gives but worthless gold
Who gives from a sense of duty. —Lowell.

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STATIC SPARKS

"Now, said Mrs. Goodart, "if you do a little work for me I'll give you a good meal after a while."

"Say, lady," replied Hungry Hawkes, "you'll git off cheaper if yer gimme de meal now. Work always gives me a fierce appetite." Philadelphia Press.

Poe was writing his "Descent into the Maelstrom."

"A good, timely title," quoth he. "People will think it's a story about Christmas shopping."

"Anybody been in, Jack?" asked the building inspector.

"Man with white whiskers wanted a permit to go down chimneys."

"Well, well! I hope you didn't charge him anything for it."

The Lady—My husband is particularly liable to seasickness, captain. Could you tell him what to do in case of an attack?

The Captain—Taint necessary, mum. He'll do it.—Judge.

She had called to consult a fashionable physician who was famous for his way-up prices.

"Pardon me, doctor," she began, "but do you—er—take anything off for cash?"

"Certainly, madam," replied the M. D. "What would you like taken off—a hand or a foot?"—Selected.

"Scientists say we dig our graves with our mouths."

"How about our ship canals?"—Louisville Courier-Journal.

First Girl Waif—I've got an engagement on Dec. 25 with Algernon.

Second Girl Waif—Wot fur?

First Girl Waif—He's asked me to go fur a walk and smell Christmas dinners with 'im.

In Malta bread is largely made of bran and unbolted wheat flour mixed. Bran sellers, therefore, go from house to house, like other tradespeople who sell food or fuel. They carry the bran in an enormous sack balanced on the head, while the measure is carried in the hand.

NEWS OF THE GYMNASIUM

The indoor baseball game between the doctors and the business office staff Tuesday night attracted a large number of interested spectators. The doctors were defeated ignominiously by a score of 29 to 4. Pitcher Wilson of the Business Men's team scoring the largest number of strike-outs on the gymnasium record. It was to their inability to hit Wilson that the doctors' defeat was due. The game was lost in the first four innings. Up to that time they seemed unable to handle any sort of a pitched or batted ball, even mighty Dr. Barnhart was struck out and made no hit during the game. This was a heavy blow to the Doctors. After the fourth inning the Doctors recovered and the business men made but one run during the remainder of the game.

Medical students were defeated Monday afternoon by the Nurses. Score: 11-6.

Baw-Bees No. 2 played a tie game with the Medical Students Tuesday, finishing with a score of 10-10. The Baw-Bees defeated the Doctors Monday. Score: 10-8.

It is rumored that the two Baw-Bee teams are shortly to appear in new uniforms.

In the basket ball game Tuesday between the Sanitarium Juniors and West End Midgits the latter were defeated by score of 17-11.

ARRIVALS

Arrivals at the Sanitarium include: Mrs. M. A. Cranmer, Pa.; O. E. Stewart, Ia.; H. Berghoff, Ind.; Mr. and Mrs. John C. Noe, Minn.; Mrs. M. E. Chandler, Minn.; Grace J. Smith, Detroit, Mich.; Neil McMillan, Sr., Neil McMillan, Jr., Ill.; Nina Bacon, Mich.; Neiel Jarnag, Tenn.; Mrs. W. H. Walker, O.; Oscar Thornton, Pa.; T. A. Custall, O.; F. L. Cole, N. J.; Mr. and Mrs. J. Chansler, Cal.; Mrs. C. E. Wallace, Ill.; E. L. Barden, Ill.; Frank Rogers, Ill.; O. B. Potter, M. Sullivan, N. Y.; A. L. Pratt, Mich.; J. L. Altenberg, Mich.; Joseph C. Clark, Congo Free State; R. H. Black, O.; N. McLeod, Ontario; F. W. Thurston, Ill.; N. Turle, Minn.; E. H. Abraham, Mrs. M. T. Seass, Ill.; S. H. Horner, T. M. Scott, George Irving, G. E. Hannah Charlesworth, Iowa; Fred Wahe, Ohio; C. F. Moore, Mich.; Max Blum, Texas; Mrs. B. C. Peterson, Mrs. P. E. Watts, Geo. Wharton James, H. Fernie, Mo.; M. L. Spaulding, Mo.; E. W. Gordon, M. D., Ill.; Mrs. W. S. Gardner, Iowa; F. W. Maloney, M. D., N. Y.; A. F. Mason, N. Y.; Mrs. Y. H. Van Wagenen, N. Y.; Mrs. J. T. Woods, D. C.; Abbot L. Wood, N. Y.; S. H. Goodall, Ill.; H. H. Muller, Pa.; Mrs. N. P. Butler, Ind.; W. D. Reeves, Ark.; Geo. H. Gallagher, Wash.; L. C. Stevens, Iowa; C. E. Wilde, Tenn.; Thos. E. Richard, O.

Subscribe for The Battle Creek Idea

ADVICE ON SENDING CHRISTMAS GIFTS

In sending a Christmas gift to a friend out of town start it early. This does not mean three days before Christmas, but perhaps three weeks.

Few people realize how crowded and jammed the mails and express offices are at holiday time.

Many persons act as if the one gift, they are sending to Aunt Ellen, Portland, Ore., was the only parcel that will be going through the mails that year.

They mail it a week, perhaps, before Christmas, and think they have done well.

Take no such chances with your precious gifts. Send them far enough in advance to insure safe delivery. If necessary, send at the same time a letter asking the recipient not to open the parcel until Christmas day.

Also wrap your parcels securely. A paper

box is not always a good covering. If the gift is not a soft article that will bear crushing without injury tough, heavy, wrapping paper, thoroughly tied with strong twine, is better than a frail box.

The loose, slipshod manner in which women wrap and tie parcels for mail or express delivery shows more abiding faith in human nature than it does good judgment.

Be sure that all parcels are correctly and plainly addressed. No clerk will waste precious time to study your illegible writing.

He will rather shove your parcel in any old place for what cares he whether it goes right or not? You are the one who cares, hence it is literally "up to you" to do your share perfectly. It is a good plan to have some one besides yourself to examine your parcel and check up the address with you, so there will be no oversight.

If you ship by mail have the parcel registered. This does not make the postoffice liable nor guarantee delivery, but it makes the tracing easier. Therefore, if the shipment is valuable, express is the safest.—Exchange.

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Scarfs

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Novelties

BELLE ROBERTS

Needle Work Shop

6 ARCADE

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Towels

Laundry Bags

THE BATTLE CREEK IDEA

VOL. 1, No. 3.

BATTLE CREEK, MICH., DECEMBER 26, 1907.

PRICE, 2 CENTS.

TO FIGHT DISEASE THROUGH COMMITTEE OF 100

**Prof. Irving Fisher of Yale Tells
of Work Done by Committee
of Which He is President.**

HOW EFFICIENCY IS INCREASED BY DIET

Prof. Irving Fisher of Yale college, chairman of the Committee of One Hundred—the American Health League—in a recent address given at a mass meeting of the league, told of the winning fight against disease and of how to double working efficiency by diet. The address follows:

"At the outset, let me confess that I became interested in the subject of health through bitter experience. Nine years ago, I broke down with tuberculosis and so know personally what that word means. I have also had the satisfaction of knowing what it means to be cured.

"As I look back to that time and compare conditions of today, the change for the better seems as rapid as one could wish. I can remember that my physician complained of the indifference of the public to the spread of tuberculosis and the ignorance of the fact that its ravages could be checked. Today we find a large part of the public alive to the situation. Numerous sanatoria are established and generously supported, and an increased and ever more confident determination has asserted itself to eliminate this scourge from off the face of the earth.

"That we shall ultimately succeed, there can be little doubt, for the history of past movements for the betterment of public health are full of encouragement. Many diseases have already been so minimized as practically to have disappeared. Leprosy was eliminated by the simple expedient of isolating the patients; small pox, by vaccination; scurvy among sailors, by supplying them with lime juice; yellow fever in the southern states by the institution of quarantine and the cleansing of Havana; diphtheria by the use of Von Behring's anti-toxine; typhoid fever by the introduction of public water filters. A good instance of the improvement procurable by improved water supply is found in the town of Lawrence, Mass., where the introduction of a water filter in 1893 was followed by reduction in deaths from typhoid to one-sixth of the previous number. The introduction of sewerage and house drainage in ten cities was followed by a reduction in death rate from typhoid to one-third the previous number. Even tuberculosis is no longer the king of diseases, but has fallen below pneumonia and has in some places been reduced within the last fifteen years to two-thirds of its former death rate.

"Bad as conditions are today, we do not realize how much worse they once were. In London in the Seventeenth century, the death

(Continued on Page 3.)

Divine and Natural Healing

**Modern Attitude Toward Disease
a Relic of Demonology,
Says Dr. Kellogg.**

NATURAL HEALING IS DIVINE

Divine healing from the standpoint of science, as opposed to the popular and erroneous belief in its separation from the laws of nature, was the subject of the Sabbath afternoon discourse by Dr. Kellogg before Sanitarium guests this week. The talk was one of a series in which Christian Science, Mind Cure and kindred subjects have been commented upon and criticized by the doctor.

"There is a popular idea among people," said the doctor in the beginning of his address, "people who believe in 'Divine healing,' using the word in a technical sense—that there is a natural healing power, and a Divine healing power, but that without a special appeal for Divine help, Divine healing is not exercised. An animal is injured seriously,



A CHRISTMAS WALKING PARTY.

yet gets well. They say that is perfectly natural. One of Nature's cures. A limb is torn off a tree and in the course of time the wounds heal over. That again is one of 'Nature's cures.' There is healing of this sort going on all the while about us. There is no question raised but what there is a healing power in nature. But there is a general belief that there is a supernatural process apart from it, independent of it, and that to bring about Divine healing. Appeal must be made

(Continued on Page 2.)

PROF. IRVING FISHER COMING

**To Speak to Sanitarium Guests
on Work of National Health
Committee**

Guests at the Sanitarium will welcome the news of the approaching visit of Prof. Irving Fisher of the Department of Political Economy of Yale university. Prof. Fisher, who has been a frequent guest at the Sanitarium, will arrive the first week in January and during his stay will address the guests on the work of the Committee of One Hundred, the officers and members of which include some of the leading educators and scientific men of the country, who are banded together for the advancement of the national movement for public health. Prof. Fisher is president of the committee and the vice presidents include: Rev. Lyman Abbott, New York; Hon. Joseph Choate, Pres. Charles W. Eliot, Cambridge; Archbishop Ireland, St. Paul; Hon. Ben Lindsay, Denver; Jane Addams, Chicago; Dr. William H. Welch, Baltimore; Mr. John

Mitchell, Indianapolis, and Pres. Angell, Ann Arbor.

Although the committee was organized but a short time ago, it has a membership of 5,000, the movement having gained a momentum which promises well for early and extensive legislation by Congress. In a letter to the Committee President Roosevelt said:

"Our national health is physically our greatest national asset. To prevent any possible deterioration of the American stock

(Continued on Page 5.)

to this power to work independent of or in opposition to Nature.

"The idea that Nature is an enemy is entirely too prevalent and one that is cultivated more or less by theologians—that nature is a thing to be afraid of—to get away from. This is an error. What we call the natural processes going on all about us are not carried on by a power which works independent of God. When we talk of the natural and the supernatural, we may be setting up a contrast that does not exist."

"Take the corn in the field for an illustration. The farmer plants a bushel of the seed and it brings him back hundreds of bushels, each kernel of which is exactly like the seed that was planted, and endowed with the same powers as the original seed. Here is an enormous increase, a real creation of many kernels out of one. We call it reproduction and are not surprised because it is, as we say, a 'natural process.' We see this creative process going on all about us, but because it is so common, so familiar, we cease to be surprised and are satisfied with saying it is natural and that 'Nature is doing this or that.'"

"Now, what is this power we call Nature? Did anybody ever see it? If we could locate it we would find that it is an intelligent, consistent power. Corn always produces corn, plants always produce plants of their kind. There is nothing hap-hazard, nothing left to chance. Everything is orderly, consistent, reasonable."

"If you found a house far away in the forest, remote from civilization, your first thought would be: 'There has been a person here. Some one built this house.' We recognize in the house evidence of a personality, because there is evidence of a plan, a purpose, the operation of a will and an intelligence. When we see the storm, the wind, the rain, the changing seasons, we say, 'That is simply natural phenomena. Nature is doing this.' But here also there is clearly manifested will and intelligence of purpose. The use of the word Nature, as applied to the power which operates in Nature or behind Nature seems to be a device to avoid the use of the word 'God.' If Nature is a power independent of God, then there are two creators, which would lead to the haphazard conclusion that there are two gods who are sometimes working in harmony and sometimes in opposition."

"Now, when we talk about the natural healing and the Divine healing, we are talking about the same thing. Natural healing is Divine healing. They are not separate and distinct processes."

"Suppose you have a piece of skin torn from your hand. You watch it from day to day as it heals, you see the little white circle about the edge of the wound growing smaller and smaller until it reaches the center and the place is covered over. New skin has been created. You say the process is natural. Is, then, Nature a creator? Are we to believe that Nature creates part of the time and God part of the time? That Nature does the ordinary work of creating and God the extraordinary? Are we to believe that God made the universe, set it going, then stood apart to look on, only interfering now and then in emergencies or on extraordinary occasions in response to some special appeal made to him?"

"This idea has obtained a strong footing in the world. It is unfounded in truth. It is an error which has grown out of the 'old demonology'—the belief that a sick person is one who is possessed by a demon and that by an appeal to the good spirit the evil spirit

will be cast out. This belief in demonology exists in the world today among certain nations, particularly among the natives of Corea, who often appeal to the missionaries to cast out devils with which they suppose themselves possessed."

"There seems to be a belief that disease is an evil that is endeavoring to destroy us and that we must appeal to God to deliver us from it. This is a gross and most pernicious error. A sick man is simply one whose body is laboring under abnormal and adverse conditions. The body processes of disease do not differ from those of health except that they are carried forward under embarrassment. The disease process is not an effort to destroy the sick man, but an effort to deliver him from the consequences of his wrong doing. Disease is a beneficent process, not an enemy seeking to destroy. We should not call on God to destroy disease. What we need is to be delivered from the causes of disease."

"A man with a tobacco heart may pray for the healing of his heart, but if he persists in the use of tobacco, no cure can be effected."

"God can't consistently do any more than he is doing. He has been doing all along all that he could to deliver him from that poison. If he had not the man would have been dead long ago."

"Sudden healing is frequently looked upon as 'Divine healing,' as contrasted with 'natural healing.' We lose sight of the fact that slow healing is Divine healing as well. If my sickness is due to a bad state of mind and prayer will help me to get into harmony with God, then it is possible for me to become immediately well; but if my cure involves paralyzed muscles or destruction of nerves, bone or other structures, it is a matter of time before I can become a well man."

"The real truth in this matter is simple and beautiful. Divine healing and natural healing are one and the same thing. God is the only healer. Every time a man is sick and gets well he has been Divinely healed. I have never yet met any one who had faith enough to pray for the restoration of a limb which had been cut off, or an eye which had been removed, or even a tooth or teeth which had been lost, but I have met many people who were quite ready to pray for the restoration of a destroyed lung, or the removal of a tumor or a cancer, or the miraculous destruction or removal of countless millions of germs infecting the blood and the tissues. I have had wide opportunity for observing facts in relation to this matter, and I have never yet seen a case in which any such thing has happened."

"If it were true that men and women could be furnished with new livers, new lungs, new hearts, new blood, through the agency of prayer, we should expect to see limbs, eyes, and other external lost parts restored as well, and no one need ever die; for the same process which could restore a part which had been destroyed by disease, could restore the ravages of age as well. Old age, indeed, is itself a disease process. Whenever any one is sick, the same power that made him works for his recovery. And that is all that can be done for him under the circumstances."

"God is always doing the best he can for us. He is not our enemy; he is our friend. The fact that we exist is evidence that he is interested in us, for he has created us. We could not exist a moment without his care and constant effort in our behalf. When we are sick, he does not desert us, but stands

by us and does for us everything possible to be done under the circumstances. If we surrender our wills to him and by so doing put ourselves in sympathetic relation with the power that made us, we shall through this harmony make possible the accomplishment of things otherwise impossible. If our maladies are of such a nature that the correction of a morbid mental or nervous state is the chief thing essential for recovery, then prayer may appear as the proper means of cure; not that there is any power in prayer itself or that God is moved by it to pity or to sympathy, or to special or extraordinary action in our behalf, but because it is the means by which we are brought in harmony, in tune, so to speak, with the Infinite, with the power which made us, which keeps us, and which is not only able but willing to heal us. Such harmony and will first of all leads to obedience and the result will naturally be the removal of the chief cause of all sickness, viz., transgression of the laws of our being."

"Prayer is a powerful healing agency which may appropriately be brought to bear in every case of sickness. Through the means of prayer, the normal and natural relation of harmony which should exist between man and his Maker may be restored, and thereby the condition most essential for recovery may be secured."

Happy New Year

Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light;
The year is dying in the night;
Ring out, wild bells, and let him die.

Ring out the old, ring in the new,
Ring, happy bells, across the snow;
The year is going, let him go;
Ring out the false, ring in the true.

Ring out the grief, that saps the mind,
For those that here we see no more;
Ring out the feud of rich and poor,
Ring in redress to all mankind.

Ring out a slowly dying cause,
And ancient forms of party strife;
Ring in the nobler modes of life,
With sweeter manners, purer laws.

Ring out the want, the care, the sin,
The faithless coldness of the times;
Ring out, ring out my mournful rhymes,
But ring the fuller minstrel in.

Ring out false pride in place and blood,
The civic slander and the spite;
Ring in the love of truth and right,
Ring in the common love of good.

Ring out old shapes of foul disease;
Ring out the narrowing lust of gold;
Ring out the thousand wars of old;
Ring in the thousand years of peace.

Ring in the valiant man and free,
The larger heart, the kindlier hand;
Ring out the darkness of the land,
Ring in the Christ that is to be.

Alfred, Lord Tennyson.

Let us be like the bird for a moment perched
On a frail branch while he sings;
Though he feels it bend, yet he sings his song,
Knowing that he hath wings.

—Victor Hugo.

NATION TO FIGHT DISEASE

(Continued From Page 1.)

rate averaged 80 per thousand as against 20 to 25 today. When epidemics came, there was no protection and the death rate increased many fold. In 1665, 430 per thousand of London's population, or nearly half, succumbed to the plague. In the Eighteenth century, the death rate in Boston was 37 per thousand as against 25 today. Statistics in Sweden show that within a century infant mortality has been reduced by half. In the City of Stockholm in the middle of the Eighteenth century, the average duration of life was only 15 years, whereas at the present time, it is nearly three times that figure.

"Even a little effort intelligently directed can accomplish very perceptible results. In New York when Col. Waring kept the streets clean, in 1896, the death rate was 21½, whereas both before and after his regime, it averaged much higher, usually being about 25.

"In Havana, the simple sanitary improvements introduced by Col. Gorgas resulted in a very marked decrease in the death rate. The changes in Havana were due merely to bringing the Cuban standard up to the American, but the problem now before us is to improve the American standard itself. That there is great room for improvement is evident when we compare ours with higher standards, such as those of the Japanese. It is a well known fact that the deaths from disease among American soldiers during the Cuban war was vastly greater than those in Japan in the Russo-Japanese war. The difference was due, not to any difference in knowledge, but to a difference in the application of knowledge. The American military surgeon is practically without authority, whereas the Japanese surgeon was given the power to locate the camps, select or prohibit water supplies, instruct and direct the soldiers as to their personal habits, especially as to cleanliness. Even the paring of the finger nails was not regarded as too slight a subject to come under their view.

"The methods by which American health standards may be improved are various. They include the increased Federal regulation of public health, especially as related to the pollution of inter-state rivers and the regulation of pure food, including milk. They also include the improvement in state and local health administration.

"But it is a great mistake to suppose that the primary method of elevating health conditions is by enacting new laws, or enforcing old legislation. The motive power must come from public opinion, and in order that such a power should exist, it is necessary that the ordinary individual, of which the public consists, should improve his health ideals. This would come about quickly if each individual appreciated how much he might improve his efficiency. As evidence of these possibilities, we might cite the case of Cornaro of Venice, who lived in the 15th and 16th centuries. He being about to die at the age of 37, made up his mind to abandon all unhygienic habits. Thereafter he lived what he called the "temperate life,"—applying his temperance especially to food,—and he lived to be 103. Many similar transformations in health might be cited. They occurred in the cases of Cæsar, Calvin, Kant, Humboldt, Tolstoi and others. Of recent examples known to me personally, I might mention the case of a young physician given up to die of tuberculosis five years

ago, but who can now run 25 miles without stopping; and a gentleman, Mr. Horace Fletcher, who in his 46th year was rejected for life insurance, but who later was not only able to obtain insurance, but on his 50th birthday could ride 100 miles on his bicycle. Both of these examples, as well as many of the others which have just been mentioned, were cases of improved energy through the intelligent application of modern scientific dietetics.

"From these examples and others that might be cited, it is evident that man is not living up to his possibilities. Experts who have given attention to this subject believe that most men cut their lives in two by unhygienic, irrational methods of living, and during the half of their natural life which they actually live are sick unnecessarily often and long. Pasteur said, "It is within the power of man to rid himself of every parasitic disease."

"If then, it is possible for man to win the fight against disease, to double the length of his working days, to vastly increase his energy and enjoyment of life, there is surely no more crying need for applying modern science than to this subject. Much has been done by the Department of Agriculture in the last few years to improve live stock and vegetation of the farm, and much has been done by experimentalists like Luther Burbank, in causing desirable variations in species of useful plants. But himself, man neglects. While he reclaims the waste lands of the west, and exploits every opportunity to win visible returns from nature, the vast immediate returns which he could secure from his own physical machinery by a little judicious investment of study in his control, have until recently been passed by almost with scorn.

"But why is it that man needs thus to care for his health, when other animals instinctively do so? Our answer must be that civilization has brought to man unnatural conditions of life. Many who have become keenly aware of this fact have in a somewhat quixotic fashion, demanded that civilization be abolished. A more sensible and feasible plan is that of Ray Lancaster and Sir Francis Dalton who say that "the kingdom of man" must be not contracted, but increased, and that by applying the very science which has produced civilization and all its evils, we shall learn how to eliminate them again.

"Rational diet is of course not the only method of improving health. Pure air, exercise, sleep, freedom from worry, and proper surroundings, sanitary, social and moral, are equally necessary. But in the limited time at our disposal this afternoon, diet will form a sufficiently large theme, and it is probably true that it is more neglected and less appreciated than any of the other subjects mentioned.

"So far as diet has received attention from scientific men, it has been chiefly concerned with the explanation of the processes of nutrition. For practical purposes, however, the important study of food is not so much the way in which it is utilized inside the body, but the question of the quantities of it which we should consume and the method by which we should eat it. The only control we practically have over food is limited to the teeth and the mouth. After it is swallowed, it is relegated to processes over which we have almost no control. The practical problem for man is how to select his food, how much of it to eat and how to masticate it.

[To be Continued]

A National Health Trust

A movement has been started in England for the formation of a National Health Trust. The representatives of 80 sanitary authorities in various parts of the country recently met in conference at Caxton Hall, Westminster, under the presidency of Alderman H. N. Newton, of Newcastle-on-Tyne, and decided on the establishment of a union of sanitary authorities, with a view to securing harmony of interest and uniformity of action on matters relating to the public health.

The objects of the organization are to stimulate and concentrate effort for the purpose of effecting sanitary reforms; to promote the study of practical hygiene; and to consider, and, if possible, remove, the conditions whereby disease is liable to be caused to man.

He that wrongs his friend
Wrongs himself more, and ever bears about
A silent court of justice in his breast.

—Tennyson.

REMEMBER

That not only has the Grand Trunk Railway the longest double track under one management, but one account of same is a desirable route from Michigan to the Middle States and commercial centers of Canada and New England. Its superb scenery insures a pleasant journey; its cars of modern design insure a comfortable journey, and its double track insures a safe journey. Also, its dining-car service is *a la carte* pay for what you eat plan. For rates, time tables or any information, call on any Grand Trunk agent, or write to

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THE BATTLE CREEK IDEA

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The Christmas Aftermath

Christmas time is the time to preach the gospel of good cheer. It is proverbially the season of joy—of wholesale rejoicing; of glad family rejoicings and much feasting—"Aye, there's the rub." It is that selfsame reckless feasting that is responsible for the too often unhappy aftermath.

It is well known that Christmas feasting makes a harvest for the doctors, that they are always busy the day after the holiday. Probably at no time of the year do people need to have more emphasis laid upon right eating than at this festive season, when they invariably cast discretion to the winds, forgetting that the stomach was made to provide nourishment for the body and not to be used simply as a receptacle to receive what the mouth has cast off after the palate has been tickled for a few brief seconds.

The average Christmas dinner is loaded with toxins—poisons that we inflict on the all-suffering stomach, which, in due time, makes its just protest and gives business to the doctor.

The family gathers around the board and tosses down the oyster cocktail, hot with irritating pepper and swarming with fever germs. For the fact that the oyster is a germ-infected scavenger is too well known for comment. Then comes the *piece de resistance*; the turkey appears after its incarceration of several months in the cold storage plant. His "tenderness" (due to his advanced stage of decomposition) is a part of his glory in the eyes of the feasters. The Christmas beef comes on the table with blood following the knife—"done to a turn." This, too, has "ripened." Mr. Armour's manager says that he always keeps his Christmas beef at least three months before he sends it out. This gives the germs the first chance at it and makes scavengers of the people who devour it.

Many of the Christmas dainties, the delectables that distinguish the Christmas menu are indigestible—things never intended to be eaten by human beings. The most reckless housewife would never think of feeding her canary or pet cat the things she sets before her husband at Christmas time. We give more thought to the feeding of our pet animals and cattle than we do to the feeding of ourselves.

Why is pneumonia rife after the holidays? Because the pneumonia germs are swarming at that time and people make themselves susceptible by over-eating. The harvest of death after the holidays is unregarded because we do not connect the fact with the cause but charge it to Providence.

The holiday season should be a time of extra gladness, not extra madness. Happiness does not consist in gorging one's self. It is our misuse of the good things Nature has provided; our wrong eating; our ignorance and recklessness, that turns this season of rejoicing into one of lamentation in many homes.

A Vegetarian Duchess

In a recent issue of the *Bystander* we get an interesting peek at her Grace the Duchess of Portland.

"Although the Duchess of Portland and her daughter are strict vegetarians, the chef at Welbeck is quite excellent. 'I always feel so greedy when I dine with her Grace,' confessed a friend of the Duchess to me once; 'she drinks no wine and eats only vegetables. It makes one appear a perfect cannibal.' At lunch, however, it is even worse, so far as flesh-eating guests are concerned. Skim-milk, biscuits, butter and cheese are the only items on her Grace's menu; while, invariably for breakfast, more skim-milk, lettuce, and a boiled egg form her daily repast year in and year out."

Centenarian Ate Many Apples

Mrs. Ann Hulsizer died at the age of 106 in West Liberty, O., this week. Mrs. Hulsizer, who retained all her mental faculties to the last, attributes her long life to the persistent use of apples and other fruit throughout her life.

Sabbath Services

Sabbath morning there will be Christmas services in the chapel. Elder Tenney will preach the sermon and there will be special Christmas music by an augmented choir. Sabbath school in the chapel at 12 o'clock. In the afternoon Dr. Kellogg will speak in the parlor on "Modern Miracles." His talk will be followed by a short vesper service at 4 o'clock. At 8 o'clock there will be music in the lobby by the orchestra.

We are not here to play, to dream, to drift;
We have hard work to do and loads to lift,
Shun not the struggle—face it; 'tis God's gift.
—Malbie D. Babcock.

It is a much shallower and more ignoble occupation to detect faults than to discover beauties.—Carlyle.

COLD A POWERFUL STIMULANT

"Cold is the most powerful natural stimulant known," asserted Dr. Kellogg, in a parlor talk on "Cold Air," Thursday night. "There is a strange impression afloat," said he, "that cold air is dangerous. As a consequence when the cold weather approaches people flee to Florida, California, the Bermudas, to escape it."

"It is true that cold air is dangerous. If a room is filled with people, many of them weak or anemic, and a window is thrown open and great quantities of cold air allowed to sweep in, it is very likely to produce colds, congestion, perhaps pneumonia. It would have been better for those people to have breathed the bad air than to have been in the path of that cold air. But cold air is a friend if you use it right. Its health-giving value lies in its tonic effect—in the vigor it imparts to the body. All our enjoyment and efficiency in life depends upon our vigor."

"Cold has a tremendous reflex stimulus. By the application of cold to the surface immediate impulse is given to the nerve centers. You all know the effect of a few drops of cold water dashed in the face of a person who has fainted. It is this stimulating effect that has been produced upon the nerve centers."

"The majority of persons in America, at least, keep their houses too warm. They fairly barricade them against the cold air. If somebody would only corner this same cold air, you would see people paying a big price to get it. You know that in the winter time the chimney draws better. That when the sharp cold weather comes the fire burns more briskly and with an intenser, ruddier flame. Now, the cold air has just the same effect on the body. It enables us to burn up the poisons of the body more rapidly. In the winter time the air is denser than in the summer. With the rising of the temperature the oxygen is diluted with each degree. You have the choice opportunity to get this rare tonic, the benefits of which we are only just beginning to discover, and should make the most of it."

Improve every opportunity to take long walks in the open air, with chest held high. After your dinner, wrap up warmly and lie out on one of the outdoor couches along the verandah. When you go to sleep at night give the cold air plenty of chance to enter your rooms freely, that your lungs may benefit by this powerful remedy."

Prayer

Be not afraid to pray—to pray is right.
Pray, if thou canst, with hope! but ever pray.
Though hope be weak, or sick with long delay;
Pray in the darkness, if there be no light,
Far is the time, remote from human sight,
When war and discord on the earth shall cease,
Yet every prayer for universal peace
Avails the blessed time to expedite.
Whate'er is good to wish, ask that of Heaven,
Though it be what thou canst not hope to see;
Pray to be perfect, though material leave
Forbid the spirit so on earth to be;
But if for any wish thou dar'st not pray,
Then pray to God to cast that wish away.

Harley Coleridge.

DOMESTIC SCIENCE DEPARTMENT

In her parlor talk on "Christmas Dainties," Miss Lenna Cooper of the Domestic Science Department, warned her hearers against the use of foods rich in excessive fats and sugar and against the promiscuous use of condiments, such as strong spices, pepper, mustard. Cinnamon nutmeg and mace she said could be used with moderation, but pepper she strongly condemned. Its effect on the stomach was illustrated by its well known effect on the eyes and nasal passages. "If you get some pepper in your eye or the nasal passage," said the speaker, "the body immediately begins to get rid of it by an excessive flow of mucus. Now the same things results when the pepper is taken into the mouth and stomach, the entire alimentary tract begins its system of defense and reaction, for the pepper is not soluble by the stomach juices and as long as it remains this effort is made to cast it off."

That foods could be made palatable and wholesome as well was a point made with special emphasis by Miss Cooper, who advised among other things to follow the rich Christmas dinner with, instead of a heavy fruit pudding, a rice pudding with an orange compote.

The guests were permitted to enjoy the demonstration dishes, which included the rice pudding and orange compote; wholesome mince pie and plum pudding, the recipes for which follow:

Rice Pudding—

½ cup rice	½ cup sugar.
½ cup water.	½ cup teaspoon salt.
1½ cup milk.	1 teaspoon lemon juice.
1 cup cream.	1 teaspoon flavoring,
Yolks of 4 eggs.	orange or vanilla.

Wash and rinse rice till water is clear, add to it boiling water, boil 5 minutes, then add the milk; boil twenty minutes, put in cream and cook in double boiler till dry. Cream eggs and sugar together. Add salt, lemon juice and flavoring, fold into the rice. Cook 8 minutes. Chill and serve with the following compote:

½ dozen oranges.	1 tablespoon lemon juice
1 lb. sugar.	½ cup water.

Put sugar and water on to boil. Cook ten minutes and add lemon juice. Peel oranges deeply and cut in half crosswise, cut out core with scissors and sharp knife. Place a few pieces at a time in hot syrup. Cook two minutes. Lay in flat dish singly. Pour over the remaining syrup and put platter on ice.

Mince Pie—

For five pounds of mince meat use:
18 apples. 1 lb. protose.
1¼ lb. seeded raisins. Add 3 cups sugar
¼ cups apple juice. 1¼ teaspoons cinnamon.
Mix and chop fine.

Steamed Fruit Pudding—

¾ cup rich sweet cream.	
1 cup sugar.	2 cups bread crumbs.
2 tablespoons flour.	1 cup raisins.
½ cup currants.	1-8 teaspoon salt.
1 teaspoon vanilla.	¼ cup strong Noko or Cereal coffee.

Whites of 6 eggs beaten to stiff froth.

Add ingredients in order given. Steam 4 hours and bake 15 minutes.

PROF. IRVING FISHER COMING

(Continued From Page 1.)

should be a national ambition. We cannot too strongly insist on the necessity of proper ideals for the family for simple living and for those habits and tastes which produce vigor and make men capable of strenuous service to their country. I can most cordially commend the endeavors of your committee to bring these matters prominently before the public."

As Prof. Fisher wisely points out, physicians of themselves cannot control disease; neither can health officers. It is the general public who have it in their power to im-

prove the national health.

It is this health education that the Battle Creek Idea represents and the Sanitarium with its treatments, its systematic exercises, its sane diet and its lectures on health topics aims to promote. That is the reason why one meets so many guests about the Sanitarium who do not appear to be ill and who upon inquiry will deny that they are really ill. "I came here," they frequently remark, "to find out how to avoid being ill. I wanted to investigate for myself the meaning of the Battle Creek Idea, of which one hears so much in the outside world."

Every man's duty is to do what he is sent to do.—Bengel.

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Children's Entertainment a Complete Success

The Christmas celebration for the poor children of the city proved a huge success. They arrived at the Sanitarium nearly two hundred strong at 5 o'clock Tuesday afternoon; big and little, colored and white, rosy-cheeked and wan, some in festive attire, others showing unmistakable evidence of a Ruggles wardrobe, in which the necessities had had to be divided among the family; but all were happy and eagerly expectant. For an hour they were entertained in the chapel with music and stories, and at 6 o'clock, as there was not the remotest possibility that a single Tiny Tim was missing, they marched up through the long main dining room and into the banquet hall, which had been decorated with Christmas greens. The tables were laden with goodies and bright with fruits and flowers. Round eyes grew rounder at the array, but childish appetites soon banished all thought of embarrassment and for an hour or more the waitresses were kept busy supplying the childish demands.

A Merry Christmas to you dear children
each and every one.

SUPPER AT THE SANITARIUM
DEC. 25, 1907.

Menu

Cream of Corn Soup—CROUTONS

Potato Loaf—Brown Gravy

Nut Meat Pie

Molded Cranberry Jelly

Salad Sandwich

Cream Biscuits

Malt Honey

Christmas Pudding—Orange Sauce

Apples

Popcorn

Pine Nuts

Small Cakes

Raspberry Nectar

Here's wishing you Health, and all good cheer.
Throughout this Christmas, and the coming year.

"Do you suppose this here is beer?" queried one small thing, as she sipped her raspberry nectar. A near neighbor refused cream biscuits, "because," she naively explained, "we have 'em at home."

When more supper became a physical impossibility, the happy youngsters were taken down to the lobby and from there they marched into the gymnasium to the stirring march played by the orchestra. The long line passed to the far end of the room, where a manger

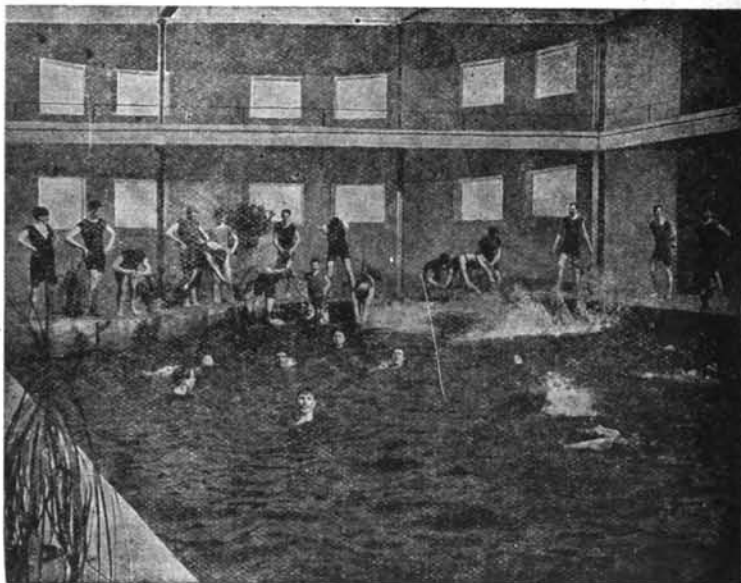
had been arranged as a booth from which were dispensed bags of nuts, candy, pop-corn and apples. Then the children were seated and after a brief program of songs and recitations in which several of the little children of the Sanitarium kindergarten distinguished themselves, the gifts were distributed from the great tree which occupied the center of the room and was ablaze with incandescent lights and laden with toys to delight the hearts of the children. No child but left with his arms full of gifts and goodies and his heart full of happiness, thanks to the generosity of Battle Creek citizens and the faithful committee in charge.

The affair offered a pleasant form of entertainment to Sanitarium guests, who were permitted to occupy the galleries. Perhaps, they, too, carried away something more of the Christmas spirit, for having seen joy brought to the lives of so many little ones.

CHRISTMAS DECORATIONS AT THE SANITARIUM

The Christmas decorations at the Sanitarium have been particularly effective. Early in the week Florist Vandervoort arranged a handsome central decoration in the lobby consisting of tall central palms and hazy ferns graduating to low growing ferns and blossoming begonias, with quantities of poinsettias in full crimson glory of blossom starring the whole at intervals. At the base of the pyramidal decoration holly made an effective and seasonable border. About the massive white pillars and the wrought iron stair railing Alabama smilax twined, while in the dining room holly was used in profusion, forming a frieze about the main room and being festooned about the arches and pillars.

The Christmas dinner tables were handsomely decorated with fruits and cut flowers.



Swimming Pools Popular Resorts

Stormy days of the past fortnight have made aquatic sports popular and given interest in the indoor swimming pools sudden impetus. No special exhibitions or contests have been held, but the patients, both men and women, have taken advantage of the opportunity for this nigrating exercise.

Both pools, that for the men and that for the women, are connected with the bath departments, and are open all day. Each large pool has two pools of different temperature; one kept at 78 degrees—midsummer sea-water temperature, and the other at 60 to 65 degrees. It is this contrast, plunging from the cold into the warmer, that gives the morning dip half its zest.

Many of the patients take a dip after their morning walk and bath. Others prefer it

to follow their morning drill in the gymnasium or the regular treatments; when a swim of 5 or 10 minutes is pure pleasure.

Dr. Colver, instructor in the gymnastics, has surprised many of the patients by urging them to take a plunge even though they were heated to the point of perspiration. "The tonic effect is good, and will result in no ill effects," said he, "even though the body be heated, so long as one is not exhausted. The disastrous effects come when there has been exhaustion and the body cannot react under the stimulating tonic of the cold."

A strenuous trained nurse from Pesth Said: "Strict antisepsis is best;

In pure boiling water I'll plunge for you see I determined no germ shall be found upon me."

Perhaps now she's taking a rest.

—S. Virginia Lewis, in *The Trained Nurse*.

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening, conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Question: What treatment is good for a prolapsed colon, and what will destroy the germs in the colon?

A. That is an exceedingly practical question. The number of cases of that sort is great. About twenty-five per cent of all the people I meet are suffering from auto-intoxication and from dilatation of the colon. The heathenish practices of our civilized life have brought us into a condition of almost complete degeneracy, a condition of wholesale poisoning.

Now, what will cure this condition? In the first place, a fruit diet. No meat. Why? Because fragments of meat rot in the colon and encourage the growth of these germs. Dead flesh, pieces of dead hog or cow lying around in the colon will decompose, decay, become putrescent just as though it was lying around in the fence corner or any other place on a hot summer's day. Avoid meat. Do not eat milk too largely unless you take it in the form of buttermilk or some other form of sour milk such as kuyms. Another very important thing in such cases is to keep the colon empty, to wash it out every single day.

Question: How many raw eggs a day should one eat who suffers with intestinal indigestion?

A. It is not necessary to eat eggs at all. The large use of eggs, as well as the large use of meat, is detrimental. Many people suffer from chronic autointoxication, from headache, confusion of thought, lack of mental acumen, stupidity, nervousness, drowsiness, a sense of weakness and sleepiness when they want to be wide awake, because of eating too much proteid, and the proteid may be taken in excess in the form of eggs as well as in the form of meat. They are food we can dispense with; we do not require them any more than we require meat.

Q. What treatment is good for prolapsed colon? What will destroy the germs in the colon?

A. The colon must be lifted up into place by the development of these abdominal muscles. People who sit with the chest behind instead of in front—and you see a great many people do that—people who sit and go around with the chest hollow in front and humped out behind, with 'round shoulders,' always have prolapsed colon, always have prolapsed stomach. And when the stomach comes down it pushes the colon down, and the prolapsed colon is always a stagnant colon in which the accumulated matters are stagnant, festering and putrefying and decomposing, producing poisons which are being absorbed into the blood.

Now, then, the correct thing is to keep the chest high. That contracts the abdominal muscles, lifts the colon up; compresses it and brings fresh blood into it, killing off the germs. It is one of the most effective means of securing relief from this trouble.

Q. What causes apoplexy?

A. Colon poisoning is one of the principal causes of this disease. The apoplexy is a long time coming. A man fell down unconscious in a store recently with apoplexy. He did not get it that day; he got it away along last year, and year before, and year before that; it has been ten years coming. His arteries have been hardening little by little, by degrees, until by and by they got so brittle the blood pressure broke the blood vessel, the wall was torn, a clot was formed, and the man fell down unconscious, one side completely and forever paralyzed.

Q. In case a child became unconscious suddenly from toxin poisoning, what would you do until a physician could be called?

A. The thing to do is to dip that child in hot water, just as hot as you can use without burning the child. If you can not get water that is hot enough to make a bath, wet a towel or better a blanket in hot water, and throw it right over the stove. If you are afraid it will blacken the blanket, put a newspaper on the stove first, the blanket on top, and the wet blanket will wet the newspaper so it won't burn, and it will steam up into the blanket and warm the blanket; then wrap that around the child until the skin is a little red, then hold the child up and pour cold water over it.

Q. Does toasted bread tend to produce inactivity of the bowels?

A. Yes, because it is so completely digested and leaves no residue. Rice has the same effect; fine flour bread has that effect; but this may be antagonized by adding to the toast, butter. Butter added to toast—not butter on hot toast, that is out of the question for anybody to eat; it is one of the most difficult things to digest you can put into your stomach. Fats encourage intestinal activity. Malt honey and all kinds of sweet things and all kinds of acid things—sweets, acids and fats stimulate the activity of the bowels.

Q. What causes erysipelas?

A. The principal cause of erysipelas is lowered vitality, bad blood, impoverished blood, blood that has not the power to fight off the germs that are all the time eating their way into us. If the blood becomes impoverished so that the number of germ fighters, the white blood cells, is diminished so they can not do their work, the result is that the germs get down deep into the tissues, and the resulting symptoms are biliousness, pimples, eczema, salt rheum and various disorders of this sort.

Justice

We get back our mete as we measure—

We cannot do wrong and feel right,
Nor can we give pain and gain pleasure,

For justice avenges each slight.

The air for the wing of the sparrow,

The bush for robin and wren,

But always the path that is narrow

And straight for the children of men.

—Alice Cary.

Life is noble in proportion to the nobleness of faith; it is successful in proportion to the fixedness of faith.—Le Conte.

Let a man go where he will he can find only so much beauty or worth as he carries.—Emerson.

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Personal Column.

Dr. Loiza Elwell has gone to Colorado to "prove up" on her claim.

Miss Carrie Zahn left Tuesday for Ohio, where she will spend the holidays.

C. L. Drake of Nebraska, who spent Christmas day with Mrs. Drake, has returned home.

Dr. Carrie S. Staines has closed her office temporarily and is doing special laboratory work.

Dr. J. F. Byington gave a short talk on "Cold in the Head," at the Thursday noon family gathering.

Miss Atherton, assistant gymnasium instructor, is making a brief visit with friends in Cleveland, O.

Messrs. Edwin Pratt and Herbert Gregory of New Haven, Conn., have been guests of C. S. Day, Jr., the past week.

J. W. Walton, Jr., has returned to Chicago after a brief visit with Mrs. Walton, who is a guest at the Sanitarium.

Mrs. Lena Moseley Ragsdale will leave on Friday for Madison to attend the meeting of the American Historical Association of which she is a member.

Dr. Whitney Morse has gone to Chicago to engage in post graduate work. During her absence Dr. Stoner will take charge of the work at East hall.

Mr. and Mrs. I. T. Blackwell of Norfolk, Va., arrived at the Sanitarium this week. Mr. Blackwell is principal of the Norfolk Academy. They came to acquaint themselves with the Battle Creek Idea.

Several of the doctors of the Sanitarium staff attended the meeting of the Battle Creek Medical club Monday night. Dr. A. W. Alvord read the paper of the evening, his subject being "Gunshot Injuries to the Head."

Dr. Kellogg was host at a sleighride party given Saturday night to the medical students and faculty. Following the ride the guests were entertained at the residence.

Miss Franc Adele Burch of Detroit, who has a more than local reputation as a reader will give Dicken's "Christmas Carol" before Sanitarium guests Saturday evening in the gymnasium. On Tuesday night she will present "Mrs. Wiggs of the Cabbage Patch," and New Year's night will appear in a miscellaneous programme, interspersed with music.

Dr. Carolyn Geisel has returned from a lecture trip through Massachusetts, New York and New Jersey. She will remain at the

Sanitarium until after the first of the year, after which she will start out on another lecture tour.

Friday afternoon Prof. George Wharton James gave an informal talk on Robert Browning, in the Sanitarium parlor before a large number of Sanitarium guests. The speaker read from many of the more familiar poems and talked entertainingly of the poet's philosophy.

A feature of Christmas Day celebration at the Sanitarium was the sleighride given the guests in the afternoon by the management. Mild weather and excellent sleighing made the event a pleasurable experience even to those who had but recently come from the sunny south.

Mrs. M. Paxton, who for some months has been a guest at the Sanitarium, will sail on the Hamburg-American S. S. von Moltke, Jan. 29, for an extended trip through Egypt and the Holy Land. The party will go via the Mediterranean, stopping at Malta, Algiers, Spain, Italy and Greece.

Interest in indoor baseball has been less keen during Christmas week, but two match games being played. On Saturday night the Business Men defeated the Medics by a score of 15 to 11. Wednesday evening a picked team of players defeated the Baw-Bees No. 2, the score standing 28-16.

George Wharton James gave recently an interesting and pleasing recountal of his experience with the love of wild men and wild animals, and emphasizing the necessity for love in the human heart if one would find peace and happiness. He told many remarkable anecdotes to illustrate how the possession of this love for his fellowman and for fellow creatures had saved him from harm and taught him lessons of faith and trust. Prof. James has spent twenty-six years among the Indians and has been a close student of the red man's nature. On Saturday evening he gave an illustrated lecture on the Havasupai Indians, in the Gymnasium.

Striving

Use thy powers unto the uttermost;

Let no talent dormant lie;

That thou hast not greater glory

Do not sorrow, do not sigh;

Not accomplishment, but striving,

Is the virtue, child of earth,

And thy striving, here, or elsewhere,

Into glory must have birth.

—Elizabeth Baker Bohan.

It makes the mind very free when we give up wishing, and think only of doing what is given us to do.—George Eliot.

News Among the Helpers

Miss Sadie Arner left this week for Columbus, O.

Miss Pauline Doering has gone to Nunica, Mich., for the holidays.

Sam Nay, of the optical department, is visiting his parents in Nashville, Tenn.

Miss Agnes Anderson is spending the holidays with her family in Northern Michigan.

Miss Ethel Hayton of Modern Medicine is visiting her brother, Dr. Hayton, of Shelby, Mich.

Messrs. Otis and Clifford Hague of Modern Medicine, have returned from a visit in Ohio.

Miss Esther Heath of the Good Health, is spending Christmas holidays with her mother at Saginaw, Mich.

Misses Donna and Ella Verney of Climax have been spending a few days as guests of Miss Edna Robinson.

Miss Jennie Nordland, formerly of the Nurses' department, was married the past week to Mr. Edward Shibley of Galesburg, Ill. They will be at home after Jan. 1, in Peoria, Ill.

Plans are being made for the entertainment of the Helpers of the Sanitarium on New Year's day. The entertainment will probably be in the nature of a banquet and a sleighride in the afternoon, followed by an evening entertainment in the gymnasium by excellent talent.

Members of the Philathea class planned and carried out the Christmas festivities for the Bethesda Maternity residents. A tree on Christmas afternoon laden with gifts, utilitarian and otherwise, together with an entertainment of music and brief talks, formed the afternoon's celebration, which was much appreciated by the girls.

A quiet wedding of interest to the Sanitarium family took place Christmas morning when Miss Lavinia Franz became the bride of C. L. Ashley of the Good Health staff. Mr. and Mrs. Ashley will reside on Grand Boulevard.

The marriage of Miss Marie O'Donnell to John Bergerson of Chicago, took place Christmas day at the residence of the bride's brother, Fred O'Donnell, 23 Hill street. The service was performed in the presence of relatives and a few intimate friends by Elder G. C. Tenney, and was followed by a wedding luncheon. The rooms were handsomely decorated in Christmas green and the gifts adorned the Christmas tree. The couple will reside in Chicago.

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THE BATTLE CREEK IDEA

VOL. 1., No. 4.

BATTLE CREEK, MICH., JANUARY 2, 1908.

PRICE, 2 CENTS.

BATTLE CREEK SYSTEM DR. KELLOGG EXPLAINS IT

Lectures Before the Sanitarium
Guests on Rational
Methods.

IT'S THE BLOOD THAT HEALS

In his talk Thursday evening before Sanitarium guests Dr. Kellogg spoke at length on the Battle Creek Sanitarium system, explaining its purposes and telling briefly of the history of its evolution from a small water-cure, only four decades ago.

"The Battle Creek Sanitarium system—what is it? It is not a discovery at Battle Creek. It does not depend on an all-healing spring or a secret method or panacea or anything that is in itself unique. It is simply a combination of physiological or natural methods—of all the methods known and developed in the science of medicine during the last 2,000 or 3,000 years," said he.

"There are two system of medical treatment: the artificial and the natural or rational method. The rational includes the artificial and the natural and nearly all others that have been proved to be valuable. So far as I know the Battle Creek Sanitarium was the first place in the world where all known medical appliances, natural and artificial, were brought to bear in the treatment of the sick.

"Thirty years ago one could get electricity from a few specialists in the large cities where medical electricity was employed scientifically, otherwise it was used in a purely empirical way. Water was not used in a scientific manner thirty years ago, to my knowledge, in the United States. There was no such thing as a scientific application of hydrotherapy. If the patient had a fever he was given a wet sheet pack; if he had a pain somewhere he was given a fomentation, but there was no rational application of water in a scientific manner.

"First, we must have a foundation principle. Deitl, perhaps the greatest pupil of one of the greatest physicians of Europe—Rokitanski—said this: 'Nature heals. That is the first and greatest law of therapeutics. Nature creates and maintains, therefore she must be able to heal.' This is a great truth expressed very tersely: Nature is the healing power.

"Prof. Virchow, probably the greatest physician that lived in the past century—a man of wonderful versatility of knowledge, said, in 1847, twenty years before this institution was started: 'Diseases are not entities that have entered into the body, nor the parasites that take root in the body. They merely show the course of the vital processes under altered conditions.'

"When a man is sick he is no different from a well man except that his body is laboring under altered conditions. The normal human body performs its work painlessly,
(Continued on Page 2.)

WHAT TO DO IN AN EMERGENCY

Lecture by Dr. J. F. Morse Offers
Valuable Suggestions.

TO THINK—THE IMPORTANT THING

"What To Do In Emergencies" was the subject of a lecture given Monday evening in the Sanitarium parlor by Dr. J. F. Morse.

"The first thing to do in an emergency," said the speaker, "is to think—to remember. And as it is a very difficult thing to remember to do a thing of which we have never heard or thought out, I will try to give you this evening a few practical suggestions to follow in the cases of ordinary emergencies.

"Now, none of the foolish things of which we hear of people doing, in the case of fire, for instance, would be done if people stopped

DR. GIESEL'S ADVICE TO NEURESTHENIC PATIENTS

Sleep, Breathe, Chew, Drink,
Quiet and Confidence.

PATIENTS MUST HELP THEMSELVES

Neurasthenics were given a practical talk on how they could help themselves, Monday afternoon, by Dr. Carolyn Geisel, who spoke with sympathetic intelligence to her hearers whom she designated as "a tired-looking lot of people."

"Some of you look," said she, "as though you were tired of everything—tired of the whole world; tired of people and things about you, of your household, of everything and everybody; you are mentally and physically tired—that tired feeling that Peruna won't reach. What has caused it?

"Most probably its first cause was worry. What does it all mean? Nervous prostration



THE PALM GARDEN AT HOLIDAY TIME

to think what should be done. There are two times in the year—Christmas and the Fourth of July, days on which we should have the least anxiety, that are the most replete with accidents. Now, when it is the individual's clothing that is on fire, put it out without his knowing if it is possible (particularly if it be a child), by crushing the clothing in the hands. But if the blaze is too big, has gone too far along, grasp a blanket or rug or coat and
(Continued on Page 2.)

in its first stage. What is the remedy? Rest, rest in sleep. Sleep all you possibly can. Sleep long hours in the fresh, cold air. Sleep wherever you can and whenever you can, in you bed, out-of-doors (which is the best place), in church; aye, you are invited to sleep through my lecture. Seeing you asleep, I shall know you are getting some good from the talk. Sleep, I say, anywhere, everywhere, only Sleep!
(Continued on Page 3.)

BATTLE CREEK SYSTEM

(Continued From Page 1.)

without the slightest sensation in its internal parts. The diseased condition is simply the body struggling under abnormal conditions and doing its work faithfully and well under those conditions.

"Having found that germs are the cause of so many maladies it remains for us to find out how to successfully combat these germs, and the most interesting thing we have learned is that these germs are not able to make much headway in a thoroughly healthy body; that the man who has a healthy body is almost proof against germs.

"You never heard of such a thing as a pugilist whose body was in condition for a prize fight, having to declare a fight off because he had taken cold or had an attack of pneumonia, or something of that nature. The man who is in a condition to meet the champion of the world is ready to meet any germ that lives and need not have very much fear of germs so long as he is in this condition. It is bad habits that brings us down within the power of germs; that makes us prey to parasitic organisms, which are really scavengers. Germs are scavengers. Their function in the world is to destroy dead things. They are the means by which the fiat of the Almighty: 'Dust thou art, to dust returnest,' is executed. If it were not for germs a dead man would simply dry up, but the germs seize upon him and tear him to pieces, reducing him to dust instead of leaving him to become a mummy.

"If a man's habits are bad and he violates the laws of health his body is depreciated—reduced to such a degree that these germs are able to seize upon him while he is still alive."

Apropos of bad habits, the doctor said: "The first thing to be done for a person who is sick, by the physiological or natural method is to remove the cause of disease. If a man is ruining his heart by the habit of smoking he cannot expect to be cured of tobacco heart unless he stops smoking."

In closing the doctor said:

"Prof. Winternitz coined this medical proverb, which has to me been one of the most illuminating phrases I have ever met with in my medical studies: 'It is the blood that heals.' The first thing, then, to be done for the sick man is to improve his blood."

WHAT TO DO IN EMERGENCIES

(Continued From Page 1.)

place it around the victim, so."—Here the doctor demonstrated his theory by quickly wrapping a blanket about an attendant who stood by his side, placing it on him in such a way that the flames would be smothered downward in the operation. "The important thing," said he, "in this case, is to protect the face. Do not draw the blanket up from below, or at the first breath the victim will carry in the flames and hot air into his lungs.

"In the event one is caught in a burning building, it is wise to remember that the fresh air is about a foot and a half from the floor. That no matter how dense and obnoxious the air is above, that at that point one will always find a strata of good fresh air. Just drop on the floor and get a breath of it. Another valuable thing to remember is that in making one's way about a burning building it is possible to improvise a smoke mask through

which one can both see and breathe with comfort, by moistening a silk handkerchief and placing it over the face. If the handkerchief is not obtainable I have known a muslin pillow case to answer very effectually. Of course in this case it will be necessary to raise it at times to see one's way about unless one is familiar with the surroundings. Another fact that is good to remember when one is confused about the direction one should pursue, is this: drop down and find the current of fresh air and then go against the current, and you will be going toward a place of safety.

"Another common emergency which may arise in a household is a burn or scald. When a child tips over upon itself a pot of hot water or something of the sort, the first thing to do is to dash something cold over it—milk, water, anything of that sort, and do it instantly. Do not wait to hush the child's crying; do not wait to remove the clothing, simply dash the cold upon it, for every instant's delay is increasing the discomfort and danger. After the cold has been applied, cut off the clothing, do not remove it in the ordinary way or you will take the skin with it. The next thing that is to be done before the physician arrives is to apply a solution of picric acid. This is a very simple remedy, and should always be kept in the household. It is a powder and is simply put into a bottle with water. Apply to the skin, however, only when there is no break, if there is a break it must not be used at all for it is a poison. This may be kept on for hours, keeping the bandages moist and it never fails to bring relief from pain.

"If the skin is broken protection from the cold is necessary and there are many simple home remedies that are more or less familiar, oil and lime water for one. One of the most valuable of these is the immediate application of the white of an egg. It forms an impervious, smooth, firm covering; it radiates heat, and contracts and prevents undue congestion. It is well to remember that its use may prevent very ugly scars.

Effectual methods of producing artificial respiration in cases of asphyxiation, or drowning, the doctor next demonstrated to his audience. Placing the attendant on the table he first cleared the mucous from his mouth by quickly running his thumb about the cavity—the thumb being covered with a bit of handkerchief. Then the patient was laid upon his face and lifted by pressing the hands on the abdomen, then lowered forcibly. Another method was shown whereby the air was pumped in and out of the lungs by a manipulation of the arms, the demonstrator standing at the patient's head and lifting the arms in such a manner that it raised the chest each time.

For hemorrhage of the nose the doctor advised pressing with the finger against the side of the nasal partition, where the artery runs. This action kept up for ten minutes would, he said, generally prove efficacious, as human blood clotted in from 6 to 10 minutes. If this method did not stop the flow the patient should be seated and told to place his hands at the back of the head, on the neck, while the demonstrator with knee at the back, pulled the elbows back until they trembled. Another position that could be assumed was to have the patient place his hands on the demonstrator's shoulders, and lean forward, while the demonstrator's arms clasped him about the waist, pressing firmly at the back.

When there was a hemorrhage from the finger the flow would be stopped by compression on the side of the finger, not at the bottom and top. The doctor then illustrated the use of an improvised tourniquet to stop

the flow of wound below the elbow. Tying a handkerchief loosely at a point above the elbow, he inserted a pencil or bit of stick and twisted until the pulsations ceased. The tourniquet could be used with equal effectiveness for the leg or arm, but he warned his audience from exceeding the time limit of two hours, with such an application, lest it would result in the death of the tissues. "If it is necessary to keep the tourniquet applied for a long period, until the patient can reach a surgeon, let up on the pressure for a moment," said he, "even though there be a little loss of blood, in order that the tissues will not become dead."

To stop a hemorrhage of the foot or leg the doctor showed how by placing a small pad behind the knee and bringing the leg back and tying it, extreme flexion would be obtained.

For sprains, the doctor demonstrated the hot and cold water treatment, the patient holding his wrist over one pail while the doctor poured from a pitcher, dipping alternately into buckets of hot and cold water. The cold



should be as cold as one could get it, and the hot as hot as could be borne, and the operation kept up for from 10 to 15 minutes; then support of some sort should be applied and for this the doctor recommended adhesive plaster, applied firmly. If adhesive plaster was not at hand a bandage should be applied. Then the whole should be moistened in cold water and covered with a towel or flannel cloth. If pain ensued during the night, the cloth should be moistened again. Relief should come in two or three treatments, he said. And absolute rest of the joint for several days should follow the treatment.

The doctor then illustrated how a lower jaw could be snapped into place if dislocated, simply by placing the thumbs, wound with bits of bandage, within the mouth, pressing downward with the thumbs and upward with the fingers.

For a dressing for burns the doctor said gutta-percha, cut so it had many small perforations was most practical. The open spaces offered an outlet for the discharge and the entire plaster covered the raw place without sticking and causing discomfort when the dressing was removed.

DR. GIESEL'S ADVICE.

(Continued From Page 1.)

"Let us recapitulate this first stage of nervous prostration: First cause—Worry. First symptom—Tired. First remedy—Rest. You can cure yourself—Sleep. If you are unfortunate enough to go on to the second stage, you will find yourself possessed of extreme irritability. Being a woman, you will cry—cry over everything and over nothing. If you are a man, you 'say things.'

In this stage you imagine yourself to be afflicted with every known disease, and your mental suffering is often extreme. You are possessed of hallucinations and hardly dare tell your friends that you believe yourself to be going mad."

Just here the doctor warned her hearers that if they had friends suffering from nervous prostration, never to intimate the possibility of insanity. "Allow me to tell you," said she, "that nervous prostration very rarely produces insanity. And let me suggest another caution—do not say to this sufferer, 'You are only nervous! It is nothing but nervousness!' for of all really sick people who are permitted of God Almighty to get well, he frequently suffers most and is sickest who has 'nothing but' nervous prostration."

The causes of this second stage?—of course a continuation of the first—worry and exhaustion have produced imperfect digestion and mal-assimilation of food, and the disorder is intensified because of nerve starvation, and can only be corrected by proper feeding. Care must be exercised in the choice of food. Any so-called foodstuffs which tend to produce irritability of nerves must of course be dispensed with. Tea, coffee, condiments, to say nothing of alcoholic liquors and tobacco, must positively be put aside if we expect the patient's nervous system to return to normal condition; for poisons, whether introduced from without or generated within the body, will most surely increase this deplorable irritability. Foodstuffs carefully selected with reference to their digestibility—particularly such foods as contain easily digested fats, will be especially useful. Exhausted nerves will rebuild most rapidly if the body can take care of a sufficient quantity of fat.

"But recovery from this disorder, nay, health for any of us, depends, you remember, more upon how we eat than what. This patient should first go to the dentist, see that his teeth are put in perfect order, and then he should chew and chew and chew, as though he really understood that which is verily a truth, that life depends upon chewing.

"Bear in mind, also, that the nerves starve for lack of oxygen. The sufferer will find in the second stage that not alone in this troublesome irritability diminished, but his digestion also improved, by the out-of-door life. He should desert his house now and eat as well as sleep out in the open air. Stay in God's great out-of-doors night and day.

"Nerves are starved for lack of drink as well as for lack of solid food. Much drinking of water, between meals, of course, will do for you two things, one quite as important as the other. First, this sort of internal bath will free the tissues of accumulated debris, and this tissue-flushing is quite as important as the appropriation of H_2O to the rebuilding or nerve cells.

"Recapitulate: second stage—Worry, plus nerve starvation. Symptoms of second stage—tired, plus irritability. Remedy for second

stage—rest in sleep, plus nerve feeding by thoroughly chewed foods which contain easily digested oils and fats, nerve feeding with oxygen by deep breathing of cold air, and lastly, overcome irritability by much drinking of water. You can still cure yourself—sleep, breathe, chew, drink.

"Is there a third stage?—Yes," the doctor said, "but don't get that far. Quit. But of you are so unfortunate as to go on into the third stage of nervous prostration, you will know it all too well. You are exhausted now to such an extent that you are all but unable to walk. Consecutive thought has become quite impossible. Irritability has increased, and now in spite of your inability to accomplish anything you are possessed with a desire to do everything. You would work, work, work, and never stop, if you were capable of any sustained effort. Being incapable of it, your mind continues to make effort whereby your troubles are only increased. Did I say that work brought you here I think I may honestly say, Never. For all work, if it could be free from worry, I believe, could be shown to be of God's greatest blessing.

Now, my friend of the third stage of nervous prostration to get well (and you will) you must help—help by quitting. Let everything go. Let go your business, let go your family cares, make a complete, absolute surrender of every claim to place in the world's activity. Know nothing, forget everybody, stop living as far as anything that pertains to mental life is concerned. Just vegetate. Know this, and this one thing only, that He who was Master of the universe before you came is Master of it still, in spite of all your effort at management. Is a loving Master of you and of your affairs. Just drop out, and with a helpless child's indifference to that which he does not understand, do you trust God and let things alone. The most direct of all remedies that can possibly be applied to your case now, is quietness and confidence in the Great Father of all life, who knoweth and careth, and loveth, and waits for your perfect trust."

SWIMMING TOURNAMENT ATTRACTS SPECTATORS

Demonstrations of Fancy Strokes and Diving Feats Given Monday.

Keen interest was aroused in aquatic sports by the swimming tournament given Monday afternoon in the men's swimming pool.

The events included a spectacular rescue, participated in by two lads; relay races, demonstrations of fancy strokes by several of the expert swimmers, diving exhibitions and a game of water polo. A large number of guests gathered to witness the programme and the frequent applause bore evidence of their appreciation.

The opening event was the rescue of Richard Leslie, who fell into the pool head foremost, with his street clothing on, and was rescued by Alfred Judd before the audience had time to know what had happened. Then followed a race the length of the pool participated in by Foster and Wheelock, Foster coming out in the lead. The relay race fol-

lowing was won by Foster and Leslie. Then followed a demonstration of various strokes: Arthur King showing the double overarm and Roland Smith the single over-arm; T. H. Aagaard the breast stroke, and A. C. Pease the side stroke. Aagaard and Smith then gave an exhibition of swimming on the back.

Following a series of diving exhibitions from both the ladder and the upper gallery, a relay race was swum by Smith, King, Aagaard and Pease, Smith and King winning.

An exhibition that aroused the enthusiasm of the spectators was that given by Haylock,



A GAME OF WATER POLO

who is regarded as one of the best swimmers at the institution. His demonstration of the leg stroke and Australian crawl were pretty feats and excited the envy of not a few of the on-lookers.

Spring board diving and the running jump and dive made interesting features of the varied programme, while perhaps the most spectacular event was the sky-light dive, in which Arthur King and Charles Torongo made a dive of thirty feet from the sky-light, landing without mishap and swimming across the pool with ease afterward.

The final event was a rough and tumble game of water polo which the spectators enjoyed quite as much as the participants.

News Among the Helpers

Miss Lennie Belden of the record office is visiting friends at Ligonier, Ind.

Miss Julia Hoenes is the guest of her brother, Dr. Hoenes of Madison, Wis.

Miss Atherton is expected to return Sunday from Cleveland.

Miss Nina Little, of the nurse's department, has been called to the home of Mrs. Rosenthal of Logansport, Ind.

Misses Winifred Way and Irene Remme have returned to their work after a holiday vacation.

Miss Carrie Zahn, medical matron, has returned from a visit with relatives in Ohio.

Miss Angie Anderson of the Chicago branch has joined the Sanitarium family.

Miss Lahey returned this week from her vacation trip.

Walter Grammer of the business office has returned from a visit in Jackson, Mich.

The real man is one who always finds excuses for others, but never excuses himself.—Beecher.

THE BATTLE CREEK IDEA

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Life a Struggle.

Life is a struggle. One does not need to belong to the "down-trodden class," of which our Socialist brothers talk so much, to realize that. The same enemies—without and within—threaten the king on his throne as they do the humblest of his subjects.

Within twenty-four hours after birth the enemies of life and health begin their menacing career and so continue through the years—assaulting, tearing down, destroying. If it were not for the marvelous means of defense with which the body is supplied we should not be able to hold our own a week against the inroads of the enemies—simply give up the struggle before we had begun to know the meaning of life.

Many people do give up—without even running up a flag of truce. Through lack of intelligence, perverted ideas, bad judgment, they tear down the fortress and let the enemy approach from all sides.

Given a strong body—a very castle, if you please—equipped with all necessary defenses from Nature's arsenal: Blood to destroy the germs; Liver to advance on the poisons which the germs produce; Kidney, Lungs and Skin to drive out the poisons; and straightway they break down the discipline without which no defense can be maintained and by errors in diet, sedentary habits, living in over-heated, illy-ventilated apartments, make inadequate the defenses and expose the castle to the attacks of death-dealing agencies. And the stately fortress, built to stand the test of years, becomes a crumbling ruin, unfit for human habitation, echoing no more to the music of happiness, failing to fulfil its God-given mission in life. And this through the criminal carelessness and neglect of its owner.

Grip Epidemic Mild.

Physicians in New York declare that there is no need for alarm over the spread of the "grip" in the last few weeks. While it has spread over wider areas than since the epidemic of 1889, it is in a much milder form. The grip has been dormant at intervals, but the malady has never left America since that date. Up to the present time the physicians have not been able to diagnose the conditions which have brought about the malady. The

idea that it was confined to persons who led an indoor life has been dispelled in the last two weeks by the progress made by the disease in the Adirondacks among persons who live an outdoor life under the best possible climatic conditions. Regarding the temperature, the doctors pointed out that virulent local epidemics of influenza had broken out when there had been a continuous frost for many days, and the same result happened when New York had been subjected to a very mild winter like the present one.

Bishop As a Mind Healer.

Bishop Samuel Fallows of Chicago is to inaugurate in his church—the St. Paul's Reformed Episcopal—a system of Christian Psychology as a means of healing. He says that this psychology in relation to health and happiness is "the inseparable alliance between religion and scientific medicine for the cure of disease" and asserts that Christian psychology will cure anything that is curable by Christian Science methods, which he believes are simply cures by faith. This faith cure, he says, is practiced to a certain extent by all physicians, and Dr. Fallows believes it should exist in its highest form among earnest Christians.

Here are a few of the ills that the Bishop asserts may be cured by Christian psychology: Functional nervous disorders, hypochondria, sleeplessness, nervous dyspepsia, melancholia, mental depression, hysteria, neurasthenia, drug habits, want of self-confidence, irritability, worry, anger, fear, weakness of will.

The hope is to link all the churches irrespective of creed in this beneficent effort which, he asserts, is the imperative demand of the age.

Boiling Water.

Water that has once been heated, or that has stood any length of time in the kettle, cannot be made to boil as quickly as freshly drawn cold water. If this fact were fully appreciated, it would have more weight with housekeepers as an argument against using water that has stood overnight than numerous homilies on the unhealthfulness of stale water. Fresh water is living, and water that has been boiled, or allowed to stand long absorbing gases and heat, is either dead or poisoned, so it is easier to boil fresh water than stale or dead water.

For drinking purposes, water should be boiled, bottled immediately and fastened tight. When cool, lay the bottles on the ice. It will be found superior to ice water on all occasions.—Heath.

The Oatmeal Problem.

The *Warte* has an article by Noll, one of the competitors in the last Berlin walk, on the value of oatmeal. After 25 years' suffering from neurasthenia, he determined, in January, 1906, to try an oatmeal cure. For eighteen months he lived solely on uncooked oats (three-quarter pounds daily, flaked and rolled), with water, and slept, as far as possible, in the open air. Today he is said to be strong and enjoying splendid health.

Dr. Geisel Leads Sunday Gospel Service

Dr. Carolyn Geisel led the Sunday afternoon gospel service held in the Sanitarium parlors. During the course of her brief talk, which was marked by the characteristic intensity which never fails to thrill her audiences, the doctor urged her audience to seek the peace that comes through an intimate acquaintance with the Prince of Peace. "We have all seen and known people in whose eyes there was that calm, beautiful peace, that serenity and trust that carried them far and above the difficulties that surround them—difficulties that you and I would think we could not face. If I could wish for you any gift for the coming year it would be this gift of His presence. If I could ask of God anything for you it would be that gift of Christ—joy—the abiding peace, the confidence and joy that comes of being acquainted with Him. Acquaint now thyself with Him and be at peace; thereby good shall come unto thee."

Religious Services.

The Sabbath morning services in the chapel will be in charge of Dr. George D. Dowkontt, his subject being "Walking and Working With God." Dr. Dowkontt, formerly of New York, has joined the Sanitarium family and will share with Dr. Kellogg the editorship of the foreign mission number of *The Medical Missionary*, Dr. Dowkontt having charge of the matter from the foreign field and Dr. Kellogg the department of physiological medicine. Dr. Dowkontt was for fifteen years editor of the *Medical Missionary Record*, of New York.

New officers for the six months' term ending June 30, have been elected by the Sanitarium Sabbath school as follows: Superintendent, George E. Judd; assistant, Dr. W. F. Martin; secretary, Dr. L. E. Vandervoort; assistant secretary, Miss Carrie Zahn; treasurer, George H. Murphy; chorister, Irving Steinel; organist, William Drever.

Who Bides His Time

Who bides his time, and day by day
Faces defeat full patiently,
And lifts a mournful roundelay,
However poor his fortunes be—
He will not fail in any quail
Of poverty—the paltry dime
It will grow golden in his palm,
Who bides his time.

Who bides his time—he tastes the sweet
Of honey in the saltiest tear;
And though he fares with slowest feet,
Joy runs to meet him, drawing near;
The birds are heralds of his cause;
And like a never-ending rhyme,
The roadsides bloom in his applause,
Who bides his time.

Who bides his time, and fevers not
In the hot race that none achieves,
Shall waer cool-wreathen laurel, wrought,
With crimson berries in the leaves;
And he shall reign a goodly king,
And sway his hand o'er every clime,
With peace writ on his signet ring,
Who bides his time.

—James Whitcomb Riley.



DOMESTIC SCIENCE DEPARTMENT

Breads formed the topic of the informal talk in Domestic Science class Tuesday afternoon. The demonstrator explained the nature of the yeast plant and told of its growth for the market.

"The plant, like bacteria," she said, "required certain conditions for growth: warmth, moisture, and food. Because they require warmth, the materials out of which the bread is made should always be warmed and the dough should always be kept in a warm place. The temperature most favorable is about that of the body, a little less than 100 degrees. There is always considerable moisture in bread and plenty of food for it. The food which it requires is sugar. This is also formed from the starch, due to the action of a substance in the wheat which acts when it has moisture and warmth. This substance is known as diastase, and is closely allied to the ptyalin of our saliva; in other words, it digests starch, changing it to sugar, and so sufficient food is supplied to this minute plant.

As the yeast plants feed upon sugar, they break it down into two substances—alcohol, and a gas known as carbon dioxide, or carbonic acid gas. As the gas is formed, it is held by the gluten, which is a very elastic substance. When the bread is put into the oven, the heat expands the tiny bubbles of gas, causing the bread to rise, or to become much lighter. The alcohol formed, being a volatile product, passes off in the baking.

Bread is made light in three ways: namely, by fermentation or yeast, by chemicals, and by the incorporation of air.

It is very important that the yeast bread should be thoroughly baked so as to kill the yeast plant; otherwise the plants grow in the stomach, thereby causing fermentation in the alimentary tract. For this reason bread which has been thoroughly toasted is more wholesome for people with delicate stomachs than the plain bread.

Bread—One Loaf.—

- 1 1/4 cups potato water.
- 1/2 teaspoon of salt. 1 teaspoon of sugar.
- 3/4 cake compressed yeast dissolved in 2 tablespoons of warm water.
- 4 cups of flour (about).

Have all the ingredients lukewarm. Prepare the potato water by boiling two medium-sized potatoes in a pint of water. Mash the potatoes in the water and use. Mix the po-

tato water well with sugar, and dissolve the yeast cake. Stir in the flour with a spoon until as thick as paste. Knead in the rest of the flour on the board. The dough should be stiff enough to spring back when hit a smart blow with the fist. Let rise in a warm place about one and a half hours. Knead down, adding more flour if the dough should be too soft. Let rise again about three-quarters of an hour. Bake at least forty-five minutes. In making whole-wheat or graham bread use one-third whole-wheat or graham flour and two-thirds white. In making corn bread use one-fifth corn-meal and four-fifths wheat flour.

Nut Puffs—

- 1 egg. 1 cup milk.
- 1 cup cream. 3 cups white flour.
- 1 teaspoon salt. 1/2 cup chopped nuts.

Beat the egg, add milk and cream. (Dredge the nuts in part of the flour), add remainder of the flour to egg mixture, also salt. Beat from 3 to 5 minutes until batter is light and smooth. Lastly fold in the chopped nuts. Have oiled gem pans heated and bake in moderate oven 20 to 30 minutes.

GOOD HEALTH FOR JANUARY REPLETE WITH INTEREST

The January number of *Good Health*, just issued, offers a delectable feast to its readers and establishes a high standard for the months that are to follow during the course of the year.

Among the notable articles that appear this month is that on "The Battle Creek Idea," by Michael Williams, a member of the American Magazine staff, a writer who has made a study of health reform, and the return to nature movement, and has come in close touch with many of the great advocates of the movement in the United States, and is thus able to draw comparisons that are exceedingly illuminating to the average reader, who frequently has a limited horizon along these lines, or at best only a personal experience. Mr. Williams has sketched not only the object and ideals of the Battle Creek system, but he comments in a most entertaining manner upon the results thus far attained and on the spread of the idea, which he picturesquely says is "being inoculated into the national veins, through the visits of the thousands of people from all the states in the union who annually visit the Sanitarium."

In closing Mr. Williams says: "I know

that on the truths taught me at this great University of Health I shall build my way of life henceforward, and I believe that in the not distant future every state, city and community, large or small, will have a school or hall of hygiene, and that their model will be the institution I have described." The article has a foreword by Upton Sinclair, who with Mr. Williams, has spent many months at the Sanitarium, learning its methods and absorbing its lessons.

A series of valuable short editorials by Dr. J. H. Kellogg, together with the question box, comprises a familiar feature always anticipated by regular subscribers.

An illustrated article on the "Pure Food Law of 1906," by Dr. A. J. Read tells in a most entertaining manner the causes which led up to the demand for such a law and of how it is being enforced. The editor in a foreword informs the readers that this article will be followed in a subsequent number by one giving directions for carrying out home tests for food stuffs—hints that every house-wife will find of untold value.

Other articles of especial interest to the feminine readers are the following: "The Business Woman's Dress," by Caroline A. Huling; "Where Danger Lurks in the Home," an article full of helpful suggestions and warnings to the housekeeper who unthinkingly allows storing places to become "catch-alls," and whose "sanitary conscience" needs awakening. The article is from the able pen of Mrs. E. E. Kellogg, and is the first of a series on domestic economics. Mrs. Minnie A. Emmons has an attractively illustrated article on "The Proper Preparation of Vegetables."

Along scientific lines there are articles on "Scientific Arguments Against Salt," by Dr. Kellogg; "Alcohol Found Guilty," by Dr. C. E. Stewart, the discoverer of the fact that alcohol lowers vital resistance by destroying opsonins—the white blood cells which protect the body against invasion of disease; "Sinusoidal Electricity," by C. C. Nicola, M. D., and that on "Micro-Organisms in Disease," by A. W. Nelson, M. D., together with a resumé of "A Century of Chemistry," by E. H. Risley, M. D.

There are other articles which will be of wide interest, and the attractive illustrations form no inconspicuous part of the magazine's value. The cover bears a striking portrait of T. Pawlaw, the celebrated Russian physiologist.

Poison-Absorbing Quality of Cold Water.

In connection with the subject of water, there is one peculiar property of that liquid with which every one should be made acquainted, and that is, its capacity for absorbing impurities, which it increases proportionately the colder it gets. Hence, water that has stood in an insufficiently ventilated sleeping chamber all night is not only unpleasant, but positively injurious to drink, since it readily absorbs the poisonous gases given off by respiration and the action of the skin. An ordinary pitcher of water, under such conditions, at a temperature of 60 degrees, will be found to have absorbed during the night from a pint to a pint and a half of carbonic acid gas, and an increase of ammonia. Ice water is an objectionable drink at all times, but if it is indulged in, the vessel containing it should never be left uncovered in sleeping or sitting rooms, because at freezing point its capacity for absorbing these deleterious substances is nearly doubled.—Exchange.

TO FIGHT DESEASE THROUGH COMMITTEE OF 100

(Continued from last week)

"To begin with the teeth. If any evidence were needed that man lives an unnatural and unhygienic life, it is to be found in the condition of the teeth. Dentists say that a perfect set of teeth among grown-up people is so rare as to be a curiosity. When such a perfect set is found, it is usually true that their possessor does not live the ordinary mode of life. In London Sir Harry Campbell, who has made a particular study of the use of the teeth in mastication, discovered a London workman with a perfect set of teeth. He found, however, that this workman had had a life long habit of thorough mastication, so inbred that it was impossible for him to swallow as ordinary people swallow. Every morsel of food must needs first be reduced by him to a liquid state. That this method of eating is not only natural, but effective in restoring lost health or improving even the vitality of healthy men, has been shown of late years by repeated experiment.

"The man who more than anyone else has insisted on the value of thorough mastication is Mr. Horace Fletcher. Here at Yale two years ago, a band of nine students, volunteers, undertook an experiment to test the virtues of Mr. Fletcher's rules of thorough mastication. The rules which the men followed were two: First, to thoroughly masticate every morsel of food with the attention, however, not on the mastication itself, but upon the taste and enjoyment of food. The direction of attention on enjoyment rather than on the mechanical act of mastication is more important than might appear at first. For it has been shown by actual experiment made with dogs in St. Petersburg that appetite is the principal means of exciting gastric juice. Consequently those who made a bore of eating by counting the "chews" or timing themselves, or artificially holding the food in the mouth beyond the time it would naturally be swallowed, gain not benefit but injury from the practice. The men were warned to make no effort to prevent swallowing quite as much as they were warned not to bolt their food. Thus swallowing became, like breathing, purely an involuntary act. The second rule was to follow absolutely and implicitly the leadings of appetite, both as to the amount of food eaten and the kinds of food chosen.

"The experiment lasted five months, and during this period the men almost doubled their physical endurance as shown by tests made by Dr. Anderson in the Yale gymnasium. As the men regarded themselves as perfectly well and healthy specimens to start with, such an unsuspected increase in efficiency was as startling to them as it was to me and others who watched the experiment. But that the improvement was real, is, I think, not questioned by anyone who observed the experiment or followed the account of it which was published.

"As to the reason for the improvement in endurance, there are many possible explanations. It was probably largely connected with the change in the character of the food eaten. The practice of thorough mastication led the men unconsciously to adopt a simpler diet and one with a less amount of meat and eggs. This result has been found usually to follow

by those who have adopted thorough mastication. Those who bolt their food—under the stress of modern civilization and the influence of the quick lunch counters, there are few today who do not,—instinctively choose meat and eggs for these can be bolted with more impunity than some other foods such as cereals. It is a striking fact that the carnivorous animals, like the lion and the dog, are food bolters, whereas the grain eating animals such as the horse or the fruit eating animals such as the monkey, are slow eaters. In other words when man attempts to eat with the speed of a dog, he instinctively chooses the food of a dog. When he eats with the slowness of a grain or fruit eating animal, he finds grain and fruit much more to his taste.

"While there is serious question whether man was originally or ought now to be absolutely vegetarian, modern science has made it clear that he eats far too much nitrogenous food, such as meat and eggs. This is particularly true in America. That a reduction in the use of meat and eggs is physiologically right and beneficial has been thoroughly shown by Prof. Chittenden in his famous experiments with United States soldiers and Yale students. Prof. Chittenden's work has put the science of dietetics on an entirely new basis. It has, however, nothing in common with the vegetarian cult except that it advocates a reduction in the use of flesh foods. This proposition, however, is directly at variance with the common impression. We have all been taught that meat, gives strength, and trainers for athletic events have always given a great deal of beef to their men. In order to test the correctness of this opinion, and to test the comparative endurance of those who used meat and eggs in abundance and those who used them sparingly or not at all, an experiment was made with 49 subjects, about half of whom were Yale students, and half, other persons in various parts of the country. These tests were gymnastic tests of various kinds, the most striking being, perhaps what is called deep knee bending, which consists in stooping and raising one's self again without stopping as often as possible. It was found that those who used meat and eggs freely could in few cases do the deep knee bending more than 500 times. In fact some of them fainted before this figure could be reached, and others found themselves physically unable to rise to the standing posture after reaching a much smaller figure. So fatigued were they that they had to be aided in descending the gymnasium stairs after the test, for on the first step when their knee was bent, the strength left was insufficient to prevent their falling down. One man thought for a time that he was physically injured by the test, and I soon found that few men were willing to come to the gymnasium to submit to further tests. After realizing the torture to which these men were being put, I confess I was a little afraid to go to the gymnasium myself!

(Concluded next week)

First Moth—How do you do! Where are you living now?

Second Moth—Still living in the same old fur-lined overcoat. And you?

First Moth—I've had to move. My doctor ordered me to eat nothing but antique orientals, so you'll find me in the rug room.—Town Topics.

SANITARIUM FAMILY CELEBRATE NEW YEAR

An interesting feature of the New Year's entertainment for the Helpers, held in the Gymnasium Wednesday night was the announcement and presentation of the prizes offered to Sanitarium nurses a year ago by Mr. D. K. Cornwall.

Mr. Cornwall, who has for some years been a guest at the Sanitarium, and is a warm admirer of the institution and its principles, last year offered \$200 to be divided into six prizes, three for the men's department and three for the women's, the awards to be made to those nurses who should have given the greatest satisfaction to both patients and managers of the institution. The offer restricted from competition any nurse who had violated the rules of the institution regarding general conduct, punctuality, courtesy, the receiving of tips, etc.

The names were voted upon by the various heads of departments and the medical staff, the committee in charge making the following announcement: Women's first prize, \$50, Mrs. Virginia Hoodner; second prize, \$30, Miss Elizabeth La Forge; third prize, \$20, Miss Ella Devine; Men's first prize, \$50, Andrew Walker; second prize, \$30, A. H. T. Walker; third prize, \$20, F. Potter.

The contest was very close, the committee having considerable difficulty in choosing from the large army of efficient and conscientious workers.

The announcement was made by Dr. Morse.

The entertainment comprised a miscellaneous programme of music and games with a series of readings by Miss Burch. At noon all Helpers were guests at a New Year's dinner given in East Hall, when the following menu was served:

Cumquats

Creole Soup Bread Sticks
Radishes Salted Almonds and Pine Nuts

Fillet of Nut Meat with Olive Sauce
Peach Cobbler
Parisian Potatoes Fresh Stringless Beans
Mint Jelly

Nut Croquettes—Pears
Royal Salad—Thin Bread and Butter
Buns

Pumpkin Pie with Whipped Cream
Delicate Cake
Noko
Malaga Grapes Apples Oranges
Yogurt Cheese Toasted Cream Sticks
Sweet Cider

"And Ministered Unto Him."

May be in His more human weariness

Came little things to minister and bless;
To touch Him in a humble way to please.

Perhaps came little earthly memories;
The simple stir of Nazareth's sun-washed street;

The busy sound of Mary's, housewife, feet;
A pattern of leaf shadows at the door;

The secret of fresh curled shavings on the floor.

—S. H. Kemper in McClure's.

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Is there any cure for neuritis of the lower limbs?

A. Certainly. The best thing for the person who has neuritis of the lower extremities, is to stay in bed. Breathing is a good exercise for such a person, but do not use your legs. Any organ which has neuritis in it should be put at rest, because neuritis is inflammation of a nerve and rest is very necessary. If you search into the cause of it, you will probably find there are poisons absorbed.

Q. Why is it that a person otherwise free from rheumatism should feel decided twitches of rheumatism after taking a cold plunge on rising in the morning?

A. Rheumatism is a disease which is reported by the nerves. One does not know he has rheumatism very much until he begins to feel pain, soreness of the joints, painful nerves, sciatica or some other indication of rheumatism. What is that rheumatism? It is simply a condition of poisoning. It generally comes from the absorption of poisons from the colon. Cold stimulates the nerves and increases nervous sensibility. When a person's nerves are loaded with these colon poisons so that he has rheumatism, when he takes cold bath or is exposed to cold air, pain will be increased because the irritability of the nerves is increased.

Q. Do fish and fowl cause rheumatism?

A. Fish and fowl decompose in the colon as well as other dead things, and consequently are just as likely to be productive of rheumatism. Rheumatism is not due to uric acid. Get rid of that idea. Rheumatism is due to colon poisons. The colon is only about five feet in length. It holds anywhere from two to six quarts, and when the colon is full of putrefactive, decomposing food residues, fragments that have been improperly chewed and not thoroughly digested, the whole body is polluted, and rheumatism is one of the consequences.

Q. How is it possible to have too high blood pressure and at the same time not enough blood to the brain?

A. It may be that is the reason why your blood pressure is high. The body forces are making an effort to drive up to the brain the blood which is needed there; and recognizing this deficiency of blood to the brain, there is an earnest effort being made to supply it.

Q. How many hours of sleep do adults require as an average? Do those having a nervous temperament require more?

A. Yes. A great many neurasthenics, persons who are chronically broken down, will find it great advantage to spend ten hours a day in bed. Many men and women, if they will take care to spend ten hours in bed can work hard almost all the rest of the time, but they should take that ten hours' rest. Invalids must learn to be unconventional. Do what is best for you.

Q. Is fasting a good thing for one who has no appetite?

A. Yes and no. One should not fast for ever. If you get up in the morning and do not feel an appetite for breakfast, do not eat it. If you do not have any appetite for dinner, do not eat it. If you do not feel any appetite for supper, wait until the next day. Drink water. You will save yourself an enormous amount of trouble if you will do this.

Q. What are the symptoms of locomotor ataxia?

A. Locomotor ataxia means an irregular, uncertain gait; that is what the symptoms are. When a person has locomotor ataxia, he can not walk steadily. His heels go down in irregular fashion, he can not control his feet. Some other things he can not control. He can not control his eyes; perhaps he can not control his hands. If he tries to put his hands together, his fingers will refuse to meet. He has lost his sense of locality, and can not bring his fingers together. You notice a man who works hard on a railroad going off with a dinner pail in the morning, and you see him marching off with a straight stride. He walks on the same side of the walk, and he keeps to a perfectly straight line. You see him when he comes home at night; he does not keep on the same side of the walk; he wobbles, first one side, then the other; he does not walk in a straight line; he can not. He has lost his power of equilibrium to some degree. The man who has neurasthenia is in that state all the time. His nerve centers are weary and they can not regulate his motions properly; while the man with locomotor ataxia is not functionally disturbed like the neurasthenic, but he is organically damaged. The nerves which regulate his movements are to some degree destroyed.

Q. What is the cause of one having a very bitter or seal brown taste in the mouth when first awakening in the morning?

A. Pate des fois gras, Welsh rabbit, stewed lobster, and similar things; high living. The real cause is lowered vital resistance. If you take a little specimen of that seal brown taste and put it under a microscope, examine it, you will find it is chiefly made up of germs. If you take a needle, scrape off a little of that seal brown coat on the tongue, and put it in the center of a boiled potato that has been well sterilized by boiling, put that under a glass on a plate, with perhaps a little water on the plate to keep the air from getting in, put it away in a warm place for three or four days, then go look at it, you will be astonished to see a rich, seal brown taste spread all over that potato. Take the tumbler off and you will see you have got the same kind of a smell there that you have got in your breath—the very same thing."

Q. Would an ocean voyage benefit a prolapsed stomach?

A. Yes, because you would find the bottom of it. That is a very good way to find the bottom of a prolapsed stomach. A great many people are benefited by taking a sea voyage; they get seasick and vomit, and then they have to fast because they can not eat. They have been accustomed to stuffing themselves three times a day with rich, indigestible things, getting their bodies so filled up with impurities and their colons so filled with festering, decomposing, putrescent materials that when they have to fast from seasickness for a few days, the stomach gets empty, the colon gets empty, and that is the real foundation of the improvement—the colon gets empty, and

this enforced fast for a few days clears out the body and gives the liver a chance to catch up and blood to get purified; and afterwards they feel so much better they think the ocean air has done them a great deal of good; whereas it was not the ocean air at all, or the ocean voyage at all; it was simply getting rid of that festering, putrescent mass in the colon that has been poisoning the blood and polluting the entire body, and the enforced fast has done them good. You might take that fast at home just as well; you could live on a fruit diet for a time, without doing homage to Neptune.

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REPAIRING A SPECIALTY

PERSONAL COLUMN

Miss Franc Adele Burch of Detroit will leave for her home Friday.

Class work was resumed in the College Thursday morning.

Miss Emma Lyon of China arrived at the Sanitarium this week, and will remain for a rest.

Mrs. R. J. Wymond and Miss Jean Wymond will leave Friday for their home in Indiana.

Dr. S. M. Yutzy of the University of Michigan, Ann Arbor, is a guest at the Sanitarium.

Mrs. William Worthington and Dr. Julia Carpenter of Cincinnati are guests at the Sanitarium.

Mr. J. G. Morgan of Denver, Colo., is being welcomed by old friends at the Sanitarium this week.

Mr. William Axling, formerly a missionary in Japan, has joined her husband at the Sanitarium, and will become a resident of East Hall.

Mrs. F. H. Armstrong of Chicago, who has been for some time a guest at the Sanitarium returned on Tuesday to her home.

Mr. C. E. Shearer of Indianapolis, who has been spending the holidays with his sister, Miss Florence Shearer, at the Sanitarium, has returned home.

Mrs. Upton Sinclair and mother, Mrs. Wm. Fuller, left Monday for New York. Mrs. Sinclair will join Mr. Sinclair and Mr. and Mrs. Williams in the Bermudas.

Dr. M. A. Mortensen read the paper before the weekly meetings of the Battle Creek Medical club this week, his subject being "Abscesses and Tumors of the Brain."

The Rev. M. C. Wilcox of Foochow, China, for thirty years a missionary under the Methodist Episcopal board, but who has now retired from active missionary work to engage in translations, is a guest at the Sanitarium.

Guests of the Sanitarium have enjoyed the readings by Miss Franc Adele Burch of Detroit the past week. On Saturday evening a large audience gathered to hear her rendition of Dicken's Christmas Carol, which she gave in a delightful manner, impersonating the several characters with considerable dramatic skill. She has a sympathetic voice and a magnetic presence, which won her audience. On Tuesday evening she read "Mrs. Wiggs of the Cabbage Patch."

Arrivals.

Mr. E. Hassenplugg, Pa.; J. Z. Faust, Pa.; Mr. and Mrs. C. Strifel, Ind.; J. L. Altenberg, Mich.; Emma A. Lyon, Nankin, China; Grace Howard, Ill.; Mr. and Mrs. Henry Haning, O.; E. J. Messner, Dr. Frank Conroy, Mr. and Mrs. J. Newton Nind, Miss Mayme Nind, Ills.; P. Gorman, Ind.; Mrs. Fred Gage, City; Mrs. L. C. Saunders, Mo.; Harry O'Berg, Wis.; J. Jeffers, Mich.; A. A. Schatt, W. Wessel, Detroit; H. P. Gardner, Washington, D. C.; Mrs. M. A. Jenner, Wis.; Dr. F. W. Rise, Ohio; Chas. Saltgaver, Wis.; W. O. Davis, Jr., Ill.; H. O. Davis, Ill.; W. A. Seamon, Ill.; C. B. Wetherell, Ind.; M. C. Steeves, Ohio; G. M. Shirq, Chicago; J. R.

Richey, Ind.; E. Kyellberg, M. D., Chicago; G. D. King, City; Mrs. Du Bois, Ills.; N. D. Babcock, M. J. Soran, F. T. Wright, Ind.; Mary A. Brogan, J. V. Goodwill, Mrs. J. V. Goodwill, N. Y.; C. E. Lum, Duluth; R. R. Schumacher, Ohio; Frank F. Powell, Ind.; Mrs. Wm. Axling, Mariopa, Japan; Mrs. G. I. Godenor, Ill.; P. S. Boter, Mich.; Rev. M. C. Wilcox, Foochow, China; Mr. and Mrs. C. D. Wilcox, City; Mrs. N. E. Matthews, Ohio; Mrs. C. C. Sherwood, Ohio; Mrs. G. L. Stedman, N. Y.; John P. Stedman, N. Y.; C. E. Haddox, W. Va.; Emil Drouhard, W. Va.; Mary H. Boess, J. G. Baess, Ills.; S. M. Yutzy, Mich.; Mrs. R. H. Reid, Mich.; F. R. Fulton, Ill.; Rev. E. J. Harris, Canada; Mrs. William Northington, O.; John W. Carpenter, O.; W. J. Horton, N. Y.; Ida M. Burnham, O.; John G. Morgan, Colo.; Mr. and Mrs. J. B. Brand, Mich.; Mrs. Eva Webster, Kentucky.

How Breathing Affects the Liver and Other Organs.

"Going to the breathing exercise in the gymnasium?" queried one patient of another in the elevator the other morning. "No," was the reply. "I've got liver trouble; nothing the matter with my lungs. I don't think I need to bother with breathing exercises."

Well, of course, he was a new patient or he would not have exposed his ignorance in that fashion. The next day he was studiously attending all three of the breathing exercises and doing it with a persistence that

phragm, but for those below the diaphragm and they might properly be called liver breathing or stomach breathing. That the health of all these organs depend upon the diaphragm compressing them and the suction force of the chest drawing the blood out of them."

Of course the man with a liver was not the first patient to be surprised by the announcement that he needed breathing exercises. "The greater number of persons who come to me," said the physical director, "have no idea at first of the real importance of the exercise. Of course it is not simply breathing, but the manner of breathing. Breathing does more for us than simply pump air out and in. The lungs are not only an air pump, but a blood pump. The chest expands to draw the air into the lungs and at the same time it draws in the blood from the ends of the fingers, the toes and other remote parts of the body, up toward the heart. The chest is a great suction pump and hose parts which are nearest to the chest get the greatest benefit from this effect."

"Deep breathing cannot be too strongly insisted upon and every guest at the Sanitarium should take advantage of the breathing exercises which come at 7 a. m., 9 and 3 o'clock. Even the wheel-chair patients should not neglect these, in fact, it is of especial value to them."

A bacillus came here from Torquay, "I'll make some one suffer," said huay.

But the nurse followed close
With a germicide dose,
And now he's as dead as can buay.



A DRILL IN THE GYMNASIUM.

proved he had been disabused of the idea that he did not need to "breathe."

"Do you know," he confided to that same friend later, "they tell me that this breathing exercise is one of the things my liver needs. First time I ever knew before that breathing ever had any effect on the liver, or anything else but my lungs. Why, that doctor told me that every time I took a good deep breath I gave my liver a hearty squeeze that sent the blood out of the liver just as you press water from a sponge. That, that was one of the things deep breathing did—cleansed the liver. "Breathing exercises," he said, "were not for the chest, they were for the liver and stomach—not for the organs above the dia-

How To Be Happy

The record of happiness in every life is to be doing what you feel you can do best, and to have your own inglenook. To do what you can do best includes the entire gamut, from housekeeper to social queen, though I should like to turn the gamut upside down by putting the homemaker upside down instead of the bottom of the scale. Your own inglenook you must have, married or single, if you would take into your life all the happiness it offers, and give out of your life all the happiness it owes the community.—*London Pall Mall Gazette.*

THE BATTLE CREEK IDEA

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PRICE, 2 CENTS.

\$700 SUBSCRIBED FOR HEALTH LEAGUE

Interest Aroused by Pres. Fisher,
Who Speaks to Guests at
Sanitarium.

TO MAINTAIN THE NATIONAL EFFICIENCY

Over \$700 was raised among patients, doctors and helpers at the Sanitarium this week as the result of agitation aroused by the address of Prof. Irving Fisher of Yale University, president of the American Health League. The money will be used by the committee of 100 to awaken the public conscience in the matter of federal regulation of public health.

Prof. Fisher made an eloquent plea for the movement, which, though yet in its infancy, has stretched over the entire country, and represents in its membership some 6,500 men and women. "The purpose of the movement," said Prof. Fisher, "is not merely to establish the bureau—it ends in the elevation of the health of the American people. The average man or woman is not living half so well as he or she ought, not as healthily nor as happily. We die too soon and are sick too often. The actual knowledge that exists in regard to preservation of health is not applied. It is only within the past few years that we began to get acquainted with the principles that make for right living, and even now ninety-nine persons out of one hundred do not have an inkling of how to keep well, how to increase happiness, endurance and efficiency.

"The methods by which American health standards could be improved are numerous," said the speaker. "They include the increased federal regulation of public health, especially as related to the pollution of inter-state rivers and the regulation of pure food, including milk. They also include the improvement in state and local health administration."

Prof. Fisher pointed out the fact that the Department of Agriculture spends seven millions of dollars on plant and animal health each year, but that with the exception of the work done by Drs. Wiley, Atwater and Benedict, Congress does not directly appropriate one cent for the promotion of the physical well being of babies; that thousands are spent to stamp out cholera among swine, but not one dollar was ever voted for the eradication of pneumonia among human beings.

Great pains are taken by the government, he said, to prevent diseased cattle from passing from one state to another, but a small-pox patient may and has traveled from one coast to the other, exposing hundreds in his path, without the interference of authorities. "The

(Continued on Page 2.)

POINTS OUT EVILS OF MODERN DRESS

Dr. Geisel Talks to Women On
Evils Wrought by Corsets
and High Heels.

In a talk to the women guests of the Sanitarium Thursday afternoon, Dr. Carolyn Geisel pointed out the evils of modern dress and succeeded in impressing upon her audience the fact that the house glass figure and a kangaroo curve were, to say the least, unsuccessful attempts to improve on nature.

"I do not believe," said the speaker, in the frank, conversational tone she frequently adopts with her hearers, "that we realize the extent we injure our bodies by our conformity to the conventional dress. It is not the corset alone that is harmful, but one of the most pernicious customs of all is the way we elevate ourselves on the high heels—so-called 'French,' but made in America. When you wear such heels as these the body is thrown onto the ball of the foot; you practically change the arrangement of your spinal column. To establish your equilibrium you have to emphasize the anteroposterior curve. Your spinal cord, a cord nearly as large as my little finger—the great cable cord of the body, that transmits all sensations, either motor or sensory, is the part that suffers. You can see as these bones of the spinal column are curved and pressed against one another they may form a pressure on the cord, possibly injuring nerve transmission. And may not this one thing have much to do with the irritability and nervousness of the woman of today? It is a mistaken notion of beauty, this exaggerated curve, this tip-tilting forward of the body." With a system of charts Dr. Geisel explained in detail the injury wrought to the organs in the pelvic region.

Corsets the speaker condemned, because of their effect on the diaphragm. "When you put a corset on," said she, "you restrict the diaphragm's value. It cannot expand nor do its duty. Its duties are numerous. In the first place it acts as a partition between the abdominal and the thoracic cavities. It is a respiratory organ—not to all of you, perhaps, for some of you breathe with your upper lungs; but you should breathe with your diaphragm. When you have a corset on or even a girdle it acts as a bandage upon the diaphragm, and restricts its perfection of working. If you bandage any other part of the body tightly in that manner you know what would be the result—the muscles would lose their functional value. One of the chief reasons that men are stronger than women is because they have never girdled their bodies like this and be-

(Continued on Page 3.)

THE VALUE OF REST AS A REMEDIAL AGENT

Dr. W. H. Riley Tells of the Battle Creek Methods

COLD AS A STIMULANT

In a lecture given before the guests at the Sanitarium Thursday evening, Dr. W. H. Riley explained the Battle Creek system of treatment, dwelling at length on the value of rest as a remedial agent and upon the philosophy of the use of cold as a stimulant.

"The most important fact which we endeavor to ascertain," said he, "is first to find out what the disease is from which the patient is suffering. First we take a history of the case; we inquire into the diseases of the ancestors for several generations, the diseases of the parent is often developed in the child—almost always a predisposition toward the disease is noticed. Then it is important to get the history of the case also as relates to his own past illnesses. This depends largely on what the ancestors have been. For instance two men are exposed to typhoid fever, one takes it, the other does not. The difference is in the force of resistance of the two men. We all have more or less of this power. Here we test it in reference to the physical examination, laboratory tests, etc., where we find out all things relating to each person. In short we carefully diagnose each case.

"The remedies are in and not out of the body. Every patient will get well if he has enough vital force. Here we try to increase this power. You may ask the question, 'If the power to cure lies in the body and not out what is the duty of doctor and nurse?' Well, perhaps there are many obstacles in the patient's way. He may not be eating the things he should. It is the doctor's and nurse's duty to teach him how to live right in order that his body may heal itself. A man may be living on a very low vital level.

"As a rule more people are made sick by doing too little rather than too much, nevertheless the opposite is true, as in the case of neurasthenia. A man may sit at his desk writing until he exhausts the muscles of his hand; as a result his hands may jerk and become paralyzed, as in the case of writer's cramp, piano cramp, etc., for the reason that these muscles have been doing only one kind of work. Now this is a case of overwork. The cure is rest.

"A man in middle age who takes alcohol and smokes, after awhile begins to lie awake nights; he cannot work so rapidly or so easily, he lacks courage and decision in business matters. What are we to do with this man who is nervously exhausted from overwork? It looks reasonable to give him rest.

Original from

UNIVERSITY OF MICHIGAN

One physician's plan is to put the patient to bed for six weeks. He does not allow them to see any one, takes away all books and social life. He gives him massage and electricity and in many cases 'overfeeds' the patient—a system of forced feeding. In this way the nerve cells are built up. Now a nerve cell is a nerve unit which supplies nerve force. Nerve impulse is a real thing. It travels along the nerve fiber. Our bodies, like other machines, become exhausted. In our work we draw upon our nerve energy. If at night we could examine our brains we would find that all of these nerve cells have changed their form—they are shrunken, exhausted. They are built up at night when we rest and recharged with energy. The individual with nervous prostration has less ability to build up—his body has lost the habit of rest."

Here the doctor explained that there were many modifications of the rest cure method emphasizing the value of the rest out of doors in the sunshine and fresh air while reclining in a wheel chair. Rest, he said, was important in all kinds of painful diseases such as locomotor ataxia, rheumatism, etc.; it was necessary also in cases of emaciation for the reason that when food was not used up in exercise it was used in building up nerve tissue. In fever cases, diseases of the heart, etc., rest was of paramount importance.

The second important element which entered into the Battle Creek system of treatment as explained by the doctor, was cold. In the hydiatic treatments it was the cold, and not the water that accomplished the results, he said. "Cold may be applied in many ways—in the usual way by the bath or it may be by air or ice, or by blowing on the body. The baths we give here are not, as you know, for cleansing purposes, but to apply heat or cold—water is simply a vehicle for carrying heat or cold. The simplest way to apply cold water to the body is the wet hand-rub—given in cases where the patient is very weak or low with a fever; then there is the wet towel rub, which conveys a little more of the water to the body; next the cold mitten friction, and following this the other grades of full bath, shower and plunge. The effect is in a sense the same, the difference being in the different degrees of intensity.

"In the application of cold the results depend on the condition of the patient; the same treatment brings different results. The wet hand rub is not the same in its effect on the typhoid patient as upon the well, strong man. The effect also depends upon the amount of surface of skin that is stimulated by the cold—the larger the amount the greater the effect. Also, the effect depends upon the temperature of the water—the lower the temperature the greater the stimulating effect—if the patient reacts properly. The effect also depends on the part of the body to which it is applied. If applied to the heart it stimulates its force; over the kidneys it stimulates them, etc.

"The length of time of application is also to be considered, generally speaking, the longer the time the greater the effect—this holds good up to a certain point. Too long an application is depressing in its effect.

"Cold is one of the best tonics in the world. It increases the blood pressure, increases the force of the heart and lessens its rate, it in-

creases the circulation, the respiratory movements, the absorption of oxygen in the blood, and the number of blood cells. It starts the fires going in the body, increases the appetite and secretion of hydrochloric acid, the muscular tone and the activity of the kidneys.

"There is not a single organ of the body that is not stimulated by a short application of cold water—for the reason that in the skin there are millions of nerve ends—connected with the spinal cord and with the brain. The cold stimulates the centers that have control of the heart, stomach and liver and other organs and new impulses are created which act in a reflex way."

Tells of Work of W. C. T. U.

Mrs. E. L. Calkins, president of the Michigan State W. C. T. U., spoke on the work of the union before Sanitarium guests this week, sketching the history of the movement and telling of its large hopes and aims. She said in part: "In every reform movement there are four distinct periods. The first period is the period of dissatisfaction with existing conditions, that is what brings a reform into existence. The second period is the period of agitation, the third of education, the fourth and last the period of action.

"We have no knowledge of a time when intoxicating liquors were unknown. The ancients believed that they were the invention of a god whom they worshipped, but there came a time in the progress of civilization when men began to doubt the divine origin of alcohol. The period of agitation in the temperance reform was practically ushered in by an essay written by Dr. Benjamin Rush in 1779.

"The first temperance society in this country was organized at Greenfield, Saratoga county, N. Y., by Dr. Lyman Beecher and Dr. Clark. The first temperance society with a total abstinence pledge was organized in 1824. The first temperance paper was published that same year. It was called *The Philanthropic*, and was published in the city of Boston. In 1840 six men in the city of Baltimore, who were members of a so-called 'tipping club,' went to hear a total abstinence lecture. They became so convinced of the errors of their ways that they re-organized that club on a total abstinence basis. And that was the starting point of that great Washingtonian movement, and under its influence six hundred thousand signed the pledge. The Sons of Temperance and the Good Templars followed. Then came the Woman's Crusade, which merged into the Woman's Christian Temperance Union. The organization of that society practically ushered in the third period in the temperance reform, the educational period. For thirty-three years they have been educating public sentiment, in the public schools and out, to the standard of total abstinence for the individual and prohibition for the state and nation. Today every intelligent man must admit that we are entering the period of action."

Happiness is the legal tender of the soul; good nature is the cheapest commodity in the world; and love is the only thing that will pay ten per cent. to borrower and lender.—*Ex.*

\$700 SUBSCRIBED

(Continued From Page 1.)

federal government should attend to all duties which bear on inter-state health."

The speaker pointed out the crying need for trained health officers in this country, where such officers were frequently ignorant men appointed through political prestige and utterly ignorant of public health or how to maintain it. "We need to develop a lot of technical experts," said he, "and we need a federal health bureau with a man like Koch or Pasteur at its head. The important thing is to awaken the national consciousness. It should be a matter of patriotism to maintain the national efficiency."

The list of subscribers is as follows:

Dr. J. H. Kellogg, \$200.00; Mr. D. K. Cornwall, \$100.00; Mr. E. C. Lynn, \$100.00; Dr. Charles E. Stewart, \$25.00; Dr. Rowland H. Harris, \$25.00; Mr. Charles H. Wheelock, \$25.00; Dr. Myrtle B. Hudson, \$10.00; Dr. William H. Riley, \$10.00; Mrs. William Worthington, \$10.00; Dr. Julia Carpenter, \$10; Mr. H. G. Butler, Battle Creek, \$10; Dr. J. T. Case, \$5; Dr. Elizabeth Kerr Harris, \$5; Dr. Robert L. Owens, \$5; Dr. Ada Cook Owens, \$5; Mrs. M. J. Woods, \$5; Dr. J. F. Byington, \$5; Dr. Benton Colver, \$5; Miss Lenna Frances Cooper, \$5; Dr. G. D. Dowkontt, \$5; Dr. Elmer L. Eggleston, \$5; Mr. O. C. Edwards, \$5; Mr. A. H. Emmons, \$5; Mrs. M. S. Foy, \$5; Mr. George E. Judd, \$5; Mr. G. H. Murphy, \$5; Dr. M. A. Mortensen, \$5; Dr. C. C. Nicola, \$5; Dr. Mary B. Nicola, \$5; Dr. C. Clayton Patch, \$5; Dr. A. J. Read, \$5; Dr. E. H. Risley, \$5; Mr. E. H. Stone, \$5; Mrs. Leonora G. Teller, \$5; Dr. Annie W. Williams, \$5; Mr. M. W. Wentworth, \$5; Miss Carrie Zahn, \$5; Mrs. Lena Moseley Ragsdale, \$3; Mrs. M. Alberta Yutzky, \$2; Mrs. S. E. Gross, \$2; Mr. James L. Hawley, \$2; Mrs. Bell T. Stafford, \$2; Mr. Alfred C. Allen, \$1; Mr. Arthur J. Abegg, \$1; Dr. S. E. Barnhart, \$1; Mr. Henry Coburn, \$1; Mrs. H. Coburn, \$1; Mr. W. P. Crayton, \$1; Mrs. M. A. Colburn, \$1; Mr. R. O. Eastman, \$1; Mrs. Grace G. Gunian, \$1; Miss Julia Anna Hoenes, \$1; Mr. H. G. Irwin, \$1; Mr. Canoe Ikeda, \$1; Mrs. S. W. Lamoreaux, \$1; Mrs. R. Morris, \$1; Dr. J. F. Morse, \$1; Mrs. Jean Whitney Morse, \$1; Mr. Lycurgus McCoy, \$1; Mrs. T. B. McCormick, \$1; Dr. W. F. Martin, \$1; Miss Elizabeth L. Neal, \$1; Mr. Eiler Neilsen, \$1; Mrs. Eleanor J. Potter, \$1; Mr. Charles S. Quail, \$1; Miss Leah Reyburn, \$1; Dr. Paul Roth, \$1; Dr. Henry Ritter, \$1; Mrs. Henry Ritter, \$1; Miss Helena J. Steinel, \$1; Dr. Carrie Staines, \$1; Mr. Roy C. Smith, \$1; Mr. G. J. Sudduth, \$1; Miss Bettie K. Starke, \$1; Mr. George C. Tenney, \$1; Mr. Samuel F. Trostler, \$1; Mrs. Allen R. White, \$1. Total, \$701.00.

Two girls were going down the street when they passed a man wearing a green vest and a beaver hat.

"Oh!" said the one. "Just see what that man is sporting."

"Yes," said the other; "that reminds me; I've got to buy some quinine."

"How does that remind you?"

"Oh, just the bad taste."—*Lippincott's.*

USE AND ABUSE OF SALT

"The use of salt is an unnecessary practice, and not only unnecessary, but more or less pernicious. If you want to eat salt, reduce the quantity to the very smallest amount, and keep fighting it all the while, cut it down to less and less. I have studied this question for forty years and I have become satisfied that salt is an evil thing, that we ought to discard it from our dietary. I adopted this practice of going without salt some forty years ago, but did not continue it rigidly.

"About ten years ago I began to investigate it a little more. I found the scientific evidence rapidly accumulating that salt is a damaging thing, and within the last four or five years the evidence has been coming overwhelmingly from Germany and France. By the most eminent scientific men in the world the fact has been proven that salt is an unnecessary article of food.

"The great majority of human beings eat no salt. In all central Africa there is no salt at all, and the millions of central Africa never taste salt. When America was discovered by Columbus the people, the great number of Indians who peopled this country at that time ate no salt, and up to within a very short time, salt has not been used by the North American Indians. A friend of mine who kept a store out in the Indian Territory for some twenty years preceding the civil war told me that at that time the Indians ate no salt, never used it, any of them, and they never did use it until they were gradually accustomed to use it by using the government salt pork and salt beef, government rations of salt beef.

"In going across the ocean some six or seven years ago, I met a gentleman who was a missionary away up on the Hudson Bay, and been working up in the Hudson Bay region for twenty years as a missionary, an arch-deacon in the Episcopal church. And this gentleman I found was with a tribe of Indians up there; and I improved the opportunity to talk with him quite extensively about the habits of the people, and he told me one thing that interested me very much. He said, 'The people of that country do not use salt. The Indians are very much opposed to the use of salt. In the winter time when they have to eat the government salt pork or salt beef, they put the beef into water, and soak it over night, get all the salt out of it they can, then they boil it for an hour in water, and turn that water off to get rid of as much more of the salt as they can; then they boil it in a second water to eat it.'

"The experiment has been successfully made. I made it myself; for ten years I ate not a particle of salt; yet the physiologists and the doctors all said we must eat salt. When I was a medical student at Bellevue hospital, the eminent Dr. Austin Flint, one of the greatest teachers of physiology in this country at that time, told in his lectures on physiology about the great importance of salt, the necessity for salt as an element in the food, and he gave his theory about it. He told all how that an eminent French chemist made an experiment with some calves, and the calves that did not have salt,—their skins got rough, their hair got rough, and they became unhealthy and much emaciated. He told another story of how in ancient times it was the custom to punish soldiers by con-

fining them to a diet from which the salt was entirely removed, and that these soldiers after a few months died the most horrible death, eaten up with worms while they were still alive, because salt had not been added to their food. Dr. Flint told this story in his medical class, and not only told it in the medical class, but published it in his book on physiology.

"I sat in Prof. Flint's class. I had at that time absolutely abstained from salt for three years; so when the Professor told the story, I looked myself over very, very carefully to see if I could find any worms beginning to feast upon me; but I did not discover one, and I continued this practice of no salt eating for seven years afterwards, and all my life-time, and I have practically abstained from salt for forty years; I have eaten very, very little salt, and never use it at all as other people do. Since I was a boy of fourteen I have never used as much salt in a week as the average man or woman uses every single day; and for some years I have been leaving salt out of my dietary more and more, and for the past year or two I do not eat it at all. I find a few things in my dietary have a little salt in them, but still I am satisfied one is better off without it; and things I do not like without salt I do not eat; and I really think as a matter of fact that things that must have salt to make them palatable, are things you really do not need to eat."

Dr. Kellogg.

"A Nurse's Dedication."

Oh, Lord, my God! This work I undertake
Alone in Thy great name, and for Thy sake.
In ministering to suffering I would learn
The sympathy that in Thy heart did burn
For those who on life's weary way
Unto diseases divers are a prey.
Take, then, mine eyes and teach them to perceive

The ablest way each poor one to relieve.
Guide Thou mine hands, that e'en their touch
may prove

The gentleness and aptness born of love.

Bless Thou my feet, and while they softly tread

May faces smile on many a sufferer's bed.
Sanctify my lips and guide my tongue;
Give me a word in season for each one.
Clothe me with patient strength all tasks to bear;

Crown me with Hope and Love which know no fear;

And Faith, that coming face to face with Death,

Shall e'en inspire with joy the dying breath.
All through the arduous day my actions guide,
And 'mid the lonely night watch by my side;
So shall I wake refreshed, with strength to pray;

Work in me, through me, with me, Lord this day.
—"Cowley."

It is well to be cheerful of disposition, to wear a bright face, to speak in a happy tone, to be lively in action—"doeth good like a medicine," is a tonic to others as well as a benefit to one's self. It is as infectious as disease, encouraging good spirits in those about one, as well as stimulating healthy views of life in one's own mind.

Nothing is so strong as gentleness, nothing so gentle as real strength.—St. Francis de Sales.

EVILS OF MODERN DRESS

(Continued From Page 1.)

cause they breathe diaphragmatically.

"Now, we ought to be able to live a period of years six times the length of time it took us to grow up—six times twenty is 120 years. Now, we shall need our heart up to the very last minute of that one hundred and twenty years. The strong diaphragm and deep inhalations assist in the hard work of the heart; it is the part of wisdom for you to get a strong diaphragm. In the downward movement of the diaphragm a vacuum is created in the thoracic cavity and the effect of this vacuum is to make an easy inflow of blood to the heart; the lungs are also assisted in their filling process by this vacuum."

Leaving the study of the effect of the corset on the diaphragm and reflexly on the thorax and functional organs contained therein, the speaker proceeded to a consideration of injury done by the corset to organs contained in the abdominal cavity. By drawing a belt tightly around her own waist she showed how it was possible for a 26-inch waist to be restricted to 16 inches, proving by the mannikin that there was no bony tissue at the belt line to hinder this restriction except the spinal column. She showed conclusively the effect of such restriction on the organs and related instances of misplacement that had come under her observation.

Mrs. Allen, superintendent of the dress-making department, gave a demonstration of the reformed garments: the Freedom waist, to take the place of the corset, with its wide strap over the shoulder and rows of buttons at belt line to which all skirts could be hung; the Marguerite and Jennette combination undergarments and others whose simplicity and beauty made their appeal to the feminine audience.

In summing up her advice, Dr. Geisel condemned anew: high heels, constricting bands of any sort at the throat, waist or knee; the wearing of that 'torrid zone' of the body—the abdomen—with layers of clothing, while the extremities were exposed, and recommended the wearing of union undergarments, a common sense shoe, support of skirts and hose from waists which hung from the shoulder and the wearing of such underwear next to the skin as could be easily boiled.

The worst education, which teaches self-denial, is better than the best which teaches everything else and not that.—John Stirling.

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The Holiday Harvest.

At this season of the year, closely following the glad holiday period, that most deadly of all human maladies—pneumonia—begins its work of devastation in all the large cities of the country, bringing suffering and grief into hundreds of homes that were erstwhile happy and filled with cheer. Eight millions of lives, so authoritative statistics show, are yearly sacrificed in this country to pneumonia, a disease which is not in itself necessarily fatal, although grave, because it affects a vital organ, the lung. Its fatality is due to the fact that so large a proportion of those who fall victims to it are in a low state of vital resistance; their bodies being already clogged with waste materials due to improper habits of life. As a result the ability of the tissues to resist the encroachments of the pneumonia germ is lessened below the level of safety.

The time to defeat pneumonia is before the attack comes. The experiences of numerous physicians has shown that the best remedy for pneumonia is cold air. In New York City even babies suffering from the disease are placed out upon roofs of houses in the coldest weather, and the recoveries are numerous in instances when the cases were apparently hopeless, the best-known remedies ~~seeing~~ failed.

Cold air aids the body in fighting this disease by improving the vital resistance. Pneumonia is quite unknown among arctic explorers. It is quite evident that systematic use of cold air in advance may bring up the vital resistance of the body to such a degree that the pneumonia germ cannot obtain a foothold. Is not this obviously the safer plan? This taking of the "ounce of prevention."

One of the wholesome customs which prevails at the Sanitarium is the use of the fresh air tube, which every patient is encouraged to employ. By its use the patient is constantly supplied with a stream of fresh air, which the lungs receive at every breath. The current of air is sufficient to keep a constantly fresh supply about the face, and prevent the breathing again of air that has already done its service. At the same time it enables the body to be surrounded by warmth and comfort, a consideration difficult to obtain when the wide open window is the vehicle of ventilation. The systematic use of the fresh air tube ought to serve as a satisfactory life insurance against pneumonia. Its general use would undoubtedly mean the saving of many hundreds of lives during the year.



FRESH AIR TUBE BRINGS HEALTH TO SLEEPER.

FEDERAL ORGANIZATION FOR PUBLIC HEALTH

Outlined by Prof. J. Pease Norton,
of Yale University.

WHERE THE SUPPORT SHOULD COME FROM

In a paper read before the American Association for the Advancement of Science, by Prof. J. Pease Norton, assistant professor of Political Economy at Yale University, he outlines the following scheme of organization for a national department of health.

"There must arise many differences of opinion with respect to the practical division of powers in the organization as suggested in the following paragraphs, not for the sake of occasioning argument over details which would necessarily be the subject of careful investigation, but in order to present positive *prolegomena* for discussion:

"It seems desirable that a United States National Department of Health should be established, having as its head a secretary, who shall be a member of the executive cabinet.

"The purpose of the department should be to take all measures calculated, in the judgment of experts, to decrease deaths, to decrease sickness, and to increase physical and mental efficiency of citizens.

"It is probable that a national department of health could be advantageously made to consist of the following bureaus:

National Bureau of Infant Hygiene.
National Bureau of Education and Schools.
National Bureau of Sanitation.
National Bureau of Pure Food.
National Bureau of Registration of Physicians and Surgeons.

National Bureau of Registration of Drugs, Druggists and Drug Manufacturers.

National Bureau of Registration of Institutions of Public and Private Relief, Correction, Detention and Residence.

National Bureau of Organic Diseases.
National Bureau of Quarantine.

National Bureau of Health Information.
National Bureau of Immigration.
National Bureau of Labor Conditions.
National Bureau of Research, requiring statistics.

National Bureau of Research, requiring laboratories and equipment.

ONE HUNDRED MILLIONS SHOULD BE APPROPRIATED.

"At the present time of vast undertakings, the magnitude of this department should not be lightly passed over. Great ends must be wrought out through adequate organization. To make headway against death, morbidity, cancer, tuberculosis, we must use dynamite and in large charges.

"To equip human machinery, consisting of exceptional men, organized and kept in action for this task, with suitable apparatus and adequate supplies, at least one hundred millions of dollars should be annually appropriated by the nation.

"The health department should receive its support from licenses levied on persons and industries inspected, stamp taxes and registration fees, and from national appropriations."

The Far-off Call.

If out beyond the city's farthest edge
There were no roads that led through sleepy towns,
No winds to blow through any thorny hedge,
No pathways over hazel-tufted downs,
I might not, when the day begins, be sad
Because I toil among the money-mad.

If out beyond the distant hill there lay
No valleys graced by any winding stream,
And if no slim, white steeples far away
Might mark the spots where drowsy hamlets dream,
I could, perhaps, at midday be content
Where striving millions at their tasks are bent.

If far away from noise and strife and care
There were no buds to swell on waiting trees,
No mating birds to spill upon the air
The liquid sweetness of their melodies,
I might at sunset be serene and proud
Because a few had seen me in the crowd.

—S. E. Kiser.

HEADACHES AND HOW TO CURE THEM

Miss Dancy Gives Demonstration
Lecture on this Common
Ailment.

TWO FORMS OF TREATMENT

"Headaches—Two Methods of Treatment," was the subject of a demonstration lecture given in the parlor Monday afternoon by Miss Charlotte Dancy, assistant superintendent of the Nurse's department.

The speaker in opening her address explained that she would treat the subject from the nurse's standpoint, taking the appearance of the patient as a basis from which to decide upon treatment. "Headaches," said she, "as they appear to a nurse, usually manifest themselves in one of two ways: the patient has either a flushed face and throbbing vessels or the face is pale and the extremities are cold. We judge from these two manifestations how to treat with hydrotherapy.

"In both cases we use the hot foot-bath—to act derivatively; deriving the blood from the brain to the feet. The patient's clothing is removed and he is placed in bed, and the feet put into a tub of water at about 104 degrees, and rapidly raised. This foot bath is distinctly a part of the treatment and should not be given before or after, but at the same time as the other treatment."

The speaker explained that hot and cold treatments act in two ways upon the body: on the circulation and upon the nerves. "You cannot help but get these two effects," said

she, "but you can decide which will predominate by the vigor of your treatments and their localization. In the treatment of headache one must consider where the nerves and blood-vessels are: the meningeal arteries at the top of the head, the cerebral at the base of the brain and the carotid arteries of the neck, the nerves and blood vessels of the face.

"With a case of congested head and flushed face first aid should be given to the cerebral arteries—they must be contracted and that instantly. This is one of the very few instances where the cold treatments precede the hot ones. The ice bag is placed at the base of the brain over the cerebral arteries and at the crown of the head covering the meningeal arteries, and an ice water compress placed about the throat well up to the ears. This is accompanied by hot compresses to the flushed face to dilate the face vessels. The ice bags remain the same throughout the treatment, but the hot compresses should be changed frequently. Generally three applications of the hot compress will suffice to relieve the pain.

"The second method of treatment for cases manifested by the pale face and cold extremities—indications of auto-intoxication, reflex stomach disorder or nervousness, was to bring about a constant interchange of blood from the surface to the brain and vice versa.

"The cerebral arteries were dilated by placing a spine bag filled with hot water and covered with a cloth wrung from boiling water, at the base of the brain. A cold compress was placed about the neck and ice water cloths were laid on the face, extending from the forehead well down to the nose. The two cold compresses were changed frequently, the treatment continuing for three minutes. At this point the patient's pillow was turned over, an ice-bag placed over the cerebral arteries, the face covered with a fresh linen cloth and then hot fomentation cloths applied at intervals of every few seconds—the rule being to remove as soon as they be-

John Ruskin's Blessings.

John Ruskin, in counting up the blessings of his childhood, reckoned these three for first good: Peace—he had been taught the meaning of peace in thought, act and word; had never heard father's or mother's voice once raised in any dispute, nor seen an angry glance in the eyes of either, nor had ever seen a moment's trouble or disorder in any household matter. Next to this he estimated obedience—he obeyed a word or lifted finger of his father or mother as a ship her helm, without an idea of resistance. And lastly faith—nothing was ever promised him that was not given; nothing ever threatened him that was not inflicted, and nothing ever told him that was not true.

come comfortable. This last part of the treatment should consume about 10 minutes, the speaker said, and should be followed by one short application of cold to the face. The feet should then be removed from the foot-bath, dashed over with cold water and dried carefully with rotary motion of the hands. The entire treatment should be followed in both cases by some cold treatment to the entire body—either the cold mitten friction or the alcohol rub being recommended.

The demonstrations given by Miss Dancy were a source of much interest to her spectators, who gleaned much of practical value—from the proper way to wring a fomentation cloth to the manner of wiping a patient's foot—each stage of the demonstration being done deftly, quickly and with painstaking effort for the patient's comfort.

When Miss Dancy cracked ice for the ice bags, quickly and noiselessly and without muscular effort by simply penetrating the ice cake with the point of a steel pin, many eyes were opened in astonishment; when she gave the

fomentation cloths a dextrous twist in two directions, and dipping them in boiling water, showed how easily they could be wrung by a twisting and pulling motion without the hands even touching the water, this, too, was an illuminating bit of information eagerly grasped for. Her suggestions on filling an ice-bag or a hot water bag so as to exclude the air were points that ordinarily escape the notice of an untrained nurse in the home. "In filling the hot water bag," said she, "fill it not more than two-thirds full; then lay it down on the level until the water runs out of the mouth, and place your stopper." A bag containing air is uncomfortable for the patient, while an ice-bag containing air loses half its efficacy. The air will accumulate in an ice bag as the ice melts, when it does, simply let it escape and then close again."



BRINGING RELIEF TO HEADACHE PATIENT.

TO FIGHT DESEASE THROUGH COMMITTEE OF 100

BY PROF. IRVING FISHER OF YALE.

(Continued from last week)

"The tests would never have been undertaken had it been realized how dangerous they were. Fortunately, however, no harm was done and since the tests were made, some apparatus has been devised which will test endurance without producing so great fatigue. But though the heavy meat and egg eaters, except in two or three cases, were usually unable to do the deep knee bending more than 500 times, the case was altogether different with the other group who ate these foods sparingly. None of these believed themselves injured by the test and most of them were not only able to exceed the 500 mark, but a large number accomplished the feat 1,000 times or more. One Yale student who had eaten no meat at all for two years, did the deep knee bending 1,800 times, after which, instead of having to be assisted down stairs, as did his meat eating competitors, he ran several times around the gymnasium track and walked up East Rock and back. Another subject then living at Battle Creek did the deep knee bending 2,400 times without injury. This was, until recently, the record, but a few weeks ago, another nurse at the Battle Creek Sanitarium, who had practiced thorough mastication and had abstained from meat and the excessive use of eggs, accomplished the same feat 3,000 times. When the results were sent to me, however, it was found that he had received a little aid by dashes of cold water and sucking a lemon, and although the aid from these was probably slight, I declined to place his record with the others owing to the fact that it was on a somewhat different basis. Piqued somewhat by this reply, the same man repeated his performance under observation with witnesses, and without the cold water or the lemon, reaching the almost incredible record of 5,002 times. This record, surprising as it is, is less surprising than it would have been a few years ago because we have become prepared for it by the recent observations of the Chinese and Japanese. The extraordinary endurance shown by the Japanese in their war with Russia was a revelation to the American public, and those in America who have observed the working power of the Chinese rice fed coolie, are not so much surprised as those who have never visited the Orient.

"Few persons realize whether their endurance is great or small until it is actually tested. We are far more conscious of our strength than of our endurance, and strength and endurance must not be confounded. The subjects in the experiments which have been mentioned were not in general any stronger by reason of the thorough mastication or the lowering of the consumption of meat and eggs; it was their endurance that was conspicuously greater. To distinguish strength and endurance, we may say that the strength of a muscle is measured by the utmost force it can exert once. Its endurance is measured by the number of times it can repeat a given exertion involving a certain fraction of its strength.

"Most of us are far more interested in improving our endurance than improving our strength. We do not care to be Sandows,

but we do wish to be workers. A working man in a factory in New Jersey who had taken up the practice of thorough mastication wrote me that instead of suffering the fatigue at the end of the day which his fellow workmen felt, he left the factory practically as fresh as when he went to it.

"The benefits which working men might obtain from the practice of rational dietetics, as well as of other hygiene in ridding themselves of fatigue and sickness is incalculable. He therefore more perhaps than any other person in the community, should take an active interest and active part in the modern great movement to improve the national health. Workmen of New Haven can take part in this movement in two very practical ways. One is by aiding the New Haven County Anti-Tuberculosis Association, which is curing many cases of consumption at its Sanitarium in Wallingford, and trying so far as funds permit to instruct consumptives in New Haven in methods of regaining their health and preventing the spread of infection. This work is being done through the New Haven Dispensary and through Dr. Standish in conjunction with visiting nurses. It needs, however, to be greatly extended to be really effective in stamping out the disease in New Haven. At present almost every case of consumption is a means of injuring the lives of those in the same house. This could be prevented by instructing them what to do.

"In Hartford working men have been more interested in the subject hitherto than in New Haven, but it is now planned that all workmen who desire will help by joining the Tuberculosis Association. Stamped mailing cards will be found at the door and will be passed to you as you go out so you may all have an opportunity of signifying your desire to help in this great work.

"The second method is national instead of local. This consists in joining the American Health League, which was organized only a short time ago under the auspices of the Committee of One Hundred. It contains already 5,000 members, taken over from the Public Health Defence League, and will inside of a year probably number one hundred thousand. Mailing cards for this purpose will also be handed to you at the door. The growth of this popular organization for combating disease has advanced in response to an appreciation of the general understanding of the laws of health, if these laws are to be observed. Physicians cannot of themselves control disease. Neither can health officers or other officers. It is the general public who have it in their power to improve the national health and the need of such improvement is not confined to the invalids of the land. For even those who call themselves well are seldom capable of the strenuous exertion which President Roosevelt so well typifies. The time is coming when the realization of the importance of such rugged strength and endurance as his will be commonplace in the instruction of school children. Just as the ancient Greeks had a national motto, 'A sane mind in a sound body,' and as in modern Japan the Bushido loyalty include a sense of duty on the part of each individual to cultivate and perfect his own physical and mental powers, so we are about to reach in our national consciousness the thought expressed by President Roosevelt in a letter to the Committee of One Hundred, 'Our national health is physically our greatest national asset. To preserve the national vigor should be a matter of patriotism.'"

News Among the Helpers.

Miss Katherine Best is visiting in Huntington, W. Va.

Mr. and Mrs. Bickford and family left this week to make their home in Florida.

Mr. and Mrs. Guy E. McFarland have returned from a visit to Des Moines, Ia.

Miss Pauline Doring has returned to her duties in the Manual Swedish department.

Mrs. Virginia Hoodner of the Nurse's department, has returned from her holiday vacation.

Miss Atherton of the Physical Culture department has returned from a visit in Cleveland, O.

Miss Bonnie Core of the Nurse's class and orchestra, has returned from a visit to her home in Illinois.

Miss Constance Johnston left this week for Melrose, Mass., from whence she will leave for Jamaica.

Mr. Mary Holt of the Massage and Manual Training department, East Hall, has returned after a short vacation.

Miss Lenna Cooper returned this week from Chicago where she attended the meeting of the Society for the Advancement of Science.

News has been received from Miss Katie Rumery, who went recently to Alabama to attend her sister, Mrs. Dr. Hayward. The patient is improving.

Mrs. Quinn, head nurse in the surgical ward, has gone to Philadelphia for a brief visit. During her absence Miss Eva Evans will assume the duties of the position.

Miss Esther White, a June graduate of the Nurse's Training class, writes that she is enjoying a much-needed rest at Palm Beach, Fla.

Dr. Carolyn Geisel has begun a course of lectures on "Correct Dress" before the first-year class in the Nurse's Training school. The next lecture will be given in the chapel Monday evening at 7 o'clock.

An enjoyable sleighride party was given Saturday night to twenty young people among the Sanitarium Helpers. The ultimate destination of the ride was the home of the Misses Verney at Climax, where refreshments were served.

"Sometimes," said Uncle Eben, "fault-finder gits to be sech a fad dat folks dat wants to be contented dasn't, foh fear o' being unfashionable."—*Washington Star*.

My Heart Leaps Up

My heart leaps up when I behold

A rainbow in the sky;

So was it when my life began;

So is it now I am a man;

So be it when I shall grow old,

Or let me die!

The Child is father of the Man;

And I could wish my days to be

Bound each to each by natural piety.

— Wordsworth.

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. I have had pain in the right side of the back for two years. It is most severe after eating.

A. The pain is probably gastric pain. This pain in your back is a reflex from the solar plexus; the thing to do is to get your stomach cured.

Q. Has meat eating anything to do with appendicitis?

A. Yes. Dr. Louis Champonier some time ago, one of the leading French physicians, showed that appendicitis is six times as frequent among meat eaters as among those who do not eat meat. He says that in some parts of France where meat is scarcely eaten at all, appendicitis is almost entirely unknown, and this is also true among the Arab soldiers in Algeria, whereas the French soldiers in the same conditions in Algeria are very much subject to appendicitis.

Q. What causes hay fever? Is there any cure for it?

A. Hay fever requires two things: It requires susceptibility of the nervous system—a peculiar idiosyncrasy, and a specific origin. This origin is generally the pollen of certain plants. There are several varieties of plants which produce a peculiar pollen which makes hay fever. This pollen getting into the nose comes in contact with the mucous membrane of the nose and sets up an irritation there which is called hay fever. There are, I think, something like 140 different plants, the pollen of which produces hay fever. Some of these occur at one season and some at another season, and so we have hay fever at different seasons. The hay fever produced by one plant differs a little from hay fever produced by another plant. An ingenious German doctor has made the discovery that it is possible to make from the pollen of the flower which produces hay fever a substance which, when snuffed up into the nose, will cure the trouble. So there is now produced a substance which can be used by persons, and it is a perfect cure for hay fever when it is produced by that particular plant. But there are something like 140 different plants which produce the disease, and this one particular thing that is now formed for this purpose will cure only the hay fever that is produced by a few plants; it won't cure them all. I may say further about that, that persons who have been free from hay fever all their lives, when they get into a depressed condition, or acquire a certain diseased condition of the nose, they become subject to it; so we have acquired susceptibility to hay fever. So it takes something besides pollen to make hay fever. It

takes a susceptible individual. This is true of most all chronic diseases. There must be individual susceptibility.

Q. What causes the finger nails to have a fluted or wrinkled appearance? Is it due to a catarrhal or an anemic condition?

A. That is not a symptom which indicates any special form of disease, but simply a symptom of mal-nutrition.

Q. Do you approve of rice flour? Is it used here?

A. Doubtless a flour could be made from rice which would be very wholesome. Ordinary rice flour is simply a side product. It is material which is scoured off the outside of rice. In the process of milling rice there is a certain amount of dust which accumulates, and this is sold for rice flour because it can not be sold for anything else. It is a waste product which would otherwise have to be thrown away. Rice flour made from rice by grinding up the whole grain would doubtless be wholesome.

Q. What is the meaning of low vitality, and how may the condition be bettered?

A. The meaning of low vitality is small ability to defend one's self against the causes of disease. If a person has poor blood his alkalinity is low, and his vitality will be low. He may have a fat body, may have strong muscles, but yet his vital resistance may be small because his blood is impaired in quality.

Q. How may this condition be improved?

A. We should know what conduces to a high quality of the blood, and the thing that produces a high quality of the blood is the natural diet first of all, because the blood is made of what we eat. What we eat today is blood tomorrow. If we use poor material, pour into our stomachs masses of material which cannot possibly be made into good blood the consequence will be poor blood.

Q. Of what use is the spleen?

A. It is useful both to destroy and to make blood cells. It makes white blood cells and destroys red ones. Besides that, it acts as a pump to drive blood through the liver, and it may have many other uses, some, indeed, are not known. Perhaps it destroys poison. It is possible to live without the spleen.

Q. I live in the South where the grip is very prevalent. Some of the doctors say that it is caused by malaria, and prescribe calomel for it. Please give best methods of preventing grip, and also best method of treatment.

A. The best method of preventing grip is to live above it. If your opsonic index is low, the thing to do is to go to work to get it up. Dr. Wright made experiments, and we have made experiments here, and these experiments have proven that cold baths will raise the opsonic index. And massage will do it, and outdoor life will do it. Sleeping out of doors does it. The cold air passing up your nose through a sleeping tube at night will

raise the opsonic index. There is no drug known that will kill the grip germ. What we have to depend upon is the body making a fight against that germ until it is able to master it, and when the body accomplishes that, then we recover. If the body can not do it, you are going to die, and there is no medicine in the world to save you. Drugs, while they do some possible good by making the patient more comfortable, do something else at the same time. They depress the patient and do some damage. All drugs are two-edged swords.

Q. Is a high altitude conducive to nervous troubles such as paralysis agitans?

A. I think a person living in a high altitude may be highly stimulated and on that account there may be a tendency to neurasthenia and nervousness, but paralysis agitans is a different sort of malady. It comes from chronic poisoning, from toxic substances absorbed from the alimentary canal, especially from the colon.

Q. Is it good to take cold water before breakfast? Do you advise salt in the hot water?

A. No; take a little hot or cold water, just as you like. If you have hyperpepsia it is better to take hot water. If you have hypopepsia, it is better to take cold water, a small amount, half a glassful. Water at the ordinary temperature is about right for everybody.

Q. Is sleep in perfectly healthy conditions absolutely dreamless?

A. Yes. That is, an infant has no dreams in sleep. Dreams are unwholesome; they are fatiguing. The man who dreams about his business all night wakes up in the morning just about as tired as though he had been doing business. That is not an idea, a whim; it is an actual fact. One of the most important things to do for neurasthenia is to stop these distressing dreams. How are you going to do that? Suppress all the cause of dreams. If you find yourself dreaming about your business, that is an indication that you have reached the danger point, passed the danger point. Drop that business straight away; give your brain a chance to return to the normal state. If you do not, neurasthenia is the next thing, but that you won't sleep. Your brain will remain so active you won't lose consciousness, you will keep right on thinking; can not stop thinking; in other words you will dream while you are awake, and a very useless sort of brain work that is. So stop, and take a rest. Another thing is to go without your supper. Do not eat bread and butter, do not eat pie, do not eat cake, do not eat any of the things that are generally brought on for supper. These keep you awake all night long. Stomach digestion, gastric digestion interferes with sleeping time. Intestinal digestion does not interfere with sleep to any great extent. Another thing: you must eat long enough before you go to bed so your stomach will get empty—about three to five hours. It is better not to eat later than four or five o'clock in the afternoon. I wish I could persuade you all of that fact.

PERSONAL COLUMN

Miss Emily Robins of New Haven, Conn., returned to her home Wednesday.

Dr. B. F. Allen of Northfield, Vt., is a guest at the Sanitarium this week.

Prof. E. D. Kirby has returned from Nebraska and resumed his work in college.

Mr. W. G. McCorkle of Charleston, W. Va., is a guest this week at the Sanitarium.

Prof. Irving Fisher of Yale college spent a few days at the Sanitarium this week. He left for New Haven Monday night.

Mr. and Mrs. L. S. Dunham of Concord, Mich., frequent guests at the Sanitarium, are among the arrivals the present week.

Friends of Mr. Ben F. Perkins of Elkton, Ky., were glad to welcome him back to the Sanitarium this week.

Dr. E. H. Risley has returned from a trip to Chicago, where he attended the meeting of the American Society for the Advancement of Science.

Dr. Leslie Fraser, who has been visiting old-time friends at the Sanitarium the past few weeks, has returned to her home in Melrose, Mass.

Tuesday afternoon the local branch of the W. C. T. U. will hold a meeting in the Sanitarium parlors. Mrs. Albert Perring, president, will preside.

Miss Myra L. Spaulding, dean of Christian college, Columbia, Mo., who has been spending a brief period at the Sanitarium left this week to resume her duties.

A stirring game of Indoor base ball was held in the gymnasium Monday night. Baw-Bees No. 1 playing the Business Office team. The latter team won the game with a score of 12 to 13.

Mr. B. C. Kerens, Sr., and Vincent Kerens of St. Louis were guests this week of Vincent Kerens, Jr. Mr. B. C. Kerens has just returned from a brief trip to Paris, where he spent a few days with Mrs. Kerens and Miss Kerens, former guests at the Sanitarium.

A temperance rally will be held in the Gymnasium Tuesday night and all guests and members of the Sanitarium family are urged to attend. The meeting will be in charge of Mrs. E. L. Calkins, president of the Michigan W. C. T. U. and Dr. Carolyn Geisel of the national body.

A social gathering of more than usual interest was given at the residence of Elder and Mrs. L. McCoy Wednesday night, when seventy-five guests, all of whom were natives of the state of Iowa, were entertained. An informal programme of music and speeches was given and refreshments were served. The guests included many Sanitarium guests and numerous Battle Creek citizens.

Nothing is more infectious than fear and courage; but the parent's fear is doubled in the child, for where the giant trembles the dwarf must surely fall.—*Jean Paul Richter.*

List of Arrivals.

Mrs. Eva Webster, Ky.; Geo. Hayes, Miss Hayes, Ky.; A. L. Howes, Ill.; H. J. Benzer, Ia.; Mrs. A. M. Biebing, Mo.; F. W. Baumhoff, Mrs. Baumhoff, Mo.; Margaret MacVean, Mich.; L. McCoy, P. F. Miles, Ind.; J. W. Neff, Ella Neff, Willis Brainard, Wis.; G. H. Trainer, Me.; Mrs. C. R. Clawson, W. Va.; F. B. Laure, Mich.; N. T. Hughes, O.; S. C. Altenberg, Mich.; W. T. Hughes, Will Hughes, O.; Emily F. Robins, Conn.; S. B. Jarrett, W. Va.; C. W. Hoff, M. D., J. E. Hyames, Mich.; Prof. Irving Fisher, Conn.; H. Bartleson, Ill.; Valeria Cooper, Ill.; Sarah L. Asher, Ind.; Dr. C. Clayton Patch, Pa.; Harry Rex, O.; W. H. Davis, Jr., Va.; E. D. Smith, Ind.; Mary C. McNamara; Mrs. Lewis Ness, N. Y.; Mrs. J. W. Leonard, Pa.; Mrs. C. M. Ferguson, Pa.; R. L. Henry, Pa.; F. S. Tucker, Colo.; Hubert Berghoff, Ind.; S. T. Ballard, Ky.; Mrs. Wm. Miller, O.; S. F. Trostler, O.; R. C. Kerens, St. Louis; Vincent Kerens, St. Louis; C. C. Smiley, Ind.; H. Hoendle, Mich.; Mrs. Cyrus Pattee, C. G. Pattee, Ind.; G. M. Shirk, Ill.; Mrs. M. E. Stroud, Ill.; John C. Deuel, Mich.; Dr. N. legvad, Copenhagen, Denmark; L. Ward, Mich.; Mrs. H. P. Cook, O.; Mrs. F. A. Hamilton, O.; Robert E. Hitch, Mich.; W. Netger, N. Y.; Mr. and Mrs. E. J. Hinderlied, F. H. Eaga, Mich.; Mrs. O. F. Carver, Ind.; Mrs. F. Meyer, Ind.; Katherine A. Emery, Mich.; J. M. Ward; Mrs. F. A. Willard, O.; L. S. Dunham, Mrs. L. S. Dunham, Mich.; Dr. Henry J. Reynolds, Ills.; John Suckling, Winnepeg; S. M. Tuttle, N. Y.; W. G. McCorkle, W. Va.; Miss G. L. Gillberg, Mich.

E. T. Romans, Ohio; Mrs. F. Barada, Mo.; Irving Austin, Mich.; A. B. Loud, Minn.; J. P. Dubuque, N. Y.; J. H. Parker, Jr., Mo.; B. F. Allen, Vt.; Mrs. Chas. Hayden, Miss Helen T. Hayden, N. Y.; R. L. Andrus, Bolivar, N. Y.; Ben T. Perkins, Ky.; G. W. Hale, Mich.; E. A. Taggart, David Bromley, Ind.; Wm. Decker, Ind.; Sara Laird, Ont.

Got What He Asked For.

A distinguished professor of bacteriology, wishing to study infected meats, went into a butcher-shop and asked the butcher if he had any measly pork.

"No, no, sir!" answered the indignant man. "All our meats are fresh—first class!"

"I'm sorry. Could—couldn't you in some way procure me some?"

"Why, yes; if that's the kind you want."

A few days later the professor stepped into the shop.

"I came in to see if you had secured that measly pork for me?"

"Why, yes, sir. Didn't you get it I had it sent up for your dinner last night."—*Lippincott's.*

Open the Door.

Open the door, let in the air;
The winds are sweet and the flowers are fair;
Joy is abroad in the world today;
If our door is wide open it may come this way.
Open the door!

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THE BATTLE CREEK IDEA

VOL. 1., No. 6.

BATTLE CREEK, MICH., JANUARY 16, 1908.

PRICE, 2 CENTS.

PHYSIOLOGIC METHOD OF TREATING DISEASE

Explained by Dr. J. H. Kellogg
Before Guests of the Sanitarium.

THE FACES OF THE SKIN.

"The physiologic method of treating the sick is just as different from the artificial method as darkness is different from light or light from darkness," said Dr. J. H. Kellogg in a recent lecture on "The Physiologic Method." "The ancient method of dealing with disease regarded disease as an entity, an evil demon that had got possession of a man and must be gotten out," said he. "Indeed, at the present time, if you go out into Tartary and Thibet, you will find the doctors are practicing medicine in the same sort of way that was in vogue three or four thousand years ago. There is something going on among civilized people that is not very different. Every little bilious attack,—and from Christian Science to witchcraft, and all the intervals between, the theory remains the same,—that disease is something in the man that must be driven out of him, cast out of him: A man has dyspepsia, for example,—he thinks that dyspepsia is some hydra-headed monster that has got possession of his stomach, has gotten him into its clutches, and is there crushing the life out of him. And he goes to the doctor to get him to give him something that will kill the dyspepsia. Now the whole theory is wrong. Pain is not an enemy; pain is a friend. Disease is not a destructive process, it is a healing process, a curative process, a restorative process.

"There is a wonderful difference between disease and the cause of disease. If we remove the cause of the disease, then the disease ceases, because the disease is an effort of nature to right things that are wrong. Disease is the effort of nature to restore the man to health. The cause of disease is the offender that we should be continually hunting for and fighting against. If you have pain, find what is the cause of the pain, remove the cause. Drugs which stop pain by paralyzing nerves are simple palliative; they are deceptive. Such a course is like that of the ostrich when he hides his eyes in the sand while his pursuers are catching up. He feels perfectly safe until his pursuers run up and capture him. That is exactly what you are doing when you patronize all these kinds of pills and remedies that are advertised in the newspapers,—headache powders and pills of all sorts. They stop the headache and relieve the pain, but the mischief

(Continued on Page 2.)

THE PURE FOOD LAW AND HOW IT WORKS

Dr. Read Tells What It Has Accomplished.

SOME PRACTICAL HOUSEHOLD TESTS

Dr. A. J. Read gave a lecture on "The Pure Food Law and What It Has Accomplished," at Charlotte during the past week, before a large and appreciative audience. After outlining the practices of the manufacturers which had led up to the public demand for a pure food law the doctor gave some practical suggestions on home tests for the purity of foods.

"Up to the time the Pure Food law was passed in 1906," said the doctor, "there seemed to be no limit to the adulteration carried on by manufacturers. Cheap substitutes for food

A NEW TEMPERANCE SOCIETY IS FORMED

Well Known Workers Speak at
Sanitarium Tuesday Night.

The Old Fashioned Temperance rally scheduled for Tuesday night in the Sanitarium gymnasium attracted a large audience of guests and helpers. The meeting was in charge of Mrs. E. L. Calkins, state president of the W. C. T. U., and Dr. Carolyn Geisel, of the National organization. Many well known temperance workers were in the audience, including Mrs. Lucy Page Gaston of the Anti-Cigarette league; Mrs. G. B. Skinner, county president from Kalamazoo; Mrs. Keats, county president of Calhoun county; Mrs. Al Perrin, president of the local branch, and the presidents of the Kalamazoo and Albion branches.

Mrs. Calkins presided and gave an illuminating history of the organization and its present status, relating many incidents of



SANITARIUM BOB-SLED PARTY.

products, such as filling canned meats with cornmeal, filling spices with ground stems, leaves and tapioca, and coloring the product with aniline dyes, were very common.

"Another evil that soon became prevalent was the use of saccharine and glucose for sugar. The saccharine containing five hundred and fifty times the sweetening power of sugar, made it possible to get out a cheap grade using starchy bodies to give substance and sweetening with saccharine. The products were then dyed with aniline dyes, giving

(Continued on Page 5.)

telling interest. City Prosecuting Attorney Stewart made a vigorous appeal to the audience and declared that the outlook for the movement was most encouraging and pointed out the fact that the temperance wave of the South had overtaken the North and was bound to carry things before it.

Dr. J. H. Kellogg welcomed the audience, emphasizing the fact that the institution had always stood for temperance—that it was a practical and conspicuous demonstration of the W. C. T. U. plank favoring non-alcoholic

(Continued on Page 6.)

Original from

UNIVERSITY OF MICHIGAN

300 CHRISTIAN YOUNG WOMEN BANQUETED

Dr. Kellogg Welcomes the Guests —Many Toasts Responded To.

Three hundred and twenty-five young women sat down to the annual banquet of the local Young Women's Christian Association, in the Sanitarium banquet room, Wednesday night.

The affair was in the nature of a celebration of the successful culmination of the membership campaign—the two rival teams showing a total of 400 new members for the coming year.

Mrs. E. C. Fisher, retiring president, presided as toastmistress, and the following programme was responded to:

* SOLO *
* IRENE JACKSON *
* — *
* WELCOME ADDRESS *
* DR. J. H. KELLOGG *
* — *
* TOAST MISTRESS *
* MRS. E. C. FISHER *
* — *
* YOUNG *
* MISS LENA F. COOPER *
* — *
* WOMEN *
* DR. GEISEL *
* — *
* CHRISTIAN *
* MISS ROBE *
* — *
* ASSOCIATION *
* MRS. EGERTY *
* — *
* TO GYMNASIUM CLASS *
* MR. GOULD *
* — *
* ANNOUNCEMENTS AND REMARKS *
* MISS ELLA THOMPSON *

The tables were handsomely decorated in ferns and cut flowers and the following menu was served:

* MENU *
* — *
* Creole Soup *
* Pine Nuts Radishes *
* Fillet of Nut Meat with Brown Sauce *
* Parisian Potatoes Fresh String Beans *
* Mint Jelly *
* — *
* Nut Cutlets—Toast Square *
* Creamed Peas *
* Waldorf Salad *
* Buns *
* — *
* Cabinet Pudding—Orange Sauce *
* NoKo *
* Grapes Apples Oranges *
* Pineapple Gelee Coconut Crisps *
* Sweet Cider *

My Friend

I have a friend so precious,
So very dear to me,
He loves me with such tender love,
He loves so faithfully.
I could not live apart from him,
I love to feel him nigh,
And so we dwell together,
My Lord and I.

Sometimes I'm faint and weary,
He knows that I am weak,
And as he bids me lean on him,
His help I gladly seek;
He leads me in the paths of light
And so we walk together,
My Lord and I.

He knows how I am longing,
Some weary soul to win,
And so he bids me go and speak
A loving word for him.
He bids me tell his wondrous love,
And why He came to die,
And so we work together,
My Lord and I.

I have his yoke upon me,
And easy 'tis to bear,
In the burden which he carries
I gladly take a share;
For then it is my happiness.
To have him always nigh—
We bear the yoke together,
My Lord and I.

PHYSIOLOGIC METHODS

(Continued From Page 1.)

that caused the headache is going right on all the time, just the same. That is why many of you are here,—because you have been trying to get well with that kind of aid. These injurious methods, false methods of getting well deceive you, make you think you are better when you are not better. What are you going to do, then? Instead of taking disease in and hiding the thing from yourself, taking some dose of drug of some kind to simply hide the symptom,—what are you going to do? Remove the cause; remove the cause. That is what the physiologic method seeks to do. If you get hold of the principle, you will know how to adapt it, you will know the conditions under which you find yourself wherever you may be.

"The physiologic method has this great advantage over all other methods, that it can be repeated as many times as is necessary. When you take a dose of some drug to excite the bowels, you have to take another drug, another poison, pretty soon, because that first drug wears out. You have to take continually increasing doses, in order to get the effects desired. Now that is not so of the physiologic method. The physiologic method produces the same effects,—you can produce an effect today, and tomorrow you can get the same effect from the same application. It never wears out; in fact its efficiency increases.

"A large share of the physiologic methods consist of applications made to the surface of the body. And it seems, when one comes

to study the skin, as though it was purposely made to be utilized in this way. One does not really understand what a wonderful, wonderful creation the skin is until he comes to study it carefully and see its great variety of functions. So many different kinds of nerves,—nerves of touch, nerves of pain, nerves of feeling, nerves that appreciate heat, nerves that are sensitive to pressure, to location,—all of these different nerves may be influenced by applications made to the skin. And different areas of the skin, have their relation to different parts of the internal organism. Every internal organ is represented on the skin. Every internal organ is represented in the same space on the skin, so applications made to that part of the skin, the internal parts may be benefited. For instance, the brain is influenced by application made to the face. That is the brain area. The face of the head is the face of the brain. You know when you feel weary, feel tired, you make a cold application to the face, and how quickly it wakes you up. Suppose when you are feeling a little drowsy, somebody should drop a few drops of ice water down the back of your neck, how quickly it would awaken you. It might be well for the person to get out of the way actively, for you would probably be aroused to great activity at once.

"The brain has a face, and the lungs have a face. This area of skin over the chest is in the same way related to the lungs. A very hot or a very cold application is made to the chest, it sets the lungs to going right away. A little water dashed upon the chest makes one take an involuntary breath at once; one can not control himself; it stimulates the activity of the chest. That is the face of the lungs. The portion of skin covering the heart is the face of the heart, and the stomach has a face. Here is the stomach face over the pit of the stomach. An application made there influences the stomach. Warm applications cause the veins of the stomach to dilate, and cold applications cause the veins of the stomach to contract. Here is the liver face on the right side, and the spleen face on the left side, and the kidney face on both sides. There is an intestinal face, and a space on the palm of the hands which is related to the brain and the lungs both, and this space at the bottom of it is related with the pelvic organs, the stomach, the lungs, the intestine, the brain, and all of these important vital organs which are all related to the soles of the feet. The back of the neck is connected with the brain. The area back of the lungs controls the lungs; the area over the fleshy portion of the thighs is related to the pelvic viscera. So these are called the reflex areas of the skin, and applications made to these areas influence the viscera inside. So we can play upon any organ in the body by making proper applications to the right spot of the skin, we can cause the blood to flow more rapidly or less rapidly through any organ. We can cause the blood to accumulate or to leave the organ. We can control in this way any organ in the body by suitable applications made to the skin."

The lecture concluded with a series of stereopticon views illustrating the various hydropathic treatments given to patients at the Sanitarium.

CORRECTIVE GYMNASTICS FOR DEFORMITIES

Dr. Geisel Gives Lecture On the
Value of Simple Gymnastics.

MME. PATTI'S EXERCISE.

Stooping shoulders, straight backs, prominent abdomens and misplaced pelvic organs all can be corrected if you take the trouble to try, according to Dr. Carolyn Geisel, who gave a demonstration lecture in the Sanitarium parlor Monday afternoon.

"The trouble is," said the speaker, "the method is so easy that the most of you won't even try it. This is the way with these natural methods, they are so simple; there is no mystery about them, and because there is none people find it hard to believe in their efficacy."

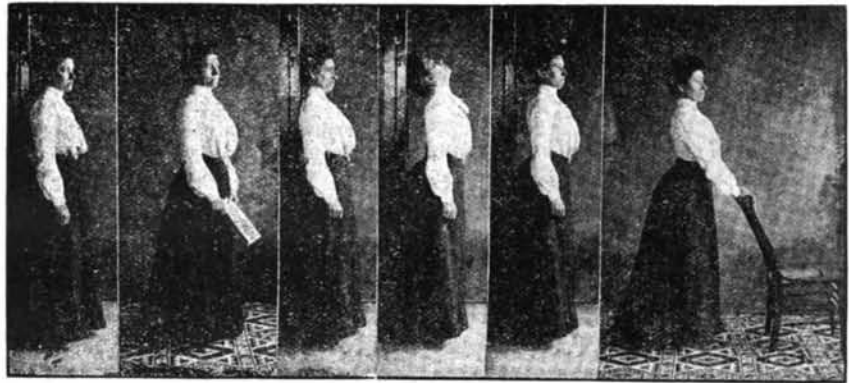
"Now nearly every person in this room is suffering from displacements—either the stomach is several inches lower than it ought to be or the liver is misplaced or the intestines are crowded into quarters they should not be occupying. Your doctor may tell you you have 'Enteroptosis.' It sounds better, but you will find out upon investigating that that is all it means, and what is more you can put them in place yourself, unless it is an un-

"Now if this diaphragm has been bandaged with a corset or even that supposedly inoffensive little girdle, the diaphragm cannot possibly do its work—the push and pull movement is handicapped to such an extent, that in the course of months and years of inactivity it completely loses its full functional power."

At this point, Dr. Geisel illustrated with a skeleton the manner in which the lungs were spread and the diaphragm lifted when under normal conditions. Then placing one of those

legs at the same time and bring the head up to meet them.

"The back muscle grows degenerate when the diaphragm has been weakened through habitual corset wearing," said the doctor. "The most satisfactory exercises to strengthen these back muscles are the simplest." Here the demonstration of the exercises was made by a young woman of the physical culture class. The body assumed the correct position; hands on hips, chest high, and while inhaling



ASSUMING CORRECT STANDING POSITION

'harmless little girdles' about the figure proved conclusively to her hearers that the diaphragm was prevented from making more than a feeble effort to raise to its full capacity. Removing the girdle she admonished her hearers not to pull their skirt bands tight when they left off their corsets, and illustrated the effect by holding the two floating ribs, which would be affected, showing that this measure also held the diaphragm down and prevented the full spread of the lung.

"Let your body out of its bondage," said she, "and with correct breathing exercises and correct clothes you can successfully treat your own case."

Apocryphal of the strong diaphragm, Dr. Geisel told an interesting incident of Madame Patti, whom she met several years ago. The subject of correct dress came up and Dr. Geisel by way of opening fire asked the famous singer if she wore a certain famous French make of corset. "Madame Patti," said she, "burst forth with a flood of protest and denunciation of corsets in general. 'Do you think I want to stop singing?' she demanded. It is impossible to sing unless one has a good strong diaphragm. I know better than to cripple mine.' And thereupon she laid herself down on the floor and bade me stand with my two feet on her splendid strong diaphragm, while she breathed. The entire weight of my body was raised and lowered in the process, I have never seen a more perfect example of what exercise will do to strengthen that muscle."

"One of the exercises, which Mme. Patti told me she practiced is one you may all do. You can do it in the Manual Swedish room or in your own room in the mornings just before dressing. If your bed is soft, lie down on the floor, flat on the back. Stretch the toes of one foot out as far as possible, then raise the leg until it is at right angles with the body. When you are able to do this without becoming stiff or exhausted, try the other leg, alternating, and then later use both

deeply the head was slowly bent backward as far as possible, with body retaining its position. Exhalation took place as the head was brought slowly forward.

The second exercise for the back muscles consisted in placing the hands at the back of the neck and repeating the first bending process. Many of the spectators tried the exercise and discovered unused muscles. The exercise the speaker said was invaluable for strengthening the muscles of the back.

The prevalence of the 'straight' back instead of the back having its natural curves was decried by the speaker who called upon the demonstrator to show her audience the proper way to assume the correct position.

"Stand against the wall, one having no base board, or against the edge of the door: heels, hips, shoulders and back of head touching. Then tip the head back until its top touches the door, then remove gradually and walk off with your body in the position into which it has been thrown by the exercise. Your chest will be held high, your abdomen will be well in, the shoulders will be thrown back, though not consciously and your spine will have its natural curves."

"For the person with a tendency toward round or drooping shoulders, the wand exercise and the shoulder-grinding exercise were recommended. The latter comprised two movements: first, the placing of the finger tips on the shoulders and describing a circle with the elbows, extending as far back as possible, while inhaling and exhaling when returning to first position. The second movement was a reversal, the bent arms being brought forward, upward and then back during the inhalation and back during the exhalation, inhaling as arms come forward, upward, and exhaling as they come down and back.

In the wand exercise the correct standing position should be assumed, the wand grasped firmly in either hand about six inches from the

(Continued on Page 5.)



BACK STRENGTHENING EXERCISE

usually serious case, by simple corrective gymnastics—correct breathing.

"By a simple course of gymnastics you can pull those organs into place. There is a popular fallacy that the breathing exercises are for the benefit of the lungs alone. As a matter of fact the breathing exercises have less to do with the lungs, are less valuable, than they are to your other vital organs. By far the most important thing accomplished in this exercise, second to the taking in of oxygen is the drawing up of the diaphragm.

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LIGHTEN THE LOAD

One of the curious and erroneous theories abroad in the world, and one which is constantly met with at the Sanitarium, is that harm will result to an habitual user of tobacco if he suddenly leaves off the habit. The idea is not confined to the laity alone, many physicians of good standing cherish the same theory—that some evil would result if they suddenly left off the use of this poison.

In the countless hundreds that come to the Sanitarium year after year, a large percentage of the men patients are tobacco users. As no form of tobacco is permitted on the premises, the rule of course necessitates the giving up of the weed, at least while under the care of the institution. Convincing proof that the sudden giving up of the habit does not injure a man is found in the announcement of the physicians in charge who declare that in the history of all the cases that come under their observation, no bad effects have resulted from this form of denial.

The proposition is a simple one and the premise quite clear from the beginning: the use of tobacco does not bring any possible good to the user, either of strength or energy or anything that has to do with physical vigor; on the contrary it does do harm, raising the blood pressure, giving extra work for the heart, liver and kidneys, organs which have to maintain a continual struggle to fight off its poisons.

Is it not reasonable to believe that a discontinuance of the use of the poison would have a beneficial instead of an injurious effect?

The theory that it would be unwise to lighten the load for a poor old broken down horse who was struggling up a hill with difficulty, would be equally reasonable. The giving up of the use of the poison amounts to the same thing—it takes the load off the heart, liver and kidneys. If the load has been carried for a long time, until it has become an absolute burden—all the more reason that it should be lightened—thrown off entirely. Give the body a chance to make the hill victoriously and in full possession of its strength, instead of forcing it to fall back into a by-path, frequented by weaklings of both will and body.

THE REV. MR. WILCOX ON THE BOXER UPRISING

The Rev. M. C. Wilcox, for thirty years a missionary in China, a man of wide experience and keen observation, spoke in chapel Sabbath morning on the "Causes and Consequences of the Boxer Uprising." The Rev. Mr. Wilcox has retired from active missionary work and for the next ten years is pledged to carry on the work of translation of text books for Chinese schools and colleges. He will be assisted in the work by a Chinese scholar who will come to this country for that purpose. It is possible that Mr. Wilcox will do a large part of the work in Battle Creek.

The causes of the Boxer uprising, he asserted, were six: First, the age-long grievance of the Chinese toward foreign nations; second, the evils of the opium traffic, introduced through foreign greed, more particularly English; third, the exploitation of China by American distillers and brewers and the introduction of the liquor traffic; fourth, the official power demanded and obtained by Roman Catholic churches; fifth, the extortions, by foreign ministers plenipotentiary, of railway and mining concessions; and sixth, the introduction of labor saving machines and railroads. The whole movement being precipitated by the repeated failure of crops.

The consequences he summed up as a "new chapter begun for China." "Since the uprising idolatry has been utterly discredited—the Boxers having failed to make good their claim to make all followers immune from cannon-ball or sword thrust. Millions have lost faith in their idols and are willing and eager to turn to and assist in dragging the idols out of the now unfrequented temples that they may now be converted into school houses." Another effect was the proof to the un-Christian Chinese of the sincerity of faith among the native followers, 10,000 of whom gave up their lives rather than give up Jesus Christ.

The speaker said it was impossible for China to ever again be what she used to be; that she was sincerely accepting the new programme of reform, and in closing paid a warm tribute to her 400,000,000 brainy people. He said he agreed with Bashford that the religious history of China would be determined in the next ten years, and declared that the Christian church had never before had such an unparalleled opportunity for conversions.

Personal Column.

Messrs. H. and J. S. McCullough left for their home this week.

Mrs. Francis Barada returned on Wednesday to her home in St. Louis.

Mr. Charles B. Storch is on the list of departed guests during the past week.

Hon. G. W. Hale of South Haven, Mich., has returned to the Sanitarium for a few days' rest. Mr. Hale and his family have been patrons of the Sanitarium for the past twenty-five years.

H. D. Haring of Indianapolis spent a few days at the Sanitarium this past week.

Mrs. M. J. Kirkpatrick, Sioux Falls, S. D. is making a brief visit at the Sanitarium.

Drs. Norman and Minnie Staines left on Tuesday for Chicago for a few days' stay.

Drs. L. Elwell and J. E. Alcorn have returned from a trip to Colorado and other western points.

Dr. E. L. Eggleston gave a paper Tuesday night before the Battle Creek Medical club on "Acute Rheumatism."

Mr. and Mrs. J. C. Worden of Detroit left this week for a short stay, after which they will return to the Sanitarium.

Mr. and Mrs. J. F. Nichols of Pennsylvania have returned to the Sanitarium for another visit and are being warmly welcomed by former friends.

Mrs. William Worthington of Cincinnati, who has been visiting her daughter, Miss Worthington, a patient at the Sanitarium, returned to her home Tuesday.

Mr. M. H. Newton gave an illustrated travelogue Monday noon in chapel on Turkey. Next Monday noon the travelogue will be continued and pictures shown of Egypt and Palestine.

On Tuesday afternoon the local W. C. T. U. met in the Sanitarium parlor about eighty members being in attendance. Reports were presented by Dr. Geisel and Mrs. Calkins on the movement for suffrage and temperance at the Constitutional convention. Following the meeting Dr. Geisel entertained ten of the officers and prominent guests at supper.

Arrivals.

The list of arrivals for the past week includes the following: Miss B. Causlor, Cal.; William J. Day, Ala.; Mrs. Thomas Daly, Ala.; Mrs. John F. Daly, Ala.; S. E. McCurdy, Mich.; Mrs. F. A. Jones, Mont.; W. H. Proctor, Ill.; Frank Gudeman, O.; G. R. Stevens, Pa.; John W. Miller, Ind.; H. O. Davis, Ill.; G. G. Hartley, Minn.; E. H. Dittman, Minn.; J. Von Bromberg, M. D.; C. A. Spaulding, Minn.; E. C. Spaulding, Minn.; Mrs. Thomas Hunan; J. H. Stewart, Ala.; Dr. R. H. Leece, Mich.; Omer Moekel, Charles Moekel, Mrs. John Harr, Mr. and Mrs. James C. Gordon, Ind.; H. D. Haring, Ind.; Mr. and Mrs. Elmer Houser, Mich.; J. W. Anderson, Ind.; William J. Clark, Mich.; C. G. Wilcox, Wis.; Mrs. L. T. Spaulding, Mich.; Mrs. Totten, Mich.; Mrs. D. C. Powers, O.; Mrs. A. B. Cymen, Wash.; Mrs. M. J. Kirkpatrick, S. Dak.; Miss Lorenz, Mrs. Lorenz, Mich.; W. D. Theobald and wife, O.; Mrs. M. Wood, D. C.; N. Grieg, Wis.; Mrs. M. H. Proctor, Mich.; Mrs. H. S. Blossom, O.; Miss A. Fisher, O.; Miss Louise Blossom, O.; George V. Grieg, Wis.; F. H. Dowler, Tenn.; D. K. Coolsbon, Mich.; J. N. Bushong, Mich.; Thomas E. Gunson, Knoxville, Tenn.; Mrs. Albert L. Williams, N. Y.; J. Milton Cox, Ill.; W. H. Balard, Ind.; Mrs. Chares Van Dyke, Ind.; C. F. Reeve, Ind.; Lewis Nicholls, O.; George Royal, O.; Miss Alice Cash, Mich.; James S. Hersh, Pa.; Mrs. R. A. Dorst, O.; Mrs. A. E. Studebaker, O.; Mrs. S. Goldsborough, Mich.; L. A. Weaver, O.; G. W. Hale, Mich.; Dr. and Mrs. Swan, Wis.; S. H. Briggs, Ill.; Anna J. Klein, Mich.

THE PURE FOOD LAW

(Continued From Page 1.)

ing them brilliant hues and making it possible to produce beautiful candies at a nominal cost.

"Tomato catsups had a substitute for the fruit pulp of the tomato in the vegetable pulp of refuse vegetables, thoroughly macerated and ground up and then highly spiced. The use of aniline dyes spread to butter, macaroni and preserved fruits, the latter being so highly colored at times as to make it possible to color cloth brilliant hues with the dyes obtained from these prepared foods.

"But the new law requiring the labels to tell the truth has opened the curtain to these iniquitous practices and it is now possible for individual buyers to protect themselves if they so desire, and which they may do by paying strict attention to the labels. For instance, the former 'Pure Vermont Maple Syrup' now is labeled: 'High Grade Vermont Style Syrup; Blended of Cane and Maple Sugar Syrups.' A popular 'Horse Radish,' now bears in smaller letters, the words 'Flavor' and beneath, 'Mustard.' This prepared horse radish contains 32½ per cent mustard, the remainder being made up of vinegar, salt and herbs and no evidence of any horse radish whatever.

"The doctor summed up the seven headings under which food is considered to be adulterated as follows: "First: If any substance or substances have been mixed with it to lower or depreciate or injuriously affect its quality, strength or purity; second, if it be found to have inferior or cheaper substance or substances substituted, wholly or in part for it; third, where a valuable or necessary constituent or ingredient has been wholly or in part abstracted from the food; fourth, where a food is put upon the market in imitation of, or sold under the name of another article; fifth, when the product consists wholly or in part of diseased or decomposed or tainted animal or vegetable substances, or as in the case of milk, if it is the product of a diseased animal; sixth, where the food is colored, coated, polished or powdered whereby a damaged or inferior quality is concealed or where any means is taken to make it appear to be of a better value than it really is; seventh, where the substance contains any added substance or ingredient that is poisonous or injurious to health."

"To detect chicory in coffee, the doctor advised his hearers to drop a few grains of the suspected coffee into a glass of water and observing that some of the particles in sinking leave a smoky trail behind them, that is characteristic of chicory. Pure coffee will leave no such trail.

"To test a slice of chicken or veal loaf or sausage suspected of starch add a liberal amount of Lugol's solution to half a slice of the food and in the presence of starch you will get a decidedly blue color on the half of the slice that has been thus treated with the reagent. (Five cents worth of the solution will answer for many tests).

"An inferior grade of flour can be easily detected by taking the heart of a baker's loaf, pressing it between the hands into a dough ball, which in a good quality of flour will separate into dry flaky crumbs, but if of poor

quality will consolidate into a rubbery dough ball that will bound if thrown upon the floor without breaking apart.

"To detect the adulteration of common extracts such as vanilla, raspberry, etc., pour a small quantity in a saucer and apply a match to it, if there is not enough alcohol in it to produce a blaze it will show that it is a mere water solution, or if an inferior grade of alcohol has been substituted for grain alcohol, there will be a strong yellowish tinge that will give off a pungent odor suggestive of formaldehyde. Such extracts are not fit for use.

"In testing syrup for the presence of glucose, place a teaspoonful of the syrup in three tablespoons of water. Dissolve thoroughly, then add an equal amount of alcohol. If glucose is present a milky precipitate will spread from the solution and settle to the bottom of the liquid. The presence of timothy, clover and alfalfa seed in fruit jams may be easily detected by a magnifying glass or microscope.

"To test suspected manufactured butter, place a small piece in a large spoon and hold over a lamp or gas jet. If the sample is fresh and pure it will boil quietly without the evolution of small bubbles and foam. Oleomargarine and process butter will sputter, crackle and froth up.

"To discover the aniline dyes in confectionaries, jellies, catsup, fruit juices, etc., boil a portion of the suspected substance and place in it, while boiling, a piece of white nun's veiling or any good grade white wool cloth, which upon removing, will be found to have absorbed a large amount of color. If by washing in cold water, there still is left a bright clear color, it is pretty sure evidence of coal tar dye. A single glass of raspberry soda has been found to contain sufficient coal tar dye to color two yards of woolen cloth."

Bad Cooking.

"Bad cooking is the cause of innumerable evils. Few are taught to consider the results of either good or ill feeding. Happily for us all, appetite in this matter is not an entirely mischievous guide. A memorial has been presented to Congress to establish a Bureau of Domestic Science. The memorial calls attention to the vast outlays of the government to investigate the source of food supplies and methods of production, and asks of what value is this, if the food product is ruined in the cooking, through ignorance. The object of cooking is to render natural food products, 'which by themselves and in their original state would be either indigestible and unwholesome, or unattractive and injurious to man,' nutritious and palatable."—*Sanitary Home.*

Cold Rubbing.

This is an excellent means of relieving certain forms of pain. Neuralgia pains are usually aggravated by this means, but pains due to congestion are usually relieved. The parts must simply be rubbed with a cloth dipped in cold water. The temperature of the water should not be greater than 60°. It is often necessary to continue rubbing for a long time until the surface is thoroughly reddened.

CORRECTIVE GYMNASTICS

(Continued From Page 3.)

ends (a broom stick will answer in an emergency). The exercise consists in raising the wand forward, upward, over the head to back of shoulders throwing shoulders in and chest forward. Alternatingly raising wand above head, back to starting position, then thrusting down back of hips back to starting position. This exercise should be kept up from five to ten minutes.

Two valuable breathing exercises illustrated during the demonstration were the following: Assuming the correct position, raising arms upward, crossed in front having forearm relaxed, rising slowly on toes; inhaling until arms are above the head, then stretch diagonally upward, raising chest high; arms sideward downward, heels sinking, exhaling. This should be taken slowly with four counts to each movement.

Place left foot forward, arms forward, shoulder high, palms facing, moving arms backward, shoulder high, rising slowly on toes, bringing weight over forward toe, inhale deeply, raising chest high and pulling up until you feel that the abdomen has lost its prominence. Second: Reverse the feet, place arms in the same position, raising arms forward, upward, rising slowly on toes, inhaling. Stretch arms high; then stretch still further; arms forward, downward, heels sinking, exhaling.

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How the Green Vegetables Are
Kept Free From Insect
Pests.

AESTHETIC ARRANGEMENTS

How many of the Sanitarium guests who enjoy the ruddy little radishes, the crisp lettuce, the delicious Swiss chard and delicate watercress served on the tables realize that it is grown under the very brow of the hill on the Sanitarium grounds, in greenhouses that can be reached in a two-minute walk from the main building and under conditions that make for the best in health of those who partake.

This home-growing of the greens and salads for the Sanitarium table is a comparatively recent experiment, but so successful has it proved that Florist Vandervoort is making plans to greatly increase his facilities and the size and variety of the crops grown. The plan has its first impetus in the desire of Dr. Kellogg to give patients only such salads and green stuffs as were grown under conditions favorable to health—free from insect pests and contamination of fertilizer of animal excreta; having proved to his satisfaction that many of the parasitic diseases of the intestines have had their origin in insects and worms taken into the body through the use of uncooked green vegetables, such as are bought in the average market. Much of the fertilizer which

is spread upon the ground by truck gardeners of the country is unfit to be used for such purposes and in its very nature repugnant to an individual of nice sense, while the insects bred therein invariably infest the plants and are generally so minute as to be overlooked by the average person who prepares the vegetables.

A walk through the long green houses where the vegetables are growing is a delight to a lover of nature: the varying shades of greens, graduating from the palest of lettuce shades to the dark green of the beet tops, the row after row of pert little radishes, the softly curled beds of parsley and the fringing delicate greens of the cresses, are a delight to the eye, and when these delectable plants are alternated here and there with a patch of winter-flowering sweet peas, single English violets, or tall starchy Cosmos, the effect charms one's aesthetic sense.

In one long bench devoted to lettuces the second crop represented 411 pounds of this edible green salad, the bed measuring 100x5 feet. Underneath, very near to the ground, so near that little delicate tendrils creep out to the path, is grown the water-cress. Across the way are great hardy plants of parsley and in the same bed are young beets nearly ready for the table. The Swiss Chard, with its mid-leaf white and as delicate when cooked as asparagus tips, is one of the most satisfactory of the numerous greens that have been grown, although the sorrel, with its medicinal qualities, represented in the iron which it contains, is also valued.

The second crop of radishes is just now ready for the table, four or five crops being grown through the season. Four crops of lettuce are grown. Cauliflower, too, is proving a successful venture, and in the future more of this delicate vegetable will be planted.

Young celery plants are now being started, the object being to have it ready for the table during the early summer months, when it is impossible to obtain it in the market.

A walk through the houses on a bright winter day, with the smell of the moist earth and of growing things filling the air is enough to give one the garden fever, and more than one individual has returned time after time that he might come in touch with the hint of spring and the gladness of maturing things and see with his own eyes the growth from seed to broad curled leaf, the lettuce which he will one day enjoy on the Sanitarium table.

A NEW TEMPERANCE SOCIETY

(Continued From Page 1.)

medication. Addressing the helpers he said: "We are none of us here to sign this pledge because we need to reform—for these have always been our principles, but because we wish to become working factors in this great movement, so that if there comes a time that the Temperance army needs us we will be drilled and ready for action."

Sixty-four persons signified their intention of joining the new branch to be formed within the Sanitarium and arrangements were made for subsequent meetings to perfect organization. The name of Mrs. W. F. Martin is mentioned for the presidency; Dr. Carolyn Geisel's name for the office of vice president-at-large, and Miss Carrie Zahn for treasurer. Departmental workers chairmen spoken of are: Mrs. Charles Stewart, Child Culture and Cradle Roll; Mrs. A. J. Read, Non-alcoholic Medication department; Dr. Jean Whitney Morse, Physical Education.

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Are the chemical qualities of the air the same after it is warmed? Is cold air more pure?

A. The chemical properties of the air are just the same after it has been warmed, provided there have been no products of combustion mixed with the air. If the furnace leaks, the air will be contaminated; if the stove smokes the air gets contaminated; but the heating of the air does not destroy any properties. There is no vital principal in cold air which is destroyed by heating. It is simply the natural depressing effect of warm air. Warm air is depressing, while cold air is stimulating, tonic, vitalizing. This is due to the temperature alone, and not to any difference in the properties contained in the air.

Q. What is the best food for a person who is obliged to live on a liquid diet?

A. Buttermilk is a capital diet for such a patient; cereal foods of any sort, thin gruels, barley water is also good.

Q. What is the cause of spinal meningitis?

A. Germs.

Q. What is the treatment

A. One of the very best things is the hot bath, 105°, continued until the patient sweats. The patient should be wrapped in warm blankets after the bath. The bath may be prolonged as a neutral bath. A bath of 105° until the patient sweats; then cool the temperature down to 90°, and let the patient remain in until the temperature falls. Then raise the temperature again to relieve pain and spasms when they occur. Very few patients would die of spinal meningitis if they could have hydropathic treatment from the beginning. I have had opportunity to treat a good many cases of this disease by this method, and I have found it very successful.

Q. What is the difference between Bright's disease and a contracted kidney?

A. Contracted kidney is one form of Bright's disease. There are many different forms. There is contracted kidney in which there is an increase of connective tissue, and the kidney becomes like a scar, hard and stony. There is another form in which there is a state of inflammation, changes, degenerations taking place, and the secreting power of the kidney lost. There is another form in which the kidney becomes large, white and callous; and there is still another form, the hemorrhagic kidney. This form is one of the most insidious, and comes from the use of tea, coffee, liquor and wrong habits generally—inactive bowels, chronic constipation. So many people think there is no particular harm in that except the inconvenience. It is chronic auto-intoxication constantly going on, and the

kidney suffers most because it is the kidney that has to eliminate and carry off these poisons mostly.

Q. I am a man fifty-six years old, in fairly good health, but on taking the slightest exercise, even a short walk, or a slow walk for two blocks, I get into a state of perspiration. What does this mean, and what is the cure?

A. It means a state of very great physical exhaustion, and probably a very weak heart. He must get into a different condition right away. By slow and careful training, he can be built up. Cold baths strengthen the heart, and carefully graduated exercises, the Swedish movements, applications of electricity to the muscles, and other means, will slowly build him up and restore his ability to walk.

Q. What is the best treatment to stop veins becoming varicose when they begin?

A. A varicose condition of the veins is a diseased state of the veins. The veins are degenerated, the condition is somewhat similar to that which produces arteriosclerosis in the arteries. The first thing to do is to remove all the causes. In other words, stop the use of meat. That makes hardening of the arteries, because of the uric acid and the xanthin bodies, and the other poisons contained in the meat. Another thing is to stop the use of tea and coffee, because the poison of tea and coffee is essentially the same thing as the poisons of meat. Another thing: Be very careful not to over-eat. Take an abundance of exercise, but take care not to take excessive exercise on the feet because that will cause overstretching of the veins, especially when in a state of perspiration. It is best also generally to protect the veins by proper elastic bandages applied to the limbs. Cold applications to the limbs, to the affected parts, will afford a great deal of relief, and sometimes effect a cure, provided it is applied early, as soon as the difficulty makes its appearance.

Q. Would hot water before meals be beneficial?

A. Yes, in cases of gastric catarrh it is beneficial. If there is mucus in the test meal, then there is gastric catarrh, and a glass of hot water before meals is beneficial.

Q. If chicken meat is so harmful, why are not eggs considered so?

A. Eggs are not so harmful as chickens or meat, because there is no uric acid in them, in any great amount. There is some poison in eggs, and some people are very susceptible to this. In some persons these poisons of eggs are absorbed very quickly, but in most people slowly. In some people who have intestinal catarrh, or who have the mucous membrane raw, these poisons are taken up so quickly that they suffer at once from the use of eggs. There are some people who can not eat even the smallest bit of eggs without being poisoned by them; for there is a poison known as neurin, which is probably found in all eggs. Eggs can not be freely taken without some injury. They belong to

the animal kingdom, and they are not the very best of food. Man was intended to subsist upon the products of the soil. The use of animal products of all kinds is to some degree detrimental because we are liable to take into the body poisons which are derived from the animal. This is not true of eggs to so large a degree.

Q. Explain how smoking is especially harmful to a patient suffering with chronic gastric catarrh.

A. There are several objections to smoking. In the first place, the man who has gastric catarrh is away down at the foot of the ladder. No man ever gets gastric catarrh until his whole body is in a state ready to collapse, and until he is going into physical bankruptcy. He can not have gastric catarrh until he has reached that point. He should not smoke because he has lost his vital resistance to a large degree already, and nobody but a thoroughly healthy man can possibly smoke without great risk. The healthy man is running a risk because he is sure to become unhealthy sooner or later, but if a man wants to smoke he ought to have the doctor prove to him that he has got a perfectly sound heart, perfectly sound kidneys, and nerves, sound stomach, sound lungs, that he is thoroughly sound everywhere.

Q. What causes one to wake up at three o'clock in the morning after four hours' sleep, remaining restless and wakeful until morning?

A. When you go to bed, your blood pressure is usually at the lowest ebb. Then you can sleep. Low pressure is essential as a condition for sleep. As sleep progresses, food is absorbed, gets into the blood, and the pressure rises, and by and by it gets up so high it sets the mental mills to turning, and that wakes you up. The trouble with you is that your blood pressure rises too quickly. You will have to do something when you go to bed at night to get the blood pressure lower down when you go to sleep. Take a neutral bath for half an hour; or a shower or a spray at a temperature of 92°. A spray for three or four minutes is as good as a neutral bath for half an hour.

Q. What is the cause and cure for the breaking out of boils on the face and neck in a person who apparently enjoys fairly good health?

A. This is a disease sometimes called furunculosis. There is an accumulation in the body of waste matters, of poisonous matters that are in large part formed in the colon, absorbed from the colon into the blood. The resistance of the glands of the skin is weakened, and the cells of the skin are weakened in their resistance; then certain germs which are always found upon the skin, work their way down into the glands of the skin, and there they germinate, incubate, develop and produce toxins, set up inflammation, and cause boils. These germs are always on the skin and always seeking to work in, but an army of leucocytes or white blood cells, which through the entire body inside the skin are fighting off these germs, like a guard around the citadel fighting off the enemy that is trying to get into the fort.

DOMESTIC SCIENCE DEPARTMENT

"Soups and Beverages" was the topic of the parlor lecture Thursday afternoon given by Miss Lenna Cooper, of the School of Domestic Science. Speaking of beverages, she said that they had their place in the well balanced diet and were not objectionable if they did not contain unwholesome substances. "Unfortunately," said she, "most of those in common use, such as tea, coffee and chocolate, do contain injurious stimulants. Tea as ordinarily made contains 1 grain of thein and from 2 to 3 grains of tannin; coffee contains $1\frac{1}{4}$ grains of caffeine and $3\frac{1}{4}$ grain of tannin, while chocolate contain $1\frac{1}{4}$ grains of theobromine. These render the beverages unwholesome. The effect of the stimulants contained in them is similar in character, acting on either the nerves or the heart, or both. Tannin is a local irritant to the alimentary tract, and one cause of gastric catarrh. It inhibits digestion, both salivary and septic.

In place of these stimulating beverages, with their injurious effects, Miss Cooper recommended cereal coffee, Sanitos cocoa from which the theobromine had been extracted and fruit beverages. "For the normal person a light breakfast which includes a single cup of some one of these non-injurious beverages is not objectionable. The chief objection which arises from taking liquid with the meals is found in cases where it is drunk with a heavy meal, causing abnormal distention of the stomach—the stomach having quite enough demand made upon it by the food itself. Soups were another form of liquid food, which she recommended to be taken in moderation. "Their chief value is that of an appetizer. They should be served in small quantities and at the beginning of the meal and served hot" said the speaker.

Cream of Brown Onion Soup—

- 4 medium sized onions.
- 1 cup of milk. 1 cup of cream.
- 1 cup of water. 1 teaspoon salt.
- 1 level teaspoon flour, slightly browned.

Brown the onions in oven, strain through a colander, add water. Rub flour smooth in a little of the milk and add to the boiling onion and water. Let boil 3 to 5 minutes and then add cream and salt.

Vegetable Soup—

- 2 cups potatoes diced $\frac{1}{2}$ cup carrots diced.
- $\frac{1}{2}$ cup turnips diced
- 1 medium sized onion grated
- $1\frac{1}{2}$ cups tomato (strained.)
- $2\frac{1}{2}$ quarts of water.
- $\frac{1}{2}$ teaspoon thyme (tied in a cloth).

Cook two hours. This should yield about one quart of broth when done. Add 1 teaspoon salt and 2 teaspoons butter.

Fruit Beverage—

- Juice of 3 Oranges. Juice of 3 Lemons.
- $\frac{1}{2}$ to $\frac{3}{4}$ cup of sugar.
- 1 cup of fruit juice (cherry or strawberry).
- 1 quart cold water. Extract juice of oranges and lemons, strain and add sugar water and fruit juice. Set on ice to chill.

Cereal Coffee—

$\frac{1}{4}$ cup cereal coffee, 1 pint of water. Boil 20 minutes. Serve with sugar and cream.

Sanitos Cocoa—

- 2 tablespoons Sanitos cocoa.
- 4 tablespoons sugar. 3 tablespoons water.
- 1 cup milk. $\frac{1}{2}$ cup cream.
- $\frac{1}{2}$ cup of water.

Mix cocoa and sugar with 1 tablespoon water, let cook until it is thick and smooth. Then add remaining liquids and let come to a boil.

News Among the Helpers.

Rulon Smith has returned from a visit in Iowa.

Miss Perrin has returned from Queen City, Mo.

Miss Rollwage has returned to Forest City, Ark.

Miss Aldrich left Tuesday for a vacation trip to Chicago.

Miss Blossom has returned from a visit in Cleveland, Mo.

Miss Clark, of the Nurses' department, has gone to Valparaiso, Ind.

A. T. Hill, of the Nurses' department, returned this week from a visit in Missouri.

Mrs. Hyde, a post graduate in the Nurse's department, left this week for her home in Chicago.

Mrs. R. June, of the Nurses' department, left Wednesday for a vacation with relatives in Pennsylvania.

Dr. Carolyn Geisel lectured on "Correct Dress" Monday and Wednesday evenings before the nurses, in the chapel.

Friends of Miss Georgia Hunt gave her an enjoyable birthday surprise, Wednesday night, at her home, Glenwood avenue.

Miss Ethel Dibble left Monday for Chicago to succeed Miss Amy Eicher in the Chicago Dispensary and Visiting Nurses' department. Miss Eicher has returned and will resume her duties at the Sanitarium.

The young women of the Correspondence department gave a sleighride Monday night, twenty guests enjoying the ride.

The regular domestic science class luncheon was given this week by Misses Madge Wallace, Ruby Ketcham and Lilly Ferguson—the young women acting as hostess, waitress and cook respectively. Covers were laid for six, the guests including Mrs. Foy, Dr. Elwell, Misses Cooper, Dancy and Atherton.

Will someone throw a little light
Upon a point not settled yet?

What was the nature of the meal
That Romeo and Juliet?

—Chicago Tribune.

"Don't be afraid," said the woman on the front step, "that dog likes strangers."

"Yes, madam," answered Meandering Mike. "I do not question your assurance that he would like me. But do you refer to him as a seeker for companionship or as an epicure?"
—Washington Star.

"Perhaps," said the doctor, "it's your cooking that's responsible for your husband's illness. He has a severe attack of gastritis."

"Gastritis!" exclaimed Mrs. Nubride, "but I always cook on a coal range."
—Philadelphia Press.

Crossing the Bar.

Sunset and evening star,
And one clear call for me!
And may there be no moaning of the bar,
When I put out to sea.

But such a tide as moving seems asleep,
Too full for sound and foam,
When that which drew from out the boundless deep
Turns again home.

Twilight and evening bell,
And after that the dark!
And may there be no sadness of farewell,
When I embark;

For though from out our bourne of Time and Place

The flood may bear me far,
I hope to see my Pilot face to face
When I have crossed the bar.

—Alfred Tennyson.

Do the duty which lies nearest thee,
which thou knowest to be a duty. The second duty will already have become dearer.—Thos. Carlyle.

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THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH., JANUARY 23, 1908.

PRICE, 2 CENTS.

POINTS OUT DANGERS OF MEAT EATING

**Dr. Kellogg Warns His Hearers
Against Use of Flesh Foods.**

FRUIT, NUTS AND GRAINS FOR MAN

The usual Thursday evening lecture was given this week by Dr. J. H. Kellogg, who spoke on "The Dangers of Meat Eating." The talk was illustrated by the stereopticon, pictures of infected meats, trichinae, tubercular animals and meats and diseased organs resulting from a use of flesh food, being thrown on the screen.

"I am certain," said the speaker, "that every intelligent man or woman who has had his or her eyes open to this evil, will have such a feeling of loathing at the thought of taking the flesh of an animal into their bodies that they will refrain forever from the practice, and it will be no restraint, no sacrifice. I have not eaten a pound of meat in forty years—a 'nice, juicy steak' offers no temptation to me. The thought must be repulsive to one who has formed the proper conception of what is the proper diet of man.

"We all have to be taught to eat meat. The first time a child has meat offered him, he will not touch it. The mother has to coax the baby to take the first taste of meat. We should understand that when we eat meat we are simply eating a corpse, a cadaver. When we eat meat we are eating just as much a dead thing as if we were eating a dead man or a dead woman.

"The Bible and the traditions of profane history clearly picture the first representatives of our race as eaters of fruits, grains, nuts, and also more than suggest that human beings were brought to the use of flesh food only through being deprived of their original and more natural food stuffs by famine.

"Whatever may be true of the original and natural dietary of the so-called flesh eating animals, there is no evidence whatever to show that man is by nature intended to use flesh. On the other hand, the exact resemblance of his teeth to the gorilla, the orang outang, the chimpanzee and others of the ape family, which are strictly non-flesh eating animals, place him in the same class. The teeth, for example, of man are precisely the same in number, kind and arrangement as those of the gorilla. The human tongue, which has so soft and smooth a surface, again places man with the non-flesh-eating class and associates him with the ape, whose tongue exactly resembles that of man.

"The popular idea that one must eat flesh

(Continued on Page 2.)

THE DISCOVERY OF YOGURT

Scientific Research Reveals Remarkable Bacteria Which Can Be Used to Destroy the Poison Forming Germs in the Human System

STUDIED BY METCHINKOFF

METCHINKOFF is the philosopher-bacteriologist of the Pasteur Institute who has largely succeeded to the place formerly filled by the founder, Pasteur, in this great institution from which such a vast flood of light of the greatest value to human welfare has shone forth upon the world.

Although the name of this great *servant* has not yet become so universally a household word as the name of Pasteur, yet he has already contributed so many facts of the highest value to medical science and to hygiene that history will certainly record him as one of those whose lives have been epoch-making events.

For many years Metchnikoff has been making a study of the question of longevity. He has asked many questions in relation to the length of human life, and has brought his wide learning and profound knowledge to bear in seeking the answers. In a book recently published by him, "Essais Optimistes" (Optimistic Essays), he has recorded a multitude of exceedingly interesting facts which he has gathered, together with the results of his own personal researches and experience. We summarize in this article some of the more striking and practical of these facts and the conclusions to which they lead:

(Continued on Page 6.)

BED COMFORTS FOR SICK

Miss Dancy Gives Helpful Demonstration Lecture in Sanitarium Parlor.

"Bed Comforts for the Sick" were discussed entertainingly by Miss Charlotte Dancy, assistant superintendent of the Nurses' department, in the Monday afternoon demonstration lecture before Sanitarium guests.

The correct bed and its fittings, the proper way to make it, and the easiest way to change both bedding and clothing while the patient occupied the bed were demonstrated before her audience, and may helpful hints given for the comfort of both nurse and patient. The suggestions were given out of a broad experience in nursing, such as Miss Dancy has had, and were especially valued by her auditors.

(Continued on Page 8.)

SLEEP AND INSOMNIA CAUSES AND EFFECTS

Dr. W. H. Riley Discusses Sleep and What Produces It In Sanitarium Lecture.

"Sleep and Insomnia" was the subject of the lecture given by Dr. W. H. Riley in the Sanitarium parlor Wednesday night. "As you all know," said the speaker, "most of us spend about one-third of our time in bed sleeping. For this and other reasons it seems proper that we should know something about the physiologic condition of sleep. The condition of sleep is concerned principally with the functions of the nervous system and for this reason before dealing with our subject directly it will aid to a better understanding of sleep and insomnia to first consider briefly the function of the nervous system.

"The nervous system of all animals is made up of certain units. To these units the term cell is applied. In 1891 Waldeyer introduced the name Neuron to these nerve units, to represent a new idea which had been brought to light by these investigations. This nerve unit we may regard as a microscopical living animal. In its early life it is spherical in form and microscopical in size. As it grows and develops it changes its shape by extending out from its body processes or arms. Some of these processes or arms are short, extending only a short distance from the body of this nerve cell or neuron. Others of these are very long and may be two or three feet in length, so that the nerve, for instance, that passes to the sole of our feet is attached to a nerve cell in the lower part of the spinal cord, the latter nerve unit being quite large and having at least one very long process. The cell body of these nerve cells vary in shape. Some are pyramidal in shape, some are star-shaped, some are spindle shaped and there are many irregular forms. The purpose of this nerve unit or neuron is to receive impressions from the outside and conduct them inward along nerve fibres.

"This nerve cell or nerve unit has two fundamental properties, which are what the physiologists call the property of irritability and of conductivity. By irritability we mean the capability of responding to stimulation. Conductivity is the passage of a nerve impulse or nerve current from one part of this nerve unit to other parts—very much the same way as an electric current travels along an electric wire. These two functions of irritability and conductivity are dependent upon a healthy condition and proper nutrition of the nerve unit. When these nerve cells or nerve units are in any way diseased these two properties

(Continued on Page 2.)

DANGERS OF MEAT EATING

(Continued From Page 1.)

of animals, especially lean meat, in order to have strong muscles, is a great error. The notion that one must eat a strong animal, an ox, for example, in order to be strong, is a cannibalistic idea. The savage chief eats the rival chief whom he conquers, in the belief that he may thereby become possessed of his courage, not because he is particularly fond of flesh. The man who eats beefsteak with the idea that he will thereby become possessed of the strength of an ox is acting on the same principle. Common sense would naturally lead one to suppose that if he wishes to eat for strength, he should profit by the example of the ox and eat that which the ox eats, and thereby become strong. In other words as the ox and the horse acquire strength from the use of corn, man may find strength in the same way.

"The association and relationship existing between human beings and the so-called food animals, is such as to tend in the highest degree to the development of disease in both. The best possible opportunity is offered for the interchange of maladies.

"The diseases resulting from the use of flesh food may be divided into several classes: first, those which are directly communicable, —parasitic diseases and those due to specific germs, such as tuberculosis and trichinae; second, those which result from the use of decomposing flesh, and third, those which result from the use of flesh of unhealthy animals.

"Of the few parasites to which human beings are subject, notably tapeworms, most of them are derived from the use of infected meat. Beef or pork, which contain the cysts or tapeworm embryos, is said to be 'measly.' When measly flesh is eaten, the cyst wall is digested off by the gastric juice, and the embryo is set free, passing into the intestine, it fastens itself to the mucous membrane, where it commences rapid growth, and produces all the distressing and inconvenient symptoms arising from the presence of the parasite in the alimentary canal.

"Trichinosis, a disease which in its general symptoms closely resembles cerebro, spinal meningitis, muscular rheumatism, winter cholera and other maladies, that frequently is not recognized as trichinosis, is contracted from the use of lean pork. Those who console themselves with the idea that protection against these parasites is afforded by inspection will not be comforted by the assertion of Dr. Salmon of the United States Agricultural department, that it is practically impossible to detect, even by microscopic inspection, all cases of trichinae infection, for the reason that there may be no parasites in the tissue examined, while other portions of the body are swarming with them.

"It is now well known that two or three out of every hundred cows are infected with tuberculosis and in some districts twenty-five to fifty per cent, are suffering from this germ disease. While the weekly report of the Union Stock Yards in Chicago shows that many tons of flesh of tuberculous animals are

condemned each week, doubtless many times the quantity condemned in which the disease is in the incipient stage, escape the observation of the inspectors.

"More than thirty thousand hogs are annually condemned at the great packing establishments, where inspection is maintained, because of hog cholera, and yet those condemned are few in proportion to those found suffering from the disease. Slight cases are passed after the removal of the organs which give evidence of the presence of the germs and the meat is sold to the retail markets all over the city. A large proportion of all the meat eaten must be more or less tainted with disease. A Chicago official stated a few years ago that if all diseased meat were condemned, the price of meat in Chicago would go up to \$1 a pound.

"Have any of you ever visited the huge city slaughter-houses and not been stirred by the horrors which are presented there? Any one with a due appreciation of the Fatherhood of God, and the great kinship of all living, sentient things, must feel that the slaughter-house is simply a place where organized killing is carried on—premeditated, systematic taking of life.

"We should doubtless regard these gigantic cruelties as closely akin to murder, had we not long been accustomed to look upon animals as mere things, like blocks and stones, rather than creatures in whose veins runs blood like our own, whose nerves thrill with sensations akin to those which we experience, who exhibit much the same traits as do human beings—love, hate, envy, courage, timidity, forethought—which plan and execute, which combine with others against a common foe, and loyally defend, even to death, a friend or kin.

"When God placed man in the earth, he informed him respecting the food which was especially adapted to his constitutions and needs, and for the digestion of which his organs were especially fitted. Certainly no one could be better acquainted with a man's needs than his Creator. The bill of fare given Adam has never been withdrawn; and must be as well adapted to Adam today as six thousand years ago."

Hot Water Bag.

A rubber bag is filled with hot water, and is an excellent means of relieving pain in deep-seated parts—pain in the back, chronic intestinal pain, various neuralgias, and other pains in which inflammation or congestion is not present. Hot bags should not be employed continuously on persons suffering from acute inflammation. If a moist application is desired, a moist flannel may be wrapped around the water bag. Bricks, sand bags, etc., may be used in a similar way.

Alternate Sponging.

The application and effect are the same as in the alternate compress. Very much hotter water can be employed, however, and when the parts may be rubbed with ice in alternation with the hot application, most powerful revulsion may be induced.

SLEEP AND INSOMNIA

(Continued From Page 1.)

or functions of the cell are greatly interfered with. These cells may be regarded in a sense as little machines, machines which have the power of taking energy from the food that we eat and transforming that energy into an active, subtle form of nerve energy which we call a nerve impulse. This transformation occurs in the body of these microscopical cells or animals. If the food taken into the body is improper to nourish these cells, or if poisons are conducted to them by the blood current such as alcohol, tobacco, or drugs, they are exceedingly sensitive and react in an abnormal way to these poisons, and the function of the cell, and in fact in many instances, the life of these cells, is destroyed by the action of these poisons.

"These cells or neurons are divided into three great classes—those that receive impressions from the outside and conduct them inward: These impressions are received upon the skin as the result of the action of heat and cold and light and mechanical irritation. Some of these nerve cells are found in the retina of the eye and in the finer mechanism of the ear and are sensitive to light and sound as it passes into the eye or into the ear. It is on account of the irritability of these nerve cells, the nerve fibres of which are found in the skin and in the outer parts of the body and that are capable of receiving these various impressions that the machinery of our body is kept in motion. We often think that the only essentials to life are air, water and food, and while these are very important and we could not live without them, we are apt to overlook another important essential to life and that is the necessary influence of these forces outside of our body in the form of heat and cold and electrical currents in the atmosphere. These forces that act upon the nerve endings of our skin and send impressions inward to the nerve centers of the brain and spinal cord and by stimulating these centers the function of the heart and liver and other important organs is kept in motion and modified in their activity. Right here we may say that this is the fundamental principle in the science of the treatment that you receive here at the Sanitarium. When you receive a cold bath, or a hot bath, or electricity, you sometimes wonder how the application of cold water, or warm water, or your body can effect a diseased stomach or a diseased heart inside of your body. The science of it is that these impressions that the hot and cold water make on the skin are conducted along the nerve fibres to the brain and cord to the nerve centers having control of these internal organs, and by stimulating these nerve centers the function of the heart, stomach and liver and other internal organs is modified and changed.

"The second class of these neuron or nerve cells are those that conduct outward away from the brain and cord to the muscles and to the glands. They carry the brain current outward, which has already traveled inward over the first class of nerve cells and fibres above mentioned.

Original from

UNIVERSITY OF MICHIGAN

"The third class of nerve cells or neurons are those which is placed in between the other two and their function is to distribute the nerve current after it has reached the brain or spinal cord. These nerve cells or neurons are active through our waking hours, and naturally they become tired. They are constantly giving out energy, and chemical substances are constantly being formed in the body of these nerve cells. Consequently they run down and become exhausted. The purpose of sleep is to build up these nerve cells and nerve units. During sleep there is a new supply of material taken into the nerve cells from the blood and they are also recharged with new energy. The purpose of sleep is to accomplish these two purposes, and a sleep which does not do this has little or no value. Experiments that have been made on the lower animals indicate that during activity the nerve cells become smaller in size and undergo many changes. During rest they become larger and new material is taken in. This is why, then, that we retire to our chambers at night for the purpose of sleep. When we get through at night our nerve cells are shrunken and irregular in outline, smaller in size, and are in a certain sense abnormal in condition. If we have a good night's sleep, in the morning our nerve cells are large, regular in outline and are re-charged with new energy and restored with new material to carry on its functions and perform the duties of another day. My purpose, then, in telling you what I have stated so far, is to show you the purpose of rest and sleep. You will understand, then, that the purpose of sleep is to re-charge these nerve units which make up the nervous system, with new energy and restore them with new material, and this goes on to the best advantage during healthful and sound sleep.

"Next now we may turn more directly to the subject of sleep. First—what are the real causes of sleep? So far as I know, no one has proven definitely just why it is that night after night or time after time we go to sleep. It is a physiological function, however, which belongs to the nervous system of all of the higher animal kingdom and in fact throughout the whole animal kingdom, but it would seem most distinctly in the higher order of the animal series, and especially in man, but it is a function which is seen in the vegetable kingdom as well as in the animal; it seems to be a physiological property of all living matter that the period of rest is always followed by a period of shorter or longer activity. There are certain things which the may call preliminaries to sleep, or in a sense causes. The most important of these are the following:

"1. In the lower part of the brain there is a nerve center that has control of the caliber or size of the arteries and capillaries. When this center is active the blood vessels are in a state of tonus or tonic; that is to say, they are contracted and in a normal condition. When this center in the lower part of the brain becomes fatigued as it does by continued activity, it loses its grip, as it were, over the blood vessels through the body and on account of this the blood vessels naturally dilate, becoming larger and so more blood

flows into them. As the unit capacity of the blood vessels throughout the body is much greater than that of the brain, when these blood vessels are dilated in the body and filled with blood it naturally withdraws the blood away from the brain. This is supposed to be the principal cause of sleep—that is, a recession or withdrawal of blood away from the brain to other parts of the body.

"2. Another preliminary to sleep is a reduction as far as possible of the external stimuli which act on the nervous system. That is why we sleep better at night than in the day time and in a quiet place than where it is noisy. I have already mentioned that our bodies are acted upon constantly by heat and cold and electrical changes in the atmosphere and by sounds, noises, light, etc. When these are withdrawn from the body either completely or partially, the functions of the nervous system and other organs are lessened; at night when the sun is not shining and when it is quiet, there are less of these forces acting upon our nerves than in the daytime, consequently the night is the better time to sleep.

"3. Another cause or preliminary to sleep is the lessening of the normal irritability of the nerve elements. These nerve cells and fibers above referred to are sensitive. That is, they respond to stimulation of heat and cold and light, sound, etc. This capability of responding to this stimulation is greater in the morning and less at night so that the normal irritability of the nervous system lessens as we pass down through the day and at night it is very much diminished so that it does not respond as readily at night to these forces of nature as it does in the morning. Consequently it is not influenced so greatly by them and the functions of the body on account of this are lessened.

"4. Another cause is the accumulation in the body of certain substances which in a sense are poisons. During our active moments and in fact all through our lives there is going on in our bodies chemical changes which occur in the tissues as the result of these chemical changes. Waste substances are formed which are eliminated through the eliminating organs, i. e., the kidneys, skin, lungs and liver. These poisons accumulate in the body more rapidly than they are eliminated during the day and it is thought that they lessen the normal irritability of the nerve tissues and are an active in producing sleep. An experiment bearing on this was reported by a physiologist by the name of Mossou. He took two dogs—one he allowed to remain at home quietly, the other went on a chase and was active, running through the fields and woods all day. At night the animal who had been out on a chase was brought home and some blood was taken from this dog and transfused or injected into the animal that had been at home at rest. In a short time the animal which had been at home and quiet through the day went to sleep. When the blood which was injected into the second animal was taken from a third dog, which was kept quiet and was not active, this blood did not produce sleep in the second dog. The conclusion is that since the blood from the animal which had been active all day did pro-

duce sleep, and the blood from the animal which had been kept quiet all day did not produce sleep in the second dog, there must have been something in the dog that was active which produced sleep, and this particular substance or substances was the product of the tissue change which occurred in the animal which was active and which were not eliminated as fast as formed in the body of the dog.

"5. Another cause of sleep is the tiring of the tension. This is really only another form of lessening the normal irritability of nerve tissue. The tension may tire by repeating blank verse, by listening to monotonous sounds or in other ways, and this is sometimes used to produce sleep.

"The above, then, are the different conditions which favor sleep and which in a sense are the causes of it, and to get them before us connectedly I might briefly recapitulate: The different causes or preliminaries of sleep are first—the recession of blood from the brain; second—the lessening of the normal and physiological irritability of the nerve tissue; third—a reduction as far as possible of all stimuli which act upon the nerve tissue; fourth—the accumulation in the body of poisons which are formed during tissue changes and fifth—the tiring of the tension."

"It is one of the axioms of physiology that the majority of the diseases of mankind are due to or connected with perversions of nutrition."—*Prof. Chittenden.*

"I have come to the conclusion that more than half the disease that embitters life is due to avoidable errors in diet."—*Sir Henry Thompson, M. D.*

LADIES

GOLD

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OUTDOOR SLEEPING

The growing appreciation of out-door sleeping on the part of Sanitarium patients is certain to be provocative of the very best results. The wave of popular feeling against the close, steam-heated bed chambers such as are encountered in hotels, and even in the private dwelling houses of the country, is one that will make for the health of the nation. People are but beginning to faintly realize the tonic effects of cold air. For years invalids have sought warm climates, escaped from the health-giving cold of the north, fearful of grippe and kindred maladies that prevail in the winter season, but which are not due, as it is coming to be known, to the cold.

It is true that invalids have less resisting power than well persons, and more readily fall victims to "colds," but they follow off after false trails when they seek the enervating, depressing, southern climes in search of vigorous health.

The pure cold air of winter is of priceless value to the invalids. It brings life, vigor, vitality; every breath is a tonic—an uplift. When one realizes the far reaching effects of a single breath taken in by the lungs one begins to have a faint conception of the value of this free commodity. The air which enters the body is spread out over a surface of two thousand square feet of membrane in the air cells and passages of the lungs. Under this delicate thin membrane, all of the blood of the body passes every two or three minutes to be cleaned by this crisp, pure, germless air. The bath is repeated eighteen times a minute. In an hour the lungs have more than a thousand cold air baths, which stimulate the entire body and do their large part in the healing process.

There is a prevailing impression that out-of-door sleeping must of necessity bring more or less discomfort. This is quite erroneous. The beneficent effect of such a practice would, of course, be quite lost should the body suffer from cold, during the sleeping period. The body must be kept warm while the lungs are breathing the cold air. This is most pos-

sible, particularly during the present mild winter, while we are as yet unvisited by any bitter weather. Plenty of blankets properly adjusted; a hot water bag at the feet and a spine bag where it brings the most comfort; the cot located where it will get a free passage of air without draughts, and the patient is equipped for a luxurious sleep. Those who have tried the plan are its warmest advocates and look upon house sleepers commiseratingly and declare they are missing one of the joys of life.

A judge of the New York supreme court has given as his opinion that the reason many men are driven to drink is because women cook so badly. In an address given before a technical school for girls he said recently:

"In this country the cooking is far from what it ought to be, particularly in the country districts, where nature has endowed the soil with all that should make for ideal conditions as to food. Yet the average woman there knows nothing about cooking. The cooking is vile. Children are nourished improperly. The wage-earner, the bread-winner, does not receive proper food to sustain him. I have no doubt that many men go to saloons at night just because they are improperly nourished at home."

There is undoubted truth in the judge's assumption. Improper cooking and poor food is responsible for a large proportion of the bodily ills of the nation, and these in turn effect the nation's habits and morals. Women are but beginning to realize the ethics of good cooking, of the proper nourishing of their families. The interest aroused through the domestic science schools and departments of women's clubs has begun to spread to the common schools and colleges of the country, and is each year reaching an increasingly greater number of homes. What the effect will be when every girl is taught her duty in this regard and has inculcated in her mind the proper principles both as to selection of food and its preparation, can hardly be estimated.

Possibly there is no class of citizens who need this lesson brought home so closely as the foreign-born—those ignorant and improvident wives who are content to set at night before the worn out husband and father a can of pork and beans, a link of mouldy sausage and an uncompromising loaf of baker's bread with lard accompaniment. When the daughters of these mothers are taught in the public schools the art of making nourishing soups and good bread, learn the nutritive value of the potato and other vegetables, and the proper food values of fruits and nuts, a long step will have been taken toward welfare of the community, and the social problem in general.

PERSONAL COLUMN

T. E. Richards returned this week to home, Caldwell, O.

Dr. C. E. Stewart spent a few days in Chicago the past week.

Dr. B. D. Field of Louisville, Ky., visits the Sanitarium this week.

Mrs. Fanny Sprague Talbot, journalist, is a guest at the Sanitarium.

J. E. Stewart of Minnesota is visiting his brother, Dr. C. E. Stewart.

Mrs. S. L. Ingram and daughter of Minneapolis are guests at the Sanitarium.

Mr. and Mrs. N. M. Eichelberger of Marietta, O., have returned to the Sanitarium.

Hon. G. W. Hale has returned to South Haven after a brief rest at the Sanitarium.

S. B. Miles of Falls City, Neb., visits Mrs. Miles for a few days during the past week.

Miss Kate Macy, formerly a member of the Sanitarium family, made a brief visit among old friends Tuesday.

Mrs. H. S. Blossom and family of Cleveland, O., arrived at the Sanitarium the past week and will make an extended stay.

Mr. and Mrs. Thomas A. Starr, of Goshen, Ind., visited the Sanitarium this week. Mr. Starr is editor of the Cooking Club Magazine.

Mrs. Fred A. Gooding of Rochester, Minn., is visiting her brother, J. R. Cook, who has been a patient at the Sanitarium for some weeks.

E. M. Webster, who has been a guest at the Sanitarium for the past several weeks, returned to his home in New York Tuesday, much improved in health.

Mrs. Winifred Frederick, formerly head nurse of the Sanitarium, who is taking a much needed rest at Northrop, Ia., writes friends here that she is improving satisfactorily.

Dr. C. C. Creegan of New York, secretary of the American Board of Foreign Missions spent a few days at the Sanitarium this week visiting Mrs. Creegan and his many friends.

A. T. Jones returned this week from Omaha, where he has been engaged in lecturing for the past six or eight weeks. He will remain until March 1, when he will go to Colorado and later to points on the Pacific coast.

A representative number of the Sanitarium medical staff attended the meeting of the Battle Creek Medical association Monday night. The paper was read by Dr. H. E. Kingsley on "Acute and Chronic Rheumatism in Children."

Sanitarium guests will be entertained on the evening of Feb. 1 with an illustrated lecture on "The Story of Hiawatha," by Katherine Ertz-Bowden. The entertainment has received warm praise from critics wherever presented. Miss Alice Longfellow, the poet's granddaughter, being among those who pronounce it an artistic success. The story will be illustrated with a series of moving pictures taken from the land of the Ojibways, which greatly enhance the beautiful lines of the drama.

Missionary Rally

The visit of Dr. C. C. Creegan, secretary of the American Board of Foreign Missions, was made the occasion for a missionary rally at the Sanitarium Tuesday night. The large parlor was filled with interested medical students, helpers and guests. Dr. Morse acted as chairman of the meeting, introducing the speakers, all of whom are at present guests at the Sanitarium: Dr. C. C. Creegan, Dr. M. C. Wilcox of China, and Dr. George Dowkontt.

In his brief address Dr. Creegan touched lightly upon his recent trip around the world, where he visited the missions connected with the American board, but emphasized the importance of the work of the Medical Missionary, which he declared had been entirely underestimated in the past.

"My tour around the world," said he, opened my eyes to the fact that the medical work is second to none in importance in the mission field, and I became convinced that we ought not to send our preaching missionaries, our translators and educators out there under the burning skies of India and other foreign lands, without a medical missionary."

"The medical missionary does more to open the way to the preaching of the gospel than any other factor. The original medical missionary, Peter Parker, is said to have opened the way into China with his lancet. This is true in other places. The medical missionary is breaking down prejudices wherever he works. In a hospital I visited in Turkey,

where 17,000 patients are treated each year, one-third of the patients are Mohammedan, most of whom under ordinary circumstances would miss no chance to insult a Christian. Yet while they are there, there is not a day that they do not receive something of the teaching of Jesus Christ. In India where the caste spirit stands so much in the way of all progress, it is being broken down by the medical work. In Southern India, the London Mission treats 100,000 patients a year. There those medical missionaries are preaching the gospel with their lives."

Dr. Creegan closed with a word to the medical students whom he congratulated on their opportunity to receive their training in connection with the "greatest sanitarium in the world."

Dr. Creegan was followed by Dr. M. C. Wilcox, who told of the work in China, with which he was associated for thirty years, and the programme closed with a talk by Dr. George Dowkontt, who traced the rise and development of the medical missionary movement, which as editor of the *Medical Missionary Record* of New York, he has had superior advantages to observe.

The Ice Bag or Ice Compress.

Patients with inflammation or congestion are best relieved by the application of a small ice compress or an ice bag over the painful part. Generally it is well to apply heat to some distant part in connection with the ice application or to make a general hot application so as to prevent chilling.



HARVESTING THE ICE CROP

The Sanitarium ice crop has been harvested. For three days last week there was hardly an hour in the day that one could not see a line of teams stretching for blocks past the Sanitarium, headed in the direction of the ice-houses. In three days 700 wagon loads were hauled, from forty to forty-five teams being engaged in the work. The ice was of fairly good quality, ten inches thick and cut from Lake Goguwac, three miles away. The total quantity is equivalent to 1,500 tons. This amount will be sufficient unless the harvest should be unduly delayed next year. One

such experience a few years ago postponed the ice-cutting until March.

There has been but one year in the history of the institution when the Michigan winter was so mild that no ice formed and the northern market had to be resorted to. The heavy snows of the present month have facilitated hauling, but detracted somewhat from the quality of the ice. The record was established this year in the hauling, 225 loads being packed the first day, 260 the second and the remaining 215 loads before sundown on Friday afternoon.

DOMESTIC SCIENCE DEPARTMENT

"The Sources and Uses of Starch" was the subject of the demonstration lecture given Thursday afternoon in the Sanitarium parlor by Miss Lenna Cooper, director of the Domestic Science department.

"The sources of our starches are derived chiefly from the cereals and certain common vegetables, such as potatoes, sweet potatoes, corn and peas. The important ingredient of the potato is starch—the other chief ingredient being water, which exists in a proportion of about three-fourths.

"In a bit of pure corn-starch one sees millions of tiny particles, which are the starch cells. Each cell is made up of two parts: a wall or outer part and an inner part, which consists of still finer parts or granules. They are packed in there very tightly within that wall, but when heat is applied they tumble out like apples out of an over-full bag. Starch cells are always thirsty. The moment they are free from their cells they take up any liquid which may be near. The object in mixing cold water with starch before applying it to whatever you wish to thicken is that the starch cells may be separated, so that when the hot water bursts the cells there will be plenty of room and plenty of water for each granule. Otherwise in their scramble for water they will try to take the water from each other and form masses and create that abomination of the house wife: a lump.

Starches are our chief sources of heat production. They not only supply our bodies with heat, but with energy or strength. In using rice and potatoes two classes of starchy foods are represented; the cereal and the vegetable starch. They differ largely in the mineral matter—that of the cereals being acid producing and that of the vegetable being valuable to increase the alkalinity of the blood. Both are necessary in the diet, the vegetable being needed to neutralize the acidity produced by the cereals.

Creamed Rice—

1 cup rice. 1 1-2 cups boiling water.
2-3 cup of cream. 1 1-3 cup of milk.

After washing the rice place in double boiler and cover with water. Steam one hour. Then add milk and cream and steam until quite dry.

Potato Croquettes—

2 cups hot riced potatoes.
2 teaspoons butter. ½ teaspoon salt.
½ teaspoon celery salt.
1-8 teaspoon grated onion.

Mix ingredients in order given and heat thoroughly. Shape, dip in toasted bread crumbs, egg, and bread crumbs again. Bake on an oiled pie-pan in hot oven until slightly brown and heated throughout.

Never put off till tomorrow the laugh that can be laughed today.

THE DISCOVERY OF YOGURT

(Continued From Page 1.)

The first inquiry made by Metchnikoff is this: Is man naturally a long-lived being? If so, about what is the limit of his life?

It is noted that the greatest number of old people are to be found among the inhabitants of the Balkans, who in a comparatively small population number five thousand centenarians.

Metchnikoff has studied the question of old age in lower animals as well as in man, and even in vegetables. He gives a picture of a mule aged 37 years, showing all the evidences of old age; of a goose 25 years of age; and of a turtle aged 150 years. Horses have been known to attain the age of 60 years. "In general," says Metchnikoff, "herbivorous animals live longer than carnivorous animals."

The fact that certain individuals of different species of animals and widely varying orders of plants may attain to such great ages, is regarded as evidence that natural death is a rare circumstance, especially among human beings, and that death usually comes as the result of some departure from the normal conditions of life. As another eminent physician says, "Man does not die; he kills himself."

Metchnikoff has perhaps studied this question more profoundly than any other philosopher who has ever lived. He has arrived at the conclusion that the cause of death, in human beings at least, is the failure of the body to eliminate the poisons which are the natural result of the various bodily activities. A locomotive, when actively at work, produces poisonous residues in the form of ashes and smoke. The same is true of the human body. So long as these poisons are eliminated as rapidly as produced, the body may continue its work, provided, of course, its activity is not interrupted by external violence of some sort.

These poisons are chiefly carried out through the lungs and the kidneys. Some portions escape also through the skin and the intestines. So long as these important emunctories continue to perform their duty perfectly, the machinery of life runs on smoothly, without friction, and apparently without wear; but as soon as these doors for the exit of body poisons begin to close, so that the accumulation of the body wastes begins, a deterioration of the living cells of the body is set up which develops gradually, and slowly or rapidly according to the rate at which poisonous wastes accumulate. Most important of all the means of exit for the body poisons are the liver and the kidneys. Failure on the part of these organs is quickly followed by general degeneracy and death.

But accumulation of poisonous wastes, according to Metchnikoff, is not the immediate cause of old age, but only a predisposing condition. The actual degeneracy of the tissues is due to a destruction of the tissue cells by wandering cells found in the body and which he describes as *macrophages*.

These cells move about from place to place, and while the body remains in its normal condition, devote their energies to the destruction of waste particles, organic debris. They, in fact, play the role of scavengers, like the turkey-buzzards which regularly visit the backyards and alleys of tropical cities to consume the daily accumulating refuse.

So long as the macrophages confine themselves to this work, all is well; but when the vigor of the body cells has been reduced by the accumulation of tissue poisons, these scavenger cells attack the living tissues and actually destroy them.

The practical question which the philosopher asks himself is, How may this attack of the macrophages upon the living cells be prevented? We cannot attack the macrophages, even if this were desirable, without at the same time doing damage to the body itself, for these cells are more hardy and vigorous than the higher cells by which the bodily functions are performed, so that whatever means might be brought to bear to weaken the attack of these cells would to a still greater de-

gree damage the body itself. The only direction in which we can hope for success in the attempt to prolong life is in giving attention to those predisposing causes which weaken the vitality of the higher body cells and thus expose them to the attack of the macrophages.

Here Metchnikoff opens up before us a great field for thought and study. If we would prolong human life, we must make the conditions of life such that the premature accumulation of body wastes or poisons shall be prevented. Life must be simple and natural. It is evident, then, that we must first of all avoid the introduction of poisons into the body. Metchnikoff points out the evils which may result from the long-continued use of even such mild alcoholic beverages as kumys and kefir, which contain only one per cent of alcohol.

A temperate life is, then, according to Metchnikoff, the means most essential to longevity.

The most important problem, then, according to Metchnikoff, is how to prevent the development of these poisons in the colon. So great importance does Professor Metchnikoff attach to this matter that he even intimates that the colon is quite superfluous, and that man would be better off without it. He cites the case of a woman who lived 37 years without a colon, and mentions several persons whose colons have been eliminated by surgical procedures, and who have recovered health by the operation.

Since the colon cannot be removed, however, the practical problem is how to avoid the evils which result from the putrefactive processes which take place in this capacious organ. Since these mischiefs are due to the growth of germs, the remedy which naturally suggests itself to a bacteriological specialist is to find some harmless or comparatively harmless germ with which the poison-forming germs may be combated; in other words, to fight germs with germs.

After much study and research, Metchnikoff believes he has found the required beneficeles that he has found the required beneficeles, particularly a special microbe known by the name of *paralactic bacillus*.

This bacillus grows in milk, and in growing produces large quantities of pure lactic acid. It does not decompose fats or produce alcohol. Milk is first sterilized by boiling for a few minutes, then allowed to cool, and a quantity of the ferment is added. In a few hours a pleasant sour taste develops. A pint or a pint and a half of this sour milk is taken daily. By this means large quantities of the acid-forming germs are taken into the intestine, and by degrees the poison-producing germs are driven out; thus a more normal condition of the blood and of the body is maintained. The work required of the kidneys, liver, and other excretory organs is lessened, and the vigor of the living cells is maintained so that the macrophages do not attack and destroy them.

While the plan proposed by Metchnikoff for overcoming the inconvenience of having a capacious colon possesses evident practical advantages as a measure for general use when it has once been introduced, it is evident that a still better plan is to be found in the elimination from the dietary of those substances which naturally promote the growth of germs in the colon. There are certain foods which are well known to have this character. Metchnikoff calls attention to the danger of using raw milk because of the great number of colon germs and germs of various sorts with which raw milk is always contaminated. Cheese and even ordinary sour milk are shown to abound with germs of different kinds. Such foods encourage the growth of germs in the colon in enormous quantities, not only by introducing dangerous germs, but by supplying the material upon which they rapidly grow and from which they are able to produce the most deadly poisons.

But the substance which constitutes the most suitable food for these poison-producing germs, and in which they develop with the greatest rapidity and produce poisons of the most deadly character, is the flesh of animals. Thus it is that animal flesh becomes so quickly putrescent, offensive, and poisonous when left to itself after the death of an animal. The

conditions of warmth and moisture afforded the human colon are those which in the highest degree promote putrefactive processes; hence flesh is of all substances the best calculated to encourage the conditions in the colon which Metchnikoff has shown to be the chief cause of old age, not only in man, but in other of the higher animals.

One of the best means of fighting old age then, will be found in wholly eliminating from the dietary those substances which encourage the growth in the colon of germs which poison and destroy the body, and substances which add unnecessarily to the labor of the liver and kidneys. To the list of dangerous foods, including raw milk, cheese, and meat preparations, must also be added eggs, especially when eaten in the ordinary way. Undigested portions of hard-boiled eggs lying in the colon furnish the very best sort of food for old-age-producing germs. Mustard, pepper, vinegar, excess of salt and other condiments, as well as alcohol, must be added.

The vegetable world affords an amply sufficient variety of fruits, cereals, legumes, and green vegetables to support human life under the best possible conditions without involving the risk of poisoning the body and shortening life which necessarily accompanies the use of the flesh of animals, and which is even connected more or less closely with the use of animal products of all sorts. That milk, especially when boiled and fermented with the *paralactic bacillus*, and also eggs, may be used in moderation, will not be denied, and there are doubtless many persons who in abandoning a flesh diet may find more or less essential the use of such proteid foods as milk and eggs, but many persons certainly profit by avoiding these foodstuffs.

It is evident from these profound studies of Metchnikoff that the nearer man can approach to the bill of fare for which, according to Moses, was originally laid down for him by his Creator, the longer he will be able to live and the freer he will be from disease.

Of Her Own Accord.

The day the doctor called to treat little Kitty for a slight ailment it was only by the most persistent persuasion that he succeeded in getting the child to show him her tongue.

A few days subsequent to this the child said to her mother, "Ma, the doctor don't have to tease me to obey him any more!"

"Why not?"

"'Cause every time I see him going by the house now, I stick my tongue out at him!" —*Lippincott's*.

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NOTARY PUBLIC

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What causes the eyes to pouch where meat has not been used for six months?

A. Intestinal auto-intoxication is a thing which once got is a hard thing to get rid of. When these germs become inoculated into the intestine, and the intestine becomes infected, they may remain there for years. They may be fed by milk and they may be fed by eggs as well as by meat. Meat is the thing that introduces them, but after they have been introduced, eggs and milk freely used may keep up the infection.

Q. If one is advised by physician to eat 2,000 calories daily and can eat no more than 1,200, must they force themselves to eat more, the stomach not being emptied of its contents by time for the evening meal?

A. The thing that is necessary for that patient is to take food that is easily digested, that will pass quickly out of the stomach. Eat a large quantity of malt honey, for instance. Take a couple of ounces of malt honey at each meal. One lump of butter and one serving of malt honey will give you 200 calories of food. Suppose you eat three servings of that sort a day, in addition to your regular meal, you will get 600 calories more, and that will bring you up to the required amount. You must take food that is easily digested and easily absorbed.

Q. In what proportion should the proteids, fats and carbohydrates be used in case of hyperpepsia and auto-intoxication?

A. The normal proportion is one-tenth proteids, three-tenths fats, and six-tenths, the balance, carbohydrates. Persons who have auto-intoxication should be careful not to take an excess of fats, but to eat sufficient; but persons who have hyperpepsia, for the time being, may take an extra quantity of fat to control the hyperacidity. In such cases, it is sometimes necessary to take some intestinal antiseptic along with it; and I am glad to have this opportunity to tell you that a very old-fashioned simple remedy that our grandmothers taught us to use, peppermint, is one of the best intestinal antiseptics, so that peppermint tea has something more than flavor in it. It is an excellent intestinal antiseptic. Menthol is also a most excellent antiseptic, which has twice the value of peppermint.

Q. Please tell us something of what the Swedish mechanical movements do for us?

A. They are a means of stimulating the nerve centers and the tissues. Applied over the liver, they excite the liver to increased activity; applied over the stomach, the vibration excites the stomach; applied over the heart, they stimulate the heart; applied over

the bowels, the bowels are excited, stimulated. The vibratory movements on the whole are stimulating. Other movements are simply natural massage. There is one chastising machine down there that I am sure the most of you need. It is very good for lame joints, for aching backs and pains in the shoulders—the slapping machine.

Q. Why is it supposed to be injurious to the eyes to read while lying down?

A. That is a very practical question. If you lie down and hold up a book to read, you notice that every time you take a breath the book you are reading moves away from your face. Try the experiment sometime of sitting down, crossing one leg over the other, and notice that every time your heart beats your toe rises. Now, the same thing happens to your arms. Every time your heart beats, the leg has a tendency to straighten out. The same thing happens to the arm. So when you hold a book this way, every time the heart beats that book moves away from you a little bit, the arteries become tenser and the arm is larger; so the arms straighten out a little, so the distance of the book from the eye is continually changing, and the eye is kept busy all the while adjusting itself to the changing position of the book. That is the reason why it is so hard to read on the cars, because the jar continually changes the position of the book.

Q. What is the cause of the full, heavy feeling in the head on arising in the morning—a feeling as if all the blood in the body was in the brain, and feet are cold and the whole body chilly. I warm up for a few minutes after the morning spray, but become chilly again in a short time?

A. It is because the circulation is not yet readjusted; it is a common neurasthenic symptom.

List of Arrivals.

Among the guests who have arrived the past week are the following: Miss Pauline Reibestein, O.; W. M. Miller, Miss.; J. F. Duffy, Ind.; J. P. Rampe, O.; W. H. Randall, Ind.; Robert Moll, Pa.; H. C. Mitchell, Ill.; Mrs. N. J. Packard, Mich.; Mr. and Mrs. J. R. Coats, Miss.; William F. H. Gorham, Mich.; George P. Day, Ia.; John A. Klawans, Ill.; Willis Cody, Mass.; Mrs. W. H. Phelps, Mrs. Talbot, City; Dr. Marx, Ill.; Mrs. S. L. Ingram and daughter, Minn.; Mrs. O. M. Stewart, Ill.; F. A. Hamilton, O.; Orlando H. Manning, N. Y.; Mr. and Mrs. N. M. Eichelberger, O.; R. G. Courtner, Guy Weible, Mo.; F. G. Crosby, Ky.; Mr. and Mrs. C. H. Mandigo, Vt.; H. P. Cook, O.; D. W. Bovett, Mass.; W. M. Miller, O.; S. B. Miles, Nebr.; J. R. Kelly, Mich.; B. F. Hiltabrand, Jr., Ills.; J. N. Anderson, Ind.; Mr. and Mrs. J. T. Nunneley, Mich.; Mr. and Mrs. O. J. Mulford, Mich.; Mr. and Mrs. T. A. Starr, Ind.; Mrs. J. P. Smith and daughter, Mich.; Mr. and Mrs. E. D. Smith, Ind.; Charles M. Duncan, Ills.; Lena D. Baker, Mich.

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BED COMFORTS FOR SICK

(Continued From Page 1.)

A brass bed, such as is used at the Sanitarium, had been set up before the audience and was used as a basis for the demonstration. "A bed to be comfortable for the nurse to handle her patient," said Miss Dancy, "should be at least 2½ feet from the floor. Wooden horses can be ordered from the carpenters that will answer to bring any bed up to that height. It will save a tremendous amount of labor for the nurse and is especially valuable when hydropathic treatments, such as are given here at the Sanitarium are necessary, and also for the massage of the patient.

"The best bed for a patient is either enamel or brass, the chief objection to the latter being its tendency to tarnish or spot. The best wire mattress is the coiled, the woven being given to stretch and sink in the middle in cases where the patient is very heavy. The best mattress is either hair, compressed felt or cotton. The two latter kinds are to be had in most satisfactory quality and are less expensive than hair. On top of the mattress should be placed a pad of quilted cotton.

"It is a very simple matter to turn the mattress without effort if you will follow the instructions that a nurse always keeps in mind. Remember three things: put the left foot forward, raise the chest, and contract the abdominal muscles; then pull the mattress toward you and it will turn itself.

"Next to the pad comes the bottom sheet, which is always put on the same way, the wide hem at the top and facing down. The nurses have a custom of turning a square corner, when tucking in the bedding; tuck in well at the bottom, then lift the corner and throw back to the top edge, holding the end taut with the hand, then pull around and tuck in firmly; this holds it securely so that there is no chance of its slipping or being drawn out.

"Over the bottom sheet through the middle of the bed a rubber sheet should be placed—common white oil cloth will answer ordinary purposes; this is always covered with a white sheet, doubled, with the fold, not the selvage, at the top. If this rule is not observed the sheet will roll and cause the patient discomfort.

"Another rule to be observed in working about the bed of a patient is to stand with the hips well thrown back and the knees stiff, so as not to touch or jar the bed; train yourself to do that and it will come to you without effort when the necessity arrives. The top sheet is put on with the wrong side up so that when the hem is turned back over the blankets it will show the right side. The blankets and sheet may be tucked in together at the foot and sides, saving both time and making a neater fold.

"The fold known to nurses as the 'typhoid fold' will be found a fine thing when the patient's feet are tender, as they frequently become in typhoid cases or paralysis. The fold is made about eight inches or so from the foot, the nurse going to each side of the bed and folding covers backward in a small fold

before tucking in. This forms an extra fullness at this point and does away with all pressure on the toes.

"In cases of prolonged illness the heels, elbows and knees also become sensitive, there are various ways of avoiding the pressure that comes upon them, one of the simplest is to make small pads. Take a strip of common cotton batting, a poor quality will do, for it is all the softer—fold across to about two inches in width, then wrap about the hand to form a ring, making the opening the size desired for the tender member. Then wrap firmly with a strip of bandage, just as you would an embroidery hoop, until the whole is covered, tucking the end in when finished. These laid on the bed will form a comfortable resting place for the tender heels, keeping them off the sheet. On the elbows and knees and hips they may be tied with a bit of bandage. Sometimes the 'baby' hot water bag, filled with cold water, will afford relief to the heels, the coolness of the water and the elasticity both being grateful. If it is desired to lift the cover entirely from the patient's body, as in the case of rheumatism, etc., two barrel hoops tied together will make an excellent shield for the body, or the small wooden horses may be used."

The speaker warned her hearers against the old-time custom of using the teeth to facilitate the putting on of the pillow slip, pointing to the dangers arising from germs entering the alimentary tract, particularly in the case of tuberculous patients. She suggested that the bedding be as light as possible and advised supplanting the heavy marseilles counterpane with the new dimity one, which laundered as easily as a sheet and was light and attractive in appearance.

To lift a helpless patient, the nurse should take the correct position, with chest high and arms extended with palms upward, not crooking the elbow and extending hands downward. The patient's right arm should be placed over the nurse's left shoulder and the left arm under her right arm, the hands clasping about her neck. The nurse's hand supporting the patient's neck, the other under the arm, meeting at the shoulder. The assistant lifts the hips and back and in extreme helplessness when a third nurse is necessary, she may support the feet and ankles.

The speaker illustrated the simplicity of changing the undersheet while the patient occupied the bed. Folding in alternate folds, first the draw sheet and then the undersheet until it lay next to the body. Then the fresh sheet was laid smoothly over the uncovered portion of the bed, with the surplus folded in loose alternate folds, ready for hasty unfolding as soon as the patient was shifted to the made side. The patient was rolled toward the nurse while the sheet was adjusted and then rolled back again to the smooth portion.

The changing of the nightdress seemed a very simple process under Miss Dancy's deft fingers; her admonition to always keep control of the arm-size being a new idea to many of her hearers. The instructions were: "Find the bottom of the night-dress, then get the back side and roll in folds to the arm's eye.

Keep the arm holes in your control and all will be simple. Pull the arm through the sleeve and the arm hole up until it is above the shoulder; then do the other arm, adjusting over shoulder. Slip your hand under the patient's neck and bring the dress over the head. Pull down part way and button two or three buttons; then pull down smoothly under the body. The process was reversed in taking off the dress, working up from the hem, but keeping the control of the arm's eye of the dress in mind as before.

The lecture and demonstration concluded with a demonstration of the lifting of the patient from the bed into a wheeled chair and the proper adjustment of pillows and blankets.

Suggestions were also given as to the proper manner of feeding a patient. "Patients do not like feeding cups," said the speaker. "A glass that is but one-third full will answer just as well and is much more acceptable to a sick person. Have your pitcher of milk, or whatever it may be, nearby and pour in a little at a time; place the napkin under the chin. lift the head with the hand, and the patient can drink with ease. If a drinking tube is used remember to hold the glass low and to put the short end of the tube in the glass. If you are feeding a patient gruel or porridge from a spoon, fill the spoon about two-thirds full and place it in the side of the mouth. It will not flow out as it does when an attempt is made to put it in the center."

Death of Dr. Allen.

News of the death of Dr. Mary Wood Allen was received by Dr. Geisel, Wednesday. Dr. Allen was president of the National Purity Movement and editor of "American Motherhood" magazine. She has made frequent visits at the Sanitarium and is widely known here. Her death was not unexpected as she has been ill for some months. She was about 65 years of age.

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THE BATTLE CREEK IDEA

VOL. 1, No. 8.

BATTLE CREEK, MICH., JANUARY 30, 1908.

PRICE, 2 CENTS.

THE SANITAS FOOD COMPANY BANQUETS

Many Toasts Responded To By Workers — Dr. Kellogg Presides.

IMPORTANCE OF PURE FOOD PRODUCTION

Guests to the number of two hundred and fifty enjoyed the banquet given The Sanitas Food Company, Sunday night in the banquet room of the Sanitarium. The company represented the heads of the departments and the workers of the great food enterprise, whose products are known the world over.

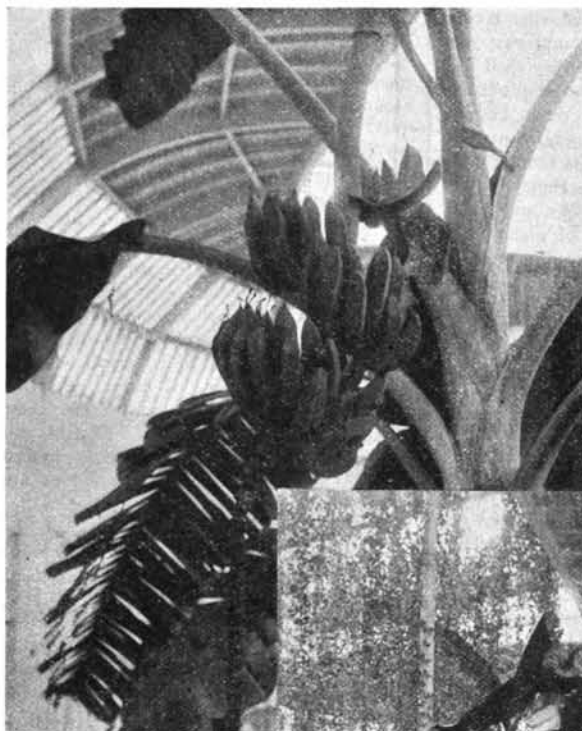
The tables were handsomely decorated with azalias and palms, while cut flowers, roses, carnations and hyacinths, lay at each cover. Following the banquet at which a representative number of the Sanitas food products were served in dainty and most attractive forms, a programme of toasts was given, Dr. J. H. Kellogg presiding as toastmaster, introducing the speakers with many an amusing anecdote which found response in hearty laughter on the part of the guests, to whom most of the speakers were well known.

In the beginning of his remarks Dr. Kellogg called attention to the fact that it was the first time the food forces had ever met together in a social way, but assured them it would not be the last, and that in the future a similar occasion would be enjoyed once a year or oftener, to the end not only of their enjoyment but for the improvement which would come through frank and open discussion of the wholesome, palatable things which the food company was giving to the world to take the place of the unwholesome, and which, with the collateral enterprises, was coming to be known in the world as "The Battle Creek Idea."

Dr. J. F. Morse was the first speaker, responding to the toast: "The Relation of Our Foods to The Battle Creek Idea," in which he greeted his hearers as "the brawn and intelligence" that produced the foods which made the Battle Creek idea possible. The speaker sketched briefly the growth of the food company and what it had accomplished in the past nineteen years, during which he had been affiliated with the Sanitarium, declaring the splendid accomplishment to be due to the indomitable genius for hard work, possessed by those represented there. The relation existing between the Food company and the Sanitarium, was he said, as that of cause and effect. "It is you," he said, "who make it possible to bring these people to the Sanitarium year after year. You should consider yourselves co-workers with God in this

(Continued on Page 2.)

THE SANITARIUM BANANA CROP



FRUIT GROWING IN MIDWINTER

The Sanitarium banana plant is the queen of the palm garden just at present, for, oblivious to the driving snows and winter cold outside, she is putting forth her best efforts to raise a bunch of fruit. In consequence she is the cynosure of all who frequent the cool airy palm room, with its thousands of growing palms and ferns, its rippling water and grateful atmosphere of out-of-doors in the tropics.

The plant itself was

placed in the garden some five years ago, and last year a most creditable bunch of bananas was picked along in the mid-summer, the present formation is well under way and will, according to Florist Vandervoort, develop within a few months. There are veiled hints on the part of several interested guests that the Sanitarium banana crop may meet the proverbial fate of the melon patch, but as it will require some agility to scale the plant, which has now grown to a considerable height. Mr. Vandervoort refuses to entertain fears as to its safety.



MR. CORNWALL RENEWS OFFER TO NURSES

Increases Offer to \$300, To Be Divided Into Prizes.

FOR EFFICIENCY AND CHARITIES

Mr. D. K. Cornwall, who for many years has resided at the Sanitarium and maintains a sympathetic interest in all that pertains to

its best interests, has informed the board of managers that he intends to renew his offer of prizes to the Nurses' departments, this time increasing the amount to \$150 each. The prizes, three in the men's, and three in the women nurses' department, will be divided as follows: First prize, \$70; second prize, \$50; third, \$30. They will be awarded next December to the six nurses who have during the year proven their efficiency, conformed to all the rules of the institution and pleased by their general conduct both guests and management. The offer restricts from competition any nurse who has violated the rules of the

(Continued on Page 2.)
Original from
UNIVERSITY OF MICHIGAN

SANITAS FOOD CO BANQUETS

(Continued From Page 1.)

transformation of the fruits of the field into toothsome, grateful, nourishing foods for humanity. The two most potent factors that enter into the Battle Creek system are its methods of treatment and its methods of diet. The Sanitarium is simply the proving ground—the demonstration of the certainty that your foods will do what we promise they shall do."

Dr. L. E. Vandervoort, who responded to "Our Real Compensation," read extracts from several letters sent by grateful patrons, notable among whom were Miss Clara Barton of Red Cross fame, Marietta Holley, author of the famous Josiah Allen books, and W. F. Cody, of Wild West fame, all of whom spoke in warm praise of the foods manufactured by the Sanitas food company. "One thing by which we know that these products are right," said Dr. Vandervoort, "is, that when a patient is helped he spreads the news to others and their grateful letters are our compensation."

Dr. B. N. Colver spoke on "Diet and Efficiency," emphasizing the importance which the world was now attaching to efficiency. "It is not how much work, but what quality and for how long," said he. "We see all about us men who rise like meteors and then are cut short in their careers because of lack of efficiency. It is this quality of personal efficiency with which the Battle Creek diet has to do and through the productions of your manufacture the universe is being educated to its importance."

"The Sanitas Foods Abroad," were discussed by Dr. J. T. Case, who told many interesting anecdotes of his finding them in unexpected and remote districts during his travels. "Five years ago when in Switzerland," said he, "I was astonished to have a tubercular patient pointed out to me at the sanitarium where we were dining, as an exponent of what bromose could do for a man. This man was ruddy-cheeked and well looking and had gained 40 pounds from eating our bromose. At this same sanitarium I found granose biscuits and others of our foods being served. One can hardly go into a country where they may not be found, for they are now being manufactured in Calcutta, India; Sidney, Australia; in England, France, Germany, Switzerland and Denmark and more recently in Mexico; while they may be found on sale in China, Japan, South Africa, New Zealand, Manila and other unexpected places. They have gone to nearly every country—carried by the missionaries or through our correspondence. The spread of their fame through personal influence is notably illustrated in the wife of Senator Henderson, who entertains hundreds of foreign dignitaries each year at her table and always serves a non-flesh dietary. It was at her table that Mr. Wu Ting Fang became acquainted and finally a convert to the Battle Creek Idea." The speaker pointed to the fact that the numerous imitations were ample proof of the genuineness of the original food and told of visiting a shop in London where he found displayed a dozen imitations of the Battle Creek nut foods.

Mr. J. H. Camp, manager of the Modern Medicine Publishing Co., told of "The Battle Creek Idea Abroad," how through the spread of the books and other literature the Idea had taken root in the minds of men and women the world over, relating experiences he had had in New Zealand, New South Wales, Australia and South Africa, where he said the work was now known and recognized.

"Our Friends, the Enemy, and How They Help Us," was treated more or less humorously by Judge Jesse Arthur, counsel for the company. The word 'enemy,' he explained as meaning those who had stolen the Battle Creek ideas and put them on the market under various disguises, in their greed for commercial prosperity. "They are only our enemies," said he, "when it comes to the question of dollars and cents, for while they are actuated by entirely different motives, they are unconsciously our friends, for by getting the world to recognize its needs for this sort of food they are accomplishing a part of our purpose. We are engaged in solving this great problem of how pure foods improve a man's thoughts, his moral and spiritual nature. We aim to solve this great miracle of how food produces thought and impulse and raises a man above the physical plane. Our enemies by their imitations are helping to promulgate this great idea."

Prof. M. W. Newton, manager of the Modern Medicine company, told of the spread of the work through the sale of the electrical and other appliances. In response to his subject, "How Our Lights Shine," he said that it was the work of Modern Medicine to make lights that would shine and that with great force throughout the world; to prove to the world that there was a better way of treating disease than through drugs.

MENU

Salpicon of Fruit

Ripe Olives Pine Nuts
Vegetable Consomme - Cream Sticks

Sanitas Cutlets
Buttered Vegetable Oysters
Creamed Peas

Fillet of Nut Meat
Glazed Potatoes String Beans
Apple Juice Buns

Fruit Salad
Yogurt Cheese Lettuce Sandwich

Raspberry Gelee Orange Cake
Apples Sanitas Chocolate
NoKo

Dr. Carolyn Geisel spoke upon "Public Appreciation of the Sanitas Foods," relating many interesting and touching incidents that had come to her attention when out upon her lecture trips about the country. She paid a pretty compliment to the workers, declaring that it was they "who put the good stuff in the boxes, that were educating the world."

She told of the reformations accomplished at the Desplaines street Chicago mission, through the pure food lunches served to the men; of the closing up of "Frank's barre house" as a result, and of the final conversion of "Frank," himself; of the Hygienic restaurant in Ashville, N. C., where the staggering community of "Lungers" crowded, and of the boast of its proprietor that he sold 'the best foods to be bought in the United States of America.' "When I questioned him why those foods were any better," said Dr. Geisel, "he told me it was because they were put up by a Christian institution. 'We never need fear,' said he, 'that there will be a shortage in weight, or a lack in the quality, for the people that put up those boxes are honest.'"

The remarkable growth of the club at Evanston University was mentioned by the doctor, who described its beginning with the "Fastidious Five" girls, who determined not to break down in health while pursuing their education, as their brothers and sisters had done, and to that end adopted a vegetarian diet. "When I asked them how they began," said Dr. Geisel, "they told me that they did not know at first how to get enough of the right kind of food until they started in on 'the stuff from Battle Creek.' It was the protose and other nut foods that solved their problem for them, and now that club has a membership of 218, all of whom stand in the front rank of their college work, proving the claims which our diet makes for efficiency."

In closing Dr. Kellogg touched briefly upon the mission of the Sanitas Food Company, declaring its success due not to commercial shrewdness, but to the great principles at the root of the work.

MR. CORNWALL RENEWS OFFER

(Continued From Page 1.)

institution regarding general conduct, punctuality, courtesy, the receiving of tips, etc., the conditions being similar to those under which the offer was made last year. So gratified was the donor with the appreciation on the part of the recipients this year that he determined to renew his offer and increase the amount. While at all times the ideals of efficiency on the part of the nurses are high, the prospect of so substantial an acknowledgement will undoubtedly increase the effort to live up to the highest requirements.

Hot Air Relieves Pain.

A current of hot air driven into the ear is a most effective means of relieving ear-ache. A general hot-air bath removes rheumatic pains.

Radiant Heat.

This consists of the application of a lighted electric lamp surrounded by a suitable shade or reflector to the part affected. It is a most excellent heat to relieve pain. The heat is more penetrating than that from any other source except the arc light and sunlight. It is a capital means of relieving pain of the spine, various joint pains, and all kinds of neuralgic pains.

MISS DANCY EXPLAINS THE ART OF BANDAGING

Lectures Before Guests on the
Underlying Principles That
Make for Comfort.

Miss Charlotte Dancy discussed the art of bandaging in her Monday afternoon demonstration lecture before Sanitarium guests this week. "As an art," said the speaker, bandaging is distinctly on the wane, owing to the general use of adhesive strapping, but for emergencies and for the home it is a wise plan to be acquainted with the few underlying principles, which, if known, will answer every purpose of artistic bandaging, which requires much practice and a certain deftness which comes with experience.

"One of the things which must be borne in mind when applying a bandage is to give equal pressure everywhere; if you do not do this the circulation will be stopped. The judgment as to the amount of pressure which should be brought about will come with practice. It is always well, in bandaging a hand or foot to leave the fingers or toes exposed so that you may watch the circulation; if the fingers purple then you will know that there is too much pressure.

"The materials for bandaging vary. That which is ordinarily used is known as gauze; next to it in common usage is the muslin bandage; in addition to these is the flannel, which is used for a certain purpose, such as covering a cold compress to make a heating compress. Then there is the elastic bandage and the plastic bandage.

"The first step in applying a bandage is to 'fix' it. This is done by two circular turns. Hold the roll of bandage in the right hand and bring the roll around with two turns, then what is known as the 'spiral' bandaging movement is begun, working either up or down. If, for instance, you have begun at the wrist, have 'fixed' the bandage so it is firmly caught, and you work up the arm with the spiral bandage, when you come to the swell of the muscle, you will find that you are not making the proper headway. Then we begin on what is known as the 'spiral reverse.' This is accomplished by a simple backward overlapping about two-thirds at each turn. When you come to a joint, always bandage in the position in which the part is to be carried. If the arm is to be held straight out, bandage straight, but if it is to be carried in a sling, bandage so this is possible, using what is known as the 'figure eight,' going above and below the joint in the form of a figure eight. For a shoulder bandage make a figure eight with the body, allowing the bandage to pass about the shoulder and under the opposite axilla. This is known as a 'spiral' bandage.

"To fasten a bandage one can use the small safety pin or when there is no dropsical tendency or danger of pressure the end may be split, a knot tied to hold the split and the two ends then passed about the part and tied.

Another form of bandage used for stubs, such as the fingers or toes, is the 'recurrent' bandage. If, for instance, the finger is the injured member, fix your bandage at the wrist and then go down the finger with a loose 'spiral' to the end, then fold over with the 'reverse' folds until you have the desired amount of thickness, then make your circular turns and begin with the spiral reverse. The ascending is the real bandage, this is a point that is not always taken into account, by amateurs. When this bandage is carried across and repeated with each finger separately until the entire hand is covered, it is known as the 'gauntlet' bandage.

"Another form of bandage is known as the triangular bandage or sling. It may be made out of a gentleman's silk handkerchief, or a square of unbleached muslin may be cut for the purpose. It should be 27 inches square. Fold in triangular fashion and again fold over to make the smaller triangle. When the arm is placed within it, remember that the underside of the sling goes over the opposite shoulder and the front side follows up and the two ends are tied or pinned at the back of the neck. The little corner which will protrude at the elbow is brought over to the front and pinned. The sling bandage is sometimes used to make what is known as the 'cravat' bandage; on the field of battle this is frequently used to take the place of the roller bandage. To make it, simply fold the points in, alternating. This was much in use formerly in cases of fracture of the jaw."

The speaker also illustrated how a handkerchief could be made to serve the purpose of stopping a hemorrhage in the arm, by tying above the elbow loosely and then inserting a pencil or something of that nature which would serve as a tourniquet. She also showed her audience how to apply the bandage for the throat to cover the tonsils and the proper way to apply the heating compress to the chest.

A TESTIMONIAL CONCERT FOR MR. STEINEL

A testimonial song recital will be given Tuesday evening, Feb. 4, at the First Baptist church, for Irving A. Steinel. Mr. Steinel has a wide circle of musical friends and admirers who wish to show their appreciation of his generous response to the demands that have been made upon his talent in the past. Mr. Steinel entered upon his medical course in the American Medical Missionary college this fall, but has been ill at the Sanitarium for some weeks and unable to continue with his work. His appearance on the programme Tuesday evening, in a group of songs, will be the first public appearance since his illness. He will be assisted by Miss Mary Ross, soprano; Miss Bonnie Core, violinist; Mr. Edwin Barnes, organist; Mr. John B. Waterman, accompanist. The programme is as follows:

Organ Solo—Pomp and Circumstance (Elgar), Mr. Barnes; Beloved It is Morn (Aylward), Mr. Steinel; (a) Since We Parted, (b) Dearie (Allitsen), Miss Ross; Two Indian Love Lyrics (Amy), (a) Kashmiri Love Song, (b) Till I Wake (Woodforde-Finden),

Mr. Steinel; Trio—Violin, Piano and Organ. Meditation (Mietzke), Miss Core, Mrs. Wm. Drever, Mr. Waterman; Two German Songs, (a) Morgenlied (Hollaender), (b) Dahiern (Hugo Kaun) Mr. Steinel; The Hills O'Syke (Victor Harris), Miss Ross; (a) Jean (H. T. Burleigh); (b) Shadows Laddie (H. Clough-Leigher), Mr. Steinel; Trio—Violin, Voice and Organ, Separation (Roma), Miss Core, Mr. Steinel, Mr. Waterman; Duet—The Passage Bird's Farewell (E. Hildach), Miss Ross and Mr. Steinel. Tickets on sale at Fisher's Book Store and Sanitarium Book Stand.

News Among the Helpers.

Mrs. Mary Kane has rejoined the nurses' staff.

Miss Edith Erickson has returned from a vacation trip.

Mrs. Martha Richardson has returned from a visit in Indiana.

Misses Grace Stanigan and Rena Johnson have returned from Mt. Carmel, Ills.

J. H. Johnson has returned to the Sanitarium and will continue with his nurse's course.

Miss Daisy Brownsberger of the Dispensary, has gone to Los Angeles, Cal. to join her mother.

Erl Baber of Guaymas, Mexico, a former medical student here, paid a brief visit to the old friends at the Sanitarium Saturday.

News was received this week of the death of Miss Ella Aldridge at Toledo, O. Miss Aldridge had many friends at the Sanitarium, who will be grieved to hear of her sudden passing away. She had been in Florida with a patient earlier in the winter and was stricken with pneumonia on her return to the north.

The weekly Domestic Science luncheon was given Monday in the cooking school dining room. The members having the affair in charge were: Mrs. Talmage, Miss Parker and Mr. Pihl. The guests included Dr. and Mrs. Byington, Dr. Geisel, Dr. Colver, and Miss Cooper.

Oswald Farber, formerly in the nurse's department of the Sanitarium, and widely known among the Sanitarium family, died of pneumonia Monday night at his home on University avenue. He was a native of Lodi, Wis., and is survived by two sisters, Miss Anna Farber of Norfolk, Va., and Miss Iva Farber of the Sanitarium family. The remains will be taken to Lodi for interment.

Love of our neighbor is the only door out of the dungeon of self.—George Macdonald.

Going Abroad?

If so now is the time. Special Rates will prevail until March 31, '08.

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Walking To Be Made Popular In New York.

A New York paper (*The Journal*), has adopted a new and original plan to interest its readers in the health movement and one which is deserving of commendation. It has engaged Edward Payson Weston, the famous pedestrian, who recently walked from Portland, Me., to Chicago, to conduct weekly walks for the benefit of its readers, both young and old.

The plan is to start out early Saturday afternoon, the group of walkers to be headed by Weston and a fife and drum corps. They will each day visit some historical spot and cover a lot of ground in doing it, walking as the champion walks, with chest up, shoulders erect and breathing deeply.

Of course the fife and drum corps is a superfluous adjunct and even the leader could be dispensed with if the public, and particularly the public in the large cities, had not got out of the habit of walking—had not got so accustomed to swinging onto a street car or rushing for the "L," every time it wanted to reach a point six blocks ahead, that to walk seems a superfluous waste of time. If the movement will tend toward the popularizing of walking as an exercise, one can forgive the fife and drum corps and other spectacular accoutrements.

Deliberate, systematic walking, walking for the joy of it—the sense of oneness with the great pulsating universe that it gives, the coming close in touch with growing things, the exhilarating sense of freedom, is far too rare in America. The walker, who is accustomed to a five-mile jaunt, will not be dismayed by a blockade of tram cars or the missing of a cab, he will breathe a sigh of content and swing off happy in the consciousness that he is using his strength in the manner after which it was intended. He will not make the walk a thing to be complained of and groaned over, but will get the most out of it and arrive refreshed and with a feeling that it was a heaven-sent opportunity.

Walk for the sheer love of it! That is what one has to do to get the real value

from it. Don't do it doggedly as if it were a dose of disagreeable medicine. Walk thankfully! The sight of the many about us who are deprived of the privilege, whose exercise has to be taken in a wheeled chair, dependent upon someone else for locomotion, or upon a pair of crutches, ought to be enough to impress one with the richness of the blessings of a pair of strong, active limbs, of lungs that can inhale deeply and of a mind that is open to the beauties of nature.

When the real importance of walking is recognized the fathers and mothers of the country will not offer a "street car ride" as a Sunday afternoon treat to their family of eager, questioning, little folk. They will not be packed into so many stiff rattan seats and told to "be quiet and watch the buildings go by." Instead they will all follow off on foot to cool country by-paths, where Father will tell fascinating stories of the bird families they discover and they will become acquainted with saucy squirrels and bull-frogs, woolly sheep, and wobbly, brown-eyed calves. There will be many chances to rest and that is the time that Mother ties up the straggling bouquets, full of weeds and grasses and very dear to the indiscriminating little hands that have gathered them.

Give the children a taste for the better things before it is too late. Their appreciation will grow year by year, and instead of seeking merry-go-rounds and hair-raising thrillers of modern amusement places, they will come to have a love for the quiet, deeper things of life and in after years that son will not sit humped over his desk growing gray and old and narrow-chested for the lack of proper exercise, and that daughter will not become a nervous, crochety invalid. They will have learned the principle of "looking out and not in," and you will have "lent a hand" in the great "Back to Nature" movement.

"Profound Emotional Sense."

Hold out your hands to feel the luxury of the sunbeams. Press the soft blossoms against your cheek, and finger their graces of form, their delicate mutability of shape, their pliancy and freshness. Expose your face to aerial floods that sweep the heavens, "inhale great draughts of space," wonder, wonder at the wind's unwearied activity. Pile note on note the infinite music that flows increasingly to your soul from the tactual sonorities of a thousand branches and tumbling waters. How can the world be shriveled when this most profound, emotional sense, touch, is faithful to its service. I am sure that if a fairy bade me choose between the sense of sight and that of touch, I would not part with the warm, endearing contact of human hands or the wealth of form, the nobility and fullness that press into my palms.

Dr. Paulson Addresses Gospel Meeting.

In an informal talk given Sabbath afternoon in the Sanitarium parlor, Dr. David Paulson of Chicago gave the guests of the Sanitarium a bird's-eye view of the mission work carried on in Chicago slums by Battle Creek workers and pointed out the relation of Battle Creek ideas of rational living to salvation.

There is probably no more optimistic and enthusiastic slum worker in all Chicago than Dr. Paulson, and thousands of men and women have been helped to their feet and sent on their way to live godly lives through his ministrations and those of his workers. Incidentally during the course of his talk he paid a warm and loving tribute to Dr. Kellogg. After describing the founding and development of the Life Boat mission on Polk street, to which each Sunday night for seven years Dr. Kellogg went from his home in Battle Creek, and there personally worked with the lost men who gathered week after week, he said: "It was no theoretical gospel Dr. Kellogg taught. He put on his long white apron, that covered him from his chin to his heels, and served soup there for those hungry fellows year after year. After their empty stomachs were filled he talked to them about their souls for we believe that soup, soap and salvation are closely related. Hundreds of men were given an uplift, and just so sure as God rewards a man for faithful service, Dr. Kellogg will wear a crown in heaven for the work he has done down there."

The speaker told many touching anecdotes of reclaimed lives that had come to his notice in the work in the Rescue home for girls, now located at Hinsdale; in the dispensary in the stock yards district, where hundreds of poor are treated each month, and of the work done in the prisons. He closed with an eloquent plea for personal service—the sharing of the gospel with those who have never had a "chance" in the world. "The gospel," said he, "can't be talked; it can't be preached very successfully, but it can be lived. The best thing we can do is to commend the work—to reach out our own hands and help the distressed, the discouraged the down-trodden. You will find it more worth while than anything else you can find in this world to do."

The Ground Pine

In the dingle and the dell,
Where the prickly chestnuts fell,
And the chattering squirrels dwell—
Ground Pine!

Hiding under fern and flower,
Hemlock bough, and wild-rose bow'r,
Shy arbutus, shad bloom show'r,—
Ground Pine!

Fragrant vine, so green and bright,
Mosses cling to thee so tight!
Thou art Mother Earth's delight,
Ground Pine!

—Cora Atkinson Smith.

An ounce of help is better than a ton of hot air on the subject.

DOMESTIC SCIENCE DEPARTMENT

"Repair Material" was the subject of the domestic science demonstration lecture given in the Sanitarium parlor Thursday afternoon by Miss Lenna Cooper, superintendent of that department.

Repair material, the speaker explained, was certain foods which built up the body. "It takes the same food material to keep the body in repair that it took to build it," said she. "There are two classes of persons to whom this special food should be of interest: old persons who have undergone the wear and tear of years, and children who, because of their growing, need constant repair material."

"This repair material is known as proteid or nitrogenous food, sometimes it is called albuminous. Nitrogen is the chief element or characteristic of proteid. It contains the same chemical elements as the carbohydrates and in addition nitrogen—which we sometimes call the 'fickle element,' because it decomposes easily. That is the reason meats and eggs have to be kept cool, because heat favors this decomposition. This inactive element does not unite readily with the other elements. Hence compounds containing it readily decompose."

"Proteid enters into the composition of the muscle tissue and is found in all animal tissues and some vegetable. In legumes we find 25 per cent proteid; milk contains about 4 per cent proteid and 86 per cent water; nuts contain from 23 to 25 per cent proteid, flesh foods are another source of proteid, while eggs are the nearest to a pure proteid food we have. Fifteen per cent of the whole egg is proteid, 10 per cent is fat. The egg yolk contains much more fat than the white. Proteid is the rarest compound in food. Since an egg is so characteristic of the proteid foods we will use it for our illustration."

"An important constituent of the egg is the mineral matter. Its calcium salts is valuable for bone formation; iron is another important constituent found in the yolk. There is a great difference in the digestibility of the egg yolk and white; oftentimes the yolk can be taken with impunity while the white cannot be taken at all. The white of a hard boiled egg is about as easily digested as a piece of leather, for the reason that it is almost impossible to reduce it to a pulp. It should be put through a fine sieve before being taken into the mouth—so as to give the gastric juices an opportunity to attack it."

The yolk on the contrary is really a fine emulsion—a fat divided into tiny globules which have the property of coagulating and becoming very mealy. An egg yolk, hard boiled, is one of the best ways of taking eggs; it is more quickly digested than a raw egg because a raw egg is so bland of flavor that it does not excite the gastric juices and lies in the stomach for a long period before it passes into the duodenum and is absorbed."

The speaker gave several suggestions on the proper way to soft boil an egg, advising

her hearers to cook it in water below the boiling point or to cover with cold water and remove as soon as it reaches the boiling point. For an invalid an egg could be delicately cooked by dropping into a pitcher of boiling water and letting it remain for from 8 to 10 minutes. "In poaching eggs," said she, "do not ever allow the water to boil. Have the water at the boiling point, draw to one side of the stove, drop in the egg and let it stand on the rear of the stove from 3 to 5 minutes." An egg yolk cooks at a lower temperature than the white. Boiling point of water is 212 degrees, the yolk cooks at 122 degrees and the white at 134.

Escalloped Eggs—

1 cup buttered bread crumbs.

6 hard-boiled egg yolks.

½ cup chopped ripe olives.

½ cup cream sauce.

Bake in shallow serving dish in eight layers.

First layer: ½ of the bread crumbs.

Second: ½ the cream sauce.

Third: 3 broken egg yolks.

Fourth: All of the olives.

Fifth: Balance of the egg yolks.

Sixth: Balance of cream sauce.

Seventh: Balance of crumbs.

Eighth: Finish with uncooked yolk of egg and ¼ cup of milk beaten well. Then dust over all with fine crumbs.

Bake a light brown.

Spanish Eggs—

To 6 eggs add: 3-8 cup strained tomato.

1 tablespoon lemon juice.

2 dozen ripe olives cut in rings.

1 small onion grated.

1 teaspoon salt.

1 teaspoon celery salt.

Cook in double boiler. Stir constantly until thickened.

RULES FOR LONG LIFE

Metchnikoff cites the case of Dr. Weber, of London, a physician, who at the age of 83 years was still vigorous and actively at work, and quotes the following rules for long life laid down by this eminent physician as the result of his own practical experience:

"It is necessary to preserve all the organs in a state of vigor. Morbid tendencies, whether hereditary or acquired, must be recognized and combated."

"Moderation must be exercised in eating and drinking as well as in the gratification of other bodily appetites."

"One must breathe constantly pure air."

"Physical exercise of some sort must be taken daily. In many cases breathing gymnastics, walking, and hill-climbing are essential."

"It is important to retire early. Sleep should not exceed six or seven hours [?]."

"The body should be well rubbed or bathed daily. The water employed may be cold or hot, according as it seems most comfortable. Sometimes alternations of heat and cold may be employed."

"Regular work and intellectual occupation are essential."

"It is necessary to train one's self to enjoy life, to maintain tranquillity of mind, and to cultivate hope. On the other hand, the passions and violent nervous excitations must be combated."

"The will must be strongly exercised in the direction of the conservation of the health, and the avoidance of alcoholic liquors as well as OTHER STIMULANTS, as well as narcotics and pain-relieving drugs."

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The Evil of Patent Medicines in Treatment for Tuberculosis.

"When I read a patent medicine advertisement, offering a cure, which is a mere hoax, which does not exist, sometimes I laugh, because it reminds me of the delightful consequence of a scene in 'Alice in Wonderland.'

"Have some wine," said the Hatter.

"I don't see any," said Alice.

"There isn't any," said the Hatter.

"This business of manufacturing patent medicine, is founded on misrepresentation and falsehood on one hand and unsophisticated credulity on the other," says A. P. Francine, A. M., M. D., in *Journal of Outdoor Life*. "The advertisements are specious and without truth. No drug or series of drugs known to medical science will control this disease. Can men who are not scientists, who are not even physicians, provide you with a cure—at that easy moderate price of \$1 a bottle?"

"Let us examine as to why nostrums in tuberculosis may, for a little while, to the very ignorant seem to be doing some good, when in reality they are retarding recovery or making it impossible. Patent medicines sell in large amounts to misguided consumptives. It is an ideal disease for the scavengers of these preparations to grow rich on, with its long course, its lieusurely development. All of these sure-cures for consumption, or most of them, so far as I know, contain practically only two ingredients, certainly only two which are active. There is nothing mythical about these two drugs, they have been known to the human race for a long time and are responsible for more sin and degradation in the world today than any other two factors combined. One is alcohol and the other is opium.

"When you contract consumption you get a cough. You buy a patent medicine containing alcohol or morphine, and it stops or heals the cough. You think you are getting better. As a matter of fact it is not the cough which is injuring you, but the process in the lung, the underlying cause of the cough. The cough is only a symptom, and it is futile to stop the symptom while the cause remains. These drugs have no possible action in stopping the tubercular process in the lung—on the contrary they very potentially increase its activity.

"Another way in which patent medicines do harm, incalculable, direct harm, in tuberculosis, is by destroying the appetite, and by making it impossible for the gastro-intestinal tract to assimilate the food which is taken. Every one of these mixtures makes it impossible for the food you take to nourish you. You can't take patent medicines and keep your appetite and you all know the part the milk and eggs and increased nourishment in recovery from this wasting disease.

"But let me tell you the most serious effect of all of these patent medicines. By controlling the symptoms of this disease for a little while they deceive the sufferer and prevent him from consulting a physician and from finding out that he has the disease. They give a false sense of improvement, a futile security. Meanwhile he is losing weight and

strength, he is daily growing more cadaverous; that fatal process in the lung is spreading in terrible intensity, destroying his vitals, advancing with irreparable strides. He will wake in the end. They all do. When it is too late. But meanwhile he has lost valuable time, has lost his chance of life, the sure chance which modern medicine has given to every case of tuberculosis of getting well in time.

"If taken in time! That is a sad little phrase. It is unfortunately one which those must learn by cruel experience who will not listen, who will not heed the sign posts on every side."

The Fortunate Isles.

You sail and you seek for the Fortunate Isles,
The old Greek Isles of the yellow-birds'
song?

Then steer straight on through the watery miles,

Straight on, straight on, and you can't go wrong.

Nay, not to the left; nay, not to the right;
But on, straight on, and the Isles are in sight—
The Fortunate Isles where the yellow-birds
sing

And life lies girt with a golden ring.

These Fortunate Isles they are not so far,

They lie within reach of the lowliest door;
You can see them gleam by the twilight star;
You can hear them sing by the moon's white
shore.

Nay, never look back! Those leveled grave-
stones

They were landing-steps; they were steps
unto thrones

Of glory for souls that have sailed before,
And have set white feet on the fortunate
shore.

And what are the names of the Fortunate
Isles?

Why, Duty and Love, and a large content.
Lo! these are the Isles of the watery miles,
That God let down from the firmament.
Lo! Duty and Love, and true man's trust,
Your forehead to God and your feet in the
dust;

Lo! Duty, and Love, and a sweet babe's
smiles,

And these, O friend, are the Fortunate Isles.
—Joaquin Miller.

STATIC SPARKS

"My wife has that awful disease, kleptomania."

"Is she trying to cure it?"

"Well, she is taking something all the while."—February Lippincott's.

Tiffington—I'm getting old.

Widdleton—Oh, no.

Tiffington—Yes, I am. I've begun to think that I look young for my years.—Ex.

"What do you thing of fasting as a cure for disease?"

"No good."

"Ever try it?"

"Well, I have lived six months in a \$2.50 boarding house."

First Lady—I'm taking four kinds of medicine. How many are you taking?

Second Lady—Oh, medicines don't count. Operations are all the go now. I had three this summer.—Ex.

Joe came to school for the first time. In one hand he carried a cap and in the other a bunch of bananas.

"You can't come in here with those bananas," warned the teacher.

Joe went out. In a few minutes he came back, walking slowly and painfully.

"Where did you put the bananas?" asked the teacher.

"Oh, I hid them all right," gasped Joe. "They're safe inside of me."

Minister—My dear little boy, why don't you get an umbrella?

Jakey—Since pa has quit going to church he never brings home any more umbrellas.—Ex.

An Alabama man, meeting an old darky formerly in his service, put to him the usual question:

"Well, Jed, how are you today?"

"Tol'able, sah, tol'able!" cautiously replied Jed. "Ah'd be all right, sah, if it wa'n't for de rheumatism in mah right laig."

"Ah, well, Jed, we mustn't complain," said the questioner. "We're all getting old, and old age does not come alone."

"Old age, sah!" was the indignant protestation of Jed. "Old age ain't got nuthin' to do wid it, sah. Heah's mah other laig jest as old, an' dat's sound an' soople as kin be!" —Lippincott's.

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S. LANDE

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QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. How can it be shown that milk and eggs are not a natural or wholesome food for man?

A. The only way to show it is by experience. Chemical examination shows that all eggs contain poison. Some people are very susceptible to this poison, and are made sick immediately when they use eggs or anything that has eggs in it, because of their extreme susceptibility. Eggs also undergo decomposition in the colon and feed these poison-making germs, because they are animal substances. The white of egg is particularly harmful because it is the substance out of which the chicken is to be made, and this easily decomposes to feed germs. The yolk of egg is food for the chicken, so it is more suitable for human food than the white, and is less likely to undergo decomposition and support the poison germs.

Q. What is the distinction between bacteria, germs, microbes and ptomaines?

A. Bacteria and microbes are the same thing. Bacteria are vegetable microbes. Microbes may be either animal microbes or vegetable microbes; but bacteria are vegetable alone. The germ is a name used to cover both the microbe and the seed or the spore of the microbe. Bacteria produce minute bodies called spores, which are really the seed microbes. Ptomaines are poisons produced by microbes in their growth.

Q. What is the matter with the blood when the hemoglobin is only 75 per cent?

A. That condition is one of anemia. We must look for the cause. It is more often poisons absorbed from the intestine, destroying the blood, as it is known that certain poisons formed in the intestine will do; that is the principle cause of anemia. It was formerly supposed to be a lack of iron in the food. But iron put into the food does not effect a cure. However, chloride of iron was long ago known to be useful in cases of anemia, but it is because of the antiseptic properties in the tincture of iron. That is the reason why the patient was benefited—not because of the iron in the food, but because the food always contains iron enough. It is astonishing how small an amount of iron is required to supply all the needs of the body. Food always contains iron enough.

Q. Should any of the foods served in your dining room here, that are made of or served with cream, be eaten at the same meal where fruit juices are used for drink?

A. Cream and fruit juices do not necessarily disagree. It is a popular notion that is erroneous.

Q. What sort of a diet would you advise for a person who has hyperpepsia and is continually troubled after eating even mild acid fruit?

A. Abstain from fruit for a time. Eat cereals and fats, and be careful to eat sweet fruit if you eat any. It would be well to eat a little sweet fruit so as to have something raw; and eat some green stuffs like lettuce and celery, eating the juice but not the stalk. In a little while your stomach will be better, provided you have proper treatment. Have hot applications over the stomach, and rest an hour after each meal. In a little while, then, you can begin to eat fruits gradually.

Q. Will you please tell us where is the home of the cocoanut palm? The article in the October number of *Good Health* is of great interest if we can make use of the nut to advantage.

A. The cocoanut palm grows in most tropical countries. One of the very best varieties I know of grows on the western coast of Mexico, on the border of the Gulf of California. I have seen the most magnificent palms growing there and the cocoanuts in great quantities. The cocoanuts you get in this country are not nearly so good as the cocoanuts that grow down there on the coast of Mexico.

Q. May cream be prepared or sterilized preparatory to churning for butter?

A. Certainly. That is the best way to do it. Separate the cream with a separator, boil it for ten or fifteen minutes, then cool it as quickly as possible, then make butter. That is the way butter is made here.

Q. How many meals and how much at each meal should a man weighing 130 lbs. eat, whose office hours are 7:30 to 12:00 and 1:30 to 5:30? Also what do you think of no breakfast for such an one?

A. It does not make any difference how much office work the man does, because the brain worker does not require a morsel more food than a loafer does. It is not the brain that uses energy from the food; it is the muscles, the brain uses but very little energy, so little that a man engaged in the hardest kind of study was found on tests in the calorimeter to be using no more food than when he was perfectly idle. So it depends upon the amount of muscular work first of all, and the temperature to which a person is exposed, and the size of the person, the area of the skin. These are factors which indicate how much food a person should eat. I should say for a person weighing 130 pounds engaged in ordinary, moderate activity, the amount of food required should be about 1,800 or 1,900 calories a day, and one-tenth of this should be proteid and three-tenths of it fat. If he eats a hearty supper, he ought not to eat any breakfast. When one eats a six o'clock dinner or hearty supper, he should take no breakfast, at all. My ideal plan is to have breakfast about ten o'clock in the morning, so you can do your hardest thinking before breakfast.

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THE WEEK'S PROGRAMME.

Thursday—Stereopticon lecture in parlor, 8 p. m.
 Friday—Gospel song service in lobby, 7 p. m.
 Saturday—Service in chapel, Dr. Morse preaching the sermon. Evening—Moving picture entertainment in Gym—The Story of Hiawatha, given by Katherine Fritz-Bowden.
 Sunday—Gospel service in parlor, 3 p. m.
 Monday—Health demonstration lecture in parlor, 5 p. m., Miss Dancy. Evening—Questions and Answers by Dr. Kellogg.
 Tuesday—Entertainment in Gym.
 Wednesday—Parlor lecture by Dr. W. H. Riley.

PERSONAL COLUMN

Mr. A. B. Loud left on Friday for his home in Duluth.

Dr. David Paulson of Hinsdale, Ills. was a welcome visitor during the past week.

Dr. L. E. Vandervoort will leave next week for a month's visit at her home in Dayton, O.

Dr. J. H. Kellogg left for New York Tuesday. He will return the latter part of the week.

Mr. and Mrs. Joseph Haagland of Kansas City are again welcome visitors at the Sanitarium.

Dr. Carrie Staines is in Fenwick, Mich., where she was called by the illness of her mother.

Mrs. R. S. Hambleton, wife of Dr. Hambleton of Tarsus, Asia Minor, is a guest at the Sanitarium.

Mr. and Mrs. Welton entertained informally Saturday afternoon at their home, Barbour cottage.

Mr. F. S. Terry of Cleveland, Ohio, met with a cordial welcome from old friends on his return to the Sanitarium, Wednesday of this week.

Mr. J. H. Parker of St. Joseph, Mo., returned to his home the past week. With Mrs. Parker he will leave early in the spring on a prolonged European trip.

Dr. Carolyn Geisel left on Tuesday afternoon for Wisconsin, where she will make a lecture tour including Milwaukee, Madison and adjacent cities.

Miss Vivian Lamoreaux of Beaver Dam, Wis., joined her mother, Mrs. S. W. Lamoreaux, this week at the Sanitarium, and together they left for Florida.

The Sanitarium orchestra gave an exceptionally fine programme Tuesday evening in the lobby, which was warmly appreciated by the guests.

Mr. and Mrs. S. B. Miles of Falls City, Neb., who have been guests at the Sanitarium the past few weeks, left Monday for their home in Nebraska. They will leave early in February for Los Angeles.

Miss G. Griffiths of the American Board of Foreign Missions, formerly located at Constantinople, is a guest at the Sanitarium.

Dr. George Dowkontt left on Tuesday for New York to attend the conference of the officials of the missionary societies of United States and Canada. Many speakers of prominence appear on the programme. As editor of the *Medical Missionary Record* (New York), Dr. Dowkontt had a broad acquaintance with both home and field workers.

Arrivals.

Among the arrivals of the past week are the following: Mr. and Mrs. William C. Talbot, Ohio; E. D. Hiscock, Mich.; Emily Maurara, Havana; A. Leland Brown, Conn.; D. O. Poppleton, O.; Mr. and Mrs. R. S. Kingsbury, O.; J. C. Hoffstatter, Pa.; Miss M. Armstrong, Ill.; Miss Helen Bentby, Wis.; Leo. Mannheimer, Ill.; W. J. Thompson, Okla.; K. Silver, T. Toortsch, Wis.; Francis F. Roots, Ind.; James Evans and servant, Pa.; Mrs. John C. Sharp, Mich.; H. H. Miller, Pa.; Jacob Moser, W. G. Neptune, Ind.; Mrs. R. S. Hambleton, N. Y.; J. G. Boess, Ill.; E. W. Murphy, Pa.; A. M. Graves, Pa.; Miss M. Dietrich, Pa.; Mrs. Jane E. Taylor, Ill.; Emma C. Barnard, Colo.; S. B. Miles, Nebr.; Dallas H. Gray, Cal.; Mrs. Lena Harr, Mich.; G. E. Barrett, Ind.; C. D. Barrett, Ind.; G. H. Llewellyn, Ala.; D. Buikhorst, N. Y.; P. H. Struthers, Mich.; Mae Reid, Mich.; Mr. and Mrs. E. L. Mayerhoeper, Ia.; Mrs. J. G. Scott, Ia.; H. P. Cook, O.; Curtis G. Wood, Ills.; Mary S. Catron, Ill. Charles Wheat, Mo.; J. H. Kingman, Mich.; Mrs. S. F. Hoffman, S. D.; C. J. Collins, Utah; Lucy E. R. Mayo, Ind.; Miss Nellie B. Hilliker, Mich.; Mrs. W. H. Proctor, Mich.; David Paulson, Ill.; L. K. Morgan, Ill.; Mrs. L. Brown, Ill.; Mr. and Mrs. O. Mears, Colo.; Mr. and Mrs. James N. Hersh, Pa.; B. A. Mendalbaum, Ills.; Mr. and Mrs. Rutherford, Miss.; Mr. and Mrs. Leopold Cohn, N. Y.; G. Willis Hersh, Pa.; Miss Vivian Lamoreaux, Wis.; Mr. and Mrs. Joseph Haag, Mo.; Bailey Catron, Ill.; Mrs. Della Cowan and child, Ill.; William Miller, O.; Louis P. Beck, Wis.; N. E. Matthews, O.; Mrs. Charles E. Howland, O.; Mrs. W. P. Robinson, Ind.; William Loudon, Ia.; B. Wood, Clinton, Ill.; Mrs. A. L. Hardin, Mich.; J. O. Warrant, Mich.; William Wiedrich, Tenn.; Herman Langharst, Ill.; N. Block, Mich.; F. G. Evans, A. J. Ward, City; J. S. McNeal, Minn.; F. S. Cover, N. C.; Mrs. Oscar C. Wiet, W. Va.; Mrs. Randall E. Schneck, O.; William E. Paige, N. D.; George J. Oak, N. Y.; J. H. McNamara, N. Y.; H. H. Roberts, Mich.; F. S. Sterling, City; Lewis, Thompson, Tenn.; Mrs. L. J. Craig, Ill.

One Little Word.

If any little word of mine
 May make a life the brighter,
 If any little song of mine
 May make a heart the lighter,
 God help me speak the little word,
 And take my bit of singing,
 And drop it in some lonely vale,
 To set the echoes ringing.

Indoor Baseball Provides Entertainment.

The race for the Indoor baseball pennant continues to excite keen interest. The unexpected happened Saturday night, when the Teddy Bears defeated the Bawbees by a score of 19 to 10. The game was full of interest, but the result was never in doubt, as the Bawbees could not solve Stewart's "fade away" ball, while the Ty Cobbs of the Teddy Bears had the ball soaring among the rafters, bleachers or Indian clubs at the end of the Gym., notwithstanding Waddell Nelson used every curve known in the game.

The audience was with the Bawbees, probably due to the fact that they appeared in new uniforms, with an unbroken record and a chance of having their pictures taken in Spaulding's Champions of 1908. This was the understanding when the uniforms were purchased, but a later report has it that several good up-to-date brown uniforms can be had at bargain prices. The Bawbees, stung by their defeat, have asked for a return game, and a battle royal is looked for.

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THE BATTLE CREEK IDEA

VOL. 1, No. 9.

BATTLE CREEK, MICH., FEBRUARY 6, 1908.

PRICE, 2 CENTS.

NATIONAL HEALTH BOARD INTERESTS DOCTORS

Dr. Kellogg Tells of Address
Given by Dr. Seaman in
New York.

AN ECONOMIC MEASURE.

The crying need for a national bureau of health continues to command the attention of both the laity and scientific world. At a meeting of the New York Academy of Medicine, Dr. L. L. Seaman made a strong plea for the installation of such a board, outlining what other governments had done, and calling attention to the economic benefits that would be derived were such a system once established.

"Dr. Seaman declared," said a reporter, "that the paramount need of the time was a national health bureau with a secretary in the president's cabinet. He asserted that if the millions of dollars which have been expended in the investigation and prevention of hog cholera in the last ten years had been expended in the interests of human health, that thousands of lives would have been saved, and pointed out the fact that many medical men had sacrificed their lives in the interests of preventable disease, while the government had done little; that the majority of commissioners sent out to study yellow fever died at their posts of duty and millions of lives will be saved as the result of their sacrificing labors. The objection that a national board of health might interfere with state's rights, was, he said, not well founded, for disease does not stop at state lines any more than rivers do.

"The doctor gave some very illuminating statistics in regard to the loss of life through sickness in the various wars, pointing to that of Japan as the best record in all history. 'The average of all wars of which we have statistics,' said he, 'prior to the war between Japan and Russia, was four dying from disease to one from battle wounds. In that war three times as many Japanese soldiers died from wounds as from disease. The total number of soldiers enlisted was one million two hundred thousand. But one-fourth of these died of disease. Every Japanese soldier carried with him a kettle for boiling water, and a mosquito net for protection from mosquitoes. The soldiers boiled their drinking water and took their habitual baths.'

"The sacrifice of life to preventable disease, the doctor declared was the 'real hell of war,' and pointed to 'that operatic performance, known as the Spanish-American war,' as an example. Of the twenty thousand who went

(Continued on Page 3.)

PATENT MEDICINES; FORMULAS AND EFFECTS

Dr. A. J. Read Lectures on Nos-
trum Venders at Sani-
tarium.

"STOMACH BITTERS" BURNS BRILLIANTLY

"Three common symptoms are the mine of the medicine fakir: Pains, congestions and nervous disorders," said Dr. Read in his lecture Thursday evening. "Three general remedies enter commonly into the armamentarium of the nostrum venders: alcohol, opium derivatives and coal tar remedies. These two partial lists are representative of the whole number of drugs used in the nostrums and the uses for which they are intended. There



String Beans Growing in Sanitarium
Hot House

was a time when patent medicine was a synonym for an innocuous preparation. At the present time, however, the majority of patent medicine manufacturers rely on making a profound impression on the nervous system, which will lead the consumer to think he has found an effective remedy, which is curing all his ills. One old lady remarked that she knew a certain medicine was a wonderful remedy because she felt it to the tips of her fingers and the ends of her toes every time she took a dose. This old lady was on the verge of delirium tremens from the alcohol contained in her favorite medicine and had

(Continued on Page 6.)

COLDS AND HOW TO CURE THEM

Miss Dancy Demonstrates Home
Treatment Before the Sani-
tarium Guests.

"If human beings had as much faith in God as they have in alcohol it would make a great deal of difference in the world," said Miss Dancy, during the course of her practical demonstration lecture Monday afternoon before Sanitarium guests. The lecture had to do with "Colds, and How to Cure Them," and the remark was called forth by the well-known aversion felt by most people to a cold treatment. The speaker explained that it was her method to meet this aversion to cold water by substituting alcohol. "In nine cases out of ten," said she, "the patient will not object to cold alcohol, but will submit very willingly and with every evidence of faith in its healing power, while they would make a strenuous objection to the same amount of cold water. As the results would be about equal, you can afford to humor your patient.

"The average individual feels that he must fight a cold as he would an enemy—indeed, he regards a cold as an enemy. We all know that if we would successfully fight an enemy we must know all we can about him and his forces. When we make our plans then to fight a cold we must try to find out what it is, and the very first thing we find out about it is that it is not an enemy at all, but an effort on the part of Nature to get rid of poisons that endanger our life.

"Take for example a person who has been over-eating from day to day, eating more than his liver can get rid of, supplying the blood with more food than it needs, giving the kidneys more than they can eliminate, the skin has too much to do and cannot help, so some of it is stored up in the colon; the breath tries to help, but it cannot do much, and the result is that there is just a little more than all the combined eliminating powers that God has given the body, can do, so there is but one other force to be called into service. This force is that of the mucous linings of the body, especially those of the nasal and throat passages, and of the bronchial tubes. Their normal function is to secrete mucous, when there is any irritation or congestion, and so when they become congested with blood that is full of badly digested or unoxidized food, they secrete first a serous discharge, and then mucous, and later a mucous and puss discharge. When we have one of these three conditions we say we have a 'cold.' What we really have is an overburdened condition of all these organs of elimination. Nearly every cold is due to impure or improper blood. The blood is our life. It is the equalized and perfect circulation that keeps us well, so that

if we properly feed our bodies, properly exercise and properly breathe we shall have done our part in assisting Nature to maintain its perfect system.

"Some people have a chronic congestion in some area or other, and the slightest overreaching brings on what is called a cold. If the body is kept below par—all the organs kept busy doing their best to meet the demands made upon them, as soon as there is the least extra work laid upon them, the body quickly succumbs.

"It is not always directly due to indigestion in diet that brings on a cold, irritation of the mucous linings will do this also. A person may breathe poisonous vapors, be exposed to chemical or mechanical irritation, and as a result be stricken with pneumonia. Exposure to great heat and sudden chilling, or exposure to cold beyond the power of the body to react, will call the mucous into action and the germs will be quickly developed, for mucous is fine food for germ life.

"When congestion in any area arises the first thing to do is to equalize your circulation; give your blood a fighting chance. God has given us this wonderful power of fighting with our blood the germs that infest our bodies. Second, we must help all our organs of elimination. Begin with the colon. Take a laxative—the food laxative, Colaxin, used here at the Sanitarium is one of the very best which can be used. Then take a very copious draught of water or weak lemonade. If the lemonade is taken use as little sugar as possible, because sugar is a food and gives more work to the liver. The lemonade is germicidal and helpful because of that.

"Next help your lungs by breathing deeply, quantities of fresh, pure, cold air. Help your liver by fasting—eat nothing. And the best results of your treatment will be brought about by going to bed and staying there until you are better.

"The very simplest treatment I know for a cold and one of the best I will demonstrate here this afternoon. First we will give our patient a hot foot bath—one of the very best derivative massages known. It is a part of all eliminating treatments and by it we derive the congestion from the congested area to the feet. With the watery discharge—coryza cold—commonly called a cold in the head, give the alternate hot and cold to the face, and a general eliminating treatment, which may be either a hot pack, an electric bath or the simple home method of putting the patient in bed warmly covered and surrounded with hot water and spine bags. It is this method that we will follow with our patient today, letting her remain for one-half hour until a profuse perspiration is brought about, this we will follow by some cold treatment.

"Some of you do not understand why we can follow this hot treatment directly by a cold one, without bringing on the same evil results, such as would follow a plunge in cold water if you had had violent exercise, such as running. You think it is reasonable to expect cramps, rigidity of the muscles and other unpleasant effects. Now, the reason that you do not is that your body is not filled in this case with fatigue poisons. It is the

fatigue after the exercise that brings on the evil results. While the sudden checking of the cold treatment in the case of the patient who has been resting in the bed, simply helps to equalize the circulation and to keep it established.

The demonstration that followed exploited the methods of treatment which the speaker had outlined: the patient was placed in bed, surrounded by hot water bags, feet placed in hot foot bath, a cold compress placed on the head, an ice bag over the base of the heart and hot and cold fomentations applied to the face. The patient supposedly was suffering from a coryza cold. The speaker directed her audience to treat a bronchial cold reflexly through the nerves, by putting cold treatments on the front chest to contract the muscles of the bronchial tubes, while giving the hot treatments to the back chest. This, she said, was known as the "simultaneous hot and cold."

Following the three alternate hot and cold treatments to face, the patient was found to be perspiring freely and the feet were removed from the hot bath, dashed off with cold water, and then the alcohol rub was begun. The arms, one at a time, being given the first of the cooling treatment. The nurse's hands were dipped into the alcohol and four strokes given from wrist to shoulder; these were followed by the drying strokes, using the base of the hand and sweeping downward from the shoulder to the tips of the fingers. This process was kept up until the alcohol was evaporated. The process of the rub is always the same, first the arms, then limbs and feet, then the chest and abdomen and then the back. If the patient was still cool after the treatment a powder rub was advised.

In her next lecture Miss Dancy will explain the intricacies of a hot pack.

VEGETARIANISM AND THE HOME LIFE

"Vegetarianism should be more at home in home life than anywhere else. If flesh eating is distasteful to us at the house of an acquaintance or in a public restaurant, it is infinitely more so at home, where it is brought more immediately under our notice. It permeates the whole atmosphere. It is not only the disguised dead thing on our table that offends, but the presence of all the processes which change the freshly-killed body to the dinner-table joint on the dish.

"There are sights and odours connected with the process that are repulsive to every sense of refinement, and which have caused the kitchen and its auxiliary offices to be regarded as an inferior part of the home—places to be hidden out of sight as much as possible. And it is only in the homes of the working classes that the kitchen is treated with due respect as a common room and meeting-place for all members of the family. What a pity it is that we so desecrate our kitchens that, as we grow in culture and refinement, we cease to find any pleasure in them, and are glad to leave them to the supposedly less sensitive servants, who are compelled to perform for us a service we dislike doing for ourselves.

"We should also remember that the home-life gives the atmosphere where the moral character and spiritual ideals of the coming

race are shaped and receive their earliest impressions. What impression does the subject of food make on the child mind? Should the fine sensibilities of the young children be brought in contact with shamble-cookery

"The ways in which things are done in the home are as the laws of the universe to the young child, and the conduct of life exhibited by parents is a fixed standard beyond the reach of criticism. The one way is the home way, and how loyal they are to it! Alas! for the future of the child, if, as his moral and intellectual powers awake, and the stimulation of the society of his fellows teaches him to compare the home way with the ideal way, he finds them wide as the poles asunder.

"But the worst side of this type of diet lies in the lack of idealization, the want of beautiful and ennobling associations, the enthusiasm of moderation and simplicity, the joy born of plain fare to a healthy appetite; gross foods tend to give a tinge of grossness to every physical passion, and selfishness in diet gives a selfish bias to the moral nature itself. How much of schoolboy roughness and brutality is due to a false system of diet, partly by direct effect on the physical body, but principally from the false attitude of mind that considers the service of the body and its appetites as a paramount consideration, and more important than the lives and happiness of the whole kindred world of animal life. True, we do find sympathy, refinement, and gentleness in the homes of flesh-eaters, but we might find it as a universal characteristic of our homes, were flesh-eating banished from them. Is there such abundance of sympathy and gentleness in the world that we should place such heavy obstacles in the way of its growth?

"Young people are prone to idealization. Give them as a subject the common every-day usage of food. Use it as a means of teaching the meaning of the golden rule, "Do as ye would be done by." Use it to inspire the joyful sense of protecting and sparing all weaker creatures, which is one of the most refining and humanizing impulses, and one which youths love to acquire. If bloodstain and bloodshed must be anywhere in the world, at any rate let them no longer soil our homes. Let young people try the new way and make friends and companions—instead of dinner dishes—among the animal world, and they will derive more nourishment of soul from this association than they could derive nourishment of body from the other. Yet it is not enough, unless the home-makers themselves will lead the way, for in their lives is the proof of their teaching and the one sure example for the children."—*Abridged from Paper Read at English Vegetarian Congress, by Ruth Edmonson.*

Heating Compress.

Wring a cloth out of cold water and apply over the painful part. Cover with mackintosh and then with several thicknesses of flannel. The moist cloth will quickly become warm, and will retain the heat for a long time. It acts as a poultice, and is fully as effective as a poultice (besides being much cleaner) in deep-seated spinal pains, as found in pains due to indigestion, chronic catarrh of the bowels, and constipation. A heating compress applied to the abdomen will often relieve congestion of the head in headache, and so induce sleep.

Courage All!

Old gods avault! The rosy East is waking,
And in the dawn your shapes of clay are shaking;

Ye broke men's hearts, and now your spells
are breaking.

Over all lands a winged hope is flying;
It goes without reproof, without replying;
It bears God's courage to the dulled and dying.

The rusted chain that bound the world is
broken;

A new strange star is pricking night for token;
And the Great Word is waiting to be spoken!

—Edward Markham in *January Nautilus*.

Correct Sitting and Standing.

It is well to bear in mind that one should never lie down when sitting up, but should maintain an erect position. The chest should be well raised forward, and the abdominal muscles well drawn in. To do this will require considerable attention and effort. One will have to correct his position very frequently. After a time the habit of sitting correctly will be acquired, and great advantages will result in general tone and health.

One of the obstacles to assuming and maintaining a correct position in sitting is a weak, overstretched condition of the muscles of the back. Correct sitting is a splendid exercise for these muscles, but certain exercises assist greatly in developing them. It is worse than useless to say to a round-shouldered person, "Put your shoulders back." The proper thing to do is to instruct him to put the chest well forward. His shoulders then will naturally fall back in the effort to balance the body. The shoulders may be put back without in the slightest degree correcting the deformity.

The correct standing poise is easily acquired by a little practice. Stand against the wall, face the center of the room, place the heels, hips, shoulders, and back of the head firmly against the wall. Reach the arms downward as far as possible, holding them to the sides with the thumbs turned outward. The door, or the side of a doorway, is more convenient than plastered wall, as there is no baseboard.

While keeping the heels and hips against the wall, bend the head backward as far as possible, keeping it also in contact with the wall, and pushing the shoulders and chest forward as far as possible. Holding the chest in the forward position which it has reached, raise the chest forward, draw in the chin, taking care not to allow the chest to fall or the shoulders to come in contact with the wall. One will soon be able to assume the poise without the assistance of the wall.—Dr. J. H. Kellogg in *February Good Health*.

Alternate Compress.

The alternate application of hot and cold compresses is an effective means of relieving pain with internal congestion. The application is made over the painful part, and affords relief by diverting the blood to the surface.

NATIONAL HEALTH BOARD

(Continued From Page 1.)

to Porto Rico, three died from battle wounds and 262 died from disease. The number of hospital admissions was almost equal to the total number of soldiers in the army. The record of the United States troops in that war showed fourteen deaths from disease to every one from battle wounds. The record is as follows:

In the Philippines, 17 from battle wounds, 203 from disease.

In Porto Rico, 3 from battle wounds, 262 from disease.

In Cuba, 273 from battle wounds, 567 from disease.

In United States, none from battle wounds, 2,648 from disease.

Total—293 from battle wounds, 3,681 from disease.

"Dr. Seaman said the time had come when the United States government should give a commensurate attention to this important question and made the astonishing statement that the amount of money paid in unnecessary pensions to the widows of men who died in the Spanish-American war who ought not to have died would amount to sufficient to pay the national debt every twenty-five years. Every year the government expends less than one million dollars for the medical department and about one hundred and fifty millions for pensions."

February number of *Good Health* reaches its usual standard of excellence, with leading articles by Dr. Kellogg, Dr. David Paulson, A. J. Read, M. D., and C. F. Langworthy, Ph. D., together with the customary departmental features always valued by the readers. Mrs. E. E. Kellogg continues her series of articles on household economy, dealing this month with the ventilation of the home. Dr. A. J. Read contributes the second article on "The Pure Food Law," telling of home tests that may be made by the housewife herself. Dr. Langworthy's report to the Department of Agriculture on "Fruit as a Food" is full of interest and will be concluded in the March number.

"Health and the Schools," by Carrie L. Grout is one of a series of interesting papers dealing with the present day school problems and how they are being met the country over. The cooking class is taught how to prepare a novel Washington birthday dinner by Mrs. Minnie Emmons. Other interesting illustrated articles appear to tempt the readers. The number is well illustrated.

Ice Bag and Fomentation.

Ice Bag and Fomentation.—For toothache, lay an ice bag on the side of the neck under the jaw and fomentations to the side of the face. If necessary, employ the hot foot bath and the hot hip and leg pack. Fomentations relieve pain not only by drawing the blood to the surface, but by relieving the sensibility of the nerves. Heat often kills pain even more effectively than does opium.

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You are cordially invited to examine the large and exclusive assortment of Valentines and Valentine Post Cards displayed at the Book Stand, in the Lobby of the Battle Creek Sanitarium, now open for inspection.

These Valentines and Valentine Post Cards are direct importations from the most artistic manufacturers of such novelties. I am connected with one of the largest manufacturers in Germany, I made arrangements some time ago to have a shipment of exclusive and artistic Valentines and Valentine Post Cards shipped in time to give all guests and the public an opportunity to view and select whatever they may want in that line. My Valentine assortments are composed of strictly new and up-to-date goods. Excellent values prevail in the entire line, also a complete variety of Valentine Post Cards consisting of over two thousand different designs, ranging from the Comic Post Card, the Fun Maker, for both old and young, to the fancy embossed card. The prices are positively as low as those of much inferior make, and I would advise calling early to make your selection.

Very respectfully,

HENRY H. KAUFMAN

SALE NEARLY OFF

In a few days our special sale on Watches and Clocks will be withdrawn. Don't fail to attend this sale if you intend to buy in the near future.

The prices are way down. Lady's Watch, with second hand, suitable for nurses, \$5.50.

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Some Results of Flesh Eating.

In a recent number of the Medical Review, William H. Guilfoyle, M. D., of the New York Health Department, discusses the death rate of that city as affected by the foreigners. In the article he calls attention to the high mortalities for cancer, heart disease and chronic Bright's disease. According to statistics which he furnishes, the flesh-eating nations reveal the highest rates for these three diseases, while other nationalities, consuming from 50 to 400 per cent. less meat per capita, show a marked contrast in the number of deaths. All of which "tends to confirm," says the *New York Times*, "the theory advanced by many physicians, notably Dr. Robert Bell of London, that 'excesses in food and drink set up auto-intoxications that predispose to organic disease.'"

In a report made last summer of the mortality among the workers in New York Packingtown, who live largely on inferior and diseased meats, showed an enormous increase in cancer.

The statistics furnished by Dr. Guilfoyle are as follows:

DEATHS PER 100,000 AMONG FLESH-EATING FOREIGNERS.

	CANCER.	HEART DISEASE.	CHRONIC BRIGHT'S DISEASE.
Irish	166.6	381.2	410
German	140	231.5	212
English	140	207	209
Bohemian	246	237.4	255.7

The deaths per 100,000 among nationalities that are noted for a small consumption of meat are as follows:

	CANCER.	HEART DISEASE.	CHRONIC BRIGHT'S DISEASE.
Austro-Hungarian	151.5	190.7	131.2
Swedish	84.7	68.7	99.0
Polish	130	170	121
Italian	65.7	161	107.7

Nearly four times as many deaths from cancer among the Bohemians as among the Italians; while the comparative mortality from Bright's disease between the Germans and Swedes is as 2 to 1, figures which should cause the world to pause and think.

Better Ventilation of the Home

An exchange queries: "Why should the benefits of a fresh air school be for tuberculosis children alone?" And points out the well known example of plants when efforts are made to raise them in rooms in which steam heat, gas and kindred products of modern civilization exist, and further says: "Nothings will reduce a sturdy savage to invalidism and death as quickly as the kindness that removes him from his frail hut of skins to a house of the kind called comfortable.

"The civilized home and the business buildings are deplorably lacking in ventilation, now that the open fireplace is practically extinct, but we have not yet reached the point of letting well people have the advantage of breathing good air indoors as well as outdoors. We are only beginning thus to favor our invalids, made so in a majority of cases, perhaps, by the same comforts that killed the wildlings of Tierra del Fuego."

Some helpful hints along the lines of house ventilation are given in the current number of *Good Health*, by Mrs. E. E. Kellogg, who favors a special arrangement constructed on the principle of a fireplace for the ingress of fresh air and the egress of foul air.

Elder Tenney Lectures on India

The Rev. George C. Tenney interested a large audience Tuesday night in the Sanitarium parlor with an illustrated lecture on India. The speaker gave an illuminating description of the country, its mogul architecture and ancient Hindu temples and of the character of the people, both of the high and lower classes and of the effect Christianity had on them and their home life, facts which he gleaned on his visit to the country some years ago. He paid a warm tribute to the East Indians, their teachableness and appreciation and declared them to be most responsive to kindness, once the loyalty to their caste system was broken down.

Wastes of Our Civilization.

There are four great wastes today, the more lamentable because they are unnecessary. They are preventable death, preventable sickness, preventable conditions of low physical and mental efficiency and preventable ignorance. The magnitude of these wastes is testified to by experts competent to judge. They fall like the shades of night over the whole human race, blotting out its fairest years of happiness.—*J. Pease Norton*.

"No one can rise to the higher developments of the soul who does not regulate his life in accordance with the strictest hygienic rules and correct educational principles. Among the first factors in the practice of such religion stands a well regulated diet." —*Dr. Reich of Zurich*.

Y. W. C. A. Secretary Talks at Sanitarium.

Miss Lily Strong, State Secretary of the Young Woman's Christian Association for Indiana and Michigan, was a guest of Miss Ella Thompson, president of the local association, at the Sanitarium, Saturday. During the course of the afternoon Miss Strong addressed two large audiences, at 2:30 in the chapel, and later in the afternoon conducting the gospel meeting. In her chapel talk Miss Strong spoke of the perils that confront the young woman of the present age, and urged the Christian young women to exert their influence to make possible the purity and beauty of life, which was a woman's natural heritage. "Perhaps," said she, "we are come to the kingdom for such a time as this, as did Esther of old, and if we fail, other women will perish and we will suffer with them." In her parlor talk Miss Strong spoke on "Influence," emphasizing in a striking manner and with telling illustrations, the effect of personal contact and the necessity for purity, high mindedness and beauty of character.

On Monday evening a reception was given at the association rooms in honor of Miss Strong and Miss Macy, the newly installed general secretary, who was also a guest at the Sanitarium last week.

The recent cold snap and the general prevalence of gripe and kindred ills has increased the work at the Dispensary. Miss Florence Emery, visiting nurse, has met with many sad cases of suffering and poverty on her rounds the past week, all of which have been relieved temporarily. The record for the month of January shows the need for the splendid work carried on by Dr. Colver and his staff; it is as follows: consultations, 150; bathroom treatments, 204; outside calls, 106; physical examinations, 14; nurses' calls, 148; treatments at home, 40; office treatments, 53; surgical dressings, 6; operations, 5; garments received, 231; garments given away, 96.

The Word.

Today, whatever may annoy,
The word for me is Joy, just simple joy;
The joy of life;
The joy of children and of wife;
The joy of bright blue skies;
The joy of rain; the glad surprise
Of twinkling stars that shine at night;
The joy of wing'd things upon their flight;
The joy of noon-day, and the tried
True joyousness of eventide;
The joy of labor, and of mirth;
The joy of air, and sea, and earth—
The countless joys that ever flow from
Him
Whose vast beneficence doth dim
The lustrous light of day.
And lavish gifts divine upon our way.
What'er there be of Sorrow
I'll put off till Tomorrow,
And when Tomorrow comes, why then
'Twill be 'today and Joy again!

—*John Kendrick Bangs*.

DOMESTIC SCIENCE DEPARTMENT

"Man cannot live by bread and meat alone," quoted Miss Cooper to her interested group of listeners Thursday afternoon in the Sanitarium parlor. They had gathered to hear the weekly demonstration lecture, whose special topic was "Vegetables."

The speaker spoke briefly of the value of vegetables as a source of food salts, and said that a person deprived entirely of food salts would die in thirty days' time. They are known to be absolutely necessary for health and life. This fact, she said, was not an argument for the use of unorganized or mineral salts. It is doubtful if we can make good use of unorganized salts, for they are simply excreted from the body.

Lettuce and other succulent vegetables were, she said, especially rich in mineral matter in proportion to the amount of solids represented, almost 1-6 part of the total solids being mineral, iron being one of the minerals. It is a valuable source of iron, as is also spinach.

The digestibility of vegetables depended largely, she said on the amount of cellulose contained, and on the cooking. The first object in cooking vegetables was to gelatinize the starch, and the second to soften the cellulose—the length of time the vegetable should be cooked depending upon the size of the vegetable and the hardness of the cellulose.

The rejection of the cellulose of some of the coarser vegetables was recommended. To successfully accomplish this with corn, Miss Cooper showed her audience a little five pronged instrument which slit the corn kernels, permitting the pulp to exude, leaving the skin on the cob. Kornlet, now on the market, is an appetizing form of corn with the skins excluded.

Of the vegetables containing carbohydrates the potato and the sweet potato contained the highest percentage, one-fourth of the potato being pure starch. "The potato is a very interesting storehouse of nourishment for the young plant. It manufactures food for the preservation of its own kind. Neither plant nor animal can use starch until it has been worked over—digested. In the potato is implanted a ferment similar to the ptyalin of our own saliva, that digests the starch as our saliva digests the starch of our food."

"When the potato is planted and the rain furnishes moisture and the sun warmth, this diastase begins to digest the starch by making it soluble. Starch in its raw state is insoluble—a means of nature to protect it from being washed away."

Spinach Souffle—

- 1 cup of spinach puree.
- 1 cup milk. $\frac{3}{4}$ cup flour.
- 3 eggs beaten separately.
- 2 tablespoons of butter.
- 3-8 teaspoons of salt.

Rub butter, flour and salt together. Heat milk and add slowly to the above, stirring to

keep all smooth. Add the spinach puree. (To obtain the puree put the boiled spinach through the colander). Add the well beaten yolk of egg and lastly fold in the stiffly beaten whites. Bake in slow oven fifteen or twenty minutes.

Escalloped Kornlet—

- 1 can Kornlet. 2-3 cup of milk.
- 2 tablespoons butter. 2 cups gread crumbs.
- 1 teaspoon salt. 1 teaspoon sugar.

Melt butter and stir into bread crumbs; add milk, salt, sugar and one-half of bread crumbs to Kornlet. Put in oiled baking dish and cover with remaining crumbs. Bake with cover for 30 minutes; then remove cover and bake until brown.

Heard in the Lobby.

"It was way down in Indiana," said a Sanitarium guest the other day, "that I met the first genuine, dyed-in-the-wool vegetarian health crank. And he made such an impression on me that I haven't got over it yet. That's one of the reasons I'm here."

"I was making a business trip to a little Indiana town, and in the course of business I called upon the leading doctor of the town. He had an immense practice, was interested in a number of enterprises, had two farmers' telephone lines out in the country, and was making money hand over fist. He was a big strong, strapping fellow, with lots of life and energy."

"How do you manage to keep going and to tend to so much?" I asked him when our business was finished.

"Well, sir," he answered, "you wouldn't think to see me now, that a few years ago I was about as bunged up with rheumatism as a man could be, would you? But that's just the condition I was in, just the same. My joints were swelled up to two or three times their normal size and I could barely move around."

"I went to a sanitarium for treatment. After examining me, the doctor said, 'All you need is to go home and stop eating meat. Get a decent amount of fresh air and exercise, and you'll be all right in a reasonable length of time.' I laughed at him. But he finally persuaded me to try his plan, gave me a few authorities on the subject and—well, you see me today." And the doctor guffawed loud and long.

"In my own home we only have meat once a day now. Used to have it three times. And a couple of the members of the family are as strict vegetarians as you would ever want to meet. We are up here now to learn as much as we can about the Battle Creek diet and some of the other things we have been reading about."

A former Sanitarium guest writes: "The sample copies of THE BATTLE CREEK IDEA received a few days ago seemed almost like 'letters from home' after four months of Sanitarium life. I herewith send \$1 for a year's subscription to the new paper."

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PATENT MEDICINES

(Continued From Page 1.)

no idea of the nature of the remedy she was using, the formula being secret, and supposed that some wonderful herb was the cause of the remarkable effect which she felt and the happy frame of mind that followed the ingestion of the dose.

"The coal tar remedies enter largely into the headache powders and insomnia and other nerve medicines that are used. In a great many cases alarming depression of the heart has resulted from the use of acetanilid, which is a representative of this class of coal tar drugs, the seductive effects of which makes them very inviting to those who have tampered with them, and a large number of people today are suffering from the coal tar drug habit, just as we have morphine fiends from the use of opium derivatives and inebriates from the use of alcohol. It is a striking characteristic of the coal tar habitue that the symptoms for which he is taking the remedy recurs with a periodicity, so that recurrence must be had to his favorite remedy, just as the morphine fiend complains frequently to his physician of gastric pains, and very often gives a history of first taking the remedy to relieve a severe pain in the stomach, also claiming that the habit is kept up because the peculiar gastric pain comes on whenever he fails to get his dose, so the habitue of acetanilid or other coal tar drugs finds the headache recurring, and must resort to the remedy for its relief; notwithstanding the fact that the perpetrators of the secret acetanilid mixtures have been in the habit of placing on their packages and any other advertising matter, the catchy and assuring phrases, "Non Toxic," "Non Depressing," "Does Not Depress the Heart," "Sustains the Heart," "Guaranteed Safe," "Harmless Headache Powders," and "Guaranteed Under the New Food and Drug Act," yet many cases of death have been reported from the use of these insidious, so-called remedies, which are frequently left on the doorstep in sample packages.

"Nearly everyone has observed in the street cars an advertisement for "Orangeine," showing on one end of the card the picture of a blue face and on the opposite end the picture of a clear face, representing that the blue condition is cleared up by the use of "Orangeine." As a matter of fact, the very opposite is true, for on taking "Orangeine," or any of the acetanilid remedies for headache, the depression upon the heart is apt to be sufficient to cause a cyanosis or blueness on account of the depressed circulation; so that the blueness is the result rather than the condition that is cured. Frequent use of the remedy, each dose weakening the heart a little, is apt to result in a permanent heart weakness and finally in heart failure.

"The reason people become so foolhardy in the use of such nostrums is because during the pain of the excessive headache on the one hand, and the pressure of business or social interests on the other, they are led to take undue and unwarranted risk with their own life and welfare for the sake of meeting a present obligation. In every case of such headache the careful physician would be able

to find the real cause and take proper measures to remove the cause of the headache. In the majority of sick headaches and the ordinary distressing recurring headache, simple measures can be inaugurated which will give almost immediate relief without doing any harm to the heart. For this reason it is much more rational for the individual suffering from headache to consult an honest, reputable physician, who will go into the detail of their case sufficiently to unearth the cause and relieve the condition. The published formula for "Orangeine" is acetanilid, 2 4-10 grains out of every five grains of the medicine, so that it is practically nearly half acetanilid, or coal tar product.

"In recent articles published in Collier's on subtle poisons, a list is given of 22 deaths, resulting from the use of acetanilid when taken to relieve a headache or as a bracer. Among the remedies into which acetanilid enters as an active principle, are the following: Orangeine, Bromo Seltzer, Royal Pain Powders, Miniature Headache Powders, Megrimine, Anti-Headache, Dr. Davis' Headache Powders, Antikamnia, Ammonol, Salacatin, Phenalgin, Cephalgin, etc.

"The opium derivatives so lavishly used in many remedies are especially villainous because of the fact that they are so often administered to children, who may lay the foundation for the opium habit in very early childhood, which is very hard to break. In England at the present time, it is required that a skull and cross bones should appear on every bottle of infant, diarrhoea or other remedies containing opium. I have been told by those who have seen common infant remedies exposed for sale in English stores that it is a very striking comment on the nature and effect of that remedy to see it exposed with the poison label and skull and cross bones. This might prove a good suggestion to the law makers on this side of the water.

"Under the Food and Drug law, it is necessary to state the amount of opium contained in these remedies. Illustrations of such medicines might be mentioned in Kopp's Baby's Friend, which, according to its label, claims to contain 1-8 grain of sulphate of morphine in each ounce; also Foley's Pain Relief, labelled as containing to each ounce, 5 gr. of opium and 36 grs. of chloroform; or Chamberlain's Colic and Diarrhoea Remedy, which is labelled for 19 minims of chloroform and six grains of opium to each ounce. The new Food and Drug law requires a label to state the actual content of alcohol, opium, or acetanilid used as also it does several other ingredients, which have not entered into consideration this evening. This fact being understood, and the general nature of the therapeutic effect of the three remedies mentioned, one can very easily see by noting the labels, the nature of the remedy which is offered to them. The Pure Food law has served to draw the curtain of publicity upon a large number of remedies, some of which have been entirely discontinued by the manufacturers, while others have apparently modified their formulae so that the exposed active principle will not appear quite so glaring as it would under the old formula.

"It is a well-known fact, and generally accepted by all physicians of note, that al-

cohol in kidney and lung troubles at least, is counter indicated, and a very large and increasing number of reputable physicians, especially since the report of the famous committee of 50, are discarding alcohol in many other diseases where it has been recommended. This committee stated plainly that alcohol is a poison, a deadly poison in large doses, and a slow, insidious poison in small doses, that in all doses it diminishes muscular vigor, nervous sensibility and vital endurance; that in large doses it produces a very marked retarding effect upon the digestion, that beer and wine retard the digestion in all appreciable doses and produce in this respect even greater effect than whiskey and stronger liquors. Yet in the face of these facts we read on the labels of patent medicines which are intended specially for kidney, liver, digestive disorders, consumption, lame back, rheumatism, and in fact nearly all the category of human ailments, that alcohol enters as a very important ingredient; in fact, in most of them being one of the most active ingredients. From the label of some such remedies we may ascertain the exact amount of alcohol contained: Electric Bitters claiming to contain 15 per cent. alcohol, according to its label; Swamp Root, 9 per cent.; Kennedy's Medical Discovery, 42 per cent. alcohol; Peruna, 18 per cent. alcohol; Manola, 18 per cent.; Foley's Pain Relief, 7 per cent.; Dr. Miles' New Cure for the Heart, 11 per cent.; Hostetter's Stomach Bitters, 3 per cent.; Chamberlain's Colic, Cholera and Diarrhoea Remedy, 58 per cent. alcohol; Chamberlain's Immediate Relief, 68 7-10 per cent. alcohol. The habit-forming effects of alcohol are too well known to require further comment. The fact of its existence and its introduction in the garb of an angel of mercy and a healer, when in reality it is well known to weaken the resistance, lower the vitality and lessen the chances of recovery, are sufficient for intelligent observers.

"We have on the table before us a series of four gas mantles connected to retorts in which are placed respectively doses of patent medicines. In No. 1 is placed a single dose of Bass ale by way of comparison; in No. 2 a dose of Peruna; in No. 3 a dose of Lydia Pinkham's Vegetable Compound; in No. 4 a dose of Hostetter's Stomach Bitters. By heating these retorts we are able to drive off the alcohol gas from the medicine, and the comparative amount, and therefore comparative effects, can be seen by the burning mantles. The illumination resulting from driving off the alcohol gas is first seen in the mantle connected with Hostetter's Stomach Bitters, which burns brilliantly; the next one to ignite is Lydia Pinkham's Vegetable Compound; third Peruna and last of all the ale. The alcohol is exhausted and the lamps go out in the reverse order. The flickering light as the gas goes out might be compared to the weak, uncomfortable feeling of the devotee of these remedies when the effect of the remedy is exhausted in the system, and he finds it necessary to seek for another dose in order to keep up the artificial stimulation. How much better to determine the real cause of the disease in these individual cases and apply rational remedies, which would give sure results and leave no train of disease or enslaving habit behind."

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlors, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Will you kindly tell us something about autointoxication?

A. I will briefly say this: Autointoxication is self-poisoning—the production of poisons in the body, and these poisons, traveling about the body, produce symptoms produced by poisons obtained from any other source. The poisons generated in the body are the cause of this autointoxication, and the intestine is the chief source. There are 161 different kinds of germs in the intestine, and half of them are disease producing germs, producing poisons, swarming in such enormous quantities that the number produced daily has been estimated at 130 trillions.

Q. In case of a person of 30 with pulse normal and blood pressure 135, how may the pressure be lessened that the vessels of the lower extremities may be reduced in size, particularly noticed when the body is warm?

A. Cold bathing is one of the best things for the lower extremities. Bathing with cold water, to cause contraction of the vessels, avoid prolonged exercise upon the feet.

Q. What is the cause of deep breathing making one dizzy, more so when lying down?

A. In taking a deep breath, the blood is suddenly drawn out of the brain. Almost anybody can produce giddiness by taking two or three deep breaths, because the blood is removed from the brain. An anemic condition of the brain always produces giddiness. When a person becomes pale in the face, he is likely to topple over. Giddiness is usually beneath the pallor in such cases.

Q. In case of catarrh of the nose, when first one nostril is affected, then the other, would you advise the removal of the small bones of each nostril?

A. That depends on whether they are diseased or not. It has come to be known now that many cases of catarrh are due to the fact that the nasal cavity has become blocked. In certain cases of chronic catarrh there are growths in the nose. Sometimes it is polypus growing down over here like that: sometimes the whole mass becomes grown out, enormously thickened up. Sometimes they almost entirely close up. That causes secretion to accumulate in these closed surfaces, and germs find a foothold there, and the result is a suppression, the prolonged irritation of the nose and chronic catarrh. Now, in such cases, it is necessary to remove the surplus part of the bone so as to open up the passage that the air can pass properly through; then recovery is very prompt. Chronic nasal catarrh can nearly

always be cured by the correction of these morbid growths.

Q. Kindly explain the difference between hyperpepsia and hypopepsia?

A. In hyperpepsia there is too much acid formed; in hypopepsia there is too little acid formed; in apepsia there is no acid formed. In apepsia there is no pepsin and no hydrochloric acid at all. In hypopepsia there is a deficiency of pepsin as well as of acid.

Q. What is best for looseness of the bowels?

A. In the first place, go to bed. In the second place stop eating. In the third place wash the bowels out thoroughly by a large enema, and every time the bowels move take an enema, and apply cold compresses over the abdomen. Wring towels out of cold water about 60° or 70°, lay upon the abdomen, cover with flannel cloth, and in twenty or thirty minutes, take it off. Do not keep it cold all the time; let it get warm; but every twenty or thirty minutes take it off and renew it. Every single case will get well of itself in a little while. If you are going to take some food, let it be rice, or corn flakes, or toast or something which is completely absorbed without any residue.

Q. What would cause bloating and biliousness of the stomach in a case where gastric test was normal?

A. The biliousness, so-called, is due to the regurgitation of bile into the stomach, and that might come from a condition of the bowels quite as readily as the condition of the stomach. In fact, the condition of the stomach is not the chief cause of biliousness. The chief cause of biliousness is autointoxication, the growth of germs in the bowels, and the absorption of poisons from the intestine.

Q. Is it a good combination to use yogurt and fruits at the same time?

A. There is no objection to doing so provided the fruits are chewed to a pulp in the mouth and no indigestible residue is swallowed. If the woody portion is all rejected, there will be no difficulty. All things combine well and mix well in the liquid state, so you do not need to pay any attention to combinations if you only take pains to chew everything thoroughly and swallow nothing except that which is in the liquid state, rejecting all the coarse woody matters.

Q. How should one breathe when walking, running and exercising?

A. The most important thing about breathing when you are walking or running, is not to think anything about your breathing. If you have not been accustomed to breathing deeply, it is a good plan to take very deep breathing exercises. I have prescribed this plan: take a deep breath; then walk four or five or six steps. If you are running, perhaps, take a deep breath, breathe in while going four steps, and breathe out while going four steps. In that way the lungs are kept regularly filled to their utmost capacity. Regular breathing is very important. The most important thing is to carry the chest high all the time.

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PERSONAL COLUMN

Dr. J. H. Kellogg returned the first of the week from New York, accompanied by his stenographer, Mr. Ashley.

Mrs. L. Z. Craig left on Tuesday for her home.

Miss Lizzie A. Miles, Barre, Vt., is visiting her uncle, George E. Judd.

Dr. Hugh T. Patrick of Chicago paid a brief professional visit to the Sanitarium this week.

Mr. John Swanson of Canby, Minn., a former patient of the Sanitarium, returned this week.

Mrs. S. E. McCurdy returned to his home in Grand Rapids, greatly improved in health, this week.

Mr. J. T. Duffy, who has been a guest at the Sanitarium for some weeks, returned to his home in Louisville, Ky., on Tuesday.

Mr. and Mrs. M. W. Wentworth and family will leave for Mrs. Wentworth's home, Pasadena, Cal., Sunday, for a six weeks' visit.

Mrs. Fred A. Gooding of Rochester, Minn., who has been visiting her brother, Mr. J. R. Cook, at the Sanitarium, returned to her home this week.

Mrs. Gorham of Marshall, who has been visiting at the Sanitarium the past three weeks, returned to her home on Monday for a week's stay, after which she will return to the Sanitarium.

Dr. George Dowkontt returned on Wednesday from New York, where he attended the 15th annual conference of the Foreign Mission Boards of the United States and Canada.

Mr. J. B. Frank of Fort Wayne, Ind., an annual visitor at the Sanitarium, is a guest this week, accompanying him was Mr. John M. Brown, also of Fort Wayne, who will remain for some weeks.

The Freshman class of the American Medical Missionary college left on Tuesday for Chicago, in charge of Dr. J. F. Morse. They will take six weeks of anatomy work at the Chicago Division of the college.

Many members of the medical staff attended the meeting of the Battle Creek Medical association Monday night. The paper on "The Anatomy and Physiology of the Blood," was read by Dr. A. S. Kimball.

Bishop John H. Vincent, founder of the Chautauqua, and one of the best known and most widely beloved bishops in the United States, will be a guest at the Sanitarium March 9, and will give an address that evening.

Dr. H. J. Williams, a graduate of the American Medical Missionary college, class of '06, recently received his L. R. C. P. and S. Edinburgh, from the Royal Colleges of Edinburgh. He has gone to Rostrevor, Ireland, to take charge of the Sanitarium work of Dr. John J. Bell, who has gone to Maderia to recuperate his health.

Music Master Drever has arranged an especially fine programme for the orchestra concert Saturday night. It is possible that these affairs will be in the nature of promenade concerts, the north and south corridors, the large lobby and the upper balcony on the second floor offering advantages for such an arrangement.

List of Arrivals.

Mrs. H. B. Hawley, Iowa; E. K. Warren, Mich.; G. M. Schramm, Ind.; J. F. Sanders, Ills.; William Fuerste, Nev.; W. A. Seaman, Tenn.; Maud Seaman, Tenn.; V. A. Goddard, Saginaw; Marcus Cohen, New York; C. A. Reeve, Ind.; William J. Bower, N. Y.; Lewis Mahr, N. Y.; B. G. Tremains, I.; F. S. Terry, N. Y.; Marguerite C. Pendergast, O.; Harold McDowell, Pa.; J. W. Ten Eyck, Ill.; Mr. and Mrs. Thomas H. Martin, Minn.; Mrs. G. A. Watkins, Mich.; Mrs. W. C. Wood, Minn.; Mrs. Fred A. Gooding, Minn.; F. C. Evans, Mich.; Mrs. T. A. Grier and daughter, Ill.; John Leary, Mich.; M. N. Sweet, N. Y.; B. Hazeltine, W. Va.; E. Gaeckley, O.; Anna Kernott, Pa.; C. D. Pennell, O.; Mrs. C. D. Pennell, O.; L. Steen, Pa.; Rev. Benjamin Chappell, Tokyo, Japan; H. M. Hollinger, O.; Mrs. S. D. Brady, O.; Miss Carrie Weaver, Ill.; H. B. Peabody, Mich.; Miss Lizzie A. Miles, Vt.; Mrs. S. C. Lewis, England; E. B. Graham, Ill.; William J. Moon, Ill.; Thomas E. B. Bradley, Ill.; Edwin Tracy, Ill.; Herman J. Berghoff, Ind.; Mr. and Mrs. C. L. Bowden, Ind.; W. H. Kilpatrick, Neb.; Joseph Petit, F. W. Baumhoff and family, Mo.; C. Barnett, Ind.; I. N. Bushong, Mich.; L. B. Duntine, N. Y.; M. W. Frank, Neb.; Miss Reid, Ills.; Miss Edna Mannheimer, O.; Arthur Hurtner, O.; Mr. and Mrs. C. H. Fisk, O.; J. H. Ringold, Minn.; W. B. Oaks, Ia.; H. Patrick, Ills.; J. R. Coats, Miss.; George M. Taylor, Ill.; F. H. Blackburn, Mo.; C. J. Collins, Utah; Harry H. Casper, N. Y.; Mrs. Frank Collins, Mt. Pleasant; Mrs. M. S. Pugh, Mo.; Otto Price, Ills.; Curtis A. Wood, Ills.; L. O. Eddy, Ills.; Henry A. Wise, O.; J. Spencer Smith; Thomas Davenport, Ill.; Mr. and Mrs. McNutt and son, Ill.; Charles Anderson, Ill.; R. L. Stowman, N. Y.; R. C. Mavis, Pa.; R. S. Stewart, Ia.; George Winkler, Wis.; Carl F. Clarke, Mass.; Tobias Bretney, O.

GRANGER WINS

John E. Granger, who holds the world's record on deep knee bending, won new honors last Friday night in a competition in which he was pitted against four other trained athletes. The endurance tests were witnessed by a large audience, great interest having been created in the events. In the "press up" Granger held out 55 times; in the sitting up exercise, 75 times; and in the raising the body by one leg, 35 times.

Granger is a nurse at the Sanitarium and his spectacular test last fall in which he made 5,002 bends, breaking the record formerly held by Oberg, with 4,200 bends, won him wide prominence. He attributes his powers of endurance solely to his fleshless diet, and to his established habit of Fletcherizing, which he adopted last fall. After four weeks of following this system of thorough mastication he was able to increase his bending record from 3,000 to 5,002. Mr. Granger is 21 years old and has been connected with the Sanitarium since June, 1907. After witnessing the test last fall, Coach Stagg of the Chicago university, determined to introduce the low proteid system into his training work.

NEWS AMONG THE HELPERS

Mr. and Mrs. Bennett left this week for Eureka, Cal., where they will make their home in the future.

Miss Ethel Dibble, who has been at the training school in connection with the Chicago Dispensary, has been called home to Missouri by the illness of her sister.

Mrs. M. S. Foy, superintendent of the Nurses' Training Departemnt, attended the meeting of the executive board of the Michigan State Nurses' Association, held at Saginaw the past week. Mrs. Foy is vice president of the association. Arrangements were made for the next annual meeting of the body, which will be held at Ludington, June 20, 30 and July 1. On her return trip, Mr. Foy visited the School for the Blind at Lansing.

"There is no beautifier of complexion or form or behaviour like the wish to scatter joy and not pain around us. We must be as courteous to a man as we are to a picture, which we are willing to give the advantage of a good light."—Emerson.

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THE BATTLE CREEK IDEA

VOL. 1, No. 10.

BATTLE CREEK, MICH., FEBRUARY 13, 1908.

PRICE, 2 CENTS.

HOW TO TAKE THE MEASURE OF A MAN

Dr. Kellogg Explains the System of Diagnosis and Prognosis Used at Sanitarium.

THE VITAL COEFFICIENTS

In his stereopticon lecture Thursday night Dr. J. H. Kellogg talked entertainingly upon the Sanitarium system of vital co-efficients, under the title "The Measure of a Man." "We are not going to inquire how long a man is or how much he weighs," said the speaker, "but to find out what sort of a man he is—to take an inventory of the man; to learn what his muscular capacity is and as far as possible the condition of his nervous system, digestive capacity, in fact his whole vital capacity. The problem is, how can one take a real inventory of a man? When you are going to buy a horse you get a horse expert to put him through his paces; see how fast he can go; look at his teeth. You keep him awhile and see how he can eat—what sort of food he thrives upon. When you buy land you investigate the soil; when you buy oil, you make a careful estimate of the oil.

"When a man comes to the Sanitarium and the doctor examines him the first thing of consequence in his diagnosis and prognosis is to know what sort of a subject he has to deal with, whether he is like a farm that has been cropped and cropped until it is completely worn out and there is nothing left of the soil, or whether he has still a fund of vitality, vigor and vim and ability to get well. It makes all the difference in the world in the diagnosis how much ability he has left. A patient sits down in the doctor's office and asks: 'Doctor, what can you do for me? Can you cure me?' That is the one thing of importance to the sick man. He has perhaps come from hundreds of miles away and he wants to know what the results are going to be. Formerly we used to adopt all sorts of subterfuges to get out of answering that question. We had to turn the subject in every way. Nowadays we do not feel so keenly the limits of our powers of prediction along these lines. Now we can tell if a man is liable to a sudden collapse.

"I set to work twenty-five years ago ransacking all the medical literature I could get hold of. I went abroad and searched high and low in medical and scientific centers to find means by which we could estimate the various capacities of a man, his fighting capacities, so that we might know what to expect of him. Here is a man going on year after year, looking all right; he continues to make large in-

(Continued on Page 2.)

WHERE IS IT?



A six months' subscription to the Battle Creek Idea will be awarded to the senders of the first three correct answers. Address the Editor of THE BATTLE CREEK IDEA.

WILL FORM WALKING CLUB

Plans are being made to organize a local chapter of the Overland Walking club at the Sanitarium. The original club was organized three years ago by Mr. James Hutchinson of Jackson, Mich. There are several members of the original club in Battle Creek. So popular has the walking club movement grown that arrangements are being made in several parts of the country to form local chapters, which will keep in touch with the main original organization, accepting its constitution and by-laws and following along the lines of exercise which through long experience have been found practical to the members. The chief qualifications for membership are total abstinence from all drugs, alcohol, tobacco and profanity. Another requirement is that each member shall, during the first year of his membership, walk 200 miles, each year thereafter, 400.

There are many devotees of this healthful form of exercise among the Sanitarium guests, and it is believed that it will be an easy matter to form an active chapter here. The cross country walks, headed by Dr. Benton Colver have had a large following during the season. For the past few weeks during the heavy snows, there have been fewer enthusiastic walkers but with the advance of spring there will be many former members who will drop into line again and several recently arrived guests have intimated a desire to join the movement. The advent of spring will be sure to arouse enthusiasm in the gentle art and the winding country roads, the charming banks of the Kalamazoo river, the pretty avenues of the little city itself, with their sprouting beds of tulips and hyacinths, their budding hedges and shade trees, offer their peculiar invitation to the out-door lover. Join the club!

THE COLD BATH ITS TONIC EFFECTS

Dr. Riley Lectures to Patients on the Value of Hydriatric Measures.

If the group of anemics, neurasthenics and habitual radiator-huggers do not turn over a new leaf after Dr. Riley's lecture of Wednesday night on the tonic effects of the cold bath and outdoor exercise, they deserve the shivers of which they complain and should be hereafter classed among the obdurate.

The doctor was scheduled to speak upon the Sanitarium daily programme, including the morning bath, the exercises, the treatments of various kinds, and the peculiarities of the Sanitarium menu, but so exhaustively did he expound the beneficial effects of the short cold bath that there remained little time for the other subjects.

"The cold bath," said he, "is the most excellent stimulant—the best tonic we know anything about. Its beneficial effects are legion, affecting almost every function of the body. It is the short cold bath with which I will deal tonight. The length of time of application should be not more than a minute, usually it is a half minute at a time. It may be variously applied, the simplest form is that of the wet hand rub, the next is the wet towel rub, following these are successively the fraction bath, with the mitten; the shower and the douche.

"The bath should not be taken when one is either chilly or tired, and it should be followed when possible with moderate exercise—such as a walk in the open air. The cold bath extracts heat from the body and also stimulates the body to make more heat. The temperature of the body after a short cold bath is the same as it was before the bath, if one properly reacts.

"Many people are troubled with cold feet and hands, from poor circulation—a lack of heat production. Heat is generated in the body by the burning up of the carbon in the food, the principle being the very same as with the fuel in the furnace. The cold bath increases the force of the heart and blood pressure. The circulation of the body is governed by physical laws.

"The pressure on the left side of the heart is equivalent to the pressure of 275 millimeters of mercury, or a column of mercury 11 inches high. It decreases correspondingly as it is divided up in the large and small blood vessels until in the small capillaries it is equivalent to but 50 millimeters, or a column of mercury two inches high. When we take the blood pressure of the arm it is all the way from 100 to 125 normally. Now the cold bath increases the pressure inside the blood vessels.

Original from

UNIVERSITY OF MICHIGAN

People with a high blood pressure, then, are not advised to take the cold bath, but the neurasthenic patients, those whose records show a low blood pressure, are greatly benefited by it. Summing up its effect on the blood, then, we find that it increases the force of the heart, lessens the rate of the heart, and increases the blood pressure.

"It also has its effect on respiration. After the first dash the breath is jerky and irregular, later you breathe regularly and more deeply, increasing the amount of oxygen and air taken into the lungs and also increasing the absorption of the oxygen into the blood.

"The cold bath increases the appetite, also the secretion of gastric juice in the stomach, and the muscular contractions of the stomach and intestines. It increases the secretion of bile and pancreatic juice.

"We say that it increases the 'muscular tone,' by this we mean that it increases the capacity for muscular work. By an instrument in our laboratory we are enabled to ascertain to a nicety the effect of the cold application. This instrument registers what is known as 'the curve of fatigue,' and a test may be made by having a patient sit at a table and simply work with his finger as long as he can. At first the lines, as indicated by the instrument, are long, gradually they become shorter and shorter, until when he reaches the point of exhaustion they will stop altogether. But a dash of cold water will make it possible for him to begin again with renewed vigor.

"The cold bath also stimulates the physiological irritability of the nerves—what is known as nerve tone. It improves the functions of the kidneys, and also increases the number of blood cells. In man there are about 5,000,000 blood cells to the cubic millimeter, in a woman about 4,500,000 normally. When these blood cells are below normal, as they are in various form of anemia and constitutional diseases, the number may be greatly increased by a course of hygienic treatments consisting of daily applications of various forms of the cold bath.

"The effect of the bath depends upon the condition of the patient; if his blood is poor, and he is thin and emaciated he will not react well to the cold application. In a case like this, the temperature of the bath should not be very low; the water might at first be at a temperature of 85 degrees; gradually perhaps it may be reduced to a temperature of 70 and then 60. The surface temperature of the body is from 90 to 92 degrees, so that a drop to 85 degrees will not be very severe to the patient. These persons should not attempt to take a shower bath, but should begin with a friction bath or a cold towel rub.

"The effect of the bath depends upon the amount of surface to which it is applied. In the partial bath only certain parts are affected. When the cold water is applied to the entire surface more nerves are stimulated by the cold application on the skin, and the impression is much greater and the effect greater. There is a well established relation between various skin areas and the organs which they cover, and this relation is markedly brought out in the effect on the related organ after an application of cold to some skin area. The cold bath is the best tonic in the world."

THE MEASURE OF A MAN

(Continued From Page 1.)

vestments, to spread out his business, when as a matter of fact he has only six months to live. He has Bright's disease and does not know anything about it. If he knew he would make different plans and if the doctor knew he could do something for him that would add many months, perhaps years, to his life.

"The progress of disease is like a fire in the house. You may have a fire in your house for days and not know it. Perhaps it is the kind that starts from a defective furnace. It gets into the walls and breaks through a partition and climbs up and finally reaches the top of the house and breaks out the roof: then some one shouts, 'The house is on fire.' It may have been burning for 48 hours, perhaps. It is the same with people who have chronic diseases—they may have them for years and not know it.

"Within the last fifty years the laboratory methods introduced by Lehman, Claude Bernard and their successors have moved forward, and one after another great fields of pathologic and physiologic inquiry have been opened up and mastered. The indefinite methods of recording the varying degrees of functional activity have given place to the exactness and precision of mathematical expression by means of co-efficients.

"The thoroughly rational character of the physiologic method and the absolute necessity for accuracy in diagnosis and prescription in the practical application of the Battle Creek Sanitarium system have led us to lay hold of every new contribution of the co-efficient method as rapidly as laboratory research and discovery have advanced in this direction.

"At the present time scores of co-efficients are utilized here. The employment of these co-efficients makes possible the mathematical expression of nearly every vital condition, so that with a little explanation it is possible to enable the patient as well as the physician to appreciate just the percentage amount of his deviation from the normal standard of health. The value of this co-efficient system to both physician and patient cannot be over-estimated. The co-efficient card is like the chart and compass of the mariner. Both the physician and patient have the satisfaction of knowing the exact situation all the time."

During the course of his talk the doctor had thrown upon the screen several co-efficient charts which are in practical use in the Sanitarium, explaining the process by which the information was obtained, as for instance, in the case of the digestion co-efficient, the taking of the test meal and the processes it underwent in the laboratory.

Co-efficients which measure the extent of departure from normal by figures lower than normal, that is, 1.00, are indicated by *a*.

Co-efficients which measure the pathological state by figures above normal (1.00) are indicated by *b*.

Co-efficients in which the normal state is represented by zero (.00), pathological conditions being represented by the elevation of the figures above zero, are indicated by *c*.

Co-efficients which indicate a pathological

condition when either above or below normal (1.00) are designated by *d*.

Of the one hundred co-efficients which are in use, the following are of the greatest practical value:—

DIGESTION.

Salivary.

1 Quantitative	1.00
2 Qualitative	1.00
3 Salivary activity	1.00

Gastric

1 Solution	1.00
3 Carbohydrate digestion	1.00
4 Proteid digestion	1.00
5 Pepsin	1.00
6 Rennin	1.00
7 Hydrochloria	1.00
8 HCl secretion	1.00
9 Fatty acids00
10 Bacteria00
11 Capacity	1.00

Intestinal.

1 Motility	1.00
2 Disintegration	1.00
3 Digestion of fat	1.00
4 Digestion of carbohydrates	1.00
5 Digestion of proteids	1.00
6 Gastric digestion	1.00
7 Pancreatic digestion	1.00
8 Bacteria	1.00

Health Toast Contest.

Beginning with this issue and extending until March 31, THE BATTLE CREEK IDEA will hold a Health Toast Contest, in which every reader may participate. There are scores of readers at the Sanitarium and elsewhere who are clever with their pen and can doubtless contribute greatly to the interest this feature should arouse. Toasts may be in verse or in prose. Poetic ability is by no means needed.

Each week some of the toasts received will be printed in this department. Space will not permit of printing them all and those that appear need not necessarily be the very best that have been received up to that time. The editor will use her own discretion entirely about printing or withholding the prize winning contributions.

Five prizes will be offered for the best toasts, namely:

First Prize—One "Art of Living Long" by Louis Cornaro, value \$1.50.

Second Prize—A year's subscription to THE BATTLE CREEK IDEA and Good Health.

Third, Fourth and Fifth Prizes, each—A yearly subscription to THE BATTLE CREEK IDEA. Prize winners will be announced in issue for April 2.

Address all contributions to EDITOR BATTLE CREEK IDEA, The Sanitarium, Battle Creek, Mich.

"Better to strive and climb,
And never reach the goal,
Than to drift along with time,
An aimless, worthless soul.
Aye, better to climb and fall,
Or sow though the yield be small,
Than to throw away day after day,
And never strive at all."—*Ex.*

HOME LIFE OF THE HINDUS

Rev. Mr. Hopkins Tells of Life of
Women of India.

LARGE FIELD FOR MEDICAL MISSIONARY

"Women are the heart of the homes in all eastern countries and nowhere so much so as in India," said the Rev. W. E. Hopkins, who lectured before Sanitarium guests Tuesday afternoon in the parlor. The Rev. Mr. Hopkins has been engaged in evangelistic missionary work in India for eight years, and his lecture on the "Home Life of the Hindus," was the result of his close observations and intimate relationship with the people. He sketched the habits and told of the home life of the three main classes—the aristocrats, which included: the Brahmins, the military officers, the old feudal lords, the princes, etc., whose wives lived in the close seclusion of the *zanana* or harem; of the middle classes, including the not-so-well-to-do military men, the merchants, bankers and farmers and commercial class generally; and the lower working classes, where the women worked like slaves for their husbands and families.

"There were between 30,000,000 and 40,000,000 *zanana* women in India, he said, and until very recently they were wholly uneducated—their sole purpose in life being to make themselves attractive and interesting to their husbands, whose property they are absolutely. This reduces their efforts to self-adornment and the cultivation of a few of the graces which pleased their lords and masters." The speaker touched lightly on the sorrows and heartaches, the jealousies and hatreds engendered by this system of plural marriages and close confinement, where the wives were never allowed to see or be seen by men, except the husband and brothers, and told several amusing incidents which had taken place during his experience, when in the case of sickness it was desired to employ the services of the medicine man, who was obliged to look at the patient's tongue through a slit in the curtain. Gradually, he said, the Christian medical missionaries were gaining the good will of the people, and the women workers were given entre into the homes of the *zanana* women. He said he believed there was no better opportunity in the world today than the field in India for the medical missionary.

In direct contrast to these women of the aristocrat class, were the middle class women, who were given the freedom of the street, were allowed to go to the temples, to shop and to frequent little parties among themselves. Among their restrictions were that they are not permitted to frequent places where foreigners are or where many men are congregated. Among the working women, of the lower classes there was no restriction as to their freedom so long as they were industrious and helped to earn the family living. If they did not do this they were cruelly beaten and sometimes frightfully bruised and burned.

Among all three classes of women the use of tobacco, the betel nut and native liquor, a beer made from the palm tree sap, was common, men women, and children drinking to excess. Drinking is a part of their religious life and they claim to have been the discoverers of distillation and fermentation, having used the processes 2,000 years before Christ. These habits had a deteriorating effect on society, he said, and, together with the child-wife custom, placed a great bar in the path of Christian civilization.

Indoor Baseball.

The baseball game in the Gymnasium Wednesday evening, while not exhibiting very marked skill on either side, was yet greatly enjoyed by a large and enthusiastic gallery audience and gave abundant evidence that a game should be supplied for the entertainment of the guests each week during the cold weather.

The tables were turned this time, both as to the score and the work of the teams, the Teddy Bears being out of the race from the very first inning, which resulted in a score of 4 to 0 in favor of the Baw Bees.

It can be said for their consolation that the efforts of the Teddy Bears were greatly hampered by the loss of two of their good players and the want of practice, at which the Baw Bees had been very diligent since their defeat of 10 days ago.

The work of Mr. Stewart, pitcher for the Teddy Bears, was decidedly inferior to that of former games, while general fumbling of the ball on several occasions when the bases were full permitted the Baw Bees to pile up three and four runs that were not adequately earned, and resulted finally in a score of 24 to 10 in favor of the brown suits.

The work of Catcher Drever called for favorable applause by the audience on several occasions, and stopped scores for his opponents, when sorely needed.

The result adds just enough fuel to the flame to make the "rubber" of next week greatly anticipated.

Destiny.

Who knows, and knowing, never once forgets
The pedigree divine of his own soul,
Can conquer, shape, and govern destiny,
And use vast space as 'twere a board of chess,
With stars for pawns, can change his horoscope

To suit his will, turn failure to success,
And from pre-ordained sorrows harvest joy.

There is no puny planet, sun or moon,
Or zodiacal sign which can control
The God in us! If we bring that to bear
Upon events, we mould them to our wish.
'Tis when the Infinite 'neath the finite gropes
That men are governed by their horoscopes.

—Ella Wheeler Wilcox.

"Frugal persons and nations live longer and better than others, and are more free from disorders of mind and body."—Hon. R. Russell.

Swanee Jubilee Concert.

Sanitarium guests will be given a treat Saturday evening if the advance notices of the Swanee Jubilee company count for anything. The company contains a male quartette and two women singers, and they are scheduled to give an interesting programme of plantation songs, camp meeting hymns, negro folk songs and popular choruses. The concert will be given in the Gymnasium and the tickets of admission will be 25 cents.

To Banquet at Sanitarium.

On Thursday evening, Feb. 20, several hundred members of the Michigan Dairymen's Association will be banqueted at the Sanitarium by the Battle Creek Industrial Association. The banquet will be presided over by President A. H. Frazer of the Industrial Association, and a programme of toasts will follow. The convention will be one of the biggest events of the year in Battle Creek, the Dairymen's Association having a membership of between 11,000 and 12,000. It is expected that 3,000 or 4,000 farmers will also be in attendance. The meetings will be held in the auditorium, Feb. 19, 20 and 21.

FORCED SALE OF WATCHES

We are making the following prices on high grade watches for a few days; a rare chance for you

0 Size, 20 year gold case, American guaranteed movement	\$6.50
0 Size, 20 year gold case, Elgin or Waltham guaranteed movement	10.00
8 Size, 20 year Dueber gold case, Elgin or Waltham movement	8.75
12 Size, 20 year Dueber gold case, Elgin or Waltham movement	7.95
16 Size, 20 year Dueber gold case, Elgin or Waltham movement	9.00
18 Size, 20 year Dueber gold case, Elgin or Waltham movement	8.00

Our only object in making such prices is to raise a necessary sum of money quick.

Act now, act quick!

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PLAIN LIVING

A group of wealthy Chicago women have begun an experiment that may be far-reaching in its effects, and certainly deserves to be emulated by their "stout" sisters in other localities. "Plain living" is their slogan. It was feminine vanity that gave the scheme its first impetus. They decided to reduce flesh by means of natural methods, viz.: adopting a simple diet. Food, as they expressed it, "such as is found in the home of a working man—food that will produce less fat and better health."

They began by giving luncheons where the maximum cost for eight persons was \$1—12½ cents a plate, and have since gauged all their household expenses in proportion, even to the Sunday dinner. The daily food reform became popular after the very first trial and rich roasts, fillets, heavy desserts and condiments were swept off the board to make room for beans, potatoes, bread from the whole wheat, fruit, etc.

One member of the reform club says of it: "The secret of our whole success is in cooking the plain food well and making it appear attractive. Contrary to our expectations the men of our families are delighted and relish everything." It is reported that fifty young women who are about to be married, are studying the system with a view to putting it into practice in their new homes.

Aside from the practical motive of economizing in a financial way these women have got to the very core of diet reform when they began to realize that the simple food, the low proteid diet, makes not alone for physical appearance and comfort, but that it is the right road to health and happiness.

The importance of the food problem is only just beginning to touch the thinking mothers of today. It is not alone the children of the ignorant poor that are improperly nourished; the child of the rich, whose stomach is loaded with so-called delicacies: rich desserts, indigestible sweets, meats and highly spiced pickles and sauces is equally deserving of pity. In a little town in Penn-

sylvania recently the medical authorities made an examination of the public school pupils and their report does not speak very well for the health of the youth of nation if it is representative: "Out of 1,015 pupils, only 54 were found without physical imperfections. It was found that 944 had bad teeth, 275 had enlarged tonsils, 35 suffered from mal-nutrition, 24 had defective eyes and six were cigarette fiends." It is the mothers who are in a large degree responsible for the health of their children. Such a report should fill them with remorse and spur them to an active crusade not against the evils outside, but those within the home.

DR. WYMAN DENIES STORY

The Battle Creek Journal, under date of Feb. 10, publishes the following relative to the malicious story recently printed in *The Enquirer*:

"A local morning paper recently published—with apparent gusto—a yarn about Dr. J. H. Kellogg's eating meat while he was in Paris. The underlying purpose was to lay at the door of the world's greatest advocate of vegetarianism a charge of hypocrisy. The story purports to have come from Dr. Hal C. Wyman, the head of the Michigan College of Medicine in Detroit, and a surgeon well known throughout the state. The following letter from Dr. Wyman to a professional friend in the city explains itself:

Dear Doctor:—I have just read the clipping in which my name is mentioned and I hasten to say that I know nothing about the matter; I never met Dr. Kellogg in France or any other foreign country.

Let me assure you that I have only the greatest respect for Dr. Kellogg's views as to what is and what is not wholesome food. I wish for him all success in his enterprises.

Yours very truly,

HAL C. WYMAN.

Grape-Nuts In Trouble.

The following item recently appeared in the Battle Creek Moon: "An Altoona, Pa., grocer has been fined \$60 in the Alderman's court of that city, for selling 'Grape-Nuts' in violation of the Pennsylvania pure food law. It is claimed that the food is mis-branded, containing neither grapes or nuts, and neither does it contain the curative properties advertised, says the 'medics,' and chemists who gave testimony."

Of Interest to Library Visitors.

A handsome and capacious new magazine rack has this week been installed in the library. Sanitarium guests will be glad to have thus placed convenient of access the large number of periodicals which may be found there. The list includes at the present time fifty-five of the best known literary magazines published in America and seventy-two of miscellaneous character, including medical, religious, missionary and nurses' magazines and several dealing with farm and country life. The fiction library has been augmented by recent purchases and also by

gifts from departing guests. Mrs. Eva Bel Giles, librarian, will gladly welcome any donations of this sort. Any guest who wishes to make a disposition of books he may have accumulated during his residence at the Sanitarium will kindly notify the librarian and they will be sent for.

What City Folks Eat.

The New York City Health Department recently issued a report covering more than two hundred large pages, telling in detail according to laboratory tests, what manner of things New Yorkers are eating. The scientific story is exhilarating and nauseating at the same time, depending on whether a man eats bologna sausage or chopped meat.

Judging by the cold figures, a butcher would scorn to sell a customer bologna sausage with anything deleterious in it will turn over to the same customer a package of chopped meat well saturated with sulphurous acid. It may be said that sulphurous acid in food is not at all deleterious, but to the average man it doubtless is unwelcome when it is put into the meat for the purpose of keeping the smell away.

The doctors in Commissioner Darlington's laboratory sampled about everything that people buy of butchers, bakers and grocers. The schedules show that coal tar dyes are used in coloring matter in twenty-four out of thirty samples of sausage collected by the scientists. Coal tar dyes were found in a large percentage of samples of flavoring extracts.

The bologna eater may rejoice. Less than 5 per cent. of the samples collected—and about one hundred and fifty samples of frankfurters contained borax, preservative matter of any kind or artificial coloring matter. But there is a dark side to the sausage situation. Bologna is bolognas in this town. Frankfurters do not belong to the same lodge. About one hundred and fifty samples of frankfurters made by local dealers were collected, and nearly 33 per cent. of the samples showed the presence of borax or sulphite.

The chopped meat analytical tests were the most discouraging of all. The inspectors collected twenty-six samples of chopped meat from large and small butchering establishments. The tests showed sulphurous acid in twenty of the twenty-six.

Generally speaking, the bologna's cousin, the liverwurst, as made in New York, is a cheering and wholesome compound. Hardly any of the samples contained sulphite or coloring matter.

About one-half of the samples of maple sugar tested showed the presence of cane sugar. The other half was totally unadulterated.

The blue ribbon was won by the tomato people. About one hundred brands were tested, the samples coming from different sections of the country. There was no adulteration in any of the samples.

One tea compound tested by the Health people contained senna leaves, saffron bark, marshmallows, fennel seeds, coriander seeds, anise seeds and lavender flowers. The cheering information was tacked on the end of the analysis that the compound "does not contain alkaloids."—Ex.

LOW PROTEID DIET

What a Scandinavian Physician Thinks of It—His Experiments.

Dr. M. Hinhede of Scandinavia has a world-wide reputation as a dietetic reformer, and through the influence of books and experiments, has had a wide influence in dissipating the notion that it is necessary to eat a large amount of flesh food to maintain physical efficiency. In one of his most popular books he tells of his experiments with a low proteid diet, from which we quote:

"It costs fifteen to twenty times as much to secure the same amount of energy from flesh foods as from starch.

"In the old days we were taught that one-fifth or one-sixth of the day's ration must be proteid or albumin; I maintain that this teaching is absolutely erroneous. When one-tenth or one-twelfth or possibly one-fifteenth of the total day's ration is proteid it is sufficient.

"One-seventh of bread is proteid, hence, except for the monotony, there is no reason why one could not live on bread and butter alone. So the only consideration we need to give to the proteid question is to avoid too large a quantity.

"It is very fortunate that the least expensive dietary is the most wholesome.

"The first sixteen years of my life I had the usual dietary of a peasant boy, containing little meat. I was in a good condition. For the next sixteen years as a student and physician I ate largely of flesh foods and did not feel so well.

"Twelve years ago I began to lose faith in the old dietetic ideas so as an experiment I placed myself manifestly upon an extremely low proteid diet consisting of bread and butter, potatoes and fruit.

"It never dawned on me that I could possibly maintain myself on this diet. I continued the experiment for a month with the remarkable result that I felt stronger, easier and more comfortable than when I began. I then began to gradually modify both my own and my family's diet in harmony with the new principles.

"That this change has not destroyed us is evident from the fact that my children are two years in advance of other children both in height and weight. I did not, however, propose to let this question rest merely upon my own experiments. As I began to investigate the matter I was astonished to discover on what flimsy foundations the old dietetic ideas rested.

"I found that the Japanese runners, living principally on rice and garden stuffs were able to tire several shifts of horses a day. I found in the long-distance foot races in Berlin in which twenty-three entered, eight of whom were non-flesh-eaters, that six of these were the first to reach the end and all in splendid physical condition; while of the fifteen meat eaters only one reached the end—all the others had given up.

"In another long-distance foot race from

Dresden to Berlin there were thirty-five walkers; the first five to reach the end were vegetarians.

"But the most convincing investigations were those performed by Professor Chittenden of Yale on a group of soldiers living for five months on a dietary containing only one-third the usual allowance of proteid. During this time their physical strength was doubled. A year later a group of Yale athletes living on a similar diet gained fifty per cent in strength. We can now begin to comprehend the marvelous endurance of the Japanese on the military field.

"We cannot see the waste products resulting from excessive proteid food, but they can be felt. The pains of rheumatism are merely these waste products signaling to its possessor that he is firing with unsuitable food. Frequently the man is too stupid to notice the symptoms, and he who will not hear must feel.

"While the principal object to be attained by a low proteid dietary is improved health and good spirits, yet the economical side is also worth considering. People complain of high prices, when as a matter of fact it is the unwholesome foods that are increased in price while the most desirable foods are cheaper than ever.

"The saliva is the best fluid to wash the food down with. It is a pernicious habit to soak the break in coffee or soup. It is surprising how little fluid one demands at meal time when living on a fleshless and non-alcoholic diet.

"The potato is one of our most valuable foods as it is rich in mineral salts. It should be well masticated.

"The only real argument that can be maintained in favor of flesh eating is the taste, and it must be remembered that taste is due to soluble waste products as pure proteid contains no taste. It is these waste products that would have been eliminated from the animal's body if it had lived that gives the taste to the meat. It is certainly a hideous thought to think of putting these back into the system again.

"When it once becomes a settled fact that meat is a stupidly expensive food which one eats only for the sake of taste, that grains, fruits, potatoes are far better in all other respects, it must follow that there will be less meat eaten and more potatoes and bread.

"Furthermore, as faith in the strength-giving properties of meat is lost, so will the taste for it also shrink. We shall gradually approach the old-fashioned peasant dietary in which potatoes occupy a much more prominent place than meat."

To the Influenza Germ.

By the shivering fits which chill us,
By the feverish heats which grill us,
By the pains acute which fill us,
By the aches which maul and mill us,
By the quacks who draught and pill us,
By the hydropaths who swill us,
By the allopaths who bill us,
By the nervous fears which kill us,
Tell us, tell us, wee Bacillus.

What, and why, and whence you are.

—London World.

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DOMESTIC SCIENCE DEPARTMENT

The intricacies of the calorimeter, and the real meaning of the word calory were explained to her hearers by Miss Lenna Cooper in her Thursday afternoon domestic science demonstration lecture. The word "calory" as it appears on the Sanitarium menu is oft an enigmatical term to the new comer, who has been accustomed to allow his portion to correspond to his appetite and to ignore the why and whereof of diet.

"A calory," said Miss Cooper, "is a scientific name applied to a heat unit—a heat measure. You are all familiar with the common standards of measurements: inches, feet, pints and quarts, ounces and pounds. Of course, it is quite obvious that heat cannot be measured by its length or weight, hence it is plain that it must be measured by what it can do. So the calory as applied to food is the amount necessary to raise the temperature of a pound of water four degrees Fahrenheit. The calory differs in the various kinds of food according to the amount of water they contain. An ounce of starch has 116 calories in it, an ounce of bread has not so many because bread contains about 40 per cent. water. Fats and oils contain 264 calories to the ounce. An ounce of pecans contains 207 calories, while an ounce of buttermilk contains but 11 calories, and an ounce of grape juice 24 calories. An ounce of bouillon or beef tea has only 3 calories in it.

"In order to ascertain the number of calories in foods an instrument known as the calorimeter is used." Here the speaker produced the calorimeter used to test foods at

the Sanitarium, and explained its construction and the manner in which it was operated. The instrument resembled outwardly an ordinary household ice-cream freezer, but when taken apart it proved to be a much more intricate piece of mechanism, with two outer jars containing a dead air space between, before a can was reached which contained a definite quantity of water. Within the can, surrounded by the water, is the bomb—the part in which the material is burned or oxidized, the whole being set off by a charge from an electric battery.

The food to be tested must first be reduced to absolute dryness, then pulverized, and mixed with sodium peroxide to furnish oxygen to support the combustion. A thermometer extends down into the water and is watched each second during the operation, that note may be taken of the highest point reached.

By means of a chart Miss Cooper showed the division of the food into classes, explaining that the two main divisions consisted of the incombustibles and the combustibles. "In the caloric system," said she, "we only consider the combustible class because these alone are the heat producers. It is necessary to know something of these food principles in order to know their effect on the body. While

water has no food value it is an important element as a cleanser; and the mineral in water is necessary to keep up the alkalinity of the blood. The carbohydrates—the starches and sugars—are used as heat producers; they not only keep up the bodily temperature, but they are the source of our muscular energy—our ability to work. The average bodily temperature is 30 degrees greater than that of the heat in a room, and it stands to reason that the body needs considerable food to keep up this heat. If we each day consume food enough to give us 2,000 calories, enough heat will have been generated daily to raise the temperature of 5½ gallons of water from the freezing point to the boiling point. Fats and oils are the greatest heat producers we have.

"Our proteid foods are our sources of tissue builders—repair fuel. After they have served that purpose, are worn out as tissue builders they are made use of by the body as a fuel—the easiest way for the body to get rid of them. From both the financial and the standpoint of human economy, they are the most expensive food we use, as they leave a residue in the body, which is a waste, and must be carried off by the excretory organs."

While the cellulose foods were generally regarded as indigestible, the speaker said, there were exceptions among the tender, succulent vegetables, such as spinach and asparagus.

I.—Incombustibles (a) water; (b) mineral matter.

II.—Combustibles (a) heat givers; carbohydrates—Starch, sugar.

2—Acids.

3—Fats and oils.

b—Muscle formers and heat givers, proteid. Indigestible matter, cellulose.

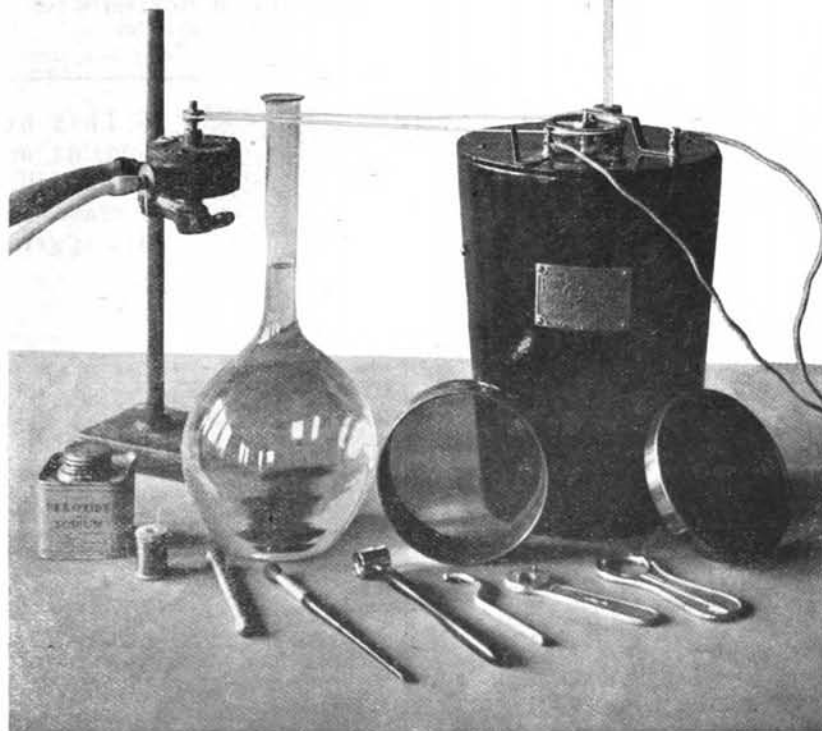
The portions of food as served on the Sanitarium table are equivalent to the amount of food required to make 100 calories.

The Foot Bath.

The water should be as hot as can be borne. Use 105 to 120 degrees. The temperature of the water can be gradually raised. The deeper the water the greater the effect. The leg bath is still more efficient than the foot bath, but not always so convenient as the hot foot bath, which may be taken in bed. If necessary, a fomentation may be applied to the feet, but the effect is not so good as that produced by the hot foot bath. It is an excellent means of relieving severe pain in the head, also ovarian and menstrual pains.

Resolutive Sitz.

With the feet in hot water, the patient sits in water at a temperature of 102 degrees and the temperature is gradually raised to 110°, 115°, or even 118°—as hot as can be borne. The skin should be well rubbed. After four or five minutes, the patient rises, and cold water is dashed over him. If cold water induces pain, the temperature is gradually lowered. In this case the patient remains from five to ten minutes longer in the bath, the moist surface being rubbed. This prevents chilling after the bath, and increases the permanency of the effect produced.



QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Can one substitute Irish potatoes entirely for bread when the latter disagrees with him?

A. Certainly he can, and in many cases with advantage. The potato is an excellent substitute for bread; especially is this true for diabetics. Persons suffering from diabetes, can not take very much bread.

Q. Is malt honey any better than bees' honey in cases of hyperpepsia?

A. Yes, it is a little better than bees' honey for the reason that it is not quite so sweet or stimulating to the peptic glands, and it is a natural food, not containing any of the special flavoring substances found in honey, and mixes better with other foodstuffs; nevertheless, bees' honey is good, and the difference between the two is not very great providing the taste is not a matter of any consequence.

Q. Which is more easily digested, rare or well-done beef?

A. The difference is not very great between rare and well done beef, but the difference between raw and well done beef is very large. If one is going to use meat, he should take it as the dogs take it; he should take it raw and should bolt it; and more than that, he should eat the bones as well as the meat. Man is the only meat-eater. The dogs and all carnivorous animals eat meat and bones.

Q. Is it possible for one to become nervous through environment and the body be in a healthy condition?

A. No, it is not possible, because the body would break down first. The nerves are part of the body and the brain is part of the body, and there must be some physical decadence before this disturbance of function will be manifested.

Q. Are cancers ever cured by the X-ray treatment?

A. Yes, skin cancers are almost always cured by it.

Q. When one has a change of sensation in his left leg, does this not indicate an organic disease of the spinal cord?

A. No; it more often is a symptom of simple neurasthenia—in nineteen cases out of twenty.

Q. Why is whole wheat bread counted 150 calories at breakfast and dinner and 75 at supper?

A. It is the serving. There is only half as much served at a supper portion as at dinner. It is only the quantity that differs.

Q. If cholera morbus and cholera infantum and kindred diseases are the result of auto-intoxication, how is it that they often become epidemic?

A. It is because the germ which produces them gets into the water supplies, gets into the milk, and so there is an epidemic of it, but the symptoms are due to auto-intoxication set up by germs growing in the intestine.

Q. Doesn't gas form on the stomach of a nervous person when it is empty?

A. Yes, it does sometimes, but in most of these cases the gas that rises from the stomach has been swallowed by this nervous person before. In nearly every case of this sort I have ever seen, I have found the patient has gotten somehow into the habit of swallowing air. If you have that feeling come on that you must raise gas from your stomach, it is simply a contraction of the diaphragm that pulls gas down into your stomach. Just keep your mouth wide open, take three or four deep breaths and be careful not to shut the teeth. It is a nervous trouble. Drinking a few sips of real hot water, taking a little peppermint, or a few drops of menthol in water will generally give temporary relief.

Q. Can a man live sixty days on peanuts and lemon-juice?

A. Certainly he can. There is no reason why he should not live for months on it. Peanuts have the full amount of proteid and enough fat, and the lemon-juice furnishes the raw foodstuff. A man could live on that diet very well, I should think, for a long time.

Q. What should be the treatment for one afflicted with rheumatic gout, and how long does it take to effect a cure if taken in the first stages?

A. The antitoxic treatment. Cut out the meats and all high proteids; cut the fats down to a low point, and make the diet consist chiefly of carbohydrates—with a little fat and low proteid.

Q. Please tell what rickets is and what causes it?

A. Autointoxication. We never made any progress at all in curing rickets until we found out it was really auto-intoxication from an excess of proteid or fat—poisons being absorbed from the intestine, and the nutrition of the body being effected in consequence.

Q. What is meant by tobacco heart, and what are the symptoms?

A. It is a heart that has been paralyzed by tobacco. A man who is a runner and is preparing for a running race, would not think of smoking. A man who is a professional sprinter, and who also smokes sometimes, I found smoking one day when he was talking with me about his exploits, and I said to him, "How in the world can you run when you smoke?" He replied, "Why, when I train, I never smoke. My heart gives out; I am short of breath; nobody can run when he smokes." He simply can not do it; he must throw it away; it cuts down his efficiency.

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The Week's Programme.

* * * * *

* Thursday—8 p. m. Stereopticon Lec-
* ture, Dr. J. H. Kellogg. *

* Friday—7 p. m., Gospel Song service. *

* Sabbath—Chapel service, 11 a. m., *

* Alonzo T. Jones; subject, "Christian *

* Unity"; evening, 8 p. m., Swanee Jubilee *

* Singers in Gymnasium. *

* Sunday—Everybody's Gospel meeting at *

* 3 p. m. Evening service, 7:30. *

* Monday—5 p. m., Miss Dancy, Demon- *

* stration lecture, subject, "Fever." *

* Wednesday—8 o'clock, Dr. Riley lectures. *

* * * * *

PERSONAL COLUMN

Mrs. Sallie Holmes of St. Louis is a guest at the Sanitarium.

Mr. and Mrs. H. H. Everard of Kalamazoo are guests at the Sanitarium this week.

Dr. and Mrs. M. A. Mortenson, Hubbard street, will entertain a party of friends Valentine eve.

Mr. M. E. Milner, a familiar guest at the Sanitarium, returned this week to his home in Chicago.

Mr. and Mrs. J. H. McGee of Baldwin, Miss., are among the recent arrivals at the Sanitarium.

The Rev. Dr. Chappell of Tokyo, Japan, who spent a few days at the Sanitarium the past week, left on Saturday.

Dr. Elizabeth Corwin of Corwin Sanitarium, N. Y., is a guest at the Sanitarium, resting from her professional duties.

Mrs. S. Lewis of Buckinghamshire, Eng., and sister, Mrs. Susanne Lewis of New Hampshire, are guests at the Sanitarium.

Mr. F. S. Terry, who has been spending the past fortnight at the Sanitarium returned the last of the week to New York.

The Rev. M. C. Wilcox of China left this week for a six weeks' sojourn in the east, after which he will return to the Sanitarium.

Mrs. Lizzie Krueger, a graduate nurse of New York, is spending the month at the Sanitarium with her sister, Mrs. Fred Berg.

Mrs. Abbie Clawson left this week for her home in West Virginia. She expects to return later, accompanied by Prof. Clawson.

Mr. W. N. Hartshorn of Boston, spent a few days the past week at the Sanitarium visiting his daughter, who is improving in health.

The following missionaries were guests at the Sanitarium during the recent missionary convention of the Kalamazoo district: the Rev. L. E. Linzell of India, Dr. D. W. Nichols of China, and the Rev. Dr. Chappell of the M. E. college, Tokyo, Japan, also Chen Wei Cheng of China. On Sunday afternoon at 5 o'clock the Rev. Dr. Linzell addressed the Medical Missionary students in South hall.

Mr. F. W. Baumhoff, editor of the *National Home Journal*, with his three sons, visited Mrs. Baumhoff the past week. They returned to St. Louis the first of the week.

A meeting of the Battle Creek Anti-Tuberculosis society was held at the Sanitarium Tuesday night, at which time Dr. A. S. Kimball was elected delegate to the convention of the state society to be held in Detroit, Feb. 21. At a subsequent meeting of the local society plans will be made for a permanent organization, which will conform to and affiliate with the state body.

List of Arrivals.

W. P. Robinson, Ind.; J. A. Bloyd, W. Va.; W. C. Wilcox, Ia.; Curtis A. Wood, Ill.; John H. Master, Mich.; Mrs. A. J. Pedsvia, W. N. Hartshorn, Boston; Hazel Cardwell, L. W. Glocke, Ind.; L. E. Linzell, O.; Don W. Nichols, Ind.; W. Fred Lewis, N. H.; H. A. Winter, La.; Mr. and Mrs. Walton W. Thorp, S. D.; W. H. Demont, O.; J. E. Glass, Minn.; C. D. Glass, Minn.; O. B. Potter, Ind.; E. C. Kleffman, Minn.; Mr. and Mrs. Louis C. Jones, Conn.; Mrs. John A. Reawan, Ill.; H. P. Mantz, St. Louis; L. A. Goeke, Ind.; Mrs. D. A. Stratton, Mich.; Miss Anna E. Tabor, Mich.; C. F. Wajker, O.; Mr. and Mrs. L. P. Sawyer, O.; Loren Bushnell, N. Y.; Mrs. C. W. Markel, Mrs. W. S. Kaffer and child, N. Y.; Miss F. Taylor, Mich.; Mr. and Mrs. J. M. Willard, Cal.; Earl B. Davis, Mass.; H. P. Cook, O.; Louis Bach, Mich.; Miss Lillian H. Kertey, Mich.; C. E. Howland, O.; Ralph Hollinger, O.; Mrs. H. M. Hollinger, O.; A. W. Lisk, Md.; W. J. Daly, Ala.; John F. Daly, Ala.; M. A. Cranmer, Pa.; W. S. Kupfer, New York; Mrs. I. V. Smith, Ind.; E. D. Smith, Ind.; Mrs. C. P. Buck, Mich.; Mrs. N. M. Young, N. D.; J. O. Humphrey, Mrs. Humphrey, Ore.; Mrs. McLuree, Mich.; Samuel Silverman, Ind.; J. G. Boess, Wis.; R. Jefferson, Minn.; W. C. McKechine, Ore.; A. F. Harris, O.; Claire Smith, O.; F. L. Brown, O.; W. E. Hopkins, Ill.; J. Mannheim, Wash.; J. N. Hahn, O.; J. Bonn, O.; Marguerite Knowlton, Mich.; Mrs. Otto Price, Ill.; Mrs. Aden Knoph, L. R. Dronberger, Mansfield; M. E. Milner, Ill.; Miss Lizzie Krueger, N. Y.; O. H. Munro, N. Y.; Robert J. Dubuque, N. Y.; A. L. Spearn, Tenn.

NEWS NOTES

Miss Taber of Detroit, a graduate nurse of the Sanitarium, accompanied a patient to the Sanitarium the past week, and remained a couple of days visiting old friends.

On Wednesdays hereafter the Nurses' morning worship will be held in the parlor at 7:20 in the morning, in connection with that of the patients. The first meeting was held this week and was well attended.

A Helpers' Cooking class was organized Wednesday night with a large membership. The class will meet Tuesday and Thursday evenings in the Cooking school and pursue a ten weeks' course in general cookery, under the instruction of Miss Lenna Cooper.

The last of the Domestic Science class Monday luncheons was given Monday, Misses Reese, Hoxsie and Wallace acting as hostess, cook and maid, respectively. Covers were laid for six and a dainty luncheon was served, the guests carrying away beautiful Golden Gate roses as souvenirs.

Miss Virginia Ferguson and Miss C. Montgomery have gone to their homes, Buffton, Ind., to spend a week's vacation.

Graduate nurses of the Battle Creek Sanitarium residing or working in California, be glad to hear that at a recent meeting of the council of the California State Nurses Association, it was decided to admit to membership Battle Creek Sanitarium nurses.

Plans are being made for the first meeting of the Nurses' Alumni association. The affair will be in the nature of a function, which the following committee have charge: Mrs. Clements, Mrs. Tyrell, Alfred Steinel, Mrs. Mornan, Miss Clara Dancy.

A surprise party was given Thursday evening on Mr. and Mrs. W. M. Wentworth at the home of Mr. and Mrs. Alfred S. Manchester street. The guests included business office staff and personal friends. Mr. and Mrs. Wentworth, who were glad to have that opportunity of wishing the pleasant journey. They left Sunday for California, Mrs. Wentworth's former home.

From first to last a man should maintain his character and in all things be consistent. Horace.

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THE BATTLE CREEK IDEA

VOL. 1, No. 11.

BATTLE CREEK, MICH., FEBRUARY 20, 1908.

PRICE, 2 CENTS.

THE LIVER AND ITS DIVERSE FUNCTIONS

Dr. Kellogg Gives Stereopticon Lecture on This Organ in Sanitarium Parlor.

THE EVILS OF NICOTINE.

The liver and its various functions and what menace them, was the topic of an interesting stereopticon lecture given Thursday night by Dr. Kellogg before a large number of Sanitarium guests. Colored plates were used to illustrate the talk, which added greatly to its instructive value.

"I am to talk tonight," said he, "about a subject which lies very near the heart—the liver. There is just the thin, muscular diaphragm between the heart and the liver. But the liver is near the heart in other ways besides its location. The liver is close to the heart in relation to the condition of the blood. It is the function of the heart to circulate the blood, and it is the duty of the liver to purify the blood. When the blood becomes impure so that the heart is circulating impure blood, the heart itself becomes paralyzed, even by the contact with this impure blood; and not only this, but the arteries are hardened and degenerated, and become obstructed, just as water pipes become obstructed by the accumulation of sediment on the inside of a pipe, because of the impurity of the blood, and when the heart has to pump this blood through these obstructed ducts, it very soon wears out its energy..

"It is a common thing to find here in this institution people who have overworked, enfeebled, worn-out hearts. Suppose the heart is working hard at a blood pressure of 220, for example. The normal blood pressure is about half that—110. When the heart is doing twice the work it ought to do, of course it must wear out at an early date. So if you have a blood pressure away up to 150, 160, 170, 180, you must not be content a minute until that blood pressure has come down to somewhere near the normal. One hundred and forty-five is the danger line. When you get beyond that, you are in a dangerous condition. When your blood-pressure gets up to 300, I tell you it is time to make arrangements for closing up your affairs unless you can bring that pressure down. The liver is on the right side of the body, and it lies right up under the ribs of the right side. When it comes down below the ribs, it is either a floating liver or is enlarged.

"As I said, it is the function of the liver to purify the blood. The blood comes into the liver looking blue, very dense and impure, and in the liver it undergoes purification. It does not become red from the liver, for it does not absorb oxygen there, but it is purified, and is carried to the heart. There are lymphatics in the liver, there are arteries in the liver, there are

NAMES FAMILIAR IN HEALTH CIRCLES



DR. RUSSELL H. CHITTENDEN.

Dr. Russell Henry Chittenden, the eminent physiologist and authority on diet, has been considered one of the best students of his branch of knowledge in the world. Dr. Chittenden was born in New Haven, Conn., on Feb. 18, 1856. He graduated at Yale in 1875 and later studied at the University of Heidelberg, going there in 1873. He was appointed to a professorship at Yale in 1898. He married Miss Gertrude L. Baldwin.

FEVERS; THEIR TREATMENT

Miss Dancy Demonstrates Hydratic Methods for Typhoid Fever.

Fevers, what they are, and how to treat them by hydratic methods, formed the subject of a demonstration lecture, given in the parlor Monday afternoon by Miss Charlotte Dancy, assistant superintendent of the Nurses' Training School, formerly with the Johns-Hopkins Training School. The speaker demonstrated the application of the wet sheet pack before her audience and gave many practical suggestions for the care of typhoid patients.

Fever, she said, was an effort on the part of the body to burn up the poisons that had accumulated there. It was a beneficent measure unless it got beyond control and destroyed the tissues. "In dealing with fever," said she, "we do not try to stop it, to do away with it, but merely to keep it within bounds. For instance, if we can keep control of typhoid fever the first week, we can be sure of having it within bounds for the entire three weeks. The call—the demand for fever is due to a definite cause—in most instances the cause is germ life. Typhoid is due to toxic poisons—germs growing in certain glands in the small intestine. In their growing the germs generate poisons and they, getting into the blood current, poison the body.

EXERCISE AND REST

Dr. Riley Tells of Their Remedial Effect and Their Place on Sanitarium Daily Programme.

Dr. W. H. Riley, in his Wednesday evening lecture, continued his explanation and discussion of the Sanitarium daily programme, dwelling more especially on the relation of exercise and rest to the systematic upbuilding of health as employed at the Sanitarium. He said in part as follows "This evening I desire to continue my remarks upon the daily programme which you have outlined for you here at the Sanitarium. One week ago, while considering this same subject, we dwelt more particularly upon the short cold bath—its effects upon the body and its different uses as a remedial and therapeutical agent. I also told you something about the effects of the neutral bath and the warm baths and hot baths. This evening I desire to consider for a short time *Exercise and Rest* as remedial agents. These measures form an important part of the Sanitarium daily program.

"Physical exercise has long been recognized as an important measure in maintaining and regaining health, and at the present time we have a great many different so-called systems and methods of taking physical exercises. Here at the Sanitarium we first, as you know, take the strength test of the various groups of muscles of the body for the purpose of ascertaining their ability and capacity for doing muscular work. This, as most of you know, is taken by an instrument which we call here the Universal Dynamometer. This instrument was invented several years ago by Dr. J. H. Kellogg of the Battle Creek Sanitarium, and has been in use in the Sanitarium for many years, and is also used in many of the leading universities of the United States. This instrument furnishes means by which the strength of the different muscles of the body may be accurately measured. There are other dynamometers on the market and in use in medical practice. Most of these other instruments, however, are capable of testing the strength of but a few muscles like the grip of the hand, or the ability to lift, etc. The Universal Dynamometer, above referred to, is superior to these others, in that it is capable of testing all of the different muscles of the body. After having your strength tested and a chart made out showing the strength of the various muscles of the body, and after having the measurements taken of the different parts of the body, such as the arms, legs, chest, trunk, etc., the physician is then prepared to make out an exercise prescription based upon the condition of the muscles, as the result of the above mentioned test.

"We advise out-of-door exercise and indoor exercise in the gymnasium; both have their special value. The exercise prescription which is given by the physician is such as meets the needs of the body. If a group of muscles is found weak by the test above mentioned, then this particular group is exercised more than other muscles, for the pur-

(Continued on Page 3.)

(Continued on Page 7.)

pose of increasing the strength of these weak muscles. Here at the Sanitarium we have all sorts of machines, pulley weights, chest weights, etc., for the purpose of exercising all of the different muscles of the body. In taking exercise the clothing should be loose, there should be no constricting bands about the waist or chest or any part of the body. In taking the exercise one should take care to practice deep breathing and to take plenty of air into the lungs. The exercise, as you know, is recommended to be taken at different times of the day, and not all at one time, and for this reason we have various classes distributed throughout the day, and there are special exercises which are taken at different times in the gymnasium. The exercises should be adapted to the needs of the individual. A person who is weak, of course, cannot take as vigorous exercise as one who is strong.

"A very important fact in regard to the benefits of exercise is that the exercise should be taken regularly and daily. The man who exercises excessively today and then takes no more exercise for a week is probably not doing himself very much good by this method of exercising. Exercise like food should be taken regularly and daily, and should be gradually increased up to a certain amount as the muscles of the body increase in strength and in their capacity for doing work. One very important fact that I hope I shall be able to impress upon you in my talk this evening, is that exercise properly taken is a curative measure and it will often accomplish more in diseased conditions than many drugs in which so much dependence is put and from which so much is expected.

"Let us notice the different changes which are brought about in the body by physical exercise. All forms of physical exercise increase the force of the heart beat and increase the rate of the heart beat and increase the circulation of the blood through the different parts of the body. Exercise also increases blood pressure, and this in a person with healthy and normal blood vessels, means that blood is circulating more rapidly. When one begins to perspire from exercise then the blood pressure may be diminished somewhat. Exercise also increases the activity of the respiratory muscles; increases the amount of air taken into the lungs and also the amount of oxygen taken into the lungs. It also increases the amount of oxygen which is absorbed into the blood. You all know that the blood is red in color—a bright scarlet color. This is the color of the blood in the arteries after it has come in contact with the oxygen in the air and has absorbed a part of this oxygen. The blood in the veins is a purplish color, due to the absence of oxygen. Exercise increases the amount of oxygen in the blood. It also increases what we call the oxidation in the body.

"When one exercises they use up energy. This energy must come from somewhere. The source of this energy is in the burning up process which goes on in the body; that is, the union of oxygen on the one hand with the food elements on the other. When one takes plenty of exercise this burning up process, or oxidation, as we call it, is increased in the various parts of the body. During exercise also the amount of carbonic acid gas given off from the body is increased. This leaves the body through the lungs and is really a waste product which is formed in the tissues as a result of the increased exercise. Exercise increases the appetite, increases the secretion of gastric juice in the stomach, increases muscular contraction of the walls of the stomach and intestines, increases the eliminative

activity of the skin, and also increases the activity of the kidneys. Any poisons which are apt to accumulate in the body, especially in those subjected to a sedentary life, may be burned up and eliminated very much more effectively as the result of proper exercise.

"The foul breath which is often troublesome to many people is often caused by the absorption of poisons from the intestinal tract. These poisons enter the blood in a gaseous form and are eliminated by the lungs in a gaseous form, giving a bad odor to the breath. This can be overcome by first giving proper attention to the bowels, seeing that the bowels are properly emptied every day, and also by exercise which greatly facilitates the elimination of these noxious gases through the lungs. It is often observed that a foul breath can be relieved by a brisk walk out in the open, fresh air. During the walk the elimination through the lungs is increased and the foul gases which are responsible for the bad odor in the breath are completely eliminated from the body, and the bad breath disappears.

"One who has strong, vigorous, hard muscles has laid up for himself a bank account of health upon which he may draw in times of need when sickness may attack him. A man who has hard, strong muscles and a good, strong, vigorous heart and is in good physical condition generally, is in very much better condition to withstand an attack of typhoid fever or any disease than a man whose muscles are soft and flabby, and weak and whose vitality is below par. Exercise enables one to maintain his bank account of health and in this way protect himself against diseases that may attack the body.

"The exercise should be taken intelligently and carefully and never should be carried to the point of excessive fatigue. When one finds himself becoming tired or exhausted, or finds that there is a tremor developing in the hands or in any part of the body, it is a good plan to stop and rest for a time, or even to let up on the exercise and take less, but it is seldom necessary to stop the exercises entirely on account of these symptoms and sensations. All that is needed is to decrease the exercise for a time until the body has time to rest and adjust itself to the new conditions which have come as the result of taking more exercise.

"I would advise you all to follow your exercise prescriptions carefully; to take the exercises with the same interest and care that you would take medicine or treatment, or any other prescription that is given for the improvement of health. Exercise taken in this way will certainly do very much good and much more good than if taken in a haphazard, reckless sort of a way. Any unpleasant symptoms that you may feel or discover as the result of exercise should be reported to your physician, and the exercise prescription then may be readjusted to your needs. I hope you will all follow up carefully your exercise prescriptions, and get all the good you can out of it while you are here at the Sanitarium."

(TO BE CONCLUDED NEXT WEEK.)

Thought.

Thoughts do not need the wings of birds
To fly to any goal;
Like subtle lightnings, not like birds,
They speed from goal to goal.

Hide in your heart a bitter thought,
Still it has power to blight;
Think love, and though you speak it not—
It gives the world more light.

—Ella Wheeler Wilcox.

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to diet and health topics.

Q. What is the best way of curing a cold and every kind of cold? Also grip?

A. Just stop eating, and drink a glass of hot water every hour; that is the best and quickest way out of it.

Q. What is the difference between a cold and the grip?

A. It is simply a difference in the germ. One germ is a germ we find on the skin everywhere, and all the time, a mild kind of enemy; but the grip germ is a Russian germ that starts out on a tramp around the world. There seem to be three or four of them associated together, Russian nihilists, that go out and travel around the world, reach a locality about once in so often, and make havoc. It is a peculiar sort of germ similar to the colon germ, the ordinary influenza germ, but a little more virulent.

Q. I weigh 121 lbs. and am 5 ft and 3 inches in height. My trouble is nervousness and hypopoeisia. What proportion of proteins, fats and carbohydrates should I eat? As what articles of food should I eat and how much flesh should I put on?

A. The nervousness, which is auto-intoxication, and the hypopoeisia often go together. Now, this patient is just one inch taller than I am, and the proportion I eat is about 120 calories of proteins, and about 20 of fats, perhaps 600 sometimes, and balance carbohydrates. Persons with different appetites will differ, will take somewhere from 120 to 150 or 160 calories of proteins, which is the most important element; carbohydrates and fats are not so important. You may divide those to suit your taste, but the proteins must be kept low because these putrefactive germs live on proteins, and not on fats or carbohydrates.

Q. Is cream of tartar water good for rheumatism?

A. No.

Q. What is the best method of maintaining the alkalinity of the blood?

A. A diet of nuts, fruits, and fresh vegetables encourage the alkalinity of the blood. An exclusively cereal diet does not encourage alkalinity, has the opposite effect, because there is an excess of acid in cereals, so one should never live upon a cereal diet. One should never try to live for any length of time on a cooked diet. We must take some raw food at every meal, because in raw food there is something the body needs which is destroyed by cooking. It is not salt that makes scurvy; it is not the absence of lime that makes rickets in children, but it is the absence of some subtle influence which is found in raw foods and which is not found in ordinary cooked food. That does not mean that one should live upon raw potatoes, or raw carrots, or raw wheat, oatmeal and such stuff which was never intended for human beings to eat at all; but it means we should make use of fruits and nuts, particularly fruits. Fruits and nuts, cooked in the suni all ready for use by the body, furnished at the hand of Nature, are our most natural dietary.

THE LIVER AND ITS FUNCTIONS

(Continued From Page 1.)

As there, and bile ducts—four different channels in the liver. The liver has passages than any other organ in the body. But it is the cells of the liver that carry on the work of purification. As the blood comes into the liver with its load of impurities, these little cells, these living creatures, as they really are, take out the impurities and pass them over to the bile ducts to be carried off outside the body and discharged. This is a wonderful process that goes on in the liver, but it is only one; for the liver has a great variety of functions. One of its function is to take out the impurities from the blood; another part of its function is to destroy these impurities; another of its function is to arrest germs, take them out of the blood, pass them off down into the bile. So the liver is hard at work the while, protecting the body against every sort of enemy that can enter it through the blood. Metallic poisons are in this way detected by the liver, and even stored up in the liver itself. When one drinks water that has through a lead pipe so that it contains a large amount of that lead, the liver take out the lead and stores it up in itself. When one is taking arsenic, for instance, the liver stores up that arsenic. If one is taking blue pills, or mercury in any form regularly, the liver stores that up regularly to keep it from getting into the body, and so long as it can do that the body is protected, but when it is loaded up, then comes ulcer of the gums, and salivation.

"There is another thing the liver does, and that is to destroy the dead cells of the body. The blood cells live about six weeks in the body. At the end of six weeks, they are all dead. They are dying all the time at the rate of eight millions a second; and a part of the duty of the liver is to capture these dead cells and destroy them, to put them through a rendering process, utilizing the various elements which compose these red cells for useful purposes in the body. The alkali is used for making bile, and the coloring material is used for tinting the hair and for painting the dark chamber in the eye to keep up the photographic process which is constantly going on there. So the liver has more different kinds of work to do than any other organ in the body. If it were not for the work of the liver, one could not live more than a day or two. An animal may live two days and a half when it has lost its kidneys, but it can't live more than a day and a half after losing the liver. A German surgeon some time ago opened a rabbit's body, cut off half the liver. Three or four months afterwards he opened up the rabbit again and found that the liver had grown up to its original dimensions. He cut off the other half. At the end of three months, he opened it up again and that the liver had grown up to its original dimensions. He cut off the other half. At the end of three months, he opened it up again and that the liver had grown on the other half; so that the rabbit had a brand new liver. Now, that is what some of you need very much, and I am glad to tell you that is just what you are getting. Livers can be reconstructed. It is not all the organs of the body, the one that can undergo this reconstructive process most readily and thoroughly. If it were not for that fact, my friends, there would not be much hope for some of you who smoke and chew tobacco, perhaps use beer and whiskey and have taken a great deal of strong tea, coffee,

mustard, pepper, peppercorn, ginger,—no end of beefsteaks and things of that sort, which are nearly as bad. The worn-out liver can be reconstructed, can actually be reproduced, because it has that wonderful reproductive power in itself that very few organs of the body have.

"There is a side-show in connection with the circulation of the blood, and the organs composing this side-show are the spleen, the pancreas, the stomach, the intestines and the lymphatic glands. These organs all receive blood the same as the rest of the body does, but separately, and this blood is all gathered up into a large vein. It does not go straight back to the heart as the blood from the rest of the body does, but it goes into this large vein, called the portal vein, and the blood from this portal vein goes through the liver before it is brought back to the heart. It is all filtered through the liver first; so there is provision made, you see, to protect man against himself, partly. This protection is a very wonderful provision. What goes into the stomach does not go straight into the blood. If it did, we might die right off the first time we drank a cup of tea.

"When a man eats beefsteak which has a lot of ptomaines, toxins and other poisons in it, resulting from putrefaction, these poisons all go through the liver before they get into the general circulation, so the liver has a chance to act upon them. That is the reason why the liver is so important an organ. It stands between the man who eats unwholesomely and death. It detains these poisons and pours them out through the bowels; so they escape from the body; or else it retains them in itself, and in some cases it destroys the poisons. A hypodermic dose of morphia or any other poison is just half the dose of the same poison taken by mouth. You can readily see the reason for that; for if a man is taking a great deal of medicine, Hostetter's Bitters, for instance, or Pe-run-na, or some other medicine, by the dozen bottles, as many people are, he is imposing upon his liver a great amount of work. All these poisons have to be filtered out through the liver, and by and by the liver gets worn out, used up, with the hard work that is imposed upon it. This is particularly true of the man who makes use of tobacco.

"When the liver loses its function, loses its power to destroy these poisons, they accumulate in the blood and paralyze these blood vessels; and among the things which paralyze the blood more quickly than anything else, are alcohol and nicotine, particularly nicotine.

"Nicotine is even more active in paralyzing the white blood cells than alcohol. Nicotine is extremely deadly, and the consequence is that when a man smokes he is far more liable to disease than when he does not smoke. Some years ago when I was a member of the state board of health, I went once every three months to attend a meeting of the board, and we had one member who smoked a good deal. He came into the office one day and apologized—I knew he always felt guilty about it, for he was a doctor who knew better than to smoke. He said, 'I wish to say as my apology for smoking that this morning I passed a house with a red flag out, and I think they have small-pox there, and I am fumigating for small-pox.' Of course, the doctor was facetious in that, he was not in earnest, for no amount of smoking would do him any good, and he knew it, but there is a popular idea that smoking is a protective measure. Some people have the idea that tobacco preserves the teeth, prevents sore throat and other things of that sort. But it has the very

opposite effect. Once a pigeon was inoculated with certain germs, and they had no effect upon it at all. Then the pigeon was inoculated with a very small dose of nicotine, and inoculated again with the same germs which had had no effect upon it before, and it died very shortly with a disease peculiar to those germs.

"What does the tobacco plant grow for? To supply food for tobacco worms. It has its useful place in the world, but never was intended to be chewed or smoked by human beings."

God of the Open Air.

Thou who hast made thy dwelling fair
With flowers beneath, above with starry
lights,
And set thine altars everywhere—
On mountain heights,
In woodlands dim with many a dream,
In valleys bright with springs,
And on the curving capes of every stream.
Thou who hast taken to thyself the wings
Of morning to abide.

Opon the secret places of the sea,
And on far islands, where the tide
Visits the beauty of untrodden shores,
Waiting for worshipers to come to thee
In thy great out-of-doors!
To thee I turn, to thee I make my prayer,
God of the open air.

—Henry Van Dyke.

FORCED SALE OF WATCHES

We are making the following prices on high grade watches for a few days; a rare chance for you

0 Size, 20 year gold case, American guaranteed movement	\$6.50
0 Size, 20 year gold case, Elgin or Waltham guaranteed movement 10.00	
6 Size, 20 year Dueber gold case, Elgin or Waltham movement.....	8.75
12 Size, 20 year Dueber gold case, Elgin or Waltham movement.....	7.95
16 Size, 20 year Dueber gold case, Elgin or Waltham movement.....	9.00
18 Size, 20 year Dueber gold case, Elgin or Waltham movement.....	8.00

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THE BATTLE CREEK IDEA

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DIRTY LUNGS.

"The cities are the graveyards of country people and the vitality of the race is only kept up by the fact that more than half the population lives in the country. I advise any of you who live in the country to stay there and those of you who live in the city get into the country as quickly as you can." This terse bit of advice dropped from Dr. Kellogg on his return from a recent visit to New York, where he was impressed anew with disadvantages of the city life as regards health and enjoyment.

"One realizes after a visit to a city," said he, "what a wonderful thing it is to have clean air to breathe. One has to wash his hands about every fifteen minutes in the city, and when he realizes that what is soiling his hands is going into his lungs and depositing filth there, he does not wonder that the death rate in the city is double what it is in the country. If the cities were not chiefly reinforced by healthy, vigorous constitutions from the country the people would soon run out."

The London Globe has recently taken occasion to comment facetiously on New York lungs, declaring that "those New Yorkers who have lately read of the 'blue-lunged Londoners' with that comfortable shudder induced by the unhappy lot of somebody else, would be given a real fit of ague if they could see their own lungs."

While admitting that perhaps they are not as grimy as those of London it declares the New York organs of respiration are sufficiently infiltrated with dirt to present a very disreputable appearance. "Probably," it adds, "there isn't one pair of lungs out of a hundred on Manhattan Island that wouldn't, if such a thing were possible, be sent off to the cleaners in a hurry as soon as an ordinarily good housekeeper got sight of them."

It is not alone the smoke that is responsible for the change of hue of these delicate organs, but the great quantities of city dust, that gets past the nasal filter and changes the rosy hue to one of dinginess. Obviously, it does not stop there in its effect, for while it may not actually cause disease there is little doubt but that the person possessed of dust-clogged lungs is more susceptible to disease, his resistance is reduced and his chances for recovery should he be attacked, lessened in a large degree.

EDUCATION AND DISEASE.

The provincial board of health of Ontario, Canada, has prepared six recommendations to the government for the control of tuberculosis. Eleven per cent of all the deaths in the province are caused by consumption and in the past ten years the total deaths from tuberculosis has been 30,500. An act for the administrative control of the disease has been introduced and the following are the recommendations of the committee:

"Compulsory notification of all cases of tuberculosis occurring within the province.

"The care, necessary control and nursing of those who have not the means to provide such for themselves.

"Enforced disinfection of premises in every case on the removal, recovery, or death of the subjects of the disease.

"Supervision of the home treatment of such cases by specially trained nurses connected with local boards of health, which would attend to the proper carrying out of precautionary measures under the advice and direction of attending physicians where such are employed.

"Practical measures for the education of the people, and more especially the subjects of the disease, with a view to their own safety and that of their families and the public generally.

"Legislation encouraging the establishment and maintenance of district sanatoria, with such equitable adjustment of the cost in connection therewith as will encourage immediate action being taken."

Quite the most important of the half dozen recommendations is that relating to the education of the people. Ignorance has in the past been the chief cause of the spread of the "Great White Plague." When the public is educated along the lines of prevention, is taught the value of fresh air and sunshine—both enemies to the tuberculosis germ, there will be a noticeable falling off in the number of cases. The work is along similar lines to that being planned by the Michigan Anti-tuberculosis crusade, active work in which will be begun with the organization of a state association in Detroit. Feb. 21. The state association will affiliate with the national association and through the seventy sub-committees formed throughout the towns and cities of the state, a crusade in the form of educational literature, lectures, exhibits and legislation will be begun.

Cracked Teacups Barred.

To protect guests against the possibility of tuberculosis infection and to gratify their aesthetic tastes the Oklahoma house of representatives recently passed a sweeping bill regulating hotels. The measure provides that every hotel shall furnish sheets nine feet long, which will keep all other bed clothing from contact with the sleeper. This is sanitary.

The measure further insists that hotels shall use "no cup, dish, vessel or receptacle for food that has cracks visible to the naked eye." This insures a crockery display that is re-
 puseful to the eye.

The most wasteful thing in this world is selfish economy.

The soul is that which simply sees the supreme and sublime.

HEALTH TOAST CONTEST

Beginning with last week's issue and extending until March 31, THE BATTLE CREEK IDEA will hold a Health Toast Contest, which every reader may participate. The are scores of readers at the Sanitarium at elsewhere who are clever with their pen: can doubtless contribute greatly to the interest this feature should arouse. Toasts may be in verse or in prose. Poetic ability by no means needful.

The toasts received will be printed in department. Space will not permit of printing them all, and those that appear need necessarily be the very best that have been received up to that time. The editor will use his own discretion entirely about printing, withholding the prize winning contributions.

Five prizes will be offered for the best toasts, namely:

First Prize—One "Art of Living" Long by Louis Cornaro, value \$1.50.

Second Prize—A year's subscription to THE BATTLE CREEK IDEA and Good Health.

Third, Fourth and Fifth Prizes, each—yearly subscription to THE BATTLE CREEK IDEA. Prize winners will be announced in issue for April 2.

Address all contributions to EDITOR BATTLE CREEK IDEA, The Sanitarium, Battle Creek Mich.

Here's to Health! The thing you are born with and the thing you generally die for lack of. The thing which is more eagerly pursued than gold itself, by those who have it, and the thing which if once possessed makes a man richer than half the crowned heads of multimillionaires of the world.—Protose.

The little man was very ill,
When in came Doctor Sense,
With beaming face and laughing eye.
(His learning was immense).
"I beg you, eat no more of meat,
But pease and spinach fine,
Use protose, nuts and yogurt, too.
Cut out the drugs and wine."
—C. M. Hazely

Diet for Endurance.

Dr. Harvey W. Wiley, chief of the United States Government Chemistry Bureau, says: "The opinion that particular foods nourish particular parts of the body is quite erroneous. 'Nerve and brain foods' are advertised, but they are all nonsense. I think we eat too much meat for health. The cereal-eating nations of the world can endure more physical toil than the meat-eating nations. You can tire out a Japanese, who eats rice. He will draw you all around town on a pound of rice and be as fresh at the close of the day as when he started. You could not do that on a pound of meat to save your life."

A Day at a Time.

One day at a time! 'Tis the whole of life:
All sorrow, all joy, are measured therein.
The bound of our purpose, our noblest strain,
The one only countersign sure to win!
One day at a time!
It's a wholesome rime!
A good one to live by,
A day at a time.
—Helen Hunt Jackson.

THE DEVELOPMENT OF NEW HEALTH DISHES

The Experiment Kitchen and What Has Been Done There.

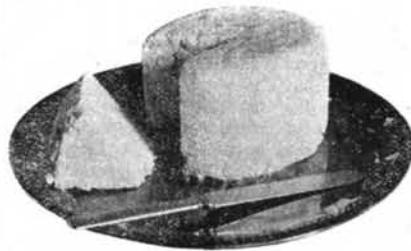
"It's new—absolutely, and delicious," chirped a bright-eyed little woman at the Sanitarium the other day, in a confidential chat over her menu with her table neighbor. Immediately Mrs. Neighbor checked off the new concoction and awaited its arrival from the serving room with apparent eagerness.

It is such little episodes as these that bring the glint of satisfaction to the eyes of Miss Clara Lambert, who reigns supreme down in the tiny experiment kitchen, just off the cooking school. This experiment kitchen is a comparative innovation—the kitchen, not the experiments—for the latter are responsible for nearly every article of food that appears on the varied Sanitarium menu, wrought out with infinite patience on the part of Miss Lambert, Miss Cooper and a score of their predecessors, including the indefatigable Mrs. Kellogg herself, whose devotion to this particular branch of the Sanitarium's upbuilding is particularly well known.

The kitchen is as compact and snug as a ship captain's cabin. Lighted by one large window and well ventilated, not a foot of superfluous space is to be found to increase the labor of the worker. All within the reach of one pair of hands are the white porcelain sink, the gas range, the table and dish drain, while a cabinet holds every possible utensil for the convenience of the cook.

From here emanate all the innovations that appear on the menu upstairs and many more that are placed at the disposal of the domestic science class. New recipes are worked out

batting various maladies. Its wonderful value as a means of preventing auto-intoxication and resulting diseases is well known in the scientific world, but the "starter" brought back by Dr. Kellogg was the first to be brought to this country. While it is used in various forms as milk and whey and in capsules, the experiment kitchen is responsible for the evolution of its most popular form—the cheese. Made from rich pasteurized milk, by rapid process, so as to avoid all decomposition, it is inoculated with the germs which gives it the power to fight off all ptomaine producing germs, and also gives it its peculiarly piquant flavor.



YOGURT CHEESE.

Another experiment has solved the baking powder problem by means of a combination which produces carbon-dioxide and salt as a residue, a distinct advantage over the residue left in the body by baking-powder, which is practically Rochelle salts.

Fancy dishes for the table, useful for elaborate luncheons or dinners, are often evolved here in this kitchen. One of the most recent turned out a "perfect picture," such as delight the heart of a cook the world over, and is called a "Box of Chestnuts." A loaf of bread was trimmed and hollowed out and filled with boiled chestnuts in cream sauce, as shown in the picture. Many attractive dishes are also worked out in the cooking school—which is, as Mr. Kipling says, "another story," and one which will appear in a subsequent number.

Bleached Flour Warning.

Having investigated carefully the subject of flour bleaching as now generally practiced, and having become convinced that the said process of bleaching results in the production of a product prejudicial to the health and best interests of the consuming public, therefore,

On and after Oct. 1, 1907, the sale of bleached flour containing any residue of nitrogen absorption, addition, or substitution products, and intended for consumption within the State of North Dakota, is declared to be in violation of the food law of the State.

All other flour bleached by any chemical process or agent, and containing no added residual products, shall on and after the said date be labeled as "Bleached," and in type uniform in size with the name of the brand or producer of the flour.

All flours or other food products shall be truthfully labeled with regard to net weight, the true grade and the name of the real manufacturer or jobber.

Nothing in this order shall be construed as in any way prohibiting or restricting the use of bleaching agents in flour and milling products to be shipped out of the State.

E. F. LADD,

Food Commissioner, North Dakota.

The Father never drove any into the far country.

A man's confidence in goodness is usually dependent on his own reserves of it.

A Health Newspaper

That's what THE BATTLE CREEK IDEA is.

It is a live weekly paper, under the editorship of trained newspaper workers, designed primarily to cover the scope of the Battle Creek Sanitarium movement, and secondarily, the entire health field.

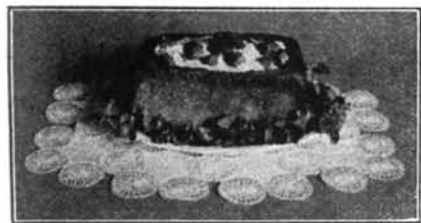
It comprises an invaluable review of Sanitarium happenings for guests and patients, serving to keep them informed of those doings that they are not able personally to witness, and as a cheerful and helpful reminder of those things that have both been seen and heard.

It is like a letter from home to Sanitarium guests after the conclusion of their visit, bringing the gist of the institution's happenings to them every week. While to the general health seeker or physical culturist, the news of the whole busy world along health lines is gathered and condensed in THE BATTLE CREEK IDEA as in no other publication.

The paper is issued every Thursday. Its price is 2 cents per copy. Delivered by carrier or sent by mail postpaid 2 any address in the World (Foreign postage extra).

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Six Months	-	-	.50
Three Months	-	-	.25
Per Issue	-	-	.02

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GOOD HEALTH PUBLISHING CO.
Battle Creek, Mich.



A BOX OF CHESTNUTS.

and dainty combinations new to the palate are the result. Sometimes it is a soup, sometimes a new salad, again it is a palatable dessert—and always it is a success—else it doesn't dare to poke its disgraced head outside of the experiment kitchen. It simply drops back into "innocuous desuetude," and is never blazoned forth on the Sanitarium menu. But these are few and not worth the considering—except as they are of educative value to the experimenters.

One of the most interesting experiments that have been made within the past few months is that of the manufacture of Yogurt cheese—that delicious cream health cheese which has such an interesting history. The lacto-bacilline, or "starter," was brought back by Dr. Kellogg on his return last summer from Paris. He had obtained it from the laboratories of the famous Metchnikoff of the Pasteur institute, who in turn had got it from Bulgaria, where the lactic acid-forming ferment is widely used by the peasantry in com-



Q. This box contains over half a billion disease-destroying germs.

Q. In the box pictured are enclosed four dozen capsules, each of which contains, in a preparation called YOGURT, from ten to fifteen millions of germs. These germs are harmless and their mission is to drive out of the system the disease-producing bacteria.

Q. YOGURT is our name for a remarkable lactic-acid-forming ferment discovered in Oriental milk preparations by Masson, of Geneva, and later investigated by Metchnikoff, of the Pasteur Institute, and other European medical authorities. It has proved a positive remedy for Intestinal Auto-intoxication, and is therefore invaluable in many cases of arteriosclerosis, Bright's disease, skin maladies, chronic rheumatism, rheumatoid arthritis and chronic biliousness, typhoid fever and other febrile disorders, intestinal disorders of children, rickets, emaciation, and malnutrition.

Q. Packages of four dozen capsules, containing the ferment in concentrated form, each, postpaid, \$1.00.

THE YOGURT COMPANY
45 College Hall, BATTLE CREEK, MICH.

Q. Send a stamp for the "Yogurt Book" and a free book of Health Rules.

DOMESTIC SCIENCE DEPARTMENT

"Fruit and Its Preservation" was the topic of Miss Lenna Cooper's Thursday afternoon demonstration lecture in the Sanitarium parlor. The lecture was largely attended by both men and women guests, the men taking quite as active an interest in the intricacies of fruit canning and preserving as the women, to the amusement of some of the latter.

In the beginning of her talk the speaker dwelt on the aesthetic value of the fruit, pointing out its relation to the appetite. "The use of the fruit to the plant," said she, "gives us an understanding as to its dietetic and nutritive value. It is not of direct value to the plant or tree; it is not a storehouse of nourishment as it is in many vegetables, but is intended more as a bait to attract insects; for the transmission of seeds for the propagation of the plant. Its attractive quality is of more prominence than its nutritive value. It is chiefly valuable for its aesthetic appeal to the palate and is not, strictly speaking, very nourishing. Most fruits contain from 75 to 90 per cent. water, hence it follows that it does not have a high nutritive value.

"The food principle represented in fruit is carbohydrates. The carbohydrates is found in two forms: in the sugar and starches. One can distinguish between them because the body deals with them so differently. Starch is the form in which the carbohydrates is stored up by Nature, as in the seed or tuber or in the fruit in its green state. When we find it circulating in the plant it is as sugar, never as starch. In its starchy state it is being laid up by Nature for future use. In ripe fruit the sugar is thoroughly digested—this digestion brought about by the action of the sun, the acids, etc.

"Two kinds of fruit sugar are found in the ripe fruit: levulose and glucose—the latter the chemical name of the sugar resulting from starch digestion, and not to be confused with the commercial term. Levulose requires but one simple change before it is ready for digestion, while the glucose or grape sugar, as it is commonly called, is all ready for assimilation.

"In some fruits there is a very small amount of proteid. Some few fruits such as figs, dates and bananas contain fats, but their chief food principle is sugar. They are practically a pre-digested food, and for that reason almost any normal stomach can digest them.

"They also contain one other food principle—organic acids, which Nature uses as a means of disinfecting the alimentary tract. These acids vary in the different fruits: we find the 'tartaric acid' in the grape, the 'malic' in the apple, the 'citric' in the lemon, orange, lime and other members of the citrus family; the 'pectic' acid, which is found in many fruits and is useful in producing jelly. Because of this disinfectant quality, people who suffer from a coated tongue and had taste in the mouth, will do well to drink a glass of fruit juice one-half hour before breakfast. Of course, persons who are troubled with an excess of acid in the stomach should let fruit juices alone.

"It was Prof. Pawlow, the famous Russian scientist, who discovered that the appetite is appealed to by the sight, the taste and the smell. The fruits appeal to us in all three of these ways: what could be more beautiful than a luscious bunch of purple grapes, or a

ruddy cheeked apple? While the fragrance of an orange or a lemon immediately sets the appetite juices to working. Fruits are the greatest appetizers we have, and that is one of their chief values, simply that of an appetizer. If one's appetite needs appealing to, the use of fruit juice is better than all the bottled nostrums.

"The uses of fruit, then, are three: First as an appetizer; second as a disinfectant, and third, as a medium of refreshment. Their mineral constituents, which are chiefly united with the acids, when oxidized in the body, tend to increase the alkalinity of the blood. It was once thought that persons suffering from rheumatism should not take fruits, but it has since been found out that fruit acts quite contrary to what was supposed, and since then it is generally prescribed for such persons.

"Since it has such an important office in the body, its preservation becomes important. of course it may be preserved by the use of preservatives, but what will render the fruit steril will also destroy cells of the human body, and so, aside from packing or cold storage methods, we have no desirable method left but heating. There are many methods of preserving by means of heat, the one I like best is done by baking the fruit. The object is to kill all micro-organisms and this can only be accomplished by prolonged heat. It is just as important for the preservation of fruit that these organisms be killed as it is for the health of a patient that the physician's instruments be sterilized. If only a few organisms are left they will soon grow and produce gases, and then the lid will fly off. The process of fermentation is an interesting one. Every particle of dust is likely to be a yeast spore. The yeast plant that gets into the fruit jar begins its work on the sugar of the fruit, and breaks it down—changes it, just as the food is broken down in the process of digestion. In this case, it is changed into alcohol and carbon-dioxide gas. Enough gas is produced to force the lid from the jar—which ought to give one an idea of the amount, of it and the force of it. The other product—alcohol—remains in the fruit."

The speaker had a small exhibit on the table before her of fruit that had been canned by the baking process. She suggested that instead of the shallow pan of water one could use a sheet of asbestos—the object in using either, being to keep the glass bottom of the jar from contact with the metal grate of the oven. The jars after being filled with the fruit should be filled about three-quarters full with the syrup and after they become tender, the jar should be filled to the top with the reserve supply of hot syrup remaining on the stove.

A palatable apple dessert was served to the audience, the recipe for which follows:

Lemon Apple—

3 tart apples. 1 tsp. lemon juice.
3 tbsp. hot water. 6 tsp. sugar.
½ tsp. grated lemon rind.

Pare and core apples; fill cavities with sugar and grated rind; pour over all the lemon juice. Put hot water in bottom of baking dish, cover and bake until nearly done, then remove cover and finish baking.

Canned Peaches—

Pare, cut in halves and remove stones from peaches and immerse immediately in cold water. Prepare a syrup using ¼ cup of sugar to 2½ cups of water; boil until sugar is dissolved. Place peaches in the jar and pour over slowly the syrup, leaving a portion on the stove with which to fill jar when fruit

has finished cooking. Place the cap without the rubber on the jar; set jar in shallow pan of water and place in cool oven; turn the heat on gently and bake slowly, letting it bubble, but not overflow. When tender remove from oven, taking care not to expose it to a draught. Fill jar with syrup, put on rubber and screw on.

HANQUET

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TO THE
STATE DAIRYMEN'S ASSOCIATION
THURSDAY, FEB. 20.

Ripe Olives Salted Pine Nuts
Sanitarium Terrapin Soup—Sanitas Wafers

Nut Meat Rissoles—Creole Sauce
French Peas

Roast of Protose with Dressing
Potato Loaf Sliced Beets
Apple Juice Buns

Waldorf Salad
Yogurt Cheese Toasted Wafers

Floating Island Orange Cake

Oranges Apples
Raisins Cashew Nuts
NoKo

WHERE IS IT?



A six months' subscription to THE BATTLE CREEK IDEA will be awarded to the senders of the first three correct answers. Address the Editor of THE BATTLE CREEK IDEA.

The winners in last week's contest were: George E. Judd, Dr. Loiza Elwell, Henry Johnson. The picture was a view of the north end of fifth floor corridor—the surgical ward.

FEVERS; THEIR TREATMENT

(Continued From Page 1.)

"The condition is manifested in three ways: first, by increased oxidation—fever; second, by the sending out of the white blood cells to fight these germs and poisons, these little leucocytes that ooze themselves into the tissue spaces and destroy germ life; third, by an unbalanced condition of heat elimination and heat production.

"Fever is of three kinds—intermittent, remittent and continuous. When the nature of the case is determined, then one knows what sort of treatment is required. In the case of typhoid, the germ being the kind that lives in the small intestine—and the germ and the consequent poisons the first things that are to be fought, we are careful to put into the body only an anti-toxic or low proteid diet. Proteid food—eggs, milk and meat—is especially harmful to such patients because germ life flourishes in it; it is generally in milk or meat that germs are cultured in the laboratory, for it is the thing they grow best in.

"The best anti-toxic foods are fruits and cereals. As the patient must have nothing which would irritate an already inflamed and possibly ulcerated intestine, the fruit juices must all be strained and the cereals served as a broth—later, perhaps the fourth week, he may be given dextrinized grains—corn flake, granola and the breakfast toast—taking care that they are thoroughly Fletcherized. These are also good in fevers resulting from pneumonia and malaria. They raise the opsonic index, the fighting capacity of the blood.

"Copious water drinking is also necessary—this lowers the alkalinity of the blood, flushes out the tissues of the body and helps the kidneys in their fight and also aids in decreasing the fever. If the water is not grateful to the patient, if the tongue and mouth are in such a condition that it tastes bitter, flavor with lemon, orange or grape juice.

"The next question is how and to what extent shall we treat the fever? By drugs, which cause artificial sweating and have their inevitable secondary effect on the body, especially on the heart, or by a better way, which consists in carrying away the heat from the body by the cooling, water process?

"The hydiatic method is the one we employ here at the Sanitarium, and the one which is being generally recognized by the foremost physicians of the day. The question is how can we apply the cold water without stimulating the thermic centers? The normal temperature of the body is 98.6 degrees Fahrenheit; it is kept at this temperature by the nerve centers, called 'thermic centers,' which have this controlling power of making and giving off heat. In a fever there is an unbalanced condition—more heat is created than can be thrown off, and our problem is what can we do to help the body in its effort to establish the proper balance. We know that cold applications always stimulate the body to make more heat—and our problem is how to eliminate that heat without stimulating the thermic centers.

"Before we commence any treatment we must examine the patient and find out what are the conditions which confront us, for they may be several: he may have a hot dry skin and a high temperature; a cold skin with high temperature, or a hot flushed skin with pronounced temperature.

If the skin is hot and dry one of the simplest and most effective methods of treatment is to cover the body with a sheet wrung out

of water at a temperature of 80 degrees. The sheet should be applied directly to the skin area and tucked in between arms and limbs so that every part of the body is covered. Then a light blanket may be laid over and the effect watched closely. In the course of five minutes the sheet should begin to heat up, when it does, remove and immediately replace with another wet sheet of the same temperature—80 degrees. This process should be repeated three, perhaps four times, until it takes possibly 15 minutes for the last sheet to heat up. If, however, there is the slightest indication of chilliness on the part of the patient, shivering, gooseflesh, or the like, the treatment must not be continued, for that is an indication that the body is making heat. If there are none of these indications, continue the treatment several times, and then remove the last sheet and treat the body with a gentle friction of the hand, that there be no moisture left, cover the patient and in all probability he will fall asleep. You will find that the temperature has dropped from 104 or 105 to possibly 100. You have literally carried away the fever in the cold sheets. The rule generally observed is that the treatment should be repeated when the fever reaches 101½.

"When the patient has the flushed skin—indications that it is congested with blood, one may have the water cooler—say 75 degrees and the patient need not be covered with a blanket but instead the water may be allowed to evaporate from the sheet.

"If, as in the cases of malaria patients, the skin is cold—there are signs of gooseflesh, the sheet may be wrung out of hot water—water at 130 degrees. It should be renewed the minute it cools. Or the patient may be given a short hot blanket pack, followed by a cool pack. In the case of children a hot sponge bath, with long sweeping strokes of the sponge is efficacious.

"In addition to the general treatments we always treat the local cause: in typhoid, we apply the ice compress to the abdomen, in appendicitis the ice bag is laid over the diseased part, etc."

The lecture was followed by numerous practical questions put to Miss Dancy by members of her audience, which brought out many helpful ideas as to the feeding and care of a restless fever patient. The course will be concluded next week with a demonstration and explanation of the hot blanket pack.

Eating Without Hunger.

"A prolific cause of chronic indigestion is eating from habit, and simply because it is meal time, and others are eating. To eat when not hungry is to eat without relish, and food taken without relish is worse than wasted. Without relish the valvular glands do not act, the gastric fluids are not freely secreted, and the best of foods will not be digested. Many perfectly harmless dishes are severely condemned for no other reason than they were eaten perfunctorily and without relish and due insalivation. Hungers makes the plainest food enjoyable. It causes vigorous secretion and out-pouring of all the digestive fluids—the sources of ptyalin, pepsin, trypsin, etc., without a plentiful supply of which no food can be perfectly digested. Wait for an appetite if it takes a week. Fasting is one of the saving graces. It has a spiritual significance through its great physical and physiological importance. If breakfast is a bore or lunch a matter of indifference cut one or both of them out. Wait for distinct and unmistakable hunger—and then eat slowly. If you do this you need ask few questions as to the propriety and digestibility of what you eat, and it need not be pre-digested!"

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DATES AHEAD.

* Thursday—Domestic Science lecture, Miss Cooper: "Salads." 5 p. m.; 8 o'clock, Dr. Kellogg's Stereopticon lecture "New Discoveries About Digestion."
* Friday—7 p. m., Gospel Song Service in lobby.
* Sabbath—10:45 Chapel service, Elder George C. Tenney in charge of Service; 3:30 p. m., Dr. Kellogg speaks on "The Power That Heals."
* Sunday—3 p. m., Everybody's Gospel Service; 7:30 Evening service in parlor.
* Monday—5 p. m. Demonstration lecture, Miss Dancy: "The Hot Blanket Pack."
* 8 p. m., Questions and Answers, Dr. Kellogg.
* Tuesday—5 p. m., Practice Class in Cooking: "Foods for the Sick."
* Wednesday—7:20 a. m., Joint morning worship in parlor, nurses and guests. Evening, Dr. Riley lectures.
* Feb. 20—"Character Studies," Miss Amanda Kidder, reader.

Personal Column.

Mr. W. B. Oakes of Silver City, Ia., was among those who departed this week.

Mr. C. S. Netzorg of Ithaca, Mich., is visiting his father, who is a guest at the Sanitarium.

Mrs. Helen M. Nickerson of Boston, Mass., arrived at the Sanitarium this week for a short stay.

Mr. A. W. Grabe, a frequent guest here, from Milwaukee, is being welcomed by old friends this week.

Mrs. S. D. Lindenberg and Miss Charlotte Lindenberg of Columbus, O., have returned to the Sanitarium for rest.

Dr. Robert Owens, Dr. Ada Cook Owens and Dr. L. E. Vandervoort are visiting relatives and friends in Dayton, O.

Mr. George J. Oakes of Rochester, N. Y., returned to his home this week after a few weeks' stay at the Sanitarium.

Mrs. F. A. Hamilton and Mrs. H. P. Cook, guests of the Sanitarium the past few weeks, returned Wednesday to their homes in Columbus, O.

Mrs. A. C. Sheridan and son, Max Sheridan, who have been visiting Mrs. Sheridan's parents, Mr. and Mrs. L. McCoy, have returned to their home in Buffalo.

Miss Louise Blossom entertained a party of friends at supper Valentine's night. Dainty heart-shaped place cards and handsome Valentines marked each cover. The decorations were of daffodils.

Mrs. Laure MacDowell Hayden of St. Louis, who has been a warm friend and frequent patron of the Sanitarium for several years, returned this week.

Mr. Frank Vincent, the renowned globe-trotter and author, is a guest at the Sanitarium this week. Since his visit here last fall he has traveled 52,000 miles.

Dr. Paul Roth of the chemical laboratory is making preparations for a trip to Paris, where he will get in touch with the more recent developments in the foreign laboratories. He will leave early in March.

Mrs. S. S. White of Columbus, O., and Miss Ella Case of Denver, Col., were among the guests to arrive the past week. Both are from foreign mission fields and will rest and recuperate at the Sanitarium before returning to their work.

The List of Arrivals.

Charles J. Rex, O.; Miss Edna Bellows, Mich.; G. Curtis, Ill.; Mrs. C. A. Parker, Wis.; A. W. Mitterer, Ia.; Miss Lillian Smallman, Tenn.; Herman J. Berghoff, Ill.; N. Berghoff, Ind.; W. C. Hibbitt, Tenn.; W. L. Kupfer, New York; Elizabeth Corwin, N. Y.; Miss Jeanette S. Bryant, N. Y.; M. E. Steward, Ill.; W. H. Jadwin, Mich.; Miss Ethel Miller, Mich.; George A. Kulms, Pa.; N. P. Wardwell, N. Y.; I. M. Kaufman, Miss.; H. G. Brooks, N. Y.; F. A. Grier, Ill.; C. A. Parker, Wis.; Fred C. Fraghtley, Pa.; F. A. Hamilton, O.; F. W. Campbell, Mo.; J. L. Sager, Wis.; Fuller Swift, Ill.; Miss L. Selph, Tenn.; Mr. and Mrs. K. A. Gallweg, Mont.; Mrs. F. L. Meyerhofer, Ia.; George Cooper, Ill.; H. A. Wyllys, Ill.; Miss Alice R. Maybrow, O.; N. E. Matthews, O.; M. O. Raub, Ind.; Jacob Raub, Ind.; Mrs. M. L. Hall, R. I.; Miss Sarah J. Eddy, R. I.; Mrs. Esther Kirschenbaum, N. Y.; Mrs. Laura Cover, S. E. Cover, N. C.; Miss P. M. Cronk, Mich.; Mrs. J. E. Trainer, Va.; William Miller, O.; J. P. Hendricks, Ill.; Mrs. Joseph Ames, Mo.; Howard Hollinger, O.; Mrs. Ernest Nickerson, Mass.; M. E. Thomas, O.; Mrs. Greer, Ill.; Mr. and Mrs. H. G. Ashbrook and daughter, O.; S. T. Ballard, Ky.; Charles A. Beker, Mo.; Albert McNally, Wis.; H. O. Stoltz, O.; Mrs. G. F. Blake, W. Va.; Mrs. C. H. Townley, O.; Miss Clutes, O.; Miss I. Collord, O.; W. D. Pack, N. J.; Mrs. D. Pack, N. J.; Frank Vincent, N. Y.; I. S. Payne, Mo.; Mrs. W. S. Hanen, Mo.; Mrs. Charles Anderson, Miss Bertha Anderson, Ill.; Mrs. George Rumsey, Nebr.; H. Haendle, Mich.; Stewart Wilson, N. D.; Mrs. Otto Price, Ill.; F. W. Weeks, Tex.; Mrs. Joseph N. Hersh, Pa.; G. Willis Hersh, Pa.; R. S. Kingsbury, O.; C. S. Netzorg, Mich.; George Wallace, Mich.; Milton R. Stern, Ill.; N. J. Ullman, Ill.; Mrs. J. E. Schuck, O.; Warren L. Rogers, Mich.; Ina A. Rood, Mich.; Rev. W. M. Martin, Ont.; I. L. Atkinson, Mont.; W. E. Newark, Mich.; Miss Amy Huffman, O.; J. J. Trunger, Pa.; C. J. Bronston, Kr.; Mrs. James Findlater, E. V. DuBois, wife and daughter, Minn.; Mrs. P. W. VanDuzer, Miss Susie Van Duzer, Mich.; Mrs. John Knox, Jr., Mich.; Miss Elsie Longacre, Ind.; Mrs. S. D. Lindenberg and Miss Charlotte Lindenberg, O.; J. A. Slout, M. D., O.; Mrs. S. S. White, Japan; S. E. Foley, Okla.; Joseph Tomlinson, Ill.; E. C. Weeber, O.; W. J. Riley, Ind.; Lincoln H. Titus, Mich.; William C. Mosier, E. R. Havens, Miss Havens, Mich.; James W. Thocker, Ky.; J. W. Brill, N. Y.; J. R. Smith, Ill.

News Notes.

The Sanitarium orchestra will give a concert in the parlor Saturday evening.

Dr. Kellogg will address the guests Sabbath afternoon on "The Power That Heals."

On Saturday, Feb. 20, a dramatic recital will be given by Miss Amanda Kidder, for guests at the Sanitarium.

The time of Sabbath morning worship has been changed from 11 o'clock to 10:45. The change seemed desirable as the chapel service has continually encroached upon the Sabbath school hour.

Dr. Carolyn Geisel and Miss Ruth Tenney will start next Tuesday for a six weeks' lecture tour through the Southern states. They will go directly to Chattanooga, and thence travel through the southern territory.

The Helpers' Valentine party proved an enjoyable affair, and was largely attended. A musical and literary programme was given and the post-office, in charge of Dr. Riley and Miss Zahn, assisted by Dr. Staines and Mr. Haylock, did a large business, several hundred valentines being delivered by the score or more of youthful carriers.

Dr. J. H. Kellogg addressed the Miss ary meeting of the college students Sun afternoon, giving them an entertaining count of the conference of Mission Secretaries, which he attended in New York cently.

Tells of Work in South.

The Rev. P. J. Maveety, formerly pastor of the Methodist Episcopal church of Battle Creek, now Educational secretary for the denomination in the district west of the Mississippi, presided over the Sunday evening meeting in the Sanitarium parlor, speaking on the educational work among the colored people of the South. The speaker said he would not touch upon the race problem—he left its solution to the politicians, although in his opinion the true solution was the improvement of the conditions of the laboring class in the South. The combination of Christianity and intelligence, he said, eventually make the colored race acceptable and desirable citizens. Three hundred thousand of them had already passed through the Methodist schools of the South and there were at the present time some 400,000 enrolled in the twenty-five schools in Carolina to Texas. The address abounded with witticisms, characteristic of the speaker and was attended by a goodly audience.

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THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH., FEBRUARY 27, 1908.

PRICE, 2 CENTS.

DO DAIRYMEN ENJOY SANITARIUM BANQUET

Dr. Kellogg Speaks on "Milk and Milk Infection" at Convention.

GOVERNOR WARNER RESPONDS TO TOAST

Five hundred Michigan dairymen enjoyed the banquet given to them at the Sanitarium, Feb. 20, by the Battle Creek Industrial association, as one of the social features of the state convention. The guests were not alone from Michigan, for prominent dairymen from surrounding states: Wisconsin, Illinois and Ohio were also there, as well as experts from Washington. The long banqueting tables were handsomely decorated with fruits and flowers and the menu was an attractive one. The Hon. Edwin C. Hinman presided as toastmaster and during the course of his introduction of Governor Fred M. Warner, he took occasion to predict his election for the third term, which the governor gracefully acknowledged amid general applause.

At the Wednesday evening session of the convention Dr. Kellogg spoke on "Milk and Milk Infection." His assertion that milk was the filthiest food that comes upon the average table, caused considerable comment among his hearers and provoked no little discussion. The address was in part as follows:

"The question of our milk supply is one of the most important we can possibly be interested in. Milk is the one universal food. In civilized lands nearly everybody makes use of milk, although among adults, milk is coming to be used, I think, rather less than formerly in its ordinary form. The population is increasing, perhaps, faster than the consumption of milk. Milk is becoming more expensive, perhaps, on that account; but the fact is that about half of the sick people are not able to digest cows' milk at all. I have often gathered statistics on that question, and I have found that about half our invalids at the Sanitarium, and in other places where I have raised the question, recognize the fact that milk makes them sick. It gives them a coated tongue, makes them bilious, gives them headache, makes the bowels inactive, and produces other disagreeable symptoms, so that Dr. Combe, of Lausanne, has recently described it as a disease which he calls 'casein dyspepsia,' or chronic milk poisoning. In my opinion, the cause of this disease very largely is the impurities of the milk, and not the milk itself, though Dr. Combe thinks it is the casein of the milk. In any case, milk, as I said before, is not exactly adapted to human consumption; it is not natural human food. It is splendid food for calves. But it is used by millions and so it is important that we should look into the question of the milk supply.

"Now, I regard milk as the filthiest food that comes upon our tables. It is incomparably filthy when compared with most of our other

(Continued on Page 5.)

EXERCISE AND REST

Dr. Riley Tells of Remedial Effect of Rest and Its Place on Sanitarium Programme.

THE REST CURE.

(CONCLUDED FROM LAST WEEK.)

"Rest, as you know, is the directly opposite condition to that of physical exercise, and yet rest is often a very important remedial agent. Probably more people are made sick from insufficient exercise than from too much exercise. However, there are some individuals who need the benefit of mental and physical rest.

"Some years ago Dr. Weir Mitchell of Philadelphia made popular with the laity and also with his profession the so-called 'Rest Cure' treatment, as he applied it to certain nervous disorders, particularly hysteria or neurasthenia or nervous prostration. His plan was to put the patient to bed for six weeks. She was to be isolated from her friends and put in charge of a nurse and was not allowed

DISCOVERIES IN DIGESTION

Dr. Kellogg Tells About Experiences in Russian Laboratory.

COMMERCIAL GASTRIC JUICE

What the great Russian physiologist, Pawlow, has done to advance the science of diabetics, and how his experience with dogs made it possible to place on the commercial market a gastric juice of powerful quality that will keep indefinitely, was the basis of the Thursday evening stereopticon lecture given at the Sanitarium by Dr. Kellogg.

The speaker told of his recent visit to the Imperial Institute for Experimental Medicine at St. Petersburg, at whose head is the eminent Pawlow, whom he described as a man of charming, unpretentious manners, modest and retiring, caring not at all for money or fame, but absorbed in his science.

During recent years he has through his experiments made discoveries regarding digestion which have opened up new fields in the scientific world and laid foundation principles that are so simple as to be understood



Photo by J. T. Case, M. D.

SECURING GASTRIC JUICE FROM DOGS IN PROFESSOR PAWLOW'S LABORATORY

to do anything herself, not even to make her own toilet or feed herself. The rest was enforced and was as complete as it was possible to have it. These patients were overfed, usually on a milk diet, and massage and electricity was applied daily. This in a general way states the method pursued in the so-called 'Rest Cure,' as introduced by Dr. Mitchell.

"Rest is not only valuable in hysteria and neurasthenia, but also in many other affections. There is a class of disorders which are represented by the so-called 'writers' cramp,' in which the disease is produced by the excessive use of certain muscles of the body. In this class of disorders, rest is a very important element in the treatment. In writers' cramp the individual who is suffering

(Continued on Page 6.)

even by the laity.

"In the first place," said Dr. Kellogg, "Pawlow commenced operations upon dogs. He partitioned off from the dog's stomach a small stomach or pouch one-tenth the size of the larger one and connected with the skin by a glass tube, so that he was enabled to see what was going on inside the stomach. When anything was taken into the dog's stomach, what happened there was duplicated in the small portion of the stomach, although no food was allowed to pass through it. The gastric juice was produced in a pure state, so that he was enabled to study it and to find out what effects were produced by different substances introduced into the stomach.

"Pawlow found that when he introduced meat into the stomach a very acid gastric juice was formed. When bread was given

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T. PAWLOW

the gastric juice was only slightly-acid, but it had remarkable digestive power. When he gave milk a very weak and slightly acid gastric juice was formed. The germs in meat make it necessary that the gastric juice should be very acid in order to disinfect the meat and prevent it from decaying in the stomach. It was found that when food was held in the mouth, gastric juice was poured into the stomach, and the juice formed was exactly adapted to the digestion of that particular food.

"Pawlow made the discovery that there are certain substances in the food that call forth the digestive juices. These substances have the effect, while the food is still in the mouth, of causing the stomach to pour forth what Pawlow calls, 'appetite juice.' If a person is hungry and chews his food, digestive juice will be formed in the stomach before the food gets there. If a person is not hungry, and so does not relish his food, he will have no appetite juice to welcome the food in the stomach and begin the digestive process. So it is a matter of great importance that one should have an appetite and that food should be relished.

"Pawlow says 'Hunger means juice.' An 'all-gone' feeling in the stomach may be due to the presence of gastric juice which is attacking the stomach because there is nothing there to digest. This was proved by an interesting experiment. He had one particular dog which was always fed by a certain man. When feeding time came, the man who was accustomed to feed the dog came into the room, and, three or four minutes after the gastric juice began to trickle out of the little pouch, showing that the dog was all ready for the meal. The influence of the sight of food upon the psychic nerves was sufficient to cause the stomach to pour out gastric juice and to get ready for the meal that the dog thought was coming.

"Pawlow found that after the man had been through the room a few times without paying any attention to the dog, this experiment did not work. If the man showed the meat to the dog, the gastric juice began to flow at once; but after he had disappointed him a few times, this also had no effect. He then found it necessary to take the meat and cut it into small pieces, laying piece by piece upon a plate, just as when the dog was regularly fed. When he did this, the juice would flow even before the dog had smelled the food.

"These experiments are of marvelous interest, because they show us the importance of the method of taking our food—the pre-

paration of it and the manner of eating it. We see the significance of ornamenting the table with flowers and having the food tastefully served, making it agreeable to the senses of sight and smell as well as the sense of taste.

"Most people have had such an experience as this: you sit down to the table with no appetite, thinking you do not care to eat at all, but after taking a mouthful of food, you are surprised to find an appetite beginning to grow. Eating seems to create an appetite. Pawlow explains that this is due to the stimulating effect of food upon the stomach nerves. The substances in the food which give rise to this stimulation of the nerves are called peptogens, an important food element.

"From these observations we learn that when a person has slow digestion, he ought to take foods that contain peptogens in abundance and well flavored, appetizing food. The food should also be thoroughly chewed; for the juice made in the stomach while the food is in the mouth is the best kind of gastric juice—the most powerful and active, the best in quantity and quality."

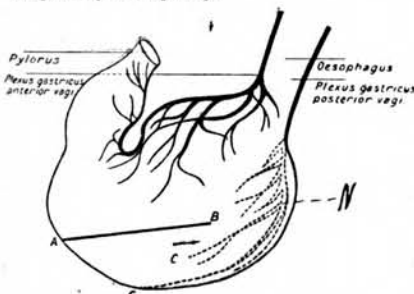


FIG. 1.—A-B. Line of incision. C. Flap for forming stomach pouch of Pawlow.

Reference to the accompanying cuts will make plain the nature of the Pawlow operation. In Figure 1 the line *a b* represents the line of incision into the stomach. The portion of the stomach thus separated was turned downward and connected with the abdominal wall, as shown in Figure 2, in which *V* represents the large stomach, and *S* the smaller stomach, or Pawlow's Pouch. The abdominal wall is represented by *A A*.

It will be noted that the small stomach is so arranged that there is no connection between it and the large stomach. Yet, as will be seen in Figure 1, the nerves (*N*) which

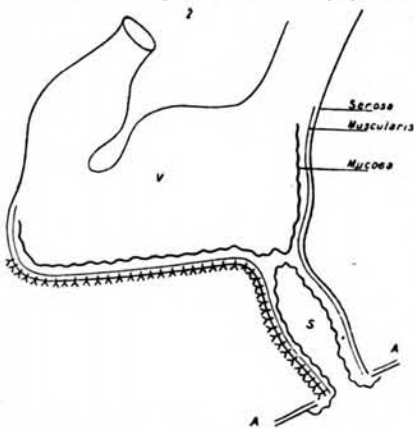


FIG. 2.—V. Cavity of stomach. S. Pawlow's pouch.

A-A. Abdominal wall.

govern secretion are intact, the line of incision being made in such a way as to avoid cutting them. Thus, when the animal chews and nerve "messages" are sent to the glands of the stomach to manufacture a certain quan-

tity of gastric juice, this "message" goes both to the smaller and the larger stomach. Whatever goes on in the large stomach goes on in the small stomach. The animal eats his food, and it goes through his stomach in the usual way, and he is nourished as usual. The food which enters the large stomach is digested by the gastric juice that is manufactured by the mucous membrane of the large stomach. The juice manufactured by the mucous membrane of the small stomach is drawn off by means of a tube and examined chemically. This operation is not followed by any discomfort or injury to the life of the animal.

CALORIC COMPUTATION

Class of Twenty Nurses Preparing Lists for Class Work.

"What are you doing, my pretty maid?"

"I'm counting my calories, sir," she said.

"Pray, may I help you, my pretty maid?"

"You may, if you're clever, sir," she said.

"Keep a correct count of the calories,"

commanded Dr. Case, who is given to alliteration. Twenty nurses groaned inwardly as they faced the instructor in dietetics, who thus expounded the law. "This will be regarded as a part of the required work, in addition to the examinations: the full menus for one week of five different persons, with the calories correctly calculated."

Since the edict went forth the Helpers' dining room has resembled nothing so much as a class in mathematics. Fair nurses' brows contract over such problems as "If I ate $1\frac{1}{4}$ portions, or $2\frac{1}{2}$ ounces of Nut Loaf with peas, how many calories does it represent—how much proteid, how much fat and how much carbohydrates?"

"I'm getting brain-fag from so much mental arithmetic," said one brown-eyed young miss, whose "stripes" proclaimed her calling. "Try keeping track of what four other people eat, besides yourself and you will know how it feels. I wish everybody would live on a diet of butter—that is so easy: one square—proteid, 1; fats, 99; total, 100 calories. But all of my subjects will insist, unreasonably, on a mixed diet, and consequently I am obliged to spend valuable time after each meal in computation."

The new order has caused a sensation in the East hall dining room and never before was such attention given to the menu. Nearly all of the nurses have found voluntary subjects willing to assist them in making their required list and no little fun is being extracted from the process.

An Essay on Breath.

Prof. Emil Otto, the German educator, read at a dinner in Milwaukee an essay on "Breath" that a Milwaukee school teacher had given him as a curiosity. This essay, the work of a boy of nine, ran as follows:

"Breath is made of air. We breathe with our lungs, our lights, our livers and our kidneys. If it wasn't for our breath we would die when we slept. Our breath keeps the life a-going through the nose, when we are asleep. Boys that stay in a room all day should not breathe. They should wait till they get outdoors. Boys in a room make carbonic acid. Carbonic acid is the most poisonous of living things, dead or alive."—*Journal of the Outdoor Life.*

Original from

UNIVERSITY OF MICHIGAN

WHERE IS IT?



A six months' subscription to THE BATTLE CREEK IDEA will be awarded to the senders of the first three correct answers. Address the Editor of THE BATTLE CREEK IDEA.

Outdoor enthusiasts will have a chance to prove their powers of observation in this week's puzzle picture. The tree shown in the picture stands within 500 feet of the Sanitarium. Locate it and send your answers in to the Editor of THE BATTLE CREEK IDEA. For the first three correct answers the following prizes will be given First, six months' subscription each of THE BATTLE CREEK IDEA and *Good Health Magazine*; second, six months' subscription of THE BATTLE CREEK IDEA; third, pound box, Sanitas chocolates.

Winners of last week's contest were: C. E. Kimlin, Miss Carrie Zahn and Dr. S. E. Barnhardt. The picture showed a corner of "Snow Cottage."

Good Health Replete With Interest

A feast of delectable things is in store for March readers of *Good Health*, just issued. One of the leading articles of the number is that on "The Playground Movement," by Henry B. F. MacFarland, vice president of the Playground Association of America—that great movement that is practically an outgrowth of the kindergarten, which aims to teach, as Mr. MacFarland says: "Lessons of order, discipline, team work, community life and other things which are absolutely necessary to the preparation for citizenship."

"Two articles by Dr. Kellogg, one on "Colds and Auto-intoxication," and the other on "Meat Infection," add to the scientific interest of the number, while readable articles on "The Laugh Cure," by Amy W. Eggleston; "Safeguarding the Health of Our Children," by Rose Woodallen-Chapman, and "The Hygiene of the Hair," by M. E. Olson, M. A., give pleasing variety to the number. Mrs. E. E. Kellogg presents the third of her excellent series on home economics, this time dealing with the bed as a health factor, in which she gives valuable suggestions to the home-maker on the care of this important article of comfort.

A most attractive illustrated article on "Egg Dishes," appears in the domestic science department. It is from the pen of Mrs. Minnie Emmons, and forms one of an attractive series, in which dainty yet simple dishes are exploited. The number is replete with pleas-

MISSIONARY SOCIAL

An unusual gathering was held at East hall Tuesday evening. The affair was in the nature of a missionary social, and there were present representatives from many foreign fields. Supper was served at 6:30 and following this was an interesting programme of speeches in which the foreign visitors, many of whom are now recuperating at the Sanitarium, before returning to their posts of duty, participated.

Elder L. McCoy acted as master of ceremonies, introducing the speakers. The first number on the programme was given by the Rev. A. W. Axling of Japan, who spoke optimistically of Japan's Christian future. He was followed by Miss Gwen Griffiths, head of the Girls' College at Constantinople. Miss Griffiths has been closely associated with the school for many years, and talked entertainingly of its development. During the past year there has been raised in America \$100,000 for the new college building, which frequently harbors students of twelve or fifteen different nationalities. Dr. Kellogg closed the programme, speaking on "The Battle Creek Sanitarium a Home for Missionaries," in which he expressed the gratification of the management of the Sanitarium in having missionaries for their guests and the mutual benefit derived from such an association. Among the missionaries present were The Rev. William Axling, Lucinda B. Axling, Lucy E. Mayo, Lucy Ella Case, Harriet S. Alling, Mrs. S. S. White, all of Japan; Julia G. Seager, South America; Mrs. Ida F. Hambleton, Tar-

Hot Sponging.

This method is sometimes effective when the fomentation does not succeed. The sponge is dipped in very hot water, and gently rubbed over the surface of the painful part. A higher temperature can be employed by this method than by any other. The higher the temperature the greater the effect. For the greatest efficiency the temperature should be high enough to produce a sensation almost painful. It is especially good in cases of neuralgia, particularly of the spine.

The Hot Hip and Leg Pack With the Ice Pack.

This is especially for the relief of pain due to pelvic inflammation in women. The hips and legs are wrapped in a blanket wrung out of hot water, and after the patient begins to feel warm, the ice bag is slipped under the blanket and over the affected part. This is a most excellent means of combating appendicitis. By the renewal of this application for two or three hours, severe attacks of appendicitis may usually be avoided.

Fault-Finding.

Let us find the quiet ways and the common cares.

Brave through all the toiling days just to do our share;

Let us see the bloom that lies humbly at our feet.

With its mission that implies love of keeping sweet!
—Baltimore Sun.

SPECIAL ART

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"Biblical Flesh-Eating."

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Kellogg

(Containing 120 Recipes)

The above set of booklets, which should be in the hands of every Vegetarian and student of diet and matters of right living, will be sent post free, in connection with one three months' subscription to GOOD HEALTH, at the regular price of 25 cents. Canadian subscribers pay 10 cents extra, to cover foreign postage.

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A Splendid Beneficence

A Washington dispatch to the *Daily Journal* of Battle Creek, bearing date February 26th, reads as follows:—

Washington, Feb. 26.—A Kellogg sanitarium in Atlantic City, under the same management and on the same lines as the present institution at Battle Creek, is provided for in the will of Charles E. Wood, the Washington millionaire, who died last week. After the bequests in the will are paid the remainder of the estate is to be applied for the benefit of the Kellogg sanitarium and for the erection of a like sanitarium under Dr. J. H. Kellogg's direction.

When interviewed, Dr. Kellogg said that he knew nothing of the matter further than what was stated in the newspapers. He added, however, that Mr. Wood, senior member of the well known New York real estate firm, Wood & Harmon, had several times been a patient at the Sanitarium, that he was greatly benefited while here, and that he seemed grateful and was heartily in sympathy with the work of that institution. On several occasions Mr. Wood stated to Dr. Kellogg that if he would consent to take the supervision of a Sanitarium at Atlantic City, he would raise \$500,000.00 for the purpose. Dr. Kellogg declined because the plan was to make the enterprise a stock company, paying dividends, and he did not wish to connect himself with such an institution on any other than a philanthropic basis, like the one at Battle Creek.

The splendid beneficence of Mr. Wood is in the highest degree worthy of emulation. Here is a chance for millionaires to invest some of their surplus funds in a way that will pay the biggest kind of dividends in the saving of human life and the amelioration of human suffering. Sanitariums are needed much more than libraries. Every home has books, but the life-saving principles of the Battle Creek Sanitarium are needed everywhere.

Mr. Wood was a man of most noble, admirable character, and charming personality. He will be greatly missed by a great circle of devoted friends; and this unique philanthropy for which he has provided in his will, will not only carry out a project which was very dear to his heart, but will serve as a fitting monument to a man who appreciated the needs of suffering humanity, and who desired that others should share in the benefits he had himself received.

NAMES FAMILIAR IN HEALTH CIRCLES



Louis Pasteur.

Was born in the village of Dole, France, December 27, 1822. He took his degree in 1847; was Professor of Sciences at Dijon from 1848 to 1849; afterwards, of Chemistry at Strausburg until 1854, at which time he was made dean of the faculty of Sciences at Lille. In 1857 he was called to Paris and given a chair in the *Ecole Normale*. Toward the end of 1863 he assumed the chair of Geology, Physical Science and Chemistry at the School of Fine Arts, and afterwards that of Chemistry at Sarbonne. In 1873 he was elected an associate member in the Academy of Medicine, and in 1874 the Government granted him a pension of 20,000 francs. He died September 22, 1895, at Paris, and was buried with great honors.

THE HEALING POWER

Dr. Kellogg In Sabbath Afternoon Talk, Applies Ancient Story to Modern Life.

The application of the ancient Biblical story of the healing of the man at the pool of Bethesda, to modern life and ills, was graphically pointed out by Dr. Kellogg in his Sabbath afternoon talk before Sanitarium guests. The speaker made the ancient story very real, with his descriptions of the country and the particular locality which he visited some years ago, telling of the continued faith of the people in the healing power of the old pool, which, each year, on Sept. 24, three months before the rains begin, wells up, and is visited by the lame and halt and blind, who dip their hands and bathe their faces in it, and in many instances go away cured.

"It is their faith that makes them whole—not the healing power in the spring," said he. "There is no such thing as a healing spring; but we must recognize that there is a psychic power that does heal. There are numbers of people today who are being lifted out of chronic invalidism by this same faith—

it is not medicine or climate or doctors who heal, but God, the creative power. The same power that is within you, keeping you alive, building up the worn-out tissues and cells day after day, is the power that heals. The power that made you is the only one that can mend you. No other power in earth or heaven heals except that man-making power.

"In all science there is no good explanation of the reason a man awakens in the morning. It is a mystery. No reason can be given except what David of old gave, 'He wakeneth me morning by morning.' It is this same power that never slumbers or sleeps that should be our foundation for confidence that health will be restored. We must lay hold on this hope—this great inspiring fact, that there is a power that can heal and that it desires to heal. It is the same power that healed way back in Jerusalem, but like the sick man at pool one must be willing to be healed. That was a very pertinent question that Jesus put to him, 'Wouldst thou be made whole?' I often raise the same question in my mind when I see and listen to some of you here. Many of you want to be made better, but comparatively few are honestly desirous of being made thoroughly 'whole.' You get to feeling a little better and then you want to run back to your families, your business and what not. If we really desire to know the splendors of health we must be willing to do all things to acquire health. We must settle that question just as the sick man did at the pool and be willing to do what we are commanded. It was a very simple thing that he was told to do: 'Arise, take up thy bed and walk,' but some of you who are told to do simple things—to stop the use of tobacco, tea, coffee or meat, are unwilling to do that much to accomplish what you pretend to desire.

"Whatsoever a man soweth that shall he also reap," is inevitable. If you would be made whole you must 'sin no more.' The old maladies go with the old habits. There is no way of healing the man with a tobacco heart unless he stops using tobacco. There is just one thing that can defy the will of God—and that is the human will, and God made that possible. So it lies with us whether we will 'pick up our beds and walk.' We must get in harmony with the right principles. The same power that makes a good man out of a bad man can make a well man out of a sick man, but he must have faith and hope and confidence, and lay hold on the light that is given him."

Edward Thorndike sums up his conclusions as follows: Mental work is a simple matter of mental energy, of quantity of positive or inhibitory nervous discharges, but of their direction as well; mental fatigue is not like physical fatigue, and requires different treatment; its warning signs are more complicated, less efficacious, and therefore more often neglected; the warnings that we do have are not measures of the degree of inability, but indefinite and at present ill-understood signs of danger; the degree of mental inability does not vary proportionately to the amount of work done without sufficient rest, but increases much less quickly up to a certain amount of mental work, and then may increase much faster, so that one straw of mental work may then break the camel's back—*Health*.

Hath any wronged thee? Be bravely revenged. Slight it, and the work is begun; pardon it, and it is finished. He is below himself that is not above an injury.—*Boileau*.

DAIRYMEN ENJOY BANQUET

(Continued From Page 1.)

articles of food. We take great pains to have the teacup immaculately clean, pure white; then we put into it milk that is swarming with germs! Suppose even it is your best certified milk with 10,000 germs per cubic centimeter,—how many would that be in a drop? There are fifteen drops in a cubic centimeter. You see that would be not less than 700 germs in every drop even of good certified milk, and at least half of those germs are capable of making mischief. A baby may be able to wrestle with 10 million germs, and not be able to wrestle successfully with 100 million germs. The gastric juice of a baby's stomach may be able to disinfect and destroy a certain number of germs, but not an infinite number. How many germs are there in an ounce of milk, when there are 10,000 germs in 15 drops? In an ounce there are 500 drops, or about 30 cubic centimeters, so there would be 300,000 in an ounce, or two tablespoonfuls, and that is a pretty good sized number. But now suppose the milk is the ordinary commercial milk such as most people get. Such milk is positively, absolutely unfit to use. For many, many years, I have been denouncing commercial milk as absolutely unsafe to use, and at the Sanitarium we have not put upon our table in forty years a quart of milk that had not been sterilized.

"Now, the milk as it comes from the cow is absolutely free from germs unless the cow has tuberculosis or some other disease, and the milk direct from the cow received into an absolutely clean bottle through clean air and without contamination, then a little clean cotton put into the mouth of the bottle, will keep indefinitely, at least until it evaporates. Such milk has been sent across the Atlantic ocean and back again, and was perfectly sweet when it came back. There is nothing naturally in milk that will spoil it. It will keep indefinitely, provided it is kept free from filth, free from contamination. Think what it means, then, when there are 700 germs in every drop! So-called certified milk with 10,000 germs to the cubic centimeter, 700 germs to the drop, is still filthy, but it is so vastly better than the ordinary milk that is supplied upon the market, which sometimes has as high as twenty and thirty millions of germs to the cubic centimeter, that it may be considered as comparatively clean milk. We have examined at our laboratory at the Sanitarium commercial milk gathered in this town that had as high as 20 million germs in a cubic centimeter, and that would be 600 million germs in an ounce.

"Well, what is the harm of these germs? One thing especially to which I want to call your attention is the fact that there are dying in this country every year not less than 200,000 babies, and nearly half of them are killed by bad milk. Prof. Bunge, of Basle, Switzerland, who is an excellent authority, has investigated this question, and he asserts that half the babies that die are killed by milk, and I think we may say by bad milk, because milk is practically all bad as it is delivered. It all contains manure—cow dung—and that is not very good food.

"We must have clean milk. At the Sanitarium we have determined to do that thing. We have a man who has been experimenting for some little time on one of our farms. We have four cows there, and this man has been following out my directions, taking pains to do what he could in an ordinary stable, and with such pains and care as we have been

able to take, we have brought the germ count down as low as 60 to the cubic centimeter,—not 60,000, but 60 germs to the cubic centimeter; and we can maintain that record right along day after day, and it does not require any great amount of trouble, either. It is no extra expense. It is simply a matter of giving the cows good food, taking care not to have the stable full of dust, washing the cows, giving them plenty of good bedding, then wiping off the legs, the under side of the body, and the udder of the cow with a moist sponge just before milking, then milking into a closed pail so that nothing from the stable can possibly get into the pail,—milking through a little filter of absorbent cotton; and so we go on day after day. I am glad to pay ten cents a quart for that milk, and I would pay 25 cents a quart for it for the use of my family if I could not get it in any other way.

"At the Sanitarium at the present time we are using the milk and cream from 200 cows, and in the summer time, we use the milk and cream from 300 or more cows. We are now making arrangements with dairymen to furnish us with milk such as I have described. One farmer has agreed to furnish us with milk that does not have more than 100 germs per cubic centimeter. If he will do that, we will get others to duplicate it. The thing can be done. Why, it is just as easy to get it down to about 100 to the cubic centimeter as to 5,000 or 10,000. It only requires that pains shall be taken that everything is absolutely clean, and that everything is thoroughly protected. It can be done in an ordinary clean stable. It does not require an elaborate apparatus at all. We haven't made any change in our stable or in our cows. We have simply got a man who is clean, and we take pains to have the cows clean, to see that the man has his clothes clean, and we keep the stable clean, have clean air, clean water, and clean food, and take pains to see that the milk is cooled quickly and is kept cool and not exposed to dust."

STATIC SPARKS

Mrs. John—John, why are you eating so fast? Don't you know it's injurious?

John—Yes, but I want to finish the book I'm reading.

Mrs. J.—What's the name of it?

John—Why, er, "How to Aid Digestion by Properly Masticating the Food!"—*Pick-Me-Up*.

His Wife—John, dear, the doctor says I need a change of climate.

Her Husband—All right. The weather man says it will be colder tomorrow.—*Chicago News*.

It is related that a man in a hurry for a train rushed for lunch into the first handy restaurant. It was not a fashionable restaurant. It was not even a good restaurant. To his surprise and horror, he recognized in the waiter an old school and college friend.

"Good heavens, my dear fellow!" he cried, "how did you come to this?"

"Oh, it's not so bad as you think," said his friend. "I only wait here. I don't dine here."

Riddle.

What does Mr. Fletcher ride on when he comes to Battle Creek?

There, there! On the chew-chew cars, of course.

Stand Still.

Stand still; and thou shalt know

The glory of the Lord.

The shadow of a flying bird

Upon the Summer grass;

The silver day's decline, rain-blurred,

The Springtime's early mass;

The soft brown veil that Autumn flings,

The white, still days that Winter brings;

The silent anthem of the night,

The sweet, mysterious dawn of light—

Stand still; and these will show

The glory of the Lord.

—Selected.



This box contains over two billion disease-destroying germs.

In the box pictured are enclosed four dozen capsules, each of which contains, in a preparation called YOGURT, from ten to fifteen millions of germs. These germs are of a harmless species, and their mission is to drive out of the system disease-producing bacteria, such as are always present in the intestinal tract in cases of *Intestinal Autointoxication*.

YOGURT is our name for a remarkable lactic-acid-forming ferment discovered in Oriental milk preparations by Masson of Geneva and later investigated by Metchnikoff, of the Pasteur Institute, and other European medical authorities. It has proved a positive remedy for Intestinal Autointoxication, and is therefore invaluable in a large number of chronic diseases, particularly many cases of arteriosclerosis, Bright's disease, skin maladies, chronic rheumatism, rheumatoid arthritis and chronic biliousness. It is of service in all cases in which stools are putrid, the tongue coated, and the breath bad. It is of great value in typhoid fever and other febrile disorders; also in the intestinal disorders of children, rickets, emaciation and malnutrition.

Hitherto this remedy has not been obtainable in this country. It may now be secured, freshly prepared and of superior quality.

We have succeeded in preparing this ferment in concentrated form so that it may be administered in capsules.

Packages containing four dozen capsules, each post-paid, \$1.00.

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THE YOGURT COMPANY

45 College Hall, BATTLE CREEK, MICH.

Send a stamp for the "Yogurt Book" and a free book of Health Rules.

DOMESTIC SCIENCE DEPARTMENT

"Foods for the Sick," was the subject of the Tuesday afternoon Cooking Class lecture and demonstration. "There usually comes a time," said the instructor, "when the housewife has occasion to prepare foods for some sick member of the family, and it behooves her to prepare herself for such an emergency, for the life of the patient is often dependent on what is prepared for him in the kitchen. I have known of a number of cases where the life of the patient was sacrificed through the ignorance of some loved one who prepared his food. The life of a typhoid patient can be whisked-out in a few hours' time as the result of error in diet.

"For patients suffering from high temperature a liquid diet must always be given. Gruels for a very sick patient should always be strained in order that no coarse particles may enter the alimentary tract. For patients on a liquid diet the following may be included on the bill of fare: beverages, cereal coffee, milk, fruit juices, broths, waters, gruels, milk preparations, egg nogs and soups. Convalescents should be put on very easily digested foods such as dextrinized cereals, corn flakes for example, and thoroughly toasted breads, soft cooked eggs, custards, fruits and fruit sauces."

Whipped Meltose—

¼ cup meltose or malt honey.
Heat meltose (but do not let come to boiling point), and pour slowly over the stiffly beaten egg white. Beat until dressing is white. Flavor as desired with vanilla, orange or wintergreen.

Lemon Jelly—

1½ tbsp. lemon juice 2 tbsp. sugar.
3 tbsp. water. 3 tbsp. cooked veg. gelatin.

To the lemon juice add the sugar, water and cooked vegetable gelatin (as directed for fruit gelee), add the flavor and strain into moulds, with cold water. When solidified, turn out upon a plate and serve with whipped cream.

Gluten Gruel—

¾ tsp. of gluten meal (20%).
¾ cup boiling water. ¼ cup cold water.
¼ tsp. salt.

Moisten the gluten meal with the cold water and add to the boiling water. Add salt. Strain.

Fruit Egg Nogg—

2 egg whites. 1 egg yolk.
4 tsp. sugar.

Juice of 1 orange (1-3 cup) or other fruit juice.

Beat egg whites stiff, add ¾ of sugar, then beat yolk until light and add remainder of sugar. Fold the whites into this and pour over all the fruit juice.

Self is the only prison that can ever bind the soul,
ove is the only angel who can bid the gates unroll;
nd, when he comes to call thee, arise and follow fast;
is way may lie through darkness, but it leads light at last.

—Henry Van Dyke, D. D.

EXERCISE AND REST

(Continued From Page 1.)

from the writer's cramp should have complete rest. We also have other forms of this condition, such as pianists' cramp, violinists' cramp, milkmaids' cramp, tailors' cramp, and down in New England cities, where young girls work at the machinery and at the same thing excessively for a long time, they have developed peculiar cramps and weaknesses in certain muscles due to over-exercise. All of these conditions are due to the excessive use of certain groups of muscles and the excessive use of certain nerve centers, which form part of the nervous system. The nerve centers and muscles both need rest and if the general health is carefully looked after and rest given to these muscles, this is often all that is needed to bring about a complete cure.

"In nervous diseases like neurasthenia and hysteria the rest cure may be applied in many different ways. Instead of the patient remaining in bed constantly he may be advised to go to bed early at night and rise late the next morning and to take a nap in the middle of the day. This is a sort of modified form of the rest cure, which often works very well. Sometimes it is better for the patient to be out-doors in the wheel-chair enjoying the sunshine and fresh air than to be confined in a close room, so this rest cure may be modified in many different ways.

"In all cases of fever it is also important to keep the patient quiet and give him rest. This is a well recognized fact in the medical profession in the treatment of all fevers; also in painful diseases such as neuralgia, sciatica, painful affections of the joints and in the earlier stages of locomotor ataxia, where the pains are very severe, the rest cure often in connection with other treatment, brings about wonderful results. There is, of course, a limit to the amount of rest that should be taken in the treatment of any disease. This depends upon the particular disease that is being treated. In writer's cramp, for instance, it is necessary to give the hand which is affected a long period of rest, whereas in some diseases like neurasthenia it would not be advisable to keep the patient quiet for more than a few weeks. Longer rest in bed might do more than harm than good. This, of course, should be carefully adjusted by the attending physician.

"Here at the Sanitarium, while you are undergoing a course of treatment it is a good plan to feel thoroughly rested before beginning any treatment. After taking the forenoon treatment it is an excellent plan to lie down for an hour or two in the middle of the day, and have a rest. Go to sleep, if possible; during sleep rest is most complete and most refreshing. From your daily program you will notice that there are two separate hours in the middle of the day for rest. You should all take rest during one or the other or both of these rest hours. This will be arranged by the advice and under the direction of your physician. By following this up carefully you will get very much more out of your treatment than by not doing so. The body will react better to the various treatments that are given when it is thoroughly rested and in good condition physically."

We ought not to look back unless it is to derive useful lessons from past errors and for the purpose of profiting by dear-bought experience.—George Washington.

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Come in on or before March 5th, and select a watch and we will put it aside and keep it for you. Think what this means. If you are interested in any kind of a watch we can be a money-saver for you. *Don't delay.* Remember you have only a few days.

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Sanitarium

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

J. Would you prescribe for a neurasthenic with good physical strength, exercise to develop the strength or massage, electricity and other soothing treatments?

A. If a neurasthenic with good physical strength will get a job sawing and chopping wood, or something else, he will get well.

Q. Six months ago, I broke the ligaments of my ankle. I walked with my knee on a chair for two months. Since then both ankles and wrists are very weak, sore, and some pain and stiff. What should cause it? I had very strong ankles before.

A. You may have beginning rheumatism. It often happens, when a person who is just upon the border of rheumatism, whose body is filled with uric acid from beefsteaks, mutton chops, sweetbreads, and all other heinous things of that sort, when such a person has an accident, breaks a leg, or sprains an ankle, or suffers some other inconvenience, an injury that puts him to bed, makes him necessarily sedentary for a few weeks, the result is he gets rheumatism right away, because he takes less exercise, there is less oxidation, and the cinders begin to accumulate; then the rheumatism appears. It was already there, ready to break out, and that is the provoking cause.

Q. For a family who inherited too much acid in their stomachs, please name four of the best fruit juices in the order of their value?

A. Now, there may have been too much acid in the stomach of some member of your family before you, but that is no indication that you are going to have it. That thing does not come so much from heredity as it does by wrong habits of eating. Babies are all born with hypopepsia. No matter what your grandfather had when you were born, you were born with hypopepsia, and you never have hyperpepsia unless you cultivate it. We do not get dyspepsia without we cultivate it. Nobody gets dyspepsia by heredity. It is only the growth of a little extra tendency in a certain wrong direction. Nobody inherits dyspepsia any more than they do profanity. The dyspepsia is the result of wrong doing; you must be doing something wrong yourself, or you will not have dyspepsia.

Q. What are gallstones?

A. They are barricades set up against germs. You will find some germs inside of every gallstone. These germs in journeying about are sometimes absorbed into the blood, carried to the liver and strained out into the bile, and these germs are inclosed in cholesterolin as a means of protecting the body against them; it is a defensive effort which causes gallstones.

Q. Please state the prime cause of pleurisy and a simple remedy for same?

A. There is no simple remedy for pleurisy. Pleurisy is not a simple disease. It is a serious disease, generally due to tuberculosis. Doctors have discovered that nearly all pleurisy is due to tuberculosis. It is acute tuberculosis. If you do not look out, if you have pleurisy, the next thing will be consumption, and you better have it attended to thoroughly. A fomentation will relieve the pain, but you must build yourself up, climb up high, or you are apt to have something worse.

Q. What is the cause and cure for an oily skin?

A. An abnormally active condition of the sebaceous follicles—the oil glands of the skin—and the proper thing to do for such a state of things is to remove the oil by soap, and to tone up the skin so that those oil glands will be controlled. It is like excessive sweating—the glands are excessively active. One of the best means of checking this excessive activity is the cold bath. By cold bathing, the skin will be toned up.

Q. Why are Turkish baths not given at the Sanitarium Also the hot room or vapor?

A. Because we have electric light baths, which are so much better. In the Turkish bath you must lie long, and breathe the hot air, so the head becomes congested, and there is general disturbance of the system, which is dangerous in certain cases, while the skin is not made to perspire any more than it can be made to perspire in the electric light bath in half the time, and without the general disturbance, so it is much safer. We used the Turkish bath for a great many years, but when we devised the electric light bath, we eliminated the Turkish bath.

Q. Is there any danger of producing gastric catarrh by the continued use of malt honey, malted nuts, and figs and sweet fruits in combination with dextrinized grains?

A. No. Malt honey is a natural sugar, just as natural as bread which has been digested.

Q. According to the dietetic scale breakfast toast is a perfect food. Could a person live on it alone?

A. No; it is cooked food, and we need some raw food. Breakfast toast or bread alone would make a very poor diet.

What Our Friends Think of Us.

Dr. Ida S. Herr, of the Boulder, Colorado, Sanitarium, writes: "I am so pleased with the entire contents of THE BATTLE CREEK IDEA that I would be glad to have it on my desk regularly and wish to subscribe."

The president of one of the largest salt companies in the west writes us as follows: "THE BATTLE CREEK IDEA has been coming to me for several weeks. I enjoy it very much and desire it as a permanent visitor. Enclosed find \$1 for a year's subscription."

He can never be more than half educated who is not educated in heart.

THE HOT BLANKET PACK

Miss Dancy Demonstrates This Hydratic Method of Alleviating Pain.

A demonstration lecture on "The Hot Blanket Pack," was given Monday afternoon by Miss Charlotte Dancy, who briefly dwelt on its physiological effects before giving the practical demonstration.

She explained that the hot blanket pack, which consists in the envelopment of the body in a woollen blanket, wrung out of water as hot as can be endured by the patient, was an exciting and heating measure of great power; that it communicated heat to the body, increased the heat production and diminished the heat elimination. It excites the circulation and induces profuse perspiration, and is especially useful in cases of acute pain and in acute Bright's disease, cholera morbus, peritonitis, muscular rheumatism and influenza.

For home application the requirements would be from three to six blankets, and spine and hot water bags—a rubber blanket, while useful in protecting the bed and holding the heat is not absolutely essential. For the demonstration from three to six blankets were spread open on the bed and another ordinary single half-wool, half-cotton blanket was folded toward the center and then laid in alternate folds. It was then wrung out of boiling water by two attendants, one twisting one way and one the other, until dry as possible, then spread lengthwise upon the blankets on the bed and the patient laid upon it while it was yet unfolded. It was then folded deftly about the patient's body, drawn up between the legs so that every portion of skin area was covered and tucked closely about the body at all points. The dry blankets were then wrapped about the patient, one by one, so as to exclude all air, so that the patient would not feel the evaporation. Before the final blankets are folded about the patient, two thicknesses of flannel are placed over the abdomen and a hot water bag laid upon it, while an ice bag is applied to the heart.

The treatment is continued from 20 minutes to a half hour, until profuse perspiration is obtained, then the patient is taken out of the pack with some cold tonic treatment to counteract the depressing effect of the hot treatment. In the demonstration Miss Dancy illustrated the cold mitten friction.

"If the patient is suffering from a chest cold," said she, "it is better to give this hot pack at night and follow with a heating compress to the chest, which may be worn overnight." This heating compress, she said, was very alleviative and simple of application. Two linen towels were wrung from ice water, opened lengthwise, leaving a double fold, and one placed over the front chest diagonally, going over the shoulder to the back, while the other was placed on the opposite side in the same manner. Over this at least two thicknesses of woollen should be placed in the same manner. As a home suggestion the speaker said that for convenience of adjustment and shape nothing was better for this last covering than a pair of child's underdrawers—allowing the body part to fall over the chest and the legs to come around over the shoulders, cross in the back and pin in the front. The whole should be pinned with safety pins at every point where it overlaps. When this is removed in the morning the patient should be given a cold treatment.

PERSONAL COLUM

Mr. J. W. Mayhew left this week for his home in Columbus.

Mr. J. E. Glass returned this week to his home in Minneapolis.

Messrs. I. W. and G. J. Brill returned this week to Chicago.

Mr. A. Leland Brown left on Wednesday for his home in Stamford, Conn.

Mr. R. C. Jefferson of St. Paul has returned to the Sanitarium for a visit.

Mr. Oscar C. Wilt of Salem, W. Va., visited Mrs. Wilt at the Sanitarium the past week.

Mr. Richard Kerns, Jr., has returned from a fortnight's visit with his family and friends at St. Louis.

The Hon. R. F. Pettigrew, former U. S. Senator from South Dakota, is a guest at the Sanitarium.

Mr. and Mrs. J. M. Willard of Los Angeles, Cal., have returned to their home after a visit to the Sanitarium.

Mr. J. D. Warren of Chicago, a frequent visitor, is being welcomed by old friends at the Sanitarium this week.

Mr. H. P. Mantz, who has been spending the past few weeks at the Sanitarium, left this week for his home in St. Louis.

Dr. J. L. Atkinson, government physician of Fort Peck, Montana, Indian reservation, is among this week's arrivals at the Sanitarium.

Dr. W. J. Means, Columbus, O., chairman of the Judicial Council of the American Medical Association, is a guest at the Sanitarium this week.

Mr. J. Harland Stewart, who made many friends at the Sanitarium during a protracted stay, left on Saturday for Chicago, where he joined friends who will accompany him to New Orleans for the Mardi Gras.

Mr. L. G. Stevenson, son of former vice-president Adlai P. Stevenson, former business manager of the Los Angeles Examiner, is a recent arrival at the Sanitarium. After traveling over Europe, consulting specialists and visiting health resorts in a futile effort to regain his health, he finally came to Battle Creek. Mr. Stevenson says he is already feeling benefited and is warm in his praise of the Sanitarium methods.

Arrivals.

Henry M. Stegman, Lucy Ella Case, Japan; Joseph Roade, N. D.; J. B. Gilbert, Williamstown; R. M. Cauffman, Mich.; John Simmons and wife, Mich.; B. W. Welton, Mich.; J. S. Schout, Mich.; Henry J. Meppelink, Mich.; J. F. Ruff, Mich.; Mr. and Mrs. E. J. Emthe, Mich.; F. J. Coleman, Mich.; Mr. and Mrs. A. R. Pierce, Mich.; F. S. Curtis, Wis.; Robert Crocker, Mich.; Frank Drouard, Mich.; A. P. Baker, Mich.; Leslie Shuster, Mich.; R. G. Sortor, R. Weidman, J. A. Gillespie and George M. Zingsheim, Mich.; J. W. Mayhew, O.; Charles E. Getalain, Mo.; William M. Getalain, Mo.; Henry M. Smith, Wis.; W. J. McRoberts, M. D., S. D.; P. Vorhees, Ind.; H. F. Ball, Mich.; Mrs. S. M. McCollum, Tenn.; Duncan McCollum, Tenn.; Mrs. R. M. Edwards, Mich.; Mrs. E. F. Shadowsky, Ind.; Harriet F. Alburg, Ill.; J. L. itchell, Minn.; A. O. Case, O.; Mary Gennic, Ill.; George G. Moore, Mich.; M. W. Mills, Mich.; A. H. Pratt, Mich.; M. S. Johnson, Ill.; R. Bee, Ill.; J. M. Merrill, Ill.; W. M. Mallory, Conn.; J. W. Ackerman, O.; C. H. Sawyer, Wis.; T. H. Whittingham, O.; Elizabeth L. Parker, Mich.; Sol Greenberg, Ill.; P. A. Wieterich, Conn.; W. B. Allen, Ill.; A. Griffin, Mich.; W. G. Hoffman, Mr. and Mrs. A. R. Pierce, Mich.; J. B. Parker, Ind.; E.

Rayfield, Ill.; H. R. Niles, Mich.; F. H. Hurbot, D. B. Ketchum, T. H. Ketchum, A. Hess, E. Ketchum, Robert Crocker, Frank Leonard, A. P. Baker, R. Wiedeman, R. G. Sorter, Mich.; A. H. Dowein, Ia.; H. C. Park, Ills.; John C. Kolvoord, Mich.; Mr. and Mrs. E. C. Widgery, British Columbia; Mrs. Joseph Teesdale, Mich.; Mr. and Mrs. C. D. Willcox, City; R. T. Pettigrew, S. D.; C. E. Netzorg, W. C. Park, Ill.; Susan M. Rebhan, Mich.; M. McDonnell, Ill.; Charles W. Lubrick, Ind.; H. M. Eichelberger, Cal.; Mr. and Mrs. Oscar C. Wilt, Master Malcolm Wilt, W. Va.; Mrs. A. W. Welch, Dunsonville, Arthur W. Newcomb, Ill.; Miss Canoble, Mr. and Mrs. W. J. Britton, Ill.; Mrs. J. M. Roberts, Wis.; Lester Evans, Wis.; R. Hut, Jr., Mich.; J. G. Brill, Ill.; Mr. and Mrs. W. M. Alexander, Ark.; H. B. Hawley, Ia.; Mr. and Mrs. E. C. Walk, Ind.; Mrs. Otto Price, Ill.; Mrs. J. Mayer, Tex.; W. S. Patterson, Wis.; S. S. Patterson, Wis.; Frank W. Ward, City; H. R. Adams, Ill.; Mrs. H. R. Adams, Ill.; Sara Norton, Ill.; Mrs. H. M. Stephens, Wash.; J. D. Warren, Ill.; Anna L. Crawford, M. D., Mich.; John Jeffries, Mich.; Emily May Ely, Mich.; Mrs. E. J. Blum, O.; W. E. Newark, Mich.; Mrs. Talbot, City; A. C. Warething, Wis.; L. G. Stephenson, Ill.; George Cooper, A. C. Cooper, J. M. Willard, Eva Boyce, Pa.; Katherine Norton, Ill.; Mr. and Mrs. J. H. Gale, N. D.; G. W. Holister, Wis.; Mrs. M. C. Haab, Mich.; H. L. Hanson, Wis.; H. A. Francis, N. Y.; Mrs. S. F. Booth, N. Y.; Miss Georgiana Booth, N. Y.; Mr. and Mrs. George O. Robinson, Mary Dorothy Robinson, J. Hendricks, Ida C. Heffron, Ill.; Henry Oberg.

News Notes.

Members of *Good Health* staff enjoyed a sleighride party to Bedford Monday evening.

Tuesday evening following the regular drill and march, there will be an indoor baseball game.

Miss Amanda Kidder of Detroit will give a dramatic recital Saturday evening in the gymnasium.

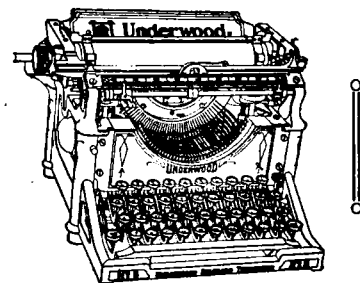
Miss Elizabeth Parker, matron of the State School for the Blind, and president of the Michigan State Nurses' Association, was a guest of honor at the social meeting of the Battle Creek Nurses' Alumni association, which was held Thursday evening in South hall.

The Mississippian Jubilee Singers, students of the Dooley Normal and Industrial Institute of Pass Christian, Miss., gave an enjoyable evening's entertainment in the gymnasium Saturday evening. They also rendered a brief programme in the chapel Sunday morning.

Miss Ruth Tenney left Tuesday for Grayville, Tenn., where she will pay a brief visit to her uncle, Prof. J. F. Tenney before joining Dr. Carolyn Geisel at Chattanooga. Dr. Geisel and Miss Tenney will make a lecture tour through the south, Dr. Geisel lecturing on general health topics and Miss Tenney giving demonstration lectures on hygienic cooking.

Friends of Miss Lenna F. Cooper, head of the Domestic Science department, arranged a successful surprise party on Tuesday evening in honor of her birthday anniversary. The Domestic Science rooms were handsomely decorated with potted azalias, hyacinths, ferns and cut flowers, and an enjoyable musical and literary programme was given. Several handsome gifts were given to Miss Cooper, that from the Domestic Science class being formally presented by Mrs. Minnie Emmons. Speeches were made by Dr. Kellogg and Dr. Ritter, and the following contributed to the musical programme: Mrs. Stone, Miss May Ferguson, Miss Laura Cooper, Roscoe Spencer.

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THE BATTLE CREEK IDEA

VOL. 1, No. 13.

BATTLE CREEK, MICH., MARCH 5, 1908.

PRICE, 2 CENTS.

BREATH OF LIFE

Dr. Kellogg Tells of Importance
Of Breathing In Sanitarium
Lecture.

OXYGEN THE VITAL ELEMENT.

"To breathe or not to breathe, is really getting to be a very serious question," said Dr. Kellogg in the course of his Thursday evening lecture on "The Breath of Life." "I dare say half the people in this room do not breathe as much as they ought to breathe. Twenty-five years ago all physiologists taught that men breathed one way and women another. That was right, but the physiologists defined what they called two types of respiration,—the feminine and the masculine. Nothing could be really more absurd than the supposition that a man breathes one way and a woman another.

"But it is a fact that the tide of life, the standard of life, the quality as well as the length of life, depends on how much we breathe. See how it is out in the animal kingdom. Here is a bird soaring up in the eye of the sun, a skylark, if you please, singing so far away in the sky you cannot see the bird—just a mere speck up there if you look sharp, yet you can hear his song. See the hawk soaring in the air; he looks as if he made no movement of his wings at all, but he sails through the air. Or when you are riding on a railroad train you will see sometimes, perhaps, a sparrow or some other small bird sailing right along with the train, keeping up with it without any apparent effort. That bird is able to exert itself in a wonderful way because it has great breathing power. The largest part of the bird is lungs, and the bird's bones are hollow, and there are communications between these lungs and the hollow places in the bones; so when the bird is pumping air into its lungs, it is breathing clear to the tips of its toes. Its whole body is full of air. That is the reason it can soar so, and why it has such marvelous muscular power.

"From the skylark look down to the stagnant pool all covered with green scum, with bugs and vermin crawling about, and stuck in the mud on the edge of the pool is a frog croaking. The frog has a little bag which he fills up with air, and then goes down to the bottom of that slimy pool and stays there a long time. He lives a very loathsome sort of life, and he croaks; he does not sing.

"If you are contented to live the life of a frog, then be content to lace up your lungs, tighten up your chest, and swallow air in little bits of slips from time to time. But if you wish to live the life of the bird,—to soar, physically, morally, intellectually, or any other way,—you must take great lungfuls of air; you must bring the air in until your whole body is full of air to the tips of your toes, like the sailing bird.

(Continued on Page 5)

NAMES FAMILIAR IN HEALTH CIRCLES



Elie Metchnikoff.

Elie Metchnikoff, one of the most distinguished disciples of the great Pasteur, was born May 3, 1845, in a village of the Government of Kharkoff, Little Russia. He was educated at the Gymnasium and the University of Kharkoff, passing through the Faculty of Science from 1864-70. He worked at Zoology in Glessen, Goettingen, and Munich, successively, under three famous zoologists, Lueckhart, Henle, and von Siebold, and was then appointed professor of Zoology and Comparative Anatomy at Odessa. He made expeditions to Maderia, Tenneriffe, and Kalumek Steppes in connection with his zoological researches. In 1882, in consequence of administrative difficulties arising from the troubles that followed the murder of the Czar, Alexander II, he resigned the professorship and became director of the bacteriological laboratory. In 1888 he went to the Pasteur Institute in Paris, where his research work along bacteriological and biological lines has won him everlasting fame in the scientific world. His study of the question of longevity has brought out a multitude of interesting facts, among them that the cause of the brevity of life is generally due to blood-poisoning toxins. Among his much discussed books are the following: "Optimistic Essays;" "The Nature of Man;" "The New Hygiene."

BRAIN THE MASTER ORGAN

The brain, its various functions and physiology, and its relation to the nervous system, was the subject of Dr. W. H. Riley's Wednesday evening lecture given before a large audience in the Sanitarium parlor. The lecture was in part as follows: "The brain, as you know, is the most important organ of the body. It is

(Continued on Page 7.)

CHAUTAUQUA ASSURED FOR BATTLE CREEK

Detail of Plans Outlined By Committee. Industrial Association to Stand Sponsor.

ADVANCE SALE OF TICKETS.

At last the plans for the Battle Creek Chautauqua are consummated, and the scheme long dear to the hearts of Dr. Kellogg, Dr. Geisel, John I. Gibson of the Battle Creek Industrial Association, and others interested in the welfare of the community is rapidly approaching a satisfactory outline, through the untiring efforts of the committee and Mr. Fuller Swift, a Chautauqua organizer from Chicago.

The committee includes the following: L. W. Robinson, W. D. Farley, Fred Wells, Dr. J. H. Kellogg, Dr. Geisel, and John I. Gibson. At the conference of the committee, on the resolution of Dr. Kellogg, the Industrial Association will stand sponsor for the movement, and the perfection of the plans has been rapidly made during the past few days.

The Chautauqua will be essentially a Battle Creek enterprise, to be managed and controlled by the Association and its Chautauqua committee. All the funds and profits will be under the control of the association.

The dates for the course, which will include educational, popular and musical programs, have been decided on, July 17 to July 26 having been chosen. The lecturers and entertainers include many of the foremost speakers and entertainers in the country, among them: Ex-Gov. Yates of Illinois; Dr. Robert Parker Miles, formerly religious editor of the New York "Journal," author and lecturer; the Hon. W. I. Nolan, humorist; Hon. H. B. Adams, eminent jurist, preacher, and lecturer; Gabriel McGuire, famous as a follower of Stanley in African expeditions; Ex-Senator Carmack of Tennessee; Colonel Bain, temperance lecturer; LaLa, Philippine author and traveler; Dr. L. B. Wickersham, and many others.

As in all summer Chautauquas, the camping feature will be made prominent, and although no site has as yet been selected, the environs of Battle Creek offer a wide choice for beautiful and advantageous surroundings. Lake Goguwac has been spoken of as a possible choice, although no definite arrangements have been made.

Plans are perfected for the sale of sea—
(Continued on Page 2.)

An attractive program for the Saturday night band concert has been arranged by Mr. Drever. The concert will follow the customary gymnastic drill and march.

CHAUTAUQUA ASSURED FOR BATTLE CREEK

(Continued From Page 1.)

son tickets, 1,000 of which will be sold in advance at \$2 each. These tickets will be sold only by subscription. The tickets are being placed on a sale in blocks, with a

limit of 15 to one purchaser. The rate is remarkably low, making the average single admission about seven cents per session.

The program, just issued, is as follows:

Friday, July 17.

8:00 P. M. Lecture, "Chickens Come Home to Roost." Dr. L. B. Wickersham.

Saturday, July 18.

2:30 P. M. Sacred Concert, Chicago Glee Club.
3:00 P. M. Lecture, "Day Dreams." Dr. L. B. Wickersham.
3:00 P. M. Grand Concert, Chicago Glee Club, readings, Mr. Dixon.

Sunday, July 19.

2:30 P. M. Sacred Concert, The Chicago Glee Club.
3:00 P. M. Lecture, "The Searchlight of the Twentieth Century." Col. George W. Bain.
7:30 P. M. Sacred Concert, The Chicago Glee Club.
8:00 P. M. Lecture, "Apples of Gold." Hon. H. V. Adams.

Monday, July 20.

10:00 A. M. Organization Chautauqua Seton Indian Tribes. Mrs. Swift.
10:00 A. M. Nature Study Work.
2:30 P. M. Concert, The Chicago Glee Club.
Adams.
3:00 P. M. Lecture, "The House of Changing Dimension." Hon. H. V.

Tuesday, July 21.

10:00 A. M. Second Pow Wow Chautauqua Seton Indians.
10:00 A. M. Nature Study Hour.
2:30 P. M. Concert, The Apollo Quartette and Bell Ringers.
3:00 P. M. Lecture, "Tallow Dips." Dr. Robert Parker Miles.
7:30 P. M. Concert, The Apollo Quartette and Bell Ringers.
8:00 P. M. Humorous Lecture, Hon. W. I. Nolan.

Wednesday, July 22.

10:00 A. M. Third Pow Wow Chautauqua Seton Indians.
10:00 A. M. Nature Study Hour.
2:30 P. M. Concert, The Apollo Quartette and Bell Ringers.
3:00 P. M. Lecture, "Six Years on the Dark Continent." Gabriel Maguire.
8:00 P. M. Grand Concert, The Apollo Quartette and Bell Ringers.

Thursday, July 23.

10:00 A. M. Fourth Pow Wow Chautauqua Seton Indians.
10:00 A. M. Nature Study Hour.
2:30 P. M. Musical Selections.
3:00 P. M. Lecture, "The University of Hard Knocks." Ralph Parlette.
8:00 P. M. An evening of picture, song, and story, Ross Crane, Cartoonist.

Friday, July 24.

10:00 A. M. Fifth Pow Wow Chautauqua Seton Indians.
10:00 A. M. Nature Study Hour.
2:30 P. M. Concert, Old Plantation Quartette and Jubilee Singers.
3:00 P. M. Interpretive Readings, Dora Eaton.
7:30 P. M. Sacred Concert, The Old Plantation Quartette and Jubilees.
8:00 P. M. Lecture, "Five Smooth Round Stones." Hon. Richard Yates.

Saturday, July 25.

10:00 A. M. Last Meeting Chautauqua Seton Indians.
2:30 P. M. Sacred Concert, Old Plantation Quartette and Jubilees.
3:00 P. M. Lecture, "The Story Beautiful." Father MacCorry.
8:00 P. M. Grand Concert, Old Plantation Quartette and Jubilees.

Sunday, July 26.

2:30 P. M. Sacred Concert, Old Plantation Quartette and Jubilees.
3:00 P. M. Lecture, "The Making of a Man." Ex-Senator Carmack, Tenn.
7:30 P. M. Sacred Concert, Old Plantation Quartette and Jubilees.
8:00 P. M. Illustrated Lecture, "The Philippines and Their People." Ramon Reyes, Philippine author, traveler.

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What is the best diet for one who suffers from too much gas on the stomach and bowels?

A. The food must be thoroughly chewed, so it will pass quickly out of the stomach. If one swallows food that is imperfectly chewed, it will lie in the stomach for a long time, and that will give rise to an excessive secretion of acid in the stomach, which in turn will cause excessive irritation, excessive spasm of the lower opening of the stomach, and so give rise to the promotion of gas. Gas in the bowels is generally due to delay of the food remnants in passing through the intestines. When there is gas and a great deal of flatus in the colon, it means that accumulated matters are there which ought to be removed. The bowels should be moved by some proper laxative or by use of the enema, or by both these combined.

Q. How is a person who has catarrh of the entire alimentary canal going to get 1,300 calories of carbohydrates per day when he cannot eat vegetables or fruit, and tolerates only 400 calories of malt honey?

A. I should say to such a patient, first of all, eat a good deal of rice, because rice is so bland a carbohydrate, that it will be tolerated when almost no other form of food will be. Rice is unquestionably the best of all cereals; it is one of the best of foods made for man, but it should be the unpolished rice, however. The polishing of rice takes away half the nourishing qualities. That is where the proteid is, in the outer portion of the kernel. Rice must be well cooked, and when eaten, must be well chewed.

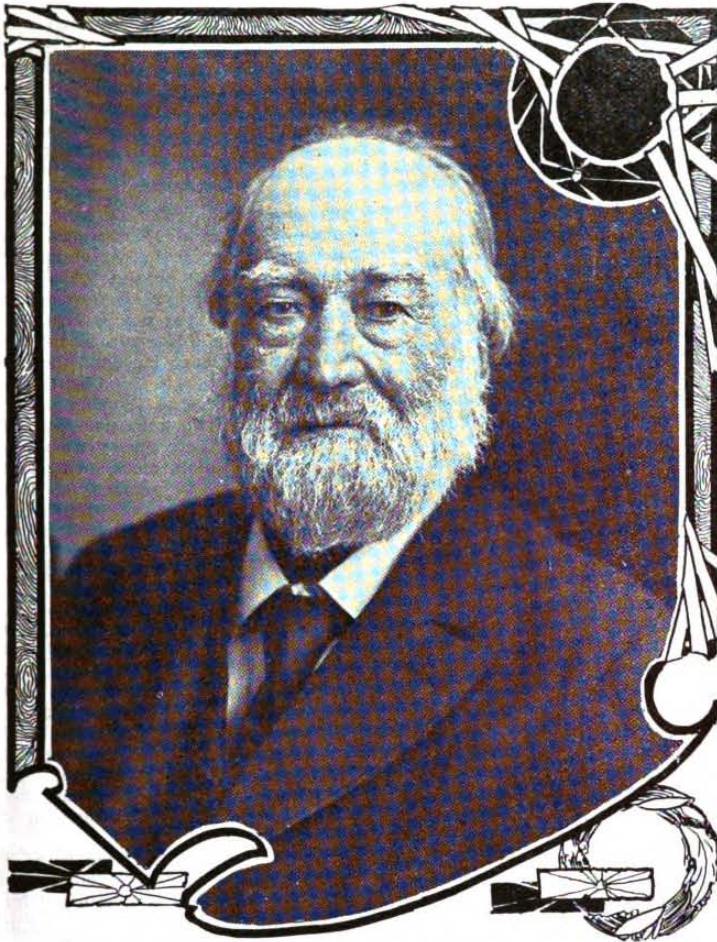
Another good suggestion, when eating the malt honey, add a certain amount of fat, as much as you can. Let this fat take the place of the carbohydrates to some extent if the carbohydrates disagree.

Q. Why do one's feet burn on the bottom at times?

A. This is a vasomotor disturbance. The palms of the hands and the soles of the feet, particularly the soles of the feet, are the richest vasomotor area in the body. In no other portion of the body is there such a rich network of blood-vessels as in the soles of the feet, and the consequence is that when there is a disturbance of the vasomotor system, it is very likely to be manifested in this particular area. The trouble really is in the spinal cord; but the real center of the trouble is some irritation present in the viscera, in the abdominal organs, and this is reflected to the spine and through the spine sent out to the feet or some other portion. The trouble is not with the feet, yet sometimes they may need a little treatment. It is a good plan to bathe the feet with cold water, or to take a cold water bottle to bed. A quart bottle full of cold water, or a rubber bag filled with cold water, in the foot of the bed will often bring relief, comfort, and sleep.

Q. Are not potatoes a bad food for one afflicted with varicose veins?

A. I have not the slightest idea that potatoes will do the least bit of harm to anyone, who has varicose veins. I know of no connection at all between potatoes and varicose veins.



FOLLOWER OF SIMPLE LIFE LIVES A CENTURY

"Treat your stomach right, and longevity is assured," was the theory upon which Dr. William M. Starr, of Washington, D. C., based his habits of life. As if in proof of his theory Dr. Starr lived to the age of one hundred years and four months, his faculties preserved to the last after a life filled with strenuous activity. The "Washington Star" gives an entertaining sketch of the centenarian, who died recently, together with his rules for longevity. Dr. Starr was the oldest member of the Association of Oldest Inhabitants of the District of Columbia, and on his one hundredth anniversary the society tendered him a banquet. Upon being seated on that occasion he remarked that it was one of the happiest moments of his life, and added: "This same happy moment would be possible for nearly all if they would but observe the simple rules of health I have laid down, and live the simple life. Stop taking medicine. I never had a prescription filled in my life, and today I can walk, talk, and see as well as I could twenty years ago."

To proper care of his stomach Dr. Starr attributed his long life. "Longevity is assured all if they will treat their stomach decently," he once said. "That is the treatment I have accorded mine since I was fourteen years old."

"A large part of the human family dig their own graves with their teeth. They eat what they should not; they eat when they should not, and they eat more than they should, and then expect some doctor with poisonous medicines to keep them

in health. Everything you eat, drink, or chew is either a benefit or an injury to you. Remember that. What not to eat is just as important as what to eat. Investigation has taught me that if you would live long you must put on the blacklist all pies and pastry, oatmeal, fat meats of every kind, coffee, warm bread and in some respects milk. Too much milk is not good for any one.

"Every person is at some period in life endowed with a good stomach," explained Dr. Starr, "unless born of unhealthy parents. This stomach will perform its functions if you give it a chance. The trouble is that ninety-nine out of a hundred begin early in life to abuse it, and once the stomach becomes deranged, it is just like a corn upon the foot—so long as you have no corn, a shoe won't hurt the foot, but after you acquire one, a feather bed will cause pain. That's the whole secret of life in a nutshell."

There is no action so slight or so humble but it may be done to a great purpose and ennobled thereby, nor is any purpose so great but that it may be helped by slight actions, and may be so done as to be helped much—most especially, the chief of all purposes, the pleasing of God.—*Ruskin.*

When we set to work to make others as happy as we can, happiness begins flowing in on us in an increasing current.—*Colton.*

DR. STARR'S LONGEVITY RULES

"Here are a few of my simple rules, to which I attribute the years that have passed over my head without leaving the marks I see upon many younger men around me:

"I never ate as much as I could eat in my entire life.

"I never drank intoxicants of any kind.

"I have never used tobacco in any form.

"I have never taken more than half a glass of ice water at once.

"I have never drank ice water after meals, thus paralyzing the digestive organs.

"I have never gone in water above my head. A man's head has no more business under the water than a fish has out of it.

"I early learned what foods were injurious and those which assisted Nature in its work. I always avoided the former.

"I have never remained in a draft when overheated.

"I eat only two meals a day—at 8 a. m. and 4 p. m."—**Dr. W. M. Starr.**

A Lesson for Spitters.

The city ordinance reads:

"No person shall spit upon any public sidewalk, or upon the floor or any public conveyance, or upon the floor of any theater, hall, assembly-room or public building, under a penalty of not less than \$1 nor more than \$5 for each offense."

In the cases tried as the result of a recent police round-up the fine assessed against each one of twenty accused men was \$2. That served the purpose of a gentle reminder, and it is not likely to be forgotten by the persons immediately concerned. Moreover, it is to be hoped that the publicity given these cases will spread the knowledge of the fact that there is an ordinance against spitting and that this will act as a deterrent. But there need be no cessation of police activity on that account. More fines will emphasize the lesson that is being so properly taught, and conduce to general cleanliness.—*Chicago Record-Herald.*

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A HEALTH ARISTOCRACY.

Mrs. Mary B. Henderson, wife of Senator Henderson, of Washington, D. C., one of the most popular society leaders of the capital city, has written a book entitled, "The Aristocracy of Health." In this most interesting volume Mrs. Henderson clearly shows that the true aristocracy must be based upon pure blood, not "blue blood," and that pure blood can be provided only by a strict following of the rules of health. Mrs. Henderson has herself adopted the Battle Creek diet system and has discarded from her table flesh foods of all sorts, tea, coffee, condiments, and other hurtful articles of food.

Although the Henderson home, one of the finest in Washington, is one of the chief centers of social attraction in that city, because of its extraordinary beauty and elegance and the unusual abilities of its mistress as a social entertainer, and although the Senator and Mrs. Henderson give weekly or monthly sumptuous banquets to the elite of Washington and the most noted members of the foreign embassies, no departure from aristocratic health principles is permitted.

It is certainly a matter for no small encouragement that a lady of such rare personal gifts, wealth, position, and influence should have been so deeply convinced of the importance of the principles of natural and simple living that she felt impelled thus to break away from conventional usages and to cast the great weight of her personal influence and example on the side of food reform and the simple life.

There are not a few signs that many other persons in high positions are rapidly imbibing these noble soul-and-body- uplifting principles, and thousands are giving heed to their ways, dietetically, in recent years, who formerly gave no thought to such matters. Great progress is being made these days in all matters pertaining to personal and public health.

"Infinite love would be a mockery without infinite hatred of things that harm."

"To sow selfishness is certainly to reap sorrow."

CHRISTIANITY HAS A FOOTHOLD IN JAPAN

Rev. Mr. Axling Tells of What
Has Been Done.

VICTORY NOT YET WON.

"Christianity in Japan is a triumphant force," declared the Rev. William Axling, a returned missionary from that country, who is sojourning at the Sanitarium in an effort to recuperate after ten years of activity among the denizens of the Flowery Kingdom. The Rev. Axling was introduced to an audience which had gathered in the Sanitarium parlor Sabbath afternoon, by Elder McCoy, who, in the course of his introduction, ventured the assertion that there is no other place in the United States where there is such an opportunity to keep in touch with the missionary movement as at the Battle Creek Sanitarium, where ever since its foundation missionaries from the foreign fields had gathered for rest and recuperation, oftentimes a score of them living under its roof at the same time.

The speaker, a young man of great earnestness and force, moved his hearers with his intensity, and made a strong appeal for greater beneficence and more workers. He sketched graphically what has been done in the past thirty-eight years since Christianity had got a foothold in Japan, and asserted that no one could be a pessimist after studying what has been done in so short a time. "Christianity," said he, "has struck a triumphant note everywhere in the country. Thirty-eight years ago the edict was still enforced which demanded the death of any 'Christian or Christian God' that set foot in the kingdom. In 1873 the edict was rescinded, and now the Christian worker is welcomed by both officials and the people—we are given an honest and sincere hearing by every one, all the more remarkable when one considers the fearful persecutions which took place such a short time ago.

"Christianity has touched every stratum of society in Japanese life; not alone has the attitude of the government been changed, but among the converts are persons of the highest influence, such as Admiral Uriyu, an ardent Christian, graduated from Annapolis, whose Christian principles rule his life, both public and private; Admiral Kataoka, president of the National Parliament, who used to open every session with an earnest prayer, and who frequently gathered his Christian friends about him before the opening of the session and asked God's blessing on what they were about to do. He lived a beautiful Christian life, and his death was profoundly felt over the kingdom. The orator of the National Parliament, Mr. Shimada, is also the owner and editor of the influential daily published in Tokio, and as a Christian wields a tremendous influence, both by his example and through his editorial espousal of Christian principles. The paymaster-general of the Japanese army, together with the heads of his departments, was a Christian. He handled frequently a million yen a day during the recent war, and there has never been

a word of dishonesty or graft connected with his rule.

"It is not alone among the men and women at the very top of Japanese life that Christianity has a firm foothold, but among the middle and the so-called 'coolie' classes there are many Christians, loyal and true," said he. "At the present time there are 55,000 Protestant Christians, 30,000 Greek and 60,000 Catholic followers, making a total of 145,000 who bear the name of Jesus Christ, out of the fifty million inhabitants. But the victory is not yet won. We may not yet lay down our arms and rest. There is but one worker for Christ there to every 6,500, and in the northland where I have been laboring, there was but one to each 100,000. Christian United States and Christian England are now contributing but two mills per capita for this great work. There must be more sacrifice, more consecration, more loving and giving if Japan is to be arrayed on the side of Christ."

Heard in The Lobby.

"I came to the Battle Creek Sanitarium expecting to find ideal conditions for health improvement, and I am going away more than satisfied with what I have found." The speaker, Guy Weible, of St. Louis, was on the eve of departure, and stood in the Sanitarium lobby looking back regretfully at the great tropical palm room, and the group of men gathered in the lobby corner, many of them associates of the past few weeks.

"I am going away from here," said he, "a firm advocate of the Battle Creek idea of living. I was quite prepared for it, before coming, through my reading of health literature, notably Mr. Fletcher's books, but this brief stay of mine here has convinced me that this road is the right one to health and long life. The mistake most people make when they come to an institution of this sort is that they expect the institution to do it all. This place shows you, as I think no other place in the world does, how you can take care of yourself.

"I like it all—every bit of it; the treatments, the methods of diagnosis, the instructive lectures, and pre-eminently the diet. Another phase of it and a characteristic one, is the habitual courtesy of the entire staff—you get the atmosphere the minute you step off the train and the courteous porter begins to look after you, and it follows right along throughout your stay. It is simply great, and I can't say too much for it. In order to keep in touch with the thing when I am gone, I have subscribed for the Battle Creek Idea, Good Health, and The Medical Missionary. Well, here is my carriage and I must be off. Good-by," and grasping his grip and umbrella, he was off.

"May I ask why you attach so much importance to the dragon in your country?" asked the woman who was at dinner with Wu Ting-fang. "You know there is no such creature, don't you? You have never seen one, have you?" "My dear madam," graciously answered the great Chinese, "why do you attach so much importance to the Goddess of Liberty on your coins? You know there is no such lady, don't you? You have never seen her, have you?"

SWIMMING TOURNAMENT ATTRACTS SPECTATORS

Women Swimmers Win Applause For Grace and Courage.

A large feminine audience gathered in the ladies' bathroom Monday afternoon to witness the swimming tournament in which a representative number of expert women swimmers had entered.

The events included a novel egg and spoon race, spring-board diving, a game of water leap-frog, dead man's float, speed races, high diving, and exhibitions of fancy swimming.

The first event, and one which aroused keen enthusiasm on the part of the spectators, was the egg and spoon race, in which Miss Marion Dowkontt came out the victor, swimming, across the pool and back, carrying the egg in a small spoon and making excellent time.

In the spring-board diving Miss Pauline Doring gave some excellent exhibitions of grace, which won her round after round of applause. She shared honors with Miss Jackson, however, who made several pretty dives. Others who were entered were Miss Francis, Miss Atherton, Miss Wood, and Miss Montgomery.

The spectators derived no little amusement from the leap-frog exhibition, in which three couples made the width of the pool in four leaps. This was followed by the dead man's float, won by Miss Atherton; Miss Kroeger, Miss Ingram, and Miss Atherton competing. The second exhibition, in which Misses Wood, Montgomery, and Stout, entered, was won by Miss Wood.

The most spectacular feature of the afternoon's program followed, in which some courageous exhibitions of high diving were given by Miss Doring, Miss Francis, Miss Atherton, and Miss Jackson. The latter called for no end of applause in her summersault dive from the balcony rail, a distance of over twenty feet.

In the next event,—a speed race under the water—in which Miss Atherton and Miss Francis were pitted against each other, Miss Francis carried off the honors. This was followed by a race on the back, the length of the pool, between Miss Doring and Miss Francis, the former doing the arm stroke and the latter the leg stroke. Miss Francis was pronounced the winner.

In the race the length of the pool with the side stroke, the following were entered: Misses Kroeger, Ingram, Montgomery, and Jackson, Miss Jackson winning. Miss Francis and Miss Doring then entered in a race, the length of the pool, on the chest, Miss Doring doing the arm stroke and Miss Francis the leg stroke, Miss Doring winning out.

Some pretty dives were made from the spring-board in the next event, which most of the contestants entered, diving into the water for butter chips. Miss Francis made the first plunge, coming up very prettily bearing her butter chip triumphantly aloft. Several of the other contestants were not so successful, and were forced to come to the surface without their trophy.

The program for the afternoon closed with a race the length of the pool, in which

Miss Stout was pitted against Miss Wood, Miss Atherton winning with her strong side stroke. Interesting exhibitions of fancy swimming were given at intervals during the afternoon by Miss Jackson and Miss Atherton, to the never-falling delight of the spectators. Those who entered the tournament were: Misses Doring, Atherton, Kroeger, Jackson, Stout, Ingram, Dowkontt, Montgomery, Wood, and Francis.

THE BREATH OF LIFE

(Continue to page one)

Then will you really know what it is to live.

"Now, this frog, as I said before, lives a life so feeble that he may freeze up and not know anything that has happened to him. In the course of two or three years perhaps, he thaws out and hops off just the same, because his life is on such a low order. But it is not so with the bird. The bird's blood is hot. The temperature of the bird's blood is 103° to 104° or even as high as 107°, because of its great activity, while the frog has so little vitality that his temperature is the temperature of the water or the mud in which he happens to be,—50° or 60°, as the case may happen to be.

"With the human being the oxygen is really the vital element which develops the forces of the body. The food we take into the body could do us no good if it were not burned. When food is burned, then energy is let loose; so what we eat to-day is walking around and talking to-morrow, simply because the oxygen we take into our lungs has let the energy of that food loose so it can operate through our brains and our muscles and be used in various activities.

"When the chest is expanded naturally in breathing, it expands everywhere. The ribs all expand. The ribs are a cage, and the lungs inside are a great elastic bag just like a rubber bag, and when that bag fills up with air, it expands in every direction. The ribs are fastened in an oblique position, and when the chest is raised, they become more nearly horizontal. This makes them longer in the antero-posterior diameter of the chest. The ribs are so articulated, so arranged, that they swing outward. Every man and woman ought to be able to expand the chest in breathing from four to six inches. An athlete is sometimes found who can expand his chest fourteen or fifteen inches, which means that he has just that much greater capacity for living.

"If we do not expand the chest, and allow only a little flopping of the diaphragm up and down, the joints where the ribs join the back become stiff and hardened, ossified, so when there is an attempt to expand the chest, it cannot be expanded; it has lost its power for expansion; it has become fixed like a steel cage, and no effort will possibly expand it.

"That is the condition of the man fifty or sixty years of age who has lived a sedentary life and has not been using his lungs as he ought to. Such persons may be benefited by strenuous efforts, by massage, manipulations, and vigorous gymnastic exercises, but little comparatively can be done. That is one reason why the old man gets short of breath, why he cannot run,—because his air reservoir has become so fixed it cannot be expanded to meet the

emergency. Ordinarily we breathe out and in about two-thirds of a pint when we are resting; when we are walking about and exercising, we breathe twice as much; when we are walking fast, three times as much; and when running at top speed we breathe seven times as much. Ordinarily we take in about twenty-four or twenty-five cubic inches of air, but if we make a great effort, we can breathe in perhaps two hundred cubic inches of air, or seven times as much. If one habitually breathes but little, then the lungs lose their capacity, the muscles get weak, and a forcible respiration to the full extent is not possible, and if he has to hurry a little, he is short of breath very quickly.

"Another thing of great interest was discovered by Claude Bernard, at a boys' school near Paris. He measured the amount of air the boys breathed out of their lungs when they were asleep. Then he put them through gymnastics for six months, and at the end of that time measured again the amount of air they breathed out of the lungs when asleep, and found it had doubled. There is a tremendous significance in that fact. If we get twice as much air into our lungs, that is so much more vital activity; if we consume twice as much oxygen in the body, we will have twice as much energy in mind and muscle, so there will be better digestion, and all the functions of the body will do their work much more efficiently. The thing that is necessary is to cultivate an appetite for air, and to get an appetite for air, just as to get an appetite for food, you must work, exercise."

NURSES' ALUMNI MEETS

The Nurses' Alumni Association of Battle Creek held a social in South Hall parlor at the Sanitarium on the evening of February 27. About sixty members and guests assembled. Among those present were Mesdames Foy, A. J. Read, C. E. Stewart, Clements, Baker, Harrison, Hoodner, Quinn, Steinel, Terrell, and Misses Sweet, Perry, Kirschman, Craw, Emory, Archer, Doring, Medgely, Bossert, Zahn, Carahoot, Nelson, Robinson, Dancy, Ball, Ellis, and Losing. Among the invited guests were Elder A. T. Jones, wife, and daughter, and Messrs. Kennedy, Norton, Quale, Cady, Hedworth, Dr. Read, Dr. Caroline Giesel, Mrs. Spencer.

A bright and interesting program of music and recitations was introduced by a piano solo by Mr. Norton, of California. Mr. George Black, tenor, rendered several selections which won for him the hearty applause of the company. He was pleasantly accompanied upon the piano by Miss Jones, who also gave the next number, a piano solo. Mrs. Foy, Superintendent of Nurses, was called upon for an address, and responded with a few words of encouragement to the association, mingled with advice. She said that the Alumni Association was intended to strengthen the bonds of union and sympathy and to form a medium through which members widely scattered might keep in touch one with another, and called attention to the fact that the past year had been the most successful in its history, and expressed bright hopes for its future, admonishing the members to keep in mind the motto of the association: "Knowledge unused for the good of others is more useless than unused gold."

DOMESTIC SCIENCE DEPARTMENT

"Sanitary milk is a subject that concerns all of us," said Miss Lenna F. Cooper, addressing a parlor audience which had gathered for the Thursday afternoon demonstration lecture in Domestic Science. "If we are not directly concerned," she continued, "there are many about us who are, and it is our duty to interest ourselves in the subject. The lives of so many infants depend upon the condition of the milk that philanthropic people the country over are interesting themselves in the movement for better milk. It has been found that of the infants fed on 'clean milk,' but six per cent die, while of those fed on ordinary milk, such as is sold in most cities, forty per cent die."

"Milk contains 86 per cent water, 4 per cent proteid, 4 per cent fat, 5 per cent sugar, and 1 per cent mineral matter. We speak of it as a 'proteid food' because proteid represents a large per cent of the solid constituents—normally the proteid should represent ten per cent of our ration. Hence foods containing a relatively higher per cent are termed proteid foods. The four per cent of the proteid in milk is about 25 per cent of the solid matter represented, so it is spoken of as a proteid food."

There are two kinds of proteid represented in milk: albumen, which you find about the edge of the vessel when milk has been boiled; and casein, which is not easily coagulated by heat, but may be by acid. It is this casein that, when acted upon by the acid, precipitates the proteid and makes the cottage cheese, by forming a coagulum. When heat is applied, the proteid will separate from the whey, and then we can realize how much solid matter there is in milk.

"The sugar of milk is another very interesting study. It is not a sweet sugar—as cane sugar; if it were, we would easily tire of it. It can be separated and dried, and is used for various purposes—among them the coating of pills."

"The sugar forms a good foundation for the bacteria to work on; for these are always present, not necessarily so, however. These microscopic organisms usually find their way into the milk from surroundings. Wherever there is dust, we have found that there are bacteria of some kind. Dust is simply worn out particles of the earth's crust and decomposed animal and vegetable matter, the decomposition having taken place through the agency of germs. Hence particles of dust are nearly always accompanied by bacteria or their spores. These germs have the faculty of producing spores, which correspond to the seeds of a plant. If not surrounded by the right conditions,—if they do not have sufficient food or warmth or moisture,—they simply lie dormant, sometimes for years."

"The dust of the hay scatters millions of germs, the barn and the body of the animal are frequently dirty, and all these conditions combined, are most favorable for the inoculation of the milk with bacteria. Some of you may ask if some of these are not 'friendly germs.' Part of them are lactic-acid germs, but many are probably disease-producing germs, such as the tubercular bacilli, diphtheria, scarlet fever, and the typhoid bacilli."

"The great epidemic of scarlet fever in

Chicago a few years ago was traced to a certain dairy where one of the workmen's family had had cases of this disease. Many of the epidemics of contagious diseases are undoubtedly traceable to such causes. It is not true, as is popularly supposed, that these contaminations are conveyed through the body of the animal, that is, but rarely, but it is generally true that they are conveyed by external contamination."

"In the larger cities they are favoring dairies which try to produce clean milk. The boards of health issue certificates, to obtain which the dairies must reach certain standards of purity. Philadelphia has the strictest standards, the regulation requiring that a cubic centimeter of milk must contain not more than 10,000 bacteria. When we realize that a cubic centimeter can contain two or three million, it will be seen that 10,000 is a small percentage."

"A cubic centimeter is equivalent to about one-fourth of a teaspoonful. When a test is made, one one-hundredth part of a cubic centimeter is mixed with a sterilized food, such as agar-agar with bouillon (to give food and moisture) and placed in a petri dish—a small, cylindrical glass-covered dish, and it is then put in a warm place—about 105° and left for an indefinite length of time. If there are any germs present in the milk, they will grow, and at the end of that period of incubation they will show in spots on the dish. Wherever there is a germ, there will be a little colony formed; we count the colonies and then multiply the amount by one hundred to ascertain the number in a cubic centimeter. In Rochester the standard is 30,000 to the cubic centimeter; in New York it is 100,000; it varies greatly in the different cities."

"The lactic-acid-producing bacteria produce acid from the sugar of milk. These microscopic organisms feed on the sugar and break it down—change it—and produce the lactic acid. This acid neutralizes the calcium salts in the milk, which has the power to keep the casein in solution, and the result is that the casein is precipitated in the form of a curd."

"The Yogurt which is used at the Sanitarium and becoming so popular, is simply a pure culture of the lactic-acid-producing germ—the strongest known. It is known as the 'Bulgarian Bacilli,' for the reason that it has been used by the people of that country for hundreds of years. It was introduced by Metchnikoff to the scientific world, and has since become a very popular remedy in Paris and other places in Europe. The culture brought back by Dr. Kellogg from Paris last year was probably the first ever brought to America."

"In Bulgaria the 'starter' is transmitted from generation to generation and has been in use as far back as history runs. They rarely use sweet milk. In fact, in most European countries sweet milk is little used, while in Russia, Turkey, Arabia, and numerous other countries buttermilk and other fermented milk are in constant use by the people."

Rose Custard—

1 quart of milk ½ cup sugar
4 eggs 2 teaspoons caramel
Beat eggs, add hot milk, sugar and caramel, and either bake or steam. Sprinkle with chopped pecans and ½ pint cream whipped and sweetened.

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BRAIN THE MASTER ORGAN

(Continued From Page 1.)

the organ above every other which distinguishes man from all of the other animal kingdom, and it is the organ of the body which distinguishes one man from another. The value of a man, his ability to earn money or to accomplish things in the world, depends upon his brain. The thing which distinguishes one man from another, and makes one man more useful than his fellow, is his brain. The other organs of the body, such as the stomach, the liver, the heart, are all servants of this master organ. It seems to me important, therefore, that we should know at least something about this part of our body. If we had the time to study this organ carefully, study its anatomy and take our microscope and study the finer structure of nerve tissue and of the brain, and learn all the interesting things that have been worked out with reference to it, I am sure you would find it an interesting and fascinating subject. At the present time in our own country statistics tell us that one person in every three hundred is insane, and that one person in every four hundred is an epileptic. In a recent edition of a well-known text-book on diseases of the nervous system, written by one of my old teachers, 176 different diseases of the nervous system are described and in recent years, on account of the complexity of commercial and social life, new diseases are constantly being developed. These statements will illustrate to you the fact that diseases of the nervous system are increasing in number. Then it is well for us to stop and consider whether or not our manner of living and our habits are not in some degree at least responsible for the large increase in diseases of this important organ. This evening I have not the time to consider at any length the diseases of the nervous system, although I may refer to some briefly. I wish to tell you a few things in a general way in regard to the anatomy and physiology of the nervous system, and if we have time, to speak briefly of some diseases of the brain.

The brain, as you know, is located in the cranial cavity, surrounded by a bony wall for its protection. It completely fills this cavity, so much so that one may see on the inner surface of the cranium depressions and fissures made by the pressure of the brain against the inner surface of the bony wall. The brain is surrounded by three membranes from without inward; these are, first, the duramater, second, the arachnoidmater, and third, the plamater. The word *dura* means "hard," and the outer covering of the brain is a hard, tough, membranous sheath which surrounds the brain for its protection. The next, the arachnoid, is placed between the duramater on the outside and the plamater on the inside. It is a very thin membrane called the arachnoid, from its resemblance to a spider's web. It is supposed to secrete a fluid which lubricates the surface of the brain. The plamater is the inner of these three coverings, and is placed closely to the surface of the brain, dipping down into its fissures and covering its convolutions. In it are many blood vessels which carry the blood to the substance of the brain.

The brain proper is divided into several divisions. The first of these is the cerebrum, or the large brain. This is shown on the canvas. Second, the cerebellum, or

small brain; third, the pons varolli, the word *pons* meaning "bridge," and connects one part of the brain with another; next the medulla oblongata, and next the mesencephalon or mid-brain. The large brain is the seat of the mental faculties; there is also located on its surface, centers for motion and for the sensations of hearing, vision, taste, and smell. There are a number of other areas on the surface of the cerebrum, the function of which is not definitely known.

The cerebrum, or large brain, is perhaps the most interesting of the different parts to study. The surface of the cerebrum is roughened, being made up of convolutions and depressions which we call fissures. The purpose of this seems to be to increase the surface area of the brain, so that if the brain were spread out on a level surface, its area would be very much increased by this arrangement. This large brain is divided into lobes by some of these fissures which are very deep; thus we have the frontal lobe in the front, the parietal on the side of the brain, the occipital lobe behind, the temporal lobe on the lower part of the side, and limbic lobe on the inner side. There are one or two other lobes described. Separating the frontal from the parietal lobe is a fissure which is known as the fissure of Rolando; just back of this fissure, is the part of the brain that has control of the motion. When this part is stimulated by electricity in dogs, it produces muscular contraction; in man it may be the seat of disease, and when so, we may have epileptic attacks or we may have paralysis. The upper third of this region controls the movements of the leg and trunk on the opposite side of the body; the middle third the movements of the arm on the opposite side; the lower third the movements of the face and tongue on the opposite side. This particular area is known as the motor area. When one makes a voluntary movement, an impulse passes from this area down through the nerve fibers to the muscle and makes the muscle contract and produces motion. If there is a break anywhere along this path from the brain to the muscle, the muscle becomes paralyzed. It is the duty of the physician to locate the disease in the brain or the nervous system, and to tell whether the disease is on the surface of the brain, the inside of the brain, in the spinal cord, or in the nerve trunk outside of the cord or brain. By a careful examination, diseases can, as a rule, in this way be located, by a physician.

(TO BE CONCLUDED NEXT WEEK.)

FUTURE EVENTS.

Friday, 7 p. m., gospel song service in chapel, Dr. Martin, leader.
Sabbath—10:45 a. m., Chapel service, Elder Tenney, preacher; 3 p. m., Parlor lecture, Dr. Kellogg.
Evening, Band concert in lobby.
Sunday—3 p. m. Everybody's Gospel service in parlor.
Monday—8 p. m. Questions and Answers, Dr. Kellogg presiding.
Tuesday—8 p. m. Parlor lecture, A. W. Hawks.
Wednesday—8 p. m. Parlor lecture, Dr. W. H. Riley.
Thursday—5 p. m. Domestic Science demonstration lecture in parlor by Miss Lenna F. Cooper; 8 p. m. Stereopicon lecture, Dr. Kellogg.

WHERE IS IT?



Another chance is offered to the keen observer in this week's prize puzzle contest. Locate this handsome tree. It is on the Sanitarium grounds. You probably pass it each day when you take your walk. For the first three correct answers received, the following prizes will be awarded: First, six months' subscription to *Battle Creek Idea* and *Good Health*; second, six months' subscription to *Battle Creek Idea*; third, pound box of Sanitas Chocolates.

The winners in last week's contest were: First, A. H. Emmons; second, Alfred E. Judd; third, Verne Wilcox. The picture was of a tree standing a few feet from the northeast corner of the gymnasium. Prize winners will be barred from entering subsequent contests.



Q. This box contains over half a billion disease-des-troying germs.

Q. In the box pictured are enclosed four dozen capsules, each of which contains, in a preparation called YOGURT, from ten to fifteen millions of germs. These germs are harmless and their mission is to drive out of the system the disease-producing bacteria.

Q. YOGURT is our name for a remarkable lactic-acid-forming ferment discovered in Oriental milk preparations by Masson, of Geneva, and later investigated by Metchnikoff, of the Pasteur Institute, and other European medical authorities. It has proved a positive remedy for Intestinal Autointoxication, and is therefore invaluable in many cases of arteriosclerosis, Bright's disease, skin maladies, chronic rheumatism, rheumatoid arthritis and chronic biliousness, typhoid fever and other febrile disorders, intestinal disorders of children, rickets, emaciation, and malnutrition.

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Q. Send a stamp for the "Yogurt Book" and a free book of Health Rules.

Personal Column.

Mrs. B. E. Gill of Chicago arrived at the Sanitarium this week.

W. A. Yule and bride paid a brief visit to the Sanitarium the past week.

Dr. A. M. Sharrocks, a missionary from Korea, is among this week's arrivals.

Mrs. Otto Price of Chicago spent a few days at the Sanitarium the past week.

Mr. and Mrs. H. B. Hawley left on Wednesday for their home in Des Moines, Iowa.

Mrs. R. J. Kilpatrick, of Beatrice, Neb., is among the recent arrivals at the Sanitarium.

Mr. A. Spaulding, of Lamberton, Minn., visited his brother at the Sanitarium during the past week.

Mr. and Mrs. H. G. Ashbrooke and little daughter of Cleveland, Ohio, are among the recent arrivals.

Mr. C. L. Carlisle, Mmes. W. S. and J. P. Carlisle, of Columbus, Ohio, are among the recent arrivals.

Judge O. L. Ballou, of La Grange, Ind., an old friend of the Sanitarium, has returned for a short stay.

Mrs. F. W. Raunhoff left this week for her home in St. Louis, after a stay of several weeks at the Sanitarium.

P. F. Miles, of Milford, Ind., a former patient at the Sanitarium, has returned and is being welcomed by old friends.

Miss Elizabeth L. Parker, president of the Michigan State Nurses' Association, was a guest at the Sanitarium during the week.

Mrs. J. G. Boess has returned to her home in Lake Bluff, Ill., decidedly improved after a two months' stay at the Sanitarium.

Mrs. Ada Melville Shaw, at one time associate editor of the *Union Signal* and more recently editor of *The Young Crusader*, arrived at the Sanitarium Tuesday. She is spoken of as an evangelist of great power. During her stay she will conduct a series of meetings.

Mr. A. W. Hawks, of Baltimore, Md., one of the leading Chautauqua speakers of the United States, and familiarly known as "Sunshine" Hawks, arrived at the Sanitarium the first of the week for a month's stay. During his residence at the Sanitarium he will give some of his *Sunshine* sermonettes, and one or two of his famous humorous lectures.

The List of Arrivals.

A. E. Davis, N. Y.; L. B. Tennent, O.; Mrs. Jessie A. Hell, Kan.; Mrs. M. E. Warner, N. Y.; Sam Schutz, Ill.; L. A. Wells, Wis.; Dr. and Mrs. Guy McLean, Ill.; E. T. Knoph, Ill.; Gustav Butelspacher, O.; Mrs. L. M. McAbee, O.; Mrs. R. A. Perkins, Ill.; C. C. Cole, Ky.; Dr. C. V. Russell, Mich.; William DeCamp, Mich.; Mr. and Mrs. C. E. Brown, Mo.; Mrs. Emory Walling, Pa.; Miss E. J. Hoyt, Pa.; M. W. Callender, Pa.; Mrs. F. W. Riebling, Mo.; Fannie B. Price, Ill.; Cora V. Bozarth, Mo.; Ruby T. Funk, Mo.; Burk Hall, Wis.; Miss Emma A. Lyon, Nankin, China; J. Frank Johnson, city; George N. Taylor, Ill.; Mrs. B. E. Gill, Ill.; Mrs. Bertha Herbst, O.; W. F. Templin, Ind.; J. B. Burton, Ia.; J. V. Templin, Ind.; A. B. Hoyes, Ia.; Mrs. J. B. Hoyes, Ia.; Mary R. Wilson, Ill.; Nellie Alexander, Ind.; Mrs. M. P. Wallace, Ia.; J. Erickson, Mo.; H. B. Hawley, Ia.; H. J. Richards and wife, Crystal Falls; R. C. Bailey, Ill.; D. B. Miller, So. Dak.; R. W. Erbaugh, Ind.; Miss Helen Cronk, John D. Hood, Ill.; P. F. Miles, Ind.; Miss Vickery, Ill.; A. Knoph, Ill.; Miss Amanda Kidder,

Mich.; F. S. Rigler, O.; Mrs. William Stranzman, Montreal; Dr. F. A. Haynes, O.; J. E. Schuck, Sr., O.; Mr. and Mrs. E. A. Crain, N. D.; Mr. and Mrs. A. G. Penman, Toronto; Mr. and Mrs. W. A. Yule, Ind.; R. J. Kilpatrick, Neb.; E. F. Shadosky, Md.; F. D. Ewing, O.; C. A. Parker, Wis.; Mrs. Emma Ware, Ill.; Joseph Ames, Mo.; John Fletcher, R. I.; W. D. McCoy, O.; Mrs. R. S. Kingsbury, O.; W. H. Griffin, Tenn.; Elizabeth L. Parker, Mich.; Mrs. Otto Price, Ill.; Mrs. L. A. Williams, Mich.; Mrs. N. J. Lincoln, Mich.; C. C. Clark, O.; Henry Schupf, Wash.; Stacy Pettit, Mich.; James E. Howe, N. Y.; J. B. Watson, Ind.; C. W. Johnson, Wis.; Mr. and Mrs. N. H. Clark, Idaho; S. N. Sims, O.

News Notes.

Mrs. L. M. McAbee has rejoined the nurses' department for the coming season.

Miss J. E. Howe, a former member of the Sanitarium family, has returned recently.

The Rev. William Axling conducted the Tuesday afternoon prayer service in the fifth floor parlor.

The monthly helpers' meeting was held Wednesday night in the chapel. Mrs. Ada M. Shaw addressed the meeting.

Joseph Norton, who has been spending the past few weeks at the Sanitarium, left Wednesday for Los Angeles, Cal.

Dr. Kellogg was host at two sleighrides given this week for the women nurses; one on Tuesday evening, and the other on Wednesday afternoon.

Mrs. William Axling lead the Philathea class on Sabbath afternoon, giving an interesting talk on the life of Japanese women, based on her personal observation during a protracted stay in Japan.

A score or more of the members of the Sanitarium medical staff attended the meeting of the Calhoun County Medical association at Albion, Tuesday afternoon. Dr. Loiza Elwell appeared on the program.

The Baw-Bees won with a score of 22 to 9, against the Teddy Bears in the indoor baseball game held in the gymnasium Tuesday night. The balcony was filled with spectators who became enthusiastic rooters before the game ended.

The quadrennial birthday of Miss Grace Staninger was celebrated by the nurses' class of 1910 of which she is a member, on February 29, at the residence of Pastor Tenney. The class was chaperoned by Dr. Stella Norman, instructor in physiology.

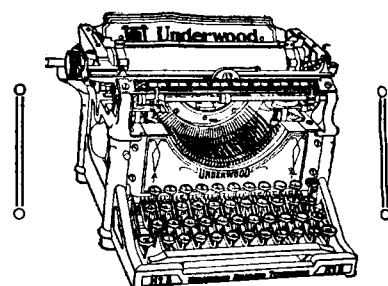
On Monday afternoon at 4:30 before an appreciative audience in the Sanitarium parlor, Miss Ida Heffron, of the Chicago Art Institute, gave a pleasing talk on Art and its Relation to Life. The speaker illustrated her points by blackboard sketches and admonished her feminine hearers to permit their clothes to express their individuality both as to color and style, asserting that it made for a freer expression of the individual.

Mrs. M. S. Foy was hostess at a delightful little function Monday evening in her apartments, West Hall. The affair, which was in the nature of a shower, was in honor of Miss Margaret McGruer, whose marriage to Mr. Rulon Smith will take place within the week. The guests included the members of the nurses' training class to which Miss McGruer formerly belonged, Miss Dancy, and Dr. Hudson.

Great duties are before me and great songs;
And whether crowned or crownless when I fall

It matters not, so as God's work is done.

—Alexander Smith.



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THE BATTLE CREEK IDEA

VOL. 1, No. 14.

BATTLE CREEK, MICH., MARCH 12, 1908.

PRICE, 2 CENTS.

CHAS. E. WOOD BEQUEST MAY REACH \$300,000

Millionaire Leaves Thousands for
Establishment of Sanitarium
at Atlantic City

BATTLE CREEK METHODS TO BE FOLLOWED

Confirmation of the rumor that the late Charles E. Wood, of Washington, D. C., had left a bequest to Dr. Kellogg of the Battle Creek Sanitarium for the establishment and maintenance of a similar institution in the east, was received this week from Mr. Wood's attorney. While no definite estimate is made as to the amount of the bequest, it is thought to be in the neighborhood of \$300,000.

When interviewed in regard to the announcement, Dr. Kellogg had the following to say: "When Mr. Wood was a patient here at the Sanitarium, especially on the occasion of his first visit, some seven or eight years ago, he urged me to join him in a sanitarium enterprise at Atlantic City, and stated that he would raise five hundred thousand dollars for that purpose if I would consent to take the direction of the work. I declined to do so only because I understood that the project was to be on a money-making basis; that is, that there were to be stockholders, and the earnings were to be distributed to the stockholders. I told him I did not think it proper to connect myself with any money-making enterprise, as I had devoted my life to altruistic and philanthropic work. It is evident that the project of a sanitarium at Atlantic City was a matter to which Mr. Wood had given considerable thought, and the clause in his will which provides for such an institution, shows that he had fully decided that it should be, like the institution at Battle Creek, of a philanthropic character, and devoted to the same objects and purposes for which this institution stands. This being the case, I see no reason why the management of the Battle Creek Sanitarium may not undertake to carry out Mr. Wood's bequest in connection with his trustee. I am not prepared to state anything more than this, as I have not yet communicated with the trustees.

The copy of the will received this week by Judge Jesse Arthur, counsel for the Sanitarium, contains the following clause: "I give and bequeath to my trustee hereinafter named the rest and residue of my estate after the payment in full of all legacies hereinbefore provided for, and the satisfaction of all trusts hereinbefore created, in trust and for the use and benefit of the J. H. Kellogg Sanitarium of Battle Creek, Michigan, the same to be used under the direction of the said J. H. Kellogg Sanitarium of Battle Creek, Michigan."

(Continued on Page 3.)

NAMES FAMILIAR IN HEALTH CIRCLES



Horace Fletcher.

Horace Fletcher, author, lecturer, and world famous as an advocate of thorough mastication,—now known as "Fletcherizing"—was born in Lawrence, Mass., Aug. 10, 1849. He was educated at Dartmouth College. For thirty-five years he has been a traveler, and since 1895 has been a close student of sociology.

His theory of food nutrition is amply outlined in one of his books, "The A. B.—Z. of Our Own Nutrition." A writer in the American Magazine says of Mr. Fletcher: "He is gray haired, and red cheeked and fresh minded and merry eyed. He is a broad-minded Christian man and citizen of the world. It is not fair to call Mr. Fletcher a faddist. He has simply put old ideas into new form. He has added the personal equation and in his complete earnestness developed new experiments and new evidence."

Among his books are the following: "The New Masticulture, or the A. B. C. of True Living," "The A. B.—Z. of Our Own Nutrition," "Happiness, as Found in Forethought Minus Fearthought," "Nature's Filter, or What and When to Swallow," "The New Glutton or Epicure," "The Last Waif or Social Quarantine." In his most recent book, "Optimism," there is a foreword by William Dana Orcutt in which he sums up the Fletcher "theory" as follows: "Believing that absolute health is the basis of human happiness and advancement, and that health depends upon an intelligent treatment of food in the mouth, and upon a personal knowledge of how best to furnish the fuel that is actually required to run the human engine, Horace Fletcher sought for and found perfect guides among the natural human instincts and physiologic faculties, and has demonstrated that his theories are really facts."

260 ATTEND BANQUET AT THE SANITARIUM

Methodists Unite in Feast at Sanitarium for Benefit of
Sister Church

BISHOP VINCENT SPEAKS

Two hundred and sixty guests enjoyed the banquet tendered the Upton Avenue Episcopal church by the management of the Sanitarium, Monday evening. The occasion was a memorable one in the history of the church, and the presence of the venerable Bishop John H. Vincent was the crowning feature.

The tables, stretched the length of the banquet hall, were handsomely decorated with feathery genesta, daffodils, and fair lilies, the color scheme of yellow and white being maintained throughout.

Following the banquet the company adjourned to the chapel, where the program of addresses was given, Presiding Elder W. M. Puffer, of Kalamazoo, introducing the speakers. Greetings from their congregations were given by the Rev. W. H. Phelps, pastor of the First M. E. church, and by the Rev. C. E. Hoag, of the Maple Street Methodist church. Then the presiding officer introduced Dr. Kellogg with a few words of warm praise, in which he took occasion to speak of the great work the doctor has done for the missionary movement, declaring his influence to be "world wide," and introducing him finally as "a man who does things—humbly before his God and with a reverent spirit."

In his response, which was very brief in order to give time for the speaker of the evening—Bishop Vincent, Dr. Kellogg said that the institution felt honored by such a splendid representation of Methodism beneath its roof. "I have always revered John Wesley," said he, "as the greatest man of the past three centuries. No other man of the times had so great an influence on humanity. I rather think that you have been eating a real Methodist dinner—probably many of you have never heard that John Wesley was a vegetarian." Before closing, the doctor called attention to the motto opposite the Sanitarium entrance: "He is thy life," and remarked that it is the whole purpose of the institution to point men to the right way of life—to teach them that the God who is their creator is also their healer.

Bishop Vincent was then introduced and after acknowledging an enthusiastic ovation from the audience, he delivered an address on "A Gospel for Young and Old."

The address was a defense of old age, aiming to demonstrate the possibilities of progress and growth even in mature and old people if only they have the will to

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put forth the effort that is possible to them. It was a tribute to the sphere and possibilities of womankind, giving picture after picture of the faithful mother in her domestic ministrations as teacher of her children.

"It is to the adults the minister must look for co-operative effort," said the speaker.



"It is not wise for a minister to confine his attention to any one class of people. He must care for the old and the young. The old man may be a voluminous reader, a sensible and inspiring talker, a stimulating preacher, a lovely example of

what Christ's cross can do in the autumn and winter of a consecrated life.

"It is a mistake to suppose that the old can not commit to memory. It is only a question of will and of repetition. A boy by ten repetitions can learn a poem; a man of sixty can do it by one hundred repetitions, and when he has learned it, he sees through his own life experience more in it than any boy can. Franklin was fifty before he began his philanthropic speculations; Dryden at thirty had not yet written a line of poetry; Mehemet Ali, pashaw and conqueror of Egypt, was forty before he could read and write; Plutarch began to study Latin between seventy and eighty years of age; Socrates was quite an old man before he learned to play on musical instruments. It is easily possible to begin a new educational life even in old age. It is never too late to turn over a new leaf, to look up to the sun and the stars, to take one step forward. Some of the happiest, brightest, and most interesting people in

closing words, explaining that the banquet was the subscription of the management of the Sanitarium and that the proceeds of the banquet would go to the church. In a few well-chosen words he feelingly thanked Dr. Kellogg and the management for their generosity and their constant attitude of kindly sympathy and interest in all the Christian enterprises of the city, and said he had grown to have a large place in his heart for the man who was the life and spirit and genius of the Sanitarium, whose thoughtfulness had suggested the banquet which had been such a conspicuous success.

During the course of the program "Sunshine" Hawks was introduced, and kept the audience in ripples of merriment for the few moments in which he appeared before them.

COLD AIR BREATHING.

"Breathing second-hand air is dangerous, and is worse than wearing second-hand clothing, for second-hand clothes can be washed and purified, but second-hand air cannot.

"At night, of all times, we need fresh air, 'night air' at that, for night air is all the air we then have. During the day the opening of doors secures a change of air, occasionally at least. During sleep, the defenses of the body are lowered. The temperature of the body is slightly diminished, the respiration is slowed. Occasionally we are awakened toward morning to find that some disease has fastened itself to us while we slept. This is much more likely to happen if while we sleep we are being poisoned by re-breathing our own breath, or that of some one sleeping in the room with us. To insure anything like adequate ventilation in the sleeping apartment in the winter, the window should be open two inches for each person occupying the room. True, we may find it a little chilly on getting up in the morning, but if we have been breathing fresh air all night, with our blood bathed in a stream of life-giving oxygen, we are in good condition to withstand the cold.

"It is dangerous to go to sleep in a warm room that is likely to become cold before morning, for the obvious reason that the sleeper is likely to become thoroughly chilled before awakening.

"Another great bogle which constantly scares us is drafts. The popular notion that drafts are dangerous is responsible for much sickness. Arctic explorers and soldiers who live out of doors never take cold because of being exposed to draughts during sleep."—Good Health.

Think About Good Things.

Avoid worry, anger, and fear; love your neighbor and don't talk about your ailments. "As a man thinks in his heart, so he is." Think of health, long life, happy hours, pleasant friends.

Banish trouble and say, "I am going to overcome." There is power in a determined mind.

Say, "I can and I will" and mean it and stick to it. The mind is the architect of the body. The body is being constantly rebuilt, atom by atom, and as you determine so it shall be done.—C. B.

ELECTRICITY AS USED AT THE SANITARIUM

Dr. Kellogg Explains the Different Currents and Methods of Application

THE SINUSOIDAL CURRENT

In a recent lecture before Sanitarium patients and guests, Dr. Kellogg was asked to explain the "different kinds of electricity" used at the Sanitarium. He replied, of course, that there is but one kind of electricity, but qualified with an explanation of the different kinds of currents, laying stress on the sinusoidal current, discovered and first introduced at the Sanitarium,—a fact not generally known. His reply, which will doubtless be of interest to hundreds of our readers, we give in part:

There is really but one kind of electricity, but there are different kinds of electrical current. There is the galvanic current, which is produced by chemical action in batteries, and essentially the same thing is produced by means of the dynamo, the so-called direct current. Then we have the alternating current, which is akin to this current, except that it does not go in the same direction all the time, but alternates back and forth in very rapid alternations. It is quite too rapid to be counted or followed. The rate is perhaps sixteen or thirty times a second, or even more. These alternating currents, when reduced by certain kinds of apparatus, are known as high frequency currents, in which the alternations may be increased to a million times a second, even as high as a billion times, and even more than that.

There are many varieties and modifications of these different currents—the galvanic, the direct, and the indirect. By various devices, the galvanic current may be converted into one which behaves exactly like the so-called static, which is produced with the static machine. The electricity is not a different kind; the difference is in voltage and in questions of alternations and control.

In practice the galvanic current is used to arouse degenerated muscles to activity. When a muscle can not be made to contract in any other way, the interrupted galvanic current may be relied upon. As the muscle improves, the sinusoidal current may be employed. The sinusoidal current is one of the discoveries of this institution. Although the name was devised by Dr. d'Arsonval, of Paris, the same current had been in use in this institution for seven or eight years before he discovered it. I had read papers on the subject before the American Medical Association, and it had been recorded as a part of medical history,—that the medical properties and uses of this current were discovered here. It has now been in use here for more than twenty years.

The sinusoidal current is so called because, instead of sudden interruptions, the interruptions are more gradual. The galvanic current makes a line of sharply interrupted curves, while the sinusoidal makes a uniform curve with no sudden

(Continued on Page 6.)

Menu

Grape Fruit

Vegetable Consomme

Sanitas Wafers

Radishes

Pine Nuts

Braised Protose—Dressing

Potato Loaf

Green Peas

Buns

Apple Juice

Macedoine Salad

Yogurt Cheese

Toasted Wafers

Floating Island

Chocolate Cake

Oranges

Noko

Apples

the world are old folks—the few women to be found who are over forty, and the hosts of men who forget how old they are."

The Rev. W. I. Elmer, pastor of the 70th Avenue M. E. church, spoke a few

THE HOME DISPENSARY

Dr. Read Gives Practical Talk to Sanitarium Guests on Home Treatments

50 REMEDIES AND APPLIANCES

Dr. A. J. Read entertained a large parlor audience Monday afternoon at the Sanitarium with a practical talk on "The Home Dispensary," explaining the advantages of a well-stocked dispensary of simple remedies and appliances, and dwelling on specific cases and their treatment by home methods.

To demonstrate the practicability of the home dispensary, Dr. Read displayed the articles listed in a wardrobe, the shelf being devoted to the medicines, the hooks used for hanging spine bags, hot water bags, foot-tub, enema can, etc., while the lower part formed a convenient receptacle for blankets, fomentation cloths, bandages, etc.

The moist abdominal bandage, the doctor declared, is as necessary to the family dispensary as is the kitchen stove to the household equipment. For indigestion, biliousness, certain cases of constipation, etc., the moist girdle is invaluable; for biliousness, he said, it will do more to restore the liver to normal activity than a half dozen doses of calomel.

To combat pain fomentation cloths are unequaled for immediate effect and soothing properties. Those used at the Sanitarium are the size of a quarter of an ordinary blanket and are part cotton. The necessity for hot water bags and spine bags, the latter valuable applied to the spine as a sedative, to induce sleep and quiet the nerves was especially emphasized. The speaker demonstrated the application of the hot blanket pack with the use of spine and hot water bags, and said that in many cases a prompt treatment would avert severe colds, pneumonia, pleurisy, etc. A small faradic battery was also spoken of as a valuable home remedy, with its possibilities for treatment of a patient nervously run down, as a tonic, and in cases of paralysis following grippe or diphtheria.

The home dispensary should include the following:

- One pair blankets
- One pair fomentation cloths
- One roller chest pack with mackintosh
- One throat compress
- One moist abdominal bandage
- One stomach tube
- Two spine bags
- Two hot water bags
- Two ice bags
- One enema can
- ¼ yd. oiled silk
- One oil enema bottle
- One foot bath tub
- One faradic battery
- Two friction mitts
- Two Turkish towels
- Gauze bandage 2 in., 1 in., ½ in.
- Cotton bandage, 2 in., 1 in., ½ in.
- Safety-pins, three sizes
- Common pins
- Surgeon's plaster, one roll

- Court plaster
- One water thermometer
- One clinical thermometer
- One urinary
- One bed pan
- One douche pan
- Splinter forceps
- Sterile toothpick
- No. 1 absorbent cotton
- Sterile gauze
- Cough syrup
- Antiseptic gargle
- Eye wash (boracic acid solution)
- Peroxid of hydrogen
- One tube of ivy poison paste
- One tube of ointment for burns
- Massage cream
- Toilet cream
- Toothache medicine
- Earache medicine
- Bottle of sweet oil
- Bottle of picric acid
- One bottle of caron oil
- Corn cure
- Hair tonic
- Colax
- Colaxin
- Yogurt
- Lanolin cream
- Vaseline

How to Manage a Cough Without Drugs.

When there exists any diseased condition of the lungs or bronchial tubes, a secretion, resulting from the inflammation, is being poured into the breathing tubes. Irritation follows and cough comes to relief by attempting to expel these secretions that irritate. Thus cough serves a purpose, but only when it accomplishes what it is primarily intended for, clearing the respiratory tract from obstacles, the accumulation of which might endanger life.

A well ordained cough can always be depended upon to do good service. It is well ordained when it is under perfect control, when you can defer it one, two or even three hours. It is quite possible and only requires sustained effort and will power. Have you never heard of people restraining their cough during a meeting or church service? I have known a great many who have done it. They have taken the trouble to learn how.

We have seen that a cough has a special mission to perform, which, when once accomplished, makes of this act a useless and even dangerous pastime. The cough that brings up nothing must be suppressed. By dint of will power it can be done.

HOW TO CHECK THE COUGH.

Fix the mind upon some pleasant thought. Take a deep breath very slowly, holding it for five to ten seconds.

Take a moderately deep breath, exhale slowly, with a partial attempt at forced expiration.

Try a forced expiration alone. Take a few sips of water or milk, preferably hot.

The morning cough is much helped by taking a few sips of hot water on waking.

Avoid unnecessary talking.

Avoid hearty and sustained laughter.

Avoid dusty and smoky rooms.

Don't smoke.

If you lead the outdoor life the above methods will be materially enhanced.

There are coughs which will yield to the

above simple means of control, but there are coughs that will not. Among the latter may be mentioned the coughs resulting from ulcers in the upper windpipe, chronic inflammation of the upper throat and pharynx, which require special treatment. Cough has been known to be produced by existing irritation or inflammation of the nose, ear, stomach, liver, spleen, bowels, etc. These are termed 'reflex' or 'sympathetic coughs.'

"When cough does not yield to simple methods do not, I pray you, have recourse to drugs. Obtain the advice of a physician at once upon the subject. He will not only help you, but will forestall some serious complication by your applying to him early."—A. J. Richer, M. D., in *Journal of Outdoor Life*.

RUMORED BEQUEST

(Continued From Page 1.)

gan, by my trustee in the erection and maintenance of a Sanitarium of the same character and class and for the same uses and purposes as that now conducted by J. H. Kellogg of Battle Creek, Michigan, at or near Atlantic City, New Jersey, the suitability of the site for such sanitarium to be in the direction of the trustee."



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Milk Infection

The report on "Milk and Its Relation to the Public Health" submitted to Secretary of the Treasury Cortelyou by Surgeon-General Walter Wyman of the Public Health Service, substantiates much that Dr. Kellogg has for years emphasized in regard to the dangers from infected milk and its responsibility for epidemics. Recently Dr. Kellogg made a vigorous protest against the ordinary milk of commerce, asserting that in his opinion it is the "filthiest food placed on our tables." The address was credited by a local paper as "stirring up a hornet's nest" among the State dairymen before whom it was given. Whether or not this was true, is of little consequence. The fact remains that there was necessity the strongest for just such a warning and just such vigorous appeal in the interests of pure milk.

The array of evidence of the responsibility of infected milk for epidemics of typhoid fever, scarlet fever, and diphtheria is amazing to the average person, and should serve as a warning to town and city health authorities as well as to the private consumer, who is altogether too prone to lay little stress on the importance of "certified" milk and to be satisfied with milk from a questionable source because it is a cent or two cheaper the quart.

The tabulated data of the report shows that 500 epidemics definitely traced to the milk supplies, included 317 typhoid epidemics, 125 scarlet fever, 51 diphtheria, and 7 of pseudo-diphtheria or epidemic sore throat. Apropos of the stress Dr. Kellogg laid upon the general unfitness of cow's milk as food for infants because of its tendency to promote intestinal disease, the following introduction made by Dr. Wyman is of interest: "The steady decrease in general mortality does not apply to the infants. It is recognized that gastrointestinal disease is the largest single factor determining infant mortality. This enormous loss of potential wealth is of grave concern to the State and worthy

of most careful consideration. It has been the object of this work to include all available data showing the influence of milk as a carrier of infection and the measures necessary in consequence."

SUNSHINE PHILOSOPHY

"It is the duty of every one to be happy. When?—Right now."
"Be happy and make other people happy."
"The only happy life is to live as nearly as possible the life of Jesus Christ."
"Hell is selfishness on fire."
"Do not worry, fret, and stew; leave it to your Loving Father."
"Take the 'd' out of disappointment and supply 'H.' What is His appointment you will find easy to bear."
"If a man goes around the world with a chip on his shoulder looking for trouble, he is sure to find it."
"Work spells Success. Luck spells Failure."
"The rain isn't any wetter on Sunday than it is on Monday."
"Prayer is the wireless telegraphy of the soul."
"Often a man who is on his knees is taller than when he stands up, for his lips reach the ear of God."
"Pray as you vote, and vote as you pray."
"A long-faced Christian is a libel on Jesus Christ, and an insult to the church."
"After all, There are but three things in this world worth while,—
To be good, to do good, and always to smile."
It was with such scintillating bits of sunshine philosophy as the above that "Sunshine" Hawks punctured his Sabbath afternoon sermonette given in the parlor before Sanitarium guests. Sweet and sunny of face, gentle of manner, and with a world of energy and enthusiasm, this white-haired dispenser of sunshine wins his audiences wherever he may be, moving them now to laughter, now to tears, warming their hearts, and inspiring them to become followers of his healthy, happy philosophy.

"Hot And Cold" in Constantinople

Miss Gwenn Griffiths, professor of Science in the Missionary College for Girls, Constantinople, who for the past month has been staying at the Sanitarium, relates an interesting little anecdote illustrating the far-reaching influence of the Battle Creek Sanitarium methods. "At one time," said she, "one of the teachers in our college was afflicted with a distressing cough. A little Armenian girl, named Beatrice, came to her and said: 'I can cure your cough.' When asked how she would proceed, she replied: 'With hot and cold water.' She was permitted to undertake the task, and calling for flannels proceeded to apply hot fomentations and alternate cold applications. The cough was much relieved, and on the third day had entirely disappeared. Upon being asked where she had learned to do this, Beatrice replied: 'My aunt stopped at a Sanitarium in Switzerland which is like the Battle Creek Sanitarium.' "That," added Miss Griffiths, "was our first introduction to the Battle Creek Sanitarium methods."

A Real Remedy.

Don't eat when not hungry
Don't ever get angry
Don't drink in a hurry
Don't tolerate worry
Don't ever waste good taste
Don't pass it by in haste
Don't gobble pure, good food
Don't fail to feed as should
Don't make work of exercise
Don't make light of good advice
Don't ever half take breath
Don't thus court an early death
Don't doubt Divine Design
Don't squander precious time
Don't miss to do your best
Let Nature do the rest.

These ten "Don'ts," says Horace Fletcher in his newest book, "Optimism," are all that it is necessary to observe in order to satisfy the needs of Success, Altruism, and Happiness.

Laughter-Town

KATHERINE S. BLAKE

O, show me the way to Laughter-Town;
For I have lost the way.
I wandered out of the path one day
When my heart was broke and my hair turned gray,
And I can't remember how to play;
I have quite forgotten the good old way.
It is all through sighing and weeping, they say.
O, show me the road to Laughter-Town,
For I have lost the way.
I used to belong in Laughter-Town
Before I lost the way;
For I danced and laughed the livelong day
Ere my heart was broke and my hair turned gray;
So it ought to be easy to find the way,
But crying has made me blind, they say.
And still toward Tear-Town my sad feet stray.
O, show me the road to Laughter-Town,
For I have lost the way.

Would ye learn the road to Laughter-Town
O, ye who have lost the way?
Would ye have young heart though your hair be gray?
Go learn from a little child each day,
Go serve his wants and play his play,
And catch the lilt of his laughter gay,
And follow his dancing feet as they stray;
For he knows the road to Laughter-Town,
O, ye who have lost the way.

Quoted by Bishop Vincent during the course of his address given at the benefit banquet for Upton Avenue M. E. church.

An old South Carolina ducky was sent to the city hospital.

Upon his arrival he was placed in the ward and one of the nurses put a thermometer in his mouth to take his temperature. Presently, when the doctor made his rounds, he said:

"Well, my man, how do you feel?"
"I feel right tol'ble, sar."
"Have you had anything to eat?"
"Yassar."

"What did you have?"

"A lady done gimme a piece of glass ter suck, sar?"

BRAIN THE MASTER ORGAN

Dr. Riley tells of its Diseases and Functions
Before Sanitarium Patients.

(CONCLUDED FROM LAST WEEK.)

Another important center located in the large brain is the center of speech. This is located in the posterior part of what is known as the inferior frontal lobe of the cerebrum. The center of speech for right-handed people is located on the left side of the brain; the center of speech for left-handed people is located on the right side of the brain. In most people, or the people who are right-handed, the left side of the brain is more highly developed than the right, and the reason a person is right-handed is not because the right hand is any different from the left hand, but because the center in the left side of the brain which controls the right hand is more highly developed than the center in the right side of the brain which controls the left hand. The center of speech is located in the left side of the brain for the same reason; that is, for the reason that the left side of the brain is more highly developed and more highly organized. We very often examine patients suffering with a disease in this particular part of the brain. It may be that a blood-vessel is broken there, or that a blood-vessel has become plugged up, or it may be due to some other disease process. A person suffering from a disease like this has what we call motor aphasia; thus he cannot speak words, or at least only a few words, like yes and no, or some simple word of this kind. A man who suffers with aphasia of this kind is not insane, as is often supposed. His intellect is not affected. At least he can think as well as he ever did, he can recognize objects, he knows what is going on about him, he knows everything, in fact, as well as he ever did, except that he cannot express himself in spoken language. He is in the same condition that you or I would be if we were over in China and were unacquainted with the Chinese language; if we were there we could see people and houses and recognize what they were and know everything about our surroundings and know what the different things were for and their uses, etc., and yet we would be unable to say anything about these things or express ourselves in any way in the Chinese language. A man who has aphasia is exactly in this same condition with reference to his own language; that is, the language which he has once learned, but cannot now speak on account of this disease of this particular part of the brain. If the blood clot can be removed soon, before the brain has undergone degeneration, or if the disease can be relieved, the aphasia will disappear. Most of these cases improve in their speech. Occasionally a case does not entirely recover the full use of language. In children who have lost the function of speech by a disease of this part of the brain, the corresponding center of the opposite side of the hemisphere of the cerebrum can be educated to take up the function which has been lost by the disease of the left side. Speech so lost cannot be readily learned by a person older in years.

We also have what we call a word-seeing center in the brain, that is, a center

which sees words. This center is sometimes also diseased, and when so we have what is called word-blindness. A man suffering in this way sees objects as well as he ever did; there is nothing wrong with the eye. He can see trees and houses and men, chairs, books, etc., as well as ever; he also knows what they are. He can also see marks on the page of a book. He can distinguish the marks on the white surface of the leaf, but these letters have no meaning to him. He is in the same condition as you or I would be if we were over in China and were attempting to read the Chinese language. We could see the marks on paper and know that there was something there, but those marks would convey no meaning. We would be word-blind so far as the Chinese language was concerned, and the man who has word-blindness is blind to his own language, but can see everything else and know the meaning of the things which he sees.

Further, there is another center that is located in the cerebrum that is known as the word-hearing center. This is the center with which we learn spoken language. When diseased, the individual cannot hear words. There is nothing wrong with his ear—his hearing apparatus is as good as ever. He can hear music, whistles and songs of birds, etc., but he cannot hear words. Words convey to him no meaning. He hears the sound of a word, but the meaning is gone. Here again the individual may be likened to you or me when we are in China and listen to the Chinese language with which we are unacquainted; we hear the voice of the Chinaman talking, but his noise conveys to us no meaning. A man who has word-blindness is in the same condition with reference to his own language. He hears sounds repeated when one speaks, but these sounds convey to him no meaning; he is word-deaf.

We also have another center, which has control of writing, and when this is diseased, the person cannot write his own language. Sometimes all of these different centers may be diseased at the same time, or the nerve paths connecting these different centers may be diseased, and so we may have a combination of all of these different disturbances in the language function.

There are other centers in the brain, such as the center for smelling, tasting and for common sensations. I will not have time to describe these to you to-night. You perhaps will understand from what I have already stated that one reason why we have such a large number of diseases of the nervous system is because the function of the nervous system is so varied, one part of the brain carrying on a certain function and another part carrying on an entirely different function. It is very different with other organs of the body; for instance every part of the liver does the same work, secretes bile, stores up glycogen and destroys poisons. One part of the liver will do this work as well as any other part, but with the brain and the nervous system it is quite different; one part of the brain is set aside for performing a certain function, and when it is diseased, we have a certain group of symptoms; another center is set aside for the performance of another function, and when it is diseased, we have another group of symptoms very different from the first. This is one reason, at least, why we have so many different manifestations of disease of the nervous system.

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What is the remedy for making a weak heart strong?

A. Graduated exercise. If you can not run at first, walk, or take some other simple exercise and gradually increase the vigor of the exercises as your heart gets stronger, and as you can exercise without getting out of breath. If you get out of breath, that means your heart is weak, so you must stop and rest, then do it again.

Q. What is the cause and cure of asthma?

A. Asthma is often due to a diseased condition of the stomach and bowels; irritation of the sympathetic nerves because of the contraction of the small breathing tubes in the lungs so that they can not get air out after it gets in. That is the principal cause. The cure is to get well. Get well and the asthma will disappear.

Q. What is the cause and cure for double lateral curvature of the spine?

A. It is a crook in your back. Simply get it straightened out. It is weakness of the muscles which allows the back to get crooked. Get those muscles strengthened up. If you are sixty years old you can not do it; you are too old. As the twig is bent, the tree is inclined. If you are still a twig, a little sapling, you can be straightened. A girl sixteen years old can have almost any kind of curvature of the spine cured; but a girl of forty can not hope to have it done.

Q. What is a cyst? What will prevent its growth?

A. A cyst is simply a hollow tumor, a bladder-like formation. There are many different sorts of cysts. Generally a cyst is due to the over-development of a gland, of the secreting membrane; perhaps there is a cyst of the skin where the outlet to the skin is closed, and the secretion continues, and a cyst is formed, which must be removed.

Q. What is the cause of so much Bright's disease, and what precautions can be taken to avoid it?

A. Wrong diet. Bright's disease is cultivated at the dinner table and breakfast table. People get Bright's disease by eating it. It comes from the same place that rheumatism comes from. It does not prevail among horses to any great extent. They very rarely have a disorder of that kind. Cats have it. Most all cats have degeneration of the kidneys and of the liver. They have Bright's disease because they live a bad life. They eat rats and rats eat everything. Cats have epilepsy. It is only the carnivorous animals that have it. Cows and horses do not. Herbivorous animals do not have fits. It is the carnivorous animal and the carnivorous man that have fits.

DOMESTIC SCIENCE DEPARTMENT

"If there is any one utensil that is abused by the bad concoctions prepared in it, it is the chafing-dish," said Miss Cooper, prefacing her demonstration lecture in the Sanitarium parlor Thursday afternoon.

"This useful cooking utensil, beloved by college girls and newly married folk, is not a modern invention," said she. "On the contrary, it is ancient. In the old Roman villas, very expensive, even jeweled dishes of this kind have been exhumed, and it is well known that in Pompeii vast sums were expended upon them, some of them being equal in value to an entire estate. They are of such ancient usage we can even fancy the Hebrew children using some such utensil when they wanted to hasten dishes on their pilgrimages.

"That is its chief recommendation—its usefulness for quickly prepared dishes. It adapts itself very easily for light luncheons, and is conducive to hospitality, and because of that, is worthy of consideration. Practically, it answers for both the double boiler and the sauce-pan of the kitchen; for the blazer may be placed directly over the flame or over the water pot, the former method converting it into a sauce-pan, and the latter into a double boiler."

The speaker then demonstrated the proper methods of filling, lighting, and using the chafing-dish. The use of the chafing-dish suggesting the familiar Welsh Rarebit, led to an interesting discussion of the various hard and soft cheeses and their inoculation with molds or bacteria of some sort to give them characteristic flavors, notably Roquefort, the flavor of which is brought about by the introduction of blue bread mold. Soft cheeses, she said, are preferable from the standpoint of wholesomeness, and it is these cheeses in which lactic acid plays so large a part. The chief danger in their use is in the fact that very few are made from sterilized milk; consequently, one faces the same danger that one does in using unsterilized milk. The Yogurt cheese served at the Sanitarium is made from milk that has been previously pasteurized; it is then inoculated with the lactic acid ferment, which gives it the power to fight off all ptomaines. This cheese is essentially a health cheese—as delicious as it is wholesome.

Spanish Eggs—

6 eggs (beaten)
1 tablespoon lemon juice
1 small onion grated
3-8 cup strained tomato
1 teaspoon salt
1 teaspoon celery salt
2 dozen ripe olives cut in rings.
Cook in double boiler and stir constantly until slightly thickened.

Hygienic Welsh Rarebit.—

1-4 cup Yogurt
1 egg
1 cup of cream or milk
1-2 teaspoon of salt
Beat eggs, add cream, salt, and flour rubbed to a paste. Add cheese, serve on toast.

ELECTRICITY AT SANITARIUM

(Continued From Page 2.)

break. The faradic current makes a line that rises to the top suddenly, then breaks and falls clear to the bottom; then rises again in this direction suddenly, breaks and goes down again, then rises and breaks again, breaks at the top at the maximum, then diminishes until it comes to zero, then increases again. By this means a smooth current can be produced so as to cause powerful muscular contraction and without the slightest pain. That makes this current of very great use as a means of exercising the muscles.

Take, for instance, a man who is unable to exercise his legs; he ought to walk, but he can not. Perhaps another man who ought to walk, won't walk; he is lazy. This current is good in both cases. It enables the man who can not walk, to take the walk he would be glad to take, and walk perhaps five miles in ten minutes. It sets the muscles to operating just as if he were walking, but instead of walking at the rate of one step a second, it will make him walk at the rate of ten steps a second, or even twenty or forty steps a second. It makes the muscles contract with each alternation of the current, so the muscle can be made to do an immense amount of work in a very short time. The sinusoidal current is also very effective in reducing superfluous flesh, for it makes the unused muscles contract; it makes them work.

The static current renders very great service in many cases in relieving certain nervous disorders, particularly insomnia. Patients unable to sleep find wonderful relief in many cases by the application of electrical wind to the head. The person sits on a stool with one pole above the head, and the cooling breeze about the head has some curious property the effect of which is to quiet the nerves. Nobody knows exactly how to explain this effect, but it is certainly remarkable. I have known people to go to sleep sitting in the electrical chair (not the kind they have, however, in New York). This soothing electric breeze in some mysterious manner causes a re-adjustment of the different sensations conducive to sleep. Then static electricity can be used sometimes in the form of sparks to restore sensation to parts that are paralyzed.

So we have galvanic electricity, or faradic electricity, sinusoidal electricity, and static electricity, each one having its particular use; but no one of these is capable of doing all the things that all together can do. Each is adapted to its particular use. We know, for instance, by actual experience what the sinusoidal current will do. So for a person with slow metabolism—defective nutrition—we prescribe the sinusoidal bath. When you go to take that bath, it is not simply a fancy the doctor has that that bath will be good for you; it is not given to keep you amused and interested. That bath has been thoroughly tested, and we know exactly what it will do for you. The same is true of every single method employed in this institution. They have all been subjected to experiment upon healthy people to see what their physiologic effects are. When we know what a certain remedy will do to a healthy man, we have a foundation for making its application to a diseased man.

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NEW X-RAY DISCOVERIES

New Developments in X-Ray Uses

DR. MARTIN CITES CASES

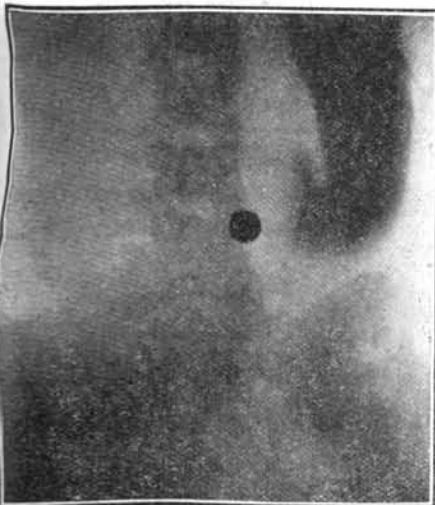
The X-Ray, one of the greatest of recent discoveries, has proved to be a therapeutic measure of great value in the treatment of certain diseases. Its field of usefulness, fortunately, happens to lie with those diseases for which no other successful treatment is known. It has also proved to be of equal,



if not greater value, in diagnosis, for by its use, facts, more accurate than those secured by other means, can be obtained, of a large variety of conditions, such as diseases and injuries to bones; the lungs, calcareous formation in kidneys and bladder, etc.

Recently in the Sanitarium X-Ray Laboratory some special work has been done upon the study of the stomach, particularly with reference to its position and movements in the abdominal cavity.

By having a patient eat Yogurt containing



some bismuth a perfect outline of the stomach can be obtained. Pictures are made with the patient in the erect and in the recumbent position. The accompanying cuts illustrate the

position of the stomach of the same patient in each position.

No. 1 was taken with the patient standing. It will be noted that the stomach is below the umbilicus, the position of which is indicated by the coin-shaped spot. No. 2 was taken immediately afterward, with patient lying, and shows the stomach to have slipped up so that the lower border is on a level with the umbilicus. The normal position is considered to be a little above the umbilicus.

These facts are of great aid to the physician. In this case, the patient had symptoms of prolapsed stomach, yet the physical examination, which was made in the ordinary way (with the patient lying upon the table), showed the organ to be in almost normal position.

By studying the stomach with the X-Ray, its position in the abdomen has been demonstrated to be different than was previously supposed. The upper two-thirds hangs almost vertically and the lower third nearly horizontally, making the general direction oblique instead of vertical, as was formerly thought to be its normal position.

By making repeated exposures at stated intervals the movement of the food through the alimentary canal can be watched, and thus an accurate knowledge of the activity of the organs obtained. In this way delayed motility can be accurately measured, and usually its cause, whether it be due to a stricture, or other cause, ascertained.

VALUE OF COW'S MILK AS A HUMAN FOOD

What Dr. Kellogg Thinks of It. The Evils of Sterilization

I am not quite sure that milk is well adapted for human food, especially for adults. Certainly cow's milk is not adapted to infants. As an article of food, milk has serious objections. A calf doubles its weight in a few weeks, while an infant requires several months for doubling its weight. Cow's milk is adapted to an animal that is growing rapidly, producing bone and flesh very rapidly. In this respect it differs decidedly from human milk, containing more than twice as much bone-making material as does human milk, and more proteid than is found in human milk. A child fed upon cow's milk must, at the best, have a pretty hard time of it.

But babies are compelled to use cow's milk. There is no way out of it, for the maternal font is drying up. In New England at present only three-quarters of the mothers are able to nurse their babies, and this disease is rapidly extending; it is hereditary. When a girl baby is brought up on cow's milk, that baby will not be able to nurse her own children when she is grown. She will have to bring up her children by hand, in the same way that she was brought up.

Dr. Bunge, of Basle, has recently called attention to this fact—that the inability to nurse an infant is hereditary, and is the result of the imperfect development of the girl, because of lack of something which is found in mother's milk. He also found that the use of alcohol by fathers is a

common cause of this inability of mothers to nurse their children.

It is apparent that cow's milk must be depended upon as food for children, for their natural supply is getting scarcer every year. The question then arises, How shall we get pure milk? Sterilize it, some one suggests, but there is an evil in the use of sterilized milk. Recent studies of the subject have shown that sterilized milk is an unwholesome food; that boiled milk will kill a baby if it is fed on it for any great length of time. It takes only two weeks to give a baby the scurvy if it is fed on sterilized milk. Not long ago I read in a medical journal an account of a doctor's giving a patient with ulcer of the stomach, sterilized, or peptonized milk, and in two weeks that patient had a regular attack of scurvy.

Almost every week I see people who are suffering very serious impairment of nutrition as a result of living altogether on cooked food. We must have something raw. A cow or a horse fed on cooked food entirely would get sick. A cow can not live on cooked food; it must have something raw; and the same thing is true of human beings. When babies are fed on sterilized milk, doctors now know they must give along with it something that is raw,—orange juice, lemon juice, or something else raw to antidote the bad effects of the cooked food. Knowing that sterilized milk is damaging to health, it has become apparent that we must do something to purify the natural milk supply. By using the utmost care in having all the surroundings absolutely clean, milk may be obtained very nearly as germless as when it comes from the cow. Milk that is absolutely pure will keep indefinitely.—Extract from an address by Dr. Kellogg, before recent meeting of State Dairymen's Association.

The Nurse—I hope you don't blame me for the baby's illness.

The Doctor—I certainly do. You should know better than to leave it alone in the care of its mother for even a moment.—Ex.



This box contains over half a billion disease-des-troying germs.

In the box pictured are enclosed four dozen capsules, each of which contains, in a preparation called YOGURT, from ten to fifteen millions of germs. These germs are harmless and their mission is to drive out of the system the disease-producing bacteria.

YOGURT is our name for a remarkable lactic-acid-forming ferment discovered in Oriental milk preparations by Masson, of Geneva, and later investigated by Metchnikoff, of the Pasteur Institute, and other European medical authorities. It has proved a positive remedy for Intestinal Auto-intoxication, and is therefore invaluable in many cases of arteriosclerosis, Bright's disease, skin maladies, chronic rheumatism, rheumatoid arthritis and chronic biliousness, typhoid fever and other febrile disorders, intestinal disorders of children, rickets, emaciation, and malnutrition.

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Original from

Personal Column

Mr. S. W. Sims left Tuesday for Columbus, Ohio.

Judge O. S. Ballou returned Monday to La Grange, Ind.

Mr. A. Grafton returned this week to his home in Coldwater, Mich.

Mr. Charles Ware, of Omaha, Nebr., is a guest at the Sanitarium.

The Rev. W. M. Martin, of Exeter, Ont., is among recent arrivals. His wife has been a patient at the Sanitarium for some time.

Elder L. McCoy returned Monday from a business trip to Allentown, Pa.

Rev. Dr. R. S. Hambleton, of Turkey, arrived this week at the Sanitarium bringing his wife for surgical treatment.

Mrs. Giles G. Brown, of Jafua, Ceylon, is among the arrivals of the present week.

Mr. and Mrs. J. H. McGee returned this week to their home in Baldwin, Miss.

Dr. A. N. Sharrock, of Korea, spent a few days at the Sanitarium the past week doing special work in the laboratories.

Mr. and Mrs. J. G. Appel, of Denver, Col., arrived at the Sanitarium on Tuesday.

Mr. and Mrs. C. A. Spaulding left on Monday for their home in Lamberton, Minn.

Mrs. E. L. Calkins, of Kalamazoo, paid a brief visit to the Sanitarium during the week.

Senator Pettigrew, of Sioux Falls, S. Dak., returned the first of the week to his home.

Mrs. John B. Busch and Miss Busch, of St. Louis, arrived this week for a few weeks' stay.

Mr. R. O. Campbell, of Atlanta, Ga., a former visitor of the Sanitarium, is among this week's arrivals.

Mr. H. Handle, of Detroit, a frequent patron of the Sanitarium, arrived at the institution on Monday.

The Rev. M. B. Boomer, a missionary from Santiago, Chile, arrived on Tuesday for a few weeks' stay at the Sanitarium.

Mrs. M. S. Foy and Miss Carrie Zahn left this week for Pittsburg to attend the convention of the Young People's Missionary Movement.

Mrs. Johnson and Miss Johnson, wife and daughter of J. M. Johnson, vice-president of the Missouri-Pacific Railroad, are among the new arrivals.

Mr. F. W. Weeks, who has been spending several weeks at the Sanitarium, returned to New York this week.

J. H. McNamara, vice-president of the North American Life Insurance Co., returned to his home in New York, Monday.

Mr. Duncan McCollum and Mrs. S. M. McCollum, who have been spending the past fortnight at the Sanitarium, returned the first of the week to their home in Memphis, Tenn.

Mr. John Suckling, of Winnipeg, Canada, arrived the first of the week, and will accompany his wife and little daughter, who for the past few months have been residents of the Sanitarium, to their home.

Bishop John H. Vincent, of Indianapolis, spent Monday and Tuesday as a guest of the Sanitarium. Said the Bishop to a friend, "The Sanitarium is a wonder. I have spent some years in Europe, and I have never found a place equal to it." The Bishop went through the regular course of examinations to assure himself as to his physical condition, and was delighted to receive a clean bill of health, notwithstanding his seventy-five years of strenuous life.

The List of Arrivals.

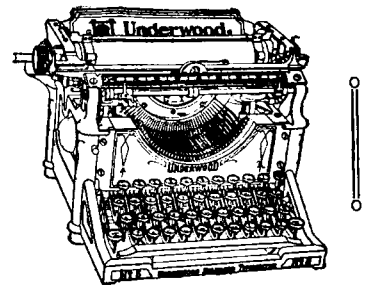
List of arrivals during the week ending March 11:

A. W. Hawks, Md.; A. Grafton, Minn.; Mrs. M. N. Bronson, Mo.; O. L. Ballou, Ind.; Ada Melville Shaw, Ill.; Fred Glertz and daughters; Mrs. W. S. Carlisle, Mrs. J. P. Carlisle and C. L. Carlisle, Columbus, O.; John Regenmorter, Mich.; B. A. M. Sharrocks, M. D., Korea; Eli Strait, Mich.; Mrs. C. H. Duncan, Pa.; Miss Jessie Duncan, Pa.; Mrs. G. M. Palmer, Minn.; G. N. Hale, Mich.; Mr. and Mrs. M. K. Howe and nurse, Battle Creek; Mrs. N. B. Rhyne and son, Tex.; H. M. Toydin, W. Va.; W. Gusdorf, Mo.; H. Ray Scott, O.; Mrs. L. A. Kann, Mich.; Mrs. Henry D. Smith, Mrs. R. R. Bradley, Mich.; W. A. Atchison, Tenn.; Miss Lizzie Atchison, Tenn.; Mrs. Edna Carpenter, Mich.; Dr. G. F. Byrnes, Ill.; Mrs. N. R. Staines, Mich.; Mrs. A. H. Mortimer, Ill.; Mr. and Mrs. A. W. Priest, Wis.; Mrs. J. E. Van Deneer, Mo.; Mrs. Anthony Canzian, Mo.; W. B. Hummer, Ill.; Dr. R. S. Hambleton, N. Y.; S. D. Dietz, N. D.; A. C. Woodbury and wife, Wis.; F. M. Lilley, O.; Mrs. Zillah Stevens, Ill.; H. E. Starr, Ill.; Mrs. Giles G. Brown, Ceylon; J. E. McCoy, Ind.; Alex. Boesel, O.; Dr. J. M. Burton, Yy.; J. H. Lampton, Ky.; Dr. Lesley Fraser, N. Y.; Thomas Prince, Mass.; Mrs. G. A. Baker, Mass.; Miss Dorothy Baker, Mass.; Mrs. William H. Taylor, O.; A. E. Erwin, Minn.; Mrs. E. L. Calkins, Mich.; Mr. and Mrs. L. R. Martin, Minn.; G. H. Tranter, Mass.; C. A. Parker, Wis.; Mrs. J. M. Haynes, Tenn.; Mr. and Mrs. George R. Anen, Mich.; Mrs. P. R. Eagusfield, Mich.; J. P. Hughes, Mich.; E. R. Hughes, Mich.; Mrs. E. S. Bush and baby, Ill.; Miss Luella Clutes, Ky.; N. W. Proctor, Ala.; Mr. and Mrs. D. M. Campbell, S. C.; William P. Coolep, Ia.; H. C. Elliott, Ill.; Mrs. Theodore Nickersan, Mass.; C. W. Sheldon, Ind.; B. E. Gill, Ill.; R. Parry Jones, O.; Mrs. Theodore T. Monroe, N. Y.; Joseph L. Woolston, Pa.; Mr. and Mrs. E. H. Wagner, Ind.; Lucy C. Ferguson, Ill.; Francis Corbin, Ill.; Mrs. S. J. Kohn, Ill.; J. M. Cook, N. Y.; Charles Ware, Nebr.; Mr. and Mrs. J. B. Howard, Ind.; John Suckling, Can.; Julia A. Cowan, Utah; Mrs. C. Hallinger; Bishop J. H. Vincent, Ind.; R. O. Campbell, Ga.; O. H. Shornaker and wife, Mrs. M. E. Shornaker, Pa.; Mrs. Mary C. Ward, Mich.; J. W. Kissell, O.; Miss Lily Busch, Mo.; Mrs. John B. Busch, Mo.; Miss Daisy A. Frick, Ia.; Mr. and Mrs. Rolf, Mr. Hodger, city; Mr. and Mrs. W. M. Puffer, Miss Puffer, Mich.; Miss Stedman, Miss Prentice, Mich.; Robert H. Edmunds, O.; Mrs. Robert H. Edmunds, O.; Max Wolf, Ill.; Peter M. Barrett, Nebr.; H. Haendle, Mich.; Amanda A. Foster, Ill.; R. W. Dunbar and wife, Ia.; Mrs. H. Schupp, Wash.; S. F. Hoffman; M. B. Boomer, Chile; Mrs. Margaret P. Beasley, Ky.; Mrs. H. Oldenburg, Minn.; Stella Cahill, Ill.; J. G. Appel and wife, Colo.; Mr. and Mrs. Nathan Maquard, Va.; Frank Beebe, Mass.; Jacob Kapner, O.; Frank Parkinson, Mich.; Mrs. Guy Wellmott, Mo.; Chris E. Echelburger, Ind.

Last week's puzzle picture was of a cedar tree, standing due west from the south end of the Sanitarium. The prize winners are as follows: Elmer Smith, first; O. C. Edwards, second; and Luke Riggs, third prize.

"John, John," whispered an alarmed wife, poking her sleeping husband in the ribs. "Wake up, John; there are burglars in the pantry and they're eating all my pies."

"Well, what do we care," mumbled John, rolling over, "so long as they don't die in the house?"



The American Speed Championship NATIONAL SPEED SHOW

Chicago, Feb. 6, 1908.

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THE BATTLE CREEK IDEA

VOL. 1, No. 15.

BATTLE CREEK, MICH., MARCH 19, 1908.

PRICE, 2 CENTS.

NERVOUS EXHAUSTION; SOME OF ITS PHASES

Dr. Riley in Sanitarium Lecture
Tells of Its Causes, Symptoms,
and Treatment

DISEASE KNOWN IN 13TH CENTURY

It was a large and sympathetic audience that gathered in the Sanitarium parlor to listen to Dr. Riley's lecture on "Nervous Exhaustion." Nerves, like some other sensations, make the "whole world kin." To many of his auditors the description of symptoms and causes that led up to them seemed like a personal diagnosis while the suggestions for treatment were eagerly listened to.

It is my purpose this evening to tell you something about nervous exhaustion and nervous prostration. Many of you have come here to the Sanitarium suffering to a greater or less degree with this disorder, and many others of you, while you have not this disease in its typical form, are suffering more or less from allied conditions in which the symptoms are similar to nervous exhaustion. In what I shall say to you tonight I shall draw largely from my own experience in dealing with this disorder—an experience extending over many years and including the care and treatment of many cases of nervous exhaustion.

"In the year 1869 Dr. Baird of New York City wrote a paper entitled 'Neurasthenia.' In this paper Dr. Baird dealt with the condition which is now commonly recognized by the laity under the term of 'nervous exhaustion' or 'nervous prostration.' Dr. Baird's contribution to this subject was the first that was written in this country, under this heading. When we go back in the literature of medicine, however, we find a similar condition as that which Dr. Baird described under the head of 'neurasthenia,' described in medical literature back in the 17th, 15th, 14th and even as far back as the 13th century, but these conditions, while they were similar to that which we now describe under the head of neurasthenia, were not so-called in medical literature previously to Dr. Baird's article. The word neurasthenia is used in medicine with the same meaning as nervous exhaustion and nervous prostration. It is the medical term for these conditions. The word neurasthenia comes from two Greek words, one *Neuros*, meaning nerve and the other, *Asthenia*, meaning the absence of force or power. The word therefore literally means the absence of nerve force, but this term was not used by Dr. Baird in his original article with this full, literal meaning, nor is it used today to indicate a total absence of nerve force. The meaning which Dr. Baird gave to this term and the meaning which it still conveys is a condition in which the nerve energy is re-

(Continued on Page 7.)

AUTOINTOXICATION

What It Is and How to Avoid
Contracting It.

DR. KELLOGG EXPLAINS.

"What is auto-intoxication, and what causes it?" This question frequently confronts the doctors of the Sanitarium staff. During a recent parlor lecture, it was presented to Dr. Kellogg, whose reply will doubtless be of interest to BATTLE CREEK IDEA readers. It is as follows:

"Now, I suppose that question must interest a number of people here. I presume there are more people in this house suffering from auto-intoxication than from any other

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



WINTER PHOTOGRAPHY BY NIGHT

The picture above given is one of the recent series of night pictures taken by the Sanitarium photographer. The electric light shedding its white glare over the ice-clad trees and shrubs and the snow-covered roadway has produced a weird and beautiful effect. For the most accurate description of the locality shown in the picture,

two prizes will be awarded: first, a copy of Horace Fletcher's latest book, "Optimism;" second, a six-months' subscription to the "Battle Creek Idea." The general character of the description will be taken into account, and it should not exceed one hundred words. Address The Editor of the "Battle Creek Idea," care Sanitarium.

disease. It is a fundamental disease out of which a great many others grow,—a sort of hydra-headed monster that manifests itself in a variety of ways. People sometimes feel rather insulted when we hint to them that they are suffering from auto-intoxication. I met a lady some time ago who asked, 'What is my trouble?' and I told her she was suffer-

(Continued on Page 2.)

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 protose, 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.

MODERN MEDICINE CHANGES LOCATION

The Modern Medicine Company and the Modern Medicine Publishing Company, Ltd., are now permanently settled in their new location in the building at the southwest corner of West Main and Washington streets. The company has recently removed to this location from the cottage at the corner of Champion and Washington streets, which they have occupied for the last two years. These quarters have become much too small for the growing businesses, while in the new offices the arrangements are much more convenient and suitable to the steady growth which both companies expect.

Two years ago the Modern Medicine Company occupied only two small offices in the building on Washington Street, attending only to the office details connected with the publishing of Dr. Kellogg's books and the manufacture of some of the smaller supplies. To the publishing business was added gradually the manufacture of various appliances, such as the Centrifugal Vibrator, the Solar Therapeutic Lamp, the Thermo-Electric Lamp, the Thermophore, the Sinusoidal Apparatus, the Vibratory Chair, and more recently the Electric-Light Bath Cabinet, originated by Dr. Kellogg.

The Company soon found it necessary to occupy the entire building, and even then was very much cramped for room. The rapid growth of the appliance business made it advisable to separate it entirely from the publishing business, which was done, placing each department under separate management.

In the new building, the Modern Medicine Company, which handles the appliances, occupies one section, having a large assembly room, a convenient office, and a pleasant display room. The Modern Medicine Publishing Company, Ltd., which handles Dr. Kellogg's works,—"The Home Book of Modern Medicine," "Man the Masterpiece," "The Ladies' Guide," "The Art of Massage," and other works, and "Science in the Kitchen," "Studies in Character Building," by Mrs. Kellogg,—occupies adjoining offices.

Duties are ours, events are God's.—Blunt.

AUTOINTOXICATION

(Continued From Page 1.)

ing from auto-intoxication. 'You are entirely mistaken, sir,' said she; 'I have not had a particle of whisky since night before last. I do take a toddy usually to put me to sleep, but I have not had any since night before last.'

'Now, it is not that kind of intoxication we are talking about. That is one kind, but this is another kind of intoxication,—self-intoxication, but the classical application of this phrase is to cases in which poisons are generated within the body, poisons formed sometimes in the stomach, sometimes in the intestine, sometimes in the stomach and intestine; and the development of these poisons is due to the action of germs of various kinds.

Some germs that grow in the intestine are in the form of minute short rods. Then there is another class that are in the shape of long rods, some of them very long, thread-like masses. These are the harmless sort of germs. These are germs that grow in contact with air—'aerobes,' they are called, because they grow in the presence of air. These germs form lactic acid, butyric acid, the acetic acid of vinegar, and the acid of sour milk. Then there are the anaerobes, the germs that produce putrefaction,—poison-forming germs.

'In a normal condition of the alimentary canal, a person has a great number of these aerobes, or 'friendly' germs. The fecal discharges of the healthy baby have a slightly sour odor because of the growth of these acid-forming germs, but if the baby gets sick, has bowel trouble, has enteritis or inflammation of the bowels, then everything is changed—there are fetid, foul-smelling stools, and examination under the microscope shows great numbers, enormous masses of long bacilli, the anaerobes, the poison-forming germs. Now, when a baby is born into the world, it is born without any germs at all. All animals are born into the world absolutely free from germs; but germs are taken in with the air, the food, swallowed with the saliva, with water; enter through the lower strata of the alimentary canal, through the anus, work their way up through the intestine, so by and by the whole intestine is swarming with bacteria, with germs; but these germs are harmless germs. A person suffering from auto-intoxication is in such a condition that 'weeds are getting into his posy garden,' as Mr. Dooley says. The aerobes—acid-forming germs—are driven out, and instead come these poison-forming germs, which are always found in putrefactive masses like decaying flesh; and they consequently carry on a putrefactive process within the body. Now, the meat eating habits of the American people are, in my opinion, responsible for more sickness and more disease than all other causes combined. I did not believe that twenty years ago, but I have come to thoroughly believe it—that the large consumption of flesh food is responsible for more disease than the alcohol habit, the tobacco habit, the tea and coffee habit, and all other habits combined. I think it is the one great, stupendous evil that is leading millions down to death, and not only to death, but sometimes to things worse than death, to crime; in some instances to insanity, filling our lunatic asylums. Professor Tissier, of the Pasteur Institute, declares that if one does not eat animal food of some kind he can not possibly have appendicitis, or inflammation of the bowels, catarrh of the bowels, or colitis, or any other diseases of that sort because appendicitis, enteritis and colitis are diseases due to germs which are found in meat. They are not found

in any kind of vegetables; they are not found in apples, or in potatoes and other whole-some vegetables, breads, fruits, nuts, etc.; but they swarm in countless numbers in every morsel of meat you swallow; so it is nothing wonderful that we find a close connection between appendicitis and auto-intoxication, between appendicitis and flesh eating. Dr. Lucas-Champonniere, an eminent French physician, found that in the prisons of France, appendicitis is almost unknown. Why? Because the people who are shut up in the prisons there are vegetarians by force of circumstances. They may be very fond of beef-steak, but they do not get it. They may be fond of tenderloin roast, but they do not get it. Their diet is made up of peas, beans, potatoes, bread and simples—two meals a day, too. Now, the very same thing is true of the asylums of France. The French physicians found a long time ago that meat has an effect upon the character, has an influence upon the mind, upon the nerves; and hence it is far better that people who are suffering from insanity, epilepsy, and other similar disorders, should be prohibited the use of meat. Flesh diet furnishes a great surplus of proteid which is left to decay in the body, and to furnish a flood of poisons which, absorbed into the blood, overwhelms the liver and the kidneys—the poison-destroying organs. The use of meat is certainly one of the most potent causes, not only of physical decay, but of mental and moral decay in this country, and in other civilized lands."

The exaggerated ego has been defined by an eminent alienist as "a disproportionate idea of importance of self, a belief that one is clothed with powers, capacity and ability far above normal or above those actually possessed." Rather a roundabout description, this, of a swelled head.—"N. Y. Med. Times."

Believing that the soul sees through the eye, hears through the ear, works through the hands, walks through the feet, and speaks through the lips, we aim to make the body a fit temple for the soul to dwell in.—Prof. W. Earl Flynn.

OPTIMISM

A Real Remedy by Horace Fletcher.

This is Mr. Fletcher's latest book—it is his littlest—many think it is his greatest. It is one of the neatest health books printed, which makes it especially acceptable and valuable for a gift book. Though small in size, it embraces a world of health philosophy along the lines which have made Mr. Fletcher so well known to the reading public. It is beautifully printed and bound. Each book is packed in an individual board case. We are sending it anywhere in the U. S. or Canada upon receipt of the price of the book, plus the postage, eight cents, per copy; seventy-five cents.

GOOD HEALTH COMPANY,
Battle Creek, Mich.

HOW SLIDES ARE MADE

Among the educative features which are enjoyed by the visitors at the Sanitarium are the numerous illustrated lectures given in the parlor, where each week new phases of development in science are brought before the eyes of the spectators and explained by the lecturer: the latest discovery in some Russian laboratory; some new fact that has been brought to light in the great Paris



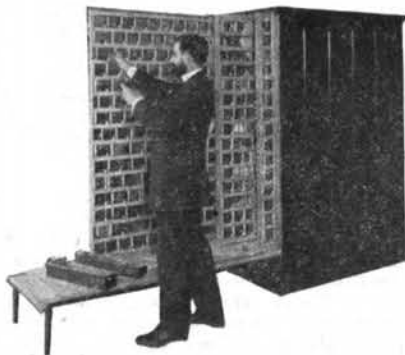
institute; or perhaps a series of views exploiting the work of the Sanitarium laboratory. In the class work of the Medical college the work of the stereopticon is in great demand, and slides on anatomical or physiological subjects are constantly being made.



For this work the Sanitarium photographer has special equipment, and the results are most satisfactory. At the present time the slide cabinet holds between two thousand and three thousand slides on a wide variety of subjects. They are all cat-

alogued and numbered, and when there is a demand for a series on one particular subject, it is an easy matter to remove them from the cabinet and arrange in proper order for the operator of the stereopticon.

Picture No. 1 shows the photographer in the act of making a slide by the camera method—a process by which a slide may be made from any sized negative. When the picture is reduced to slide size it measures $3\frac{1}{4} \times 4$. By another method, known as the "contact method," the slide is made directly from the negative. The next step is that of matting and binding (Picture Number 2), after which they are completed and placed on file for actual use. Number 3 illustrates the file cabinet.



The picture on the first page, with a group of others taken by electric light, were recently thrown on the screen during an interval preceding the regular lecture, and drew forth unbounded enthusiasm from the spectators, many of whom found it hard to believe that the scenes were within a few rods of them, so strange and beautiful did they appear through the photographer's art.

Mr. Fletcher's New Book

In this latest book, "Optimism a Real Remedy" (F. A. Stokes & Co.), Horace Fletcher has in eight short chapters given an epitome of his philosophy of life, and outlined the road to Health, that he who will may follow.

Optimism and health, he says, are synonymous terms, yet: "Optimism can be prescribed and applied as a medicine, and is a remedy in proportion to its purity and the wisdom displayed in its use."

"Optimism means hopefulness; faith in the benevolent intentions of Nature, of God; confidence in the forward and upward progress of evolution; and is always sturdy in the belief that 'all is for the best,' that 'all dark clouds have silver linings,' that 'everything comes to him who waits.'"

Pessimism he calls some very bad names: first, that it is "a brain disease; a product of indigestion; a result of ignorance; a libel on facts; a slander against Divine Providence; a wicked lie; a vicious untruth; a blot; a rotten spot in character."

The sign-posts that point to the broad highway of Health and Happiness, are, of course, according to Mr. Fletcher: physiologic mastication, and physiologic optimism. He has traveled the road himself, and can recommend it. His marvelous increase of efficiency through the following of his own peculiar system of health upbuilding, is an inspiration for him who "reads" to also "run" after. The book may be purchased through the Good Health Company.



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Three Months	- - -	.25
Per Copy	- - -	.02

Vol. I. MARCH 19, 1908. No. 15.

The Habit of Cheerfulness

That optimism is preventive of many forms of disease is growing to be a generally accepted fact. Along with the passing of implicit faith in the power of drugs to heal all things, the world is beginning to realize, as never before, the healing possibilities of a cheerful mind.

Not the half-enlightened optimism that Horace Fletcher denominates as "Blanket Optimism," which denies that cause for sorrow exists, and therefore lacks the quality of sympathy; but the cheerful, hopeful attitude toward things as they exist, be they never so dark, which implies confidence and faith in the ultimate right and the power of an all-wise Creator.

If the "worry habit" could but be exorcised from our midst, the doctors and undertakers might occasionally have a half holiday. One begins by worrying, and one frequently ends a pessimist, and pessimism, Mr. Fletcher has forcefully observed, is a "rotten spot in character." It is quite true (we all admit it) that worry is discordant and destructive, that it drags down not only the will, the mind, but the body, striking as it does at man's digestion.

Let us have none of it!

Worry, some one has pointed out, is a business in itself, and occupies the mind to the exclusion of business of a more profitable sort. Which of us purposes to go into the business of worrying? Don't even serve an apprenticeship!

If you are worrying about your health, just consider that there is no better way to undermine it. Change your habits of living and cure yourself. If you are worrying about your business, take a week off and get a different perspective. If you are worrying about something that can't be helped, stop it. It is a useless waste of energy.

Live to-day—not yesterday. After all, this day is only twelve hours long, and there is always the night and rest.

THE NERVOUS BREAKDOWN

In a lecture on "The Nervous Breakdown," in New York recently, Dr. James Jackson Putnam, professor of Neurology at Harvard University, known as the "Father" of the psycho-therapeutic movement, now spreading over the country, had the following to say:

"Even people who are not invalids sometimes fall into the habit of losing their mental balance under slight provocation and getting into states of excitement or depression which it may cost them fatiguing efforts to escape from. Such fits of temper or of sulks might be classified as nervous breakdowns on a small scale."

The speaker gave these rules as the best means of avoiding the nervous breakdown:

People should be trained to accept misfortunes cheerfully and to regard them as experiences from which something of benefit can be learned. This sort of training is aimed at by religion and philosophy. The principles involved may also be expressed, however, in simple terms of opportunity and obligation.

Persons should learn to train their power of endurance, so that the occurrence of unavoidable fatigue will bring a challenge to their powers of meeting it, and not be the cause of loss of confidence or of panic.

Persons taking positions of responsibility should train themselves adequately for their tasks, or, when this cannot be done, should stand ready to bear temporary or relative failure without complaint.

The nervous breakdown often begins with feelings of inadequacy and fear, and is kept back by forms of discipline that train us to emphasize emotions such as strengthen the intelligence, will, courage, and faith, and to persistently shun emotions tending to weakness, selfishness, or the habit of dependency.

The subjects of nervous inheritance and the fear of it, and of ill-judged training in childhood, as predisposing to a nervous breakdown, cannot be dealt with in brief terms. These influences are important, but it is more important still to note that the nervous child can be changed through adequate training, the pursuit of suitable ideals, and the discipline of living, into a useful, tranquil, and self-controlled adult."

General Grant's Eating Habits

General Horace Porter, our recent Ambassador to France, who was on General Grant's staff, says of him: "The General ate less than any man in the army; sometimes the amount of food taken did not seem enough to keep a bird alive. His mess, consisting of himself and staff, was frugal enough in its fare to suit the tastes of an anchorite. A bottle of wine was scarcely ever seen on the table, and cold water was the habitual beverage. He usually spent only a few minutes at meals, and often took little more than a cup of coffee, some hard bread and a sliced cucumber, or a little fruit when any could be found. . . . He could drop to sleep at will, and always tried to get eight hours' repose out of the twenty-four. Of course, this was often made up of snatches of sleep of a few hours in length when in active service."

The whole mental world is the world of causes; the physical is the world of effects.
 —J. S. David.

MISSIONARY WORK IN CHILE

Rev. M. Boomer Tells of it in Address before Students' Missionary Body

The Rev. M. B. Boomer, missionary from Santiago, Chile, gave an entertaining talk at the Students' Missionary meeting, Sunday afternoon at East Hall, telling of the difficulties that confront Protestant missionaries in that Catholic country where Romanism in its most decadent form is in full political control. "The Romanism there," said he, "is of a type that is unspeakably vile. The immoralities are too shocking to be mentioned, and their knowledge of religion is so overlaid with superstition and ignorance of the real truth that it is as if they were in heathendom."

The Gospel in its purer form was introduced in the country more than a half century ago, and now there are numerous forces at work along the lines of education, evangelism and colportage. Twenty years ago, he said, there were but two missions, a few schools, and four churches, with about 250 communicants. Now there are forty churches, with 4,000 communicants and at least 10,000 persons who list themselves as "Protestants," while the papers and tracts and books go everywhere throughout the country.

The speaker laughingly alluded to the general ignorance which prevails regarding Chile, and announced to his audience that the country, with its four million of inhabitants, is as large as Germany, Denmark, and Holland put together, and in length would reach from Portland, Me., to San Francisco, while it has all varieties of climate.

THE HABITS OF LIFE

"Twenty-five years ago the majority of people looked upon sickness as a dispensation of Providence. We were weak or strong according to the endowment given us at birth, and to this physical condition we might as well become resigned. We were stricken down with disease or were left immune, according to the decrees of an all-wise Providence, who used these experiences as a part of his system of discipline. Being in the hands of the Eternal our health was a matter with which we had little concern.

Little by little, however, men of science learned that health was a matter very largely under our own control. To be sure, we were started in life with a certain physical endowment, but this could be augmented or diminished according to our habits of life. We might even escape diseases which were afflicting those around us, because of our faithful adherence to the laws of health. Indeed, it was discovered that the great majority of diseases were preventable, and that only through ignorance or carelessness was one overtaken by the 'ills that flesh is heir to.'

It was a wonderful day for the world when this knowledge began to permeate the ranks of those who could not claim any scientific training."—Good Health.

The gift is to the giver, and comes back most to him—it cannot fail.—Whitman.

MENTICULTURE VS. CIGARS

Story a Business Man Told of Change in Character of Xmas Gifts.

One hears all sorts of confidence in the doctors' waiting-rooms; symptoms are "swapped," business ventures gone over, family matters discussed, and revelations made of the inner lives of those who congregate there, to await their "turn" at consultation.

Not long ago one of the patients related the following incident to illustrate the influence of the Sanitarium principles: The man, be it known, is president of one of the largest electric supply houses in the country, and keeps his finger on the pulse of his business even when taking his annual rest at the Sanitarium, keeping his stenographer at work, and carrying on his business quite as if he were in his New York office, yet taking time for tonic treatments and for getting a certain amount of change and rest. "I come here every year," said he, "just to find out where I am on the health scale. It means something to a business man to know how far he can go and whether he is gaining or losing in endurance. Of course, coming year after year as I do, I have been impressed with the necessity of keeping one's self well through proper living. One of the things I found I could do without, was smoking, so I stopped. For years past on Christmas day I have sent to each one of my forty business managers, a box of cigars. This year I decided I would give them something that would do them more good, and so instead I sent them each a copy of Mr. Horace Fletcher's "Menticulture," which I first came in touch with here, and which for a long time has been to me a very good sort of book to live by. I don't know how far-reaching the effect of this change from cigars to menticulture will be, but I do know that I have enjoyed very much the receiving of the acknowledgments. Some of them were very facetious; others were profoundly impressed with the book; most of the replies were clever and indicated that the book had been enjoyed, and I am glad to have been the means of pushing a good thing along."

HE ENJOYS "THE IDEA"

A friend from New York has the following to say of us:

"Some time ago you asked me what I thought of the Sanitarium publishing a weekly paper. I said at the time that I thought it would be a fine thing. I have been reading the 'Battle Creek Idea' since it has been published. I had no idea that a weekly paper could be made so interesting upon a health subject. I look for the 'Battle Creek Idea' every week now, and if it is not brought to my desk promptly, I begin to inquire where it is. I thought you would be interested in knowing what effect your weekly was having on one who is very much interested in the success of the Sanitarium.

"Very truly yours,
"M. P. G."

"He rejects happiness who refuses all sacrifice."

Care of the Teeth.

The value of a tooth has been compared to a diamond, and the loss of teeth inclines one to that estimate. Your teeth are exposed from within and without; that is, as a rule, they are not given the nourishment they require, and not kept wholly clean.

Each time you eat, it matters not how little, thoroughly clean your teeth, and do it at once; as to leave particles of food, for even a short time, about your teeth and gums, is to invite malignant bacteria that work and multiply with a rapidity difficult to believe. Permit not the smallest bit of foreign matter to remain in your teeth; in fact, aseptic cleanliness alone insures a healthy mouth.

You cannot accomplish this with an old-water-soaked toothbrush, nor with one you use constantly. When you have used a brush for two days it should be washed in carbolie water and laid in the sun and air for two days. This, of course, necessitates two brushes. Keep carbolie water at hand. It is made by putting two drops of carbolie acid into a pint of boiling water. When you have repeatedly cleaned your teeth, and the brush begins to be discolored on the back, even though the bristles are intact, discard it. This is not an extravagance, but an economy, since it saves dentist's bills. A brush which you have used for some time, even though frequently clean, if you examine it under a microscope, you will find to be alive with bacteria. With such a brush you can, of course, remove particles of food, but at the same time you brush these destructive germs into the gums.

Before you brush your teeth, rinse the mouth thoroughly, as the water follows the course of the food and removes particles that are reached in no other way. In addition to brushing your teeth, clean them thoroughly.

"When you have carefully cleaned and rinsed your teeth, take the mouth full of a good antiseptic wash, and, holding a part of it, massage the gums with the ball of your finger from the root upward to the crown. This keeps the gums in a healthy condition, and if they are inclined to recede, prevents further trouble.—Selected.

DISPENSARY'S MONTHLY REPORT

The monthly report of the Battle Creek Dispensary shows that there has been no lack of activity in that most helpful department. During February the number of consultations was 143; bathroom treatments, 247; outside calls, 106; physical examinations, 13; nurses' calls, 133; treatments at home, 31; office treatments, 70; surgical dressings, 13; garments given away, 34; garments received, 16.

Baldness and Unhygienic Hats

A great deal of the baldness met with in men is doubtless due to the fact that for generations back men have worn unhygienic head coverings. The hair is simply useless, and nature seldom cares to keep things going just for the sake of appearance. In general, early baldness is much more common among brain workers than among those who work with their hands. Probably late hours and continuous nervous strain have much to do with it. Whatever will help to build up bodily vigor and give tone to the nervous system, will usually stimulate the growth of the hair.—"Good Health."

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What is the best diet for too much gas on the stomach and bowels?

A. That just depends on what is the cause of this gas in the stomach and bowels. Gas in the stomach is generally due to hypersecretion. It is generally due to the fact that the stomach secretes too much acid, so that it excites the stomach to contract. The majority of people who have gas in the stomach have hyperacidity and excessive contraction of the stomach.

Q. What is the chief cause of appendicitis?

A. It is intestinal autointoxication,—infection of the colon. When the colon becomes enormously enlarged, there are fragments of decaying meat lying about within, decomposition takes place, and it becomes the hold of the most horrible germs—a regular menagerie of dead things down in the cecum; fish, oysters, fragments of pigs, fowls, etc.; all remaining undigested and unabsorbed in the colon. They get down into the small intestine, are deposited there, the colon is perhaps a little inactive, and the consequence is a festering mass of decomposing materials.

Q. Can they be floated from the gall-bladder with olive oil?

A. No. Olive oil does not go into the gall-bladder; it goes down into the small intestine. There is no evidence that olive oil has any great influence in getting rid of gallstones. Gallstones do not do any harm in themselves; it is the thing that causes the gallstone that makes the mischief; that is, they do not ordinarily do harm. Once in a while when a gallstone happens to be just the right size to wedge its way into the gall-duct and stay there, so it can not get through or get back; or when it works like a ball-valve—goes down into the duct, closes it up, then perhaps slips back again, it makes trouble; but you know, there are 100 people who have gallstones and do not know anything about it where there is one who finds it out. Examinations made in Germany show that one-fourth of all women who die after sixty years of age have gallstones; and one man in every ten over sixty years of age has gallstones. The probability is, taking the whole population of the United States, that there is one in every twelve or fifteen persons alive to-day who has gallstones and does not know it. I figured up some time ago what would be the size of the annual crop of gallstones, and I found it to be a great many barrels of gallstones, and nobody knows anything about them. So you do not need to worry. The thing to do is to suppress the disease that produces the gallstones, and that is intestinal autointoxication. Stop the use of meat. Meat eating makes gallstones. Cut off eggs. I do not eat eggs; I do not believe in the use of eggs. The fact is, the yolk of egg is the only part that is fit for food, anyhow. The white of egg was never intended for food; the white of egg is the material that feathers are made out of. The white of egg is the part that makes the chicken, while the yolk is food for the chicken. Some of you know something about raising chickens, and you know that to be the case.

To bear is to conquer our fate.—Campbell.

DOMESTIC SCIENCE DEPARTMENT

Breakfast dishes were discussed and demonstrated in the practice cooking class Tuesday afternoon, the instructor dwelling on the value of simple foods that would be easily digested and the importance of quick preparation.

"Breakfasts should be considered from a number of standpoints," said she. "First we must consider their relation to the season of the year: a breakfast designed for Christmas would not be ideal for the Fourth of July. In winter we need more fat and protein than in the summer, when fresh vegetables and fruits should be the large part of the menu. Locality should also be considered. Foods that are native to one place are usually less expensive than those which must be imported, and are usually much more delicious and wholesome on account of their having a chance to mature before being harvested.

"In planning the breakfast the occupation and age must be an important consideration. Persons engaged in manual labor require about twenty-five per cent more food than those engaged in sedentary work, and children proportionately more than adults. The adult has finished the building of his house, and needs only to keep it in repair; but the child must both build and repair.

"The wholesomeness of dishes is perhaps of all the most important consideration, not only because of their effect on the digestive organs but also because of their effect upon the morals. Food which is prepared with a large amount of salt or highly seasoned with irritating condiments is likely to incite thirst that water will not quench.

"Fresh fruit of some kind, preferably some juicy fruit, should be the first course, both because of its appetizing qualities and because of the fruit acids which are a natural antiseptic. With the exception of rice and farina, most cereals should be cooked from three to six hours. Even then they are not an ideal breakfast food. The dry foods, such as thoroughly toasted bread, corn flakes, etc., are a much more wholesome way of serving cereals.

The following recipes will be found appetizing for breakfast dishes:

Rice Croquettes.

- ½ cup of rice
- 2 cups of water
- ½ cup of milk
- ¼ cup of flour
- 1 tablespoon grated onion
- 1 tablespoon celery salt
- 2 tablespoons butter
- 1 cup of corn flakes
- 1 egg

Put the rice into the double boiler and cook slowly in the inner portion of the double boiler for fifteen minutes. Then place in the outer portion of the double boiler and finish cooking. When the rice is thoroughly softened and the liquid absorbed, add the onion, celery salt and butter. Make a thick cream. When cooked, remove from the fire and add the beaten egg. Into this stir the seasoned rice. When thoroughly mixed, dip by spoonfuls into previously crushed corn flakes, shape into oblong cakes, and bake in a hot oven until set.

French Apple Toast.

- ¾ cup of milk
 - 1 egg
 - 4 slices of bread
 - ¾ cup of applesauce.
- Beat the egg slightly and add the milk. Into this dip for a moment the bread, a slice at a time, and place on buttered tins in a hot oven and bake to a golden brown. Remove from the fire and place on each slice a spoonful of applesauce.

SWIMMING TOURNAMENT

The swimming tournament in the men's pool on Thursday attracted a large number of spectators, and engendered the usual amount of enthusiasm. The following gentlemen acted as judges: H. M. Hollinger, Akron, O.; J. W. Teneyck, Denver, Colo.; Max Wolf, Chicago. C. W. Johnson acted as starter, and Charles Wheelock announced the events.

While there were fewer spectacular feats than at previous tournaments, the program included many interesting exhibitions of prowess, notably that of Will Leslie, who established his reputation as a swimmer some years ago, swimming across the Niagara River above the falls, a part of the time under swift-moving logs, and of Haylock, whose feats are the pride of the pool frequenters.

In the relay race for boys, Judd and McCarthy, pitted against Foster and Davis won out, making the course in twenty-three seconds. William Davis was given first place in the competition for graceful diving. In the men's relay race, Haylock and Augaard won out. In the egg and spoon race, in which Royal Leslie, Alfred Judd, McCarthy, and Augaard competed, Augaard carried off the honors. This race was followed by an exhibition of the long dive by Will Leslie, who dove into the water at the west end of the pool, and went the length of the pool and back before coming to the surface. He next gave an exhibition of walking under the water, carrying King on his shoulders. The course was the length of the pool.

Following this F. W. Johnson was thrown into the pool with hands and feet bound, and gave an exhibition of floating which called forth much applause. Later he took a long dive, remaining under the water for some minutes. Augaard, King, and Leslie then gave an interesting exhibition of fancy strokes, including the over arm, the double arm and the over-arm side strokes.

Charles Haylock then exploited the back leg stroke, the smooth side stroke, and the Australian crawl, and following this Leslie swam the length of the pool side-ways, making remarkable time and winning applause. The program closed with a running dive from the hall, in which both men and boys joined.

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NERVOUS EXHAUSTION

(Continued From Page 1.)

duced very much below the normal. The underlying condition of the nervous system in one who has neurasthenia is best expressed, I think, as a condition of nerve weakness and increased irritability.

"My remarks this evening will be directed largely at least to a description of what we may call a typical case of nervous prostration or neurasthenia. As I before stated, there are many allied conditions in which the patient suffers to a greater or less extent from a reduction of nerve energy, and the term neurasthenia is sometimes applied to these conditions even by the profession, but not, I think, with a strictly correct application of the term. Again it has a very broad application and is applied to many conditions that really do not represent true cases of nervous prostration.

"In dealing with this subject I think I can best present it to you by considering it under the various heads as follows: First, causes, second, symptomatology or the symptoms and signs of the disease; third, pathology or the changes which occur in the nervous system as the foundation of the disease; fourth, diagnosis, or the manner of distinguishing the disease from other diseases; fifth, the prognosis or foretelling the outcome of the disease, and sixth, treatment. We may now consider each of these several divisions of the subject:

"First, causes: The cause of this disease, as of many other disorders, may be considered under two heads, first, the predisposing or extrinsic cause and second the exciting or extrinsic cause. In the predisposing we may notice the following: First, heredity; heredity is a factor which is quite active in producing neurasthenia or nervous prostration in many cases. In cases where the hereditary element is noticeable the disease usually develops early in life, somewhere from the age of 15 to 25 as a rule. People who suffer with nervous prostration early in life as a rule have inherited a weak nervous system from their parents and ancestors—a nervous system that is easily exhausted and one which usually cannot stand the tax that is brought to bear upon it by the ordinary experiences and duties of life. Such a nervous system breaks down early, and the individual often suffers from neurasthenia at an early age. I desire in this connection to explain a little more fully what we mean by heredity. This is a term that is often used and not with, perhaps, any very clear and definite understanding just what the term heredity means. Heredity is a word used to express conditions which are transmitted from parents to offspring on account of some peculiarity of the original cell or cells with which every individual begins his existence. The word cell is used in biological science to express a unit of tissue. Thus we have nerve cells, muscle cells, gland cells, liver cells, etc. These cells are living, microscopical animals. They have different properties and perform different functions. Every living being is a moving aggregation—a unity, as it were, of these living microscopical cells. As before mentioned, we all begin our life with one or two of these cells. Growth takes place along two lines: First by an increase in the number of these cells and second, by an increase in the size of at least many of the cells that are formed from the two original. If the material out of which these original cells are formed is of good quality, and if no

disease or accidents happen to them during their growth and development, there will be finely developed a healthy and normal human beings with perfect organs, with healthy tissue, with strong nerves and with no tendencies whatever to disease. On the other hand, if the material entering into the composition of these original cells is poor, if the life vigor and vitality of the cell is below the normal, then as the result of this condition as the individual grows and develops, he carries this weakness along with him to a greater or less extent for a period of years or even through his entire life.

"An individual springing from original cells of this kind may early in life, anywhere from 15 to 25 years, develop neurasthenia for the reason that he has inherited a nervous system which is weak and irritable and that has little vigor and vitality. Adolescence is a period in life in which the hereditary factor shows itself often in a very conspicuous manner by functional and organic diseases of the nervous system. At this time in life we have more than at any other time diseases of the nervous system which are caused to a large extent by a bad inheritance. At this time in life such diseases appearing as migraine, primary neurasthenia, hysteria, epilepsy, mental eccentricities, bad dispositions, certain forms of insanity, all of which are to a greater or less extent due to the inheritance of a nervous system which is weak and unstable. It is proper for me to add, however, in this connection, that the weakness and defects which all of us to a greater or less extent have inherited from our ancestors may and can be, and often are overcome to a greater or less degree by careful habits of living and proper care of the body.

"Another predisposing cause of this disease is age. In considering heredity I have already intimated that the primary form of neurasthenia comes early in life, between the ages of 15 and 25. To be more exact, more cases occur near the age of 20. After this period the ages between 30 and 40 furnish a large contingent. Few cases develop between the ages of 40 and 50 and after the age of 50 we seldom see neurasthenia developing in its typical form. It is true at all times of life there may be various expressions of lack of nerve vigor and nerve force, but all of these cases are not genuine cases of nervous exhaustion.

"Next, sex: Typical forms of this disorder are more often seen in the male, while atypical cases, complicated perhaps with neurasthenia, intercostal pains, headache and other nervous disorders, are more often seen in the female.

"Next, race: This disease is often spoken of derisively in European countries as an American disorder in fact, it is so frequent in our own country that it is often styled 'The American disease.' The medical literature of our own country deals with this subject more exhaustively than the medical literature of any other country that I know of. It has been in recent years that much has been said upon this subject in the literature of European countries. Probably the habits of life in America are responsible for the fact that it is so prevalent in our own country. The people of our country are made up of various nationalities and we do not represent any particular race of people, but many races. It is also a well-known fact that the Jews are particularly susceptible to this disease. Fewer cases are seen among the Irish in their own country or the English, while it is comparatively a rare disease among the Germans. In our own coun-

try it seems to be more prevalent in certain sections. For instance the Northwestern states and the elevated regions of the Rocky mountains are territory in which the disease is more prevalent than in other sections of our own country. The cause of this is probably due to the fact that in this section the climate is more stimulating, the air is dry, there is usually more wind and more sunshine, and these conditions are more stimulating to the nervous system, and in a person who already has a weak nervous system these causes may be sufficient to bring out the disease. It is also more prevalent in cities than in rural districts. This may be explained by the more healthful conditions in the country.

These, I believe, are the principal predisposing causes of neurasthenia or nervous prostration, and to get them before you collectively I may briefly state them again. They consist of first, heredity; second, age; third, sex; fourth, race; fifth, certain countries; sixth, different sections of our own country; seventh, city life in comparison with country life.

(To be continued next week.)

DELEGATES RETURN

Mrs. M. S. Foy and Miss Carrie Zahn returned from Pittsburgh, where they attended the first international convention of the Young People's Missionary Movement. Although the organization was incorporated only last April, the meeting was a stupendous one, with three thousand accredited delegates, and many native Christians from foreign fields. "It was full of inspiration," said Mrs. Foy, "and interesting every minute, several famous leaders appearing on the program." "What most impressed me," said Miss Zahn, "was the unity of the movement. There seemed to be no thought of the different denominations—it was all for the Gospel of Christ. It was the most thoroughly organized convention I ever attended, the presiding officer, John Willis Baer, of Los Angeles, displaying positive genius in keeping the convention wheel-oiled and running."



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Personal Column

Sunday afternoon he will speak at the Y. M. C. A. on "Boys."

Mrs. N. H. Clark, of Boise City, Idaho, is among the week's arrivals.

Miss Clara B. Lambert returned recently to her home in Troy, N. Y.

Mr. Lee H. Ferguson, of Delaware, Ohio, is among this week's arrivals.

Mr. and Mrs. J. H. Bradner, of Olean, N. Y., are visitors at the Sanitarium.

Mrs. Louise von Hille, of Port Arthur, Canada, is a guest at the Sanitarium.

Mrs. Addie Duncan Monroe, of Silver Springs, N. Y., is paying her third visit to the Sanitarium.

Dr. Minnie Staines and Mrs. Lena Mosely Ragsdale left Tuesday for Colorado for a short trip.

Dr. Robert Owen expects to leave next week for Missoula, Mont., where he will engage in private practice.

Dr. Annie W. Williams left this week on a lecture tour in Toronto and vicinity. She will treat of general health topics.

Mrs. Louise Byrne, of Pontiac, Ill., returned this week to her home for a short stay, after which she will return to the Sanitarium.

Dr. Estella G. Norman will leave shortly for Philadelphia, where she will enter upon a six-months' internship in one of the hospitals.

Mrs. J. T. Ward is expecting a visit from Professor Ward shortly. Professor Ward is a member of the faculty at Hillsdale (Mich.) College.

Mrs. J. M. Johnson has returned to her home in St. Louis, after a few days stay at the Sanitarium. Miss Johnson will remain for some weeks.

Mrs. A. Rewell, of Sandusky, Ohio, is at the Sanitarium, visiting her friend and former neighbor, Mrs. D. C. Powers, who has been a patient at the Sanitarium for some time.

Mr. and Mrs. W. S. Patterson, of Appleton, Wis., have returned to their home after a month's visit at the Sanitarium. As a little souvenir of their stay here, they left with their doctor a handsome picture of their fine family of ten children, of whom they are justly proud.

News Notes

On Saturday evening there will be the usual orchestra concert in the lobby.

It is expected that Dr. Samuel McBride, of Brooklyn, N. Y., will preach in the chapel Sabbath morning.

Mrs. Ada Melville Shaw has begun a series of noonday prayer services in the fifth floor parlor. The meetings open promptly at 12.

The seniors and freshmen of the American Medical College returned this week from Chicago. The juniors will leave early next week.

On Tuesday evening, March 24, "Sunshine" Hawks will give a lecture on "People I Have Met" in the gymnasium, for the benefit of the Haskell Home.

Joseph Johns, of the Sophomore class of the American Medical Missionary College, will sketch life in the oppressed country of Armenia at the Students' Missionary Meeting in East Hall parlor, Sunday, at 5 P. M. All are invited.

"Sunshine" Hawks presided at the Sabbath afternoon service in the parlor, giving a characteristic sermonette entitled "Our Father," in which he feelingly exploited the Lord's prayer, relating many tender incidents of human fatherhood as inspired by the divine.

The Philathea class is planning a farewell party for its president, Miss Ruth Holt, who leaves next week for her senior medical work in Chicago. The affair will be given Tuesday night in West Hall parlor.

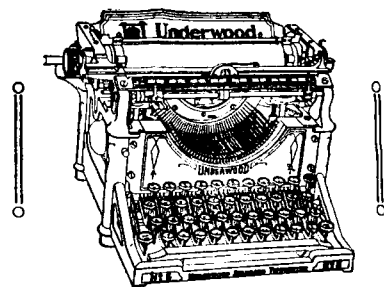
Judge Jesse Arthur, counsel for the Sanitarium, left this week for Washington, D. C., where he will confer with the attorneys of the late Charles E. Wood, relative to the bequest left by Mr. Wood for the establishment of a Battle Creek Sanitarium at Atlantic City.

A charming birthday party was given Sunday at Dr. Kellogg's residence in honor of little Idell Mortenson, aged five, and Carl Thornton, aged two. The rooms were hung with smilax and other trailing vines, and decked with flowers and growing ferns and palms, to simulate a garden, the refreshments being served in tiny baskets, picnic fashion. Kindergarten games and songs entertained the little folk from four to six o'clock.

The List of Arrivals.

The list of arrivals for the week ending March 19 is as follows: Adolph W. Jung, Wis.; Mrs. J. B. Merrell, O.; Miss Florence E. Merrell, O.; Mrs. Marion Copeland; Mrs. J. M. Johnson, Mo.; Miss Winifred Johnson, Mo.; Mrs. Retta Wood Hays, Ia.; Mrs. Jacob Kleinhans, Mich.; J. O. Panengl, Mo.; C. A. Shaler, Wis.; J. C. Davis, N. Y.; Dr. J. W. Knapp, N. Y.; V. J. Maxwell, Can.; Mrs. F. Hill, Canada; S. D. Brady, O.; Hope E. Columbus; Lily F. Carpenter, Md.; Mrs. C. E. McBroom, Wash.; John Alexander, O.; W. P. Adamson, W. Va.; Mrs. Talbot Fairleigh, Mo.; C. M. Poser, Kenton; C. S. Kingsbury, O.; G. E. Potter, O.; Mrs. Jane S. Cobb, Md.; Mrs. J. H. Nelson, Tenn.; H. M. Stephens, Wash.; Dr. L. A. Sukefurth, Minn.; Miss Anna L. Wells, Minn.; M. J. Comeford, Ill.; Charles R. Mathewson, O.; Mrs. L. A. Gillespie, Miss.; Fred Burton, Ky.; Mrs. G. W. Burton, Ky.; Mrs. M. W. Collender, Pa.; Mrs. A. T. Lash; Miss Margaret Fodge, Ind.; Will Smith, O.; M. Proctor, Ala.; Amelia K. Rewell, O.; Roy A. Powers, O.; S. F. Griffin, Mich.; M. W. Proctor, Ky.; Charles Smith, Mich.; George Hays, Ky.; Mr. and Mrs. John H. Bradner, N. Y.; J. O. Shinn, Mo.; B. C. Philpot, Ark.; Mr. and Mrs. Stern, Ill.; Mrs. Harry Ross, Kan.; Mr. and S. S. Stafford, O.; James Luth, Wis.; James Byrne, Mont.; Will Smith, O.; Alex. Moir, Ia.

Allen Andrews, O.; L. R. Dronboelke, O.; I. Teal, N. Y.; J. C. Davis, Kan.; O. P. Hipple, Pa.; J. W. Long, Ky.; Mrs. J. W. Long, Ky.; C. P. Pennington, Col.; Elizabeth L. Parker, Mich.; Mr. and Mrs. H. E. Knapp, Wis.; N. I. Tobey, Mich.; Mary F. Bryn, Mo.; Ruth Morse, Fla.; M. Netzorg, Idaho; John Harfa, Pa.; Mrs. Pohn Waterbury, N. Y.; S. H. Beach, Mich.; Mrs. Adlai E. Stevenson, Ill.; Mrs. C. W. Barston, Mo.; Mr. and Mrs. W. D. Simmons and child, St. Louis; Mr. and Mrs. W. L. Read, Ia.; Mrs. and Mrs. C. H. Ritter Mich.; J. P. Carlile, O.; A. Graffam Mich.; J. S. Lincoln, Ill.; W. B. Byrn, Mo.; J. M. Smithwick, Ill.; Miss G. Lothrop, Mich.; W. S. Carlile, M. A. Carlile, F. M. Carlile, O.; Mrs. E. Vandee, Mich.; Miss Mamie Whittenberg, Ala.; O. M. Hayward, Ala.; Cora B. Pan, Mo.; Mary E. Darinelle, Mo.; M. Sabin, Mich.; Lorena Sambucetti, Tenn.; Mrs. Sambucetti, Tenn.; Mrs. C. W. Buchler, Butler, Ind.; Dr. D. X. Buchler, Garrett, Ind.; Mrs. Helen Rothschild, Ill.; Mr. and Mrs. M. F. Bane, O.; L. H. Ferguson, T. H. Ferguson, O.; Mrs. R. D. Marble, Ky.; W. E. Newark, Mich.; Joe Kupfend, Wis.; Jacob Stauffer, Ill.; Mr. and Mrs. M. H. Ballou and daughter, Wis.; Mrs. A. E. Bishop, Mr. and Mrs. J. A. Carpenter, Mo.; J. M. Owens, Mich.



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ANNUAL ANNOUNCEMENT OF COLLEGE ISSUED

American Medical Missionary College Opens Spring Term
March 24

A UNIQUE INSTITUTION

The fourteenth annual announcement of the American Medical Missionary College is about to be issued by the board of trustees. The calendar sets forth the aims and history of the college, its general course of instruction, the list of officers, faculty, trustees, and advisory council, together with a catalogue of students; the whole being handsomely illustrated with cuts of the main college building, dormitories, interior views of the several laboratories, the dispensary, etc.

The recent unqualified endorsement of the school by the Association of American Medical Colleges at its meeting in Cleveland, has had the effect of centering more or less attention upon this unique institution, which aims to send out to foreign fields Christian men and women possessed of the spirit of self-sacrifice and Christian altruism together with the professional skill and insight of a trained physician that shall enable them to carry to the masses of heathendom both spiritual and physical help. As the calendar sets forth: "The experiences of a century of Christian missionary work in heathen lands has amply demonstrated that the medical missionary is the most powerful of all agencies in lifting up these people to the level of Christian manhood and womanhood."

The institution was started fourteen years ago, and has been successful beyond all expectation. Medical missionaries who have received their training in the school are now at work in China, Japan, India, Persia, South Africa, the West Indies, Mexico, New Zealand, and Australia. Its opportunities for a high standard of work are second to none in the United States; students having not only the advantages of the ordinary medical training such as is demanded by the best school in the country, but they have in addition experience in the clinical laboratories and a large practical experience. During their third and fourth years the students attend the clinics of the Cook County Hospital, also medical and surgical clinics at St. Luke's Hospital, while a missionary experience of untold value is afforded by the training in the free dispensary conducted under the auspices of the school in the Chicago Stock Yards district, where several thousand persons receive treatment annually, in addition to hundreds who are treated in their homes by the students and visiting nurses.

The advisory council includes the names of men of large ability and experi-

(Continued on Page 2.)

NERVOUS EXHAUSTION; SOME OF ITS PHASES

Dr. Riley in Sanitarium Lecture
Tells of Its Causes, Symptoms and Treatment

RECOGNIZED IN 13TH CENTURY

(Continued from last week.)

"The Exciting Causes of Neurasthenia may be arranged in certain groups as follows:

"1—Mental Causes.

"3—Poisons.

"These poisons may be divided into three main groups as follows:

"(a) Poisons that are voluntarily taken



MAIN BUILDING OF THE AMERICAN MEDICAL MISSIONARY COLLEGE

into the body such as alcohol, tobacco, tea, coffee and drugs.

"(b) Poisons of specific infection such as typhoid fever, malaria, influenza, diphtheria, etc.

"(c) Poisons that are formed within the body. Of these there are at least two particular classes. 1. Those produced by germs or bacteria in the intestinal tract. 2. Poisons produced by the tissues as the result of tissue changes and which are not properly eliminated by the excretory organs such as the kidneys, skin and lungs.

"4—Diseases in other organs of the body outside of the nerve system, particularly the alimentary canal, the pelvic organs, the eyes, ears, nose, and throat.

"5—Trauma or severe injury to the body.

"We may now consider each of these several causes in further detail.

(Continued on Page 2.)

SANITARIUM TAX CASE; VIEWS OF MANAGEMENT

Institution Welcomes Investigation
of System and Does Not
Fear Results

SUPREME COURT'S DECISION

The controversy over the Sanitarium tax case, which has aroused more or less ire on the part of the local press, seems in no way to have affected the equanimity of the management of the institution. They express no concern whatever over the possibilities of the case being threshed out in the circuit court. In fact, their attitude is rather that of courting investigation. "We are only too glad," say they, "to have

our affairs probed as deeply as possible. Fortunately, we have been running the institution in such a way that the greater publicity given the matter, the better we shall like it. We are not afraid to have the light turned on—the greater the illumination, the better."

The recent decision of the Supreme Court in the Sanitarium tax case will give the management a coveted opportunity to acquaint the public with all the details of the objects, purposes, financial management and status of the institutions under circumstances which will leave no room for question respecting the actual facts.

There are two matters of chief concern to the management which the Court proceedings will settle and which they desire greatly to have settled once for all and to the satisfaction of the most skeptical cavalier.

1. That the Battle Creek Sanitarium is in every particular an altruistic and charitable or not for-profit institution; 2. That it is possible to establish and main-

UNIVERSITY OF MICHIGAN

tain in Michigan a self-supporting charitable and benevolent institution.

The public should be informed that the suit is not the result of parsimony or malevolent purpose on the part of anyone, but is of mutual interest to the Sanitarium management and the municipal and State Authorities to set at rest forever important legal questions, other than those relating to taxation.

The Sanitarium is a new thing in history. The Battle Creek Sanitarium was the first of its kind, an original Battle Creek product, and nothing but court or legislative proceeding can establish its status on a sound basis.

COLLEGE ANNOUNCEMENT ISSUED

(Continued From Page 1.)

ence not only in medical science, but in missionary, spiritual, and religious activities, notably: Dr. Howard A. Kelly, the distinguished professor in Johns-Hopkins University, and one of the world's most famous surgeons, who takes an active interest in the school, and who has been of great service in introducing it to medical circles where recognition was needful as a means of entrance to certain foreign fields; Sir Wilfred T. Grenfell, who has won a conspicuous place among the heroes of pioneer medical work, devoting his life and splendid attainments to the fishermen on the bleak Labrador coast; Dr. Robert Beebe, for more than twenty years head of the great Protestant Hospital at Nanking, China, who has devoted his life and extraordinary skill as a surgeon in the most self-sacrificing manner to the cause of foreign missions; Dr. George D. Dowkontt, of New York, whose long experience in medical missionary instruction and training and intense devotion to the cause of medical missions during thirty years of medical life renders his connection with the school one of interest and importance. Dr. Alfred B. Olson of Caterham, England, a member of the first faculty in the American Medical Missionary College, who is now devoting his life to an important branch of home missionary work in England, is also a valuable counselor of the college, and Dr. George Thomason, a member of the first class to be graduated from the college, who is now in active foreign work, is a valued source of advice and needful encouragement.

The board of trustees includes the following: John H. Kellogg, Elmer L. Eggleston, David Paulson, Charles E. Stewart, Jesse Arthur. The officers of the college are John H. Kellogg, president, Elmer L. Eggleston, secretary, Charles Stewart, treasurer, Rowland H. Harris, registrar. The faculty includes the names of twenty-four skilful physicians and surgeons whose names stand high in the profession.

Simultaneously with the announcement of the calendar for 1908-09 is the resumption of class work following the spring vacation, March 24. The annual session closes June 11, and the commencement is held June 15.

Truth merely known leaves a man unaltered; truth lived becomes organic and substantial good, and thereby alters and transforms the whole character.—George Trobridge.

Learn to keep your own troubles to yourself. The world is too busy to care for your ills and sorrows.

NERVOUS EXHAUSTION

(Continued From Page 1.)

"1—Mental causes: These consist usually of worry, anxiety, fright, mental shock, disappointment, or some similar mental impressions or mental conditions. In a person with a weak and highly sensitive nervous system any of the above mentioned mental causes is often sufficient to result in neurasthenia with all of its varied symptoms. These cases that are produced by these mental causes usually develop soon after the mental trauma has been inflicted. Cases that develop as the result of these causes are more apt to occur in the young and in those of early middle life, although they may occur at any time in life.

"2—Over-work: Neurasthenia or nervous exhaustion is sometimes spoken of as a fatigue neurosis. The word 'neurosis' means any abnormal or disordered nervous condition. A 'fatigue neurosis' is one that is caused by overwork, and one in which fatigue is present as a symptom. Probably more people are made sick from too little exercise than from too much exercise; nevertheless there is, of course, such a thing as overwork and exhaustion from overwork. The work may be either mental or physical. When the overwork is mental, the symptoms relate more particularly to the functions of the brain and sometimes a weakened condition of the brain and mind is expressed by the term psychasthenia instead of neurasthenia. When the fatigue relates more especially to the body and the nervous system the word neurasthenia is more applicable, although in neurasthenia we have both mental and nervous symptoms present as a rule. These cases of neurasthenia resulting from overwork are illustrated in the mother who with a large family is obliged to overwork in her household duties and together with the anxiety of the care of her family a breakdown is the result of excessive and prolonged work; or in the case of the student who confines himself to his room for long hours with little exercise and insufficient sleep and finally goes to pieces as the result of excessive mental strain and lack of physical exercise. Very often we have two or more causes acting together to produce neurasthenia. Probably the most common of all causes of neurasthenia is overwork and worry combined. These two causes in most cases have usually been acting together in developing this nervous disorder. In my opinion overwork and worry combined together are the most frequent causes.

"3—Poisons: These can be divided into three classes: (a) Poisons that are voluntarily taken into the body. These are alcohol, tobacco, tea, coffee and drugs. It is a well-known fact in the medical profession that alcohol is responsible for a long list of diseases of the nervous system as well as diseases of other important parts of the body such as the liver, heart, blood vessels, and other tissues. Alcohol is also responsible for a large percentage of the different forms of insanity, also diseases such as general paresis, apoplexy, various forms of paralysis, degenerative diseases of the nerves and the spinal cord and the brain. This fact has been recognized by the profession for many years. But it has not been so generally recognized that alco-

hol also is responsible for many functional disorders of the nervous system. From quite an extensive observation with reference to the use of alcohol I am satisfied that alcohol is responsible for many cases of neurasthenia or nervous exhaustion. Men who develop neurasthenia as the result of the use of alcohol are usually spoken of as moderate drinkers—men who take a moderate amount of alcoholic liquors daily or nearly so for a period of weeks, months or years and finally break down with nervous exhaustion. These cases also usually suffer from severe and troublesome insomnia. Among other things which alcohol does is to paralyze the nerves having control of the blood vessels so that the blood vessels become dilated, congested and engorged with blood. This is particularly true of the blood vessels of the brain. The blood vessels of the brain of a man who uses alcohol habitually are dilated, engorged with blood and the brain is suffering from what is known as passive hyperemia. This condition interferes with the nutrition of the brain and produces insomnia, which is often very troublesome to the patient and persists for a long time. It has also been shown by actual experimentation that alcohol even in moderate quantities produces a beginning of degenerative changes in the nerve cells which make up the brain and the nerve tissues. These degenerative changes are called chromatolysis. This chromatolysis is the beginning of a degeneration of nerve tissue. Certainly a substance which produces these degenerative changes in tissue must be harmful even when taken in moderate quantities. Alcohol, of course, and alcoholic liquors are more often used by men and so we see cases of neurasthenia as the result of the use of alcohol more often in men. Cases are also seen in women. Tea and coffee, while perhaps they cannot be considered as poisons to the body in the sense that many drugs are, like morphin, strychnin, etc., nevertheless they contain substances which are not at all wholesome to the body and which interfere to a greater or less extent with the function of the nervous system and when continued for any great length of time in a person with a weak and irritable nervous system they have been the cause of neurasthenia in many cases. Both tea and coffee contain an alkaloid substance. This alkaloid substance in tea is called thein and the alkaloid substance in coffee is called caffeine. Both these substances are chemically identical, but they have these different names to distinguish the plant from which they come or to distinguish their origin. Both tea and coffee cause loss of appetite, disturbance of digestion, general nervous and mental irritability, fine tremor in the hands, and about the face and eyelids, irregular action of the heart, sometimes palpitation of the heart, nerve fatigue and insomnia. Coffee particularly is very prone to cause insomnia in people who are not accustomed to the use of tea or coffee. A man or woman who is not in the habit of drinking coffee, if he should take an ordinary cup of coffee in the middle of the day or afternoon or evening he would probably sleep very little during the night. Substances which cause these nervous symptoms in an ordinary person in small quantities I am sure are responsible for nervous breakdown in other people who have a less stable nervous system. The

thein and caffeine of these beverages interfere with the healthy nutrition and function of the tissue, and produce nerve weakness and nervous instability. Tobacco also produces very much the same symptoms as tea and coffee, very often in greater severity, and in addition to this cause degenerative changes in the optic nerves, irregular and rapid action of the heart, and usually a decided loss in weight. Most men who use tobacco are thin in flesh and when they stop the use of tobacco they usually gain in flesh. This has been my observation in a large number of cases extending over a number of years. The nicotine in tobacco is one of the most deadly poisons we know of. It interferes to a greater or less extent with all the functions of the body. It particularly interferes with the function of the nervous system and I have seen many cases of nervous exhaustion which could be traced unquestionably to the use of this weed. The most common drugs which are responsible for nervous exhaustion are morphine, cocaine, and the metallic poisons such as mercury, arsenic, etc. These drugs act similar to tobacco and alcohol, that is they interfere with the healthy nutrition of the nerve elements or produce a degeneration of the nerve tissue.

"(b) Poisons produced by specific infections. The most common of these are typhoid fever, malaria, influenza, diphtheria. Each of these diseases is caused by a specific germ, that is, there is a particular germ which causes typhoid fever. Malaria is caused by the plasmodia of malaria which is an animal parasite and not a germ. Influenza is supposed to be caused also by a specific germ and the same is true of diphtheria. These particular germs enter the body, multiply and grow and develop poisons. These poisons are responsible for the symptoms of the disease which the germ produces and in addition to this after the acute, infectious disease has passed there often remain symptoms of nerve weakness and neurasthenia. The poisons of these various diseases interfere with the nutrition and function of the nervous system and this interference is shown by the symptoms of neurasthenia.

"(c) Poisons which develop within the body: There is another class of germs which, while they do not produce any distinct disease, like the germ of typhoid fever, yet they enter the stomach, pass down into the bowels and multiply and grow in the intestinal tract, producing poisonous substances which are absorbed into the blood, carried by the blood stream to the brain and spinal cord and the nerve tissue. These poisons are not so severe in their character as the poisons of typhoid fever or diphtheria, consequently the symptoms are not so grave, but they interfere to a greater or less extent with the nutrition of the nervous system and in some cases are at least a factor in producing neurasthenia. There are other causes of neurasthenia produced by the poisons which are formed as the result of tissue changes. There are going on in the body constantly chemical changes in the tissues. These are of two kinds: The building up process and the breaking down process. The substances produced in the body as the result of these chemical changes are to a greater or less extent poisons to the tissues and should be eliminated from the body at once in order that the body may maintain its normal degree of health. If for any reason these poisons

are not carried off by the eliminative organs they irritate the various tissues of the body and interfere to a greater or less degree with the various functions of the body. The effect of this class of causes upon the nervous system is often seen in men who have chronic Bright's disease. In a case of this kind the poisons are not eliminated but are retained in the body and the patient suffers from general nervousness, insomnia, fatigue and a long list of other symptoms similar to those seen in neurasthenia. Neurasthenia produced by causes of this kind is often spoken of as symptomatic neurasthenia because the nervous disturbance is regarded as simply symptoms of the disease of the kidneys. It is important, however, to recognize the fact that the nervous symptoms are the result of the poisons which are retained in the body and not directly the result of any disease of the kidneys, although of course, they are indirectly caused by the disease of the kidneys.

"4.—Diseases of other organs of the body: Some cases of neurasthenia are caused by indigestion or by constipation or by some disorder of the alimentary canal, also other cases are caused by some disorder or disease of the pelvic organs. Diseases of the eye such as eyestrain, errors of refraction have been held by many writers in the past as being a very potent etiological factor in producing neurasthenia as well as other functional disorders of the nervous system. Also diseases of the nose and throat such as excessive growths of bone, reflected septums, irritating turbinate bones, polyp and other similar disorders of the nose are undoubtedly in many cases a factor at least in developing neurasthenia. Of course the cases belonging to this class usually act upon a nervous system which is weak, highly sensitive and in a good condition to develop this disorder. There is a form of neurasthenia which is called by some 'splanchnic' neurasthenia. Some authorities claim in this disorder the stomach and bowels are prolapsed and displaced, that a large amount of blood is drawn into the abdominal viscera on account of this displacement and consequently the spinal cord and brain are deprived of proper blood supply and the pulling down of these organs irritates the nervous system and develops neurasthenia.

"5.—Trauma. Trauma means a physical injury to the body. Neurasthenia often follows some severe accident such as a railway accident, or a fire, or a falling from a building or some injury to the body produced by accidents of this kind. These cases when examined usually show no signs of physical injury to the body; that is to say, there are no bones broken, no bruises, no marks of injury of any kind upon the body, yet in a short time after the injury have frequently developed symptoms of neurasthenia. The cause in cases of this kind is supposed to be the physical shock together with the mental shock which usually accompanies accidents and injuries of this kind. I have seen many cases of neurasthenia following these severe accidents where there has been no apparent injury to the body whatever, and yet the patient suffered extreme nervous prostration and with all the symptoms of a fully developed case of neurasthenia. The only explanation that we can offer is that the patient has had a severe physical and mental shock which has brought out the symptoms of neurasthenia.

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The American Medical Missionary College

The work of this institution is one of the most unique in character, and, at the same time, most important and far-reaching in its influence.

It stands forth as the only college of its kind in existence on either side of the Atlantic, existing, as it does, for the express purpose of educating prospective medical missionaries of the various evangelical denominations, and of both sexes, and knows no color line or distinction.

The need for its existence is easily realized when we take into account the terrible condition of the inhabitants of heathen and non-Christian lands. In the United States we have an average of one doctor to every six hundred, while there are only something over eight hundred medical missionaries in the entire world among a thousand million—less than one to a million.

On the score of economy and efficiency, there is need for its existence. Most of those offering for missionary service are from among the heroic, struggling class of students, and the high fees charged at the ordinary college are a great barrier to such. Further, those going to foreign lands should be trained and instructed accordingly in the diseases, ways, and customs of the people to whom they are going, and along with all they need to be imbued with a deep religious spirit. These things are assured to them in this college, and, moreover, they are brought into contact with the missionaries who come to the Sanitarium for recuperation and rest, and, at times, operation, and can learn much from these veterans.

The college was founded in 1895 being planned in the spirit of a world-wide philanthropy, its students going to the ends of the earth to carry out the command of Christ who "healed all that were sick," and who sent his disciples forth to "heal the sick and to preach the gospel."

Its plan and purpose is of the highest order, and its scope as far reaching as the center of the darkest and most distant land or island of the sea, and, as such, must call forth the sympathy of all Christian people.

Personal Column

Dr. E. D. Vince is absent on a business trip.

Miss Lenna F. Cooper will leave Sunday for Philadelphia.

The Mises Evans, of Pittsburg, are registered among new patients.

Dr. H. E. Knapp, of Menominee, Wis., is among this week's arrivals.

Dr. T. A. Ames, of Exeter, Ontario, is a guest at the Sanitarium.

Mrs. Dan Husbands, of Paducah, Ky., is among the past week's arrivals.

Dr. Frank X. Walls of Chicago paid a visit to the Sanitarium this week.

Miss Richards, of Cleveland, Ohio, returned to her home the early part of the week.

Dr. Estella G. Norman will leave on Sunday for Philadelphia for a six-months' stay.

Mrs. and Mrs. N. Mannheim, of Spokane, Wash., returned home the first of the week.

Miss Preston of Detroit has been a guest of Mr. and Mrs. Arthur Welton for the week end.

Miss Coolidge, daughter of Judge Coolidge, of Niles, Mich., is a guest at the Sanitarium.

Prof. J. T. Ward, of Hillsdale College, Mich., visited Mrs. Ward on Monday at the Sanitarium.

Mrs. J. G. Appel, of Denver, Colo., wife of Judge Appel of that city, returned to her home this week.

Mr. C. E. Foley has returned to his home in Oklahoma after a six-weeks' stay at the Sanitarium.

Dr. Robert Owens left on Wednesday for Missoula, Mont., where he will engage in private practice.

Dr. J. H. Kellogg, Dr. R. H. Harris, and Dr. B. N. Colver spent part of last week in Cleveland, Ohio.

President and Mrs. A. F. Bruske of Alma College arrived at the Sanitarium this week for a short sojourn.

Miss Kate Burns, of Mansfield, Ohio, arrived this week, and will be a guest for some weeks at the Sanitarium.

Mr. J. Frank, of Fort Wayne, Ind., a frequent visitor at the Sanitarium, is registered among this week's arrivals.

Mr. R. M. Edwards, of Houghton, Mich., paid a visit to Mrs. Edwards, who is a patient at the Sanitarium, this week.

Mr. and Mrs. M. H. Ballou and Miss Ballou and Mrs. O. E. Bishop, of Menasha, Wis., are guests at the Sanitarium this week.

Mrs. Helen Sturms, of Xenia, Ohio, was the guest of Mr. and Mrs. R. S. Kingsbury this week at the Sanitarium. She returned to her home Monday.

Mr. and Mrs. C. D. Pennell, of Van Wert, Ohio, have returned to their home after a stay of some weeks at the Sanitarium.

Dr. William Dunlap, of Detroit, accompanied by Miss Louise Dunlap, arrived at the Sanitarium early in the week. Miss Dunlap will remain as a patient for a few weeks.

Mr. F. E. Byington, of College View, Nebr., is the guest of Dr. and Mrs. C. C. Nicola and Dr. and Mrs. J. F. Byington.

Mr. T. J. Norton and the Misses Sara and Katherine Norton of Chicago spent a few days at the Sanitarium during the present week.

W. B. Byrn, of Kansas City, Mo., paid a short visit to his sister, Miss Byrn, during the past week. Miss Byrn will remain for some weeks.

Mr. Walter D. Page and daughter, of Columbus, Ohio, old friends of the institution, returned this week for a sojourn at the Sanitarium.

Dr. Louie Vandervoort returned Tuesday from her home in Dayton, Ohio, where she has been enjoying a vacation and rest of several weeks.

Dr. J. F. Morse returned the last of the week from Chicago, accompanied by the freshman and senior classes of the American Medical Missionary College.

Mrs. R. C. Dye and little daughter Mabel, who have been at the Sanitarium for some weeks, returned the first of the week to their home in Eaton, Ohio.

Mrs. Fred Berg, who for some months has been a patient at the Sanitarium, returned this week to her home in Stamford, Conn., much improved in health.

Dr. Rowland Harris, registrar of the American Medical Missionary College, has been enjoying a brief vacation before the resumption of class work.

Among the list of departures are Mrs. A. B. Clymer, who has been a patient at the Sanitarium for some months; Mrs. G. R. Allen and sister, Mrs. Inglesfield, and I. M. Bushong.

Mrs. A. W. Cooper and daughter, of Rajaburee, Siam, arrived at the Sanitarium this week. Mrs. Cooper has for some years been a missionary in Siam under the Presbyterian board.

The Rev. and Mrs. Nathan Maynard, who for twenty years have labored as missionaries in Japan under the auspices of the Southern Baptist church, are making a sojourn at the Sanitarium.

Dr. Leslie Frazer, formerly of the Melrose (Mass.) Sanitarium, who has been paying a brief visit to Dr. L. B. Stoner of the Sanitarium medical staff, left the first of the week for her home in California.

Mr. W. M. Miller, a well-known newspaper man of Delaware, Ohio, left for his home this week after a stay of several weeks at the Sanitarium. Mr. Miller expects to return later.

Dr. G. M. Tuttle, of New York, for eighteen years a member of the faculty of Columbia College, and one of the best known surgeons in the East, paid a visit to the Sanitarium this week.

Mrs. Charles Perry, Miss Clara Elizabeth Perry and Thomas Perry, of Westerville, R. I., have arrived at the Sanitarium for a stay of some weeks, during which they will pursue a "health education."

Mr. W. S. Carille, son, and daughter, who were called to the Sanitarium last week by the sudden illness of Mrs. Carille, have returned to their home in Columbus, Ohio. Mrs. Carille is much improved in health.

Mrs. Adial E. Stevenson, wife of Ex-Vice-President Stevenson, of Bloomington, Ill., arrived on Wednesday to join her son, Mr. Louis J. Stevenson, who has been a patient at the Sanitarium for several weeks.

The depth and subtlety of the eyes varies exceedingly with the state of the stomach. Magical transformations can be wrought in the depth and sweetness of the eye by a few weeks' exercise.—DeQuincey.

A Pleasant Occasion

Mr. and Mrs. I. L. Stone, Maple Street, gave a missionary social. Among the guests were the following missionaries, now at the Sanitarium: the Rev. and Mrs. William Axling, Mrs. S. S. White, Miss Lucy Mayo, and the Rev. and Mrs. N. Maynard, of Japan; Miss Lucy E. Case, the Rev. M. B. Boomer, of Chile; Mrs. R. S. Hambleton, Turkey; Miss Emma Lyon, China; together with pastors of several local churches and their wives.

Each of the missionaries gave interesting accounts of the difficulties experienced in carrying on their work, and related striking instances of Providential care and assistance in the prosecution of their labors. One told of hairbreadth escapes from death while travelling by night in the jungles of India with wild beasts leaping and screaming in the bushes by the roadside and man-eating tigers tracking them and roaring almost at their very heels.

Evidently the life of the missionary is by no means dull or monotonous. The diaries of many of them read like the pages of a thrilling romance.

All the missionaries present were guests and patients at the Sanitarium. All were improving under the treatment received, and nearly all are expecting to return soon to their interesting fields of labor.

The Sanitarium is one of the leading headquarters for missionaries in the United States. There are always to be found here representatives of most of the leading missionary boards and of the leading missionary fields. The reason is to be found in the fact that the management extends a cordial invitation to all returned missionaries to visit the institution for rest and treatment as guests of honor or at merely nominal rates for board, treatment being given free. Many medical missionaries visit the institution to study laboratory technic and the special methods of the Sanitarium.

Lobby Chats

One of the innocent recreations of the patients at the Sanitarium is telling what happened to them after they got here—their first impressions and their later ones. The other day, some one in a chat with "Sunshine" Hawks elicited the following, which bears out the old adage: "You get what you give in this world—a smile for a smile, and a frown for a frown." (It will be observed that Mr. Hawks reaped a smile harvest.)

"I left New York, the city of Hurry-legs, at 12:50 P. M., one day, and at 10:10 the next day I arrived at Battle Creek; was met by a handsome young man in a uniform who took me in tow, put me in a carriage, and brought me to my home on the hillside. As I entered, my grip was taken by another smiler. I registered, told the happy clerk what my name was, and was about to go to my room, when I was captured and taken in to Dr. Read, who read me. He took my pedigree, my antecedents, my forebears, my 'in-laws,' and started me on the road to Wellville.

"Then the young man in charge turned me over to two obliging young medicos, who immediately went to work on me, and made remarks about me, some of which were complimentary, and some not so much so. Finally I got to my room. And I want to say right here that the Battle Creek Sanitarium is a first-class hotel.

"The next morning a young lady harnessed my arm and took my blood-pres-

sure, and a kind-faced young gentleman surprised me very much by stabbing me in the finger and removing some of my blue blood. Then I began to get busy. I was sixty years old and did not know how to eat! I have found out. From the first minute I entered the doors of this Christian home, I have been getting better spiritually, mentally, and bodily. It is a wonderful change. For years I had lived principally on meat, coffee, and drug-stores, and the drug-stores had lived on me. But now for three weeks I have not touched meat or coffee and haven't taken a dose of medicine. And busy! I have worn out two suits of old clothes putting them on and taking them off; when I am not dressing, I am undressing.

"Politeness, uniform kindness, thoughtfulness, and consideration meet you here everywhere. Dr. Kellogg is the most wonderful man I have ever had a dissolving view of—that's about all you get; he is always on the go. And he always gets there. He is the most wholesale father I ever heard of. He has adopted and raised forty children. That's fortitude for you. May God's rich blessing fall on Dr. Kellogg and all of his assistants who gave a new lease of life to 'Sunshine' Hawks!"

ATLANTIC CITY SANITARIUM

Dr. Kellogg recently received a communication from a real estate firm in Atlantic City calling his attention to properties which they had for sale and deemed adapted for the site for the proposed new Sanitarium, funds for which were provided by the will of the late Charles E. Wood, the Washington millionaire.

The firm had received notice from Mr. Wood's executors that a site would be desired in the near future or as soon as the funds were available for turning over to the Battle Creek Sanitarium management. Dr. Kellogg, when interviewed, said that no active steps would be taken until the amount of the benefaction was ascertained, but that the management through its attorney, Judge Jesse Arthur, now in the East, was in close touch with the Washington attorneys.

There is no true cheerfulness but that which springs from love. The hardest selfishness can send forth the most blazing hilarity, but it is hollow and heartless. The very root of cheerfulness is love toward everybody. What often passes for cheerfulness comes from those who are well satisfied with themselves and their circumstances, regardless of the welfare of others.—"Morning Light."

Let no pleasure tempt thee, no profit allure thee, no ambition corrupt thee, no example sway thee, no persuasion move thee to do anything which thou knowest to be evil; so shalt thou always live jollily, for a good conscience is a continual Christmas. —Ben Franklin.

Learn to greet your friends with a smile. They carry too many frowns in their own hearts to be bothered with any of yours.—

GOOD FOR EASTER REMEMBRANCES

We are showing the most beautiful designs you ever saw in the following makes of watch cases: Boss, Crescent, Crown, Dueber, Fahys and North American. Fitted with the most accurate time keeping movements like Hamilton, Howard, Rockford, Illinois, Elgin and Waltham. You are cordially invited to inspect our stock whether you wish to buy now or later.

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HENRY H. KAUFMAN,

R 551, Sanitarium Battle Creek Mich

Note: Mail orders filled on receipt of price. 25c postpaid

DOMESTIC SCIENCE DEPARTMENT

An interesting discussion of Japanese foods and how they differ from our own, formed the topic of the Thursday afternoon demonstration lecture in the Sanitarium parlor. Miss Lenna Cooper told of the foods used in the Sunrise kingdom and how in many cases it was prepared; later Mrs. S. S. White, who for many years has been a missionary in that country, answered questions put to her by the audience, and described the composition and methods of cooking of the several foods that were on exhibit. She also illustrated the method of eating with chopsticks, brushing away some preconceived notions held by many of her hearers.

"The Japanese dietary," said Miss Cooper, "is really not so different from our own. The difference seems to be mainly in the preparation of the foods and the amount of proteid taken. The Japanese live on a low proteid diet. Its main feature, as is well known, is rice, the chief constituent of which is starch. Rice is the lowest in proteid of any of our cereals. Wheat contains from ten to fourteen per cent proteid, while rice contains but seven per cent, and some grades not even that. The Japanese rice differs from that used in this country chiefly in not being polished. In the polishing process, which it undergoes before reaching the American market, the best part—the outer part, the part that lies next to the bran—is removed, thus depriving it of much of its protein and mineral salts. After this outer part is removed, the starch is exposed, leaving the cereal in a state not fit for shipping or marketing; consequently it is treated to a coating of something similar to paraffin."

The unpolished rice may now be had in most large cities, and is much to be preferred, but in case the polished rice is all that is available, the speaker advised her hearers to remove the polish by first pouring over it boiling water, then washing it in cold water until the water is perfectly clear and free from the "milky" character.

"While the best rice to be obtained here is said not to be of the same quality as that had in Japan, the chief difference in the taste is held by some to be in the manner of cooking. The Japanese use different utensils from ours, the rice being cooked in a bowl with a closely fitting lid, so that absolutely no steam escapes. It is said that the women become so expert in the cooking of it that they can tell by the sound in the kettle just when to remove the rice.

"The Japanese use many preparations made from rice and rice flour, treating it much as we do wheat. However, one must not get the idea that rice is the only article of food used in Japan, for they have many vegetables and fruits that are common to us. One of their chief articles of diet is their bean, similar to our own small white bean, but yellow in color. One manner of preparation is known as 'torfu.' The beans are steamed until soft, then ground between stones, by two women, then strained through a cloth, and later pressed into bricks 2x4 in. They are kept in

water and peddled about on the streets by hawkers, and are to be had each morning, fresh. In serving they are cut into squares and served in soup.

"Their soup is of two general varieties: a clear soup with green vegetables; and a bean soup, not clear, to which is added their favorite 'shoyu' sauce, a ferment made from the bean. Another common food is fish—which is their principle meat dish, although since the introduction of foreign habits, beef and other meats are becoming more generally used in the seacoast towns. The fish is served broiled, dried, or raw, the latter with the 'shoyu' sauce."

A representative menu for the day in Japan is as follows: for breakfast, either warm or cold rice, simply cooked in water, with no salt, and served plain; soup, pickles, vegetables, such as cucumber, radishes, cabbage, etc., fish or beef—if in Tokio or some other large city where meat has come into use—and tea. For dinner: rice soup, pickles, two or three kinds of vegetables, and tea. The supper is after the same plan.

Among the foods which were on exhibit were the "shoyu" sauce, mochi, a sort of biscuit made from rice, samples of the seaweed gelatin, from the same source as the "vegetable gelatin" used at the Sanitarium, rice flour, dried persimmons and a variety of honey, prepared after the same method as the Sanitarium malt honey. Mrs. White explained that in many localities the people are too poor to use rice, as it is 7 1-2 cents a quart. Instead they use millet or barley, except on New Year's day, when everybody celebrates by having rice. "So delicious and satisfying is the Japanese food," said she, "that you do not want to supplement it with American food. One does not miss bread or anything else one has been accustomed to."

After the lecture, rice was served with orange compote, the recipe for which is given below:

Rice Pudding

- ½ cup rice
- ½ cup water
- 1 cup of cream
- Yolks of 4 eggs
- ½ cup of sugar
- ½ teaspoon salt
- ½ teaspoon lemon juice
- 1 cup of flavoring, orange or vanilla.

Orange Compote

- ½ dozen oranges
- 1 lb. sugar
- ½ teaspoon lemon juice
- ½ cup water

Cook sugar and water, add lemon juice.

Let oranges, sliced, remain in syrup two minutes.

Health is within reach of nearly everybody. Don't be satisfied to go through life half sick. Be a whole man (woman) full of the fire and energy and joy of high health.



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THE SMOKE HABIT

Conducive to Physical Degeneracy,
Says Dr. Kellogg

SOME OF ITS EFFECTS

No man who arrives at the Sanitarium is long ignorant of the way in which the tobacco habit is regarded by Dr. Kellogg and his entire medical staff. Almost the first thing that confronts him on being driven up the entrance driveway is the sign: "No smoking on the grounds." Not long ago a smoker demurred at the restriction placed upon him after he became a patient. He received the following "curtain lecture" from Dr. Kellogg:

"Young man, there is certainly no habit that is more conducive to physical degeneracy than the habit of smoking. Very often men who smoke say, 'Oh, it does not hurt me.' Five years ago, I remarked to a senator who called on me, 'Senator, I notice you smoke.' 'Oh, yes, smoking does not hurt me,' was his reply. He was a fine-looking man. 'But it will hurt you,' I said, 'It is hurting you; you do not know it now, but by and by you will find it out.' 'Oh,' he replied, 'when I find out it is hurting me, I will stop.' 'Then it will be too late, the damage will be done.'"

"When you find you have tobacco heart, the damage is done, and it can never be undone. When you smoke or cultivate any other bad habit until you are conscious it hurts you, your resistance is broken down; and now the damage has been done, it is absolutely irreparable. I saw the Senator once or twice after that, and I said to him, 'Still smoking, Senator?' 'Oh, yes, it does not hurt me a bit. If I ever find it hurts me, I will quit.' A year or two ago the Senator came to the Sanitarium and asked to see me in my office. Said he, 'Doctor, I have come to see you on a very particular errand. I have found out that tobacco hurts me, and I want you to talk to me until I have been persuaded to stop smoking.' So I turned loose all my galling guns upon him for thirty minutes, and he took a solemn pledge never to smoke again, and he has not; but he has lost his political position, and I believe he might have kept it had he stopped smoking before."

"Some splendid men have thrown away a large portion of their energy on tobacco. Few men who smoke are aware what a tremendous burden they are carrying, what a heavy weight it is for them to struggle against. If they throw it off, they begin to realize at once that something good has happened to them. I remember a few years ago a man of seventy who was still smoking. He stopped smoking, and was rejuvenated to such a degree that he lived to eighty years, and the last ten years of his life was a great deal better than the twenty years before. The dose of tobacco a man can take who has been smoking a year or two would have killed him if he had taken the same dose at the start. He says, 'Oh, I have got used to it, and it does not do me any harm.' But it is doing mischief to his liver and kidneys and heart, and that mischief goes on just as long as he smokes. It is a mischief he never can get used to, a dam-

age he never can accustom the body to so it won't suffer. He suffers just the same, though he does not feel the same protest in his body against its use. The protest is there, and the damage is being done just the same."

"The use of tobacco damages the heart because it first cripples the liver and kidneys and so allows the accumulation of poisons in the blood, and by and by perhaps produces smokers' cancer. General Grant died of smokers' sore throat. Unser Fritz was another martyr to tobacco cancer, and the strong suspicion has been raised several times that King Edward has a little trouble with his throat, and he would better be looking out for it. Emperor William is watching his throat with very great care. It was reported some little time ago that King Edward had stopped smoking, but I do not know whether he did or not. How ridiculous it is for a man to be killed by a pipe, by a cigar,—a man who has fought manfully great battles and won,—that he should finally succumb to a pipe! to a filthy weed! The eyes also are damaged by the use of tobacco, and amaurosis is a frequent difficulty of old tobacco users. There is no man who smokes daily five or six cigars whose eyes are not damaged by it. Test the sight of a smoker in the morning before he has smoked, and test it again after has been smoking half an hour, and you will find that the eye is damaged. There are certain things he can not do with his eyes that he could do before, which shows that they have been damaged by tobacco. Every man who uses tobacco is damaged on the spot. He has not the same output of energy he had before; his heart is weakened so he can not run; he has not as good breath as before; and he can not aim with the same accuracy he could before. Some years ago a man wrote me about a friend of his who was coming to Battle Creek to have his eyes treated, for he had grown nearly blind. I found he was a smoker, and I told him I believed the tobacco was the cause of his blindness, and he wrote to this man just what I said. He took the hint, stopped smoking, and in two weeks was cured, so we lost a patient."

"Thomas A. Edison gives very strong testimony against the use of tobacco. A man who does the sort of things that Thomas A. Edison has been doing for a good many years cannot smoke. He used to smoke, but found out that tobacco hurt him. He regulates everything with reference to efficiency. He uses the same good sense in eating and his habits of life that he does in other things. One time he found a packet of cigarettes, and he posted this notice: 'Found, near my office door. Some degenerate retrograding toward the lower animal life has lost his packet. He may have the same by calling on the storekeeper, Thomas A. Edison.' That reminds me of what Abraham Lincoln said. He said if he had a boy who parted his hair in the middle or smoked cigarettes, he would mail him to death with a squash."

Mrs. Dosem—Now, Willy, don't git ram-bunkshus! Your Paw give this medicine t' old Dobbin and the yearling bull yestidy an' they never made no fuss whatever!—Puck.

Moderation is the best temperance; temperance is the best diet; and diet is the best doctor.—Lorenzo.

..The..

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The List of Arrivals.

Among the arrivals for the week ending March 25, are the following: N. J. Sawyer, Kansas; Mr. and Mrs. E. S. Skeets and daughter, Ohio; N. Manheim and wife, Washington; Roswell S. Jones, New York; Miss G. F. Hiji, New York; W. W. Hastings, Ohio; Mrs. J. W. Walitin, Illinois; Mrs. Chas. Julien Johnson, Illinois; F. L. Doeling, Ohio; F. H. Ferguson, Ohio; A. B. Hayes, Nebraska; W. B. Carpenter, Ohio; R. S. Kingsbury, Ohio; Benj. Nuley, Michigan; Dr. Wm. Dunlay, Michigan; Louise M. Dunlap, Michigan; Fred P. Robinson, Pa.; Mrs. Chas. Perry, R. I.; C. Elizabeth Perry, R. I.; Thomas Perry, R. I.; Mr. and Mrs. W. G. Chandler, Wisconsin; J. G. Kaiser, Ohio; R. M. Edwards, Michigan; Launtz Larson, Nebraska; Edward Chase, Nebraska; Geo. Harrington, Michigan; Geo. C. Morgan and wife, Ind.; Mrs. F. F. Sprague, Michigan; F. F. Sprague, Michigan; J. W. Smiley, N. Y.; J. A. Young, Illinois; E. S. Miles, Minn.; Miss Mary F. Evans, Pa.; Miss Dorothy Evans, Pa.; H. F. Paul, W. Va.; Mrs. A. W. Cooper and daughter, Slam; Mrs. J. W. Peonard, Mo.; Mrs. W. C. Beckert, Pa.; Mrs. C. D. Pennal, Ohio; Mr. and Mrs. A. F. Bruske, Mich.; John Sterling, N. Y.; Wm. E. Hopkins, Ill.; Nurton P. Turchell, Conn.; Geo. A. Whitting and wife, Wis.; Mrs. J. S. Carlisle, Ohio; J. N. Mayhew, Ohio; J. C. Hoag and wife, Illinois; Mrs. Helen Sturm, Mich.; Mrs. Dan Husbands, Ky.; H. J. Hanson, Idaho; Mrs. Leona C. Gale, Mo.; Miss Cora Julian and sister, Indiana; F. P. Lewellyn and wife, Pa.; Walter B. Page, Ohio; Miss Harriett Page, Ohio; E. W. Sharp, Ohio; Miss Kate Burns, Ohio; Dr. D. A. Annos, Ohio; Mr. and Mrs. E. H. Longheu, India; Miss Marguerite Longheu, India; Mr. and Mrs. I. L. Stone, Mich.; J. P. Frank, Ind.; Chas. H. Bates, Ind.; W. B. Mummee, Ill.; F. J. Norton, Ill.; Miss Sara Norton, Ill.; Miss Katherine Norton, Ill.; J. S. Kamor and wife, Cal.; M. P. Wallace, Mich.; Thomas Lyons, Mich.; Geo. O. Robinson, Ohio; J. Kepler, Ohio; Mrs. Jno. Alexander, Ohio; G. M. Tuttle, Ohio; Mrs. I. F. Bollman, Pa.; Miss L. J. Goegy, Pa.; Miss Claudine Coolidge, Mich.; Miss L. Haag, Mo.; H. S. Spaulding, Minn.; T. H. Petzlaff, Minn.; James R. Mills, Ohio; Henry Wetton and wife, Minn.; Mrs. M. W. Willixen, Maine; J. B. Howard, Maine; R. F. Eastham, Mich.; A. W. Madsen, Mich.; M. J. Roberts, Mich.; Mrs. C. Ralley, Ill.; Frank Walls, Ill.; Frank Parkinson, Mich.

Sam Stern, Ill.; Miss Margaret Richards, Ohio; Mr. and Mrs. George J. Schoedinger, O.; W. E. Newark, Mich.; Frank Carter, Wis.; William Chaney, O.; Lee Baker, O.; W. T. Foyle, Pa.; J. W. Mowen, O.; Chas. Stallsmith, O.; Mr. and Mrs. Walter Terry, N. Y.; Mrs. John H. Barnhart, N. Y.; W. E. Juland, M. D., O.; Mrs. Ann Roebuck, O.; Bertha Lamler; Chas. W. Ferguson, Mrs. Lucy C. Ferguson, Ill.; Chas. Marion Lockard, Mich.; Alice Martin, Minn.; Frank M. Thomas, Ky.; Albin Carlson, Mich.; Cora L. Allen, Mich.; Miss E. Champe, Mich.; C. A. Parker, Wis.; William Stemeln, O.

News Notes

Dr. Elizabeth Kerr-Harris will start on a short vacation from her labors next week.

L. Larson, a graduate of the College View (Nebr.) Sanitarium, has joined the men's nurses department.

Miss Alice Lake left on Monday for Chicago, where she will spend six weeks in the Dispensary and Visiting Nurses' work.

Miss Emily Stevens, for many years matron in the Sanitarium, is paying a visit to the institution and meeting former friends.

Misses Margaret Seaman and Ruby Anson, of the Kalamazoo Asylum, have entered the Sanitarium Nurses' Training School for postgraduate work.

Miss Lenna Cooper, of the Domestic Science department, will leave shortly for Philadelphia, to pursue studies along her special line at Drexel Institute.

Mrs. Rulon Smith will instruct in swimming in the ladies' pool for the next few months. Plans are already being made for a second tournament, to be held in the near future.

Miss Woodside, a daughter of missionaries in West Central Africa, and a graduate of Oberlin College, has recently joined the freshman class of the American Medical Missionary College.

The Battle Creek Nurses' Alumni Association held its monthly meeting Thursday night in West Hall. A feature of the evening's entertainment was the reading of letters from distant members. Mrs. Elizabeth Stewart, president, presided.

Dr. O. M. Hayward, who is carrying on a splendid work among the poor whites of the South, accompanied his niece, Miss Nannie Whittenberg, to the Sanitarium recently. Miss Whittenberg will remain as a patient, while Dr. Hayward returned to Chattanooga.

Miss Iva Crow entertained the senior nurses' class at her home on Barbour Street Tuesday evening, in honor of Miss, Elizabeth La Forge. Miss La Forge will leave shortly for New York to pursue, with her sister, Miss Zoia La Forge, a postgraduate course in Bellevue and allied hospitals.

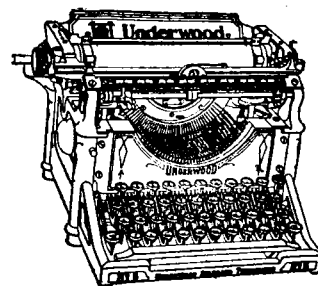
The Rev. H. E. Hopkins of India addressed the Student Missionary Association at East Hall, Sunday afternoon, telling of the student life in that country, and of the difficulties which the students are obliged to face. "There is," he said, "an increasingly large number of students in India, which now boasts five large universities, from which are graduated about two thousand students annually."

On Sunday evening Dr. and Mrs. Kellogg entertained the junior medical class at the residence. The affair was most informal, and beyond a brief address by Dr. Kellogg and a word of greeting by Dr. Frank X. Walls, of Chicago, there was no program. Among those present were: Misses Florence Holt, Anna Durrle, Clara Radebaugh, Mary Carmichael, Mrs. Bell Wood-Comstock, Messrs. George Ephraim and William E. Grey.

An informal reception was given Monday night in West Hall parlor by the Philathea class in honor of the retiring president, Miss Florence Holt, who leaves this week for Chicago to pursue her medical studies. An enjoyable program of music was given, and following this, Miss Holt told of the Philathea movement, organized in 1898 in Syracuse, N. Y., by a group of young women for the purpose of giving aid to other women. The local branch, formed last August, is one of four hundred now in existence, and is in flourishing condition. Miss Julia Hoenes has been elected president to succeed Miss Holt. Dr. Kellogg gave a brief talk to the young women, encouraging them in their work, and praising them for their noble aims.

The Hydro-Electric Bath

The tub is filled with water in which the patient is immersed. The movable electrodes shown at the end of the tub may be placed at opposite sides, so that the current may be caused to pass through any part of the body desired.



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THE BATTLE CREEK IDEA

VOL. 1, No. 17.

BATTLE CREEK, MICH., APRIL 2, 1908.

PRICE, 2 CENTS.

HOW THE BODY DEFENDS ITSELF AGAINST DISEASE

Dr. Kellogg in Sanitarium Lecture Explains Nature's Marvelous Processes

HUMAN BODY AND ITS FOES

A large audience gathered in the Sanitarium parlor on Thursday evening to hear the lecture by Dr. Kellogg on "How the Body Defends Itself against Diseases," that most wonderful process which is going on constantly, and of which so few of us are intelligently conscious. The lecture was in part as follows:—

"The story of how the body defends itself against disease is, I think, the most interesting, most fascinating, most wonderful of anything that is encountered in human experiences. I am going to explain to you in a few words some of the most marvelous happenings that come within the range of human knowledge. There is nothing so wonderful, in fact, as the details of the battle which is going on all the time between the human body and the foes which continually surround it. We live in the very midst of death. Death is on all sides of us all the time. With every breath we draw we take into our lungs multitudes of death-dealing germs. In the mouth there are all the time mingled with the saliva millions of microbes which are capable of producing death. This fact was discovered by Dr. Sternberg, surgeon-general of the United States army. He was down at New Orleans some twenty-five or thirty years ago investigating the yellow fever outbreak there, and when he returned to Washington, he made some experiments with a rabbit. In one of these experiments he injected a drop of his own saliva into the veins of a rabbit, and that rabbit was dead in forty-eight hours. He said to himself, 'The air in New Orleans must have been terribly bad. I must have gotten some yellow fever germs into my mouth, and they must be very deadly for my saliva to kill a rabbit.' So he tried it again, and killed another rabbit. Then he got drops of saliva from the mouths of some of his friends, experimented again, and the rabbits all died. Thus was made the wonderful discovery that the saliva always contains poison, deadly germs which are capable of destroying the life of an animal or the life of a man.

"Why, then, do we not all die, if the saliva is so deadly? If these germs are so abundant, why do we live? Because there is continually maintained a battle between the living cells of the mouth and these germs. The saliva which is being poured out is itself battling against these germs. When we are in health, the saliva contains substances capable of destroying

(Continued on Page 2.)

NAMES FAMILIAR IN HEALTH CIRCLES



Prof. Irving Fisher

Irving Fisher, professor of Political Economy, Yale University, and chairman of the Committee of One Hundred appointed by the American Association for the Advancement of Science in furtherance of federal regulation of public health, is one of the foremost advocates in the country of the plan for the raising of American health standards.

He was born in Saugerties, N. Y., in 1867, and was graduated from Yale in 1888. He studied in Berlin and Paris during 1893-94, and is an authority on his special branch. He has written several books of a technical character, and is a frequent contributor to economic journals.

His personal experience in building up his own health through his advocacy of simple, outdoor life, after having been stricken with tuberculosis, led him into the serious study of health as a national and economic asset. He is a frequent visitor to the Sanitarium, and on several occasions has lectured before the patients and guests.

REMARKABLE GATHERING OF FOREIGN MISSIONARIES

Christian Workers from Far-Away Lands Tell of Life Work before Sanitarium Guests

ALL GUESTS AT SANITARIUM

It was a remarkable meeting—a meeting in which sixteen missionaries representing eight foreign countries, told interesting stories of their work and experiences before guests and patients of the Sanitarium. The meeting was held in the Sanitarium parlor, Dr. George Dowkontt presiding and introducing the speakers.

(Continued on Page 6.)

THE BEQUEST WILL REACH \$1,000,000

Judge Arthur Announces Amount After Conference with Chas. E. Wood's Attorney

ATLANTIC CITY SANITARIUM

News that the legacy left the Battle Creek Sanitarium by the late Charles E. Wood, of Washington, is even larger than was at first estimated, will be welcomed by all friends of the institution. Upon the return of Judge Jesse Arthur, counsel for the Sanitarium, who has been spending some days in Washington and vicinity in the interests of the bequest, he announced that as near as he could determine, the legacy which the Sanitarium will receive will be at the most conservative estimate, \$1,000,000, while many of the friends of the dead millionaire believe that the amount will reach \$1,500,000.

The amount is a residuary bequest dependent upon the size of the estate, the will providing that the entire residue, after the payment of certain legacies mentioned in the will, be given in trust for the use and benefit of "The J. H. Kellogg Sanitarium of Battle Creek, Mich.," for the erection and maintenance of a similar institution at Atlantic City.

It was at first believed that the legacy would amount to not more than \$300,000, but according to the statement of W. A. McKenney, chief counsel for the American Surety and Trust Company, which is named as trustee of the entire estate, the amount is greatly in excess of that; in fact, Mr. McKenney places it at \$1,500,000.

This news is, of course, most grateful to the management, and insures the foundation of an institution of size and consequence at Atlantic City. The estate will come up for settlement in a short time, according to Judge Arthur, when official notification of the amount will be submitted to the management.

DANGERS OF INFECTED MILK

U. S. Experiment Bureau Points Out the Importance of Tuberculosis Test.

UNSUSPECTED SOURCES

The increased activity along the line of milk inspection and consistent effort to trace to its very fount the source of dissemination of the tuberculosis germ, is a hopeful sign of the times, and one which will advance the work of protection of the

(Continued on Page 5.)

HOW THE BODY DEFENDS ITSELF

(Continued From Page 1.)

the lives of germs. Did you ever notice that the dog has a very clean tongue? When you are not well, one of the first things the doctor says to you is, 'Let me see your tongue.' You present your tongue, the doctor examines it, and says, 'Oh, your tongue is coated; there is something wrong with your liver; there is something wrong with your stomach; there is something wrong somewhere, because you have such a bad coat on your tongue.' If the doctor finds your tongue clean, then he says, 'This speaks well for your health.'

"If you have had typhoid fever, perhaps, and the tongue is loathsome, brown, dry, and the foul accumulations about the teeth and on the lips keep the nurse busy constantly removing these accumulations, it means that germs are growing, like the mold that grows upon a well. Scavenger germs are growing in the mouth, and are penetrating the body, growing in the intestines, in the stomach, and perhaps in the blood. After a while the doctor finds the tongue is becoming clean, and he says, 'Oh, you are better today; your tongue is getting cleaner.' By and by the tongue is cleared off entirely, and the doctor pronounces you convalescent.

"So the condition of the tongue is an indicator, not of the condition of the stomach, but of the entire body, because the blood is the power which really defends the body. The blood pours out this saliva, which is a germicide able to destroy germs when it is of the right quality. When the blood is of the right quality, then the saliva will be of the right quality, and be capable of destroying germs and preventing their growth in the mouth. If you have a coated tongue, bad breath, and foul accumulations about the tongue and teeth, it is because your blood is wrong; there is something constitutionally faulty, and it is a matter that ought to be looked into.

"This process of defense is going on continually. The skin is constantly defending itself against germs. If you scrape off the surface of the skin a little of the scurf and put it into a test-tube, it will grow, because there are millions of germs there. If some of these germs are inoculated beneath the skin, they set up suppuration, and pus is formed. When a doctor performs an operation, he is very particular about two things—one is that his hands are clean as well as his instruments; and another is that the patient's skin is clean—the surface upon which he is going to operate. Yesterday I had to remove a large goiter from a man's neck. The goiter extended into the chest so I had to dissect it out, and it lay right down upon the trachea and upon the large arteries of the neck; they were all laid bare, and there was an ugly wound. If I had not taken care to make the skin perfectly clean and to wear rubber gloves on my hands, to have every condition about that patient absolutely sterile, I should know for a certainty the patient would be killed by what I did; but, by taking all these precautions, I feel almost as certain that that patient will in a few days be convalescent, and be out around the halls in a wheel-chair, feeling happy and well, be-

cause he has gotten rid of the large goiter that was choking him to death.

"These germs found on the skin do not destroy our lives because, as they attempt to work in through the layers of the skin, they find there a barricade built by the living cells of the body. Myriads upon myriads of living cells fight them off, destroy them, eat them up.

"The lungs, for instance, have an inner lining surface of two thousand square feet, and that entire surface is covered with living cells which fight off the germs, destroy them and eat them up. This is the reason why we can inhale dust that contains germs, without any injury; but if the resistance of the body is reduced, if the vitality is lowered, then these cells lose their vigor and power, so that they are not able to destroy germs, which then find lodgment, grow and develop. Then we may have tuberculosis starting in at the apex of one lung or the other. Or perhaps pneumonia germs or some other kind of germs develop, perhaps grip germs.

"Lowering of the vital resistance is made possible by the accumulation of bowel poisons, colon poisons. The result of the putrefaction of foodstuffs in the colon and the absorption of these poisons into the blood, paralyzes the living cells, so many great mischiefs follow. For instance: A patient arrived here recently suffering from very grave attacks of asthma. That patient has been here four weeks, and has not had one attack of asthma since he came, because when he came here he found that the trouble was poisons formed in the colon, thrown off through the lungs, thus irritating them and so setting up spasms in the lungs, and causing asthma. Just as soon as his diet was corrected and these toxins removed, the asthma was relieved. Multitudes of cases of asthma are due to this same cause.

"A day or two ago I examined a man with an enormous liver. What was the trouble?—Colon poisons.

"The mucous membrane of the stomach is full of little pockets or glands in which the gastric juice is formed. These glands are made of multitudes of little cells, and each one of these cells is a living creature. If you should look at one of these living cells under the microscope, you could see it move; it is active, working just like a bee in a hive. Every little cell is a living worker, and they are all at work making gastric juice. What for?—Not simply to digest the food. The gastric juice does something more than that. It not only digests food, but it also destroys germs, disinfects the food. Some time ago a physiologist made the experiment of giving a dog some putrid meat to eat,—prime beef, I suppose it was, or game, or something of that kind, and the dog swallowed the meat. Dogs are not always particular about the flavor of their diet. Some people have a dog's taste in that regard—they like things that have a strong flavor. The dog swallowed the meat, and an hour afterward was killed, while the meat which he had swallowed was still in his stomach; and that meat was just as sweet as the freshest meat you ever saw! It had been disinfected by the gastric juice. The gastric juice had destroyed all the germs and bad odors, had completely disinfected that meat so it was good enough for anybody to eat—that is, for any meat eater to eat; it was entirely sweet.

"The gastric juice, then, is a disinfectant, and it is necessary that it should be a disinfectant, because there are continually being taken into the mouth, and through the nose, into the throat, multitudes of these poisonous germs, and they are all swept down into the stomach. The stomach is a receptacle. Here in the nose is a filter which collects these germs from the air; then the tears which flow down to moisten the eye, pass down into the nose through these germs which accumulate there, and wash the germs into the throat, down the back of the throat, and into the stomach, where they are met by the gastric juice, and destroyed. So it is a nose and mouth disinfectant,—a very wonderful arrangement."

News Notes

W. C. Green, of the business staff, left this week for New York.

Frederick Widmer, of Melrose, Mass., has entered the Men's Training Class for nurses.

Miss Mary Clark, a graduate nurse from the Melrose (Mass.) Sanitarium, has joined the local staff.

Prof. T. Paul Hickey will give an illustrated lecture in the parlor Thursday night, "From Italy to Scotland."

Dr. Samuel McBride gave an interesting lecture Thursday night in the Sanitarium parlor on "Across Cuba on Horseback."

M. W. Wentworth and family, who have been spending the past few months in California, are expected to return about April 10.

The monthly helpers' meeting was held Wednesday night in the chapel. The Rev. William Axling of Japan was the principal speaker of the evening.

A delightful little dinner party was given Sunday noon at East Hall in honor of Dr. Estella Norman, by her colleagues. The table was handsomely decorated with pink roses, while unique place cards formed a source of entertainment. Dr. Norman left the same evening for Philadelphia, to remain six months.

The monthly meeting of the Battle Creek Sanitarium and Hospital Nurses' Alumni was held Monday night to elect a delegate to the national convention of Nurses' Alumni which will meet in Los Angeles, May 5-8. Mrs. M. S. Foy, superintendent of the nurses' department, will represent the local organization, together with Miss Madge Rogers, who is now in California. Plans were discussed for an entertainment to be held in the near future, the proceeds of which will be used to defray expenses of the delegates.

Dr. E. H. Risley, of the chemical laboratory, has returned from an eastern trip, during which he paid visits to several of the most celebrated laboratories of the country. Going directly to New York, he visited the laboratory of Dr. Christian A. Herter, where the latest scientific discoveries along the lines of intestinal auto-intoxication are made. From New York he went to New Haven, visiting the laboratory of Professor Mendel, of the Sheffield Scientific School of Yale College; thence to Boston, where he visited Prof. F. G. Benedict and his Carnegie Laboratory of Nutrition, and to Cambridge, meeting Dr. Otto Folin, professor of biological chemistry of the Harvard Medical School. Professor Risley resumed class work this week with students of the American Medical Missionary College, starting a new freshman class in physiological chemistry.

150,000 GALLONS OF WATER DAILY FLOWING THROUGH 20 MILES OF PIPES REQUIRED TO SUPPLY SANITARIUM

The Smokeless Heating System The Machines That Operate It And How they Work

A TRIP THROUGH THE ENGINEERING DEPARTMENT

How many of the thousands of annual visitors at the Sanitarium ever give a thought to the great engineering department which each day ministers to their comfort in manifold ways. Beyond the stray glimpses they get into the great pump-room opposite the elevator entrance on the basement floor, few of them have any idea of the enormity of the work accomplished by the department or of its diverse character.

If they stopped to think of it, they would know that in an institution where 150,000 gallons of fresh water are used daily, there would be a pumping department of no small proportions; that when 50,000 gallons of that water must be heated, there must be more or

ly get passed by with a wave of the hand as "the plant."

A peep into the great engine-room shows the automatic stokers at work regularly supplying fresh coal to the firebeds under the eight great engines, working with what seems like human intelligence, dropping sixteen pounds of coal at regular intervals, shoving it into the retorts where it is met by the air passing through the tuyeres. The mixture of the air and the gas distilled by the forcing of the fuel upward beneath the incandescent bed makes the heat which is applied to the boiler's heating surface. It is this system of stoking that does away with the smoke nuisance about the Sanitarium, a fact that is often remarked by visitors, who observe that adjacent buildings and factories pour forth great volumes of black, soot-laden smoke, while that which rises from the Sanitarium plant is most inconspicuous and entirely lacking in the "lamp black" feature.

Adjoining the engine-room is the great coalyard, from which the coal is rolled out across the track which runs the length of the engine-room. The purchasing of the

Here are the three large generators which supply the light for the building and the electricity for the treatment-rooms. Back to the main building our pathway takes us, past the rows of cottages, and green-houses which are also heated by the central steam plant, into the main pump-room with its network of pipes—some twenty miles of them in all, for both water and steam. Here is the compressed air engine supplying the air for the operating-room, the renovating department, and the forges in the machine shops. Here also are the pumps that pump the water from the artesian well, over the building, those supplying the elevator system, and those which pump the thousands of gallons of water daily to the treatment-rooms.

While an hour's survey of the plant gives one an approximate idea of the importance of the engineering department and of the skilful management by its department head, B. E. Clough, there are many lines of activity included under the department that are not apparent to the casual observer—such as the system of ventilation, etc., the heating of East Hall, South and West halls, and the College Building, the plumbing department, etc., all moving like clockwork and a vital part of the great system.

Good-By, Jim!

Well, good-by, Jim, good-by, so long,—
And say, you Jim, the fellows weren't far wrong

When they said you'd make a man of me
in time,

And there's reason in that same as well as
rhyme,

For I've made a new departure and
dropped my lazy ways,

And will finish up an athlete in my
declining days.

To you, Friend Jim, I owe the stronger
hands

To work my way through life and keep
the Lord's commands.

I've cut out all the bacon and I've cut out
also booze,

And things what you have taught me I
ain't going to lose;

For when I get back home, there's things
I'm going to do

To keep my blooming health, and I'll tell
you one or two.

First, a shower bath and plunge, at fifty-
four or-five,

And then the punching bag, just to show
that I'm alive;

Then a run around the block, about a
dozen laps,

And Indian clubs to finish with, half an
hour perhaps.

Well, good-by, Jim,—I hate to go so soon,
But I'm a right smart perter'n when I
came in June.

I can do my mornin' run, and make a good
two mile;

Cut half a cord of wood and stack it in
a pile;

Swim a mile around the pool and make a
fancy dive.—

Why, say! I'm young again, and glad to
be alive!

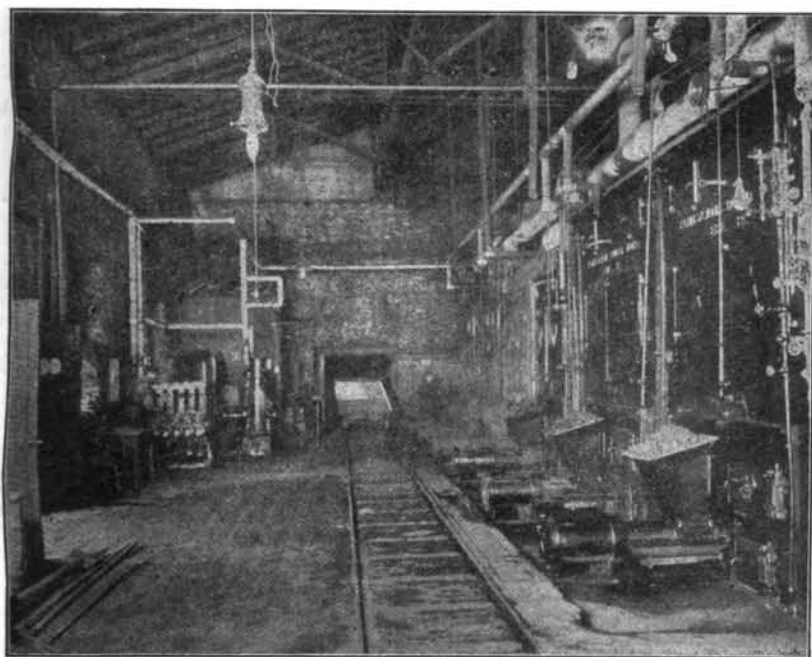
If any says you're plunk, I've got it in for
him,—

So long, I'm going, and here's good-by to
Jim.

Good fellows, all,—say, my eyes are
getting dim,—

So good-by agin, good-by, you dear old
Gym!

"Chicago."



less steam created. If they got a glimpse of the great coalyard, in which now rest some fifty carloads from the mines, and from which a ton is removed each hour to fill the great glowing firebeds under the boilers, they would realize that there was a great force at work, as necessary to their comfort as the more frequently recognized culinary department or treatment-room, and perhaps they would be surprised to hear that the very kitchen itself demands twenty-horsepower steam pressure, while the treatment-rooms would be utterly useless without the co-operation of the great engines and boilers and pumps that general-

coal and the necessary testing and analysis is a matter requiring infinite care and accuracy. The several samples of coal submitted by bidders, are analyzed for their gases, and then a running test is made in the engines in order to find their working power—the number of pounds of water a pound of coal will evaporate. Later constant check is kept on the quality of the coal delivered, by the use of a small calorimeter which in the short space of twenty minutes will show the approximate value of the coal, and reveal any deficiencies that may be suspected.

On the crest of the hill returning from the engine-room is the electric plant.

THE BATTLE CREEK IDEA

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The Moral Side of the Milk Question

The moral side to the question of the pure milk supply seems to be one to which the intelligent world is just awakening. As Professor Schroeder, of the United States Department of Agriculture, points out, we as adults may have a very doubtful right to neglect the dangers to which we are exposed through impure, infected, and dirty milk, but we have no right to neglect the conditions that cause suffering and death to helpless, innocent children.

To thousands of children the supply of pure, wholesome milk means life. It is little short of criminal that through the indifference of their adult protectors, this source of life is denied them, and they meet an early death through the use of infected milk.

Much of the indifference of the general public is due to ignorance, but this excuse may not long be brought forward, with the press on all sides aiding the work of the various bodies formed for the purpose of promoting the public health, together with the able work done by the various experimental bureaus of the government in spreading illuminating literature. Most of us have read of the astonishing death-rate of babies who have died from no other cause than contaminated milk, but, as Professor Schroeder points out, we are not impressed with the frequency with which milk from tuberculous cows causes tuberculosis because of the insidious chronic character of the affection. It has been proved that the dangerously tuberculous cow may long retain the appearance and general semblance of perfect health. It is this fact that makes important the emphasis now being placed on the tuberculin test for all dairy herds and the segregation of all reacting animals.

Common humanity demands that the public do all in its power to further this work. The public should demand pure milk, and be willing to pay for it. The dairyman alone is not to blame for the present conditions.

A Barbarous Weapon

In the greed for gold, the fierce strife for commercial supremacy, the humanitarian side of a man's nature is frequently brushed aside. Occasionally one comes across a striking example of this, which makes one feel that we are still in the dark ages. The following excerpt from an advertisement, appearing in many of the leading magazines of the country, is enough to turn one cold with horror at the abject cruelty of it, the sickening picture it represents of pain and suffering to dumb beasts—"butchered" to make "sport" for civilized man: "The method is simple, sure, scientific. The bullet is a jacket with a filling of lead, imbedding a steel impact ball. On striking an animal this ball is forced back into a small chamber which is shattered by expanding perfectly, causing an ugly, deep, large tearing of tissues and nerves. It means instant death or a deadly wound with heavy blood trail."

Recovery Due to Diet

A tribute to the vegetarian diet and its efficacy in supplying vital resistance to its followers appeared recently in the New York Times, as follows:—

"A vegetarian diet is said to have saved the life of Col. Frederic N. Lawrence, seventy-four years old, who is recovering from a serious attack of pneumonia at his apartments in the Croisic, Manhattan. Yesterday he was pronounced out of danger by Dr. Harris A. Houghton, of Bayside, L. I., who says that Colonel Lawrence owes his remarkable recovery to the fact that he became a vegetarian twenty years ago, and has since lived a strictly vegetarian life."

His physician knew that, had he been an eater of meat, in all probability his system would have been filled with toxic poisons which Nature, who heals, might not have had the power to fight, and the man would have succumbed.

Too Many Preserves

The multi-millionaire, Havermeyer, lost his life by overeating. He went out on his confiscated "preserves" on Thanksgiving day, with a gun, to kill a few of God's blessings. In the afternoon he ate a big dinner, when an acute attack of indigestion took place, and in a few days he was dead. This was a case of being too heavily overloaded with preserves of too many different varieties.—Conable's Path-Finder.

We shape ourselves the joy or fear
Of which the coming life is made,
And fill our future's atmosphere
With sunshine or with shade.
The tissue of the life to be
We weave with colors all our own,
And in the field of destiny
We reap as we have sown.
—J. G. Whittier.

It is not fanaticism that opposes progress—it is simply inertia.

FOUR GREAT ESSAYS ON VEGETARIANISM

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"Plutarch's Essay on Flesh-Eating

"Ethics of Flesh-Eating."

"Biblical Flesh-Eating."

"Natural Food Recipes," by Mrs. E. E. Kellogg

(Containing 120 Recipes)

The above set of booklets, which should be in the hands of every Vegetarian and student of diet and matters of right living, will be sent post free, in connection with one three months' subscription to GOOD HEALTH, at the regular price of 25 cents. Canadian subscribers pay 10 cents extra, to cover foreign postage.

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DANGERS OF INFECTED MILK

(Continued From Page 1.)

public health to an inestimable degree. The most recent advices sent out by the United States Department of Agriculture bring to light an entirely new discovery in regard to the distribution of tubercle bacilli from tuberculous cows; namely, that such bacilli are passed from the body of the cow with the feces; and this fact, coupled with that other,—brought out by frequent tests—the presence of cow feces found in milk that reaches the consumer—is evidence sufficient to urge the practical importance of the tuberculin test and the segregation of all suspected animals.

Says Dr. E. C. Schroeder, M. D. V., superintendent of the experiment station: "There is an important moral side to the milk question which must not be ignored. We may have the right—a very doubtful right—to neglect the dangers to which we, as adults, capable of judging and acting for ourselves, are exposed; but we have absolutely no right to neglect the conditions that cause suffering and death among children. The failure to act and to act quickly and unceasingly until safe milk for children, at least, is in reach of every mother, may be characterized as barbarous, if not criminal indifference. It is an offense against the innocent, unquestioning confidence which the children repose in their adult friends."

Under our present conditions of civilization the importance of milk is second only to that of air and water. Without milk thousands of children who grow to useful maturity would starve before they completed the first year of their lives.

The danger from the presence of tuberculous among dairy cows is not confined, says he, to the use of milk as a beverage. "When tubercle bacilli are present in milk, they enter the various articles of diet prepared from it, and are especially numerous in butter, in which they may remain alive seven weeks or longer without showing a diminution of virulence."

"The distribution of tubercle bacilli from tuberculous cattle in a way to endanger human health is not left to chance. It is a commercial, systematic distribution, from door to door, or rather from table to table. As long as the use of tuberculous dairy cows is permitted, the manner in which dairy products are distributed will insure that practically every member of the human family is exposed to tuberculous."

"The prevalence of tuberculous among dairy cows has been estimated at all the way from ten per cent to ninety per cent. The one figure is entirely too low and the other too high. There are many herds that have never been tuberculous, some that have been cleaned of tuberculous, and others in which every cow is affected. The best evidence we have of the common presence of tuberculous among dairy cows is the claim made by some dairymen that a milk famine would result from the condemnation of all tuberculous cows for dairy purposes. The dairymen who make this claim evidently know what they are talking about, and though we may assume that they make it rather with the intention to oppose a feared general application of the tuberculin test to dairy herds than to call attention to an extremely

dangerous and objectionable condition, the claim is a strong argument to prove how urgently vigorous action is needed to clean dairy herds of diseased animals."

In conclusion the writer says: "If the public were thoroughly informed of the dangers, among which tuberculous is only one of many, to which it is exposed through the use of impure, dirty, and infected milk, the demand for milk of approved purity would rise to the magnitude of a concerted national movement, and would sweep all objections and difficulties out of its way. Inform a man that a single one among many loaves of bread—you do not know which—is contaminated with arsenic, strychnin, or some other commonly dreaded poison, and he will go very hungry before he risks eating any loaf of the lot. He knows what arsenic and strychnin are, and he knows what to expect from their introduction into the stomach. Yet he continues the use of milk and dairy products and permits his family to use them, without first testing their purity or insisting that the doubt about their purity shall be removed, notwithstanding that they have been repeatedly shown to contain poisons fully as objectionable and potent as those above named, such as the germs of tuberculosis, typhoid fever, scarlet fever, diphtheria, and other diseases, and the poisons that are the cause for the high death-rate from abdominal diseases among children who have not passed the milk-drinking period of life."

A MISTAKE IN DIAGNOSIS

She was a thoughtful little woman—was the recent arrival who had waited patiently on the examining table for some hours to hear from the lips of the learned doctor the real name of her ailment. When the verdict had been suddenly passed, and the doctor had as suddenly passed, all that remained to the bewildered woman was the word "autointoxication." When she had recovered sufficiently, she exclaimed: "Autointoxication, did he say? Well now, I am sure I am not suffering from autointoxication. Why, I was never in an automobile in my life."

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GATHERING OF MISSIONARIES

(Continued from page 1)

Some of them were dressed in the native costume of the country in which they had lived and worked.

During the course of his introductory remarks Dr. Dowkontt told how in the same year that Dr. Kellogg took charge of the Sanitarium—in October, '75,—he was led, after serving sixteen years in the British Naval service, to connect himself with the missionary work, and how during the past twenty-five years in his work in New York he had been instrumental in training two hundred medical missionaries.

The first missionary to speak was Mrs. I. L. Stone, whose parents were missionaries to India, and who herself was born in India and labored there for a number of years. She gave a short talk in the Indian dialect, dressed in the costume worn by the native women of India. Mrs. Stone now resides in Battle Creek.

Rev. Dr. Hopkins, also from India, and in the costume worn by the native men, was the next speaker. He told of how the natives of India have their prayers printed on slips of paper and tucked into cylinders called "prayer wheels." "They do not expect any answer from their deity," said he, "and none is promised by their sacred book. They simply hope that the repetition of the act will count as a mark of credit, and that sometime it will help to relieve suffering in a future world. They go along the streets praying. Every revolution of the wheel gives them credit for all the prayers in it, and as they sometimes attach the wheels to windmills and water wheels, they do considerable praying. Others pray with the rosary, counting the beads of the rosary as they go along the street. The rosary is a heathen institution, having originated a thousand years before Christ was born. They have a glove to keep their rosary in. They also have shawls with prayers printed upon them, and if they wish to do a double amount of praying, they wear the "Sacred Shawl."

"There are over two hundred millions of these people in India who worship idols. The upper classes deny that they worship idols, but the masses of the people are idol worshippers. Beyond that there is nothing. Mohammedism is a religion of gods without morality. The Buddhist religion was instituted on account of its founder having revolted against the immorality among the Mohammedans. The Buddhist religion has been called 'a religion of morality without God,' and that has degenerated. There is nothing in it to give the Buddhist satisfaction for his religious life. We go to these people and tell them of the gospel of Jesus Christ. I have myself labored with the Talabo tribe in Southern India. There are about twenty million people in this tribe and we have made something like seventy-five thousand converts. During a recent famine in Southern India many of these people went to South Africa. These people felt the need of a missionary in the new country. Christianity proved to be a living, real thing. While the people receive only from two to five cents a day, out of this they raised a fund and organized a missionary society, but they needed a missionary. We called for volunteers, and one fine young Talabo

volunteered to go. He was accepted, and with his wife went into that great country of South Africa to preach the gospel to the Talabos who had gone before."

Mrs. Spencer Walton, of the South Africa General Mission, was the next speaker. She said: "We are working in the district covering two thousand miles from Cape Town to the Zambesi River. The most northern point is the Zambesi River. We are working among sixty thousand people. There are twenty-three and one-half million people in Africa scattered over prodigious territory, and in that whole district there are only three mission stations. It gives an idea of the tremendous need of the land for money and people to extend the work."

"We started a mission among a tribe known as the Swasi, consisting of eighty thousand people, there in 1889, north of Natal. At the present time the ruler of that country is a very cruel, cold-hearted woman. Some years ago, when her son came to be old enough to be king, she had her councillors poison him. When he died, he left eight wives. (Polygamy is one of the great crimes we have to deal with, some having more than fifty wives.) Only one of his wives had a child. His name is Bona, and he is the future king of that nation. This little boy is at present under native instruction. He has a native Christian man teaching him. Both this little boy and his mother are earnestly looking into the things of God."

The next speaker was Miss Lyon, from China, who has for fifteen years been a missionary from the Church of the Disciples. She illustrated how the feet of the little Chinese girls at three or four years of age are bound up to prevent them from growing. The Chinese government have now issued an edict, however, prohibiting the binding of the feet, but it will probably be some time before it is enforced. She also told of how the Chinese mothers sell their daughters into matrimony, receiving from one dollar and a half to one hundred dollars for them, depending upon the class to which they belong, and said that many of these girls who attend the mission schools become earnest Christians.

The next speaker was Miss Mayo, who spoke in Japanese, wearing the Japanese costume.

Rev. Nathan Maynard, Southern Baptist Church Missionary in Japan for fourteen years, gave the next talk, telling of the hostility of the Japanese when he and his wife first went there as missionaries. They were compelled to remain shut up in the house for some time, constantly in fear of being mobbed. Then, through kindness which they were able to show to a family stricken with smallpox, the people became more friendly. "When these people become Christians," said he, "they become Christians in truth. I wish sometimes our people could come under their influence. One of the finest men I ever knew in my life and one of the finest preachers is a converted Japanese. Rev. Dr. Tupper, on hearing him preach, although he could not understand a word of his discourse, was so impressed by the apparent effect upon the congregation that he offered to pay this fellow's expenses to have him come to the United States and speak. 'But,' he replied, 'what would my people here do if I were to drop out of service for a few years and go around the world having a good time?'"

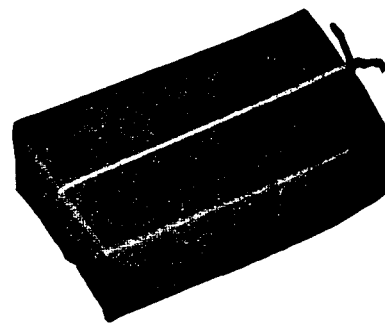
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Miss Griffiths, from Constantinople, began her remarks by saying that the Turkish costume is really European. There is no costume prevailing in Constantinople. One meets every sort of person and every sort of costume from all over the world there. "I represent," said she, "the American College for Girls. A great many Americans come to the college to look it over. The first thing they comment on is the cleanliness of the college and how 'American' it looks. I hope some day we can welcome some of you to the college and have you feel in the midst of foreignness a sense of hominess. We try to surround our girls with the American atmosphere. The girls come from many different nations, and it is necessary to have a common language, and the common language is English. All of the older girls speak English well. Tourists, not realizing this, sometimes make remarks before them which annoy the girls. We have a college, and a great college. The girls love it, and are very enthusiastic over it. One of the girls, a Greek, who is a graduate nurse, is at the head of the Royal Hospital for Children in Athens. Some of the girls go into the high class Turkish families as nurses. A nurse has almost to be a doctor. They run great risks in the Turkish homes, as these people are very treacherous. One of our girls who had been nursing in a Turkish family came one day to visit at the college. She seemed in perfect health when she came, but in a few hours she died. We all felt that there had been underhanded work, and some one had poisoned her. One of our graduates teaches in an American mission school in the interior of Turkey. She spends her summers in her own home, a little village where the people have hardly enough to clothe them. The whole family live in one room. This girl was given the school room to live in, and every one brought something to make it pleasant for her. One of our girls who was a teacher in an American school heard of a little village of Armenians who were extremely destitute. In spite of the advice of her friends, on hearing that there was an epidemic prevalent in this place likely to prove fatal to her, she went. One can hardly realize how much good will come from one of these lives. The college is sending out into some twenty different nations girls trained to give themselves to the work of uplifting these people."

The next speaker was Mrs. G. G. Brown, from Ceylon, whose husband is president of the Jaffna College in Ceylon. She said: "My girls are not so civilized as the ones we have just heard about. The mission work has been going on there for nineteen years. In that little district of Jaffna there are 330 schools. The heathen women say to me when I go through the village, 'I believe your God is right, but our gods will be angry with us if we become Christians, but you can take our children.' Our course is a four- or five-year course. Very few of the girls go out without being Christians."

The next speaker was Mrs. Cooper, from Siam, who said in part: "Siam lies in the heart of further India—not a part of India, but an independent kingdom. The state religion is Buddhism largely mixed with spirit worship. The northern tribes are largely spirit worshippers. They are very much afraid of the spirits, and spend a great deal of time trying to propitiate them. The Siamese people are very courteous and very kind. One can go from

one end of Siam to the other, and meet with nothing but kindness. Go into any home and ask for anything, and they will give it to you. The present king is a very progressive monarch, very liberal toward every one, and places no hindrance in the way of Christianity. He is sworn to support the Buddhist religion, but does not believe in it, and would lose his throne should he renounce it. The crown prince was educated in England. He is unmarried and says he will have but one wife. This is a great step in advance. Polygamy is customary. No one knows how many wives the present king has. It is hoped the crown prince will make an alliance with China or Japan, but so far nothing official has been done.

"Our mission work is along three lines—evangelistic, medical, and school work. In each of the stations we have a hospital and a school, usually one for girls and one for boys, and then the evangelistic work. But we have not enough people to command a station. We need three people to each station; in the out-stations we have but one or two. In the station to which we are about to return, we will be the only family there. We are very much in need of a doctor, but not one is available at present."

The Rev. Mr. Boomer of Chile was the final speaker, telling interesting incidents of the way in which Protestantism had taken hold of the people of that country, who have grown indifferent to Christianity through long years of degenerate priesthood in the Roman church.

Domestic Science Class Organizes

Organization of the Domestic Science class took place on Wednesday evening. Miss Ruby Ketcham was elected president; Miss Madge Wallace, vice-president; Mrs. Grace Guinan, secretary; and Miss Agnes Parker, treasurer. After the business meeting Miss Cooper, head of the Domestic Science department, tendered a reception to the class from eight to ten. Simple and dainty refreshments were served, carrying out the class color scheme of orange and white. As a part of the evening's entertainment, imaginary trips to botanical and zoological gardens were taken, and Miss Daisy Walsh gave a short musical recital. The class is preparing for its commencement, which takes place early in June.

Effect of Tea

According to Brunton (Canadian Practitioner and Review), tea may interfere with nutrition in three ways: First, by lessening the feeling of hunger; second, by rendering food less digestible; and third, by interfering with the digestive power of the stomach. At the same time that it thus lessens the nutrition of the body it enables the person to use up much more energy than he or she would be able to do without its aid, and the consequences of this are most evident in the effect on the nervous system. Although tea prevents the sensation of fatigue from being felt for a while, yet exhaustion is going on, both in mind and body, and this usually at length causes disinclination to either mental or bodily exertion, and tends to destroy the power of doing any useful work, either mental or physical, even when the attempt is made. Power of self-restraint is diminished and the person becomes nervous, unduly sensitive, timid, and emotional.

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Personals

Dr. Minnie Staines returned from a western trip Tuesday.

Miss Mabel Vickery of Chicago is among the recent arrivals.

Mrs. Mary C. Stienman, of El Paso, Texas, is among recent arrivals.

Mrs. Lena Mosely Ragsdale returned the first of the week from a trip to Colorado.

C. A. Shaler, who has been spending a few weeks at the Sanitarium, left on Tuesday for his home.

The Rev. Frank M. Thomas, of Owensburg, Ky., has come to the Sanitarium for a much needed rest.

Mrs. Harriette Shaw of Ann Arbor arrived at the Sanitarium this week, and will remain for a few weeks as a patient.

Mrs. Estelle Stollenwerck and Miss Stollenwerck, of Uniontown, Ala., have arrived at the Sanitarium for rest and treatment.

Among the departed guests this week are Mr. and Mrs. Henry Webster, Mr. and Mrs. M. W. Milliken, and Miss Champe.

Mrs. C. S. Kleth, of Kansas City, who has made frequent visits to the Sanitarium, returned this week for rest and recuperation.

Mrs. N. W. Sanborn, of Amarilla, Texas, a former patient at the Sanitarium, has returned, and is being welcomed by old friends.

Judge David H. Lawrence, of Two Harbors, Mich., arrived at the Sanitarium this week, and will remain for some weeks, resting.

Dr. Ellen A. Taylor, of Chicago, has returned to the Sanitarium for a systematic course of treatments. She will remain for some months.

Mrs. and Mrs. C. W. Ferguson of Chicago are guests at the Sanitarium. Mr. Ferguson is a well-known Chautauqua manager of Illinois.

J. W. Preusse, who has been a patient at the Sanitarium for some weeks, left early in the week for his home. He will return in a fortnight.

The Rev. Nathan Maynard has returned to his southern home after a short stay at the Sanitarium. Mrs. Maynard will remain as a patient.

Mr. J. Jeffers, of Saginaw, Mich., who has been spending some weeks at the Sanitarium, returned Tuesday to his home, much benefited in health.

Dr. Bertha Mosher will take charge of the office of Dr. Elizabeth Kerr-Harris during her absence. Dr. Harris left for her vacation on Tuesday.

Dr. Louie Vandervoort, who returned recently from Ohio, where she spent a six-weeks' vacation, will assist in the work of Dr. Gertrude Johnson's office.

Mrs. W. E. Nichols, of Evanston, Ill., arrived on Saturday, and with her sister, Miss Johnson, of St. Louis, will remain some weeks for rest at the Sanitarium.

Friends of Dr. Margaret Banta will regret to hear that she has abandoned her intention to return to the Sanitarium. Instead she will engage in a vigorous temperance work in La Mar, Colo., where she has been for the past few months.

Dr. E. A. Sutherland, foreign secretary of the Methodist conference of Canada, with Mrs. Sutherland, arrived this week at the Sanitarium from Toronto, and will remain for rest and treatment.

The Rev. John A. Brunson, of Elmore, S. C., is a guest at the Sanitarium. During his stay here he will conduct several religious meetings in the chapel and parlors.

Dr. Charles D. Aaron, one of the most prominent specialists of Detroit, arrived Monday with his father-in-law, Mr. A. W. Comstock, who will remain for some weeks at the Sanitarium as a patient.

Mr. and Mrs. George Whiting, of Neenah, Wis., who have been guests at the Sanitarium, returned to their home this week. Mr. Whiting is president of the Whiting Paper Company, of Neenah, one of the huge paper manufactories of Fox River Valley.

Joseph Laemmle of Chicago a warm friend of the Sanitarium, has returned for a few weeks' stay. Mr. Laemmle is prominent in the moving picture enterprise, having patented many inventions which have made for the more complete perfection of that highly popular form of amusement and lecture illustration.

Dr. Laphorn Smith, one of the leading surgeons of Montreal, Canada, for many years professor of gynecology in Bishop's Medical College of that city, well known throughout Canada as a skilled physician and surgeon, spent a day this week visiting the institution. This was his first visit since fifteen years ago, and he was greatly pleased to see the improvements which had taken place.

Arrivals

The list of arrivals for the week ending April 2 is as follows: H. G. Taylor, O.; J. C. Wagner, Ind.; Mrs. Spencer Walton, England; Joseph S. Johnson, New York; Thomas McCann, O.; Mrs. L. R. Crawford, Mich.; Charles E. Rigley, Mich.; H. C. McCoy; J. W. Lang, Nebr.; Samuel McBride, N. Y.; Miss Alice Ringland, N. Y.; E. R. Brown, N. Y.; F. J. Griffin, Mich.; Miss Anderson, London; C. B. Stephens, Ind.; J. W. Sells, D. C.; W. F. Keith, Texas; E. Canty, Ky.; Mrs. C. J. Rumsey, Ont.; L. M. Campbell; W. F. Bliss, N. Y.; Mrs. A. E. Shaw, Mich.; A. E. Shaw, Mich.; Mr. and Mrs. E. L. Markey, city; J. W. Ten Eyke; T. J. Gillilan, Minn.; Mrs. C. S. Kleth, child, and maid, Mo.; Mrs. A. A. Estabrook, city; I. N. Harvey, Ia.; J. W. Dawson, W. Va.; Jesse Arthur, city; W. P. Robinson, Ind.; J. M. Richardson, Mich.; A. K. Wells, Tenn.; A. C. Blanchard, M. D., Wis.; Dr. P. S. Kellogg; Dr. and Mrs. A. Sutherland, Toronto; T. M. Lelliey, O.; Mr. and Mrs. A. J. Ruhl and child, Mich.; Mrs. N. M. Seiborn, Ills.; M. S. Reidy, Pa.; Frederick W. E. Widmer, R. I.; Mrs. W. H. Loftin, Miss.; Mrs. H. C. Barrow, Miss.; Victor W. Miller, O.; J. H. Ledyard, Miss.; John A. Brunson, S. C.; Joseph Raemmle, Ills.; W. P. Needham, Mich.; Mrs. Mollie Steinman, Ind.; Mrs. Carrie Bartlett, Ind.; Arthur Lewis, Ark.; Mr. and Mrs. F. M. Stutsman, Miss Alice Stutsman, Ind.; J. W. Mayhew, O.; Mrs. E. Stollenwerck, Ala.; Mrs. W. E. Nichols, Ill.; Mr. and Mrs. J. H. Mills, O.; R. J. Fuller, Ill.; John H. Brown, Ill.; David H. Lawrence, Minn.; Dr. Ellen A. Taylor, Ill.; A. W. Comstock, Mich.; Mae Reid, Mich.; Oscar Zahn, La.; Mr. and Mrs. George Banks, Mass.; Mr. and Mrs. Forest Hillier, Ind.; Hiram S. Burdick, N. Y.; Horace H. Burdick, N. Y.; George T. Monroe; L. Quigley, Ala.; J. H. Bunniston, R. I.; W. F. Keith, Tex.; Lella Harely, Okla.

Miss Ruth L. Hemenway, a reader of wide experience and unusual charm, will give an evening of selected readings in the gymnasium Saturday night. Miss Hemenway is a graduate of the Cumnook School of Oratory, and has had wide success before Chautauqua audiences and on the lecture platform. Her coming will doubtless be anticipated by Sanitarium guests.

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THE BATTLE CREEK IDEA

VOL. 1, No. 18.

BATTLE CREEK, MICH., APRIL 9, 1908.

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NAMES FAMILIAR IN HEALTH CIRCLES



Dr. Wilfred T. Grenfell

Although his field is far to the north of the beaten track,—away outside the boundaries of real civilization—the noble work that Dr. Grenfell has accomplished along the bleak Labrador coast is not known alone to those among whom he has labored, albeit it has been done so modestly, so unassumingly, so quietly that one wonders how from its very remoteness the world has ever come to recognize it.

It was less than a score of years ago that an Oxford-bred young Englishman, athletic, adventurous, and with a love for the sea, strayed one night into the Tabernacle in East London, where D. L. Moody was preaching. When the young man came out, he had resolved, says a biographer, "to make his religion practical." He joined the staff of the Royal National Mission to Deep Sea Fishermen and established the medical mission to the fishermen of the North Sea. When that work was accomplished, in the spring of 1892 he set sail for Labrador, and, in the words of Norman Duncan: "Since then, in the face of hardship, peril, and prejudice, he has with a light heart and a strong purpose healed the sick, preached the word, clothed the naked, fed the starving, given shelter to them that had no roof, championed the wrong—in all devotedly fought evil, poverty, oppression, and disease." And he has found it "jolly good fun."

He sails the length of the bitter coast and is known and beloved by every Labrador fisherman, woman and child. Dr. Grenfell has established two hospitals on the eastern coast of Labrador: one in Canadian Labrador and the other in northern Newfoundland. The hospitals are not only hospitals but hotels,—places to which any one in sickness or any kind

(Continued on Page 3.)

ETHICS OF HEALTH CULTURE

Dr. Kellogg Discourses on the
"Temple of God" and Pleads
for its Reverent Care
GOD IN EVERY MAN

It was a large and attentive audience that greeted Dr. Kellogg Sabbath afternoon in the Sanitarium parlor, gathering in response to the announcement that he would speak on "The Ethics of Health Culture."

The speaker took for his text the familiar admonition of St. Paul: "Know ye not that your bodies are temples of the Holy Ghost?" "It is important," said he, in his preface, "that men and women should know this great truth: that the body is a temple of God, and, as such, should be respected and cared for. The body has two rulers: the divine Ruler who made it, and the human ruler who uses it; proprietor and tenant both dwelling within, and the power of either may dominate. If a man says: 'I purpose to use my body in any way it suits my pleasure. I shall do the things I want to do;' he must remember that he must take the consequences, and that there is danger that he may be turned out of doors. 'Whatsoever a man soweth, that shall he also reap.' If, on the other hand, the man says: 'I recognize this body of mine as God's temple. I will submit my will to his. I will respect it and revere it and use it for the purpose for which it was intended,' he gets the best possible use out of it and the greatest possible happiness in it.

"The idea that God himself dwelt within the body was not new even in Paul's day. The assertion that 'God breathed into man the breath of life,' did not mean more breath, more air. Man can supply air to lungs with a man-made instrument, but it was life, God himself, spirit, power. There is nothing more evident to the scientist and physiologist than that God dwells in his temples. A certain kind of theology that is abroad in the land claims that God has nothing to do with a man unless he is good; unless he is 'converted,' as they say, then God is not in him. As a matter of fact, we know that He is in every man that lives—the bad man as well as the good man. How he can be there, is a mystery. It is just as difficult to explain as the fact that he is in a good man.

"The thing still more difficult to explain is how any man can get along one instant without God. When God withdraws his spirit, the man is dead. When God made man he did not send him off to get along by himself; he put himself into him. In the phenomena of life we see God expressing himself. God is the power behind all—man is simply dust animated by the divine life. God is the power that sums up all the energies and activities, all wisdom and all knowledge.

(Continued on Page 2.)

OVERLAND WALKING CLUB FORMS LOCAL CHAPTER

Club Aims to Promote Outdoor Life
and Walking as an
Exercise

OFFICERS CHOSEN FOR THE YEAR

Permanent organization of the Battle Creek chapter of the Overland Walking Club has been effected with a membership of twenty-five, and the following officers: President, W. S. Eells; vice-president, R. V. Ashley; secretary, Dr. Benton Colver; treasurer, Dr. J. T. Case.

The organization aims to promote outdoor life and activity, particularly walking as an exercise; the members are pledged to walk two hundred miles the first year and four hundred each year thereafter. Total abstinence from liquor and tobacco is one of the requirements for membership.

On Monday night several members of the local chapter attended the annual meeting of the general chapter at Jackson, where officers for the year were elected and financial and mileage reports given. The total mileage of the club for the past year was 11,500 miles. Plans were made for a relay race from Battle Creek to Detroit in which members of local clubs will enter. Plans were also discussed for an annual field meet.

HOW THE BODY DEFENDS ITSELF AGAINST DISEASE

Dr. Kellogg in Sanitarium Lecture
Explains Nature's Marvel-
ous Processes

HUMAN BODY AND ITS FOES

(Continued from last week)

"Sometimes the liver also becomes diseased because germs travel through the nose, down the throat, into the stomach, and thence up into the liver. Then hepatic jaundice appears or sometimes infectious jaundice, which behaves very much like malarial fever. The patient has chills and fever, and a little jaundice of the skin, and looks as if he had malarial fever; whereas, the whole trouble is infection of the liver. Sometimes this infection travels up into the gall-bladder, and gall-stones are formed. Sometimes the liver shrivels up until it is not more than half or one-third as large as it ought to be. In other cases it becomes enormously enlarged. A

(Continued on Page 6.)

ETHICS OF HEALTH CULTURE

(Continued from page 1)

"As a scientific man, I recognize this physiologic fact that there is no other way to explain man. When a man takes food into his mouth, he can swallow it. So far it is a human process. But after the food enters the stomach and that wonderful process of digestion begins, by which the food is transfigured into blood, muscles, veins, brain, there has been a new creation—a manifestation of a power that is beyond man. The more we study into the body, the more we are impressed with this marvelous creating power. The physiologist and the biologist see more than any one else that there is a divine force at work. No biologist is an atheist. An atheist is looked upon as an imbecile by the physiologist; he pities him and his failure to recognize God in the face of the marvelous unfoldings of life.

"A famous botanist on the continent once took a class into the field and was asked by one of his students if he could account for a certain little flower by the laws of chemistry. The reply of the botanist, who, though not a follower of any particular creed, nevertheless recognized the principles life, was: 'If this rule of the universe could be accounted for by the laws of chemistry or physiology, it would be just as easy to make a botanist as to make a flower. 'If this world is controlled by no other than chemical and physical forces, I should be anxious to get off it as quickly as possible.'

"David was a scientist: he understood the source of all things. It was he, you remember, who exclaimed: 'The Lord is the strength of my life. Of whom shall I be afraid?'

"We do not appreciate how completely God takes care of us. When a man is thirsty, it does not mean that it would be a pleasant or a convenient thing to drink. It means that his system, his blood, wants water. It is God speaking to him. It means more than that; it means that there is water for him. When man is hungry, it is God speaking to him, telling him that the bread of life has been prepared by God for him. It is a superhuman instinct speaking to man, a voice telling him to take food to nourish his body, and that there is food for him.

"The voice of conscience speaks to man in regard to his moral needs, and one is just as divine as the other. There is not one power that takes care of the body and one that takes care of the soul. The things that are done for the body are just as marvelous as those that are done for the soul, and they could only be done by the one Great God, the Creator. The body is God's workshop, and when we look at it, it requires no argument to prove that it is a place to be cared for, to be respected and preserved.

"What would be done to a man if it were found that he had gathered together a lot of dogs and subjected them to tortures, simply because he enjoyed it? Suppose he injected nicotine into them every day—covered their food with it—until they were poisoned by it. The Society for the Prevention of Cruelty to Animals would get after him. Does the man who smokes ever think that his liver and stomach and kidneys have rights—that they rebel every time he takes the poison into his system? Isn't it just as great a crime for him to subject those helpless organs to such abuse as for the man to

make the dogs take something they do not want? The law steps in and prevents a man from burning up his house or defacing his property, yet he is allowed to abuse his body in any way he pleases. The man who smokes, is killing himself slowly. Every person who violates the laws of health, day by day weakening his life, is committing slow suicide.

"A famous French physiologist says: 'Man does not die; he kills himself.' Man is the only creature who does that—the one creature who has departed from the natural instincts. God made man to be well, but he has so perverted the natural instincts that he is wandering in a quagmire of disease. We should co-operate with God, and study how to make the body more efficient, in order that we may get the best possible good out of it and be able to perform God's mission for it. It should not be simply a matter of convenience, but a matter of duty to get health and strength and to keep it as long as we can. God is not satisfied with a poor, weak, crippled instrument. Don't go about as the old lady did—'enjoying poor health.' Why not reach out for it? Very few of you get enough enthusiasm to work for it. Too few of us realize that our bodies have rights. The business man permits his affairs to absorb him at the expense of his health. The housewife and mother, whose strength and vitality should be the very bulwark of the home, makes herself a slave to her work until it becomes a tyrant that completely rules her and breaks her down.

"Our usefulness in this world is an obligation to God, and that usefulness depends upon our physical efficiency. We must submit to the will of God—'live in the beauty of holiness.' A holy man is a whole man, and the beauty of holiness must include health. Do not miss any opportunity to get all you can of it."

DR. W. T. GRENFELL

(Continued From Page 1.)

of trouble whatever is expected to come, and they come long distances—by boat in summer and by dog sleds in winter. Each of these hospitals is left in care of a doctor and trained nurse, while he himself travels throughout the summer in his hospital steamer "Strathcona." The steamer and hospital cases aggregate between two and three thousand cases yearly.

The dangers of the rough coast, the dreadful isolation from all companionship, the hardship the life entails, never daunt him, and he indignantly brushes aside all attempts at commiseration. "I'm no martyr," he asserts, with a laugh and a wave of the hand. "What a man does for the love of God," he is quoted as saying, "he does differently."

Dr. Grenfell is a member of the advisory council of the American Medical Missionary College, and was a guest at the Sanitarium last year, at which time he addressed the students and guests, telling them of his work.

Parvenu's Wife—Oh, Emil, since you were knighted I haven't a moment's peace. I must have company, pay visits, help artists. We must build a big castle, have our portraits painted for the gallery, and if I die of all this bother I know I shan't have any peace; I suppose I shall have to be a ghost in our castle.—*Fliegende Blaetter*.

DR. A. SUTHERLAND SPEAKS

Canadian Divine Preaches Sabbath Morning in the Sanitarium Chapel

THE LAW OF THE NEW LIFE

The Rev. Dr. A. Sutherland, foreign secretary of the Methodist church of the Dominion of Canada, was the speaker at the Sabbath morning service in the Sanitarium chapel. The doctor, a venerable gentleman, whose white hair frames his face like a halo, held the close attention of his large audience during the course of his scholarly address.

The discourse was based on Romans 3:2, and the theme was "The Law of the New Life," the aim of the speaker being to show how the higher law of the life of Christ overcomes and delivers from the lower law of sin and death. The visible, material universe, he said, is practically a working model of the invisible universe; that is, the phenomena which appear in the physical realm are paralleled by similar phenomena in the spiritual realm. One law covers both sin and death, because their phenomena are alike. What death is to the body, sin is to the soul. But what death is in itself, no one knows. We know only certain of its phenomena, and from these we infer the law of it. This law of sin is universal so far as the human race is concerned, and always tends to death. It antagonizes conscience and brings it into captivity. Paul's experience describes the only process by which the soul can be delivered from the law of death; namely, by the impartation of a divine life.

This life is not self-derived. Neither in the material nor the spiritual realm is there any such thing as spontaneous generation. As a particle of soil can be delivered from death only by the touch of life from the kingdom next above it, so a soul, dead in sin, can be made to live only by the touch of life from a kingdom which is above it, in harmony with the saying of Jesus, "Except a man be born from above, he can not see the kingdom of God."

The source of this life is Christ. To receive him by faith is to receive life, for "he that hath the son hath life; he that hath not the son, hath not life." When this life is received and developed in the soul, it effects a complete deliverance from the old load of sin and death, so that the Christian remains true to his new nature amid the most adverse influences, and even from a hostile environment derives nourishment to aid his spiritual growth.

Professional Faster—I should like to undertake a fast of four weeks in this show of yours. How much will you pay me?

Showman—I can't give you any salary, but I will pay for your keep.—*Fliegende Blaetter* (Munich).

"I am not much of a mathematician," said a cigarette, "but I can add to a boy's nervous troubles, I can subtract from his physical energy, I can multiply his aches and pains, and I can divide his mental powers; I can take interest from his work, and discount his chances of success."—*The Union Signal*.

RELIGIOUS LIFE IN CUBA

Dr. Samuel McBride Tells of Need for Protestant Missionaries on the Island

That the Cuban is utterly incapable of self-government, and that he will be unable to work out his future destiny, unless except it be under the protection of the stars and stripes, is the opinion of Dr. Samuel McBride, of Brooklyn, who lectured Thursday night in the gymnasium of the Sanitarium, giving an interesting account of his trip across Cuba on horse-back.

Dr. McBride went to the island in order to come more closely in touch with the missionaries and their work, and to make a special study of the moral and religious life of the natives.

"I found no religion in Cuba," he asserted. There are whole towns of five thousand inhabitants where there are no churches, and into which no religious life has ever penetrated. Under the tyranny of Romish priests the people have lost all desire or respect for religious life. In Cuba so excessive are the costs of priestly services that one cannot afford to be born, to marry, or to be buried. One can not be married for less than ten dollars nor buried for less than twenty dollars. The people most hated there are the priests—to whom they point as the cause of much of their misery, woe, and poverty. What the Spaniards did not take from them, the priests did, and after four hundred years of Spanish and Romish tyranny they have had all their ambition crushed out of them.

"I never knew what soul hunger was," said the speaker, "until I went to Cuba. The eagerness with which the young people receive religion—the free religion of Jesus Christ—is pitiful beyond expression. It seems almost incredible that such a state as does exist should exist such a short distance from American shores.

"Almost the first thing that strikes the observer there is the poverty of the people and the sparsity of the population. The island, capable of supporting at least 10,000,000 people, has a population of but 1,700,000. It is one of the most productive places in the world, and beautiful with its mammoth royal palms, its luxuriant, semi-tropical fruits and flowers. I believe the island is destined to become one of the states of the American union. So soon as the United States will guarantee the stability of its government, then will its future be made, and in a few years American enterprise and American government will be able to rebuild what Spain has crushed down for centuries. I predict that in five years' time Havana will have a population of five millions of people."

An Elegy—Not Gray's.

Full many a gem which should have raised serene,
Burns to a crisp behind the oven door;
And many a sack of flour is born to burst unseen
And waste its whiteness on the pantry floor.

—Exchange

April Good Health Issued

The April number of "Good Health"—the housekeepers' number—just issued, is full of interesting reading from cover to cover. The novel cover depicts an up-to-date housewife at work before her convenient kitchen cabinet, and the illustrations throughout the magazine are of a most pleasing character.

Following the editorials by Dr. Kellogg,—an ever valuable feature of the magazine,—is a bright and readable article on Markets and Marketing in Other Lands, by Estella F. Ritter, whose recent trip through Great Britain, Holland, France, Germany, and Italy gave her opportunity for personal observation of some of the world's great markets.

Charles J. Fox, Ph. D., gives an interesting article on the Bureau of Chemistry of the Federal Government, and there is another on Growth in Muscular Efficiency, by Horace Fletcher, and an interesting sketch on Preparation for the Jewish Passover, by Mrs. N. I. Stone.

Mrs. E. E. Kellogg contributes another of her valuable papers on household economics—this time dealing with the dust problem. Two articles by Dr. Kellogg—one on "The Feeding of Infants," and the other on "Social Purity from a Medical Standpoint,"—are leading features of the number. Dr. Kate Lindsay treats of the "Prevention of Infantile Nasal Catarrh," and Mrs. Emmons in the domestic science department tells of "Spring Appetizers." An enthusiastic gardener, J. William Moreland, gives a leaf from his own garden experience, which is apt to give its readers the garden fever and send them straightway to pouring over seed catalogues. Several other features, together with the usual Question Box, make the number one worth double the cost price.

The Dietetic Value of Buttermilk.

An interesting fact, brought out by Professor Metchnikoff, shows that there is great value in sour milk and buttermilk,—that the germs that grow readily in sour milk and buttermilk are capable of fighting off the germs of old age. A new-born child has no germs in its intestines. In a few hours, however, germs may be found there, but these germs are friendly germs, and so long as the child lives upon its natural food, mother's milk, it has no other germs in its intestines but these friendly germs, or at least very few. But when the child is given cow's milk, unfriendly germs from the barnyard are introduced, and then mischief begins. After these germs multiply beyond a certain number, the child has diarrhoea, dysentery, cholera morbus, cholera infantum, or some other bowel trouble which may result in death.

Metchnikoff has shown that the use of buttermilk and sour milk encourages the growth of friendly germs; that they contain friendly germs which, when introduced into the intestines, help to drive out these unfriendly germs that are productive of so much mischief. Sour milk and buttermilk are much more wholesome, much less likely to produce disease, and much more useful to the body than ordinary raw milk. In Paris at the present time one of the principal remedies for children's diseases, especially for bowel troubles, is buttermilk.

April

What time the prairie still lay bleak and froze,
I sauntered forth; like some old palimpsest
That waits new writing for the old suppressed,
Such seemed the dreary fields I wandered o'er—
A worn, age-yellowed parchment, little more.
Fragments of words whose thoughts could not be guessed;
And not a single spear of grass to attest
That here would yet be lavished a new lore.
To-day upon the selfsame fields I stroll.
The selfsame? Nay; the mighty vellum hath been
Illuminated with its summer green.
As long as spring is spring and soul is soul,
I ask not why earth, sky, and all between
Have not been tossed aside, a crumpled scroll.
—Gottfried Hult in April Century.

The head, like the stomach, is most easily infected with poison when it is empty.—Jean Paul Richter.

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The Anti-Noise Crusade

Mrs. Isaac L. Rice, president of the Society for the Suppression of Unnecessary Noises, gives in the current issue of The Forum an interesting account of the formation of the Children's Hospital Branch of her society. The object of the society is the checking of noise thoughtlessly made by children within the shadow of city institutions for the sick.

Mrs. Rice explains that as a play place for city children the hospital gate offers a peculiar fascination, because from this point of vantage the child can gratify its craving for excitement, by glimpses of the ambulance as it passes in with the sick or wounded. She gives a record of the hideous noises heard in such a place within two hours and a half on a summer afternoon; they range from pounding on the fence with baseball bats, kicking cans across the street to "plain screeching" and drumming on tin.

Mark Twain has accepted the presidency, the Board of Education commended the project, and Mrs. Rice began a campaign of work among the children herself, addressing within three weeks some twenty thousand children, pleading with them to remember the sick in their play, and at such times to have their games at least one block away from a hospital. The society now numbers its members by the thousands, and many were the quaint pledges received by the president, such as the following:

I promise not to play near or around any hospital. When I DO pass I will keep my mouth shut tight, because there are many invalids there. Nor will I make myself a perfect NUISANCE.

I promise to do all in my power to avoid all indispensable noise that would in any way annoy the bed-stricken patients in the hospitals.

With all my heart I promise you, Just what you advised us to do, I am willing to obey your plan, To make the least noise as I can, Before a hospital.

"What is most gratifying to us," Mrs.

Rice writes, "is the fact that many of these cards contain sympathetic references to the 'informed' and the 'invalid people,' such as: 'the sick wounded people cannot bare the noise,' 'the poor suffering people that are suffering of sickness,' 'the sick people are anolde when children make a noise,' 'the poor miserable patients that are waiting to be cured,' and 'some people may have had opprations and are full of pain and may want to sleep.'

"That regard for the sick will not be limited to those who have signed our cards is shown by thousands of pledges which say that our little members will do all in their power to prevent the noise of others. 'I will tell the smaller children,' so many say, or 'I will tell my brothers,' or 'I will tell those who have not heard you.' Time alone can show whether our efforts will be productive of lasting results or not, but I have faith in my thousands of children."

The idea of the suppression of unnecessary noises is one which has made tremendous strides in the past two or three years, taking root in that pandemonium—New York—where the clang of elevated, the whirr of the cross-town cars, the roar of the heavy traffic, together with screeching tug whistles and those from trains and factories, kept even the well person on a constant, though frequently unconscious, tension. Much has already been done in that city to suppress the unnecessary noises, and the movement is increasing in popularity and spreading in other cities over the country. This new chapter in its history is one which is likely to catch the fancy of the child, for the child is a good "jolter;" anything that savors of a "solemn pledge" and a badge, with chances for an office in the society, will draw a child for miles.

Busy Battle Creek herself may some day be singled out by the adult society as a target on which to center some of its missionary effort: the too, too industrious whistles of her many factories might be induced to use less stentorian methods to advise the public of the break and close of the work-day, to say nothing of the mid-day chorus, and the screeching of the trains which pass through her streets.

Exercise

"Exercise, if possible, before a mirror. Many find this a great aid in stimulating interest.

"Wear little clothing while exercising. Wear nothing that will restrict circulation, at any time.

"Exercise in the open air or be sure that you keep your windows open while exercising. You must have fresh air.

"Devote more time and attention to breathing exercises than to any other. They are by far the most important.

"Next to these, in importance, are the trunk bending and twisting exercises. No day should pass but that you try to touch the floor with the tips of your fingers at least twenty times. Breathing and trunk exercises build for vital strength—toward the development of lungs, heart, stomach, kidneys, etc. Therefore, they are the most important. A man may have a big bunch of muscles on his arms, but they are of little significance as compared with sound lungs, a sound heart, and a stomach that will properly digest food."

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DOMESTIC SCIENCE DEPARTMENT

"Never ask a convalescent what food he wants. The inevitable reply will be, 'Oh, nothing.' One should understand the composition of food elements well enough to select what should be supplied to the patient," was the advice of Mrs. Minnie Emmons, who gave the Thursday afternoon demonstration lecture in the Sanitarium parlor, speaking on "Foods for the Sick."

Her advice was to select the foods that will supply the necessary elements, cook them properly, and serve them attractively so as to arouse the appetite through the three recognized sources,—sight, sense, and taste.

"If mothers, housewives, or cooks better understood the constituents of foods," said she, "they would be able more intelligently to supply their families with the necessary nourishment and thus avoid doctors' bills and unnecessary illnesses." The speaker emphasized the necessity for preparing the tray attractively—covering it with spotless linen, serving the food on dainty china, glass, and silver, and with a spray of blossoms or some fresh fruit to arouse the appetite by their beauty and fragrance.

Among the foods necessary for an invalid and valuable because they are ready for assimilation, are gruels, and broths of vegetables—such as beans and peas, and protose; fresh fruits, valuable because of their antiseptic qualities, and because of the heat and energy stored up in their acids, and of the pure water they contain. Dextrinized breads, malt honey, nuts thoroughly ground, fresh, delicate vegetables, custards and other combinations of milk and eggs, if the latter can be taken, were recommended. If milk could not be used, gelatin, she said, made a valuable vehicle by which to convey fruit juices. Later, when the patient is convalescent, simple green salads dressed with oil are a valuable way of supplying fats.

The fruit beverages, such as apple juice, grape juice, lemonade, nectars of all sorts, were too frequently underestimated as a source of nourishment, the speaker said. A glass of grape juice contains more nourishment than many solid foods that are served to the sick under the guise of strength givers. Fruit egg-nogs of orange, strawberry, pineapple, etc., are delicious and wholesome, and generally much relished by the invalid. The speaker warned her hearers always to strain the broths and gruel given to a very ill patient, and urged the household nurse to serve small portions to the invalid.

The beans for the broth should not be garbolled and the water removed. This method, the speaker said, carried off the real flavor of the bean, and much of its nutritive value. Cooked as the recipe calls for, there is no need to supply a flavor, such as is customary by popular methods where pork is used. For seasoning, cream or butter is all that is necessary to impart richness.

The audience was served with samples of the bean broth made after the recipe given below, also the delicious soft custard, served attractively in a low glass

dish with a few sprays of Golden Gate roses on the tray.

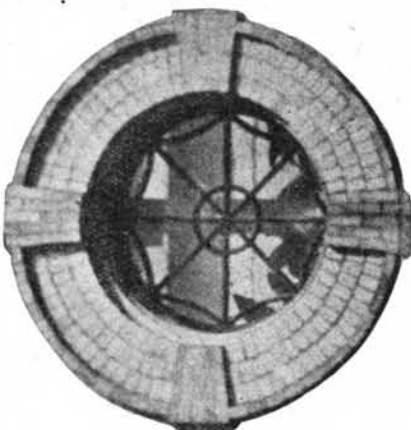
Bean Broth

One cup of beans, one quart of cold water. Put the beans to cook in the cold water and let simmer until but one cup of liquid remains. Serve with cream or butter if desired.

Soft Custard

Yolks of 3 eggs
¼ cup of sugar
2 cups of hot milk
½ teaspoon of vanilla

Heat 1½ cups of milk, then add the remaining half cup added to egg yolks; then add sugar and cook in double boiler until custard coats the spoon. Strain, flavor, and serve cold.



Prize Puzzle Picture

The above picture is a familiar feature of the Sanitarium. Keen observers will doubtless be able to place it at first glance. Send your answer in after noon of April 10, to the editor. For the first correct answer the following prize will be awarded: One keyless basket bank, worth \$1.00. The bank will hold dimes to the extent of \$30.00, opening when \$5.00 has been reached and thereafter for each multiple of five. It also shows a continuous register of the amount deposited. For the second prize a six-months' subscription to the "Battle Creek Idea" will be given.

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UNIVERSITY OF MICHIGAN

HOW THE BODY DEFENDS ITSELF AGAINST DISEASE

(Continued From Page 1.)

number of years ago a patient came here who had a very large tumor. He died the next day, and the postmortem examination disclosed a liver weighing twenty-eight pounds—a quarter as much as the man did. Normally the liver weighs three and a half pounds.

The liver tissue is lined with cells situated along the blood-vessels and the bile ducts, and when germs grow along these gall-ducts, or when germs are brought to the liver in the vessels or arteries, then these cells capture the germs and destroy them. This is the business of the liver. So when a person's stomach is disturbed, or he has hypopepsia, has little or no gastric juice, then the germs multiply all along the alimentary canal, get into the blood, are carried to the liver, and it is the duty of the liver to destroy those germs. But it does more than this. It also destroys poisons formed by the germs, and prevents their passing into the system at large. By the beneficent arrangement of the circulation, the blood, instead of passing from the stomach directly into the general circulation, passes through the liver first. So everything that enters the stomach in the shape of food must be filtered through the liver before it can find its way into the general circulation. For instance, if one drinks water that comes through lead pipes, the liver removes the lead from the water, stores it up in itself. If a person is taking doses of calomel for the benefit of his bowels, the liver gathers in that mercury. If a person is taking medicine in the form of arsenic, for example, for skin disease, the liver retains the arsenic, sometimes for a long time.

When I was a medical student in New York City, one of our professors told us of a man who had been guilty of murder some thirty years previously, but the fact was not known until about ten years before. Some peculiar circumstances arose afterward which pointed to this man as having been the possible cause of the death of the person. The body was exhumed, and the dust of that portion which had constituted the liver was gathered and examined, and arsenic was found in it in large quantity. That was the proof necessary to complete the chain of evidence that the man was guilty of the death of that person, and he was convicted and punished for the crime.

The liver has the power of concentrating poisons in itself so as to preserve the rest of the body. It is a sacrificing organ; it gives its life, so to speak, for the rest of the body. When poisons are being absorbed into the blood from the colon in consequence of decomposition taking place there, the same thing happens. The liver gathers the poison in. But gradually it becomes overworked, congested, diseased, and that is what is called "biliousness." When this becomes chronic, disease results.

The liver stands at the gateway, so to speak, to shut the door against poisons and germs, and just so long as it can keep the door closed, the body will remain intact from poisons which get in through this channel. But if a man chews tobacco, and smokes, and drinks coffee, eats pickles,

and spicy relishes, the liver has to deal with those poisons too. As it becomes overwhelmed with these poisons, it loses the power to keep the door shut; so disease gets its foot into the door, and a stream of poisons pours in all the while, and finally gets into the blood. Then the skin loses its beautiful complexion, and big patches of brown spots occur in the skin, and brown bands appear around the eyes. There is loss of flesh, loss of appetite, a coat on the tongue, and specks before the eyes. Impure blood circulating through the arteries hardens them.

There is another organ that has a complementary function. The liver is a shut door; the kidneys are the open door. It is the duty of the liver to keep poisons out, and when poisons come in, to destroy them. It is the duty of the kidneys to eliminate poisons, to keep the blood free from poisons. I recently removed a kidney that was diseased. There was a growth in the kidney which had become so painful as to necessitate its removal. One healthy kidney is able to do all the work required. In fact, even two-thirds of a kidney is capable of doing all the work the body requires in a state of health under ordinary conditions. But if a person for many years uses tea, coffee, mustard, pepper, tobacco, cigarettes, cigars, chewing tobacco, alcohol, and meat in large quantities, his kidneys become worn out, and in the end he has not more than one-third of a healthy kidney. When the kidneys begin to degenerate, Bright's disease makes its appearance. The time to cure Bright's disease is before it has gone so far that the case is hopeless. When you wait until albumin and casts are found, it is too late. These are not the beginning of Bright's disease; they are the end of it. The beginning of it is way back when the kidney first begins to be diseased.

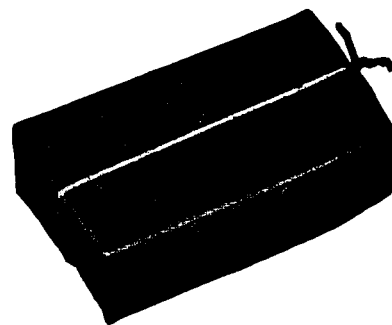
The spleen is another organ. The time was when we did not know what the spleen was for. We do not know all about it yet, but it is certainly a very wonderful organ. It was once supposed that the spleen had some remarkable and mysterious function connected with digestion, but now we know it is not particularly associated with digestion. The spleen probably produces an internal secretion of some kind, which, thrown into the blood, helps it to destroy germs. The spleen is probably also the graveyard of the dead corpuscles. The blood cells of the body live only about six weeks. Eight millions of them die every second of our lives,—eight millions created and eight millions die. These eight millions that die are carried to the spleen, and there eaten up, just as living germs would be eaten up.

Under the same influences which produce disease of the liver, kidneys, and organs, the arteries become hard. Chalk is deposited in the walls of the artery until by and by it is a mass of chalk. That is the condition when you feel the artery in a wrist and find it hard; it feels like a pipe-stem broken into fragments. When you find the radial pulse palpable, so you can feel the artery all the time between the beats, that means the artery is getting hard. This chalky deposit is not a thing to be regretted. The artery becomes thin, rotten, brittle, first because of the poisons that are circulating through it, and when that change occurs, something must be done to keep the blood from bursting out. So the Power that made us, looks after

our needs. Through this agency the chalk is deposited in the wall, and the deposit strengthens the artery, but at the same time it narrows it so the heart must work harder in order to get the same amount of blood through the smaller opening, and that is why the blood pressure rises,—because the heart has to work so hard to get the proper amount of blood through to supply the brain and the kidneys, to carry on the wonderful functions of the body.

"The struggle to climb to a higher place in life has strength and dignity in it, and cannot fail to leave us stronger for the effort, even though we miss the prize."

"There is a great difference between contentment and a dead ambition."



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Program of Future Events

Thursday—8 P. M., Stereopticon lecture, Dr. Kellogg.
 Friday—Gospel song service in lobby followed by Sabbath evening service in chapel.
 Sabbath—10:45, Chapel service, Elder Brunson preaching. Topic: "How One's Conduct Comes Home to Himself."
 Sunday afternoon—3 P. M. Everybody's gospel services—5 P. M. Students' missionary meeting, East Hall.
 Monday—5 P. M. Demonstration health lecture; 8 P. M. Question Box lecture conducted by Dr. Kellogg.
 Tuesday—5 P. M. Cooking-school practice class; 8 P. M. Concert in gymnasium.
 Wednesday—8 P. M. Parlor lecture by Dr. Riley.

News Notes.

Through the courtesy of Mr. Joseph Laemmle, of Chicago, a guest at the Sanitarium, a moving picture entertainment will be given for the pleasure of the guests Saturday evening in the Sanitarium gymnasium.

The aid society of the Church of Christ gave an Old Folks' Concert in the gymnasium Tuesday night before a large audience of Sanitarium guests and helpers. The program comprised solos and choruses of old-time songs, together with some clever "recitations," all of which were enjoyed by the audience, who responded with hearty applause.

The Sanitarium Nurses' Alumnae has arranged for a concert program of a high order of merit to be given April 21 in the Sanitarium gymnasium, the proceeds to go toward defraying the expenses of a delegate to the convention of Associated Alumnae at San Francisco next month. The program offers Miss Alice Carey, a violinist of rare ability; Miss Gertrude Goodwin Miller, an accomplished reader; Miss Metta K. Legler, soprano soloist, who is said to have a voice of great beauty and power; and Ross Hickernell, cornet soloist, who has a vast repertoire of classic music and a reputation for pleasing huge audiences at many of the principal musical festivals of the country. The entertainment is one which will doubtless afford a delightful evening to Sanitarium guests, and it is expected the patronage will be large. Tickets are being sold by all of the members of the Alumnae, and should be secured in advance.

Miss Ruth Hemenway, of Bloomington, Ill., gave a delightful series of readings in the Sanitarium parlor Saturday night before a large audience. The program was exceedingly well chosen, being calculated less to display the reader's versatility than to entertain an audience such as would greet her at such an institution. Light, playful sketches, reflecting little human foibles, with many a telling home thrust, made up for the most part the evening's entertainment. Miss Hemenway has a graceful, charming presence and an ingenious manner that particularly well fits the child studies she depicts, while the bit from "Aunt Jane of Kentucky" was done with equal charm.

Many of the physicians on the Sanitarium staff attended the public meeting of the Battle Creek Medical Association held in the rooms of the Industrial Association Monday night. The paper of the evening, which aroused general discussion, was, "The Cause and Dissemination of Typhoid Fever," read by Dr. Wilfred Haughey. Emphasis was laid on the fact that there seemed abundant proof that much of the dissemination was due to milk—frequently milk which had been delivered in cans washed with impure water, reeking with germs.

Dr. Sutherland Addresses Sunday Missionary Gathering

At the usual Sunday afternoon missionary gathering in East Hall, the Rev. Dr. Sutherland, of Toronto, secretary of the Methodist Missionary Society of Canada, gave a most interesting account of the recent missionary conference held in Shanghai.

The occasion marked a century of mission effort in China, since Dr. Morrison landed there in 1807. The gathering was the largest of its kind ever held, and the spirit manifested throughout was of intense earnestness and unanimity. "It was," said the speaker, "the grandest gathering of splendid men and women filled with missionary enthusiasm that I have ever seen."

Various subjects were discussed and resolutions passed, but a singular feature of the occasion was the fact that whereas many able papers had been prepared to be read at the conference, not one was read. The executive committee of the conference took each of these papers, perused them thoroughly, and framed many of the suggestions they contained into resolutions, which, being submitted to the entire conference and approved by it, went forth, not as the voice of opinion of one man, but of the whole.

Recognition of the fact that full evangelization of China could never be accomplished by foreign missionaries and must be brought about by the use of native agency, was very evident, while the advantages possessed by the native preacher over the foreigner were pointed out and dwelt upon.

Dr. Sutherland had no hesitation in declaring his belief in a great future for China, and of that country becoming ere long the center of commerce and worldwide influence, when once the Chinese people awake to their opportunities for development.

These Sunday afternoon gatherings of veteran missionaries from all over the world with the young men and women students of the American Medical Missionary College form a very pleasant feature in the social life of the Sanitarium. The hour for the meetings is from five to six Sunday afternoon, and all are welcome to attend, whether engaged in actual missionary service or not.

The X-Ray

This gives an idea of the apparatus used in generating the famous Roentgen or X-ray. The patient on the table is having a photograph taken of the kidney, which will show the presence or absence of a stone. The X-ray is not only valuable for diagnosis, but is useful in the treatment of various skin diseases.



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PERSONALS

Mrs. Nathan Schiller, of Pittsburg, Pa., is among the present week's arrivals.

Mr. H. Anderson and son, of Seattle, Wash., arrived at the Sanitarium the past week.

Mr. M. W. Wentworth and family have returned from a prolonged trip to the Pacific coast.

Mr. Jeffers, of Saginaw, Mich., a frequent guest at the Sanitarium, returned this week.

Mrs. W. F. Daggett, of Syracuse, Kan., is spending a few days at the Sanitarium en route east.

Mrs. T. O. McCutcheon has arrived at the Sanitarium to recuperate from a siege of typhoid fever.

Mr. Hyman Askowith, of Boston, Mass., paid a brief visit to the Sanitarium early in the week.

Dr. F. D. Fanning, of Butler, Ind., arrived at the Sanitarium this week in company with a patient.

Mr. F. W. Thurston, of Chicago, a frequent patron of the Sanitarium, arrived the first of the week.

Mrs. A. S. Huffman and Miss Huffman, of Columbus, Ohio, have returned to the Sanitarium this week.

Mr. W. F. Carter and Miss Carter, of Sardis, Miss., have arrived at the Sanitarium for a short stay.

Prof. John T. Ward, of Hillsdale, Mich., arrived on Monday and accompanied Mrs. Ward home.

Mrs. Adele Gale, who has been a patient at the Sanitarium for some time, left early in the week for her home.

Mrs. Lydia Whitcomb, of Clinton, Ind., an old patron of the Sanitarium, has returned for a rest and treatment.

Miss Georgia Honey and Mrs. A. G. Clifford, of Cleveland, Ohio, are among the recent arrivals at the Sanitarium.

Mr. W. E. Nichols, of Chicago, spent Sunday with Mrs. Nichols at the Sanitarium. Mrs. Nichols will remain for some weeks as a patient.

Mrs. E. H. Stone, of Sioux City, Ia., arrived this week to pay a short visit to Mr. Stone, who has been a patient at the Sanitarium for some months.

The Rev. M. C. Wilcox, of Foo Chow, China, who spent some weeks earlier in the winter at the Sanitarium, returned this week for rest and treatment.

Mrs. D. Powers, who has been a patient at the Sanitarium for some months, returned this week to her home in Sandusky, Ohio, much improved in health.

Dr. J. J. Stanton, of Logansport, Ind., paid a brief call at the Sanitarium this week, bringing a patient, and making a tour of inspection of the institution, over which he expressed his most hearty approval.

The Rev. F. R. Bunker, of Belra, East Africa, who has been engaged for some years there in the missionary field, paid a brief visit to the Sanitarium the latter part of the past week, meeting many of the missionary guests at the institution.

Mr. and Mrs. William S. Jerome, of Northville, Mich., are visiting at the Sanitarium as guests of Dr. Julia Carpenter. Dr. Carpenter, who frequently accompanies her patients to the Sanitarium, arrived from Cincinnati during the past week and will remain for a short time.

Arrivals

The list of arrivals for the week ending April 8th is as follows: Charles W. Ferguson, Ill.; T. N. Ainslie, O.; W. H. Mead, Mich.; Miss Georgie Honey, O.; Mrs. A. G. Clifford, O.; Mr. and Mrs. T. W. Benedict, Conn.; W. H. Proctor, Ill.; N. T. Montgomery and family, Ga.; Mrs. E. H. Stone, Ia.; Roy C. Smith, Fla.; Miss Bessie Woodruff, S. D.; Rev. M. C. Wilcox, China; Mr. and Mrs. J. W. Krutter, Minn.; C. W. Buchler, Ind.; C. A. Parker, Wis.; F. R. Bunker, East Africa; W. F. Carter, Miss.; John Buhner, Minn.; Robert A. Buhner, Minn.; Robert A. Buhner and child, Minn.; Mrs. Harry Allen, Ill.; Mrs. E. Powell, Ill.; Walter J. Lattire, Ind.; C. O. Manspeaker, O.; Julia W. Carpenter, O.; May Brevard, Ky.; Dorothy May Ferguson, Ill.; Henry E. White, Jr., Pa.; G. S. White, Pa.; Mrs. T. O. McCutcheon and daughter, Pa.; C. D. Wilcox, city; Mrs. C. W. Terry, city; N. D. Overall, Tenn.; Mrs. Lydia A. P. Whitcomb, Ind.; Florence Newell, O.; May Hanna, Mich.; Mrs. Charles Perry, R. 1.; William Kasting, O.; H. E. Merrill, O.; R. B. Carter, Ill.; Mrs. C. B. Pennington and son; Mr. and Mrs. W. F. Staley, N. C.; John Owen, Mich.; William Kieth, Mo.; Dr. Hinkerman, Mich.; Ester M. Bruske, Mich.; W. Ephrim Nichols, Ill.; Edith M. Buck, Ind.; Earl Webster, Ind.; Mrs. Wallace Webster, Ind.; F. A. Brink, Ind.; Dr. F. D. Fanning, Ind.; John H. Pressley, Tex.; James Macfarlane, Wash.; J. P. Edmlson, Minn.; James Cunningham, Mo.; Ruth Hemenway, Ill.; Jean McKenzie Munro, Ont.; John Graves, Ill.; Julia Graves, Ill.; C. A. Graves, Ill.; A. E. Shaw, Mich.; S. W. Lamont, Wis.; T. W. Thurston, Ill.; Mrs. S. A. Surprise, Tenn.; Mrs. R. M. Banks, Miss.; F. T. Wright, Ind.; M. Mahen, Mo.; Mr. Wallace, Okla.; Fred Horous, Ont.; Robert Shaw, Ont.; B. Beck, W. Va.; Miss Hackenberry, Pa.; Mrs. W. F. Duggett, Kan.; Mr. and Mrs. Oscar Holden, Minn.; J. J. Stanton, M. D., Ind.; H. Anderson and son, Wash.; Mrs. J. Smith; L. J. Karcher, city; Hyman Askowith, Mass.; Amos P. Manuel, city; J. K. Karklay, Pa.; Mrs. Nathan Schiller, Pa.; Mrs. Della Coblins, Pa.; John J. Cunningham, Mo.; George W. Edwards, Ind.; Mrs. A. S. W. Huffman, O.; Amy Huffman, O.; J. Jeffers, Mich.; William S. Jerome and Mrs. Jerome, Mich.; Mrs. Thomas A. Wright, Pa.; Thomas A. Wright, Jr., Pa.; Robert H. Keyes, Minn.; W. E. Newark, Minn.; H. Hubbard, Mich.; H. H. Albert, Ind.; H. E. Harvey, Mich.; W. H. Abraham, Wis.; Mr. and Mrs. J. B. Harper, Ind.; J. W. Pattinger, Ind.; Edward Morlick, Mo.; S. A. E. Jeffs, Mrs. W. B. Jeffs, Mich.; Mr. and Mrs. A. V. Cotton, Iowa.

Bruises

A Bruise is best relieved by a hot fomentation applied as soon as possible after the accident, and repeated at intervals of two or three hours, as long as the bruise remains sore and painful. During the interval apply a compress consisting of a towel wrung as dry as possible from cold water, applied over the part and covered first with oilcloth, and then with several thicknesses of flannel, to maintain warmth. Gentle manipulation of the surrounding parts will serve to maintain good circulation, and so prevent discoloration in many cases.

Double chins are sometimes caused by resting the head on a very high pillow.

For a sharp, tickling throat cough a teaspoonful of honey taken every few minutes is very good.

"It takes a certain amount of push to master even a wheelbarrow."

God educates men by casting them on their own resources.—Newell Dwight Hillis.

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THE BATTLE CREEK IDEA

VOL. 1, No. 19.

BATTLE CREEK, MICH., APRIL 16, 1908.

PRICE, 2 CENTS.

NERVOUS EXHAUSTION SOME OF ITS SYMPTOMS

Dr. Riley Continues His Able Discourse on this Common Disease

HOW IT AFFECTS THE SLEEP

(Continued)

Symptoms: The patient who suffers from neurasthenia has a long list of troublesome symptoms. There is scarcely any organ of the body but what is disturbed, naturally the function of the organ is also disturbed. The physician, in studying symptoms, naturally divides them in two great classes: first, the subjective symptoms, as they are called, or those which the patient himself feels; and second, objective symptoms, or symptoms which the physician is able to detect by his physical examination, independent of the feelings of the patient.

The first class of symptoms, or subjective symptoms, relates to the sensations, such as disturbed sensations of touch, temperature, pain, and disturbance of the function of the special senses; also certain mental conditions.

The objective symptoms are such as the physician can see, as, for instance, abnormalities in the posture or gait, or abnormal movements, tremors, convulsions, etc.

In neurasthenia the symptoms are almost entirely subjective; that is, they relate principally to the feelings of the patient and to his mental condition. To illustrate the development of this disease, we may take a man thirty-five years of age who has inherited a nervous temperament,—a man who is bright intellectually, ambitious, anxious to succeed in his business, one who probably has been addicted to the use of alcoholic liquors in what he would call a "moderate degree," and to the use of tobacco. He is a man who works hard at his business, rises early in the morning, takes little time to eat his meals, works late at night, does without sufficient hours of sleep, works under a strain and pressure, and after living this sort of life for a greater or less period of time, finally finds himself suffering from peculiar mental and nervous symptoms. He feels depressed mentally, lacks the usual interest in his business, is indecisive in his business arrangements, often makes certain arrangements and then retracts them. He is fearful, lacks confidence in himself and very often in his friends; lacks courage. He has peculiar sensations about his head and in other parts of the body. He finally goes to his physician, has a careful examination, and his physician is able to arrange his numerous symptoms into certain groups. These are as follows:—

First: Mental Symptoms.—This man

(Continued on Page 6)

NAMES FAMILIAR IN HEALTH CIRCLES



Dr. Robert Koch

Dr. Robert Koch of Berlin, discoverer of the tubercle bacillus and conceded by the medical world to be one of the three greatest scientists of the century, the other two being Pasteur and Virchow, arrived in New York the past week, where he will begin a year's rest tour of the world.

For many months Dr. Koch has been in South Africa conducting a series of experiments seeking the cause and cure of the dread "sleeping sickness." In recognition of his valuable services there, the German Emperor recently conferred upon him the title of Excellency.

While in New York Dr. Koch has been entertained by the foremost medical men of the city, and on last Saturday night the German Medical Society of New York gave a dinner in his honor at the Waldorf Astoria. Ambassador Speck von Sternberg, Consul-General Bunz, and Andrew Carnegie were on the honorary committee to receive Dr. Koch.

While in New York Dr. Koch has made a study at close range of the New York Health Department. A few years ago, in an address before the International Medical Congress in London, Dr. Koch referred to the administrative control of tuberculosis in New York, as conducted by the Health Department, as the model for the world. He investigated the quarantine Department of the Port of New York and with Dr. Alvah P. Doty discussed at great length the necessity of exterminating the mosquito and the fight by means of petroleum against the pest. Dr. Koch said the extermination of the mosquito would be of incalculable value to the welfare and health of mankind, and he appeared much

(Continued on Page 2)

WORKMEN OF THE BLOOD

Dr. Kellogg Tells of the Wonderful System of Defense Kept up by White Cells

THE FIGHT AGAINST GERMS

The Bible says the blood is the life. It also says the life is in the blood. Many years ago John Hunter, the great English anatomist, made an interesting experiment, a very cruel one, but one that had a very important lesson in it. He took an animal and cut all the nerves going into one limb. The limb lived; it was warm, the blood circulated through it as before, but of course the limb had no feeling in it. Then he made another experiment. He took an animal and tied all the blood-vessels going into one of its limbs. At once the limb became cold. In a few days it became black and gangrenous, and in a few weeks it had sloughed off. The limb was dead. This proved that the life of the body is transmitted to each part, distributed through the body by the blood, in the blood; that the nerves are simply the mechanism by which the dispatches are sent from one part of the body to another, by means of which every part of the body is controlled by the brain, but the life of the body is through the blood. So we see why in Holy Writ it is made so emphatic that the life is in the blood. The physiologist understands this to-day just as well as Moses understood it three thousand years ago, but probably no better, for Moses knew it; he was divinely taught, and he knew it to be the truth; and the blood on this account was so sacred that when an animal was slain, the blood must be preserved, and the eating of blood was prohibited by Jehovah.

The divine life is circulating in the blood, and this blood is a creative, healing power in the body. I am going to tell you some things about it to-night that I am sure will surprise you. When you look at blood and see the scarlet color, you haven't any conception of what that blood is made up of. Red is not the real color of the blood; it is the reflected color. The individual corpuscles are light amber color, but it is only when the light is reflected from them that they have this red color. The blood has different forms of cells in it. There are two kinds of cells,—red blood cells, and the so-called white cells. The red blood cells are the most numerous, there being about five million. One out of every seven hundred of these is white. There are several kinds of red ones, and a number of different kinds of white ones. These so-called white cells have the color of water, and are absolutely transparent. It is very difficult to see them, but as light is refracted somewhat differently than water, the refraction index is dif-

ferent, so they can be determined with the microscope.

These different white blood-cells and the red cells have different functions. The red cells have but one function, to carry oxygen. They carry oxygen from the lungs down to the tissues, and carry carbonic acid gas back. You know a person gets black in the face when he does not get the regular supply of oxygen. Here is a little cell somewhere in the tip of a finger, and here come these red cells, each with its load of oxygen, and find the white cell there breathing its last breath, so to speak, black in the face,—these red cells deposit their oxygen and revive that cell which is just ready to expire. So we see how wonderful is this process of oxygenation.

The red cells live six weeks, then die,—and there must be new ones to take their place. These cells are dying at the rate of eight millions every second; and eight millions more are created to take their place. It is not wonderful that eight million cells die, but it is a wonder that eight million new cells are created to take their place, and every one of those is just as much a new creation as if a man sprang into existence right before our eyes. Eight million of those creations taking place in every human being that is alive, and in every mammal alive this same process of creating blood cells is going on. So when God made the world and man and all the animals, he did not stop work; he only began, because he had to keep right on creating blood, creating these living cells for use in our bodies, for the work they have to do.

But the white cells are still more wonderful than the red cells. The red cells are plain, homespun sort of fellows like every-day laborers that dig ditches and repair the streets, so to speak. I always think of them as hod carriers, carrying oxygen from the lungs down to the tissues and carrying rubbish back. But it is almost too wonderful to believe the functions of the white cells. There are different kinds of them. Some of these white cells, for example, are builders. They are builders, creators, workmen that are established as instruments in the creative process going on in the body. For instance, suppose you split the end of your thumb by accident with a knife. It will grow together over night, but the next morning, you can with a little pressure tear the cut apart. But if you allow it to remain quiet for a week, then that is impossible. The first thing that happened when you cut your thumb, was the formation of a clot by the blood poured in there, and if you could look at that clot through a microscope you would see it was a network of minute threads, running right across the chasm. If you had watched that with a microscope, you would have seen that along each one of those little threads, these white cells were creeping out. They have the power to creep along like a worm on a level surface in the same kind of way. They are round, but as you see them at work and alive, they stretch themselves into all kinds of shapes. Sometimes they look like a great octopus, spreading out its legs on all sides, and sometimes they are drawn out like a worm; then they will stick out a little projection, and keep sticking it out farther and farther until it gets to be the whole thing, and the rest of the

body comes up behind; then a projection is thrown out again; and so they travel about. It is a wonderful thing to see them going through their evolution. The clot that is formed by the blood is in the form of fibers, and along each one of these little threads creeps a string of minute round cells, stringing out just as the architect or the bridge builder throws out a temporary structure when he is going to make a wire bridge across a chasm. Then these cells tear down the temporary structure and build something more substantial in its place. Thus they continue to rebuild until a firm structure is formed, and then the parts are cured. A cicatrix is formed, and the part is sound and whole again.

It is wonderful how many of these builders there are at work. Whenever you have a raw surface anywhere, you will notice a white discharge coming from it all the time. That discharge is not impurity, but it is made up of millions upon millions of those tissue builders. The body contains something like thirty thousand million of these living cells, and one out of every seven hundred of them is a white cell. It is very important that we should have these cells, because our bodies are covered with germs. Every drop of saliva has thousands of germs in it; every breath of air we draw contains many, many germs. The chief thing that worries me when performing operations, is lest some germs will get into the wound. Before operating upon a patient, one of the things I always take pains to investigate carefully is to see if the patient has a good supply of these body defenders. If I find the patient has not a good supply of these body defenders, I do not operate on him, for I know that he would be an easy prey to germs. We take all the pains we can to make ourselves clean and to make the patient clean, to put on rubber gloves, because we are suspicious of ourselves, and the last thing before an operation we paint the skin of the patient all over with tincture of iodine so as to be sure to kill every germ on the surface and clear down deep in, but some germs always get in from the air in spite of all we can do; and if it were not for these cells which defend the body, every wound would be a fatal wound.

DR. ROBERT KOCH

(Continued From Page 1.)

interested in comparing the mosquito's disease-bearing qualities with those of the insects of Africa which produce the "sleeping sickness."

During his recent investigations in South Africa Dr. Koch was under commission by the German Government to find, if possible, the cause of the sleeping sickness, which proves so fatal in many parts of Africa, and also to investigate several infectious diseases of animals. Dr. Koch took with him a staff of expert chemists and bacteriologists and lived in the heart of the infected districts. His investigations there are not complete, and he will probably return to Africa as soon as his year's tour of the world is over. He has not yet made public the result of his investigations in South Africa.

Although Dr. Koch's greatest claim to fame was his discovery of the tubercle bacillus, that is really a small part of the

work which has made his name familiar to the medical world. Until recently he was director of the Institute for Infectious Diseases at Berlin—an institution built by the German government for Dr. Koch. His work as head of the Cholera Commission, which sent him to India and Egypt in 1882, also brought him fame. It was after this that he was appointed professor of the University of Berlin and director of the newly established Hygienic Institute of Berlin and also director of the Prussian Board of Health. In 1890 he announced the discovery of a substance called tuberculin, which he thought would cause the growth of the tubercle bacillus to cease. Later experiments, however, failed to entirely confirm his belief so far as human beings went.

Many times Dr. Koch has exposed his life to danger through his experimenting, for among diseases which he has studied are cholera, cattle plague, bubonic plague, tuberculosis, and sleeping sickness, all of which are contagious.

Dr. Koch is in his sixty-fifth year, and in appearance is a typical German professor, with gray hair and beard and twinkling blue eyes. This is his first visit to America. He is accompanied by his wife, and together they will visit his brother in Chicago. He expects to travel through the South and Southwest, and will probably sail from San Francisco for Japan.

MRS. CHAS. WOOD WRITES DR. KELLOGG OF BEQUEST

Is Pleased that the Sanitarium is
to be Established in
Husband's Memory

The following letter has been received by Dr. Kellogg from Mrs. Chas. E. Wood, the wife and only natural heir of the Washington millionaire who recently left a bequest of some magnitude to the Battle Creek Sanitarium for the establishment of a similar Sanitarium in Atlantic City. The letter is a great gratification to Dr. Kellogg as it affords him assurance of Mrs. Wood's sympathy and co-operation in the establishment of this monument to her husband's memory.

Washington, D. C., April 10th, 1908.

Mr. J. H. Kellogg, M. D.,

Dear Sir:

Your letter received, and I thank you very much for your kind words of sympathy and also for your very kind invitation to visit you at the Sanitarium. I almost feel that I know you, I have heard my dear dear husband speak of you and of the Sanitarium so often. I regret very much that I am at present unable to accept your kind invitation, but may some time in the future.

If you come to Washington any time I would be pleased to have you call, and sincerely hope that the estate of my dear husband will be settled so that your Sanitarium will receive its full share so as to make it a grand memorial to his dear name.

Very sincerely,

Eunale I. Wood.

2031 Florida Ave.

DOMESTIC SCIENCE DEPARTMENT

Spring Vegetables and How They Should be Prepared, was the topic of the domestic science demonstration lecture given Thursday afternoon in the Sanitarium parlor by Mrs. Minnie Emmons, who, in her prefatory remarks, said that a short visit to the home of a neighbor would frequently make quite plain the reason so many people prefer meat to vegetables. "It is largely due," said she, "to the want of knowledge in vegetable cookery. The vegetables are usually put to cook in partly boiling water, a little salt is thrown in or not, as it happens, then the vegetables are boiled until they are overdone, and the best part drained down the sink. The tasteless, water-soaked material left in the pot is then highly seasoned with salt, pepper, and other seasonings.

"There are a few things that every cook should recognize in the cooking of vegetables: that overcooking changes and toughens them, and that it destroys the coloring matter, and volatilizes the essential oils which contribute to the flavor. Overcooked vegetables are inferior in both flavor and appearance. In the cooking of vegetables there are four things to be considered: first, the tem-

perature of the water in which the vegetables are set to cook; second, the temperature of the water during cooking—whether they be simply simmered gently or boiled rapidly; third, the quantity of water to be used; and fourth, the time to add the salt.

perature of the water in which the vegetables are set to cook; second, the temperature of the water during cooking—whether they be simply simmered gently or boiled rapidly; third, the quantity of water to be used; and fourth, the time to add the salt.

"To know how to apply the rules requires a knowledge of the composition of the vegetables themselves. Vegetables with a slight trace of starch, such as lettuce, celery, tomatoes, cucumbers, radishes, are composed largely of water and mineral salts and require little or no cooking. Those containing protein, sugar, and some starch, such as green peas and asparagus, should be cooked at a gentle simmer in order to retain the sugar and other compounds. A small amount of water should be used, and the water in which they are cooked should form a part of the finished dish. The same is true of spinach.

"Among the vegetables containing a large amount of cellulose are parsnips,

carrots, and turnips. It must be remembered that salt toughens the cellulose or woody fiber and that a high degree of temperature also has that effect; consequently they should not be boiled at a rapid rate, and should be removed from the fire and served as soon as cooked.

"Vegetables such as potatoes, which contain a great quantity of starch, should be put to cook in boiling water and then brought to the boiling point again as quickly as possible. When nearly done, a half cup of cold water should be poured in to allow the center to cook and help the outside to cook more gently. They should then be salted and shaken gently over the fire, and they will prove mealy and delicious.

"The steaming or baking of vegetables is preferable to boiling, for the reason that the soluble mineral salts are not dissolved, as in the boiling process. These are essential to the body: they increase the alkalinity of the blood, and assist in breaking down the waste products caused by the daily wear and tear.

"To sum up the rules for cooking of vegetables, they are these: All vegetables must be put to cook in boiling water. The temperature during cooking depends upon the classification of the vegetable. All delicate vegetables, such as green peas, asparagus, etc., must be cooked with a gentle heat; strong vegetables, such as cabbage or onions, may be cooked with a strong, steady heat and in a large quantity of water. They

should be left uncovered, so that the gases formed during the process of cooking will be driven off, leaving a more delicate flavor. To cook spinach, which is rich in iron, either steam or after thoroughly washing it, cook in a kettle with only the water which clings to the leaves; cook from twenty to thirty minutes.

"Vegetables should be served at least twice a day," said the speaker. "If the housewife would pay more attention to the serving of spring vegetables, there would be a saving of doctors' bills, and spring tonics would not be needed. The very same elements that are sought in the tonics are to be found in the vegetables, and in a better form, ready for assimilation."

Following the lecture daintily cooked green peas were served and tomato sandwiches, the recipe for which follows:

Tomato Sandwiches

Spread thin slices of white bread

with butter and cooked mayonnaise, and place between them slices of fresh tomatoes or cucumbers. Appetizing and delicious throughout the summer.

Mayonnaise

- 1 egg
- 2 tbsps. lemon juice
- 2 tbsps. of butter or olive oil
- 2 tbsps. water
- ½ tsp. salt

Cook in double boiler five to ten minutes. If overcooked, it will curdle, in which case the defect may be remedied by beating with a Dover beater.

"Never exercise when physically tired. Nature has had enough, and to inflict further burdens would be to incur the risk of harm. Use judgment. While it is very desirable to exercise regularly and always at a certain time of the day, preferably right after getting up in the morning, you should use common sense. The body that is tired needs a rest, not exercise. Deep breathing exercises will prove wonderfully beneficial in such cases, and should be taken."

"Mental gymnastics are all right—so far as they go. But a man might lie in bed for a great many moons and repeat again and again that he was raising a bunch of muscles like Sandow's, without accomplishing the least bit. That which is not used, dies.

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Vol. 1. APRIL 16, 1908. No. 19.

The Pill Habit

In an article in "The Technical World Magazine," J. Oliver Curwood tells the readers that in our neighboring metropolis—Detroit—there is turned out annually six thousand millions, or three quarters of the world's supply of pills. He further asserts that, according to authoritative statistics gathered by the pill manufacturers, the "pill habit" is growing; in fact, the increase is at the rate of twenty per cent a year! Adam-like, he shifts the blame of the increase off on womankind, who find the pill more convenient to carry than liquid patent medicines. "According to the report of a large number of physicians in eighteen of the great cities of America, there is hardly a woman who is not a user of pills of some kind or other," says he with great finality. At present there are over two thousand different varieties of pills being made in Detroit alone, and each year the enterprising pill manufacturers add about two hundred new varieties to their list.

"Few people," says the writer, "when swallowing their pills, for a moment dream that romance and tragedy play a large part in the building up of these little pellets." An astute observation, truly, but he neglected to add the extent to which the romancing is carried into the ads; and the tragedies that result from an injudicious use of the oftentimes dangerous little pellets, whose coatings of gold or silver leaf frequently cover death-dealing combinations to the innocent, albeit reckless user.

Is it not absurd—the faith the human biped places in these pellets of white or brown or gold—"guaranteed" to cure every ill that flesh is heir to? Does it not seem like a relic of barbarism to believe that the persistent use of pellets of pink dough will work wonders in the human system, while the user continues to break all the laws of health?

Will the time ever come when the public understands that the healing power is not to be found in a bottle nor in a box of pills—that the power by which a sick man is healed is in his own body? Science has long recognized that "it is the blood that heals." What the sick man needs, then, is better blood, more vital resistance, more healing power. The multitudes of nostrums, mineral waters, and pills can only produce a temporary relief, if any. The time comes when there is a relapse, and then if the user be an ignorant person, he tries a new kind of patent medicine or the

latest brand of pills, with a blind confidence in their power, that is as foolish as the faith of the African in the Voodoo doctor's charms.

As the doctor so often points out to their audiences at the Sanitarium 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 constitutional reconstruction, which cannot be induced by simply swallowing 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. Among these are sunshine, fresh air, exercise, proper diet and baths. 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 old diseased tissues must be gotten rid of if a man would be a well man. These tissues must be replaced by sound, healthy tissues. By the proper diet and the employment of rational recuperative means the building up of these new tissues is encouraged.

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 sometimes requires several months to raise a substantial crop of health, but this is a short time in comparison to the period which the invalid spent in breaking down his health.

For years a man will overwork, exhaust his nervous energy, wear out the stomach with hastily taken, ill-chosen meals, fill his body with poisons of alcohol and beefsteak, and then, a human derelict, start his broken-down hulk in the direction of a box of pills and hope to find a safe anchor. It would be a ridiculous spectacle if it were not so pitiful a one.

The Law of Retributive Justice

"How One's Conduct Comes Home to Himself" was the topic of the Sabbath morning address given in the chapel by Rev. John A. Brunson, of Ellmore, S. C., in which the speaker sought to prove the universality of the law of retributive justice. Both the backslider and the good man are effected by the one command man are affected by the one command—the fruit of their own doings—which come back to either plague or to bless, to curse or to comfort. The speaker quoted many passages from the Scriptures to prove how inevitable this law of cause and effect is, and how a long indulgence in sin totally unfits a man for the company of the righteous. "The expulsion of the sinner from heaven is not an arbitrary ruling of God; it is a consequence—a man by his life may utterly disqualify himself for the enjoyment of Heaven."

"There's no hope for the man who has lost his self-respect."

"It's harder to remember some things than it is not to forget others."

"Learn to laugh. A good laugh is better than medicine."

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DR. SUTHERLAND TALKS ON TRANSFIGURATION

Canadian Divine Addresses Large
Audience in Parlor Sun-
day Night

The Rev. Alexander Sutherland, D. D., of Toronto, Canada, delivered an able sermon in the parlor of the Sanitarium Sunday night before a large audience. The speaker read the account of the transfiguration as narrated in Luke IX and drew from it several important lessons, and doubtless solved some problems for many of those who listened to him with marked attention.

"Often persons ask," said he, "if we shall know our friends in heaven. Moses and Elias were known to the disciples, possibly introduced to them by Christ. Moses and Elias had retained their distinct individuality—they were not somebody like Moses, but themselves. Further, they were fully alive, as when upon earth; only doubtless possessed of far more knowledge and power. They were interested in the welfare of the people remaining on earth, for 'they talked' with Christ regarding his forthcoming crucifixion for the redemption of the world. 'So,' said the speaker, 'we may feel assured that those who have gone before do not forget or fail to be interested in those they have left behind. We read: 'There is joy in Heaven over one sinner that repenteth,' and may we not suppose many a parent rejoicing there in an answered prayer?'"

Dr. Sutherland narrated a striking experience he had many years ago, in a conversation with a bright young doctor, who, like Nicodemus, asked, "How can these things be?" in regard to the resurrection. Referring to the teachings of science and physiology, regarding the constant change that is taking place in the body, he asked: "I suppose, doctor, I would be correct in saying that not a particle of matter now in my body was there ten years ago?" "Yes," replied the doctor, "you might make it seven." "Well, now, we have known each other twenty years and you have no question as to my identity any more than I have regarding yours?" "Exactly," replied the doctor. "Well, now, isn't that an important fact? We are neither of us what we were seven years ago and yet we are the same individuals. So in regard to the resurrection, we may rest assured that He who is doing the one, may do the other."

Ground for encouragement for continuing in prayer was found in the fact that Moses prayed even centuries before: "Lord, show me thy glory;" and at the time of the transfiguration it was fully answered, if not before. Peter said: "Master, it is good for us to be here," and the speaker added, "It is always good to be where Jesus is. Better be with him and have him with you in affliction than to be without him in prosperity." The speaker closed with the thought of the grandeur of seeing Christ in his glory and being with him and also being like him.

Whatever you may be sure of, be sure of this, that you are dreadfully like other people.—James Russell Lowell.



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NEWS NOTES

Miss Dye has gone to her home for a short vacation.

Miss Elsie June has gone to her home in Elmira, N. Y., for her vacation.

An attractive musical program was rendered in the lobby Tuesday night by the Sanitarium orchestra.

Miss Nina Smith, of the nurses' department, left Thursday for Chicago to serve her term as visiting nurse. Miss May Saunders will return from the same post.

Charles S. Quail, of the Men's Nursing Department, has returned from a visit to his former home in Maryland and other eastern points. He found a number of young men who were glad to take advantage of the excellent opportunities offered at the Sanitarium for gaining an education.

A pleasant missionary social was held in the south dining-room Tuesday evening. Following the luncheon, which was served at six o'clock, a program of addresses was given, Elder Brunson presiding. Dr. A. Sutherland told of Fifty Years of Progress and Reminiscences in the Missionary Field; Dr. Kellogg spoke on The Two-Fold Gospel, and Mrs. McCandless gave reminiscences of her father, Dr. J. G. Kerr, the veteran medical missionary of China.

The sale of tickets for the concert to be given under the auspices of The Sanitarium Nurses' Alumnae Tuesday night is brisk, and the members are confident that the affair will be a success. The program is a delightful one, introducing Miss Alice Carey, violinist; Miss Gertrude Goodwin Miller, reader; Miss Metta K. Legler, soprano soloist, and Ross Hickernell, cornet soloist. The proceeds of the concert will go towards defraying the expenses of their delegate to the national convention at San Francisco.

Mrs. M. S. Foy, superintendent of the Nurses' Training-School, will leave next Tuesday for Cincinnati to attend the annual convention of the American Society of Superintendents of Nurses, which meets in that city, April 22-24. From Cincinnati she will return to Chicago and attend the convention of Visiting Nurses, which meets April 25. On the 26th inst. she will leave with a party of delegates for the San Francisco convention of National Nurses Alumnae Association, which convenes May 4. During her stay in San Francisco, Mrs. Foy will be the guest of Drs. W. H. and H. S. Maxon, at their Sanitarium at Oakland.

A pleasant feature of the helpers' social given in the gymnasium Monday night was the welcome home reception to Mr. and Mrs. M. W. Wentworth, who recently returned from a prolonged trip to the Pacific coast. The gym. was decorated with a profusion of handsome palms, potted plants and flowers, and during intervals the orchestra dispensed music. Through the ingenuity of Elder Tenney a complete story of the trip was given by a series of stereopticon views. A local cartoonist had done some sketching, so that in addition to handsome California views the audience had amusing glimpses of the Wentworths as they appeared (?) at various stages of their journey. Following the pictures Mr. Wentworth was called upon for a speech, and he responded with an interesting recital of their experiences, telling of the various Sanitarium guests and former workers he met on the coast and of the several institutions he visited. The evening proved most enjoyable.

Y. M. C. A. PLANS TO FORM INDUSTRIAL BRANCH HERE

Committee of Sanitarium Workers Will Arrange for General Membership

Active work has been begun toward the formation of an industrial branch of the Young Men's Christian Association among students and helpers at the Sanitarium. During the past week State College Secretary W. L. Rogers visited the Sanitarium at the request of George C. Tenney and addressed a meeting of young men in the chapel. The idea at first was to form a college association, but upon a closer inspection of the field here it was decided that such an organization would be too limited, in view of the breadth of the field, and plans were at once formulated for an industrial branch, which will open to membership the medical department, bathroom department, Good Health publishing department, and the students of the American Medical Missionary College. There are about three hundred young men eligible for membership, and it is believed that the association will be formed with an active membership of at least one hundred. The work will be arranged along six lines, represented by active committees and covering the following departments:

Religious work, embracing meetings, Bible Study, Mission Study, and personal work; Educational; Social; Membership; Physical; Finance.

The following committee has been appointed to arrange for the organization: Dr. C. C. Nicola, Charles Quail, Howard Bayley, Robert McCutchen, Irving Steinel, and R. O. Eastman. Mr. Eastman was made secretary of the committee, which voted to arrange for a general meeting to be addressed by L. E. Buell, of Ann Arbor, State Secretary, in the near future.

NERVOUS EXHAUSTION

(Continued from Page 6)

sleep than at any other time during the sleeping period of seven or eight hours. This would indicate that the sleep is soundest or deepest during the first hour and a half or two hours of sleep. Many who suffer from neurasthenia are able to go to sleep readily and pass the first two or three hours without waking, probably because at this time sleep is sounder and deeper than at any other time, but they awaken, as above stated, somewhere between twelve and two o'clock at night.

Insomnia is quite a constant symptom of neurasthenia, and is one of the most troublesome symptoms, to patient as well as physician. The physician has to deal with it more often in connection with neurasthenia, probably, than with any other disease, although insomnia may be a symptom of other diseases, such as organic disease of the brain, heart disease, disease of the kidneys, fevers, painful diseases, etc.

(To be continued.)

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PERSONALS

Mrs. P. H. Gage of Detroit is among the recent arrivals.

Mrs. Charles Gurler, of De Kalb, Ill., is a guest at the Sanitarium.

Miss Ethel Page returned the last of the week to her home in Marshall, Mich.

Mr. Charles E. Philpot returned the first of the week to his home in Pine Bluff, Ark.

Miss Byrne has returned to her home in Kansas City after a stay of several weeks.

Dr. A. Anderson, of Sioux City, Ia., paid a brief visit to the Sanitarium on Tuesday.

Dr. and Mrs. J. M. Walker, of Parkersburg, W. Va., visited the Sanitarium the past week.

George L. Carson, of Springfield, Ohio, has returned home after a stay at the Sanitarium.

Mrs. Walter Gilbertson of Chicago has returned to the Sanitarium for a prolonged stay.

Mrs. M. D. Overall, of Nashville, Tenn., is visiting Mr. Overall, a patient at the Sanitarium.

Mrs. Samuel Pursglove, Jr., of St. Clairsville, Ohio, has returned to the Sanitarium for a short stay.

Miss Lillian Busch, after a few weeks' stay at the Sanitarium, returned on Tuesday to her home in St. Louis.

Miss Elizabeth Parker, president of the State Nurses' Association, paid a brief visit to the Sanitarium this week.

Mr. and Mrs. W. M. Moller and Miss Jessie Duncan returned to their home in Dresden, Ohio, the first of the week.

Mrs. W. E. Nichols, of Evanston, Ill., who has spent some weeks at the Sanitarium, returned to her home on Wednesday.

Miss Leary F. Evans, who has been spending some weeks resting at the Sanitarium, returned on Friday to her home in Pittsburg.

Dr. H. M. Beebe, of Sidney, Ohio, accompanied a patient to the Sanitarium the past week, spending the day inspecting the institution.

Mr. and Mrs. R. M. Edwards, who have been guests at the Sanitarium for some weeks, have returned to their home in Houghton, Mich.

Dr. Kellogg and Dr. Eggleston attended the Council on Medical Education of the American Medical Association held in Chicago on Monday.

Dr. Rowland H. Harris returned on Monday from Chicago where he went in the interests of the American Medical Missionary College students.

The Rev. James K. Shields, of Oak Park, Ill., arrived at the Sanitarium during the week. Mr. Shields is superintendent of the Anti-Saloon League.

Miss Emery, who has made many friends during a prolonged stay at the Sanitarium this winter and spring, returned to her home in Muskegon, Mich.

Mrs. E. O. Burdon and Miss Burdon, both of whom visited the Sanitarium several years ago, have returned for a few weeks' stay. Their home is in Seattle, Wash.

Harmon W. Lindsay, formerly connected with the Sanitarium in Cape Town, Africa, was the guest of Dr. and Mrs. C. C. Nicola last week. He is en route for California.

Mr. Lee F. Hanman, field secretary of the Playground Association of America, spent a few days at the Sanitarium this week. Mr. Hanman is on a lecture tour through the Middle West, in the interests of his association, of which President Roosevelt is honorary president, and Jacob Riis, honorary vice-president.

Mr. W. L. Read returned to his home in Des Moines, Ia., the first of the week after a month's stay at the Sanitarium. So pleased was Mr. Read with the treatments and the opportunities for rest afforded by the institution that he left with the intention of returning each year for his vacation sojourn.

Among the missionaries to arrive during the past week are, Mrs. O. K. McCandless, from the Island of Hainan, China, daughter of the late eminent Dr. J. G. Kerr, of Canton, China; Mrs. L. M. Campbell, Mrs. Edith M. Buck, of Siam, and Dr. Emma D. Smith, of China.

Dr. Alexander Sutherland returned to his home in Toronto on Wednesday after a three weeks' sojourn at the Sanitarium. Dr. Sutherland was warm in his praise of the institution as a place for rest and recuperation, and says even after a three weeks' stay he only just began to realize the greatness of it and the scope of its work. Mrs. Sutherland remains for a few weeks longer sojourn at the Sanitarium, having gained five pounds the last week.

Capt. W. C. Coulson, of California, formerly Captain of the Revenue Cutter, "McCullough," doing duty in the Behring Sea, accompanied his son to the Sanitarium the past week and will remain for some weeks for rest. Captain Coulson has done gallant service in the United States navy, was with Dewey at Manila, and for many years has been a well-known officer on the Pacific coast.

ARRIVALS

The list of arrivals for the week ending April 15 is as follows: Thomas W. Cheeseborough, N. Y.; Robert K. Mann, Mich.; Sam Levy, Pa.; C. H. McClure, Mo.; Mrs. F. McClure, Ill.; C. A. Bowman, Mo.; C. K. McCandless, O.; John H. Brown, Ill.; D. E. Dallam, John L. Dallam, Pa.; Nellie Richmond, Ill.; Mrs. J. B. Merrell, O.; Edith Stivers, N. C.; H. H. Sargeant, O.; O. K. Wells, Tenn.; George Hilson and family S. Dak.; Mrs. Samuel Pursglove, O.; J. S. Harris, O.; Mrs. J. S. Harris, O.; Jean Wilson, Mrs. George Wilson, S. Dak.; A. B. Scarborough, Tex.; J. W. Russell, Tex.; A. H. Pegnes, Miss.; Miss Amy Daggett, Ia.; Mr. and Mrs. Norman F. Mason, S. Dak.; Capt. W. C. Coulson, Cal.; F. N. Gage, Mich.; J. G. Hamblin and wife, Mich.; Mrs. A. W. Comstock, Mich.; W. M. Miller, O.; R. M. Beebe, O.; Dr. H. M. Beebe, O.; Mr. and Mrs. O. H. Blackan, Mich.; H. A. Curtis, L. E. Curtis, O.; Mr. and Mrs. J. M. Walker, Parkersburg; Mrs. F. H. Ketcham, Ia.; Mrs. E. O. Burdon, Mich.; J. R. Harvey, Ia.; P. H. Gage, Mich.; Anna Cook-Owens, city; J. R. Moore, Ky.; W. F. Bultmann, Ill.; Dr. C. E. Sharp, Ill.; George D. Alexander, Wis.; Mrs. A. Marsh, city; W. E. Elam, D. C.; James F. Nicholls, Pa.; Mr. and Mrs. W. W. Johnson, O.; R. S. Clark, Mo.; Elizabeth L. Parker, Mich.; Dr. R. W. Long, Ky.; C. M. Crowe, Mich.; Euphemia Winkler, Wis.; B. A. Moorhead, Pa.; S. F. Booth, N. Y.; H. D. Rarringer, Miss.; Robert Taylor, Ill.; Joseph Michael, Pa.; Mrs. R. R. Bradley, Minn.; E. F. Niles, Minn.; James A. Niles, La.; Mr. and Mrs. Wis.; W. P. Winhoell, N. Y.; William Stoddard, Mich.; H. Boos; C. J. Bronston, Ky.; E. G. Tracey, Conn.; J. E. Trainor, S. Dak.; Mrs. A. E. Shaw and daughter, Ann Arbor;

Mrs. H. Howard Wilcox, N. Y.; H. Haendle, Mich.; Mr. and Mrs. Charles Gurler, Ill.; S. R. Wagg and wife, Wis.; Mrs. Walter Gilbertson, Ill.; Miss Bruske; Charles S. Kleth, Mo.; Paul Christmann, Ill.; C. S. Walsh, Ill.; Harold Cobbs, Ind.; T. C. Duffy city; W. L. Mason, Mich.; Hugo Platz N. Y.; Mrs. James A. Mills, O.; Wilbur T. Mills, O.; Harriet Shonoberger, Pa.; Margaret Hullar, Mo.; D. Gustofson, Minn.; Mrs. A. P. Gustofson, N. Y.; W. M. Mooney Me.; Harry Rex, O.; A. A. Jones, Ill.; F. J. Young, Tenn.; Mrs. N. D. Overall, Tenn.; Charles L. Bartlett, Mich.; Mr. and Mrs. John M. Flynn, Wyo.; E. Rayner, Ind.; Moses Schultz, Ind.; L. Gotfreden, Wis.; E. F. Cameron, Ore.; Byron Bratton, Mich.; O. C. Townsend, Mich.; W. A. Bercy, Mich.; Mrs. F. J. Cook, O.; Miss Lillie Arnold, Mich.; J. B. Howard, Ind.; Mrs. P. H. Gage, Mich.; W. E. Newark, Mich.; Lewis Wagner, Ind.; Mrs. George Wilson and child, S. Dak.; James K. Shield, Ill.; G. M. Curtis, Mich.; Carl C. Countryman, Ill.; Emory A. Walling, Pa.; C. P. A. Clough and Mrs. Clough, Mo.; Mr. and Mrs. G. H. Cormack, Ill.; Joseph Evenson, Minn.; Mr. and Mrs. Henry Harned, Ill.; Mr. and Mrs. C. B. Smith, Ind.; Mrs. K. Woodruff, Wis.

Prize winners in the picture puzzle contest of last week are: First, Dr. A. J. Read; second, M. P. Sheldon. The picture was a view of the round window over the main entrance to the Sanitarium.

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UNIVERSITY OF MICHIGAN

THE BATTLE CREEK IDEA

VOL. 1, No. 20.

BATTLE CREEK, MICH., APRIL 23, 1908.

PRICE, 2 CENTS.

CONVERSATIONAL CLUB BANQUETS DR. KELLOGG

200 Members of Local Club Take
This Means of Showing
Appreciation

AN INTERESTING PROGRAM

Two hundred guests were present at the banquet given Wednesday evening by the Conversational Club of Battle Creek in compliment to Dr. Kellogg. The affair was given in the banquet room at the Sanitarium, the long tables being handsomely decorated with spring flowers, trailing vines, and ferns. The club is one of the largest literary clubs in the city, and the banquet formed the closing feature of the year's program. "Dr. Kellogg has been especially courteous to us," said a member in speaking of the event, "and we wished to express our appreciation of his never-failing kindness and interest."

Following the banquet, at which the following menu was served, a program of toasts was responded to, Edward M. Brigham presiding as toastmaster.

* * * * *

Fruit in Orange Cups	*	
Radishes	Salted Pine Nuts	*
Vegetable Bouillon—Bread Sticks	*	
Fillet of Nut Meat	*	
Parisian Potatoes	Green Peas	*
Sliced Tomatoes	*	
Nurez Prensada—Mint Sauce	*	
Macaroni with Cheese	*	
Apple and Celery Salad—Wafers	*	
Fruit Buns	*	
Fresh Strawberries	*	
Whipped Cream	*	
Assorted Cake	Yogurt Cheese	*
Raspberry Nectar	*	
NoKo	*	

* * * * *

PROGRAM

Our Guest of Honor, Dr. J. H. Kellogg—
Our Appreciation—Rev. G. W. Buckley,
President of the Club
The Battle Creek Idea—Hon. John W.
Balley
The Woman in Our Club—Mrs. G. W.
Buckley
Echoes of Battle Creek from Foreign Lands
—James Peebles
The Goose That Lays the Golden Egg—
Arthur D. Welton
Battle Creek and the Battle Creek Sanitarium—Irving L. Stone
Response—Dr. J. H. Kellogg

DR. FRANK VAN ALLEN VISITS SANITARIUM

Addresses Students of A. M. M.
College on "Tropical
Diseases"

HOSPITAL BUILT BY NATIVES

Dr. Frank Van Allen, chief surgeon and manager of the hospital in Mandura, India, has been a guest at the Sanitarium this week. During his stay he gave a series of lectures to the students of the American Medical Missionary College on "Tropical Diseases." Dr. Van Allen went to India twenty years ago, where he started a medical mission. The present hospital of which he is the active head is the largest in India, and was built at a cost of 42,000 rupees, the gift of the well-to-do Hindus of the district, who appreciated the great work that had been done by the Christian medical man. Not a dollar of American money was used in its erection, a fact which is a matter of pride to the natives. The total number of patients treated during the year at the hospital is about twenty thousand while the surgical operations annually performed are 1,200. A thoroughly Christian air pervades the hospital, and this is said not to be resented by the most devout Hindus or Mohammedans. Dr. Van Allen has been in New York the past few months taking some post-graduate work. His visit to the Sanitarium and American Missionary College was necessarily brief.

MANY MISSIONARIES ENJOY INFORMAL SOCIAL

Addresses and Reminiscences by
Workers from Home and
Abroad

Thirty-five missionaries, all guests at the Sanitarium, together with several local pastors and their wives, enjoyed an informal supper on Wednesday night in the south dining-room. The tables were handsomely decorated with spring flowers and arranged in a hollow square in which choice palms and ferns formed the central decoration. Following the supper there were three addresses: Dr. Alexander Sutherland, foreign secretary for the M. E. church of Canada, spoke on "Fifty Years of Missionary Effort;" Mrs. O. K. McCandliss of China gave reminiscences of her father, the late Dr. J. G. Kerr; and Dr. Kellogg spoke of "The Two-fold Gospel."

Dr. Sutherland, in telling of the marvelous change of conditions in the

(Continued on Page 3.)

MODERN MEDICAL SCIENCE; ANCIENT MEDICAL IDEAS

Dr. Kellogg Discourses on Changes
That Have Taken Place in
the Medical World

HOW NATURAL AGENTS CURE

"In the old days, when Moses was a boy, it is said the expense of raising a boy from infancy to manhood, everything, including board, clothes, books, etc., was exactly four dollars. My experience is that it costs much more to raise boys at this time. In the time when Moses was young, if a man was sick, he went out in the market-place, put out his hand or foot or whatever other part of the body was infirm, and the passers by sympathetically stopped to look and inquire what was the matter. If it chanced that a man came along who had the same difficulty and had gotten well of it, he told what cured him. So the sick man tried it, and continued trying the things that were recommended until by and by he either succumbed or recovered,—perhaps as often in spite of what was done for him as by the aid of it. This was empirical medicine.

"The old post hoc—propter hoc argument was in fashion then as it is to-day. You remember the old Romans, when they heard it thunder, thought it was Jove talking. If any one objected, 'How do you know?' the reply was, 'Well, if it is not Jove talking, what is it?'

"Some years ago there was found in the Mediterranean by a ship out dredging a curious petrified something that looked like a baby, and the question arose, 'What is it?' Nobody knew. Finally a man volunteered the information that it was Noah's baby that fell out of the ark. 'But,' said another, 'there is no account that Noah had a baby in the ark.' 'Well, if it is not Noah's baby, then what is it?' 'Don't know.' 'Then of course it is Noah's baby.' It afterward turned out to be a petrified salamander, and then it was no longer Noah's baby.

"Multitudes of people argue just that way about the methods and remedies employed in the treatment of disease. Doctors themselves have been fooled for centuries. I do not say this to the discredit of the medical profession, for no profession has worked so hard to find out the right way as has the medical profession. In fact, they have been working against their own interests. It is always the doctors who are working to get public health laws enacted so as to protect the public health. If there is a great public health meeting anywhere, it is a meeting of doctors, to study to keep people from getting sick, yet they do not get a cent for their services unless people are sick. Compensation ceases as soon as the patient gets well. So the medical profession as a

whole always works against its own interests in that regard, and for the good of the community, but there has been such dense darkness upon the world, and such little knowledge of right principles, that we have simply been groping on.

"About fifteen years ago at Rome, there was a wonderful meeting of medical men from all over the world,—the great International Medical Congress. At this meeting a German doctor read a paper in which he showed that the high temperature of fever was an advantage, that when a man had fever he ought to have a high temperature, for it helped him to recovery. It is the means by which nature fights against the poisons of the disease and enables the body to manufacture anti-toxic substances,—substances to oppose the poisons,—antidotes for poisons produced by germs in the body; and the worst kind of case is when a man had an infection with typhoid fever germs, for example, and had no fever. The fever is necessary to enable the body to combat the disease, and it is only necessary that this symptom should be moderately controlled. If the vital resources of the body are encouraged and assisted, then the fever will take care of itself. To-day it is known that if a man who has a fever will go to bed, and swallow enough water, the chances are one hundred to one that he will get well. How different this method from that of Cullen a century ago. Cullen said that the patient must be bled, to get the fluids out of the body. Nor would he allow a patient any water, and the wonder is that any of them ever recovered.

"As far back as the time of Hippocrates, one of the greatest medical men who ever lived, the father of medicine, a Grecian physician who lived three or four centuries before Christ, enunciated the very same principles—the power of nature as the real healing force. He recognized the fact that this power of healing is not simply an abstract principle, but that it is an intelligent power residing in the body, that is working always in the interests of the body. So we are to co-operate with this power in operation, and not fight against it.

"Disease is recognized no longer as an entity, something within a man to be cast out, as the ancients did. For instance, the ancients said that when a man was sick there was a devil in him that must be driven out. Sometimes the sick man was thrown down and beaten with sticks until nearly dead. Sometimes he was carried into a dark cave where certain spirits were supposed to dwell that were capable of driving the demons out. There the man would be set upon by men employed for the purpose, knocked down, beaten until nearly dead, perhaps half suffocated, then be dragged out to the mouth of the cave, and if he recovered, it was a remarkable case of cure. I have visited in Italy some of the very caves where this was practiced; and it is just as reasonable to endeavor to cure a man in that way as by bleeding and purging in the old-fashioned way described by Cullen. If a man recovered, it was only in spite of what was done for him, and not by the aid of it.

"Another method much in vogue by the ancient Jews, Syrian, and Babylonians, was to burn a mass of fragrant twigs, bring these to the nostrils, carry them away again, and by this means en-

tice the demon to leave the body. The Tartar physician goes out from his hut and carries along on his shoulder or in his saddle-bag a little bag of herbs that he has gathered from the forest. He looks at the patient's tongue, feels his pulse, then looks into his bag to see if he has the proper herb to exorcise the particular demon this man is supposed to be possessed with; and if he does not have the proper herb, he writes the name of the herb on a piece of paper, rolls it up into a ball, gives it to the patient to swallow, and that is a notification to the demon that he had better leave, because the remedy is coming; and this is supposed to be as effective as the medicine itself. If the patient happens to be a very wealthy person, the doctor says the only way this demon can be permanently gotten rid of, is for him to give the doctor one of his best horses. So the doctor is supposed to extract the demon and get him into his horse, then he mounts the horse and rides away.

"To-day a man goes to a mineral spring and recovers. He goes home and tells some friend. This friend goes, gets well, comes back and tells another friend; so the water gets a great reputation of having cured these men,—one of one disease, another of another. The fact is the man has been cured by the powers of his own body. Perhaps the reason he recovered at the spring when he did not at home, was because he rested. In Iowa there is a place where there is some very bad, unpleasant tasting water. Fifty years ago, the farmers fenced this spring in because they found it made their cattle sick. An ingenious Yankee came through the country, found the spring fenced in because it made the cattle sick, and he said, 'If that water makes cattle sick, it must be just the thing to cure people who are sick.' So he put up a hotel inside the fence, and now for the last twenty years there have been several thousand people going there every year to be cured of their diseases by means of the water that made cattle sick, and that the farmers fenced the cattle away from.

In this State we have a spring which originated in a somewhat similar way. A well was put down by some one boring for salt, with the idea of having salt works. The water obtained was so impure, contained so much sulphate of magnesia and other impurities in addition to the salt, that although it contained a large amount of salt, it was quite unusable for salt making. But a Yankee came along and said, 'I believe I can make a medical institution out of that spring.' So he put in a bath-tub, and advertised it, and it began to cure. I remember the whole history of the place. It has been very widely advertised. Many people go to the place and some are benefited,—some because they stop drinking beer, whisky, and drink this diluted salt water instead; and others who have been leading sedentary lives are benefited because they are put into the water and made to perspire, and the perspiration helps them. But there is absolutely no conceivable benefit to be derived from any of these mineral springs so far as any secret or occult principle or quality is concerned.

"I said to the managers once at one of these mineral springs the water of which was advertised to cure rheumatism, 'I should like to have you ship me several

hogsheads full if you will guarantee it to cure.' 'Oh,' they said, 'it won't cure at a distance; it will cure only when taken right fresh at the spring. Its properties evaporate.' The idea that these mineral springs absorb some wonderful virtues from the well which give the water some specific ability to cure is just as much an absurdity, just as much an error, as the ancient notion that disease was due to the possession of demons, and that the patient must be cured by somehow whipping or coaxing these demons out.

"Priessnitz, the illiterate peasant of Graefenburg, actually discovered very little in regard to the use of water as a means of curing disease. Water had been in use by the common people from the very earliest time. The use of water seems to be recognized even by the lower animals. A sick animal will bathe; a sick dog will fast, abstain from food, drink water, will lie in the sunshine to get a sun-bath. There are many evidences that animals have really an instinctive knowledge of natural methods of cure. It was thus that Priessnitz made his first observation when a boy twelve years old. He noticed a deer soaking its wounded leg in a spring, and when he himself was hurt in a runaway,—a rib broken and an arm injured,—he cured himself by soaking his arm in a tub and putting on his side compresses wrung out of water. People were attracted by this peasant's novel methods of cure, and little by little he systematized his methods and finally became famed far and near for his wonderful success.

"Fifty years after Priessnitz began his work, Virchow, the greatest physician who has lived in modern times, said, 'Diseases are not entities that have entered into the body; they are not parasites that take root in the body. They merely show us the course of the vital processes under altered conditions.' There is no better definition of disease formulated at the present time than this of Virchow, one of the greatest scientists, and one of the greatest medical men the world has ever known.

"Some twenty years later, about 1866, there began at this very spot a movement which has been developing ever since. In the summer of 1866—forty-two years ago the summer,—an institution was started here in a small farm building. There were no trained nurses. I was a young man of twenty-four when the physician in charge went away, and I came in the next morning and have been on duty ever since, now thirty-two years. One of the things we have endeavored to accomplish is the building up of a thoroughly formulated and systematic method of using natural agents in the cure of disease. We endeavor to study the human body in such a way as to know exactly what its conditions are, to know just what every organ is doing, and to be able to express these conditions in mathematical terms; so we have what we call the Sanitarium System of Vital Coefficients."

Endeavor to be patient in bearing with the defects and infirmities of others, of what sort soever they be; for that thyself also hast many feelings which must be borne with others. If thou canst not make thyself such an one as thou wouldst, how canst thou expect to have another in all things to thy liking?—Thomas A. Kemple.

The Value of a Laugh

"Laugh and grow fat" has a physiological truth in it. As laughter, with its accompanying mental cheer and massage to the abdominal organs, increases the digestive power, so the assimilative function of the blood is augmented, and more flesh is made. The quality of the food taken, its preparation in the mouth, and the extent to which the food was needed, determine whether this shall be good healthy flesh or an accumulation of impurities for disease germs to feed upon.

Laugh and grow fat, and as you grow fat, you will laugh, because the better your digestion, the happier you will feel, and the happier you are, the less surely will care and worry oppress you, and those are what kill.

Jolly people are one of the greatest boons to humanity. They are their own excuse for living. Who is more popular, more heartily welcomed everywhere than a jolly, happy person? what is more delightful and refreshing than reading a really funny book?

There is an exercise that has to a great extent the same effect as laughter on the body. It can never have quite the same effect or do as much good as genuine laughter, because the mental cheer is lacking. This is the exercise: Take a deep breath and then raise and lower the diaphragm rapidly. It will be of the utmost benefit to the digestion and general health if done several times a day whenever privacy offers an occasion. It might be well not to start in too violently at first, as the results of the shaking up might surprise and alarm you, but don't let any little first unpleasantness deter you. And don't be afraid to indulge in a good "ha-ha" whenever you have the opportunity.

So laugh, and the world will laugh with you, and be a much happier, healthier world in consequence.—"Good Health."

MISSIONARIES ENJOY SOCIAL

(Continued from page 1.)

Past half century, said that fifty years ago, in response to the spirit of prayer that God would open up an effectual door to the heathen, the answer came in a striking way: in the space of three years, between 1857 and 1860, the way was opened to more than half the world,—in India through the Sea pay mutiny; in China as the result of the Anglo-French occupation of the country by their forces in the 50's; and in Japan when Commodore Perry knocked with his mailed fist at the hermetically sealed gate of that kingdom. "The church, he said, 'was unprepared for such an answer, and,' he added, 'I have always felt that it was God's providence that this was true. The breaking down of prejudices is a slow process.' The speaker closed with the following significant statement, to which his fifty years in the ministry and thirty-four years in missionary work gave added weight: "If the gospel of Jesus Christ is to receive its accomplishment in another half century, you will not find one-half as many sects as there are to-day. The day has gone by for that. In coming times, if the church holds on to its narrow idea, it will fail."

Mrs. McCandliss with infinite tender-

ness told of her father's work in China, and of how greatly beloved he was after the Chinese had once become assured of his earnest desire to help relieve their sufferings. "My father's life," said she, "consisted simply of daily good deeds—a constant following of the Master's example, 'going about daily and doing good.'" She said that she considered that his great hold upon the people lay in his possession of a genial, loving, kindly disposition and his ever-present sense of humor, together with the deep love he had for the people among whom he worked. Dr. Kerr, who was the first medical missionary to go out to China, in the evening of his life founded a hospital for the insane in Canton, the first in the country, with his savings of seventy years as a final proof of his devotion to the Chinese.

Following Mrs. McCandliss, Dr. Kellogg gave personal reminiscences of Dr. Kerr, whose warm admirer he was. Later he told of the founding of the dispensary in the Chicago stockyards district and of how in conspicuous ways Providence had led him on and helped his work. The dispensary was at first simply a "bath mission," opened up in a basement room in one of the worst quarters of Chicago. In six weeks' time after its opening there would often be two hundred men in line waiting for a chance to enter to bathe themselves and wash their clothes. After the World's Fair and during the panic that followed, when twenty thousand homeless men were on the streets, Dr. Kellogg and his assistants hired a hall and gave penny dinners to seven hundred a day. Later a lodging-house capable of accommodating three hundred at a time was opened. Now the dispensary and visiting nurses are doing a noble work in a district where it is greatly needed. This sort of work—work for the soul as well as the body, "with God for your partner," is the work to which Dr. Kellogg has pledged his life. "The Lord sent out his disciples to 'preach the gospel and to heal the sick,' said he, 'and the medical man who simply binds up wounds is falling of his mission.'"

"Learn to attend strictly to your own business. Very important point."

Physical Examination for School Children

Chicago school children are to undergo a thorough examination each year for physical and mental defects, Health Commissioner Evans and Chief Medical Inspector Spalding have been urging the scheme for some time, and it has recently been approved by a committee of school trustees, and it is expected the plan will soon be placed in effect. The method of inspection by doctors and system of visiting nurses will be similar to that employed in European cities and in New York, Philadelphia, Boston, and Washington.

Give the potted plants you received on Christmas week plenty of sunlight and not too much heat. They should be kept in a cool rather than a hot temperature, and as most of them have come from greenhouses, if possible supply a little moisture by keeping vessels filled with water standing near the plants. Also see that no coal gas escapes from the furnace, or it is certain death to many of your plants, especially to the Jerusalem cherry.

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GENERAL DIETETIC SUGGESTIONS.

1. Get from your physician a diet prescription giving both kinds and quantities and number of calories to be eaten, and follow the prescription carefully.
 2. Add up the calories eaten at each meal and compare with the prescription. If there is a marked excess or deficiency, bring the matter to the attention of your physician.
 3. Chew each morsel well, which means until no particles can be felt when the food mass is pressed against the roof of the mouth by the tongue.
 4. Do not swallow rubbish. Return to the plate all coarse material which cannot be reduced in the mouth to a smooth paste.
 5. Let both reason and instinct guide. Appetite will select the foodstuffs; reason must aid in determining the quantity.
 6. Be sure to keep the protein low; one-tenth the total number of calories is sufficient. An excess causes biliousness or auto-intoxication.
 7. Fats in excess cause "biliousness," encourage intestinal auto-intoxication, delay the foodstuffs in the stomach, and hinder digestion. Hyperhydrochloria requires the free use of fats. In hypohydrochloria and aepsia, fats must be used very sparingly.
 8. "Eat ye that which is good"; that is, that which tastes good, which is relished; then forget all about it. This encourages the development of "appetite juice,"—the most powerful factor in gastric digestion.
 9. Thorough mastication settles the question of combinations, and affords opportunity for instinctive selection, and so leaves no occasion for worry.
 10. Never think or speak of disagreeable matters at the table of soon after eating.
- A happy, hopeful and amiable state of mind is essential to good digestion.

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President Eliot's Advice to Athletes

President Eliot of Harvard, in his annual report to the Overseers of the University, sums up the use of the violent sports in a sane and logical way. Football, he says, is the least useful of all the games, because it can be played by the very few and never beyond the college period. Moreover, football toughness, he says, "is not the kind of toughness which is most profitable in after life. To get accustomed to make one's greatest exertions in the presence of shouting thousands and of the newspaper extra is bad preparation for the struggle of professional men, who must generally do their best work quite alone, or in the presence of a few critical observers. Even for modern warfare the violent, competitive sports afford no appropriate preparation, inasmuch as in real warfare the combatants seldom see one another."

His suggestion that the youth choose a sport that will be useful to him until he is sixty is deserving of more than passing thought. President Eliot points out that the moderate, generally available and long available sports are much more wholesome than violent sports, which only a few can endure, and those few only when they are young.

His arraignment of football and other "violent sports" is undoubtedly needed in the face of the condition into which college athletics has plunged in the past decade. Of course the undergraduates are taking his condemnation of the "exaggerated athletics" in the manner in which they might be expected to take it—denying that they are exaggerated to the extent to which he points out; but to the unprejudiced observer the counsel of the president is timely and wise, and should be impressed upon the youth of the country as well worthy of consideration.

Mrs. George Watkins, chairman of the anti-tuberculosis committee of the Illinois Federation of Women's Clubs, will take a prominent part in the federation's support of the bill now before Congress "to investigate and develop methods of treatment of tuberculosis."

Work of American Bible Society

The Rev. D. W. Riggs, district representative for the American Bible Society, spoke before Sanitarium patients and guests Sabbath afternoon, telling of the work of the two great Bible societies of Great Britain and of America, which, he said, were the great civilizing agency of the world. Through the work of these two societies the Bible has been translated into four hundred different languages and dialects. Of the twenty-three dialects into which the Bible has been translated, seventeen of these had been done through the American Society. It had also made possible the only Arabic Bible in the world. Twenty-five years ago there was no written language in the Kongo; now through the work of the missionaries and the representatives of the society, there were seventeen.

The speaker told of the great care that had been taken to translate accurately without comment or change, and of the struggle it had been to keep the work out of the commercial world. In the past few years every single home in the United States has been canvassed by the American Bible Society three times, and in homes in which there was no Bible, provision was made for one. The last canvass cost the society \$1,300,000. At the close of the speaker's address several missionaries testified to the value of the society's work, Dr. Wilcox of China saying it would be well nigh impossible to carry on some missions without the valuable aid thus given.

Professor Newton Lectures

Prof. M. W. Newton, manager of the Modern Medicine Co., has begun a series of very interesting lectures on Greece. The introductory number of the series was given in the Sanitarium Chapel, on the ground floor of the main building, Monday afternoon at one o'clock. These lectures will be continued on Mondays and Thursdays, probably extending over a period of several weeks.

They will include the study of the country, its modern and ancient customs, its art, architecture, etc., also embracing a careful study of the results of modern archeological research.

Professor Newton, with an associate, was sent by the State of Nebraska on a tour of archeological research which lasted for several months. Nearly 1,000 official views were taken, which, supplemented by about 1,000 views by Professor Newton himself, for private use, give him an unusually good collection from which to choose subjects for a lecture course of this kind. The lectures form a part of the regular mid-day chapel service, to which all helpers and guests are cordially invited.

In an address given at the People's Institute in New York recently, Dr. Thomas Darlington, Commissioner of Health, said that by the use of anti-toxin the mortality among diphtheria patients in that city had been reduced from forty per cent to three per cent.

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What Is Colitis?

Recently, during the course of a Sanitarium parlor lecture, a patient put the question: "Is colitis a stubborn disease to cure?" Dr. Kellogg's reply will doubtless be of interest to many of our readers, and we give it in part:—

This malady was formerly considered incurable. It was looked upon as one of the most stubborn diseases known, for the reason that no one knew the cause of it; but now that the cause is understood, it is found to yield quite readily in the great majority of cases to rational treatment, which consists in cutting out the causes. Dr. Tissier, of Paris, has pointed out some very interesting facts in relation to colitis, which is simply a form of enteritis. When the inflammation affects any part of the large intestine, it is called enteritis. Generally it is called enteritis when it pertains to the small intestine only. Colitis is the same disease when it affects the large intestine. Colitis most commonly begins with the large intestine, and gradually works up into the small intestine; at least, this is my belief about it. It may strike, in an acute form particularly, the entire intestine, large and small. It may attack the stomach and the large and small intestine, and even the ducts of the liver, so affecting a very large area. It may become chronic in this form, and is really a very serious disease.

"Colitis is for the intestine, for the mucous membrane of the body, very much what eczema is for the skin. A person may have salt rheum, eczema, sores upon the whole surface of the body, perhaps. That is practically the same thing as colitis. It is a colitis, if you please, of the skin, and you may say that colitis is an eczema of the colon. The difference is this: when the disease affects the skin, then contact with the air leaves the discharge in a dry form; whereas, when it affects the colon, so much moisture is present that the discharge comes away in the form of mucus, sometimes strips, shreds of membrane that look like wet paper. They sometimes have the semblance of worms.

Both diseases are due to lowered vital resistance: so low that germs grow. When germs grow on the skin, we have eczema. When they increase in extraordinary numbers in the intestines, they irritate the mucous membrane, which pours out mucus to protect the sore surface, to prevent the absorption of poisons, and it is the mucus which adheres to the intestines for a long time and then is torn off by the contractions of the intestine and discharged from the body. A person suffering from colitis will be likely to have sore spots where the large adherent masses of mucus are most abundant. For instance, it may be in the transverse colon; then there will be soreness there. It may be in the descending colon, and there will be soreness there. Such a person will think he has disease of the kidney or of the liver, or appendicitis, or something else.

Professor Tissier goes so far as to say that nobody can have colitis unless he eats meat, animal food of some kind; for animal food is the one thing in which the germs that produce this disease, can grow. So to get rid of colitis, enteritis, and a lot of chronic intestinal auto-intoxication, the only thing that would be necessary would be to raise the price of meat so high that nobody could get it; or if the cattle would all die

off, so there would be no meat to be eaten, the disease would disappear from the face of the earth; for it is really a meat eater's disease, a beef eater's disease. I must add, however, that the free use of eggs, as well as the use of meat, encourages the disease.

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DOMESTIC SCIENCE DEPARTMENT

In her Thursday afternoon demonstration lecture Mrs. Minnie Emmons of the Domestic Science department, gave an illuminating talk on "Food Salts" that was full of practical suggestions to members of her audience. The term, she said, was applied to the essential mineral salts which are found in vegetables, fruits, cereals, milk, egg-yolks, etc. The most important of these salts are sodium, lime, phosphorous, iron, potassium, and sulphur.

"Certain of these salts," said the speaker, "are absolutely necessary to maintain the normal composition of the tissue. Among them we might mention sodium, calcium, iron, potassium, and manganese. These are necessary to maintain the activity of the body. The cells can not throw off the waste products nor can they take in nourishment unless these are present in the blood in normal proportion. A deficiency of salts renders elimination of poisons difficult, permitting an excessive accumulation of carbon dioxide to form unhindered; it also increases the rate of heart beat.

"If these salts are not properly supplied in the food, the blood which is formed from the abnormal food is chemically of a poor quality. Hence certain diseases are known to be directly traceable to deficiency in salts. Among these are scurvy, rickets, scrofula, rheumatism, gout, poor teeth, and certain nervous diseases. The presence of calcium, sodium, and potassium in normal proportions is also absolutely necessary for heart activity; the potassium and sodium contract the heart tissue and the calcium relaxes it.

"Sodium salts in the blood are necessary to maintain the normal blood pressure. The body cells can not receive nourishment or give up the waste products unless this normal pressure is maintained. Sodium salts are also needed to combine with the sulphuric acid to break up the albumen. When there is a deficiency of the sodium, the sulphuric acid is left free, and this makes it possible for it to eventually eat away the lime of the bony tissues. Sodium salts are obtained from spinach, strawberries, carrots, radishes, and some other fruits and vegetables, and are necessary to maintain the proper constituents of body fluids: without them the bones and teeth are likely to be of poor quality. From the onion, cabbage, dandelion, radish, and many of the fruits we get the lime salts also necessary for bone and teeth material and for the maintenance of a normal composition of the blood. Children with rickets, irregular teeth, and disease of the bones often are lacking in this necessary salt.

"Iron is found in strawberries, spinach, cabbage, lettuce, egg-yolks, radishes, and lentils. It is a most necessary, constituent of the blood, and should be freely partaken of by anemic persons. When iron is obtained through the druggist as medicine, it is in the inorganic form—in which form it can not be made use of by the body. But when received through the colored fruits and vege-

tables, it is in the organic form and all ready for assimilation.

"The phosphates, so necessary for the growing child, are found in the grains largely, rice having a total of fifty-three per cent phosphates, beans thirty-eight per cent. Egg-yolks, too, are rich in phosphates, having sixty-five per cent. Sulphur is found chiefly in the protoid foods and nuts. Potassium is generally found to be in excess in a diet composed chiefly of bread and potatoes, so that the average person has a sufficient amount of potassium supplied in the ordinary diet.

"In considering our usual bill of fare, it is no wonder," said the speaker, "that this generation finds itself degenerating. Like a ship built of rotten timber, it goes very well in good weather, with a light load, this body of ours, but when a heavy tax is imposed, there is a physical shipwreck: it can not withstand even a slight shock. The ideal bill of fare consists of fruit, cereals, nuts. The vegetable diet is practical and rational for those who pursue the gentle, peaceful life. A meat diet produces headstrong, self-willed people. But in order to retain the necessary salts in the vegetables, care must be taken to preserve them during the process of cooking. They may be easily lost through continued soaking in cold water, through the blanching process, or through improper boiling and draining. Vegetables should be cooked in a small amount of water, and, in most cases, the water left, should form part of the sauce in which they are served. They should be eaten at least twice a day. Vegetables which do not contain starch may be eaten raw. It is a fact that in the uncooked food we have the life principle which is destroyed in the cooking process. For that reason succulent vegetables, such as lettuce, celery, tomatoes, etc., should be eaten raw. In fact, a certain amount of raw food should be eaten each day."

Following the lecture domestic science students served asparagus loaf and a delicious summer fruit salad, recipes for which follow:—

Asparagus Loaf.

7 whole wheat wafers (larger number will be required if ordinary crackers are used).

- 1 cup of hot cream
- 2 eggs
- 2 cups of diced asparagus
- 1 tbsp. butter
- 1 tsp. salt
- 1-4 tsp. grated onion

Roll the wafers, add the hot cream, beaten eggs, and lastly the asparagus, cut in 1-2 inch pieces. Mix carefully. Bake 20 to 30 minutes in a moderate oven.

Summer Salad.

- 1 medium-sized pineapple
- 3 oranges
- 3 bananas

Cut fruit in small cubes (add a few strawberries if in season) and pour over all the

Golden Dressing

- 2 eggs
- 1-4 cup colored fruit juice
- 1-4 cup lemon juice
- 1-4 cup sugar

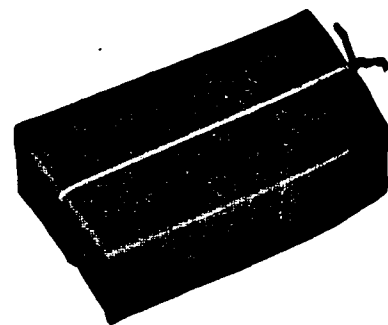
Beat the eggs, add the fruit juice, lemon juice, and sugar. Place in double boiler and stir constantly until it begins

to thicken. Cool before pouring over the fruit. Let salad stand half an hour or more before serving.

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RACES AND GAMES IN SWIMMING POOL

Women and Children Enjoy Water Sport and Please Spectators

Keen interest was aroused Wednesday by the swimming tournament in the women's pool in which fourteen skillful women and girl swimmers participated. Those who entered were: Misses Francis, Stout, Montgomery, Kermmer, Radley, Ingram, Dowkontt, Jackson, Arthur, Breckheisen, Devine, Bailey, and Elizabeth Ashbrooke.

The program opened with a relay race in which Misses Radley and Francis were pitted against Miss Marion Dowkontt and Miss Stout. Miss Francis and Miss Dowkontt were declared the winners. The race was close and proved an excellent opening number.

The next event a rescue drowning exhibition—aroused no end of applause on the part of the spectators, who stood toptite to see it to its finish. Miss Montgomery, in nurse's costume, fell headlong into the deep water end of the pool, sinking below the surface. In a few seconds she was floating on top, apparently lifeless. At this juncture Mrs. Rulon Smith swam to her rescue, and in an attempt to grasp her, was seized by the throat in orthodox fashion by the desperate victim. A sharp knock on the head quickly reduced the drowning woman to a state of insensibility (?) and the rescuer brought her safely to shore, where, with the expert assistance of several other competitors, modern methods of resuscitation were applied: artificial respiration, friction, percussion, etc., and in the course of a few moments the victim recovered consciousness and was borne triumphantly off in the arms of the party, amid the loud applause of the spectators. A few minutes later she returned and entered the competition, displaying her own swimming prowess.

Following this event, little Miss Elizabeth Ashbrooke, of Cleveland, who with her parents has been spending some months at the Sanitarium, gave a very pretty exhibition of the breast stroke, swimming gracefully across the pool from end to end. Her even stroke and grace was the envy of many an older swimmer. She has learned to swim during her stay at the Sanitarium.

Then followed a diving exhibition, Misses Francis, Jackson, and Radley making many a pretty dive off the springboard. In the interim between the events Miss Jackson gave an exhibit of diving backward and with the double somersault. Mrs. Smith followed with a very pretty demonstration of the breast stroke the length of the pool, returning with the side stroke.

The next event was a demonstration of swimming under water, Miss Francis and Miss Lucile Arthur entering. Miss Arthur, one of the younger swimmers, made the full length of the pool both ways under water, and aroused deserved applause for the pretty feat. Following this Miss Jackson made a spectacular dive from the upper balcony, taking the water

prettilly, and swimming off easily after the event. A jumping contest from the springboard followed in which nearly all of the contestants participated, Miss Gertrude Ingram leading.

Following this came a very hotly contested egg and spoon race, in which were entered Miss Kemmer, Miss Devine, Miss Breckheisen, Miss Mays, and Miss Marion Dowkontt, the latter winning out by several lengths, for the second time this season in a similar event. "Diving for butter chips" was the next announcement, in which there were many entries. Miss Francis carried off the honors by diving in after three of the small disks and coming up quickly with all three in her hand. Miss Jackson dove through the cork belt after her trophy—an effective piece of work.

The game of water leap frog aroused considerable mirth, five pairs of contestants entering, the object to make the width of the pool in the shortest space of time. Miss Francis and Miss Arthur carried off the honors. The tournament closed with an exhibition of the high jump by Miss Lucile Arthur, who jumped a distance of twenty-five feet from the upper balcony.

QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Is spinal hemorrhage incurable? The patient in question is paralyzed, being able to move only limbs and head.

A. A cure occurs occasionally by absorption of the clot. If the clot is recent, there is some prospect of recovery. If it is of several years' standing, recovery is quite impossible.

Q. Is yogurt milk or the capsules good to use in typhoid fever?

A. Yes, both are good.

Q. When away from a physician, can a patient judge for himself whether indigestion is caused by too much or too little acid in the stomach? If so, how?

A. It is rather a difficult thing, but if a person has been subject to heartburn and found to have hyperacidity and has gotten rid of it, and his heartburn returns, it would be a pretty good indication that he has too much acid.

Q. What will cure head noises caused by catarrhal deafness?

A. Cure the catarrhal deafness and the head noises will cease. Remove the cause, and the difficulty disappears. In the way of cure, several things are of very great advantage. One thing is vibration. Suppose it is the right ear. Vibration about the ear is a good thing. Another thing is inflating the ear; that is one of the best of all things. The introduction of acetic ether and some medicaments may be employed with advantage. The application of galvanism and massage of the ear are also helpful.

Q. Can a short muscle be lengthened by exercise, whether congenital or acquired and if so, will it remain in harmony with its antagonist? Especially the extrinsic muscles of the eyes?

A. The lengthening of a muscle or shortening of a muscle is really a mechanical thing. If a muscle is too long, it gen-

erally has to be shortened; if it is too short, it has to be attached at a different place. In these operations upon the eyeball, if a muscle is too short, it is cut loose from the eyeball and attached at a point a little further out on the eyeball, so the short muscle can serve the purpose as well as a longer one.

Q. What is the cause of intercostal neuralgia, and how may it be eradicated?

A. Dr. Chapman, of London, used to say that neuralgic pain was the cry of a hungry nerve for better blood; and my observation is that intercostal neuralgia is generally the result of reflex irritation from the stomach, or from the sympathetic ganglia, generally a sore place in the stomach. I very much surprised a lady the other day who was telling me about an awful pain she had in the back. She knew she had some trouble with the spinal cord, and I said, "I think the trouble is not in the back side of your back, but in the front side of your back." It had never occurred to her that she had a front side of the back; but on examination of the front side of her back, I found that was really where all the trouble was. The whole trouble came from a sore stomach. That was the real root of the difficulty, and that is generally the cause of this intercostal neuralgia.

Q. Does chewing gum after meals aid digestion?

A. I doubt it. The saliva must be mixed with the food. Of course, it might be possible if a person forgot to chew his dinner, after dinner to retire into some secluded corner and chew gum for penance,—it might possibly help him a little if he took pains not to expectorate any of the precious digestive fluid he had lost. But I can not recommend it.

Q. Is peanut butter wholesome?

A. It depends on how it is made. If it is made from roasted peanuts, it is not good because roasting sets free the fat of the peanut, which is burned upon the surface, and the peanut is really fried and becomes indigestible. But peanut butter prepared in the proper way is entirely wholesome. The proper way is heating it by superheated steam, cooking it at a temperature of perhaps 240°, not higher, so that it is thoroughly cooked, slightly browned, but not roasted in the ordinary sense.

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PERSONALS

Mrs. E. Blossom and Miss Fisher spent a few days in Detroit the past week.

Mr. J. B. Frank, of Fort Wayne, Ind., has returned to the Sanitarium for a few weeks.

Mr. and Mrs. H. S. Butler, of St. Louis, former patrons of the Sanitarium, returned this week.

Mr. Richard S. Thain of Chicago spent Monday at the Sanitarium, greeting former acquaintances.

Mr. P. A. Singer, of Waukegan, Ill., paid a short visit to friends at the Sanitarium the past week.

Dr. M. C. Wilcox, of Foo Chow, China, has returned to the Sanitarium after a short visit to relatives.

Mrs. Taylor, wife of Dr. R. F. Taylor, of Napa, Cal., arrived at the Sanitarium recently, and will remain as a patient for some weeks.

Mr. and Mrs. S. D. Kilpatrick, with Mrs. Kilpatrick's mother and sister, Mrs. A. W. Bradt and Miss Rosanna Bardt, are among the recent arrivals.

The Rev. W. M. Martin, of Exeter, Ont., arrived this week to pay a visit to Mrs. Martin, who has been a patient for some months at the Sanitarium.

Mrs. W. H. Tuttle, after a stay of nearly a year at the Sanitarium, returned to her home in El Paso, Texas, early in the week, greatly improved in health.

Dr. and Mrs. McCullum, of Victoria, Australia, are paying a visit to the Sanitarium. Dr. McCullum is a prominent surgeon of Australia, and is on a furlough.

Among the departures of the past week were: Mrs. S. Pursglove, D. H. Lawrence, J. W. Dawson, Mr. Doring, A. K. Wells, J. O. Pottinger, Mrs. W. H. Tuttle.

Messrs. Montgomery Shepherd, L. M. Shepherd, and Dr. N. L. Wilson, of St. Joseph, Mich., are among the week's arrivals. Dr. Wilson returned to St. Joseph after a brief stay.

Mr. and Mrs. Herbert Gray Ashbrook, of Cleveland, Ohio, who, with their little daughter Elizabeth, have been spending some months at the Sanitarium, returned to their home Monday.

Dr. M. A. Mortensen read the paper of the evening before the Battle Creek Medical Society, Monday night. His topic was "Complications and Their Treatment in Typhoid Fever."

Miss Perrin, physical instructor at the University of Michigan, accompanied by her mother, Mrs. E. P. Perrin, and Miss Clark, spent a few days at the Sanitarium the past week. They returned to Ann Arbor on Friday.

The concert given under the auspices of the Nurses' Alumnae Association Tuesday night was a decided success and drew a big audience. The performers were all of a superior order of talent and gave a delightful program. The proceeds met with the expectation of the committee and will be used to defray expenses of the association's delegate to the national convention in San Francisco.

The Rev. and Mrs. William Axling, of Japan, who have been spending several months here in the interests of Mr. Axling's health, which was sadly broken down as the result of his labors in the Orient, left early in the week for Chicago. They expect to return to Japan in September, "thanks to the Sanitarium," says Mr. Axling, whose condition of health was such when he came that it was thought it would be quite a year before he could return.

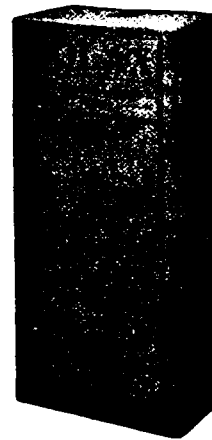
Dr. Royal J. Dye, of the Kongo, paid the Sanitarium a visit during the past week. The doctor has done noble service as a medical missionary a thousand miles inland at Bolongi, having established a church of over four hundred members reclaimed from cannibalism and savagery. He brought with him a very promising young man by the name of Mark Ngoji. Mark being the name he adopted on accepting Christianity. His father was a witch doctor who died six years ago, and Mark became his natural successor, but having become a Christian, he put aside all the heathen practices, and went out preaching Christ, and in some instances had to bear persecution and beatings from hostile chiefs. Mark expects to spend four months in Battle Creek. He will be cared for by Dr. Kellogg and during his stay will learn printing in the Sanitarium printing office. Dr. Dye will tour the country speaking in the churches of his own denomination—the Church of the Disciples.

ARRIVALS

The list of arrivals for the week ending April 22 is as follows: I. N. Bushong, Mich.; J. E. Glass, Minn.; Fred Beyer, Mo.; Mrs. Dr. Kufer, Mich.; G. Monhue, Ill.; J. Sharon McDonald, Pa.; C. I. McDonald, Pa.; Mrs. E. P. Perrin, Miss Perrin, Miss Clark, Mich.; Mrs. O. G. Fox, Ind.; Albertus Brandt, Pa.; Montgomery Shepherd, L. M. Shepherd, Dr. N. L. Wilson, Mich.; P. G. O'Brien, Mo.; Mr. and Mrs. S. D. Kilpatrick, Nebr.; Mrs. A. W. Bradt, Miss Bradt, Nebr.; B. W. Kinney, city; Mrs. E. M. Dickinson; Mrs. L. R. Martin, Minn.; J. W. Preusse, Pa.; John B. Jones, Pa.; Mr. and Mrs. Butler, Mo.; D. G. Miller, Colo.; Mrs. Richard Hamilton, Mich.; John West, Wis.; R. E. Hurley, Ill.; Mrs. R. E. Hurley, Ill.; Mr. and Mrs. A. W. Meyer, Ill.; Mr. and Mrs. C. M. Allen, S. Dak.; Charles W. Lacher, Mich.; Mrs. J. B. Merrell, O.; H. G. Johnson, N. Y.; A. S. W. Huffman, O.; Frank W. Chaffee, Ill.; Robert R. Jones, Ala.; James Jeffray, Ont.; H. H. Wilcox, N. Y.; J. S. Barrett, N. Y.; Bertha G. Dutcher, Mrs. C. S. Osborn, Mrs. C. G. Stevens, Ill.; Oscar E. Larson, Ill.; Edith Butler, city; F. L. Stinlian, Tex.; Mrs. Ethel Cohn and daughter, D. C.; Mrs. C. D. Aaron, Mich.; Mrs. May Hess, Ill.; Mr. and Mrs. H. B. Earhart, Easton; Dr. Royal J. Dye, Mark Ngoji, Africa; J. G. Peterson, city; R. H. Pierce, Mass.; N. J. Thomas, Tex.; Dr. Sukeforth, Minn.; Esther Haines, Ill.; Mrs. W. E. Pinney; Miss Isabel Gilmore; Mrs. F. C. Purcell, Mich.; Mrs. H. S. Woodworth, Ill.; Mrs. Charles H. Marsh, Ill.; Mrs. A. P. Gilmore, Ill.; P. A. Singer, Ill.; C. D. Aaron, Mich.; Mr. and Mrs. J. G. Brill, Ill.; Harry Brill, Ill.; Nora D. Talbott, O.; Jessie Michael, O.; Mrs. C. I. McDonald, Pa.; S. C. Christie, Ga.; J. H. Christie, Ga.; Silas O. Fast, Ind.; Willard Brenen, Mich.; Mrs. S. N. Snadener, Ill.; G. L. Laser, O.; R. S. Hain, O.; Miss Ethel Weaver, Ind.; Mrs. F. Braun; Miss Kernott; Abraham Lirchli, O.; Mrs. Horace R. Hobart, Ill.; Grace Shannon, Mich.; Rev. W. M. Martin, Ont.; F. Van Allen, N. Y.; W. E. Newark, Mich.; H. H. Albert, Ind.; H. O. Davis, Ill.; Mr. and Mrs. R. Hirt, Mich.; Mrs. A. Betzing, Mich.; J. P. Frank, Ind.; E. L. Taylor, Mich.; Mr. and Mrs. A. C. Briggs, O.; Mr. and Mrs. Thomas Elliott and son; C. R. Mooney, Mich.; Mrs. C. A. Parker, Mich.; E. B. Lieghley, O.; Mr. and Mrs. T. C. Ferguson, Mich.; Dr. C. B. Ham, O.; May Well Smith, Well Smith, Elizabeth Layland, Fla.

For he that once is good is ever great.
—Ben Jonson.

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This product has been used in the Battle Creek Sanitarium and in allied institutions to combat constipation with most excellent results. It is the only laxative preparation on the market which acts in a PERFECTLY NATURAL way. COLAX is used as a food in some countries but is non-nutrient—cannot be digested—and its value lies in its carrying through the entire system a bulky, moist mass of material. This facilitates the colon discharges, thus providing a ready relief for constipation.

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THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH., APRIL 30, 1908.

PRICE, 2 CENTS.

Neurasthenia; Its Symptoms

Dr. W. H. Riley Continues His Discussion of Familiar Phases of This Disease

CONTROLLED BY FATIGUE

The following article is a continuation of the series begun some weeks ago by Dr. W. H. Riley on "Nervous Exhaustion, Its Causes, Symptoms and Treatment." This is the second paper descriptive of the symptoms of the disease—the first part describing the mental and cerebral symptoms.

Third: Sensory symptoms, or disturbance of the sensations. The functions of all the different senses, both common and special, are more or less disturbed in this disease. We have already mentioned that the symptoms of this disease are such as relate principally to the feelings and the mental condition.

Under the disturbances of common sensations we have the symptom of fatigue or exhaustion in a very marked degree. These people who suffer from neurasthenia complain almost constantly of feeling tired or exhausted, and this is one reason why this disease is called "nerve exhaustion" because of this extreme feeling of fatigue. This may be present all the time during the waking hours while the patient is inactive or whether performing some muscular or mental work. This in many cases is a very distressing symptom—so distressing that it prevents the individual from taking exercise to any great extent, and often leads him to go to his bed or to take a wheel-chair, and it is with great difficulty often that he can be induced to leave his bed and take exercise. The reason of this is, he is controlled by this extreme sense of fatigue.

Some years ago I remember well a gentleman came to the Sanitarium suffering with this disease. He had then been confined to his bed for eleven years on account of this condition. When he came here we were obliged to handle him somewhat carefully and to give him light treatments. He had been in bed so long that he was thoroughly convinced in his own mind that he could not walk or take any exercise. Under proper treatment and with proper mental suggestion and control we finally got him out of his bed. He continued to improve, gained in strength, and was finally able to walk long distances before he left the institution, and finally made a complete recovery. We took pains to keep track of this gentleman for some years after he left the institution, and for a number of years he reported he was enjoying good health, and able to do hard muscular and mental work.

This case illustrates how this extreme

(Continued on Page 3.)

Deadly Effects of Cigarettes

Dr. A. J. Read Gives Stereopticon Lecture in Sanitarium Gymnasium

THE HABIT ON THE INCREASE

The pernicious and deadly effect of the cigarette was the subject of a lecture given Wednesday evening by Dr. A. J. Read in the Sanitarium gymnasium before a large audience. The lecture was illustrated by the stereopticon, the speaker being thus enabled to drive home to his audience some very pointed truths regarding the known effect of tobacco in any form, and particularly the cigarette, on the nervous system, the heart, lungs, liver, blood, etc.

The cigarette question, the speaker said, was a formidable one, the habit constantly being on the increase. Last year there were 3,041,573,000 cigarettes used in the United States—an increase of fifteen million over the previous year. The speaker pointed out that the habit blunted the finer elements of manhood and gradually enslaved its victim, creating a demand for something stronger—alcohol being its usual accompaniment, and later it paved the way for the "drug habit."

In the illustrations thrown upon the screen the effect on the blood vessels of the stomach showed them to be dilated and the membrane inflamed. The nerve cells also are known to shrink to but a

(Continued on Page 2.)

Many Speakers At Banquet

Interesting Program of Toasts Given at Club Banquet

DR. S. S. FRENCH A GUEST

The complimentary banquet given at the Sanitarium by the Battle Creek Conversational club to Dr. J. H. Kellogg proved a success in every way. The banquet itself was enjoyable, and the program of toasts which followed served to show in a very warm and cordial way the interest that many of the foremost citizens of the city have in the institution and the tender regard in which they hold its head. Without exception the persons who responded to toasts took occasion to speak in warm praise of Dr. Kellogg and

(Continued on Page 6.)

Efficiency; How Obtained

Dr. Kellogg Tells of the Many Poisons That the Human Body Accumulates

SHOULD EAT FOR EFFICIENCY

"The had air in churches is enough to put the preachers, the people in the churches, choir boys, and everybody else to sleep. The poison that comes from the lungs does this. Other poisons escape from the skin. Something like a thousand years ago there was a great church celebration in Rome, and some one conceived the brilliant idea of having a real, live angel. So they covered a little boy all over with gold leaf, had him fixed up among the leaves and flowers, and when the right time came, the little angel sang, but soon he began to cry, and they took him down, for his weeping spoiled the effect of the occasion. In three hours the poor, little human angel was a corpse. The little fellow died because, being encased in gold leaf, the perspiration could not find its way out, and the poisons which should have escaped from the skin accumulated in the blood, so he died from the intoxication from poisons generated in his own body.

"Take the case of a baby with whooping cough. It coughs until it gets black in the face. If it does not get relief soon, it will die, because of the accumulation of poisons in its blood. If it could breathe into the atmosphere the hydrogen or nitrogen or something else so it could get rid of these poisons, the child might live some little time. It is the accumulation of poison, not lack of air, that kills the child. If, through an accident, the kidney ceases to act, a person will die in a few hours. If the liver ceases to act, death ensues in a few hours. The poisons which normally find their way out through the bowels are retained throughout the body, and the consequence is chronic auto-intoxication. We have auto-intoxication because we do not breathe enough, and carbonic acid gas and other poisons accumulate in the body, producing auto-intoxication; and because we do not sweat enough. That is why the Lord told Adam he must earn his bread by the sweat of his face, to get the old Adam out of him. If a man won't sweat, total depravity accumulates. This is the only kind of total depravity I believe in. The other day a lady asked me, 'Doctor, what do you call my disease?' 'Madam,' I said, 'I think it is total depravity.' 'Well,' said she, 'I believe it is myself.'"

"This is the trouble when people who have been vigorous and active, become dull and stupid; when their body refuses to work as it used to. A mass of evidence has been accumulating in late years in re-

lation to this. Professor Horsley made some experiments which clearly proved it. He went to France (because they would not allow him to do it in England) and conducted some experiments which consisted of making a window in a monkey's skull, so that one could look in and see the brain. They were cruel experiments, yet the monkey was not forced to undergo anything more than some doctors have been willing to sacrifice for the good of humanity. The monkey, of course, went to sleep and woke up with a window in his skull. The doctor, looking in, could see the brain throb at each beat of the heart; then the doctor touched a little electric instrument to that part of the brain exposed, and the monkey made a wry face, turned up his nose. He touched another spot and the monkey pulled up the arm; another spot, and the monkey's leg drew up. So the brain is a keyboard, just like a piano forte—you touch a key and you get a note. Touch a certain spot on the brain and some muscle works. So in this monkey's case, any part of its body could be made to contract.

"We surgeons are able to get great lessons from that. Some time ago a man came here who had spasms at regular intervals. His big toe would bend down, then his foot would draw up, his leg would begin to shake, and he would have a spasm all over. This was on his left foot. So I knew all we had to do was to cut a little window in his skull, and right in the very center of that hole I could see a tumor sticking out. I cut that tumor off, and the man recovered, and is well to this day. These experiments are of great interest to surgery. We never would have known that if experiments had not been made upon the monkey.

"When Horsley was making this wonderfully interesting experiment upon the monkey, he studied the effects of different things applied to the brain. He tried to see if he could put something upon the brain that would make it act quicker, or what effect different things had, and one day he made the experiment of putting a little of Liebig's extract of beef on it—Armour's extract of beef is the same thing, or the home made extract of beef, beef tea, beef broth, bouillon, are all the same thing. Beef-juice is just the same thing. The beef-juice you get out of beefsteak when you chew it in your mouth is just the same thing. He took some of this beef tea and dropped just a little of a weak solution of it upon the brain. Instantly the muscles and the brain were paralyzed. The man with a benumbed brain can not think or work; he is constantly undecided about things, and can not use his will power as he should. Such a man is laboring under the influence of poison. If he is a great beef eater, it is quite easy to tell what is the matter with him. He is eating so much beef that the extract of beef is paralyzing his brain. Turn that man out to pasture for a while, put him on Battle Creek Sanitarium diet, and he brightens up, and gets to be a new man in a little while. A few years ago a life insurance agent came here from a large city. He had a very large business on his hands, for a very large company, but he got so he could not work. He said, 'I used to have power to get hold of men and they could not get away from me. If I got hold of a man, he could not escape, but I can not do that any more.' He had been

making about ten thousand dollars a year writing life insurance policies, but he had become completely worn out. When he came to the Sanitarium he was one of the most melancholy men I had ever seen. He had gone to school only long enough to learn to read and write, and the rest of his education he had worked out himself, and had worked himself into a fine position from a very poor boy. He was a very active and a very successful man in his business, but when he came here, he could do nothing. He stayed here three months; he adopted the Sanitarium diet and the Sanitarium mode of life, went home, and carried out from that time to this, most conscientiously, I think, about ten years now, the principles he learned here. Two or three years ago when I was in his city he hunted me up and took me to his home, and a beautiful home he has. He said, 'Doctor, I have earned this home since I came back from the Sanitarium, and I have added fifty per cent to the best work I ever did in my life. The next year after I got home, I added twenty-five per cent to my income over the best I had ever done.' He said, 'I am worth three times as much to-day as I was when I went to the Sanitarium, and I owe it all to you.' He did not mean me personally, but the Sanitarium, the principles that he obtained here, sticking right to it for business reasons. Said he, 'If I eat beefsteak, I can not do anything; it seems to stupefy me.'

"Did you ever notice what a dog wants to do when he eats a generous beefsteak? He wants to get around behind the stove and lie down and sleep. That is the way he feels. I was out West some years ago, in the city of Des Moines, and I found a little Battle Creek Sanitarium restaurant there—I saw the sign hanging out, and I went in to see what they were doing. I found a nice place. An old nurse had grown enthusiastic over these principles, and started this restaurant as a missionary enterprise. When I asked how they were getting on, they replied, 'First rate, first rate. We had a pretty hard time until a few months ago, when Judge So-and-so came in one day. He is one of the older judges on the bench of the supreme court. He said, 'Now, I can not do a thing after dinner. I want to try your dinners to see what they will do for me.' He ate a dinner of wholesome food, went back to his office, went to work, worked hard the whole afternoon; came the next day and said, 'Why I can work after your dinner, and I can not work after the ordinary dinner. What is the reason?' The nurse told him the reason; the nurse knew. Now, I found this judge had been patronizing them for six months, and the business men who had trouble in working after dinner, too, discovered the judge was coming there because he could work better after dinner, and they began coming, until the restaurant was thronged with business men who came there to eat food that would enable them to do good work after dinner. Business men everywhere about the country are beginning to eat for efficiency. If you are going to feed a horse, you think, 'Now, what will be the effect of this food on this horse's performance; what will be the influence of it?' You do not say, 'Now, my horse is very fond of mutton chop; my horse likes

mayonnaise dressing,' and think up all the different dainties you can tickle your horse's palate with. Instead, you ask, 'What will enable my horse to pull the biggest load, to travel the farthest? What will give him the greatest endurance, the best working ability?' It is strange that men do not treat themselves as well as they do their horses. The horse uses horse sense about his eating. Do all of you use horse sense in your eating? The horse does not have to be told what to eat, and he does not have to be told very often what not to eat; he uses judgment, discretion, intelligence. How many men and women do that in their eating?

(To be continued next week.)

EFFICIENCY, HOW OBTAINED

(Continued From Page 1.)

shadow of their normal size by the use of cigarettes. Nervous dyspepsia often results from the use of tobacco. The peptic glands, which secrete gastric juice, are delicate organs; the tobacco produces a sedative effect on the nerves which control these glands and nervous dyspepsia results.

"It is a well-known fact," said the speaker, "that a cigarette smoker is found to be unfitted for work that requires much concentration. The Pennsylvania railroad, recognizing this, have strict rules regarding the use of tobacco by their employees, and alcohol is absolutely prohibited. A form of disease very common as the result of the use of tobacco is "tobacco heart." Annually the U. S. examiner for the navy rejects a large number of applicants on account of this trouble. The heart gets the first drink of the life stream. After the blood is purified by the lungs it is carried directly to the heart itself by the coronary arteries, and the individual who fills up his lungs with tobacco smoke sends a stream of poison right into the heart. The use of a single cigarette has been shown to raise the blood pressure, which is an important index to the general system, from five to ten points. Tobacco disturbs the rhythm of the pulse and makes it spasmodic and irregular.

"The function of the white corpuscles of the blood is to act as sentinels to destroy foreign germs that enter the body. These blood cells bore their way through the walls of the blood vessels, and pounce upon and devour disease-producing germs. These cells become intoxicated by the habitual use of tobacco, and so lose their vigilance and power to digest disease germs. Thus the cigarette smoker is more susceptible to disease than he would be if he did not indulge in this habit.

"The liver for a time tries to store up the poisons introduced by tobacco, but finally through overwork becomes irritated, inflamed, and diseased.

"Horses, cattle, sheep, etc., when grazing where the tobacco plant grows, do not include it in their dietary, but allow it to remain intact with other herbs which are not fit for consumption. It is to be regretted that man does not use 'horse sense' in regard to tobacco."

She—I see an average man needs 1,600 pounds of food yearly.

He—Yes; but he doesn't want it in one batch of biscuits, dear.—Pick-Me-Up.

NEURASTHENIA; ITS SYMPTOMS

(Continued From Page 1.)

sense of fatigue and exhaustion controls the lives of some of these people who suffer from nervous exhaustion. Many other cases might be cited to illustrate this point. I can recall many cases of young men who on account of this feeling of exhaustion and fatigue have gotten into a wheel-chair and remained there for weeks and months. This sense of fatigue is usually increased by either mental or physical work, and while this feeling is subjective in the sense that it is felt by the patient only, it is dependent, to some extent at least, upon the physical condition of the nervous system and muscular system.

Usually in these diseases there is no objective loss of the common sensations such as touch, temperature and pain. The patient can feel objects when brought in contact with his skin quite as well as when he was well. He can also feel different temperatures of heat and cold and also painful impressions. These different cutaneous senses are all retained in quite a normal condition, but there may be a perversion of the various sensations, and these perversions are grouped together under the one name of "paresthesia." The word "paresthesia" is a class name and refers to such sensations as pricking, creeping, crawling and numbness, subjective sensations of heat and cold, etc. This class of sensations are quite common in people suffering with neurasthenia, and so they often complain of numbness in their hands and feet, pricking sensations in different parts of the body, sometimes a tingling in the tongue or about the lips and in other parts of the body. These symptoms are all due to a perverted action of the nerves in different parts of the body. As a rule these people do not suffer to any great extent with pain, although pain may be present to some degree in some cases. Pain when present is usually dull and aching in character, and usually located in the muscles of the limbs or about the trunk. Sharp, shooting pains that are present in some other diseases of the nervous system are not usually present here. Sometimes, however, especially in ladies, there is intercostal neuralgia, or neuralgic pains about the head or in other parts of the body.

Headache is also quite a constant symptom in this disease. The headache is usually not very severe in character, but when present in a given case is usually quite a constant symptom. It is located in the front of the head or in the temporal region, or in the back part of the head, and sometimes on the top. It is usually dull aching in character, not very severe in degree, and is quite constantly present during the waking hours. It is not severe enough, however, to keep the patient awake nights. It is also increased by mental and physical work. In some cases which have come under my observation the headache has been described as quite severe in character, although this is not the rule. Notwithstanding that the pain is not very severe, it is very troublesome and often leads these people to think that they may have a tumor or some serious organic disease of the brain. The "helmet symptom," that is a sense of pressure on top of the head from above, is quite constant and quite troublesome in many cases, which has already been referred to under the head of cerebral symptoms. The sensation is that of weight or pressure

bearing down on the top of the head very much the same as a helmet would produce if placed upon the head. To put it briefly then, we may say that the disturbances of common sensations in this disease consist of headache, pains in various parts of the body, a feeling of fatigue or exhaustion, and paresthesia as above described, but there is no objective loss of any of the sensations.

Fourth: Motor Symptoms: Disturbance of motility is not a very prominent or very characteristic symptom in this disease. There is no paralysis, although the sense of fatigue is so great in some cases that the patient may think that he is paralyzed, but when carefully examined it is found that he can move all the different joints of the body and perform all the different movements that he does in health, but these movements are weak and indicate a lessening of motor power. This muscular weakness is manifested in the actions and movements of the patient. The gait in these cases is often peculiar and often characteristic. The patient usually walks with a slow gait, his steps are slow and short. His form is bent. The body instead of being carried erect is usually stooped, indicating a muscular relaxation and muscular weakness. Other movements of the body, movements of the arms, are also slow and performed with a lessened degree of force and strength. If the patient's muscular strength is tested on the Universal Dynamometer such as we have here at the Sanitarium, it will be found that his strength is very much below the normal. The cause of this is that the muscles are not properly stimulated by their nerve control so that the movements are weak and inefficient. The nerve currents which pass from the brain to the muscles are not as strong as they should be, not as strong as they are in health, and consequently the muscles are not properly stimulated and the contractions of the muscles weak in consequence of not being properly stimulated by the nerve currents which pass to them. The capacity for doing muscular work is also very much diminished. These patients can not walk but a short distance without becoming very much fatigued, neither can they do other kinds of muscular work without being exhausted. Their capacity for muscular work is reduced very much in the same way that their capacity for mental work is reduced.

The so-called reflexes of the body are usually increased. By a "reflex" we mean the activity on the part of some tissue of the body such as the muscle on account of some stimulus which is applied to the body in some way. To illustrate, if an individual sits on a chair and crosses one leg over the other as the tailor does when he is sitting, then if the tendon of the muscle just below the knee cap is struck a sharp, quick blow, the leg suddenly flies forward. This is what we call "tendon reflex" and is the result of stimulating the centers in the spinal cord by sending a nerve impulse to the cord by tapping the tendon of the knee. In neurasthenia this particular reflex is usually very much increased; so also are other reflexes of the body. The cause of this is undoubtedly due to the fact that the spinal nerve centers are irritable and easily excited, and consequently respond excessively when stimulated in any way.

Another motor symptom is "tremor" or a fine involuntary movement of the

muscles in certain parts of the body. This is best seen by asking the patient to stretch his arms and his hands out and separate his fingers. When this is done we find a rhythmic tremor appears in the hand—an oscillation of about ten or twelve vibrations per second. This tremor may also be seen in the eyelids when the patient closes his eye, or in the muscles of his face and the muscles about the mouth. This tremor is also an expression of lowered nerve tone, and of fatigue of the nervous system.

The diminished muscular strength, the increased reflexes, the muscular tremor just above described, are the only objective signs which are present in this disease. That is to say, they are the only signs which the physician himself can elicit and discover independent of the feelings of the patient. As has already been mentioned, the great bulk of the symptoms in this disease are subjective and relate to the feelings and mental condition of the patient—symptoms which the physician can not see or discover, and regarding which he must depend upon the statements of the patient.

(To be continued.)

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Spring Cleaning

Battle Creek's "Clean-Up Day," held within the past week, was a decided success so far as it went. Tons of rubbish were raked up and burned, and ashes, tin cans, old bottles and other rubbish was piled high in every precinct ready for the street commissioners to haul away to the city's dumping grounds. As a result of the response on the part of Battle Creek citizens to the invitation of the Civic Improvement Committee to clean up, there are many corners of the city that have undergone a transformation, and the appearance of the streets is better in consequence. This is as it should be, and the movement should generate enough civic pride to keep up the work through the entire year. Citizens should realize that sanitation is not brought about by spasmodic attempts at cleanliness. Dirt breeds germs and poisons of various sorts, and to allow it to accumulate, endangers the health not only of one's own family circle, but the entire neighborhood and town. Disease is known to be directly communicated by odors emanating from an unprotected garbage can, an obstructed sewer, neglected stable, filthy back yard, or cellar filled with decayed remnants of foods.

Bad sanitary conditions of the house and yard, accumulations of dust and mold, conditions which attract flies and other insects, such as roaches and ants, encourage the development of consumption, pneumonia, and various other infections which swell the mortality tables.

Among the conditions pointed out by Dr. Kellogg as necessary to the civic cleanliness recently, were:

1. Cleanliness of homes and individual premises by the immediate removal and destruction of everything that can undergo fermentation or putrefaction.

2. Thorough cleanliness of the streets and the suppression of dust. The chief source of the dust in our homes is the streets. Street dust is indescribably filthy, swarming with germs from the colons of horses, dogs, and other animals. It is impossible to keep homes clean when streets are filthy. The streets can not, of course,

be kept absolutely clean, hence in summer time should be sprinkled with such thoroughness and frequency as to prevent the flooding of our homes with filthy and disease-producing bacteria.

3. Every home should be connected with a sewer and provided with an abundance of city water so as to secure the immediate removal of slops and other filth, instead of accumulating such disease-breeding material in cess-pools or vaults.

4. The use of water from dug wells should be suppressed. It is absolutely unsafe in a densely populated town.

5. There should be a rigid inspection of food supplies of every description. This inspection should include everything exposed in the market for sale. Meats should be inspected with special care, as being ten times more liable to communicate disease than fruits and other vegetable foods.

6. The city water supply should be of the best. Water from lakes, rivers, and other surface sources is never fit for human consumption.

7. Abundant facilities should be provided for encouraging out-of-door life. There should be playgrounds for boys and girls and public swimming pools. Every boy and girl should be instructed how to swim and should be given an opportunity for outdoor games and for exposure to the sun and air under conditions which will permit the wearing of light clothing, so as to secure hardening of the skin and through this means invigoration of the whole body.

"Governor Hughes is reported to be a tremendous worker, but careful in regard to his diet. He worked on the insurance report almost continuously day and night from January 3 to February 27, but at the conclusion of the work took a long tramping tour in Switzerland, a restorative he had not missed for sixteen years. At the end of the extra session of the legislature last August, when he had been working for days until long after midnight, he broke away entirely from work and took two weeks of camping in the Adirondacks. He is an enthusiastic outdoor man."

"Another tremendous worker who lives the simple life is Mr. C. Arthur Pearson, the great English publisher. He exercises extreme self-control in the matter of diet, seldom eats meat, and is noted as a spare feeder."

The following beautiful invocation was written by Carmen Sylva, Queen of Roumania: "Keep with me always a mother's heart. Take not from me a mother's tenderness, and let my forgiveness of injustice be equal to hers. Have with me her power of defense. Let my intuitions be as keen as her divination. Take from me much if it be Thy will, but spare me the mother's heart."

"Scientists say that tobacco throws a dangerous spell over the whole nervous system, so that a man's work, either mental or physical, will lack strength, delicacy, and precision. Touch, taste, and other sensations will be less keen."

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NEWS NOTES

The Mississippians—students of the Colored Normal and Industrial school of Pass Christian, Miss., will give a concert in the Sanitarium gymnasium Saturday night. The singers gave a similar program of plantation songs, hymns and dialect songs a few weeks ago, pleasing a large audience. Doubtless their return concert will be equally enjoyed.

Next Tuesday evening the Elma Smith Concert Company of Chicago will give a concert in the Sanitarium gymnasium. The personnel of the company includes: Miss Elma B. Smith, reader; Mme. Estelle Auge, soprano; Miss Agnes V. Ambrose, pianist; Mr. Cecil Burleigh, violinist. A pleasing program of clever readings and classic music is assured by the engagement. Tickets will be on sale at the book stand.

At a recent meeting of the Domestic Science class, '08, the president appointed the following committee to take charge of the various exhibits to be made commencement day, June 11: Laundry, Misses Parker and Shuttleworth; Home Nursing, Misses Madge Wallace, May Ferguson; Sewing, Miss Hoxie; Cooking, Miss Marat; Chemistry, Mrs. Kellogg; Bacteriology, Mrs. Grace Guinan, Miss Marian Reese; Home Economics, Miss Van Horne.

Tickets have been placed on sale this week for the testimonial concert to be given William Drever, leader of the Sanitarium orchestra, May 12, at the Congregational church. Mrs. Herbert Gray Ashbrook, a soprano soloist of unusual charm, will come from Cleveland, Ohio, to appear on the program. She has been, with her husband and daughter, a guest at the Sanitarium for some weeks this spring, and became interested in Mr. Drever and his efforts to obtain a trombone, during her stay here. Assisting her will be the Sanitarium orchestra, Miss Bonnie Core, violinist, and Mr. Steinel, baritone.

A delightful musicale was given in the parlor Tuesday evening, which was much enjoyed by Sanitarium guests. The performers were Miss Mary Ross, soprano, Miss Agnes Barnum, pianist, and Mr. Irving Steinel, baritone.

The program was as follows:
Song of the Brook, Lack, Miss Barnum; Harmony, del Riego, Mr. Steinel; (a) Roses, George Gow, (b) Song of the Nightingale, Mabery, Miss Ross; Love Me or Not, Secchi, Mr. Steinel; Polonaise in E Major, Liszt, Miss Barnum; There is no Spring but You, Alice Lehman, Miss Ross; (a) Secrecy, Hugo Wolf, (b) The Star and the Flower, Guy d'Hardelet, (c) In Absence, Percy Elliott, Mr. Steinel; (a) Since We Parted, (b) My Laddie, Allitsen, Miss Ross; Duet—Passage Bird's Farewell, E. Hildach, Miss Ross and Mr. Steinel.

The simultaneous evangelistic campaign which opened the past week in Battle Creek is creating great interest, and nightly the several churches are taxed to their utmost capacity by throngs who are eager to hear the messages of the evangelists—men of national fame. The entire party of evangelists and singers are guests at the Sanitarium during their stay in Battle Creek. The party includes the following: Dr. Henry Ostrom and son, Henry Ostrom, Jr., of Greencastle, Ind.; the Rev. John H. Elliott, of New York; the Rev. J. W. Mahood, of Sioux City, Ia.; Mr. and Mrs. John P. Hillis, Edward L. Merritt, Clifton Springs, N. Y.; Mr. and Mrs. Charles Rykert, Oakland, Cal. The Rev. Dr. Ostrom spoke in chapel Sabbath

morning, and following the service Mr. Hillis gave a short song service. In the afternoon the Rev. John Elliott presided at the three o'clock service, Mr. Merritt conducting the singing and rendering several solos. Each day at one o'clock there is a half-hour service in chapel conducted by one of the leaders, the service taking the place of the ordinary chapel services.

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MANY SPEAK AT BANQUET

(Continued from page 1.)

his magnificent work, not only in the town itself, but in the building up of principles which are world wide in their fame and have made the name Battle Creek recognized wherever civilization has touched.

The first speaker of the evening was the Rev. George W. Buckley, who said that the night was one of the "red letter nights" of the club—that the members were there to testify to their appreciation of Dr. Kellogg, not only because of his generally recognized capability, but because of his kindly attitude toward the club, and his interest in all the clubs—scientific, literary, sanitary, and all that made for the uplift of society. The Hon. John W. Bailey followed, responding to the toast—The Battle Creek Idea. The speaker told of many bad Battle Creek ideas, touching on the saloons, the present police station, the city hall, etc., and said that The Idea as it had come to be known in the world, stood for correct living, correct eating, correct exercise, correct bathing—a summing up of a simple, proper, orderly Christian life. The institution founded for the purpose of promulgating this Idea, was, he said, at the bottom of the commercial prosperity of the city, and the man who was responsible for its conception and development, the man who would be the most missed from their midst, was the man who would be known by another generation as 'Michigan's Grand Old Man.'

Mrs. George W. Buckley responded to "The Woman in Our Club," in a happy manner, and following her Dr. J. M. Peebles spoke on Echoes of Battle Creek in Foreign Lands. Dr. Peebles is a vegetarian, and in spite of his eighty-seven years, is about to start on a trip around the world. He told how on previous trips abroad he had met the Battle Creek Idea, and how the fame of Battle Creek and Dr. Kellogg was known in South Africa, Calcutta, India, in Australia, New Zealand, and many other unexpected places, where he had found flourishing branch sanitariums and many followers of The Idea.

Mr. Irving L. Stone, a close friend of Dr. Kellogg's for over thirty years, was the last speaker, preceding Dr. Kellogg. He spoke in warm praise of the influence of the Sanitarium on the city's commercial prosperity.

The honored guest of the evening was so affected by the warmth of the praise given him that it was with difficulty that he was able to respond. In a characteristically modest manner he disclaimed all compliments, but said he most gratefully accepted the congratulations of the club in behalf of himself and his colleagues.

"I do not appropriate to myself," said Dr. Kellogg, "any credit whatever for this institution, and I feel that the good words that have been said, the complimentary remarks that have been made, I ought to disown, for this institution is not, as our toastmaster has said, 'the shadow of a man.' It is the growth of an idea. It does not represent the growth or development or activities of a man or a set of men. If credit is due to human agencies, it is due quite as much to my colleagues as myself, for this is the sort of work that can not be done by one alone. There have been associated together here men and women who have loved these truths and principles, not simply because they have done them good but because it seemed

to them that the world needed these ideas; that the world had been wandering away from the right path and needed to be enticed back into the right road of wholesome living. That is the whole purpose of this institution; that is why it is here. It is a mission, and if I had not felt during the many years I have been here that this institution had a mission, I certainly should have given up long ago. I want to assure you, my friends, that this institution is not the work of a man. If I could give you the inner history of this institution; if I could tell you of the difficulties and perplexities and the obstacles that have been necessary for us to surmount, you would see that no man could ever do it. I am not to be complimented. This thing was a thing God planted here in this place—an idea that needed to be developed in the world. We are members of a degenerate race—a deteriorating race; there is no question about it. It is necessary that some standard should be erected, and that light should be planted to warn people off the shoals, of the awful dangers that are developing in the human race. This is one of the lights that God has planted, just as he has planted many others in other places; and it has happened that I am here; and I am willing to be congratulated, but I do not want to be complimented. I want God to have the glory that belongs to him. It is truth that is to be honored—not me nor any other man."

One of the interesting features of the occasion was the presence of Dr. Kellogg's honored guest, Dr. S. S. French, late President of the Michigan State Medical Society and one of the pioneers of the medical profession in Michigan. Dr. French, although 92 years of age, still enjoys good health and is in full possession of all his faculties. His presence on this particular occasion was especially appreciated because of the interest which he has taken in the welfare and the development of the institution and the many professional and fraternal courtesies which he has shown to Dr. Kellogg and his associates, especially in their early struggles to place the institution upon a thoroughly scientific basis.

Mr. Burbank, the famous horticultural expert, discovered on looking over the records that the men he was obliged to dismiss were, with scarcely an exception, the men who smoked or drank. These men lacked that poise and perfect physical fitness which is necessary for the performance of delicate work."

"Mr. George T. Angell's test for weeding out the really needy from those who are imposters was to set forth a plate of graham crackers to every man who said he was hungry and out of work. This with a glass of water would be really appetizing to a hungry man, but not very appetizing to the man who was simply after a glass of beer or whisky. In about nine cases out of ten he said that men refused the food and went off in disgust."

"Now," said the physician, "you will have to eat plain food and not stay out late at night."

"Yes," replied the patient, "that is what I have been thinking over since you sent in your bill."—*The Catholic News.*

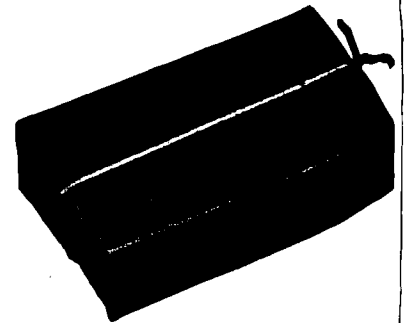
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1 "Cympanini Holder," a "Trainer," \$10 bird. And a 30x30x47 Breeding-cage with drawer and lifting gears. (No dropping on carpet from this cage). \$15. Both for \$50. This is cheap for bird and for cage.



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A most interesting lecture on "Desserts" was given in the Sanitarium before a large audience of guests and patients. The lecture was as follows:

"That the desire for a dessert is almost universal and a natural one, is proved by the fact that a menu always seems incomplete without dessert. It seems to be a natural appetite that one should have something especially tasteful and dainty with which to finish the meal. The dessert is not necessarily unwholesome. Indeed, it may serve a beneficial role in the menu, providing it is made of wholesome things and given a proper place in the menu. It may be that this appetizing dish is served as a natural stimulus to the flow of the digestive fluids just the same way as the 'appetizers,' such as fruits, hot soups, etc., at the beginning of the meal.

"The dessert should ordinarily be simple. Too frequently the desserts are rich and heavy—an unnecessary addition to an already overcrowded menu. Desserts are usually rich in fats and sugars. Fats tend to inhibit the flow of the hydrochloric acid of the gastric juice. Hence a rich dessert should never follow a heavy meal, as the fat of the dessert tends to delay the digestion of the meal. If we serve rich desserts, the rest of the meal should be correspondingly light.

"Let us analyze the different materials the usually compose the dessert. Take, for instance, the fats. They always retard the flow of gastric juice and hydrochloric acid. Hence, if we take at the close of the meal a dessert that is rich in fat, we simply retard the flow of the hydrochloric acid, and therefore we lessen the ability of the stomach to digest the rest of the food. For this reason rich desserts, such as rich pastries and things of that kind, ought not to be served after the rest of the meal has been taken.

"The sugars are for the purpose of increasing the flow of digestive fluids, provided they are not too concentrated. Sugars, when taken in a concentrated solution, are very irritating. A twenty-five per cent solution of cane-sugar has been known to produce gastritis. Fortunately, we are not able to take it that strong, and even if we could, there is enough saliva to reduce it to a lower percentage. This shows that too much sugar is irritating, and should not be taken. I am not saying that we ought not to use sugar. We do not advocate that here. Some people are very much surprised when I say we use cane-sugar. Cane-sugar does not mean sugar derived from the sugar-cane. Chemically, cane-sugar, beet sugar, and maple sugar all have the same formula. There is no difference so far as physiological properties are concerned.

"There are many sugars besides cane. There are the fruit sugars, both levulose and glucose. Glucose we also find as a result of starch digestion in the body, and in fruits as well. There is also milk sugar, which is less sweet than any sugar. Maltose is another form of sugar, and is really the product of the digestion of starch; it is the intermediate step between the starch and the glucose. Glucose is some-

times called grape sugar, because found in such large quantities in the grape. Fruits contain these two sugars—levulose and glucose. Levulose requires one step of digestion before it is ready for absorption. Glucose is the most easily digested; it practically requires no further step of digestion and is ready for absorption and assimilation by the body, which is the reason fruit and fruit juices are so refreshing. Hence fruit should form one of the chief articles of dessert.

"The very best dessert is fruit with perhaps a little dressing, whipped cream or something of that kind. There is no objection to the use of cream with fruits, providing one is able to take cream at all. Those who suffer from a lack of acid in the stomach ought to withhold all fats, because fats are a natural depressant of the gastric juice. I said cream—not milk. There is a difference between milk and cream. Cream is principally the fat of the milk, while the milk consists of about four per cent protein, the principal part of which is casein, four per cent sugar with some water and mineral salts, whereas the ordinary cream contains only half that much casein. It is the casein that gives the trouble. The reason why we can not combine milk and acid is because acid coagulates casein, but cream, especially when it has a high per cent of fat, has a correspondingly lower per cent of casein. Cream thick enough to whip contains very little casein, and for this reason there is no objection to the use of whipped cream with fruits, provided a person can take cream. It makes a very nice addition to a dessert, and is easily digested. Cream is the best emulsified fat, more digestible than free fat. The fat is divided into particles, each one being surrounded by just enough proteid to hold it in emulsion, and emulsified fats are more easily digested than free fat.

Baked Apples with Meltose Dressing.

Bake one dozen medium sized apples and serve with Meltose dressing.

1 cup Meltose or malt honey

1 cup.—white stiffly beaten

Heat the Meltose, but do not let come to a boiling point, then pour slowly over the egg white. Beat until the dressing is white. Flavor as desired with orange, vanilla, or wintergreen. Lemon does not seem to combine well with this dressing.

"The above dressing is also good with strawberries. It can be used in a great many ways. If one prefers, it may be made without heating the malt honey. It is then called Whipped Malt Honey.

"The following is a recipe for Granola Plum Pudding, which is a substitute for the unwholesome plum pudding. It is not a heavy pudding and does not contain a large per cent of fat. It is also thoroughly cooked, because it contains granola, a thoroughly cooked cereal.

Granola Plum Pudding

1 1/4 cup milk

1 cup granola

2 egg yolks

1/4 cup sugar

Combine and soak the above ingredients twenty minutes, then add—

8 steamed figs chopped

1/4 cup chopped nuts

1/4 cup malt honey

1 cup raisins

1 cup currants

1 cup dates

1/2 cup chopped citron
1/2 cup chopped apple
1/2 teaspoonful orange extract
1/2 teaspoonful lemon extract

Beat the whites of two eggs to a stiff froth and fold into the above mixture. Turn into molds, steam two hours, and serve with hard sauce, made as follows:—

Hard Sauce

1-3 cup butter

1 cup powdered sugar

1-3 teaspoonful lemon extract

1-3 teaspoonful vanilla

"The only thing in the recipe for granola plum pudding that needs to be cooked is the fruit, for the purpose of softening. Cooking is for two purposes—the conversion of starches, and softening of cellulose. Dried fruits should have long steaming or cooking. It is possible to shorten the cooking of this pudding by steaming the fruits separately.

"Put the first two ingredients together and allow to soak for twenty minutes. Then add the other ingredients, and last the egg whites beaten in carefully. Pour into molds and steam for two hours.

"The only advantage of the hard sauce is that a very small quantity is served. If served in large quantities, as other sauces, I should not approve of it at all.



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PERSONALS

Mrs. Nathan Paine, of Oshkosh, Wis., is a recent arrival.

Miss Kate Burns has returned to her home in Mansfield, O.

Dr. H. D. Hill, of Westfield, Wis., is a guest at the Sanitarium.

Dr. E. C. Briggs, of Wilmington, O., is a guest at the Sanitarium.

Mr. and Mrs. W. R. Rapp, of Newtonville, O., arrived on Monday.

Charles R. Mooney, of Jackson, Mich., is among this week's arrivals.

The Rev. A. H. Burnett, of Bristol, England, is among the recent arrivals.

Mr. John B. Jones returned the first of the week to his home in Pittsburg.

Dr. Elizabeth Kerr-Harris will resume her duties May 1, after a month's vacation.

Prof. J. E. Tenney, of Graysville, Tenn., is a guest of his brother, George C. Tenney.

Mr. S. R. Christie, of Dawson, Ga., accompanied his son, J. H. Christie, to the Sanitarium recently.

Dr. Charles B. Ham, of Toledo, O., arrived at the Sanitarium this week and will remain for treatment.

Miss Emma Jeffs has returned to her home in Wisconsin. Mrs. Jeffs will remain for some weeks.

Mr. C. O. Manspeaker, of Salem, O., left for his home, Monday, after a lengthy stay at the Sanitarium.

Dr. E. J. Doering of Chicago is among the recent arrivals. He will remain for a short time as a patient.

Dr. J. H. Judson, of Polo, Ill., has arrived at the Sanitarium and will remain for some weeks as a patient.

Miss Belle Ballou returned on Friday to her home in Menasha after a stay of several weeks at the Sanitarium.

Mrs. Charles Ferguson, of Chicago, accompanied by his wife and daughter, has returned to the Sanitarium.

Mrs. B. S. Kingsbury, of Xenia, O., returned to the Sanitarium the past week, after a stay of several weeks at her home.

Mrs. H. K. Haak, Battle Creek, who has been a patient at the Sanitarium, left the last of the week for a visit to relatives in Detroit.

Mr. W. S. Kupfer, of New York, a prominent merchant of that city, formerly a missionary to India, is a guest at the Sanitarium.

Mrs. F. L. Steinman has returned to her home in El Paso, Tex., greatly improved in health after a prolonged stay at the Sanitarium.

Mr. and Mrs. C. P. Mathewson, of Cleveland, O., who have been at the Sanitarium for several weeks, have returned to their homes.

Mrs. Edward J. Stansbury, of Appleton, Wis., a former patient at the Sanitarium, arrived this week, and will remain a short time as a patient.

Mrs. Cook and Miss Elsie Cook, mother and sister of Dr. Ada Cook-Owens, returned this week from a visit with relatives in Indiana and Ohio.

The Rev. Wilbur F. Wilson, for some years missionary to China under the Methodist board, located at Nankin, is among this week's arrivals at the Sanitarium.

Capt. W. C. Coulson, of the U. S. Navy, (retired) who with his son, is a guest at the Sanitarium, left this week for a short visit with friends in Indiana. He will return to join his son, later.

Dr. C. E. Stewart and Dr. Rowland H. Harris left Tuesday for Cleveland to attend a meeting of the Medical State Licensing and Reciprocal boards.

Mrs. H. L. Kutter, of Hampton, O., is registered among the new patients; she was accompanied by her husband, who returned to Hampton early in the week.

Mr. S. L. Ingram of Minneapolis has been spending a few days at the Sanitarium visiting his wife and daughter, who have been here for several months.

Mrs. R. H. Snowberger, of Angola, Ind., arrived on Monday, accompanied by her son, Dr. C. Snowberger. Mrs. Snowberger will remain some weeks as a patient.

Miss Nell Jarnagin, who for some months has been a patient at the Sanitarium, left early in the week for Chicago. She does not expect to return to her home in Tennessee immediately.

Miss Winifred Johnson, who has been a guest for some weeks at the Sanitarium, left on Wednesday for Chicago, where she will pay a short visit to her sister, Mrs. Nichols, a former patient here. Later she will go to her home in St. Louis.

Mrs. R. F. Sprague, of Greenville, Mich., who has been a patient at the Sanitarium for some weeks, has returned to her home. She was joined by her friend, Mrs. D. K. Black, and together they met Mr. Sprague and toured home in his auto car.

Messrs. F. L. Dilley and George M. Dilley, members of a prominent family in Texas, arrived at the Sanitarium the past week, and will remain for some weeks for treatment. Mr. F. L. Dilley is immediately from Pine Bluffs, Ark., where he has business interests.

ARRIVALS

The list of arrivals for the week ending April 29 is as follows: J. Davis, S. Dak.; Henry Ostrom, Jr., Ind.; George M. Dilley, Tex.; F. L. Dilley, Ark.; Mrs. H. L. Gilbert, Ill.; Charles MacGearth, N. Y.; Mrs. John Fisher, Ont.; Wilbur F. Wilson, Nankin, China; Mrs. M. H. Taylor, Mass.; Mrs. B. S. Kingsbury, O.; Miss Beula Hoag, Ill.; Dr. H. D. Hill, Miss.; Dr. E. C. Briggs, O.; C. E. Michaels, Ga.; Thomas Wade Young, O.; J. H. Judson, M. D., Ill.; Mrs. C. D. Gillfillan, Minn.; Mrs. Y. S. Hirling and daughter, Ill.; Mrs. D. F. Black, N. C.; Mrs. E. B. Linley, Mich.; S. L. Ingram, Minn.; Joseph S. Johnson, N. Y.; C. A. Parker, Wis.; Mrs. E. W. Jewell, O.; Mrs. W. J. Combe, O.; Mr. and Mrs. Schermerhom, Mich.; Miss Elizabeth Schermerhom, Mich.; Thomas R. Glass, Tenn.; Mrs. W. R. Cray, Minn.; Miss Cray, Minn.; A. R. T. Winjun, Pa.; C. Yeutzky and wife, Ia.; A. L. Webster, Ill.; Maude V. Meyer, Ill.; Charles J. Stassen, Ill.; Mrs. W. A. Curl, Kan.; Mr. and Mrs. Ed. C. Wilmer, Ind.; H. L. McCleet, O.; Mr. and Mrs. Harry Jeschke and daughter; J. W. Gault, Mich.; E. J. Doering, M. D.; J. M. Leonard, Arnold Leonard, Mo.; Mrs. Willard Brewer and daughter, Mich.; Miss Elizabeth Neat, Mich.; C. R. Rapp and wife, O.; John H. Elliot and wife, Ill.; Edward L. Merritt, N. Y.; Mr. and Mrs. Charles Rykert, Cal.; Mrs. R. C. Norton, Ill.; Mr. and Mrs. John P. Hillis, Ind.; Henry Ostrom, Ind.; C. H. Rankin, N. M.; Margaret Anderson, Mich.; Jennie Anderson, Mich.; W. P. Merry, Okla.; Mrs. E.

M. Johnson, Cal.; J. W. Mahood, Ia.; C. D. Wilcox and wife, city; George A. Charmley, R. I.; Walter S. Kupfer, N. Y.; E. N. Boggs and wife, O.; Myrtle Hudey, Ky.; Mrs. H. L. Kutter, O.; Mrs. Nathan Paine, Wis.; Mrs. E. J. Stansbury, Wis.; Mrs. I. Bailey, Ky.; Miss Laurine A. Bailey, Ky.; Mr. and Mrs. H. N. Rhodes and child, Kan.; R. S. Stewart, Ia.; C. R. Mahoney, Mich.; Mrs. E. C. Meegan, Mrs. E. S. Taylor, F. N. Meegan, N. Y.; George G. Witman, H. P. Witman, Mich.; Ira Studebaker, O.; G. S. Barnes, Minn.; A. J. Free, Mich.; J. H. Kingman, Mich.; Oscar J. Ruh, Ill.; H. G. Herndon, Okla.; F. H. Robinson, Mich.; T. G. Derry, Mich.; Marie Snowberger, Dr. C. M. Snowberger, Ind.; J. M. Bower; Mrs. Samuel McCall, Ky.; Mrs. Charles Park, Mass.; Mrs. N. C. Horr, O.; Walter W. Campbell, O.; A. B. Scarborough, Tex.

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THE BATTLE CREEK IDEA

VOL. 1, No. 22.

BATTLE CREEK, MICH., MAY 7, 1908.

PRICE, 2 CENTS.

The Chicago Medical Mission; Over \$1,000.00 Is Raised

Interest Aroused in This Worthy
Charity by Addresses from Drs.
Kellogg and Paulson

HOW THE WORK STARTED

Over one thousand dollars was raised for the building fund of the Rescue Home established by the Working Men's Home and Life boat mission at Hillsdale, Ill., as the result of interest aroused by Sabbath afternoon talks given before Sanitarium guests and helpers by Dr. Kellogg and Dr. Paulson.

Following Dr. Paulson's sympathetic description of the work, it was announced that a collection would be taken, and Dr. Paulson incidentally mentioned that a contribution of one hundred dollars would make one a founder. Dr. Kellogg immediately requested that his name be put down as a founder. Mr. H. G. Butler followed quickly with another \$100; Messrs. R. J. Kilpatrick and S. D. Kilpatrick, of Beatrice, Nebr., at present guests at the Sanitarium, each contributed \$50, and Mr. S. L. Ingram, of Minneapolis, announced that he would be one of eight to contribute \$25 to make up a \$200 contribution. Others followed, and later in the day a subscription list was passed, and many additions were made. Together with the collection taken in the afternoon the amount totaled \$1,026.85. The list of contributions giving sums over one dollar is as follows: Mrs. Risley, Augusta, Mich., \$100; H. G. Butler, Battle Creek, \$100; Dr. J. H. Kellogg, \$100; Dr. J. F. Byington, \$100; Dr. C. E. Stewart, \$100; R. J. Kilpatrick, Beatrice, Nebr., \$50; S. D. Kilpatrick, Beatrice, Nebr., \$50; W. C. Kellogg, \$50; Mr. F. J. Cook, Cleveland, O., \$25; S. L. Ingram, Minneapolis, \$25; Elder G. C. Tenney, \$25; Fannie Bolton, \$25; collection, \$30.10; Wallace Newton, \$10; Dr. W. H. Riley, \$10; Dr. Elmer Eggleston, \$10; Dr. Gertrude Johnson, \$10; Miss Carrie Zahn, \$10; Dr. Carrie Staines, \$10; Dr. Stoner, \$10; Dr. L. Elwell, \$10; Miss Aldrich, \$10; Dr. Risley, \$10; Dr. Martin, \$5; R. O. Eastman, \$10; R. H. Caldwell, \$5; Dr. Moshier, \$5; Mrs. Moshier, \$5; Dr. Hudson, \$5; Dr. Ada Owen, \$5; Mrs. E. J. Potter, \$20; Dr. A. W. Nelson, \$5; Lena J. Steinel, \$5; Alfred Steinel, \$10; Dr. Louie Vandervoort, \$5; L. S. Magruder, \$5; Mrs. S. Thorp, \$5; Mrs. Samuel Baum, \$5.

Dr. Kellogg opened the afternoon program with telling descriptions of the slums of Chicago as he found them fifteen years ago, when the first Sanitarium mission

work was established there, relating the incident of the young woman, a one-time patient at the Sanitarium, who made a dying request of her father that he provide for the maintenance of a visiting Sanitarium while he journeyed about with "Sister Louise," the nurse thus provided, that Dr. Kellogg became aware of the depths of misery found in Chicago slums, and was stirred to open up the mission field there.

"The time has long since gone by," said he, "when a man can ask, 'Am I my brother's keeper?' We know that it is our duty to take care of our slums; that they are a disgrace to us—a blotch upon our civic life. We may not sit back in our comfortable homes and be oblivious to the sufferings, of those down-trodden, oppressed, and unfortunate fellow-creatures." As the result of his visits in and out of these wretched homes, where pov-

(Continued on Page 2.)

THANKFULNESS IS MAN'S DUTY

Dr. Ostrom Advises His Hearers
to Sing instead of
Sigh

DO NOT FORGET BENEFITS

"Praise reveals your capacity."

"Praise is the callsthenics of character—the amusement of religion."

"Practice a kind of religious incubation, and hatch a word that will sing."

"When murmuring comes in, gratitude goes out: the two never dwell together in the same heart."

"If you'll not forget your benefits, you'll go all through the afternoon pitched to the key of praise."

"Praise is a very good way of becoming acquainted with your own resources and your own nature."

"You'll have to lecture yourself a little if you are to live the thankful life. Take yourself in hand and say: 'My soul, bless the Lord.'"

"Thankfulness is man's great sign of distinguishing honor. When he thanks, he seems to say: 'I have something to give to God that he will take—something he can not give to me.'"

"Most people know how to heave sighs instead of singing songs; most people are able to look on the dark side of things instead of the bright; most of us can look for defeat instead of victory. Sometime you have to make your praise a matter of resolution."

It was with such well-rounded gems of
(Continued on Page 7.)

MANY GUESTS ENJOY MINISTERIAL DINNER

Evangelists, Missionaries, Ministers and Doctors Enjoy
Hospitality

THE WORLD WIDE CAMPAIGN

About 150 guests, including the evangelists, missionaries, and ministers of the several denominations within a radius of fifteen miles, together with the physicians of the Sanitarium and their wives, enjoyed a midday dinner at the Sanitarium on Monday.

Following the dinner a brief program of addresses was given, the Rev. B. F. Taber, pastor of the First Baptist church, presiding as toastmaster. The presiding officer spoke of the privilege enjoyed by residents of Battle Creek to share occasionally the hospitality of the Sanitarium, and of the inspiration it was to come in touch with the splendid body of missionaries—those "heroes and heroines of the cross," who were frequently domiciled there. He said he believed an indication that the world was growing better was the fact that the person who would stand up and say he did not believe in foreign missions, was growing rarer. He introduced the Rev. Mr. Brunson, of North Carolina, at one time missionary to Japan, who spoke on "The New Awakening of Missionary Ways." He rapidly sketched the growth of the movement from the time of William Carey, who, in 1792, in Caterham, England, began the agitation for foreign work, and was roundly rebuked and told by the bishop that "when the Lord got ready to convert the heathen, he would do it in his own way." Shortly after this movement was started with a subscription list in the neighborhood of seventy-three shillings. Now there are \$20,000,000 spent annually for foreign missions. The speaker said that all the modern facilities of travel and communication were but ways that God had prepared for the carrying on of the gospel. The development of the layman's movement, was, he said, one of the most potential agencies in the world to-day for the spread of the gospel. To illustrate its power he called attention to the fact that after six months' work by consecrated laymen, with their brains and brawn and business wisdom, the difference in the amount pledged in fifteen of the larger cities was represented by \$297,000, raised last year, and \$1,750,000 the present year.

The speaker also referred to the prevailing tendency to ignore denominational lines and co-operate for the one common purpose.

Dr. Henry G. Ostrom, the evangelist directing the present campaign in Battle Creek, was then introduced, and picking

up the thread of the Rev. Mr. Brunson's talk, he, too, decried the denominational spirit, declaring it was lame and weak to talk of denominationalism; that it was well enough as an instrument, but never as an end, and that it should be submerged and become secondary to the great idea of unity in Christ. Interdenominationalism, he said, had so developed that it was now a feature of civilization, and had spread from sea to sea. There then followed with a good deal of dramatic fire his description of a world-wide simultaneous evangelistic campaign—a movement he recently suggested at an interdenominational conference in Rhode Island, and which was now meeting with general approval. He lightly sketched the plan in which, perhaps two years from now, the entire Christian world would set aside ten days to be devoted to doing the one thing the church professes to do—win souls to the kingdom. He mentioned the names of Gypsy Smith, Andrew Murray, J. W. Bashford, J. R. Mott, J. Wilbur Chapman, and other famous evangelists and leaders as possible directors of the world-wide movement. He said the layman's movement was a sign of the times, and the organization of the Salvation Army was a hint of the practicability of the plan. "If we can but conserve the interests of our people and turn their faces toward Jesus Christ, we are guaranteed an ultimate triumph." He closed with an expression of his appreciation of Battle Creek and the Sanitarium, both of which, he said, he felt were "lifted high under the smile of God."

Dr. J. H. Elliott, evangelist in charge of the eastern district of the city campaign, referred to the success and splendid organization of the recent Philadelphia campaign, where in the forty-eight districts, between 20,000 and 35,000 were reached nightly, and held it up as an example of how successful organization brought the best results. He praised the organization of the Sanitarium and its smooth running system, and said that although their stay would not be for long, they would never get away from the influence of the place. D. J. W. Mahood was unable to respond to a toast, owing to throat difficulty, and the toastmaster introduced Dr. Nicola, who spoke on "The Christian Doctor." "There is no question," said he, "about the profession of healing; we can see that it was intended to be a part of the work of Christianity. The Saviour spent more time in healing the sick man than he did in preaching the gospel. The world is still sick. Sometimes it is hard for the physician not to be convinced that it is growing sicker. This prevalence of sickness is very largely the result, as Dr. Ostrom has said, of disease—of unrest. Our hearts and spirits are not at rest, we lack the peace of God. It is a day and age of neurasthenia; every physician confronts that fact. There is something more needed than medicine, and a physician is poorly equipped who has not the ability to suggest the one great remedy that will give ease and rest to the nerves and mind of man. The Christian physician has a great opportunity, and he ought to keep constantly in touch with the great power with which he is working—the creating power. The physician is only the junior partner in this combination of health getting,—he should call men's attention to the great source of strength. When people are sick and broken, they feel their dependence, and

are ready to take hold of a stronger arm than that of man."

Dr. Kellogg was the closing speaker on the program and was introduced as "the recognized friend of every good cause," responding to the toast, "Our Guests: the Evangelists, Missionaries, Ministers, and Doctors." He said in part: "Your presence here is a benediction to the institution. We are laboring to maintain such a status as will make such a gathering as this feel at home here. For many years it has been the dream of my life to have this institution recognized as the headquarters for missionaries the world over. We have never had, I believe, so many people under our roof at the same time who represent all the departments of missionary and Christian endeavor."

"I hope the time may come when we will be so situated that we can invite missionaries to come to us and remain as long as they please. Perhaps it will be possible for us, without charge, to have some such a home for them when we get established in Atlantic City."

Following the Doctor's brief talk a rising vote of thanks was given the management for the hospitality of the day, and the meeting closed with the singing of "All Hail the Power of Jesus Name" and the benediction pronounced by the Rev. Mr. Phelps.

Among the guests present were: Dr. H. G. Ostrom, Henry Ostrom, Jr., Dr. and Mrs. J. Elliott, Dr. J. H. Kellogg, Rev. A. W. Boomer, Rev. J. A. Brunson, Rev. Deputy, Rev. Young, Rev. Cronkite and wife, Rev. Friedenberg, Dr. Mahood, Rev. W. F. Wilson, Rev. Mitchell, Rev. Chase, Rev. and Mrs. Hoag, Rev. and Mrs. Potter, Rev. and Mrs. Phelps, Rev. and Mrs. Gilbert, Rev. and Mrs. Elmer, Rev. and Mrs. Taber, Rev. Taylor, Rev. and Mrs. Jarvis, Elder and Mrs. McCoy, Elder and Mrs. Tenney, Dr. and Mrs. Dowkontt, Mrs. O. K. McCandless, Mrs. C. E. Chittenden, Miss Lucy E. R. Mayo, Mrs. R. S. Hambleton, Mrs. N. Maynard, Mrs. T. W. Woodside, Miss Mabel Woodside, Mrs. S. S. White, Mrs. A. E. Sutherland, Mr. Hillis and wife, Miss Gwenn Griffiths, Miss Anna A. Lyon, Mrs. H. B. Newell, Miss Florence Newell, Mrs. Norton, Mr. Judd, Mr. and Mrs. Rykert, Miss Alice Seager, Mrs. C. C. Creegan, Mr. Pierce, Mr. Hershey, Mr. and Mrs. Feather, Miss Edith Buck, Mrs. W. F. Staley, Professor Tenney, Mr. Merritt, Mr. and Mrs. Murphy, Dr. and Mrs. Kelsey, Dr. and Mrs. Harris, Dr. and Mrs. Nicola, Dr. and Mrs. Eggleston, Dr. and Mrs. Risley, Dr. and Mrs. Byington, Dr. and Mrs. Martin, Dr. and Mrs. Riley, Dr. and Mrs. Ritter, Dr. and Mrs. Reid, Dr. and Mrs. Mortensen, Dr. and Mrs. Barnhart, Dr. and Mrs. Colver, Dr. Vandervoort, Dr. Moshier, Dr. Morse, Dr. E. D. Smith, Dr. Stoner, Dr. Minnie Staines, Dr. Cook-Owens, Dr. Case, Dr. Nelson, Dr. Elwell, Dr. Johnson, Dr. Hudson, Mr. and Mrs. Heyneman, Miss Helena Kellogg, Roy Ashley.

Mrs. Woodside Addresses Students' Sunday Meeting

Mrs. T. W. Woodside, who, with her husband, has been a missionary in West Central Africa for the past twenty years, addressed the student's missionary meeting in East Hall Sunday afternoon.

Mrs. Woodside is serving under the

American (Congregational) board. In the course of her talk she described the chain of stations of the society in the Portuguese province of Angola, on the west coast of Africa, their port of entry being Benguela, from which their farthest station inland was three hundred miles distant.

At the present time they have over five hundred native converts gathered into their church membership. They might have many times that number, the speaker explained, but they are very strict as to terms of membership, and keep the converts many months on probation. It is not enough that a man says he believes in Christ or is converted: the natives judge more by works than words. So when a man is known to be unkind or stingy to his wife, or gives evidence of bad or hasty temper, he is not accepted until his conduct has been changed and gives promise of permanent reform.

Increased interest was added to the occasion by the presence of a young man from the heart of the Kongo, brought to Battle Creek by Dr. Royal Dye, a missionary to the Kongo. The young man, whose name is Mark Njoli, was introduced by Dr. Dowkontt. While in Battle Creek, Mark is being cared for by Dr. Kellogg, and is learning printing.

\$1,000 RAISED AT SANITARIUM

(Continued From Page 1.)

erty and disease waged constant battle with decency, Dr. Kellogg started the Clark Street mission, where outcasts picked up on the streets or in the Harrison Street police station were given a good bed, breakfast and bath. To avoid pauperizing them, they were asked to work for their privilege, and set at work to keep the crossings clean—a service for which no money was ever received or expected from the city.

A gift of forty thousand dollars from the Wessels brothers, of South Africa, paved the way for the establishment of the Dispensary and visiting nurses' work, the Life Boat mission, the American Medical Missionary College, and other centers from which has emanated untold good during the past fifteen years. For seven years Dr. Kellogg spent each Sunday in Chicago working in the slums, but when the stress of work became too great at the Sanitarium, he ceased the weekly pilgrimages, and Dr. David Paulson and Mrs. Paulson, of the Sanitarium medical staff, went there to take permanent charge of the work.

Dr. Paulson, on being introduced, told some striking and pathetic stories of the work accomplished in the Life Boat Mission—the rescuing of little children from corrupt homes, the inspiration given to men in prisons and the effort made to help them on their release. He closed with a description of the growth of the rescue work among young, unfortunate girls. The work has now assumed such proportions that it is necessary to have a suitable home to carry it on. A new seven thousand dollar building is in process of erection, and although the funds were not in sight when its foundation was laid, Dr. Paulson has faith that every bill will be met upon its completion in July. The generous response on the part of the Sanitarium audience Sabbath afternoon was a great encouragement to the doctor, who remarked fervently, "Verily, the Lord does touch people's hearts."

MEN'S SWIMMING TOURNAMENT

A large number of spectators enjoyed the swimming tournament in the men's pool Thursday afternoon. The events included the usual races, polo game, drowning exhibition, diving and fancy strokes, etc. The opening event on the program was the drowning and resuscitation of Roy Dottle, who, fully clad, dropped into the pool and was rescued by Rulon Smith. On being brought to shore he was resuscitated according to up-to-date methods by Crigley, amid the applause of the spectators.

A demonstration of swimming under the water was then given by Benjamin Sharp, who swam the length of the pool three times without coming to the surface. In the speed race which followed, Alfred Judd was pronounced the winner.

An exciting game of polo was then begun, J. C. Williams and R. H. Smith choosing sides. After some swift playing a goal was made in the first half by each side; in the second half, after several minutes of exciting play, the game closed with a score of 2 to 1 in favor of J. C. Williams' team.

Benjamin Sharp then gave an exhibition of the parachute drop from the third floor elevation; this was followed by high dive demonstrations given by Sharp, Dottle and King. Spring-board and running dives by the boys' class was the next feature. Following this an interesting demonstration of fancy strokes was given: the leg stroke, side stroke, and the Australian crawl, by Haylock; breast stroke, V. Agaard; single one arm stroke, R. H. Smith; double arm stroke, King.

Improvements at Dispensary

Well-equipped treatment-rooms have recently been established in connection with the Dispensary in the college building, thus making it possible to give patients any of the various hydropathic treatments. The rooms adjoin those of the Dispensary proper, and aside from the daintily curtained dressing rooms, there are departments for the spray, electric-light and sinusoidal baths, fomentations, with tables for massage, etc. The rooms are well ventilated and well lighted, and will be a distinct advantage in the care of the dispensary patients. Miss Becker has been installed as nurse in charge, Miss Emery continuing her work as visiting nurse.

The report for the month of April is as follows: consultations, 231; bath-room treatments, 183; outside calls, 104; physical examinations, 20; nurses' calls, 109; treatments at home, 29; office treatments, 79; surgical dressings, 14; operations, 12; garments received, 26; garments given away, 123.

The Inner Environment

"If you would have peace within you, you Christian," said Henry Ostrom, in his Sabbath morning sermon in the chapel at the Sanitarium, "you must put hell behind you, heaven in front of you, and Christ within you. Then will come peace, love, joy, and all the rich blessings that man hungers for. There are before me many

who are sick, who have come, perhaps, long distances in order to be made well. You are dis-eased. Whatever else be the character of a sick person, he is out of ease—dis-eased. Some of you who are well are also in dis-ease of heart or mind or soul. What you need is a change of heart—peace. Change of environment may help, but the real change has to come from within our own jackets. There is always the inner environment to be reckoned with. With Stephen, the outer environment was men throwing stones, but within was the force of Jesus.

"What we need is spiritual insight—love answering to love, confidence answering to His mercy. In grace you see in, and your soul is full of melody."

May "Good Health" Out

The May number of "Good Health" just issued offers the usual number of able articles dealing with health, the care of the home, the table, gardening, etc. Two leading articles are from the pen of Dr. J. H. Kellogg, one dealing with Casein Dyspepsia and the other Possibilities of Modern Preventive Medicine. In addition to these are the usual series of short editorials and the question box. Other articles for the month are: The Sleeping Canopy, Charles Denison, M. D.; A Kitchen Garden Diary, J. William Moreland; Making the Plans for the New House, Mrs. E. E. Kellogg; The Calorimeter, Lenna F. Cooper; Management of Infantile Scurvy, Kate Lindsay, M. D.; A City Roof Garden for \$9, J. Manning; Spring Dishes, Mrs. Minnie Emmons; The Michigan State Board of Health, T. C. O'Donnell; Passing of Another Delusion, David Paulson, M. D. The number is generously illustrated, and the cover gives a refreshing hint of "green trees and running brooks."

The Harper

Like a drift of faded blossoms
Caught in a slanting rain,
His fingers glimpsed down the strings
of his harp
In a tremulous refrain.

Patter, and tinkle, and drip, and drip!
Ah! but the chords were rainy sweet!
And I closed my eyes and I bit my lip,
As he played there in the street.

Patter, and drip, and tinkle!
And there was the little bed
In the corner of the garret,
And the rafters overhead!

And there was the little window—
Tinkle, and drip, and drip!—
The rain above, and a mother's love,
And God's companionship.

—James Whitcomb Riley.

A Peculiar Operation.—A clergyman not long ago received the following notice regarding a marriage that was to take place at the parish-house:

"This is to give you notice that I an' Mis Jemima Arabella Brearly is comin to your church on Saturday afternoon nex' to undergo the operation of matrimony at your hands. Please be prompt, as the cab is hired by the hour."—Ladies Home Journal.

More Important.—"Can't I go out in the backyard and play in the garden, mamma?"

"Certainly not, child. You must stay in and study your nature books."—Life.

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Sanitarium

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Youth Not a Matter of Years

An encouraging sign of the times is the change in the attitude of the world toward old age and its theoretical limitations. The extension in the time of activity for both men and women has been conspicuously increased in the last fifty or seventy years, and more and more man is beginning to realize that old age is to a certain degree a voluntary matter.

There is a world of philosophy in the remark of San Francisco's centenarian, Captain Diamond, now past 111, who says that at seventy he began to realize that there was a great deal to be got out of life yet. "You always get what you are prepared for," said he, "and as most men expect to die at seventy or thereabouts, they educate themselves for death and live up to their belief, and it comes for that reason."

In a recent address at the Sanitarium the venerable Bishop John H. Vincent, father of the Chautauqua movement, made an eloquent plea for the opportunities of old age, insisting, with Longfellow, that "age is opportunity no less than youth itself, though in another dress."

Old age is, as a matter of fact, a merely relative term, and unless there is physical disability, there is no excuse for a waning of interest or retirement from activity. Every day we see around us examples of men and women who have become old by a voluntary mental process. They think themselves old and they become old.

A recent writer in the Outlook says: "Age is largely a matter of habit; and most people who grow old, in the sense of losing their interest and their working power, fall insensibly into the slough of inactivity because they do not understand how to feed their spirits and nourish their bodies. Youth is not a matter of years; it is a matter of spiritual condition."

It is this stagnation of interest that most reflects on man's mind, and, turning his thoughts inward, shuts out all possibility of growth, dulling hope and turn-

ing life into "an undistinguished gray." Feed the mind by fresh ideas, broaden life by contact with new friends and new interests, get away from the echo of "threescore and ten," and get accustomed to the new idea now being advanced by scientists—that the rightful span of man's life is 120 years, on the principle that man, as is the case with other animals, should live six times as long as it took him to mature. Going on this theory, a man who ceases activity at sixty and expects none of the joys of life that are shared by those of fewer years will have missed his natural heritage.

To many a man and woman the Sanitarium gymnasium has been the source of this new light, and the sight of many gray-haired men and women swinging Indian clubs and dumb-bells, and regaining some of their lost elasticity in the march, is a grateful one.

MR. FLETCHER IN TEST AT SPRINGFIELD EXCEEDS PAST RECORDS

Mr. Horace Fletcher has recently been undergoing new tests of endurance at Springfield, Mass., in which he has exceeded his Yale record thirty-three per cent. This is additional argument in favor of Fletcherizing. It will be remembered that Mr. Fletcher has twice before undergone tests of physical endurance in which he was pitted against trained athletes at Yale, and without previous practice exceeded the performance of the athletes without ill effects. In 1907 Mr. Fletcher doubled the best Yale record. Mr. Fletcher is past fifty years of age and takes no regular systematic exercise other than those he terms "physical thought." He attributes his endurance to thorough mastication of his food and to a state of mental calm, believing that one should make the act of taking food a "joyous reverential ceremony." Through the application of his theories—mouth treatment of the food and the cultivation of happiness—he has risen from semi-invalidism to perfect health with powers of endurance that are the envy of trained athletes.

Rev. Mr. Axling Departs

The Rev. William Axling, who has been spending the past five months at the Sanitarium in an effort to regain his lost health, after strenuous missionary work in Japan, left the latter part of the week for Chicago, where he will join Mrs. Axling. As he bade good-by to friends at the Sanitarium, Mr. Axling expressed himself as profoundly grateful for what the Sanitarium treatments and diet have done for him. "I feel," said he, "as if I had been resurrected to a new life. I had tried other institutions and climates in vain, and came here well-nigh hopeless, and wonders have been done for me. I am certain I have added twenty years to my opportunity for service, and my strength is ready to be laid on the altar for my fellow-man. This institution is the most symmetrical one could hope to find—mixing to mind, body, and soul, and the atmosphere of the place is a constant benediction."

FOUR GREAT ESSAYS ON VEGETARIANISM

And a Vegetarian Cook Book, FREE.

"Pork, or the Dangers of Pork-Eating Exposed."

"Plutarch's Essay on Flesh-Eating"

"Ethics of Flesh-Eating."

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"Natural Food Recipes," by Mrs. E. E. Kellogg

(Containing 120 Recipes)

The above set of booklets, which should be in the hands of every Vegetarian and student of diet and matters of right living, will be sent post free, in connection with one three months' subscription to GOOD HEALTH, at the regular price of 25 cents. Canadian subscribers pay 10 cents extra, to cover foreign postage.

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NEWS NOTES

Don't forget the 3:30 prayer service in second floor parlor daily.

Mr. and Mrs. A. K. Allen have returned from a six-weeks' vacation trip to Ohio.

Miss Hall and Miss Armitage left Tuesday morning for Colorado, where they will take up claims near Lamar.

Mr. and Mrs. Clark Riggs left on Monday for Boulder, Colo. Mrs. Riggs and the children will remain for the summer for her health.

Patients and helpers enjoyed the Tuesday evening concert in the gymnasium. The program included clever readings by Miss Elma Smith, solos by Miss Merle Tillotson, soprano, and classic selections on piano and violin by Miss Agnes Ambrose and Mr. Cecil Burleigh.

Mr. L. E. Buel, State Secretary of the Y. M. C. A., spent Wednesday at the Sanitarium, meeting with the special committee appointed to draft by-laws for the new industrial branch to be formed among Sanitarium employees and guests. International Industrial Secretary McDill, of Chicago, was also present aiding in the work. Plans for organization will be completed within the month.

Seventy-five season tickets for the Battle Creek Chautauqua course have been placed on sale at the Cashier's desk. The season opens July 17 and closes July 26, and the programs offer a wide variety of entertainment, including many musical treats and lectures by leading speakers of the country. The first one thousand tickets will be sold for \$2 each. After these are disposed of, the price will be raised.

The following attractive program for the testimonial concert for Mr. William Drever, leader of the Sanitarium orchestra, given by Mrs. Herbert Gray Ashbrook, soprano, of Cleveland, has been issued:

1. Lucrezia Borgia, Donizetti, Orchestra;
2. (a) Lenz, Hildach; (b) Was Ist Sylvia, Schubert; (c) Zueignung, Strauss; 3. (a) I Know a Lovely Garden, d'Hardelot; (b) Snowflakes, Cowen; (c) Come, Sweet Morning, Old French. 4. Prayer from "Tosca," Puccini; 5. 1st Concerto, De Beriot, Miss Cre; 6. (a) Le Nil, Leroux; Obligato by Miss Gor; (b) Hai Luli, Coquard; 7. (a) In Autumn, Well; (b) Absent, Tirindelli; (c) Winter, Rogers; (d) Oh, Come With Me, Van der Stucken. 8. Duet—Summer night, Schultz, Mrs. Ashbrook and Mr. Steinel; 9. Overture—Der Tambour Der Garde, Tittl, Orchestra.

Mrs. Ashbrook was recently a guest at the Sanitarium, and while there became interested in Mr. Drever's effort to buy a new trombone, and offered her services for the testimonial recital. She will make a special trip from Cleveland to sing at the concert, which will be held Tuesday evening, May 12, at the Independent Congregational church. Mrs. Ashbrook will be assisted by the Sanitarium orchestra, Miss Core, violinist, and Mr. Steinel, baritone.

Prizes Awarded for Helpful Suggestions

At a recent meeting of factory employees of the Sanitas Food Company, \$25 in prizes was awarded to employees for valuable suggestions submitted to the management. The suggestion box is to be a regular monthly feature, and the six prizes,

aggregating \$25, will be awarded for practical suggestions made in regard to improvements in the products or the manner of making, or helpful ideas for the welfare and comfort of the employees themselves. The prize winners this month were as follows: first, Martin Ambs; second, A. D. Alchin; third, Mary Durrle; fourth, O. A. Talmadge; fifth, F. L. Craig; sixth, Albert Kolvord.

The Sanitas Food Company has an effective organization, with capable departmental heads in charge of the various

branches of the work: Arthur Kellogg in charge of the experimental testing department; J. L. Kellogg, superintendent of the manufacturing department; Frank Dryer, the baking department; C. K. Foster, miller; Charles Gilchrist, foreman of the shipping department; Miss Upson, in charge of the packing room; W. E. Goff, manager of the office force; L. C. Neilson, cashier.

Great minds have purposes; others have wishes.

EXCURSION—Chicago and Return \$2.25

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NEW TIME CARD goes into effect on

The Grand Trunk Railway System

Sunday, April 26, 1908.

No. 2 will then leave at 6.50 a.m. instead of 7 a.m. No. 12 at 9.35 a.m., and No. 9 at 12.15 p.m. instead of 12.25 p.m.

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DOMESTIC SCIENCE DEPARTMENT

A practical talk on "The Sources and Use of Starch" was given in the Sanitarium parlor Thursday afternoon by Mrs. Minnie Emmons of the Domestic Science department. She said in part: "As starch makes up a large proportion of our food, it is well worth our consideration. Starch is widely distributed in plant life. Among the common sources are the cereals—rye, wheat, corn, and barley; vegetables—Irish and sweet potatoes, green corn, and peas, beans and lentils.

"The starch is found encased in a vegetable wall or partition. The cell consists of two parts—the outside wall, or cellulose, and the inside, or granule. The different vegetables contain cells each having their own individuality. To one acquainted with the different starches they are easily recognizable under a microscope, and can be named; as, potato, rice, corn, wheat, etc. It is a very interesting study—this study of the starch family.

may only be accomplished by the saliva and the pancreatic juice. The mouth is the great starch-digesting organ of the body. The salivary glands of the mouth secrete an enzyme which continues the digestive process begun in the cooking. The saliva does not act on raw starch, and for this reason we emphasize the importance of thorough cooking. The acid secretions of the stomach have no action upon starch, hence the importance of thorough mastication and mixing with saliva. There is a provision made, however, for the careless eater, in the amylase found in the small intestine, to which the food eventually passes from the stomach. The first object of the cooking of starches is to assist the digestion, the next to soften the cellulose, and the third, to cook the starch."

Following the lecture, samples of potato croquettes and corn roast were served to the audience, recipes for which follow:

Potato Croquettes

2 cups hot mashed potatoes
2 tps. butter
½ tsp. salt
½ tsp. celery salt
½ tsp. grated onion
Mix together in the order given; beat



DOMESTIC SCIENCE STUDENTS AT WORK IN BACTERIOLOGICAL LABORATORY

"The first step in cooking is to rupture these starch cells. For this reason they are 'braided' with water to separate the cells. Starches are insoluble in cold water, while the crystals of sugar are soluble. The starches and sugar form the carbohydrate group of food elements, the principal use of which is to supply heat and energy to the body. The normal temperature of the body is 98.6-10 degrees, but few of us stop to consider the constant effort that the body maintains to keep up that temperature, and the wonderful process by which it is done. Heat is always produced as the result of fire. The fire generated in our bodies by the fuel—represented by food—is called oxidation. The starches and sugars and fats are the fuel that makes our body heat. In order for this food to be converted into heat, it must undergo a process of digestion.

"It has been ascertained by experiments that there are five stages in the digestion of starch. Three of these may be accomplished by cooking; the other two

well, shape, and dip first in bread crumbs, then beaten egg, and again in bread crumbs. Brown in quick oven.

Corn Roast

2 eggs
¾ cup of cream
1 tsp. grated onion
1 ¼ cup of granola
1 cup of canned or fresh corn
Mix ingredients together in the order given. Let stand for fifteen minutes. Bake in a moderate oven thirty or forty minutes.

"Be strong; we are not here to dream, to drift—
We have hard work to do and loads to lift.
Shun not the burden; face it,
'Tis God's gift."

"We can all do more than we have done,
And not be a whit the worse;
It never was loving that emptied your heart,
Nor giving that emptied your purse."

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J. C. RIGGS.

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1 Mexican Red Head Parrot. Sings, whistles, talks, asks and answers questions and laughs merrily. Has never been sick an hour in her life. Is very affectionate. Price, \$32. Cage, \$5. Stand, \$3. All three, \$35. This is "Kitty," King George, Honduras Double Yellow-head. Very intelligent. Is learning to talk. Price, \$30. Cage, \$5. Stand, \$3. All three, \$38.
1 "Cympanini Holder," a "Trainer," \$10 bird. And a 20x30x47 Breeding-cage with drawer and lifting guards. (No dropping on carpet from this cage). \$15. Both for \$20. This is cheap for bird and for cage.



C. This box contains over two billion disease-destroying germs.

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C. Hitherto this remedy has not been obtainable in this country. It may now be secured, freshly prepared and of superior quality.

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QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Can gallstones be dissolved?

A. Yes; in the chemical laboratory, but not in the gall-bladder.

Q. Does the Sanitarium claim to be able to cure locomotor ataxia? and does not locomotor ataxia get worse instead of better?

A. The Sanitarium does not claim to cure any disease; neither do the Sanitarium doctors claim to cure any disease. If a man is sick and gets well, it is because the powers that are within him cure him. The thing the doctor can do and the thing that the nurse can do is to supply conditions and remove obstacles,—supply favorable conditions. The getting-well power is within, and you can not put it into a man when he does not have it; it can not be put into him in the form of medicine. The ordinary person suffering from locomotor ataxia in the incipient state and the early stage of the disease can be gotten on his feet and made to walk, and can be practically cured. The cure consists first in removing the causes of the disease, building up the patient's vitality, stimulating the *vis medicatrix naturae* of the body, the healing power of the body, to the highest degree, then putting him through training; and one of the sorts of training he has is to be taught to walk a crack. He must put his foot square down on that crack, walk regularly, and keep time when he walks—one, two, three, four, five, six, and so go right on rhythmically walking, putting his foot down regularly. He may thus actually re-educate his muscles, so that he gains the control which he has once lost.

Q. What is aepsia?

A. Aepsia is a condition in which the stomach makes no gastric juice and no pepsin.

Q. What is hypopepsia?

A. Hypopepsia is a condition in which the stomach makes too little pepsin and too little gastric juice.

Q. Should a parent compel a child to eat what it does not like?

A. Certainly not. No child should ever be compelled to eat when it did not wish to eat; neither should it be compelled to eat what it does not wish to eat. When I have a child that does not want to eat something that is good for him, I say, "We will wait a while," and if we wait long enough, the child has a splendid appetite, and there is no trouble about compelling it to eat. I think the natural instincts should be allowed to dominate and to guide the child as well as the grown person. When a child has a real natural aversion to a thing, it should not be asked to eat that thing, because its instinct is God-given, and we have no right to undertake to ignore it, or compel it into subjection.

Q. Is there danger of evil results from the use of raw or cooked flaxseed for the relief of constipation?

A. A moderate use of flaxseed would, I think, do no particular harm, yet there are other means that might be better.

Q. Can you explain what Professor Fletcher means by swallowing involuntarily? I have not seen a patient who seems able to practice it to his satisfaction.

A. I think Mr. Fletcher does not make it quite so plain as he used to when he talked to us first about it. I think he rather takes it for granted that the public is informed and does not need a detailed explanation. The matter of chewing is very simple, if you go at it properly. If the food is dry, chew it until it is reduced to a pulp. As the food is being chewed, some portions are softened, and swallowed; but the particles that are not soft enough, are brought around in front naturally. You do not have to pay any attention to it; it does itself. The tongue is pressed against the roof of the mouth, and the coarse particles are held back by the tongue while the soft, liquid portions slip down the center of the tongue, and are sucked down into the throat. When they reach a certain point, the muscles seize the foodstuffs and carry them down, while the coarsest particles are sent back by the tongue to be chewed some more. Do not swallow any portion of food as you swallow pills.

Q. Can heart trouble caused by a leaking valve or an open valve, so from birth, which causes too rapid beating, be cured?

A. No, such a condition can not be cured; it must simply be tolerated. However, one may live for many years, notwithstanding a difficulty of this kind, if he takes proper care of himself and keeps up the strength of the heart. The heart can do its work provided its strength is maintained. A pump that leaks can pump just as much water if you work the pump-handle a little faster and a little harder. If the heart becomes strong and vigorous and able to do its work, it may retain its efficiency for many, many years.

Q. What causes one side of the body to perspire around the upper part of the body only, while the other side is free from it?

A. This is a peculiar nervous disorder. The person should have a careful investigation by a neurologist. There may be something rather serious that requires attention.

Q. In "Shall We Slay to Eat?" you make the statement that vegetarians are liable to be immune from malaria. How is this?

A. Only because they have more vital resistance and their blood-cells are more active. But I know a good many instances in which malaria has been successfully resisted by persons who did not eat flesh, while others who were flesh eaters were susceptible to it. Still, it is not a panacea, and vegetarians are not all immune by any means.

Q. What causes the soles of the feet to burn at night sometimes? What causes a nervous feeling in the feet sometimes on waking?

A. These are vasomotor disturbances. A good remedy is to take a cold water bag to bed with you instead of a hot water bag.

Q. In what part or parts of the body does rheumatism first manifest itself?

A. In the joints, but it is a general infection, of course.

A Sure Sign.—De Quiz—"Have you heard a robin yet?"

De Whiz—"No; but I've seen a woman with her head tied up in a towel beating a carpet in the back yard."—Judge.

THANKFULNESS IS MAN'S DUTY

(Continued from page 1.)

truth that the Rev. Henry G. Ostrom studied his mid-day chapel talk at the Sanitarium Monday. Taking for his text the well-known passage from Psalms: "Bless the Lord, O my soul, and all that is within me, bless his holy name," he proceeded to show the necessity for praise, and told how it might be cultivated, even though the callous human heart had grown unaccustomed to it. Although the service is short, lasting in all only a brief half hour, it served as a real inspiration to the men and women who take this time in the midst of a day's work to seek spiritual uplift. The services have been largely attended, particularly during the past ten days, since the evangelists have kindly consented to take charge of the meetings. Dr. Ostrom, Dr. Elliott, and the Rev. Mahood have alternated, and by their sincere, straight-forward methods have succeeded in infusing new spiritual life into the meetings.

The 3:30 afternoon meetings in the second floor parlor, which for the most part have been in charge of the Rev. Mr. Brunson, deserve a larger attendance, and within the past week special effort has been made to increase the number, through special invitations sent to each visitor and guest.

Cows vs. Milkman.—A Philadelphia lawyer maintains an admirable stock-farm on the outskirts of the Quaker city. One day this summer some poor children were permitted to go over this farm and when their inspection was done each of them was given a glass of milk.

The milk came from a \$2,500 cow.

"How do you like it, boys?" asked an attendant, when the little fellows had drained their glasses.

"Fine! Fine!" said one youngster, with a grin of approval. Then, after a pause, he added:

"I wish our milkman kept a cow."—Harper's Magazine.

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PERSONALS

Mrs. C. Gillespie has returned to her home in Carrollton, Miss.

Mrs. F. J. Cook returned this week to her home in Cleveland, Ohio.

Mrs. W. B. Jeffs spent a few days in Chicago during the past week.

Richard Kerens, Jr., has returned from a visit with his parents in St. Louis.

Mrs. C. C. Van Etten of Washington, D. C., is among this week's arrivals.

Mrs. Gaston Saux, a former patient, has returned. Her home is in New Orleans.

Mrs. R. F. Taylor of Napa, Cal., left for a visit to her mother in Homer, Mich.

Mr. A. J. Ruhl, of Houghton, Mich., is visiting his wife and daughter this week.

Dr. Carrie Staines accompanied Miss Bertha Collon to her home in Columbus, Ohio.

J. W. Russell has returned to the Sanitarium, and is being greeted by old friends.

Messrs. P. W. and W. H. Manbrick, of Pennsylvania, are among the recent arrivals.

Dr. J. H. Barnhart, of the New York Botanical Gardens, arrived at the Sanitarium this week for a rest.

Miss Harriet Ely, of Boulder, Colo., is among the week's arrivals. She will remain for some time as a patient.

Mrs. E. E. Rose, of Elmira, N. Y., paid a brief visit to the Sanitarium the past week enroute to Toronto.

Mrs. G. W. Kinney of Cleveland, Ohio, who was a guest at the Sanitarium last summer, has returned for a short stay.

Mr. R. L. Lytle of Murfreesboro, Tenn., joined Mrs. Lytle here at the Sanitarium and will remain for rest and treatment.

Capt. W. C. Coulson of Orange, Cal., returned on Wednesday to his home. His son will remain some weeks for treatment.

F. B. Bunker, of Belra, East Africa, has returned to the Sanitarium for treatment, and will remain for several weeks.

Miss George Honey and Miss Clifford, guests for some weeks at the Sanitarium, have returned to their home in Cleveland.

Mrs. F. von Hille of Port Arthur, Canada, who has been staying for some weeks at the Sanitarium, visited relatives in Marshall this week.

Miss Carolina E. Chittenden, of Foochow, China, a missionary for the past twelve years in that country, has arrived at the Sanitarium for a rest.

Mr. M. P. Gould, son-in-law of the eminent surgeon, Dr. Stephen Smith, of New York, paid a short visit to the Sanitarium this week, calling on his sister, who is a patient here.

Mrs. Allen White returned to her home in Louisville, Ky., recently, after a stay of several months, has made wonderful improvement in health. Mrs. White made hosts of friends while here and her cheerful face will be greatly missed.

Miss Ella Earl Hayes, who has been a patient at the Sanitarium for the past four months, left Tuesday for her home in Louisville, Ky. She expects to return and spend the month of June.

Dr. George M. Tuttle, of New York, the eminent surgeon and gynecologist, who has been spending several weeks at the Sanitarium for rest, returned recently to his home.

Mrs. H. A. Rose, a regular patron of the Sanitarium, accompanied her sister-in-law, Miss Janet Rose, to the Sanitarium. She will remain a few days before returning to her home in Columbus.

Dr. C. W. Colton accompanied Mr. F. O. Wilson of Oil City to the Sanitarium this week. Mr. Wilson, who has extensive Standard Oil interests, will remain for some weeks as a patient.

Mrs. H. S. Blossom and daughter Louise and Miss Fisher, after a protracted stay at the Sanitarium, left the last of the week for New York. They will later visit friends in Toronto, and sail for a month's trip abroad in midsummer.

Mr. and Mrs. R. J. Kilpatrick of Beatrice, Nebr., who have been at the Sanitarium for the past few months, left this week for a visit with relatives in the east and to attend the Junior class play at Vassar College, where their daughter attends school.

Dr. M. C. Wilcox, of China, left early in the week to attend the General M. E. Conference. Dr. Wilcox is engaged in translating a number of text-books into Chinese for use in colleges there. Among them is "The Living Temple," by Dr. Kellogg.

Mrs. T. W. Woodside, a missionary for twenty years in Africa, is among the recent arrivals at the Sanitarium. She will remain for some weeks visiting her daughter, Miss Woodside, who is a student at the American Medical Missionary College.

ARRIVALS

The list of arrivals for the week ending May 5 is as follows: Mrs. H. W. Stickney, N. Y.; M. B. Jones, N. Y.; Alice B. Cartwright, Ill.; J. S. Magruder, Wyo.; Harry Jeschke; Mrs. H. B. Newell, O.; Miss Florence S. Cozad, O.; Mrs. B. K. Boreman, W. Va.; Mrs. T. W. Woodside, O.; George Gerson, Okla.; T. E. Buell, Mich.; Martin Crocker, Mich.; Caroline E. Chittenden, Foo Chow, China; John A. Brown, Pa.; J. O. Dukes, Ga.; Thomas McCann, O.; J. C. Hill, Pa.; Mr. and Mrs. George Thompson, Mich.; Mrs. E. E. Rose, N. Y.; S. Mayer, city; Harriet Ely, Colo.; Mr. and Mrs. W. M. Sweeney, O.; Mrs. I. A. Palmer, Pa.; John A. Morris, Ill.; Herbert A. Daly, Mich.; A. Stoge, Mich.; Mr. and Mrs. Thomas F. Noble, Pa.; Dr. and Mrs. J. R. Hall, Mo.; Mrs. C. W. Anderson, La.; Mrs. Thomas S. Black, O.; Walter V. H. Black, O.; Andrew D. Agnew, Wis.; Mrs. J. W. Marvin, O.; Miss Anne Buerhaus, O.; Charles H. Neeley, Ky.; A. K. Wells, Tenn.; Mrs. J. Harvey, La.; Mrs. A. M. Halladay, La.; Mrs. Hugh Halsell, Tex.; L. A. Pires, Tex.; A. Mathe, Wis.; O. B. Hague, city; Mrs. C. C. Van Elton, Wash.; E. L. Richendorn, Ill.; P. R. Hoge, W. Va.; F. R. Bunker, Belra, East Africa; James S. Harris and son, O.; Mrs. Luella McCan, Me.; J. E. Bourke, Ill.; Mary F. Price, Ill.; David Paulson, Ill.; Richard Kerens, Mo.; H. W. Wright, Tenn.; Helen McClure, Mass.; G. S. White, Pa.; N. S. Loguire, S. L. Loguire, Pa.; Dr. and Mrs. H. D. Hill, Wis.; C. J. Sherman, Ind.; I. N. Bushong, Mich.; Mrs. W. E. Smith, O.; Mrs. G. W. Kinney, O.; Miss Joiner, Ill.; G. D. Schermerhorn, Miss Schermerhorn, Mich.; Miss Hazel Penton, Mich.; M. Benfield, Ill.; Miss Benfield, Ill.; J. K. Elliot, Ill.; E. L. Arnott, O.; Foss Elwen, Ind.; E. C. Witwer and two children, Ind.; A. J. Ruhl, Mich.; C. Yeretsky; E. H. Daniels, Mrs. H. N. Rose, O.; Janet Rose, N. Y.; N. P. Gould, N. Y.; J. E. Cook, N. Y.; Mrs. J. B. Jones, Pa.; J. H. Barnhart, M. D., N. Y.; F. R. Hunker, Minn.; Mr. and Mrs. Crutcher, Ky.; Mr. and Mrs. W. H. Miller, Ill.; R. L. Lytle, Tenn.; Grace Judson, Ill.; Mrs. L. L.

Lewis, Mich.; Capt. W. C. Coulson; F. M. Stutsman, Ind.; Hugh Dalsell, Tex.; A. E. Scarborough, Tex.; J. W. Russell, Tex.; C. A. McKie, Miss.; R. A. Vinning, Tenn.; Mrs. Caroline Hull; E. A. Cottrell, N. Y.; M. M. Winter, So. Dak.; Dr. O. A. Eaton, Mich.; E. S. Craig, Pa.; Mrs. J. A. Caughren, Minn.; Mrs. Allison, Minn.; C. J. Caughren, Minn.; Mrs. F. W. Dunning, city; R. S. Kingsbury, O.; A. N. De Menil and wife, Mo.; J. J. Nielson and wife, Ala.; Mrs. Geo. A. Daniel, Ala.; Estelle Onge, Ill.; Elma B. Smith, Ill.; Mr. and Mrs. Harry White, Ind.; Mrs. J. E. Glas, Minn.; Mrs. H. S. Glas, Minn.; H. C. Ut-hoff, Ill.; C. A. Parker, Wis.; A. N. Crull, Ind.

"It's not the position but the disposition that makes men happy."—Success Magazine.

"He who preaches the truth and practices a lie may deceive others, but assuredly destroys himself."

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This product has been used in the Battle Creek Sanitarium and in allied institutions to combat constipation with most excellent results. It is the only laxative preparation on the market which acts in a PERFECTLY natural way. COLAX is used as a food in some countries but is non-nutrient—cannot be digested—and its value lies in its carrying through the entire system a bulky, moist mass of material. This facilitates the colonic discharges, thus providing a ready relief for constipation.

COLAX is in the form of biscuit to be eaten with soup or any beverage taken regularly with meals.

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THE BATTLE CREEK IDEA

VOL. 1, No. 23.

BATTLE CREEK, MICH., MAY 14, 1908.

PRICE, 2 CENTS.

PHYSIOLOGIC LIVING LEADS TO LONG LIFE

Dr. Kellogg Tells of Proper Diet to
Maintain Life and
Efficiency

HOW MAN ABUSES HIS BODY

"The foundations of long life must be laid in physiologic living. An animal compelled to adopt habits of life different from those which the Creator intended for its structure and natural functions, must necessarily perish before it ought to perish, because it must continually fight for existence. It is exactly the same as if you undertook to do a certain kind of work with a tool intended for an entirely different work. For example, if one should undertake to weave cloth with a threshing machine, he would make very poor work of it. If one should undertake to cultivate a garden with a hay fork, he might accomplish something, but the fork would very soon be worn out. It requires a cultivator—a larger and stronger instrument. If one should undertake to comb his hair, for example, with a very delicate instrument made for the most delicate kind of work, he would very soon destroy it. Hair needs a comb; a garden needs a cultivator; a threshing machine should be used for its own particular kind of work; and every instrument must be applied to its own use.

"The results of the abuse of the body are too numerous to mention in a brief talk. We constantly find awful examples of this among the people who come here. For instance, a man undertakes to use his body as an apparatus for distilling nicotine. He rolls up a bundle of leaves, lights a fire at one end, and he pulls away at the other. He is the condenser. The cigar is the pipe which communicates the vapor to his body, and the body is the condenser, and as the nicotine is condensed in the body, it is absorbed by his tissues, and the result is that this man dealing with nicotine very soon finds his vital machinery damaged, perhaps beyond recovery. I believe I am safe in saying that twenty-five per cent of the business men who come to this institution have been injured more than they have any idea of, more perhaps than they could be made to believe, by the use of their vital machinery for eliminating nicotine when it was not intended for any such purpose at all.

"The very same thing must be said of people who are habitual users of alcohol, or of tea and coffee; and the very same thing must be said of that part of the human family that uses flesh food. A dog can use flesh food with comparative impunity because he has four times as much liver capacity as man, and the hog has still more. The turkey-buzzard has a still more active liver, and the oyster

(Continued on Page 2.)

DR. CAROLYN GEISEL RETURNS FROM SOUTH

Finds Southerners Eager to Hear
of Battle Creek Health
Principles

MANY PATHETIC STORIES

Dr. Carolyn Geisel has returned from a prolonged tour of the South, where she lectured at all the Chautauqua assemblies of Florida, Alabama, and Mississippi, and at several of the larger colleges. She was accompanied by Miss Ruth Tenney, who shared the work in the domestic sci-



branch. So successful were the lectures that requests have been made for their return another year. "The South seems to be keenly alive to the importance of hygiene and temperance problems," said Dr. Geisel, "and it is, I believe, more open to receive the teachings than any other part of the country. It was proved to us by many instances. Down in Alabama forty teachers came by wagon twenty-two miles, starting at four o'clock in the morning. They stayed for the three days, sleeping in the pine woods at night. When asked by the Chautauqua management which part of the program they considered most worth while, they were unanimous in naming the health school course.

"Another pathetic illustration of the eagerness for light we found among the so-called 'Crackers' or 'up-country' folk. In a little cross-roads town near to the Chautauqua assembly six women made up their minds that they wanted the benefit of the lectures. It was cotton picking time and the truck gardens were 'coming on.' The

(Continued on Page 2.)

CHAUTAUQUA PROGRAM FINALLY ANNOUNCED

Subjects of Lectures By Well-
Known Speakers Made
Public

TO BE HELD IN JULY

At a meeting of the Chautauqua committee, held Tuesday morning, the list of subjects upon which the speakers will talk was decided upon as follows:

Edward Amherst Ott, Sour Grapes or Haunted House.

Senor Ramon Reyes Lala, The Philippines and Their People.

Hon. E. W. Carmack, The New Age or The Making of a Man.

Father P. J. Maccorrey, The Kingship of Man.

L. B. Wickersham, Chickens Come Home to Roost or Day Dreams.

H. V. Adams, Grapes of Gold.

Ralph Parlette, The University of Hard Knocks or Pockets and Paradises.

Robert Parker Miles, Tallow Dips.

Dora Eaton, Ingomar, the Barbarian.

W. I. Nolan, Yankee Notions or Father Adam and Brother Bill.

Ross Crane, Looking Human Nature in the Face.

Hon. Richard Yates, Evolution of Patriotism or Lessons from Lincoln's Life.

Gabriel Maguire, An Irishman through the Jungles of Africa.

The music, afternoon and evening, will be furnished by the Apollo Quartette, the Chicago Glee Club, and the Old Plantation Quartette.

Parties desiring to rent tents during the Chautauqua may secure them by applying to Secretary Gibson, of the Industrial Association.

The committee is composed of W. D. Farley, Chairman, and L. M. Schroder, Fred Wells, L. W. Robinson, J. I. Gibson.

The Chautauqua will open July 16 and close July 26.

Neurasthenia; Its Symptoms

Dr. W. H. Riley Continues His
Discussion of Familiar Phases
of This Disease

The following is a continuation of Dr. W. H. Riley's series of lectures on the Causes, Symptoms, and Treatments of Neurasthenia. In the two papers preceding, Dr. Riley has dealt with the symptoms, including the mental, cerebral,

(Continued on Page 7.)

DR. GEISEL RETURNS

(Continued From Page 1.)

men folk had to be fed and the children cared for. They could not all go at the same time, so they banded together and decided to send two each day, the others doing the housework for the absentees. If I had had no other audience than those two women each day, I should have been repaid," added Dr. Geisel. "There they sat in the front row, eagerly taking notes on everything that was said. At night they went home, and their notes and recipes were copied by the home-stayers and the entire day discussed. The next day two more came, and so on through the course. They were so eager to know the best way to care for and feed their families that it was pathetic.

"The classes were divided into general health lectures, cooking-school lectures, and the nurses' classes. From one place alone we have had 104 applications for the nurses' training-class.

"Another incident that touched us and made us feel the far-reaching effects of the teachings occurred in Alabama. One day I was approached by an old man, from 'up country.' He was gray-bearded and ignorant and dirty. He approached me after a lecture and said: 'I kum deown tew sell my keows an' I thought thishire was a kind of a show, so I kum in, and I dun been to every one since. I can't write none, but my boy, here, he can write, and he has writ deown every word, and we're goin' to take it all hum to mother.' The last I heard from that was through the president of the Chautauqua, who said that the two had gone home and invited in the neighbors, and the boy and his mother were giving lessons in health culture.

"It was not alone among the poor whites that we found enthusiasm; for the millionaire tourists and the exquisite little women of the South were just as attentive. One guild of a fashionable little Episcopal church gave over its meetings to domestic science, a member reading the paper, based on the Battle Creek principles, and the rest participating in the demonstration.

"At De Funiak Springs we had an audience of 2,500. I was told afterward that in all probability at least five hundred were addicted to tobacco. The lecture was on 'Cleanliness Next to Godliness,' and during the course of my talk I dwelt on the harmful effects of tobacco. One of the managers told me afterward that those people had gone away with a spiritual and physical uplift that would last to the second generation, which of course seems an extravagant statement. But so keen was the enthusiasm that we can not help but feel that good will come of the talks."

A letter from the president of the Citronelle (Ala.) Chautauqua to Dr. Geisel says: "We have many appeals to a nobler and better life from the Chautauqua platform, but in so many instances they are only appeals and stop there. When you make an appeal of that kind, you tell how to accomplish the desired result, and therein your work is valuable beyond any that we have had. You will never know the real good you have done just in this one place. It is going on and on every day."

Dr. Geisel will remain at the Sanitarium until June 1st., when she leaves for Detroit to speak at the convention of the

Chittenden Rescue homes. From there she will go to address the State W. C. T. U., returning June 9th for the commencement exercises of the Nurses' Training-Class, after which she has engagements on the Chautauqua lecture platforms lasting until the middle of September. At the special request of the Committee of 100 and the National Society for the Prevention of Tuberculosis, she will lay especial stress on how to keep well, and the various measures now being adopted for the prevention of the white plague. Scientific Dietetics and Home Nursing will also constitute a major part of her work.

PHYSIOLOGIC LIVING

(Continued From Page 1.)

has the most active of all, being more than half liver. Man's liver weighs only three and a half pounds. The man weighs 150 pounds. The dog's liver is almost as big as the man's, but the dog is perhaps not more than one-quarter as large. The purpose of this enormous liver capacity in the dog, the hog, the turkey-buzzard, and the oyster is to protect them from the awful poisons with which they have to deal. But when man undertakes to live on a turkey-buzzard diet, eats meat that has a haut gout, eats pate de foie gras, fish that have been long dead,—Finnan haddie—codfish, herring, and other things far advanced in decomposition, the very worst results must follow. It is no wonder that Bright's disease and cirrhosis of the liver come at an early age, that he has dropsy, paralysis, arteriosclerosis, and breaking down of the brain.

"There has been an earnest study in these later years upon the subject of longevity. Metchnikoff and others have readily recognized the fact that diet is the all-important thing. It is found to be a universal fact that the people who live long are those whose habits of diet are very simple. Fruits, grains, and nuts are sufficient for one who would live the simple life, although it is well to eat a few fresh vegetables. In bread, butter, and potatoes one gets everything he needs. They constitute a perfect diet. One of the most vigorous, long-lived men in the world to-day is the Irish peasant raised on buttermilk and potatoes.

"The use of flesh, fish, fowls, and herbivorous animals is not good for the human family. They are not natural food, and were never intended to be eaten. An animal is an eater, not an eatable. Potatoes, apples, bread—these things are eatable, but animals are eaters. Apples do not eat potatoes, and potatoes do not eat onions. Vegetables bring in the material through earth, air, and water, and under the influence of sunlight these materials are organized into foodstuffs, into living substance. That is the transformation of dust into living being. This marvelous miracle is carried on all about us through the vegetable kingdom. In man it is not this kind of transformation. Man can not take the earth and the air, the dust and the water, and make living tissue out of them. He can only eat today the living tissue which has been formed in the vegetable kingdom and appropriate it. Eating and assimilating is a process of transfiguration by which apples, bread, potatoes, and other food are transfigured into human beings.

(Continued on Page 6.)

DR. LUTOSLAWSKI ON HINDU PHILOSOPHY

Professor of Cracow University
Poland, Tells of Yoga and
Deep Breathing

Prof. W. L. Lutoslawski of Cracow University, Poland, lectured on the Hindu Yoga before a good-sized audience Monday night in the Sanitarium gymnasium, telling his hearers of this peculiar system of culture, and of what it had done for him in a physical way.

He explained that some years ago, after having suffered intensely with nervous prostration for seven years, and the best physicians of Europe had failed to give him relief, he took up the study of Yoga, and by the system of alternate nostril breathing and with other treatments completely cured himself, gaining more vital energy and intellectual efficiency than in the best years of his youth.

Yoga, he explained, was the art, while the term Yogi meant those who practiced it. The art implies different lines of training; good actions and great sacrifices are one stage; devotion and constant prayer, another; while intellectual training constituted another phase; all leading to the same end. Yoga the speaker defined as meaning joining—a union of the lower self with God. The Yogi believes that each person is a manifestation of God—that he is identical with the omnipotent and omniscient One, and that by the abstemious life, by concentration and prayerful devotion, he loses his own identity—loses himself in the whole.

Dr. Lutoslawski said that the people of the Occident could gain nothing, he believed, from a study of or following of the Hindu system of philosophy or religion; that, in fact, it held great dangers for the Christian; but he had proved to his own satisfaction that their physical training was not only interesting, but useful.

He said he believed that at the root of their power for control of mind and body was their simple life; for no Hindu Yogi would eat meat, smoke, or drink liquid other than pure water, and he was very moderate in partaking of food. Their training in breathing, slowly and deeply, enabled them to have perfect control of both mind and body, even permitting them to be buried alive for months and emerge unharmed and with no great loss of avoidrupois. The system of breathing is very simple, and consists in inhaling slowly through one nostril, holding the breath for a considerable period, and then exhaling very slowly through the other nostril. Dr. Lutoslawski, after continued practice, was able to reduce his inhalations to one a minute—the average normal breathing being from eighteen to twenty. He warned his hearers against trying to adopt the system too quickly, for fear of injury to the lungs. "Make haste slowly," said he. "The preparatory exercises should not be accomplished under a year or more. While your mind is concentrated on slow breathing, you are able to control all emotions, and it is believed by those who practice it that by concentration on a certain organ, health currents may be made to actually flow to that organ."

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UNIVERSITY OF MICHIGAN

THE PLANS FOR SUMMER ON SANITARIUM GROUNDS

Handsome Shrubs, Trees, and
Flower-beds to Beautify the
Lawn

MANY OLD-FASHIONED FLOWERS

Florist Vandervoort of the Sanitarium staff is preparing to give the summer visitors a feast of beauty this year. Already a corps of men has begun work on the grounds, setting out trees and shrubs, and preparing the flower beds for the plants, which are already filling to overflowing the hot beds and calling out to be transplanted into roomier quarters. Handsome ornamental beds will dot the lawn and border the paths, and numerous lawn vases and urns will be put in place as soon as the weather is more settled.

Dozens of silver and Norway maple trees have been put out within the past week and many cut-leaf birches, while

be grown this year, not only because they are becoming popular again all over the country, but because there is really nothing prettier for table decorations and for bouquets for the sick-room. The bouquets sent to the ward and to patients confined to their rooms are always a source of great pleasure, and to many the old-fashioned flowers, such as delicate-hued snap-dragons, ten-week stocks, asters, pfox, small spicy pinks, bachelor buttons, and pansies full of tender memories of childhood and home gardens are more warmly welcomed than newer and showier blossoms.



A GLIMSE OF THE GREEN HOUSE

Florist Vandervoort is congratulating himself just now on his choice of winter-forcing sweet peas. In the early fall he planted a bed of these flowers in one of the green houses, expecting a reasonable return of blossoms, but they have far exceeded his most sanguine hopes. During the month of April five thousand blossoms were picked from the bed, which is equivalent to a row thirty-five feet long. Their beauty and fragrance is unequalled, and they have brought spring to the heart of dozens of invalids at the Sanitarium. The variety, a new one, is known as the Christ-mas Pink.

ARRIVALS

The list of arrivals at the Sanitarium for the week ending May 13 is as follows: Mrs. M. Macomber, city; Mr. and Mrs. Ralph E. Sprigg, Ill.; Miss Nora Sprigg, Ill.; Mrs. W. Spaulding, Mich.; Anne Castle, Minn.; Mr. and Mrs. Saxton, Mrs. F. W. Irish, Winnipeg, Manitoba; Ind.; Mr. and Mrs. Alexander Mills, Can-Hayl, Mich.; H. C. Barrow, Miss; C. A. W. E. Hart, Mich.; John Dover, O.; W. E. Mrs. M. A. Warren, Nebr.; O. A. Ludwig, Diedrick, O.; C. C. Creegan, N. Y.; Mrs. Thomas Neat, Mich.; A. Westergaard, Wis.; Mrs. E. C. Sexton, Miss Tucker, Wis.; J. L. Sexton, N. C.; Dr. and Mrs. J. G. Hinzling, Mich.; T. W. Woodside, Africa; J. L. Haile, Miss Haile, Wis.; Miss Maude Armstrong, Ill.; Nina Weston, N. Y.; G. K. Detwider, O.; Mrs. L. von Hille, Canada; Mrs. A. M. Proctor, A. S. Hobart, Mich.; Mrs. A. S. Hobart, Mich.; H. F. Toews, Kan.; Mrs. Eugene Enslen, Sr., Mrs. Eugene Enslen, Jr., Ala.; Lelle A. Tarvin, O.; Mrs. F. M. Boyle, Mrs. Elizabeth Lumsden, Ill.; Mrs. Judson Sayers, Ill.; J. M. Strong, O.; Mrs. D. G. Miller; L. C. Hurley, Ill.; C. Yeretskey, Ia.; O. B. Stephens, Ind.; W. Lutoslawski, Poland; A. F. Howell, Ind.; A. N. Meyer and daughter, Ill.; H. B. Sanburn, Tex.; A. W. Gaeke, Wis.; E. L. Richardson, Ill.; Mr. and Mrs. E. H. Frechtling, child and nurse, Ind.; A. P. McClure, N. Y.; Mrs. H. T. Boomer, O.; Mr. and Mrs. A. K. Welton, Ind.; John A. Morris, Ill.; O. G. Fox, Ind.; John Newton, city; J. G. Hinzling, Mich.; Miss Nellie Condon, city.



FLOWER BED ON COLLEGE LAWN

bare places and odd corners have been beautified with hydrangeas, spirea, and flowering currant shrubs. In the rear of the grounds such permanent vines as evergreen honeysuckles will be used for covering unsightly banks and high fences.

The handsome decorative bed (shown in the picture) on the College grounds will be filled with vinca alba rosea, pink geraniums, with borders of sweet alyssum. In the picture a bird's-eye view of the bed is shown while at the height of its beauty last summer—the Tennessee cedars being in their prime and of unusual beauty. A new Swastika bed is to be a feature of the summer landscape gardening; it will be filled with bright-hued flowers, a solid color running through the center of the design and bordered with white on either side. The familiar fleur-de-lis bed north of the Sanitarium main wing will be put into condition again this year and filled with alternanthera, low-growing, red-leaved plant of a foliage nature. There will be handsome beds of salmon pink geraniums, another of one hundred varieties of petunias, great banks of scarlet salvia, cool-looking beds of many-colored pansies, hedges of dahlias, beds of marguerite carnations and long rows of asters; of the latter five thousand plants will be used.

Quantities of old-fashioned flowers will

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Pittsburg to Fight Typhoid

For twenty-five years typhoid fever has been endemic in the Pittsburg district. For six years, during which the United States Government has estimated death rates annually for the registration area, Pittsburg and Allegheny have run a neck-to-neck race for prominence in the typhoid death rate. During the past year the two cities have been combined, but before the close of this, the first year of the greater city, the huge filtration plant which Pittsburg has been building at Aspinwall on the Allegheny River, will be in operation. "There is inspiration in the fact," says Charities and Commons, "in the very ampleness of the great low-lying basins which reach from the river to the hills; and in the realization that the town has turned its greatest sanitary need into its greatest civic achievement."

The Pure Food Law

Thus far since the enactment of the Pure Food Law, Secretary Wilson has ordered eighty-three criminal persecutions, and made fifteen seizures of adulterated stuff. The trial of the Harper case consumed three weeks. "At that rate," says the New York Times, "it will take nine years to dispose of the cases already ordered, in one court. No one has yet gone behind the bars as a result of violation of the law." Secretary Wilson has no doubt about the success of the law, and claims that the number of manufacturers trying to evade the law is growing less and less every day.

Vegetarianism and Surgery

In the "Reform Alimentaire" Dr. Fauchet of Amlens writes a notable paper on "Vegetarianism and Surgery" in which he advises a vegetarian diet for a prolonged period preceding an operation. In every case Dr. Fauchet says he has found that such a diet renders the patient more fit for the operation and gives greater endurance, so that he has a better chance of a rapid and complete recovery.

Opposition to Koch's Plan

A dispatch from Berlin, Germany, says that at a recent meeting of the Commission for the Improvement of Game Conditions in German Africa, Professor Koch's plan for the wholesale destruction of wild beasts as a means of killing off the tsetse fly which he claims is responsible for the "sleeping sickness," was assailed as scientifically wrong and economically destructive.

Professor Matchie of the Berlin Zoological Museum declared that Professor Koch's conclusion that the sleeping sickness is propagated by animals stung by the tsetse flies was entirely erroneous.

"Flies," said the professor, "are not discovered at all in large sections of Africa where the disease exists. They flourished once in the Transvaal, but as soon as the Boers annihilated the bush growth which caused an excessive amount of shade, the flies disappeared. There is ample evidence that the sleeping sickness has nothing to do with fly-stung wild beasts."

The Duke of Ratibor asserted that the destruction of wild beasts would work incalculable economic loss to the German colonies. On the Chairman's motion a strong resolution of protest against the carrying out of Professor Koch's plan will be submitted to the Colonial office.

Ban on Rats

A ban has been declared against rats and mice on the Panama Canal Zone in efforts to prevent bubonic plague from gaining a foothold there. It has been demonstrated that the plague is communicated by means of fleas. The fleas get it from rats and mice, and communicate it to human beings.

With the extermination of rats and mice, it is stated there will be no danger from the bite of the flea so far as plague is concerned. Canal employees have been instructed to kill all rats and mice.—Washington Dispatch.

Evangelists Depart

After a two-weeks' stay in Battle Creek, Dr. Henry Ostrom and his assisting evangelists, Dr. Mahood, and singers left the city Monday for Canton, Ill., to carry on another campaign. During their stay here they were guests at the Sanitarium, and through their frequent sermons and informal talks were the means of bringing a great spiritual uplift to the institution, felt by both guests and helpers, and they left with a warm feeling of gratitude and friendliness to the institution that had been their home. As the result of their efforts in Battle Creek several hundred persons have been converted, and a Committee of One Hundred prominent citizens has been appointed to maintain civic betterment.

Dr. and Mrs. Elliott will remain at the Sanitarium some weeks for rest and treatment. Dr. Mahood and John P. Hillis accompanied Dr. Ostrom to Canton. Mr. Merritt left for Toronto to pay a visit to his sister, and Mr. and Mrs. Rykert will leave shortly for California to visit Mrs. Rykert's parents.

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ELEPHANTIASIS GERM FOUND IN CONGO NATIVE

Boy Brought to Sanitarium Shows
Germ in Blood Test to Sur-
prise of Doctors

Think not, gentle reader, that this active-looking reptile is a trophy of a Sanitarium walking party; the round spots shown in the picture are not daisies growing in a field; he is not of the "garter" variety. No ordinary, easily remembered name would pass muster with this creature; he is known intimately over in the laboratory as "*Filaria Sanguinis Hominis*," and he causes "proliferation of the subcutaneous tissues." He is in a class all by himself; for he is the only specimen at present in the Sanitarium laboratory.

A few weeks ago Mark Njoji, a native of the Congo, was brought to the Sanitarium by Dr. Royal Dye, a medical missionary to that district. Mark was known to

symptoms of elephantiasis are a swelling of the limbs and lymphatic glands of the body. Latterly the limbs assume enormous

proportions, and the skin becomes dry and tough. The length of the life varies; oftentimes the victims die of other diseases.

SUNDAY EXCURSION

May 17, 1908

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have the "sleeping sickness" in an incipient form, and a test was taken of his blood to ascertain his true condition. To the surprise of the physicians the test revealed among other interesting things this embryonic form of elephantiasis—that dread disease so common in Africa and particularly in the Congo district.

A peculiarity of this germ is that it stays hidden in the lungs and other organs during the day, and comes out into the blood only at night, where it proceeds to have a festive game of tag with the blood corpuscles, thrashing away at them, and snapping its tail like an angry reptile of larger growth. All this was plainly seen under the microscope, although the fellow is but 200 mikrons long (one mikron is equal to one twenty-five-thousandth part of an inch).

Mark is showing improvement of the sleeping sickness symptoms since he began treatments here, and the elephantiasis germs are thought not to be sufficient in numbers to cause immediate danger. The

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DOMESTIC SCIENCE DEPARTMENT

"Seasonable Salads" formed the topic of the Thursday afternoon demonstration lectures given in the Sanitarium parlor by Mrs. Minnie Emmons of the Domestic Science department. The speaker told of their nutritive value and their proper combination, and advised her hearers to serve salad—either of fruit or vegetable—365 days of the year.

"The term 'salad,'" said she, "is often applied to various unhealthful mixtures of food material, but this fact does not necessitate that all salads shall be of this character. Simple salads may be made of wholesome materials and serve as dainty relishes, grateful to the taste, pleasing to the eye, and at the same time be valuable adjuncts to the hygienic dietary.

"The nutritive value of fruit salads is not high, but their acid, and mineral constituents serve an excellent purpose in the vital economy. Salads should harmonize in taste and digestibility. One flavor should not predominate to the expense of another, and the dressing should bring out the flavor instead of concealing it. Some one has said that a salad should 'fall together as notes of harmony in music,' and that is true. The dressings served with fruits should be a combination of fruit juices, while with the raw or cooked vegetables a dressing of fats or oils increases the food value and makes the salad a valuable substitute for heavier meat dishes at a light luncheon.

"A housekeeper can not lay too much stress on the value of fresh fruits and vegetables for the family table. The lack of them is largely responsible for many of the diseases from which we suffer, while they are an absolute necessity to the growing child. Mineral salts represent 4-10 per cent of the total body weight, and the fruits and vegetables are our sources of supply; they not only purify the blood, but they refresh the complexion, and are not to be despised.

"A salad is composed of two parts—the body, which may consist of vegetables, fruit, or proteid; and the dressing, which may be made either with or without fat. The dressing, however, is usually of high food value, and is one of the most delightful ways of serving fat. The materials that make up the salad should be of the best kind. In the use of raw green vegetables, such as lettuce or cress, great care must be taken to cleanse them to free them from all bacteria that may be found in the fertilizer in which they are grown. Choose fresh and thoroughly ripe fruits for the fruit salads, and combine the juicy ones, letting them stand for some time in order to blend the flavors. Currants and cherries and even strawberries may be served whole, garnished with their own glossy leaves, and simply served with sugar. If you can not afford both salad and dessert, choose the salad.

"A salad is a delightful and wholesome way of getting the fats which the body needs—fats being our fuel food and the greatest heat-givers among the food principles. Fats in nature are found in the emulsified form—as in the ripe olive, nuts, cream, egg yolk, etc. It is probable that fats undergo no digestive changes in the

stomach except as they are in the emulsified form. They are not absorbed until they reach the small intestine, when they are emulsified or broken up. The bile accelerates greatly the action of the lipase in splitting the fats to fatty acids, aiding the absorption. In the absence of the bile, from one-half to one-seventh of the fats escape digestion."

Following the lecture Macedoine of Fruit was served and also the Imperial Salad, recipes for which follow:

Cooked Mayonnaise

- 2 eggs
- ½ tsp. salt
- ¼ cup olive oil or butter
- ¼ cup lemon juice
- ¼ cup water

Beat eggs, add salt, lemon juice, water and oil; cook in double boiler until slightly thickened, stirring constantly meanwhile.

Imperial Salad

1 pound of tomato nuttolene cut into small cubes and browned. Then mix with one can of sifted peas. Serve with mayonnaise.

Fruit Macedoine

Peel 4 oranges quite deep. Cut into thin slices and mix with them thinly sliced bananas. Over this pour the juice of one lemon and one-half cup of sugar. Let stand for several hours on ice.

PHYSIOLOGIC LIVING

(Continued From Page 2.)

"The things we eat to-day are walking around and talking to-morrow. If we eat vegetables, we are eating the food prepared for animals—for eaters. When we eat animals, then we are subsisting upon the eaters, the same as if we should invite guests to our table and spread before them all sorts of delicious things to eat, and suddenly turn around and bite off our neighbor's ear or gnaw at his finger. That is exactly what one does when he eats animals.

"We are all guests at God's table. He prepared all these beautiful foods for us to eat. Let us get away from the barbarous flesh eating. Dead bodies were never intended to be eaten, and our stomachs were never intended to be charnel houses or potter's fields. A man who leaves the ordinary hotel table goes away with a regular menagerie in his stomach, shell fish, vertebrate fish, oxen, and what not. Fragments of these animals lie about in his colon and putrefaction is set up; the poisons are absorbed into his blood and he is punished then for his sins with old age and the various disorders which unfit him for either happiness or usefulness."

Spring in the Country

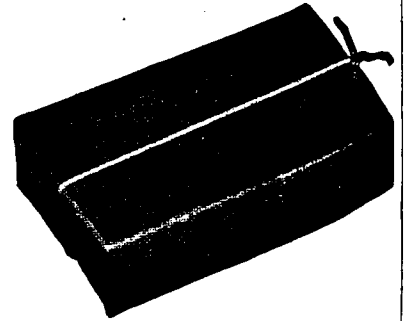
There is a rarer thing than truth, namely, power or deep sympathy with truth. What is the effect, for instance, upon society, of children? By the pity, by the tenderness, and by the peculiar modes of admiration, which connect themselves with the helplessness, with the innocence, and with the simplicity of children, not only are the primal affections strengthened and continually renewed, but the qualities which are dearest in the sight of heaven—the frailty, for instance, which appeals to forbearance, the innocence which symbolizes the heavenly, and the simplicity which is most alien from the worldly, are kept up in perpetual remembrance, and their

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1 "Cympanini Holder," a "Trainer," \$10 bird. And a 20x30x47 Breeding-cage with drawer and lifting guards. (No dropping on carpet from this cage). \$15. Both for \$25. This is cheap for bird and for cage.



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We have succeeded in preparing this ferment in concentrated form so that it may be administered in capsules.

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Neurasthenia; Its Symptoms

(Continued from page 1.)

sensory, and motor symptoms. The next group has to do with the symptoms referable to the digestive tract.

"As neurasthenia is a disorder of nerve activity, and as the nervous system has control of every organ and system of organs in the body, it is but natural that the function of the digestive tract should be more or less disturbed, as well as the function of other organs over which the nervous system has control," said he. "The appetite in this disease is not necessarily much affected, although it is usually reduced, and people who have neurasthenia are, as a rule, not very large eaters. There are exceptions, however, to this statement, and I have seen cases with a voracious appetite; then in other cases the appetite may be capricious. The entire upper surface of the tongue is usually coated with a light coat or a yellowish light coat. Sometimes the tongue is smaller than normal, and pointed or wedge shaped. Occasionally there is a bad taste. In some instances there is a diminution of salivary and mucous secretion, so that the mouth is dry; the surface of the tongue is sometimes dry also.

"The function of digestion as it relates to the stomach and bowels may be disturbed in various ways. Neurasthenics often complain of a heavy feeling in the region of the stomach and in the abdomen after eating. There may be gaseous eructations from the stomach, and a feeling as of a heavy load in the stomach. The muscles of the abdominal walls are usually relaxed, and on account of this and for other causes not infrequently the stomach is dilated and prolapsed and sometimes the intestines are prolapsed—so-called enteroptosis or Glénard's disease. We find on examination of these people this relaxed condition of the abdominal walls with displacement of the bowels and stomach in varying degrees. In some cases this symptom is slight; in others it is very well marked, and there is a marked protruberance of the abdomen, with a marked downward displacement of the stomach and bowels, and in some extreme cases even the liver may be displaced downward. The stomach may also be dilated and in some instances distended with gas. This is caused by a weakness of the muscular coats of the walls of the stomach, together with the muscular weakness of the abdominal walls.

"This general displacement of the stomach and bowels has been thought by some to be the cause of neurasthenia, and it is described by some as a splanchnic neurasthenia. It has been thought that on account of this marked displacement the blood is withdrawn from other parts of the body into the vessels of the abdominal cavity, and on account of this the spinal cord and other centers in the brain are deprived of a sufficient amount of blood, consequently are not properly nourished, and so neurasthenia develops. This condition undoubtedly may be at least a factor in the causation in some cases of neurasthenia, but in my opinion it is not the cause nor an important factor in the cause in all cases. Nevertheless it is an abnormal condition, and should receive proper attention, and be corrected by proper treatment. The weakness in the abdominal walls and stomach may be simply a part of a general muscular relax-

ation and weakness which affects all or nearly all of the muscles of the body.

"In regard to the function of digestion, there are all forms of indigestion associated with neurasthenia. There may be an excess of hydrochloric acid, so-called 'hyperchlorhydria,' or a diminution of the secretion of hydrochloric acid, or 'hypochlorhydria,' or the acid may be entirely absent—'Achlorhydria.' The rule in my experience, especially in the earlier stages of neurasthenia, is that the hydrochloric acid is increased, and there is more or less pain and distress and uneasiness in the region of the stomach, but as the disease progresses, this excess of acid may be diminished to the normal or even below the normal, and the patient may have hypochlorhydria taking the place of the hyperchlorhydria which formerly was present.

"There may also be some catarrh of the stomach. Of course, other serious diseases of the stomach, like ulceration, organic diseases, and atrophy of the mucous membrane may also be present, but these conditions can hardly be considered a part of the neurasthenia. They are accidental troubles which may be associated with this disorder, but do not necessarily form a part of the disease.

"In regard to the function of the bowels, the secretion and peristaltic action of the bowels is usually diminished, and these conditions are responsible for constipation which is so often present. In still other cases there may be a catarrhal colitis or a catarrhal condition of the lower large intestine. In fact, this condition is frequently associated with neurasthenia, and is often a troublesome symptom. The opinion is held by some that on account of this catarrhal condition and constipation and diarrhea which may be present, poisons are formed in the bowels on account of bacterial activity producing putrefactive changes in the proteid material of the food, causing the formation of poisons, and this by many is held to be one of the leading causes of the disease. This may be responsible, to some extent at least, for keeping up some of the symptoms. When present it should have careful attention. The bowels should have proper treatment, and all accumulations of fecal matter should be relieved, and the catarrhal condition should receive proper treatment. Sometimes the constipation alternates with the diarrhea, which is another evidence of fecal retention producing a catarrhal condition in the lower bowel.

(To be continued.)

FRIENDLINESS OF HEAVEN

Dr. Ostrom Preaches Farewell
Sermon before Large
Audience

The Rev. Henry G. Ostrom, director of the evangelistic campaign in Battle Creek which closed on Sunday, preached before a large audience Sabbath morning in the Sanitarium gymnasium, taking for his subject "The Friendliness of Heaven."

His text was from the second chapter of Ephesians, thirteenth verse: "But now in Christ Jesus, ye who were sometimes afar off are made nigh by the blood of Christ."

"The great question of humanity—the

one which rises from the throats of millions, is," he said, "this one question: 'How shall I find God?' You do so often fall a prey to gloom, to grief and despair, and murmur: 'How far, how very far to God.' In the hours of pain you turn on the pillow hour by hour and cry out, 'So far, so very far, to God.' We are so chained and bounded with misunderstandings and antagonisms that we cry out: 'Has any one ever found God?' Now the distance between man and God is not a distance of space; it is not a distance of geography. God is as much in this gymnasium this minute as he is in heaven; as near to your heartache as to an angel's peacefulness; as near to your weary nature as to an archangel's song. The real distance between you and God is the distance of character—it is a thing of unlikeness. Something within you fails to respond to the great characteristics of his nature—something in your living is out of harmony with his spirit; something in your life and your ambitions is antagonistic to his law."

The speaker urged his hearers, if they really wanted to know God, to get acquainted with him through nature—"taking the broad view;" for "nature in its generalities does reveal God; the bending of the rainbow, the beauty of the sunrise; the dewdrops that fling their glory; the song of the birds. You can look into the blossoming cherry tree and find something of the loveliness and fragrance of the infinite character, and find the smile of our eternal friend in a sunset."

"The real lift comes from above," said Dr. Ostrom, in closing. "Our text brings him near in friendly relation—that is the only way to get near God—by the blood of Christ. Accept the at-one-ment. Don't try to explain it. Abide in his light. The great difference between heathenism and Christianity is in attitude. The heathen says, 'I want God.' The Christian says, 'God wants me.' The heathen asks: 'Where shall I find him?' The Christian says: 'Immanuel—God with us.' Accept it; say 'I can't measure it, but it is God's mercy; I can not understand it, but it is God's love.'"

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PERSONALS

Each day the arrival list announces an increasing number of guests at the Sanitarium. Many of our Southern friends are arriving, though it is yet early for their season. The list includes this week persons from dozens of different States and Canada, Alaska, Hawaii, and Poland—proof of the frequent assertion of globe trotters that, go where you will the world over, where civilized man is, the fame of the Battle Creek Idea has also gone.

Mrs. E. C. Sexton and Miss Tucker of Milwaukee are among recent arrivals.

Miss Lellie Garvin of Cincinnati has returned to the Sanitarium for a brief rest.

Mrs. H. M. Branch, of Savannah, Ga., and Mr. and Mrs. Charlotte, N. C., are guests at the Sanitarium.

Mrs. Eugene Enslen and daughter-in-law, Mrs. Eugene Enslen, Jr., of Birmingham, Ala., are guests at the Sanitarium.

Miss Maude Armstrong, of Champaign, Ill., is at the Sanitarium paying a visit to her sister, Miss May Armstrong.

Mr. C. B. Scarborough, who has been a patient at the Sanitarium for some weeks, has returned to his home in Bonham, Tex.

Mr. and Mrs. Alexander Mills, of Toronto, arrived at the Sanitarium last week, and will remain a short time for a rest.

Miss L. L. Tillotson, of Hawaii, is spending a few days at the Sanitarium, resting after a long period of globe trotting.

Mrs. Henry Mayo and son, Max Mayo, of Erie, Pa., are recent arrivals. Accompanying them was Mrs. Emma Long, of Cleveland, Ohio.

Dr. Elmer L. Eggleston left Tuesday noon for Hamilton, Mo., where he will pay a short visit to his mother, stopping en route at Kansas City.

The Rev. T. W. Woodside, for many years missionary in West Central Africa, is the latest member of the missionary family at the Sanitarium.

Mrs. Judson Sayer accompanied Mrs. Eliza Lumsden, of Champaign, Ill., to the Sanitarium this week, remaining several days visiting former acquaintances.

Dr. Carrie Staines will leave the last of the week for a visit to her mother in this State. During her absence Dr. Kerr-Harris, assisted by Dr. Minnie Staines, will care for Dr. Staines' patients.

Dr. C. C. Creegan of New York paid a brief visit to Mrs. Creegan, who has been a patient at the Sanitarium for several months. Dr. Creegan left on Saturday for Cleveland to fill a lecture engagement.

Mrs. F. M. Boyle of Valdez, Alaska, is among recent arrivals. Mrs. Boyle was a patient at the Sanitarium some five years ago, and has made the long journey from Alaska in order to have the benefits of expert advice and treatments.

Among the distinguished guests to arrive this week was Dr. W. L. Lutoslawski, Professor of Psychology at Cracow University, Poland. Dr. Lutoslawski has been lecturing before the leading universities of the United States, and during his stay at the Sanitarium will give a series of addresses for the pleasure of the guests.

"Don't worry about your looks. You look all right to your friends, and the rest of the world doesn't care how you look."

Outdoor Gymnasium Soon to be Opened

New Physical Director to Start Active Work in All Lines of Training

With the oncoming of pleasant weather, interest in the outdoor gymnasium, the cross country walks, tennis, etc., is growing apace. Plans are about completed for a full gymnasium program, including nearly every hour from 5 A. M. to 7:30 P. M., and with the arrival of A. R. T. Winjum from New York, who will assume the active direction of both gymnasiums, assisting Dr. Benton Colver, it is expected that enthusiasm will soon be worked up to a high pitch.



A. R. T. WINJUM.

Mr. Winjum is well equipped to carry on the work, having received superior training in his native country, Norway. For some years he has been engaged as physical director in Y. M. C. A.'s in Buffalo and in Ridgeway, Pa., and prior to that he served in the United States army, going to China during the Boxer uprising and scaling the walls of Peking at the time of the siege, where his knowledge of physical training and care of health stood him in good stead. With Dr. Colver, Miss Atherton, and another assistant, he will see that the Sanitarium patients are given the advantages of the best possible gymnasium training, both outdoor and in. The cross country walks, morning and afternoon, began this week, and as the walkers get accustomed to the exercise, matches will be held, and long-distance walks arranged for.

The outdoor gymnasium will be opened at once, after being closed during the winter. The gym. has a fine running track with sand path, ten laps to the mile; a roomy outdoor pool, which will be covered with canvas so as to maintain privacy; and in addition to this there is the usual gymnasium apparatus, consisting of horses, parallel bars, swinging rings and other swings, shower baths, sand baths covered with blue glass, and what to many of the men enthusiasts is the most important of all—a generous-sized woodpile, where devoted followers of Gladstone may

get out and split and saw to their heart's content, and to the benefit of not only their muscle, but their lungs and other organs. The outdoor gym. is not alone for the benefit of the men, but hours are arranged when it will be the exclusive property of the women.

The following is the tentative program for the complete gymnasium day which will go into effect very shortly:

* * * * *

- * 5 to 7 A. M. (daily) Gymnasium
- * open to patients.
- * 5 to 6 (daily) Lady helpers, out-
- * door gymnasium.
- * 6 to 7 (daily) Lady patients, out-
- * door gym.
- * 7 to 7:20 (daily) Chest gymnastics.
- * 7 to 9 (daily) Men helpers, out-
- * door gym.
- * 9 to 9:30 (daily) Gym. exercises
- * and marches.
- * 9:30 to 11:30 (daily) Men's hour
- * in gym.
- * 9:30 to 12 (daily) Lady patients,
- * outdoor gym.
- * 11:30 to 1 (daily) Lady patients
- * in gym.
- * 12 to 2:30 (daily) Men patients,
- * outdoor gym.
- * 2:30 to 4 (Mondays, Wednesdays,
- * and Fridays) Lady helpers, out-
- * door gym.
- * 2:30 to 4:30 (Sundays, Tuesdays,
- * and Thursdays) Men helpers,
- * outdoor gym.
- * 3 to 3:20 (daily) Chest gym-
- * nastics.
- * 4 to 5 (daily) Women's hour in
- * gym.
- * 4:30 to 6 (daily) Lady patients,
- * outdoor gym.
- * 5 to 6 (daily) Men, indoor gym.
- * 6 to 7:30: Men patients, out-
- * door gym.
- * 6:45 to 7:30: Gym. exercises and
- * march.
- * 7:30 to 9 (Sundays, Tuesdays, and
- * Thursdays) Lady helpers, out-
- * door gym.
- * 7:30 to 9 (Mondays and Wednes-
- * days) Men helpers, outdoor
- * gym.

* * * * *

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THE BATTLE CREEK IDEA

VOL. 1, No. 24.

BATTLE CREEK, MICH., MAY 21, 1908.

PRICE, 2 CENTS.

KINDERGARTNERS PLEASE THE "GROWN-UPS"

25 Little Folk Sing, Recite and
Play Games in Closing
Exercises

SUMMER SCHOOL OPENS JULY 1

Such a fluttering of tiny white skirts and twinkling of baby feet, such a blending of childish trebles, such fascinating finger-plays and games, such dimplings and witching graces as were displayed at the closing exercises of the Sanitarium Kindergarten, held in the great parlor Tuesday afternoon. Men and women

DR. KELLOGG RETURNS FROM TRIP IN THE EAST

Dr. J. H. Kellogg returned recently from an eastern trip during which he took occasion to call upon Mrs. Charles E. Wood, wife of the late Washington millionaire who left a generous bequest for the founding of a Battle Sanitarium at Atlantic City.

"I received a very cordial welcome from Mrs. Wood," said Dr. Kellogg, "and found her ready to co-operate with us in all our plans for the building up of the great institution for which her husband left ample means, both for erection and maintenance."

"Mr. Wood's estate was very large, consisting mostly of real estate and other investments in different parts of the country. It will take some time to settle so large an estate, and it is impossible to say just when the erection of the new Sanitarium will begin, but no delay other than is necessary for such settlement will be permitted, as I found a great need for such an institution in Atlantic City, which I visited, viewing several desirable sites."

Mr. Wood's will is said to be a typical expression of the man, his sense of justice

(Continued on page 2.)

Chinese Diplomat Not a Recent Convert

A local paper recently printed an article announcing that Wu Ting Fang, the Chinese Minister to the United States, was a recent convert to vegetarianism. The following correction was made by Dr. Kellogg, who has met Mr. Wu Ting Fang, lunching with him only last week at the residence of Mrs. Senator Henderson in Washington: "His Excellency, Wu Ting Fang, has been following the Battle Creek Idea in diet very closely for the last two years. He told me last Wednesday that the newspaper report of an interview with him was entirely untrue. He said: 'I never touch meat, tea, coffee, alcohol, or any other noxious things.'"

The Battle Creek Idea by Limelight

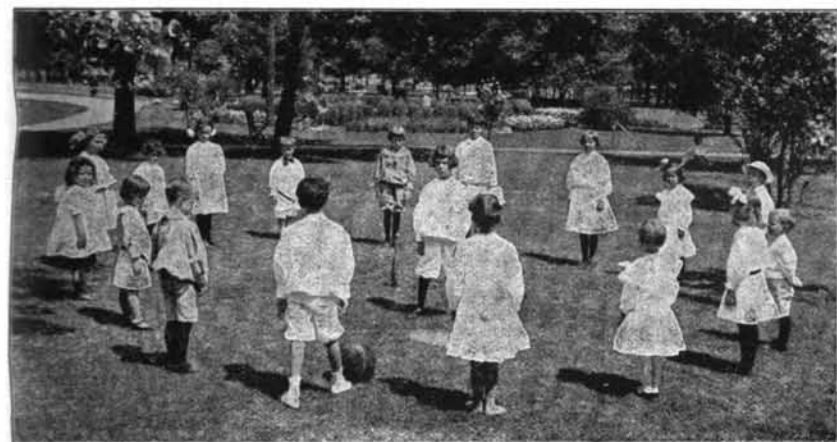
Dr. A. J. Read Tells Many Interesting Facts in Illustrated Lecture Thursday Night

THE INSTITUTION'S HISTORY

Dr. A. J. Read gave an interesting account of the Battle Creek Sanitarium and explained many of the departments of the work in a largely attended lecture given Thursday evening in the Sanitarium. Stereopticon views added greatly to the pleasure and instructiveness of the lecture. By the aid of beautiful stereopticon slides the speaker gave a brief outline of the history of the Battle Creek principles from the early days when Pythagoras founded a health city, showing the first steps which led to the development of Preissnitz's great work in hydrotherapy and rational medicine; the inauguration of the Brook Farm experiment in the days of Margaret Fuller and Alcott, coming down to the establishment in Battle Creek, Mich., of the Western Health Reform Institute which was re-organized in 1876 as the Battle Creek Sanitarium. Under the present management the Battle Creek Idea has had most of its growth and development, making very rapid strides in the use and systematization of natural methods for the treatment of diseases. Fads and cure-alls have been carefully avoided, but such measures as have proved of real value in the practical treatment of chronic disorders have gained a place in connection with the Battle Creek system, which has incorporated them as a part of the Battle Creek Idea.

"The city of Battle Creek, in which the Sanitarium is located," said the speaker, "was founded in 1832. The Sanitarium movement was first organized in 1866. Under the present management since the year 1876 it has been found necessary to make repeated additions to the buildings to house the patients who have come from all parts of the world attracted by the growing reputation of the Battle Creek Idea, and to furnish suitable facilities for carrying out the prescribed treatments. The main buildings thus constructed were destroyed by fire on the morning of Feb. 18, 1902, and were quickly replaced by the splendid new main building which now occupies the site of the old Sanitarium. The total cost of the new main building was over \$600,000. The total cost of the main building with the twenty dormitories, cottages and other buildings which make up the Sanitarium to-day, is estimated at upwards of \$1,200,000. These furnish facilities for taking care of over one thousand patients, which requires a force of from seven hundred to nine hundred employees."

"The length of the main building is 500 feet, 50 feet in width, being 62



guests at the Sanitarium crowded about and watched with many a tender smile the pretty program as it was carried through by the twenty-five toddlers under the capable supervision of Miss Harriette Kellogg, their teacher.

After a few preliminary remarks by Dr. J. F. Morse, the children's part of the program began with a song of greeting, the small boys singing with gusto and their feminine companions trilling along airily, quite conscious at first of the dotting eyes of mother or father or the splendor of fresh butterfly bows atop of curls, and crisp little new gowns.

Then followed a group of other songs, a May song and the ever-fascinating "Five Little Chickadees," and after this small, brown-eyed Hazel Nicola told the story of Peter Rabbit. Other sprightly songs intermingled with marching followed with cunning recitations by little Dorothy Crawford, Lourabell Reed, and Helen Harvey.

Then there came some pretty finger plays such as all true Froebel lovers delight in, and the program closed with a succession of games, so merry, so graceful.

(Continued on page 2.)

feet at each end. The palm garden forms an attractive center to the grouping of the building with its three wings, the whole being a beautiful reproduction of tropical scenery which meets the eye the instant one steps into the spacious lobby.

"The system of ventilation for the building is so arranged that it supplies 150,000 cu. ft. of fresh air per minute, supplying to each patient's room enough fresh, warm air for six persons. In order to maintain a uniform temperature during the winter and supply the heat and electricity that are used in the building requires a ton of coal per hour. Over twenty miles of water pipes are required to convey the water to all parts of the building, supplying 150,000 gallons of water per day and over 50,000 gallons of hot water.

A new arrival at the Sanitarium, after being made comfortable in a homelike room, is met by the receiving physicians and matron. The patient is then assigned to one of the house physicians, who orders the tests which are made in the individual case. A small sample of the blood is taken to the well equipped laboratories where expert microscopists make a careful study of the findings, and report to the physician in charge of the case. Later on samples of the excretions of the body are collected and also taken to the laboratory where the chemists and bacteriologists put the sample through most rigid investigation and give full detailed report to the physician, who in the meantime sees the patient conducting a very thorough and careful physical examination, arranging treatments in the various departments.

"A careful strength test is made of all the individual groups of muscles on the Universal Dynamometer. It was not known until the development of this strength test machine just how much a man could actually lift. Repeated tests have shown that the average man has a lifting power of the total strength of his the total strength of a patient under the outline of treatment consisting of baths, exercises, etc., frequently shows a gain of 500 foot pounds perweek. That the patients and guests are well fed is evidenced from the steward's record for one year showing the amount of common commodities consumed as follows: Potatoes, 4,585 bushels; apples, 1,959 bushels; bananas, 1,392 bunches; figs, 7,346 pounds; oranges, 543 boxes; peaches, 1,016 bushels; peas, 11,684 pounds; tomatoes, 16,464 quarts; fruit juice, 39,897 quarts; eggs, 44,643 dozen.

"The dining rooms and serving rooms cover over a quarter of an acre of floor space. The foods are served according to food value, portions of 100 calories, or some factor of 100 calories, instead of a mercantile portion as scientific accuracy permeates every department, so that it is possible to treat these cases in such a way as to obtain very satisfactory and permanent results. It is this fact which has made the Battle Creek Idea take permanent root and make rapid growth. Careful investigation of the one hundred thousand patients who have been guests at the Sanitarium up to the present time has made the progress toward health so satisfactory that over 90 per cent of the new patients coming to avail themselves of the privileges of the Battle Creek Idea are sent by those who have gone away and become living advertisements of the Battle Creek Idea.

"A survey of the different departments

shows thoroughly equipped facilities for giving rational hydrotherapy,—the sprays, douches, compresses, packs in combination with electric light bath, thermophore packs and electric full baths. The three grand swimming pools, each sixty feet long, are a source of pleasure as well as a valuable aid in recovering health. Over a thousand different combinations of hydiatic and other physiologic measures are employed in the treatment of disease. Manual Swedish and Mechanical Swedish movements furnish every facility for improving metabolism and increasing strength. In the X-Ray and static and general electric department, electrotherapy is thoroughly employed. The educational features of the Battle Creek Idea provide a school of health for guests attending the institution, also abundant facilities in the training of young men and women who expect to devote their lives to medical missionary work and nursing in behalf of the sick and afflicted. From two to three hundred nurses are in training at the Nurses' Training School. Over a thousand trained nurses have gone out from the Sanitarium Nurses' Training School to all parts of the world and are doing efficient work. The philanthropy of the system is shown by the fact that there is expended over forty thousand dollars a year in charity work."

Dr. Geisel Addresses Parlor Meeting

Tells of Many Proofs of "His Abiding Presence;" Urges Hearers to Reflect His Character

After an absence of two months in the South, Dr. Carolyn Geisel was again warmly welcomed at the Sabbath afternoon service in the Sanitarium parlor. Although much worn from her prolonged lecture trip, she spoke with her accustomed fire and enthusiasm, taking for her topic, "The Proof of His Abiding Presence," and relating numerous touching instances brought to her notice during her southern trip, of the power of God to change lives and fill them with beauty through service.

"What is the use of your trying to get away from God?" she queried. "You can't do it. You may say you don't believe in him, because you don't understand; but your denying him will make no difference in God's eternal fact. Day and night you have proof of it. It is because it is all so near that we do not hear; it is because we are so accustomed to the gentle things he does for us that we do not heed. His rain falls on the 'just and the unjust,' but we forget that it is his rain. We look out over the beautiful fields and know that there will be a fruitful harvest, but we count it in dollars and cents and forget that it is his.

"When I was South, one day we looked out into the garden and saw the colored man standing apparently idle before the rose bushes that he had been told to tack up. 'What's the matter, Uncle Ned?' called out his mistress. The old fellow turned and said in trembling tones, as he gazed in rapture at the masses of beautiful roses: 'I was just thinkin' that there

wasn't much in me that should make me so blest—to hab all dis and Heaben too.' Many of us haven't Uncle Ned's humility. We accept all the evidences of God's love and tenderness and vaguely expect 'Heaben too,' yet we shirk his work and forget to thank him day after day. Let God speak through you. Lend him your lips. You are worth something to Jesus Christ, for he died for you. You, too, can help on the cause of righteousness. He abides in us to work out his great purpose for others as well as in us. Love one another, be kindly to one another, reflect some of his sweetness and mercy and patience."

KINDERGARTNERS PLEASE

ful and full of surprises that the audience of grown-ups suppressed sighs because they were too big to enter into such favorites as "Round and Round the Circle," "Circus Horses" (such prancing and pirouetting as there was in this!), "Fire Horses," "The Muffin Man," etc., etc. Finally came a sweetly caroled "Kindergarten Good-by" and vacation had "come." "Dere Teecher" was bade a thousand affectionate, if somewhat moist, farewells, and the little band went away excited, happy, and thoroughly satisfied with "last day."

An interesting feature of the exercises was the handsome exhibit of work done by the children during the year: here a fine array of mat weaving, there some prettily painted pictures; samples of sewing done by tiny fingers, specimens of paper cutting, pricking and folding; cunning, many-hued baskets, some of paper, others of the reeds and grasses, woven with infinite patience by little clumsy fingers. One of the exhibits that attracted much attention was that of the circus parade—which showed all the animals to be found in any self-respecting circus, done in paper and properly colored, each animal riding proudly in his gilt paper cage or chariot in a manner that would have done P. T. Barnum proud.

The Summer School Kindergarten, where all the little guests are kept happy during the summer months, will open, under Miss Kellogg's direction, July 1. There will be the usual kindergarten instruction with basketry and sloyd work and swimming lessons besides. Much of the work will be done out on the College campus adjoining the West Hall, where the kindergarten rooms are to be found.

DR. KELLOGG RETURNS

(Continued from page 1.)

and open-hearted generosity. In it he made provisions ranging from \$2,000 to \$10,000 for eighty-eight persons who had been associated with him in business. After making ample provision for his widow and large cash bequests to relatives, he directed the payment of \$5,000 each to a number of friends, and left the residue of the estate, amounting to some million and a half, for the founding of a Sanitarium at Atlantic City, the same to be under the management of and run after the same manner as the Battle Creek institution.

What we would do, let us begin to-day. Every good we would have must be paid for in strokes of daily effort.—William James. Original from

TELLS OF CHAUTAUQUA WORK IN THE SOUTH

The following is a letter to the "Idea" from Miss Tenny, a graduate of the Sanitarium School of Domestic Science, whose successful work as assistant to Dr. Carolyn Geisel in her Chautauqua lecture tour in the South demonstrates successfully the thoroughness of the training and the practicability of such a course for young women. Everywhere the lectures, particularly the cooking-school lectures, were received with delight, large audiences thronging at every session to hear them and to learn from Miss Tenny's demonstration how to apply the knowledge. The school is one of the valuable lines of work that may be taken up by visitors at the Sanitarium, and annually graduates a class of earnest young women who go forth equipped either to teach or to take their places at the head of a household. We append the letter from Miss Tenny, feeling sure it will interest our readers:

"Dear Editor:—

"In attempting to write concerning my recent Chautauqua trip I have to confess that it was with a heart full of fears I faced my first experience. Never before had I even seen a Chautauqua assembly, and now I was expected to assist Dr. Geisel in her public work.

"The first lesson was to be given at Gainesville, a small town in Florida. It took two days to wake the people up to the fact that we must have supplies for our classes in cookery. Finally we were able, by much perseverance, to get a nice looking gasoline stove. Curtains were arranged across one corner of the platform for a kitchen. The entire morning of our first day was spent in trying to break our stove of the smoking habit. But the never-failing kindness of the Southern people came to my rescue with forgiveness when we had no good things for them to sample that day. Trouble seemed to form a common tie, and after that we were fast friends.

"Each day the classes became larger. The eagerness of the people for instruction was almost pathetic. They seemed like starving children craving better ways of living. Often there was scarcely a person in the class whose eyes were not filled with tears, as Dr. Geisel showed them in what manner every comfort and blessing comes from the Father of us all.

"At St. Petersburg, Fla., we had our largest classes. Each day from three to five hundred people crowded around to hear the gospel of health. This city is a winter resort, and almost every State was represented, besides many foreign countries. It certainly was a great privilege to sow seeds of truth in such ground.

"Their universal cordiality and kindness made it really hard to leave them. Many letters followed us telling how much physical and spiritual good the writer had received from Dr. Geisel's instructions.

"It was our privilege to spend a few days in the country 'way off from everywhere.' Florida seemed to be outdoing herself to give us a good time. The trees were loaded with great, golden fruit. Wistaria and roses scrambled together for the highest place on the verandas.

"In Alabama our classes were not so cosmopolitan, but the members were very deeply interested. The Woman's Town Improvement Society had done everything to forward the Chautauqua. Citronelle is built up on either side of the railroad. morning our spirits were freshened excursions coming in from Mobile every day. The people showed an appreciation of any effort which might be made to help them.

"The view from the lecture hall was very beautiful, miles of wooded hills unbroken by any mark of civilization. Each our morning our spirits were freshened as we went through the dew-laden pines to our early morning classes.

"Several miles from Citronelle is a small settlement called Fruitdale. Here a little band of eight mothers formed a Chautauqua club. Each day one of their number was sent to the class. While the other mothers took care of the children, she sat on the front row and took notes of the lecture. Then every afternoon the club would gather and discuss each topic. Thus every one of those earnest mothers was able to reap benefit from all of the lessons.

"The classes were well attended, and I never saw people more interested and eager for help. They showed their appreciation in every possible way. Florida or California could not yield more roses than does Alabama. We literally had bushels of the choicest roses sent us every day. As Dr. Geisel said: 'They are the Lord's spoiled children.'

"R. C. TENNEY."

Illustrated Lecture on Africa

A most interesting lecture was given in the Sanitarium gymnasium Saturday evening by the Rev. F. R. Bunker, who has spent nearly twenty years in Africa as missionary under the American (Congregational) board. The lecture was illustrated with stereopticon views of the land and the people. Especially interesting were the views of places which had to do with Livingston's career.

The lecturer reminded the audience that when Livingston died, his faithful native followers removed his heart and buried it in African soil (where it is now marked by a mound), and then under great difficulties carried his body, hundreds of miles, to the coast, whence it was taken to Westminster Abbey in England. Some beautiful views of African scenery were shown, among them waterfalls exceeding the height of Niagara and fully equalling them in general beauty.

Beware the Fly

Housewives should take warning by the report of Dr. Hutchinson to the New York Merchants' Association, and begin an early campaign against the inroads of flies. Dr. Hutchinson placed gelatin plates where house flies would walk on them, and subsequently the plates were put into a culture incubator. Within forty-eight hours every spot on which a fly had put down his foot showed a colony of bacilli.

The chances for the spread of disease and filth by these common pests are infinite, and the careful housewife will see to it that her window and door screens are put on early, and all possible care taken to keep flies out of the house and away from the premises.

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Sanitarium

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Vol. I. MAY 21, 1908. No. 24.

Work in the Country for High School Boys and Girls

That is a splendid movement begun by Professor Weaver of the Boys' High School of Brooklyn, N. Y., to find work in the country during the summer for high school boys and girls. It means help for the boys and girls who can not get work in the city, and help for the farmers and country resort keepers who find it difficult to get labor in the country. Although the scheme is yet in its infancy, 2,500 boys and girls have applied for "jobs," and Professor Weaver expects to arrange to find board, transportation, and wages for them.

The bulletins were issued from the State Department of Agriculture calling for volunteers among both boys and girls to spend the summer in the country—the boys to pick apples, dig potatoes, care for gardens and do other odd jobs; and the girls to be clerks, stenographers, waitresses, etc., at the summer resort hotels.

Professor Weaver, who originated the work, says: "A few summers ago, while tramping through Dutchess County, I saw hundreds of bushels of early apples of good quality going to waste, while at the same time fruit was sold from the retail stands in New York City, only sixty miles away, at almost prohibitive prices. The farmer in the busy season could not afford to use his regular hired help to prepare properly for market these by-products of his farm, and occasional help was hard to obtain in country communities. At the same season I knew that there were thousands of able-bodied, intelligent boys and girls out of school for the summer months, seeking employment of any kind in the cities to earn a little something toward their support while being educated in the high schools and colleges of the State."

Why has not some one thought of some such a plan before? The conditions have been familiar for years—boys without work flocking to employment bureaus and farmers crying out for help during fruit season and haying time. There is a great deal of talk nowadays about getting the "landless man" to the "manless land," but this appears to be the first instance where the workless boy is to be looked out for in such a systematic manner. It will be a fine chance for the boys and girls to get a bit of country life (to many of them it will be a new experience), and to the farmer, the aid of

strong, willing young people should come as a satisfactory fulfilling of a long-felt need, while if it makes possible the placing of better and cheaper fruit and fresh vegetables on the city markets, it will fill a threefold mission.

Untold good may result from the influence of such a summer's experience. The city boy will understand his country brothers better from this close contact; he will grow to know that there is not such a vast difference, after all, in the under side of the boy nature, and he will find his city sophistication will stand him in little stead when it comes to match the country brawn. His opinion of the "Rube" may rise several notches when he discovers his own appalling ignorance of Nature's secrets and the practical and scientific side of farm life.

The city boy and girl will go back, at the end of the season richer, not only in pocket, but in sympathies, while the farmer friends they make may receive new inspiration from the touch of keen, alert, young minds and youth filled with courage and purpose. And what is perhaps most important of all, these young lives, hemmed in by study and work during the winter, eyes strained by long application and night work, young backs stooped and lungs cramped, will be given a chance to lay up a store-h use of strength for the coming winter. Outdoor life, vigorous exercise, simple country fare with its abundance of fruits and vegetables, these can not help but have a deep and lasting effect on the student's health and reflexly on his scholarship.

The College "Stoop" Must Go

Dr. J. E. Goldthwait, of Howard College, in an address before the Massachusetts Medical Gymnasium Association, recently declared against the deep pockets affected by the Harvard college boys, denouncing them as a peril to health, and more dangerous in their effect than French heels or corsets. They are, he says, responsible for the pose of the body known in Cambridge as the "Harvard stoop." And the "stoop," effective as it may be, and as greatly admired by the "college widows," must go. "It may be artistic, but it isn't healthful," says Dr. Goldthwait. "So whenever a boy comes to me for treatment, the first thing I do is to order his trousers shortened half a dozen inches. The loose, baggy trousers with the deep pockets into which the hands are shoved down as far as they will go, until the back takes on a curve and the shoulders are dropped out of all proportion, are a distinct menace to health, and they have got to be made unfashionable."

Altruism

Love thyself last. The world shall be made better
By thee, if this brief motto form thy creed.

—ELLA WHEELER WILCOX.

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ARRIVALS

The list of arrivals for the week ending May 20 is as follows: Ida M. Barnard, O.; C. W. Jones, W. Va.; P. S. Mynes, W. Va.; Dr. George C. Hafford, Mich.; N. A. Bishop, Ill.; Mrs. E. W. Polhemus, Mich.; W. A. Johnson, Cal.; Mrs. G. H. Thomas, Mich.; J. D. Coulton, Mich.; A. T. Ramsey, Ind.; Bernard Lafferty, Pa.; H. J. Reis, Ia.; Mrs. Arthur D. Wolfe, O.; A. C. Church, Mich.; R. J. Crain, Mich.; Mrs. Emma Polhemus, city; Mr. and Mrs. John Nutten, O.; Mr. and Mrs. O. L. Spears, Tenn.; Mr. and Mrs. J. H. Jones and daughter, Tenn.; Mrs. A. K. Wells, Tenn.; Mrs. F. W. Lumsden, Ill.; J. H. Johnson, city; E. R. David, O.; Mrs. C. Minter, N. Y.; Mrs. A. F. Mush, N. Y.; Miss D. W. Fletcher, O.; Miss Flora Albaugh, Mo.; Mrs. Robert Collyer Donthit, Me.; Robert S. Black, O.; Alice V. Evans, Kan.; T. G. Derry, Mich.; H. C. Barrow, Miss.; Mrs. George Armitage, Quebec; Lavial McElroy, Ky.; L. W. Ray, Ky.; Mrs. H. Hobart Barbor, Mich.; A. L. Bowman, O.; Dr. and Mrs. J. M. Louthier, Pa.; T. A. Tysseling and wife, Ia.; Mrs. E. Tysseling, Ia.; S. S. Eastwood, Ky.; A. C. Eastwood, O.; Mr. and Mrs. M. W. Dewey, Ill.; J. B. von Berg; Joseph McDermott, Okla.; M. M. Rumage, Ky.; Melissa May, Ky.; Mrs. C. Beebe, O.; Ross W. French, O.; Clarence H. Wood, Boston; Miss Helen Nicolay, O.; Mrs. G. C. Connor, Ont.; Mrs. Jason Berry, Mrs. C. Berry; J. B. Cronley, W. Va.; C. D. Willeux and wife, city; Thomas Elliott, O.; H. L. Hall, Kan.; W. D. Frye, Mich.; C. Yeretskey, Ia.; John Hoffa, Pa.; Ada Smith, Pa.; Dr. C. M. Henderson, Miss.; Miss Elizabeth Schermerhorn, Mich.; Mrs. W. McL. Fayssoux, La.; Miss Dalay Shilstone, British W. I.; C. E. Buck.

E. Buck; Mrs. Jennie Keeder, city; J. J. Holt, Cal.; Will S. Green, Pa.; T. O. McCutcheon, Pa.; G. F. Snyder, O.; Frank L. Norris, N. Y.; G. H. Corsan, Canada; Mrs. Albert Beebe, N. Y.; Miss Heloise Beebe, Md.; Basil G. Kodjloff, N. Y.; O. B. Potter, Ind.; R. Magdeberg, Ill.; F. H. Knickerbocker, Mich.; Mrs. A. G. Herndon, Okla.; Woodbridge Metcalf, Mich.; Dr. and Mrs. R. Stephenson, Ind.; Mrs. F. H. Geay, city; Lella K. Warner, Mich.; Mr. and Mrs. G. S. Bishop, Mich.; Ellen Hulbert, Mich.; Walter Oman, Ill.; James Hagenbuck, E. L. Hagenbuck, Ill.; John Earles and wife, Wis.; J. Seligman and wife, Tex.; Mrs. J. P. Doyle, Ill.; Florence F. Doyle, M. S. Yoho, O.

A Prayer

O Gracious God, just give me grace
To run to-day the appointed race.
I am thine own: Thou knowest best.
Show me my work, I leave the rest
With Thee. Thou art too wise and true
To bid a trusting child to do
A single thing that's void or vain,
Or cause t' endure one needless pain.
—J. A. BRUNSON.

PROF. LUTOSLAWSKI TELLS OF POLISH REPUBLIC

Prof. W. L. Lutoslawski, of Cracow University, Poland, gave a brief lecture on the History of Poland Sunday night in the Sanitarium parlor, praising in ardent fashion the patriotism of the Pole, who, of all peoples, he said, had remained untouched by conquest or mixture with other nationalities—unique, original, a well-defined character, such as no other nation had produced.

In Poland, he said, had originated the system of government by unanimity—that for long years no law in Poland could be made such without the unanimous consent of the people. It was only the members of juries in other countries who were required to be unanimous. "It is a question of conscience," said he. "As long as we act in accord with our conscience and the voice of God, we can be unanimous; but in politics, conscience is not the ruling power: there it is the law of conflicting interests. The Poles have the honor of in-

roducing conscience into the government of a nation."

The professor described the conditions maintained during the freedom of Poland and the broad rights and political liberty it granted to other nationalities until at one time there were twenty-two different nations in perfect national organization in its midst. "It weakened the republic," said he, "It is true, but it is better to be a little weak and be perfectly just." Its downfall, he said, was due not to a weakness of the Polish nation, but to the strength of its neighbors. The Poles, he said, were growing stronger and stronger, and the time was approaching when they would be able to throw off the chains of their enemies. "The principle of aggressive warfare must come inevitably to a final conflict between the independent nations and the dynastic powers, and in this great war the reconstruction of Poland is an inevitable consequence."

Caller—"Do you think the doctor is going to help you, Mr. Jones?"

Jones—"He may, if I can only follow his orders. He told me to drink hot water thirty minutes before every meal, but it is hard work to drink hot water for thirty minutes."—Exchange.

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DOMESTIC SCIENCE DEPARTMENT

"The Diet of Children" was the topic of the Thursday afternoon Domestic Science lecture given by Mrs. Minnie Emmons, before a goodly audience of Sanitarium guests. "Nine-tenths of the diseases from which children suffer and die," said the speaker, "are due to bad feeding."

"Concerning breast-fed children little need be said; for the wisest and best possible provision is made for them in mother's milk, which is adapted in quantity and quality to the needs of the infant. But the food supply of the infant brought up 'by hand' is wholly at the mercy of the one who furnishes the food. The first years of life are the periods of greatest sickness and the highest death rate. The death rate in the cities in the summer shows that between birth and one year the rate is often as high as eighty per cent, and in many cases this is due to avoidable causes.

"Most of the attacks of indigestion during the second year are directly traceable to dietetic errors. The majority of children are given solid food too early and in too large quantities. The diet for a healthy child in his second year may consist of milk, farinaceous food, bread, egg yolks, fruits and baked potatoes. The change from a purely fluid diet to one of solid food should be made slowly, and the habit of drinking milk not be discontinued.

"During the second year for the average child very little modification of the milk is necessary. If the milk is rich, dilute it one-quarter. In hot weather a greater dilution may be necessary. If the milk is poor in fats and constipation is present, use only the upper two-thirds of each quart bottle, thus making the percentage of fat higher. Between the ages of twelve and fifteen months five feedings in twenty-four hours are required, at four-hour intervals, each feeding to consist of from eight to ten ounces. Fruit juices should form a regular part of the child's diet, that from sweet oranges or ripe peaches being best."

The speaker advocated the pasteurization of milk rather than the method of sterilization, for the reason that sterilization brings an actual change in the chemical composition of the milk, rendering it less easily digested, and destroying some of its natural ferments. Scurvy, she said, was liable to develop in children fed for any length of time on sterilized milk. Pasteurized milk was not changed in its composition and was much more wholesome. To pasteurize, place in a sterilized bottle on a rack and surround by cold water. The water should then be brought to 155 degrees or 165 degrees Fahrenheit and kept at that point for twenty minutes, then cooled rapidly by being placed near the ice. Pasteurization of milk kills ninety-five to ninety-eight per cent of the bacteria.

The articles of diet for children of eighteen months were given as follows: Cream, two ounces daily, used with cereals, in broths or with baked potatoes in place of butter; egg yolks (eggs boiled thirty minutes); cereals, corn flakes, granose flakes, zwieback; vegetables:

baked potato with heavy cream, asparagus tips, puree of peas, spinach, stewed celery; broths and soups; desserts, rice puddings, vegetable gelatin, mellose; fruits: oranges, baked apples, peaches and pears, avoiding fruits having many seeds, such as blackberries and raspberries.

Among the articles to be avoided for children are: meats of all sorts, flesh, fish, and fowl; all fried foods, pastries, and fruit pulps with many seeds. Observe regularity in feeding, and insist upon thorough mastication. The speaker advised against urging children to eat when not hungry, and against forcing a child to eat food he does not like, calling attention to Pawlaw's experiments, which prove that when the food does not please the taste, the appetite juice does not flow; thus the gastric juice is not excited and in consequence the food is not so thoroughly digested. Warning was given against permitting anger or unpleasantness of any sort at the table, as it had been proved by scientific experiments that digestion stopped when anger or grief took possession of one.

The value of fruit juices was emphasized, the speaker asserting that they furnished just the sort of material (chiefly sugar and dextrin ready for immediate absorption) for making little bodies plump and for padding tissues with thick layers of fat for protection against the cold. They are also valuable as a means of cleansing the stomach and alimentary tract. Very acid fruit juices were to be avoided.

Mothers should see that their children have sufficient water, the speaker said. The body is three-quarters water in proportion to its weight, and during the first year the child requires more than six times as much water as an adult. (Milk, the common source of water for the infant, consists of eighty-seven per cent water.)

The proper food elements necessary for the body are fats, carbohydrates and protein. The latter in the adult should be represented by about ten per cent of the total. This amount should be increased slightly for the growing child, who is constructing his framework, for which the proteid is the necessary element. A little less than thirty per cent of the whole should be fats, taken in the form of cream, egg yolks, and nuts, while the carbohydrates should be represented by sixty per cent in easily digested starches and sugars.

Following the lecture delicious samples of Normandy Loaf and Strawberry Saraceen were passed to the audience, the first being an illustration of a nourishing and delectable meat substitute, and the Strawberry Saraceen a sample of a simple dessert suitable for children and adults as well. After this a little girl dressed in cooking-school cap and apron distributed bunches of wild flowers among the guests.

Recipes for the demonstrated dishes follow:

Normandy Loaf

- ¼ pound of protose
- 1 tbsp. butter
- 1 tbsp. grated onion
- 1 tsp. celery salt
- 1 tsp. salt
- 1 egg
- 5 whole-wheat wafers
- 1 cup of hot cream

Mince the protose, then add the ingredients in the order given; roll the

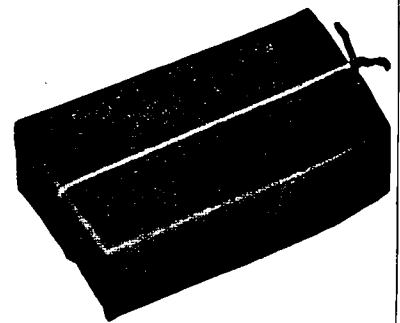
wafers until fine. Bake twenty to thirty minutes.

Strawberry Saraceen

Line a china dish with thin slices of toast, trimmed so that they will fit nicely. Fill the space with fresh strawberries packed and heaped full. Sift sugar through the berries. Set in a moderate oven for half an hour. Serve very cold.

Goguac Cottage for Rent

A furnished cottage on Waupakisoo beach, the most retired and desirable location on Lake Goguac. Will rent until July 1st. Also a furnished cottage on Park Biedler, Goguac, for the entire season. Call on Chas. E. Barnes at the Moon office editorial rooms or telephone 1379-J, old phone.



C. This box contains over two billion disease-destroying germs.

C. In the box pictured are enclosed four dozen capsules, each of which contains, in a preparation called YOGURT, from ten to fifteen millions of germs. These germs are of a harmless species, and their mission is to drive out of the system disease-producing bacteria, such as are always present in the intestinal tract in cases of *Intestinal Autointoxication*.

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Rev. John A. Brunson Preaches Farewell Sermon on "The New Truth" Sabbath Morning

The Rev. John A. Brunson preached at the Sanitarium Sabbath morning before a large audience. The sermon was the last given by Mr. Brunson during his stay here, as he left on Tuesday for his home in Ellmore, S. C., where he will resume his pastoral duties. The subject of his discourse was "Spiritual Regeneration, or the New Truth." His text was from John 3:7: "Ye must be born again."

panied by activity and peace.

"Co-operate with God as he works in you to will and to do his good pleasure, and the new nature is strengthened, and ultimate victory over self is assured."

Total Abstinence for Miners

The huge Frick Coal Company of Pennsylvania has demanded total abstinence on the part of its employees. "The reasons given for taking this 'extreme measure' and 'radical action,' as the dispatches well call it, are excellent and adequate," says the New York Times. "The company's superintendents and other officials have agreed that many of the recent mining disasters were due to carelessness or incompetency caused by drink, and, as explosions are ruinously expensive, temperance is the word hereafter, and the man who can not stop drinking to excess must earn his living elsewhere than in the coal mines. The Frick Company is following a most commendable and encouraging tendency of the times in discriminating sternly against the drunkard as an economic unit of small value at best, and as a menace to the lives of all around him at worst."

Condemns Nostrums

In a recent address given before the graduating class of the University of North Carolina on "The Medical Profession's Duty to the Children of America," Dr. L. T. Royster of Norfolk, W. Va., asserted that "one of the most important matters concerning children which demands the attention of the profession is the 'secret nostrum' evil, which has become not only a blot on our civilization, but is a menace to health and even life."

"I believe," he says, "that the administration of such substances is responsible for more deaths than we realize, and it is imperative that some definite measures be adopted which will control the distribution of such nostrums and the criminally false statements asserted for them through the medium of clever commercial advertising. If legislation can accomplish nothing,—and it seems that it can not—then the profession must educate the public among whom it moves as to the certain result of relying on the supposed benefit to be derived from the use of articles absurdly alleged to be cure-alls."

"As flowers carry dewdrops trembling on the edges of the petals and ready to fall at the first waft of wind or brush of bird, so the heart should carry its beaded work of thanksgiving, and at the first breath of heavenly favor, let down the shower, perfumed with the heart's gratitude."

Swimming as a General Exercise

Instructor Corsan Gives a Talk and Demonstration in Men's Pool Monday

George H. Corsan, instructor in swimming at Toronto University, spent a few days at the Sanitarium this week en route to Louisville. He gave an exhibition in fancy strokes and diving, with a brief preliminary talk on the general utility of swimming, Monday afternoon in the men's pool. "Swimming," he said, "exercises



every muscle of the body without undue strain on any one set. Most persons make too hard work of it, failing to relax properly, and breathing in a faulty manner." He then gave a demonstration of correct breathing, taking a breath at every stroke and exhaling through the nose under the water.

The speaker amused his audience with his directions and demonstration of how successfully to drown: "If you want to drown," said he, "throw your hands up out of the water, kick all the air out of your clothes, holler all the air out of your lungs, and then try to drown the person who tries to save you." He demonstrated the proper method of towing an insensible person through the water and how to get rid of the clutches of a drowning man.

Exhibitions were given of the "Australian Crawl" stroke, the English over-arm, long-distance racing stroke, the middle-distance racing stroke, the single over-arm, double over-arm, a stroke that he invented for a man who was paralyzed on one side, the bicycle movement, the "steamboat"—an alternate leg stroke, and many others, together with a short demonstration of diving.

"Your anxiety does not empty to-morrow of its sorrow; but ah! it empties today of its strength. It does not make you escape the evil; it makes you unfit to cope with it if it comes."—Ian MacLaren.

Roadside Beauties

The few fine days of the past week have given a fresh impetus to the walking clubs, and Physical Director Winjum hopes to have large parties adopt this healthful form of exercise as soon as the weather becomes settled. The walks into the country are now at their best, with wild flowers growing along the roadsides, shrubs in blossom, and all the orchards abloom and shedding their fragrance in a prodigal manner for the whole countryside to enjoy. The river walks and jaunts to Lake Goguwac are all being hugely enjoyed by enthusiastic pedestrians. The accompanying picture gives a glimpse of spring beauty which was caught by a kodak enthusiast.

"As soon as a man begins to love his work, then will he also begin to make progress."

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UNIVERSITY OF MICHIGAN

PERSONALS

Mrs. J. A. Hanna, of Oakland, Cal., is among the new arrivals.

Dr. Louisa Elwell returned the last of the week from a trip to Colorado.

Mrs. H. K. Burdon and mother left this week for their home in Seattle.

Mrs. Phoebe Berry and daughter of Oil City, Pa., are guests at the Sanitarium.

Mrs. E. J. Stansbury returned to her home in Appleton, Wis., during the past week.

Mrs. Albert Beebe and Miss Heloise Beebe of New York are among the recent arrivals.

Dr. and Mrs. R. Stephenson of West Lebanon, Ind., are patients at the Sanitarium.

Mrs. Juliette Beebe and grand-daughter Heloise of New York are guests at the Sanitarium.

Mrs. J. B. Howard spent several days of the past week visiting in Detroit with Mr. Howard.

Mr. T. O. McCutcheon of Pittsburg paid a visit to his wife this week at the Sanitarium.

Mr. and Mrs. Arthur D. Welton spent Sunday in Detroit, visiting with friends and relatives.

Mr. R. S. Kingsbury has returned home after a short visit with Mrs. Kingsbury at the Sanitarium.

The Rev. F. R. Bunker of Africa left this week for Olivet, Mich., to join Mrs. Bunker and family.

Mr. C. Yeretsky of Des Moines, Ia., is visiting Mrs. Yeretsky, who is a patient at the Sanitarium.

Mrs. C. Menter and Mrs. A. F. Meach, of Rochester, N. Y., are among the recently registered arrivals.

Dr. C. B. Harrison, Secretary of the State Board of Health Examiners, is spending a few weeks recruiting at the Sanitarium.

Mr. Basil G. Kodjhanoff arrived at the Sanitarium the present week on a brief visit to his two sisters, who are students in the Sanitarium school of Bulgaria.

The Rev. M. B. Boomer of Chile left for Chicago Friday after a stay of several weeks at the Sanitarium. He was greatly improved in health and a most enthusiastic advocate of Sanitarium principles and methods.

Mr. Frank L. Norris of New York is among recent arrivals. Mr. Norris is a U. S. bank examiner.

Miss Agnes Carpenter, of Natchez, Miss., has returned to the Sanitarium for a rest and treatment.

Mr. O. B. Potter of Indianapolis is visiting his grandmother, Mrs. E. J. Potter, a resident of the Sanitarium.

Miss Elizabeth Schermerhorn, of Reading, Mich., is visiting her mother, who is a patient at the Sanitarium.

Mrs. J. P. Doyle and daughter, Miss Florence, have arrived at the Sanitarium for a visit of some weeks.

Mr. Robert S. Black of Zanesville, Ohio, paid a visit during the past week to his mother, Mrs. Thomas Black.

Mr. C. E. Buek of Chattanooga, Tenn., has arrived at the Sanitarium and will remain for some weeks as a patient.

Mr. and Mrs. F. A. Jones, after a stay of several months at the Sanitarium, have returned to their home in Montana.

Miss Merle M. Ramage and Miss Melissa May of Owensboro, Ky., have arrived at the Sanitarium and will remain for a rest.

Miss Helen Nicolay of Hamilton, Ohio, was the guest of Mr. and Mrs. Frechtling at the Sanitarium during the past week.

Mrs. Alexander Mills and Mrs. Alexander Sutherland left on Friday for their homes in Toronto. Mr. Mills left early in the week.

Mrs. A. Kirghis of Sauk Center, Minn., was called home from the Sanitarium recently. She was improving rapidly and expects to return later in the season.

Mrs. H. B. Newell and Miss Florence Newell, who have been resting at the Sanitarium for the past six weeks, returned the last of the week to Oberlin.

Miss Chittenden left for Chicago Monday morning accompanied by Dr. Emily Smith. Dr. Smith will return after a few weeks for further rest and treatment.

Mrs. W. McL. Fayssoux, of New Orleans, La., is among the present week's arrivals; also Miss Daisy Shillstone, of Barbados, British West Indies.

Mr. C. K. McClure, who has been spending several weeks at the Sanitarium, left Friday for his home in St. Louis, much improved in health.

Mrs. H. H. Barber, of Detroit, is a guest at the Sanitarium. Her husband, the Rev. H. H. Barber, accompanied her, but returned to Detroit immediately.

The Rev. Dr. Hartwell, for fifty years a missionary in China, and but recently returned from his post, arrived at the Sanitarium with his daughter this week for a period of rest and recuperation.

Rev. and Mrs. T. W. Woodside, after a rest of a few weeks at the Sanitarium, have returned to their home in Oberlin. Mr. and Mrs. Woodside are missionaries who are enjoying a short furlough after twenty years of work in Angola, Africa.

Dr. Lucinda Marsh, recently of India, immediately from Pontiac, Ill., is paying immediately from Pontiac, Ill., is spending a few weeks in post graduate study in the clinic laboratories of the Sanitarium, which for completeness and up-to-dateness are not excelled by any in the world.

The Rev. John A. Brunson has returned to his home in Ellmore, S. C., after a seven weeks' stay at the Sanitarium, during which he obtained a much-needed rest. The Sanitarium Board has elected Rev. Brunson pastor of the institution, and it is hoped that he will be able to take up the work about July 1.

News Notes

Miss Mary Clark, of the nurses' staff, returned to her home in New York recently.

C. S. Quail, of the Men's Nurses department, has returned from a short vacation trip.

The Sophomore medics and several doctors are preparing to take the State medical examination.

Clark Riggs returned the first of the week from Boulder, Colo., leaving his family to remain for the summer.

Otis Hague, of the Modern Medicine Publishing Company, is recovering from an operation for appendicitis.

The Rev. Dr. Elliott, evangelist, has arranged with Mr. Irving Stelzel to act as his accompanist during his next season's campaign.

G. H. Corsan, instructor in swimming in the University of Toronto, spent a day or so at the Sanitarium this week.

Miss Carrie Zahn was the guest of Professor and Mrs. Yutzky of Ann Arbor during the May Festival season last week.

J. H. Camp will leave in a few weeks with his family for London, England. He will take charge of the British branch of the Modern Medicine Publishing Company.

Miss Sheldon, of Chatham, Ont., a graduate of the Emerson School of Oratory, Boston, will give a series of readings Saturday night in the gymnasium. The program will be interspersed with music.

Several members of the Sanitarium staff attended the meeting of the Battle Creek Medical Association Monday night. The paper of the evening was read by Dr. J. J. Holes, after which Dr. Stewart of the Sanitarium exhibited a live specimen of filaria, telling something of the cause of its history and of the Congo native from whom it was taken.

Interest in the afternoon half-hour gospel service held daily in the second floor parlor has been keen during the past seven weeks, during which time the Rev. Brunson has conducted the meetings. Provision has been made for a continuation of the meetings with able speakers each day, among them the foreign missionaries and some of the doctors, including Dr. Giesel.

The testimonial concert given last week by Mrs. Herbert Gray Ashbrook of Cleveland for William Gray, leader of the Sanitarium orchestra, was a decided success, both financially and artistically. Mrs. Ashbrook gave a series of charming songs, in French, German, and Italian, closing with a pleasing group of English ballads, in which she particularly pleased. The program was diversified by selections by the Sanitarium orchestra, a violin solo by Miss Core, and a duet given by Mrs. Ashbrook and Mr. Steinel.

An enthusiastic meeting of the Sanitarium W. C. T. U. was held in the Sanitarium parlor Sunday afternoon, Mrs. W. F. Martin, presiding. The devotionals were led by Dr. Carolyn Giesel, who urged her hearers to wear their white ribbon on all occasions, and told them of the great work that was being done for temperance in the South. Delegates to the State convention, to be held at Bay City, June 3 to 6, were elected as follows: Mrs. Minnie Emmons, Mrs. W. F. Martin.

The Michigan State Board of Medical Examiners will hold a special examination in Battle Creek on Monday, Tuesday and Wednesday of next week for the accommodation of the students of the American Medical Missionary College. Several physicians will also take the examination to avail themselves of the advantage of State reciprocity.

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THE BATTLE CREEK IDEA

VOL. 1, No. 25.

BATTLE CREEK, MICH., MAY 28, 1908.

PRICE, 2 CENTS.

HOW TO GET BENEFIT FROM SUMMER WEATHER

**Dr. Kellogg Advises Patients How
to Bathe, Dress, and Live
during Heated Term**

THE OUTDOOR GYMNASIUM

The few days of warm weather that May has shaken out of her garments during the past week have raised the perennial query: "What shall we do to keep cool?" While Michigan summers never offer prolonged periods of heat, such as many of our Southern visitors are accustomed to, the following suggestions given by Dr. Kellogg in response to questions by some of the patients, are of timely interest:—

"Summer affords the greatest possible opportunity for promoting elimination,—skin activity. It provides a means of tearing down the old body and building up a new one. The reason why we build up in the fall and the winter season, especially in the early part of the winter, is because we have been through the Turkish bath of the summer. While there is great benefit in heat, while it burns up the waste matters of the body and clears out the poisons of the system, it at the same time is depressing. How to derive good from warm weather and at the same time get none of the evil effects is a problem. Some of you live in the South, where you have continuous warm weather. Generally in the North we do not get as much warm weather as we would like.

"But how can we get the good without any of the harm? A lady asked me that question yesterday. She said, 'Hot weather is so hard on babies. What shall we do with babies, especially in the South?' I gave her a recipe for preserving babies in hot weather, and my recipe would be adapted to the humblest home, of course, and my suggestion was to put the baby in dishpan. Fill a big dishpan about three-quarters full of water, then pour the water over the baby occasionally, and teach it to manipulate the water itself. You can rest assured that a baby in a dishpan is perfectly safe if the temperature of the water is about ninety degrees. If the water is not colder than 92 degrees to 95 degrees, the baby can stay in it with absolute safety in the hottest kind of weather, because the water is below the temperature of the body, and so will cool the body. Of course a nice baby's bath-tub would be better, but a dishpan will answer very well.

"The same thing is just as true of any one else as of a baby. If there is a hot spell and you feel really depressed, get into your bathtub, and you will be all right. The heat can not hurt you; you can not

(Continued on page 2.)

CHARLES E. WOOD WIDELY BELOVED



THE LATE CHARLES E. WOOD

The above is an excellent likeness of the late Charles E. Wood, of Washington, D. C., who, dying in February of the present year, left a bequest of some million and a half dollars for the erection and maintenance of a Battle Creek Sanitarium at Atlantic City.

Mr. Wood had on two occasions visited the Sanitarium at Battle Creek, and was so impressed with the truth of its principles and its possibilities for good that he made such provision in his will. The announcement came as a complete surprise to the management of the Battle Creek institution, but was greeted with the utmost satisfaction, as it has long been felt that some such a location would be a great advantage for eastern patrons.

As soon as the large estate is settled, work on the erection of the new Sanitarium will begin, it being the desire of Mrs. Wood that the institution serve as a memorial to her husband. Mr. Wood was fifty-six years old when he died, and was well known in Washington and New York business circles, being the senior member of the real estate firm of Wood, Harmon & Co. He was born in Lebanon, Ohio, and was the youngest of thirteen children. He is survived only by his wife, who was Miss Eurnie Cumming of Franklin, Ohio. A local paper, in commenting on his death, said of him: "Modest and unassuming by nature, Mr. Wood was a man of great warmth of feeling, strong convictions, and a genial, generous heart that created deep and lasting friendships."

Resolve to get the outdoors habit and to keep it.

CRITTENDEN MISSION DELEGATES TO COME HERE

Guests at the Sanitarium for Several Days while Mass Meetings are Held

Delegates to the annual conference of the National Florence Crittenden Missions have been invited by the management to Battle Creek to be guests at the Sanitarium. The conference will be held next week in Detroit, when speakers of national importance will address the meetings. The delegates will arrive in Battle Creek on Friday night, and arrangements will be made for either one or two mass meetings to be held in the city while they are here.

This Christian work, organized for the rescue of fallen women, by Charles N. Crittenden of Detroit twenty-six years ago, is widening out into a great evangelistic work. There are now seventy Florence Crittenden homes in the United States, one each in France, Mexico, Japan and China. Another is to be planted in Jerusalem. Mr. Crittenden, who started the work in memory of his little daughter Florence, has given several hundreds of thousands of dollars to it, and each year gives eleven twelfths of his income to the work. During the past year the Missions had in their care over eighteen thousand girls and women. Of these, it is claimed that at least seventy-five per cent of those who remained for any length of time were made self-respecting women and showed every evidence of permanent reformation.

On April 27 of the present year the delegates were invited to the White House by President Roosevelt, who addressed them. President Roosevelt, with Grover Cleveland and William Jennings Bryan and other men of national fame, have given their hearty endorsement to the work, which stands for fairness and mercy, and offers a chance to the girl who has been wronged or lost.

YOUNG MEN'S CHRISTIAN ASSOCIATION LAUNCHED

**Board of Managers Chosen and
Arrangements Planned
for Headquarters**

Steps toward the immediate formation of a Sanitarium Young Men's Christian Association were taken Sunday afternoon at a meeting of those interested in the project, which was held in South Hall parlor. Selection of a board of managers and

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adoption of a code of by-laws marked the formal launching of this new organization.

The meeting was presided over by Pastor G. C. Tenney previously to selection of the managing board, and there was a representative gathering present. State Secretary Buell met with the young men and upon request offered some practical suggestions with regard to points necessary to be observed in forming the organization. It was pointed out that the field in which this association will operate is somewhat peculiar, differing from almost any other field occupied by an association, and offering many advantages not afforded elsewhere. The purpose of the association will be not only to offer a bond of union for the workers in the institution and its various departments and in the American Medical Missionary College, but also to provide Y. M. C. A. accommodations and fellowship for the Sanitarium guests who desire these privileges while here.

Delectable Dainties Sold at Food Booth

"Delicious!" That is the expression everybody uses after trying the new drink, Maltose Mead, now to be had at the new food booth. The booth, recently built, is situated between the main building and the palm room, opening off from the latter. There, amid picturesque surroundings, with the water trickling from the pools over cool green mosses and with birds and butterflies flying in and out, poisoning on the great palms or banana trees, one can sit and sip one's choice of a score of delicious beverages with the satisfaction of knowing that they contain nothing that will be detrimental to health. The newest drink of all is the afore mentioned Maltose Mead. It has as a basis the nutri-



SANITARIUM FOOD BOOTH

After the reading and adoption of the by-laws, a board of managers was chosen by acclamation as follows: Dr. C. C. Nicola, George E. Judd, Physical Director Winjum, Dr. C. E. Stewart, Robert McCutcheon, Howard Bayley, Dr. Benton Colver, H. G. Gounce, and R. O. Eastman.

Following adjournment, the board of managers met and formed a temporary organization with Dr. Nicola as chairman and Mr. Eastman as secretary, and discussed matters with Mr. Buell, who offered suggestions with reference to selection of a department secretary. An appointment will probably be made soon.

Set Her to Thinkin'.—"Bridget," said Dennis, timidly, "did ye iver think of marryin'?"

"Sure, now," said Bridget, looking demurely at her shoe, "sure, now, the subject has niver entered me mind."

"It's sorry I am," said Dennis, and he started to leave the room.

"Wan minute, Dennis," said Bridget. "Ye've set me thinkin'."—Judge.

tious malt honey, and the addition of carbonated water gives it a pleasant zest. Other drinks may be had on demand, including lemonade, apple juice, grape juice, yogurt, and the various carbonated fruit juices: strawberry, pineapple, grape, also chocolate and vanilla.

There are dozens of edible dainties at the attractive booth: Sanitas chocolates, malt honey caramels, nut and fig bromose, shelled nuts of all sorts, fresh fruit, together with all the foods manufactured by the Sanitas Food Company—the corn and wheat flakes, malt honey, wafers of various kinds, olive oil, ripe olives, marmalade, Noko, protose, etc., etc. Handsomely decorated with fresh cut flowers and with a complete array of delectable things to tempt the appetite, the booth offers a pleasing retreat to all visitors and is justly popular.

H. G. Butler, superintendent of the Toasted Corn Flakes Factory, was elected president of the Civic Committee of 100 at the business meeting held Monday night.

BENEFITS OF SUMMER WEATHER

(Continued From Page 1.)

get sunstroke or a heat-stroke in a bathtub with water at 92 degrees. Pipe water is always at least as cool as that. Hydrant water is never warmer than eighty to ninety degrees in warm weather, but it is always below blood heat. To carry off a little surplus of heat, the water temperature must be kept below blood heat. If you can not live in a bathtub, the next best thing is to wear thin clothes. White clothes are best the whole year round. Black clothes absorb and retain heat, and increase the body heat. In summer we should wear such clothing as will reflect heat and prevent the accumulation of heat in the body. In winter time we should wear clothing which will radiate heat. White clothing is the best radiator and reflector, consequently is the best to wear at all seasons of the year.

"At the Sanitarium we have another provision for hot weather which we find of very great advantage, and that is the outdoor gymnasium. Here you can go outdoors and move about and lie about in your natural garments; here you can get close to nature. When the body is uncovered and exposed to the air, evaporation from the skin is promoted and the body is rapidly cooled off. But there is another great advantage to be had in the outdoor gymnasium, and that is the tanning of the skin and the action of the actinic rays. The chemical rays of the sun upon the skin are of very great value. When a potato down cellar gets to sprouting in the spring, the sprouts are perfectly white. Bring the potato up and expose it out of doors, and in a very short time those potato sprouts become green, because the rays of the sun acting upon the plant produce chlorophyll, that is, the green coloring matter. When you go out of doors in the sun the skin gets brown, and for the very same reason, that the actinic rays of the sun produce coloring matter in the skin, and not only coloring matter in the skin, but in the blood also. The blood of the person who lives in the shade is pale, but when a person lives out of doors in the sun, through the influence of the sun's rays the blood becomes dark colored, red. It is particularly red blood that is necessary for the maintenance of a high tide of life. The blood is the healing power, the healing force of the body. The more blood, the more vigor.

"Live out of doors."

News Notes

The Philathea class was pleasantly entertained at the residence of Dr. and Mrs. Kellogg Tuesday evening. Music and games made up a pleasing program of entertainment.

Pastor George C. Tenney will supply the pulpit of the Presbyterian church of Marshall, Mich., Sunday morning. Dr. Dowkontt took charge of the services last Sunday.

Miss Holmden of Walla Walla, Wash., a former student here, now a teacher in Walla Walla College, is spending a few days visiting among old friends in Battle Creek.

Miss Ruth Tenney this week received an urgent call to appear at a summer Chautauqua in Virginia in July. She will probably accompany Dr. Gelsel there.

Neurasthenia; Some of Its Symptoms

Dr. Riley Continues His Lecture on the Causes, Symptoms and Treatment of this Well-Known Nervous Disease

6. SYMPTOMS OF THE CIRCULATORY SYSTEM.—The pulse is usually rapid and weak in neurasthenia, and the blood pressure is usually reduced below the normal. The heart's action is increased in rate and diminished in force. These patients often have symptoms relating to disturbed circulation, such as cold hands and feet, morbid blushing, sometimes cyanosis or blue condition of the extremities. The hands and feet often feel cold to the hand of the examining physician. There may be alternate pallor and blushing, indicating an unstable nerve control of the blood vessels, parts like the hands and feet being first cold and then flushed or red,—so-called 'vasomotor ataxia.' In some instances drawing the finger across the skin of the shoulders, abdomen, chest, or almost any part of the body is followed by a distinct red line, due to the dilation of the blood vessels. This sometimes is followed by a white line between two red lines, the white line being caused by a spasm of the blood vessels and the red line by dilatation. This symptom is called 'dermographia.' This symptom of dermographia is sometimes so marked that the physician can write his name on the back or shoulders of the patient, which can be easily read or even photographed after it is brought out. This symptom is also seen in other nervous conditions, such as hysteria and other diseases of the nerve system, so that it does not belong particularly to neurasthenia, although it is not infrequently a symptom of this disease.

"The soles of the feet and palms of the hands are usually moist and sometimes covered with drops of perspiration in these cases, and in a few cases which I have seen, the sweat was so profuse that quite a large amount of fluid would drop from the palms of the hands at most any time from the slightest mental or nervous excitement. This sweating of the palms of the hands and soles of the feet is usually more common in those under middle life than in those who are older.

7. DISTURBANCES IN RESPIRATION.—The respiration is not so much disturbed, perhaps, as the function of some other organs of the body. Nevertheless, this function is also decreased to some extent.

The respiratory movements are usually shallow and slow, and there is a deficient expansion of the chest, so that the patient does not take sufficient air into the lungs and consequently does not get sufficient oxygen into the blood. This symptom is sometimes quite marked in some cases and in addition to it the patient complains of a feeling of restriction about the chest and really feels what is sometimes called 'air hunger,' or he feels the need of more air, which it seems quite difficult to get.

"Cases have come under my observation where the patients have continually complained of this feeling of difficult breathing and a sense of weight and restriction about the chest. They frequently get the idea that there must be something wrong with their lungs or their heart. However, when the physician makes a careful examination of the lungs and the heart, he finds no cause for this troublesome symptom except that the respiratory movements of the chest are diminished.

8. METABOLISM.—Metabolism, or chemical changes which occur in tissues of the body, is also more or less disturbed. Very often the patient passes small quantities of highly colored urine, acid in reaction, and perhaps laden with urates and acid and an excess of urea. Dr. Herter some years ago brought to the attention of the profession that in neurasthenia the uric acid coefficient is considerably increased as a rule. At other times, particularly after nervous or mental attacks, the urine may be copious in amount and light colored and of a low specific gravity. These changes in the quantity and constituents indicate that the metabolism of the body, or the chemical changes which occur in the body, is more or less disturbed and changeable. It also indicates that the functions of the liver and kidneys are more or less disturbed. In regard to the urine, the rule is, if the urine is small in quantity, there is high specific gravity, and the urine is deep colored, containing an excess of uric acid, sometimes oxalates and lime phosphates, and an increase of acid."

A Spendthrift.—Publican—"And how do you like being married, John?"

John—"Don't like it at all."

Publican—"Why, what's the matter with you, John?"

John—"Well, first thing in the morning it's money, when I go to my dinner it's money again, and at supper it's the same. Nothing but money, money, money!"

Publican—"Well, I never! What do you do with all the money?"

John—"I dunno. I ain't given her any yet."—Punch.

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5-28-11

SUNDAY EXCURSION, May 31, 1908

To Indian Lake, 45 cts.; Cassopolis, \$1.00;
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Special train leaves at 6 a.m. Tickets sold to Cassopolis South Bend and Valparaiso will also be good returning on No. 4, same day.

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Sanitarium

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Six Months	- - -	.60
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Vol. 1. MAY 28, 1908. No. 25.

The Fly a Menace to Health

The health educational campaign being carried out by the Pollution Committee of the New York Merchants' Association, is taking an active interest in the destruction of the fly pest. Cards are being distributed containing such suggestions as the following:—

"All refuse which tends in any way to fermentation, such as bedding straw, paper waste, and vegetable matter, should be disposed of or covered with lime or a solution of paris green.

"Screen all food.

"Keep streets and alleys clean.

"Keep stable manure in vault or pit screened and sprinkle surface with lime or other cheap preparation.

"See that your sewage system is in good order, that it does not leak, and is up to date.

"Cover food, and after a meal bury or burn table refuse.

"Pour kerosene into all drains.

"Screen all food exposed for sale.

"Screen all windows and doors, especially the kitchen and dining room.

"Burn pyrethrum powder in the house to kill the flies.

"Cleanliness is the watchword of this fight."

In addition to the caution being urged upon householders, the railroads are to be asked to help in the campaign for the extermination of the fly, whose annual advent is coincident with a rapid rise in the morbidity of infectious febrile diseases. The committee will request the railroads to remove the heaps of manure on the Jersey meadows and in railroad yards, as they are breeding-places of flies, which are thence carried into the city in cars by countless thousands, where they become a spreader of disease.

It is only recently that this common pest was looked upon as a menace to health, and aside from the annoyance and uncleanness of their presence, they were not regarded as a grave danger, but the following, from the New York State Medical Journal, will serve as a warning finger to those who in the past have underestimated the menace they represent:—

"The mosquito is so obnoxious for its immediate effect, the annoyance of its song and of its sting, that much more effort is put forth to destroy it or to protect the household from its effects than is exerted for the purpose of ridding the house of the fly. While the mosquito is the bearer of at least two specific infectious diseases, malarial fever and yellow fever—the fly is known to be mechanically the bearer of a wide variety of infectious

diseases, one of the most dangerous of which is typhoid fever.

"It is quite probable that many of the cases of typhoid fever, the origin of which can not be traced, are due to infection through the agency of flies, and the house-keeper who keeps her house free from these pests confers a double benefit on her household in promoting cleanliness and the health of its members."

The Hydrophobia Scare

Public alarm has spread over the country since the tragic death by hydrophobia of William H. Marsh of New York, and dozens of persons have been badly frightened and have taken treatments at adjacent Pasteur institutes unnecessarily. Excitement has reached such a point in New York that the health department is planning to stamp out rabies by exterminating all stray dogs, of which it is estimated that there are 150,000 in New York and Brooklyn.

The death from rabies is less than one to every two hundred cases treated at the Pasteur Institute, but the health authorities are wise in doing away with the first danger. A prompt investigation of every case of dog bite should be strongly urged upon all citizens. The dog should be tied up for a few days to see if he develops hydrophobia. If symptoms do appear, the person bitten should at once be hurried to the nearest spot where the treatments may be given. The treatments consist in an injection of anti-toxin every day for three weeks. From two to seventeen days is the usual period in which the disease manifests itself, but cases have been recorded where the disease lingered in the system for six months.

Tramp dogs, unlicensed dogs, mangy, ill-fed, diseased and homeless cur dogs had much better be put out of the way in a humane manner—preferably by asphyxiation, thereby avoiding nervous shocks and scares and the actual danger to which the public is exposed by these animals.

It is to be hoped that no mother traveling with a baby and children during the hot summer that is coming will depend for water supply on the very doubtful and unsanitary accommodations furnished by the railroad cars. Nothing is easier than to boil some water before leaving home, fill a large bottle, and have it ready for use on the train. When emptied the bottle can be thrown away. If the baby is small and thirsty, and there is no other supply, it is usually possible to buy a little distilled water at the drug store for a few cents.—Exchange.

BURNS

For burns and scalds there is nothing more soothing than the white of an egg, which may be poured over the wound. It is softer as a varnish for a burn than collodion, and, being always at hand, can be applied immediately. It is the contact with the air which gives the extreme discomfort experienced from ordinary accidents of the kind, and anything which excludes the air and prevents inflammation is the best thing to be at once applied.—Exchange.

FOUR GREAT ESSAYS ON VEGETARIANISM

And a Vegetarian Cook Book, FREE.

"Pork, or the Dangers of Pork-Eating Exposed."

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"Ethics of Flesh-Eating."

"Biblical Flesh-Eating."

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The above set of booklets, which should be in the hands of every Vegetarian and student of diet and matters of right living, will be sent post free, in connection with one three months' subscription to GOOD HEALTH, at the regular price of 25 cents. Canadian subscribers pay 10 cents extra, to cover foreign postage.

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ARRIVALS

The list of arrivals for the week ending May 27 is as follows: Mrs. H. O. Hard and son, Mich.; Mrs. Jessie R. Wood, Mich.; Mrs. A. V. Walker, Mich.; Mrs. Agnes Carpenter, Miss.; W. E. Elam, Ga.; Eula Long, Madisonville; Dr. J. W. Adams, Charles W. Smith, Carrolton; L. R. Bishop, Mich.; Mr. and Mrs. Sedam, Cal.; Miss M. G. Ewing, Ill.; Mrs. C. A. Osborne, Mich.; Mrs. E. H. Miller, Mich.; Mr. and Mrs. F. R. Poss, Mich.; Mrs. William J. Smith, city; Mrs. G. G. Brown, Jaffua, Ceylon; W. J. Smith, city; I. D. Lange, Bloomington, Ill.; W. O. Davis, W. O. Davis, Jr., Ill.; Miss Mary E. Stevens, Ill.; Mrs. Belden, city; R. Hest, Mich.; George H. Moore, Ia.; Mrs. E. R. Bennett, city; Elmer Denham, O.; Mrs. Frank Berncater, Ill.; G. A. Lill, Ind.; H. E. Thomason, Idaho; Mrs. B. D. Harrison, Frances Harrison, Rev. W. L. Munger, Mrs. W. L. Munger, Mich.; Mrs. J. S. Van Nortwick, Wis.; G. S. Ephriam, Ill.; Anna B. Durrle, Clara Stadelbaugh, Florence Jean Holt, F. M. Carmichael, Ill.; Mrs. R. F. Hoffmaster and child, city; Mrs. H. C. Ward, Mich.; H. L. Kampen, M. D., Ill.; Mr. and Mrs. J. K. Gibson, Ill.; F. T. Buell, Tex.; Mrs. F. H. Ray, Mont.; Joseph W. Pfifer, Ill.; Herman W. Pfifer, Ill.; John Bacon, Ill.; Edward J. Ronleau, Mass.; Philip Kurg, O.; J. B. Heidenreich, Miss.; T. E. Murphy, Ga.; J. C. Murphy, N. Novotny, S. Dak.; O. C. Snyder, Mrs. L. M. McFarland, Conn.; H. M. Beebe, O.; L. P. Boyle, N. Y.; Ida Lackey, Tenn.; Edith MacDonald, Mass.; Mrs. V. Bendix, Ill.; Arthur Lage, O.; M. T. M. Robe, Mich.; R. Taylor, Ill.; P. Smith, Tex.; M. A. Anderson, Mich.; James Pryor, Mich.; Estelle B. Pryor, Mich.; Lucy Broad, Eng.; Mrs. Charles C. Shacker, Mich.; Mrs. Kate Brooks, Mich.; Bessie C. Sercombe, Minn.; F. R. Poss and son, Mich.; H. R. Moseley, Santiago, Cuba; C. Yeretskey, a.; L. Ward, Mich.; G. E. Miller, O.; W. D. Kerens, Ark.; F. S. Kurnalley, Ill.; Mr. and Mrs. George Schussele, Ill.; Fred C. Zapfle, Ill.; Ed C. Witwer, Ind.; Dr. C. K. Wallace, Ky.; Stephen Peck, Mo.; Charles J. M. Donaldson, Mo.; Vincent Bendix, Ill.; Anna M. Smith, N. Y.; Dr. and Mrs. Hirnjuga, Mich.; C. W. Stubbley, Wis.; L. E. Buell, Mich.; Mrs. W. N. Brown, N. Dak.; W. N. Brown, N. Dak.; Mrs. E. S. Embry, Tex.; A. C. Eastwood, O.; R. H. Evans, Tenn.; J. D. Hill, Pa.; J. E. Bush, Ky.; William M. Nells, Ky.; N. B. Wintersmith, Ky.; Miss Margaret Wintersmith, Ky.; Dr. J. F. Taylor, Mrs. Taylor, Ky.; H. A. Summis, Mich.; C. A. Grinnell, Mich.; L. L. Lampton, Miss Ovid Lampton, Wis.; N. L. Osborn, Cal.; Mrs. Mollie Williamson, W. Va.; Mrs. K. Paden, O.; F. W. Canon, Mrs. Canon and son, Miss.; Mrs. W. E. Guthrie, O.; Mrs. J. C. Savery, Mass.; Mrs. C. W. Sutton, N. Dak.; Jos. Schwartz, Ill.; Mrs. Henry Jeschke, O.; N. Ambrose, Minn.; Mary E. Louder, Ind.; Louise Wright, Wis.; Mrs. Elsie Tarble, Ill.; Mrs. S. L. McCrone, Ill.; H. E. Pease, Mich.;

Mrs. I. R. Beazell, Pa.; Miss Elizabeth Davis, O.; C. J. Smith, city; Herbert Marens, wife and child, Tex.; Dr. W. G. Condit, Ia.; Mrs. D. Carter, Wis.; L. S. Pursons, D. C.; Peter Williams, Mich.

Dr. A. J. Read had charge of the gospel meeting on second floor parlor Sunday afternoon. The meeting was largely attended, and indicated an increased interest on the part of patients. The speaker spoke of the value of heavenly things in comparison with earthly possessions, and recommended earnest prayer as a means of cultivating appreciation.

The Mothers' meeting of the W. C. T. U. was held at the residence of Mrs. J. H. Kellogg Tuesday afternoon. The program opened with a song by Genevieve Martin, followed by a recitation by Dorothy Crawford. Miss Core then played a violin solo, and Mrs. Ellsworth rendered a whistling solo. Following this the paper of the afternoon was read by Mrs. Kellogg on "Children and the Use of Money."

The graduating exercises of the American Medical Missionary College will be held in the Sanitarium Gymnasium June 17. There will be music by the orchestra, a commencement address by some well-known speaker, and the presentation of diplomas.

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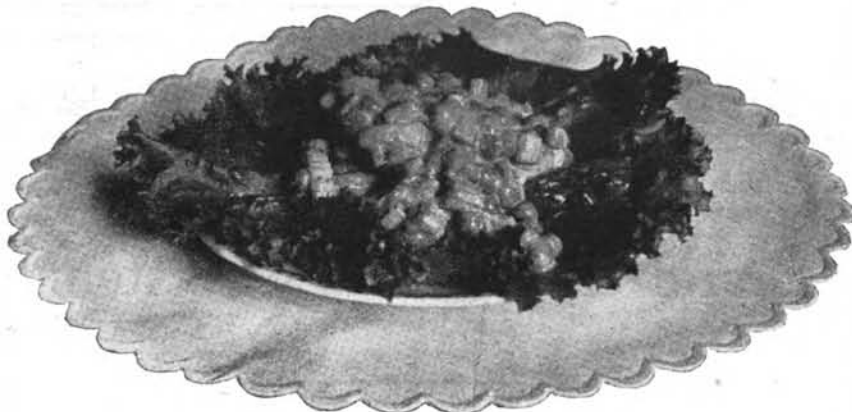
5-28-11

DOMESTIC SCIENCE DEPARTMENT

An interesting talk on Luncheon Dishes was given Thursday afternoon in the Sanitarium parlor, by Mrs. Minnie Emmons of the Domestic Science department, who said that it was important that the housekeeper should understand not only the composition and nature of foods, but should also know something of their digestive properties.

"Digestion," said she, "is the process by which food is rendered soluble and capable of being absorbed for the use of the body—carrying on the various vital processes. Very few persons ever stop to inquire what particular foods are best adapted to the manufacture of good blood and the maintenance of good health, but choose instead whatever gratifies the palate or is most convenient."

The speaker made a plea for simple food, well cooked and served attractively.



AN APPETIZING SALAD

"Wise combinations," she said, "please first the eye, then the palate, then the stomach. The real artist puts both heart and mind into every dish. It blends with the season, is suited to the occasion, and harmonizes with the general manner of living."

The proper time for the light luncheon, according to the speaker, was in the evening, from the point of health; having the heavy meal of the day at noon, thus giving the stomach time to rest when the body was at rest, including more sound and refreshing sleep. However, as a social function, the dainty, light, midday luncheon was advised as a convenient and delightful way of cancelling obligations, and a discussion of what should properly constitute the menu followed.

For the first course either fruit salad, soup, or fruit macedoine was recommended. The second course should include all articles up to the dessert, and rice cutlets, Spanish eggs, fruit and nut salads, together with light vegetables, such as peas, asparagus, etc., were suggested as correct. Following this the dessert in the summer might consist of fruit ices, gelees, or light egg preparations.

The menu chosen and placed upon the board was the following:—

Grape Fruit Stuffed with Strawberries
Creamed Potato Balls Asparagus Points
in Canapes
Nut and Fruit Salad
Jelly Sandwiches
Cocoa Fruit Nectar

STUFFED POTATOES

Season 1 1-2 cups of potatoes with 1-2 teaspoon salt and 2 teaspoons of butter. Prepare the following stuffing:—

4 hard-boiled egg yolks
2 teaspoons of butter
1-4 teaspoon of salt

Mash together and mold into four balls surrounded with potato. Bake until nicely browned. Serve with the following cream sauce:—

1 cup of milk or cream
2 teaspoons of flour
1-4 teaspoon of salt

FRUIT BEVERAGE

1 cup of cherry or strawberry juice
Juice of three lemons
1-2 cup of sugar
4 cups of water
Mix, strain and serve cold

SANITARIUM STAFF INCREASED BY THIRTY YOUNG THEOLOGUES

Body of Young Men Arrive from Tennessee to Help during Summer Rush

As the busy season approaches and the need for an additional number of helpers arises at the Sanitarium, the management is on the lookout for good material in the shape of young men and women of good character and ability. A few days since a fine body of Christian young men—thirty in number—arrived from Tennessee. They are students of a theological seminary, belonging to The Church of Christ—or Church of the Disciples—and they presented a fine appearance as they gathered in the parlor where a reception was accorded them.

A program of readings and songs was provided. Dr. Kellogg and many of the members of the staff and helpers being present. Dr. Kellogg gave an outline of the principles in vogue in the Sanitarium, and accorded the young people a hearty welcome, which was evidently much appreciated. As they stood up in a body and

sang two or three old familiar hymns, they not only gave evidence of good vocal powers, but also of Christian character and purpose. Such a body of active, earnest Christian men is a great boon to the Sanitarium, and is full of promise of good service to be rendered. The young men have a tent colony north of the college building, and are preparing to enjoy open-air living and the Michigan summer.

Think and Act.

Guaranteed Hampden movement, gent's size, 20-year Deuber case, only \$8.35. This is a bargain.

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5-29-11



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Q. Hitherto this remedy has not been obtainable in this country. It may now be secured, freshly prepared and of superior quality.

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GROUP OF MISSIONARIES AT THE SANITARIUM



One of the interesting features of life at the Sanitarium is the presence of missionaries from foreign lands. During the last fall and winter fifty missionaries have journeyed at the institution; some for a few weeks, some for many months. The above picture shows a group of thirty who were at the Sanitarium in April. The picture was taken in the palm garden. The personnel of the group is made up as follows, reading from left to right:

On the bottom, or front row, seated on the floor, are six children of missionaries:

Miss Florence Newell, whose parents are missionaries of the A. B. C. F. M. in Japan.

Mrs. H. M. McCandliss, whose husband is Presbyterian medical missionary in Hainan, China, and whose father was the esteemed Dr. John G. Kerr, of world-wide fame, who went to China in 1854 and served there until he died in 1901.

Mr. E. L. Merritt, son of Dr. C. P. W. Merritt, medical missionary for many years under the A. B. C. F. M. in China, the son being now engaged as gospel singer in evangelistic work.

Miss Mabel Woodside, whose parents are missionaries of the A. B. C. F. M. in W. C. Africa, Miss Woodside being now a student of the American Medical Missionary College, having been graduated from Oberlin College in 1907.

Miss Marion F. Dowkontt, youngest daughter of Dr. G. D. Dowkontt.

Mrs. I. L. Stone, nee Phillips, whose parents were missionaries in India, where she was born, and where she served as missionary for some twenty-five years. Mrs. Stone is now a resident of Battle Creek.

The eight persons in the second row are:

1. Mrs. Nathan Maynard, whose husband and herself are missionaries to Japan, under the Southern Baptist Convention.

2. Mrs. Creegan, wife of Rev. C. C. Creegan, D. D., District Secretary of the A. B. C. F. M. in New York City.

3. Miss Gwenn Griffiths, of the Girls' College in Constantinople, under the A. B. C. F. M.

4. Mrs. H. B. Newell, herself and husband missionaries of the A. B. C. F. M. in Japan.

5. Mrs. T. W. Woodside, whose husband and herself are missionaries in the West Central African Mission of the A. B. C. F. M.

6. Miss Edith M. Buck, Presbyterian missionary to Laos, Siam.

7. Mrs. Sutherland, whose husband is the Rev. Alex. Sutherland, D. D., Secretary of the Canadian Methodist Missionary Society.

8. Mrs. R. S. Hambleton, whose husband was medical missionary in Tarsus, Turkey, accompanied by his wife.

Those comprising the third row of twelve are:

1. Miss Emma A. Lyon, of the Church of Disciples Mission in Nanking, China.

2. Miss Caroline E. Chittenden, of the A. B. C. F. M. mission in Foochow, China.

3. Dr. Emily D. Smith, also of the A. B. C. F. M. mission near Foochow, China.

4. Rev. W. F. Wilson, missionary in Nanking, China, under the Methodist Episcopal Church.

5. Dr. J. H. Kellogg, Superintendent of the Battle Creek Sanitarium.

6. Miss Lucy E. Mayo, missionary to Japan, under the Presbyterian Board (North).

7. Rev. H. B. Boomer, missionary to Chili, also under the Presbyterian Board.

8. Mrs. Fanny E. Dowkontt, wife of Dr. G. D. Dowkontt.

9. Chaplain McCoy of the Sanitarium.

10. Miss Alice Seager, formerly missionary in Venezuela, now medical missionary student.

11. Mrs. S. S. White, herself and husband missionaries to Japan under the A. B. C. F. M.

12. Rev. William A. Axling, missionary to Japan under the Baptist Missionary Union.

The remaining four, comprising the back row, are:

1. Dr. George D. Dowkontt, Editor, "The Medical Missionary."

2. Rev. M. C. Wilcox, Ph. D., missionary to China of the Methodist Episcopal Church.

3. Rev. John A. Brunson, formerly Southern Baptist missionary in Japan.

4. Editor George C. Tenney, of "The Medical Missionary."

German statistics show that total abstainers furnish one centenarian to every 2,272; drinkers, one to every 833,333. An abstainer's prospect of living one hundred years is therefore 366 times as good as that of the drinker.

"Effie," said Margie, who was laboriously spelling words from the first reader, "how can I tell which is 'd' and which is a 'b'?"

"Why," replied Effie, wisely, "the 'd' has its tummy on its back."—Harper's Weekly.

PERSONALS

Dr. F. P. Bush of Louisville, Ky., is paying a brief visit to the Sanitarium.

Mrs. L. N. McFarland of Stamford, Conn., is among the new patients.

Mr. C. N. Ambrose of Minneapolis is among this week's arrivals.

Dr. Kellogg spent Wednesday in Albion inspecting Albion College.

Prof. A. S. Couteron, of Battle Creek College, has left for a three-months' European trip.

Robert Kirby of Lincoln, Nebr., will arrive next week to spend the summer with his father, Prof. E. D. Kirby.

Mr. and Mrs. Frank Carter of Menominee, Wis., have returned to the Sanitarium this week.

Mr. E. C. Witwer of South Bend spent Sunday with Mrs. Witwer, a patient at the Sanitarium.

Miss Lucy Broad, of Cornwall, England, has arrived at the Sanitarium and will remain for the summer.

Mr. L. E. Buell, of Ann Arbor, State secretary of the Y. M. C. A., spent Sunday at the Sanitarium.

Dr. C. K. Wallace of Frankfort, Ky., will spend a few weeks at the Sanitarium taking treatments.

Dr. Elmer Eggleston has returned from a brief vacation spent in Missouri with relatives and friends.

Mrs. J. C. Savery of Cambridge, Mass., has returned to the Sanitarium for a short stay.

Mr. and Mrs. N. L. Osborn of San Francisco will be at the Sanitarium during the summer months.

The Rev. J. C. Owen and wife of China arrived this week for a stay at the Sanitarium.

Judge S. M. Galbraith has returned to Yale, Ia., for a brief stay. He expects to return in June for the remainder of the summer.

Mr. John Bacon, well-known traveler and author, and a frequent patron of the Sanitarium, arrived this week for a short rest.

Miss Cecil Buek of New York spent a few days of the past week as the guest of her uncle, C. E. Buek, a patient at the Sanitarium.

Ex-Gov. Joseph W. Fifer and son, H. W. Fifer, of Illinois, are guests at the Sanitarium. Mr. H. W. Fifer will remain some weeks for treatment.

Mr. H. A. Jandt of Sioux City, accompanied by J. C. Barkis, arrived at the Sanitarium this week and will remain as a patient.

Dr. J. F. Taylor of Louisville, Ky., accompanied Mr. and Mrs. N. B. Wintersmith and Miss Margaret Wintersmith to the Sanitarium this week.

Mr. and Mrs. J. Sellgmann of Texas are among the recent arrivals. They expect to spend the summer here for the benefit of Mr. Sellgmann's health.

Mrs. Thomas A. Wright and Thomas A. Wright, Jr., who have been spending several weeks at the Sanitarium, returned on Friday to their home in Allegheny, Pa.

Capt. P. S. Smith of Galveston, Tex., is numbered among the new patients. Captain Smith is superintendent of a steamboat company of Galveston, and seeks a much-needed rest.

Mr. and Mrs. F. W. Canon of Dubbs, Miss., are among the recent arrivals. Mr. Canon is a well-known planter of that section.

Dr. J. S. Kannalley, a prominent physician of eastern Illinois, accompanied a patient to the Sanitarium during the past week.

Mr. J. E. Tinstman of Scottsdale, Pa., accompanied by Mr. J. D. Hill, a former patient, has come to the Sanitarium for treatment and rest.

The Rev. A. R. Moseley, D. D., of the Northern Baptist church, a missionary from Santiago, Cuba, has arrived at the Sanitarium and will remain for rest and treatment.

Mr. M. Gustdorf left Monday for his home in Fremont, Ohio, after a stay of several weeks at the Sanitarium, during which time he has made great improvement in health. He went away a warm enthusiast over Sanitarium methods.

Mrs. Nathan Maynard, who, with her husband, is a missionary in Japan, belonging to the Southern Baptist denomination, left on the 25th inst., having spent three months in the Sanitarium. Although much broken in health when she came, she went away greatly benefited.

The Rev. Mr. Hartwell and daughter, of the Southern Baptist church, are recent additions to the missionary group now at the Sanitarium. Dr. Hartwell went to China in 1858 and left that country about three months since, after fifty years of service.

Dr. B. D. Harrison, wife and little daughter, of Detroit, who have been visiting for the past week at the Sanitarium, left for their home the last of the week. Dr. Harrison is secretary of the State Board of Medical Examiners. He will return later for more rest and treatment.

Mrs. C. C. Creegan, wife of Sec. C. C. Creegan of the American Board of Foreign Missions, who has been here as a patient for the past several months, left Sunday for her home, fully recovered from a very critical illness and in excellent health. Mrs. Creegan made many friends here during her long residence at the Sanitarium and she will be greatly missed.

Mrs. R. M. Banks and friend, Mrs. S. A. Surprise, left for their home in Memphis, Tenn., this week after a stay of a few weeks at the Sanitarium. They both went away enthusiastic over the Sanitarium. Said Mrs. Surprise: "We have both enjoyed our stay here very much, aside from the great benefit to Mrs. Banks' health. The spiritual atmosphere has strengthened our souls, for which we are very grateful and will ever remember. This seems like a Christian home, a great piece of machinery, every part doing its work with system, order and harmony and without friction. It seems to me that nothing is left undone that will bring comfort and health to the guests that come here."

Members of the Junior medical class of the American Medical Missionary College came up from Chicago to Battle Creek the first of the week, and together with the sophomores and seniors took the primary examination of the Michigan State Board in the following subjects: Anatomy, Physiology, Chemistry, Toxicology, Embryology, Bacteriology. Four doctors took the complete examination, both primary and final, the primary being held on Monday, and the finals on Tuesday and Wednesday. The examinations were given by the Michigan State Board of Registration and Medicine simultaneously with those given in Detroit. The Juniors returned to Chicago Tuesday to complete their year's work.

SABBATH CHAPEL SERVICE

"The Greatness, Goodness and Glory of God," was the title of the sermon preached by Dr. G. D. Dowkontt in the Sanitarium chapel on Sabbath. As the speaker explained in his opening remarks, "Such a title would seem highly presumptuous if it meant that each could be in any sense fully set forth in the half hour at his disposal." It was simply because each was so intertwined with the other that it was difficult to separate them, forming, as they did, a threefold cord: God's greatness, was evidenced by his goodness, and the two combined to his glory.

Speaking of the greatness of God, Dr. Dowkontt referred to the revelations obtained by the telescope and then to the perfection revealed in the smaller details of God's work by the closest microscopical examination. Founding his remarks upon the fortieth chapter of Isaiah, which he had read, he called attention to the tenderness of God as revealed in the well-known verse, "He shall feed his flock—gathering the lambs in his arms, and gently leading those that are with young." The goodness of God was referred to as exemplified in the texts: "Who giveth us all things richly to enjoy," and "God so loved the world that he gave his only-begotten son, that whosoever believeth in him might not perish, but have everlasting life."

Referring to the glory of God, Dr. Dowkontt quoted the psalm, "The whole earth is filled with the glory." "The word 'glory' is as difficult to define as the word love, but we use both. We glory in such men as Washington, Lincoln, Grant, or Lee, because of what they did for others, as this, after all, is what constitutes real worth,—what men are worth to others, not selfish accumulation of wealth, and finally our idea of the meaning and value of the word glory is evidenced in the naming of our flag Old Glory. If we thus glorify men and our country, let us also glorify God."

The summer session of the preparatory school of Battle Creek College will open July 6. If sufficient interest is manifested, a Greek class will be formed. Professor Kirby being in charge.

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GERMS AND HOW TO FIGHT THEM

Dr. Kellogg Tells of Their Discovery
and Manner of
Growth

NOT ANIMAL ORGANISMS

"Germs and How the Body Fights Them" was the subject of the Thursday evening lecture given by Dr. J. H. Kellogg before a large audience of Sanitarium guests and patients. The lecture was illustrated with a series of stereopticon views showing the growth of germs in various agents. The lecture was in part as follows:—

"Germs are the very smallest of all living organisms, so small they can not be seen with the naked eye. They constitute the very finest particles of dust which float in the air. Tyndall was one of the first to determine this fact. He found when he shut some air up in a bottle and allowed it to stay there for a week that there was no dust in it, and the ray of light, which one can see passing through the air sometimes, under the edge of a curtain in a dark room, ceased to be visible in the bottle. The beam of light would come down to the side of the bottle, then disappear, and reappear on the other side of the bottle; so there was something in the air outside of the bottle which was not in the bottle, or rather which settled out of the air into the bottom of the bottle.

"Professor Tyndal made further experiments and found that in air which had been settled in this way meat or other decomposable articles could be exposed without any change. Experiments were also made by Pasteur and others which showed that under certain circumstances meat, flesh, all kinds of foodstuffs which ordinarily ferment, decompose, might be exposed in such air without any difficulty at all; that if the air was thoroughly filtered, for example, there was no difficulty in keeping anything. It was found, for example, that if tomatoes were put into a can of this filtered air and the can was simply stoppered with absorbent cotton, the tomatoes would keep just as well as if the can were sealed perfectly tight.

"It is not the air which causes fruit to spoil; it is the germs in the air—the molds and the yeasts. Meats are spoiled by another kind of organisms which are found in the air,—not creatures, but organisms, plants. These plants are of the very lowest order of life, and are so small that twenty thousand of them in some instances can be arranged in a row not more than an inch long.

"One of the interesting things about these microscopic plants is the rapidity with which they grow. Take a single germ or bacterium, or bacillus, as it may be called. The incubating period requires generally about three hours, and then the

(Continued on Page 2.)

CRITTENDEN WORKERS TO HOLD MASS MEETING



CHARLES N. CRITTENDEN

Plans are completed for two big mass meetings to be held in Battle Creek on the arrival of the Crittenden Mission delegates. They will come to Battle Creek from Detroit, where they have this week attended the annual convention, and will be entertained at the Sanitarium during their stay of several days. They will arrive Friday afternoon, and on Friday evening a mass meeting will be held at the First Baptist church at 7:30, when several of the best known workers of the country will address the audience, telling of the now world-wide work done in the Florence Crittenden missions. Mr. Charles Crittenden, himself, founder of the work, will be present, and will speak at both the Friday and Sunday meetings. The Sunday meeting will be held at the First Presbyterian church, and will be in the nature of an evangelistic service, Mr. Crittenden presiding. The Sanitarium orchestra will furnish music.

NEURASTHENIA; ITS SYMPTOMS

Dr. Riley Concludes His Discussion
of Familiar Sym-
toms

The following is a continuation of Dr. W. H. Riley's illuminating discussion of Neurasthenia, Its Causes, Symptoms, and Treatments. The present article concludes the discussion of symptoms, and next week he will treat of the various measures employed for the patient's relief.

(Continued on page 2.)

SANITARIUM BANQUET TENDERED THE Y. W. C. A.

Dr. Kellogg Gives Banquet to 200
Guests to Raise Funds for
Social Work

PROGRAM OF TOASTS IS GIVEN

Two hundred young women of Battle Creek attended the banquet given Tuesday night at the Sanitarium. The banquet was tendered the local Young Women's Christian Association by Dr. J. H. Kellogg, and the funds raised thereby are to go toward the furthering of the movement in Battle Creek.

The south banquet hall was handsomely decorated with potted plants and quantities of cut flowers, and after the banquet a program of toasts and music was rendered. Dr. Kellogg, who was to have presided as toastmaster, was unable to be present, owing to absence from the city, and was represented by Dr. J. F. Morse, who gave an address of welcome. The remainder of the program was as follows:—

- * * * * *
- * Toast Master - Aria Binkhart *
- * Solo—"My Mother Bids Me Bind
- * My Hair" - Hayden *
- * Miss Derr Lewis
- * Toast—The Fountain of Eternal
- * Youth
- * Dr. Landon
- * Toast—Up-to-date Woman
- * Dr. Geisel
- * Toast—The Possibilities of Asso-
- * ciation Work
- * Attorney Stewart
- * Toast—Y. W. C. A. Work Abroad
- * Mrs. Adams
- * Solo—Harmony—del Riedo
- * Irving Steinel
- * Toast—East and West Main
- * Mr. Mesler
- * Toast—Y. W. C. A. from a Secre-
- * tary's Standpoint
- * Miss Macy
- * Toast—Our Aim
- * Miss Thompson
- * * * * *

MENU

- * Strawberries
- * Bisque of Tomato—Cream Sticks
- * Radishes Water Cress
- * Breslan of Protose
- * Apple Fritters—Maple Syrup
- * Parisian Potatoes Baked Tomatoes
- * Asparagus Points on Toast
- * NoKo
- * Summer Salad—Cheese Sandwich
- * Raspberry Nectar
- * Delicate Pudding—Sauce
- * Black Cherries Cashew Nuts
- * Pineapple Gelee—Wafers
- * * * * *

Contrast.

One sang of sorrow, one without a care;
And many said, with pitying eyes and dim,
"How deeply nast thou suffered, friend!" nor
knew

It was their grief which found a voice in
him.

Years passed, and all the anguish of his songs
Became his own, yet caroled he of bliss;
Men said, "How gay, how joyful, is thy soul!"
He made reply, "I sing of what I miss."

Ex.

Tells of Iceland Mission

The Rev. David Ostlund, a native of Sweden who for the past ten years has been carrying on missionary work in Iceland, gave an interesting account of the country and his experiences in a Sunday afternoon lecture in the Sanitarium parlor.

The population of Iceland is in the neighborhood of 80,000, the people are very ignorant and in need of the gospel. In the same vessel with him on the way out was a Catholic priest and a Salvation Army worker bent on a similar mission to his own, each to work in his own way.

The speaker found some difficulty in using the English language, having never lived among a people who spoke it until since his arrival in America; still he was very fairly understood and the audience was interested in his personal reminiscences as affording evidence that the speaker was being used by God in that far-away mission field. ★

GERMS—HOW TO FIGHT THEM

(Continued From Page 1.)

growth begins with rapidity. Some species of germs, after they are well started in this way, grow at such a rate that they double every fifteen minutes. The figures which result from the doubling of one bacillus every fifteen minutes for twenty-four hours, would read something like this,—35,614,081,020,588,102,998,627,895,168,—more than thirty-five octillion. But fortunately it is not possible for these bacteria to keep on growing so rapidly as that, because they must have food for their growth, and nourishment in the immediate vicinity is very quickly consumed, and thus their growth is limited. Were it not for this very fact, that the food of germs is limited in any particular spot, we should all have been buried hundreds of feet deep with germs long ago. It would require only a few weeks to cover up the entire population of the earth, but, fortunately, germs, like other plants, must have soil out of which to grow.

"Another thing which limits the growth of these bacteria is the fact that they produce poisons which are poisonous to themselves. It is well known that certain crops can not be raised on the same land more than two or three years in succession. The same is especially true of bacteria. When a bacterium is growing, it produces poisonous matters which accumulate about it and which are deadly to itself. This is even true of such a simple organism as the yeast plant, which in its

growth produces alcohol.

"In every teaspoonful of flour there are two or three millions of germs. These germs come from the dust that is stirred up by passing vehicles and settles on the heads of the wheat, and is ground up with the wheat into flour. This is one reason that raised bread is so difficult to digest,—in the raising process these germs have had a chance to grow in the interior of the loaf and the heat of the oven is not sufficient to destroy them. It is also true of meat; every little morsel of it carries into the stomach millions and hundreds of millions of germs. It does not make any particular difference if you have a good stomach, because a good stomach can digest germs as well as anything else; otherwise it would be impossible for us to live at all. We drink germs in every glass of water, and in every swallow we take. We can not escape them."

NEURASTHENIA

(Continued from page 1.)

"The remaining symptoms to be mentioned relate particularly to the special senses, such as vision, hearing, smell, taste, etc. All these special senses may be affected in neurasthenia, and the disturbance may take the form of hyper-excitability, or the functions of the various sense organs may be reduced.

"Persons suffering with neurasthenia are often hypersensitive to light, so that electric light or gas light or sunlight is often disturbing to them, and in some instances even painful. Neurasthenics often complain that they can not read for any great length of time, and have difficulty also in following the thought contained in what they are reading. The disturbed vision is brought about in two ways: First, there is a diminution of the sensitiveness of the retina to light, particularly in what is usually spoken of as the 'peripheral field of vision.' What is meant by the 'field of vision' may be explained thus: If an object is placed directly before us and we fasten our vision upon it, we can at the same time see for a certain distance to our right and to our left, below and above this central object. The 'field of vision' includes this space that we can see at any one time while we are looking directly ahead of us at this centrally placed object. The outer part of this space is less sensitive to light in neurasthenia, so that objects are not so well seen on the outside of this 'field.' More than this, as already hinted, the retina tires easily in all parts of the field of vision, so that objects are not so distinctly seen after they are in the 'field of vision' for a time. Another reason why vision is disturbed in this disease is that the little muscles of the eye which change the shape of the lens of the eye and enable us to see objects near by as well as distant objects, become more quickly fatigued and lose their grip, so to speak, upon the lens, so that the shape of the lens is not so readily changed. On account of this focuses in the function of the eye are disturbed, and the eye can not be focused for objects that are near by. These two things,—the tiring of the small muscles of the eyeball and the tiring of the retina, are responsible for the difficulties in vision that are often noticed in neurasthenics. The pupil of the eye of the neurasthenic is slightly dilated, and contracts and dilates to the slightest stimulation. When the light falls upon the

retina in a normal eye, the pupil contracts and becomes smaller. In a dark room the pupil of the eye is not dilated. In neurasthenia this contraction and dilatation of the pupil is exaggerated; that is, the pupil responds more easily and more readily to the light and to other influences than in the normal individual. There may also be weakness in the muscles which move the eyeball, so-called external muscles of the eyeball. These are the principal symptoms relating to the function of vision, but there are others of minor importance.

"The function of hearing is also quite often disturbed, and here again this may be exaggerated or reduced. Many neurasthenics are excessively sensitive to slight noises. I have had many such patients under my care whom I was obliged to put in a dark room to get them away from the stimulating effect of light, and it was necessary to put cotton in their ears to remove the annoyances of sound which disturbed them so much. I have seen not a few cases of musicians who while suffering from neurasthenia had a distaste for music, and a classical selection, rendered in a masterful style, instead of being a source of enjoyment to them, would only develop a train of mental and nervous symptoms very troublesome and annoying. In other cases there may be a slight diminution of the function of hearing, particularly to certain notes, such as high notes.

"The functions of smell and taste may also be increased, decreased, or perverted. Sometimes these individuals can not recognize certain properties of food.

"This concludes our description of the symptoms of these proton disorders. The reader who has followed us in this series of articles must have been impressed with the large number and great variety of symptoms which are present in neurasthenia. This is perhaps better understood when we remember that neurasthenia is a disorder of the nervous system, and the nervous system having control of every other organ of the body, naturally when this controlling mechanism is disturbed, the function of every other organ of the body suffers likewise. In concluding this list of symptoms it might be added that different authorities often describe their forms as the cerebro form, gastric form, spinal form, etc.; consequently we have such expressions as 'cerebro neurasthenia,' 'gastric neurasthenia,' 'spinal neurasthenia,' but these various forms are hardly entitled to the dignity of distinct diseases, or perhaps even important divisions of this disorder. In one form certain symptoms are more prominent, and in another another group of symptoms are more prominent. In cerebro neurasthenia, for instance, the mental and cerebro symptoms are in excess of the other symptoms; in the gastric form, symptoms relating to the stomach are more conspicuous, and in the spinal form patients suffer from spinal irritation and various intercostal pains, which are more troublesome than the other symptoms. But in all these forms the underlying condition of the nervous system is the same, that is, the nervous system is suffering from an increased irritability and an excessive nerve weakness, and when we keep these two facts in mind, it helps us to understand and better appreciate the large number of symptoms which are the expressions of this abnormal condition of the nervous system.

(To be continued next week)

NURSES TRAINING CLASS TO GRADUATE TUESDAY

18 Young Women to Receive Diplomas after Three Years of Work

The graduation exercises of the Battle Creek Sanitarium and Hospital Training School for Nurses will be held in the Sanitarium gymnasium Tuesday, June 2, at 7:45. There will be a program of music and addresses, followed by the presentation of diplomas by Dr. John H. Kellogg, president. The decorations will be in the



A REPRESENTATIVE GROUP OF SANITARIUM NURSES.

class colors, yellow and blue, carried out in bunting and flowers. Eighteen young women will be graduated, the class including the following names: Amy Genevieve Alcher, Angie Lorette Andrews, Lillian Frank Ball, Iva Dell Crow, Mazie Electa Cummings, Julia Dehn, Lora Lena Ellis, Edith Nettie Erickson, Mrs. Mae Elizabeth Hanson, Elizabeth Frances Helms, Mrs. Virginia Hoodner, Ellen Victoria Johnson, Elizabeth M. LaForge, Mrs. Cora Morse, Fannie Perin, Floyd W. Potter, Irene Remmels, Edith Ora Robinson.

The school, which was organized over thirty years ago, differs from the ordinary training-school in the scope of the instruction given and in the methods of training. The curriculum includes all that is comprised in the course of training given in schools connected with large city hospitals, and, in addition, a great number of subjects not included in the ordinary nurses' training course. The Sanitarium nurse must understand not only the dressing of wounds, putting on of bandages and splints and general handling of sick people, but must be skilled in massage and thoroughly familiar with all the principles of hydrotherapy. In addition, all departments of natural or physiologic therapeutics must be studied and practiced. The nurses' training covers a period of three years, divided into the probationary term, junior, intermediate and senior years.

The following is the program for the Tuesday evening exercises:—

- • • • •
- Music—Lyric Overture..Schlepegrell Orchestra
- Prayer.....Pastor G. C. Tenney
- Violin Solo—Old Folks at Home, Air Varie.....Stobbe
- Miss Bonnie Core
- Address.....Dr. Carolyn Geisel
- Music—The Son of God Goes Forth to War.....Nevin
- Male Voices
- Representing the Class—The Successful Nurse.....
-Mrs. M. Elizabeth Hanson
- Music—Polonaise Triumphale,Moses-Toblan
- Orchestra
- Presentation of Diplomas.....
-Dr. J. H. Kellogg, President
- Benediction
- • • • •

New Artificial Respiration Machine

A demonstration of a new artificial respiration machine was given recently in the rooms of the Kings County Medical Society, Brooklyn, under the auspices of the First Legion of the Red Cross Society. The machine was invented by Prof. George Poe, for many years a government chemist, and said to be a cousin of the poet, Edgar Allen Poe.

The demonstration was made by Dr. William Harrison of Guadalajara, Mexico, who smothered a small yellow dog and revived it by means of the machine, which is a combination of suction pump, which alternately exhausts the foul air in the lungs of a person nearly dead and pumps in fresh air and oxygen. Its principal value, it is said, will be in cases of drowning and asphyxiation, although its inventor hopes that it may be efficacious in the treatment of tuberculosis. His machine is the result of thirty years' work, and the public demonstration proved it a complete success.

Home.

Shelter thrice sweet for those who claim its care—
Its pains and blessings share;

For friend and kinsman, aye, a fireside chair.

Bread for dear lips—the lips we love the best;

And for the unsought guest,
Or low or high, a portion with the rest.

Light for the close-drawn circle—cheerful light;

And, glimpsed through curtains white,
A beam for those that traverse the dark night.

Love for the hearts that none can tempt to roam—

And showered on all who come.
Love's overflow of solace. Such is Home.
—Harper's Bazar.

Elegy in a Country Kitchen.

Full many a cook of purest ray serene
The modern, sanitary kitchen rules;
Full many a chef is born to blush unseen
Amid the food fads and the patent gruels.
—Baltimore Sun.

Tramp (outside the gate): "Madame, may I ask if your dog bites?"

"Yes, he does; and please don't come in—we are very particular about what we feed him on!"—Ex.

COLAX A NATURAL LAXATIVE



This product has been used in the Battle Creek Sanitarium and allied institutions to combat constipation with most excellent results. It is the only laxative preparation on the market which acts in a PERFECTLY natural way. COLAX is used as a food in some countries but is non-nutrient—cannot be digested—and its value lies in its carrying through the entire system a bulky, moist mass of material. This facilitates the colon discharges thus providing a ready relief for constipation.

COLAX is in the form of bisectin to be eaten with soup or any beverage taken

regularly with meals.

In packages, each containing 21 biscuits. Per package, postpaid, \$1.00.

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Physical Examination of Public School Children

Health Commissioner Evans of Chicago believes thoroughly in the necessity of a physical examination of school children such as is carried on in New York and other eastern cities. After prolonged agitation such a system is to be introduced in Chicago, and Dr. Evans is of the opinion that benefits will undoubtedly accrue. It stands to reason that the minds of children must be affected when there is a serious physical disorder, and when, as the New York report shows, two thirds of those examined needed medical or surgical attention, the matter assumes a grave aspect. A child with defective vision or hearing can not keep abreast with the child who is not thus handicapped. It has been proved that through the examinations and subsequent treatment to children in other cities, many who were thought to be stupid or slow to learn were, as a matter of fact, suffering from malnutrition or perhaps nervous, cardiac, or pulmonary disorders. When proper treatment was given, either medical or surgical, the child became normally bright and equal to coping with the children of his own age. The plan as outlined by Dr. Evans consists simply in an examination. If a child is found with a defect, the parents are to be notified and advised to consult the family physician.

Apropos of the work done in New York, Dr. Evans said: "Examinations are made for malnutrition, enlarged glands, nervous, cardiac, pulmonary and skin diseases, defects of the vision, hearing, nasal passages, palate and teeth. In the examination of 100,000 pupils the results showed that two-thirds of that number needed medical or surgical attention, 6 per cent were undernourished, 10 per cent had post-nasal growths, 18 per cent had enlarged tonsils, 51 per cent had defective vision, 40 per cent needed dental care, and 38 per cent had enlarged cervical glands. About the same results are expected in Chicago, so any one can see the need of such inspection."

"In explaining a theme to another, it becomes luminous to ourselves."

About the Mosquito

Some concerted action taken by Battle Creek citizens in the extermination of the pest along the river bank would be worthy of praise. The beautiful, winding Kalamazoo River, which should offer an inviting retreat during the summer and would make an ideal location for numberless summer cottages, is practically deserted because of the mosquito pest. The kerosene emulsion has proved efficacious in destroying the larvae in other places, and if the small pools were drained and the long swamp grasses kept cut, there would doubtless be a conspicuous decrease in the number of these troublesome insects.

Dr. A. H. Doty, port health officer for New York, has recently given an interesting account of the campaign against the mosquito to the New York Times. Dr. Doty has made a special study of the mosquito and has successfully exterminated it from Staten Island, and the same methods are to be adopted on Long Island, where similar conditions exist. The system consists in draining the swamps, which are the breeding-places of the striped-legged mosquito. Ditches are cut through the salt water swamps, and these connect with a large ditch which drains into the sea. With the rising and falling of the tide the ditches are flushed, thus draining the swamp and destroying the breeding places.

Dr. Doty tells some interesting and not well-known facts about this industrious little insect that is responsible for both intense discomfort to humanity and for the spread of disease. "Mosquitoes can breed only in water, and the water must be continuously present for about two weeks in order to allow the full propagation of the insect. If the water is withdrawn before the expiration of that time, propagation ceases. Breeding places may occur wherever there is standing water: in old glass, tin, or wooden receptacles, crotches of trees, cesspools, cisterns, rain-water barrels, etc.

"Our present knowledge of the life cycle of the mosquito is by no means conclusive and satisfactory, but under normal conditions they live two or three weeks or even longer. Late in the year they seek protected places, and some survive the winter in a state of hibernation. The male mosquito does not bite. The female is responsible for both the annoying bite and also for the transmission of disease. They are voracious eaters, and the materials which they use for food covers a large range. Although the female draws blood, it may be said that they live upon plants, fruits, etc. The larvae derive their nourishment from the organic and other materials found in water. Mosquitoes as a rule are most effective at night. During the day they conceal themselves in the long grass and underbrush. This should always be cut down or removed in the vicinity of breeding places."

On Tuesday evening an enjoyable outdoor concert was given by the Sanitarium orchestra. One will be given Saturday night, the weather permitting.

FOUR GREAT ESSAYS ON VEGETARIANISM

And a Vegetarian Cook Book, FREE.

"Pork, or the Dangers of Pork-Eating Exposed."

"Plutarch's Essay on Flesh-Eating

"Ethics of Flesh-Eating."

"Biblical Flesh-Eating."

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MISSIONARY EFFORT IN THE ISLAND OF CUBA

Rev. A. R. Moseley Addresses Audience at Sanitarium Sabbath Morning

The Rev. A. R. Moseley, a missionary of the Northern Baptist church to Santiago, Cuba, spoke at the Sabbath morning chapel service held in the gymnasium, taking for his topic: "The Past, Present and Future of Cuba."

The speaker sketched the history of Cuba, telling in a graphic way of the four-hundred-year struggle against the Spanish crown and the more subtle power of the Spanish priest. The antagonism engendered by that long struggle was, he said, responsible for all the problems of Cuba's present and future. He told of the delightful climate, insisting that Cuba was not a "death hole," as was popularly supposed, but that the infectious diseases were due to the utter absence of sanitation or proper hygiene. The people, he said, were a mongrel race, the result of the grafting on of Spanish stock to the Carib Indian—the native of the island, and later the mixing with the negroes who were imported to work the sugar plantations, and still later, with the Chinese; so that in one family frequently all four of these races could be traced in the appearance of the children. A discouraging feature of such an amalgamation was, he said, the fact that the Cuban had inherited most of the undesirable traits of each race. There were, however, many admirable Cubans, one of their excellent characteristics being the strong love of family and home.

A mistake frequently made by missionaries who went to them was an attempt to force them to adopt American ideas and customs, while they were essentially a Latin race and possessed of the view point and customs of the Latins. The proper attitude, Mr. Moseley held, was simply to teach them Christ and his gospel and not to interfere with their customs only as they conflicted with righteousness and morality.

The Rev. Moseley landed in Santiago ten years ago, while the people were perishing on the streets after the war, and he made a study of their characteristics and is well equipped to speak authoritatively upon their future. He said that at first they were like children with a new plaything; having overthrown political things, they overthrew religious things—threw off the yoke of Rome and thus prepared a matchless opportunity for the teaching of the gospel. He had had whole audiences, ignorant of the meaning of repentance or faith, stand at a meeting and demand to be made members of the church, so eager were they to proclaim their separation from the past and their antagonism to the priesthood. In the ten years since his arrival there the Baptist denomination has organized thirty-five churches, baptized more than 2,000 members, built twenty-one new churches, and has about 2,500 children in the schools.

As for the political future of the island, the speaker expressed himself in parable, the reference drawn from which

was that Uncle Sam had given into the hands of Jose a delicate piece of machinery before he was fit to understand its intricacies. The future of the country, did not, he said, depend altogether on the political government, but on the moral uplift. "We have made ourselves responsible for her political condition before the eyes of the world, and before the eye of God we are responsible for her spiritual and moral future. The doors down there are not merely open to receive the teachings—they are off their hinges, and just as sure as God lives and rules and reigns, the future of Cuba is bright."

But Wait for Vacation.—A country clergyman, on his round of visits, interviewed a youngster as to his acquaintance with Bible stories. "My lad," he said, "you have, of course, heard of the parables?"

"Yes, sir," shyly answered the boy, whose mother had instructed him in sacred history. "Yes, sir."

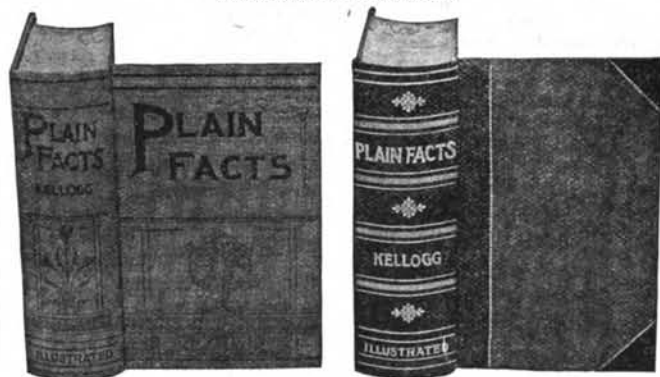
"Good!" said the clergyman. "Now, which of them do you like the best of all?"

The boy squirmed, but at last, heeding his mother's frowns, he replied: "I guess I like that one where somebody loafs and fishes."—The Argonaut.

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DOMESTIC SCIENCE DEPARTMENT

A comprehensive discussion of proteid foods and how they are traced to the blood formed the Thursday health lecture in the Sanitarium parlor, given by Mrs. Minnie A. Emmons of the Domestic Science department.

"The proteins," said the lecturer, "are a class of bodies which occur widely distributed in both the animal and vegetable world and form the groundwork, so to speak, of all living matter. They are exceedingly complex substances. We can recognize this, because after being completely broken up they will yield about sixteen different compounds.

"Our chief sources of proteins are milk and milk products, eggs, nuts, legumes, meat, besides bread and all cereals and baked potatoes. Most of them contain carbon, hydrogen, oxygen and nitrogen, also some sulphur, and some of them, in addition, contain phosphorus or iron. They also contain some inorganic salts.

"Proteins are the most important food-stuffs which the animal requires for existence. They play the predominating role in the construction of all the tissues and organs of the body, and form the groundwork of every living cell. The phenomena of life depend upon and center in their presence. All of the old authorities held that the daily requirement of the protein for the average person was 118 grams. Within the past two or three years Chittenden, of Yale, has reduced this to a standard of from 30 to 50 grams per day—an amount about equivalent in size to that of an egg. By his experiments he has proved that the needs of the body are satisfied by a quantity sufficient to meet the demands of tissue metabolism.

"Among the effects of the use of protein foods are the following: first, they increase the amount of injurious nitrogenous waste, which harms the liver, kidney, heart, and blood vessels, and, in fact, every organ of the body; second, they throw an unnecessary amount of labor on the excreting organs; third, they increase the toxic effects of the intestines; fourth, the effort to burn them up gives rise to rapid pulse, increases the bodily temperature, etc.

"The saliva has no effect upon the digestion of proteids. They should, however, receive thorough mastication. In the stomach they are acted upon by the hydrochloric acid and pepsin of the gastric juice, and they are found in the various other stages of digestion. The extent of digestion varies, however, according to the consistency of the food, duration of stay in the stomach, etc.

"Peptic digestion is not so much an end in itself as a preparation for subsequent intestinal digestion. It is important because of its mechanical preparation of food and its discharge in convenient quantities so as to be easily handled by the small intestine.

"On entering the small intestine the proteins are quickly digested by the trypsin of the pancreatic juice. Its action is more rapid and profuse than the peptic digestion, and the protein food is here

broken up into a surprising number of small atoms. These, on passing through the intestinal mucosa, are combined again, during, or after, absorption into the peculiar and typical proteids of the body. The products of proteid digestion are absorbed mainly in the blood-vessels of the intestines and therefore must pass through the liver before reaching the general circulation. Many different kinds of proteid are taken in the food, and if these are broken down more or less completely during digestion, the tissue cells may reconstruct from the pieces and form proteid suitable for their needs."

Specimens of foods abounding in proteids were served to the audience, recipes for which follow:

Fillet of Nut Meat

1 pound of protose cut into twelve circular pieces

Dressing

2 cups of dried breadcrumbs

1 egg beaten

1-3 cup boiling water

1-4 tsp. each celery salt, sage and butter

1-2 teaspoon butter

1-2 tbsp. grated onion

Place the dressing between each two slices. Arrange and bake thirty minutes, after pouring over the following sauce:

1-4 cup of flour

1-4 cup of butter

1-2 tsp. salt

1-2 cup peas puree

1-2 cup tomato puree

2 cups hot water. Mix all together and cook five minutes

Roast Imperial

1 cup lentil puree

1 cup peas puree

1 cup chopped nuts or nut meat

1 tsp. salt

1 tsp. sage

3 slices of zwieback

1-2 cup of hot cream

1 beaten egg

1 tsp. salt

1 tsp. sage

Line the baking dish with the ingredients of the first column mixed together, leaving sufficient to cover the top after filling the cavity with dressing made by the ingredients of the second column. Serve with the following sauce:

1-2 cup of lentil puree

1-2 cup of tomato puree

2-3 tsp. salt

2 tbsp. browned flour

2-3 tsp. celery salt

1 tsp. onion juice

1-4 cup of cream

His First Lesson.—Little Bobby had never been to Sunday-school before, and came home wide-eyed and excited to relate his adventures to his mother. After giving a flattering account of his teacher, he added:

"And she told me to learn the opposum's creed."—Harper's Magazine.

A Reason for It.—"I must confess," growled the dissatisfied tourist, "that I can't see why so many people want to come here. No scenery, no amusements, no good things to eat—absolutely no attractions!"

"Ah, signor," said the innkeeper, "zey come because we 'ave ze gran' label to stick on ze baggage."—Success Magazine.

A pupil in a school near Chatham square, New York City, thus defined the word "spine":—

"A spine is a long, limber bone. Your head sets on one end and you set on the other."—Lippincott's Magazine.

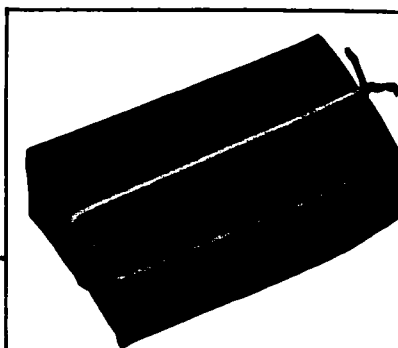
"And when," said Mrs. Nuvoreesh, "those French pheasants came by singing the Mayonnaise, it was too deeply touching for words."—Success Magazine.

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PERSONALS

Miss Ethel Taunton of Surrey, England, is a guest at the Sanitarium.

Mr. and Mrs. J. H. Stambough of Youngstown, Ohio, are among this week's arrivals.

Mrs. Ellen Hulbert paid a visit to her son in Detroit recently.

Mr. and Mrs. Henry Wick of Youngstown, O., are among the week's arrivals.

Mrs. C. E. Gardner of Lansing, Mich., mother of Mrs. John Newton of Battle Creek, is a patient at the Sanitarium.

Miss Caroline Chittenden, of China, has returned to the Sanitarium after a short visit with friends.

Mr. and Mrs. James F. Nichols, familiar patrons of the Sanitarium, returned the past week. Their home is in Pittsburgh.

Dr. Carrie Staines has returned from a short vacation spent with relatives in this State.

The Rev. F. R. Bunker, a missionary of Africa, spent a few days at the Sanitarium the past week.

Miss Elizabeth Clark of Sofia, Bulgaria, a missionary, born of missionary parents in Bulgaria, spent Sunday at the Sanitarium.

Mr. and Mrs. J. C. Owens, missionaries for the past fifteen years in China, have arrived at the Sanitarium for a rest.

The Rev. David Ostlund, a missionary to Iceland, is among the recent missionary arrivals at the Sanitarium.

Mr. F. R. Poss of Detroit paid a visit the past week to Mrs. Poss, who is a patient at the Sanitarium.

Mr. George A. Wilson, a well-known banker of La Salle, Ill., paid a visit to Mrs. Wilson this week at the Sanitarium.

The Rev. H. Hobart Barber of Detroit paid a visit this week to Mrs. Barber, who is a patient at the Sanitarium.

Miss Stevens of Peoria, Ill., has been the guest of Mrs. Frank M. Boyle the past week.

Mr. Charles N. Crittenden of New York will remain for some weeks at the Sanitarium as a guest following the mass meetings to be held in Battle Creek.

R. E. Sprigg of St. Louis, who has been at the Sanitarium for some weeks, returned to his home Tuesday much benefited in health.

Mr. and Mrs. E. H. Frechtling of Hamilton, Ohio, who have been patients at the Sanitarium for several weeks, have returned home much benefited.

Rev. Weston T. Johnson of Sapporo, Japan, arrived this week for rest and recuperation after six years of missionary work under the Presbyterian board.

Mrs. S. S. White of Japan, who has spent several weeks recuperating at the Sanitarium after twenty years of missionary effort, left for Columbus Friday to join her family.

Miss Hayes, of Louisville, Ky., is expected back to the Sanitarium on Saturday. During a stay of several months in the winter she made many warm friends who are anticipating her return.

A cablegram has been received from South Africa announcing the death of Dr. Francis Wessels. Dr. Wessels was a brother of Mrs. C. Marais and Andrew Wessels, in company with his brother, some years ago, he gave \$40,000 to be used to found the American Medical Missionary College and to forward other missionary work.

Mrs. W. B. La Force of Keokuk, Ia., arrived at the Sanitarium on Monday. She was accompanied by Dr. La Force, who went on to Chicago to attend the meeting of the American Medical Association.

Mrs. T. E. Noble, who with Mr. Noble has been at the Sanitarium some weeks, returned to her home in the east the first of the week. Mr. Noble will remain for further treatment.

Mr. and Mrs. H. Coburn of Indianapolis have returned to the Sanitarium. During their stay here the past winter they made many friends and were warmly welcomed on their return.

Mrs. H. W. Stickney, of Albany, N. Y., who has been at the Sanitarium for the past month, returned to her home for a two weeks' stay. After that time she expects to return accompanied by Mr. Stickney.

Dr. and Mrs. W. J. McCormack, graduates of the American Medical Missionary College, paid a brief visit to their Sanitarium friends Monday en route to Chicago to attend the meeting of the American Medical Missionary Association.

Mrs. W. F. Martin left on Tuesday for Bay City to attend the State convention of W. C. T. U. workers. Mrs. Martin is president of the flourishing Sanitarium branch, and went as delegate from that body.

Miss Zahn and Mrs. Quinn left Monday for Chicago, where they will be in charge of the Battle Creek Sanitarium exhibit at the meeting of the American Medical Association.

Miss Gretchen Tremaine of Cleveland, Ohio, arrived at the Sanitarium accompanied by her father, Mr. B. G. Tremaine, a frequent patron of the Sanitarium. Mr. Tremaine left on Monday, but his daughter will remain for some weeks.

Drs. J. H. Kellogg, Elmer Eggleston, W. H. Riley, A. J. Read, C. E. Stewart, R. H. Harris, J. F. Byington, left on Tuesday for Chicago to attend the American Medical Association and the reunion of the American Medical Missionary College Alumni.

Dr. B. D. Harison of Detroit, secretary of the Michigan State Board of Medical Examiners, who has been at the Sanitarium for the past fortnight taking treatment, returned to his home much benefited the latter part of the week. With his family he will go to their summer home at Sault St. Marie.

Mrs. C. H. Marais and Miss Annie Marais of South Africa, who have been at the Sanitarium for the past several months, expects to sail shortly for England, where they will spend the summer. Later Miss Marais will join her sister in France, before returning to her home in Africa.

Mrs. M. S. Foy, superintendent of the Nurses' Training department, is expected back from California next week. Since leaving here a few weeks ago, Mrs. Foy has attended several conventions, among them the eleventh annual convention of the Nurses' Associated Alumni of the United States which met at San Francisco.

Miss Lenna F. Cooper, head of the Domestic Science department, who has been spending the last two months taking special work in the laboratories at Drexel Institute, Philadelphia, returned to the Sanitarium this week. As a feature of her class work during the closing days of the term, each student was required to cook and serve a luncheon. Miss Cooper, being the only vegetarian in the class, was privileged to serve them a strictly Battle Creek menu, which was thoroughly enjoyed and much discussed by the participants.

Mrs. Mary Wilshire of New York is among the recent arrivals at the Sanitarium. She has recently returned from a scientific expedition in South America with her husband, and will remain at the Sanitarium for some time as a patient.

A large number of the Sanitarium staff doctors left Wednesday to attend the annual meeting of the American Medical Missionary College Alumni held June 3 at Hinsdale Sanitarium. About forty doctors were present at the banquet, and dozens of letters of greeting were read from absent members. Dr. Rowland H. Harris, president, presided.

Dr. S. Barnhart has returned from a three weeks' trip in the South and West. He accompanied a patient to New Orleans, and on the return trip made several stops, visiting friends and relatives. At Lincoln, Nebr., he attended the commencement exercises of his alma mater, Union College, and the meeting of the alumni association. He also visited his parents in southwestern Nebraska and other relatives in Iowa.

(News Notes)

Dr. and Mrs. C. C. Nicola have removed from Arnold cottage to Kellogg cottage.

Miss Ruby Lavanture, a graduate nurse, is spending the week here visiting friends.

Dr. Ada Cook-Owens will leave next week to join her husband, Dr. Robert Owens, who is now located at Hamilton, Mont.

Mr. and Mrs. Clifford Burt have gone to New York on a two weeks' vacation trip.

Mr. Clark Riggs left this week for Boulder, Colo., where he will join Mrs. Riggs and the children, remaining for the summer.

The regular monthly meeting of the W. C. T. U. will be held Sunday afternoon in the Sanitarium parlor.

Dr. W. H. Riley will lecture next Wednesday evening on "Foods," explaining the Sanitarium diet.

Dr. J. F. Morse will deliver the baccalaureate address Sabbath morning for the Nurses' Training Class.

The walking club has been enjoying the fine weather of the past week. On Tuesday the afternoon club walked to Lake Gogwac and took a launch ride on the lake. The day was one of the "rare" June sort, and the trip proved most enjoyable.

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ARRIVALS

The list of arrivals for the week ending June 2 is as follows: A. M. Proctor, Mich.; Elizabeth H. Hudson, Ky.; Miss Cecile Buek, N. Y.; A. P. Chominger, Ill.; E. E. Covert, city; J. J. McLeon, Wis.; Mrs. M. T. Wells, Canada; Mrs. George Dick and daughter, Ill.; J. M. McCabe, Ky.; Aaron Mann, Ky.; Mrs. James Braun, Ill.; F. R. Bunker, Africa; F. C. Borough, O.; H. Coburn and wife, Ind.; J. W. Borough, O.; O. K. Hutchinson, O.; A. D. Offner, O.; George A. Wilson, Ill.; Mrs. M. J. Haines, Tenn.; Hugh D. Cutler, New York; Mr. and Mrs. Joseph Green, Tex.; Mrs. Harry C. Halloway, Ill.; W. E. Dixon, Tex.; Robert R. Carter, Ind.; Mrs. Frank Buell, Mich.; Mrs. C. H. White, Mich.; T. C. Snyder, O.; S. Huff, Mich.; T. H. Rice, Mich.; David Ostlund, Regkjavork, Iceland; Mrs. G. B. Hains; Crawford Elliott, Ill.; William Lichtenstader, O.; H. G. Shepherd, Pa.; Mrs. Horace Wiltbank, Va.; Herbert A. Daly, Mich.; Dr. George C. Hofford, Mich.; S. J. Whetherall, Minn.; Lewis Dahl, Ind.; R. H. Marders, Miss.; Mrs. Marders, Miss.; John Mathauf, S. Dak.; F. S. Thompson, S. Dak.; C. Yeretsky, Ia.; Mr. and Mrs. A. A. Ayer, W. Va.; Mr. and Mrs. Henry Wick, O.; Lydia L. Davis, O.; Harry Jeschke, O.; R. S. Hambleton, N. Y.; F. H. Harris, M. D., Mich.; Herbert Spade, Mich.; T. J. Marders, Ky.; I. W. Bushong, Mich.; Mr. and Mrs. J. C. Owens, Pingtu, China; Mrs. J. T. Detchor, Ind.; Miss W. Lee, Ind.; John A. Finch, Wash.; Caroline E. Chittenden, Foochow, China; William Danner and wife, Colo.; E. B. Saltside, Ill.; S. M. Blake, city; Mrs. E. R. Whaling, Pa.; Mrs. S. S. Burton, Pa.; James F. Nichols, Pa.; Mrs. James F. Nichols, Pa.; Mrs. Gaylord, N. Y.; Dr. F. E. Moyer, Ind.; Dr. and Mrs. William H. Watson, N. Y.; R. G. Adams, Mo.; R. W. Brown, Tex.; H. C. Holloway, Ill.; Mr. and Mrs. Alfred Miller, Ill.; M. H. Babbett, O.; Mrs. T. R. Glass, Vt.; John Kirk, W. Va.; Mrs. C. W. McCorn, O.; H. E. Pease, Mich.; Miss Leah Reyburn, Kan.; Pearl Reynolds, Mo.; Dr. J. B. York, N. R. York; J. A. Coffman; Mrs. Ellen McConnell, Miss.; J. P. Doyle, Ill.; Jean A. Vernier, Mich.; Mrs. Ethel E. Coulson, Ky.; W. H. Bailey; C. W. Sutton, N. D.; R. E. Lee, G. E. Lee, Miss Rosa Lee, Roy Romines, Tenn.; Mr. and Mrs. Henry Huning, O.; Arthur H. Rice, N. Y.; Royal M. Bassett, O.; F. R. Poss, Mich.; Elizabeth C. Clark, Bulgaria; A. W. Grabe and wife, Wis.; Fred Haffner and daughter, Ohio; Mrs. Lindsay Sprigg, Mo.; Fred Schoveruck, O.; Mrs. T. E. Murphy, Ga.; L. K. Bishop, Mich.; J. W. Walnrick, Ill.; Mrs. C. W. Keyes, Minn.; William Winkelman, Quebec; Miss Winkelman, Quebec; Mrs. M. B. La Force, Ia.; C. C. Gross, S. Dak.; J. Reader, S. Dak.; Mrs. H. Morsler, Miss Morsler, Ind.; Weston J. Johnson, Japan; Mary Underwood, F. J. Bury, O.; L. E. Oppenheimer; C. W. Stribley, Wis.; Emil Kruger, Ill.; Miss T. E. Alcher, O.; Edith Erichson.

TEMPERANCE WORK IN MADAGASCAR

Miss Lucy Broad, of Cornwall, England, who has toured the world in the interests of the work of the Woman's Christian Temperance Union, traveling some 100,000 miles, and meeting with the world's foremost temperance workers, gave an interesting account of her experience in the Island of Madagascar, in a lecture Monday afternoon in the Sanitarium parlor.

The speaker told of the difficulties of transportation and how she solved them by traveling all over the boggy roads of the island on her English bicycle, covering one thousand miles. Passing through lonely stretches of country road, unfamiliar with the language, and unprotected, she experienced no evil results, either of accident, ill health, or discourtesy. In spite of the warnings of her friends, she abstained from the use of wines or medicine, and the dread fevers and malaria passed her by.

She visited the capitol city of the island, Tananaribe, some 240 miles inland, and there found the work which had been so admirably begun by the late Mrs. Mary Clement Leavitt to be in the most encouraging state of growth and her name everywhere held in veneration. Her threefold pledge against the use of intoxicants, tobacco and impurity was finding loyal support among thousands of souls. One of the native presidents of a temperance society in her report for the previous year, showed that 2,500 pledges had been made, the women going out to nearby villages to preach the work. Temperance meetings were held each Monday afternoon in the four churches of the town, and at these meetings there was an average attendance of one hundred.

The speaker gave several touching incidents showing the dependence of the natives on the missionaries, who had given them not only their religious education, but taught them everything they knew of arts, trades and manufactures. Specimens of their handicraft were shown, and the native dress of the women was worn by the speaker during a part of her talk. Miss Broad left on Tuesday, feeling, as she said, that she was "leaving the House Beautiful, and with a warm place in her heart for its principles of upbuilding for soul and body."

Mr. and Mrs. Arthur D. Welton and family, who have been at the Sanitarium during the past winter, have taken a cottage at Lake Goguwac for the month of June.

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45 College Hall, Battle Creek, Mich.

Dr. and Mrs. William H. Watson, of Utica, N. Y., who have been guests at the Sanitarium for the past week, returned on Tuesday to their home. Dr. Watson is an eminent physician in New York, where for several years he was surgeon-general of the State and regent of the University of New York. He has been in practice since 1854 and has watched the trend of science and medicine for a great many years. "What most impresses me," said he, "in this institution is the scientific principles which are everywhere applied. Of course I had heard of the institution for years, and some years ago, when I read Dr. Kellogg's book on hydrotherapy, I was greatly impressed, and then and there registered a hope that I might some day meet the author. I came here last Wednesday for that express purpose—to meet Dr. Kellogg and see the institution which he has built up, and I have been so engrossed and pleased with my surroundings that I have found it impossible to get away until now. We are taking away very pleasant memories of the place."

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THE BATTLE CREEK IDEA

VOL. 1, No. 27.

BATTLE CREEK, MICH., JUNE 11, 1908.

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York

REQUISITES OF SUCCESS

Seventeen young women and one man received diplomas Tuesday night at the graduating exercises of the Battle Creek Sanitarium and Hospital Training-School for Nurses, held in the gymnasium in the presence of a large audience of friends, guests and helpers. The gym. was attractively decorated in the class colors and a profusion of potted plants and palms. The Sanitarium orchestra interspersed the program with music, and Miss Bonnie Gore rendered a violin solo.

The address of the evening was given by Mrs. Flora M. Freeman of New York, who spoke on "Our Opportunities." The speaker said that despite the old adage and popular acceptance of the theory, opportunity comes not once in a life-time, but daily, hourly, and that while opportunity was popularly supposed to "make the man," the wise man made the opportunity. Apropos of the opportunities for service Mrs. Freeman said: "During my brief stay here at the Sanitarium I have been impressed by the cheerful and willing service rendered on every hand to the unfortunate and afflicted,—service given not as an irksome duty, but as if it were a pleasure and a privilege. A service thus rendered brings with it manifold blessings, and the giver realizes the truth that 'it is more blessed to give than to receive.'"

"One of the first requisites to success," said she, "is consecration. A life full of submission to His will and ready to say: 'I will go where you want me to go, and do what you want me to do.' A life lived according to Romans 12-1: 'I beseech ye, therefore, brethren, by the mercies of God that ye present your bodies a living sacrifice wholly acceptable unto God, which is your reasonable service.'" She urged her hearers to place themselves in the position of Paul on the Damascus road when he said: "Lord, what wilt thou have me to do?" Many of us stop right there, but Paul listened to the voice and did what the Lord directed him to do. Be sure you are listening to the voice of God. Turn a listening ear heavenward, too many of us mistake our own desires and ambitions to be the will of God. We find in Micah what God requires of us: "What doth the Lord require of thee but to do justly and to love mercy and to walk humbly with thy God?"

"We are inclined to refer to genius in the sense the world accepts it—the gift given to great artists, musicians, and inventors. It has been defined as 'an

(Continued on page 2.)

Pathology of Neurasthenia

Dr. Riley Continues His Discussion
of This Common Nervous
Disorder

In previous lectures Dr. Riley has told of the causes and various symptoms of neurasthenia; the following is a continuation of the same general subject, dealing, however, with the pathology of the disease. In subsequent lectures Dr. Riley will tell of the treatments used for relief of neurasthenic patients.

In our previous talks on this subject we have considered quite at length the causes and the symptoms of neurasthenia. We now come naturally to the pathology of this disease. In a study of the different diseases of the body, the physician naturally divides them into two great groups: First, the so-called functional disorders, and second, the organic diseases. Functional disorders are diseases where the function of an organ of the body is disturbed or deranged without any accompanying organic changes in the tissues. The number of this class of disorders is constantly growing less, because we are learning more and more, as medical science is advancing, that there is usually some organic change in the tissue of an organ to account for the symptoms which may be present. Many of these organic changes have escaped our detection in the past, and consequently the list of functional disorders was necessarily large, but as the science of pathology grows, it is constantly making inroads upon these so-called functional disorders, and is placing many of them in the new category with all diseases in which an organic base can be demonstrated with the microscope.

Pathology is that department of medical science which has to do with the study of the causes of disease, also with the changes found in the structure of the tissues as the

(Continued on Page 3.)

Domestic Science Students Graduated

Eleven Students in School of
Health and Household Economics
Receive Diplomas

FINE EXHIBIT OF WORK

Eleven students in the Battle Creek Sanitarium School of Health and Household Economics were graduated this week. The exercises were held on Thursday evening in the Sanitarium chapel, the program being as follows:

(Continued on page 2.)

CRITTENTON MISSION CIRCLE FORMED HERE

Founder and Well-Known Workers
Arouse Enthusiasm and
Organize Auxiliary

MASS MEETINGS HELD

As a practical result of the visit of Charles N. Crittenton and a group of mission workers, there was organized Sunday a Battle Creek Florence Crittenton Mission Circle. This marks the inauguration of the work about the State in the smaller cities, work which will be auxiliary to the main mission at Detroit, one of the seventy at present in the United States alone. The circle was organized with a charter membership of ten members, and Mrs. Nancy Cameron was elected president. The members will do rescue work and preventive work in Battle Creek, watching out for girls who are exposed to dangers on the streets and in certain localities, and when a girl is found who needs the medical care of the Detroit home, she will be at once sent there, where both herself and her child will be tenderly ministered unto and every effort made to start her on the road of right living and respectability. Mrs. Mary Heartwell, superintendent of the Detroit Mission, addressed the Sunday afternoon meeting and assisted in the organization. In speaking of the work she said: "During the past few years we have had seven girls from Battle Creek in our home. Undoubtedly there is a great need right here for the preventative work that means the thwarting of so much grief and wickedness. This, we hope, may be accomplished by the members of the Circle, who will keep in close touch with the Mission. While they are expected to raise funds or assist in the expense of the Mission by sending fruit, supplies and clothing, no girl who actually needs what the Mission stands for, will be turned away, whether the money is forthcoming or not. We expect shortly to begin to establish similar circles at Grand Rapids, Ann Arbor, and other towns about the State."

The delegates arrived Friday and on Friday night a mass meeting was held in the First Baptist church; Several of the well-known workers spoke, Mr. Crittenton telling of the starting of the work in a feeling way, and being followed by the Rev. J. Berford Jones, of Petoskey, Mich., who roundly scored the double standard of morals which prevails. "Let a young girl step from the path of virtue," said he, "and she is an outcast—there is no place for her anywhere. But let a young man sow his wild oats, let him drag girls into sin and shame, and the homes of society are open to him just the same. This social evil is a universal sin, and no mother is absolutely certain

that her daughter is not going to be one of those to fall a victim to this sin. They think they do, but in our Florence Crittenton Homes there are daughters of bankers, ministers, merchants, lawyers, daughters from every walk in life." Kate Waller Barrett, national Florence Crittenton worker, and Mrs. Heartwell, of Detroit, also spoke briefly.

On Sabbath afternoon, Mr. Crittenton spoke to the Sanitarium guests on the lawn north of the main building. He took for his text: "Faith without works is dead," and in a house talk told in a dramatic way the story of his conversion after the death of his little daughter Florence, of how God had led him into the establishing of the home on Bllicker St. in New York, and how from that had spread the great rescue and evangelistic work that now embraces all the States of the union and four foreign countries.

There was hardly a dry eye in the audience when he had finished, and many a strong man sobbed over the pathetic pictures he drew of the misery and grief and final redemption of girls who had been claimed by the Florence Crittenton workers. He told of how after seven months of rebellion against God for taking away his little girl, he suddenly had flashed across his mind one day, twenty-five years ago, as he entered his house, the text which he had learned as a little boy at his mother's knee and had not thought of for years: "As many as I love, I rebuke and chasten." "Right then and there," said he, "the seeking Saviour and the seeking sinner came together, and I made up my mind to accept what the Lord had sent and to go and work in his vineyard."

He then told of how one noon he went with a crippled night missionary into one of the bad quarters of New York, and after praying and singing and exhorting with three women who had been living a life of shame, the two of them got up to go. The girls had been deeply affected and seemed to wish to turn over a new leaf, and in bidding them good-bye, he said: "God bless you. 'Go and sin no more,'" when one of the girls made the pertinent inquiry: "Where can we go?" "That was the problem, a practical one. We had prayed and sung and talked to them, had told of them of our 'faith,' but where were our 'works?' I decided that day to found a home where any girl could come, night or day, and find consecrated Christian hearts waiting to care for her. From that home at 21-23 Bllicker Street have grown seventy-four more, and still we are finding them out in the byways and hedges, crushed and broken and discouraged, with no home, no loving hands to care for them. God means that message for each of you and to-day. 'Go work ye to-day in my vineyard,' he is saying, and O, you who are engrossed in business, in the affairs of this world, what a mistake are you making! Set your hearts on the things above! Preach Christ and his gospel to every living creature. The Bible will go down to the gates of hell and bring men and women up to the heights of peace and joy."

The delegates, who were guests at the Sanitarium, coming to Battle Creek on the invitation of Dr. Kellogg, were as follows: Charles N. Crittenton, New York; Mrs. Katherine Selbert, Columbus, Ohio; and Mrs. W. B. Jones, Petos-

key, Mich.; Mrs. Flora M. Freeman, New York; Mary E. Heartwell, Detroit; M. Katherine Gardner, Scranton, Pa.; Mrs. Anna A. Hazelwood, Boston; Mrs. Emma O. Perkins, Boston; Miss Cecelia E. King, Peoria, Ill.; Mrs. Mary L. Trescotts, Wilkesbarre, Pa.; Ellen M. Broadhooks, Phoenix, Ariz.; Mrs. Sarah W. Leeds, Atlantic City, N. J.; Mrs. S. P. Leeds, Jr., Liverton, N. Y.; Kate Waller Barrett, Alexandria, Va.

DOMESTIC SCIENCE STUDENTS

(Continued from page 1.)

PROGRAM

ORGAN SOLO

Communion in G by St. Clair
Wm. T. Drever

PRAYER

G. C. Tenney

VOCAL SOLO

Song of Thanksgiving—Allitson
Andrew B. Wessels

REPRESENTING THE CLASS

Woman's Science
Miss Ruby Ketcham

ADDRESS

Relation of Domestic Science to
Health Promotion
Dr. David Paulson

WHISTLING DUET

Selected
Mrs. Emma Wells Ellsworth
Miss Clara Mae Wells

PRESENTATION OF DIPLOMAS

Dr. J. H. Kellogg

HYMN

Blest Be the Tie That Binds
Congregation

BENEDICTION

Dr. A. J. Read

The class roll includes Ruby Ketcham, Francoise E. Morat, Agnes S. Parker, Mary Z. Kellogg, Grace G. Guinan, Marion F. Reese, May S. Ferguson, Vivian Hoxsle, Alma B. Smith, Madge J. Wallace, Edna R. Van Horn.

The exhibit on Wednesday afternoon in the Sanitarium parlor attracted the attention of numerous visitors and much favorable comment. The Cookery exhibit was in charge of Miss Francoise Morat, and included attractive platters of artistically garnished pressed vegetable meat, broiled proteose bordering a bed of mashed potato with a center of creamed mushrooms; dainty desserts such as strawberry jelly and whipped cream, cream puffs, angel food; salads; all tempting and delicious, and made by the hands of the young women of the class. The needlework exhibit, in charge of Miss Hoxsle, included prettily made undergarments for ladies and children, shirtwaist suits, and fine bits of dainty work, such as drawn-work and fine hemstitching.

Mrs. Guinan and Miss Reese had

charge of the Bacteriology and Microscopy exhibit, which showed an interesting collection of mounted slides of various bacteria, sections of vegetables and fruit, dust gardens and cultures of milk, water, ice and various other things. The chemistry exhibit showed the calorimeter, by which the heat units of foods is discovered, and the apparatus used in the course. This exhibit was in charge of Mrs. Mary Kellogg.

The laundry exhibit demonstrated the correct ways of folding napkins, tablecloths, and bedding, and showed daintily laundered shirtwaists, flannels, ribbons, embroideries and laces. Miss Agnes Parker presided at this booth, while near by, Miss Van Horn explained the exhibits of the Household Economics, which included plans for house building, specimens of various treatments for hardwood floors, and papers written by class members on topics of like nature.

The home nursing department attracted considerable attention, with its exhibits of nurses' supplies and a demonstration given by Miss Madge Wallace and Miss May Ferguson on the proper and the improper method of treating pneumonia case. Two little girls were pressed into service as "cases," and one was given heroic, old-fashioned treatment, comprising mustard plasters, onion poultices, etc., while the other was treated by the Sanitarium hydropathic methods. The exhibit was open from three o'clock till five, and was largely attended. Frequent comments were heard on the thoroughness and scope of the work, which embraces but the one year's course. A new class will be formed in September.

TRAINING SCHOOL GRADUATES

(Continued from page 1.)

infinite capacity for taking pains—that careful attention to the little things insignificant in themselves, but so necessary to the success and perfection of the whole. We often miss the great opportunities by just this neglect of these small things that seem unworthy of our time and effort. We long to do some great work that will stamp us as a benefactor of the human race—to go to some vast missionary field, forgetting that there is missionary work all about us, and that perhaps in some unexpected way God will make it possible to do greater service if we are willing to do 'whatsoever our hand findeth to do.'

"I congratulate this class on this occasion that their long struggle of patient toil and effort to the one end is over, and the goal is reached, and that they have thus far realized the ideal of preparation for a life work is worth all the toil and self-sacrifice. May God bless you and guide you, and make you a blessing to others all along the way."

Mrs. Elizabeth Hanson, representing the class, read an excellent paper on "The Successful Nurse," and the program closed with the presentation of diplomas by Dr. Kellogg. The following composed the class: Amy Genevieve Aicher, Angle Lorette Andrews, Lillian Frank Ball, Iva Dell Crow, Mazie Electa Cummings, Julia Dehn, Lora Lena Ellis, Edith Nettie Erickson, Mrs. Mae Elizabeth Hanson, Elizabeth Frances Helms, Mrs. Virginia Hoodner, Ellen Victoria Johnson, Elizabeth M. LaForge, Mrs. Cora Morse, Fannie Perrin, Floyd W. Potter, Irene Ramnells, Edith Ora Robinson.

PATHOLOGY OF NEURASTHENIA

(Continued from page 1.)

result of disease, the course and progress and termination of disease. The above description of pathology refers to it in the broadest meaning of the term. Sometimes the term pathology is restricted to the changes which are found in the tissue on account of the disease. These changes may be such as can be seen with the naked eye, or they may be seen only with the microscope, or they may be such as may be seen both with the naked eye and with the microscope. In this connection we are using the term in its more restricted sense, i. e., referring to such changes as may be found in a tissue on account of disease.

Neurasthenia is considered a functional disorder of the nervous system in which the underlying characteristics are a nerve weakness and a nerve irritability, and with this understanding, of course, naturally there would be no definite pathology to account for the long list of symptoms previously described. There are some important facts, however, which have some bearing on what we may call the pathology of neurasthenia. A number of years ago Professor Hodge of Clark's University and Dr. Mann of Germany and other investigators made experiments to determine the changes produced in nerve tissue as the result of exhaustion from functional activity, and also the result of exhaustion from artificial stimulation of a nerve trunk by electricity. In these experiments it was found that there were definite changes which were constantly present in the nerve cell, or nerve units, on account of extreme fatigue and overstimulation with electricity. These experiments were carried out somewhat as follows:—

A honey-bee was marked and allowed to fly and be free, and the bee flew about gathering honey from the flowers all day. At night the bee would return to his hive fatigued and exhausted. The little insect was killed, and certain preparations were made of his nervous system, and the tissue was carefully studied with the microscope. The changes found in the nerve tissue were carefully compared with the appearance of the nerve cells in nerve tissue in a honey-bee that had been kept quiet at home and had not been in any way active; in other words, a bee at rest. The nerve cells of the bee that had flown about all day were compared with those of the bee at rest, and distinct and constant differences were found. The active bee had nerve cells that were smaller in size, irregular in outline, and certain parts on the interior of the cell were also changed in size and in appearance. These changes were quite constant, and found in all bees that had flown about for any considerable length of time. In the bee at rest, on the other hand, the nerve cells were large, the outline of the cell regular, and the cell had the appearance of being full and healthy. These same changes were found in the English sparrow after flying all day, and in a cat and in any other animals that were active for several hours. Similar changes were also found when the nerve tissue was stimulated with a current of electricity, which kept up a constant activity on the part of the nerve tissue.

The conclusion of these experiments is that definite changes occur in nerve cells and nerve tissue on account of prolonged activity, and these changes are such as will

reduce the size of the cell and make the cell irregular in outline and reduce the elementary constituents which are in the interior of the cell body. These changes have never been demonstrated, so far as I know, in the brain or in the nervous system of man, the reason being that neurasthenia is not a disease that causes death, consequently there is no opportunity to study the nervous system, after death, of one who has had neurasthenia, but it is reasonable to suppose that the changes found in the nerve cells and nerve tissue of the bee and the English sparrow are the same as those occurring in the brain or nerve cells of a man who suffers from neurasthenia, or who from any cause is extremely exhausted. So the accepted belief of the medical profession to-day is that these changes above described probably represent the same changes present in the nerve cells of one who suffers from neurasthenia.

During the day's activity we are constantly using up nerve energy, and our nerve cells are constantly getting smaller and the outline more irregular, so at night after a hard day's work our nerve cells are shrunken, irregular and smaller than they are in the morning. After a night of sound, natural sleep, our nerve cells are recuperated. New material is taken into the cell from the blood, the cell grows larger, the outline becomes more regular, and the cell has a full, healthy appearance. There is, then, in the nerve cell a period of activity during which it runs down, so to speak. There is another period during sleep and rest when the cell takes in a new supply of material and energy and builds itself up.

These are physiological changes, and occur in our bodies every twenty-four hours. The greater the fatigue or exhaustion of the day, the greater the changes that are probably present in the nerve cells; and the more complete the rest and sleep, the greater are the building up processes.

A neurasthenic has, to a great extent, lost his ability to build up these nerve cells, and he does not sleep well. His nerve cells are not rebuilt, but remain in this run-down condition, consequently he feels tired and exhausted to a greater or less extent all the time. His nerve cells have passed the physiological line over into the realm of pathology or disease on account of this inability to rebuild themselves with new material and to take in a new supply of energy.

This explanation of the pathology of neurasthenia perhaps will not fit into all cases. There are certain cases in which the symptoms appear so suddenly that this explanation would hardly apply at first. In cases that develop suddenly from accident there is probably first a disturbance in the blood supply of the brain or spinal cord, and then the changes in the nerve cell above described undoubtedly occur later, but it is well for us to understand that neurasthenia has no definite pathology in the way that some other diseases of the nervous system have, for instance locomotor ataxia. It is usually regarded as a functional disorder, but the changes occurring in the nerve cells are probably, as previously mentioned.

There are no very important changes in any other organs or tissues of the body in neurasthenia. The muscles are soft and flabby, the circulation is poor, the muscles of the heart may be weak; but these are symptoms, and do not belong strictly to the pathology of the disease.

(To be continued.)

The Modern Milkmaid

"Where are you going, my pretty maid?"
"I'm going a-milking, sir," she said.
"May I go with you, my pretty maid?"
"Get a doctor's certificate first," she said.
"Can't bring bacteria on any terms;
Cows are so apt, sir, on picking up germs.
Take a carbolic plunge and peroxide
spray,
Don sterilized rubber clothes—then, sir,
you may,
If you can prove that your germs are all
dead,
Go with me milking, sir," she said.
Garret Smith.

Tongue Sandwiches

Rome, at which the Duke of Connaught arrives this week, has many English visitors just now. One English lady interested in the little boys who deliver the wares of the pastry cooks, said to a little fellow who brought her some cakes: "Ah, I suppose you get the benefit of one of these cakes yourself sometimes?" "What does madame mean?" asked the boy. "You eat a cake now and then?" "Eat them? Oh, no, madame, that would not do. I only lick 'em as I come along."
—London Tattler.

COLAX A NATURAL LAXATIVE



This product has been used in the Battle Creek Sanitarium and allied institutions to combat constipation with most excellent results. It is the only laxative preparation on the market which acts in a PERFECTLY natural way. COLAX is used as a food in some countries, but is non-nutrient—cannot be digested—and its value lies in its carrying through the entire system a bulky, moist mass of material. This facilitates the colon discharges thus providing a ready relief for constipation.

ken regularly with meals.

In packages, each containing 21 biscuits. Per package, postpaid, \$1.00.

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Prophylaxis the Watchword

A significant note struck at the convention of the American Medical Association held in Chicago last week, and one which reverberated throughout the convention, was prevention of disease—a principle which the Battle Creek Sanitarium has long inculcated. The opening speech of President Burrell had that principle for its key-note—that prevention of disease was more fully the duty of the physician than its cure. "Judicious publicity and a brushing aside of the veil of mystery is the new duty of the medical profession to the laity," he asserted.

Following closely on the heels of this speech was one by another member who strongly advocated governmental supervision over the health regulations of States in times of emergency, and the defense of the national health as an economic measure. He pointed out the fact that the Department of Agriculture was annually expending large sums to promote crops and aid the slaughtering industry, but that it appropriated nothing to conserve the health of man. "Human health and human diseases are of minor commercial importance; swine erysipelas and chicken cholera are important, for they mean loss of money," said he scathingly.

That no State had the right to be a nuisance to the national health, and that there should be a constitutional amendment giving the central government authority to act for the common good, was his plea.

"If the nation can wage war to defend the national honor," said he, "if our humanitarian instincts can lead us to sacrifice thousands of valuable lives in battle and in typhoid-infected camps and millions of treasure to give freedom to the colony of another nation, ought not the union of States to have the right to defend the national health, if through the neglect of one or more of them the country at large should be threatened with pestilence?"

Any measure that will promote good health and aid in the prevention and spread of disease, should receive the

heartiest indorsement of every thinking person. The matter can not be fought out alone by the doctors of the country. They must receive the active support of every man and woman. Systematic prevention of disease is not a chimera. Great strides have been made and much more can be accomplished, but the work can not be done by the government alone; it must begin with the individual for the unit. Each individual may become a factor, working in his own family, in his own locality, his local board combining forces with that of the State and the States united to protect the national health. The message is to the individual, who must use and constantly increase his own knowledge of right living, and share that knowledge with his less intelligent neighbor.

The Tuberculin Test

Chicago's health committee has recently passed two important ordinances relating to milk which places Chicago far ahead of many eastern cities where the tuberculin test is still looked upon as a fad. The test is considered a pronounced success in Wisconsin and Minnesota. The two ordinances prohibit the sale of milk in Chicago from cows that have not passed the tuberculin test within the year, and legalizes the existing regulation of the health department prohibiting the sale of milk in places not devoted exclusively to milk unless the milk is bottled.

Display of Handbound Books

Miss Ethel Taunton of Surray, Eng., gave an interesting exhibit of her work in the Sanitarium parlor Tuesday afternoon. Miss Taunton is expert handicraftsman skilled in the art of bookbinding, for which she holds medals and diplomas from noted schools in Germany, France and England. The exhibit included a rare edition of Ruskin's letters to the Gladstones bound in seal with exquisite designs of inlaid leather work; a volume of William Morris' "The Dream of John Bull" done in goat skin with a beautiful inlaid design; a Visitors' Book, a few English Prayer books bound in Morocco, and a collection of hand tooled card cases for men and women. The display attracted considerable attention from lovers of finely bound books and the work was warmly admired.

June

God picked a rose all dripping sweet
 With dewy down; all frail and cool
 With evening, as a new-made moon
 Asleep within a forest pool,
 He laid the rose at Nature's feet—
 And some one called it June.
 —Emery Pottle, in the Metropolitan Magazine.

FOUR GREAT ESSAYS ON VEGETARIANISM

And a Vegetarian Cook Book, FREE.

"Pork, or the Dangers of Pork-Eating Exposed."

"Plutarch's Essay on Flesh-Eating

"Ethics of Flesh-Eating."

"Biblical Flesh-Eating."

"Natural Food Recipes," by Mrs. E. E. Kellogg

(Containing 120 Recipes)

The above set of booklets, which should be in the hands of every Vegetarian and student of diet and matters of right living, will be sent post free, in connection with one three months' subscription to **GOOD HEALTH**, at the regular price of 25 cents. Canadian subscribers pay 10 cents extra, to cover foreign postage.

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6-4-13c

Death of Dr. Francis H. Wessels

We are sorry to learn by cablegram of the death of Dr. Francis H. Wessels, Cape Town, South Africa. The name of Dr. Wessels is familiar to many of the friends of the Sanitarium as a benefactor of the work, and especially of the American Medical Missionary College. A gift made by himself and his brother, Henry Wessels, amounting to some forty thousand dollars, furnished a considerable part of the means which supplied the equipment of the American Medical Missionary College.

Dr. Wessels was born in Cape Town, South Africa, thirty-five years ago, being the fifth son of Mr. and Mrs. J. J. Wessels, prominent pioneers of South Africa. He entered Battle Creek College at the age of sixteen years, and at nineteen entered the University of Michigan, being graduated from the medical department



at the age of twenty-three. Later he studied medicine in Scotland, England, and Vienna, winning high honors.

At thirty he obtained the degree of Fellowship of the Royal College of Surgeons of England, after which he returned to Cape Town to practice, founding an institution after the Battle Creek Idea, in which he had become an ardent believer during his years of association here.

With a life full of promise ahead of him and success within his grasp, his untimely death came as a bitter blow to his relatives, three of whom are now in Battle Creek: his brother, Andrew Wessels, a medical student, his sister, Mrs. C. Marais, and her daughter, Miss Annie Marais. No particulars further than the brief notice conveyed by cable have been received by the family.

Dr. Wessels was married several years ago to Miss Helen Hewitt, daughter of Dr. C. E. Hewitt of the Divinity School of

the University of Chicago. While in Battle Creek he became acquainted with the Battle Creek Sanitarium, whose influence had a marked effect on his life and ideals, and prompted him to make the generous donation to the cause of medical missions which later grew into the American Medical Missionary College and the Chicago Free Dispensary.

Healthful Living

The Sanitas Food Company has issued a most attractive advertising booklet descriptive of the Battle Creek Diet Sys-

tem and foods manufactured, called "Healthful Living." The booklet is handsomely illustrated by a series of duographs showing the foods with reproductions of the cartoons now familiar to the general public.

The book is a valuable and scientific treatise on diet and dietetic sins, foods, common diseases caused by improper diet and how they may be corrected, together with a complete description of the various foods. It will doubtless be eagerly pursued by thousands, to whom the information in regard to diet will come as a revelation.

Plain Facts for Old and Young Or THE SCIENCE OF HUMAN LIFE

By J. H. Kellogg, M. D.

800 pages, 60 full-page illustrations. Size of book, 5x6x2 1/2. An anatomical chart in 9 colors with each book.



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It is what its name indicates, "Plain Facts" on sexual hygiene for both sexes.

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Tickets on sale for all trains June 13, 14, 15, 16, and train 5 of 17th. Return limit June 27th. Please ask for full information.

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DOMESTIC SCIENCE DEPARTMENT

In her Thursday afternoon Domestic her hearers some practical advice on diet, leading up to her general talk on "Evening Refreshments."

The diet prescribed by the Sanitarium was not, she said, a fad or a fancy, but represents years of thorough research and careful, painstaking labor. "Thousands of men and women," said the speaker, "are living and working below their maximum efficiency, their minds dull and confused, wretched all the time, and with only strength enough to get about, and yet they take no thought and make no study of their daily diet—their source of strength. The menu should

advocated strongly, the speaker said the use of fruit nectars and fruit gelee, with simple, wholesome cakes such as lady fingers, would not be found injurious to the average person. Fruit geleees were much more wholesome, with their peptogenic qualities, than ice cream, which was apt to contain toxins. The following dainty desserts were served to guests and recipes discussed:—

Lady Fingers

- 3 egg whites
- 2 egg yolks
- 1-2 cup pulverized sugar
- 1-2 cup of flour
- 1-8 tsp. salt
- 1-4 cup flavoring
- 1-4 tsp. cream of tartar

Beat the whites of the eggs until stiff and quite dry with the salt. Add the cream of tartar when half beaten. Whip the egg yolks with a Dover beater until

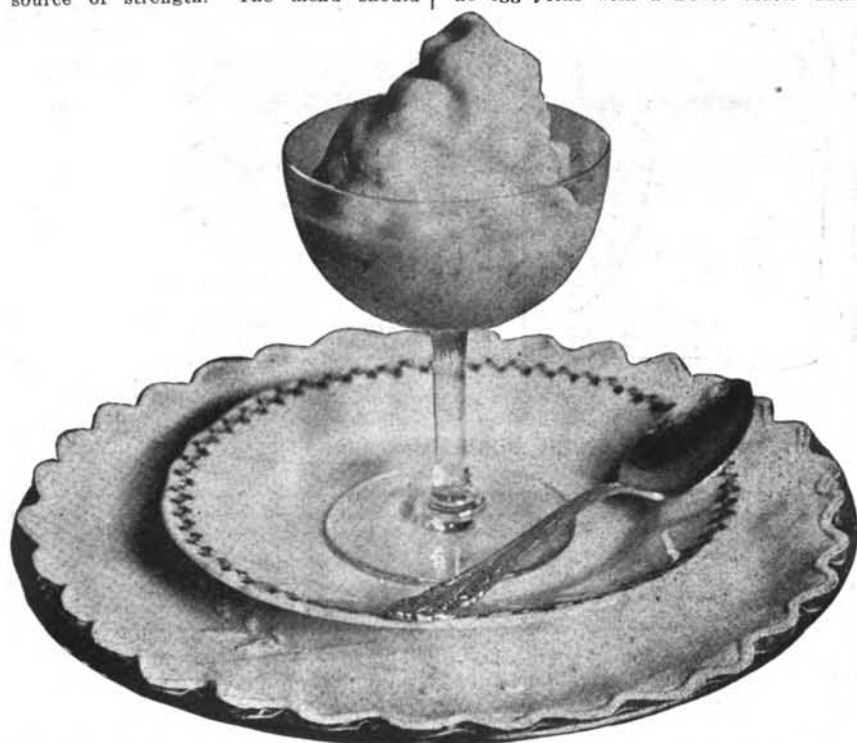
- 1-2 cup of water
- 2 egg whites

Place all in the freezer except the egg whites. When thoroughly chilled, add egg whites beaten stiffly and finish freezing.

There are 17,000,000 children in Russia between the ages of six and fourteen receiving absolutely no education.

FOR RENT A nicely furnished house with all modern conveniences located near the Sanitarium, on a pleasant street. I also have some choice bargains in houses and lots, vacant lots, and five and ten acre tracts of garden land.

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be constructed with a view to health and comfort and efficiency."

One thing the speaker decried was the six-o'clock dinner, declaring it was responsible for many a business failure. It undoubtedly was responsible, she said, for sleeplessness and digestive disturbances. She suggested that the dextrinized foods be used for the evening meal, affording strength, vigor, and satisfaction, and requiring little labor on the part of the digestive organs, thereby not interfering with the sound sleep so necessary to recuperation. Summing up her practical suggestions, her hearers learned that they should eat natural foods, avoiding poisons such as tea, coffee, and condiments; use salt sparingly; avoid too many kinds of food at one meal; eat food which is relished; eat some raw food daily; drink from two to four pints of water daily; rest half an hour after eating; take time to eat.

While evening refreshments were not

they are lemon colored; add the flavoring and fold into the whites after having beaten the sugar into them. Carefully fold in the flour, being sure to have it thoroughly mixed. Bake in moderate oven on scored paper. Put together with a filling made of the juice of one lemon and one orange thickened with pulverized sugar.

Orange Nectar

- 1 1-2 cups of orange juice
- 1 1-4 cup of pineapple juice (from canned juice)
- 1-2 cup of lemon juice
- 2-3 cup of sugar
- 1-2 cup of water

Pineapple Gelee

- 1 1-2 cups of pineapple juice and fruit
- 1 1-2 cups of sugar if juice is unsweetened
- 1-4 cup of lemon juice



Q. This box contains over two billion disease-destroying germs.

A. In the box pictured are enclosed four dozen capsules, each of which contains, in a preparation called YOGURT, from ten to fifteen millions of germs. These germs are of a harmless species, and their mission is to drive out of the system disease-producing bacteria, such as are always present in the intestinal tract in cases of *Intestinal Autointoxication*.

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PERSONALS

Dr. J. A. Lokey of Macon, Tex., is a guest at the Sanitarium.

Dr. Thomas Tornelty of Big Bend, Wis., is among the recent arrivals.

Dr. and Mrs. W. J. McCormick, of Toronto, are guests at the institution.

Mr. Hopper S. Mott, of New York City, is a new patient at the Sanitarium.

Mr. S. L. Wiggins of McKeysport, Pa., is visiting his wife, who is a patient at the Sanitarium.

Mr. F. T. Wright, a former patient at the Sanitarium, has returned for a few weeks' stay.

Mr. Hyman Askowith of West Somerville, Mass., is registered at the Sanitarium this week.

Dr. W. B. LaForce of Keokuk, Ia., has arrived at the Sanitarium and will remain for treatments.

Dr. G. W. Hubbard of Nashville, Tenn., dean of the medical school at that place, is a guest at the Sanitarium.

Mr. and Mrs. H. A. Perry of Chicago are among this week's arrivals. They will remain for a few weeks' rest and recuperation.

Dr. W. A. Atchinson of Nashville, Tenn., paid a visit to his sister, Miss Atchison, who is a patient at the Sanitarium.

Mr. Charles Newman of Birmingham, Ala., a former patron of the Sanitarium, has returned this week for rest and treatment.

Miss Ella Earl Hayes of Louisville, Ky., is being welcomed by old friends. She will spend the month of June at the Sanitarium.

Dr. A. R. Moseley of Cuba left on Wednesday for Pittsburg, where he will speak on Sunday. Later he will go to New York.

Dr. Emily Smith returned this week from a trip to Chicago, where she attended the meeting of the American Medical Association.

Mr. E. L. M. Bristol of Detroit, accompanied by his sister, Mrs. F. B. Bower, arrived this week at the Sanitarium and will remain for treatment.

Judge J. M. Galbreath of Yale, Ia., has returned to the Sanitarium after a fortnight's stay at his home. He expects to remain for the summer.

Miss Lucy E. Mayo, a missionary from Japan who has been here for some months resting, returned to her home in Indianapolis Tuesday. She will return to Michigan and spend the summer on the Lake Shore.

Mr. R. S. Kingsbury of Zenia, Ohio, is spending the week visiting Mrs. Kingsbury, who has been a patient for some months at the Sanitarium and is showing marked improvement.

Dr. Julia W. Carpenter of Cincinnati returned to the Sanitarium the past week with a patient for treatment. Dr. Carpenter is a familiar visitor, coming many times during the year with patients.

Dr. and Mrs. B. D. Harrison of Detroit, with their little daughter Frances, returned home on Monday. Later in the week they will go to their summer home at Sault Ste. Marie. Dr. Harrison is secretary of the Michigan State Board of Medical Examiners, and is much improved by his few weeks' treatment.

Mr. and Mrs. C. S. Jones of Sanford, Ill., have returned to the Sanitarium for treatment. Mr. Jones was here as a patient some few years ago, and is being welcomed back by many of his former friends and acquaintances.

Mrs. E. A. Royce of Chicago was the guest for a few days this week of Mr. D. K. Cornwell. Mrs. Royce was visiting at the old Sanitarium six years ago when the fire broke out, and together with Mr. Cornwell made her escape down the fire escape.

Dr. J. T. Cegg, president of the Arkansas State Medical Association, accompanied by Dr. M. G. Thompson, paid a brief visit to the Sanitarium this week, coming up from Chicago where they attended the meeting of the American Medical Association.

Arrivals

The list of arrivals for the week ending June 10 is the largest of the present season, 166 persons being registered, as follows: H. J. Mitchell, Ill.; H. J. Slambough and wife, O.; J. H. Long, O.; B. G. Tremaine, Miss Gretchen Tremaine, O.; Miss Boyd, O.; Walter V. H. Black, O.; C. F. Johnson, William J. Johnson, Mich.; F. W. Schwarte, Mo.; John Kampen, Miss.; G. W. Kampen, Miss.; H. J. Buerkl, Ill.; Mrs. L. L. Alsten, Ill.; Rev. Louis Herbeck, Ky.; Mrs. Clara Brennermann, Ill.; Louis Aisberg, Minn.; D. Ferguson, Ill.; R. J. Craine, Mich.; Mrs. F. H. Marriot, O.; Mrs. T. P. Galverson, O.; Ed. Pope, Mich.; Margaret Coleman, Mich.; Mrs. J. H. Prior, Minn.; Mrs. B. Marshall, B. Smith, Ind.; Mrs. W. E. Nicholls, Ind.; Mrs. Emma J. Benson, Ill.; Josephine Burt, Ill.; Katherine Erskine, Mich.; Ernest Cavanaugh, Mich.; Charles Newman, Ala.; Anna Ruthven, Dela.; R. S. Kingsbury, O.; R. O. Maro, Pa.; Miss Digfelder, Pa.; W. H. Edmaster, Cal.; W. H. Bowman and wife, Ill.; J. D. Lamont, Minn.; Mrs. Mary Ria, Mo.; J. M. Galbreath, Ia.; Mrs. M. E. Bowers, Tenn.; Mr. and Mrs. R. M. Fish, O.; Mr. and Mrs. LaVerne Osborne, city, Mr. and Mrs. Charles Dingers, O.; L. E. West, Tenn.; J. E. McConnell, Ia.; Mrs. G. H. Johnson, O.; Mrs. P. B. Noyes, N. Y.; T. H. Babbitt, O.; Mrs. H. T. Kelley, O.; R. B. Mowry, Pa.; C. J. Fogelsburg, N. H.; H. P. Jones; Will S. Green, Pa.; Mrs. Josie E. Rose, Minn.; Dr. M. E. Thompson, Ark.; Dr. J. G. Clegg, Ark.; Dr. W. A. Atchison, Tenn.; Mrs. Alloway Gray, Tenn.; Dr. O. B. Powell, Ind.; Emily Powell and child, Ind.; Edward Powell, Ind.; Mrs. C. S. W. Huffman, O.; Mrs. John H. Elliott, Ill.; Lella M. Wallace, Cal.; Henry Loble, Mont.; Mr. and Mrs. J. D. Watson, Forest Watson, Ill.; J. A. Lokey, Tex.; E. V. Price, Ill.; John Nicholls, Ariz.; J. C. Hoffstatter, Pa.; C. J. Baldwin, O.; Mrs. E. H. Baker, Tenn.; Mrs. Wilson Forsythe, Tenn.; Mr. and Mrs. Edwin F. Wetstein, Ky.; W. J. McCormick, Ont.; Florence McCormick, Ont.; Mrs. F. S. Pierson, Ind.; A. H. Prall, Mich.; Henry Jeschke, O.; A. H. Annwidowre, N. Y.; B. D. Gilbert and wife; J. E. Jones, Ark.; M. E. Anglebrook, Mich.; Riley Russel, M. D., D. C.; C. B. Stuphums, Ind.; Mrs. M. R. Taylor, Md.; Mrs. B. D. Harrison, Frances Harrison, Mich.; Charles N. Crittenden, N. Y.; Mrs. Catherine Seibert, O.; Rev. and Mrs. W. B. Jones, Mich.; Flora M. Freeman, N. Y.; Mary E. Heartwell, Mich.; M. Katherine Gordon, Pa.; Mrs. Anna A. Hazelwood, Mass.; Mrs. Emma O. Perkins, Mass.; Mrs. C. E. King, Ill.; Mary L. Trescotts, Pa.; Ellen M. Broadhooks, Ariz.; Mrs. Sarah W. Leeds, N. J.; Kate Waller Barrett, Va.; H. B. Sanborn, Tex.; Julius W. Carpenter, O.; Charles D.

Weether, Vt.; W. S. Ford, O.; Miss E. E. Hayes, Ky.; B. L. D. Haven, Ind.; A. L. Lee, Mich.; John Milner, Ala.; Mr. and Mrs. O. J. Masse and child, Ga.; C. E. Smith, S. Dak.; J. F. Hill, Dr. G. W. Hubbard, Tenn.; Anna A. Stassen, Ill.; M. C. Peters, Tex.; H. C. Klein, Ind.; Mrs. H. C. Klein and daughter, Ind.; H. Emory Pease, Mich.; G. H. Hyland, O.; F. R. Poss, Mich.; J. A. Poemer, O.; Mr. and Mrs. C. S. Jones, Conn.; B. W. Hale and wife, Tenn.; Dr. and Mrs. S. L. Wiggins, Pa.; Dr. Thomas Tomelty, Wis.; E. S. Wooley, Ill.; F. T. Wright, Ind.; Hymen Askwith, Miss.; Mrs. N. C. Patton, Mo.; A. W. Lay, Ky.; A. J. W. Huffman, O.; R. Clary, N. Y.; Arthur H. Todd, Ind.; H. S. Mott, N. Y.; F. D. McGary, Ky.; C. G. Robinson, Ky.; A. R. Huber, Minn.; B. C. Protzman, W. Va.; Harvey W. Stevens, Ind.; R. Hirt, Jr.; William Kastening, Mr. and Mrs. H. A. Perry, Ill.; A. I. Higgins, Mich.; Thomas M. Doughtney, Mich.; W. B. LaForce, Ia.

W. C. T. U. Mother's Meeting

The first Mothers' meeting of the Sanitarium branch of the W. C. T. U. was held in the parlor Sunday afternoon, Mrs. W. F. Martin, president, presiding. The paper of the afternoon on "Truthfulness," by Mrs. E. E. Kellogg, was read by her daughter, Mrs. Roy McPherson. It contained much of wise counsel to mothers drawn from the broad experience of Mrs. Kellogg. Mrs. Katherine Seibert, National Correspondent of the Florence Crittenton Missions, then spoke of the work of that body, making a strong plea for sympathy for fallen girls and their babes without a name. She said that their statistics of the eighteen thousand girls sheltered, were, first, that the domestic servant headed the list, often falling victim to the father or son of the family; second, that girls in the home came next—not from factory or shops;—and third, in the schools. The school purity problem was strongly emphasized, and mothers present were impressed anew with the dangers to which their own children might be unsuspectingly exposed. Mrs. Perkins, matron of the Mission at Boston, told many pathetic stories of girls who had come under her care. A thank offering was taken for the Florence Crittenton Mission, and the program closed with music.

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News Notes

Dr. and Mrs. Elmer Eggleston are rejoicing over the birth of a little daughter, Eleanor Gertrude, born Monday morning.

Three senior medics and two doctors went to Ann Arbor on Tuesday to take the final examinations under the State Examining Board, held on the 10th and 11th insts.

College closed on June 12 without any formalities other than the commencement exercises. Many of the students will remain for the summer engaged in various branches of work about the Sanitarium, while the greater number returned to their homes in various parts of the country.

Domestic Science students to the number of twenty-four, with Miss Cooper, Mrs. Foy, Miss Dancy and Pastor Tenney, had an enjoyable outing at Gull Lake Monday. The day was an ideal picnic day, and the trips about the lake, with wading and canoeing, formed pleasant entertainment.

The annual picnic of the Woman's League was held at the Sanitarium Villa last week. Nearly two hundred ladies were present and enjoyed the varied program and the luncheon served on the broad veranda. The guests were welcomed by Mrs. J. H. Byington and Mrs. W. K. Kellogg.

The Rev. M. C. Wilcox will deliver the address to the graduates of the American Medical Missionary College at the exercises to be held in the Sanitarium gymnasium, June 17. A program of music will be rendered by the Sanitarium orchestra, and the presentation of diplomas will be made by Dr. J. H. Kellogg. Dr. David Paulson of Hinsdale will give the baccalaureate address next Sabbath morning in the Sanitarium chapel. The subject will be "The Real Inspiration or True Heroism."

An enjoyable time is reported by those who attended the annual reunion of the American Medical Missionary College Alumni held last week at the Hinsdale Sanitarium. Seventy-five guests were present at the banquet, thirty of them being graduates of the school. Following the banquet a program of toasts was given in the gymnasium, the speakers including Dr. Kate Lindsay, Dr. J. H. Kellogg, Dr. R. H. Harris, Dr. W. S. Sadler, Dr. David Paulson. Souvenirs in the form of a booklet of the Hinsdale Sanitarium and the new College Calendar were given the guests.

Thousands of doctors and interested persons visited the Sanitarium exhibit at the American Medical Association convention held in Chicago last week. The ex-

hibit was in charge of Miss Zahn and Mrs. Quinn, and exploited by a series of excellent photographs every department of the Sanitarium. So interested were some of the doctors that they returned time and again to have certain of the treatments explained to them and to hear of the principles of the institution. Others were so impressed that they came to Battle Creek and spent the day viewing the institution itself, and returning, declared it was even greater than they had expected.

The Nurses' class, '08, held their class day exercises in West Hall parlor Monday evening. The parlor was prettily decorated with plants and the class colors, blue, and yellow. A program of music, readings, etc., was given. The class historian and prophet made many telling hits at the members, which amused their fellow-students and the audience immensely. Following the program an informal reception was held. On Wednesday evening The Nurses' Alumnae and the graduating class gave a reception in honor of Mrs. M. S. Foy, superintendent of nurses, at the Sanitarium Villa at Lake Gogauac.

Swimming Tournament in Outdoor Pool

The first swimming tournament of the season in the outdoor pool was held on June 3 and witnessed by a large crowd of spectators. The tournament was under the direction of Physical Director A. T. Winjum. A. W. Grabe acted as starter, and Messrs. J. S. Barrett and C. W. Baker were the judges.

The affair started off with a relay race, a team composed of Judd, Allen and Winkler winning. Following this Rain-bow gave an exhibition of fancy diving. Alfred Judd took a high dive, and Rain-bow followed with a running dive. Agaard then gave an interesting exhibit of swimming under the water, going the length of the pool and back and winning applause. A boys' race was won by Alfred Judd, and this was followed by pick-a-pack wrestling in the water participated in by Judd and Winkler. Agaard then demonstrated the long dive with no stroke, and after this Grabe demonstrated the running pole vault and dive. Smith gave an exhibition of the standing pole vault and dive, and the program closed with a walking under the water contest by Smith and Leslie. Plans are being made by Physical Director Winjum for a big tournament to be held next week, on Monday afternoon for which the following events are scheduled: 20 yard dash, plunge for distance, 40 yard dash, fancy plunging, 60 yard dash, catching a duck, 80 yard dash, tub race, relay race, riding barrel, obstacle race, candle race, plunge

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and underwater swim for distance, water polo, drowning and rescuing, illustrating manner of resuscitation. Guests, patients, and helpers may enter, and ribbon awards will be made for the first, second, and third winners in each event.

Two Gifts

"I gave the beggar from my little store Of well-earned gold. He spent the shining ore. And came again, and yet still cold And hungry as before."

"I gave a thought, and through that thought of mine He found himself, the man, supreme, divine! Fed, clothed, and crowned with blessings manifold, And now he begs no more."

Ella Wheeler Wilcox.



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THE BATTLE CREEK IDEA

VOL. 1, No. 28.

BATTLE CREEK, MICH., JUNE 18, 1908.

PRICE, 2 CENTS.

SANITARIUM Y. M. C. A. NOW WELL ORGANIZED

Officers Elected and Head of Departments Named at Meetings This Week

DR. C. C. NICOLA CHAIRMAN

With the election of permanent officers and the laying of definite plans for the work which is to be done, the Battle Creek Sanitarium Young Men's Christian Association began to take definite form this week. The Board of Managers elected two weeks previously held two meetings, at the first of which a permanent organization was formed by the election of officers as follows: Chairman, Dr. C. C. Nicola; First Vice-Chairman, Dr. B. E. Colver; Second Vice-Chairman, Howard Bayley; Recording Secretary, R. O. Eastman; Treasurer, George E. Judd.

At the second meeting a committee on membership was chosen with Mr. A. R. T. Winjum, Sanitarium Physical Director, as chairman, and the following members representing the various working departments: Irving Steinel, T. C. O'Donnell, Robert McCutcheon, C. S. Quail, Howard Bayley, R. A. Doty, F. M. Blake, A. L. Cleveland, John Carter, W. E. Marsh, Clyde Ripley, W. G. Hall and Doctors Eggleston and A. J. Read.

When the present plans are matured, the Association will have a home of its own, consisting of spacious quarters which will be furnished by the Sanitarium, together with quarters for its secretary, reading tables and various forms of clean, healthy amusements. The most important features, however, will be the benefits and advantages which it is purposed to have the association afford its members.

Dr. Kellogg met with the Committee on Sunday evening and outlined a number of advantages which the Association would be permitted to offer through the interest and generosity of the Sanitarium Board. These will include free courses in Physical Culture, free instruction in various college branches of study, special Bible classes, literary classes, special instruction in music or instruction and practice in similar lines of special study, besides the advantages of Christian training of the Association work which will be developed under the supervision and direction of a trained secretary.

Dr. Kellogg said that the Sanitarium Board had voiced a willingness to do all in its power to promote the success of the organization. Pastor Tenney, who, with Dr. Kellogg, was interested in urging the plan for this line of work, was also present at the meeting at the invitation of the committee. In discussing the proposed features of entertainment, it was decided to limit these strictly to healthy games and occupations such as are already in vogue in the Sanitarium, while the Asso-

TENTH A. M. M. C. CLASS GRADUATES

Dr. David Paulson Delivers Sermon and Dr. Nassau Commencement Address.

THE TRUE HEROISM

With the commencement address of the American Medical Missionary College given by the veteran medical missionary of Africa—Dr. Robert Hammill Nassau, D. D.—who has served in the foreign field for forty-seven years, and the baccalaureate address by Dr. David Paulson,



DAVID PAULSON, M. D.

one of the early graduates of the college, the tenth class to be graduated from the school this week received its diplomas. The commencement exercises took place Wednesday evening in the Sanitarium gymnasium, which was handsomely decorated with bunting, palms, and flowers for the occasion. The program opened with an overture by the Sanitarium orchestra, after which the invocation was pronounced by the Rev. W. H. Phelps of Battle Creek. The commencement address as given by Dr. Nassau will appear in next week's edition. Following it the diplomas were presented to the class by Dr. J. H. Kellogg, the class consisting of Albert Victor Heynemann, Ethel M. Heynemann, Helena M. Kellogg, Etta May

(Continued on page 2.)

SWIMMING TOURNAMENT IN OUTDOOR GYMNASIUM

Many Spectators Enjoy the Water Sport and Cheer the Victors

THE ACROBATIC EXHIBIT

The first of the season's big swimming tournaments to be held in the outside pool took place Monday afternoon. The day was fine and bright, and brought out hundreds of visitors, who crowded around the pool and cheered the swimmers on to victory. The tournament was held under the auspices of the Sanitarium Y. M. C. A. and under the direction of Physical Director Winjum. The entries included Olaf Anderson, Thomas Allen, Ed. Broyles, John Granger, Charles Haylock, Alfred Judd, Richard Leslie, Clyde Ripley, R. S. Smith, R. H. Smith, Harold Todd and George Winkler.

Messrs. A. W. Grabe, C. W. Baker and George C. Stewart comprised the committee on prizes and collected in the neighborhood of twenty dollars, which was used to purchase badges and a few special prizes in the form of handsome Y. M. C. A. watch fobs.

(Continued on Page 3.)

Treatment of Neurasthenia

Dr. Riley Explains the Nature of the Examination and Outlines Physiologic Remedies

(Continued from last week.)

"We now come to that part of the subject which perhaps will be most interesting; that is, the treatment. It is very essential that the physician make a thoroughgoing examination of his patient at the outset and become thoroughly acquainted with all the details of the case. This is important from at least two standpoints: First of all, that the physician himself be thoroughly acquainted with the case; and second, the examination should be thoroughgoing, because of the benefit such an examination will have on the mental side of the case. It can not be emphasized too strongly that in treating this disorder the physician must first of all get a firm mental grip upon and the full confidence of his patient. This should be done with the idea clearly in mind that such a relation between physician and patient can be used greatly to the benefit of the latter.

"In making this examination there are several things to be kept in mind. Natur-

(Continued on Page 6.)

Original from

UNIVERSITY OF MICHIGAN

TENTH A.M.M.C. CLASS GRADUATES

(Continued from page 1.)

Riley. The benediction was pronounced by Dr. George Dowkontt.

In his baccalaureate address Sabbath morning Dr. David Paulson touched the hearts of his hearers with the recital of deeds of heroism and self-sacrifice of missionaries, and gave many illustrations to show the power of the Christ-inspired life. In his characteristically informal introduction he said: "As Jesus often drew his sermon from passing incidents, I am going to do what I rarely do—go outside the Bible for my text. You will find my text in the Chicago Tribune of June 4." He then read the account of the struggle for life made by Dr. Wilfred Grenfell, the medical missionary to Labrador, who recently battled for forty hours against a pack of hunger-maddened dogs on an ice pack off the coast of Labrador with the temperature down to 10 below zero and with only a knife to defend himself. Dr. Grenfell, whose heroic service in that barren north in ministering to the moral, physical, and financial welfare of the fishermen and their families has caused him to be known as the "Livingstone of Labrador," is a striking example of the type of manhood permeated with the love of Christ and the desire to do good to his fellow-man. His voluntary giving up of a successful and promising career in England to serve the destitute fisher folk of that bleak north country is one of the most conspicuously heroic incidents in the annals of modern missionary effort. The illustration comes home particularly close to the students of the American Missionary College, as Dr. Grenfell is a member of the advisory council of the college and visited the institution only last summer.

Dr. Paulson then spoke of the long years of service of John Elliott among the Indians, of the inspiration his life had been to John Brainerd, and then to Henry Martin, who gave up his life in India, and how the story of his life had fired Henry Tracy Pitkin with zeal and religious enthusiasm to such an extent that on the eve of his death at the hands of Boxers in China he sent as his last message to his infant son that he wished him when grown to manhood to come out and take up the work which he was forced to lay down. "That is what I mean by religious enthusiasm," said Dr. Paulson, "and I doubt if there is any missionary in foreign fields but knows just what it means.

"The question is, What could persuade these men—brilliant men who had obtained the best education to be had,—to turn their back on all the comforts of home and their loved ones and devote their lives to uncivilized, destitute nations? The explanation is found in 2nd Corinthians 5:14: "For the love of Christ constraineth us." This love for Christ is a heavenly plant; it is not grown on earth. Something akin to it that God has put into the human heart, and the brute creation as well, is the family spirit, the instinct to look out for one's own. I have a house cat that nurses most tenderly her family of kittens. We have evidences of humanity falling below the brute creation. In our Rescue Home we have a child whose mother left him in an ash barrel. Another child was left in a valise on the doorstep of my house recently. But the family spirit does not extend beyond one's own. My house cat's care does not manifest itself in watching over other kittens;

on the other hand, if another cat came around, she would most likely kill it. When the love for Christ comes into a man's life, he reaches out beyond home and his own. This love can not be manufactured any more than you can manufacture smallpox. You may think you have smallpox and scare some one else into thinking so, but you can not give it to some one else unless you have the genuine article. So it is with the love of Christ. It permeates one's being and becomes a part of him, and others feel its influence. May God grant that the members of this class to-day have the genuine thing; not the bogus article.

"Some years ago when in New York I noticed a band of little street arabs playing on the streets Sunday afternoons right under the horses' feet. My heart ached for those poor children who had not had a chance. I gathered in the little folks and started a class Sunday afternoons. In trying to tell them about Christ's love for them, I compared his love with that of their parents, but this did not seem to impress them very favorably. I incidentally learned that their parents were drunkards, and about all the children knew of their love was kicks and cuffs. It occurred to me that these children had never known love, and in order to teach them of Christ's love, I must love them. But how could I love these filthy little urchins with their heads full of vermin? I asked God to help me, and I learned to love them, and I did not have to put a label on my coat sleeve to tell them about it, either. Even a dumb animal knows when you feel kindly toward it. There is something about love that does not need an interpreter; it makes us all kin. Least of all, no interpreter is needed to tell of divine love; it is all about us just as the sunshine is. When God put love for these children into my heart, I had some blessed experiences with them. I believe when I stand before my King and tread the streets of the New Jerusalem, some of those urchins will be my companions in eternity, and it was well worth while. If you have your soul flooded with that divine love and do not pass it on to others, it is an awful you who have sat in class with me, just to that extent that you have this divine love in your hearts and lives, to that extent something that reaches the human heart, whether it be the rich in their mansions or the waifs of the street. And I say to your work will glorify you, and just to that extent that it is not in your lives, your work will be cumbersome to you, and it will not be of much use to you when you get to the end of your journey.

"Visitors to Westminster Abbey pass by statues of kings and queens to that of Livingstone, the greatest missionary who ever loved humanity, and drop hot, scalding tears in memory of that life. The memory of that man still elevates men and makes them better. This is the best life, even though there were no life beyond. We may not all be great, but each one can have the divine spark of life implanted in his life. Why make a failure when so abundant a life is at our disposal?

"Christ is not up in heaven looking on. He is right here with us—a part and parcel of our program. He can become a silent partner in all our doings. He is a constant sufferer with us in all our troubles. For every tear shed on earth, there

are tears in heaven. As long as there is suffering below, Christ still suffers. He began to be crucified at the beginning of the world. Make Christ, the friend who sticketh closer than a brother, your friend, and you will not miss other friendship.

"We sometimes find illustrations of this love for Christ where least expected. Jesus did not find it among the high priests up in the temple. He gives us an illustration of it in the poor Samaritan, who had not had much opportunity and did not belong to the prevailing arrangement of Christianity then in vogue, but he had compassion, the genuine article, which the priests did not have. In the story of the Good Samaritan the whole course for us as Christian nurses and Christian workers is mapped out. 'Go thou and do likewise.' That is what Grenfell, Livingstone, and any one who does anything worth while in this world has done."

SANITARIUM Y. M. C. A.

(Continued from page 1.)

ciation will probably have a tennis court of its own and possibly a bowling green.

The question of the matter of arrangement of permanent quarters has been taken up with the Sanitarium board, and at the meeting next week this matter will be reported upon. Reports will also be received from the membership committee and arrangements made for a general meeting of members when the selection of standing committees will be made and a definite program of work arranged.

NURSES' ALUMNAE HOLD MEETING

A meeting of the Battle Creek Sanitarium Nurses' Alumnae was held in the chapel Monday night at which Mrs. M. S. Foy, superintendent of the Nurses' Training-school, gave an interesting account of the national convention which she attended last month in San Francisco; also the meeting of the superintendents' convention held in Cincinnati and the Visiting Nurses' Convention in Chicago. Her audience was interested in the account of the trip to the coast, marked by many pleasant stops en route, and of the ideas and suggestions brought out in the several notable papers given during the several days' session. The Nurses' Alumnae Association was organized thirty-five years ago, and is now the largest body of professional women in the world.

A pleasant feature of the Monday night meeting was the fifteen minute talk on Ideals given by Dr. Kate Lindsay of Boulder, Colo., the organizer of the local training-school who for many years was a member of the Battle Creek Sanitarium medical staff.

Laugh

Laugh it away in the morning light.
Laugh it away in the dreams of night;
Laugh it away in the ringing way
Of golden duty and toiling day!
Laugh it away—the care that sears
With ache of heart and the salt of tears!
Laugh it away and weep no more
When lips of love in the little door
Learn to welcome you out of the day
Where all your troubles went laughing
away!

—Baltimore "Sun."

SWIMMING TOURNAMENT

(Continued from page 1.)

The first event was the obstacle race, which created no end of amusement, Allen, Anderson, Winkler, R. C. Smith, Ripley and Haylock entering. The obstacles consisted of barrels, lawn benches, ropes, etc., stretched across the pool, the contestants going through or over or under, as fancy or chance led them or the frantic directions of the rooters spurred them. Haylock was awarded first honors, making the length of the pool twice (40 yards) in 50 seconds.

The 20 yard dash followed; R. H. Smith winning first honors, Haylock second, and Allen third. Smith again was victorious in the next event, the plunge for distance standing. Allen won second and Todd third.

In the 40 yard dash Haylock's endurance stood him in good stead, and he had an easy victory, coming in several seconds ahead of Smith and Allen, who took second and third honors respectively.

In the 60 and 80 yard dash Haylock

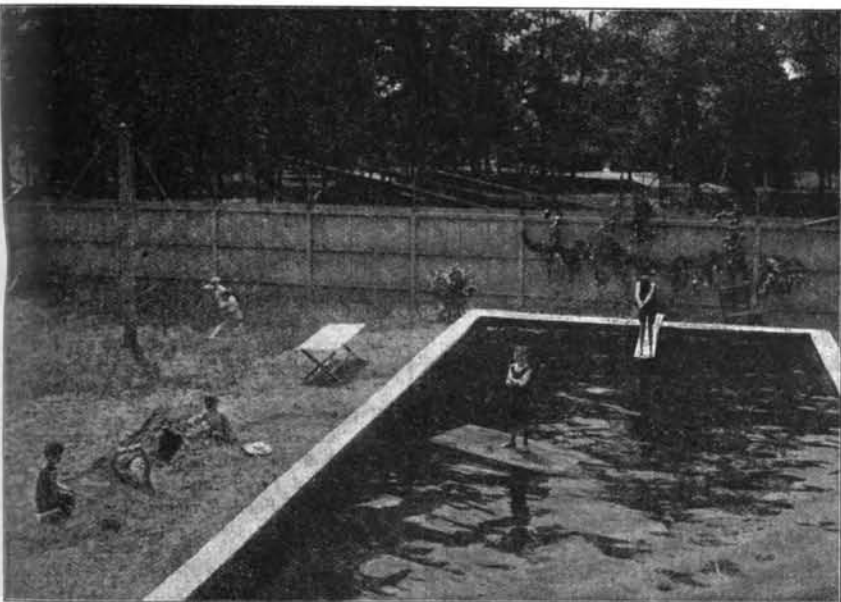
Anderson, Haylock and Granger. As there was a pronounced breeze, the task of getting the lighted candle the length of the pool was no easy one. Haylock was the only man who accomplished the feat, which he did by swimming on his back, using the leg stroke and protecting the candle from the breeze with his left hand. Winkler and Anderson made good time, and succeeded in bringing dry candles to shore and were given second and third prizes.

Plans are being made for a big acrobatic exhibition to be held in the near future. There will be tumbling and mat work, acrobatic club swinging and dumb-bell work, fancy wand exhibition under colored lights and other athletic feats.

Learn to laugh. A good laugh is better than medicine.

"With all empty and selfish pretenses away!

By your actions you're judged, be your speech what it may."



SWIMMING POOL AND OUTDOOR GYMNASIUM

again demonstrated his long-distance prowess, winning first in each event. Allen and Ripley finished second and third in the 60 yard event, and Alfred Judd—one of the youngest swimmers entered—won the second honors from Granger, of deep knee-bending fame. The fancy plunge gave the red ribbon to R. H. Smith, and the second and third to Winkler and Judd.

The race for the duck afforded a riotous fund of pleasure not only for the spectators but for the participants, and all agreed that the duck won a well-earned victory. Seven contestants tried singly to rise on the water and flapping his wings gave vent to a victorious quack. After all contestants had failed singly, they were catch him in a two-minute limit, but the wary duck eluded them all, and frequently permitted to enter in a "free for all," but in this also the past master of swimmers demonstrated his agility and finally was permitted to carry off first honors.

The candle race had six contestants entered: Allen, Winkler, R. C. Smith

AFTER THE STORM

I

The storm is over, far and near
The splintered limbs are thickly strewn;
The far horizon stretches clear,
The trees will cease their dripping soon,
And as the far peal dies I hear
The first note of a robin's tune.

II

The storms that darken precious days,
That wreck our hopes and bring us pain,
Pass onward, but the long, long ways
Which lead to worthiness remain,
And men bestow their richest praise
On us who first take heart again.

—S. E. Kiser.

"My son tells me you have discharged him," said the mother of an office boy. "It's very strange; you advertised for a strong boy, and his strength is unquestionable." "He's too strong, madam," said the chief clerk. "In the single day he was here he broke all the rules of this office and some of the furniture!"

News Notes

Mr. and Mrs. Clifford Burt returned on Tuesday from a vacation trip in the east.

A party of ten nurses enjoyed a trip down the Kalamazoo River Tuesday, returning by interurban car.

Mrs. V. A. Taylor has returned from a vacation trip.

Prof. and Mrs. O. S. Hoffman have returned after a few days spent in Chicago and vicinity.

Mrs. Anna V. Ruthven is in charge of the Women Nurses' department during the absence of Miss Margaret Stewart on a vacation.

D. W. H. Quin returned this week from a trip to South Bend and vicinity.

Business Manager George Judd took a flying trip to New York this week, leaving Sunday night.

Mrs. Addie Fifield of Ypsilanti spent a part of the week here as the guest of Mrs. Myrtle Roberts Brogan.

"Have you had a kindness shown?

Pass it on.

'Twas not given to you alone;

Pass it on.

Let it travel down the years,

Let it wipe another's tears,

Till in heaven the deed appears.

Pass it on."

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The Medical Missionary

The tenth annual commencement of the American Medical Missionary College held the present week is deserving of something more than passing comment, marking, as it does, something over a decade of work the influence of which is world wide, and the end of which can only be known in the world beyond.

Since the organization of the school over 150 young men and women have been graduated and have given their lives to the work of aiding suffering humanity. Not all have gone into foreign fields it is true, but many of them who have not, are filling niches where their influence and labor makes for untold good; and just as emphatically bespeaks their consecration.

The medical profession is naturally an altruistic one; some of the greatest work done by physicians has been done without compensation or thought of reward. Many of the most remarkable and successful operations which have been performed have been upon hospital patients who were unable to offer any compensation other than grateful thanks. Some one has said that the physician performs more uncompensated labor than any other class of people except mothers. This is undoubtedly true of the medical missionary, who, in pledging his life to the work, voluntarily gives up all hope of what the world looks upon as success and compensation and faces often a life of hardship and isolation from dear ones.

The experience of the past century of missionary work has demonstrated that the medical missionary is the most powerful of all agencies in lifting up to Christian manhood and womanhood the heathen, debased by ignorance and superstition. The dual mission which carries these workers forth—to minister both to the body and to the soul—is the most Christlike that may be chosen, and the need for it to-day is as great as it was two thousand years ago, when the command was given to go forth and preach the gospel and heal the sick. The civilized world is supplied with phy-

sicians in plentitude, statistics showing that they number one to every two or three hundred, while in China and other foreign lands there is scarcely one educated physician to a million of people, and countless hundreds die through neglect and ignorance of the care of health. It was recognition of this need that led to the organization of the school.

The young people who pledge their lives to this high service are not in any way placing limitations upon their professional skill; for the foreign field offers a broad and instructive experience, and the reward that comes of knowledge of having ministered to those that were in dire need, to have brightened lives that might otherwise have been lived in darkness, to have demonstrated the principles of divine love and mercy,—who can measure the untold satisfaction of this? May they be granted the abiding peace that comes in doing one's work well and faithfully.

Heart Disease Increasing

"Americanitis" may no longer be the synonym for our national nervous troubles alone if the statistics made use of by Dr. Darlington of New York before the American Climatological Association become known to our continental friends. Dr. Darlington declared that the mortality rate from heart disease was steadily increasing throughout the country, no other disease showing so general an increase in the death-rate. Undoubtedly it is due, as he says, to the pace at which we are living. The strenuous business life of the men, the whirl of social and club life of the women, the drain upon the children who get their education at the same high pressure, the utter absence of the quiet, simple joys that once marked the life of the people, is bound to have its effect on the life of the individual. The nation will have to learn the lesson perhaps by sad experience—that it can not spend its strength and have it too.

Dr. Darlington says: "We indeed need rugged constitutions—to hold us up in the pace we are traveling. Individually we have undermined the vigorous health which was characteristic of our forefathers, and we are bringing into the world children whose physical status is even less hardy than our own."

Peculiar Qualifications

"In choosing his men," said the Sabbath school superintendent, "Gideon did not select those who laid aside their arms and threw themselves down to drink; he took those who watched with one eye and drank with the other."—The Herald and Presbyter.

"Something you get for nothing is usually worth just about that much."

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QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. In chewing cubeb berries for sore throat, what effect, if any, do they have on the system? What organs or glands are affected by a continuous use of the berry?

A. I presume the small quantities in which cubeb would be used for sore throat probably would have no particular effect. Their general effect is diuretic.

Q. What causes dizziness in cases of stomach trouble?

A. Poisons absorbed from the stomach and the colon. Sometimes this "swimming" feeling is due to the blood supply of the brain being diminished. For instance, many people are dizzy after dinner and pale, because the blood has run away into the stomach and abdomen, and there is not enough blood to keep the brain going.

Q. Is it the blood plasma or the red blood corpuscles which carry carbonic acid gas from the tissues to the lungs?

A. It is the blood plasma which carry the carbonic acid gas from the tissues to the lungs, though the corpuscles may carry a little. The red corpuscles carry oxygen from the lungs to the tissues.

Q. How many hours' sleep does the average man need out of doors?

A. Eight hours. I think the average man would do better if he had ten hours to rest. The average invalid needs about eight hours sleep, then about four hours more rest, then good, vigorous activity the rest of the day; that is, as much as he can bear.

Q. What do the terms systolic and diastolic mean, and what is the normal pressure of each in a healthy person?

A. Systolic refers to the heart's contraction, and diastolic to its dilation. When the heart is contracting, that is the highest pressure,—systolic. Then while the heart is dilating, a certain amount of pressure remains in the blood, and that is the diastolic pressure.

Q. In hyperacidity would you advise the use of Yogurt and tart fruit juices?

A. Yogurt is all right in hyperacidity. Some of the very worst cases of hyperacidity are also cases of very intense intestinal autointoxication. Those two things often go together, and the reason is because when these poisons are absorbed into the blood from the colon, they are excreted into the stomach, irritating and exciting it, causing it to produce an excessive amount of hydrochloric acid, perhaps to antidote the poisons. So it is necessary to cure autointoxication, and then we can cure the hyperhydrochloria, or the hyperacidity. But fruit juices must be avoided when they cause a burning sensation. Such cases can take raisin juice are not good for a patient, he generally knows it. Such cases can take raisin juice and prune juice, and prune marmalade, and things of that sort without difficulty.

Q. Is it not unwise for a delicate, run-down person of weak heart to take the cold spray?

A. That depends on how weak the heart is and how delicate the person is and how far run down, because the cold spray is one of the best tonics in the

world, one of the best lifters-up, if you please. If you take a cold spray and react well, if you feel a glow of warmth in the skin afterward and do not feel a debilitating effect, it has done you good, and you need not be afraid of it. If the heart is a little weak, it will make it strong.

Q. In a case of about two years' standing where there is a chronic discharge of pus from the antrum and ethmoid cells of the head, caused originally by infection from an ulcerated tooth bursting into the antrum, would you advise a trial of the new opsonic therapy under one of the most competent practitioners in this country after the usual

methods of treating such a case (including surgical operation) had failed to effect a cure?

A. I am seriously doubtful whether it would prove of great value in such a case. I think it would be better to have the patient treated by a nose specialist and a proper outlet prepared for the discharge; then it will get well of itself.

The Medical Record suggests that the sweet pea blossom as an ornament in the sick-room is useful as well. The peculiar odor of the sweet pea is objectionable to the common house fly, hence the fly leaves the sick-room.

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17

TREATMENT OF NEURASTHENIA

(Continued from page 1.)

ally the first part of the examination should concern itself with the history of the case; that is, the history of the ancestors and family, and blood relatives, also the history of the patient's past life as to former diseases and the history of the present illness. Without going into detail with reference to all the points that should be considered in this thorough-going examination, one important point necessary to determine in the history of the case is whether or not there is a neuropathic strain or tendency in the family. Therefore the physician should inquire carefully as to the presence or absence of such diseases as insanity, paralysis, apoplexy, migraine, hysteria, epilepsy, and other functional and organic diseases of the nervous system; also as to the presence or absence of constitutional diseases, such as tuberculosis, cancer, various cachexias, rheumatism, gout, Bright's disease, diabetes, etc. Any one or all of these mental, nervous or constitutional disorders in any of the ancestors or any collateral branches of the family, such as aunts or cousins, are significant, for they indicate that the individual who is now passing under the examination of the physician may have inherited certain weaknesses or defects in the nervous system. Heredity as a causative factor in producing diseases, and particularly diseases of the nervous system, is an element which is often overlooked and not always appreciated even by members of the medical profession. It often is responsible in no small degree for many functional and organic diseases of the nervous system.

"Neurasthenia is often seen in persons who have inherited a weak nervous system. Alcoholism in parents is one of the important causes which brings about the inheritance of a weakness on the part of the tissue. It is a well-established fact that children born of alcoholic fathers are very prone to have epilepsy, and sometimes idiocy and imbecility are products of alcoholism in the father. The inheritance of a weak nervous system in children of parents addicted to the use of alcohol, may not amount to a well-established disease, but may be simply a weakness which possibly may only be brought out when some other cause acts upon the nervous system in a harmful manner.

"In regard to the personal history, the physician should make careful inquiry into previous diseases,—the infectious diseases of childhood, fevers during adult life, such as typhoid, malaria, etc. Sometimes these fevers leave the nervous system in a weakened condition, and there follows a form of neurasthenia called 'symptomatic neurasthenia.' The habits of the individual should be carefully inquired into, whether he uses alcohol, tea, coffee, tobacco, and drugs. Any and all of these poisons have a very deleterious effect upon the nervous system, and in my own experience I have found a large number of cases of neurasthenia following the use of one or more of these poisonous substances. The habits of the individual in relation to his work should also be carefully inquired into. In considering the causes of this disease we pointed out the fact that neurasthenia is more often caused by overwork and worry associated together in the same individual. As previ-

ously mentioned, work, both physical and mental, is a very essential factor for the proper development of the nervous system, and there is probably nothing that gives more definite character and stability to the nervous system than mental and physical work properly executed. Nevertheless, overwork and worry associated together are frequently the cause of neurasthenia.

"Diseases of other organs of the body, particularly the digestive tract, should be carefully inquired into. Diseases of the stomach and bowels are often held responsible for the development of neurasthenia. Poisons formed in the alimentary canal in an individual with a susceptible nervous system in some cases at least may cause this disease.

"The physician should make a careful physical examination of his patient. No organ of the body should escape a scrutinizing examination. The importance of such an examination has been illustrated in my own experience. I have examined patients who presented at the outset all excessive nervousness, weakness, mental depression, insomnia, etc., but when a the symptoms of neurasthenia, such as careful examination was made of the kidneys and a chemical analysis made of the urine, it was discovered that the patient was suffering from disease of the kidneys. Insufficient elimination of poisons through the kidneys and retention of these poisons in the body were undoubtedly the cause of the neurasthenic symptoms which the patient presented. A case like this is cited here simply to illustrate and to emphasize the importance of a searching examination. All the excretions of the body should be carefully examined,—the urine, the feces, the contents of the stomach, and also the blood. It is not to be understood that abnormal conditions are always found on analysis of these excretions, but departures from the normal are often present, and examinations of this kind often throw important light on the case.

"After the physician has examined all the other organs of the body, such as the lungs, the heart, the stomach, the bowels, liver, spleen and kidneys, eye, ear, nose and throat, he may then direct his attention to examination of the nervous system. We will not enter into the details of such an examination, but all the tests should be carefully applied to all the different parts of the nervous system. After an examination as previously outlined, the physician is now ready to begin a course of treatment, which, if properly directed by the physician and carefully followed by the patient, is almost certain to bring most excellent results. Neurasthenia offers a most excellent opportunity to demonstrate the value of so-called 'physiological remedies' in the treatment of disease. I think I am stating the truth when I say that there is no disease of the body to which the so-called physiological remedies are so admirably adapted as to the conditions and symptoms found in a case of neurasthenia.

"Neurasthenia is a psycho-neurosis,—a disorder of both the mind and the nervous system. The mental disorder, of course, does not amount to a form of insanity, but we have such departures from the normal state as the following: Mental depression, morbid fears, fixed ideas, introspection, diminished capacity for mental work, mental fatigue on slight

mental exertion, lack of concentration, lack of interest in work, diminution of the will, failure of memory, diminution of or exaltation of the emotions. These can often be greatly helped and alleviated by the proper mental attitude of the physician toward his patient.

"In considering the different physiological measures we may perhaps state them briefly together:—

"Suggestive therapeutics which should be applied by the physician.

"1. A cheerful, competent and tactful trained nurse.

"2. Pleasant and proper environment.

"3. Rest.

"4. Exercise.

"5. Hydratic measures, both tonic

"6. Massage and manual Swedish

"7. Phototherapy.

"8. Massage and Manual Swedish movements.

"9. Electricity in its various forms.

"10. Regulation of the diet.

"These are the most important physiological remedies which are particularly applicable in the treatment of neurasthenia, and when properly selected and intelligently used by the physician and nurse almost always bring about very satisfactory results to both patient and physician."

O'Brien—The doctor sez what I hev is "insommy."

O'Toole—Oh, shure. Oi've had that trouble messel', and there's only wan cure fur it.

O'Brien—What's that? What d'ye do?

O'Toole—Jusht go to sleep an' furlit all about it.

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Their Relation

WOMEN GUARD PUBLIC HEALTH

A large audience attended the graduating exercises of the School of Health and Household Economics held Thursday evening in the Sanitarium chapel. The chapel was handsomely decorated with palms, vines, and a profusion of hydrangeas. Following the entry of the class, Pastor G. C. Tenney offered prayer, and Andrew B. Wessels sang Alliston's "Song of Thanksgiving." Miss Ruby Ketcham, representing the class, then read an excellent essay on "Woman's Science," after which the address to the class was given by Dr. David Paulson of Hinsdale, Ill. The speaker took for his theme, "The Relation of Domestic Science to Health Promotion," emphasizing the fact that modern science has done away with the theory that disease came by chance and good health was a matter of luck, and pointing out the relation of practical things—sanitation, correct diet, fresh air, and outdoor exercise,—to the promotion of health, declaring that the principles taught the class would some day be recognized as of far more importance than a so-called medical training with those principles left out.

The speaker sketched in an interesting manner the body's methods of defense against disease: the germ-killing mucus in the nose, throat, and lungs; the tremendous germ-destroying power of the gastric juices in the stomach and the mucus of the intestines, and, lastly, the fascinating story of the white blood cells, discovered by Metchnikoff to be the "standing army of the interior." It was, he said, a part of modern philosophy and science to encourage the body to build up these substances that make the body proof against disease.

Metchnikoff's discovery that the white blood cells leave the blood-vessel walls, work their way through the blood-vessels, and go out and fold themselves around the germs and digest them, was at first received with ridicule, but little by little the entire scientific world has been compelled to accept the theory.

"These cells," said the speaker, "put themselves through the blood-vessel wall just as you might put a handkerchief through a keyhole, and they work their way out next to the germ, then fold themselves around it just as you might take an insect with a handkerchief, finally digesting them. Several months ago when here, I looked through a microscope and saw a white blood-cell that had twenty-eight germs in it. These white blood-cells have the ability to digest those germs and so destroy them.

"Incidentally the question always comes to my mind, How do these white blood-cells know enough to work their way through these blood-vessel walls? How do they know enough to get next to those germs and destroy them? They have no eyes, nor any feet; they have no taste, so

far as we know. How do they know enough to do it? You may have various explanations for it. I can only say that it gives me more faith than ever that there is a higher Power that can not only control those white blood-cells, but that can direct me to go and do the things I ought to do just as these white blood-cells are going and doing the things they ought to do. All those things—dietetics and household economics—touch right at the vital point, and it has now become possible to get a knowledge of prevention of disease which drug medication, as such, could never accomplish, and which has been given to this class of young women. I bid these young women Godspeed in this, and trust that each one of them may become a nucleus, as it were, around which many others may radiate and be influenced by them, and they in turn may influence others. I trust that the influence of this class and the teaching that has been given may go far beyond this place to-night. I trust that all those who are present may come to have a more abiding faith in the value of these simple, God-given principles, which are, after all, the means that God has ordained to influence the forces that reside within the individual, and which, managed and directed by the great Healer himself, are the ones, after all, that heal the individual."

Dr. Kellogg, who presented the diplomas to the class, said: "We have had it pointed out to us that most of the maladies from which we suffer and a large part of the woes that come upon us are the result of the unscientific administration of the home. It is, then, a matter of no small significance that we are presenting to the world here to-night eleven young women who have been thoroughly trained in the scientific administration of the home, who know how to make the home a place where health is cultivated instead of disease. An eminent Frenchman says, 'Man does not die: he kills himself.' It is not really the man who kills himself, according to Dr. Paulson's statements to-night, after all; it is the housekeeper that kills him. So it is very important that our housekeepers should be informed and should be set to work preventing disease. I am satisfied that more can be accomplished through the education of women (who are really the guardians of the public health, far more than our sanitary officers), than by any other means."

Before the presentation of diplomas Mrs. Emma Wells Ellsworth and Miss Clara Mae Wells entertained the audience with a whistling duet, which was warmly received and won well-deserved applause, to which they responded with an encore, giving Lange's "Flower Song" in a charming manner. The benediction was pronounced by Dr. A. J. Read.

How Olive Oil Is Made.

Cultivated in various parts of Italy, the olive tree produces the purest and finest quality of oil obtainable. It flowers about the month of June, and, should the season be favorable, the fruit is ripe and ready for collection in February or March following. A good crop generally occurs but once every three years, and depends entirely upon climatic influences. Sometimes it happens that two good crops follow in successive seasons. An average tree will yield four to five sacks

of olives—from 420 to 525 pounds weight—and should produce an average of 80 to 100 pounds of oil, or twenty pounds per sack. These calculations are taken as results of favorable seasons, when the fruits are sound; but frequently only a fourth or even an eighth of this quantity is obtained.

The olives are collected by spreading sheets on the ground under the trees, and beating the branches till the fruit falls; the olives are then conveyed to the oil-mills, often long distances, in baskets, usually carried on the head by women.

When a sufficient quantity of olives has been obtained, the operation for the expression of the oil is begun; first, the olives are placed whole in a mill, and ground for several hours by means of a stone wheel; when sufficiently crushed they are packed into peculiarly shaped fibre bags, resembling tam-o'-shanter caps, but about twice the size of these. These bags are placed one on the top of another to a height of about three feet, and then put in a huge press and gradually pressed till no more oil exudes.

The oil obtained is first purified by throwing cold water upon it, which, in descending, carries down the coloring matter and impurities. The oil is then run off, and allowed to stand in casks or troughs till all sediment is deposited, then run or bailed off, and sent to the dealers for putting into flasks or casks for export; frequently the dealers again refine the oil by filtering. This is the finest quality of oil. Inferior qualities are made from the half-ripe olives which have fallen.

The pressed marc is not wasted after the oil is obtained from it; but again placed in a mill, and well washed by means of a stream of water passing through. The seeds remain at the bottom, while the husks pass away with the surplus water into a succession of troughs till perfectly washed, when they are collected and re-pressed. This second expression naturally yields oil of a very inferior quality, which is generally used for burning purposes, or the manufacture of soap.

The pressed and now almost dry husks are employed for feeding cattle, while the crushed seeds are eagerly bought up by bakers for heating ovens. Indeed, the dry husks and the crushed seeds realize so much that the mill-owner takes them in payment, when the growers, who are usually peasants with no press of their own, send him their olives to be pressed.

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ARRIVALS

The list of arrivals for the week ending June 16 is as follows: Mrs. Frances Bristol Barr, Mich.; Dr. E. L. M. Bristol, Mich.; Mrs. E. A. Boyce, Ill.; Mrs. L. L. Phillips, Tenn.; Mr. and Mrs. Alfred Brown, Nebr.; Mrs. W. H. Hopple, O.; E. A. Irwin, Mrs. Laura Irwin, O.; Mrs. G. D. King; Mr. C. D. Wilcox, city; George B. Johnson, Pa.; Miss Jennie C. McCulloch, Ind.; Dr. Emily D. Smith, O.; Dr. B. Moas and family; Ellen Carlin, Spencer Carlin, Joe Carlin, O.; A. Ross, wife and child, N. Y.; M. C. Townley; N. Byrne, Mo.; Mrs. Arnold Boyles, Edwin, Louise, Frances, and Norris Boyles, Ga.; Mrs. T. H. Bell, Master John Bell, Ga.; Mrs. W. C. Carter, nurse and baby, Miss Susan Hill, Ga.; G. R. Trenchert and wife, Ill.; H. H. Albert, Ind.; Winifred Heston, M. D., Kolhapin, India; Mrs. Henry Campbell, Mich.; Mrs. W. G. Roe, Mich.; C. S. Wittner, Dr. P. G. Rullum, Ill.; William S. Dewey, Ill.; Mamie Todd, Myra Todd, Ind.; C. H. Munson, Ia.; Miss Julia Worthington, O.; C. Frederickson, Ia.; Isaac Merton, Ill.; Mrs. W. S. Sayles, Miss Louise Sayles, Mich.; G. D. Fitch, Minn.; Mrs. William Carey, Ill.; Mrs. A. F. Selper, Ill.; Miss Florence De Roche, Pa.; Mrs. Edwin J. Smith, Ia.; David Paulson, Ill.; John W. Miles and wife, Ind.; E. F. Atherton, O.; Miss Carrie Stuart, Ky.; F. C. O'Connell; Charles C. Bowerman, Idaho; Mrs. T. N. Bowerman, Mich.; Mr. and Mrs. A. Adamson, O.; Rev. R. Sweeney, Mich.; Mr. and Mrs. A. D. Welton, city; Philip Johnson, Ind.; Mrs. C. S. Witner, Ill.; Mrs. B. B. Carmor, Ky.; C. B. Wetherall, Ind.; Miss C. Seylin, Mich.; Mr. and Mrs. F. L. Moore, N. Y.; Mrs. N. B. Tilford, Mrs. E. B. Tilford, Ky.; Frank Chandler, Ia.; William Lohr, N. Y.; Mrs. Noble, Mabel Kenney, city; William A. Spiegel, Ind.; Mrs. H. A. Claybaugh, Pa.; Mrs. M. W. Warren, Nebr.; R. W. Holsaple, R. E. Roberts, Nebr.; W. H. Weller, G. P. Lee, Tenn.; J. S. Harris, O.; Mr. and Mrs. B. F. Funk, Ill.; Ann Lufsdon, Ill.; F. M. Neeley, Okla.; W. H. Bewling, Va.; J. M. Bowling, Va.; John E. Smith, Va.; Mrs. J. R. Hawkins, N. C.; Mr. and Mrs. C. C. Noble, Pa.; R. H. Kingsbury, O.; Mrs. Poss, Mich.; W. Y. Brown, N. Dak.; Mrs. H. I. Finkelstein, Ill.; Frank Heiss, Miss.; Mrs. L. A. Heiss, Ind.; W. F. Ferguson, Adam E. Ferguson, Mich.; Mr. and Mrs. M. O. Clemay, Ia.; George H. Royce, Ill.; Mrs. E. Sylvester, Ia.; Mrs. E. A. Luslay, Ill.; Dr. Kate Lindsay, Colo.; Wesley M. Owen, Ill.; Mrs. Helen Logan, Mo.; J. K. Elliott, Ill.; F. F. Burdick, N. Y.; E. Marders, Miss.; H. M. Moon, Miss.; W. P. Campbell, N. Y.; John K. Gibson, Ill.; R. G. Walling, A. F. Huber, Minn.; Lizzie Snow Williamson, Ala.; R. Stern and nurse, Ill.; Francis J. McLean, Wis.; Mrs. J. A. Haak, S. Schuff, Ill.; Joe L. Wallace, Tenn.; G. A. Radul, Ala.; Mr. and Mrs. S. K. Cowan, Tenn.; E. F. Euslen, Ala.; Mrs. L. Ginsberg, Ia.; Mrs. I. W. Reamer, Ia.; Mr. and Mrs. P. J. Boyed, Pa.; Mrs. C. P. Cruden, Pa.; D. C. Bartob, Miss.; F. W. Canon, Jr., Miss.; Rathburn Alden, Ark.; Mrs. Templeton, Colo.; W. W. Worley, O.; Mrs. W. F. Fer-

guson, Mich.; C. Dahlgren, Ill.; Mrs. John L. Porter and maid, Pa.; J. G. Stansfield, Ill.; Louis Blass, Leon Blass, Ark.; Mrs. C. A. Snodgrass and sons, W. Va.; Mrs. David Pierce, O.; Alfred D. Chadwick, O.; Olive M. Hunsaker, O.; Frank H. Funk, Ill.; Mrs. Nettie Carter, Ind.; Mrs. Lloyd Moore, Ind.; W. H. Curtis, M. D., Ind.; R. H. Nas-sau, M. D., Pa.

PERSONALS

Dr. E. L. M. Bristol of Detroit paid a short visit to the Sanitarium this week.

Mrs. J. R. Hawkins of Newburn, N. C., is among the past week's arrivals.

Mr. and Mrs. Charles Dingess have returned to their home in Jamestown, O.

Mrs. F. M. Boyle returned this week to her home in Alaska, greatly improved in health.

Dr. Winifred Heston, of India, a returned missionary, arrived at the Sanitarium this week for a rest.

Mr. and Mrs. B. F. Funk of Bloomington, Ill., spent a few days at the Sanitarium the present week.

Mrs. T. B. Rayl of Detroit, who has been spending several weeks at the Sanitarium, returned home on Monday.

Mr. Louis Blass, a wholesale merchant of Little Rock, Ark., accompanied his son, Leon Blass, to the Sanitarium this week.

Atty. Wesley M. Owen of Le Roy, Ill., is among this week's arrivals. He will remain some weeks for rest and treatment.

Mr. P. W. Manbeck has returned to his home in Harrisburg, Pa., after a two months' stay.

Mr. G. S. Barnes of Glyndon, Minn., returned home this week much improved in health.

Mrs. S. K. Cowan of Nashville, Tenn., who was a patient at the Sanitarium last summer, returned the past week for a protracted stay.

Miss Janet I. Rose, after a stay of several weeks at the Sanitarium, returned the first of the week to her home in Postville, N. Y.

Miss May and Miss Ramage of Owensboro, Ky., have returned home after a pleasant five weeks' vacation at the Sanitarium.

Mrs. J. Seligmann returned on Thursday from a ten-days trip to Indiana and Illinois. With Mr. Seligmann she will remain at the Sanitarium for the summer.

Dr. W. H. Curtis of Frankfort, Ind., attended a patient to the Sanitarium this week, remaining a day or so to visit the institution.

Mrs. M. B. Tilford, a former patron of the Sanitarium, accompanied her daughter-in-law, Mrs. E. B. Tilford, here this past week.

Miss Julia Worthington of Cincinnati is visiting her sister, Miss Helen Worthington, who has been a patient at the Sanitarium for several months.

Mr. James P. McLean of Menominee returned to his home this week. His brother, Francis J. McLean, will remain with the father at the Sanitarium for some weeks.

Mrs. O. G. Fox of La Porte, Ind., returned on Saturday to her home after a three months' stay at the Sanitarium, during which she made a marked improvement in her health.

R. S. Kingsbury, of Zenia, Ohio, who has been spending the past ten days visiting Mrs. Kingsbury at the Sanitarium, returned home on Monday. Their son, R. H. Kingsbury, arrived on Saturday, and will spend the summer here.

The Rev. T. W. Woodside, of Oberlin, arrived this week, and will remain for several weeks taking a course in hydrotherapy. He will sail with his wife and little son for Africa, the latter part of August.

Mr. F. L. Dilley of Pine Bluff, Ark., returned home this week after a two months' stay. So pleased with the Sanitarium and its advantages for recuperation was Mr. Tilley that he purposes spending his vacations here annually.

Mrs. C. Marais and daughter, Miss Annie Marais, who have been at the Sanitarium for some months, left on Sunday night for New York, whence they sailed on Wednesday on the White Star liner, Adriatic, for England. They will start for their home in Cape Town, South Africa, about the first of August.

A large party of Georgians arrived last week to spend the summer at the Sanitarium. Among them were Mrs. Arnold Broyles and children, Edwin, Louise, Frances, and Norris; Mrs. T. H. Bell and Masters John and Hugh Bell; Mrs. W. C. Carter, nurse and baby, and Mrs. Susan C. Hill,—all of Atlanta.

"I'll give you a copper if you'll tell me how it is you are losing your hair?"

"Worry."

"What do you worry about?"

"About losing my hair."—*London Opinion*.

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THE BATTLE CREEK IDEA

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PLANS FOR CHAUTAUQUA ARE NEARING COMPLETION

Col. I. W. Brown, National Lecturer on "Birds" Secured as One of the Speakers—Tents to be Pitched on Sanitarium Grounds at Lake Goguwac

The announcement that Col. I. W. Brown, one of the most sought for lecturers on the Chautauqua platform, will be the principal speaker on the fifth day of the Battle Creek

the settling of the Chautauqua grounds, which will be back of the Sanitarium villa, on the most ideally-located plat of ground that the vicinity surrounding Battle Creek affords. These



A Portion of the Grounds Where Chautauqua will be Held

Chautauqua, is one of several important developments this week in connection with the Chautauqua program.

Colonel Brown is going through the country at the instance of Helen Gould lecturing on birds and kindred subjects. He was secured at the eleventh hour for the Battle Creek Chautauqua and was put upon the program for three

lectures to be given on Tuesday, July 21, all on the subject of "Birds." The first will be given at six o'clock in the morning, the second at four o'clock in the afternoon, and the third at nine o'clock in the evening.

Arrangements are fast being completed for grounds, as visitors to the villa know, are situated at the top of a bluff overlooking Lake

Tells of Gospel Work in Africa

Rev. T. W. Woodside in Lecture, Outlines Results of Twenty-Five Years of Mission Work

Lads who a few years ago had never seen a printed page are setting type, running presses, and binding the books which now carry the New Testament gospel, hymns and various other instruction to the native Ovimbumba, said Dr. T. W. Woodside in an interesting address given Sabbath afternoon on the subject of "Educational Work and the Method of Teaching Gospel Truth in West Africa."

"When the mission went to West Africa twenty-five years ago," he said, "it found people without a language or any literature. Today the people have the whole of the New Testament." (Continued on page 2)

SUMMER SCHOOL OPENS; PROMISING CONDITIONS

Battle Creek Sanitarium School of Health and Household Economics Begins a Session of Ten Weeks

The summer course of the Battle Creek Sanitarium School of Health and Household Economics opened on Monday, June 22, for a ten weeks' session. There promises to be a most gratifying attendance; many of the students coming long distances and filled with a serious desire to make the most of unusual opportunities. Among them are teachers, college students, and home-keepers who wish to spend a summer vacation profitably, and obtain a practical knowledge of the things most necessary to health and happiness.

The students have the opportunity of choosing between two courses: Course A, including home nursing, sanitation, serving, physical culture, swimming and laundering. Course B embraces cookery, biology, histology, bacteriology, microscopy, anatomy and physiology. The faculty. (Continued on Page 7.)

Some of the Pointed Paragraphs from Dr. Read's Illustrated Lecture on "The Art of Keeping Cool"

The heat of the body all comes from the food taken into the system. One ounce of dry albumen will create enough heat to raise 680 pounds of water to 100 degrees Fahrenheit. One ounce of starch, if burned, will raise 550 pounds 1 deg. One ounce of fat will raise 1,000 pounds of water 1 degree. In the body there is enough heat created in twenty-four hours to raise 10,000 lbs. of water 1 degree or the weight of a 170 pound man from freezing to normal temperature, 98 degrees. The food required to do this would be a little over a pound of starch or a little over a half pound of fat.

Each minute there is enough heat produced in the body to raise seven pounds of water 1 degree.

The temperature of a fish may be as low as 33 degrees, or nearly to the freezing point. In birds the normal temperature is 107 degrees, which would be the temperature of a raging fever in man.

Different parts of the body maintain a different temperature. The average temperature of the skin is 93 deg., F., the temperature of the brain 104 deg., F., the temperature of the liver, 106 deg., F.

Activity of the glands of the body increase the heat and it is found by actual test that the saliva when secreted is about a degree and a half higher temperature than the blood. Muscular activity increases the temperature. Athletes have found after boat races that the whole of the body has run up to 104 degrees from the muscular activity. Mental activity is also the means of increasing the heat of the body. In diseased conditions one may bring about even greater changes in temperature by great mental excitement. Fever patients often suffer from a relapse of high temperature as the

result of undue nervous excitement. Digestive activity also increases the temperature of the body.

The frequent trips to the soda fountain, hastily swallowing the cold drinks which are sold there, the indigestible and adulterated beverages aid rather than abate bodily discomfort.

Unless one actually needs the tonic effect of a short cold bath it is better to use longer neutral baths, or a prolonged swim in the swimming pool, which is at a moderate temperature, or even hot baths. The temperature of the body is best decreased by fasting, sleep, short hot applications and by the elimination of heat due to evaporation of moisture from the surface of the body, or actual contact with cold objects which absorb heat.

To avoid the discomforts and dangers of high temperature reduce the temperature by external applications than by the injection of cold drinks and foods. Such methods as bathing the face in hot water, bathing or sprinkling the whole body in hot water, taking a long cool bath, and a tepid sponge bath without drying the surface of the body with a towel, all serve to decrease the temperature.

In case of heat stroke where there is a sudden and marked change in temperature, the patient should be taken into a cool place as soon as possible, wrapped with wet sheets which are constantly sprinkled so that by the evaporation of the wet linen the temperature of the body will be rapidly lowered again to the normal condition. Cold compresses should be kept constantly about the neck and on the head to prevent congestion of the brain.

The diet during the summer months should be very simple and not as heretofore during the cold weather. Keep out of doors as much as possible. There will not be as much danger of taking cold unless one gets a direct draft on a small portion of the body, thus disturbing the balance of the circulation. The clothing should be adapted to suit the conditions.

PLANS FOR CHAUTAUQUA

(Continued from page 1)

Goguc and commanding one of the prettiest scenes the lake affords. In this open space back of the villa a large auditorium tent will be pitched, and fifty small tents for private use will be pitched around it.

Arrangements are being made for exceptionally good car service, both for the general city accommodation and for the special accommodation of the Sanitarium guests and workers. The regular cars will run on a seven-minute schedule from the center of town to the lake, rounding the loop at each end. Special cars will probably be run from the Sanitarium direct to the lake, making transfers unnecessary.

Copy for a souvenir program is now in the hands of the printer. This contains the daily programs, together with pictures and descriptions of the speakers and others participating in the program, among whom are Robert Parker Miles, Hon. Richard Yates, Edward Amherst, all the Chicago Glee Club, Ross Crane, W. I. Nolan, Father P. J. MacKory, Mrs. Fuller Swift, the Apollo Quartet and Bell Ringers, L. B. Wickersham, Ralph Parlette, Edward W. Carmack, Dora E. Eaton, Dr. Gabriel L. McGuire, H. V. Adams, Senor Ramon Bayes Lala, and the Old Plantation Jubilee Singers. The program of the Old Home Coming Week and description of "Battle Creek, Past and Present," are also included in the booklet.

The program, which covers ten days, opens Friday evening, July 17th. The chief speaker will be Mr. L. B. Wickersham, who is characterized in the program as "A Trinity of Actor, Orator, Preacher,—the Prince of Popular Lecturers." His lectures are strikingly original,

Neurasthenia

Dr. Riley, Continuing His Discussion of This Malady, Tells of Means Used in Combating the Condition

(Continued from last week)

1. In the previous article has been already hinted something of the value that the physician can be to his patient by maintaining a proper mental attitude toward him. One who suffers with neurasthenia is distressed mentally, and often entertains many erroneous ideas in regard to his own bodily condition. The physician can be very helpful to his patient by explaining the meaning of these unpleasant symptoms and giving hopeful assurances of his improvement and recovery. One suffering with neurasthenia needs much encouragement. This can be given by the physician in his talks and conversation with his patient. Sometimes it becomes necessary for the physician to go over the symptoms and explain their meaning to the patient, and then the patient should understand that they are to be dismissed and are not to be brought up and made a subject of frequent conversation.

I have had under my care patients with whom it was best rather than to be going over their symptoms day after day and encouraging the patient to think about them, to explain them once for all and then give the patient to understand that he is not to talk about them any further. Of course, in doing this, the physician needs to exercise proper care and judgment. The distressing symptoms of the patient should not be ignored carelessly, but the brooding over them should be discouraged, and often the best way to do this is for the patient to understand that they are not to be discussed, at least not often by the patient and physician.

2. The services of a nurse are also very valuable in the care of these patients. The nurse should be healthy, vigorous, cheerful, tactful, appreciating the mental condition of the patient and anticipating the physical wants in every way. A cheerful, helpful nurse can often

accomplish much more than any medicine in the treatment of these cases.

3. Tonic Hydrotherapy. By Tonic Hydrotherapy is meant the short application of cold water to the body. "Short" means from a fraction of a minute to two or three minutes in duration. The water should be cold, that is, below the surface temperature of the body. There are a number of different ways in which water can be applied to the body. It might be given as a wet hand rub, as a wet towel rub, as a cold mitten friction, as a shower bath, as a needle bath, as a spray or a spray douche or a percussion douche, or as a plunge bath or full bath. These are the usual methods for making general application of cold water to the body.

In addition to this, local applications may be made in the form of cold compresses, cold local baths such as foot baths, leg baths, half baths, sitz baths, etc. In all of these baths when used for a tonic effect, the application should be short, from half a minute to two or three minutes in duration.

Many people who come to the Sanitarium cannot understand how the application of water on the surface of the body can affect the function of the organs inside. For instance, they cannot understand how a shower bath can in any way affect the liver, or the stomach, or the heart. It may be proper for me in this connection to briefly explain the effects of these short, cold baths. It is important that we understand at the outset that the thing which does good and brings about good results in the application of baths is not the water, but the heat or the cold which is in the water. Baths as given at the Sanitarium are not usually given for their cleansing purposes. They are sometimes, of course, given for this purpose, but in the main they are used to make applications of heat or cold to the body, and it is the heat or the cold which does the good and brings about the favorable results, not the water. The water is simply a vehicle for carrying the heat or the cold. Some baths, of course, are neutral, and are used for other purposes rather than that of applying heat or cold to the body.

Cold brings about its beneficial effects on account of its abstracting heat from the body and also because it stimulates the nerves in the skin on the surface of the body. Is the

(Continued on Page 3.)

built around some fundamental truth and given an added charm from his rich, musical voice and dramatic delivery.

In addition to the features already upon the program, the committee will arrange for some aquatic sports, and good music will characterize every session.

In addition, there will probably be lectures on Home Economics by the Sanitarium representative in the Chautauqua field, Dr. Geisel, in case she has sufficiently recovered from her present illness by that time to be able to take part.

TELLS OF GOSPEL WORK

(Continued from page 1)

tament, parts of the Old Testament, hymn books, school books, a monthly paper, all printed in their own language. There are about 1,500 people in school. There are four organized churches with a membership ranging from fifty to two hundred people.

"The Religion of the country is Fetishism, which is in essence a religion of fear. Every death and every calamity is supposed to be caused by spirits. The people do all they can to conciliate spirits. For example, after every death, the corpse is questioned by two appointed persons as to who caused its death and

certain signs are looked for to indicate the guilty party. Severe punishment is then inflicted upon this individual."

Dr. Woodside said that although Benguela, where the West Central African Mission of America is located, is twelve degrees south of the equator, its climate is like that in the best parts of California, never too hot and always cool at night. This is due largely to its altitude, which is about 5000 feet, or nearly one mile. The Mission is located on the west coast of Africa, 600 miles south of the mouth of the Congo and 300 miles inland. The people are entirely uncivilized except in what they have been taught by the missionaries, and live in wattle or daub houses in small villages. The agricultural pursuits are plied entirely by the women, whose only implements are rough hoes forged by the native blacksmiths. The men are occupied most of the time with trading, which leads them into the far interior in quest of wax, rubber, ivory and slaves.

Dr. Woodside has been a missionary at the West Central African Mission of America for the past twenty years and is now in this country on a furlough and will return to the mission some time in August. He came here to see his daughter graduate from Oberlin College. Miss Woodside expects to begin the medical course in the American Medical Missionary College here next fall.

(Continued from page 2.)

skin there are millions of nerve endings. These nerve endings are connected with nerve fibres and nerve trunks which in turn are connected with the spinal cord or brain. These nerves in the skin or in the nerve trunk form a pathway for the conduction of nerve impulses over the skin to the spinal cord and the brain. When cold is applied to the body, these nerve endings in the skin are stimulated, and an innumerable number of nerve impulses are set in motion, as it were, and travel toward the spinal cord or brain and there they reach a nerve center. The nerve center, on account of this incoming influence from the skin, is modified and changed in its activity. For instance, when a man takes a cold shower bath there are millions of nerve currents which travel up the nerve fibre and nerve trunk to the centers in the spinal cord and at the base of the brain, having control of the heart, and these impulses tell these nerve centers to make the heart beat more forcibly and slower. Other impulses are sent down to the heart and accordingly the heart beats more slowly and with greater force. This is only one of the results of the cold bath, and the change of the heart is brought about entirely through the effect of the cold acting on the skin and finally acting through the nervous system and changing the rate and force of the heart.

There is no remedy that I know of, certainly no medicine, which will change the activity of the heart so quickly and so decidedly as the application of cold water to the body. This that I am stating is not simple theory, but they are facts which have been worked out experimentally by scientific men in different parts of the world, while here at the Sanitarium a large amount of experimental work has been done with the idea in mind of determining as definitely as possible just what the effects of these various baths are upon the body. We are to understand, then, that the good that comes from taking a cold bath is on account of the cold which is in the water, and this cold stimulates the nervous system and in this way changes the function of the organs inside of the body, such as the heart, the stomach, the liver, the kidneys, etc.

WALKS, BASEBALL AND POLO

Physical Director Winjum Announces a Very Interesting Program for Next Week

Physical Director A. R. T. Winjum has announced the following program for the Cross Country Walks and other features for next week, beginning with Monday the 29th.

On Monday the party under Mr. Winjum's guidance will leave the lobby at 2:30 sharp and go to the Country Club and return. On Tuesday a baseball game will be played. On Wednesday, a trip from the Sanitarium to Verona Mills on the street car, thence up the Battle Creek in boats to the flowing wells, and returning will take in some of the most beautiful scenery the county affords. On Thursday a water polo contest will be given and no walking feature will be arranged for this day. On Friday another trip will be taken to the Country Club and a feature of this day's program will be a story telling contest. Details will be posted from day to day on the bulletin board in the lobby.

INSECT STINGS

Apply compresses wet with soda, or a soap poultice. In case the patient has been stung several times, as when attacked by a swarm of bees, administer a considerable quantity of hot water, both by the stomach and by the rectum. Make the patient drink two or three pints of hot water or hot, weak lemonade as quickly as possible. A sweating bath, especially an electric-light bath, followed by a vigorous cold bath will be helpful. The swollen parts may be fomented every three or four hours for four or five minutes, and during the intervals between the fomentations, covered with cloths wet in soda, two drams to the pint.

"God never made a law that was not for our highest good to keep."

My Prayer.

Teach me to sound one note, oh, God,
Full, rounded, that shall not be lost
In life's great onward, garnering sweep,
And, lo, I will not count the cost.
God, I cannot bear to go
This journey through of joy or pain,
And at the end my dying hands
Hold not one golden, deathless grain.
Let all life's joys, if so must be,
Pause not to hearten me, but pass
As heedless of my hungering
As chasing shadows on the grass;
But give me that one boon I crave
To know, ere death and I shall meet,
That love is richer for my sake,
And life somewhere grows strong and sweet.
—Caroline Renfrew.

CHEER UP !

For the next 8 days you can get an 8-day genuine Seth-Thomas clock, hour and half hour strike, cathedral gong Adamantine marble and mahogany finish, for only \$5.50. A large number to select from, at S. LANDE, 219 West Main Street.

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This product has been used in the Battle Creek Sanitarium and in allied institutions to combat constipation with most excellent results. It is the only laxative preparation on the market which acts in a PERFECTLY natural way. COLAX is used as a food in some countries but is non-nutrient — cannot be digested — and its value lies in its carrying through the entire system a bulky, moist mass of material. This facilitates the colon discharges, thus providing a ready relief for constipation.

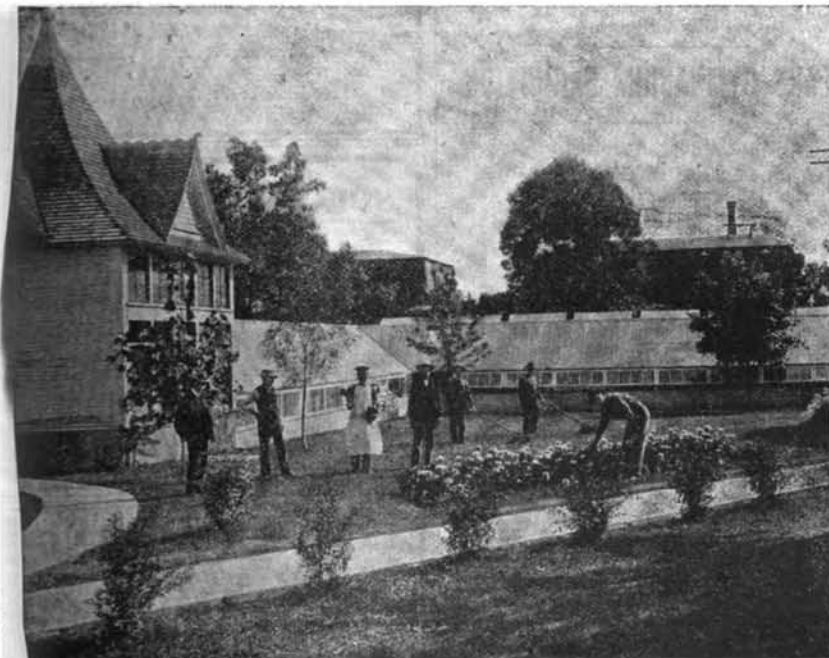
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Vol. 1. JUNE 25, 1908. No. 29.

THE COOLING PROCESS

Food inspectors in many of the large cities of the country are "taking time by the forelock" and serving peremptory notices on the manufacturers of cheap ice creams in order to bring about certain necessary reforms in the matter of cleanliness. The compound sold by the "hokey-pokey" men to the poorer classes and to the children on the streets for ice cream is a harmful one and very often filthy as well as unwholesome. Investigation has frequently revealed the fact that the stuff was made in filthy underground basements or bedrooms in Italian quarters and was a combination of skimmed milk, starch, gelatin, and adulterated or impure flavorings and colorings such as would strike terror to the heart of the bravest, if known. The strict surveillance of these manufacturers is to be urged upon the health authorities while an education of the general public in relation to the abuses and dangers of ice cream eating and indiscriminate consumption of iced drinks is needful.

Pure ice cream made of sterilized cream and flavored with pure fruit juices need not be harmful to the average person, although much depends upon the manner in which it is taken and the conditions under which one eats it. The combination of sugar and cream is not an ideal one from a digestive standpoint, and if taken when the individual is overheated it is apt to be exceedingly injurious, chilling the stomach and reducing the secretions.

The best frozen dessert is the fruit ices, and even these when taken should be held in the mouth sufficiently long for the cold to be well abstracted. They should not be taken hastily or in large quantities, nor when the person is in an overheated condition. The best method of reducing the body's heat during the warm weather is to take a neutral bath (temp., 92 to 95 degrees), remaining in sufficiently long for the heat to be abstracted. A swim in the swimming pool is equally efficacious if not too vigorous, or a neutral spray will have the desired cooling effect. Sudden chilling with very cold water or iced drinks is harmful to the last degree, and should be avoided, and doubtless would be, were more persons familiar with the effects of such measures.

"They fail and they alone who have not striven."

"That man lives twice who lives his first life well."

DOMESTIC SCIENCE DEPARTMENT

Mrs. Minnie Emmons gave a talk on "The June Breakfast" in the Sanitarium parlor before a large number of guests Wednesday afternoon. The speaker said that the old adage, "Haste makes waste," was quite as applicable to things dietetic as to other matters, and that the hasty preparation of food was apt to result in some or all of it being placed upon the table in an undergone and unappetizing form. Indifference or lack of time is the usual occasion for hasty food preparation, and there is probably no meal of the day which offers such a temptation to the cook to slight the preparatory process as that of the morning.

Breakfast, she said, should receive the most careful consideration, not only as to the cooking but the serving as well. The simplicity of the continental breakfast of coffee and rolls was recommended, but it is open to many objections from the hygienic standpoint, and a meal of fruit with breads or some grain food is more satisfying and quite as easily prepared.

Breakfasts, she said, should be considered from a number of standpoints: first, their relation to the season of the year; second, the locality, using native foods, which are generally of fine flavor and less expensive; and thirdly, the occupation of the persons partaking, and their age. Persons engaged in manual labor require about 25 per cent more food than those engaged in sedentary habits, and children proportionately more than adults, for the child is both making and repairing his bodily house.

The ideal breakfast, according to Mrs. Emmons, consisted of simple food, supplying ample and well-balanced nutritive elements, blended to suit the age, sex, occupation and climate in which the individual lives. A menu which was offered as a suggestion for the summer breakfast is given below:

MENU

Fresh Fruit in Season
Cantaloupe or Watermelon
Cereal

Croquettes or patties Baked Patties
Peas or Asparagus
Bread and Butter
Fruit Nectar

PLANS GYMNASIUM EXHIBITION

First Feature Under Auspices of New Y. M. C. A. to be Given Some Time Next Week

The first feature to be given under the auspices of the new Sanitarium Young Men's Christian Association will be a gymnasium exhibition in the Sanitarium Gymnasium on the evening of July 1 or 2. The details of this exhibition have not been definitely arranged, but Physical Director Winjum is busily engaged training his class of participants which will number ten or twelve athletes. The work of the exhibition will consist mainly of tumbling, wand work, Indian club drill and free hand work, and other demonstrations of corrective exercises such as the gymnasium affords.

Mr. Winjum, who is chairman of the Y. M. C. A. Membership Committee, called a meeting of the members of the committee Monday night. There was evidence of preparation for enthusiastic and persistent work, and this will undoubtedly be taken up as soon as blanks can be printed and tickets secured.

FOUR GREAT ESSAYS ON VEGETARIANISM

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"Biblical Flesh-Eating."

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(Containing 120 Recipes)

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QUESTION BOX DEPARTMENT

DR. KELLOGG, each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Why do you use hot fomentations in nervous diseases?

A. Heat is an anodyne; heat kills pain, and relieves nervousness sometimes. It is a wonderful means of lessening nervous sensibility.

Q. Please explain the meaning of "central origin," as "paralysis of a muscle being probably of central origin."

A. It means it is from the brain or spinal cord.

Q. Should those having rheumatic gout and sciatica eat potatoes and uncooked tomatoes?

A. There is no objection whatever. Only chew everything thoroughly well. It will all be digested. Then simply keep away from beefsteak, chicken, fish and all those dead things.

Q. Is appendicitis an indication of autointoxication?

A. We can not have appendicitis without having an infection of the colon which is the very same thing that produces autointoxication. The trouble always begins with the colon.

Q. Why do doctors differ so in their treatment in the way of diet, some recommending meat and wines to build up, and then the opposite as in this establishment, and others fasting and physical culture?

A. Until very lately there has been almost no attention given to the subject of dietetics in our medical schools. Doctors are taught materia medica and not materia alimentaria. There are months and months spent in teaching materia medica, but materia alimentaria is entirely left out. The reason for this was we had no scientific foundation for dietetics. It has all been simply guess work and pure empiricism. But now scientific dietetics has come to be one of the branches that is sometimes in the curriculum of study of medical schools. We have scientific men who are giving their whole time to this study of dietetics. There has recently been erected in Boston, through the munificence of Mr. Carnegie, a large building with Prof. Benedict at the head of it, which will give its entire time to the research and study of this subject of nutrition, and I am glad to say Prof. Benedict is practically on our side of the question, and he is so much interested that he has offered a special room and appliances, apparatus, and everything needful for some of our men whenever I send them down there.

Q. Why can I enjoy eating butter and rich foods when my stomach shows too little acid in the test?

A. It may be force of habit. The use of fats is a cause of biliousness. An excess of fats is especially bad for a person who has slow digestion or little gastric juice.

Q. An egg yolk contains 107 food units per ounce. What is the weight and consequently the value?

A. An egg yolk weighs about half an ounce and its value is about 52 calories.

Q. Does the life of an egg reside in the yolk or in the white?

A. The yolk is the food of the chicken; the white is the part that becomes chicken.

Q. In taking an enema for constipation, which is best, cold or warm water? Also does

A. When the bowel is contracted, in cases of spasm, chronic colic, colitis, hot water is usually better. In cases of dilated colon cold water is better.

Q. Why does treatment in the Sanitarium cause the blood-pressure to become lower?

A. It dilates the blood-vessels.

Q. How do you account for the frequency of appendicitis in young girls, especially college girls?

A. It is this very thing—autointoxication, through the dilatation of the colon, the compression of the colon with the wrong dress, sedentary habits, neglect of the bowels. There is a general infection of the colon,—an extremely common thing.

Q. What is the cause of cankered blisters in the mouth, and a remedy?

A. An infected condition of the mouth. The resistance is lowered. The same thing that makes a coated tongue makes these blisters. They must be destroyed. Rinsing the mouth with hot and cold water several times a day is a very good remedy. Rinsing the mouth several times a day with boracic acid or cinnamon water is a very good remedy.

Q. Is the moderate use of eggs injurious to one who is subject to rheumatism?

A. By all means. Cut them out.

Q. What causes bilious headaches, and how can they be cured?

A. Autointoxication.

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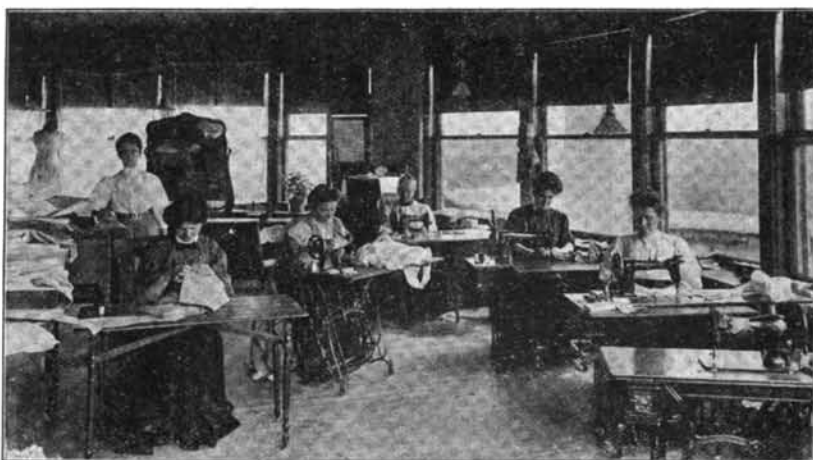
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THE SANITARIUM DRESSMAKING DEPARTMENT



Many Sanitarium guests among the feminine contingent rejoice to know that the Sanitarium supports a dressmaking department, where hygienic clothing of all sorts may be made to order daintily and well. The sewing room is on the second floor of the annex to the main building, and is a sunny, cheery room well lighted and ventilated. Mrs. J. Allen is in charge of the department and has a corps of women with her who turn out trim Freedom health waists, simple undergarments such as are advocated by the school of health, with a four-

piece garment in one, combining waist, corset cover, drawers and underskirt, without the tabooed bands that do so much to injure the average woman's health. Here, too, are made dainty shirtwaists and trim walking skirts of linen, duck and other washable materials. The department is regarded by those who patronize it as a most valuable adjunct to the Sanitarium, and many take advantage of it to procure the simple hygienic dress advocated at the Sanitarium, and so hard to obtain elsewhere. Patterns of the garments are also sold to guests, or will be mailed on request.

TELLS ABOUT EPILEPSY

Dr. Kellogg, in Sanitarium Lecture, Discusses the Causes, Effects and Treatment of This Malady

The following question anent epilepsy was recently put to Dr. Kellogg in a lecture at the Sanitarium. His reply will doubtless be of interest to many of our readers. What habits of life are especially indicated for an epileptic? What therapeutic measures have been most successful for epilepsy?

"Down in New York they have a large farm which they call the Craig Colony, a place where persons suffering from this terrible disease, epilepsy, are received, and where they go to live. It is especially for the dependent classes, and the state takes care of them there just as it takes care of the insane.

"Epilepsy is an indication of defective organization. A child that has epilepsy is a defective child to some degree. It is sometimes doubtless developed as a result of intestinal autointoxication, and that is very much favored by a high proteid diet and by sedentary life, by wrong habits of life of various sorts. It nearly always is a result, grafted upon a defective organization. It is not always a congenital defect, but it is much more common in persons who are defectively organized than in any other class of persons. For example, it is very prevalent among the criminal classes, who are, of course, naturally a defective class. At the Craig Colony, where they have a great number of these persons, where their habits have been studied perhaps more than in any other place in the world, the superintendent says: 'My patients work their fits off through the hoe handle.' That is the way he put it. The

convulsion is simply a spasmodic contraction of a muscle, and while working the muscles hard so they become weary so that there is a state of normal weariness almost bordering upon exhaustion, the effect is to lessen the liability to this condition.

"Another thing that promotes these attacks is the use of a meat diet, the use of flesh food. I suppose every one knows that if a cat is fed upon meat it will get attacks of epilepsy, or convulsions. The same thing happens to the boy or girl. If meat is fed to a boy or girl, that boy or girl is more likely to have epilepsy, much more so than one who is brought up on a simple dietary, and for the reason that meat contains substances which excite the nervous system, and which predispose to these attacks. So there are four things—the outdoor life, abundance of exercise, a great deal of hard work, and a non-flesh dietary. Cut out the meats entirely.

"Another thing with reference to the habits of life: persons who suffer from this disease generally have an enormous appetite. It is important to restrain this and to limit the dietary to the actual needs of the body. It is important that there should be a large quantity of water swallowed so as to clear the body as much as possible from these poisons. Recently, some further very important things have been learned about this disease, and one of these is that common salt, chlorid of sodium, has a very important relation to this malady. These patients often want to eat a great deal of salt. Some eat slate pencils, plaster, sand, clay, and all sorts of things; they have morbid appetites, and one of these morbid appetites is the desire for a large amount of salt, of chlorid of sodium. Now, it has been found that by cutting off the chlorid of sodium entirely, the attacks are marvelously controlled.

"The discovery which has been made with reference to chlorid of sodium, or common salt,

is this: That when chlorid of sodium is entirely eliminated from the dietary, so the person does not take any at all, except what is found naturally in the food, then the same effects which are produced by a large dose of bromid of soda or bromid of potash, can be produced by a very small dose, a dose so small it can be used for an indefinite period, or can be used for months or years. This, with a fleshless and saltless diet, does great good, is really a very wonderful discovery, and it has made it possible to accomplish in the treatment of this disease what could not be done before; so that, instead of saying to the patient who applies for treatment, as we formerly did, 'We can perhaps help you, but your case can not be cured,' we are able to say, 'Yes, you can probably be cured. It will take perhaps six months; it may take a year and a half; but you can almost certainly be cured of this disease.' "

Making Use of Rubbish

In certain towns in Germany householders are compelled by law to sort out their house dust. They have to provide three receptacles—one for cooking refuse and one for rags and paper. The rubbish is utilized by the town authorities.

Two questions reduce all the world's wisdom to stark, staring insanity. The first is, "What are you doing it for?" and the second is, "Supposing you get it, what then?" Nothing that can not pass the barrier of these questions satisfactorily is other than madness if taken to be the aim of a man's life.—Alexander MacLaren.

"Here is the recipe for perpetual ignorance: Be satisfied with your opinions and content with your knowledge."

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(Continued from page 1)

ulty includes well known members of the Sanitarium medical and working staff. Miss Lenna Cooper, of the Domestic Science department, has charge of the instruction in cooking, sewing and laundering.

The cookery includes instruction in the composition and dietetic value of food materials and the best methods of their preparation for the body. The following headings give an idea of the course: Combustion and Building of a Fire, Water and Beverages, Starchy Foods, Cereals, Vegetables, Sugars and Fruits, Canning, Fats and Oils, Salads, Proteid Foods, Eggs, Milk and Its Products, Nut and Nut Foods, Legumes, etc. Aeration, Cakes, Pastry, Breads: Fermented and Unfermented, Breakfast Dishes, Desserts.

The serving is given special attention. Each student is given an opportunity to personally show her ability in that line in the final luncheons that are given by the students. The subject includes not only the serving of the ordinary meals of the day, but that of refreshments and the use of the chafing dish. The laundering includes the scientific instruction and the actual practice of sanitary laundering—the choice of soaps, starches, bluing and the various processes for the different articles.

The home nursing course, in charge of Miss

Charlotte Dancy, of the Sanitarium Nurses' department, comprises the study of things that pertain to the public health, such as ventilation, sewage, lighting, etc., and a complete course in home nursing such as any woman will find valuable throughout life. It includes the care of the sick room, simple treatments such as packs, fomentations and the various baths and treatments in cases of emergencies, also the care of infectious diseases.

The physical culture course is intended not only to strengthen and develop the student but to make her familiar with the principles of practical gymnastics as applied to the home and school. The swimming pool in charge of an expert teacher instructs the students in this healthful form of exercise.

Among the students who have already entered are the following: Miss Grace L. Baynes, Salem, Ind.; Miss Therese De Roche, Erie, Penn.; Mrs. Maggie Nelson, Miss Bonnie Taylor of Linton, Ind.; Miss Cora Kosier, of Fayette, Ind.; Miss Rosa Kosier, Bryan, O.; Miss Nellie Penoyer, Bangor, Mich.; Miss Elizabeth Hottendorf, Cincinnati, O.; Miss Jannette Masterston, Louisville, Ky.; Miss Evie Wade, Milan, Tenn.; Miss Alice Nolan, Sugarbush, Wis.; Miss Jewel Wilson, Allegan, Mich.; Mrs. Elizabeth Schearer, Drumbo, Ont.

ARRIVALS

The list of arrivals for the week ending June 23 is as follows: William Hanlon, Ill.; W. T. Hanlon, Ill.; W. A. Mangum and family, Tex.; J. H. Callahan, City; Charles Schovaneck, Ohio; B. Douglas, Tenn.; Miss Effie Scott, La.; George Dautney, N. Y.; E. W. Stevens and wife, N. H.; Edward Van Linden, Mich.; D. E. Gilmore, N. Y.; C. D. Underwood, O.; F. W. Woodside, Africa; M. Garner and wife, Mo.; Fred Sarnier, M. Garner, Jr., Mrs. George Mouser, Maggie Ryne Ryan, Mo.; F. Barrow, Ill.; Miss M. E. Bondurant, Ill.; J. U. Hulm, O.; R. J. Wilson, Mich.; A. E. Cooper and wife, Ill.; William S. Sadler, Ill.; Scott H. Harriss, Ill.; Mrs. J. D. Hill, Pa.; Mr. and Mrs. C. H. George, Mich.; W. H. Mead, Mich.; Dr. Gooding, Tobias Blumstein, Ill.; C. L. Kurtz, O.; Miss S. F. Cissna, Ill.; Miss Louise Gilfillan, Ill.; Mrs. F. M. Rakestraw, O.; W. J. Boreman, W. Va.; Mr. and Mrs. O. R. Stouffers, Ill.; E. J. Euhar, Ia.; D. P. Bryson, Tenn.; Samuel Dickie, Mich.; D. C. Barton, Miss.; Del Walker, Tex.; John K. Gibson, Ill.; Mr. and Mrs. Halliburton, Tenn.; Mrs. C. B. Galoway, Tenn.; Iona White, Kan.; C. J. Samstag, Ark.; Joseph H. Phillips, James Phillips, Mich.; Miss Sue Harriman, New York;

Miss Cora Bloomhoff, Miss Anna A. Fisher, Tenn.; Mrs. F. Weigel and son; Walter A. Sadbrook, Ind.; C. W. Hills, Mo.; Mr. and Mrs. J. D. Jones, S. D.; H. Emory Pease, Mich.; C. E. Fisher and wife, O.; O. M. Eckstein, O.; Mrs. J. E. Jones, Ark.; Lala Sones, Kan.; E. C. Craig, Ill.; J. W. Bengough and wife, Toronto; Dr. C. W. Beach; D. C. Barton, Miss.; Miss Helen P. Harris; Mrs. William Henry McFarland, O.; Mrs. F. F. Cummings, Pa.; H. W. Hale, Tenn.; Mr. and Mrs. C. A. Buck, Tenn.; J. H. Percival, O. T. Percival, Ill.; Harriet E. Beard, Pa.; Mrs. J. E. Welliver, O.; Mr. and Mrs. J. A. Holley, H. K. Holley, W. Va.; Mrs. E. Lang, Pa.; J. T. McColgan and wife, Master John McColgan, N. Y.; A. B. Scarborough, Tex.; C. S. Hutehings, Ariz.; Minnie L. Hultz, Ellen F. Hultz, Ind.; Bessie B. Way, Ind.; George W. Kalts, Kan.; Dr. and Mrs. J. L. Arbogast, Cal.; A. L. Lesgion; Laura Anderson, Ohio; Louis E. Atkinson, Pa.; Mrs. James B. Jones, Pa.; O. A. Nilson, Ill.; A. L. Ingram, Col.; M. Beifield, Ill.; Mrs. James P. Jones, R. Jones, Ga.; P. W. Moyes, N. Y.; Constance Moyes, N. Y.; Andy Anderson, J. C. Sturtevant, Pa.; Mrs. M. M. Blanke, Miss May Blanke, James G. Blanke, Tex.; F. M. Mosley, Ala.; Mrs. Bern Douglas, Tenn.; L. A. Miller, Ill.; Jacob F. Hanbell, N. Y.; Adam E. Ferguson; C. S. Jones, Ill.; Mrs. Cora M. Seacord, Ill.; J. M. Lear, Miss.; J. H. D. Havenkamp, Miss.



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SPRAINS

Sprains require prompt and thorough attention. They sometimes give rise to permanent injury. Soak the affected part in hot water for twenty to thirty minutes. The water should be maintained at as high a temperature as possible by the addition of very hot water at frequent intervals.

The duration of a hot foot bath should be ten to twenty minutes, after which an elastic bandage should be applied to the affected joint in such a way as to prevent swelling on the outside of the bandage. The foot should be elevated for a few hours, until the tendency to inflammation has subsided. After the first twenty-four hours, very gentle rubbing of the limb may be employed. The rubbing movement should be in a direction from the injured part, toward the heart.

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PERSONALS

Mr. J. H. Percival, of Champaign, Ill., is among the week's arrivals.

Dr. Mary Gooding, of Wausau, Wis., is among the present week's arrivals.

Mr. and Mrs. C. H. George of Ann Arbor have come to the Sanitarium for the summer.

Miss Sue Harriman of New York is a guest at the Sanitarium.

Miss Helen P. Harris, of By Cyrus, O., is a patient at the Sanitarium.

Mrs. J. E. Welliver, of Dayton, Ohio, is among the recent comers.

Dr. R. H. Nassan returned to his home in Pennsylvania the first of the week.

Mrs. M. K. Howe has been spending the past fortnight in Chicago visiting friends.

Mr. and Mrs. E. H. Frechtling, of Hamilton, Ont., have returned to the Sanitarium.

Mr. Louis E. Atkinson, of Mifflintown, Pa., a well-known attorney, is at the Sanitarium recuperating.

Mr. Fred Barrow, of Australia, is among the recent arrivals. He will remain for some weeks taking treatments.

Dr. J. L. Arbogast, of St. Helena, Cal., a prominent physician and surgeon of that city, is a guest at the Sanitarium.

Mr. D. P. Bryson, of Memphis, Tenn., joined his mother and sister here at the Sanitarium the past week.

Mrs. C. B. Galloway, a frequent visitor to the Sanitarium, arrived this week. Her home is in Memphis, Tenn.

Mr. and Mrs. W. Halliburton, of Memphis, Tenn., former patrons of the Sanitarium, returned this week.

Mrs. C. A. Snodgrass and children, of Man-
ington, W. Va., are among the recent arrivals at the Sanitarium.

Miss Sarah F. Cisna, of Watseka, Ill., accompanied by Miss Louise Gilfillan, has returned to the Sanitarium for a few weeks' stay.

Mrs. C. Mack and son, of Ann Arbor, Mich., have come to the Sanitarium for a period of rest and treatment.

Mrs. J. E. Jones, of Jonesboro, Ark., has joined Mr. Jones here, who is a patient at the Sanitarium.

Miss Lizzie Atchison, of Nashville, Tenn., has returned to her home after a prolonged stay at the Sanitarium.

Mrs. James B. Jones and Miss Jean Reed Jones, of Pittsburg, Pa., former patrons of the Sanitarium, returned this week.

Among the recent arrivals are Mrs. C. L. Garber and Miss Sarah Garber, of Sapulpa, Okla.

Mrs. R. C. Kerens, Sr., of St. Louis, is visiting her son, Richard Kerens, Jr., at the Sanitarium.

Mr. J. W. Bemelough, a well known cartoonist, of Toronto, Can., paid a brief visit to the Sanitarium the past week.

Miss Mand Armstrong, of Champaign, Ill., who has been at the Sanitarium visiting her sister for several weeks, returned to her home Sunday, leaving her sister much improved.

Mrs. Gaston Saux, who has been spending several weeks at the Sanitarium, returned to her home in New Orleans the past week, much improved.

Mr. C. E. Buck, of New York, returned this week with Mrs. Buck. Together they will remain for the greater part of the summer at the Sanitarium.

Mr. A. L. Ingram, of Denver, Colo., arrived this week for a short stay at the Sanitarium. His brother, Mr. F. L. Ingram, and family, have been here for some months.

After a stay of several weeks at the Sanitarium, Mr. and Mrs. H. B. Wintersmith, and Miss Margaret Wintersmith left Friday for their home in Louisville, Ky.

Dr. and Mrs. J. D. Jones, of Groton, S. D., arrived at the Sanitarium this week. Mrs. Jones will remain for treatment. The doctor returned after a few hours spent in viewing the institution.

Miss Anna Fisher of Chattanooga, a cousin of Prof. Irving Fisher, of New Haven, has arrived at the Sanitarium, and will remain for the greater part of the summer. Miss Fisher is an instructor in the Chattanooga University.

Dr. George Dowkontt left Thursday for his summer home in the Berkshires. He will remain until September, returning for the opening of the college, accompanied by Mrs. Dowkontt and Miss Marion.

Mr. and Mrs. J. A. Holley and son, H. K. Holley, of Charlestown, W. Va., arrived at the Sanitarium this week. Mr. J. A. Holley is mayor of Charlestown, and is en route to Denver where he goes as delegate to the National Democratic Convention. After the convention he will return to the Sanitarium.

Dr. Carolyn Geisel and Mrs. Minnie Emmons left on Tuesday for Little Rock, Ark., to fill lecture engagements at the meeting of the Chautauquas in that vicinity. General health lectures and domestic science talks will be given similar to those now being presented at the summer school of Home Economics.

News Notes

Mrs. Rulon Smith left the last of the week for her home in Northern Michigan for a visit of some weeks.

An attractive concert program has been arranged for Saturday night by Mr. Drever, leader of the Sanitarium orchestra. The concert will be given on the lawn.

Miss Elizabeth Neal of the business office left on Thursday for a month's vacation with relatives in Iowa. She was accompanied by her sister, Mrs. Rose Prescott and children, of Pas-
saic, N. J., who paid a brief visit at the home of Dr. Elmer Eggleston before they left.

A pleasant reception was given Tuesday night in the Domestic Science rooms in honor of the students of the summer school. The guests were received by members of the faculty and alumnae of the Sanitarium School of Health and Home Economics.

Drs. R. H. and E. K. Harris left last Friday morning for a six weeks' vacation in California. They went by the Santa Fe route, visiting the Grand Canyon on the way, and they will visit Los Angeles, San Diego, San Jose, Fresno, San Francisco, St. Helena Sanitarium, Mount Shasta, Portland, returning by way of the Northern Pacific, stopping at Yellowstone Park.

The annual meeting of the Alumni association of the American Medical Missionary College was held in the South dining-room, about thirty members being present at the dinner. Dr. J. I. Case was elected president, Dr. A. V. Heynemann, vice-president, and Dr. Helena Kellogg, secretary-treasurer. Reports were read from absent members and an enjoyable informal time was had.

The summer kindergarten for the little guests at the Sanitarium opened in West Hall kindergarten rooms on Monday in charge of Miss Daisy White. Everything possible is done for the pleasure of the small guests, who are increasing in number. Their 7 o'clock evening club drill in the open air is a pretty sight and enjoyed as much by the onlookers as by the children themselves.

The evening before Dr. and Mrs. R. H. Harris left for their Western trip a large number of their colleagues and friends surprised them at their home on Washington Street, the occasion being the fifth anniversary of their marriage. Many amusing or practical wooden gifts were brought by the guests and presented to the couple, Dr. Morse acting as spokesman. An informal program of speeches and music was given during the evening.

The announcement of the marriage of Miss Sarah Kline, a former patient at the Sanitarium, to F. M. Neely, of Independence, Kan., came as a surprise to many of her friends at the Sanitarium last week. The couple were married quietly at the Presbyterian parsonage in the presence of a few friends and the bride's sister, Mrs. W. I. Boreman. Rev. Potter officiating. Following the wedding dinner the couple left for Detroit and later visited the home of the groom's parents at Lima, O. They will make their home in Kansas.

Sanitarium guests will be privileged to enjoy the annual Young Women's Christian Association automobile ride next Tuesday, special arrangements having been made for their comfort. Autos will be stationed at the College grounds at 2 o'clock, the first ride to be taken between 2 and 4 o'clock. Another group will form at 6 o'clock, the ride lasting until 9:30. The prettiest drives in the vicinity will be followed, affording glimpses of the lake and residence districts, the whole offering a delightful pleasure trip for a small fee of 25 cents. It is expected that several parties will be made up among the Sanitarium guests.

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THE BATTLE CREEK IDEA

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PRICE, 2 CENTS.

Exhaustion and What Causes It

Dr. Kellogg Tells of What Brings on Fatigue and Evils of Meat Eating

WHAT MAKES ENDURANCE

During the course of his Thursday evening lecture before guests in the Sanitarium parlor, Dr. Kellogg introduced Mr. Karl Mann, the famous German pedestrian, who told of the two walking matches in which he had won renown and of how he had been pressed into the contest because of the sport made of his non-flesh diet by his gymnastic companions. Following him, Dr. Kellogg gave an interesting explanation of the effect of fatigue and the efficacy of a non-flesh dietary. He spoke in part as follows:

"The performance of Mr. Mann in winning this race from Dresden to Berlin, 125 miles in twenty-seven hours, so far eclipses anything that has been done by any flesh-eating athlete that it is certainly worthy of notice and ought to command the attention of the whole world. No such thing had ever been done before, and it has not been repeated since. It is in the long run, the long race, that the non-flesh eater wins, because it is his endurance that counts. Now, why is that? Fatigue is the thing that puts the men out of the race,—fatigue and exhaustion. What are they? Simply conditions of poisoning. The body is contaminated by the poisons generated in the muscles. As the muscles work, they are producing poisons just as when the fire burns it is producing smoke. These poisons accumulate in the blood, by and by they paralyze the nerves, and effort is no longer possible.

"I might illustrate this by telling you of an experiment I made a good many years ago, an experiment with a frog's muscle which was attached to two wires, and a current of electricity was passed through these wires and was interrupted so the muscle was made to contract and lift a weight, and it contracted so many times. At length the muscle was completely tired out, would not contract another time, no matter how strong a stimulus was applied to it. Then I simply washed this muscle with water with a little salt in it, and it at once began to work again.

"That is what the blood is doing to the muscle all the while. It is washing out the poisons which are being formed. If these poisons accumulate in the muscles to a certain extent, then the muscle is paralyzed, and it cannot work until after the poison has been washed out. Now, the meat eater is pretty nearly to the point of saturation all the time. Meat is muscle, and when the animal dies, its muscle tissue has more or less of this poison in it; so the meat eater is taking into his body the poisons from another animal's body, in addition to those generated in his own body. Not only that, but some portion of the meat is decomposed in the body, and those poisons of putrefaction have exactly the same effect as do poisons from work. So the non-flesh eater must have more endurance, and this is true of animals as well as of human beings.

(Continued on Page 3.)

FAMOUS PEDESTRIAN VISITS SANITARIUM

Karl Mann, Vegetarian, Makes Record at Yale in Endurance Test

ON TRIP ROUND THE WORLD



KARL MANN

Karl Mann, the famous German pedestrian, spent a few days at the Sanitarium the past week, stopping en route to San Francisco, from which point he sails for Japan, China, and other Oriental points to be included in his eight months' trip around the world.

Mr. Mann, who has been a vegetarian for the past fifteen years and who won the famous walking match from Berlin to Dresden some six years ago gave another proof of his endurance at Yale recently in the presence of Prof. Irving Fisher, Prof. Chittenden and others interested in the problem of diet and its relation to endurance. The test consisted in lifting a weight of 330 pounds by foot and leg action, while seated. This he did, lifting it one and one-half inches from the floor 687 times without interruption, doubling the record of Horace Fletcher, who in turn had outdistanced the Yale athletes to a remarkable degree. The Yale record was an average of 75 times with a record of 175 times.

Mr. Mann was not in training, and the result of the test was a great surprise to himself as well as to the onlookers.

He is an enthusiast on the subject of nutrition and endurance, and his pedestrian feats have for years attracted the attention of noted physiologists and scientists of Germany, and he proudly quotes Dr. Wilhelm Caspari, of the University of Berlin, the well known physiologist who some time ago announced that the striking success of the young vegetarian athletes of Germany—at whose head stood Mr. Mann,—had forced the scientists to make a study of the effects of that diet, with the

(Continued on page 1)

(Continued on page 2)

THE EFFECT OF COLD APPLICATIONS ON THE BODY

Dr. Riley Tells of What Cold Baths Do in the Treatment of Neurasthenia

THE BEST KNOWN TONIC

(Continued from last week)

"The effect of a cold application to the body of the patient depends upon the following conditions: First of all, upon the condition of the patient upon his vitality and his ability to react the cold, for the cold acts by arousing the different functions of the different organs of the body to greater activity. The body seems to recognize the cold as an enemy, as an invader, and consequently every tissue and every organ of the body is roused to its greatest activity to defend itself against the effect of the cold. In doing this the different organs of the body are roused to greater activity. The patient who is weak and thin and anemic does not have the ability to react to the cold as well as the one who is strong and vigorous and has large muscles and plenty of blood. Consequently the application of cold water to a patient of this kind should be very different than that of a patient who is strong and vigorous. It is important, therefore, that the physician thoroughly examine his patient and have as correct an idea as possible in regard to the ability of the patient to react to the application of cold water.

"2nd. The effect depends upon the temperature of the water. The colder the water, the more decided is the impression made upon the body and the greater is the reaction, that is,

(Continued on page 6)

Swept Adrift on an Ice Floe

Dr. Wilfred Greenfell's Thrilling Experience Told in Letter to a Friend

The following interesting letter from Dr. Wilfred T. Greenfell the medical missionary to Labrador, gives an account of his recent experiences in being adrift upon an ice floe and his almost miraculous escape. Dr. Greenfell visited the Sanitarium last year addressing a large audience. He is a warm friend of the institution and is a member of the advisory council of the American Medical Missionary college here. His letter will undoubtedly prove of interest to our readers, giving an insight into the man's bravery and the strength of his faith. The letter is a personal one and we are indebted to the Record of Christian Work for the use of it.

April 30, 1908.

Easter Sunday I was called to a lad with osteomyelitis, about 60 miles to the south. I left over night alone with my light bone komatik, surgical outfit, etc., and next morning about 9 a. m., while crossing a wide bay, the

(Continued on page 3)

DR. KELLOGG TELLS OF THE IMMANENCE OF GOD

In Large Outdoor Gospel Service Sabbath Afternoon at the Sanitarium

With innumerable illustrations drawn from nature and science, Dr. J. H. Kellogg impressed upon a large audience Sabbath afternoon the proof of the nearness of God and His willingness to heal, to comfort and to support his people.

Stepping before his audience, he held out a beautiful calla lily with the remark that the flower was his text. "The most wonderful thing in this world is life," said he, "and no matter where we look about us we see the most marvelous manifestation of intelligence. In this carpet of grass under your feet is each little plant created a thing with the power of growth and development. In a recent walk into the country, I passed a beautiful avenue of maple trees that 60 years ago, they tell me, were all borne on the back of a man who lives near by, who planted them and has watched them lift up out of the earth and the air tons of material. What is the source of this life? No scientist can make it, no artist can come within infinite distance of making one of these beautiful flowers. Geologists and biologists have tried in vain to discover the source of life. They have traced it, some of them, to their satisfaction to electricity, some claim life was brought to earth by meteor, but none of these theories satisfy or help us much. We know that we must look further back for the source of life. That it is God who is the creating power. Men try to explain the marvelous miracle of the harvest by saying, 'It is Nature,' but they are not able to tell us what nature is.

"Nature is simply the phenomena. We look on the 'face of Nature,' we say. That is what it is, simply the picture. There is something behind that makes the picture. Nature is simply the spectacle, not the force. The best definition of the source of life we find in the chapter of Genesis: 'And the Lord formed man of the dust of the ground and breathed into his nostrils the breath of life (or lives), and man became a living soul.' Life is the thing God put into man, and he is just as dependent upon God since his creation as before. He is still creating man. If He were not, our lives would stop at once. There are thirty thousand million million blood cells in the body; these blood cells live about six weeks and then die; the liver and the spleen are the graveyards where they are eaten up. But these cells must be replaced by new ones. There are eight million blood cells dying every second, and eight million more being created to take their place. We would think it remarkable if we saw ten men drop dead before us and ten others spring up newly made to take their places—and yet there are eight million creations taking place inside our bodies every second that most of us are not aware of at all. Now it takes the same infinite power to make those blood cells that it took to make a man. Nobody but God can make a blood cell—it cannot be accounted for by any automatic process. God creates, and now, not away back in the beginning of the world, but now. Christ's expression, 'I am the way, the truth and the life,' does not simply mean the spiritual life. God is the life.

"It was not until twenty years ago that I got hold of this idea of God. I had always feared Him—looked upon him as a creature

afar off. I could not love Him. I prayed to Him with fear and trembling and apprehension because I was in trouble and had to pray. But finally I began to see that I had drawn wrong impressions, I began to realize that it was a physiologic fact—that in Him we do 'live and move and have our being'. That he is not a God afar off but is nigh unto every one of us. When we fight against God we fight against ourselves and God cannot help us—for he is infinitely consistent. God himself can't save a man from getting a tobacco heart if he will keep on smoking. He is doing the best he can for us all the time—whether we ask him or not. The same power that forgives sin heals disease, there are not two powers—one spiritual and one natural: God is the God of nature, and he is ready to help every man that is in trouble—the fact that you appeal to him is evidence enough to him that you need him. Prayer makes it possible for him to do for us just what he was wanting to do all the time. It is not answered because we have been good or have made a great ado, but because we have placed ourselves in the right attitude so that he could help us. He is a personal God; a God that feels and loves and sympathizes. Christ came to show that God was a Christlike God, not that he (Christ) was a God-like Christ. He came to show that it is the business of God in the universe—to create, to comfort, to support."

PEDESTRIAN VISITS SANITARIUM

result the teachings of the great chemist, Prof. Von Liebig, who had long been considered an authority on diet and maintained that proteid foods were the source of the body's strength, had been discountenanced, and Von Liebig declared to have been a stumbling block in the path of science.

In the great German walking match from Dresden to Berlin—125 miles—Karl Mann covered the distance in 26 hours, 52 minutes. In this match, out of the thirty-four competitors, there were eighteen who had trained on flesh foods—the remainder were vegetarians. All the flesh-eaters were outclassed, outwalked, and left far in the rear.

This was the second great race which Mr. Mann won, the other having been walked some in 1898. He has perfected a technique of gait which he claims uses a minimum amount of energy, without taxing the muscles of the lungs and heart.

"There is not the least common sense or advantage in the unnatural forced English gait," said he, "with the legs almost stiff and the arm swinging high at the sides. I have a somewhat military gait with a long stride and a slight bending and falling forward of the limb as it takes the stride, which is very well adapted to the purpose of covering great distances rapidly and uninterruptedly.

"To preserve freshness and vigor throughout a long race, massage the limbs every fifty kilometers. This keeps the muscles in good repair and prevents cramps and stiffness. It is also important to have the feet hardened by going barefoot, bathing them daily in cold water, taking various exercises to develop the muscles and not forgetting the care of the nails.

"According to my experience, the shoes must have the exact shape of the foot and be very porous. I wear a coarse knotted mesh shoe made of hemp, having string soles of elastic leather with thick rubber heels. I wear porous socks, rather narrow than too wide, to avoid blisters caused by folds. The head should be bare and a coarse gauze-like shirt without sleeves and short knee breeches are sufficient clothing to wear while walking.

"I take nourishment a little at a time when on these walks, something every two hours, with

lemonade or diluted fruit juice every hour. Previous to the Dresden-Berlin match for some months I confined myself to a strict fruit diet, avoiding eggs, milk, cheese, butter and other things rich in proteids, and in place of these I used nut butter, which is very rich in albumin and fats, is easily digested, and very economical."

Mr. Mann's studies and exercises have been made not from a mere sportive ambition, but as a man of culture and progression he wishes to attain a high physical and intellectual state. Strength, coupled with endurance, a clear brain, as the result of a sound body, is his goal, and if Teutonic persistence counts for anything, one feels sure that he will "arrive."

PRACTICES OF THE WITCH DOCTOR IN WEST AFRICA

Rev. T. W. Woodside Gives Lecture on This Native Doctor in the Gymnasium

NATIVE AFRICAN POSES ARE GIVEN

Sanitarium guests became interested in the Rev. T. W. Woodside's movement to start a Sanitarium in the heart of Africa, through the lecture given by Mr. Woodside Friday night at the gymnasium, and a substantial sum was raised for some medical appliances and equipment following the lecture on "The Practices of the Witch Doctor."

An interesting portrayal of the witch doctor in his native dress with enormous headdress and peculiar body decorations, including a spotted leopard skin, was made by a native African who posed to illustrate the lecture. The speaker said that although the witch doctor had upon the people depended upon his incantations and mysterious practices and reputation for witchcraft that they were not without a knowledge of medicine, of rude surgery, of herbs, of astringents and even of hydrotherapy. There, he said, shrewd and cunning and when they often took measures such as would be adopted by an intelligent physician, they surrounded the practice with so much of mystery that the people were deceived into believing that the various charms and incantations were responsible for the cures.

"The thing that is really responsible for the success of the witch-doctor," said the speaker, "is the wonderful recuperative power of the natives. I have seen cases where one could assert with a certainty almost that it was impossible for life to be prolonged, and yet the native would get well. Accidents and diseases that would be certain death to a white man result frequently in a cure to the black man."

He told of one patient who was being treated by a witch doctor, who put between his legs a pot of boiling water and then covered him with a blanket, from time to time dropping hot stones into the water, increasing the steam. After the "sweat" had been brought about, the man was dashed with cold water—quite a Sanitarium treatment of "hot and cold," but the whole process was so intermingled with chants and incantations, with mysterious genuflections of the body, with shaking of charms, etc., so that the real source of the cure was never impressed upon the mind of the patient. He described how the witch doctor would seat himself on the skin of a wild animal, and being surrounded by the family and friends of the patient, who kept up a continual shaking of gourds, he would finally work himself up into a frenzy with his chants and rattling of gourds, and would then

(Continued on Page 5.)

ADrift ON A LABRADOR ICE FLOE

(Continued from page 1)

wind chopped round, broke up the ice and we all fell through.

I discarded everything, and I luckily had on nothing but my football rig, the very clothes I played my last games in at Oxford twenty years ago; Luckily enough I hadn't the conventional rig on, the trousers, boots, gloves, of the stage missionary. I managed to get my sheath knife adrift, pound through the porridgy ice and cut the dog traces. The father of the boy whose leg I was going to remove was drowned this very winter by the dogs tangling him up in the water. I then hitched the knife by its strap to a dog's back and tried to find a pan to bear me. It involved three swims or rather batherings through the ice, till I got at one about twelve feet by twenty—a miserable flat snow pan only a foot thick, and that broke in half on a reef as I drifted away to sea. However I got my dogs out, and was left like Robinson Crusoe with no expectations of seeing anyone again, and monarch of all I could survey, not a human being for twenty miles one way or ten another, and the open Atlantic outside. I'll give you an account of my experiences later. . . . They weren't such as one would pine for.



DR. WILFRED T. GRENFELL

It froze so hard (and I was a sponge of small ice) I had to have a coat. I used my moose legs first, but that only covered my shoulders. So I had to stab my dogs. It was gruesome and difficult, and I had two good bites before I had killed three, and it was dark before I had skinned those, which saved the rest and me worse bites, and made me a short coat, stringing them with unraveled harness. What will interest you will be that the first dog I got my coat from was the beauty I named after you. It just went to my heart to call, "Moody, Moody," and take him a yard aside and stab him. He was a faithful, loyal, gentle, affectionate, hardworking friend, and he gave his life for me at last. His body helped me to make a windbreak, and his legs (with others) I spliced up into a pole for a flag made of my only shirt.

By a sheer miracle I was picked up next day. Oddly enough I slept twice rocked in the cradle of a pretty considerable sea. It was hot next

morning, a lovely sun. . . .

It has been an invaluable experience. I had a look into old Death's face, which is going to stand me in good stead, I hope. It made one estimate the practical value of faith and how much it had really counted with one.

One of the hardest things, to a sentimentalist like myself, has been the expression of love and sympathy from all the shore. I've had a lump in my throat many times since I landed, as the strangest of visitors have come and shaken hands, and I've seen the tears roll down their cheeks when they couldn't speak. I tell you, it makes it feel worth while and makes material honors and possessions take their proper place.

There seems to be an unreal feeling still as I am called on to decide what must be done here, there, and everywhere; I had got it so fixed in my head that my responsibility for all these things was over. But I'm coming out of the clouds slowly and spring is opening, and I hope you'll find me more keen than ever about reindeer, cooperative stores, institutes etc. when we meet again. My hands and feet got badly frozen for I didn't find out they were frozen when I landed, and so allowed them to put me in "Grandma's chair" in a cottage, and I walked in to dry clothes and hot tea without the intermediary snow bath. I'll be wiser next time.

Affectionately yours

Wilfred T. Grenfell.

EXHAUSTION; WHAT CAUSES IT

(Continued from page 1)

"The most enduring animals are not the flesh-eating animals, but the non-flesh-eating animals. For instance, a lion could not begin to compete with an ox in work. He could make a number of rapid springs, but he is very soon exhausted. The ox will keep on pulling at his maximum strength all day. The lion could not begin to pull a plow as far as the ox can do it.

But, you say, 'the dog is a carnivorous animal; the dog has great endurance; the dog can compete with the horse, or with other non-flesh-eating animals'; but note this: The dog that has great endurance is not a flesh-eating dog; he is a vegetarian dog for the time being. Ask the hunter what he feeds his dogs, and he will tell you he feeds them on bread and oatmeal mush. I asked a hunter once in Indiana what he fed his dogs. He said, 'I feed them oatmeal mush.' 'Don't you feed them meat?'

'Oh, no, I never feed meat to a hunting dog.' 'Why not?' 'Because he can not run, and he can not smell.' I was out at Portland, Oregon, some years ago, and I met an old-time hunter, who, for many years had been accustomed to hunting in the Rocky Mountains, and he had several packs of hounds. I said to him, 'What do you feed your dogs?' He replied, 'I feed them corn-meal mush and bread.' 'Do you feed them meat?' 'No, never.' 'Why not?' 'Because they haven't any wind.' I was riding across the highlands of Scotland some years ago on the top of a coach, and as I was riding along, chatting with the driver, I said to him: 'What is your occupation in winter, sir?' 'Oh,' he said, 'I am a farmer when I am not driving coach, and in the winter I am shepherd, take care of sheep.' I said, 'What do you eat? What is your diet?' 'Oh,' he said, 'my diet is potatoes, and bannocks and brose.' I said, 'You do nothing else; you are simply a farmer?' 'Oh,' he said, 'I do some hunting.' 'You have dogs, then?' 'Yes,' he said, 'I have a fine pack of hunting dogs.' 'What do you feed the dogs?' 'The same as I eat myself, sir,' he said. 'Don't you give them meat?' 'Oh, no,'

he said, 'I never give them meat.' 'Why?' 'Because,' he said, 'they have nae sae guile winde.' Now, there are three testimonials, one came from a hunter in Indiana, another from a hunter in the Rocky Mountains, in Portland, and here a Scotchman, up in the highlands of Scotland, all hunters, and all told me the same story; so I believe it must be true that a dog cannot run if he eats meat. So you see, a dog is a better dog when he becomes a non-flesh-eating dog; and if a dog is used to flesh-eating, seems to have more or less of it, he is a better dog if he does not eat meat which seems to be to some degree his natural diet, though I doubt it,—how much better ought a man to be whose natural diet is not meat at all, when he abstains from meat, and who, when he eats meat, is doing an unnatural thing, a thing he was never intended to do. Mr. Mann has demonstrated to the world that a man is a better man physically when he does not eat meat at all, when he lives on the low proteid diet, discards milk and eggs; that he has more endurance than men who are trained on a flesh diet."

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Reduction in Demand for Meats

The New York Times, in commenting on the sharp advance in the price of meat during the past six weeks, takes an optimistic view of the situation. It points out that there has been a progressive reduction in the recent years in the demand for all meats, a reduction which the statisticians think will be permanent, as the result of the conviction on the part of the public that they were eating twice as much as health and efficiency demands. While the Beef Trust is not posing as a philanthropic organization, it unconsciously is a really benevolent one if it accomplishes that result—a reduction in the demand for meat, driving the people toward a saner and more healthful diet.

The health of the laboring class of the foreign countries is due to this simplicity of diet which they are, through their very poverty, forced to adopt—the coarse bread and vegetables coupled with the buttermilk drink as favored in Ireland, and the kuymiss and other milk ferments known in Bulgaria, France and other countries, forms an ideal diet which is responsible for the health and the longevity of the people. It is one of the innumerable illustrations of the law of compensation.

Many of the packers and retail butchers claim, it is said, that one of the reasons for the high price of meat is that the Western growers, restive under the exactions and restraints of the Trust, have found it profitable to sell their corn to breakfast food companies rather than turn it into live steers. Whether this is a tenable explanation is a matter of conjecture, but the increased demand for nutritious breakfast foods—the wholesome, dextrinized grains—cannot be denied, and is one of the hopeful signs of the times, a sign that the people are coming back to nature's products, are eating for efficiency and recognizing that the problem of pure food, simple food, is one which has to be dealt with if the public health is to be maintained and the strength of the people not to become a mere memory.

Begin Reform at Home

That was a pertinent bit of advice given by a delegate to the Biennial Federation of Woman's Clubs in Boston last week. It was at a session in which civil and municipal welfare were being discussed and various steps being proposed to further the pure food movement. One woman, in speaking upon the subject of pure food, said: "Begin at home. The occupants of your kitchen who listen to your instruc-

tions about germs do not believe a word you say." The speaker went further to say that the average woman needed a course in marketing more than cooking, and urged that the women in every community band themselves together to enforce the cleanliness of markets and provision stores, declaring that they were more particular about the cuts of the meat than about their cleanliness.

Year by year the woman's club movement has been getting nearer to vital things—shakespeare is now being neglected for sociology; Kant for the kitchen; Dickens for domestic science; while the Art club formed for self-culture are turning their efforts in the direction of the schools, to beautifying ugly spots in her community and to the development of small parks and playgrounds. During the past few years women who once maintained an airy fairy indifference as to what went on behind their own kitchen doors and felt that it was a matter beneath them to discuss or admit a familiarity with, in public, are now beginning to realize that it is worthy of their highest endeavor and study—that upon the wise direction of the home and the kitchen rests not only the health but the happiness and intellectual and moral welfare of the nation. Its scientific side is being impressed upon them more and more, and while there is still a tendency to preach rather than practice, there are hopeful signs in that the younger generation is being taught both in the home and schools something of the dignity as well as the fascination of the art of household economics and all that it embraces.

Chicago and the House Fly

The Chicago Health department is waging righteous war on the common fly. It calls him all sorts of bad names and accuses him of responsibility for many diseases prevalent in summer and fall. It has found it necessary to issue a bulletin of warning to householders regarding this pest which we reproduce below:

"We know that the innocent little housefly—whose god, according to the ancient Hebrews, was Beelzebub—is a positive and serious menace to health. He is the filthiest, most dangerous and most common of disease-spreading insects that infest these parts in summer. "He is born in and lives on decaying vegetable and animal matter. He was a maggot before he was a fly.

"He is not a bit particular, either, about the cleanliness of his feet—in fact it is only natural for him to carry hundreds of thousands of disease germs on his feet and body and he is not at all reluctant about depositing this filth on the food you eat.

"And you have not been nearly as particular about preventing this pollution of your food as you should have been. You eat this polluted food and you develop a 'summer complaint' or, perhaps, typhoid fever. You blame it on the hot weather—you would be more often correct if you blamed it on the fly. The greatest prevalence of the diarrheal diseases corresponds with the greatest prevalence of flies. Most typhoid infections also occur at this time. Flies may also be conveyors of scarlet fever, diphtheria, tuberculosis and other infectious diseases.

"Doubtless much sickness and many deaths can be avoided by the fly out of the home. Screen your windows and doors and wage a war of extermination on those that do get in. The time is not far removed when people generally will regard the presence of flies in the home as evidence of inexcusably filthy house-keeping. Especially do we advise that you keep the flies away from the baby's food and screen the baby's bed, so that flies cannot convey infection to it while it sleeps."

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DOMESTIC SCIENCE DEPARTMENT

Summer school students in the School of Household Economics took an instructive lesson on the cleaning of various metals the past week which would be of suggestion to many housekeepers of experience. The multiplicity of utensils being used in the household of today offers many problems to the fastidious housekeeper—the cleaning of the silver, the polishing of cut glass, the care of aluminum, white metal, enamelware, etc.

The Domestic Science room offered a busy scene as the group of interested young women gathered about the tables and took a practical lesson in this necessary branch of household work. Before them were specimens of tarnished silver which the instructor, Miss Cooper, explained could be cleaned with any of the several good preparations on the market, or simply with Spanish whiting moistened with ammonia or alcohol—which was the foundation for all patent preparations. Busy fingers soon transformed dull spoons and forks osh ginineaooinnn formed dull spoons and forks to shining articles of beauty; then brass bowls and faucets were cleaned with various combinations—all good, some requiring more friction than others. Salt and vinegar, salt and lemon juice, oxalic acid and a combination of rotten stone and oil. The latter, although it requires more labor in its application, is more permanent in its effect. Students were cautioned to rinse thoroughly polished articles with ammonia water—using a teaspoon to one cup of water to prevent tarnishing.

Hand-painted china they were directed to wash in clear warm water, unless greasy, when weak suds could be used, but on no account should soap be applied directly to the dish, as both soap and heat dull the lustre. Cut glass they were taught to dry with boxwood sawdust which enters all crevices and brings forth a brilliant polish. Supplies of this may be obtained at jewelry shops and should be kept on hand by all housekeepers having fine glassware. For the cleaning of carafes, sliced potatoes or lemons were used, being shaken vigorously. If a bad precipitate has formed in the bottom of the bottle, muriatic acid may be put in water and shaken thoroughly.

In the cleaning of aluminum, weak acids may be used, but alkalis, such as washing sodas and powders, etc., never, as they blacken and disfigure it. It may be cleaned with the same preparation used for the silver, as may also nickel finishings.

Practices of the Witch Doctor

(Continued from page 2.)

begin shaking his bowl of charms, a motley collection of bird claws, animal teeth, horns, shells, etc., and pretend to read from these his diagnosis and prognosis of the case. The results of the medicine given by these doctors were, he said, not often to be feared, but the demonology practiced separated families and brought fear and discord and had a general demoralizing effect.

"If you can get a young man out from under his faith in the witch doctor, you have him a long way toward Christianity, but you must not depend upon him if he be cut off from medical help, for when he is sick his family will induce him to turn to the witch doctor for aid, and he frequently cannot withstand their importunities. There is a great field there for the medical man, but he must not come alone with his science—he must have Christianity to back

him. He must give the people the love and spirit of the Good Samaritan. Love and kindness will win over even with a witch doctor."

The speaker closed by telling of the peculiar facilities for sanitariums afforded by his particular mission district, 300 miles inland from the port of Benguela, where hot springs were found and through which the railroad was now about to run. No hospital or sanitarium of any sort is to be found in Africa except the most southern part, and the advantages to not only the natives but the whites and missionaries of the district would be inestimable. Dr. and Mrs. Woodside themselves have pledged \$1,000, a legacy recently left them, to start the work, and they return to their post in August. Miss Ma-

bel Woodside, their daughter, will join them on finishing her medical course at the American Medical Missionary College.

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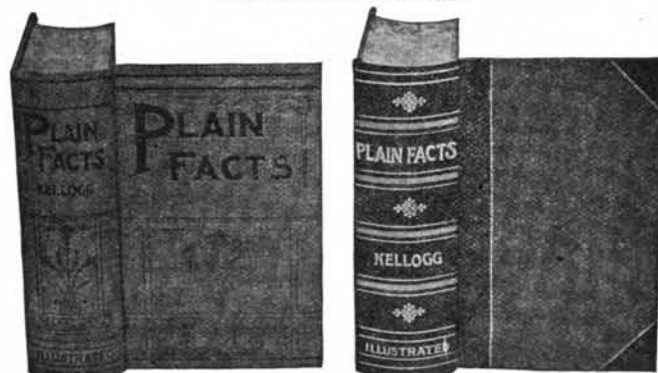
Bleeding of the gums, following extraction of the teeth, may be checked by placing a bit of ice upon the bleeding point, or making a little wad of cotton or muslin, saturating this with lemon juice, and holding it upon the affected part by closing the teeth upon it.

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EFFECT OF COLD ON THE BODY

(Continued from page 1)

provided the patient has the power to react to very cold impressions. It is very important to keep in mind in treating patients with cold water, as above hinted, that many of them cannot react normally to very cold applications, and to apply very cold water to some cases would have a depressing effect rather than a tonic effect. The idea is that up to the limit to which the patient has power to react to cold, the colder the application the greater is the reaction, and if the cold is so great that the patient cannot react and does not react, then the effect may be harmful rather than helpful and depressing rather than tonic.

"3rd. It depends upon the length of time that the application is made. Cold applications for their tonic effects should be short all the way from a fraction of a minute, ten seconds, to not over two or three minutes in duration, and usually not over one minute. This, of course will depend upon the form of bath that is used in giving the treatment. When the cold water is applied too long, the effect is depressing rather than tonic.

"4th. It depends upon the amount of surface to which the application is made. If the surface is a small area, the number of impulses made upon the skin is slight, and consequently the resulting reaction will be less. On the other hand, if the application is made generally over the body, a large surface is stimulated, a large number of nerves are stimulated by the cold and is much greater, and the resulting reaction will also be much greater.

5th. It depends upon the part of the body to which the application is made. Science has in recent years developed the fact that certain areas in the skin are related in a nervous way to the organs beneath, and these organs can be stimulated by applying cold to certain areas of the skin. Usually the skin area directly over the organ is in most intimate connection with the organ, but sometimes areas in the skin that are remote from the organ beneath are in direct reflex nervous connection with such organs. To illustrate, the skin over the lower part of the sternum seems to be in nervous connection with the kidneys and when the skin over the lower sternum is stimulated with cold, the activity of the kidneys can be changed.

"6th. The effect of the cold also depends to some extent upon the manner in which the cold is applied, whether it is applied with some mechanical irritation or not. For instance, in giving a cold mitten friction there is friction applied along with the cold, and the result of such a bath is the combined effect of the cold and the friction. Also in giving a douche there is a decided effect coming from the mechanical pressure which is applied to the body along with the cold water, so that the effect is modified by the manner in which the water is applied to the body. The mechanical effect usually increases the circulatory reaction as well as having other effects. So much in regard to the different things which modify the cold.

"Let us notice now briefly what the cold water does to the body. Take, for instance, a man in middle life who goes in the bath-room and takes a shower bath. What does this do to the body?

"1st. It abstracts heat from the body.

"2nd. It increases the heat production of the body. In the normal condition these two changes about equal each other, so that the temperature of the body is not changed very much, although experiments that I have made personally show that the body temperature is slightly reduced by a cold bath. During fevers the cold bath reduces the temperature very decidedly, so the heat abstraction is greater than the heat production which it causes.

"3rd. It increases the force and lessens the rate of the heart.

"4th. It increases the blood pressure.

"5th. When a reaction follows the application of cold there is an increased amount of blood in the skin, so that the skin is pink and clear. This is a so-called circulatory reaction. By increasing the force of the heart the circulation is accelerated so that the blood moves more rapidly through the blood vessels.

"6th. It increases the number of red and white blood cells in the blood, and

"7th. It increases the alkalinity of the blood.

"All of these are desirable, as they improve the nutritive processes of the body.

"8th. It increases the rate and depth of respiration so that more air and more oxygen is taken into the lungs. Sometimes after a cold bath the respiratory movements are slower for a short time, but the total effect is to increase the amount of air and the amount of oxygen taken into the lungs.

"This was nicely illustrated in a young man who came under my care not long ago where, by simply taking a cold bath every day, his chest expansion was increased from $1\frac{1}{2}$ to 3 inches. His life in other ways was just the same as it was before, the only change being that he took a cold bath every day.

"9th. It increases the absorption of oxygen into the blood.

"10th. It increases the production of carbon dioxide. The increase in the production of carbon dioxide is brought about by the abstraction of heat from the body so that the body makes more heat in order to maintain its temperature, and in order to make this extra amount of heat, carbon dioxide is formed.

"11th. The cold bath increases the appetite, increases the secretion of hydrochloric acid in the stomach, increases the secretion of gastric juice in the stomach, increases the peristaltic action of the muscular coats in the stomach, increases the peristaltic action of the intestinal tract, and a cold bath taken every day is a valuable aid in overcoming constipation. It also undoubtedly increases the secretion of bile by the liver, although so far as I know this has never been proven experimentally.

"12th. It also increases the amount of urine passed by the kidneys. Also increases the amount of solids in the urine such as urea and other solids.

"13th. It increases the muscular tone. This is nicely illustrated by examining the muscles of a young man before he takes a cold bath and again after the bath. The muscles of the arm are firm, hard, and the muscular tone has been greatly increased. It also increases the capacity for muscular work. This has been shown by the use of different experiments made by the use of different instruments used to test the endurance of muscles.

"14th. It also lessens bodily fatigue. When the body is tired and exhausted the cold bath often lessens the sense of fatigue to a very marked degree, and one feels refreshed and invigorated.

"15th. A short cold bath also increases the normal irritability of the nerves so that the nerves react very readily to the various forms of stimuli after a short cold bath. If the bath is continued too long, the effect of the cold is to lessen the normal irritability of the nerve.

"16th. A short cold bath in some form is also very beneficial in producing sleep, but I do not wish here to enter into a discussion of the different uses of the bath, but simply to outline in a brief way the changes which the cold bath brings about in the different organs of the body.

"All of the foregoing statements are based upon experimentation made by careful observers; some of them I have worked out myself by the use of instruments of precision and not simply theory, but facts. It will be seen from

the foregoing that the cold bath, and in fact, all baths, do produce decided changes in the functions of the different organs of the body. There is no better tonic that I know of than the proper use of cold water applied to the body."

Reasons for Encouragement in the Temperance Field

State Superintendent G. W. Morrow, of the Anti-Saloon League, and his assistant, R. W. Holsapple, have been guests of the Sanitarium this past week, while holding field day meetings in the city of Battle Creek. Mr. Holsapple addressed the congregation Sabbath morning in the Sanitarium chapel, taking for his theme "Reasons for Encouragement in the Temperance Field." Among the reasons cited by the speaker were the advance temperance legislation, nearly every state in the Union having passed stringent laws effecting liquor traffic. "Another phase that is full of encouragement," said the speaker, "is the difference in the teaching in the public schools. Seventy-five years ago children were taught that alcohol was a food; forty years ago they were taught it was a beverage; twenty-five years ago it was a stimulant; today they are taught sometimes that it is a medicine, sometimes a poison. The entire attitude of society toward the drinking habit and the drinker is changed. The man now who drinks to excess or the man who keeps a saloon is practically ostracized from society. What I regard as the greatest reason for encouragement is the fact that the temperance forces are becoming federated with the churches and other parties for the common good of the country. The liquor men were never afraid of the Temperance party, but the temperance forces in the churches and other parties all federated are bound to be a power."

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OUR OLDEST AND MOST HONORED SANITARIUM GUEST

Few of those who have been patrons of the Sanitarium during the last ten years have failed to notice the genial, sunny face of Hon. D. K. Cornwell, who, on Tuesday of this week, celebrated his eightieth birthday.

Our acquaintance with Mr. Cornwell began ten years ago when he first came to the Sanitarium—a broken-down man of seventy. The marks of advanced age and infirmity were very easily distinguishable, and the hand of disease was heavy upon him. He was pushed about in a wheel chair. It looked as though his days were numbered, and that they might be very few. But a kind Providence blessed the efforts which were made in his behalf by physicians and nurses, and in a very short time it was evident that the patient possessed remarkable recuperative powers. He entered into the work of getting well with the thoroughness and energy which had enabled him to achieve remarkable success in the business world, and at the end of a year he was enjoying much better health than for some years previous. At the close of the second year a still greater degree of improvement had been obtained, and as each year has passed, Mr. Cornwell has made such continual progress in health and rejuvenation that at the present time he appears at least ten years



younger than when he arrived at the institution, ten years ago.

During this decade Mr. Cornwell has not only found health and a fair degree of comfort, but he has found many thousands of friends. Hundreds of those who have visited the institution have been cheered, encouraged and lifted out of gloom and despair by association with Mr. Cornwell. He has been untiring in his efforts to promote the welfare of patients and to advance in every way possible the interests of the work which the Sanitarium is endeavoring to carry forward. In the melancholy days which immediately followed the great fire of 1902, Mr. Cornwell's optimism and substantial encouragement were a veritable Providence to the Sanitarium management. His gift of \$10,000 furnished the money with which the erection of the present large structure was begun and encouraged others to contribute to the enterprise. During the construction of the building the management were indebted to Mr. Cornwell for many valuable suggestions drawn from his rich fund of business experience. After the building

was completed, this good man's interest in the work of the institution was still further shown by many valuable gifts of works of art, which were greatly needed to decorate the lobby and parlors. At each Christmas the Sanitarium helpers and the various charities connected with the institution have received substantial reminders of the interest and thoughtful care of this generous-hearted man.

It is the earnest wish of the Sanitarium management and the thousands of friends whom Mr. Cornwell has made at the Sanitarium among patients and helpers that he may be long spared to continue his mission of sunshine and optimism, and that he may round out a full century of life before laying his armor down. Certainly no man is more respected, honored, or beloved at the Sanitarium than Hon. D. K. Cornwell.

J. H. KELLOGG.

ARRIVALS

The list of arrivals for the week ending June 29 is as follows: T. B. Hall and Mrs. Hall, O.; J. Harder, Mich.; Mr. and Mrs. M. Frankal, Pa.; B. J. McMahn, Mich.; Katherine Hanna, Ill.; Quinta Hanna, Ill.; William Yale, Mo.; Mrs. J. H. Pope, Tex.; Miss S. Pope, Tex.; Mrs. John D. Templeton, Col.; Mr. and Mrs. G. M. Kilpatrick, Ill.; D. Friehman, N. Y.; K. Arthur Lacey, China; W. E. Newark, Mich.; Mrs. L. H. Gibson, Mo.; Carlisle Barton, S. C.; Mrs. C. A. Justice, Mich.; Mrs. W. H. Overbroke, Mich.; Miss Nellie Hines; Mr. and Mrs. H. Welsh; Nellie Penoyar; Mrs. C. E. Osborn, Mich.; W. E. Roberts, Miss.; Mrs. A. Beckman, Tex.; Mrs. E. A. Tanger and children, Tex.; Mr. and Mrs. Sam Stern, Ill.; William Winkelham, Mrs. E. L. Sherbren, Can.; Daniel Knowlton, O.; Miss McMurray, Va.; Helen Hurst, Preekey, O.; Mrs. R. H. Hews, Ia.; Charles G. Cohn, wife and daughter, Kan.; John M. Delaney, Miss.; O. S. Cohn, Ill.; Edith Stewart, Ia.; G. F. Sager, Ill.; Jasper F. Moses, Mexico; Dr. Julia W. Carpenter, Mr. and Mrs. William Worthington, Cincinnati; William M. Hill, Ill.; J. Jolls, N. Y.; J. Van Buskirk, O.; Mrs. F. E. Moyer, Ind.; Fred C. Hill, Ill.; T. F. Redding, and daughter, Fla.; G. E. McGriff, Fla.; Mr. and Mrs. J. F. Greacen, Ind.; J. N. Hogan, Pa.; John Fletcher, R. I.; Mrs. J. F. Hunstan, Ind.; George McWhorter, Tenn.; Mrs. J. P. Kirkman, Tenn.; Jessie Hale, Ont.; Mr. and Mrs. J. W. Jackson; Mrs. J. S. Burton, Pa.; W. M. Emons and wife, O.; R. W. Marks, Wis.; W. T. Hanlon, Ill.; Frank H. Funk, Ill.; Robert K. Munn, Mich.; J. M. Folk, O.; Elsie Folk, O.; Karl Mann, Berlin, Germany; Mrs. E. O. Guild, O.; Horace G. Smith; Mrs. James F. Kelso, Ind.; Mrs. Frances Kelso, Ind.; Joseph C. Merritt, Fla.; George W. Roger, wife and child; J. Lorimer and wife, Ill.; M. A. Stauffer, Tex.; Effie Lonater, Wis.; J. G. McGrady and wife, Tex.; Miss Elsie Brown, Tenn.; W. W. Billson, Minn.; J. S. McNeal, Minn.; Mrs. P. C. Meek, Fla.; Mrs. L. A. Wells, Miss Laura Mich.; Mrs. D. B. Holmes, Mo.; Inez Howell, Wells, Herman Wells, Wis.; Jessie B. Larr, Ill.; L. L. Bomberger, Ind.; S. L. Hoge, O.; Mrs. Hoge, O.; J. A. Scarborough, Tex.; Carrie Moseley, Tex.; Mrs. W. C. Jackson, Fla.; Miss Myrtle Eshbaregh, Pa.; Mrs. Rebecca A. Peck, Mrs. Rebecca P. Dusenberry, Mrs. Belle P. Bryant, Miss Eilan Cosgrove, St. Louis; Miss Olga Thille, N. Y.; R. C. Johnstone, Ia.; P. R. Noyes; A. Johnston, Ia.; Mrs. L. Greenblatt, Lillian Greenblatt, Ia.; Miss Admaek, Mich.; Albert Pier, S. D.; Mrs. Sarah Ward Conley, Tenn.; A. H. Sealy, Ill.; Mrs. W. W. Darden and daughter, Tenn.; Alfred J. Sargent, Calif.; O. H. Haussen, Ill.; E. Trast, Ala.; Mrs. Belle Solomon, Miss.; W. S. M. Rathbone, Mich.; Mary A. Carpenter, Ia.; Mrs. M. K. Howe, city; D. W. Humphrey, Pa.; John Bacon, Ky.; R. W. Holsaple, Mich.; John Pyper, Belfast Ireland; Gaylord Wilshire, N. Y.; E. M. Hebner, Minn.; Mrs. G. H. Genning, Ind.; H. P. Jones, Ill.; W. A. Yale and wife, Ind.; Mr. and Mrs. G. H. Cook, Ill.; Mrs. G. H. Lage, Mich.; E. J. Sharon, Cuba; M. F. Vangrender, Mich.; Mrs. L. A. Scheimer and baby; Miss Willie A. Perkins, Miss.; E.



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Marion Hineine, N. D.; Miles A. Gilfillan, Ill.; W. W. Calhoun, S. D.; Mrs. C. M. Allen, S. D.; Mrs. L. F. McFarland, O.; R. C. Reed, Howel; John Cusselman, Ill.; J. C. Smith, Ill.; G. M. Hudson, Pa.; Mrs. Joseph C. Merville, Fla.; W. B. Lipscomb, Tex.; John A. Peck, Mo.; J. W. Luke, Okla.; John Hutchings, C. C.; Mrs. Perry Welty, Mich.; Mrs. J. H. Manbeck; Dr. F. A. Pratt, Mich.; Mrs. H. H. Wefel and daughter, Ala.; Mrs. Edward Thompson, Tex.; Mrs. C. L. Smith, S. D.; G. H. Bain, O.; F. G. Spolcomb, O.; Dr. and Mrs. W. M. Phelps, D. C.; Henri Leland, Ala.; S. B. Callahan, Okla.

In fact, there's nothing that keeps its youth—

So far as I know—but a tree and truth.
—Oliver Wendell Holmes.

Season tickets for the Battle Creek Chautauqua for sale at the office of the Good Health Publishing Company, price, \$2.00. Mail or phone orders filled promptly.

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Sanitarium Laundry

PERSONALS

Mr. G. H. Cook, of Chicago, is a guest at the Sanitarium.

Dr. B. L. Meehan, of Dequeen, Ark., is a patient at the Sanitarium.

Mr. E. J. Sharon, of Camoguly, Cuba, is a guest at the Sanitarium.

Mrs. S. A. Schreiner, of Kirkville, Tex., is among this week's arrivals.

Mrs. J. B. Howard has been spending the week in Detroit with friends.

Mr. and Mrs. W. A. Yule, of Alexandria, Ind., are guests at the Sanitarium.

Mr. and Mrs. J. G. McGrady, of Bonham, Tex., are guests at the Sanitarium.

Judge and Mrs. I. N. Hagan, of Uniontown, Pa., are guests at the Sanitarium.

Mr. and Mrs. William Drever returned Friday from a vacation trip to Canada.

Mr. Karl Mann, of Berlin, Germany, left on Monday for Chicago, en route to Japan.

Mr. and Mrs. G. W. Rogers and child, of Little Rock, Ark., are among recent arrivals.

Joseph A. Merritt, of Orlando, Fla., has come to the Sanitarium for rest and treatment.

Mr. Horace G. Smith, of Cambridge Springs, Pa., is among recent arrivals at the Sanitarium.

Mr. and Mrs. S. L. Hoge, of Kenton, O., former patrons of the Sanitarium, arrived this week.

Mrs. L. Forks McFarland of Toledo, O., is visiting Miss Harris, who is a patient at the Sanitarium.

Mrs. M. A. Wells, Miss Laura Wells and Herman Wells, of Mauston, Wis., are recent arrivals at the Sanitarium.

Mr. Thomas H. Ruth, a prominent business man of Beamet, S. Dak., with Mrs. Ruth, is staying at the Sanitarium.

Mrs. J. Savery, who has been spending several weeks at the Sanitarium, left for her home in Des Moines this week.

The Rev. T. W. Woodside, who has been at the Sanitarium for the past fortnight, left the first of the week for Chicago.

Mrs. D. B. Holmes of Kansas City, has returned to the Sanitarium for a rest. Mrs. Holmes visited here three years ago.

Mrs. D. C. Russell and Miss Isabelle Russell, and Mrs. Ina Mead and son, of Bonham, Tex., are among this week's southern arrivals.

Mrs. R. B. Neely and daughter, Miss Alma Neely, former patrons of the Sanitarium, have returned. Their home is at Comanche, Tex.

Mr. C. S. Jones left Monday for his home in Stanford, Ill., for a short stay. Later he will return to join Mrs. Jones, who is a patient here.

Mrs. Richard Kerens, Sr., of St. Louis, who has been visiting her son, Richard Kerens, Jr., at the Sanitarium, returned to her home this week.

Dr. Ada Cook Owens left this week for Hamilton, Mont., to join her husband, Dr. Robert Owens, who has gone into private practice there.

Mr. D. K. Cornwell left on Monday for Cleveland, O., to spend a few days with his sister and celebrate his eightieth birthday.

Dr. David Paulson, of Hinsdale, spent Tuesday at the Sanitarium addressing the graduates of the Cornwall Business Institute Tuesday evening.

Mr. and Mrs. William Worthington, of Cincinnati, O., have this week been visiting their daughter, who is a patient at the Sanitarium. Dr. Julia Carpenter, a frequent visitor to the Sanitarium, accompanied them.

Mrs. M. S. Foy, superintendent of Nurses, and Miss Carrie Zahn attended the meeting of the Michigan State Nurses' association at Ludington this week.

Mrs. Mary Kirkman of Nashville, Tenn., who has visited the Sanitarium many times and has many friends here, returned the past week for a protracted stay.

Mr. G. W. Morrow of Detroit, State Superintendent of the Anti-Saloon League, and R. W. Holsapple, assistant superintendent, were guests at the Sanitarium over Sunday.

Mr. Frank Funk paid a short visit to his father and mother, Mr. and Mrs. B. Funk, at the Sanitarium, the past week, returning on Monday to his home in Bloomington, Ill.

An athletic entertainment was given in the Gymnasium Tuesday night which was enjoyed by a large number of guests and helpers. Solos by Mr. Andrew Wessels and a series of exhibits of gymnastic feats were given.

L. C. Coulon was the fortunate winner of the \$25 competition prize offered by the Good Health Publishing Company for the month of June. He turned in 54 subscriptions. Dr. A. J. Read won the second prize of \$10 with a record of 52 subscriptions.

Mr. G. Wilshire, editor and owner of Wilshire Magazine of New York, stopped off at the Sanitarium this week for a couple of days, en route to California. Mrs. Wilshire, who has been a patient at the Sanitarium for some weeks, accompanied her husband on his Western trip.

New officers of the Sanitarium Sabbath school elected for the ensuing six months are as follows: Superintendent, Wm. Robinson; Assistant Superintendent, Dr. C. C. Nicola; Secretary, Miss Onnie B. Durrie; Assistant Secretary, Dr. Loisa Elwell; Treasurer, G. H. Murphy; Chorister, Irving Steinel; Organist, Wm. Drever; Superintendent Primary Department, Miss Ella Neal.

The monthly meeting of the Sanitarium branch of the Woman's Christian Temperance union was held Sunday afternoon in the large parlor. State Supt. Morrow and Assist. Supt. Holsapple spoke briefly, telling of the advance of the work and how through affiliation the work could be furthered advantageously. A solo by Mrs. J. F. Byington added to the pleasure of the occasion.

Dr. Ethel Heynemann has been given the position of dietitian at the Sanitas Food Co., a position formerly occupied by Dr. Vanderort. Dr. Heynemann also instructs in physiology in the Domestic Science summer school.

Mr. John Bacon, a prominent realty merchant of Louisville, Ky., has returned to the Sanitarium for the summer. "I have been coming here for the past ten years," said he, "and although I have been all over the world, I cannot find a better place in which to rest and take treatment. I always go away feeling strong and well and filled with renewed energy—the diet, the surroundings and the treatments all appeal to me very strongly. During the last few years I have sent a great many people here, and they were all uniformly pleased. I think there is no health resort known so well to Kentucky people as the Battle Creek Sanitarium." Mr. Bacon has recently returned from a trip to China and Japan.

The Walking Club schedule for next week includes a number of interesting jaunts and interest in the exercise is growing with the advent of slightly cooler weather. On Monday the club will take a trip around Spring lakes with one stop on the way with a story telling contest for prizes. Tuesday the club will have a ball game in Kellogg park. Wednesday the club will visit the Willard Library and Museum where Prof. Brigham will give a talk on minerals. Thursday the club will take a boat trip down the Kalamazoo River. If the weather is propitious this will be a fine trip, as the river is a beautiful stream, flowing down through a charming part of the country. The shaded banks on either side offer protection from the sun, and the winding course is full of surprises. The return will be made by interurban line. On Friday the club will walk to Goguwac Lake and return.

Season tickets for the Battle Creek Chautauqua for sale at the office of the Good Health Publishing Company, price, \$2.00. Mail or phone orders filled promptly.

Who rises every time he falls will sometime rise to stay.—Success Magazine.

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THE BATTLE CREEK IDEA

VOL. 1, No. 30.

BATTLE CREEK, MICH., JULY 9, 1908.

PRICE, 2 CENTS.

FOURTH CELEBRATED IN QUIET MANNER

Chapel Service and Orchestra Concert with
Patriotic Dinner Menu Form
Observance

The Fourth was very quietly celebrated at the Sanitarium. The fact that it was Sabbath day, coupled with the presence of many invalids, led the management to restrict the entertainment to an orchestra concert in the evening, which, with a patriotic religious service in the chapel in the morning, and a dinner menu with suggestions of the stars and stripes, comprised the observance.

Many of the guests took picnic dinners and went to some of the near-by lakes for the day; others had invited guests to dine with them. The dining room was handsomely decorated with red, white, and blue, and was filled with patients and visitors, many coming from some distance with their families to spend the day or stay over Sabbath and Sunday.

Pastor George C. Tenney gave the address in the chapel, which was preceded by music by
(Continued on page 2)

Treatment of Neurasthenia

Dr. Riley Tells of the Value of Neutral
Baths, Rest and Diet for Nervous
Patients

(Continued from last week)

"In the last number we called attention to the cold bath, its tonic effect on the body, and the manner in which it affects the different organs of the body. We also described somewhat at length the different changes which were brought about in the body and in the different organs of the body by the use of the cold bath. The particular form of cold bath which should be used in neurasthenia will depend upon the case, as the effect may be graduated from a very slight to a very profound impression, depending upon the temperature of the water and the length of time that it is applied. I know of no other remedy that meets all the conditions for treatment in neurasthenia so well as the short, cold bath.

"The other forms of bath that are used in the treatment of neurasthenia are the neutral bath and warm bath. The cold bath, as above stated, is used for its tonic effect. The neutral and the warm bath are used for their sedative effect. The neutral bath is one the temperature of which is the same as that of the skin, usually from 92 to 96 degrees Fahr. Its sedative effect is supposed to be produced by its cutting out all other impressions that may be made upon the body, so that the body is isolated or insulated away from the stimulating effect of whatever physical forces may act upon it through the air. The neutral bath is very useful
(Continued on page 6)

Plans of Y. M. C. A.

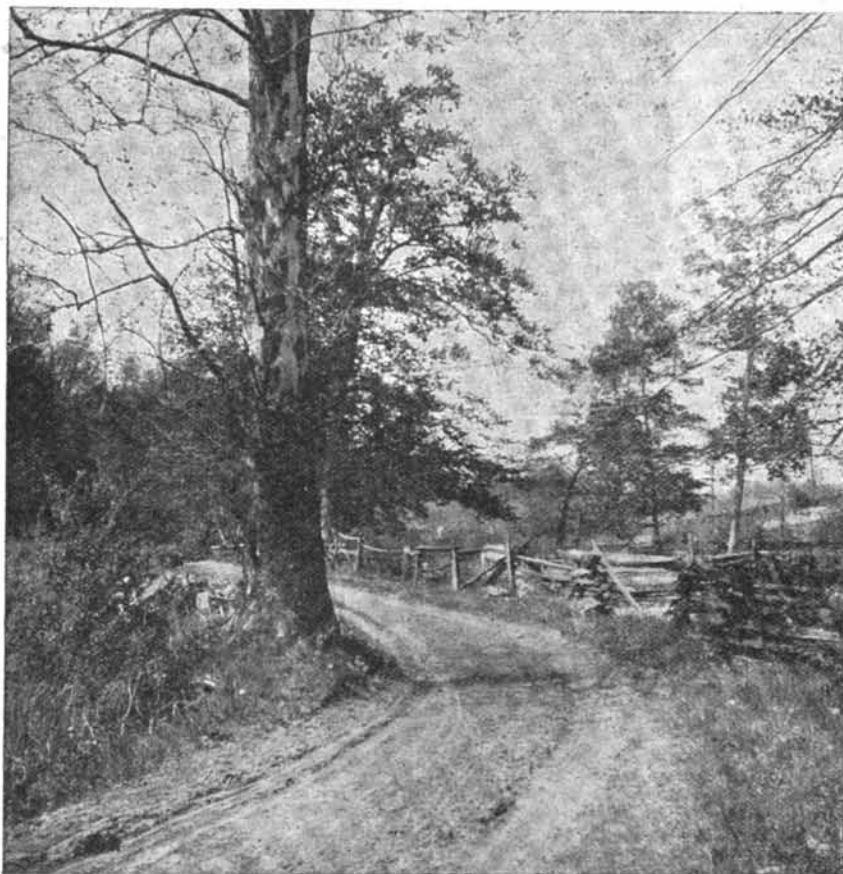
At the meeting of the committee on management of the Sanitarium Young Men's Christian Association held July 3, it was decided to invite Lester P. Fagan, of Des Moines, Ia., to come to Battle Creek and look over the field with a view of being placed in charge as department director. Mr. Fagan comes warmly endorsed by prominent Y. W. C. A. workers, among them W. M. Danner of the Denver Tent Colony, and it is hoped that he will assume charge in the near future. At present he is at the Lake Geneva (Wis.) Y. M. C. A. camp, and he will probably arrive at the Sanitarium the latter part of the present week.

Plans were made for special gymnasium classes for Y. M. C. A. members only, and a committee appointed to arrange for the establishment of a Y. M. C. A. tennis court and bowling green. The committee consists of Dr.

PRESSURE OF THE BLOOD WHAT IT INDICATES

Dr. J. H. Kellogg Tells How Pressure Is
Increased by Poisons in the
Body

Perhaps there is no part of the general diagnosis that is so mysterious to the average Sanitarium patient as what is known as the "blood test." When told that his blood-pressure is 110, the patient, until he has had it explained to him, may believe that he is in an alarming condition, when as a matter of fact the test shows a normal pressure. The pressure of the blood is one of the faithful indicators of the body's health, and the blood test is a part of the system of diagnosis of each patient on his arrival. He is not left in ignorance of the



A COUNTRY ROAD FREQUENTED BY THE WALKING CLUB

Colver, Messrs. Winjum, Wentworth, Rulon Smith, and Ripley.

Chairman Nicola and members of the membership committee reported a gratifying enthusiasm among those who have been approached in regard to membership and a large number have pledged themselves to join the association, which will soon be in active operation.

meaning of the term long; for, through the superior system of health education pursued at the institution, by means of health lectures, questions and answers, etc., all of the systems of diagnosis and treatments are made clear.

Recently a patient asked: "What is indicated when the blood pressure is 94.2?" Dr. Kellogg's reply may clarify the vision of many

Original from

UNIVERSITY OF MICHIGAN

PRESSURE OF THE BLOOD

others, and we give it in part as follows: "It indicates that you are still on the safe side of forty. There are two kinds of blood-pressure, —low blood-pressure primary, and low blood-pressure secondary. Ninety is within the normal limit. Ninety is the lowest limit, and 145 is the very top limit. The normal is about 98 to 105 or 110; 105 to 110 would be considered the best blood-pressure. That means the body is able to do its work at low pressure; that it requires only that amount of pressure to circulate the blood. The real significance of it is this; if we should open a blood-vessel and connect it with a column of mercury, the pressure of the blood would raise the mercury up into the tube ninety millimeters, just a little less than four inches. One hundred millimeters would be just four inches, so 100 means four inches. If, for instance, it were water instead of mercury in the tube, and the tube were connected with the blood, so that the blood was allowed to force itself up into a tube, it would rise six or seven feet; but mercury is the liquid used in these measurements because it is very much heavier than water, so it does not rise so high and it can be more easily measured. The normal blood-pressure, then, is one that is sufficient to raise a column of mercury about four inches high. That means that that amount of pressure will force the blood all around through the body. That is, if you had a vessel hung up on the wall seven feet high, and a tube connected with it, and should put that into the vein, it would drive the water, saline solution, or whatever it was, all through the body. It requires only that much pressure, not very much, but it is sufficient.

"When a person has a blood-pressure of 200 (I saw a lady to-day who had a blood-pressure of 285), that means it will take fourteen feet of water; that means we should have to put the fountain up seven feet higher to drive the blood through the body. There is obstruction somewhere, and a person with a blood-pressure of 300 would have to have the fountain elevated still higher to get pressure enough to make it drive the blood through the body.

"So there is a great difference between high pressure and low pressure. The heart is the pump, and if the heart has to overwork, it finally fails, the blood-pressure begins to fall, and by and by it gets down to 150. The patient is not better when his blood-pressure falls that way; he is worse. He is giddy; he can not walk; he complains of confusion of mind and inability to concentrate his thoughts; he has numb sensations, crawling sensations about his body, sensations of heat and cold. His family begins to complain that he is irritable, cross; that his disposition has changed. Hallucinations may take possession of his brain. Then a stroke of apoplexy may follow. A blood-vessel has ruptured in the brain, because the blood-vessels have degenerated until they were not able to resist the pressure.

"In other cases there may be shortness of breath, blue lips. Examination shows the heart much dilated. An examination of the urine shows albumen and casts, Bright's disease, because the kidneys are congested. A congested stomach, inactive bowels, putrid stools, germs accumulating in enormous numbers,—the result is autointoxication, and poisons are absorbed into the blood, and the havoc in the arteries goes on more rapidly than before. This poisoning of the blood is the real cause of high pressure, of arterio-sclerosis. All these changes which result in the dilation of the heart, angina pectoris, in hardening of the arteries, in apoplexy, in Bright's disease, in enlargement and cirrhosis of the liver, and abdominal dropsy,—the real cause is this poisoning of the body through the absorption of toxins from the colon."

Fourth Celebrated in Quiet Manner

(Continued from page 1)



ELDER G. C. TENNEY

the chorus and the singing of "The Recessional" by Mr. Andrew Wessels, followed by "America," in which the entire congregation joined.

Patriotism was the keynote of the address, the speaker taking his text from Proverbs 14:34: "Righteousness exalteth a nation; but sin is a reproach to thy people." "I can not find any rebuke or reproach for the true spirit of patriotism," said he. "We look upon the Fourth of July as the birthday of our liberties. But it is not the birthday of our liberties only. The Declaration of Independence marked the beginning of a new period, the dawning of a new day. There was rising in the hearts of the nations a desire for a better life. The conditions that had marked the reign of George III were not peculiar to Great Britain, but were characteristic of the old idea of government of that age of oppression. These had reached a point where people could no longer endure them. Englishmen, as well as Americans, recognize the truth to-day of this assertion, and they deplore as much as we do the conditions which led to such a crisis, and recognize it as being the Providence of God which brought about the formation of a new idea of government. One of the evidences of this goodness is that God's love has preserved for us this beautiful land, inhabited up to a few hundred years ago by only a few wandering tribes. It was held apart from the Old World that a new world might be established in which the standard of freedom should be planted."

Pastor Tenney then outlined the wonderful resources which the American continent pre-

sented and still holds, touching upon the advantages which it possesses in climate, soil, minerals, rivers and lakes, forests, and last but not least, its people and its government. The people, he said, "were not gathered here as Englishmen, nor as Germans nor as Irishmen or any other individual nationality, but had come together in a vast nation as Americans." He then outlined a picture of the American government and of the principles embodied in the Declaration of Independence upon which it was founded, to which, he said, there were two underlying principles, the first declaring the equality of men, and the second a declaration of freedom of conscience. Speaking of righteousness as an attribute which the nation should strive to attain, he said, "Righteousness is an individual quality. Nothing can constitute a righteous nation but individual righteousness. The application of the golden rule will settle all our difficulties. Selfishness rules the mind of man, and every evil that threatens us at the present time is attributed to the infernal principle of selfishness."

He then referred to some of the evils threatening us at the present time, touching upon the race question, the threatened struggle between capital and labor, which was made more conspicuous recently by the attitude taken by President Gompers of the American Federation of Labor when the Republican Convention failed to insert in its platform the Unity Injunction Plan; the difficulties in both political and commercial affairs. The speaker showed that the golden rule rightly applied would dispel selfishness, which is responsible for these conditions, and remove the evils.

The following is the menu for the Fourth of July dinner, showing the system of calorie computation used at the Sanitarium:—

DINNER—Sabbath, July 4, 1908.

	Proteids [1]	Fats [2]	Carbo- hydrates [3]	Oz. Served	*Portions Served
Clear Tomato Soup	17	36	47	4½	1
Torpedoes	38	44	18	2½	1
Rice a la Carolina	13	63	74	3	1½
Pressed Vegetable Meat	40	70	15	1½	1½
Baked Potatoes	11	1	88	3	1
Cream Sauce	7	50	18	2½	1
Mashed Potatoes	9	25	66	3½	1
Baked Beans	32	38	105	3½	1½
New Turnips in Cream	6	13	31	3	½
Stars and Stripes Salad	4	30	16	2	½
Radishes	2	0	8	1	½
Whole Wheat (two slices)	24	4	122	2	1½
Graham (two slices)	20	9	121	2	1½
Entire Graham Bread	20	9	121	2	1½
Granose Biscuit (two)	10	1	64	½	½
Breakfast Toast (four pieces)	9	22	69	1	1
Fruit Bread (two slices)	20	8	122	2	1½
Butter (one square)	1	99	0	½	1
Strawberry Sauce	3	3	69	3½	½
Pear Sauce	3	4	93	4	1
White Clover Honey	1	0	149	1½	1½
Apple Juice	0	0	100	6	1
Caramel Cereal (one teaspoonful)	1	1	8	4	½
Cream (one pitcherful)	6	107	12	2½	1½
Sugar (one sugar-spoonful)	0	0	25	½	½
Cream and milk	22	142	36	6	2
Sanitas Cocoa (one teaspoonful)	13	89	23	5	1½
Certified Milk	23	67	35	6	1½
Hot Malted Nuts	54	144	102	2	3
Yogurt	28	5	42	6	1
Red, White and Blue Pudding	11	58	106	3½	1½
Red Raspberries	4	0	46	3½	½
Watermelon	5	4	67	8	½

To ascertain the number of calories eaten of each element, add the figures in first, second and third columns opposite the articles eaten, and put down the sums at the foot of the columns.

*A "portion" is that quantity of any food which contains 100 calories or food units.

PHYSICAL TRAINING IN TREATMENT OF DISEASE

Physical Director Winjum Gives Reasons
for Systematic Gymnastic Work

THE EDUCATION OF THE BODY

Physical training is now a science. It is an education whereby every part of the body is properly exercised, developed and made healthy. Throughout the body two important processes—waste and repair—are constantly going on. At every breath, at each raising of an arm, and at each internal action of the body (heart, lungs, etc.) some tissue is destroyed. The destroyed tissue must be removed and replaced by new tissue. The majority of ailments are caused by some hindrance or failure of one of these two processes.

Activity of every part of the mechanism of our bodies is the key-note of life. Let some stoppage of the construction and rebuilding processes take place, however insignificant, and pain and sickness will follow. The muscular system plays the greatest part in keeping the regular tissue changes at work. There are many reasons for this: (1) The blood nourishes every part of the body, the muscles driving the blood through its numerous channels. (2) Breathing, which takes oxygen to be absorbed into the blood, is a muscular action. (3) Blood making and mixing is carried on by muscular effort. (4) Digestion of food is aided by muscles around the stomach and other internal organs through which food passes. (5) The carrying away of refuse tissue is another duty of the muscular system.

So it is that by muscular exercise judiciously applied to the affected parts almost every ill may be relieved or cured. Scientific physical training is the best cure for faulty digestion, sluggish liver, kidney or stomach troubles and all subsequent ill effects. Failure of the nervous system is accountable for many of civilization's latter day scourges. Under this heading come insomnia, debility, headaches, melancholia, hysteria, neuralgia, paralysis, sciatica, lameness, loss of vigor and other diseases. There is a close affinity between the muscular and nervous systems,—the motor and sensory nerves—so that by means of rightly directed muscular action, all of the above nervous troubles may be relieved and cured. Muscular troubles, it will be readily seen, are most easily cured by judicious exercise. Under this heading come rheumatism, lumbago, pain in the back, sprain and inflammation of the joints. Not the least of the benefits obtained by scientific training is the correction of physical defects. The principle of a strong set of muscles is to bunch up and bring the extremities nearer together. This using of one set and neglecting others is the cause of many physical defects.

The arm flexed, neck and calf should measure the same. There should be a difference of six to eight inches between the calf and the thigh, thigh and waist, waist and chest inflated. A thin neck generally means flat chest, threatened lung trouble, uncertain voice, and the throat is affected with catarrhal troubles on the slightest provocation. Drooping head is caused by the muscles of the front of the neck becoming stronger than the back neck muscles. Many occupations produce this condition. Narrow shoulders may mean less breathing space in the top of the lungs. Tubercular trouble usually begins in the top of the lungs. Every

year thousands die of consumption. One of England's greatest physicians said, "Nine consumptive cases out of ten would have been prevented if proper attention had been given to the development of the chest and lungs." (Proper breathing.)

Round shoulders usually result from mechanical work, and even many of our games and athletic sports have a tendency to develop the front chest and arm muscles more than the corresponding muscles of the back. The front muscles, becoming stronger, contract with more force than the back muscles, and thus pull the shoulders forward and cramp the chest. The heart is a muscular organ and may be developed and strengthened by judicious exercise.

Cold Hands and Feet.—The extremities will get little benefit from the blood if the arteries and veins are small and weak. Exercise is the only thing that will strengthen these ducts or enlarge the channels. Exercise increases the force of the pumps.

Weak Stomach.—By developing the superficial and internal muscles of the abdominal organs, all tendency to stomach troubles may be prevented.

Spinal curvature, however acquired, whether by weakness in childhood or by the occupation, may be completely cured or very greatly remedied by proper exercise.

Pain in the back or supposed kidney trouble usually comes on after a person has been bending over or after work in a stooping position. In the majority of instances, it is an indication of muscular weakness only, and if light, gentle exercise be taken to strengthen these muscles of the lower back, the pain will gradually disappear.

By special hanging and stretching exercises, cartilage between the vertebrae of the spine may be separated, thus allowing development of the cartilage between them and a person gradually grows taller.

To Increase Weight.—When a part of the body has been used, waste and renovation quickly proceed, and the part used increases in size. If you allow the body to rest, the excess of blood being withdrawn, the part returns to nearly its size before it was used. By exercising a short time two or three times each day, the increased action of the blood vessels does not sink so low during each period of rest; and thus nutrition of the part used exceeds the waste. This is the true way to build the body so that it will increase in size and strength.

In reducing weight, the waste must exceed the nutrition, or tissue must be torn down faster than it is built up. Work harder, eat less, drink and sleep less. One should have an examination first.

Bow legs generally result from lack of development on the inside of the thigh, which produces a greater growth of bone on the outside of the knees. Muscles on the inside of the thigh should be developed.

Knock knees are generally produced by undeveloped muscles on the outside of the thigh, resulting in an enlargement of bone on the inner side of the knee. So in this case the muscles inside of the thigh should be developed. Before a man or a woman takes up a line of exercise, he or she should have a medical and physical examination and strength test. These examinations reveal the entire physical condition—its deficiencies and defects. The heart and lungs should also be examined. This gives teacher and pupil an intelligent idea of the exercise necessary, and renders the work safe by the prescription of only suitable exercises to each individual.

Vital Thoughts.—He who has good health is young, whatever his age may be. Nature always goes for a long life and good health if we obey her laws.

In Prov. 3:1, 2 God says, "My son, forget

not my law, but let thine heart keep my commandments. For length of days, and long life, and peace, shall they add to thee." God's laws are all the laws that rule the soul, the mind, and the body.

The best preventives of consumption are fresh air, sunshine, judicious bathing, nutritious food, cheerful company and wisely directed exercise. The best medicines for nervous troubles are fresh air, sunshine, quiet, cool bathing, light breathing exercises, and slow muscular movements.

Don't spend all your time developing muscle. Strive to be something more than a mere animal. Develop the other side of threefold nature. Attend the religious services of your church or of the Young Men's Christian Association. Take up some line of intellectual study (Bible study). It will develop brain power. You will think and work better. The world to-day needs strong, educated and spiritually developed young men and women.

After forty years of age, exercises that put great strain on the vital organs must be abandoned for more prolonged and slower work. The one-sidedness of almost all sports and mechanical acts of life causes many cases of spinal curvature; and to prevent it, regular, equal and similar use of the other arm, leg or side of the body is necessary.

Many of the troubles from which adults suffer are due to impaired muscular vigor, and gentle exercise will relieve much of this suffering, thus giving the man of fifty the vigor of one at thirty. Remember:—

"We are weak since it does not occur to us that we would be strong if we would."—*Guts Muts.*

"All the time and money spent in training the body pays a larger interest than any other investment."—*Gladstone.*

"The fact is that all breaches of the laws of health are physical sins. When this is generally seen, then, perhaps not till then, will the physical training of the young receive all the attention it deserves."—*Herbert Spencer.*

A. R. T. WINJUM.

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THE DRUG SODA FOUNTAIN

The soda fountain has so long been associated with a drug store it seems to have gotten into the drug habit, and in moving out into new fields has carried the drug store with it. The long-suffering and much-abused public are not yet aware of the extent to which they are being medicated and drugged at the innocent-looking soda fountain. But Dr. Wiley is after this pernicious business with that big stick of his, the poison squad, and the public will soon begin to get information of a startling character.

Something is known already of the poison tipples which are retailed under the guise of foaming sodas. One of the worst of these, perhaps, is the so-called Coca-Cola. One often sees displayed on the billboards in enormous, flaming letters, "Coca-Cola, 5 cents, Relieves Fatigue." Any intelligent person ought to be afraid of anything which promises such cheap relief for fatigue. There is only one remedy for fatigue, and that is rest, either with or without sleep. Nothing else can relieve fatigue, —just as there is but one remedy for thirst. Nothing else but water can possibly relieve thirst. There may be other things mixed with the water, but it is the water itself and water only which relieves the distress of thirst. If a person who is tired takes a glass of Coca-Cola and feels rested, it is not because he is rested, but because he is deceived by a drug into thinking that he is rested when he is not rested. Nobody is likely to be benefited by such deception. On the other hand, every one who permits his money to be used in this manner must sooner or later suffer serious consequences.

The sense of fatigue is an instinct which stands on guard like a sentinel. When work is done or effort made, the result is wearing out or tearing down of portions of the living structures. Poisons are formed which can only be tolerated in small amounts. When the limit of safety is reached, the nerves of fatigue demand an arrest of effort. This demand is expressed in the sense of weariness or tiredness which, carried to the extreme degree, becomes exhaustion. There are many drugs which paralyze the nerves of fatigue, and thus, for the time being, obliterate the sentinel instinct. All such drugs are highly dangerous, not only for the reason that by paralyzing the sense of fatigue, they lead to a continuation of work or effort far beyond the danger point so that irreparable injury may be done, but also because they are each and every one of them deadly poisons

capable of producing immediate death when taken in more than small quantities. Alcohol, tea, coffee, cocain, opium, and a variety of other drugs belong to this class. The cocoa leaf, the cacao bean, the cola-nut, are other members of this family of pernicious drugs.

Coca-Cola, according to Dr. Wiley, originally contained cocain, and without doubt was a means of developing the cocain habit in numberless persons. It has recently been discovered that in the South the cocain habit is rapidly growing among negro waiters and other persons of this class, doubtless one of the fruits of the drug soda fountains. The manufacturers have been compelled to omit the cocain, but the product which is at present being retailed is a miserable and dangerous concoction which ought to be interdicted. We are informed by reliable authority that, as made at present, Coca-Cola consists of a decoction of coca leaves, a brown mixture to give the desired color, and caffen. The amount of caffen contained in a glass of Coca-Cola as dispensed at the soda water stands is twice that found in a cup of strong coffee. Caffen is a poison. Even when taken in ordinary tea and coffee, it produces toxic effects, although it is possible that these effects may be to some degree antidoted by other substances found associated with it in tea and coffee. Taken by itself it is unquestionably a deadly poison.

Dr. Wiley has set his poison squad at work upon Coca-Cola and is making a careful study of their physical condition. In thirty days it will be certainly known just what deleterious effect Coca-Cola exercises upon the body when taken regularly, as many persons have formed the habit of doing. The preparation and sale of such a thing as Coca-Cola, capable of doing such mischief, of fostering such pernicious habits, is a crime which ought not to go unpunished; and it is to be hoped that the law-makers will soon find a way for suppressing this evil business.

The best advice we can give our readers is to keep away from the soda fountain altogether. Why not prepare your own soda water? Siphons of pure water charged with carbonic acid gas may be obtained in any city. Delicious syrups of any desired sort may be prepared from the juices of fruits with the addition of a little sugar, honey, or Maltose (malt honey). Such carbonated drinks are innocent and wholesome. In using them one knows the syrup is pure, and if the siphons are obtained from a reliable druggist, he need have no anxiety with reference to the purity of the water.

Adversity is sometimes hard upon man; but for one man who can stand prosperity there are a hundred that will stand adversity.—*Carlyle*.

I WOULD not enter on my list of friends,
Though graced with polished manners and fine sense,

Yet wanting sensibility, the man
Who needlessly sets foot upon a worm.

—*Cowper*.

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DOMESTIC SCIENCE DEPARTMENT

Summer school students in the Domestic Science department were given a lesson in correct serving this week that was replete with suggestions to the average housekeeper who has not made a special study of the "whys" of doing things in her own household.

The waitress was told that the care of the dining room was an important part of her duty; that the windows should be opened the first thing in the morning and the room well aired; then if it be winter, the heat should be turned on, the temperature being regulated from 67 degrees to 71 degrees according to the desire of the mistress. Care of the polished table was emphasized and the proper way of removing dishes and stacking them for washing together with a discussion of the proper sort of towels for china, glass, and silver.

The recognized rules for serving were then impressed upon the students, who were given a practical demonstration. We append the rules:—

Cold foods should be served on cold dishes. Hot food on dishes that have been warmed.

Dishes which admit of choice should be passed at the left of the person served, while those which do not admit of choice (the main dishes of the course, soups, salads, etc.) should be placed at the cover from the right. Plates should be removed first in clearing after a course, then food, then clean dishes, carving cloth, salts, etc. Everything relating to one course only should be removed at the end of that course.

The table should be in the center of the room. The cloth should be laid smooth with the center crease in the exact center of the table. It should be laid over a heavy silence cloth. A centerpiece, if used, should be placed exactly in the center of the table. The one idea to be carried out is symmetry. Set the table with as few dishes as possible. The napkins should be folded and placed at the left of the plate. Doilies should be placed under fingerbowls on plates and bowls filled one-third full. Doilies should be placed on the little serving trays. If a bare table is used, have a doily under each plate and under all hot dishes to preserve the polish of the table. A napkin should be folded about a hot baking dish unless there is a regular receptacle for it. When very hot dishes are to be passed, a folded napkin is placed under the dish, which is passed without the tray.

Knives should be placed the sharp edges toward the plate at the right in the order used (to be used from the outside toward the plate). The butter knife is placed on the bread and butter plate. Spoons are placed on the right, bowls up in the order used; forks placed at the left, tines up in the order used. Glasses should be placed on the right side, usually about opposite point of knife blade. Fill three-fourths full just before the meal is announced. Watch and fill between courses. Fill the carafe and keep filled during the meal. Napkins are placed at the left with folded edges parallel with the table. Individual salts may be used, and should be placed directly in front of the plate.

Pass the vegetables at once with folded napkin under each dish. Pass the bread and butter together, offering the butter first, and then the bread. Crackers and cheese are served together, the cheese from the tray. Sugar and salt may be on the table. Water

and milk should be kept on a small side table. As the hostess serves the beverage, the cups and saucers and the sugar bowl should be at her left, while pitchers of cream, hot milk, and hot water should be at the right.

JULY GOOD HEALTH OUT

The July number of GOOD HEALTH is fresh from the press with its customary supply of interesting health literature. The valuable editorials by Dr. J. H. Kellogg, the question box, open to all subscribers, and several long articles of value on the home and the care of children combine to make it a splendid number.

DISPENSARY REPORT FOR JUNE

The Sanitarium dispensary submits the following report for the month of June: Consul-

tations, 232; bathroom treatments, 276; outside calls, 83; physical examinations, 13; nurses' calls, 113; treatments at home, 18; office treatments, 21; Swedish, mechanical, 5; phototherapy, 19; operations, 3; surgical dressings, 18; garments received, 64; garments given, 30.

WALKING CLUB SCHEDULE

The Walking club's schedule for next week is as follows: Monday, a four-mile walk across country through the woods; Tuesday, a visit to the piano factory, two and a half mile walk round trip; Wednesday, base ball game in Kellogg's park; Thursday, a walk across country and around Spring lakes; Friday, walk to Lake Goguaac returning by car.

The first use of a menu at a banquet in Germany dates back to 1849.

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TREATMENT OF NEURASTHENIA

(Continued from page 1)

ful in relieving the troublesome insomnia so prevalent in cases of neurasthenia. The patient should enter the bath just before bedtime and remain in it from fifteen minutes to half an hour. In some cases the patient may remain in it even an hour or longer, and in certain extreme nervous conditions patients have been kept in the neutral bath for five, six, or more hours, or until results were produced. As a rule, fifteen minutes to half an hour is sufficient. In coming from the bath the patient should go immediately to bed; the room should be quiet and free from everything of a disturbing nature, and the patient usually falls asleep in a short time. If the patient awakens during the night, the bath may be repeated two or three times or even more through the night if necessary to produce sleep. The neutral bath is a very simple remedy, but one of exceedingly great value if properly used. It not only produces sleep, but it may also be used in relieving such distressing nervous symptoms as prickling, crawling, or unpleasant sensations in the skin or troublesome pains of any kind.

"Sometimes the warm bath may be used to better advantage than the neutral bath. It also is sedative in its effects. The temperature of the water should be from 98 degrees to 100 degrees. The head should be kept cold while the patient is in the bath. This warm bath acts somewhat differently from the neutral bath. The warm water dilates the peripheral blood-vessels and so invites the blood into the skin, away from the brain, spinal cord, and nerve centers. In certain cases the warm bath has a more sedative effect than the neutral bath. I have often used it with very great benefit for excessive nervousness with hyperemia of the brain or spinal cord. The withdrawal of the blood from these nerve centers lessens the irritability, relieves the distressing symptoms, and produces sleep. As with the neutral bath, after the warm bath the patient should immediately get into bed. The room should be quiet and the surroundings as conducive as possible to sleep.

"These three forms of bath—the short, cold bath, given according to some of the ways already described, the neutral bath, and the warm bath—are perhaps the principal ways in which hydrotherapy may be used in the treatment of neurasthenia; but in addition certain local applications of heat and cold are often very helpful in treating neurasthenia. For instance, the alternate hot and cold application along the spine has a very beneficial effect. It frequently relieves nervous symptoms of various sorts. It apparently changes the circulation of the blood through the spinal cord and improves the nutrition of the nerve tissue of the cord. The alternate hot and cold percussion douche may be applied to the spine for the same purpose, and the alternate hot and cold Scotch douche or spray douche may be applied over the entire body with very excellent results. This sometimes has a very decided stimulating effect, and patients almost always express themselves as feeling decidedly better after the use of these douches either to the spinal cord or over the body generally. The percussion douche, of course, is usually applied over the spine and other important organs, like the liver and stomach. In addition to this, fomentations over the stomach or liver may relieve congestion and pain of these parts. They may also increase the function of the stomach and liver and other organs over which the heat is applied.

"Rest has, for many years, been regarded as a very important therapeutic agent in the treatment of neurasthenia. The so-called 'Rest

Cure' was made popular in this country some years ago by Dr. S. Weir Mitchell of Philadelphia. Dr. Mitchell treated cases of neurasthenia and hysteria by what he styled the 'Rest Cure.' He placed the patient in bed for six weeks, usually overfed him or fed him more than the appetite called for, on a milk diet, and gave massage and electrical treatment. The patient was completely isolated from his friends, and no one was allowed to speak to him except the nurse. The nurse was instructed to do everything for her patient, even to feeding and making the toilet. This system, in many cases brought very good results.

"There are some objections to it, however. In my own experience I have found that I could not follow this system of Mitchell in all cases with very good results. Men, particularly, do not like to be shut up in a room and kept there for weeks. Sometimes the mental disturbance in such treatment does more harm than the rest does good. Yet, there are cases where the 'Rest Cure' system as recommended by Mitchell is applicable and secures very good results. In my own experience I have used a modified form of the rest cure in many cases, having the patient go to bed early and get up late, and take two or three hours' rest during the day. This often works very well. In some cases the patient should sleep out of doors, both day and night, so far as possible. The patient can be outdoors in a wheel-chair during the day, getting the benefit of the sunshine and air, and having the advantages of rest as well. The purpose of this rest, of course, is to take as much work as possible off from the nervous system. The 'Rest Cure' system tends to lessen this expenditure of nerve energy as much as possible and to encourage and facilitate the building-up processes which go on in the nerve cell and nerve fiber during rest. Consequently it is a very valuable remedy in certain cases. Its manner of use, as before indicated, may be various, and should be adapted to the needs of the particular case in hand.

"I must not neglect to say a few words with reference to the abuse of rest as a curative measure in the treatment of neurasthenia. Some cases suffer from a profound and constant sensation of fatigue and weakness. It often leads the patient to conclude that it is impossible for him to walk or move about, to use his arms, or in fact, to do the very simplest muscular movements. Because of this sensation of fatigue these people very often remain in a wheel-chair or in bed week after week, month after month, and even year after year. In previous articles I have already referred to the case of a man who was confined to his bed eleven years with this disease, but who, under proper treatment and proper training, was induced to leave his bed and finally was able to walk about and do all muscular work as well as any one.

"Cases like this, who develop the habit of remaining in bed or in a wheel-chair for a long time, of course, are not suitable cases for the application of the so-called rest cure treatment. They have already had all the benefit that can come to them from rest, and what they need is exercise, and not rest. As a rule the neurasthenic who has been resting in bed or in a wheel-chair for three months, should be encouraged to walk and move about and take mild exercise, which should be gradually increased until he recovers his usual muscular strength.

"Another important physiological remedy in the treatment of neurasthenia is the proper regulation of the diet. In neurasthenia there is usually more or less disturbance of the digestive tract. The nature of the disturbance varies with different cases, and before the treatment of any particular case is begun a careful study should be made of the digestive system. There should be an analysis of the con-

tents of the stomach, and a careful analysis of the fecal discharges.

"Foods that are easily digested and nutritious should be selected. The excessive use of meat and proteid foods should be carefully proscribed, and here the physician is permitted to exercise his skill and judgment in selecting the amount of proteid that will be best suited to the needs of his patient. In recent years we are learning from science that a less amount of proteid is necessary to properly nourish the adult body than was formerly thought. According to Chittenden, about one-tenth of the total intake of food should be proteid, or about two hundred calories per day for the average adult individual; but the amount necessary for any particular case, especially a case of neurasthenia, varies. If the patient is extremely thin, anemic, and needs to have the tissues built up, then a larger amount of proteid should be taken. It is a fundamental principle in physiological chemistry that the more highly organized tissues of the body, such as nerve, muscle, and gland, can not be built up without food tissue which contains the same chemical elements as do these highly organized tissues. Consequently, the proteid elements of food form an important part of the dietary in these cases. On the other hand, if the patient is well nourished, and is exceedingly nervous and irritable, restless and sleepless at night, then the proteid element of the food should be kept at a minimum, because the proteid elements tend to stimulate and irritate when taken in excessive quantities. A fair amount of dextrinized foods, such as zwieback, breakfast toast, flake foods and foods of this class may be taken in moderate amounts. Green vegetables and fruits are also good. Fats are also indicated for those who are thin in flesh, but in prescribing any of these different food elements, no general rule can be laid down. Each case must have the diet list made out to meet its particular indications. Buttermilk, kumys, and Yogurt may, as a rule, be taken with good results."

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Chautauqua Lecturers Return

Dr. Carolyn Geisel and Mrs. Minnie Emmons Tell of Successful Series of Health Lectures

Dr. Carolyn Geisel and Mrs. Minnie Emmons returned the first of the week from their southern trip where they gave a series of lectures at Chautauquas in Arkansas. Dr. Geisel's health is greatly improved by the few weeks spent among the Ozark mountains, and the success with which the lecturers met is most gratifying to both speakers.

"We found the southern women wildly enthusiastic," said Mrs. Emmons, "and our classes grew from a mere handful at first till they nearly filled the large auditorium. It was not alone the women who came, but the men and the young girls. The mothers told us they could not keep the children away, that there had never anything come to the town that had taken such a hold upon them. They grasped eagerly at every new thought and the Battle Creek system of diet and the principles of health seemed to be a revelation to them. The southern women are just awakening to the subject of home economics and heretofore their facilities for learning have been very limited. Our lectures were the first of the kind that had ever been given in the town of Fayetteville and they have urged us through resolutions and many personal letters to return again and teach them."

A striking instance of the power of example is told by Mrs. Emmons: "The first few meals I ate at the hotel I suffered severely from the effects of the great quantities of pepper used in all the foods. My throat and stomach seemed sore. We had not been there long before it was noticed that we ate no meat and drank no tea nor coffee and did not take condiments. After the second lecture—one on the preparation of vegetables, in which we emphasize the evil effects of the use of pepper, I began to notice a conspicuous decrease in the amount of pepper used in the food at the hotel. It kept on decreasing for several days until toward the last not a particle was used on the food before it was brought to the table. It was very gratifying to see a lesson learned so quickly."

Another illustration of "how far a little candle throws its beams" is shown in this incident: a gentleman at the hotel at which the Sanitarium representatives were staying became interested in the work, investigated the principles and as proof of his conviction that they were right gave his daughter into their care to return to Battle Creek with them. She will take the summer school of domestic science and in the fall enter the medical course at the American Medical Missionary College.

YOGURT

Yogurt is an oriental milk ferment which has been used from the time of the patriarchs. The secret was discovered by Grigoroff, a Swiss bacteriologist. Experiments by Metchnikoff and Tissier showed that this ferment, when used habitually, is able to drive out the poison-forming bacteria from the intestines, and thus removes putridity and combats intestinal auto-intoxication. Yogurt may be used for the preparation of *leben*, the famous Egyptian milk preparation which in Paris and other European capitals has taken the place of kumys, kefir, buttermilk, and other fermented milk preparations.

The habit of happy thought would transform the commonest life into harmony and beauty.

ARRIVALS

The list of arrivals for the week ending July 7 is as follows: E. W. Murphy, N. Y.; A. J. Hill, Mo.; George Kent, Fort Williams; J. W. Jackson, Mich.; Mrs. R. O. Campbell and child, Ga.; Miss Clara Wimholly, Ga.; A. W. Bowdre and wife, Ark.; Mrs. F. M. Shephero, Wis.; Miss Frances Smith, Wis.; W. B. Allen, Miss.; Dr. and Mrs. David Paulson, Ill.; Mrs. G. L. Ellis, Ga.; M. Piazza, Miss.; G. A. Filley, Anna Johnson, Mich.; O. Wadland, Pa.; J. W. Crites, Miss Ethel Crites, O.; Mrs. Ravenna Lee, B. G. Lee, Tenn.; L. J. Ashby, Ark.; A. Gertrude Anthony, Cal.; G. A. Harvey, Ark.; S. S. Singer and family, Mont.; Mrs. D. M. Smith, Wis.; B. A. Mandelbaum, Pa.; Charles A. Menter, N. Y.; W. Lafayette Savay, N. Y.; A. M. Herscher, W. Va.; Kathleen Steinbouer, W. Va.; G. G. Grums, Mich.; William B. Lavinia, Ill.; T. J. Norton, Ill.; R. G. Ferguson, Mich.; Mrs. S. S. Burton, Pa.; Mrs. A. Harris, Minn.; Ethel Harris, Minn.; Mrs. D. Burton, Minn.; Mrs. A. Morgan and daughter, Ill.; John R. Woller, Ia.; Dr. S. E. Donovan, Mass.; O. U. Schairer and sister, Mich.; S. Fried and wife, Mass.; Mrs. M. Myer and maid, Ala.; Mrs. I. and Miss Nellie Penoyer; E. L. Hollingworth, La.; N. L. Baumgardner; F. B. Hall, O.; James B. Scott, O.; Mrs. J. G. Siegel and daughter; Dr. J. G. Shamiel and wife; L. B. Grafton, Colo.; Mrs. A. L. Calder, R. I.; R. E. Maxwell, N. J.; Sam Blumenthal, Mich.; F. M. Cosner, Conn.; Miss Alice Rohal, Md.; Mrs. Manjoitt, Ill.; Miss H. Richardson, Mo.; Mrs. William Barth, Colo.; Mr. and Mrs. Joseph Haag, Mo.; F. G. Betts and wife, Minn.; George M. Kellogg, Mo.; Edith Hobbs, Mo.; Mr. and Mrs. B. C. Stephenson, D. K. Stephenson, Ind.; R. H. Lidsbotham and family, Korea; Ione Gould; Ill.; Mrs. Josiah Evans Cowles, Cal.; Luther Baker, Mass.; Mrs. Edward Van Tuden, Mich.; J. H. Kurtz, Pa.; Florence Edwards, Mrs. Abbie Edwards, Ia.; D. B. Blummenthaler, Mich.; H. C. Elliott, Ill.; E. J. Smith, La.; Mrs. Charles F. Fishback, Ill.; J. C. Talley, Miss Nellie Talley, Ala.; Mr. and Mrs. J. C. Moore, Miss.; Mrs. D. Edwards, Okla.; Viola Albright, Okla.; R. H. Kirkpatrick, Tenn.; O. B. Baumster and wife, Ind.; Mrs. Bates Stephens, Md.; B. K. Burdum, Md.; Mae Hause, Ill.; C. L. Kurtz, O.; Samuel Kauffman, O.; Mrs. Lillie Frankel, La.; Hubert H. Frankel, La.; L. Stephenson, Verne Stephenson, Ind.; Miss Emma Pryor, Tex.; Mrs. B. M. Banks, Pa.; Miss Clyde Banks, Pa.; Mrs. F. W. Schauste, Mo.; Mrs. J. M. Breckenridge and three children, Mo.; Miss Alice Wilson, Ga.; Lucy E. Hammond; Mrs. M. C. Alloway, Tenn.; Miss Elizabeth Gay, Tenn.; Mrs. S. L. Draie, Pa.; H. B. Boomer; Mrs. T. Sigman, Ia.; P. M. Hanney, Ill.; Mrs. E. Helmes and daughter, Ill.; Mrs. R. E. Filson, Ill.; A. L. Hirsell, U. S. Hirsell, Mo.; Mrs. Ragana Olson, Tex.; Mr. and Mrs. J. S. Glenn, Okla.; Nell and John Kline, Okla.; C. L. Garber, Okla.; B. Marre, O.; Ernest E. Race, N. Y.; D. C. Barton, Miss.; E. Buroker, Mich.; Mr. and Mrs. Victor Thrane, Ga.; Miss P. J. Reuden, Ill.; Mrs. D. L. Thomas, E. B. Ezell, G.; James C. Palmer, Mich.; Mrs. L. F. Krammer and son, Okla.; M. F. Horine and daughter, Ill.; D. M. Turner, Ill.; Mr. and Mrs. E. E. Kent, Wis.; J. B. Byrne, Mo.; Dr. C. E. Powell, Ill.; Mrs. Gaylor Wood, Ill.; Thomas Bracken and wife, Ill.; Helen Marion Baker, N. Y.; Mrs. Clara Spitter, O.; Alice Maguire, O.; H. Hadrick, Mich.; Mrs. Charles E. Fowler, Ind.; Mrs. William Redd, Ala.; Mrs. Nina R. Smithgate, Ala.; Arthur S. Phil, Mass.; T. J. Wisecarver, Pa.; Miss M. W. Spencer, Md.; A. J. Hood, Miss.; I. N. Bushong; Mrs. E. L. Olds, Ill.; Mrs. E. F. McFadden, Ill.; Miss Mabel Fontain, Kan.; Mrs. W. Y. Morgan, Kan.; L. E. Damron, city; J. M. Kaiser, Ill.; John A. Chamberliss, Tenn.; J. Fowler, St. Thomas; Manfred E. W. Williams, Tex.; Mr. and Mrs. Edward Blondell and baby, N. Y.; Thomas J. Weidner, O.; Robert T. Carter, Ind.; E. S. Lyndon, Oscar Lyndon, Ga.; Emma Favorite, Alive Favorite, Ind.; John L. S. Mathier, Pa.; Ruth Hemenway; Mrs. W. A. Buntin, W. A. Buntin, Jr., Tenn.; Mrs. E. D. Kimball, Kan.; W. T. Noble and wife, Ind.; David E. Price, Thomas Moore; C. A. Van Nostrand, N. Y.; H. S. Hubbard,

Mich.; J. D. Houston and wife, Tex.; T. W. Woodside and wife, Portuguese, W. Arrica; Samuel Renler, Ill.; Mrs. W. T. Johnson, Dr. A. D. Greenwood, Wis.; Mrs. J. H. Percival, Ill.; Mrs. Irene Mays, Tenn.; Miss Jessie Mays, Ky.



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Sanitarium Laundry

PERSONALS

Miss Harriet Campbell of Atlanta is among recent arrivals.

Mr. L. Baker of Worcester, Mass., is among recent arrivals.

Miss Alice Wilson of Waycross, Ga., is among the week's arrivals.

Miss M. McCann of Pittsburg has returned for a few weeks' stay.

Miss Mabel Fontrain of Hutchinson, Kan., is among the recent arrivals.

Miss Emma Pryor of San Antonio, Tex., is numbered among the southern guests.

Mr. H. C. Elliot of Chicago, a frequent patron, is spending a few weeks at the Sanitarium.

A. J. Hood of Vicksburg, Miss., has arrived at the Sanitarium for rest and treatments.

Mrs. E. L. Olds and Mrs. E. T. McFadden of Havana, Ill., are among the new patients.

Mr. O. B. Bannister of Muncie, Ind., arrived this week for a short stay at the Sanitarium.

Mrs. H. H. Wefel of Mobile, Ala., has returned to the Sanitarium for the heated period.

Mr. and Mrs. Victor Thrane, of Chicago, were guests of Mr. and Mrs. Buek over the Fourth.

Mrs. L. F. Kramer and son of Oklahoma City, former patrons of the Sanitarium, arrived recently.

Mr. Edward Blondell and family of New York are at the Sanitarium. They will remain for the heated term.

Miss Margaret McLain, who has been at the Sanitarium for some weeks, returned Monday to her home.

Mrs. S. L. Drais of Pittsburg, Pa., a former patient of the Sanitarium, has returned for the summer months.

Mr. and Mrs. James Hoag, of Kansas City, Mo., have returned to the Sanitarium for a stay of several weeks.

Mr. Walter Kennard of Coldwater, Mich., a prominent business man of that city, is among recent Sanitarium arrivals.

Mr. M. E. Williams of El Paso, Tex., a former patient at the Sanitarium, returned the past week for rest and treatment.

Mr. and Mrs. J. S. Glenn and sister, Miss Nell Kline of Tuscola, Okla., have returned to the Sanitarium for the summer.

Mr. George M. Kellogg of Pleasant Hill, Mo., proprietor of the famous southern seed house, is sojourning at the Sanitarium.

Mr. M. B. Stephens of Denton, Md., is among the prominent guests at the Sanitarium. Mr. Stephens is State superintendent of public instruction for Maryland, and came to Battle Creek direct from the annual convention of the N. E. A.

Mrs. B. G. Brown, who has been recuperating here the past few weeks, has started for her mission field in Ceylon.

Dr. D. W. McCourt and family of St. Paul are visiting Pastor and Mrs. George C. Tenney. Mrs. McCourt is a sister of Mrs. Tenney.

The Rev. R. H. Sidebotham and family of Tusan, Korea, are the most recent addition to the missionary family of the Sanitarium.

Mrs. Shourta of St. Louis, a former patron of the institution, arrived recently, accompanied by her daughter, Mrs. J. M. Breckenridge.

The Rev. W. R. Boomer, of Chile, who spent some time this spring at the Sanitarium has returned for further treatment.

Mr. and Mrs. Benjamin F. Funk, who have been spending the month at the Sanitarium, returned Friday to their home in Bloomington, Ill.

Mrs. Sophia Fried, a former patient at the Sanitarium, returned last week accompanied by her daughter, Mrs. B. Blumenfeld of Starkville, Miss.

Mesdames E. J. Thomas, S. J. Budden and E. B. Ezell of Eatonton, Ga., were among the many southern visitors to arrive before the Fourth.

Dr. C. E. Powell of Polo, Ind., accompanied his patient, Mrs. Gaylord Wood, to the Sanitarium last week. Mrs. Wood will remain for treatment.

Mrs. William Redd of Birmingham, Ala., and daughter, Miss Nina Southgate, who spent the greater part of last summer at the Sanitarium, have returned.

Mrs. Thomas Cummings, missionary from India, who has been at the Sanitarium for some weeks, returned, much improved this week, to her friends in Talmadge, Ohio.

Mr. Montgomery Shepherd and Mr. Lloyd Shepherd, who have been at the Sanitarium for some weeks, returned to their home in St. Joseph, Mo., this past week.

Mr. M. F. Horine and daughter of Chicago are among this week's arrivals. Mr. Horine was the official statistician for the stockyards during their contest with the government three or four years ago.

Mrs. Bryson and daughter, Miss Virginia Bryson of Memphis, Tenn., bade Sanitarium friends good-by this week, and left for their summer home near Detroit. Mrs. Bryson was much improved by her stay here.

Mr. and Mrs. S. Ingram and daughter Gertrude and Miss Gertude Campbell, who have been making a protracted stay at the Sanitarium, left for Birch Lake, Minn., Wednesday to spend the summer.

The Rev. and Mrs. T. W. Woodside paid a brief visit to the Sanitarium the first of the week. They were en route to Oberlin from Chicago, and expect to start next month for Africa to take up their work in the mission.

Mr. Charles Crittenden, founder of the Crittenden missions of the country, who has been staying at the Sanitarium this month, left the last of the week for the Bay View Chautauqua where he will deliver addresses on the work. He will return to the Sanitarium.

NEWS NOTES

A spirited game of water polo was played Wednesday afternoon in the outdoor gymnasium, between the two rival teams headed by Captains Haylock and Winkler.

Plans are being made for a water tournament to be held in the near future. All guests and helpers will be eligible for entering and a fine list of prizes is promised.

Fifty members of the business office attended a picnic at Gull Lake on Wednesday. A special car transported the party, and the day was spent pleasantly on the lake, with sailing, bathing, and other sports.

Plans are being made for an entertainment to be held in the gymnasium next Tuesday evening for the benefit of the city Mission. Local talent will provide the program, which will be of a literary and musical nature.

Miss Ruth Hemenway of Bloomington, Ill., who delighted Sanitarium audiences a few months ago with her clever readings, will give a program in the Sanitarium parlor Saturday evening, to which guests and helpers are invited.

An enjoyable social was held on Wednesday evening on the college campus at which several hundred helpers were in attendance. The Sanitarium orchestra dispensed a pleasing musical program, and there were songs by Mrs. Ruthven, a violin solo by Miss Bonnie Core, and a short address by Dr. Kellogg.

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THE BATTLE CREEK IDEA

VOL. 1, No. 31.

BATTLE CREEK, MICH., JULY 16, 1908.

PRICE, 2 CENTS.

TALKS OF EVILS OF CONVENTIONAL DRESS

Dr. Kellogg Lectures to a Large Audience of Women on This Common Practice

THE FREQUENT CAUSE OF DISEASE

A large audience of women gathered in the Sanitarium Gymnasium Thursday evening to listen to the lecture by Dr. J. H. Kellogg on "The Evils of Conventional Dress." The lecture excited much comment, and as a result many women given to wearing the offending corset have discarded it altogether, and are taking vigorous courses of breathing exercises and gymnastics to ward off possible evil results after long-continued practice. During the course of the lecture the speaker had thrown upon the screen female figures showing perfect physical development and those which had suffered abuse, and others showing the proper positions of the various organs and the common forms of displacement, convincing proof of his argument.

"Ever since the days of Eve, the subject of dress has been the cause of anxiety and of grief and tears. Perhaps no other subject gives women more concern, unless it be the subject of their husbands.

"If we go to the eastern countries, to Egypt, Syria, or any part of the Orient, we find men and women wearing exactly the same costumes as were worn two or three thousand years ago. In Palestine, peasants working in the field wear the same costumes as did Abraham and Isaac and Jacob. An Arab camel wears exactly the

h as did Ishmael, his great forefather, three thousand years ago. At the present time it is only in civilized countries, especially the

civilized countries, that this matter of dress causes so much trouble and worry, and so much distress. But there can be no question that in civilized lands, this unnatural, unhealthful dress which has become conventional, is responsible for more diseases than almost any other one cause.

"There are other causes which are perhaps as great and as active, but this one cause is equal to almost any other. I am often asked to explain the evil effects of the corset on a growing girl.

"A woman who grows up in a corset is like a cucumber growing in a bottle. She simply assumes the shape prescribed by the latest fashion. What does that fashion monger in Paris know about what kind of shape a girl weighing 160 pounds in America should have? What does he know about how large bones she has; what does he know about her heredity?

(Continued on page 3)

Chautauqua and Home Coming

Splendid Opportunity for Guests to Hear Renowned Speakers and Entertainers

FINE MUSICAL ATTRACTIONS

Sanitarium guests are preparing to avail themselves of the very excellent opportunity to attend a ten days' session of Chautauqua



Wu Ting Fang

to be held at Lake Gogua, opening Friday, July 17. Special cars will run through to the Chautauqua grounds from the Sanitarium, and ample facilities for the guests' comfort after reaching there, have been arranged. The grounds are ideally situated on the banks of the beautiful little lake. The huge auditorium tent will be pitched on a rise of ground, back of the Sanitarium villa, and there will be fifty small tents for those who wish to take full advantage of the outdoor feature of the assembly. There need be no thought or care for the children's entertainment—the committee has arranged adequately for that. Mrs. Fuller Swift will be in charge of the Seton Indian

(Continued on page 6)

CHINESE DIPLOMAT GIVES LONGEVITY RULES

Eight Rules for Long Life Submitted to Boston Man on Request

MINISTER WU FLETCHERIZES

A dispatch from Boston says that Wu Ting Fang, Chinese minister to the United States, recently made the statement that he had discovered the secret of longevity, and specifically mentioned a period of two hundred years to which he expected to live through his system of diet. A Boston gentleman wrote to the diplomat for his "system," and the following eight rules were submitted to him. They will be of special interest to Sanitarium visitors and friends inasmuch as they conform entirely to the Battle Creek Idea, which he has followed for several years. Recently, when in Washington, Dr. Kellogg and Minister Wu lunched together at the home of Mrs. Henderson, and at this time the Minister Wu asked many questions concerning the more recent developments in dietetics, and expressed his determination never to depart from the non-flesh dietary. He is a reader of Battle Creek literature and an eminent exponent of the "Idea."

"1. I have given up my breakfast, taking two meals a day, lunch and dinner.

"2. I abstain from all flesh food. My diet is rice, whole-wheat bread, fresh vegetables, nuts and fruit.

"3. I avoid all coffee, cocoa, tea, liquors, condiments and all rich foods.

"4. I have given up salt, also, because it is found that salt makes one's bones stiff.

"5. I masticate every mouthful of food thoroughly before it is swallowed.

"6. I don't drink at meals, but between meals or one hour after meals.

"7. I practice deep breathing.

"8. I take moderate exercise.

"Yours truly,

WU TING FANG."

WALKING CLUB SCHEDULE

On Monday the Walking Club will take a trip to Spring Lakes, and on Tuesday to the Country Club. Wednesday there will be a ball game in Kellogg park. Thursday the party will walk to Gogua Lake and take a launch ride about the lake. Friday is set aside for a walk to Verona mills and a boat ride on the Battle Creek River to the Flowing Wells.

A handful of good life is worth a bushel of learning.—George Herbert.

ENJOYS LIFE; IS 111 OLD

Captain Diamond, a Vegetarian, the Oldest Man on Pacific Coast

From a San Francisco exchange comes an interesting account of the life of Capt. Goddard Diamond, who is active, healthy, and intelligent at the age of 111 years. He resides in San Francisco, and is said to be the oldest white man on the Pacific coast.

At the age of 107 he was stronger than most men half his years. For over forty years he lived an ordinary life, the only unusual things about him being that he did not use tea, coffee, or other stimulants. When nearly seventy he began to realize that there was a great deal to be got out of life yet. "You always get what you prepare for, and as most men expect to die at seventy or thereabouts, they educate themselves for death, live up to their belief, and it comes for that reason," said he.

Exercise and temperance in all things have been Captain Diamond's elixir of life. He contends that well-directed physical culture, aided by temperate habits, will build up and sustain a strong body. "In my own case," he says, "I found, when 104 years of age, my joints stiffening, so I went through a course of physical culture. It was hard and painful exercise at first, but gradually my muscles relaxed and my joints became limber, until by the time the course ended, I actually felt like a young man again." Captain Diamond is a strict vegetarian. "Not a drop of blood has been shed for me for sixty-six years," said he. "I cured myself of rheumatism and other old-age complaints at forty-two by leaving off meat-eating and using olive oil freely in my food; also rubbing olive oil freely on my body after bathing. I take a cold rub every morning immediately upon rising."

Captain Diamond's theory is that it takes very little food to feed the body, if one selects the proper food. He changes his food often, and does not use more than two different kinds at a meal. His diet includes cereals, fruits, nuts, and vegetables. He says: "I have lived this way for sixty-six years, and during all that time I have been free from pains and aches of every sort, and have been happy, too."

"At forty-two I was a nervous, feeble old man. But in those days I ate meat, filled my system full of acid and rheumatism, and trusted to the doctors to get me out of my misery." Examined recently by the head physician of St. Luke's hospital of San Francisco, he was pronounced a wonderful specimen—"a remarkable preservation of tissue, integrity and functional activity."

Some of the philosophic utterances with which Captain Diamond is credited are the following:—

"I've made it the rule of my life not to get in a temper. I've tried to be kind to those about me."

"I believe the Lord will provide for those who trust in him, but he expects you to hustle for yourself just a little. That's what I've done—hustled and kept on smiling."

How Meals are Served at the Sanitarium



Frequently guests at the Sanitarium comment on the efficiency of the service in the dining-room—the rapidity and the ease with which their wants are supplied and the courtesy of the waitresses. Few of them have an opportunity (or take it) to peep behind the scenes and see how perfection of planning has made the system possible. With from eight hundred to one thousand guests in the dining-room during the busy summer season, and one hundred and fifty waiters to supply their wants (which, because they are invalids and on a diet often, means much more attention to detail than in an ordinary hotel), the problem is no small one if all are to be pleased.

One of the first requisites is intelligence on the part of the young waitresses and waiters. For the most part they are young people working their way through school or college and their courtesy, their ability, and intuition is but a reflection of their general training and good breeding. The system of "no tipping" in vogue throughout the Sanitarium is maintained in the dining-room, and the service rendered is always from the heart and a desire faithfully to do their duty, with no lure of the shining dollar before them.

After the order is checked off the menu, the waitress takes it with her tray to the first serving room, where she places upon it, passing by counter after counter, the various cold foods, such as bread, fruit, butter, cream, salads, cold drinks, etc., each variety of food occupying a counter by itself and easily available. This part of the order being filled, the waitress then goes to the counter at which the chefs serve the soups, vegetables, eggs and other foods that require to be served hot to be palatable. The great vessels containing the foods are kept hot on the steam-heated counter, and back of each one is a chef who weighs out the portions, each representing 100 calories. He then places the food on the tray. The waitress then passes out of the door at the opposite side of the room from which she entered and goes on to her table, the entire transaction taking but a few moments and without vexatious waits or arguments.

YOGURT CHEESE

Yogurt Cheese is a health cheese prepared from sterilized milk by the aid of the *Bacillus Bulgaricus*, or so-called "friendly" germ. It resembles cream cheese in appearance, but is far more palatable. It is not only entirely wholesome and healthful, but actually aids digestion by combating auto-intoxication. It may be used by those who can not use ordinary cheese because of the great number of molds, yeasts, and various foreign germs which are always to be found in ordinary cheese. This is one of the most recent additions to the antitoxic bill of fare at the Sanitarium, and is proving very welcome and delicious.

PRAYER

"Speak to him thou, for he hears, and spirit with spirit can meet;
Closer is he than breathing, and nearer than hands and feet."

—Alfred Tennyson.

"I've got several good sound teeth in my head, and I reckon it comes from using them. I always chew my food slowly and take plenty of time at my meals and usually manage to get a lot of laughter mixed up with it. That's the best tonic on earth for the digestion—plenty of laughing at meal times. I've been at hotels and on the big ocean liners, and watched a lot of folks eating as if they expected to be hung for it. No wonder they have dyspepsia. I'd choke if I had to eat that way."

Captain Diamond is a bachelor. There was a romance in his youth, and he has held the memory of a young girl's grave sacred through all the passing years.

Season tickets for the Battle Creek Chautauqua for sale at the office of the Good Health Publishing Company, price, \$2.00. Mail or phone orders filled promptly.

EVILS OF CONVENTIONAL DRESS

(Continued from page 1)

The Creator of our bodies knew what shape they should have, and no fashion maker knows how to make any improvement.

"Take a girl twelve years old. We must begin to form her figure, as the modiste says, so that she will fit the coming fashions. But the fashions may change, and then she won't fit. So she has to be formed over again.

"When the straight front corsets came, the ladies had to make another change. I was glad to see the straight front corset, because it was really an improvement. It is the only improvement I have known of that has come along in fashionable ways in a good many years; but it did obviate a great many difficulties. Before that time women sat in rocking chairs and got humps in their backs, and dressmakers had to hide these deformities. The straight-front corset, by pressing in the ugly protuberance in front, pushed the hips back where they belonged, and brought out the chest; so it really has some advantage. But the straight front corset is not a thing to be recommended, because it fixes the muscles of the abdomen, and prevents development of the muscles of the trunk. Weakness of these abdominal muscles is the great cause of so many of the weaknesses of American women. Women are supposed to be the weaker vessel, and it is chiefly because of the weakness of these abdominal muscles; and yet, in one of the most important functions of womanhood, in childbirth, everything depends upon the strength of these abdominal muscles. I claim that a woman has no right to be a mother unless she has something of an athletic development. An invalid woman has no right to be a mother. She can not be a mother without peril to herself, without impressing upon her children the probabilities of a lifelong invalidism.

"The bicycle, during the short period it reigned, did much in the way of emancipating woman from the fetters of fashionable dress. I am very sorry that the bicycle has become unfashionable again. The automobile has crowded it out, and it is a change for the worse instead of the better. Bicycle riding is a splendid gymnastic exercise. It is a whole gymnasium. When women undertook to ride the bicycle, they had to dress so as to give their body a chance for movement.

"It is a fact that women need, and naturally have larger waists than men. A small waist is no mark of womanly beauty, because woman is beautiful only when she has her natural shape. God knew how she ought to look, and gave her the shape that is most beautiful as well as the most essential. Some years ago I made a careful study of waists. I measured many of the ancient Grecian statues of women, nude figures. I visited the great galleries of the world, traveling in Europe and in this country, including the Corcoran gallery, the gallery in New York, the Vatican gallery at Rome, the Louvre in Paris, and various other galleries, including those of London. I obtained permission to make measurements myself of the ancient Grecian models, and I found that the percentage of the average waist measurement to the height was 47.6; that is, the waist measurement was nearly half the height. If it had been fifty per cent, it would have been just half the height, but it was a little less than fifty per cent—47.6 per cent. That is, the waist measurement was just a little less than half the height, than half the stretch of the arm. The arm stretch should be exactly the same as the height. The reach from the tips of the fingers should be just the same as the height, if one is properly proportioned, and the waist measurement should be 47.6 per

cent of the height,—just a little less than half. I made measurements also of a large number of statues of men, of Apollo Belvidere and various others, and I found the average waist measurement for man was 45.7 per cent. It was quite a surprise to me to discover that the ancient sculptors made the waists of the men smaller than the waists of the women.

"So I measured a number of modern men and women, and I had to go out beyond the pale of civilization to do it. I went out to the Indian Territory, down to New Mexico, and visited the Yuma Indians still running about at that time in their native simplicity. The only clothes the men wore out there were what they call G-strings, amounting to not quite so much as a pocket handkerchief; and the women wore bark aprons, about eight inches wide and about a foot long, tied with strings behind. That was all they wore seventeen or eighteen years ago. I measured the waists of these people.

"Then I went to San Francisco and measured the waists of Chinamen and of Chinese women. I went to the Chinese minister there, and got an escort who knew all about those Chinese people, and took me into their dives in Chinatown. I found that the modern Chinese woman and the American Indian woman and the modern Mexican woman had the very same proportions as the ancient Grecian women had—47.6 per cent.

"Then, some nine years ago, I went to Egypt. By the aid of a very intelligent dragoman there, I succeeded in getting people from away up the Nile, of many different nationalities who had never worn anything but their native dresses. Also on the Midway Plaisance, in 1893, I visited the people there, got acquainted with the overseers, and by paying fees I had an opportunity to make a large number of measurements there. In every instance, I found that these measurements are verified in the modern men and women who grow up in a natural way. It is only the civilized woman who has a small waist.

"Woman has naturally a larger waist than man because she has a larger stomach. Anatomical studies that have been made in Germany upon this subject show that the liver of woman is ten per cent larger than the liver of a man of the same height; that the stomach of the same woman is ten per cent or more larger than the stomach of a man of the same height; that the spleen is larger, the colon is larger and the pancreas. The reason for this is that the liver, stomach, kidneys, the colon, all these other vital organs in woman must sometimes do work for two. They have more work to do under some circumstances than the same organs in a man. The mother's vital organs must do the work for two; so they must be larger.

"So the woman who wants to be healthy, to be capable of performing all the functions of woman in a normal way, can not afford to wear a tight dress. It is a most inhuman, most damaging thing to do. It not only interferes with respiration, but with the functions of liver action, and of stomach action, and of bowel action. It is one of the causes of chronic constipation, of the auto-intoxication which results from it, of gallstones, and many other chronic diseases."

BENEFIT FOR CITY MISSION

Although not so largely attended as had been hoped, the entertainment given Tuesday evening in the gymnasium was successful from the standpoint of execution, an attractive program being rendered by local talent. The proceeds will go toward the support of the Battle Creek City mission. The following program was rendered:—

PROGRAM

Overture—Fairy Queen.....	Tobani
Chorus—(Selected) ORCHESTRA	
Piano Solo—Silver Spring.....	Mason
Duet—Two Forest Nymphs.....	MISS HELEN SNIDER
Trombone Solo	MISS GAIL COLUMBUS AND THEA GURNFORD
Song—Rudyard Kipling's "Recessional"....	MR. WILLIAM DREVER
Violin Solo—(Selected)	MR. ANDREW WESSELS
Reading— <i>a.</i> When Melindy Sings.....	Paul Dunbar
<i>b.</i> Kentucky Philosophy.....	Riley
<i>c.</i> When de Folks Come Home.....	MRS. J. H. KENNEDY
Soprano Solo—(Selected)	MISS GAIL COLUMBUS
Finale—Polonaise "Triumphale".....	Tobani
	ORCHESTRA

THREE DAYS' CHAUTAUQUA PROGRAM

FIRST DAY—FRIDAY, JULY 17

7:30 P. M. Opening Exercises....	Auditorium
Invocation.....	Rev. Clarence E. Hoag
Introductory Remarks Pres. W. D. Farley	
Words of Welcome Mayor Chas. C. Green	
8:15 P. M. Lecture, "Chickens Come Home to Roost".....	L. B. Wickersham

SECOND DAY—SATURDAY, JULY 18

10:00 A. M. First Council Seton Indians	
Preliminary meeting and organization	Mrs. Fuller Swift
2:00 P. M. Vocal and Instrumental Selections.....	Chicago Glee Club
2:30 P. M. Lecture, "Day Dreams".....	L. B. Wickersham
7:30 P. M. Concert.....	Chicago Glee Club

THIRD DAY—SUNDAY, JULY 19

10:30 A. M. Morning Worship—Services at City Churches	
2:00 P. M. Sacred Concert Chicago Glee Club	
2:30 P. M. Lecture, "Sour Grapes".....	Edw. A. Ott
4:30 P. M. Music and Song, led by Chicago Glee Club, audience assisting	
7:30 P. M. Vocal Selections	Chicago Glee Club
8:00 P. M. Address, "Grapes of Gold".....	H. V. Adams

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VOL. I. JULY 16, 1908 No. 31.

SAVE THE BABIES

The excessive heat of the past week or ten days has resulted in great mortality among infants. Some startling figures have been brought out after one week's work of the Conference on the Summer Care of Babies in Brooklyn. Twice as many babies have died in that city within the week as died in Manhattan, 101 babies dying in Brooklyn, and 59 in Manhattan. And this is an even graver percentage when one considers that the infant population of Brooklyn is only sixty-six per cent of that of the borough of Manhattan. The conference physicians say they have not discovered why there should be this difference in the mortality, especially as Brooklyn is supposed to be the cooler place. The fact that there are eighteen Straus milk stations in Manhattan to one in Brooklyn would seem to be rather strong proof that the root of the trouble is in the lack of a good milk supply.

The effort to supply the mothers in the congested districts with certified milk for their babies has resulted in the past in an astonishing saving of lives.

Besides the Straus milk supply in Manhattan there are seven stations run by the New York Milk Committee, one by the Good Samaritan, and seven by the Diet Kitchen, making thirty-three supply stations for pure milk in Manhattan against the sixteen supported by the Children's Aid Society in Brooklyn.

"The importance of these stations lies, not only in the fact that the milk given out at them is good, but also that there are physicians and nurses in charge at each depot, who examine the children and give the right kind of milk to each baby brought there," says the *New York Times*.

"Besides this, there are forty instructional nurses, as they are called, covering every district in this borough, visiting mothers with sick babies to see that they are cared for. Each case of illness is referred to the nearest hospital or dispensary for treatment, and as all the hospitals of any size in New York are banded together to assist in the summer work, there is no lack of attention. Still, lest there should be any difficulty in dealing with the private concerns, the New York Board of Health has five specialists on children's diseases to look after such babies as may not be reached by the other institutions.

The Board of Health, the Society for Improving the Condition of the Poor, and the

Greenwich House join in sending out the visiting nurses. The Board of Education co-operates by maintaining the vacation schools and play grounds.

In addition to the actual relief work, the conference is carrying on a campaign of education in the care of children.

"If we can only reach the first baby and teach the mother how to take care of that, she'll know enough to attend to all those that come later," said Dr. Cronin. "We have lithographed cards of instruction printed with directions for the daily care of children."

Health Commissioner Evans of Chicago has this week obtained \$10,000 from the Chicago council to protect the infants of this city. One hundred medical inspectors will be employed during the next sixty days to go through the city in the crowded sections and instruct mothers how to care for their little ones during the heated spell. During the first eight days of July fourteen babies under one year old died of stomach trouble.

Charts of the city with colored tacks to show the places where babies had died during the past month reveal the fact that in the congested districts the tacks were so thick that their heads overlapped, while in many lake shore wards there was not a single tack. The system of educating the mothers in the care of infants and infant feeding is a commendable one, and means a beginning at the right source. A large percentage of deaths are due wholly to the ignorance of the mothers who, when given the opportunity, reach out eagerly for the information that will save the lives of their beloved little ones.

ANNIVERSARY OF PURE FOOD BILL

The second anniversary of the passage of the Pure Food bill, which occurred recently, has aroused many inquiries relative to the practical results obtained through the law's enforcement.

Dr. Harvey W. Wiley, in charge of the enforcement of the law, says that the number of arrests and prosecutions (176) is "not an accurate measure" of what has been accomplished, for the effects have been nation wide. Patent medicine manufacturers may no longer advertise "cures" for consumption, for cancer and other diseases. Harmful preservatives may not be placed in milk, cream, fruits, beverages, etc., or tolerated in inter-state trade. The annual masquerade of Vermont Maple syrup has had to cease. It is compelled to pull aside its mask and confess to its ignoble origin in printed labels that he who buys "may read."

While it is true, as has been pointed out, that "the people and the manufacturers have received a liberal education on points of honor and wholesomeness in the preparation and sale of foods," it is also true that human cupidity has not been eliminated, and that unless the people demand pure food and keep up the fight, constantly insisting upon the observance of the law, they will find themselves buying food that openly admits its impurities, and relies on its very frankness and the inertia of the people for its acceptance.

FOUR GREAT ESSAYS ON VEGETARIANISM

And a Vegetarian Cook Book, FREE.

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DOMESTIC SCIENCE DEPARTMENT

Summer-school students in the Domestic Science department were given a lesson in serving breakfast English style in their last week's lesson. The suggestions given for the proper service we append, hoping they will be of interest to some of our readers:—

"In the service English style, and this is preferable when there is but one servant, the serving is done from the table. The waitress brings in the food from the pantry or kitchen, places it upon the table before the host or hostess, who serves it, one course at a time.

Breakfast Menu

Corn Flakes	Cream
Oranges	
Protose Steak	
Creamed Potatoes	Asparagus Tips
Graham Puffs	Butter
Cereal Coffee	
Cream	Sugar

"The table should first be covered with a white cloth, over this the spotless linen, taking care that it is laid perfectly straight and that it hangs the same distance from both ends. In the center, place the center piece, which may be of cut flowers, a dish of fruit, or a plant. Place the silver, plates, napkins, and glasses at the individual places. This forms what is known as a cover. At the left of the plate put the bread and butter plate, on which is the spreader. Place the coffee cups, saucers, coffee spoons, sugar bowl, and pitcher of cream before the hostess at the foot of the table. The 'head' of the table is the end farthest from the entrance.

"Before breakfast is announced, fill the glasses with water, and put the butter and, if cold bread is served, the bread on the bread and butter plates. Place an extra supply of these two articles on the table. Fruit plates may be placed on the service plate, which is a ten-inch plate. When the family is seated, the fruit plates should be yet on the sideboard. The dish containing the fruit is set before the host, who serves it upon the individual fruit plates. The waitress brings two fruit plates from the sideboard, places one between the cover of the host and the fruit dish. When it is filled she removes it and puts the second plate in its place and places the filled plate on the service plate of the one on the right; then taking another plate from the sideboard, repeats until all have been served. When the fruit has been eaten, remove the course, taking first the fruit dish. Place the fingerbowl on the fruit plate, then remove all together.

"Next bring in the cereal and set the dish before the host with a tablespoon at the right of it. Have the grain bowls on the sideboard. The waitress should bring two grain bowls, one in each hand, from the sideboard. After one dish is filled, remove it and place the second one, serving the one for whom the dish was intended, then return for the other dishes as in the former course. Pass cream and sugar on a small tray. In removing the cereal course, the dish is removed first, then the sugar and cream, and lastly the individual dishes.

"Next bring in the protose and the dishes containing the potatoes and asparagus tips and place before the host's plate. The hot plates should be brought in and placed on the sideboard. The waitress brings two of these to the host, who fills one, which is then removed by the waitress with the right hand, and the other plate is placed with the left hand and

the serving continues as before. The hot puffs are then passed. Butter may be passed if necessary. The hostess pours the coffee. The waitress sets the cups at the right of the guests. The hostess may add the cream and sugar as desired, or, if preferred, cream and sugar may be passed by the waitress.

"Luncheon and dinner may be served on the same general plan, the roast and heavy dishes served by the host, and the soup and dessert by the hostess."

EFFECT OF HIGH PROTEID DIET

A beefsteak carried in one's pocket would within a few hours become putrid and exceedingly offensive. The same putrefactive changes will take place in a portion of beefsteak which has been swallowed and remains undigested in the

colon. Starch, sugar, and fat may be stored up as tissue fat, but 'proteids' can not be thus stored. If not used, they undergo decay, producing biliousness, colitis, putrid stools, foul breath, coated tongue, confused brain, insomnia, and a great variety of other distressing symptoms.

The high-proteid diet of the American people, as has been pointed out by Professor Chittenden, is largely responsible for a world of mischief the real cause of which has not been generally understood or even suspected until recently. Professor Chittenden has shown that by reducing the proteid to the actual needs of the body, that is, cutting out meats and, to a large extent, eggs, and making the proteid only sufficient in quantity to serve for necessary repairs, the endurance may be enormously increased.

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CHAUTAUQUA; HOME COMING

(Continued from page 1)

tribe, to which all boys and girls are eligible, will be taught Indian games and athletics and there will be fascinating stories of chiefs famous in history and romance, giving an instructive study of their life in camp and chase.

The musical side of the general program offers a pleasant variety, three groups of concert entertainers giving programs, one or two each day. The first to appear will be the Chicago Glee Club, including a male quartette, a trombone quartette, together with Mr. Dixon, an impersonator of unusual ability, who will give some pleasing Riley poems and other impersonations bound to please. The Apollo quartette and Bell Ringers have a capable company of talented musicians and their programs offer wide variety of musical entertainment. The Old Plantation Quartette and Jubilee singers will fill the final days of the session with their characteristic and appealing melody. Each member of the quartette has been chosen because of individual merit, and under the able direction of Mr. Thomas the ensemble will be sure to satisfy music lovers.

The lecturers themselves are among the best to be found on the public platforms of the country to-day—beginning with L. B. Wickersham who will speak on the evening of Friday, July 17, to the final illustrated lecture on "The Philippines and Their People," by Senor Ramon Reyes Lala.

The opening exercises will take place Friday evening, July 17, in the auditorium tent, the welcome being given by Mayor Charles C. Green. The lecture of the evening will be by Mr. Wick-



Ralph Parlette

ersham on "Chickens Come Home to Roost." Mr. Wickersham will also give the lecture on the second day in the afternoon, his topic being "Day Dreams." On Sunday, July 19, the afternoon lecture at 2:30 will be given by Edward A. Ott, a virile speaker and a great favorite. His lecture will follow a sacred concert. In the evening H. V. Adams will deliver an address entitled "Grapes of Gold," and on Monday afternoon his lecture will be entitled "The House of Changing Dimensions." The Glee Club will give a concert in the evening.

On Tuesday, Col. I. W. Brown of national fame will give three lectures on Birds, one at 6 A. M., another at 9 A. M., and the final one at 4 in the afternoon. This series by so famous an authority on the habits of our feathered friends is bound to attract large audiences in Battle Creek, where nature lovers abound. In the evening W. I. Nolan will give one of his famous humorous lectures. A feature of the

Home-coming day will be the interpretive reading by Mrs. Dora Eaton, entitled "Ingomar, The Barbarian." Mrs. Eaton is a gifted woman and her powers of entertainment come warmly endorsed by well-known critics.

Thursday, July 23, Ralph Parlette will occupy the platform in the afternoon, lecturing on "The University of Hard Knocks." Mr. Parlette is a humorist and a one-time newspaper man whose success on the lecture platform has been phenomenal. In the evening of the same day Ross Craine, Cartoonist, will tell of his art and its mission.

Gabriel McGuire, the first white man to penetrate the jungles of the Congo after Stanley,



Gabriel McGuire

who founded a mission there and whose enthusiastic and convincing speech in Carnegie Hall, New York, on "The Need of the World," brought forth the largest cash offering ever made for any missionary enterprise, more than \$100,000 being given, will tell of his experiences in Africa. In the evening the Hon. Richard Yates, former governor of Illinois, who has a national reputation as an orator, will speak on "The Evolution of Patriotism." On Saturday, July 2, Father P. J. MacCorry, an eminent Paulist missionary and lecturer of New York, will lecture on "The Kingship of Man." In the evening there will be a concert by the Plantation Quartette.

The tenth and closing day, Sunday, July 26, offers a varied and pleasing program, beginning with a sacred concert at 2 P. M. At 2:30, the Hon. Edward W. Carmack, poet, orator and statesman of Tennessee, will deliver a lecture on "The Making of a Man," followed by music and song led by the Old Plantation Quartette. A musicale will precede the closing lecture on "The Philippines and Their People," by Senor Lala.

The sweetest lives are those to duty wed,
Whose deeds, both great and small,
Are close knit strands of unbroken thread,
Where love ennobles all.

The world may sound no trumpets, ring no bells;

The book of life the shining record tells.
Thy love shall chant its own beatitudes
After its own life working. A child's kiss

Set on thy sighing lips shall make thee glad,

A sick man helped by thee shall make thee strong.

Thou shalt be served thyself by every sense
Of service which thou renderest.

—Elizabeth Barrett Browning.

"Pray God to keep us single."—Thackeray.

SABBATH SERVICE

The chapel discourse last Sabbath was by Pastor Geo. C. Tenney on the "Perils of Drifting." The sermon was intended especially for the young men and young women employed in the Sanitarium family. The text was 2 Peter 3: 17, 18, and contained an admonition against falling from our steadfastness and an exhortation to grow in grace and in knowledge of Christ. There are two courses open to every one of us,—progress and retrogression. Each one is moving along in one direction or the other. True life is always attended by growth and development. The law of mental and spiritual life produces constant advancement. But advancement and growth require constant effort, a steadiness of purpose. No one ever gravitated toward perfection. The goal is never reached by drifting. The discourse consisted of a plain, direct exhortation to the young people to form clear, strong convictions of what is right, and to abide faithfully by those convictions; to learn to discriminate closely between right and wrong and to choose the right at all times.

PROMINENT TEACHER HERE

Miss Emma Smedley, instructor of dietetics and cookery at Drexel Institute, Philadelphia, paid a visit to the Sanitarium as guest of Miss Lenna Cooper during the past week. Miss Smedley, who has had a broad experience in her special line of work, having organized the dietetic department of Johns Hopkins University, expressed great admiration for the work being done in the domestic science department of the Sanitarium, and predicted for it a great future. She left early in the week for Ithaca to attend the postgraduate school of domestic science held in connection with the summer school of Cornell University.

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NEWS NOTES

Miss Bessie Lamb, of the nurses' department, has returned from her vacation.

Miss A. Peele of the nurses' department is enjoying a visit from her parents, of Bloomington, Ill.

Mr. and Mrs. Rulon Smith have returned from a vacation trip in the northern part of the State.

Dr. and Mrs. C. E. Stewart are rejoicing over the birth of a little daughter, Jean Esther, born Sabbath, July 11.

Miss Marie Steffens of Dayton, Ohio, a former nurse here, is paying a visit to old friends at the institution.

Miss A. C. Kendrick of New Zealand, a former teacher in South Africa, has joined the Sanitarium Nurses' Training-School.

Miss Lenna Cooper left on Wednesday for Ithaca to attend a session of the Cornell Post-Graduate School of Domestic Science.

Miss A. Gertrude Anthony of Berkeley, Cal., paid a visit to her sister, Mrs. Philip Burt, recently, leaving for her home the latter part of the week.

Miss Ruth Hemenway of Bloomington, Ill., gave a pleasing program of readings Saturday night before a large audience in the Sanitarium parlor.

Pastor J. A. Brunson arrived at the Sanitarium this week and will assume charge of the pastoral work of the institution, occupying the pulpit Sabbath mornings and having general supervision over the gospel services.

Miss A. Swenson, a graduate nurse of the Skodsborg (Denmark) Sanitarium and recently of the Stockholm training school, has joined the Sanitarium nurses' department, being installed in the massage rooms.

Mrs. Minnie Emmons and Dr. Carolyn Geisel will leave the first of the week for the Miami Valley, where they will give a series of lectures on Health and Home Economics at the Chautauques in the district.

Miss Maude Arnett of Graysville, Ind., has joined the summer school of Health and Home Economics. The laundry class opened this week. During the absence of Miss Cooper, Miss Ruth Tenney will have charge of the work in the school.

Mrs. John Freyer, wife of Professor Freyer, missionary to China for many years, with her niece, Miss Emma Wallace, visited at the Sanitarium this week. Mrs. Freyer was a classmate of Mrs. J. H. Kellogg's at Alfred University (N. Y.). Miss Wallace expects to return in the fall to take up the nurses' training and the medical course at the American Medical Missionary College.

Miss Agnes Kellogg entertained a party of twenty-five young women friends at luncheon Sunday. The affair was given on the lawn about the residence and was most artistic throughout. The color scheme of pink and green was carried out in sweet peas and trailing ferns and the place cards were dainty conceits indicative of the approaching nuptials.

ARRIVALS

14 is as follows: D. E. Bingham, Mich.; Judson F. Loveridge, N. Y.; J. M. Dawson, W. Va.; Max Foltz, Ky.; Mrs. G. R. Marks, Wis.; Mr. and Mrs. John Craig Power, N. Y.; Mrs. J. A. Church, O.; Edwards Church, Eliza Edwards, O.; Mrs. S. Kline, Pa.; Mr. and Mrs. Howell Powell, Pa.; Miss Doris K. Powell, Pa.; C. R. H. Davis, Mo.; O. B. Potter, Ind.; J. M. Breckenridge, Mo.; Mrs. C. C. Bomberger, Ind.; Mr. and Mrs. George E. Gage, Pa.; Charles and Lillie Gage, Pa.; Mrs. W. H. Hines; Mrs. A. D. Brown, Miss Marion Brown, Mo.; Victor Lyany, Mo.; Miss Frieda S. Parker, N. Y.; H. L. Wis, Ill.; L. B. Frozen, Ill.; J. H. Wavis, M. D., O.; H. M. McCurd; Earl Brewer and wife, Miss; Philip Aeschliman and wife, Ill.; W. M. Edward, O.; Mrs. C. D. Edward, O.; Elizabeth J. Campbell, N. Y.; G. R. Trenchard, Ill.; Miss E. G. Kramer, Wis.; Mrs. A. C. Clement, Mich.; Mrs. D. W. Doon, Tex.; Mr. and Mrs. J. W. Sutton, Mich.; P. M. Corey, Mich.; I. I. Kempman, Miss; J. A. Kennedy, Mich.; Miss Cook; F. S. Lyon, Mich.; Miss Mary Hutchinson, Tenn.; Richard and Wesley Halliburton, Tenn.; Mrs. George Gerson, Okla.; J. F. Black, Okla.; Mary Wilson, W. Va.; William Trecker, Sr., Tenn.; Miles Gilligan, Ill.; Mrs. J. M. Ralston, Ill.; G. W. and H. A. Balinger, Ill.; J. C. McIntyre, M. D.; Mrs. Nettie Washburn, Ill.; Julia Hayward, O.; Mrs. Charles F. Calkins, Okla.; James A. Ball, Fla.; W. D. Wilson, Fla.; Frank H. Funk, Ill.; Mrs. H. V. Wickes, N. Y.; R. O. Campbell, Ga.; Ernest Smith, Ill.; Mr. and Mrs. E. H. Clayton, Mo.; Helen Clayton, Mo.; C. L. Andrews, wife, and three children, Okla.; Charles E. Dark, Ind.; C. C. Wenger, Ia.; Mrs. F. C. Wright, Mich.; P. S. Wright, city; Mrs. J. G. Mercer and Miss Nell Mercer, Ill.; Mrs. R. C. Walkup, Ind.; Mr. and Mrs. J. F. Redus, Miss.; B. R. King, Tex.; Louis G. Cook, Kans.; Mrs. L. B. Salmons, O.; H. Askowith and wife, Mass.; S. Bailey, Ky.; Mrs. J. G. Covington, Edward and William Covington, Ky.; Mrs. M. F. Kennedy, Ky.; Wallace B. McKay, wife and child; R. C. Irwin and wife, Miss.; S. R. Leatherman, Miss.; George Puffer, Ill.; H. H. Aulenbrook, Ky.; Mr. and Mrs. W. A. Yale, Ind.; J. E. Hoenes, Wis.; B. R. Parish; Henry Mott, city; Jean G. Jansen, Cal.; John L. Wheat, Mich.; Asta Svenson, Sweden; E. Ciplin, Glasgow, Scotland; P. J. Bayer, Pa.; Mrs. A. M. Tremaine, O.; Mrs. S. C. Eastman, Ill.; Mrs. W. L. Walker, Mich.; Mrs. E. Van Dee, Mich.; Mr. and Mrs. Joseph Clark, Africa; C. C. Sholes; F. C. Stevens, Madge A. Stevens, R. Stevens, Ark.; Mrs. F. O. Small, Mo.; Mrs. F. R. Moore; J. A. Martin, Tenn.; J. S. Hill, Tenn.; J. W. Hirschner, W. Va.; Lillian Poulson, Ill.; M. Bluestein, Harry Bluestein, La.; James L. and Mrs. Thomas, India; Mr. and Mrs. I. L. Stone, city; M. A. Hamilton, wife and son, Ind.; A. E. Bartlett, Mich.; E. E. Bartlett, Miss Irene Bartlett, Ill.; Miss M. H. Leims; C. S. Jones, Ill.; Miss E. Smedley, Pa.; T. H. Bowerman, Mich.; C. W. Martin, Miss Martin, Ga.; A. T. Munson, S. Dak.; Mrs. John Fryer, Cal.; Emma Wallace, Cal.; Miss A. C. Kendrick, Cal.; J. A. Evanson, Wis.; Melvin O. Spittle, O.; J. F. Heemstra and children, Fla.; J. E. Bourke, Ill.; Miss Lulu Saws, Kan.; Mr. and Mrs. Joseph Ashcroft, Mo.; William Beere, O.; Mr. and Mrs. Glenn Walker, Tex.; V. Karapetoff and wife, N. Y.; W. B. La Force, Ia.; Mr. and Mrs. J. M. Rogers, N. C.; John H. Bumson, S. C.; J. M. Wilbur, Mich.; W. D. Cannon, Jr., Ia.; W. H. Hoverkamp, Miss.; P. H. Dunn, Ia.; D. E. Smith, Mich.; Miss Doris Brown, Mo.; Mr. and Mrs. Samuel Post, Jr., Mich.; Mrs. Mason Honts, Mich.; Mr. and Mrs. Conrad Scheff, Mo.; Mrs. W. M. Owen and son, Ill.; Miss Kitty Conville, Ill.; W. H. Adams, Ill.; Dr. Dixon, Ill.; L. S. Percival, Minn.; J. A. Hulley, W. Va.; Albert Katzenmeyer, Miss.; Mr. and Mrs. Charles Buek, Ill.; E. B. Jerome, Ill.; Mrs. Frank Rusk, Ill.; Mr. and Mrs. W. F. Tichborne, Ont.; B. W. Holey, Tenn.; Mrs. F. Cameron, Tex.; Anna Carlot, Miss.; Maynard Garner, Mo.; J. M. Clees, Fla.; John Treppe, Jr., Mich.; C. R. Ellis, William Ellis, Ga.; H. S. Hubbard, Mich.; Mr. and Mrs. William S. Mar-

shall, Wis.; Mrs. Catherine Sage, Mo.; Mrs. Robert Curtice, Mo.; Mrs. Conrad Burkhardt, Ia.; Mrs. E. H. Rudd, Ia.; J. H. Wheeler and mother, Kan.; E. H. Ullman, Tenn.; O. B. Potter, Ind.; E. Weissinger, O.; William Beebe, O.; Alvin Padgett, Ind.; C. L. Gerber, Okla.; J. W. Gerber, Mich.; R. S. Kingsbury, O.; Mrs. J. F. Leeton, La.; Mrs. B. Solomon, Miss F. Solomon, Miss; Mrs. Norton Jourdan, Mo.; Mrs. Boyd Cutsinger, Mo.; J. B. Littman and wife, O.



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UNIVERSITY OF MICHIGAN

KELLOGG-COLVER NUPTIALS

**Pretty Midsummer Wedding Takes Place
Tuesday Evening at the Residence of
Dr. J. H. Kellogg**

A pretty midsummer wedding took place Tuesday evening at the residence of Dr. and Mrs. J. H. Kellogg, when their daughter Agnes Grace became the bride of Dr. Benton Noble Colver. The ceremony was performed in the presence of about two hundred relatives and guests, by the Rev. W. A. Brunson, pastor of the Sanitarium, in the large reception hall at the family residence, Manchester Street. The wedding party, entering to the strains of the Lohengrin wedding march played by Mr. William Drever, came down the long main stairway and stood under a canopy of wedding bells wrought out in white daisies and an incandescent light for the clapper of each bell. Misses Helena and Harriette Kellogg, sisters of the bride, came first, gowned in simple gowns of white dimity over yellow, and carrying baskets of white daisies, with chaplets of the same flowers in their hair. Following them came the two flower girls, the little Misses Gertrude McPherson and Idelle Mortensen, nieces of the bride. They were gowned in white with ribbons and sashes of yellow, and carried baskets of yellow roses. The matron of honor, Mrs. Maude Connelley of Cleveland, cousin of the groom, preceded the bride, who entered on the arm of her father. She wore a gown of white net over satin. Her long veil of tulle was caught with orange blossoms, and she carried a shower bouquet of bride roses.

The party was met under the canopy of bells by the groom; his brother, Mr. William Colver of Cleveland, Ohio, acting as best man. During the service "O, Promise Me!" and other appropriate selections were softly played, and following the ceremony an orchestra dispensed music for the remainder of the evening.

After the congratulations were offered the young couple, the guests were conducted through an avenue of palms to a sequestered part of the handsome lawn where refreshments were served at small tables. The ushers were: Dr. J. T. Case, Dr. M. A. Mortensen, Messrs. R. T. McPherson, John Thomas and B. Kirkland. The gifts were numerous and very handsome, conspicuous among them being the great dower chest of Piedmont cedar filled with household linen handwoven and hand embroidered,—the gift of Mrs. Kellogg; a beautiful silver service from the groom's brother, Hon. Will Colver of Cleveland. Many beautiful gifts of silver, cut-glass, pictures, linen and bric-à-brac came from the numerous friends and relatives of the young couple, who left the same evening for a six-weeks' tour of the Great Lakes. Upon their return they will reside on Champion Street.

PERSONALS

Mr. C. C. 'Sholes of Olathe, Kan., is among the week's arrivals.

Mrs. H. C. W. Wicks of Rye, N. Y., arrived at the Sanitarium this week.

Mr. L. S. Record of Minneapolis, Minn., is among the recent arrivals.

Mr. N. F. Tichborne of Sarnia, Ont., arrived at the Sanitarium this week.

Mr. T. C. Stearns of Hot Springs, Ark., is a patient at the Sanitarium.

Mr. W. D. Cannon, Jr., of Iowa City, Iowa, is registered this week as a patient.

Mr. M. B. Blustein of Shreevesport, Ind., has returned to the Sanitarium for a rest.

Miss Mary Hawkins of Portland, Ore., is at the Sanitarium for rest and treatment.

Mr. R. S. Kingsbury of Xenia, Ohio, paid a brief visit to Mrs. Kingsbury during the week.

Mr. J. E. Burke of Chicago, a former patron of the Sanitarium, returned this week for treatment.

Mr. and Mrs. J. M. Rogers of Winsten-Salem, N. C., have come to the Sanitarium for a short rest.

Mr. John Tripp, Jr., of Three Rivers, Mich., has returned to the Sanitarium for rest and treatment.

Prof. M. E. Cady of Walla Walla, Wash., has been the guest of Dr. and Mrs. C. C. Nicola this week.

Mr. and Mrs. Glenn Walker of Ft. Worth, Texas, are among the many guests that have arrived recently from the Pan-handle State.

Mr. C. S. Jones of Stanford, Ill., has returned for a visit and will spend a week or more with Mrs. Jones, who is a patient here.

Mr. J. M. Coe of Pensacola, Fla., is combining the health treatments of the Sanitarium with his northern summer resort pilgrimage.

Mrs. L. B. Salmans, wife of Dr. Salmans of Guanajuato, Mexico, is a new patient at the Sanitarium.

Mr. and Mrs. Joseph Clark, missionaries from the Congo, arrived this week to recuperate at the Sanitarium.

Mr. and Mrs. A. Askowith of West Lewisville, Mass., have arrived at the Sanitarium, and will remain for several weeks.

Mrs. A. M. Tremaine of Cleveland, Ohio, is visiting her daughter, Miss Gretchen Tremaine, who has been here for some weeks as a patient.

Mrs. Josephine C. Walker, a missionary from the Funkien province, China, is the week's acquisition to the missionaries now resting at the Sanitarium.

The Rev. Sidebotham, of Korea, who, with his family, has been staying at the Sanitarium the past fortnight, filled a group of lecture engagements last week in the vicinity, returning on Monday.

Mr. Frank Funk of Bloomington, Ill., joined his father and mother, Mr. and Mrs. B. F. Funk, at the Sanitarium the latter part of the week, returning with them to their home.

Friends have received news of the safe arrival of Mrs. Marais and Miss Anna Marais in England. They will leave the British Isles the latter part of August, sailing for South Africa, their home.

Mrs. W. M. Owen and little son, of Leroy, Ill., arrived at the Sanitarium Monday to pay a visit to Mr. Owen, who has been a patient here for some weeks. Mr. Owen is here to build up in health before leaving for Panama, where he will act as Judge of the supreme court.

Mr. and Mrs. C. M. Martin of Shellman, Ga., are among this week's many southern visitors. Mr. Martin is a prominent banker and business man of that section of the country, and says the Battle Creek idea is getting to be very well known down there through its many advocates.

Dr. W. B. La Force of Keokuk, Iowa, is visiting Mrs. La Force, who has been taking a rest at the Sanitarium the past few weeks. Mrs. La Force's mother, Mrs. P. H. Bouquet, and sisters, Misses Marie and Josephine Bouquet, of Pella, Iowa, also paid a brief visit during the past week.

Mr. E. Ciplin of Glasgow, Scotland, paid a visit to the Sanitarium this week. Mr. Ciplin is a prominent merchant of Glasgow, and has carried the Battle Creek foods for some years. He says they are in great demand, and because of his interest in them he took occasion to pay a visit to the Sanitarium that he might be better acquainted with the principles of the institution.

"Airiness and good spirits are always delightful, and are inseparable from notes of a cheerful trip; but they should sympathize with many things as well as see them in a lively way. It is but a word or a touch that expresses this humanity, but without that little embellishment of good nature there is no such thing as humor."—Dickens.

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THE BATTLE CREEK IDEA

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BATTLE CREEK, MICH., JULY 23, 1908.

PRICE, 2 CENTS.

SUCCESSFUL CHAUTAUQUA WEEK NEARING CLOSE

"Billy" Sunday and Other Well-Known Speakers Yet to Appear

COL. I. V. BROWN ON "BIRDS"



The first week of the Battle Creek Chautauqua is drawing to a close, and the success of the venture seems well assured. The speakers and entertainers have been uniformly satisfactory and have pleased large audiences. Many Sanitarium guests have taken advantage of the opportunity and visited the afternoon

and evening sections.

The announcement that on next Sunday the Rev. William Sunday, known the world over as "Billy" Sunday, has been secured, has met with great satisfaction on the part of ticket holders, who are eager to hear this ex-baseball player who has achieved such phenomenal success in the evangelistic field. Since the death of Sam Jones there is no evangelist in America who appeals to the popular fancy and who preaches and lectures to such throngs of people with such marked results as does "Billy" Sunday, it is said. More than a hundred thousand people have been converted in his evangelistic campaign, and scores of towns and cities have had a moral regeneration through his work. He is an impassioned orator, a genuine man in deadly earnest, bent on a great mission. As an athlete he had the tense springiness of a cat and was the swiftest base runner the National League ever knew. He preaches and lectures with the same intensity. A manly man, kind-hearted, sympathetic, with a ready wit and a keen sense of humor, he uses, with masterly effect, every art of the orator, actor, and preacher to accomplish his one supreme purpose—to save men and change the current of their lives.

Sanitarium guests had the Chautauqua brought to them on Tuesday evening when Col. I. V. Brown, the famous lecturer on Birds, gave an hour's talk on "The Purple Martin," preceding the concert. The gray-haired speaker who loves birds as if they were human beings and knows them as a man does his own family, told many fascinating stories of bird life, and left in the hearts of his hearers a deeper and more reverent love for the little feathered brothers whose utility mankind is only beginning to realize.

Colonel Brown said that he wished the purple martin could be made the national bird because of its usefulness. "Every pair of purple martins," said he, "is worth ten dollars a season to Uncle Sam. The number of mosquitoes a pair of martins consumes in the season is beyond computation. These and other insect pests make up his dietary." The extermination

(Continued on page 2)

Treatment of Neurasthenia

Dr. W. H. Riley Tells of the Forms of Exercises that Benefit Nervous Patients

(Continued from July 9)

"In discussing the treatment of neurasthenia we have yet a few remedies to consider before we are through with our subject. These include: Exercise, massage, manual movements of various sorts, and the use of electricity in its various forms.

"While rest is the remedy more often recommended for the treatment of neurasthenia than exercise, yet it is true that exercise is often a very important remedy in the treatment of this disorder. Whether rest or exercise is used in any particular case, of course, depends upon the condition of the patient. Perhaps most cases require a course of rest first, so as to give the nervous system a chance to build itself up, and to regain its normal amount of energy; but after rest has accomplished this, there is still a work which needs to be done



HON. GOV. YATES.

One of the Speakers at the Chautauqua

to the body, and which can best be done, and perhaps can only be done, by the proper use of exercise. The muscle does not gain very much strength while it is resting; at least, there is a limit to the amount of strength that can be gained in this way, and to get additional strength the muscle must be put through a course of exercise.

"Before prescribing a course of exercise for a patient the physician should first have as accurate a knowledge as possible of the ability of the patient to take muscular exercise. To obtain this knowledge, it is necessary to test the strength of the various muscles of the body with an instrument or machine that will accomplish this in a thoroughly accurate way. At the Sanitarium the strength of all the important groups of muscles of the body is carefully tested by what is known as the Mercuro

(Continued on page 6)

BATTLE CREEK SYSTEM AND CREATIVE PRINCIPLES

Dr. Kellogg Explains Some of the Physiologic Methods Used to Cure

DISEASES NOT ENTITIES

In his Thursday evening stereopticon lecture given in the Sanitarium gymnasium, Dr. Kellogg explained to a large audience what the Battle Creek System really is, interspersing his talk with a series of pictures thrown upon the screen illustrating the various systems of physiologic treatment in vogue at the Sanitarium. In introducing the subject, the speaker remarked that he wished to say a few words in regard to the fundamental principles upon which the system is built:—

"The first principle is, 'Nature cures.' When we ask the question, 'What is Nature?' we must reply that Nature, or the force in nature, is the Power which created. The Power which heals is the same power which created. It takes exactly the same power to heal a man that it took to make the very first man. When God made the world he did not, set it going as a boy spins a top, then go off and sit down somewhere to see it go. The Power that made also maintains. Every scientific man of any standing to-day agrees that there was a time when there was no life, and life was brought into being by some Power that was the source of life. And this Source of life that created the first living things, is active in the world to-day, and always has been.

"In the sunshine we have energy poured out by the sun. Creative Power takes the sunshine that falls upon the earth and molds its energy into various forms which we call food. This food is then taken into the body, and this same creative Power transforms that food through the wonderful processes of digestion and assimilation into blood and tissue. When we use that food in the body in exercise of any sort it must be set free from the food; it must be re-converted from foodstuff, from tissue, into living, active energy, and it takes a creative power to do that. So we are dependent every moment of our lives upon the same Power that made us.

"The Power that made us sustains us, supports us every moment of our lives, operating in our bodies, performing the involuntary functions of our bodies which we ourselves can not control, keeping the heart beating, keeping the respiration going on during sleep. As David said, 'He wakeneth me morning by morning.'

"This institution rests upon just this foundation—that there is an eternal power working in the world that maintains, that heals. That is the divine process of cure that we endeavor to co-operate with in this institution. People talk about divine healing, and various other forms of healing—mind cure, psychic cure, etc. There is only one cure in the world. That is the divine cure, and God is the only healer.

"The great Professor Virchow of Berlin said, 'Diseases are not entities.' The ancients supposed they were, so they tried to drive them out

(Continued on page 3)

SUCCESSFUL CHAUTAUQUA WEEK

(Continued from page 1)

of the cotton-boll weevil, the dread foe of the South, found its solution in the purple martin, which ought to be cultivated.

"Import the purple martin and the swift swallow, and the weevil will not damage the cotton crop," said he. "The martin is a domestic bird, and loves human lovers. Make a martin house, and construct it so that the opening is not larger than a silver quarter. The English sparrow can not get in, and the martin will take possession; but do not open your house until April 1, and have it placed so that the birds can keep it in sight while seeking food. The martins are devoted to their young and have two broods annually, nesting about April 4 and leaving about the twentieth of August. Before they leave they congregate in flocks in one roosting-place from the seventeenth of August until they depart.

THE MARTINS' MATIN

"If you will go out under your martin box at dawn, and sit quietly, you will presently see the martins circle up out of sight with a delicious morning matin, thanking God for life. Presently they come down, light a moment on their house, and then dart off for breakfast and a busy day's work."

In the afternoon at the Chautauqua grounds, Colonel Brown gave a delightful little talk on the quail, which will appear in next week's IDEA for the benefit of our readers who were unable to be present.

EIGHTH DAY—FRIDAY, JULY 24

- 10:00 A. M. Sixth Council Seton Indians, Hunting Grounds of the Tribe.
 2:00 P. M. Vocal Selections by the
Old Plantation Quartette
 2:30 P. M. Address, "An Irishman through the Jungles of Africa"
Gabriel Maguire
 7:30 P. M. Musicales *Old Plantation Quartette*
 8:00 P. M. Lecture, "The Evolution of Patriotism".....Hon. Richard Yates

NINTH DAY—SATURDAY, JULY 25

- 10:00 A. M. Seventh Council Seton Indians, Hunting Grounds of the Tribe.
 2:00 P. M. Vocal Selections
Old Plantation Quartette
 2:30 P. M. Address, "The Kingship of Man"
Father P. J. MacCorry
 7:30 P. M. Concert.....*Old Plantation Quartette*

TENTH DAY—SUNDAY, JULY 26

- 10:30 A. M. Morning Worship—Services at the Churches throughout the City.
 2:00 P. M. Sacred Concert.
Old Plantation Quartette
 2:30 P. M. Lecture.....Rev. Wm. Sunday
 4:30 P. M. Music and Song, led by *Old Plantation Quartette*, audience assisting.
 7:30 P. M. Musicales *Old Plantation Quartette*
 8:00 P. M. Illustrated Lecture, "The Philippines and Their People"
Señor Ramon Reyes Lala

Food is fuel. Poor fuel means a deficient output of energy. Too much fuel chokes the fires; too little lowers the steam pressure. Foods differ in quality as much as do fuels. Some foods are like pine kindlings; others like good anthracite coal. It makes a difference how the furnaces are fed. It makes a difference whether a man chews his dinner well or bolts it like a python. What we eat and assimilate to-day is walking around and talking to-morrow.

Mrs. Oldstock—What a fine old man Mr. Briskly is. I hear he's an octogenarian.

Mrs. Justgotit—I dunno. Seems to me I heard John say he's a Democrat.—*San Francisco Call.*



AN AGED SANITARIUM VISITOR

The above photograph shows the familiar face of Mr. Isaac Palmer Baldwin, an old-time friend of the Sanitarium, and his little granddaughter, Marguerite Rhoades. Mr. Baldwin has for many years been a follower of the Battle Creek Idea, and bears the weight of his eighty-eight years lightly. He was a guest at the Sanitarium six years ago, at the time of the fire. He is now a resident of the city, living on Champion Street, and frequently visits the institution. The above picture was taken in the palm room, a favorite rendezvous of both old and young.

Each In His Own Tongue.

A fire, a mist, and a planet,
 A crystal and a cell,
 A jelly fish and a saurian
 And a cave where the cave men dwell;
 Then a sense of law and beauty
 And a face turned from the clod—
 Some call it Evolution,
 Others call it God.

A haze on the far horizon,
 The infinite, tender sky,
 The rich, ripe tint of the cornfields,
 And the wild geese sailing high—
 And all over upland and lowland
 The sign of the golden rod—
 Some of us call it Autumn,
 Others call it God.

Like waves on a crescent sea beach,
 When the moon is new and thin,
 Into our souls great yearnings come,
 Welling and surging in;
 Come from that mystic ocean,
 Whose rim no foot hath trod—
 Some of us call it Longing,
 Others call it God.

A picket frozen on duty,
 A mother starved for her brood,
 Socrates drinking the hemlock,
 And Jesus on the rood;
 And thousands who, humble and nameless,
 The straight path of duty trod—
 Some call it Consecration,
 And others call it God.

—William Herbert Carruth.

"The heroic man does not pose; he thought heroic."
 leaves that for the man who wishes to be

"The mistakes of the foolish are the opportunities of the wise."

DIFFERENCE BETWEEN CERTIFIED AND PASTEURIZED MILK

Pasteurized milk is milk which has been cooked at a temperature of 175 to 180 degrees, so that a skin forms on the top of it—not boiled, but heated to a temperature of about 180 degrees. To be truly pasteurized, this should be done each day for three days in succession. This heating is generally done but once, which serves to destroy the typhoid fever germs and the tubercle bacillus, but does not destroy colon and many other germs; so it is not quite safe. Certified milk is milk which has been examined and is known to contain only a certain number of germs, the germs having been counted in the milk. The stables, cows, and surroundings have been examined by proper authorities, so it is known the milk is reasonably safe. The certified milk served upon the Sanitarium table is not cooked or Pasteurized. Ordinary commercial milk contains 200,000 germs to the cubic centimeter, or 1,000,000 germs is a teaspoonful; or sometimes even twenty million germs are found in a teaspoonful. There are about eighty drops in a teaspoonful. Certified milk is allowed to have about 100,000 germs, or one-tenth as many germs as the commercial product.

Milk is the dirtiest thing which comes upon the average table, and great pains should be taken to make it clean. The milk which is produced for our Sanitarium table, we believe, is perfectly safe, as it is certified by our bacteriologist, examined, inspected.

THE DIET BALANCE

Said a patient to his physician, "Doctor, it seems to me I am starving to death. I am getting thinner every day, yet it seems as if I am eating enough."

"But what do you eat?" asked the doctor. Inquiry showed a sufficient bulk of food, but the character of the food was such that the number of calories, or food units, was only half what it should be.

Said another patient, "Doctor, I eat sparingly, and yet I suffer from headache almost constantly." The trouble was he was eating too much protein; that is, too much of the element found in eggs and milk. A change in the proportion of food elements ((carbohydrates, fats, and proteins) soon relieved his head and many other symptoms.

Another patient, very lean and neurasthenic, complained that he could not gain a pound of flesh. An examination of his bill of fare showed that he was eating 4,000 calories, just twice what he needed, including 2,200 calories of fat, just three times the proper amount. His ration was balanced for him, and in three weeks he had gained ten pounds, and a most distressing headache and mental confusion had disappeared.

It is not sufficient to eat the right quantity. The food elements must be in proper proportion. Too much protein causes intestinal auto-intoxication, or "biliousness" from putrefaction. Too much fat hinders stomach digestion and produces "biliousness." In other words, a balanced meal is all nourishment. A meal in which some elements are in excess may be part nourishment and part poison. Thousands of persons are suffering from chronic food poisoning from this cause without being aware of the fact. Food poisoning is the foundation for a large share of all chronic maladies.

Tommy—"Does it make any difference if baby takes all his medicine at once?"

Baby's Mother (in horror)—"Good heavens! Of course it does!"

Tommy—"But it hasn't made any difference."—*Punch.*

Original from

UNIVERSITY OF MICHIGAN

HOW TO EAT FOR HEALTH STRENGTH, AND ENDURANCE

Natural habits in eating develop natural tastes and industries, and are conducive to the highest pleasure and enjoyment. The Battle Creek Diet System has many new features, but the principles are as old as the human race. The ideas embodied in the following rules of diet are by no means new discoveries; they are as old as the hills:—

1. Eat natural foods.
2. Avoid meats of all sorts, as these are unnatural foods.
3. Avoid excess of proteins, which include, besides meats, eggs and milk.
4. Eat eggs sparingly, if at all. They are unwholesome for some people.
5. Avoid the too free use of cow's milk. Many persons suffer from chronic milk poisoning, being subjects of "casein dyspepsia." Butter-milk is preferable to ordinary milk.
6. Avoid animal fats with the exception of sterilized or certified cream and sterilized butter. Nuts, especially pine nuts, pecans, and almonds, are an excellent source of fat.
7. Avoid poisons, which include tea, coffee, chocolate, alcohol, tobacco.
8. Avoid condiments,—mustard, pepper, persimmon, cayenne, vinegar, pickles, all the irritating spices and condiments.
9. Use salt sparingly. Many persons are benefited by discarding salt altogether. The food naturally contains a sufficient amount (Richey).
10. Eat simply, avoiding too many kinds of food at a meal.
11. Eat moderately. Never eat to fulness or satiety. The average amount required is about 2,000 calories, or food units, per day.
12. Eat food which is relished. Such food generates appetite juice, which is an essential to good digestion.
13. Use cane-sugar sparingly, and avoid confectionery.
14. Secure one or two free bowel movements daily by the abundant use of fruits or other laxative foods.
15. Eat some fresh, raw food daily. Raw, fresh, or dried fruit, lettuce and some other fresh vegetables are indispensable.
16. Vary the diet from day to day, but avoid complicated meals and dishes.
17. The meal hours should be regular.
18. Two meals a day is the best plan. If three meals are eaten, the principal meal should be taken at midday. Supper should be the lightest meal.
19. Avoid iced foods and drinks.
20. Take time to eat. Eat largely of dry foods, and masticate thoroughly.
21. Drink two to four pints of water daily, but take little liquid at meals.
22. Rest half an hour after eating. Avoid sleeping and violent exercise immediately after meals.

A COLD LUNCH

The pupils of a distinguished professor of zoology, a man well known for his eccentricities, noted one day two tiny parcels lying on their instructor's desk as they passed out at the noon hour. On their return to the laboratory for the afternoon lecture, they saw but one. This the professor took carefully up in his hand as he opened his lecture.

"In the study of a vertebrate we have taken the frog as a type. Let us now examine the gastrocnemius muscle of this dissected specimen."

So saying the professor untied the string of his neat parcel and disclosed to view a ham sandwich and boiled egg.

"But I have eaten my lunch," said the learned man bewilderedly.—Lippincott's

THE BATTLE CREEK SYSTEM

(Continued from page 1)

by flagellations and fumigations and by tortures, and sometimes the modern uninstructed man undertakes to drive them out by means of disagreeable medicines. A century ago the practice was to get rid of disease by vomitings, purgings and things of that sort. Disease can not be driven out in that way. 'Diseases are not entities that have entered into the body; they are not parasites that take root in the body. They merely show us the course of vital processes under altered conditions.'

"When a man eats a dinner of a proper size, if he has good digestion, it is digested well, and he has no discomfort. But if he eats a dinner twice as big as it ought to be, he has discomfort. Why?—Because his stomach is trying to do its best under the heavy load. A horse heavily laden can not make the same progress that he can if he had half a load. A man with a heavy weight upon his shoulders can not run so fast as the man not so burdened. So an overloaded stomach can not do its work in a normal way; and this altered manner of performing its function on the part of the stomach is what we call disease. The same is true of every other condition.

"If every man or every woman born into the world could live as natural a life during the whole period of his existence as a baby lives during the first six months or the first year of its life, we would not know much about disease. Men and women would die of old age. Down in Kentucky there is an institution of Trappist monks. I wrote some time ago to learn of their habits, and I found that they live exceedingly simple lives. They work outdoors, spend a part of their time every day at work and a part of the time in study and in other ways. They eat very simple food, twice a day, and never a particle of meat. I asked the abbot, 'Of what do the people of your institution die? At what age do they die?' He wrote me that they died generally between eighty and ninety years of age, and from 'old age.' It was a very rare thing for any one to die of any other malady.

The same Intelligence that works for man's

good, endeavoring to build him up and sustain him, works in harmony with what we call natural forces, because these natural forces represent the means which are used by this divine Power for the remedying of defects and disorders. If a bit of skin is torn off by accident, new skin is grown to take its place. If there is disturbance of some other organ of the body the same creative Power that makes new skin to patch up the wounded place, performs the same kind of work inside. Tissues can be restored in the body as well as upon the outside of the body. And this Power is always working, when we are awake and when we are asleep."

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THE ANTI-TUBERCULOSIS CONGRESS

Vast preparations are being made for the International Congress on Tuberculosis, to convene in September in Washington. Seven hundred delegates representing the medical profession of Europe, Asia, Africa, and Australia, and thousands of physicians and scientists of the United States and Canada will visit the tuberculosis exhibit, which will cover a floor space of fifty thousand square feet, and is designed to teach the terrible lesson of the ravages of the white plague. Says the New York Times:—

"The Congress will no doubt accept the theory that the disease, known by the general or specific names of tuberculosis, phthisis, consumption, 'galloping consumption,' the 'white plague,' and lupus, is communicable between animals and man. Food and dairy animals, as well as persons stricken with the disease, may be suspected, and families that harbor pet cats, dogs, and canary birds may not consider themselves free of infection from these sources. For their reassurance, however, it may be said that the chief purpose of the coming conference is to show that the plague is preventable and curable, not so much by precautions against contact with the germs, which can never be wholly avoided, as by rendering the individual proof against their effects. The tuberculin test shows that seven in ten persons in civilized communities do at one time or another receive implantation of tuberculosis germs; but only in cases of neglect of unmistakable warnings that the general vitality is low does the disease 'take hold.' Even then it is usually curable by a simple régime of good food, good air, exercise, and outdoor sleeping."

THE BENEFIT OF HOT WEATHER

Hot weather is often a source of discomfort, but on the whole it is a blessing. Even very hot days are by no means an unmixed evil. The heat which causes profuse perspiration is a vital stimulus as well as a depressant. It lessens the disposition to muscular activity, and thus is beneficent, for muscular activity generates heat. At the same time, the tissue activities are quickened. That is, old tissue is broken down and new tissue deposited at an unusually active rate. This is exactly what the sedentary man, the overfed man, and the chronic invalid most need. The Laplander spends an hour in his sweat house every week

in winter time to compensate for his lack of opportunity to sweat from muscular exertion. The American business man who hives himself up all winter in his office, never once experiences the cleansing virtues of a good sweat because saturated with tissue debris. His body is like a neglected house in which dust has accumulated in every crevice and crack and upon the window-sills and furniture, while cobwebs festoon the ceiling, and variegated molds decorate the walls. What a change is wrought by the housekeeper's brush and broom and by the fresh air and sunlight which she lets in!

So it is with the heat and the sweeter and perspiration of a midsummer's day. It is Nature's disinfecting process. This is the world's Turkish bath, a sort of moulting process by which the old state or sick body is cast off, and room is made for the new, fresh, and more vigorous body tissues which are to be later builded and perfected as the cooler days of autumn are ushered in.

So do not bemoan the hot weather. It has its good side. Don't worry. Keep cool in mind, and this is half the battle in keeping cool in body.

DRINKING-WATER ON TRAINS

The State Board of Health of New York has been investigating the sources of drinking-water provided for passengers by the various railroads operating within the State. The data thus collected has influenced the department to recommend certain changes in the source of the water supply where the source was found to be less pure than the public supply of a nearby city or village. While this is doubtless a necessary precaution, and to be commended, the real source of the spread of disease germs through the water supply on trains is from the drinking cup itself. The public needs to be cautioned against indiscriminate drinking from public cups. It seems inconceivable that a mother who travels with a family of little children will be so negligent as to fail to provide a drinking-cup or glass for their use. The spectacle, familiar to us all, of the child toddling to the overworked water tank and drinking, oftentimes for pure pastime, from the cup which has been held to the lips of diseased individuals, is a most repugnant one. A sanitary folding cup can be had for a small sum, and should be carried by every individual who travels.

CONVENTION OF WHITE CROSS

The first International Congress for the Repression of the Adulteration of Alimentary and Pharmaceutical Products will be held in Geneva, Switzerland, September 8 for a week's session. The congress will be held under the auspices of the White Cross Association—a society formed for the purpose of investigating prophylaxis—prevention of disease. Everything that tends to depress the human family or invite disease or infection is an object of investigation on the part of the society. The principal object of the convention is to make more effective the laws of the various countries relative to repression or suppression of the adulteration of foods and drugs, and it is believed that the congress will be of far-reaching importance.

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QUESTION BOX DEPARTMENT

DR. KELLOGG each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. How can a woman with little vitality, if inclined to corpulency, keep down her weight without lessening the amount of food necessary to build up physical strength?

A. That is a difficult case to manage, and requires careful supervision. There must be regulation of the diet, exercise, and many times massage. Sometimes it is necessary to resort to the application of electricity. Hot baths and cold baths are also useful. For the business man who would avoid getting fleshy, a sweating bath once a week with a cold bath after it is a very good measure.

Q. Should one having high blood pressure avoid eating any proteids?

A. Eggs, meat, and such foods should be avoided. You get enough proteid in ordinary food. High blood pressure is a condition for which persons past middle age should always be on the lookout, because the blood pressure is a measure of your advance toward old age. If you keep your blood pressure down to 105 or 110, or even 120, and take care of yourself, you can feel that you have a good many years to live, but when the blood pressure goes up to 150, 160, 170, or 180, you are old already, and you will have to do your best to reduce that blood pressure. If the arteries have not yet become chalky, the blood pressure can be reduced.

Q. Why should a person feel as if his feet were tangled up on awakening in the morning?

A. I am sure this is not the Tangle-foot with which most of us are familiar. Possibly this sensation is the result of pressure upon the nerves, especially when a person lies upon the back. Pressure upon the large nerves of the legs, which pass out from the spine at the lower part of the back and run down through the fleshy portion of the thigh, often renders them slightly numb, so that the control of the limbs is not quite so perfect as it ordinarily is.

Q. How much should the quantity of food vary in occupations which differ in the amount of muscular energy expended?

A. A person who is lying in bed, may reduce his diet two-thirds or even to one-fifth for a time without any disadvantage. He requires only about two-thirds as much as when he is moderately active. A person working very hard requires at least half more than when he is ordinarily active. A person who is engaged in moderately active manual labor requires about a quarter more than a man who is engaged in mental activity and takes very little exercise.

Q. Please give a diet for a fat man who desires to reduce his weight.

A. Cut the ordinary diet right in two in the middle. It isn't so much what we eat, as the quantity. It is not best to cut the fat out entirely. Eat just as much proteid as anybody would eat. You need the proteid to support your muscles; perhaps you need to encourage the growth of your muscles somewhat, so you want the normal amount of proteid, but cut down a little on the fat and a good deal on the carbohydrates. That is the best plan, I find, because you need fats to satisfy the appetite. Sometimes it is best even to cut

the carbohydrates out almost entirely, and give the patient more than the ordinary amount of fat, because it is satisfying to his appetite, and he is able to tolerate the reduction in the diet much better.

Q. How long should yogurt capsules be used?

A. For a long time,—months, even years. It may be that your colon is so crippled that germs have gotten such a hold in the little glands in the intestine that they will start up and develop again if they get a chance. It is necessary to keep planting yogurt germs in the system, to prevent the unhealthy germs from growing. The yogurt germ is a vegetable and when you have intestinal auto-intoxication because the poison-forming germs have driven out the healthy, friendly germs, then it is necessary to introduce

a large number of healthy germs, to produce acids that will prevent the growth of unfriendly germs.

Q. How shall we make good blood?

A. Eat good food; live outdoors as much as you can so that the digestion will be all right; take moderate exercise, and your blood is certain to be good.

Q. What is the process of malting and pasteurizing milk, or how does it differ from milk as it comes from the cow?

A. Pasteurized milk is milk that is heated to 165 degrees today, then tomorrow the same thing happens again, and the third day the same thing is done again; and that milk will keep for a long time when treated in that way—165 to 175 degrees.

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TREATMENT OF NEURASTHENIA

(Continued from page 1)

Universal Dynamometer. This instrument was invented some years ago by Dr. J. H. Kellogg, and has been used with great satisfaction at the Sanitarium and in many leading universities, gymnasias, and other institutions in various parts of the country.

"A test of this kind gives a very accurate knowledge of the strength of the muscles and the ability of the patient to do muscular work. With this knowledge as a basis, an exercise prescription can be made out. Exercises prescribed in this manner are necessarily much more accurate and very much more nearly adapted to the needs of the patient than when prescribed in a haphazard way. Sometimes, when beginning a course of exercises, the muscles at first become sore, usually because a set of muscles, long inactive, are now, perhaps, brought into activity for the first time in many months or years. At the beginning of a course of exercises it is proper to take a certain amount of precaution, so that the muscles will not be overstrained at first or exhausted by too much exercise. When symptoms of this kind appear, they should be reported to the physician, and the exercises may be lessened for a few days until the muscles become adapted to the new condition.

"Exercise, in order to be of the most value, should be taken daily. It is quite as important to take exercise daily as it is to take food. If a man exercise severely for one day, and does nothing for the next two or three days or a week, he can accomplish little or nothing.

"An exercise prescription should be gradually increased from time to time as the muscles gain in strength and in capacity for work and endurance. At the Sanitarium, the rule is for the patient to have his strength tested at least once a month. If he is gaining strength, the exercise prescription can be increased, or any change made in it that may be necessary as indicated by the frequent tests of the muscular strength. The chart given a patient after the test is made of the muscular strength, shows the muscles that are weak and those that are strong. The muscles that are weak should receive special attention and should be exercised in such a way as to be brought up to the same relative strength as the other muscles of the body. For instance, in making a test of the muscles of the body, if the muscles of the chest are found weak, and the respiratory movements are shallow and inefficient, the muscles of the chest and shoulders should be strengthened by special exercises which will develop these muscles.

"In following this system of exercise closely, one is impressed with the great good that may be accomplished by exercises taken in such a way as to be adapted to the needs of the individual groups of muscles of the body. More than this, muscular strength is not the only thing to be worked for. We should also endeavor to increase the capacity for doing muscular work and the muscular endurance. The strength of a muscle and the capacity of a muscle for doing work are two entirely distinct and separate things. The strength is tested, for instance, by a lift,—the ability of the muscle to lift a weight, while the endurance is tested by its capacity for doing muscular work for a longer or shorter length of time. Some individuals can lift a heavy weight, and yet they have not the endurance to continue muscular effort for any length of time. In training the muscular system here in the Sanitarium, we endeavor to increase the muscular capacity as well as the muscular strength.

"Many have the idea that the muscles are the only part of the body affected by exercise.

This, however, is not the case. There is not a single organ in the body but what may be favorably affected by a proper course of exercise. Exercise strengthens the heart, increasing the blood pressure, and the circulation of the blood through the various organs and parts of the body; it increases respiration, increases the air taken into the lungs, and so the amount of oxygen absorbed into the blood. Exercise increases the oxidation of the body, increases heat production, formation of CO₂ gas by the lungs. Exercise improves the appetite, increases the digestion, and the muscular contraction of the walls of the stomach and also the intestines, often relieving constipation. Activity of the skin is increased by exercise; it also increases the normal nerve tone.

"Of course, all the results just mentioned are brought about by exercises properly taken. Almost any organ of the body becomes fatigued or exhausted by too much exercise, and quite as much harm may be done by taking too much exercise as by taking too little. So it is always best to have the exercises of an invalid under the intelligent direction of a physician. At the Sanitarium some of the exercises are taken in the gymnasium, where there are various machines and apparatus adapted to the needs of all the different conditions of the body. In addition there is the outdoor gymnasium, the outdoor swimming pool, walking, etc. Of course, exercise should be taken as much as possible in the open air, but in a well-lighted and well-ventilated gymnasium one is practically out-of-doors. The Sanitarium gymnasium is perfectly ventilated, and it is so well lighted that one gets the full benefit of outdoor life while taking exercise here.

"I shall not attempt to enter into any detailed discussion of the various forms of exercise and their use as adapted to particular forms of neurasthenia.

"Massage is a remedy which is also used with most excellent results in the treatment of neurasthenia. Massage may be given in various ways, depending upon the particular case to be treated. The particular kind of massage should be carefully prescribed by the physician. Massage improves the nutrition of the muscles, improves the circulation, has a very sedative effect upon the nervous system, improves the nutrition of the nerves, is often very valuable in replacing displaced organs, like the stomach, liver, and bowels; is useful in overcoming constipation and in the treatment of a dilated stomach. It is valuable in many ways in treating different diseased conditions.

"Manual movements are also a very valuable addition to massage. Here the patient is required to use his muscles against resistance. These movements are a very valuable form of exercise for those not able to take active exercise by themselves. Here again there are many different methods, which can not be discussed in detail here.

"The principal forms of electricity employed in cases of neurasthenia are the faradic, sinusoidal, galvanic, and static currents. The faradic and the sinusoidal are used for increasing the muscular strength and improving the muscular tone; to increase the circulation, relieving constipation and dilatation of the stomach. Weak abdominal muscles are often greatly strengthened by the use of electricity. The galvanic current may be used to relieve headache, which is quite a constant symptom in neurasthenia. It may also be used to relieve spinal irritation. The static breeze to the head and along the spine often increases sleep and relieves other distressing nervous symptoms.

"Electricity should be used only under the intelligent direction of a physician. When properly used and adapted to the needs of the individual case, it often results in great good to the patient.

"By the proper and intelligent use of all

the different remedies discussed in this and previous articles, most cases of neurasthenia can be relieved of their distressing symptoms and brought into a condition of good health. These patients usually learn by past experience to be careful in their mode of living, and to conserve their nervous energy. As the years go by, particularly with younger patients, they gain in nerve force and strength. The nervous system becomes more stable; they enjoy better and sounder sleep; and by proper living and proper care of the body, most cases live to a good old age, and their last years are usually the best."

WHAT'S THE USE?

When the sun is brightly shining I store up some silver lining, that I may not be repining if it's dark another day,
And when Joy's fleet hours are tripping and the sweets of pleasure dripping in the intervals of sipping I just hide a bit away.
So in voice that's well appointed, and of meter word-anointed, with a rhyme that's triple-jointed, as I think you will agree,
Let me bid you cease your fretting, find new pleasure in forgetting, and before the sun is setting seek some happiness with me;
Think the sun is brightly gleaming, think the hours with joy are teeming, there is always time for dreaming dreams of rare and rosy hues.
Be not ever cynic, bitter, and be never once a quitter, for the birds without there twitter in their branches: "What's the use?"
—New York Times.

JOHNNY'S DEFINITION

Said the teacher, "What's a skeleton?"
"I know," said Johnny Goff;
"It's a man that has his insides out,
And has his outsides off."
—Mary G. Rector in Lippincott's.

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THE BIBLE AND MEAT EATING

The following question relating to meat eating, and Dr. Kellogg's reply, will be of interest:—

"If it were not intended that people should eat meat, why does the Bible tell us which are the clean and which the unclean animals, birds and fishes? Christ and his disciples ate fish."

"There are many things in the Bible hard to understand. I do not pretend to be able to explain everything in the Bible. This is not to say that they can not be explained, but I simply do not know. And I do not know that it is necessary I should know. From actual scientific facts, from observation and personal experience, I know that flesh eating is an unwholesome practice. I have been proving to you by the Bible that meat eating is not wholesome; and I conclude that this allowance of meat eating, which is not forbidden in the Bible, although the example of Adam is certainly in the opposite direction, was because of the hardness of the hearts of the people who lived in those days; but in this enlightened age, when we know the harm of it, it seems to me that good sense would tell us to choose, not the thing which the Bible allows, but the best thing possible.

"Let me ask you another question? Why did the law of Moses permit polygamy? It certainly did regulate polygamy, and we find so good a man as David with quite a number of wives. The wisest man of all the world, Solomon, had one thousand wives or more, or concubines at least; and the Mormons make this the stronghold of their argument in defense of polygamy. If you allow that kind of argument, there is no way to answer it, that I can see. The same argument that will prove from the Bible that flesh eating is proper and wholesome and best for man, will prove that polygamy is all right, and also slavery. We have learned by experience that slavery is not good. Neither is polygamy a good thing; yet it was practiced by nearly the whole world. It was not even prohibited in the Christian church in the early days. I am not arguing for polygamy. The experience of the race has shown that polygamy is bad. Paul said that to be an elder of the church, a man must be the husband of one wife. He did not say how many wives the other brethren might have; but the elder could have but one. But because polygamy was tolerated and was quite common in the Christian church in the early centuries, does not prove it to be right.

"Men have made mistakes; it has taken the race centuries and centuries to find out the best way; and now when we take the Bible, we find in the first chapter of Genesis that God gave Adam his bill of fare, and we find that when Adam wandered away from that bill of fare he suffered evil consequences; that when the children of Israel in the wilderness called for flesh, hungered for flesh, and the quails came, and they ate them, they became sick. Flesh eating, as the experience of the race has shown, is not a wholesome thing, even though the Bible may tolerate it. However, I think the Bible was not intended to be a text-book of hygiene. It is a text-book of morals and of moral principles; it is the greatest treasury of wisdom in relation to ethics and morals; but when it comes to hygiene, there has been progress which it is worth while to take account of."

The free use of flesh meats leads to intestinal auto-intoxication through the decomposition or decay of undigested food remnants in the colon with the production of germ poisons, and often intestinal catarrh, and ulceration. This has been shown to be the chief cause of appendicitis and a probable cause of cancer, Bright's disease, arteriosclerosis, and old age.

ARRIVALS

The list of arrivals for the week ending July 21 is as follows: Thomas Roache, Iowa; Charles N. Cubtestes, N. Y.; H. Nalkar and daughter, Ohio; Mrs. Stephen Wesie, Ind.; W. H. Waller, M. D., Ind.; F. H. Hanna, Ill.; G. F. Hanna, Ill.; C. B. Watters, Texas; B. Brown, Mo.; J. Barzen, Mo.; Nellie M. Goodhue, Wis.; F. G. Zilliken, Ill.; Paul O. Morsky, Iowa; Mrs. Harrie Warren, Mich.; Mrs. H. M. Kimball and daughter, Ill.; Mrs. A. B. Sherin, Ill.; Mrs. F. B. Michael, Mich.; Mrs. S. Wood, Miss Eva Wood, Mich.; C. E. Haak, Mich.; T. H. Robinson, Ont.; Mrs. W. C. Jones, Mrs. Joseph P. Goodwin, Mo.; Miss Anna Thornton Jones, Kans.; Frank Bell, Ohio; W. L. Jessup and son, Ohio; R. L. Stokes, Ga.; P. B. Allen and wife, Ga.; Mrs. E. R. Richardson, Texas; Mary and Jennie Daly, Mich.; C. J. Gambel, La.; W. U. Lovelace, Tenn.; Dr. J. W. Crensburr, Ky.; James B. Gavantz and wife, Ky.; George V. Lawler, Iowa; Miss Collins, Manitoba; Mrs. H. Steinmetz, Ill.; Mr. and Mrs. William B. Brown, Md.; Miss Alice Toner, Ohio; Mrs. Bell Mitchell, Mich.; W. L. Miller and wife, Okla.; H. L. Haywood, Wis.; John Helleney and daughter, Mo.; Kate Hart, Mo.; Mrs. A. H. Taylor, Ky.; Mr. and Mrs. H. H. Beckwith and two children, Mo.; Charles Cosnadis, wife and boy, Mo.; Mr. and Mrs. Thomas Candy, Ill.; Mrs. L. A. Marion, Mo.; Miss Dorothy Marion, Mo.; H. S. Jones, Tenn.; Miss L. C. Taenick, Ohio; Mrs. Mary M. Reed, Neb.; Charles A. Munter, N. Y.; W. P. Stephens and nephew, Miss; William J. W. Henderson, Miss.; Mrs. V. L. Wharton, Ala.; Mrs. J. J. Schott; Mrs. Charles Shideburg, Texas; Mr. and Mrs. C. F. Graham, Etta and Fletcher Graham, Texas; Sidney Dueston, Ill.; Alex. McArthur, Ill.; Mr. and Mrs. Thomas Cole, Chester and Helen Cole, Iowa; J. S. Glen; Mr. and Mrs. Charles Orr, Pa.; Catherine Kilem, Pa.; Mr. and Mrs. Eugene Elsworth, N. Y.; Harold J. Elsworth, N. Y.; William Kastling, Ohio; T. E. Murphy and wife, Ga.; M. B. Netzorg, Mich.; W. F. Rice, Texas; Mrs. Nora Shaffer, Colo.; Mabel Walker, Colo.; Mrs. Martha F. Thornton, Iowa; W. M. Danner; A. L. Arner, Pa.; Mrs. Cal Hirsch, Mo.; Miss Katherine Mathers, Pa.; U. S. Hirsch, Mo.; Mrs. Mary Sutton, Ind.; H. M. Sutton, Ind.; J. C. Jackson and wife, Ia.; Miss Elvin Elricsson, N. Y.; Mrs. H. Herndon, Miss Grace Herndon, Texas; Morris Rosenfeld and family, Texas; Mrs. A. Hile, Mich.; Mrs. Lewis Valentine, Mich.; Mrs. J. H. Walton, Ill.; Mrs. Mayme Lee, Mich.; Mrs. F. B. Adams, Ohio; A. J. Bierley, wife and daughter, Ill.; E. M. Spiller and wife, Ill.; Mrs. J. O. and Rachael Brinkerhoff, Mo.; Miss Berlin, Pa.; Adele B. Clark, Miss; Lena Redus, Miss; O. L. Allison and wife; A. O. Ahrendts, W. Va.; James H. Bright and wife, Mo.; E. D. Baker, N. Y.; I. Bailey, Ky.; Mrs. L. B. French, Ohio; Mr. and Mrs. Patiff, Ala.; Bent T. Perkins, Ky.; Mr. and Mrs. A. C. Strachley, Caroline Strachley, Okla.; Miss Caroline Maxwell, Okla.; William Curtin, Japan; Mrs. L. A. Schreimer and baby, Mo.; H. C. Elliott, Ill.; R. S. Armour, Mo.; Mrs. W. H. Weeks and baby, Mo.; Mrs. J. M. Allen, Miss.; J. H. Thedyard, Miss.; John F. X. Phelan, Penn.; Mrs. F. E. Brown, N. Y.; Mr. and Mrs. L. B. Hall, New York; Sam H. Cowan, Tenn.; R. A. Glazier, Mich.; W. O. Campbell, New York; C. E. Burnap, Penn.; Mr. and Mrs. C. C. Albrook, Iowa; Mrs. Martha Gaskel, Mo.; Mrs. J. Purvin, Texas; Mrs. E. W. Taylor, Miss.; Edward A. Ott, Ill.; Mrs. A. W. Purvin and son, Ill.; B. G. Lee, Tenn.; W. E. Lamberth, Tenn.; Mr. and Mrs. R. M. Isley, Miss.; J. C. Walters, Penn.; F. H. Naughton, Ill.; Mrs. M. Anderson, Texas; L. A. D. Birch, Ireland; Oscar H. Cabell, Mo.; W. P. W. Ransom, Ill.; Mr. and Mrs. Geo. E. Grimm, Ohio; Mr. and Mrs. A. Nash, Ohio; F. P. Bergman, N. Dak.; M. Theane, Minn.; W. W. Dorden, Tenn.; Agnes M. Edwards; M. D. China; Mrs. W. W. Cook, Mich.; Mrs. Chas. E. Dark, Ind.; Mrs. M. J. S. Hodgson, Ill.; A. R. Combe; Dr. and Mrs. D. Millsbaugh, N. J.; Morris Kramce, Ohio; A. Kramer, Ohio; C. V. Campton, Texas; Samuel Frudenberg, Ohio; Mrs. W. Holbrook and Miss Holbrook, Wis.; J. H. Gordon, Okla.; Miss Ada Meyer, Ind.;

Goldie Propp, Ind.; Mrs. L. Greenblatt, Iowa; Lillian Greenblatt, Iowa; L. W. Rhode, Ind.; Jas. Aaron, Miss.; Clifford Strohecker, Penn.; A. McLean, Ohio; Arthur Best, N. Y.

"Who seeks for heaven alone to save his soul,
May keep the path, but will not reach the goal;
While he who walks in love may wander far,
Yet God will bring him where the blessed are."



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UNIVERSITY OF MICHIGAN

PERSONALS

Mrs. F. E. Brown of New York City is a guest at the Sanitarium.

Mr. W. N. Lovelace of Hartin, Tenn., is among the newly registered guests.

Dr. and Mrs. D. F. Millsbaugh of Paterson, N. J., are guests at the Sanitarium.

Mr. W. P. Stephens of Tupelo, Miss., has returned for rest at the Sanitarium.

H. L. Walker of Dilmore, Ohio, a former patron of the Sanitarium, has returned.

Mr. Thomas Cile, a prominent banker of Greeley, Ia., is a patient at the Sanitarium.

Attorney and Mrs. E. M. Spittler of Marion, Ill., are recent arrivals at the Sanitarium.

Mrs. H. S. Jones of McMinnville, Tenn., is numbered among our southern arrivals this week.

Mrs. Brinkerhof and Miss Rachael Brinkerhof of Kansas City, Mo., are guests at the Sanitarium.

Dr. Penn W. Ransom of Rockford, Ill., was a guest at the Sanitarium for a few days this week.

The Rev. A. McLean of Cincinnati, a former patient at the Sanitarium, has returned for treatment.

Mr. Frank Hall of Kansas City spent a day or so visiting friends at the Sanitarium this week.

Mr. and Mrs. George E. Grim of East Liverpool, Ohio, are among this week's arrivals at the Sanitarium.

Mr. and Mrs. W. M. Owen and little son left Wednesday for a visit to friends in northern Michigan.

Mrs. W. C. Jones and daughter, Mrs. James T. Goodwin, of St. Louis, are among this week's arrivals.

Mrs. M. Kimball and daughter and Mrs. Scherwin of Hinsdale, Ill., are guests at the Sanitarium.

Mrs. J. H. Herndon and daughter Grace, of Tyler, Texas, paid a brief visit to the Sanitarium this week.

Mrs. J. M. Allen, accompanied by Mrs. J. Thedyard of Tulen, Miss., arrived at the Sanitarium this week.

Mrs. C. A. Goodwin and Mrs. Edwin Bellows of Chicago are guests of Miss Aldrich during the present week.

Mr. L. H. Hanna and brother, G. G. Hanna, of Monmouth, Ill., are among the week's arrivals.

Dean E. A. Ott of Drake University, Iowa, who lectured at the Chautauqua Sunday, was a guest at the Sanitarium for a few days.

Mr. and Mrs. Eugene Elsworth and son, Harold, are new guests at the Sanitarium. Their home is at Irvington-on-the-Hudson, N. Y.

Mrs. J. W. Holbrook and Miss J. Holbrook, former patrons of the Sanitarium, arrived this week. Their home is in Oshkosh, Wis.

Mr. C. B. Walters of San Antonio, Texas, a former patient at the Sanitarium, arrived this week. He will remain for some weeks for rest and treatment.

Mr. W. A. Bunton, Jr., after a stay of a fortnight with his mother, who is a patient here, returned early in the week to his home in Nashville, Tenn.

Mrs. Mary Reed of Omaha stopped off at the Sanitarium for a short visit enroute from Washington to her home. Mrs. Reed was a guest here last summer.

The Rev. William L. Curtis, a missionary to Japan for the past eighteen years, arrived at the Sanitarium this week. He will remain for some time to recuperate his health.

B. T. Perkins of Elkton, Ky., prominent in railway circles of the South, has come up to the Sanitarium to enjoy the cooler weather, and will remain for rest and treatment.

Mr. and Mrs. C. W. Sutton, who have been guests at the Sanitarium for some weeks, returned to their home in Hillsboro, N. Dak., this week. Mrs. Sutton was greatly improved in health.

Mr. John Kelly of Kansas City, Mo., accompanied his daughter, Miss Kelly, to the Sanitarium this week. He expressed great enthusiasm over the institution and its principles, and purposes to return here later.

Dr. Charles Orr and wife of Crafton, Pa., are paying a visit to the Sanitarium and old friends this week. Mrs. Orr was formerly a nurse here, and assistant in Chautauqua lectures and demonstrations.

Mrs. M. Simonsen of Evanston, Ill., is numbered among the new patients at the Sanitarium.

Mrs. J. W. Walton of Fairburg, Ill., a frequent patron of the Sanitarium, spent a day visiting old friends here this week.

Mrs. S. M. Yutzky, wife of Professor Yutzky, and little son of Ann Arbor Mich., have arrived in Battle Creek and will remain for several weeks visiting. Mrs. Yutzky was a patient for several weeks last winter at the Sanitarium, and made many friends here who are glad to welcome her back.

Mr. and Mrs. Norman M. Eichelberger, who have been at the Sanitarium for several months, during which time they made many friends, returned on Monday to their home in Mansfield, Ohio. They were accompanied by Dr. Emily Smith, who will return to her missionary duties in China in the fall.

THE SIMPLE LIFE

"I am strongly of the opinion that the next great movement in the world of spiritual and moral reform will be the gospel of the Simple Life. We seem in some respects to have reached the stage in our habits and morals which was reached by Rome before the final decadence that led to the destruction of the mighty empire which she had created all over the then known world."—T. P. O'Connor, in *T. P.'s Weekly*.

WORLD'S CONSUMPTION OF COFFEE

According to statistics published in a leading coffee-trade journal, the world's consumption of coffee in 1907 amounted to 16,285,000 sacks, of which 6,980,000 sacks were consumed in the United States, 3,650,000 sacks in Germany, 1,625,000 sacks in France, leaving 5,170,000 for consumption in all other countries. The consul adds that the consumption of coffee in Italy is only 1.44 pounds per capita.

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THE BATTLE CREEK IDEA

VOL. 1, No. 33.

BATTLE CREEK, MICH., JULY 30, 1908.

PRICE, 2 CENTS.

WATER CURE NOT NEW DR. KELLOGG EXPLAINS

Tells Audience in Gymnasium How Water Treatment Was Used Successfully by Hippocrates Two Thousand Years Ago

SIMPLEST MEANS, MOST EFFECTIVE

"I have already told you something about the beginning of hydrotherapy," said Dr. Kellogg in his stereopticon lecture in the gymnasium, "how, away off in the wilds of Austrian Silesia a peasant boy conceived the idea of utilizing the forces of nature in the treatment of the sick. But this idea did not begin with Priessnitz. Further back in the centuries—more than two thousand years ago—we find Hippocrates, the father of medicine, recommending the use of water. To-day, if on a very hot day a man in New York City falls down with sunstroke, he is perhaps carried over to Bellevue Hospital, and the first thing the doctors do is to put him on a mat, and have some one pour cold water upon him from as great a height as can be reached, while two persons rub him very vigorously all over. That idea did not originate in Bellevue Hospital. That was the method prescribed by old Dr. Hippocrates, five hundred years before Christ. So, in the use of hygienic methods we are only going back to the old. There is nothing so old in the world in the way of curative agents as the use of water.

"I was talking some time ago in a medical society about what water would do, telling how water would relieve pain, how it would relieve insomnia, etc., and as I mentioned various things I knew water would accomplish, one of the members arose, and with considerable scorn proceeded to heap ridicule upon the idea that such a neutral thing as water could possibly have any medicinal or curative properties. The doctor had not happened to meet anything of that sort in his experience, so he thought it did not exist. I thought it perfectly proper to get even with that doctor, so I told a story.

"Some years ago I happened to be out in California, and was stopping at the Hotel Coronado over on Coronado Beach, and early in the morning, I went out and took a plunge in the surf. In going through the garden, I passed by the monkey house, and as I never can go by a monkey house without stopping, I stopped and was looking through the bars, and I observed something very interesting going on. There was a mother monkey and three young monkeys. The mother had gathered beneath her, and was sitting on some green fruit, I think some green guavas, and the little monkeys were slipping up behind and trying to steal the green fruit. The mother, who was watching on all sides, cuffed one on the ear, then threw another across the cage, and did her best to keep them from getting any of that green fruit. I saw the reason why. One of the little monkeys had already eaten some of the fruit, and was suffering very severely from colic, and had climbed up the top of the cage, and was hanging over

(Continued on page 2)

Zuntz, Mendel and Fletcher

These Three Notable Characters May All be at the Sanitarium at the Same Time in the Near Future

WILL FORM A GATHERING OF NOTE

The Sanitarium will in all likelihood be the gathering-place for several notable characters in the medical and scientific world within the near future, unless plans which have been made by some of these men are interfered with.

Among the noteworthy arrivals in prospect is Professor Zuntz of Berlin, Professor of Physiology in the University of Berlin, and one whose name is well known in scientific circles on both sides of the Atlantic. Professor Zuntz is now at Ithaca, N. Y., where he has been giving a series of lectures in Cornell University. It is expected that he will be a visitor at the Sanitarium soon.

Another who is expected here is Prof. L. B. Mendel of Yale, associate of Prof. R. H. Chittenden in the work at the Sheffield Scientific School. The researches of Professors Mendel and Chittenden have been of so great importance and have been given such great publicity in the press that it is scarcely necessary to mention that Professor Mendel's visit to the Sanitarium will be heartily welcomed.

The third who will, in all probability, visit the Sanitarium soon is Horace Fletcher, whose name is, perhaps, better known to the Sanitarium guests than that of the others, as Mr. Fletcher has been a visitor at the Sanitarium on several previous occasions.

An effort is being made to so arrange matters that the trio may be here at the same time, and in case these arrangements can be made, the gathering will be a notable one from a scientific standpoint.

A VEGETARIAN FOR 43 YEARS

An interesting visitor to the Sanitarium during the past week was Prof. A. Graves of Charlotte, Mich., who has the distinction of not hav-



PROFESSOR GRAVES AND HIS DAUGHTER

ing tasted fish, flesh, or fowl for the past forty-three years. Professor Graves is still engaged in active work—that of voice culture—in spite

(Continued on page 2)

CAUSES AND CURE OF SICK HEADACHE

Dr. W. H. Riley Tells Sanitarium Guests Some Interesting Facts Regarding the Malady

SCIENTIFIC NAME, PSYCHO-NEUROSIS

"Sick headache is defined by medical science at the present time as being an explosive psycho-neurosis occurring paroxysmally. The term 'psycho-neurosis' is used to express a disorder in which there are both mental and nervous symptoms. It is really a compound word, being derived from two words,—one psychosis; the other, neurosis. A psychosis is any abnormal mental state. A neurosis is any abnormal nervous state or condition. A psycho-neurosis, therefore, would be a combination of both of these conditions. The term 'psycho-neurosis,' as applied to what is usually called sick headache, relates to this sickness in its most extreme and aggravated form. The mental symptoms of sick headache are usually mild in degree and in many cases are entirely absent. When a general view is taken of this disorder, mental disturbances appear in some form. There are other names for this disorder, which are used more often by the medical profession than the term 'sick headache.' These terms are migraine, megrim, hemi-crania. This malady is also sometimes called by the laity 'bilious headache,' probably on account of the vomiting which often accompanies an attack.

"In considering this disorder we may naturally consider it under the different headings, such as causes, symptoms, pathology, diagnosis, prognosis, and treatment.

"The causes may be considered under two heads: (1) Those that are predisposing; and (2) those that are exciting; that is, that bring out the attack. The predisposing causes are heredity, age, sex, and certain constitutional diatheses and diseases.

"1. *Heredity*.—Heredity shows itself in a very active and conspicuous manner in producing this disease. There is no disease with which I am acquainted where the hereditary influence is more active than it is in producing so-called sick headache or migraine. The disease is often directly inherited. When father or mother or both suffer with the disease, it is almost invariably the rule that one or more children of such parents will also have the disease. Moebius, a German authority, states that in ninety per cent of all cases coming under his observation, the disease has been directly inherited; that is to say it has been present in the parent of the patient subject to the disease. By a direct inheritance we mean that the disease is present in the parent, and that it has been transmitted without change from parent to offspring. Sometimes the disease is observed to run through three or four generations. In my own experience of migraine it is almost always the rule that one or more cases have been present in the same family. At the present time I have a young gentleman under my care suffering with

(Continued on page 3)

WATER CURE NOT NEW

(Continued from page 1)

a hot water pipe taking a fomentation to his stomach. So, I told the doctor, "these monkeys had found out that hot water would relieve pain, even if some doctors had not."

"This knowledge of the use of water is common to the whole animal kingdom. It is man, perhaps, who has least appreciated the value of water as a curative agent. More than thirty years ago I met a farmer who told me an interesting story about one of his horses. It had backed up against a mowing machine, and had cut the cords of its leg below the fetlock, so its foot was useless. This horse, he said, hobbled down to the brook which was running through the pasture, and stood in that water all day long, day after day, nibbling the grass along the banks. After standing in the water continuously for three weeks, his foot was healed."

"That is exactly the same thing that Dr. Frank Hamilton, one of the most eminent surgeons of this country, advocates, and was doing thirty-five years ago in New York City. Dr. Hamilton took a boy, run over by a street car, to the hospital, put his leg or his arm, or whatever part was crushed, into hot water and left it there. Some surgeons said, 'Oh, it is nonsense, cooking a boy's arms or legs in hot water. What good will it do?' But Dr. Hamilton showed what it would do. The boy's legs and arms were saved, that otherwise would have been cut off, and that the other surgeons said must be cut off."

"We know now better than in those days the reason why,—because poisons formed by the action of germs upon the dead flesh were washed away, so the injurious and septic effect of these poisons was prevented. We did not know anything about those poisons in those days; we only knew about the pus cells. We did not know about the germs associated with them; we did not know that was where the real mischief was; and these pus cells were fighting germs. In those days we supposed pus cells were very bad things. The white, matterly substance is made up of the best part of the blood, the white cells of the blood, which come out upon the wound for the purpose of protecting it and fighting off the germs which are invading the tissues."

"Two hundred years ago Dr. Broca, on a little island in the Mediterranean, was practicing the water cure in a most thorough manner. When a man had a fever, instead of bleeding him and purging him, giving him various severe medicines, he made the man drink water every hour, and his patients recovered. This cure was recorded as a very curious thing in those days."

"An English doctor traveling in Persia two hundred years ago tells how, when he was taken sick with a fever, snow was brought down from the mountain and melted, and he was made to drink this melted snow. He was placed upon a mat, which was kept wet, and his body was sprinkled with water by the native Persian physician. At that time, in the capital of Persia there was placed a pailful of water at every street corner during cholera epidemics. Whenever a man fell on the street with cholera, immediately the bystanders poured the water over him and rubbed him vigorously, and so saved his life."

"Speaking of cholera reminds me of a story told by a medical friend here in this gymnasium, so I think I will venture to repeat it. It was in 1855, in one of the great cholera epidemics that prevailed in those days, when nobody knew how to prevent it. It was not so very long after the time when the pope issued a bull against the comet, and the Turk, and the cholera. It was when these things were all sup-

posed to be subject to malign agencies attacking the human race."

"At that time the doctors thought they had found a remedy for cholera in calomel. So Dr. Austin Flint preached all winter in New York on the subject of cholera, because the cholera was in Buffalo, and they expected to have it by spring. The remedy he prescribed was ten grains of calomel every hour. It is easy to imagine what ten grains every hour would do for a man in the course of twenty-four hours. So, along in the springtime, Dr. — one of the great surgeons of New York City, one of the founders of Bellevue Hospital Medical College, and one of the great surgeons of the Civil War, was just graduating in medicine, a young physician, and he was put in charge of the cholera hospital. He said he thought he would certainly die, because he had almost had the cholera all his life, and he thought he would be the very first victim; but there was no other one to send. There were only two graduates who were competent, and one of them fled the town the minute the cholera struck the city. So there was nothing to do but to stand at his post, and do his duty."

"The patients began to come in to get the doses of calomel. They came in regularly every morning and went out regularly the next morning. They came in in an ambulance, and went out in a hearse. He said it was rare that any of them lived more than twenty-four hours. I am not saying it was the calomel that killed them; the epidemic was very severe; but I will tell you the story just as he told it. He said that after some days an Irishman came in,—the quaintest Irishman he ever met. The Irishman said first thing when he came in, 'Now, Doctor, I am not going to take a drop of your medicine. Don't you see it is killing all your patients here? Just give me a bed, put a pail of water beside it, and a tin dipper; and that is all I want of you. I will take care of myself.' When they found they could do nothing with him, they put him in bed, a pail of water beside his bed, and a tin dipper. He sat up in bed and drank a dipperful of water, and soon he began to vomit. Then he would drink another dipperful, and repeat the process. He kept on drinking water, and at the end of twenty-four hours was actually getting better, and in forty-eight hours he was all right. At the end of three days he got out of bed, and walked up and down the ward making fun of the doctor. He told all the patients they were being killed with the medicine, and if they would just drink water as he did, they would get well, as he did. The fourth day he was so well that he left the hospital. He was one of the very few that did get well."

"After a few weeks the cholera epidemic had spent its force, the last patient had died and been sent out to the cemetery; so the hospital was closed, and the doctor said, 'I was thankful I was still alive. But as I walked down the street, I began to feel queer; I felt some qualms as if I might be a little sick at my stomach, and when I reached my house the doctor was not there. When I looked into the mirror, I saw I was very pale. By and by Dr. — came in and I said, 'Doctor, I don't feel very well.' He began to inquire about my symptoms, and said, 'I am afraid you have got it. If I were in your place, I would just go to bed, keep still, and drink water.' So that is exactly what I did, and I recovered as quickly as the Irishman did." There was a case in which the doctor did not take his own medicine, but he took the Irishman's instead."

"We doctors have found out in the last ten or fifteen years that water is the best possible thing for cholera. Give the patients all the water they can possibly drink, give them large enemas to wash out the bowels, put them in a bathtub and let them soak in water, because in

olden times people died from cholera for lack of water. They kept vomiting and purging until the water from the blood was carried off to such an extent they could not live. But now, by putting water into the body as rapidly as possible, the poisons produced by the disease are diluted and washed away, so the patient has a chance to live. It is a curious thing that most of the progress we doctors have made in the medical profession has come from the peasantry, the laity."

"Since the time of Pasteur,—thirty years ago, when he was working in his laboratory and making the discovery of germs,—we may say the great advances in medicine have been from the laboratory. The result has been in the last twenty-five or thirty years to completely revolutionize medical science; so that at the present time no intelligent doctor thinks of confining his patient to the administration of a few drugs. He tells him what he should eat, how he should ventilate his house and the sick room. He tells him about baths, about clothing, how to take exercise outdoors. The time has come when the up-to-date physician recognizes that those things which pertain to the ordinary maintenance of life are really of greater importance than all the other things combined. The Battle Creek Sanitarium system is simply a system whereby these methods by which life is maintained under ordinary circumstances, are brought to bear in concentrated and emphasized form to help the sick man toward recovery."

(To be Continued)

A VEGETARIAN

(Continued from page 1)

of his seventy-eight years, and bids fair to live another score. He takes but two meals a day—a breakfast from six to seven o'clock and dinner somewhere between twelve and two. With him is his daughter, Stella Marie, aged thirteen, who is also a strict vegetarian and is in fine physical condition."

Mr. Graves first adopted the non-flesh dietary in 1864, after having become impressed with the life and habits of a family with whom he boarded in Paris, Mich., "a farm on which there were no pigs or chickens kept; a table on which no tea nor coffee nor flesh food ever appeared—a home to which no physician had ever been called for twelve years. I was so struck with the beauty of the home life and the unusual cleverness of the family of children," said he, "that I determined to follow their example and adopt for myself their system of living. I was especially fond of meat, but I became convinced from my observation that it was much better to live without it and so I have found it after forty-three years."

In all the time that he has foregone flesh food he has never spent a day ill in bed, and has not consumed ten cents worth of medicine. Mr. Graves says that he has been able to convince two men to one woman that this method is the right one. He says he believes that the death of his first wife was due to tea poisoning. "She was accustomed to drink tea six or seven times a day," said he, "and after her death I gave two teaspoonfuls to two strong kittens and they both died as a result."

Johnnie—Pa, won't you please buy me a microbe to help me with my arithmetic?
Papa—What good will a microbe do you?
Johnnie—I just read in this paper that they multiply rapidly.—Judge.

Doctor—I want to get the humor out of those boils.

Patient—Humor! Great Scott, doctor, I can't see where the fun comes in!—Baltimore American.

High Standings For Doctors

Sanitarium Physicians and Graduates from
Medical College All Pass Examination
by a Liberal Margin

The returns from the examination recently held here by the State Board of Medical Examiners and taken by several of the Sanitarium physicians as well as graduates of the Medical College have just been received, and have been the occasion for great gratification on the part of students and doctors. This is due to the fact that the lowest percentage of all those who took the examination was 85, while the highest was 96. The standing averaged 89, and as the passing average is 75, it will be seen that all who took the examination passed by a liberal margin. This speaks well for the thoroughness of the work done by the American Medical Sanitarium College.

YOUNG ATHLETE SAVES HER LIFE

The value of physical training in early youth was forcibly demonstrated in New York the other day when little Helen Graf saved her own life by hanging with her baby fingers to the fire escape rail on the third floor to which she had fallen from the fifth floor.

The child's father is an athlete, and has been in the habit of teaching his three little folks gymnastics from their babyhood. Little Helen, being the youngest, had had nothing further in the way of training than to have her muscles hardened by grasping a broomstick handle by which her father would carry her about the room. It was that baby instinct to reach for the broom handle that saved her life when she fell through a well hole in the fire-escape the other day to what seemed certain death. A little boy saw the child suspended in the air and rushed up a ladder and took her to her mother, who had fainted away from fright. The baby received only a few scratches.

RICE AS A MUSCLE MAKER

The defeat of Russia by Japan drew the attention of the whole world to the power of endurance exhibited by the Japanese, and much surprise was expressed that a rice-eating nation should develop such remarkable physical power. One of the factors to be taken into account is the frugal, abstemious habits of all Japanese families, but it is quite possible that rice plays a more important part in the matter than is generally realized.

In the United States, as well as in Europe, rice has usually been considered an inferior food, owing to the excess of starch in its composition, and this is undoubtedly true of rice as we meet with it. But this defect in the grain is the result of the removal of nutrient matter for the purpose of making it presentable for the market by what is known as the "polishing" process. Not only is the outer husk taken off, but what is called the "rice meal," which envelops the inner kernel, is also brushed away, although it is highly nutritious, being the albuminous portion of the grain. It is, however, an unattractive brown in color. This rice-meal is exported to Europe by rice-growing countries, and in England it is made into what is named "oil cake," with which cattle are fattened. Chemical analysis of "rice-meal" shows that

it contains about twelve and one-half per cent of albuminoids and four and one-half per cent of phosphoric acid, and the former appears to be easily digested and utilized by the human system.

As the Japanese, in common with other rice-eating nations, do not "polish" the grain, except for export, they retain a large proportion of nutriment and flavor to which virtually all Americans and Europeans are entire strangers.

It is remarkable that the most highly civilized nations are willing to sacrifice nourishment to appearance when all the facts are quite well known. White rice, no doubt, looks nice because we are accustomed to its delicate appearance. Being purely carbohydrate (starch), it is not a muscle-builder. When eaten in its natural condition, that is, without being "polished," rice is a food that will build up the body and will create force and energy as well. Had the Japanese "polished" their rice, without substituting other albuminous foods, there can be no doubt that the Russians would have defeated them, because men can not thrive upon starchy foods which contain no albumen to repair the waste caused by the very act of living, and by daily work.

Man's efforts to improve upon Nature's product by removing the most valuable part of the rice-grains must be regarded as a serious error. —The Lancet-Clinic.

SICK HEADACHE

(Continued from page 1)

this disease. His mother also suffered with it, and he has five brothers and sisters who are afflicted with the same disease. As high as eight members of a family have been reported by other observers to have had migraine. It is also seen in collateral branches of the family, such as uncles, aunts and cousins, nieces and nephews, as well as those who are directly connected.

"The hereditary influence also expresses itself in other ways. Nearly always there is a neuropathic condition of some sort in the family. This may be seen in other nervous disorders in the ancestors. Sometimes in the ancestors the disease alternates with epilepsy, hysteria and certain forms of insanity. The inheritance of this disease may also come as the result of some constitutional disease in the ancestors not of a nervous character, such as gout, rheumatism, tuberculosis, alcoholism and other constitutional diseases which weaken the vital forces in the parents, and this weakness when transmitted to the children may show itself in the form of migraine.

"Another important thing which stamps this disease as hereditary is its association with other nervous diseases. Very often we find it grafted on to a neurasthenic state. In fact, in my experience this is usually the case. It may also be associated with hysteria, epilepsy and with various forms of insanity. It may also accompany certain organic diseases of the nervous system, such as locomotor ataxia and other nervous organic disorders. While the hereditary factor is very active in producing this disease, it should not be understood that for this reason the disease is necessarily incurable. Many hereditary defects may be overcome, to a large extent, by healthful living, and by the use of such means and remedies as will increase the vital resistance and improve the physical condition of the body generally.

"2. Age.—Sick headache begins more often at certain periods of life. Thirty per cent of all cases begin between the ages of five and ten years. The balance occur usually at puberty or during adolescence; that is, between the ages of twelve and twenty years, inclusive. However, cases occur later, but the disease rarely be-

gins after thirty or before five years of age. It may be stated in this connection that this disease is a chronic disorder very often extending over many years, and the ages given refer to the time at which the disease usually begins. The disease may be seen as late as sixty or more years of age, but in cases of this kind it has usually begun much earlier in life and has continued for many years. The rule is, as one advances in age the attacks become less frequent and less severe, and at the age of forty-five or fifty they usually disappear if they have not done so before, or at least are less troublesome after this time of life.

(Continued on page 6)

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VOL. 1 JULY 30, No. 33

THE NATIONAL PLAYGROUND ASSOCIATION

There is no general movement in the interests of the common weal more worthy of support than is the work of the National Playground Association. Within a few years this Association has succeeded in awakening so great an interest in the provision of facilities for outdoor sports for the children of large cities that a few great municipalities have thought it worth while to expend many millions in opening up breathing spaces in the heart of the great centers of population, and equipping them with ample facilities for games, gymnastics, bathing, swimming, and other healthful indoor and outdoor exercise. The public, as well as sanitarians everywhere, are coming to recognize that outdoor life and play are the only means of counteracting the pernicious influence of sedentary city life. The painful contrast between the rosy-cheeked children of the country districts and the puny, wizened little ones upon the streets of our large cities has long been noticed. The city playground is, in part at least, an antidote for the destructive influence of town life and atmosphere.

It is gratifying to notice the great interest which is being taken in the work of the Playground Association. The officers of the Association offer their services without charge in the promotion of local playground associations, which should be formed in every city of ten thousand or upward throughout the United States. Those interested should correspond with Mr. Lee F. Hammer, Field Secretary, Playground Association of America, 624 Madison Avenue, New York, N. Y.

The Massachusetts legislature has recently enacted a statute which it is hoped will greatly advance the playground movement.

It requires every community of ten thousand or more inhabitants that is at present lacking in playground facilities to vote at the next election on the proposal to establish such recreation spaces at the ratio of, at least, one to the first ten thousand inhabitants and one other for every additional twenty thousand. The decision of the people is to be binding on the authorities.

In the event of a positive decision in any community the playgrounds must be opened and maintained after July 1, 1910. The municipalities may appoint and pay qualified supervisors to direct the sports and exercises of

the playgrounds. They may set aside city land for the purpose or raise money by bonds or otherwise to purchase land.

GET TANNED!

The sun operates upon the vital forces of the human body just as it does upon the vital elements of the plant. It is a great healing power abroad in the land, that most of us are not utilizing. Keep out of the shade; keep in the sun. If it is a little too hot, shade the head a little. Get in the outdoor gymnasium; get all the exposure you possibly can; get your hands and faces tanned, your shoulders and arms tanned.

There is great benefit in getting tanned. White, anemic skins have little blood in them. If the skin is burned, it is full of blood. If the trunk of your body is sunburned, it draws just so much blood out of your poor, congested liver, and when you get the whole skin tanned, it diverts the blood from the interior, where there is too much blood, drawing it out to the surface, where it is doing good.

Getting Even with Him

A game keeper offended a couple of lads by putting the police on their track for a trivial offense, and they set to work on a scheme of revenge.

One Saturday night, when the shop was fairly full of customers, the boys marched boldly up



to the counter together, and the elder of the twain with solemn mein laid a couple of dead cats on the counter, and, to the horror of all present, remarked gravely:

"Father says that'll make a dozen!"

Then the lads walked quickly away.

"Bishop Bompas, the noble missionary whose life has just been published by Messrs. Seeley, writing of a clerk's wife who had died in the Rockies, says: 'She expressed herself quite happy to the last, and during the last night was often asking for the candles to be put out, for, she said, 'It is all broad daylight with me now.' Her delight was in hearing the Bible read, especially the fourteenth chapter of St. John. I feel this death rebukes me for having expressed in a letter this spring a fear that our Saviour gathers no lilies from his desert lands.'"

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QUESTION BOX DEPARTMENT

DR. KELLOGG each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What vegetables and fruits, if any, are injurious to a person who has arteriosclerosis?

A. There are no injurious vegetables and no injurious fruits; that is, vegetables that are wholesome. Tobacco is a very injurious vegetable; and pickles and the fruit of the vine in the shape of wine are also very injurious, but those are the only fruits and vegetables I know of that are prohibited.

Q. Do you recommend cold baths for rheumatism?

A. A patient who has chronic rheumatism must have cold baths, not general cold baths, but cold bathing, cold rubbing, following hot applications; a short hot bath followed by a brief cold tonic bath as a means of increasing vital resistance and building up the patient. A person with chronic rheumatism is not suffering from the same disease as one with acute rheumatism. He has the disease, but of an entirely different character. A person with acute rheumatism has infection of the joints; but a person with chronic rheumatism is suffering from the effects of general poisoning of the whole body, from intestinal autointoxication, and the poisons absorbed from the colon are circulating in the blood and infecting the joints so that the patient must have general tonic treatment to build him up.

Q. How can a prolated and inactive stomach in a young person be reasonably expected to regain its normal size and functions, and what treatment do you advise?

A. The most important thing is the regulation of the diet, taking small amounts of food and avoiding large quantities of liquid or of food at any time. The food must be distributed during the day in four or five meals, if necessary, so the quantity at a meal may be small. It is also very important that this patient should develop the abdominal muscles by lying upon the back and raising the legs, by walking, or rowing, or bicycle riding, — all kinds of active exercises which will develop the abdominal muscles. This will be a means of strengthening the normal supports of the stomach. There is nothing in the way of external supports which can take the place of naturally strong abdominal walls. These exterior supports are a help, but the abdominal walls are muscular and must be developed by exercise.

Q. What is the cause of receding gums and teeth becoming loose?

A. Autointoxication. Autointoxication poisons lower the vital resistance of the blood. The saliva loses its power to kill germs, and germs colonize about the teeth, about the roots, find their way down into the gums, and set up an ulcerated process there. You never can cure those cases in the world until the colon is set right.

Q. When strong winds blow, the patient has a feeling of creeping all through the veins, and so cold it is impossible to get warm even in bed with warm covers.

A. That is a vasomotor disturbance due to the weather, although the presence of autointoxication may produce a predisposition.

Q. For several years I have been annoyed by a most distressing itching and tingling of the skin after bathing. What causes this? and what can be done to cure it?

A. It is probably due to excessive reaction.

Avoid taking very cold baths, or if you do take a very cold bath, take after it a neutral bath for a little while, so as to restore the normal temperature of the skin.

Q. Would it be good for one with bronchitis to camp on the Atlantic coast?

A. The difficulty is that on the Atlantic coast you will have dry weather part of the time and damp air part of the time. It would be better to get out and live on an island in the sea, such as the Bermudas, or the Bahamas. Bronchitis is usually caused by intestinal autointoxication. The lungs have been irritated by eliminating the products of putrefaction, the foul gases formed in the colon. That is why so many people have bad breath. When the autointoxication is relieved the bronchitis is cured in the great majority of cases.

Q. Is it true that the so-called "friendly germs," combating putrefactive bacteria, are also the germs which cause senility?

A. No; the germs which bring on senility

are the putrefactive germs, the germs which cause decay. The friendly germs, which produce sour milk, and are found also in butter-milk, combat the other germs and make it impossible for them to live in the intestine. Metchnikoff, through experimentation, has found a germ which kills off that unfriendly germ; and this is found to be best represented in the Bulgarian ferment known as yogurt, or mayas.

Q. What course of treatment do you advise for chronic sciatica?

A. Sciatica requires some times very thoroughgoing treatment, massage, electricity, revulsive applications, sometimes very hot electric baths, the are light and various other measures. It is, with very rare exceptions, curable.

Q. Is rhubarb a wholesome vegetable?

A. No, the acid of rhubarb is oxalic acid. It is the same acid you use to take the stains out of your tablecloth. Pie-plant is poison.

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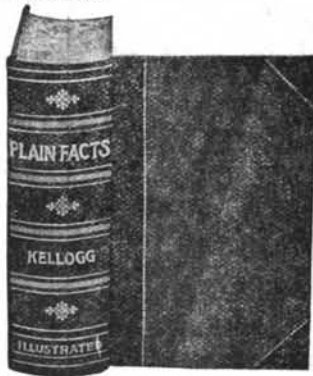
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SICK HEADACHE

(Continued from Page 3)

3. *Sex.*—In regard to sex there is not much difference. There are perhaps nearly as many cases seen in men as in women. Careful examination, however, of a large number of cases coming under my care, as well as statistics from reliable sources, indicates that the disease is more prevalent in the female than in the male.

4. *Constitutional Diseases.*—As before stated, the disease is very often grafted upon a neurasthenic condition. We also see it quite often associated with other debilitating constitutional diseases, such as anemia, poor nutrition, and various forms of indigestion; in fact, in any condition where the lowering of the general health lessens the vital resistance of the individual. These are the principal predisposing causes.

5. *Exciting Causes.*—An exciting cause is one that brings out the disease. Here it may be well to emphasize the fact that the following exciting causes become active only in individuals who are predisposed to this disorder. These same so-called 'exciting' causes, when present and active in individuals not predisposed to this disease, do not bring out the attacks. In fact, the predisposing causes are so important and so active, particularly that of heredity, that the so-called exciting causes are really of minor importance compared to those that are usually considered as predisposing. The hereditary factor is so active that it may really be considered the cause *par excellence* in developing this common disorder. In an individual predisposed to migraine, any of the following exciting causes may develop an attack. In early life, that is, in childhood, the attacks usually begin at the time the child is first sent to school and begins to use his eyes, and so we find that eyestrain and errors in refraction of various kinds are often an exciting cause of this disease. The following are also sufficient to excite the disease:—

1. *Indigestion, constipation, so-called 'intestinal auto-intoxication,'* excess of proteid foods, particularly meat, fatigue, nervous excitement, emotional disturbance, such as fright, diseases of the nose, such as adenoid growths. In some individuals going out in the bright sunlight will develop an attack; in others, taking a cold bath. It seems that any cause sufficient to make a decided impression upon a sensitive nervous system is sufficient to develop an attack of migraine. Not long ago I had a gentleman under my care who had suffered with this disease nearly all his life. He could not go down to the city to do a simple errand, or go to the library to look up a certain article, or make any effort that was unpleasant or taxing, without developing an attack. Another gentleman under my care a short time ago had an attack whenever he exposed himself unduly to the direct rays of the sun. Still another patient, a young lady recently coming under my observation, developed an attack every time she took a cold bath. In recent years putrefactive changes in the intestines with the absorption of poisons into the blood, which are carried to the brain and nervous system, have been held responsible for many of these attacks. Exposure to cold also brings on the attack, and I have observed that exposure to cold for a considerable time has in many cases been sufficient to develop an attack. The attacks are apt to be more common and more severe if the individual suffers from any other disease, like fever or indigestion or anything which lowers the general health.

6. *SYMPTOMS.*—The symptoms of the disease show themselves paroxysmally and sometimes even periodically. While this is true, it should be remembered that a lowered condition of the general health, disturbances of digestion, neurasthenia and hysterical conditions, anemia,

and rheumatic and gouty diatheses, and even epilepsy and some forms of insanity, may be present in patients who suffer with migraine. All of these, of course, form a part of the symptoms of a case of this kind, and should be carefully considered in dealing with the case. The symptoms, however, which will interest us most are those of the attack. These may be divided for the purpose of emphasis into certain groups. They are often considered under the head of: (1) premonitory symptoms; (2) sensory disturbances; (3) headache; (4) nausea; (5) vomiting; (6) sleep; and (7) complete recovery.

7. *The premonitory symptoms* consist of a general feeling of indisposition, fatigue, exhaustion, loss of appetite, constipation following this, sometimes insomnia for a night or so preceding the attack. In a typical case the sensory symptoms usually appear next. They consist of a feeling of numbness in the hands, of a prickling sensation in the tongue or about the lips, not infrequently a sensation of blindness, as if a veil were drawn before the eyes or a cloudy mist were passing before the eyes. Sometimes floating spots are seen in the field of vision, and less frequently flashes of light or a zigzag outline which may come and go before the field of vision. There may also be ringing in the ears and vertigo. After these sensory symptoms have lasted for a short time—a few minutes or a few hours—the headache develops. It usually begins in a small spot on one side in the temporal region, in the frontal region, back of the eyeball, on top of the head, and less frequently at the back of the head. It is often described as a severe boring, throbbing pain. As it progresses it becomes more severe, and extends over new territory, usually confined, however, to one side of the head, but in some instances spreading over the whole head. It lasts one hour, two hours, three hours, ten hours, twenty-four hours, forty-eight hours, usually not longer than three days. I have seen a few cases, however, where the headache persisted day after day, week after week, and even month after month, recurring every day. This is unusual. In typical cases, the headache usually terminates by sickness at the stomach, or nausea and vomiting; after the stomach is emptied by vomiting, the pain usually disappears and the patient is relieved.

8. *On account of the relief* which comes after vomiting, it has been supposed, and naturally so, that the severe headache was due to some disturbance of the stomach, but science in recent years regards the nausea and vomiting as symptoms of the disease, and not indicating the cause.

9. *Following the nausea and vomiting* the patient usually falls asleep, and after several hours or more of sleep recovery occurs. Not infrequently the patient feels much better after an attack than before.

10. *In addition to the symptoms* enumerated there may be cold extremities, pallor of the face, slow pulse, high blood pressure, attending the severe paroxysms of headache. The previous description relates to what we might call a typical case, but it by no means describes quite a large number of cases which we may call atypical or sub-typical. There are all grades and shades of variations in the severity of these attacks, and the foregoing symptoms are not by any means present in every case. The essential elements of this form of headache are its periodicity and its severe intensity. Nausea and vomiting are not always present, and some forms of sick headache where the nausea and vomiting are absent, are mistaken for other forms of headache. In some cases that have come under my observation the attacks came on quite regularly. One gentleman had an attack every Sunday. He was a traveling salesman, and undoubtedly his habits of living on Sunday were sufficiently different from his

every-day habits to develop sick headache.

11. *In some cases so-called 'aphasia'* may be present as a symptom. This is an inability of the individual to get the proper words to express his thoughts. In other cases which I have seen there has been considerable mental confusion and mental cloudiness. There may be even well-pronounced symptoms of melancholia, and even other forms of insanity have been described as being associated with these attacks of sick headache.

12. *The attacks usually occur once a week,* once in two weeks, or once in three weeks. In milder cases they may occur only once in every few months; and in still other cases which I have observed they occurred only once a year, or once in two or three or more years. I have seen a few cases where the attacks have occurred every day for a period of weeks or months.

13. *When associated with other diseases,* of course, the symptoms are always modified by the other disease which may be present. Another important symptom is the change in the secretion of the gastric juice of the stomach. I have examined a large number of cases of migraine or sick headache. Here at the Sanitarium we usually make an analysis of the contents of the stomach of these cases, because the condition of the digestive tract often has very much to do with bringing on an attack. Almost invariably in these cases of sick headache we find there is an increased secretion of hydrochloric acid in the stomach. That is what we call hyperpepsia, or perhaps more correctly hyperchlorhydria, which means that an excess of hydrochloric acid is secreted by the stomach. This excessive secretion of hydrochloric acid is regarded by the medical profession at the present time as a secretory neurosis; that is, the excessive secretion of hydrochloric acid is due to a disturbance of the nerves controlling the stomach, the primary and fundamental disorder being really a disorder of the nerves which control the stomach. This condition is usually associated with cases of migraine that have come under my observation. There is occasionally a case where the hydrochloric acid is diminished in quantity, but these cases are usually persons advanced in years, and the secretion is diminished probably on account of advancing years."

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PERSONALS

Miss Bell Starr of the nurses' department has also returned from a vacation.

Mr. Sigfrid Adler, of the massage rooms, leaves Friday for a vacation in Sweden with his parents.

Miss Lenna Cooper has returned from Ithaca, N. Y., where she has been attending a Domestic Science Convention.

Miss Jessie Hill and Lettie Devine of the nurses' department have returned and will take up their work again.

Mr. and Mrs. Noble of Indianapolis have returned home. Dr. Noble is clerk of the Supreme Court of Indiana.

Miss Mary Armstrong has returned to her home in Champagne, Ill., where she was called by the illness of her father.

Mrs. R. M. Ivy of Como, Miss., and her sister are staying at the Sanitarium. They expect to remain about six months.

From the Cooking School it is reported that the patients' classes this summer are larger than they have ever been before.

Mrs. Trenchard of De Land, Ill., who has been a guest at the Sanitarium, is entertaining her mother, Mrs. Thornton.

Mr. M. P. Northington, who has been staying as guest at the Sanitarium, has returned to his home, leaving his family here for a further stay.

Mrs. Josephine Lee and Mrs. Mary Lee Price, both of Macon, Ga., are staying at the Sanitarium, and plan to spend about six months here.

Mrs. C. C. Share and a friend, Mrs. J. D. Hunter of Alva, Okla., who are guests at the Sanitarium, are planning to remain for some time.

Miss Daisy Keichline, a former nurse at the Sanitarium, is spending some time here visiting Dr. and Mrs. Eggleston and other friends. She expects to be here some time.

Dr. D. T. Millsbaugh, who has been at the Sanitarium since the first of July, will return to his home in Pennsylvania Friday, leaving his wife here as a patient.

Mrs. Schaffer, a Sanitarium nurse, has returned from a four-months' visit with her parents at Ault, Colo., bringing with her a sister, Miss Mabel Walker, who will take the nurses' course.

Mr. Nolan, Mr. Miles, and others of the Chautauqua speakers visited the Sanitarium while here. Rev. Wm. A. Sunday and his wife stopped here, and Mrs. Sunday will remain as a patient.

Dr. Carolyn Geisel, with her assistants, Mrs. M. A. Emmons and Miss Ruby Ketcham, is in Franklin, Ohio, at the Miami Valley Chautauqua. She reports that her work is meeting with a good degree of success.

ARRIVALS

The list of arrivals for the week ending July 28 is as follows: Gordon M. Clark, Mich.; Glen O. Crest, Ind.; L. H. Rice, Ohio; Miss C. M. Bacon, Iowa; Mrs. Lois Lewis, Iowa; Dr. M. C. Strong, Mich.; Mrs. R. M. Newmon, Mich.; Emory A. Walling, Penn.; W. L. Condon, N. Y.; Mrs. S. B. Price, Ga.; Mrs. J. L. Perkins, Ga.; Mrs. M. W. St. Clair, Mo.; Frank L. Steil, Mich.; W. A. Reddick, Mich.; Mrs. Hoppe, Mich.; L. K. Bishop, Mich.; N. S. Newboud, Mich.; Mrs. Cora Blumhoff, Ill.; Sam D. Snodgrass, Texas; Mr. and Mrs. Harry Hill; Mrs. Tracy Underhill and Miss Sallie Underhill, Ky.; Mrs. C. B. Pratt, Ind.; Miss Julia Hinman, Ind.; Harry G. Wasell, Conn.; Mrs. E. Morton, New York; J. D. Timmerman, Ohio; C. B. Potter, Ind.; W. W. Umblow, Mich.; Mrs. L. B.

Turell, Miss.; C. D. Turell, Miss.; S. D. Brovre, M. D., Ill.; Mr. and Mrs. M. P. Worthington, Ala.; C. R. Ellis, Ga.; Mrs. W. A. Edwards, Ga.; L. Ginburg, Iowa; W. Bowman, Ill.; Mrs. Martha Goebel, Mo.; C. W. Forum, Fla.; Miss Jennie Rugg, Ky.; Mrs. H. McDonnell, Ky.; C. N. Roser, Ohio; Miss Margaret Jones, Penn.; A. P. Jones, W. Va.; L. N. Yoot, M. D., W. Va.; John Trupp, Sr., Mich.; J. H. Applegate, Iowa; C. A. Chamberlain, Wis.; E. G. West, Nebr.; Jennie West, Nebr.; J. A. Dillman, Ill.; T. W. Porter, Ky.; C. B. Williams, Miss.; A. L. Chappins, La.; B. F. Front, Ind.; Z. H. Inge and son, Ala.; Mrs. C. C. Share and Morton Share, Okla.; Mrs. J. D. Hunter and son, Okla.; Boyles Gerhart, Tenn.; Mrs. Elie G. Hulsey, Miss.; Mrs. J. H. Crosby, Fla.; Hayden W. Crossley, Va.; W. V. Powell, Ill.; Mrs. Jasper F. Moses and child, Mexico; W. M. Edwards, Ohio; Mrs. John Armstrong, Jr., Ill.; L. B. Hirsch, Mo.; Mrs. James B. Jones, Pa.; Patrick Ryan, Wis.; Lettie Devine, Wis.; Katherine McCormick, Mich.; John Craig Pinners, N. Y.; Mrs. George Pfeiffer and child, Ill.; Mrs. Julia Garwood, Ohio; Mrs. N. J. Ullman, Ill.; Mrs. S. C. Palmer, Cal.; Mrs. H. Taylor, Miss.; Bessie Leigh, Okla.; H. D. Haring, Ind.; Mr. and Mrs. E. M. Spiller, Ill.; Edgar Nelson, N. Y.; Mary, Emile, Walter, and Elsie Stassen, Ill.; Anna Stassen, Ill.; Flora Salmans, Ohio; G. W. Stigler, Miss.; Mrs. Jennie Harvey, N. J.; E. J. Walker, Ind.; T. H. Lewis, Md.; Mrs. Wm. Trubba, Mich.; Mrs. H. A. Perry, Mich.; Miss S. Goldsmith, Mich.; Hal F. Mangum, Texas; T. H. Soucerville, Miss.; James H. Maize, Pa.; C. J. McCartney, Pa.; R. Hamilton, Ill.; H. R. Pohl, Ill.; Miss Richmond, N. Y.; Robt. H. Pohl, Ill.; Mr. and Mrs. T. H. Somerville, Miss.; Elden and Nena Somerville, Miss.; Mrs. M. A. Bradley, Me.; Mrs. H. A. Baker, Iowa; Mrs. Stella B. Mottat, Iowa; Mrs. J. B. Martin and Eleanor Martin, Ky.; Mrs. W. T. Ashford, Ga.; Mrs. J. C. Maners and Mary Maners, Ga.; Paul C. Metzger, Africa; G. H. Hyland, Ohio; J. P. Derby, Mich.; Anna Swan, Ind.; Nick Marcker, Ill.; Miss Fernine Pride, Tenn.; Mrs. G. P. Race, Jr., and child, Tenn.; Mrs. W. Ewing Hall, Mo.; Mr. and Mrs. L. J. Parker, Ill.; Miss Ruth Hirsch, Mo.; E. E. Stacy, Ind.; A. V. Kennedy, Texas; H. H. Beckwith, Mo.; Flora Sigel, Colo.; E. E. Koebble, Ohio; Mrs. S. J. Garner, Mich.; Eva Brown, Ind.; J. C. Brown, M. D., Iowa; Mrs. A. B. Brown, Iowa; Mrs. C. M. Thomas, Iowa; Mrs. P. C. Metzger, Africa; Mr. and Mrs. Chas. H. Jones and baby, Texas; Mr. and Mrs. W. H. Washington, Tenn.; Mrs. E. J. Garland, Minn.; J. H. Kelley, Md.; Mr. and Mrs. W. H. Alcorn, Miss.; Miss S. M. Wamble, Miss.; Mr. and Mrs. Jespersen, Miss.; A. W. Himnun, Ill.; Jelden Heidermink, Ill.; E. R. Richardson, Cuba.

Truth Triumphant

Know that the truth shall triumph,
That evil shall find its doom;
That the cause of right, though subdued
by might,
Shall break from the strongest tomb;
That wrong, though it seem to triumph,
Lasts only for a day,
While the cause of truth has eternal
youth,
And shall rule o'er the world for aye.
—Willcox.

"If you would increase your happiness and prolong your life, forget your neighbor's faults. Forget the slander you have heard. Forget the temptations. Forget peculiarities of your friends, and only remember the good points which make you fond of them. Forget all personal quarrels or histories you may have heard by accident. Blot out, as far as possible, all the disagreeable of life; they will come, but they will grow larger when you remember them, and the constant thought of the acts of meanness will only tend to make you more familiar with them. Obliterate everything disagreeable from yesterday; start out with a clean sheet for to-day, and write on it only lovely things."

GOOD ADVICE

Have your watch repaired by S. Lande. Reliable Watches and Clocks at the same prices as mail order houses at

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Dress FOR Health The Good Health Waist

was designed by health experts to meet the actual needs of the body. No steels nor stays. It is endorsed by the physicians of the Battle Creek Sanitarium and has hundreds of satisfied wearers.

See it yourself. Order to-day; try it 10 days, then if dissatisfied, return it and get your money back.

Prices in white Jean or Batiste, according to bust measurements; 30-38, \$1.25; 40-42, \$1.50; 44-46, \$1.75. Add 50c for highest grade White Sateen garment. Catalogue will be sent on request.

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GOOD HEALTH FOR AUGUST

The Annual Mothers' Number Is Out, Containing a Large Number of Attractive Features

Good Health for August was placed on the bookstand Saturday evening. This is the special Mothers' Number for 1908, and is indeed an excellent issue. The Mothers' Number of *Good Health* is always the most popular of the entire year. Last year an interesting letter was received from the daughter of Count Tolstoi stating that her father was very much in sympathy with *Good Health* and its work and that she, herself, had always been very much interested in the Mothers' Number.

A very pleasing study from life of a Japanese mother and child forms an appropriate cover piece for this month's magazine, and the frontispiece is an interesting series of exercises for children. Among Dr. Kellogg's editorials the following subjects are discussed: "About Infant Mortality," "A Word for the Beef Eater," "Drug Soda Fountains," "Why Dogs Don't Smoke," and "Just Eat Less Beef."

Rose Woodallen Chapman writes a very interesting description of the Phipps Tenements in New York and the movement instituted there to alleviate the conditions existing in the slums. Mabel Howe-Otis, M. D., contributes a very helpful sketch telling mothers "What to Do in Emergencies," the article being illustrated with several excellent views. Dr. M. A. Mortensen has an article on Whooping Cough, while Dr. Kate Lindsay's offering this month is on the subject of "The Management of Tuberculosis." Nourishment of the baby is discussed under the subject, "Too Little to Eat" by J. P. Crozer Griffith, M. D., while in another article the rules to be observed in connection with the first solid feeding of babies are plainly given.

"In Partnership with Nature" is the subject of a delightful camp article excellently illustrated; and a series of splendid half-tone plates illustrates Mrs. M. A. Emmons' contribution this month on vegetarian dishes for the table in August.

The Walking Club Department is enlivened by a special, illustrated description by William J. Cromie, instructor of Gymnastics in the University of Pennsylvania which every Sanitarium walker will read with interest. Albert A. Chamberlain continues his description of the trip taken by the Overland Walking Club in 1907.

Thanks to the printer, this number of *Good Health* is a work of art, as well as a hand-book of useful information for parents and health seekers. Copies may be obtained at the Sanitarium bookstand.

Doctor—Has your husband had any lucid intervals since I was here last?

"Well, this morning he kept shouting that you were an old fool, and he tried to break the medicine bottles."—*Selected.*

DISCUSSES TRUE CHRISTIANITY

Pastor J. A. Bronson, Taking This as His Subject, Discusses the True and False Conceptions of God

"True Christianity" was the subject of Pastor J. A. Bronson's sermon Sabbath morning in the Sanitarium Chapel. Taking as his text Hosea 6:6, "For I desired mercy, not sacrifice, and a knowledge of God more than burnt offerings," he drew a series of forcible lessons illustrating the fact that true Christianity lies in the service of the heart and of the mind alone. To bring out the full meaning of the prophet's expression, the speaker reviewed the history of Israel which had led to the conditions existing at the time this exhortation was sent forth, showing that this great nation had fallen from the high pinnacle upon which God had established it, to lapse into the service of formalism, "having the form of godliness but denying the power thereof."

A true conception of God, said the speaker, must underlie all true religion. A false conception of a true God, he declared, was just as much to be deplored as the worship of the false God. He read an extract from the writings of Dr. Marsh, a woman missionary to India, in which she described the condition of the childless widow, who, once sickening, was allowed to die unnursed and unnurtured, because of caste distinctions, those of a higher caste holding that the gods' anger would be incurred if they so much as touched her. This, he said, was a most painful illustration of the false conception of God underlying the heathen religion.

Then in pointing out the way to true religion, and to the attaining of a true conception of God, the speaker strongly advised the adoption of the Word of God as an absolute guide in all affairs, stating that "even if such a course were adopted without the aid of any emotion, it would, if consistently followed out, inevitably result in an eventual knowledge of the Saviour."

He deplored that brand of religion which makes the Bible only the text-book of theology, declaring that the ordinary need is not so much to know God as a Creator, but to recognize him and accept him as a Father.

VISIT BETHESDA HOME

A number of Sanitarium guests visited the Bethesda Home on Hubbard Street, just beyond the Haskell Home, Tuesday afternoon. This institution is a home for unfortunate girls, and is conducted by Mr. L. C. Leake and his wife, Dr. Ruth Leake. Though it has been established only a comparatively short time, already an excellent work has been done there, and several bright and healthy-looking babies testify to the excellent care that has been given them. The party of visitors were taken to the home in automobiles, leaving the Sanitarium at one o'clock.

Chapel Services Resumed

Chapel services for the employees, which were dropped some time ago, owing to the improvements being made in the chapel, have been resumed. They will be held each Monday and Thursday, at one o'clock.

FOR RENT A nicely furnished house with all modern conveniences located near the Sanitarium, on a pleasant street. I also have some choice bargains in houses and lots, vacant lots, and five and ten acre tracts of garden land.
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SUNDAY EXCURSION, - Aug. 2, 1908

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DETROIT, \$1.75

SAGINAW and BAY CITY, - \$1.65

One and one-half fare to intermediate points. Special train leaves at 6:20 a.m. Please ask for any information. L. J. BUSH, Passenger Agent.

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THE BATTLE CREEK IDEA

VOL. 1, No. 34.

BATTLE CREEK, MICH., AUGUST 6, 1908.

PRICE, 2 CENTS.

TEETH AND HOW THEY INDICATE DISEASE

Dr. Kellogg Tells of Causes of Decay and How it May be Avoided Through Right Diet

AN AID TO DIGESTION

THE relation of the teeth to health and their proper care constitute a large part of the Thursday evening lecture given by Dr. Kellogg before a large audience. The lecture was in part as follows:—

"What is the relation of the teeth to health? Can a person be well who has lost his teeth? There is no question that the value of the teeth has been too little appreciated. When I was a boy, if a person had the toothache, he went to the dentist and had the tooth pulled out. He never stopped to consider the value of the tooth. A missionary once told me that when in the Sandwich Islands he visited a lone island, and a number of people came and begged him to pull their teeth, as they were sore and aching. When he had pulled their teeth, they asked him to pull some more. 'Do they ache?' he asked. 'No, they don't ache, but they will ache sometime, and then you won't be here.'

"Decay of the teeth is in itself an evidence of disease. A decaying tooth is just as much an ulcer as an ulcer upon the arm or the face. Decay of the teeth is the most common of all human maladies. It means more than the decay or the loss of a tooth. It means that the whole body is in a state of lowered resistance. The teeth are the hardest, strongest elements of the body, and they do not begin to decay so long as the vital resistance of the body is up to the normal level; but when the resistance of the body is lowered, when the blood is deteriorated, then the teeth and other parts begin to decay; and decay often begins with the teeth.

"It is said that the decay of a race of animals begins with decay of the teeth. If this is true, we must conclude that the human race is far advanced in its downhill course, because of the fact that decay of the teeth is almost universal. When a person has lost all his teeth, it means that he can not live out his proper number of years. His days will certainly be cut short, because the condition of the body which would permit the loss of all the teeth is a state of lowered resistance and of advanced constitutional disease, and deterioration of the tissues.

"It is necessary that we should have sound teeth, in the first place, for health. Mastication is the first step in the process of digestion. Without complete mastication, digestion can not be perfect. If the digestion is not properly done in the mouth, the consequence will be imperfect mouth digestion, imperfect stomach digestion, imperfect intestinal digestion; the whole digestive process will fail. How many of you here, I wonder, Fletcherized your dinners to-day? How many of you thoroughly chewed each of the three meals you have eaten to-day? I have taken one meal to-day, but I took pains to chew it well, and I believe that one meal

(Continued on page 2)

Chautauqua Workers Return

Dr. Geisel and Assistants Return from Miami Where Class of Twenty-Six Were Graduated

DR. CAROLYN GEISEL, Mrs. Minnie Emmons, and Miss Ruby Ketcham returned Saturday night, having spent two weeks at the Miami Chautauqua. The interest and attendance at this huge Chautauqua was most gratifying. For the past five years Dr. Geisel, with her assistants, has given series of lectures on health and Home Economics at this place, and each year the enthusiasm is more keen and the audiences larger. The domestic science class this year reached one thousand members, and an interesting feature of the course was the graduating of the first class. The class comprised twenty-six members, who at this time completed their three-years' course. Fitting exercises were held, and the affair made quite a gala occasion on the grounds.

Dr. Geisel and her assistants will leave shortly for Winona, Ind., to conduct the work, and from there they will go to Mt. Eagle, Tenn., and thence to Mountain Lake, Md. The Battle Creek Sanitarium principles of health are being spread broadcast through this method, and thousands are reached annually that could be reached in no other way.

CAUSES AND CURE OF SICK HEADACHE

Dr. W. H. Riley Continues His Discussion of This Malady in Lecture to Guests

PATHOLOGY, DIAGNOSIS, PROGNOSIS

"In the preceding number of this journal, we considered the cause and symptoms of sick headache. We have yet to describe its pathology, diagnosis, prognosis and treatment.

"1. *Pathology.*—Sick headache, or migraine, is, as has been already stated, a psycho-neurosis; that is, it is a disease which shows itself by abnormal conditions of the mind and nervous system. On account of this we would naturally look for the disease to be located somewhere in the nervous system, but science so far has not discovered any change that can be detected with the naked eye or with the microscope in the brain or any part of the nervous system. We therefore conclude that this is a functional disorder of the nervous system. There have been many theories in the past as to the nature of sick headache or migraine. The older theories made some disorder of the sympathetic nervous system responsible for this disease. In more recent years other explanations have been offered. Some claim that it is due to an excess

(Continued on page 6)

TELLS OF ADVENTUROUS LIFE OF HORACE FLETCHER

Mr. Hyman Askowith Lectures on the Early Career of This Famous Optimist

MR. FLETCHER'S VERSATILITY

ON Tuesday evening, Mr. Hyman Askowith, of Boston, Mass., gave a lecture on "Horace Fletcher" before an audience that had already been aroused to a high degree of interest in Mr. Fletcher by the news of his expected coming to the Sanitarium. Mr. Askowith is a Harvard graduate and literary worker who served for some years as Mr. Fletcher's assistant. His talk was devoted mainly to the fascinating story of Mr. Fletcher's adventurous career before he undertook his present campaign for human betterment.

"This varied career," said Mr. Askowith, "has more than a superficial interest. The philosophy of Horace Fletcher is the fruitage of his own rich experience, and that philosophy has proved so universally beneficent because the experience back of it has been so universal in range.

"We should have to search long—and probably in vain—through the records of men's lives to find another life so full, at one and the same time, of kaleidoscopic adventure, versatile achievement, and good works. The magazine and newspaper press of two continents have been talking about Horace Fletcher for a number of years, but they haven't even begun to suggest the variety and richness of his exploits. It is plainly impossible for me to do more than give you a hint of this extraordinary mosaic of activity, so as to help you appreciate the man, and increase your practical interest in the theories which are backed up by such a range of experience.

"Next Monday will be Mr. Fletcher's fifty-ninth birthday. He was born in 1849, in the busy little manufacturing town of Lawrence, Mass., but a few miles from Boston. To-day Horace Fletcher occupies a thirteenth-century palace on the Grand Canal in Venice. But I must not say occupies—for he no more occupies it than the sun occupies Greenwich: it is merely a convenient center from which to measure his roamings. 'Venice,' says Mr. Fletcher, 'is such a convenient and delightful place—a suburb to all the rest of the world. It is only a step to Paris, or Berlin, or Vienna, only two steps to London, and three to New York'—and Mr. Fletcher is always stepping. A little over a year ago he was in the Himalayas; at this moment he is not far from Battle Creek; a month from now he may be in Cairo or in Tokio—there is no telling.

"Horace Fletcher spent his sixteenth birthday on the islands of Java, and made his first acquaintance with China and Japan at a period most interesting to look back upon—China at the close of the bloody Taiping rebellion, when several millions lost their lives; and Japan, in feudal times, before any of the changes that have made her 'the last and greatest wonder of the world.' With his frequent visits to Japan ever since, he has had almost unrivaled

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opportunities to watch her meteoric development. There are few Americans alive to-day who have known Japan so long and so intimately; and fewer still who have profited in so many diverse ways from this knowledge. Japan started Mr. Fletcher well on the way to business success; Japan taught him many fruitful lessons in true living; and it was a Japanese friend who gave him the suggestion which developed ultimately into Fletcherism.

"It might be said that Mr. Fletcher cancelled his debt to Japan, in a measure at least, by a unique service which he did her. Twenty-five years ago, in the full flush of his versatility, he had acquired an international reputation as a rifle shot. His guide book on snap-shooting, and his ingenious targets for practice were in wide use. He had already given exhibitions in Germany when he was called to Japan to teach the Minister of War, now famous as Marshal Oyama, how to shoot. Later he demonstrated his method before the imperial prince and the army and navy staffs. The Japanese fighting organization was then comparatively young, and this new method is said to have contributed much to its efficiency.

"In the few years between his first experience in Japan and this later visit, Mr. Fletcher did more interesting things than falls to the lot of most men in a whole lifetime. Returned to his native State again, he took up his studies at Andover, and then had a taste of Dartmouth. It could not have been 'thorough tasting,' for the magnetism of the Orient was too strong for him, and pulled him away before he had completed his course.

"In China once more, he worked off and on as a clerk in a commercial house at Canton. It would be hard to count the many other things he did. Neither on land nor on sea could he remain very long in one environment. He was in Shanghai at the time of the first Tien-Tsin massacre. He worked his way on merchant vessels. He even commanded a crew of Cantonese pirates, on a Chinese lorch, at a time when piracy was a common occupation in the China Sea. Impelled by a chronic restlessness, he courted the out-of-the-way and the unexpected, and glorified in every danger. He chopped out roads in the jungle, allured by the excitement of the chase and the spirit of adventure; and pushed his way through tangled chaparral, led on by the hope of discovering precious metals.

"It was a practical business idea, however, and not a hunt in the wilderness, which brought him his gold. He returned to San Francisco and started the importation and selling of Oriental silks, fans, and novelties. He originated the Ichi-Ban establishment in San Francisco and the Neo-Ban establishment in Chicago. With his sure business instinct and inexhaustible energy, he soon prospered in his enterprise and after a few years, at the age of thirty-five, retired from business with a comfortable fortune.

"In the meantime, however, business alone had not been enough to keep him busy. He took up gold-mining again in the bonanza times. At the time of the Sand Lot riots, he organized some of his friends into a company of the National Guard and served with them as a private. Later he became a lieutenant-colonel in the California National Guard. It was then that he won fame as a snap-shooter, and wrote the little manual adopted by the National Guard and later by the Japanese army. He had always been keenly and actively interested in sport of every kind. He became a patron and business promoter of good boxing and other athletic sports, and was the founder and president for many years of the celebrated Olympic Club in San Francisco.

"In this fashion he led a genial Bohemian life until his marriage in 1881 to Grace Marsh, a woman of considerable distinction as a

painter, whose work was later exhibited at the Paris Salon. Mr. Fletcher himself had already disclosed an artistic leaning and talent which soon prompted him to retire from business and devote his leisure to painting. It was a pleasure and a new experience to him, rather than a permanent profession, but he worked away at it with characteristic intensity until his painting was given a place in the Munich exhibition. Several years were thus spent in Europe, in art study and travel. With no other purpose than to gain access to exclusive studios, he secured a place on the staff of a New York newspaper, and thus came into close contact with the great artists of Europe.

"These pleasant art studies were suddenly interrupted by a call to New Orleans, owing to the death of a relative. Here he had to assume, as he himself puts it, 'the mis-management of a French grand opera company, because no one else was foolish enough to undertake it.' After a period of strain and irritation forced upon him by this predicament, Mr. Fletcher found himself at leisure again, and free, apparently, to devote himself once more to his pleasures.

"The shock that followed is a familiar tale, and has repeated itself only too often in the lives of modern business men. He was refused life insurance, the examination revealing a digestive system so shattered by chronic disease that his case was considered hopeless. If the specialists were to be believed, he was fit for the scrap-heap. To take their word for it, however, and resign all hope, was not the way of Horace Fletcher. Thrown upon his own resources, and with limitless faith in the beneficence of Nature, he patiently worked out his own salvation. Somehow he hit upon the experiment of thorough chewing—and his chronic maladies, frightened away by such a little thing, made haste to disappear.

"Most of you are already more or less familiar with the way in which Mr. Fletcher developed and tested his theories until the simple discovery of a layman became a world-wide movement which has already revolutionized the sciences of physiology and sociology, and has made thousands of regenerated folk bless the name of Fletcher.

"Single-handed and entirely at his own expense, Mr. Fletcher has fought his battle for recognition and reform; and the result has been a steady succession of triumphs—the Cambridge tests, the Yale experiments under Professor Chittenden, the Fisher experiments, the confirming evidence of other investigators in both Europe and America, the successful trying-out of his theories on a large scale at the Battle Creek Sanitarium, and his own remarkable exploits by way of personal demonstration at Yale, Springfield, and elsewhere. Most gratifying of all, no doubt, must be the actual success of his theories with thousands of individuals in every clime. It is probably true that Mr. Fletcher has more disciples to-day than any other health preacher in the world. Some one has said of him that he has set more tongues wagging than any other living man, and it might be added that they are all doing it tastefully."

Teeth and Their Disease

(Continued from page 1)

will do me more good than the three meals some of you have eaten and have not properly chewed. Mastication is essential. Sound teeth are necessary for good digestion. The arch of the teeth must be complete in both jaws in order that the whole work of digestion shall be done properly. Suppose one tooth is lacking. Some portion of food gets into the place when the tooth belongs and is not properly chewed; it escapes proper chewing and passes down into the stomach and

intestines improperly broken up and so can not be well digested. Many people are suffering indigestion and serious ill health because they can not properly chew the food on account of the imperfect condition of their teeth.

"Another thing with reference to teeth and health: They should be properly cleaned and polished or some portion of the food will accumulate between the teeth, and so cause decay of the teeth, because of the action of anaerobes. These poison-forming germs, the germs which cause decay, are growing in your intestine in countless billions, doubtless in many trillions. Professor Strassberger estimates the number to be not less than 130 trillions produced every day. This same sort of germs grow in the mouth and are responsible for the decay of the teeth. They feed upon flesh foods. They hide away from the air and feed in all kinds of food that contain protein or albuminous substances. So, if a little food accumulates between the teeth, some of these germs which are always present in the saliva will hide there in the food, and, excluded from the air, they attack the teeth and begin the process of decay. They also attack the gums and set up ulceration. They go further. They set up ulceration of these teeth, especially when one eats meat, and the little fibers of meat accumulate between the teeth. They get down around the roots of the teeth and set up abscesses there. They give a most unpleasant fetor to the breath; they produce poisons in the mouth, and they grow so rapidly that with each morsel of food eaten many are swept down into the stomach and intestines and so feed the multitudes there already; increase them like feeding fuel into a flame.

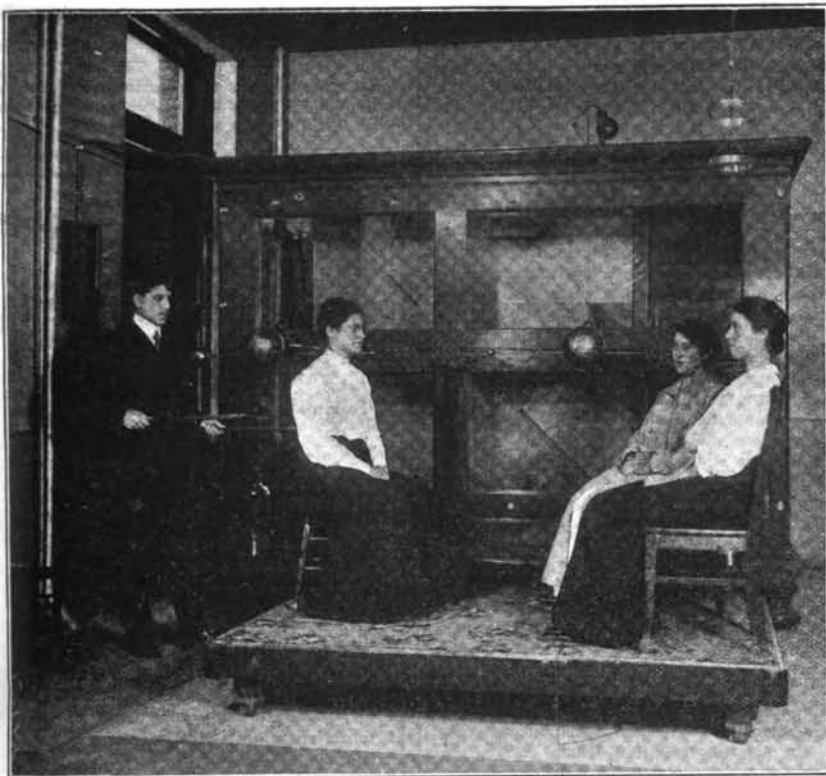
"How should one take care of his teeth? In the first place, the diet should be right. If one eats meat, the teeth will be hard to care for. Meat will promote the growth of the very kind of germs which destroy the teeth. The mouth will have bad flavors due to the germs growing there; and it will be very hard to keep it clean and sweet. But if one is subsisting upon a natural dietary, of fruits, grains and nuts, and especially of dry foods, which serve to scour the teeth in the process of mastication, and to scour the mouth and to make it clean,—then there will be very little difficulty in taking care of the teeth. The acids of fruits, for example, are splendid germicides; they destroy the germs which naturally grow and thrive in the mouth, when they have opportunity. So cleanse the teeth before each meal, and on going to bed at night, and first thing on rising in the morning, for this is a duty one should perform with regularity, just as regularly as he washes his hands and face. He should never think of preparing for a meal without cleansing the teeth. It is better to have a clean mouth when you go to the table than it is to have clean hands, for the reason that all the foods must come in contact with the mouth and with the whole of the mouth, and the mouth is a place where germs accumulate far more than they do upon the hands.

"Just a word more about bad breath. It is commonly charged to the teeth, but, as a matter of fact, bad breath is not always due to diseased teeth. It is more often due to an infected colon, to a loaded and never fully emptied colon. The loathsome matters which are formed by the putrefaction of food remnants in the colon give off foul odors that are absorbed into the blood and so carried to the lungs and thrown out into the air of the lungs and exhaled with the breath."

Doctor—I diagnose all sicknesses from the patient's eyes. Now, your right eye tells me that your kidneys are affected.

Patient—Excuse me, doctor, but my right is a glass eye.—Maggendorfer Blätter.

ELECTRICAL TREATMENT AT THE SANITARIUM



Taking Treatments in the Static Department

ELECTRICITY in all of its various forms or manifestations that are applicable in treating the sick is made use of at the Sanitarium. Perhaps one of the most popular departments is that known as the Static Electrical department, located in the north end of the building, off the main corridor of the first floor.

This is equipped with two large machines, one of which is the largest of its kind ever constructed. Its revolving glass plates are five feet in diameter, and its capacity is very great. Under favorable conditions a stream of veritable lightning over twenty inches long will spark between the prime conductors.

The static current is very useful in treating all forms of neuritis, rheumatic conditions, and the various functional nervous conditions, such as insomnia. A large number of patients are treated each evening especially for insomnia. The large platform set upon glass legs, thus insulating them, is placed near and electrically connected with the machine. Four patients can be treated at one time upon this platform.

The forms of treatment given vary. One is known as the static breeze, which is given by having the electrode placed some eighteen inches from the patient, the current passing into the patient in the form of a breeze. This is a very pleasant treatment, the taking of which for fifteen minutes produces soothing conditions. If given for neuritis, neuralgia, or

other local conditions, the current is applied locally by means of a spray electrode through a glass vacuum tube and other suitable methods.

Static sparks are given by using ball electricity. Electricity acts like water in leaving a surface; if it is pointed, it will leak off in a spray; if spherical, it will pass off in sparks which resemble the larger drops of water that would collect on a spherical surface. Thus a ball electrode is used to allow larger sparks to pass to the patient at a time. This treatment is not so pleasant to take, but is one of the most successful means of treating rheumatism, lumbago, and kindred diseases. At each spark discharged, a strong muscular contraction occurs which increases the circulation through the part, thus aiding in carrying off the waste products.

The high frequency current is also used in connection with the static machine. This current is the most recent discovery in electrical currents used for medical purposes, and is meeting with popular favor in the treatment of high blood-pressure. A short treatment on the induction couch will often reduce the pressure from eight to ten points. It has proved a great boon to those suffering with this condition and is facetiously dubbed the "electrical fountain of youth," for anything which reduces blood-pressure prolongs life and stays off old age. This current is also used in treating neuritis and other painful conditions.

Mrs. Wigwag—How is your husband, Aunt Mandy?

Aunt Mandy—Porely, ma'am. He was git-

tin' along all right, but now de doctah done say he got de convalescence.—*Philadelphia Record.*

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It can be used by the weakest and most frail, as well as and as successfully as by the strong and robust. It is like a swing, very inviting, and is always ready. Takes but little room. The cost is but little.



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This product has been used in the Battle Creek Sanitarium and in allied institutions to combat constipation with most excellent results. It is the only laxative preparation on the market which acts in a PERFECTLY natural way. COLAX is used as a food in some countries but is non-nutrient — cannot be digested — and its value lies in its carrying through the entire system a bulky, moist mass of material. This facilitates the colon discharges thus providing a ready relief for constipation.

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RATIONAL LIVING

WHEN we analyze our ordinary habitual acts of daily conduct, it is surprising to how large an extent we appear to act without reason or consideration. Most of our acts seem to be prompted by motives of pain or pleasure, except so far as we are influenced by the precedents and customs established by our predecessors. It is not sufficient to convince a man that to eat this or that, or to drink this or that, is unwise, unhealthful, suicidal. He will still continue the habit, no matter how pernicious it may be proved to be. He is bound by the fetters of ancestral example. The things his parents did, the habits taught him by precept and example in his infancy and boyhood, have to him a certain sacredness and sanction which command his confidence, and neutralize the force of all the logic which may be massed in opposition.

But this irrational living is not safe. The things we do, our habitual conduct in eating, drinking, and other matters of personal concern, are not necessarily safe and wholesome because they are sanctioned by long usage. They are simply the record of the likes and dislikes of our ancestors, the products of their penchants and predilections.

A thing or a habit is not necessarily good because it is antique. We are in a world of progress, and the last result of human experience ought to be best, as the summing up of all preceding experiences.

If there is anything concerning which human beings should exercise rational control, it is the matter of eating. So many facts are now known in relation to nutrition, eating, and assimilation, there is a good foundation of fact on which to base a rational theory and practice of eating, and this is the basis of the "new dietary," as the dietetic views presented at the Sanitarium have sometimes been called.

A man's efficiency depends quite as much upon his eating and the personal care of his body and bodily energies as does that of a horse or an ox, to say the least. This, then, is a matter worthy of thought and study.

THE nobler life is just as possible to us all as that which is ignoble. The moment one will assert his freedom from petty cares, perplexities, troubles and anxieties, that moment they fall off of themselves.—*Lillian Whiting.*

THE MEANING OF REDEMPTION

The Rev. J. A. Brunson Discusses This Topic before a Large Audience of Sanitarium Guests and Helpers

A LARGE and attentive audience greeted the Rev. J. A. Brunson in the chapel Sabbath morning. The speaker took for his topic: "Redemption: Its Meaning and Its Privileges." His text was from 1 Peter 1:18: "Ye Were Redeemed."

"Observe," said the speaker, "that the text is a simple declaration of a fact. There is nothing equivocal or hypothetical about it; no condition implied or expressed. Peter, addressing Christians, simply stated, 'Ye were redeemed.' From this we conclude that every Christian is a redeemed being, and every redeemed being is a Christian. Salvation and redemption may be used interchangeably.

"The fact of redemption can not be changed by the feelings of the redeemed. Feelings of joyful exaltation do not render redemption more secure, nor do feelings of depression render it less secure. Redemption is the result of a sovereign act of God, and does not in any way depend upon sliding frames of human feelings.

"Elijah, under the juniper tree praying for death, was as surely redeemed as Elijah on Carmel's height defying the enemies of God. Adoniram Judson, in the depths of despondency crying out, 'God is to me the great unknown. I believe in him, but I know not where to find him,' was as secure in his redemption as Adoniram Judson rejoicing in the consciousness of a present Saviour. Feelings do not disturb one's real relation to one's God.

"Observe again the tense Peter employs. He does not say, 'Ye are being redeemed,' but, 'Ye were redeemed.' He uses a simple past tense, thereby pointing back to a definite fact, accomplished at a definite time, by a definite act.

"Redemption is not a process; it is an act. It is accomplished by God once for all. It needs not to be repeated. Redemption takes place once and only once in the life of a sinner. God does not redeem a man to-day, lose him to-morrow, redeem him again the third day, and lose him the fourth. Such a course would turn the poor bewildered sinner into a commodity of exchange between a good God and a bad devil. The redeemed soul could enjoy no sense of security if such were the case. His destiny would hinge on the last act of exchange. If the trading closed with the man in God's hands, he would be safe. If it closed with the man in the devil's hands, he would be lost.

"What, then, does it mean to redeem? Three Greek words are translated redeem. One literally means to buy at the market; another, to buy out of the market; and the third, to set free by paying the ransom price. Though these three words have slightly different shades of meaning, all have this in common, viz., a purchaser, God; an object purchased, man; and the purchase price, blood of Christ. Redemption, then, is the act whereby God gets possession of the sinner. God goes to the market of sin and purchases the sinners for himself. You see, then, that redemption implies ownership and control by the Redeemed.

"The privileges of redemption are many and great. I mention only one, viz., the privilege of living a victorious life. 'Whomever God redeems can safely count on God to do for him all that is required to enable him to live a life of victory over self and sin. It is the blood-bought privilege of every Christian to overcome every besetment. The greater privilege of being redeemed includes the lesser privilege of being victorious. No room here for discouragement.

Whatever the trouble, it may be overcome. Be honest with yourself and with your God. Practice no self-deception. Tell God that you are weak, and that he knew it before he redeemed you, then ask him to 'work in you both to will and to do his good pleasure,' and expect him to do it. He certainly can not be unwilling to help one whom he has redeemed. Believe God, believe in God. Co-operate with God. Expect victory."

Happiness lies in the consciousness we have of it, and by no means in the way the future keeps its promises.—*George Sand.*

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"Pork, or the Dangers of Pork-Eating Exposed."

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QUESTION BOX DEPARTMENT

DR. KELLOGG each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What do the brown spots that appear on the backs of the hands in advanced age indicate?

A. They indicate general toxemia of the body. The kidneys and liver have lost their power to destroy the poisons that are absorbed from the colon and other parts of the alimentary canal, poisons which are formed in the body, and these poisons not being destroyed, accumulate in the skin and other parts.

Q. What are the first symptoms of nervous prostration?

A. The first symptom is, you are tired and do not get rested; you feel nervous, languid, confused, when you ought to be fresh, clear-headed, and collected.

Q. What is there in palmistry?

A. Considerable money for the palmist. I do not know of anything else, unless it be some little diversion and amusement.

Q. Is jealousy a disease?

A. Yes, it is a moral disease, sometimes justifiable, however, I think.

Q. What is the best home treatment for eczema? Can some salve or powder be used to advantage?

A. The best treatment is to get the alimentary canal clean, because eczema is due to auto-intoxication.

Q. When the blood test shows double the number of white corpuscles that there should be, and the normal number of red corpuscles, what does it signify?

A. It signifies that you are a very healthy man.

Q. Is a floating kidney especially harmful to the general health, and how?

A. Generally not. If it were, a great many people would be confirmed invalids, for floating kidney is getting to be a very common thing. Great numbers of women have it, and men have the same difficulty, yet there is generally very little suffering with it. Sometimes, however, the floating kidney gets into such shape that it makes a kink in the ureter, the tube that carries the urine from the kidney to the bladder, and when this gets kinked, the urine is dammed back to the kidney, and great pain results. I was obliged to remove a kidney the other day that had become chronically diseased, because this condition could not be relieved in any other way.

Q. What does it indicate when a violet color is frequently seen when the eyes are closed?

A. That indicates a vasomotor disturbance in the eye, sometimes due to auto-intoxication.

Q. Is it proper to lie down and sleep soon after dinner in cases of weak stomach or indigestion or in any case?

A. It is proper to lie down, best for most people who suffer from slow digestion to lie down, but the sleeping is not good.

SUNDAY EXCURSION, - Aug. 9, 1908

Via Grand Trunk Railway System

LANSING, SAGINAW and BAY CITY, - 70c.
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One and one-half fare to intermediate points. Special train leaves at 7:30 a.m., but does not make local stops between Lansing and Saginaw.

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Ask ticket office for full information

7-23-21c

SICK HEADACHE

(Continued From Page 1.)

of uric acid in the system, and still other causes have been ascribed for this complex group of symptoms.

"The best light that science gives us on the subject at the present time is that migraine or sick headache is a disorder or disease of the cortex of the cerebrum. The cerebrum is the largest part of the brain, and the cortex of the cerebrum is the covering of gray matter which surrounds the outside of the cerebrum or so-called large brain. This part of the brain is the seat of the intellect and the will, the emotions, feelings and sensations, and it also has control of movements of the various muscles of the body. In it are also located the centers of special sense, such as sight, hearing, and smell. When we take a general view of the symptoms of migraine, we can not explain their cause in any other way except that the functions of the cortex of the cerebrum are disturbed, and give rise to this large group of symptoms.

"This disturbance of the function of the cerebral cortex is explained by some to be brought about by spasm of the blood vessels which supply blood to the cortex of the cerebrum, thus diminishing the amount of blood passing to the tissues of this organ, and on account of this the nutrition is disturbed more or less, and consequently the function. In some cases thrombi have been found in the cerebral blood vessels in cases of long standing. A thrombus is a partial occlusion of the opening of the blood vessel by a thickening of the blood vessel on its inner side, so that the blood can not readily pass through. Where the spasms of the blood vessels have occurred many times, these thrombi have been formed, and so the blood supply has been cut off entirely and other more serious symptoms have developed as the result of this. The severe pain is probably located in the membranes which cover the brain.

"Although previously described, we may briefly recapitulate here, for the sake of clearness, the symptoms of a typical case of migraine in the order in which they occur:—

"Numbness, pricking, crawling, and other paresthesias in the hands or extremities, face, lips, and head. Very often these abnormal sensations are confined to one side of the body, as, for instance, the right hand or the right leg. Attending or soon following this disturbance of sensation there is frequently a weakness in the same leg or arm where the sensation is disturbed. The headache which follows soon after this is usually located on the opposite side of the head to the arm and leg which has disturbed sensations and weakness of the muscles. There is also disturbance of vision, such as the impression of a veil or a cloud passing before the eyes, black spots floating in the field of vision, sometimes zigzag flashes of light. There is disturbance of the function of hearing, such as ringing in the ears, and disturbances of hearing as well as of smell and taste. The mind is frequently confused; sometimes there is delirium, and melancholia and mania are even not infrequently reported associated with these symptoms. The extremities are cold; the blood-pressure is high; the face is pale and pinched, and later it may be flushed. When the blood pressure is high, the extremities cold, and the face pale, the pupil may be dilated. Flushing of the face with increased flow of saliva and contracted pupil is also sometimes seen. Aphasia is also not infrequently present. This group of symptoms, of course, means that the function of the nervous system in some of its parts is greatly disturbed. A disorder of the functions of the cortex of the cerebrum explains how these symptoms may be present. A disorder of no other part of the nervous system will give this group of mental and nervous symptoms.

"The above opinion seems to be the expression of medical science at the present time. In treating this subject, it is important that we do not confuse cause and effect, symptom and disease. Disease should be understood always as an expression of some disordered function. This disordered function may not be attended with any organic changes in the tissue of the organ the function of which is disturbed. In that case we call it a functional disease. When changes are found in the tissues of the organ that is disordered, then we call it an organic disease. The essential thing for a disease to be present is that the function of an organ or organs be disturbed. Many different things, as already stated, may cause migraine, but these things are causes, and do not constitute the disease itself.

"2. *Diagnosis.*—By diagnosis we mean a naming of the disease, or the distinguishing of one disease from another, and determining the nature and character of a disease. Diagnosis of sick headache or migraine is made from the presence of the group of symptoms which have been mentioned. I am satisfied that many of these cases of sick headache are mistaken for other troubles, as there are many degrees of severity and many different forms of this common disorder. Sick headache should carefully be diagnosed from other forms of headache, for instance, the usual headaches that come from indigestion, from eye-strain, from constipation, from organic disease of the brain or kidneys, and from anemia, hyperemia of the brain, etc. This, of course, can only be done by the physician who has to deal with the particular case in hand. The essential features of sick headache are its paroxysmal occurrence, and the severity of the pain. Many other symptoms may be present, but these two features are constant, and will aid greatly in distinguishing the disease from other forms of headache. Then, too, the heredity element as a cause, the time it appears in life, and the other group of symptoms which surround these two permanent features, are usually sufficient to enable the physician to make a correct diagnosis.

"3. *Prognosis.*—By prognosis we mean the foretelling of the outcome of the disease. Sick headache is often inherited, and sometimes continues over a long period of time, even years. The fact that it is inherited does not necessarily mean that it is incurable. Defects of a bad heredity can be greatly overcome by careful living and by careful treatment and by proper regulation of all the habits of life. Most cases of sick headache can be, to say the least, very greatly improved, and many may be entirely

cured by proper treatment and proper living. I have had an opportunity to see a large number of cases of this disease, some of them the very worst form, and I am pleased to state that the majority of these cases have been decidedly benefited, and a great many of them entirely relieved of the severe headache. The length of time necessary to accomplish this depends upon the severity of the case and the length of time the disease has continued; also upon the general condition of the patient, and whether or not other diseases are associated with the migraine."

(To be continued)

WALKING CLUB SCHEDULE

Monday, trip to the Country Club; Tuesday, to Flowing Wells on Battle Creek, taking boats from Verona Mills; Wednesday, St. Mary's Lake; Thursday, Water Polo in outdoor gymnasium; Friday, Spring Lakes.

CHARACTER

CHARACTER will be all we can take with us when we pass out. Just what we are. If we are inspected when we reach the Port of Heaven, shall we be ashamed of our possessions? It will avail us nothing at that late hour to try and smuggle into that country qualities of heart that we know we ought to have, but made no effort to cultivate here. We will not be given credit for a dollar character if it is only worth fifty-eight cents, no matter how much we may have deceived our friends here.

Your life and mine are as spokes in the one great wheel of existence, and therefore necessary to it,—parts of the one great whole; as links in an endless chain. If our character is to stand the final test, "Well done," there must be no flaw in the spoke; no lovelessness in the part we have been given to live; no weakness in the chain.—*Exchange.*

I slept and dreamed that life was beauty,
I woke and found that life was duty.
Was thy dream then a shadowy lie?
Toil on, poor heart, unceasingly;
And thou shalt find thy dream to be
A truth and noontide light to thee.

—*Ellen Sturgis Hoover.*

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your watch repaired by S. Lande, 219 West Main Street., agent for the E. Howard watch. Come and see the new 12 size Howard.

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Tickets on sale for all trains of above date. Return limit, Sept. 3rd. Please ask for free booklet and any information. L. J. BUSH, Passenger Agent.

PERSONALS

Mrs. Mary L. Hewes of New York City is among recent arrivals.

Mrs. William Sonfield of Trenton, Tenn., is among recent arrivals.

The Rev. D. N. Dobson of Elwood, Pa., is a patient at the Sanitarium.

Mr. R. S. Barbour of South Boston, Va., is a patient at the Sanitarium.

Mr. B. B. Maurer of Bradford, Ohio, is numbered among the new patients.

Mr. L. P. Goodwin of St. Louis paid a visit to Mrs. Goodwin the past week.

Mr. Joseph Zeigler and family of Anderson, Ind., are guests at the Sanitarium.

Mrs. Mary C. Gilman of Watertown, N. Y., is a patient at the Sanitarium.

The Rev. T. F. Odenweller of Des Moines, Iowa, is a guest at the Sanitarium.

Attorney F. B. Marshal of Vicksburg, Miss., arrived at the Sanitarium recently.

Mr. and Mrs. H. R. McMurtrie of St. Joseph, Mo., are guests at the Sanitarium.

Judge and Mrs. W. A. Powell of Kansas City, Mo., are guests at the Sanitarium.

Mrs. Leonora Baxter of Nashville, Tenn., is a new patient to arrive this week.

Mrs. T. A. Boerkern and daughter of St. Louis are patients at the Sanitarium.

Mr. H. W. Wildt of Alexandria, Va., is a patient at the Sanitarium, arriving this week.

Mr. and Mrs. C. C. Bloomfield of Jackson, Mich., are recent arrivals at the Sanitarium.

Mr. E. C. Richards, a prominent merchant of Hot Springs, Ark., is among recent arrivals.

Mr. John F. Thompson, of Manitoba, Winnipeg, arrived at the Sanitarium the past week.

Mrs. I. Baron and child of Dallas, Texas, and Mrs. George Baron are guests at the Sanitarium.

Mrs. Kate Manes of Ingleside, Ga., is among recent southern visitors to arrive at the Sanitarium.

Attorney G. M. Anderson of Akron, Ohio, is one of the newly registered patients at the Sanitarium.

Judge and Mrs. Lewis McQuown of Frankfort, Ky., arrived at the Sanitarium during the past week.

Mr. Edwin D. Fenton, a well-known editor of Mansfield, Ohio, arrived at the Sanitarium this week.

Charles N. Crittenden spent a few days this week attending the campmeeting held at Eaton Rapids, Mich.

Mrs. F. L. Farnsworth and Mrs. C. M. Farnsworth of Lafayette, Ohio, are guests at the Sanitarium.

Dr. and Mrs. Rowland H. Harris are expected home the latter part of the week from a six-weeks' western trip.

Mrs. James Driver and Miss Lillian have returned from Oseola, Kans., accompanied by Mrs. J. L. Ward.

Mr. David B. Hones of Kansas City, Mo., paid a visit to Mrs. Hones, a patient at the Sanitarium this week.

Mrs. E. E. Stacy and baby of Indianapolis, a frequent visitor to the Sanitarium, has returned for a stay of a few weeks.

Mrs. P. F. Igoe and daughter Miss Louise, who visited the Sanitarium last summer, have returned to escape the heated period in Louisville.

Miss Kate Rummery, a former nurse of the institution, accompanied her father to the Sanitarium this week. He will remain as a patient.

Pastor J. C. Lawson of the United Provinces, India, a missionary for the past thirty-seven years, spent a few days at the Sanitarium this week.

Mrs. C. M. Gearhardt, a former patient at the Sanitarium, stopped off en route to her home in Ohio and paid a short visit to friends at the Sanitarium this week.

Mr. L. M. Kokernot and son, H. L. Kokernot, of Gonzales, Texas, have come to the Sanitarium to escape Texas heat and recuperate for the next few weeks.

Mr. and Mrs. C. J. O'Maley of Denison, Texas, patrons of the Sanitarium for the past several years, have returned for the summer, and are being welcomed back by old friends.

Dr. Max Heller, one of the most prominent rabbis in the south, is a patient at the Sanitarium. Dr. Heller's family will reside at Gull Lake for the summer.

Mr. R. S. Kingsbury of Xenia, Ohio, visited the Sanitarium this week. He returned to his home early in the week, accompanied by Mrs. Kingsbury, who has been a patient here several months, and is greatly improved.

The Rev. and Mrs. David Park of Siam, missionaries to that country for the past nine years, are with their family guests at the Sanitarium. They will remain some weeks resting and taking treatments.

Mr. and Mrs. J. A. Thompson and children, former patients of the Sanitarium, arrived this week. Mr. and Mrs. Thompson expect to occupy a cottage at Gogue Lake, coming in to the Sanitarium daily for treatment.

Mr. Joseph D. Langley, a prominent manufacturer of Nashville, Tenn., is the most recent addition to the large number of Tennesseans now staying at the Sanitarium. Between twenty-five and thirty from that State are now under the Sanitarium roof.

Judge D. B. Holmes of Kansas City paid a brief visit to Mrs. Holmes last week, returning the latter part of the week to his home. Mrs. Holmes will remain a few weeks longer. Her daughter, Mrs. George Langford, and children of Joliet, Ill., have arrived and will remain for a short time at the Sanitarium.

Professor Zuntz of Berlin, Professor of Physiology in the University of Berlin, a famous scientist, is expected to arrive at the Sanitarium Saturday night. It is hoped that he will address the guests at some time during his stay here. He has been giving a series of lectures at Cornell University.

MONTHLY DISPENSARY REPORT

THE month of July has been a busy one at the Dispensary, new patients coming in continually. The bath-rooms are scenes of great activity daily, and the visiting nurse has found plenty to do in the city.

The following is the report for the month: Consultations, 157; dispensary treatments, 267; outside calls, 70; physical examinations, 9; nurse's calls, 115; treated at home, 15; office treatment, 7; surgical dressings, 22; operation, 2; phototherapy, 23; garments received, 30; garments given, 14.

So long as we love, we serve. So long as we are loved by others I would almost say we are indispensable; and no man is useless while he has a friend.—Stevenson.

THE world is full of judgment days, and in every assembly that a man enters, in every action he attempts, he is gauged and stamped. A man passes for what he is worth.—Emerson.

We want live people in every section of the country to help this year in the most active and energetic campaign for subscriptions for Good Health we have ever carried on. We are going to make it an object for this kind of people to work with us. Liberal commissions will be paid, and the premiums and cash prizes that will be awarded will surpass anything ever offered before. Write for information regarding our offer.

Special opportunity will be given boys and girls to sell Good Health during the holidays and after school. We start you free. Some agents have sold over 1,000 copies a month. Write for terms.

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UNIVERSITY OF MICHIGAN

News Notes

Miss Elizabeth Neal has returned from a month's vacation spent with relatives in Iowa.

Mrs. Bothilda Olsom has returned to the nurses' department after an absence of some months.

Professor and Mrs. Salisbury of Washington, D. C., are guests of Dr. and Mrs. J. F. Morso, Manchester Street.

Misses Belle Star, Lettie Devine and Jessie Hill, former members of the nurses' department, have rejoined the staff.

Dr. C. C. Nicola has been spending the past fortnight in the Adirondack region. He returned the last of the week.

Miss Winifred Frederick, at one time head nurse at the Sanitarium, spent a few days visiting old friends this week. Her home is in Paxton, Ill.

Pastor and Mrs. G. C. Tenney spent a few days at Potterville, Mich., the past week. Next week they will attend the Winona (Ind.) Bible Conference.

Mrs. Nora Shaffer has returned to the nurses' department to continue with her senior work. She was accompanied by Miss Walker, of Colorado, who will enter into training.

Dr. Carolyn Geisel and Miss Ruth Tenney will leave next week for the Mountain Lake (Md.) Chautauqua, where they will give a series of lectures on Health and Home Economics. They will be gone about two weeks.

Miss Sarah Mildred Willmer of Chicago, an accomplished reader, who has won warm approval wherever she has appeared, will give a series of readings Saturday evening, August 15, for the pleasure of Sanitarium guests.

Mr. and Mrs. R. O. Jasperson of Milwaukee, Wis., were guests of Mr. and Mrs. R. O. Eastman last week. Mr. Jasperson is city editor of the *Evening Wisconsin* of Milwaukee.

The Rev. P. J. Maveety, D. D., of Indianapolis, Secretary of the Freedman's Educational Bureau, formerly pastor of the First M. E. church of Battle Creek, gave an interesting gospel talk on Practical Religion, Sabbath afternoon, on the north lawn. The service was largely attended and much enjoyed by the audience.

Miss Isabelle Bovee has been installed as assistant physical director at the Sanitarium. Miss Bovee will have charge of the individual work done in the patients' rooms, and

will also assist in the several drills and breathing exercises. Patients in wheel chairs will be given physical drills at 3:30 on the lawn each afternoon, and a class drill for women will be inaugurated at once in the outdoor gymnasium, from 2:30 to 3 each afternoon.

ARRIVALS

H. S. Hubbard, Mich.; Mrs. W. A. Sunday, Ill.; Miss Sallie M. Hoge, Pa.; J. A. Byrn, Mo.; Mrs. L. M. Waid, Tex.; J. F. Arnold and wife, Ohio; Mrs. E. B. Leigle and daughter, Ill.; Miss Elmira Moore, Ill.; G. G. Rogers, Mich.; Henry Gregg, Ohio; G. F. Hartman, Mich.; John Sloan, Ind.; L. L. Burris, Ind.; Henry Dietz, Mich.; W. C. Coates, Ga.; P. J. Guthrie, Ohio; Harriet Moore, Mich.; Edw. O. Dea, Iowa; Mrs. George Langford and children, Ill.; W. A. Buntine, Tenn.; Mrs. Jack Burnett, N. Y.; Mrs. Andrew Fox, Ind.; Mr. and Mrs. Louis McQuown, Ky.; Miss M. A. Alexander, Ky.; Mrs. G. A. Bokern and daughter Edith, Mo.; Mrs. Arthur O'Brien and children, Fla.; Mr. and Mrs. A. W. Bloom, Wis.; W. H. Adams, Ind.; B. Wadel and family, Tex.; Mrs. V. Y. Garnett, Tex.; Dan. B. Holmes, Mo.; Mrs. F. R. Green, Ill.; Mrs. John F. Stone, Pa.; Mrs. C. E. Hosley, Pa.; Mr. and Mrs. S. E. Taylor, Wis.; Dr. and Mrs. Sager and Miss Gage, Canada; Joe Ziegler and family, Ind.; Mrs. Minnie Abel, Ind.; F. W. Wildt, Va.; Mrs. A. I. Ennis, Pa.; H. Van Zill, Mich.; Mrs. G. Harvey Rife, Pa.; Anne C. Swan, Mich.; Mr. and Mrs. W. F. Bridge, Ind.; Mrs. Jessie Taylor, Ohio; Miss Sadie Goldsmith, Evelyn Goldsmith, Mich.; Mrs. William Fumas, Ind.; Mrs. Richard Sedgewick, Ind.; D. W. Haydon, Mo.; John S. Davis, N. Y.; J. K. Ward, W. V.; O. B. Potter, Ind.; J. D. Langley, Tenn.; Mrs. C. Farnsworth, Ill.; Mrs. F. L. Farnsworth, Ind.; A. B. Marshall and wife, Minn.; Francis Fredericks, B. C.; Mrs. George Baron, Tex.; Mrs. M. I. Baron and children, Tex.; Mrs. Frank L. Busey, Ill.; C. M. Gearhart; Mrs. Z. M. P. Inge, Herndon Inge, Ala.; H. W. Steele and wife, Ohio; Mrs. C. M. Anderson, Ohio; Mrs. C. C. Bloomfield, Mich.; J. H. Sexton, N. C.; A. H. Ruth, S. Dak.; Mrs. M. A. St. John and daughter, Ind.; Mrs. Ella C. Early, Mo.; F. D. Marshall, Miss.; Mrs. George Marshall, Miss.; Theo. Balmer, N. Y.; Alvin Padgett, D. C.; J. L. Rumery and daughter, Mich.; William Barth, Colo.; Kate B. Martin, Ohio; R. S. Kingsbury, Ohio; Mrs. W. W. Halloran, Ind.; Mrs. O. G. Kirven, Okla.; Rev. Davis Park, Mrs. Park and child, Asia; F. G. Bills, Minn.; Mrs. Laura Thomas, Mich.; Mr. and Mrs. John Sherri and son; Mr. and Mrs. J. A. Thompson, Irene and W. F. Thompson; Pastor J. C. Lawson, Ind.; Mrs. H. Walker; D. B. Maures and wife, Ohio; L. M. Rokernot and wife, Tex.; H. L. Rokernot, Tex.; Mrs. A. D. Potts and daughter, Tex.; Theo. A. S. Steel, Tenn.; Moses Shultz, Ind.; W. D. Cain, Tex.; Alice Damsenberg; Dr. Ester Sanders, Maude J. Sanders, Ill.; Charles E. Shipper, La.; Mrs. Mary C. Gilmer, N. Y.; Thomas B. Gotham, W. Va.; G. W. Anderson, Ohio; Mrs. June C. Wilson, Miss.; Mrs. Dannenberg, Okla.; E. E. Sacy, wife, and baby, Ind.; W. J. Boreman, W. Va.; Dr. Charles Slive, Ill.; Dean Newton Dobson, Pa.; Max Hilth, La.; Mrs. Will H. Sinfeld, Tenn.; Mrs. J. M. Anderson, Tenn.;

Mrs. E. M. Anderson, Tenn.; Mrs. J. S. Beever; J. P. Goodwin, Mo.; D. B. Cassaway and wife, Ohio; George H. Landry, Ind.; Mrs. L. Jackson, Ala.; Mrs. F. H. Wagner, Tex.; Mrs. J. Myerburg, Tex.; Lillian Paulson, Ill.; J. B. Wartner, Ky.; L. S. Trowbridge; James Doering, Ill.; J. M. Ackerman, Colo.; T. F. Idennella; D. C. Richards, Ark.; Judge and Mrs. W. A. Powell, Mo.; Susie Johnson, Wis.; James R. Atwater, Ga.; Miss L. Thompson, Ind.; F. R. Genrich, Mo.; Mrs. Gussie Berkahir, Kans.; John P. L. Schumaker, Pa.; R. S. Garborn, Va.; F. D. Ewing, Ohio; Mrs. L. B. Cline, Ohio; Kirk C. Wallace, Ohio; J. R. Jarruth and wife, Ark.; D. Hansen, Mich.; Miss M. Sellers; C. M. Davison, Ill.; Mrs. A. J. Bierkley, Ill.; J. A. James, wife, and daughter, Ohio; Mark Bertram, Minn.; John Blomquist, Mo.; C. D. Grant, Mo.; Mrs. Edw. Bacon, Mich.; Mrs. H. C. Crigg, Louise Crigg, Ky.; A. B. Marshall, Minn.; Mrs. C. H. Tillotson, Mich.; Mrs. H. Gruesser, Ohio; James Upjohn, Miss.; C. E. Foley and family, Okla.; Florence Lindsey, Iowa; Mrs. F. McCurt and Tyler McCurt, Mich.; Emma Rannels, Ind.; John W. Jenkins, Pa.; Adelaide W. La Feta, Cal.; F. J. Roller, Ohio; Miss Courter and Miss Freer; W. A. Ross, Ill.; A. E. Jacobs; Dr. J. A. Budgeley, Ill.; Dr. W. B. Moon, Ill.; Mrs. Jane L. Reed, Ind.; W. A. Yule, Ind.; J. J. Gibson, A. D., Ind.; William Nauesur, Ind.; A. C. Schultz, Ohio; Mrs. J. F. Riley, Ohio; Mrs. J. A. Henning, Ill.; V. S. Gray, Tenn.; C. F. Hutchings, Sr., Kans.; Archie Chappins, La.; C. T. Kelly, Pa.; Mrs. Frederick Henius, Pa.; Barney Kirkles and wife, Pa.; George Kerkles, Ohio; B. D. Curtis, N. Y.; Dr. L. H. Lamkin, Miss.; John Trepp, Jr., Mich.; Charles M. Duncan, Mich.; William Greenwood, Toronto; John B. Jones, Pa.; George W. Smith, Iowa; C. J. O'Maley and wife, Texas; Mrs. James D. Driver, Ark.; Miss Driver, Ark.; Mrs. J. L. Ward, Ark.; W. H. Hutter, Miss.; Mrs. Perkins Barter and children, Tenn.; C. E. Dillman and John Dillman, Pa.; H. Duggan; J. E. Hayes, Ill.; Earl Brewer, Miss.; J. T. Love, Miss.; N. D. Guerry and wife, Miss.

During a lecture at one of the summer schools on the subject of "Ventilation and Architecture," the temperature of the room rose to a very high pitch.

"And now we will turn to Greece," said the lecturer.

"So we will," said one of the audience, wiping his brow, "unless you open more of the windows."

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THE BATTLE CREEK IDEA

VOL. 1, No. 35.

BATTLE CREEK, MICH., AUGUST 13, 1908.

PRICE, 2 CENTS.

FOR PHYSICAL, MORAL AND MENTAL EFFICIENCY

Mr. Fletcher Explains the Meaning of
Fletcherizing to a Large
Audience

HOW ONE SHOULD EAT

MR. HORACE FLETCHER gave his eagerly-awaited lecture on Sunday, August 9, at 3:30 P. M. before one of the largest audiences that ever assembled for such an occasion at the Sanitarium. The chapel was taxed to its utmost capacity. Mr. Fletcher was greeted with much enthusiasm when he appeared, and kept his audience intensely interested to the end. The lecture was in many ways one of the most notable that the Sanitarium guests have been privileged to hear, being marked throughout by Mr. Fletcher's singular charm of personality. Its effect was apparent at once in the industrious Fletcherizing which bids fair to become a permanent habit among the patients and guests.

Mr. Fletcher spoke on "Fletcherizing for Efficiency—Physical, Mental, and Moral." "Apology is no longer needed," he began, "for the use of the term 'fletcherizing,' which is now quite impersonal in meaning. Dr. Kellogg originated the term, on the analogy of 'pasteurizing,' and it has since come into quite general use without the consent or connivance of the nominee, having been adopted as a common verb in several languages. The term means the taking of food as Mother Nature intended we should take it, so that our bodies may be nourished in the most perfect form possible for our structure. The primitive man had to chew his food from out of the envelope in which it grew; there were no liquid foods or mushes; he had to use his teeth on the hard nuts and other tough food which came to hand. How could he have lived seventy-five years, and continue to use his teeth in such heroic manner? Yet the skulls of skeletons dug up from primitive graves hold invariably good sets of teeth with no sign of rotting teeth or of dentistry.

"The conditions that confront us to-day, amid supercivilized refinements, are quite different. The question that arises with us is, with the tempting abundance of food at our command, allured at every meal by highly seasoned mixtures, and exposed continually to an aggressive hospitality, how can we learn to take our food so as to prevent taking it in excess? Fletcherizing gives the answer simply by bringing in the resources of modern civilized science to protect us against the artificialities of civilization itself. With the help of science we have at last proved our contention that every one of us has a protective apparatus, a natural food filter in the back of the mouth, the understanding and use of which will enable us to guard against taking food in excess. Projecting from the roof of the mouth in the back, near the point of swallowing, are several little posts, known technically as the circumvallate papillae, which are surrounded by taste buds and nerve fibers. Heretofore the physiologists have mentioned these papillae, but they have never shown any conception of their importance as a protective equipment. They form a lockgate which

(Continued on page 10)

CHINESE DIPLOMAT TO VISIT THE SANITARIUM

Wu Ting Fang to Arrive Early Next
Month for Short Stay

IN a personal letter to Dr. J. H. Kellogg, Wu Ting Fang, the eminent Chinese diplomat, announces that he expects to arrive at the Sanitarium early in September. For the past few years Minister Wu has adhered to the Battle Creek diet, and has been a follower of Battle Creek health principles; but in the stress of his official duties he has never before found time to visit the institution, although often having expressed a desire to do so. His visit will undoubtedly bring to him, as it has to many others, revelations in what the institution has done and is doing along the lines of advancement in science.

Treatment for Sick Headache

Dr. W. H. Riley Concludes His Discussion
of Cause and Treatment of This
Common Malady

THE PRESCRIBED DIET

(Continued from last week.)

"4. *Treatment.*—The treatment of this disease can not be stated dogmatically, and must, of necessity, vary with the case. The first essential thing to do is to seek the cause, and, if possible, remove it. If this can be done, the outlook for a complete cure is very favorable. In cases of children who develop severe headaches when they first begin to use their eyes in school, the eyes should be carefully examined and properly fitted with glasses. Very often this is all that is necessary to relieve a severe attack of headache in a child. The child's general health should also be looked after carefully. He should not be allowed to overtax in school work, and he should have proper food, outdoor exercise, bathing and plenty of sleep. All of these measures will protect the nervous system against over-drafts upon it by severe strain, for much is often imposed upon it by school work.

"The nose and throat of a person having migraine should be carefully examined. Sometimes the removal of polypi or adenoids, the removal of a deflected septum, or the removal of an irritated bone may relieve the headache.

"The digestive tract should also receive careful attention. Indigestion and constipation should be corrected. The patient should have a nutritious, easily digested diet, and the proteid elements of the food should be kept down to the minimum. Meat should be avoided entirely, for it is a well-established fact in the medical profession that the excessive use of protein, and particularly meat, is sufficient of

(Continued on page 9)

TWO DISTINGUISHED MEN VISIT THE SANITARIUM

Dr. N. Zuntz, of Berlin University, and
Horace Fletcher, of Venice, Address
Sanitarium and College

RECEPTION AT DR. KELLOGG'S

Two men eminent in the world of physiological science met in Battle Creek on Saturday, August 8, as visitors to the Sanitarium and the American Medical Missionary College. One was Professor N. Zuntz, Rector and Royal Professor of Physiology in the Landwirtschaftliche Hochschule in Berlin; and the other was Horace



Fletcher, known to two continents as Doctor of Mastication. Mr. Fletcher has already visited the Sanitarium on several previous occasions, and his name is a magical one in both the lay and the scientific world. Professor Zuntz is well known to scientific men everywhere by his remarkable studies in human nutrition. His investigations in metabolism as affected by various altitudes and climates are particularly noteworthy. Professor Zuntz arrived but lately in this country from Berlin on a brief tour, and Mr. Fletcher came almost directly from Venice, Italy.

A reception was held in the evening at the residence of Dr. Kellogg, where the faculty of the American Medical Missionary College and the Medical Staff of the Sanitarium assembled to meet the two distinguished visitors. Dr. Kellogg engaged Professor Zuntz in a scientific colloquy which was listened to with intense interest. Dr. Kellogg was especially eager to learn Professor Zuntz's attitude on the dietetic principles brought forward by Professor Chittenden and Mr. Fletcher in recent years. In his expressions of opinion Professor Zuntz revealed a cautious conservatism which gave all the more weight to his practical endorsement of these dietetic principles. Asked by Dr. Kellogg

(Continued on page 2)

whether he believed Professor Chittenden to be right in his contentions for a low-protein standard, Professor Zuntz replied:—

"Yes; I do not see any evil in it. While I do not think the question is as yet decided, I believe he has proved that men can keep their vital resistance and their vigor, and even become healthy, on a low-protein standard; only there does not yet exist proof that they have the same resistance against infectious diseases as men who live on a higher protein ration. In this regard, however, we may mention the fact that vegetarian animals in general are more liable to infectious diseases than are the carnivorous animals, such as dogs. This is proved, at least, in reference to the usual diseases, such as tuberculosis. It is true that there may be other factors in the matter. It may be true, as Dr. Kellogg suggests, that goats that live in stables are no more resistant than the cattle that live in stables, while among mountain cows tuberculosis is unknown. That may be true, yet I must mention this: at a recent international congress held in Berlin in which the subject of a minimum protein diet was discussed, the rather general opinion was that it was somewhat dangerous to preach a diminution of albuminous substances in the daily ration. With one exception, the holders of these views could not give any exact proof against diminishing the albuminous diet. They merely had an impression against it.

"Personally, I did not share that view. On the contrary, I was one of the few who dared to express an opinion that the protein standard was too high. Sir Michael Foster, who was present, and who had made experiments upon the opsonic index of animals, reported that he had found that the action of the phagocytes on the different bacteria was diminished on the low albuminous ration. Of course this would not prove that the resistance of these animals against infectious disease was low, for there may be many other factors besides phagocytosis to be reckoned with in the study of resistance against infection. But this was the only positive argument brought by any observer against the low-protein ration. All the other arguments were not arguments, but mere impressions.

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

Dr. Kellogg cited the absence of typhoid fever, appendicitis, pneumonia, and other infectious diseases among the members of the Sanitarium community, numbering about two thousand people.

Professor Zuntz suggested that the higher resistance to disease which the members of the Sanitarium community apparently enjoyed might not necessarily be due to the diet alone. "You have good water," he said, "and plenty of fresh air. Your people take a reasonable amount of exercise, and live under comparatively favorable conditions. It may be that these other factors enter into the question. Personally, I have lowered my albumin ration considerably during the last five or six years. I enjoy very much the non-albuminous foods, especially sweets. When I was fifteen or sixteen my young friends who were studying medicine told me that I was suffering from an infection of the superior portion of the lungs, but now I feel very well."

Professor Zuntz was much interested in the statement that no meat or flesh foods of any kind had been permitted in the Sanitarium dietary for over six years, which meant the successful feeding of about thirty-five thousand patients in that period without meat and on a low-protein diet. He was also interested in the explanation of the feeding of the patients in an

exact scientific way on the calorie or portion system according to their scientifically ascertained needs.

With Dr. Kellogg and Mr. Fletcher, Professor Zuntz spent the next morning in a close and much interested inspection of the laboratories of the American Medical Missionary College and the Sanitarium. At two o'clock, before a large audience of medical and scientific men, including Professor Lombard of the University of Michigan and other notable guests, Professor Zuntz gave a demonstration of a remarkable apparatus devised by him for measuring respiration. The apparatus is simple and light, weighing only seven or eight kilograms, and can easily be carried on the back like a knapsack. It enables us not only to calculate the amount of oxygen consumed and the amount of carbon dioxide given out, but also to obtain a sample of the air expired. The data thus obtained throw much light upon the process of combustion in the body, which is of considerable importance in its relations to metabolism and general nutrition. Data have been obtained showing how walking various distances and at various rates augments respiration, and how differences in the constitution of the food ingested occasion differences in the respiration. If the meal consists of fat and carbohydrates, there is a slight augmentation in the respiration and consequent metabolism; if the meal consists largely of protein, there is a considerable augmentation. This is due to the fact that the food substances must be worked upon by the digestive organs. The question arises, Is normal metabolism dependent upon the need of producing heat? Recent experiments, said Professor Zuntz, give an approximate answer. Except in extraordinary cases, where the body demands heat for special needs, heat is ordinarily nothing but a waste product of metabolism. Professor Zuntz concluded with the demonstration of another ingenious apparatus for measuring the quantity of blood pushed into the system by each contraction of the heart.

Professor Zuntz's demonstration was followed immediately by Mr. Fletcher's lecture on "Fletcherizing for Efficiency," reported in another column. This closed the program of a red-letter day for scientific interests in the Sanitarium community.

SWIMMING EXHIBITION

GEORGE H. CORSON, of the University of Toronto, expert swimmer, gave an exhibition of fancy strokes before a large audience of Sanitarium guests Monday afternoon in the outdoor pool. The strokes included the Australian crawl, the trudgeon stroke, the English overarm, spiral stroke, alternate overarm on back, Indian stroke, sailor stroke, rolling, tumbling, spinning, feathering, sculling forward and backward and fancy diving and numerous other feats. Mr. Corson has, several times before, given exhibitions at the Sanitarium, which have always drawn large audiences. He will remain for some weeks and give special instruction to the patients.

DRINK PREDISPOSES TO DISEASE

Dr. R. Trommsdorff has performed some experiments in the Hygienic Institute of the University of Munich, reported in *Archiv. für Hygiene*, 1906, which corroborate the results of other investigators concerning the unfavorable effects of alcohol upon the normal vital resistance to infection. Dr. Trommsdorff found that the influence of alcohol was similar to that of cold, fatigue, and hunger. After large doses of alcohol, the liability to infection by various germ disorders was found to be greatly increased.

MY CHOICE

It ain't no use to grumble and complain;
It's jest as cheap and easy to rejoice;
When God sorts out the weather and sends rain,
W'y, rain's my choice.

In this existence, dry and wet
Will overtake the best of men—
Some little skiff o' clouds 'll shet
The sun off now and then;
They ain't no sense as I can see,
In mortals sich as you and me,
A-faultin' Nature's wise intents,
And lockin' horns with Providence.

It ain't no use to grumble and complain;
It's jest as cheap and easy to rejoice;
When God sorts out the weather and sends rain,
W'y rain's my choice.

—James Whitcomb Riley.

DON'T BE BLUE

Tho' some clouds obscure your view,
Tho' your guerdons be but few,
Tho' the world may seem untrue,
Don't be blue!

There are blessings to review,
True Hope's rainbow will renew,
God will keep his pledge to you—
Don't be blue!

—Susie M. Best, in *August Nautika*.

WATER CURE FOR PARK ZOO

THE animals in the Central Park Zoo, New York, are standing the hot weather this summer better than ever before, the keepers say, which fact they attribute to a plentiful supply of cool, fresh water kept constantly in the cages and corrals.

In past years it had been the custom to replenish the water in the cages once or sometimes twice a day, but this year, since the hot weather set in, Head Keeper William Snyder has installed a system by which there is running water in most of the outdoor and indoor cages and in the corrals. The water comes fresh and cool through the pipes, and the keepers say the animals drink much more than they ever have before.

DUTIES OF PARENTHOOD

If parents are to be well fitted to fulfil their responsibility in the ablest manner, they must possess good, sound health. The active little minds and bodies of children are incessant in their demands and even those in the best of health often find it difficult to be placid and patient under the continuous nerve strain. If parents are nervous and irritable, the feeling is likely to be mutual, and the whole atmosphere of the home to be that of impatience and irritability. A child is always affected by its environment, even more so than adults, because less able to escape from the condition in which he is placed or to defend himself against the influences with which he comes in contact. The atmosphere of ill health in those around him is likely to exert a most disturbing influence upon the child's character, and no measures within the parents' power should be neglected to secure that great desideratum for their own and their children's well-being—perfect health.
—E. E. K., in *August Good Health*.

THE broad-minded see the truth in different religions; the narrow-minded see only their different religions; the narrow-minded see only their difference.—Chinese Proverb.

"Dare to be true: nothing can need a lie.
A fault which needs it must grow two thereby."
—George Herbert.

A VIEW IN THE LABORATORY; FINDING THE OPSONIC INDEX



One of the tests which patients at the Sanitarium undergo in the process of a thorough examination is that for determining the opsonic index, the blood's fighting power against disease. Frequently a patient will fear that he has consumption because his father had it. If, after examination, no evidence of its presence appears, further proof of his sound condition is given by means of the opsonic index. This is obtained by exposing a drop of blood to a certain number of tuberculosis germs. They are incubated from fifteen to thirty minutes and later examined microscopically and compared with normal. If the blood cells can destroy all the germs that a normal drop can, the man's opsonic index is said to be 100 per cent. If one drop of blood can fight off the tubercular germs, then every other drop of blood in the body can do it; and if the blood will destroy tubercle germs, the tubercle germs can not live in the body, because the blood will destroy them as fast as they are taken in.

If the blood is able to destroy only half the germs, the index is said to be only 50. A man with an opsonic index of only fifty is liable to have tuberculosis. So the best thing he can do

is to get his opsonic index up. This can be done by the Sanitarium diet. The anti-toxic diet raises the opsonic index. Exposure to sunshine, swimming, cold water,—all these powerful processes will also raise the opsonic index. This is the natural method by which the body fights off tuberculosis germs and various other germs.

Dr. Kellogg asked the celebrated Dr. Wright in London one day when visiting him in his laboratory. "Dr. Wright, what drug can you give to a man to increase his opsonic index?" "There isn't any drug," he said. "All drugs lower the opsonic index. Tobacco is one of the drugs that lowers the opsonic index." Some time ago Dr. Wright tested a smoker. He found the man's opsonic index to be zero. Men who smoke, with the idea that tobacco smoke is an antiseptic, a disinfectant, and will prevent them from taking disease, make a very great mistake,—for tobacco actually lowers the opsonic index against tuberculosis to zero. Tobacco lowers the opsonic index greatly within an hour's time. Alcohol does the same thing. Strychnia, opium, and all these drugs have the same effect, so the habitual use of any drug is exceedingly injurious.

a cup. For the child ten to fifteen months of age, five feedings daily are required at intervals of about four hours. Each feeding should consist of from eight to ten ounces, one fifth of which should be of some farinaceous food thoroughly cooked. Eggs soft boiled or soft poached may be eaten with advantage. The juice of some fruit should form a part, at least, of the diet, the juice of peaches or oranges being best. Pear juice or prune juice is also good. From one to two ounces should be given at a time. If milk forms any part of the child's diet, the fruit should be given about an hour before the milk feeding.

From fifteen to eighteen months, stale bread dried crisp in the oven, or zwieback, breakfast toast, granola, gramuto, or toasted corn flakes may be added to the diet with protose broth or malted nuts.

"All changes must be made very gradually."

"Among the articles forbidden are the following:—

MEATS.—All sorts, flesh, fish and fowl.

VEGETABLES.—Fried of all kinds, cabbage, potatoes unless baked, onions, raw celery, radishes, lettuce, beets, egg plant, green corn.

BREAD and CAKE.—Buckwheat and all griddlecakes, all sweet cakes, especially those heavy grained; an heavy bread, doughnuts, and rolls.

DESSERTS.—All nuts unless thoroughly chewed, candies, pies, tarts; all kinds of pastry, ices, jellies, syrups, and preserves.

FRUITS.—The pulp of fruits of all sorts must be carefully avoided. Fruit juices may be given at any season, especially the juice of sweet oranges and other sweet fruits.

THE world's most precious heritage is his Who most endures, most loves, and most forgives.

Boys flying kites haul in their white-winged birds.

You can't do that when you are flying words. Unspoken words sometimes fall back dead: But God himself can't kill them when they're said.

—Will Carleton, "First Settler's Story."

SPECIAL ART

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Tailored Belts Made to Order, in leather and linen.

Stamped Shirt Waists.

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Instruction Free

M. BROGAN, 74 W. Main St.

FOR MEN

Broad shoulders, a well-developed chest and muscular strength, indicating

The Manly Man with vitality, endurance, breathing power, a clear mind and ability to work or play without fatigue, is secured by the use of the

Parlor Bar the best single piece of apparatus ever made for physical development. Not only develops the muscular system, but takes

kinks out of your body and makes you actually grow taller. A wonderful lung developer and affords the very best remedy known for indigestion and constipation.

You can see what it will do and how by sending your address for a copy of

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a booklet with a dozen large photo-engravings of the exercises.

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FOR WOMEN

Something to give grace and shape to those who want to have better shape.

A Beautiful Bust with high effect that will not need support, rounded arms, a perfect neck, symmetry and graceful contour secured by the use of

Parlor Bar affording a most delightful system of exercises for women and girls.

It can be used by the weakest and most frail, as well as and as successfully as by the strong and robust. It is like a swing, very inviting, and is always ready.

Takes but little room. The cost is but little.



THE PROPER DIET FOR INFANTS

Parents Must Possess Good Sound Health in Order to Train Their Children with Perseverance and Patience

"The majority of infants are given solid food at too early an age, and in too large quantities," says *Good Health* for August. "Weaning from the bottle should always be begun by the thirteenth month, and by the fifteen-month the infant should take all its food from

THE BATTLE CREEK IDEA

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THE RELATION OF DOMESTIC PETS AND PESTS TO HEALTH

RATS destroy \$150,000,000 worth of grain in England alone annually. This is a small item compared with the deaths annually due to rats. They are now known to be the chief means of communicating plague, a disease to which rats are very subject. The rat dies of the plague, and when its body gets cold, the fleas with which it is infected, seek warmer quarters, and, coming in contact with human beings, inoculate them through their bites with the plague infection. One million people die annually in India from plague. The disease has already become epidemic in California, and threatens to spread over the entire country.

This disease is not limited by climate or season, but may be maintained and propagated wherever rats can live.

Rats are so extremely prolific they have become really a menace to human health. Rats propagate and develop with astonishing rapidity. As many as 800 descendants may be derived from a single pair in a year. Pet pigs are likewise a means of communicating some deadly infectious disorders. Flies communicate typhoid fever. Dr. Daniells found 100,000 typhoid fever germs on the legs of one fly. It has been estimated that no less than 5,000 people die annually in New York City from infectious maladies communicated by flies. It is known that erysipelas and hospital gangrene are communicated by flies.

The mosquito communicates yellow fever, malaria, and the filaria which gives rise to elephantiasis. The only remedy for the mosquito is the reclamation of swamps—a matter of far greater importance than the irrigation of the deserts of our western States.

Dogs are a constant source of danger. Cats are perhaps the most dangerous of all domestic animals. In a paper read by a well-known doctor before the National Conference of Charities and Corrections held at Richmond, these facts were emphasized, and the assertion was made that it required more care to keep a cat or a dog in a safe and sanitary condition than to care for a child. Cats suffer from nearly all diseases to which human beings are subject. They are especially subject to diphtheria and ring worm. An entire community became infected with diphtheria from a single cat. The speaker mentioned a case which had come

within his own personal knowledge in which several families were infected with ring worm from a handsome pet cat. The only innocuous domestic pet is the Teddy bear. Even this becomes a source of disease by becoming unclean and by being handled by children or grown persons suffering from infection.

RUSSIA AND CHOLERA

It is interesting to note that the German press is discussing Russia and cholera in about the same fashion in which ours discussed Cuba and the yellow fever a few years ago. The German press asserts, and truthfully, that it is unjust and unendurable that all Europe should be annually threatened with a cholera epidemic merely because Russia does not do her duty in the matter of sanitary measures, which are all that are necessary to stamp out the disease from her borders. The situations are parallel; for the cholera in Russia and the yellow fever in Cuba are both a part of the general system of misrule. The New York Times expresses the opinion that in this expression of dissatisfaction on the part of Germany and other countries on the continent, the revolutionists of Russia may see a ray of hope that some day foreign intervention of one kind or another may remold things more nearly to their hearts' desire. Says the Times:—

The Cubans undoubtedly owe their release from Spain much more to the fact that Spain did not free Havana from yellow fever than to the severity with which their revolts against what was in effect alien exploitation were met. In like manner the cholera may give at last to the Russian people the freedom which they seem to be unable to win unaided.

PARIS ATE 50,000 HORSES

A dispatch from Paris says that while less meat was eaten in that city the past year than for a number of years preceding, the consumption of horse meat is on the steady increase. A little less than 50,000 horses, mules, and donkeys were eaten last year. This is the proportion: For every hundred animals butchered at the hippo-abattoirs there are 97 horses, 2 donkeys, and 1 mule. Last year the sum total represented 25,000 pounds of meat.

While horse meat is popular in Paris, the amount of horse flesh consumed in Germany, according to the latest report of the Consul-General at Frankfurt, is not regarded as "impressive," but our Teutonic friends have an item of food listed that would seem to place them as near cousins to the Esquimaux, the official report showing the consumption of 6,472 dogs. The German method of spicing and pickling their meats would seem to be a desirable one if the family pets are to be included in the bill of fare. There is doubtless more truth than fiction to the popular theory that the famous Vienna sausages or Frankfurters, are little more than "hot-dog." The sausage skin is a veritable Pandora's box of evils, and one does not have to go across the ocean to become acquainted with either the fact or the results of its wholesale consumption.

PRESCRIPTION FOR A HOT DAY

No one need suffer from excessive heat on the hottest day if a bathtub is at hand. Immersed in water at 90 degrees F. to 92 degrees F., one may defy a temperature away up in the nineties and beyond. Cool or tepid water is a perfect antidote for heat. Its tonic effects correct the depressant influence of heat, and prevent the abnormal rise in the body temperature.

This is a fact which the mothers of young babes may utilize to the saving of many feeble lives. A baby in a tub of water (or a big dishpan will do in emergency) is safe, no matter how high the mercury goes. If neither is available, cool sponging applied every few minutes with plenty of water by mouth and by enema, with care in feeding to avoid commercial cow's milk, or unsterilized milk, and to give cereal gruels either with or without the addition of a little cream, will be found almost as good. Fruit juices must be given daily, such as orange juice, berry juice, etc.

On a very hot day the baby may spend the hottest hours in a bathtub with perfect safety and with great advantage.

No baby need die from overheating because of hot weather.

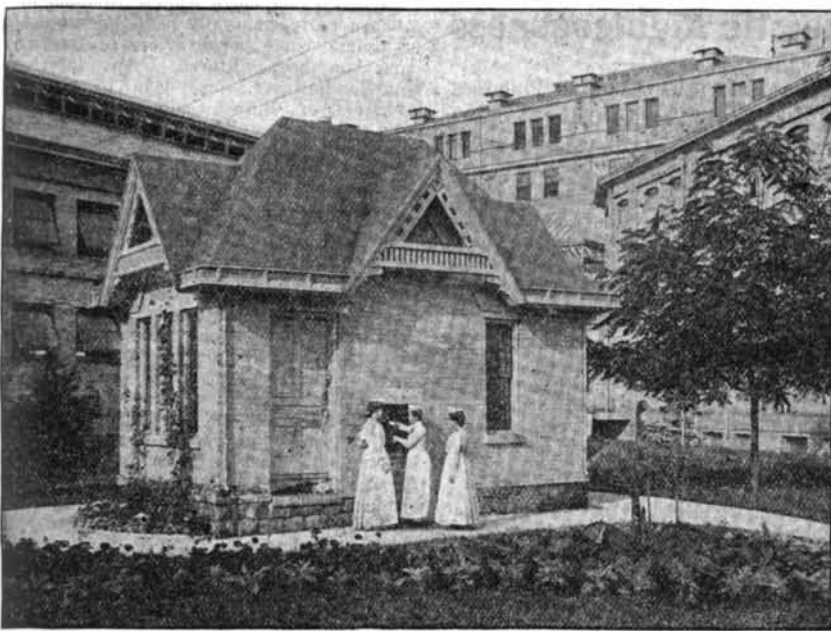
FACING ADVERSE CONDITIONS

"Outward surroundings and harsh conditions have a very different effect on different people. A doubting crew, an untired course, and an angry Atlantic might well have baffled some men, but they constituted an opportunity for a Columbus to demonstrate his courage and faith, and to make a name for himself among men. The brave flower will induriously sit out the fresh air from the poison, and the man of true valor will compel the winds and the waves to his fortunes—he will not cover and fear before them. We must not cease to make our surroundings better, and to alter, as we can, unfavorable circumstances. But, beyond everything else, we are morally bound to face conditions as they are, and to do a straight, clean, full day's work, whatever the conditions may be. For it is only thus that we can ever be what God intended us to be—men."

"Let us try to touch other lives on the positive and helpful side. 'Share with me your beliefs; I have doubts enough of my own,' said Goethe. Do not talk of your ailments, your worries, your disappointments, your blues. Do not add these by communication to the troubles of your fellows. Tell of the truth you have had the vision of, of the unexpected good that has befallen you, of the sunshine that has bespread your path."

"Seven thousand tons of poisonous gases are discharged every day into the air by the city of London. According to ordinary notions, no vigorous life should be possible in London. And yet vast numbers of the world's most beautiful flowers are grown there; and many of the finest and most vigorous of men and women live there. Many people attribute too much to surroundings, to circumstances. If flowers are to grow in London, they must face the conditions that are there. They have done just that, and have blessed with their freshness and beauty the hearts of multitudes."

"I can't take it. You see, I'm in the 'Before Using' example. The 'After Using' example is out at luncheon. You should see him."—*Tit-Bits.*



ATTRACTIVE WELL-HOUSE AT THE SANITARIUM

PERSONALS

Mr. J. K. Templeman, Quincy, Ill., is a guest at the Sanitarium.

Miss Mayme Mertz of Toledo, Ohio, is among this week's arrivals.

Mrs. Robert Kieth of Kansas City, Mo., is among recent arrivals.

Miss Edith Elan of Whitehaven, Tenn., is among recent arrivals.

The Rev. W. E. Bryce of Ashland, Ohio, is a guest at the Sanitarium.

Mr. O. E. Reuhoff of Debus, Ill., is among those recently registered.

Mr. F. M. Stowers of Oxford, Miss., is among those recently registered.

Mr. John Beard of Danville, Ill., is among the week's new arrivals.

Mr. Samuel Lichty of Falls City, Nebr., is a guest at the Sanitarium.

Mr. W. E. Richardson of Hampton, S. C., is among this week's arrivals.

Attorney M. McCandliss of Morristown, Tenn., is among the week's arrivals.

Mr. C. C. Pare, a publisher of Franklin, Ky., is numbered among the new guests.

Mr. A. D. Martson of Bay City, Mich., is among those registered the past week.

Mr. and Mrs. D. H. Clark of Punxsutawney, Pa., are recent arrivals at the Sanitarium.

Dr. Robert A. Curcliffe of Chicago called upon old friends at the Sanitarium this week.

Mr. Joseph H. Crosby of Jacksonville, Fla., has joined his family here at the Sanitarium.

Mrs. H. B. Grund and son of Girard, Kans., have returned to the Sanitarium for treatment.

Mr. A. J. Greif of Guanica, Porto Rico, is among the new patients to arrive this week.

Mr. C. R. Jones and family of San Antonio, Texas, have returned to the Sanitarium recently.

Attorney C. A. Goeth of San Antonio, Texas, has arrived at the Sanitarium for rest and treatment.

Mr. I. Shirman has returned from New York

for further rest and treatment at the Sanitarium.

Mr. I. M. Ackerman of Pueblo, Colo., arrived this week for rest and treatment at the Sanitarium.

Mrs. R. A. Thomason of Gainsville, Texas, a former patron of the Sanitarium, has returned for a rest.

Mr. J. B. Howard of Indianapolis paid a short visit to Mrs. Howard this week, returning Sunday night.

Mr. S. F. Meguire, a prominent real estate dealer of Douglas, Ariz., is registered at the Sanitarium.

Mrs. E. C. Gray of Anona, Cal., was a guest at the Sanitarium for a few days the past week, visiting old friends.

Mrs. William Learned of New York City arrived at the Sanitarium this week and will remain for rest and recuperation.

Mrs. C. B. Kimball, Mrs. T. B. Webster and children of Hinsdale, Ill., arrived at the Sanitarium this week and will remain for a rest.

Dr. and Mrs. Milton D. Green of Grand Rapids, Mich., paid a brief visit to the Sanitarium this week. They will return later for a rest.

Professor S. A. Waite and Dr. Adelaide E. P. Waite, both of Cornell University, arrived from Ithaca the past week, and will remain for a short period of rest.

Mr. Sterling Meyer and family of Houston, Texas, frequent patrons of the Sanitarium, have returned for the month of August to escape the southern heat period.

Dr. B. W. Smock, wife and son, of Louisville, frequent patrons of the Sanitarium for the past five years, have returned and are being welcomed by old friends.

Mr. and Mrs. C. E. Buek left early in the week for a trip to Mackinac Island and the Soo. They will return to the Sanitarium next week for the remainder of the month.

Mr. Lou J. Beauchamp, well known in Chattanooga circles as a lecturer on temperance and kindred topics, is taking a rest at the Sanitarium. His home is in Hamilton, Ohio.

The Rev. and Mrs. Collins Denny of Nashville, Tenn., are the most recent addition to the

large colony of Nashville residents now staying at the Sanitarium. The Rev. Mr. Denny is an instructor in Vanderbilt University.

Dr. W. P. Lombard, Professor of Physiology at the University of Michigan, came over from Ann Arbor this week to visit friends at the institution and to attend the lectures of Dr. N. Zuntz of Berlin.

Mr. Horace Fletcher of Venice, Italy, paid a brief visit to the Sanitarium this week, addressing two audiences during his stay. Mr. Fletcher is a frequent visitor, and is always eagerly listened to by guests and warmly welcomed by old friends.

Messrs. J. H. Stewart and A. E. Hickey of Rockford, Ill., paid a brief visit to the Sanitarium this week on their way to Detroit for a trip around the Lakes. Later Mr. Stewart, who is an old patron of the Sanitarium, will return for rest and treatment.

Pres. R. E. Hieronymus and family of Eureka, Ill., are guests at the Sanitarium. Professor Hieronymus is president of Eureka College and while at the Sanitarium will favor the guests with readings from the English poets and informal lectures from time to time.

Prof. M. V. O'Shea, who occupies the chair of pedagogy at the University of Wisconsin, Madison, is a guest at the Sanitarium. Professor O'Shea has been a frequent patron of the Sanitarium for several years. He is a most consistent follower of the principles, and is an ever-welcome visitor.

Sir Daniel McMillan and Mrs. McMillan, Colonel and Mrs. T. D. B. Evans, of Manitoba, are among the distinguished guests now at the Sanitarium. Sir Daniel is Lieutenant-Governor of the province, and Colonel Evans, his son-in-law, is commandant of the military district from Winnipeg to the coast.

Dr. N. Zuntz, one of the world's greatest living physiologists, of the University of Berlin, stopped over at the Sanitarium for a short visit Saturday and Sunday as the guest of Dr. Kellogg. He is en route to California. During his brief stay he made a tour of the institution and expressed himself as profoundly impressed with it. "The next visit I make," he said laughingly to a group of friends as he departed, "I want to come as an assistant on the staff and remain for three months."

Dr. A. J. Leitzbach, wife and children, and sister, Mrs. Pankey, of Fairmount, Ill., arrived at the Sanitarium the first of the week, coming overland in wagon the entire distance of three hundred miles. The trip was taken leisurely on account of Mrs. Leitzbach's health, about twelve days being consumed in the journey. Although so nervous that the thought of a train or an automobile was not to be considered, Mrs. Leitzbach endured the wagon journey remarkably well, the specially constructed wagon affording every possible comfort. It is expected that the Sanitarium diet and treatments will soon restore her to health.

FINE TAILORING

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I CAN PLEASE YOU.

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B. R. PARRISH Dentist

Special attention to nervous patients.

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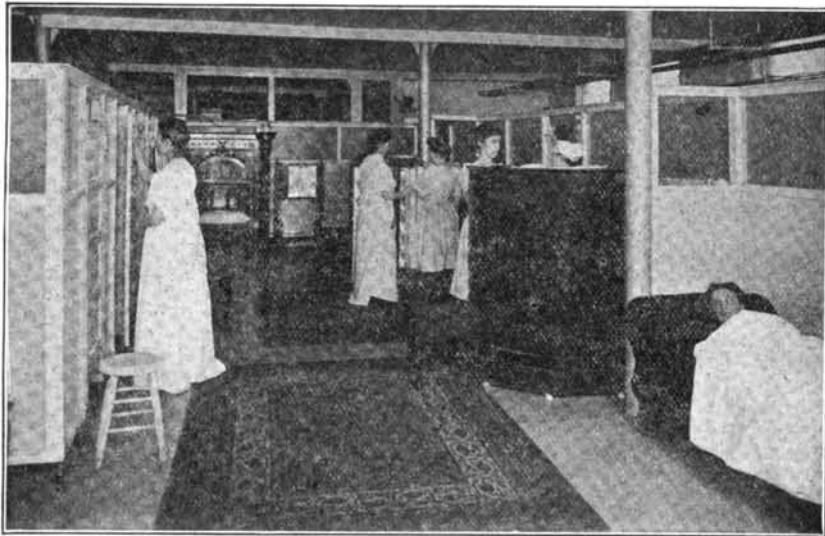
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UNIVERSITY OF MICHIGAN

South America and Her Future

Rev. W. B. Boomer Tells of the Growth of
Protestantism in that Country

THE Rev. W. B. Boomer, a missionary to Chile, who has been a patient for some weeks at the Sanitarium, occupied the pulpit of the Sanitarium chapel Sabbath morning, telling of the religious awakening of the republics of South America, and predicting great things for their future moral and commercial growth, based on the accomplishments of the past few years. "You North Americans," said he, "will have to look to your laurels when it comes to commercial supremacy, or you will get left behind in the race. Bolivia with her huge silver mines; Columbia with her gold mines; other mines of emerald and diamonds; the great coffee plantations where three-fourths of the coffee drunk in the world is grown; the native state of the potato, the tomato, and many of our other best-liked vegetables; this great fer-



A CORNER IN THE WOMEN'S TREATMENT ROOMS

tile country could support every human being on this continent."

The speaker sketched the conditions of the country under Spain and Portugal, and then its growth in power after it threw off the yoke of the monarchy. Even then there was no religious liberty—the church of Rome being in supreme power. As late as 1836 the penalty was death to any one who would celebrate public worship other than the Roman Catholic as prescribed by the national laws. Gradually, through the faithful work of missionaries from the United States, protestant missions and schools have been established, and the heaven has begun its work in Ecuador, Chile, Bolivia, and many other sections which had formerly been priest-ridden to an intolerable degree. So immoral and degenerate had the priesthood become that the very bishops had made complaint to the pope. One proclaimed them to be "ignorant, vicious seducers of the innocent, gluttonous, lazy, and drunken." This state of affairs had turned the people from all religion, but many were now ready to accept the Protestant faith, and the reformations and transformations of character were gratifying and numerous.

Dietetic Righteousness

Mr. Horace Fletcher Addresses Philathea
Sabbath-School Class

Following the Bible lesson conducted by Dr. Kellogg Sabbath morning on the southwest lawn, the Philathea class had the pleasure of a brief address from Horace Fletcher, who, with characteristic earnestness and charm, pointed out the necessity for what he termed "dietetic righteousness." He advised his hearers to eat only when they were hungry, and said that hunger was not a craving somewhere below the chin, but its true sign was a watering of the mouth. "Wait," said he, "until the thought of a plain piece of bread will make your mouth water before you begin to eat. Then use that little apparatus called 'nature's food filter,' carefully tasting the food and fletcherizing it until finally there comes involuntary swallowing. There is nothing artificial about this; it is simply nature's way of saving the body from the excess to be disposed of by the unfriendly bacteria. You will find that you need only one-half to one-third as much food, and the amount of en-

Wounds.—A clean wound, inflicted by a sharp knife, generally heals very quickly, unless some large artery or internal part has been injured. An infected wound, however, may lead to general infection or diffuse suppuration, and most unhappy results.

The Dressing of Wounds.—Care should be taken to check the bleeding if this is considerable, then the parts should be carefully cleansed with hot, strong soap-suds. Soap is an efficient disinfectant. Green soap is excellent for the purpose. After the cleansing, a sterilized dressing should be applied. Cheese-cloth is the most satisfactory material. It should be boiled, dried, or baked in an oven at a temperature of 300 degrees until slightly browned, to prepare it for the aseptic dressing of wounds. Such cotton should be on hand, ready for use, in every household. It may be readily preserved by keeping in a glass jar. An ordinary fruit jar is suitable for the purpose. After cleansing the wound, apply the antiseptic dressing, which may be held in place by a suitable bandage.

COLAX A NATURAL LAXATIVE



This product has been used in the Battle Creek Sanitarium and in allied institutions to combat constipation with most excellent results. It is the only laxative preparation on the market which acts in a PERFECTLY natural way. COLAX is used as a food in some countries but is non-nutrient—cannot be digested—and its value lies in its carrying through the entire system a bulky, moist mass of material. This facilitates the colon discharges thus providing a ready relief for constipation.

COLAX is in the form of biscuit to be eaten with soup or any beverage taken regularly with meals.

In packages, each containing 21 biscuits. Per package, postpaid, \$1.00.

The Good Health Co.
63 College Hall, - Battle Creek, Mich.

ergy will be increased from one-third to one-half."

The speaker mentioned several "mental giants," such as Richard Watson Gilder, editor of the *Century*, Mrs. Humphrey Ward, the English novelist, and others who had recently adopted the scientific "mouth treatment" of food, and been amply rewarded for their pains by increased efficiency.

"Dietetic righteousness," said he, "is at the base of religion, altruism, morality, life—it is the most effective missionary for morality and social reform in the world."

SUMMER DON'T'S

EAT one-fourth less in summer than in winter.
Eat meat in moderation.
Banish all alcoholic beverages.
Eat mostly cooked fruits and vegetables.
Drink nothing below 60° in temperature and drink sparingly.

Be careful to seek the society of cheerful friends.

Practice moderation in eating, drinking, and open-air exercise.

Don't fret; don't worry.

—Dr. Harvey W. Wiley.

Your Laundry

Will Receive Great Care
at our Washery

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Phone from your room (No. 17)

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Original from

FAITH AND HEALTH THEIR RELATIONSHIP

Eminent Hebrew Scholar Speaks on This
Subject before Large Audience
at Sanitarium

FAITH A PROPPING COLUMN

RABBI MAX HELLER of New Orleans, one of the best known Hebrew leaders in the South, who is at present a patient at the Sanitarium, spoke in the Sanitarium chapel Sunday night before a large audience. The speaker took for his theme "Faith and Health," defining them and pointing out their relationship to his audience.

In his introduction the speaker took occasion to express warm praise for the institution and its management. "In no other sanitarium or

the one from the other. In ancient times the relationship between the science of healing and the department of religion was very close, but in these later days the physicians are often the religious scoffers; science and religion have been widely separated in the minds of a large majority.

"Faith and health should dwell side by side. There is a legitimate fellowship between them. Faith is not a mere acceptance of some dogma. To my mind it is not intellectual; it is temperamental. It is not an inference of the mind; it is a condition of the soul—the wing beat of the human spirit. It represents the outflow of such generosity and courage as inspires trust in the higher and the good. Faith is not possessed by the cultured and the intellectual in any higher degree than by those of fewer advantages—those in the lower walks of life.

"We must recognize that God is an unchanging quantity, and that it is our nearness to him that makes our happiness or our unhappiness; our nobility or the lack of it. We must have faith in God; we must have faith in our fellow-man, and we must have faith in ourselves, if we would have perfect health. Faith in our-

ture ever suits them; they are utterly unfitted for the conditions about them at all times. Faith is one of the propping columns that must support perfect health. In faith lies the strength to erect us and make us strong, and the more fully we align ourselves with God's purposes, the more possible will perfect health become to us. Health is nothing more than the noiseless running of perfect machinery. Faith opens our eyes to see the loving smile of God in this wonderful temple—our own body.

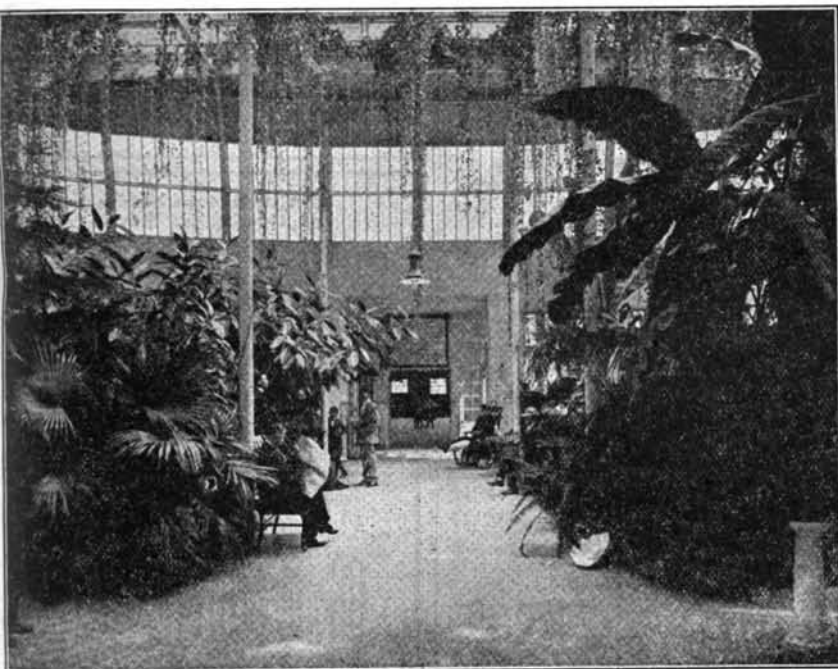
"Listen to the words of the ancient prophet: 'The Lord is with you if you be with him; and if ye seek him, he will be found of you, but if ye forsake him, he will forsake you.'"

Little Margie on her first visit to the farm was told to wander about the barn and search for eggs. Some time later the child returned almost in tears.

"Couldn't you find any eggs, dearie?" asked her mother.

"No," replied Margie wearily. "I think it's mean, too, 'cause lots of hens were standing around doing nothing."—Lippincott's.

TRouble makes a lot of noise;
Hardly ever hear our joys!
Trouble is a rampant fellow;
Joy is gentle, joy is mellow;
Trouble talks with roar and thunder;
Joy is soft as whispered wonder;
Trouble makes a lot of fuss;
Joy does quiet good to us!



SANITARIUM PALM GARDEN

hotel in the country," said he, "will one find such delightful democracy as is found here, while the deep religious tone hallows and uplifts everything about the place. It is impossible to think of this institution without the religious spirit. It is not a thing that is concentrated into one day a week, a practice which has almost become the rule in the outside world. Here it is recognized that the spiritual as well as the physical body needs its daily food, and it is supplied in a most beautiful manner to those who care to partake it. It is an inspiration to meet the doctors, and one recognizes on all sides the influence of their cheerful, vigorous, reverential spirit.

"The combination of religion and healing in this institution is represented by a number of phenomena," said he. "This morning when I was down in the bathroom it occurred to me that I had never before seen a mingling of theological students and medical students in such perfect harmony that one could not tell

selves is an integral portion without which health is incomplete. We all have known persons whose timidity or unfaith would not allow them to brace themselves to trust either in God or the soundness of their own physical machinery. These are ever discontented; no tempera-



Dress FOR Health The Good Health Waist

was designed by health experts to meet the actual needs of the body. No steels nor stays. It is endorsed by the physicians of the Battle Creek Sanitarium and has hundreds of satisfied wearers.

See it yourself. Order to-day; try it 10 days, then if dissatisfied, return it and get your money back.

Prices in white Jean or Batiste, according to bust measurements; 30-38, \$1.25; 40-42, \$1.50; 44-46, \$1.75. Add 50c for highest grade White Saten garment. Catalogue will be sent on request.

THE GOOD HEALTH CO.,
Dept. A. Battle Creek, Mich.

SUNDAY EXCURSION Aug. 16, 1908

VIA

The Grand Trunk Railway System

INDIAN LAKE, 45c.
SOUTH BEND, \$1.60

CASSOPOLIS, \$1.00
CHICAGO, - \$2.25

Special train leaves at 6 o'clock a.m. - Bicycles and Baby Cabs carried free
L. J. BUSH, Passenger Agent

QUESTION BOX DEPARTMENT

DR. KELLOGG each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. Are peanuts laxative?

A. Yes.

Q. How do you compute the caloric value of any foodstuff?

A. Simply burn it in a little chamber by electrical discharge; put in a little platinum crucible surrounded by non-conductors, it is burned by electrical current, and the heat is determined in that way. The number of calories are determined by burning, and each calorie is reckoned as a food unit, because it is found that whether the food is burned outside the body or inside the body the results are just the same.

Q. Does cold water dilate or contract the colon in taking an enema?

A. It contracts it.

Q. How does a glass of yogurt as served here compare in value to three capsules?

A. It is equal to three capsules.

Q. Is insomnia, or sleeplessness, a brain or nerve disease? I have been told it is caused by congestion of the brain, and also that it is caused by nervous prostration. What causes the dreadful condition, I should like to know, and is there any permanent cure?

A. It is a toxic disease in nine cases out of ten. We can almost say in 99 cases out of 100 it is toxemia—the result of toxins formed in the tissues, or the intestine.

Q. What function does the spleen perform in the human body?

A. The spleen is a sort of lockup where germs are imprisoned. Certain of the blood cells go out into the tissues and capture germs and bring them down to the spleen, where they are destroyed. It is the cemetery where the red cells which die and are used up are destroyed and consumed. There are large cells in the spleen that are cannibal cells, cells that, when there comes a feeble red blood corpuscle, they simply swallow it and digest it, and that is the way it is disposed of. The spleen is also a pump which helps to pump the blood through the liver.

Q. Will you explain the difference between systolic and diastolic pressure, and what is the normal of each?

A. When the heart beats, it forces blood into the arteries and raises the blood-pressure. Then, between the beats, the pressure falls. That is the systolic pressure. The minimum pressure between the beats is the diastolic, and the maximum pressure at the time of the beat is the systolic.

Q. If the use of meat and eggs is detrimental to a person subject to rheumatism, what kind of diet would you recommend?

A. The other things, fruits, cereals, nuts, vegetables.

Q. Are peanuts healthful?

A. Yes, if properly cooked. Roasted peanuts are very unhealthful. If perfectly chewed, they are fairly well digested, but ripe nuts of all kinds must be thoroughly chewed, reduced to milk.

Q. What is coated tongue?

A. Probably what you have got if you look at it. It is more than likely you have got coated tongue, and if you have not, you are certainly exceptional, and lucky for an invalid. If you look at it you will see, instead of the



LUNCHEON BEING SERVED IN THE DOMESTIC SCIENCE ROOM

a whitish coat, or a brownish coat, or cream colored, or buff colored coat.

Q. What is the cause and treatment of nervous breakdown resulting from prolonged attack of la grippe, some years previously?

A. Get your alimentary canal clean and nature will cure the rest, or, rather, the healing power in the body will do the rest. Water does not cure; baths do not cure; the curative power is in the body.

Q. Does part of the air that purifies the blood go through the skin? If so, about what proportion?

A. About one-fiftieth part of the respiration is carried on by the skin. A frog does one-tenth of its breathing through the skin. That is the reason why a frog can go down in the mud and stay there so long, because he can hold his breath for half a day. You can not. So it is important to keep the skin active.

Q. Is there any cure for hay fever?

A. Yes. In the first place, the idiosyncrasy, the tendency, can be benefited by getting the patient into perfectly healthy condition, and getting the nervous system toned up well; then, in addition to that, there is an antitoxin already which is made from the pollen of the plants which produce the hay fever, which can be used, and it is of very great advantage. We had a number of people with us last summer and the year before who were commonly subject to hay fever, and who found by the use of this remedy and proper treatment they suffered very little.

Q. Are mushrooms good food?

A. They are good food for germs. They really are not worth eating. I do not know that there is anything particularly dangerous about the so-called edible variety of mushrooms, but there is so little food material, it really is not worth the trouble.

Q. What is the best treatment for sciatica? Should one having it walk, or rest chiefly?

A. A very hot bath will relieve sciatic pain. Sit down in the bath tub and let the hot water in until you feel as though you are going to be cooked. Take that bath three or four times a day, not more than six or eight minutes, and it will generally conquer acute sciatica in a short time.

Q. What causes the feeling as if a lump were in the throat when swallowing?

A. It may be an irritation of the stomach, or it may be hysterics—either one. It is very often due to irritation of the stomach. It is a contraction of the muscles of the esophagus.

Q. How does boiling sterilize milk if 240 degrees is required to kill germs?

A. It does not. It pasteurizes. It kills tubercle germs, scarlet fever and diphtheria and typhoid fever germs, but it does not kill the colon germs.

Q. Why are the germs in meat not killed by roasting or broiling?

A. Because it is only the outside of the meat that reaches the highest temperature of the oven. The inside does not reach above 170 or 180 degrees, and that is not enough to kill the germs, or the spores of germs.

Q. How can one make pasteurized milk and sterilized butter from the commercial articles in their own home?

A. Boil the milk ten or fifteen minutes; let the cream rise; boil the cream again, churn into butter, and it will be safe from dangerous germs.

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7-23-20c

SICK HEADACHE

(Continued From Page 1.)

to develop an attack of migraine. Protein elements of food are irritating to a sensitive nervous system, and should not be used in excess in these cases. We have already stated in the description of symptoms that there is usually an increase of hydrochloric acid in the stomach. The diet should be so regulated as to tend to lessen the secretion of hydrochloric acid. The diet list used at the Sanitarium for cases of this kind is herewith given, and in the majority of cases of sick headache this list of articles of food can be used to good advantage.

DIET FOR HYPERHYDROCHLORIA

LIQUID FOODS

Rice gruel	Nat bouillon
Malted nuts	Vegetable bouillon
Gluten gruel	Yogurt
Cream gluten gruel	Buttermilk
Potato porridge	Eggnog
Pea soup	Kumyss eggnog
Bean soup	Cream eggnog
Lentil soup	Frozen malted nuts
Protose broth	Potato gruel
Frozen almond cream	Granola mush
Bean broth	Granose gruel
Peas broth	Granola gruel

DEXTRINIZED FOODS

Breakfast toast	Rice flakes
Granose flakes	Granose biscuit
Zwieback	Toasted-rice-cakes
Granola	Gofio
Granuto	Popped corn
Corn flakes	Browned rice

FOODS RICH IN FATS

Pine nuts	Sterilized butter
Nuttolene	Egg yolk
Olive oil	Pine nut butter
Malted nuts	Pecans
Malted nuts gruel	Nut oils
Nut meal	

FRUITS

Steamed figs	Prune purée
Fig marmalade	Pears
Prune marmalade	Raisin pulp
Stewed prunes	Baked sweet apple

MISCELLANEOUS FOODS

Peas purée	Carded egg
Lentil purée	Sprouts "meat"
Bean purée	Protose
Whole egg	

"Constipation should be relieved by cold baths, by proper exercise, by special manual movements and massage, by the use of electricity over the abdominal walls or applied directly to the bowels with one electrode in the rectum. The cold colocolyster or a cold water enema may often be taken to great advantage in cases of obstinate constipation, to relieve the bowels. The habits of the individual should all be carefully regulated. He should have regular hours of sleep, preferably in the open air, should avoid physical and mental strain of all kinds, and should lead an outdoor life. Anemia and other constitutional diseases often accompany sick headache. These, of course, should have proper and careful attention.

"General tonic treatment should be taken to improve the health, as in most cases a lowering of the health is partly responsible for the attacks. Short cold baths are the best tonic for these cases. They may be taken in the form of cold mitten friction, the cold shower bath, the cold plunge or a cold bath in any form. The particular form used should be adapted to the needs of the patient. General massage and the general application of sinusoidal electricity are also useful in improving the general health.

"The foregoing description of treatment refers especially to the removal of the cause of the disease and improving the general condition of the system.

"We may now consider briefly the treatment of an attack of sick headache. When the symptoms begin to come on, a number of measures



PATIENTS ENJOYING BOATING ON LAKE GOGUANG

may abort any attack. If the bowels have not moved recently, an enema should be taken to empty them thoroughly. If there are symptoms of indigestion and disturbance of the function of the stomach, the stomach may be washed out, and this will often prevent an attack. If one has not eaten food for several hours, and feels faint and weak, sometimes a glassful of some warm drink, like hot malted milk or hot malted nuts, is sufficient to avert an attack. The patient should immediately go to bed in a quiet, dark room, as light and noises often increase the headache. A hot blanket pack should be given to the hips and legs; in many cases I have been able to stop the attack with this. Sometimes even a hot foot bath is sufficient; or a hot foot bath with a handful of mustard in the water, or a hot leg bath or a warm full bath with cold to the head. All of these warm treatments tend to relax the spasm of the blood vessels which is usually present, and reduce blood-pressure and relieve the headache. Sometimes cold to the head, and very often heat to the head, will relieve the pain. The hot or cold to the head may be given with the hot pack. Whether the hot or the cold should be applied to the head in any particular case is largely a matter of experiment. Some cases do better with cold; others with hot. The patient soon

learns which remedy gives him the most relief. Positive galvanism applied to the head also often relieves the attack. Sometimes taking a glass of hot water or a warm drink of any kind is sufficient to relieve the attack.

"If the above remedies are carefully and intelligently used, they are sufficient to relieve most cases of migraine, and many cases are cured by their proper use. Of course, drugs of different kinds are recommended, and it may be proper in some instances to resort to them, but it is well to keep in mind the fact that sick headache is usually a chronic disorder and the use of these drugs, if kept up for a long time, is apt to do harm rather than good, and their continued use for any great length of time should not be encouraged. It is not necessary for me to mention here the different drugs which are used. These should always be prescribed by a physician, and should never be taken promiscuously by the patient. There are a large number of different remedies on the drug market for the relief of this disease, and they are widely sold, but their excessive use by patients of this class often greatly interferes with the healthy nutrition of the nervous system, and is often responsible for other disorders and diseases, some of which are quite as bad as the disease they are taken to relieve."

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FOR PHYSICAL, MORAL AND MENTAL EFFICIENCY

(Continued from page 1)

separates that portion of the alimentary canal for which we are personally responsible from the portion over which we have no control.

"The purpose of this lockgate is to shut off the food that is not yet ready for digestion, and allow the swallowing of the food that is fully prepared for passage into the stomach. The investigations of Professor Heger of the Solvay Institute at Brussels, and Dr. Higijs of the University of Cambridge, whose joint experiments have confirmed our original description of the food filter, have shown that during the process of mastication the mouth is a closed pouch. All of these statements can be verified by individual observation. If you will study the process of masticating a piece of bread, you will note that on introducing it into the mouth it has scarcely any taste. But with the first crunching of the bread, the saliva begins to flow, the bread is gradually chymified, growing sweeter and sweeter, until at the point of swallowing it is much sweeter than any saccharin substance. The saliva transforms the starch of the bread into dextrose or grape-sugar, the only assimilable form of starch and the best sort of nutriment for the body.

"Raise your head while chewing and attempt to swallow, and you will find that it is practically impossible to swallow without choking. But if the head is lowered, it is very easy to swallow. Hold the head down and observe what happens. The bread will crawl up the center of the tongue, until it comes to the region of the circumvallate papillae, the lockgate, and there, if it is acceptable to the body—in a condition which I presume to be marked by the absence of taste—the lockgate will relax and will allow the acceptable portion to pass through. The portion not acceptable will be thrown back for further mastication. If there are any indigestible residues, there will be an irresistible inclination to spit them out,—just as one is inclined to spit out the pit of a cherry, seeds, or any substance that the tongue may sense as being indigestible.

"Evidently, then, we have here a natural discriminating and protective apparatus. Now, how can we learn to use it? By observing the simple rules of fletcherizing, the practice of which is normally certain to restore this protective function to available use. First, be sure you have a good appetite. Be sure you are hungry. But it must be true hunger. Any symptom of faintness or 'all-gone' feeling in the region of the stomach is not a physiological condition of hunger, but a pathological symptom of indigestion, abnormal habit cravings, or dyspeptic discontent. The only way to recognize true hunger is by 'watering of the mouth' at the thought of dry bread. Eat only when you would whiny like a horse at the thought of plain food. That 'all-gone' feeling in the morning which seems to make further existence impossible without a square meal is generally a false, unnatural symptom. The chances are that there is no real physiological need for fuel in the morning on getting up. But I am not arguing the question when to eat. I am merely telling you how to eat. When you have learned that, the rest you can easily decide for yourself.

"When you have a real, earned appetite, the body is like dry blotting paper, and will suck up and absorb the food in an easy, agreeable and speedy fashion. But whenever we take food into the body that the body doesn't need and can not use, or under unfavorable psychic conditions, such as worry or nervous haste, it is certain that we must get rid of it at great expense to the bodily energies, and by a process of poisonous putrefaction. Headache,

lack of energy, muscular fatigue, are nearly always signs that the nutriment of the body has been taken out of the toxic products of putrid decomposition.

"If you make use of the food filter, the discriminating apparatus at your disposal as the result of thorough mastication, you will eat properly and beneficently. At the beginning, no doubt the practice will take extra time in those cases where the mouth apparatus has practically rusted or been put out of gear through insufficient or improper use, but with practice the facility becomes greater, and you will soon find that it takes no longer to dispose of a meal than under the usual conditions. The immediate result of this practice of what I like to call dietetic righteousness will be an enjoyment of food never known before, and an aftermath of satisfaction unequalled by any similar experience. The acme of enjoyment is the feeling of not wanting anything more.

"Moreover, this enjoyable sensation which accompanies right eating is of physiological importance. For the enjoyment of food while it is being chewed in the mouth turns on a flood of gastric juice in the stomach, a perfect gushing in anticipation of the passage of the food into the stomach. Unless food is taken into the body under these conditions, it will not be properly digested. Dr. Kellogg has no doubt told you of Pawlow's famous experiments by which he proved this stimulation of the gastric juice through the gustatory stimulus in the mouth. But perhaps he has not told you of the X-ray experiments performed on cats by Professor Cannon of the Harvard Medical School. The food given to the cat is mixed with subnitrate of bismuth. Consequently the movements of digestion in the cat show like silhouettes on the fluorescent screen of the apparatus. The cat eats the food with avidity and the merry process of digestion goes on. One watches the food pass through the digestive organs in rhythmic motion while the cat is resting and purring contentedly. But if you distract the cat for a moment, the process of digestion begins to slow up. If you irritate the cat, the whole process stops entirely, thus offering a chance for putrefaction to set in. And it requires a long time to set up the rhythmic motion once more by restoring the right psychic conditions.

"Every time we hinder the process of digestion by similar disturbances while eating, we experience the same retardation of digestion. Worry, anger, sudden bad news, will produce this interference with digestion,—except that recovery is slower with human beings than in the case of the cat, and the results are more

harmful. It should be one of the sacred rules of the table that we should come to our meals with a peaceful, happy, reverential mood, and eat as Mother Nature intended we should. Thus and thus only can we attain the very first requirement of what we call optimum efficiency.

"Within the last ten years, a great many experiments have been carried on to determine on what amount of nutriment, and taken in what way, is a man best nourished and most efficiently. The confirmed and verified result of these experiments has been the determination of the truth that a man fed on approximately one-half of the food customarily taken, provided he is fed in accordance with the natural demands, is assured not only complete nourishment, but immunity from the common diseases and an increase of fully fifty per cent in muscular endurance and general efficiency. He may not add to his work, but he will do it twice as easily.

"Dr. Kellogg is an example of tremendous endurance, both physical and mental, attained, according to his own acknowledgments, by the practice of fletcherizing. His limit of endurance is set only by the time that he can keep awake. Dr. Kellogg and I are both some years past the fiftieth milestone, yet we have found ourselves every year improving in endurance and enjoying greater and greater ease in doing work. I have been called upon to perform endurance 'stunts' in various school and university gymnasiums, without knowing what I would be able to do, without previous training of any kind, and have each year exceeded my record of the previous year. Mr. Granger here of the staff of the Battle Creek Sanitarium made the world's record for deep knee-bending, after a period of fletcherizing. He had already made a record of 3,000, when some one suggested that he take up fletcherizing. He did not even know what it meant when suggested to him, and began the initial practice of it under difficulties. But after keeping at it for a month, he took the test once more, and ran up his record to 5,002 times.

"The degree of improvement shown by these athletes is within the reach of everybody. I can cordially recommend it to you as what Professor Stapleton, the famous wrestler who bene-

(Continued on page 11)

THE TIME

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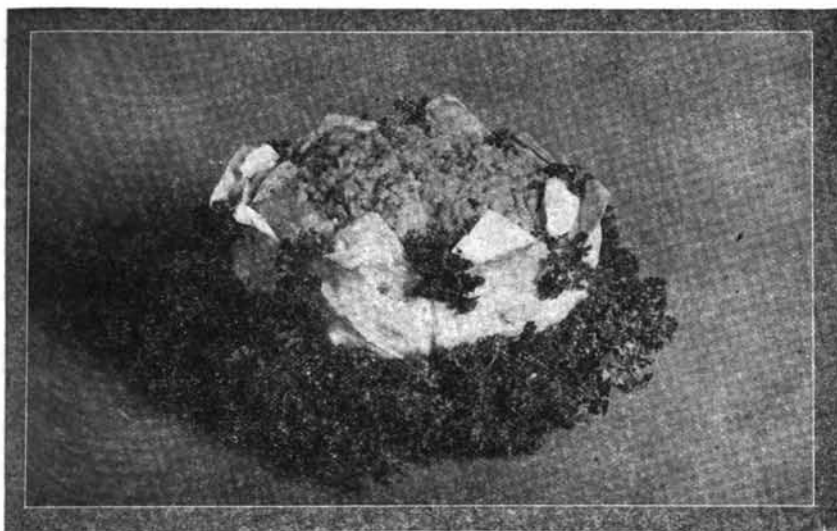
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A HINT FROM THE DOMESTIC SCIENCE DEPARTMENT



CABBAGE SALAD DAINTILY SERVED

SELECT a firm, medium-sized head of cabbage; trim, wash, remove the center, and sealop, as in the illustration. Chop the center fine and mix with a good boiled salad dressing. Or the following sweet cream dressing may be used:—

Juice of one lemon
1-3 cup rich cream
2 level tablespoonfuls sugar
 $\frac{1}{2}$ teaspoonful salt

Chill and just before serving replace in the center of cabbage and garnish with parsley.

FOR EFFICIENCY

(Continued from page 10)

fitted so much from fletcherizing in the Yale experiments, calls 'the softest snap a wrestler ever had.' He experienced an increase of fully fifty per cent in endurance. If these athletes can raise their top-notch records in this way, surely all of you can derive considerable benefit from it.

'In all the experiments referred to, it was observed that the test-subjects ceased to suffer from current diseases. This reveals and confirms the possibility of immunity from disease simply as the result of this practice of dietetic righteousness. Moreover, I could easily show how it diminishes the work of the household by fully one-half.

'This surely would seem to be sufficient dividends from the following of natural requirements. But the beneficence of Nature, when we follow in her path, is unlimited. In very instance in our experiments our test-subjects who had had the habit of occasional wine-drinking, etc., in any degree, found that it was impossible for them to keep up the practice. If they took wine at all, they sipped it in accordance with the requirement of thorough insalivation, and the result was complete disinclination to continue the practice further, any more than they would care to drink kerosene. Thus fletcherizing has been shown to be a most effectual cure for intemperance. The same dietetic righteousness effectually smothers morbidity of disposition, and removes the temptations of youth.

'For the normally and economically nourished individual, it is just as impossible to be selfish and unaltruistic as it is to love bear-

tiful things. Nor does this present a picture of monotonous perfection. The first law of Nature is infinite variety, and if we all become perfect—physically, mentally, and morally—there will be some two billion varieties of perfection, and we shall all be enjoying the beneficence of Nature.

'These are not a series of extravagant claims made for a theory. I come here simply as the representative of Mother Nature, telling you what she has done for me and for others, and what she will do for all of you if you will follow her beneficent requirements. You need not put it off; you can begin right away at your next meal, begin reaping dividends immediately and keep on piling up your dividends to the end of a lengthened and happier life.'

BAD BREATH AND COMPLEXION

PERFUME and cosmetics may cover up a bad breath and a dirty complexion, but they do not change them. The cause is loathsome masses of putrescent food remnants in the colon. Foul gases absorbed into the blood find their way out through the lungs and pollute the breath.

A strong odor of the perspiration is due to the same cause. The remedy consists in clearing out that ancient cesspool, the cecum, a hold on every unclean germ. Often the whole colon is filled with rotting remnants of foodstuffs too loathsome for description.

Laxative food, copious water drinking, the soap or oil enema, not once but daily, and repeated many times if need be, and gradual training of the bowel to normal activity, are the proper measures.—*Good Health*.

Health Planks Favored by Both Parties

WHEN two presidents and two candidates for president, Cleveland, Roosevelt, Bryan, and Taft, in public letters endorse the humane purposes of the Committee of One Hundred on National Health, and two great parties, the Republican Party at Chicago, the Democratic Party at Denver, both adopt 'health planks of the health alliance,' it is pleasing to think that, differing in minor details, the great parties are one in the great issue of the day, the conservation of the human resources of our population, or, expressed archly by one writer, the prevention of 'homo-cide' by ignorance, credulity and disease.

The planks follow:—

The Democratic plank states: 'We advocate the organization of all existing national public health agencies into a national bureau of public health, with such power over sanitary conditions connected with factories, mines, tenements, child labor and other such subjects as are properly within the jurisdiction of the federal government, and do not interfere with the power of the States controlling public health agencies.'

The Republican plank is worded: 'We commend the efforts designed to secure greater efficiency in national public health agencies, and favor such legislation as will effect this purpose.'

WASTE NO TEARS

Upon the blotted record of lost years.
But turn the leaf, and smile, O smile, to see
The fair white pages that remain for thee.

—Ella Wheeler Wilcox.

We want live people in every section of the country to help this year in the most active and energetic campaign for subscriptions for Good Health we have ever carried on. We are going to make it an object for this kind of people to work with us. Liberal commissions will be paid, and the premiums and cash prizes that will be awarded will surpass anything ever offered before. Write for information regarding our offer.

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News Notes

Miss Thea Steinel of St. Joseph, Mo., is visiting relatives here.

Miss Willmer of Chicago will give an evening of readings for the pleasure of Sanitarium guests Saturday evening.

Miss Berlin, a graduate nurse who has been visiting Mrs. S. R. Haak at the Sanitarium, has returned to her home in Philadelphia.

Irving Steinel will leave shortly for the East to join Dr. John Elliott on his evangelistic tour. Mr. Steinel will accompany him as pianist.

The Domestic Science practice class took their regular Tuesday lesson Tuesday afternoon, Miss Cooper instructing. The subject was "Breads and Buns."

Professor Hoffman is soon to issue a booklet, to be called "Optimistic Voices," being a compilation of the daily quotations of good cheer that appear on the bulletin board and menus at the institution.

Miss Alice Rhode, a student of Johns Hopkins University, who has been taking a course in hydrotherapy at the Sanitarium, returned to Chicago on Monday, where she will pursue some special work before going East.

The Clafin (Colored) Quartette of Clafin, Ala., will give a concert on the lawn Monday afternoon at 5 p. m., August 17. Should the weather be inclement, the entertainment will be given in the gymnasium.

Professor Hieronymus gave an interesting interpretive reading of Wordsworth on the lawn Monday afternoon before an appreciative audience. Many of the poet's matchless sonnets were read and new delights discovered through the reader's interpretation, which was at all times sympathetic and scholarly.

Mr. and Mrs. G. M. Harris and daughter Neva, have just returned to their home in Fond du Lac, Wis., after a visit of a week here. Both Mr. and Mrs. Harris are graduates of the Battle Creek Sanitarium Training-School for Nurses, and were for a number of years connected with the Sanitarium. They are now conducting very successful treatment rooms at Fond du Lac.

The joint meeting of the W. C. T. U. local branch and the Sanitarium branch will be held at the residence of Dr. Kellogg, September 8. The day will be Founders' day, and the program will include papers on the lives of those who have aided in establishing the association, a brief memorial sermon service for "Mother" Stewart will also be held.

Professor Hieronymus gave an interesting stereopticon lecture on California in the gymnasium Tuesday night which was largely attended.

Miss Charlotte Dancy, assistant superintendent of nurses, will leave this week for her vacation with relatives and friends in the East.

An enjoyable Helpers' social was held Tuesday evening on Dr. Kellogg's lawn. An informal program of music and addresses was given for the pleasure of the guests.

Dr. Carolyn Geisel returned the last of the week from the Winona assembly, where she made an address on "Revolutionary Workers" before a large audience. During her stay there Dr. Geisel, who was accompanied by Mrs. E. L. Calkins, State president of the W. C. T. U., was the guest of the Rev. and Mrs. E. P. Davis of Citronelle, Ala. A reception was given for Dr. Geisel and Mrs. Charles Henrotin of Chicago, former president of the Federation of Woman's Clubs, at the Winona Hotel, which was attended by a large number of representative women.

ARRIVALS

The list of arrivals for the week ending August 10 is as follows: J. R. Taylor, Ind.; J. V. Carr, Del.; C. P. Vana and wife, Texas; Catherine Clarke, Ind.; Stella S. Hooper, Pa.; H. P. Carter, Mich.; Mr. and Mrs. C. R. H. Davis, Mo.; Kenneth M. Davis, Mo.; Mrs. M. Zimmerman, Mo.; George W. Lyles, Tenn.; Violet Hinman, La.; Mrs. E. W. Lee, La.; Walter Hinman, La.; Norma Bobier, Ont.; Mr. and Mrs. William Flaccus and daughter, Pa.; Mrs. D. C. Russell and Isabel, Texas; Mida C. Walker, W. Va.; Maud E. Hodges, Ga.; S. F. Meguire, Ill.; H. S. Hubbard, Mich.; H. H. Everard, Mich.; Mr. and Mrs. Edward, Ohio; Mr. and Mrs. McClaukam, Miss.; Miss Lena Gifford, Mo.; Mr. and Mrs. Harry Watts, Ind.; J. B. Frank, Ind.; L. W. Schmidt, Ind.; John Anna Maeres, Mich.; Mrs. C. H. Ritter, Mich.; Mrs. Chas. A. Neal, Mass.; Samuel Lichty, Neb.; Jesse H. Langton, Ill.; W. C. Perry, Mo.; Mr. and Mrs. Joseph Lipesity, Texas; Mrs. I. Ganz and Pearl Ganz, Texas; Mr. and Mrs. W. P. Moore, Miss.; T. H. Moore and wife, La.; I. N. Bushary; A. T. Grert; George R. Bradford, Miss.; W. L. Berkstone, Miss.; Mrs. C. C. Hosier, Wis.; Miss Jessie Riley, Fla.; Miss Mrs. E. C. Gray, Cal.; Robert H. Edmonds, Marie Dalton, Miss.; Robert S. Karr, W. Va.; Ohio; M. B. Talmage and daughters, Ohio; Florence Jackson, Ohio; Opal Jackson, Ohio; Mrs. L. L. Henry, Ga.; Misses Edith and Katie Elam, Tenn.; C. A. Elam, Tenn.; L. J. Beauchamp and wife, Ohio; R. Williams, Colo.; Mrs. C. B. Kimball, Ill.; Mrs. F. B. Webster and children, Ill.; Mrs. M. Stewart, Texas; William P. Smyth, Ill.; J. P. Hoffman, Mich.; Charles L. Barnes, Ohio; Grace Howard, Ill.; David S. Anderson, Ala.; Mrs. E. M. Washburn, Ill.; Mrs. Meyer and three children, Miss.; Lea S. Brown, Ind.; Mrs. Cary M. Brown, Ind.; B. M.

Smock and wife, Ky.; Maude Sholes, Ohio; E. Conn, Ohio; L. M. Habent, Mich.; W. H. Davis, Ga.; Mrs. W. H. Davis, Wilhelmina Davis, Ga.; Joseph H. Cooley, Fla.; Mr. and Mrs. D. W. Willan, Canada; Colonel and Mrs. Evans, Canada; John Beard and wife, Ill.; J. H. Templeman, Ill.; Elihu R. Tangen, Tex.; Edw. I. Miller and wife, Ind.; Mrs. Augusta Hanson; W. D. Wilson, Fla.; Mr. and Mrs. C. H. Graham, Texas; Etta and Fletcher Graham, Texas; C. H. Belknap, Tenn.; W. A. Davis, Texas; Mrs. N. E. Thompson, Texas; Mrs. H. P. Grund, Kans.; F. P. Grund, Kans.; G. H. Cessan, Ky.; Mrs. Ella Loush, Ark.; R. E. Hieronymus, wife and child; Maud Monquizz; Amalia Sarcia; Mr. and Mrs. C. W. Martin, Ga.; Mrs. E. W. Taylor, Miss.; O. J. Martier, Ohio; C. F. Kelley, N. Y.; Mrs. T. C. Swann, Ga.; Mrs. J. H. Porter, Ga.; S. H. Madden, Texas; Horace Fletcher, Italy; Mrs. H. H. Corson and son, Tenn.; Mr. Robert Kieth, Mo.; Mr. and Mrs. F. M. Stowers, Janette Stowers, Miss.; Mrs. Adeline and Lucian Waite, N. Y.; Mr. and Mrs. Avery Bush, Iowa; William E. Bryer, Ohio; Eva Wilson, Ohio; V. P. Diebel, Ohio; Sam M. Hyneman, Ohio; O. E. Ruhoff, Ill.; R. J. Crane, Mich.; Mrs. J. L. Fearing, Ill.; Sterling Meyer and family, Texas; M. V. O'Shea, Wis.; J. B. Howard, Ind.; Dr. Zuntz, Germany; Samuel Post, Jr., Mich.; Victor Thrane, Ill.; L. J. Chappins, La.; I. M. Ackerman, Colo.; C. A. Goethe, Tex.; Miss Mayne Mertz, Ohio; Miss Mabel Oher, Ohio; Mrs. William Learned, N. Y.; C. H. Jones and family, Texas; I. Shirman, N. Y.; R. M. Newman, Mich.; F. W. Pohl, Ill.; E. A. Bakern, Mo.; W. W. Marston, Mich.; C. C. Pare, Ky.; Mrs. L. H. Jones, Miss.; Mrs. J. F. Thomas and family, Miss.; G. A. J. Thurston, N. Y.; Mrs. Anos Thomas, Mich.; Stephen C. Bragan, Wash.; H. B. Mayo; Chas. I. Barnes and wife, Ohio; Elmer W. Flaccus, Pa.; A. J. Leitzbach and family, Ill.

PHYSICIANS STUDYING THE ALCOHOL QUESTION

The International Association of Abstaining Physicians has initiated an extensive investigation of the medical use of alcohol, particularly in typhoid and pneumonia. The object is to secure the largest possible amount of statistical data concerning the course and mortality of these diseases treated with and without alcohol, in order to come nearer to a solution of the question upon which there is now wide difference of opinion.

The results of the investigation will be reported at the Twelfth International Congress against Alcoholism to be held in London in 1909 under the presidency of the Duke of Connaught.

"MODERATION is the best temperance; temperance is the best diet; and diet is the best doctor."

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VOL. 1, No. 36.

BATTLE CREEK, MICH., AUGUST 20, 1908.

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Condition and Tells How to
Avoid It

MEAT NOT MEANT FOR BABES

"What are the causes of nervousness in small children, and how can it be prevented?" was recently asked of Dr. Kellogg. His reply will be of great interest:—

"Nervousness in small children can always be prevented if you begin back far enough, but it is sometimes necessary to begin with the grandparents. Nervousness in children is unnatural. A child ought not to have any pathological condition. It is only when the child suffers for the sins of the parents that we see these pathological states. When a child is nervous, it means that there is an irritable condition of the nervous system. Nowadays there are a great number of these nervous children; nervous because their mothers were nervous, because their fathers were nervous, because their fathers smoked, because their mothers drank tea and coffee; because their fathers and mothers were meat eaters; because they were fed meat when they were little, when they ought never to have tasted it. In fact, no one ever ought to taste meat, but meat for children is highly detrimental, because a child is not adapted to the digestion of meat. Meat is a dog's diet; it is a diet for a lion or a panther, the alligator or the turkey-buzzard. The flesh of a dead beast was never intended to be eaten by a child. A child's stomach is not adapted to the digestion of such materials. A turkey-buzzard can digest a rotten fish without any harm, because it has a big liver and a splendid stomach and makes an enormous amount of highly active gastric juice. But a child has a very feeble stomach; it makes very feeble gastric juice. The stomach of a baby is always in a state of apepsia. A child two years old is in a state of hypopepsia always. A baby always has hypopepsia because its diet was intended to be one that requires gastric juice very little acid in character. A very mild kind of gastric juice will digest the normal diet of a child. The fact is, a child requires very little gastric digestion. A child's digestion is mostly carried on in the small intestine. The only thing a child's stomach is intended to do is to liquefy milk. The natural diet of a child is swallowed in a liquid state, and this coagulates very slightly, forming very small, soft curds, and these curds can pass out of the stomach even without digestion. About all the child's stomach is intended to do is to curdle the milk slightly which it swallows; then the milk is passed on into the intestines, where the digestive work is done.

If you give meat to such a child there is no gastric juice to digest it; and the consequence is it rots in the intestine. It is not properly digested, but undergoes putrefaction instead.

"Children that are nervous are pale, because the poisons absorbed from the colon

(Continued on page 6)

Cane-Sugar Not A Natural Food

Dr. Kellogg Tells of Its Introduction
and the Process of Its
Digestion

THE VARIOUS KINDS OF SUGARS

"Cane-sugar as it appears upon our tables was not known commercially in Europe until about two hundred years ago. It was not known to the ancients, and it is not a natural food for human beings. It originated probably in India, and in the early part of the Christian era was known to the Arabs. About four hundred years ago it was first sent to England. It was only two hundred years ago that it began to be freely used, when tea and coffee—two other mischief-makers—were introduced into England.

"Cane-sugar is not found in human food except (Continued on page 2)

THE BATTLE CREEK IDEA A PSYCHOLOGICAL STUDY

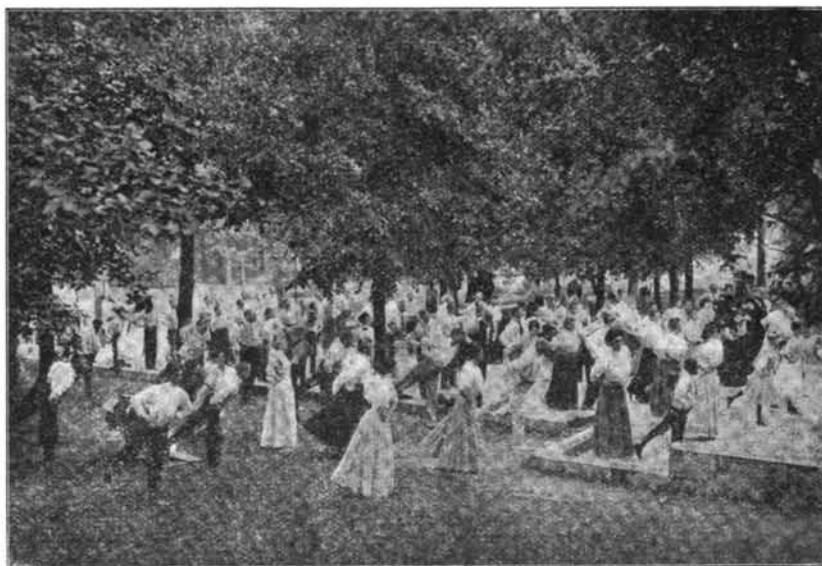
Prof. M. V. O'Shea Discusses It from that
Standpoint, Praising Its Wholesome
Tone

SHOULD HAVE PLASTIC MINDS

"THAT the ideals of the Battle Creek Sanitarium are the ideals which, from the standpoint of modern psychology, ought to be held in mind by humanity the world over, and that the dominating tone of the institution is one of wholesomeness and cheer," was emphasized by Prof. M. V. O'Shea, of the University of Wisconsin, who spoke on "The Battle Creek Idea" before a large audience in the chapel Thursday evening.

The speaker was introduced by Dr. J. H. Kellogg, who said that Professor O'Shea was most (Continued on page 3)

GYMNASTICS IN THE OPEN-AIR



PATIENTS ENJOYING THE MORNING BREATHING EXERCISES HELD OUT OF DOORS IN SUMMER

ONE of the most popular gymnastic drills given at the Sanitarium is the early morning "breathing exercise," as it is popularly called. During the bright summer weather the exercises are given in front of the building under the spreading trees, the piano being rolled out under the entrance arcade. The exercise starts at 7 A. M. and lasts for twenty minutes. It includes a wide variety of calisthenics useful in developing and strengthening the various muscles and vital organs of the body. It is a real

inspiration to see the huge class of several hundred following with rhythmic grace the teacher's movements, which, in turn, accord with the music. After this general exercise, during which the lungs are filled with ozone, and stiffened muscles limbered up, the morning Gospel service is held in the open, led by one of the chaplains of the institution: twenty minutes of devotional service—a hymn or two, a prayer, and a brief scriptural reading, with the reader's helpful comment. Then follows the breakfast hour—7:40 to 9. Original from

UNIVERSITY OF MICHIGAN

CANE-SUGAR NOT A NATURAL FOOD

(Continued from page 1)

cept in very small quantities. For example, cane-sugar, is found in from one-half of one per cent to one or two per cent in some cereals. It is found in very small quantity in most fruits, a very small fraction of one per cent. It is found in certain varieties of dates in larger amount. It is a curious fact that cane-sugar is found in the grasses, in corn, in sorghum, in sugar-cane, in roots, as the beet root, the parsnip and the turnip. It is found in the sap of certain trees, as the maple tree and the date palm, or certain other palms. But it is not found in fruits or in cereals to any extent, with the exception of the date.

"There are many different kinds of sugars. There are particularly two great classes,—cane-sugar and fruit sugar. Then there are two other important sugars, malt-sugar, and milk-sugar. Milk-sugar, malt-sugar and cane-sugar are very much alike. They are alike in chemical composition, but they are very different in other particulars. Malt-sugar and milk-sugar are not so sweet as cane-sugar, but malt-sugar is much more easily digestible.

Sugar is a substance that must be digested in the body just as are starch and other food substances. It requires digestion just the same as any other food element does. There must be a ferment to change the cane-sugar, but this is not true of fruit-sugars. Fruit-sugar is sugar which has already been digested. Some very interesting facts have been recently discovered in reference to fruit-sugar and cane-sugar. Cane-sugar injected into the blood is not utilized; it is expelled through the kidneys. Cane-sugar taken into the body can not be used at all unless it is digested. On the other hand, fruit-sugar—sugar which is found in all fruits, and which is found in honey (honey is almost entirely made up of fruit-sugar) may be injected directly into the blood and used, because it is already digested. Cane-sugar in the sap of a tree, a cherry tree, for example, is carried into the fruit of the green cherry, and there it is digested and converted into fruit-sugar. You can find cane-sugar in the stem of the cherry, but there is no cane-sugar in the cherry itself. As it goes into the cherry, it is immediately digested. The same process is going on in all other fruits.

"There are certain varieties of dates in which the digestive ferment, invertin, as it is called, does not exist, and consequently the cane-sugar is deposited in the date. So in certain dates we find cane-sugar, whereas the ordinary date, like other fruits, contains only fruit-sugar.

"Cane-sugar is not a natural food for human beings, and consequently there naturally is a difference between the effects of cane-sugar and those of fruit-sugar. Fruit-sugar may be taken in any quantity. The sugar in raisins, figs, and in sweet fruits never does anybody harm. No one ever gets sour stomach from eating sweet fruits, with the exception of dates, because the date sometimes contains cane-sugar. The favorite date of commerce contains a large amount of cane-sugar. When in Egypt some years ago, I found a date which contained no cane-sugar. It was not nearly so sweet nor so palatable as the ordinary date.

"Then there is another sugar,—maltose or malt-sugar. This is more common and more native to the body than any other. Certain seeds, all the cereal grains during the process of sprouting, develop a digestive substance known as diastase, and this diastase converts starch into sugar which is called malt-sugar. It

is a little different from cane-sugar, not quite so sweet. It is produced in very great abundance in what is called the 'malting process.' The malting process is not a process which produces alcohol; it produces sugar. The grains are simply moistened and kept warm, and they begin to sprout. When the sprout is as long as the joint of the thumb, it is dried, and the sprouting is stopped, and a large amount of maltose or malt-sugar is found in the grain. This is then macerated and the water is afterward fermented with yeast, and alcohol is produced.

"A similar process takes place in the body. The saliva in the mouth contains diastase which is similar to that found in barley, wheat, corn, and all the grains; and in the process of chewing, this diastase converts cooked starch into malt-sugar, which is exactly the same kind of sugar as that found in malt grain. After the starch reaches the small intestine, it finds another diastase in the pancreatic juice. The pancreatic juice and the saliva are both capable of digesting starch. The saliva digests only cooked starch, whereas the pancreatic juice digests both cooked starch and raw starch. However, it does not digest raw starch with very great facility; consequently it is impossible for a person to live well on raw grain, or raw potatoes, or on any other uncooked cereal food. The natural diet of man is fruits and nuts. In fruits and nuts the starch has been already changed. The starch is first converted into cane-sugar by the plant, then the cane-sugar is converted into fruit-sugar in the fruit itself.

"After the malt-sugar which is produced by the action of saliva upon starch, reaches the intestine, it is there converted also into fruit-sugar, but it is supposed that some part of the malt-sugar is absorbed. After being absorbed into the blood, the maltose may be converted into fruit-sugar there. It is the only sugar which can undergo this change in the blood. Malt-sugar is the only one of the three sugars—cane-sugar, malt-sugar, and milk-sugar—which can be utilized before it has been digested.

"We use a large amount of malt-sugar. About sixteen ounces of starch are eaten daily. This sixteen ounces of starch is all converted first into maltose, and then into fruit-sugar in the body.

"So you see there must be great facility for digesting malt-sugar. On the other hand, cane-sugar is sometimes digested and sometimes not. People are like fruits. There are some fruits which have not the power to digest cane-sugar, so the cane-sugar is left undigested. There are some people in the same condition. When such people eat cane-sugar, they have serious trouble. Not being digested, the cane-sugar undergoes fermentation and other changes. It is not absorbed because it can not be utilized without being digested, so, of course, it makes various troubles.

"This is particularly true of babies, who suffer very much because of the use of cane-

sugar. Mothers who do not know this often do their babes a great deal of harm in feeding them condensed milk, which contains a large amount of cane-sugar; or by sweetening the cow's milk for the baby with cane-sugar. Babies very often have no power to digest cane-sugar. Malt-sugar, as I said, is converted into fruit-sugar in the body by the process of digestion, and the body has great facility for this. Babies can digest malt-sugar from the very beginning of their lives, and that is the reason why babies can be brought up on some of these infant foods; that is, with a great deal of care. The difficulty with the infant foods, however, is that they are cooked, and babies must have some raw food. You can not raise a baby on a cooked diet. A baby raised on a cooked diet exclusively will get scurvy, rickets, and be likely to die. What is true of babies is just as true of adults, only adults become more or less accustomed to cooked fare. Babies can get along very well on a partially cooked diet. All of these infant foods which are sweet contain malt-sugar formed by a process of malting. That is, the malt-sugar is formed by the digestion of starch, so is ready for use. These are highly important and interesting facts, because they have a very practical bearing on the every-day lives of a great number of people.

"Cane-sugar has come to be used so extensively that it is one of the most important articles of commerce, and enters very largely into the bill of fare and also into the bill of expenses of the ordinary family. The consumption of cane-sugar at the present time is about seventy-five pounds per capita per annum in the United States, and in England the consumption is a little larger still, probably because there is no duty on sugar and it is cheaper, so people eat more of it. The human body can not appropriate seventy-five pounds of sugar per year without damage, so we are getting a great deal of havoc as a result of it. Professor Sherman, of Columbia University, says that the American people are suffering greatly from lime starvation because of their large use of meat and of cane-sugar. These foods lack the lime salts which the bones require."

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THE BATTLE CREEK IDEA A PSYCHOLOGICAL STUDY

(Continued from page 1)

competent to speak upon the subject from both the practical and the philosophic standpoint, inasmuch as he had been a follower of its principles for a number of years, and had been a close observer, from a scientific standpoint, of its effect on the world at large. Professor Shea's address was in part as follows:—

"I do not want to miss any opportunity to express my appreciation of the work which is being done at Battle Creek. I have been coming to this institution for ten or twelve years, almost wholly as a student of the work which is going on here; and as I come back, I am continually more and more interested in what I see. I think I may say in all earnestness that from the observations I have been able to make throughout the world, this is the most interesting institution of which I know; it appeals to any one interested in science as applied to human welfare and to the development of modes of sane and rational living. I have been going very strenuously through this institution for the last day or two, mainly in an experimental way, and I have been immensely interested in the way in which science is applied to the problems of diagnosing human difficulties and relieving them. Every time I come back here my admiration for this institution is increased, and I may say in all frankness and earnestness for the man who is responsible for the direction of its work.

"I have just completed a lecture tour of a few weeks in which I have visited a number of universities, and I have been greatly interested to see how the fundamental principles which are involved in this institution are being worked out in the practical lives of university people, and particularly in their philosophy and scientific theory. I think it is truthful to say that all over this country there is an effort of university men, whom I know better than any others, to develop the natural system in human life, in education as in the general affairs of nutrition and health which are observed in this institution. Everywhere there is a consensus of opinion that the thing of greatest importance to-day is to go back to the natural principles of human life which are being worked out in this institution. I can endorse absolutely what Dr. Kellogg has said,—that I am entirely in sympathy with the principles of this institution, and I believe that physically and morally and emotionally these principles represent the best in human life, and that people everywhere are more or less consciously striving to attain them.

"I think the most difficult but the most essential thing for an invalid to do," said he, "is to purge his mind of certain particular conceptions which he has brought with him. He is not plastic, and he can not receive the things which are offered him; most of us are unable to receive what is offered us because of a set attitude of mind and body which resists. I do not know whether Dr. Kellogg will agree to a thing like this, but it seems to me it is true psychologically, or physically, that in an institution like this the individual who puts himself into sympathy with the institution, no matter where he goes, will receive the best that they have to offer. I know it is true, from the psychological point of view, that the individual who can not put himself into that attitude can not receive what is best or may be best in his environment.

"One of the things taught in this institution—and I have heard it again and again since I began coming here, is this—that a person's life ought to be filled so full by his program every day that he has no time to get with his fellows and talk over his disease, and to suggest to

them the bad experiences he has had. I have not talked with Dr. Kellogg about this, but I think this philosophy is based fundamentally upon the needs of human nature—this program where you begin at six o'clock in the morning, and are kept busy the entire day, until half-past eight at night. As one goes around here he can see the constant illustration of it in those people whose habit it is to rejoice over their experiences. These are the ones who contribute most to the general success of things. I think it would be truthful to say that if every person should to-morrow begin talking about his unhappiness, his miseries, and the bad time he has had everywhere, it would be impossible for all the science this institution could command to resist because of the downward effect of unhappy thoughts upon the vital functions.

"The psychological laboratory is the place where we can bring everything of the individual's condition and the character of the system. It can be measured, and there are places here where some of those things can be measured. You can measure the effect upon the vital process of any suggestion which you give to an individual. Mosso in his laboratory at Turin—if any of you have been at his psychological laboratory, you have seen his instruments by which he is able to measure the effect upon practically every vital organ of suggestions,—can read a feeling of courage, and all sorts of things in the responsiveness of these instruments. I do not know what ethics says about this, but psychology is perfectly clear that what he ought to do if he can not say a good word, is not to say any. It is extraordinary that in an institution like this the general trend and tone is upward, and the talk is of health and of courage. That is the thing I want to commend from this standpoint, because of the irresistible tendency of an individual to take suggestions that come to him.

"The thing I have felt in this place more than in any other place,—and since I have been here I have gone into everything I could see anywhere,—is that physically, in the matter of food and everything else, the dominant thought I feel is wholesomeness. That is the thing,—living in sanity and balance and for efficiency. One of the greatest things that can be carried from this or any other institution is the dominant idea that occupies the individual constantly here; it is not thinking about failure, or shortcomings, but it is thinking about wholesomeness in reference to food, to living and cleanliness. I personally believe, and give this as a testimony, and I know that many others believe that one of the great reasons why so many are devoted to this institution is because the Battle Creek idea is an idea which leads and holds. From it we can all get the truth that was given by the great teacher of olden times, who said in substance, 'Whatever things are wholesome, whatsoever things are sane, and pure, and upright, we ought to think on these things, express them in our own lives, ought to speak of them to others, and develop in them the most beautiful qualities of character.'

Swimming Expert Condemns Tobacco

G. H. Corsan Tells of Its Effect on the
Heart and Other Vital Organs

"MANY persons believe that Dr. Kellogg is unnecessarily severe in his condemnation of the use of tobacco," says G. H. Corsan, swimming instructor of Toronto University. "But hear a word now from those who use tobacco—the youths of Louisville, Ky. For two summers I have taught swimming there in the largest natatorium east of the Mississippi. In that city—the tobacco center of the United States—the boys, youths and men are nearly all slaves to the cigarette and tobacco habit. When I use the word 'slaves' I mean it in its strictest term. They are held in bondage against their wills. Hundreds of them have told me that they deeply regret their condition, but that they are unable to give up the habit, such a hold has it upon them. A very common expression in Louisville is: 'Tobacco has destroyed my wind and heart, and I can not swim but a short distance until I give out. I wish I could stop.'

"When I was a little boy, my father told me not to use tobacco, as it was bad, and would stunt my growth. I could seldom see my father for tobacco smoke, and I thought that he ought to know, as he was continually obscured by a cloud of it, and his breath was so strong that I hated to go near him. I took his advice and have never smoked. I have gotten much more joy out of life as a consequence. I might mention the fact that I have five boys and two girls and that none of them are near-sighted. As nearly all my relatives on both sides of the house were and are near-sighted, as well as myself,—a fact I have always deeply regretted,—I made up my mind that it should end with me and it has. It has always been my opinion that tobacco not only destroys the free action of the heart and diaphragm, but destroys the eyes and nerves of the next generation."

NO OTHER WAY

"If it is right, there is no other way!"
Brave words to speak, and braver still to live;
A flag to guide the battle of each day,
A motto that will peace and courage give.

"If it is right, there is no other way!"
Wise words, that clear the tangles from the brain.
Pleasure may whisper, doubt may urge delay,
And self may argue, but it speaks in vain.

"If it is right, there is no other way!"
This is the voice of God, the call of truth;
Happy the man who hears it to obey,
And follows upward, onward, from his youth."

—Exchange.

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THE SANITARIUM ATMOSPHERE

THE observations of Professor O'Shea, elsewhere given in these columns, regarding the retro-active effect of the mind upon the body—the effect on the body of the intangible thing which for the want of a better name we call "atmosphere," are significant, coming, as they do, from a man who stands high in the scientific world, and who has made a life study of psychologic principles.

Says Professor O'Shea: "The air of hope and good cheer which is more prominent here than in any place I know, and I have taken some pains to observe in different parts of the world, is one of the great forces that co-operates with scientific minds to restore the people to health, to balance and poise in this institution. This atmosphere of good cheer is one of the great things of the Battle Creek Idea, and is absolutely fundamental and psychological in modern thought and human nature. Conduct and thought and feeling are inseparably connected, and if I can determine your thought, determine your feeling, I know I could control your action and I could determine your vital process in everything that is fundamental and vital in you."

Perhaps one of the most vital lessons taught in this "University of Health" is individual responsibility for health. On all sides patients are impressed anew with the truth of the old law, "Whatsoever ye sow, that shall ye also reap." There is much comment current on the trend of the national morals. One writer, comparing the morals of the present day with those of forty years ago, points out that the standards are shown by the kind of plays presented at the theaters, the character of novels produced, the illustrations in the daily papers and magazines, and by the revelations in society brought out in the divorce suits. He concludes that the lives of the great majority of the people of to-day are marked by irresponsibility and love of pleasure; that people do not consider themselves morally responsible for themselves or their deeds.

This has long been the attitude of mankind toward disease. Disease has been regarded as a visitation of providence—a thing to be taken with meekness and submission if possible, but a something which could not be avoided. People have gone on with indiscretions in diet and manner of living, taking the consequences

and transmitting them to their children, ignoring their individual responsibility to their bodies and denying them their heritage of health.

The belief in health, and health happiness, once the principles of rational living have been inculcated, is one of the dominating forces at the Sanitarium. "Live right and you will be right," is as true of the physical health as it is in the moral or mental realm. It is this assurance, this hope, which pervades the place to which Professor O'Shea refers, and which meets the approval and admiration of all thinking visitors.

Native Indian Physician Visits the Sanitarium

DR. D. N. GUPTA, a native of Bhavnagar, India, a graduate of the M. M. Bose Homeopathic Medical College in Calcutta, India, who has been taking post-graduate work in Chicago for the past year, is paying a visit to the Sanitarium with a view to a special study of our diet system. Dr. Gupta belongs to the Vaishya caste (composed of merchants), all members of which are strict vegetarians.

"All of the real natives of India," said he, "are vegetarians. It is only the Mohammedans, whom we regard as foreigners, who eat flesh-foods. Our diet consists of all kinds of cereals, Indian corn, beans, and pulse. I am very much pleased with the Battle Creek system, and am finding here much that is suggestive and helpful. It is quite a revelation."

"OPTIMISTIC VOICES"

A PRETTY booklet of quotations breathing cheer and comfort has been compiled by Prof. O. S. Hoffman, of the Sanitarium staff, and is now on sale at the bookstand. The quotations—some in verse, others in prose—are all well chosen, and are for the most part those which have appeared from time to time on the bulletin board at the Sanitarium. They have been culled from a wide number of authors and represent the optimism of from Shakespeare to Dr. Kellogg. The books are shown in two bindings: a simple little paper cover to be had at 25 cents, and a more elaborate binding for 50 cents. They make pleasing gift-books for invalids or discouraged folk, and will be valuable to teachers. They may be ordered by mail, addressing the compiler, care of the Sanitarium. Many of the verses of cheer have come from the pen of the compiler. We append a representative one:—

LIVING IS GIVING

If thou wouldst truly live,
Thy best things truly give.
Of this thou mayst be sure:
Withholding makes thee poor;
But what thou dost impart
Flows back into the heart.
Not he alone is blest
That takes of thee thy best;
Thyself shalt richer be
By what comes back to thee.

O. S. H.

MIRTH is God's medicine. Everybody ought to bathe in it. Grim are moroseness, anxiety—all this rust of life ought to be scoured off by the oil of mirth. It is better than emery. Blessed is he who has a sense of the humorous. He has that which is worth more than money.—Henry Ward Beecher.

QUESTION BOX DEPARTMENT

DR. KELLOGG each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What causes flushing of the face after a meal?

A. Relaxation of the vasomotor centers, the result of stimulation of the spinal centers of the vasomotor system, acting through the solar plexus and other centers of the sympathetic nerve. The nerves which control the stomach vessels and those which control the face vessels are associated. When food is taken into the stomach, the blood-vessels of the stomach relax; that is, the whole stomach flushes, and the face flushes in sympathy with it.

Q. Why does one get weak and feel nervous before meals?

A. This is simply a disturbance of the sympathetic nerves.

Q. What is the best treatment for Graves' disease?

A. This malady is due to intestinal auto-intoxication. The best treatment is to keep the alimentary canal in a clean condition.

Q. How little water is it safe to drink per day?

A. One ought to take two or three pints of water a day. At this time of year one may take more than that. Of course, if one is taking a great deal of fruit and liquid food, he does not need so much water.

Q. When the liver and stomach are enlarged, can they be brought to their normal size again?

A. Not usually. However, much can be done. The liver and other organs will generally return to their natural condition, if they have only been recently enlarged, when the cause of their enlargement is removed; but if the enlargement continues for some months, then it becomes more or less permanent. When the liver becomes enlarged, it generally later becomes small by contraction; and the latter condition is worse even than the former.

Q. What causes a rumbling sound in the stomach and bowels?

A. Gas passing from one portion to another when there is both gas and liquid in the stomach or bowels.

Q. What fruits help to form hydrochloric acid in the stomach?

A. No fruits assist in the formation of hydrochloric acid. Fruits have acids of their own, and do not contain hydrochloric acid, but they stimulate the formation of hydrochloric acid.

Q. What is a remedy for too much acid in the stomach?

A. Well-dextrinized cereals, together with Yogurt, perhaps cream, a liberal allowance of butter—these are the best for a person who has hyperacidity.

Q. Please repeat the remedy for dandruff.

A. Resorcin, ten grains to one ounce of alcohol.

Q. What causes the abdomen to distend after eating, also pain in the bowels?

A. Pain in the bowels is due to the peristaltic movement set up; contractions travel along down the alimentary canal. The distension is due to the formation of gas in the intestine. Sometimes this gas is secreted from the blood into the intestine and is formed quite rapidly.

DOMESTIC SCIENCE DEPARTMENT

"Milk and Milk Ferments" were discussed by Miss Lenna F. Cooper Thursday afternoon in her lecture given on the lawn before a representative group of Sanitarium patients and guests. "Milk," said the speaker, "is an important consideration to the nation because it is a universal food and for the reason that so many children depend upon it for their very existence. That the quality of the milk makes a difference in the nation's health, is shown by the statistical reports in various localities. When the sanitary or certified milk is supplied, the statistics show that of children under one year but six per cent die, while of those who are supplied with ordinary milk such as is sold by the average dairyman, forty per cent die.

"Aside from the chemical composition, there is another factor which is almost always present in milk—bacteria. They are not transmitted from the animal through the milk, but are acquired from the external surroundings. These bacteria may be of four different kinds: those which produce lactic acid; the peptonizing; the inert; the pathogenic, or disease-producing bacteria. Fortunately, the lactic acid bacteria predominate, but when large quantities of these are present, large quantities of other bacteria are also found. The peptonizing bacteria are those which live upon the protein and may produce ptomaines. They are, in other words, the 'barnyard bacteria.' The pathogenic bacteria that are likely to be found in milk are scarlet fever, diphtheria, typhoid and tuberculosis. The tuberculosis germ is about the only one which may be conveyed by the animal through the milk. I do not think it is possible for tuberculosis to be stamped out from among human beings so long as milk is used as human food. The Department of Agriculture is conducting a number of experiments showing that tuberculosis is scattered by almost every animal at some period of the disease. Many animals do not show any outward evidences of the disease, but are nevertheless scattering the germs through their excreta, the exhalations of the lungs or the saliva.

"In a bulletin published by Cornell University it has been stated that in that State, where tuberculin is furnished, almost one-third of the cattle have reacted to the test. If this is true of New York, it must be true of other States, and the evidence is appalling.

"The lactic-acid-producing bacteria are the truly friendly bacteria,—the savers of the milk. Were it not for them, the milk would decompose, with putrid odors and other evidences of decomposition. But these bacteria, by producing an acid medium, make the conditions for the growth of these peptonizing bacteria unfavorable, for they will only flourish in an alkaline medium.

"Metchnikoff, the eminent scientist of the Pasteur Institute in Paris, discovered this fact some time ago, and recommends the use of fermented milk, notably the Bulgarian bacillus, because it is the strongest one known and can go through the alimentary tract unharmed. In the intestinal tract are bacteria which live on carbohydrates and fats and produce lactic acid, and those which live on the proteins and produce ptomaines. When the food is inoculated with large quantities of these Bulgarian bacilli, they produce lactic acid from the carbohydrates of foods and render conditions for the growth of putrefying bacteria inert. For

that reason Yogurt was introduced in the Sanitarium menu. It is a fermented milk which has been inoculated with this Bulgarian bacillus."

The recipe for the making of Yogurt milk was given, the speaker advising the use of an aluminum kettle in which to boil the milk, to prevent any possibility of scorching during the process. The directions follow:—

Heat one pint of skimmed milk to boiling and continue boiling for from five to ten minutes. Cover with a clean towel and cool to 100 to 104 degrees Fahrenheit. Add the powder from one Yogurt capsule to the boiled milk. Set in a warm place, covered, for from five to ten hours, or until it becomes solid and the whey begins to separate. Beat with an egg-beater to break up the curd, and cover. Keep in a cool place.

The next day repeat the process with another pint of skimmed milk, using one quarter of a cup of the previous batch instead of the Yogurt powder. Repeat each day, using some of the previous day's batch as a "starter." As the Yogurt grows older and more acid, use a little less of the starter. It takes several days before a pleasant flavor is developed.

Serve with one-fourth cream if desired.

ROBERT BROWNING AND THE WHITETHROAT

"AND after April, when May follows,
And the whitethroat builds, and all the swallows!
Hark, where my blossomed pear tree in the hedge
Leans to the field and scatters on the clover
Blossoms and dewdrops—at the bent spray's edge—
That's the wise thrush; he sings each song
twice over,
Lest you should think he never could recapture
The first fine careless rapture!"

DISCOURAGEMENTS MET WITH IN CHRISTIAN LIFE

Pastor Brunson Discourses on This Theme
in Sabbath Morning Service

"Many a housewife sends for her preacher when she should instead go to the mountains or to the seashore," asserted Pastor John A. Brunson in his Sabbath morning sermon in the Sanitarium chapel. The speaker took for his topic—"Discouragements in Christian Life; Their Causes and Cures," using the thirteenth Psalm as a basis for his remarks, and touching on the experiences of David, Elijah and Jeremiah as examples of Christians who had from one cause or another been submerged under fear and discouragement.

The three most common causes for discouragement, said the speaker, were first, the absorption in every-day duties,—duties perfectly legitimate in themselves, but drawing one away from the contemplation of spiritual truth; second, disappointment in one's life work, failure to reap expected results, with its resultant discouragement; third, and most common, physical depression.

A striking Old Testament example of discouragement was shown in the story of Elijah, after his great victory on Mt. Carmel groaning in his discouragement and begging to die. "Witness God's treatment of him; he let him go to sleep and gave him something to eat, and after he had rested, he dealt with him in a rational manner. Many a person is pursued by doubts and fits of spiritual unrest due entirely to physical depression. What he needs is change of scene and air. A housewife frequently sends for her preacher when she should be packing her trunk for a trip to the mountains and getting away from the endless routine of daily work." The "cure" recommended by the speaker for the discouragements met with, was in every case a removal of the cause; change of work, change of environment, or rest, as the case might be.

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UNIVERSITY OF MICHIGAN

Causes of Nervousness

(Continued from page 1)

cause spasms of the nerves and compression of the blood-vessels. They are pale for another reason; the poisons absorbed from the intestines destroy the blood, so that these children are always anemic; and that is one reason why they are nervous—because their nerves are starved.

"There is another reason why they are nervous. These poisons absorbed from the colon are nerve-irritating poisons; they render grown-up people nervous, as well as children. A man who eats meat is always nervous; an animal that eats meat is always nervous, irritable. A dog that eats meat is savage, ferocious and irritable. That is true of all carnivorous animals. On the other hand, the herbivorous animals are not so; they are amiable, gentle, tractable, easily dealt with. One can easily teach an ox to pull a cart or a plow. But how much trouble do you think it would be to teach a lion to pull a plow, or a panther, or a leopard, or any other kind of carnivorous beast? A dog can be taught to pull a cart, but if you are going to teach a dog to do that or anything else, you will have to feed him on a non-flesh diet.

"A dog trainer came through this town some years ago, with forty or fifty dogs. He brought them up here to the Sanitarium to see the institution, and the dogs seemed much interested in what they saw here; they went about looking at everything in a very intelligent way. The thing that surprised me was the amiability of those dogs. The trainer went ahead and the dogs came along behind him as docile as could be. There were bull dogs, curs, terriers, hounds and every kind of dog that I ever saw. They were a perfectly bappy family. I wanted to know what he fed them. I did not want to ask him a leading question in such a way as to get wrong information, so I said, 'It must cost you a great deal for beeksteak to feed these dogs.' 'Beeksteak!' he said, 'I never feed them beeksteak.' 'How can a dog live without beeksteak?' He said, 'Beeksteak is not the right thing for a dog. If I should feed these dogs beeksteak, I could not do a thing with them. They would fight, quarrel, and be so stupid I could not teach them a thing. I feed these dogs bread, oatmeal or cornmeal mush; they never get a taste of meat.'

"I had a fine dog myself some years ago. I got him when he was a puppy. He had never eaten anything but milk. He was a St. Bernard dog. I got as good a dog as I could find. When he was about six months old I sent him to a dog trainer, with a letter telling the trainer not to feed him any meat, because I was going to bring him up right. I did not eat meat myself, and I did not want my dog to have it. In his reply to me he said, 'You need have no fear of my giving your dog meat. I never give dogs meat. It is not good for them.' When the dog came back to me, he had been taught to watch, to carry, to fetch, and to do all sorts of things. He was a big fellow and was really quite a valuable member of the family.

"One day he taught me a very interesting lesson. I found out what dog's teeth are for, their canine teeth. I caught this dog eating a walnut, and he was digging out the meats with his long teeth. That is what they are for, nut picks. I at once divined what the dog had these long, canine teeth for; they were to tear off the husks of the cocoanut, and to crack open the shells of the green cocoanuts, to get at the meat on the inside. Dogs were nut eaters originally; they were never intended to eat meat. 'God never made any meat eaters. He made grass to be the food for animals, for beasts,

and nuts and grains to be food for men. You find that in the first chapter of Genesis. If you believe the Bible, you must believe that man was never intended to eat any kind of meat. Man was intended to eat only the products of the earth. We have received nothing but harm in deviating from this original practice. We have induced an immense number of maladies, nervousness, brevity of life, a vast multitude of chronic disorders,—chronic rheumatism, rheumatic gout, so-called—not gout at all—really a toxic disorder. These are the result of meat feeding, and children often inherit the consequences of their parents' meat eating. In the Old Country a child very seldom eats meat. The peasant children of Germany, of France, and England rarely ever taste meat. Not more than a dozen times a year do the children of the English peasantry taste meat. Then it is only a little meat soup. The feeding of meat to children in this country is responsible not only for a great amount of nervousness and early decline and death, but for an enormous amount of depravity,—for cigar smoking and cigarette smoking to a large extent, for the alcohol appetite. Mothers breed these appetites right at the dinner table without being aware of it. Cut the meat out of the children's dietary and out of your own dietary. Your experience here at the Sanitarium shows you how easy it is to get along without it. Professor Chittenden of Yale has shown us that we get in bread and in potatoes and in the simple articles of the diet upon our tables all the protein we need. We do not need any meat at all; we can drop it out of the dietary, eat what is left, and we have all we can possibly want and all our bodies can require."

Sanitarium Nurse Cares for Royal Patients in Egypt

MISS DASIE L. KEICHLINE, a graduate of the Battle Creek Sanitarium School for Nurses, who is now visiting Dr. and Mrs. Elmer Eggleston, has recently returned from Egypt, where she went as a medical missionary, joining her brother, a physician at Cairo. Dr. Keichline had already won his way into the hearts of the people through active missionary work among the young men, and made many friends among the royalty and dignitaries and those high in official circles. His influence offered to Miss Keichline unusual opportunities—opportunities rarely open to an American girl. Among her patients during her stay there were the wife of the former Khedive, Ismail Pasha, who had been stricken with tuberculosis; the Countess Cromer, formerly Lady Kathryn Thynne, and the granddaughter of the Earl of Oxford. Miss Keichline expects to rejoin the Sanitarium nurses' staff this fall, and will remain for some months before returning to Cairo with her brother.

Why should a true and sincere appreciation be termed flattery and degraded to the level of insincere praise? Why should an individual be accused of acting from base and selfish policy because he feels the glow and warmth of social response?—"The World Beautiful," Lillian Whiting.

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UNIVERSITY OF MICHIGAN

PERSONALS

Mrs. J. S. Rhodes of Germantown, Pa., is a recent arrival.

E. Pahl of Milwaukee, Wis., is among the week's arrivals.

Mrs. Dean Loree of Ann Arbor is a patient at the Sanitarium.

Mrs. C. D. Torrell and baby are visiting relatives at the Sanitarium.

Attorney D. T. Parkwell of Marion, Ill., is a guest at the Sanitarium.

Mr. O. Nelson of Peshtigo, Wis., is a recent arrival at the institution.

Mr. M. B. Douglass of Shawnee, Okla., is a visitor at the Sanitarium.

J. C. Bangham of Wilmington, Ohio, is a patient at the Sanitarium.

Mr. R. A. Jones of Ardmore, Okla., is among the recent southern arrivals.

C. A. O'Keefe of Fort Worth, Texas, is recuperating at the Sanitarium.

The Rev. W. W. Denham of Edgerton, Ohio, is a patient at the Sanitarium.

Mr. J. S. Glenn of Tulsa, Okla., joined his family at the Sanitarium this week.

Dr. and Mrs. J. W. Connaway of Columbia, Mo., are guests at the Sanitarium.

Mr. W. H. Cord of Charleston, Tenn., arrived this week for treatment and rest.

Mr. Max Adler of South Bend, Ind., visited friends at the Sanitarium this week.

E. A. Westerfield of Dallas, Texas, arrived at the Sanitarium this week for treatment.

Miss Ada Gollin of New York has returned to the Sanitarium for rest and treatment.

Dr. S. M. Yutzy of Ann Arbor spent Sunday with Mrs. Yutzy and little son this week.

Mr. F. W. Bean of Woodstock, Ont., arrived at the Sanitarium this week for treatment.

Mrs. A. C. McMechen and daughter of Wheeling, W. Va., are guests at the Sanitarium.

Mrs. T. H. Gibson of Christ Church, New Zealand, paid a short visit to the Sanitarium this week.

Mr. and Mrs. Thomas Cole and Miss Helen of Greeley, Iowa, returned this week to their home.

The Rev. Lewis Peeke of Fond du Lac is a visitor at the Sanitarium during the present week.

Mr. B. McClanahan of Hattiesburg, Miss., arrived this week for a period of rest and treatment.

Mrs. Rowland H. Harris and Kerr-Harris have returned from a six weeks' trip to the Pacific coast.

Mr. and Mrs. J. W. Fawcett of McKeesport, Pa., have returned to the Sanitarium for a few days' stay.

Dr. and Mrs. J. F. Morse and Mrs. Salisbury left this week for Muskoka Lakes, Dr. Morse's former home.

Prof. L. A. Waite and Dr. Adelaide Waite left early in the week for Denver and other western points.

Mrs. John C. Taylor and grand-daughter Pauline of East Liverpool, Ohio, are visiting at the Sanitarium.

Mr. C. D. Bevis, accompanied by Mrs. Bevis and her friend, Miss Marsh of Harrison, Ohio, arrived this week.

Mrs. S. D. Chittenden and daughter, Mrs. W. L. Wight, of Tallahassee, Fla., are guests at the Sanitarium.

Mrs. Buford Hall of Georgetown, Ky., has

returned to the Sanitarium with her grand-daughter, Elinor.

Miss Ada F. Corwin, Patterson, N. J., a sister of Mrs. D. T. Millsbaugh, is a new arrival at the Sanitarium.

Prof. M. V. O'Shea returned on Monday to his home in Madison, Wis., after a short stay at the Sanitarium.

Mr. J. C. Thornton, a resident patient of the Sanitarium, left this week for a visit among friends in Pennsylvania.

Mr. and Mrs. H. Coburn, frequent visitors to the Sanitarium, returned early in the week to their home in Indianapolis.

Attorney J. W. Valliant and family of St. Louis arrived at the Sanitarium this week, and will remain for a few weeks.

Mr. and Mrs. H. Bethwick and children of Carthage, Mo., returned to the Sanitarium the past week for a short stay.

Mrs. Carlot of Kansas City arrived this week at the institution to accompany her little daughter, Anna, home.

Miss Mary Bowduran of De Land, Ill., has been called home on account of the illness of her sister, Mrs. Thornton.

Mr. John Murphy of Pittsburgh, Pa., superintendent of the electric railways of that city, is a patient at the Sanitarium.

Dr. N. C. Patton of Cape Girardeau, Mo., is paying a visit this week to Mrs. Patton, who is a patient at the Sanitarium.

Mrs. Anna M. Grogan of Pittsburgh, a former patient, has returned to the institution, and is being welcomed by old friends.

Prof. N. E. Simonsen of the Northwestern University, Evanston, is a patient at the Sanitarium, having arrived the past week.

Mr. Samuel Siegel of Chicago, well known in musical circles, paid a brief visit to the Sanitarium the past week, returning on Sunday.

Mr. and Mrs. E. R. Richardson of Nashville, Tenn., are recent arrivals. Their daughter, Mrs. Paxton, has been a patient here for some weeks.

Messrs. J. E. Mason, A. W. Conant, C. W. Leonard, and S. J. Schuster are numbered among the Ohio visitors to the Sanitarium this week.

Mrs. Amelia Kirven of Wynewood, Okla., has returned to her home after several weeks at the Sanitarium, during which time she was greatly benefited.

Dr. A. W. Woodburn, a missionary to India for many years, paid a brief visit to the Sanitarium this week. He will return later for treatment and rest.

Mrs. W. W. Darden and little daughter Elizabeth, who have been at the Sanitarium during the summer, returned this week to their home in Nashville, Tenn.

Professor and Mrs. Hieronymus and little daughter Grace returned on Wednesday to their home in Eureka, Ill. Mrs. Hieronymus will return later for treatment.

Mr. and Mrs. J. M. Jones of Winston-Salem, N. C., returned to their home this week, both much improved in health after a stay of a few weeks at the Sanitarium.

Mr. and Mrs. William Barth returned to their home in Denver the past week. So pleased were they with the Sanitarium that they intend returning each summer.

Mrs. A. P. Gilmore and daughter, Mrs. C. H. Marsh and Mrs. Winona Pinney of Chicago, frequent visitors at the Sanitarium, have returned the past week for a short stay.

Mr. and Mrs. John Jones, who have been staying at the Sanitarium since early spring, have

taken a cottage for a fortnight at Gull Lake before returning to their home in Pittsburgh.

Mrs. A. D. Potts and little daughter, Elizabeth, who have been at the Sanitarium for several weeks, left for Chicago Thursday, where they will pay a brief visit before returning to their home in Texas.

Dr. and Mrs. C. S. McDougal of Cincinnati, Ohio, paid a visit to the institution this week. Dr. McDougal was associated with the institution in 1879, and was interested in the great advances that have been made in all departments.

Mrs. Florella Adams of Yellow Springs, Ohio, who has been a patient at the Sanitarium for some weeks, returned this week to her home where she will be joined by her nephews, whence they will start on a protracted trip to the Orient. They will visit the Hawaiian Islands, Philippines, China, and Japan. On her return next summer Mrs. Adams expects to re-visit the Sanitarium, to which she has become greatly attached.

The New Pharmacy Booth Now Opened for Business

THE new pharmacy booth is now completely equipped and opened for business. It corresponds in size to the health-food booth opposite, and is situated between the main building and the Palm Garden. It is designed for the better accommodation of the patients, who heretofore have been obliged to go to the basement pharmacy for toilet articles, prescriptions, orders, etc. The new booth has an attractive array of toilet necessities, kodaks and kodak supplies, and will furnish customers with everything possible to be found in the most up-to-date city pharmacy.

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EVERYTHING FOR THE TOILET

News Notes

Mrs. Cora Morse and Miss Laura Ellis have gone to Muskoka Lakes for a brief visit.

Miss Lena Steinel left on Thursday for a two weeks' vacation in the Canadian Highlands.

Miss Grace Staninger left this week to take up her work at the Sanitarium Dispensary in Chicago.

The Misses Emma and Clara Wood of the Nurses' department have gone to Ohio to visit relatives.

Mr. and Mrs. S. E. McNeill of Washington, D. C., visited old friends about the Sanitarium this week.

Miss Matalena Kohler, of Saginaw, Mich., a former graduate of the Sanitarium School of Domestic Science, has returned to the Sanitarium, and will act as an assistant dietitian at East Hall.

Mrs. Minnie Emmons gave a course of Domestic Science lectures at Litch Springs, Ohio, during the past week. On Sunday Misses Ruth Tenney and Ruby Ketchum left for Mountain Park, Md., where they will be joined by Dr. Carolyn Geisel, and together give a course of lectures on Health and Domestic Science.

Dr. and Mrs. John H. Kellogg have issued invitations for the marriage of their daughter Helena to Dr. James Thomas Case. The wedding will take place at the family residence, Manchester street, Tuesday afternoon, September 1st, at 5:30. The young couple will be at home after October 15, at 136 1-2 Manchester Street.

The Clafin University quartette of Orangeburg, S. C., gave a pleasant program in the chapel Tuesday afternoon at 2:30 before a large audience of Sanitarium guests. The members of the quartette are students of the University who are spending their summer vacation in raising funds in this manner for their alma mater. A substantial offering was taken following the program.

A novel little social function was enjoyed Tuesday evening by the friends of Mrs. Lena Mosely Ragsdale and Dr. Minnie Staines in the rooms of Mrs. M. S. Foy. The affair was denominated a "ranch shower," and the guests were requested to bring gifts suitable for ranch housekeeping. Much merriment was occasioned by both the gifts and the messages which accompanied them. Mrs. Ragsdale and Dr. Staines will leave this week for Colorado to take up their residence on their ranches in that State. They will remain for the required fourteen months.

David Heagle, Ph. D., D. D., will be a guest at the Sanitarium during the present week. On Friday evening in the gymnasium he will give an illustrated lecture on "Solomon's Temple," and on Sunday evening he will speak on "The New Religious Therapeutics, or the Boston Healing Movement as Taught by Science and the Bible." It is expected that this latter lecture will be of peculiar interest to Sanitarium patients, exploiting, as it does, a movement that is receiving the considerate attention of thousands in this country to-day. Such questions as, "Is it good religion to use medicine?" "Is it good science to use prayer?" will be discussed by the speaker, who is an able lecturer, and comes highly endorsed.

ARRIVALS

The list of arrivals for the week ending August 18 is as follows: Mrs. S. D. Chittenden, Fla.; Mrs. Walter L. Wright, Fla.; E. W. Cowant, Ohio; J. E. Mason, Ohio; Margaret Post, Mich.; C. S. King and wife, Mo.; Mrs. G. H. Gibson, N. Zealand; Milo B. Douglas, Okla.; Albert Ashell, Mich.; Dr. A. W. Woodburne, Mich.; Mrs. C. D. Terrel and baby, Mo.; Emil Pohl, Wis.; Helen Boylan, Mich.; Clare and Mary Walkup, Ind.; W. E. Hart, Ohio; F. M. Bean, Ont.; Miss F. J. Ridley, Ga.; J. C. Bangham, Ohio; Anna C. Swan, Mich.; Mrs. A. P. Gilmore, Mich.; Mrs. Charles H. Marsh, Mich.; Mrs. C. E. Loomis, Mich.; A. M. Leach, Ohio; Miss F. Prode, Tenn.; Lewis Peeke, wife, and daughter, Wis.; George E. Hoge, Pa.; J. N. Sorscop and wife, Pa.; W. C. Robinson and wife, city; J. A. Madden, Okla.; W. A. Davis, Ohio; W. C. Boring, Ohio; Cecelia Ensign, Ohio; Dr. J. Walker, Ohio; C. B. Alloire, N. M.; Miss Mabel Ballance, Ill.; Edward A. Rozier and wife, Mo.; Mrs. Geneva Logan; Fred Goldsmith, Pa.; Pauline Reibestein, Ohio; Lena Reibestein, Ohio; Miss Sallie L. Munraugh, Ohio; Misses Mary and Frances Munraugh, Ohio; Anna B. Kellogg, Ill.; Sarah M. Willmer, Wis.; Romaine Pierson, Ill.; Mrs. W. H. Weeks and baby, Mo.; Mr. and Mrs. John Lewis, Ky.; D. T. Hartwell, J. M. Young, Ill.; Bathilda Olson, Ill.; R. S. McLaine and wife, Miss.; M. W. Robinson, Tenn.; Mr. and Mrs. J. W. Valliant, Mo.; Frank Moore, Ky.; Laura Pullar, Ill.; L. A. Merlan and Anna Merlan, Ind.; Mrs. Wolfe Lewis, Ill.; Mrs. Buford Hall, Ky.; Elinor Hall Offutt, Ky.; Mr. and Mrs. C. D. Beins, Ohio; Mr. and Mrs. John Murphy, Pa.; Miss Marsh, Ohio; J. W. Fawcett and wife, Pa.; Miss N. R. Ladger, Pa.; Mrs. Katie C. Moore, Pa.; C. S. O'Kreffe and son, Texas; Donald D. McDougal, Ohio; C. M. Rewter, Pa.; Samuel Siegel, Ill.; Mr. and Mrs. O. A. Field, Mo.; R. S. and Morie Schopf, Mo.; Mrs. Omar Hollingsworth, Ind.; Miss Caroline Hollingsworth, Ind.; Mr. and Mrs. E. R. Richardson, Tenn.; R. A. Jones, Okla.; N. C. Ryan, Ind.; E. E. Stacy, Ind.; Mrs. George H. Cook, Ill.; S. W. Fulton and wife, Ind.; F. M. Giles, Ill.; D. R. McCallum, Ohio; M. E. Williams, Okla.; Mr. and Mrs. J. E. Olson, Ill.; S. Ridemour, Mo.; N. E. Simonsen, Ill.; R. S. Simonsen, Ill.; Dr. Marx, Ill.; J. Snowden and wife, Pa.; Mrs. Margaret W. Rhodes, Pa.; G. W. Church, Kans.; W. H. Cord, Tenn.; Mrs. D. S. Mayer,

Mo.; Rose C. and Stanley Mayer, Mo.; August Boemer, Ohio; J. W. Connaway, wife and daughter, Mo.; Mr. and Mrs. John A. Smith, Ga.; Mrs. J. D. Langley, Tenn.; Mrs. J. M. Cooper, Ill.; Miss D. Wood, Texas; Miss M. A. Howard, Ark.; A. H. Plack and wife, Ark.; Miss C. Week, N. J.; D. C. Barton, Miss.; E. L. Woodward, Aucking, China; J. P. Goodwin, Mo.; Mr. and Mrs. R. Stauffer, Ill.; W. D. Flemick and wife; R. M. Cralle and wife, Texas; Mrs. John N. Taylor, Ohio; Miss Pearlina Taylor, Ohio; Ada Collin, N. Y.; Miss Louise Rodgers, Ohio; Mrs. Eugene Hotsniger, Fla.; W. R. Newell, Ill.; Mrs. W. E. Pinasey, Ill.; Miss Isabelle Gilmore, Ill.; W. G. Mellier, Mo.; Mrs. W. L. Curtis and Baby Kirby, Niigata, Japan; Mrs. Anna C. Wilson, Miss.; C. I. Barnes, Ohio; Mr. and Mrs. T. F. Ryan, P. R.; Mrs. A. C. Mechem and Miss Mechem, W. Va.; Mrs. J. A. Decker, Wis.; J. A. Decker, Ill.; Mr. and Mrs. H. H. Beckwith and children, Mo.; P. C. Ewan, Ark.; M. F. Horine, Ill.; Merrill C. Horine, Ill.; H. K. Fly, Pa.; Mrs. Clara L. Hamilton, N. Y.; A. M. Hazelton, Ohio; A. M. Hazelton, Ohio; W. C. Patton, Mo.; P. Threadgold; W. A. Yale, Ind.; W. S. Nunnally, Tenn.; E. E. Martin, Ohio; E. E. Edgell, W. Va.; Charles Krummel, Ind.; A. L. Gameys and wife, Ill.; John Kelley, Mo.; Charles P. Griser and boy, Ohio; John J. and Fred Nielson, Ala.; W. E. Harredd, Ill.; Misses E. S. and M. J. Cablick, W. Va.; Mrs. Sadie W. Poeres, Ky.; W. A. Halliburton, Tenn.; J. S. Glenn, Okla.; W. A. Gloom, Mich.; Mrs. A. C. Leigh and Lizzie Leigh, Tenn.; W. A. Buntin, Tenn.; Elbert T. Miller, Ind.; T. D. Stephens, Miss.; Moural Izoze and wife, Ohio; Mrs. David Holbrook, Pa.; G. W. James, Ill.; W. F. Canfield, Ohio; Mr. and Mrs. John Kamper, Miss.; Pauline Blanks, Miss.; Mrs. A. P. Church, Mrs. R. C. Church, Tenn.; Mr. and Mrs. R. B. Watson, Ohio; Miss Edith Watson, Ohio; A. B. Marshall, Minn.; D. N. Gupta, India; J. Y. McNaught and wife, Ohio; Mrs. R. L. Crook, Miss.; Ada F. Corwin, N. J.; W. W. Henderson, Miss.; T. H. McMunes, wife and child, Kans.; Mrs. F. Falk, La.; Miss Gertrude Falk, La.; Mrs. S. Greenwald and children, Miss.; Leo Thankenberger, W. Va.

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THE BATTLE CREEK IDEA

VOL. 1, No. 37.

BATTLE CREEK, MICH., AUGUST 27, 1908.

PRICE, 2 CENTS.

PHYSIOLOGIC LIVING; HOW TO COMBAT OLD AGE

Natural Habits of Life Must be Adopted
Says Dr. Kellogg in a Lecture to
the Patients

EXPERIMENTS IN DIET

"The foundation of long life must be laid in physiologic living. If one is to live long, he must live physiologically. An animal compelled to adopt habits of life not natural to it, must necessarily perish before it ought to, because it must continually fight for existence. It is exactly the same as if one should undertake to work with a tool intended for an entirely different use. If one should attempt, for example, to weave cloth with a threshing machine, he would make very poor work of it. If one should endeavor to cultivate a garden with a hay fork, he might accomplish something, but the fork would very soon be worn out. When one undertakes to use his teeth for a nut cracker, for instance, he spoils his teeth.

"The results of the abuse of the body are too numerous to need much illustration, but we constantly find some horrible example, among the people we meet day by day; for instance, when a man undertakes to use his body as a distilling apparatus for distilling nicotine. He rolls a bundle of leaves together, lights a fire at one end of it, and pulls away at the other. He is the condenser. The cigar is the pipe which communicates the vapor to his body, and the body is the condenser. As nicotine is taken into the body, it is absorbed by his tissues, and as a result his vital machinery is soon damaged, perhaps beyond recovery. I might say that twenty-five per cent of the business men who come to this institution have been hampered more than they can readily believe, by the use of their vital machinery for eliminating nicotine when it was not intended for any such purpose. The same statement may be made of those who use tea, coffee, alcohol and animal food.

"A dog has four times as much liver capacity as a man, and a hog has still more. The oyster is more than half liver. Man's liver weighs only three and a half pounds. The man weighs 150 pounds. The dog's liver is almost as large as the man's, and the dog is not more than a quarter his size. The dog has four times as much liver capacity, the hog a still larger liver, and the turkey-buzzard an enormous liver, to protect them from the awful poisons they are accustomed to deal with. When a man undertakes to live on a turkey-buzzard diet, eats meat that has a *haut gout*, *pâté de foie gras*, Finnan haddie, codfish, herring and other things far advanced in decomposition, the very worst results follow. Codfish swarms with germs. We talk about bad milk, but codfish, halibut, herring, and all meats that are preserved in salt are infinitely worse than the worst milk, so far as germs are concerned. It is no wonder that Bright's disease comes at an early age, or cirrhosis of the liver,

(Continued on page 2)

MENTAL THERAPY—ITS HISTORY AND PRINCIPLES

Dr. David Heagle of Chicago Tells Sanitarium Guests of the Movement

DEFINES SUGGESTION

THE Rev. David Heagle, D. D., of Chicago, who has for some months been connected with Bishop Fallows' School of Religious Therapeutics, gave a talk on this new science before a large number of Sanitarium guests who gathered in the gymnasium Sunday evening. The speaker explained the history of the movement and its fundamental principles. The lecture was profusely illustrated with stereopticon pictures, and was in part as follows:—

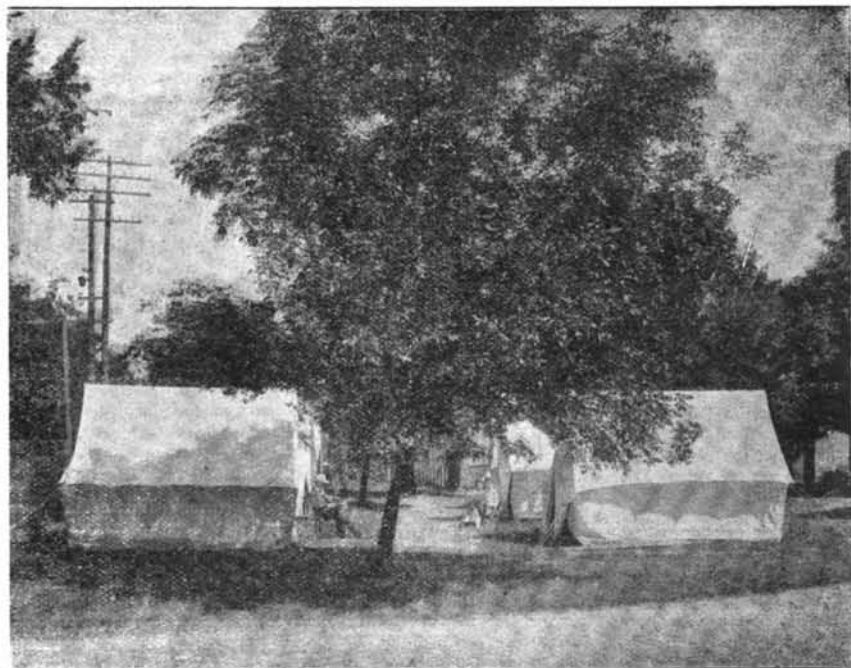
"The new science of mental therapy is as yet in a state of great incompleteness. Only a part

CAUSES OF SLEEP AND INSOMNIA

Dr. W. H. Riley Discusses These Two States and the Changes They Produce in the Body.

MOSSO'S EXPERIMENTS

"SLEEP is a condition of rest of the body attended with partial or complete loss of consciousness. This condition of rest is perhaps the most important, and possibly the most completely developed, in man; yet this condition, or a similar state, is present to a greater or less degree in all of the mammalia of the animal kingdom. In fact, in all living things we see a period of rest following a period of activity. Just what is the cause of sleep no one has as yet been able to answer very distinctly or positively. There are, however, many things



SANITARIUM TENT COLONY

of the many facts believed to be connected with this subject have been discovered; only some of the laws controlling the action of the mind upon the body have been ascertained and formulated; still there exists at present with regard to this topic sufficient knowledge to constitute what may be termed a real science, or one that has already made a good beginning, and has the prospect of becoming much enlarged and improved. Some one has said that the fifteenth century distinguished itself as

(Continued on page 6)

which offer some evidence, at least, as a cause of sleep. These we shall consider more at length a little later.

"Sleep is a condition which is concerned primarily with the function of the nervous system, more especially with the function of the brain, and particularly with that part of the brain which we call the cerebral cortex. There is much evidence to show that during sleep the chemical changes which take place in the nerve cells, particularly the cerebral cortex, are quite different from those which occur in

these cells during their period of activity. It is held by physiologists that the fundamental cause of sleep is a letting down or lowering of these chemical changes which take place in the nerve cells of the brain to such a degree that consciousness is lost and the other functions of the cerebral cortex also cease. There is taking place in every tissue of every organ of our body certain complex chemical changes. These chemical changes as they occur in the body are spoken of as the metabolism of the body. This metabolism is divided into two divisions: the anabolic processes and the catabolic processes.

"The anabolic process consists of a synthetic process by which simple chemical compounds are united and built up into more complex chemical substances. This building-up process or the anabolic process takes place in the different tissues and organs of our body in a greater degree while they are at rest and particularly during sleep.

"The other process—the catabolic process—consists of a breaking down of highly organized chemical compounds into more simple chemical bodies. This breaking down process occurs in all bodies to a greater degree while we are awake and when we are most active. It should not be understood, however, that the first, the building-up process, takes place only during sleep, and the breaking-down process only during activity. Probably both processes are going on in our bodies all the time, but during our waking moments the breaking-down process is in excess of the building-up, and during the resting periods the building-up process is in excess of the breaking-down.

"It is thought that during our waking hours this breaking-down process occurs in the nerve cells at the cortex of the brain and keeps up for a period until it is carried to a point where the normal functions of the brain are lessened and finally disappear, and we become unconscious and go to sleep. This process, of course, is fundamental, and when we come to study the functional structure of other tissues, of other organs of the body, we find very much the same changes occurring. For instance, the cells of the glands, like the salivary glands, or the glands of the stomach or the glands of the pancreas, which is also a large gland, undergo similar changes as do the cells of the brain; in fact, these changes in other organs of the body are, if anything, more distinctive and more apparent than they are in the cells of the brain. That is to say, at least many of the glands of the body have a building-up period during which material is taken into the blood and stored up in the cells of the gland. This is spoken of as the resting period of the gland. There is another period during which the material in the cells undergoes chemical changes, and as a result of this a secretion is formed. This is the active period of the gland. The first, or the building-up, process is anabolic, and the second, or breaking-down, process is catabolic, so we see that the changes which occur in the nerve cells of the brain are only similar to changes occurring in other tissues of the body.

"While these changes in nerve cells are probably fundamental so far as they relate to the causation of sleep, yet the interesting part of the question is, What are the conditions and changes in the body necessary to bring about these changes in the nerve cells which are supposed to be directly responsible for sleep?"

(To be Continued)

Miss Emily L. Baird of Sophia, Turkey, a missionary to that district, is resting at the Sanitarium.

Miss Wilson, who has been a patient at the institution for several weeks, returned on Monday to her home in Canton, Ohio.

PHYSIOLOGIC LIVING

(Continued from page 1)

or dropsy, or hardening of the arteries, or breaking down of the brain.

"There has been earnest study in these later years of the subject of longevity, and Metchnikoff and others have readily recognized the fact that the diet is the all-important factor. The people who have lived long have been those whose habits of diet were very simple. People who have indulged freely in the pleasures of the table have never been very long-lived; at any rate, the exceptions are very rare. There are three countries whose people have greater longevity than any others known, namely, Ireland, Hungary, and Bulgaria. Hungary and Bulgaria are practically one country, almost the same people. Their habits are practically identical; so we may say that in Bulgaria and Ireland the longevity is enormously greater than in any other country. For instance, in Bulgaria the number of aged people is more than twenty times as great in proportion to the population as it is in England. There are 2,500 people in that one little country of Bulgaria who are more than one hundred years of age. Only a short time ago a man and his wife celebrated the one hundredth anniversary of their wedding, and they were honored by the king with a pension. The man was 120 years of age, and his wife 118 years of age. Certainly it is a very uncommon thing to find two people who have lived together, toiled together, for a whole century. You will always find that such people have been living on a very simple diet.

"This study of diet has come in modern times to interest a great number of eminent scientific men, and at the present time almost every civilized country has fitted out a laboratory in which the subject of diet shall be studied, and scientific men are vying with one another in their efforts to find something new about diet. In this country, a great work has been carried on by Professor Atwater and Dr. Benedict. Professor Atwater has recently died. They have a great iron box about eight feet long and seven feet high and four feet wide. It is absolutely air tight. Men are put into this box, hermetically sealed up with wax as you would seal a letter or a fruit jar, and kept in there anywhere from one day to twenty days. One man was in there three whole weeks, sealed up hermetically. I myself spent ten hours in the box to see what it was like.

"In every foreign book on dietaries published at the present time, there is a picture of that wonderful iron box. More things have been found out with reference to foods by means of that iron box than by any other apparatus ever invented. A man is put into the box and weighed by a delicate apparatus up in the next story. Every drop of water he takes and every particle of food he takes is weighed; and all the carbonic acid gas that escapes from his lungs, and the mois-

ture that escapes from the skin, and the heat that escapes from the body are all weighed, estimated, and measured so accurately that they know exactly what happens to the man. know exactly the effect of every particle of food.

"Lately, the Carnegie Institute has built the Carnegie Nutrition Laboratory in Boston, a fine laboratory, and put Professor Benedict in charge of it. He now has six of these iron boxes instead of one, where experiments can be carried on continuously from the beginning to the end of the year, year after year, in the effort to find out something new with reference to this matter of diet. Professor Benedict spent a day or two with us here at Battle Creek last year, and is coming again. He was very much interested in the large experiment, as he calls it, that we are carrying on here at Battle Creek in abstaining from flesh eating. He was particularly interested to find that I myself have been abstaining from meat for more than forty years,—not abstaining, I would say, but that I have been luxuriating in the other good things without meat.

"Metchnikoff has shown that the flesh-eating animals are short lived, and the only exception are those few flesh-eating animals that have very short colons, like the turkey-buzzard and eagle, for example, so that food does not remain in the colon long enough to undergo putrefaction. Putrefaction products from flesh foods produce premature old age more than any other cause. Alcohol, tobacco, tea, coffee, are bad, but beefsteak is even worse, because it introduces poisons of an extremely deadly character. Man is not adapted to a flesh diet, for he has a long colon, and foodstuffs remain there so long that the putrefactive processes are far advanced, and the toxins formed overwhelm the liver, wear out the kidneys and produce premature disease."

HARDLY had Mary recovered from the measles than her little brother John fell ill with the same malady. One day, when John was almost well again, his mother gave him a piece of cake. Naturally, Mary wished very much for a piece, and when John refused her, she reproached him indignantly, saying:—

"If you aren't the greedy boy. Here I gave you the measles and now you won't give me even a crumb!"

"If there be some weaker one,
Give me strength to help him on;
If a blinder soul there be,
Let me guide him nearer Thee.
Make my mortal dreams come true
With the work I fain would do;
Clothe with life the weak intent,
Let me be the thing I meant:
Peace, that dearer is than joy;
Out of self to love be led
And to heaven acclimated,
Until all things sweet and good
Seem my natural habitude."

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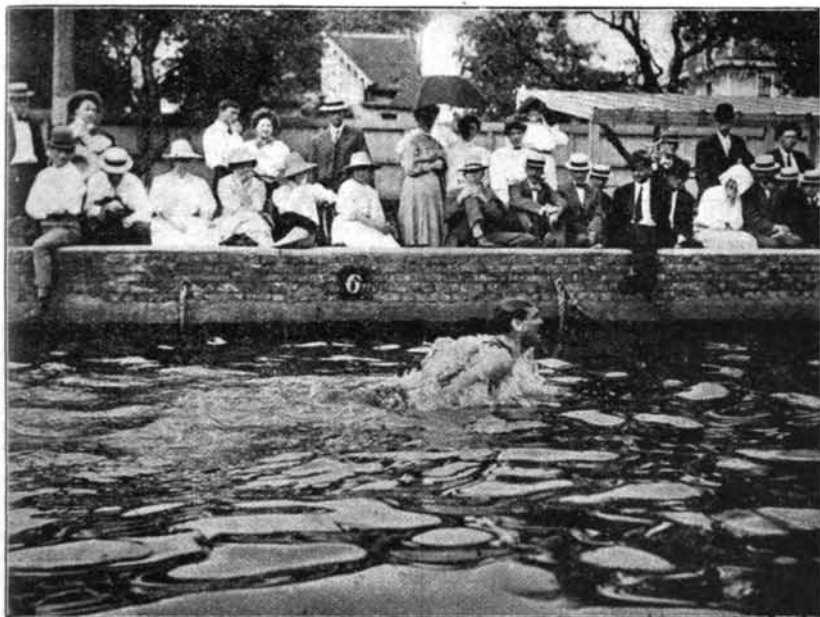
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A FEW SWIMMING DON'TS



COMING UP A LA TORTOISE

INCREASED interest in the art of swimming has been manifested by Sanitarium patients the past fortnight, since the arrival of G. H. Corsan, swimming instructor of the University of Toronto, whose reputation as an expert swimmer and instructor is wide. The accompanying picture shows Mr. Corsan imitating the porpoise swimming, with a group of Sanitarium spectators in the background. During the course of his exhibitions Mr. Corsan gives many practical suggestions to his audience. The following terse bits of advice dropped from time to time by him will undoubtedly prove of interest to our readers, whether they be devotees of the pool or not:—

"Unless entered for a race, always wear a woolen bathing suit. The water runs off the wool just as it does off the skin, and your body is dry as soon as you leave the water, whereas a cotton suit keeps the body wet, and with the wind blowing on it chills you. Always wear an armless bathing suit, as free shoulder action is very necessary to graceful swimming. A cold plunge is good, but a cold swim is decidedly bad. Warming up the water with your body heat is a most expensive method, as it abstracts the strength of the swimmer. No one ever learns to swim well in cold water, as the muscles will not relax sufficiently to permit that soft, gliding motion so essential to easy, fast swimming.

"The angle of the body is a very important matter. 'Head low and feet high' is the rule, so that the body is on the horizontal, thus displacing less water.

"The body should be held rigidly, and the swimmer should carefully avoid swaying and thus cutting a wide track through the water. Try to get through a small hole in the water.

"It is permissible to roll, but not wiggle. A porpoise when going very fast is as rigid and straight as a steel rod.

"Try to breathe in through the mouth and out through the nose. Breathe out under water. Keep your eyes open when under water. The water will not hurt your eyes but strengthen them.

"Swim before meals rather than after, as the pressure of a full stomach on the diaphragm

and heart prevents free action of those very important muscles and places the swimmer in distress.

"Don't hold the breath while swimming, but breathe regularly. Keep your fingers together, and not apart like a hen's foot. Don't take too many strokes to the minute, but see how few strokes you can take to go a given distance, for thus you spend most of your time sliding through the water.

"Don't swim too high in the water; speed without exertion is what you must aim for.

"Get out of any ragged style you may have. The under foot and leg goes far back in the 'scissors' kick, while the upper leg remains almost straight.

"The 'frog' kick is used only for the broad stroke on the breast, the broad stroke on the back, and the double overarm on back.

"The 'Australian crawl' stroke kick may be so varied as to be merely dragging the feet through the water without movement or a high whipping or a low 'fishes' tail' strike to the double over leg kick, and even a short reversing scissors' kick.

"The trudgeon stroke differs from the crawl in that with the trudgeon the body is slightly to one side and the kick is the single scissors' 'Lancashire' style, or single overleg, and the swimmer breathes with each stroke.

"Muscle-bound, stiffened people who are subject to cramps as a result of eating meats, white-flour products, and salt are hard to teach, as their joints are like a hemlock board; but they need the exercise very badly. I would advise them to soften up their muscles and ligaments by a liberal raw fruit diet, until they have the resiliency of Georgia pine.

"Swimming prevents old age because it prevents decay and rust of the muscles from inactivity. The value of swimming to all those who lead a sedentary life can hardly be estimated, as it exercises every muscle in the body without undue strain on any one set of muscles.

"Swimming strengthens the lungs because it causes deep breathing. It strengthens the nervous system by inducing natural sleep. The motions aid the liver in its normal function. The air and water strengthens the skin. Swimming induces happiness, holiness, and health."

CHEER UP

WHAT'S the use o' livin' if the sun doesn't shine.

If the sky looks blacker than a deep coal mine, An' ol' man Trouble comes knockin' at the door.

While your head is weary an' your heart is sore?

What's the use o' livin' if you don't see light, Nor even the beauty of a starlit night?

If you can't look forward to a better day, There's no use livin' if you live that way.

What's the use o' livin' if you just see gloom, With the church bells tollin' out their knell o' doom

An' little blue devils dancin' on the floor An' ol' man Trouble keeps knockin' at the door?

What's the use o' livin' if you don't have fun, An' your eyes ne'er gladden at sight o' the sun?

There is always sunshine waitin' for you, An' there's no use livin' if your specs are blue.

EDGAR E. RIES.

"ANATOMY"

WHEN a composition upon "Anatomy" was called for, Freddy wrote the following:—

"Anatomy is the human body, which has three parts, the head, the chest and the stummick. The head consists of the eyes, the ears, and the brains, if any. The chest contains the lungs and a piece of the liver. The stummick is devoted to the bowels, of which there are five, a, e, i, o, u, and sometimes w and y."

THREE GATES

If you are tempted to reveal

A tale some one to you has told

About another, make it pass,

Before you speak, three gates of gold.

These narrow gates: first, "Is it true?"

Then, "Is it needful?" in your mind

Give truthful answer. And the next

Is last and narrowest: "Is it kind?"

And if, to reach your lips at last,

It passes through these gateways three,

It passes through these gateways three,

What the results of speech may be.

—Anonymous.

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GYMNASTICS AT THE SANITARIUM

More than a hundred years ago Ling, of Sweden, by the study of a French translation of an ancient Chinese book, became acquainted with some methods employed from ancient times by the Chinese in training soldiers for war. Takig the Chinese system as a foundation, he developed the most scientific system of gymnastics which the world knows anything about.

Ling, who was an officer in the Swedish army, succeeded in getting his system adopted by the Swedish government, which erected a large building for purposes of instruction; and now for three-quarters of a century this method has been in use not only in the Swedish army, but in the public schools of Sweden, and has resulted in the development of a magnificent race of men and women. Any traveler who has visited Stockholm must have been struck by the remarkable large number of fine, athletic-looking men whom he met upon the streets. It is almost impossible to find a Swede who is not more or less of an athlete.

Every officer in the Swedish army is required to have a practical knowledge of the medical Swedish gymnastics, or the so-called manual Swedish movements.

The system has been in use at the Battle Creek Sanitarium for many years. Nearly twenty-five years ago a physician was sent to Stockholm to become acquainted with the system, and trained Swedish experts were brought to the institution to assist in introducing it. Recently the system has been growing in favor in this country under various names other than its own. So-called osteopathy is a modification of the Swedish system which has yet to demonstrate its superiority, or its claim to be called a system or a new scientific method.

The Swedish method is especially valuable in the treatment of men and women suffering from sedentary habits. It affords the most satisfactory and efficient means known for developing the abdominal and other muscles of the trunk, especially in connection with the use of electricity and hydrotherapy; and, with special breathing exercises and abdominal movements, produces a most highly beneficial effect upon the abdominal viscera, relieving stasis, emptying the stomach, liver, and other viscera of stagnating blood, and thus improving functional activity.

The manual Swedish movements comprise an extensive and almost endless variety of most carefully and accurately graduated exercises; some passive, others active, and still others active-passive. These are arranged for the patients in graduated series, known as "day's orders," each of which represents the work for one day. The system represents one of the most valuable physiologic measures in use at the Sanitarium.

Ambassadors of God

Pastor Brunson in Sabbath Sermon

Outlines the Christian's
Opportunity

LET YOUR LIGHT SHINE

"Where you are, there are your responsibilities. If you can not let your life represent Christ in the field in which you are placed, you may not expect to do better in a bigger field," declared Pastor J. A. Brunson, in his Sabbath morning sermon in the Sanitarium chapel. The speaker took his text from second Corinthians 5:20, with "Ambassadors for Christ" as his theme, emphasizing two deep underlying truths: first, that a knowledge of God is the greatest good that can come to man; second, that God recognizes that fact and wants to be known by man. These two things being true, the Christian's work was to represent God—to be his ambassador.

The qualifications for this ambassadorship are, first, man's relationship to God. He must be born again, created anew and received into God's family. Being a child of God, he ought to be well acquainted with his father—hence he is the proper representative. Second, the character of the true Christian is that of an ordinary man plus an extraordinary quality—the spiritual quality. His spiritual faculties are alert—he discerns spiritual truths and is therefore qualified to represent God. The sphere of a Christian's representation, was, the speaker said, just where one is. At home, abroad, whatever his occupation is, if he is a Christian, he stands as God's representative. "Of all places where God needs representatives most," said he, "is in the home. For Godless homes mean a Godless state. We want God's representatives in the business world, in politics, and in society,—men pure in life, who have the great principles in the heart and are letting them shine out in their lives. God sometimes wants us to suffer to represent him. Some people, like the Apostle Paul, have a genius for suffering. Sometimes there is that in suffering that enables a man to represent God as though nothing else. God is willing to sacrifice the comfort of one child in order to bring in other children.

"The greatest quality for representation is that of uncomplaining submission to his will. The life that can truly say: 'if I can serve thy will through affliction and suffering, I am willing to be used by Thee as an instrument,' that life is become a fit instrument to represent God. The consciousness of God's presence is worth ten thousand times all the material benefits the world can offer."

Who is so wise that he can fully know all things? Be not, therefore, too confident in thine own opinion, but be willing to bear the opinion of others.—Thomas a Kempis.

QUESTION BOX DEPARTMENT

Dr. Kellogg each Monday evening conducts a question box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health and health topics.

Q. What treatment is needed to get rid of tapeworm in an adult?

A. You should have a competent physician diagnose your case and recommend the best remedy for you. The remedy must be adapted to the individual. Some remedies induce vomiting very easily.

Q. Why do you disapprove of eating salt?

A. I do not eat salt because I do not feel any need of it. I eat very little salt, just the slightest amount sometimes when a food has no flavor. We must relish food in order to digest it well, but the food contains naturally all the salt which the body requires. Salt is absolutely necessary for life; but the food contains all of it that we need, just as it contains all the lime, and all the potash, and all the phosphorus we need. It is only necessary that food should be taken in proper quantity for one to supply himself with all the salt he requires. Many persons injure themselves by taking large quantities of salt. It interferes with the digestive processes of the stomach, after a while diminishing the secretion of gastric juice, and preventing the proper action of the pepsin, besides overworking the kidneys.

Q. Please explain what is meant by auto-intoxication.

A. Auto-intoxication is intoxication or poisoning—for that is what the word really means,—from poisons formed within the body. There are two forms of auto-intoxication: so-called metabolic auto-intoxication, in which the poisons are formed in the tissues in an excessive amount; and intestinal auto-intoxication, in which poisons are formed in the intestine by putrefaction of certain foodstuffs, particularly the proteins.

Q. What is the best position in which to sleep?

A. One should sleep in the position in which he is the most comfortable. In general, I think it is well to sleep on the right side; especially for people who have "slow" stomach, so as to encourage the passage of food out of the stomach. The limbs will naturally be relaxed. Some people sleep best when lying flat upon the back.

Q. What do you think of the hand vibrator machines now in use?

A. I think they amount to very little. They are simply a sort of nerve tickler that are amusing for a short time, and are very helpful to the pockets of the manufacturers, but otherwise they do not accomplish anything.

Q. How can the first stages of Bright's disease be avoided?

A. Brown spots on the face, dingy skin, dingy sclerotic, coated tongue, the general symptoms of auto-intoxication,—these are the preliminary symptoms of Bright's disease; especially when the blood-pressure is beginning to rise a little, they are pretty clear indication of Bright's disease already begun.

"Do not make the question of enjoyment the chief one of your life. Begin each day with the thought, 'What has God given to me to do today for him?' Be on the lookout for a chance to help those in trouble, to cheer the discouraged, to hold out a strong hand to the one who has fallen. And if your morning question is satisfactorily answered, you will find that happiness has come unsought, and that a joy before unknown gives you strength for the duties for another day."—Original from

WRITES APPRECIATIVE LETTER TO HOME PAPER

**T. Dabney Marshall Tells Vicksburg Folk
of the Magnificence of the
Sanitarium**

The Vicksburg (Miss.) *Evening Post* prints a lengthy letter from Mr. T. Dabney Marshall, who has been a patient here at the Sanitarium. Mr. Marshall, as the letter shows, is an enthusiastic admirer of the Sanitarium, and has been greatly benefited by the treatments, which, during the course of his letter, he describes at some length, together with the thorough examination he underwent and his impressions of the non-flesh dietary. We append a part of his letter:—

BATTLE CREEK SANITARIUM,

BATTLE CREEK, MICH., Aug. 8, 1908.

Editor Vicksburg Post:—

"Baytel Crick!" "Baytel Crick," yelled out the Michigan Central Railroad porter at 3 A. M. and we disembarked from the train.

We were soon being whirled, or rather glided, in a comfortable carriage, up smooth, well-paved streets, toward the Sanitarium, and after a ride, were deposited in front of the lobby door of this magnificent institution.

The word magnificent is used advisedly, as there is certainly not in the United States, and possibly not in the world, a Sanitarium that can compare with the Battle Creek Sanitarium in the extent of its buildings, the beauty of its grounds, the completeness of its equipment, and the number and variety of its specialists, trained nurses, and expert employees.

The main building, embowered in trees and garlanded and circled with flowers that are paradisaical in their beauty of bloom, extends northward and southward seven hundred feet, rises upward six stories in height, and has behind it three wings, about five hundred feet long. When it is said that in addition to the large lobbies, dining rooms, parlors, kitchens, writing rooms, and sleeping rooms innumerable, this building contains a chapel with a seating capacity as large as any church in Vicksburg, a gymnasium half as large as the skating rink, a large palm garden, where bananas and palms tower twenty and thirty feet, and bath departments where over two hundred different baths are given, some idea may be formed of its extent, though none can be conveyed by words of the beauty and perfection of the decorations and appointments.

Connected with the Sanitarium are four or five larger buildings than any in Vicksburg and forty-seven different cottages.

The number of persons employed by the Sanitarium is over eight hundred, and the guests or patients average during the summer from eight hundred to a thousand.

* So you see it can be justly called a magnificent institution.

Indeed, it is woeful when the young usurp the place or despise the wisdom of the aged; and among the many dark signs of these times, the disobedience and insolence of youth are among the darkest. But with whom is the fault? Youth never yet lost its modesty where age had not lost its honor; nor did childhood ever refuse its reverence except where age had forgotten correction.—*Euskin.*

DOMESTIC SCIENCE DEPARTMENT

PROTEID foods was the subject of discussion at the usual Thursday afternoon domestic science class, Miss Lenna Cooper explaining to her audience the sources of proteid and its proper position on the family menu.

"The difference between proteid food and protein," said she, "is that the latter is a combination of elements forming a definite compound, which is one of the compounds that go to make up our food. It is on the same principle of the construction of a cable, which is made up of strands which are in turn made

	Water	Protein	Fat	Carbo- hydrates	Calories per lb.
Eggs	74	15	10	2	720
Milk	86	04	04	2	325
Cheese, full cream ..	34	26	34	2	1,950
Pine-nuts	6	34	49	2	2,845
Almonds	5	21	55	17	3,030
Protose	25	10	03	912	
Beans	13	23	02	59	1,605
Wheat	13	12	02	71	1,650
Beefsteak	72	19	17	1	1,110

up of fibers. Our foods are made up of food principles, of which protein is one. The food principles in turn are made up of chemical elements. Proteid food is one in which the protein is the characteristic part or in which it is found in comparatively large quantities.

"Every housewife should become familiar with the sources of proteid so as to know how to balance the family menu. One heavy proteid dish at a meal is sufficient; generally speaking, one a day is enough, although it depends upon the occupation of the individual." The speaker then displayed the accompanying chart, showing the more familiar proteid foods and their comparative elements. Eggs, the first on the table, are an example of an easily digested proteid food. They contain, she said, two kinds of protein: albumin, found

in the white; and vitellin, found in the yolk. Their digestibility depends largely on the temperature at which they are cooked. If hard boiled, the white is very indigestible unless put through a colander in order to reduce it to fine particles easily acted upon by the gastric juice. The yolk, if cooked to the proper mealy point, is very easily digested and nutritious. The speaker explained that while not all the articles of food mentioned on the chart were recommended, they were given so that they might be compared.

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MENTAL THERAPY

(Continued from page 1)

pecially by the discovery of a new material world, or the continent of America; and that, in like manner, the twentieth century promises to distinguish itself by discovering a new world of mind, or a sphere of intellectual reality never before even thought to exist. So also Prof. William James, of Harvard University, believes in the progress of mental science; for he says that since he began to investigate that study the most important discovery made in it is one that even now is claiming recognition for itself; viz., the existence of the unconscious mind, or, as Dr. James puts the matter, it is the existence of 'a set of memories, thoughts and feelings which are outside the primary consciousness altogether, yet able to reveal their presence by unmistakable signs.' Now, of course, all these new discoveries of a psychological nature which have recently been made, or may yet be made, belong naturally to the subject we have undertaken to consider; that is, the general science of mental therapy.

HISTORY OF THIS SCIENCE.—ITS SUPERSTITIOUS PERIOD

"The history of mental therapy can be divided into two parts. The first part includes all those superstitious practices and blundering attempts at the healing of disease which, from the earliest experiences of the human race, have characterized humanity more or less generally. History tells us that all of the world's oldest nations have been largely addicted to religious, medical and other superstitions. To be sure, the ancient Greeks and Romans, as also the Egyptians and Babylonians before them, did make some considerable progress in real medical knowledge. Still so crude and ineffectual were at least most of the remedies used by these people that, if any genuine cures were accomplished by them, it must have been the result rather of the faith or credulity exercised by the patients, than because of any real virtue inherent in the nostrums themselves. Hence it is not necessary for us to consider all the various phenomena connected with our study during this the more unscientific period on its history; but we will only remark that one important lesson to be learned from all those superstitious practices is the fact that even credulity, or the principle of faith acting subjectively, always has in it a certain power for healing disease. Witness, e. g., the many cures wrought by the mere faith of the people who every year flock in such multitudes to the Grotto of Lourdes, in the southern part of France. Or, if one prefers, he may witness not a few like wonderful cures wrought among the religious devotees of America who visit the church of St. Ann in Quebec, and there behold, or are touched by, some relic of an ancient saint. All these cures are very remarkable, and some of them are surely genuine; but of course the real power which accomplished such cures is not any virtue in the bones of St. Ann or in the waters of Lourdes, but it is rather the credulity of the people who resort to such places with the expectation of being healed. So also, in this connection, mention might be made of lower forms of faith healing, such as can be observed among the negroes of the South with their voodoo practices, and also among our American Indians with their 'medicine men' and the superstitious performances engaged in by them. All these and other varieties of healing are accomplished, not by any real objective therapeutic agency, but simply by the power of subjective faith, or credulity.

THE MORE SCIENTIFIC PERIOD OF THIS HISTORY

"But to give attention now to the more scientific or rational period in the history of our study, it might be said that this period

really began with the therapeutic achievements of Franz Anon Mesmer, in the city of Paris now about a century and a quarter ago. Mesmer was himself a veritable charlatan; and all of his methods of healing were characterized by the grossest, or rather the most consummate fraud. Nevertheless, so extraordinary was his success in Paris, in the way of healing people of nearly all kinds of infirmities, that the French government became interested in him, and appointed a scientific commission—of which Benjamin Franklin, and the great chemist, Lavoisier, were members—to investigate, in the most thoroughgoing and scientific manner, all those strange phenomena connected with Mesmer's work. The report of this commission, which was really the first scientific document ever issued with respect to the science of mental therapy, while it condemned Mesmer himself as nothing but a quack, yet justified at least many of his cures, inasmuch as it admitted their reality.

"Afterward the same subject of mental therapy, as connected with hypnotism, was taken up by Dr. Baird, of England, who also made some important discoveries with regard to the matter. So also new and very important discoveries were made in this science by two therapeutic schools in France, which have become very famous; one of these schools being located at Nancy in the eastern part of France, and the other being connected with the great Salpêtrière hospital in Paris. Not only that, but in Boston, Chicago, and other localities of our country, as well as in Europe, this new science has been turned into an art, and is now become a regular acknowledged practice, among other of the different healing arts which are being carried forward in our world."

(To be Continued)

A. M. M. C. STUDENTS RECEIVE HIGH GRADES

The students and graduates of the American Medical Missionary College who took the examination of the Michigan State Board of Health in May and June have received a report from the board which shows that they all passed with excellent grades. The fifteen who took only the subjects of the first two years of the medical course obtained an average grade of 88.1. The eight graduates who took the examination in all subjects of the medical course obtained an average of 89.3. One of the graduates obtained the highest grade (96.1) that has ever been given by the State Board, and the average grades are considered excellent by those who are acquainted with State board examinations.

THE CLOSE RELATION OF ALCOHOL AND TUBERCULOSIS

DR. S. A. KNOPP of New York in his international prize essay on tuberculosis says that statistics in hospitals for tuberculous and scrofulous children show that the majority of them had parents addicted to the use of alcohol, and that it has been proved that when one

or more parents were addicted to such use, their offspring has become scrofulous. This is in harmony with the resolution passed in 1905 by the International Congress on Tuberculosis; viz., "In view of the close connection between alcohol and tuberculosis, this Congress strongly emphasizes the importance of combining the fight against tuberculosis with the struggle against alcoholism."

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SANITARIUM SUMMER-SCHOOL COOKING CLASS

SANITARIUM KINDERGARTEN AND SUMMER SCHOOL

Little Pupils Taught Many Useful Arts
During the Vacation Period in the
Kindergarten

THE "CO-ED." COOKING CLASS

One of the most delightful features of life at the Sanitarium in the summer is the sight of the numerous happy children. Very few of them are invalids. For the most part they are the thoroughly well, busy children of the patients. The problem of occupying their time happily and profitably has been solved by the establishment of the Kindergarten and Summer school. This year the attendance has been very large throughout the season, now nearing to a close. The school is under the efficient management of Miss Margaret White.

It is a pretty sight to see the toddlers trooping off in the morning, guarded by colored mammys, nurse maids or doting mammas, across the velvet lawn of the Sanitarium to the college campus where, in the rear, is to be found all the necessary equipment of sand piles, swings, and games for this up-to-date open-air kindergarten and playground. On rainy days the commodious kindergarten room in West Hall is used, but for the most part the exercises are all carried on out of doors. The morning session is from nine to one and the afternoon from two until five-thirty—practically the entire day is spent in work and play, all wisely directed and beneficial to mind and body.

Aside from the regular kindergarten games for the smaller folk, there is sewing and sloyd, nature study, gymnastics and cookery. The gymnastic exercises held each evening from 6:45 to 7:45 are a never-failing delight to the participants, while they invariably attract a large number of adult spectators, who enjoy seeing the little tots go through the drill and

march with such earnestness and grace. The big outdoor swimming pool is another feature of the afternoon work that is a source of delight and lasting benefit to the little pupils. Many of them prove very apt, and after a few lessons are able to swim with considerable dexterity.

Perhaps no line of work has more devoted followers than that of the domestic science department. Two afternoons a week the children are given the use of the Domestic Science room in the main building, and under the instruction of one of the most capable of teachers they are taught the preparation of simple health dishes. The boys are no less enthusiastic than the girls, and they don their crisp white aprons and caps with eagerness, and are as gratified over the success of a dainty gelee, or a small brown corn roast, or a dish of delicious cream-toast, as are their feminine colleagues. The accompanying picture shows the cooking class and their teacher as they are about to start their lesson.

ARRIVALS

The list of arrivals for the week ending August 24 is as follows: J. W. Johnson, Texas; J. B. Gibbs, Texas; J. Meyer, Miss.; Hugo S. Wells, Wis.; Anna M. Grogan, Pa.; Blanche A. Davis, Pa.; M. J. Davis, Pa.; O. Meyer, Ind.; Mrs. Dean Loree, Mich.; L. Kresteller, N. Y.; W. H. Hedges, Mich.; Mrs. M. P. Allen, Mich.; Mr. and Mrs. C. H. Prior, Minn.; A. Latterhos, Miss.; C. H. Patrick, Ill.; A. L. Rosenbaum and wife, Miss.; S. Schutz and daughter, Ill.; Mrs. O. W. Hiner, Dr. George B. Kelso, Ill.; T. D. Marshall, Miss.; Sr. Sammasen; Miss Margaret McVeau; Percy Knapp, N. Y.; Chas. McRoe, Pa.; E. Fletes, Ill.; S. E. Goodman, Texas; F. E. Howe, Ill.; Levi Brauch, Ohio; Lizzie Lattier and son, Ind.; M. W. Edmonds, son and daughter, Ohio; I. Lixpaitz, Texas; Dr. Henry W. Franenthal, Dr. A. Horzlich, N. Y.; Mr. and Mrs. Schermerhorn, George and Elizabeth Schermerhorn; Viola Gradmow, Mo.; E. J. Paxton, Ky.; Will Wisher, Ky.; Master Frank Buckner, Ky.; L. A. Pratt, wife, and child, Iowa; Dell Walker, Texas; T. Harlan, Tenn.; Morris Myles, Ala.; Mrs. C. M. Spring, Mo.;

Mrs. Frederick Tracy, Mich.; Mrs. G. W. Perkins, Mich.; Mrs. Callette, Mich.; Mrs. M. L. Trowbridge, Ill.; Mrs. R. P. Maxon, city; H. C. McAdams and wife, Md.; Mrs. Frank E. Caldwell and James, N. Y.; William J. Smith, city; R. C. and B. F. Walkup, Ind.; H. F. Tate, Ill.; W. C. Dudley, Mich.; Miss C. M. Armstrong, Mass.; Mr. and Mrs. T. R. Hazen, Iowa; Mrs. J. F. Taylor and child, Ill.; E. F. Way, Ind.; A. F. Hill, Mo.; H. Douglas, Okla.; W. B. Skirimi, Okla.; Pearl and Margaret Skirimi, Okla.; Dr. W. B. Holden and family, Ore.; A. M. Henry, N. J.; Arthur T. Williams, Fla.; James M. Malone, Pa.; H. P. Tavis, Mo.; Miss G. E. Kerr, Ill.; Dr. W. A. Wood and wife, Texas; E. Frost, Ala.; C. E. Bueck and wife, Tenn.; Mae Thompson, Ind.; Dr. David Heagle, Ill.; F. P. Sieglitz, Jr., Ariz.; Mrs. A. H. Waite and Kathryn, Ind.; O. A. Ludwig, Ind.; A. Q. Pringle and wife, Ind.; Daniel Shurnick, Ill.; Mrs. W. W. Edwards and Ruth; E. H. Leitzbach and wife, Mo.; Emma L. Baird, Ohio; Mrs. Jack Swaddy and daughter, Ill.; Mrs. Charles Protzman and Perry, W. Va.; J. B. Miller, Ala.; George D. Thrift, Ohio; John Schrueths, Ohio; G. W. Barnes, Okla.; H. B. Knapp, Pa.; Helen R. Hunsicker, Ohio; Samuel Hart, Ohio; Miss Z. Wolzmut; W. D. and L. A. Evans, Ind.; Miss E. Waltner, Pa.; Mr. and Mrs. Earl Clark, O.; S. Fried, Miss.; Mrs. Walter C. Mack and Florence, Mich.; P. M. Corey, Mich.; J. A. Haak, Mich.; Will Smith, Ohio; J. S. Gaylord; Minn.; Charles Robinson, Texas; Mr. and Mrs. Sherman Booth, Ill.; Mrs. Augusta Booth, Ill.; G. M. Palmer and Ruth, Minn.; E. E. Shepard, Toronto; Mrs. Louise Markschoppe, Ohio; Mr. and Mrs. W. A. Mahoney, Ohio; Mrs. E. W. Conart, Ohio; C. C. Donley and wife, Ohio; Samuel Post, Jr., Mich.; Joseph Goeddeke; W. E. Schurind, Ill.; E. N. Offutt, Ky.; D. Tozerm, Minn.; Herman A. Qhitman and wife, Ill.; John A. Lyons, R. C. McTerren and wife, Belle Valley; Mr. and Mrs. Victor Thrane, Ill.; Mrs. W. W. Lipscomb, Miss Ruth and Master Louis Lipscomb, Texas; W. B. Hollenbeck, Mich.; Laura P. L. Hollenbeck; Lydia Axling; A. B. Kennedy and wife, Texas; Mrs. S. R. Allen, Texas; Joseph B. Wolfe; Miss A. L. Harris, Ont.; Mrs. Thunnoard, N. M.; Mrs. C. Teffer and child, Ill.; J. H. McGuire, Ill.; Mrs. E. Barker and daughter, Minn.; E. K. Gaylord, Okla.; C. T. Kidd, Ala.; A. C. Bloom, wife, and two children, Fla.; Rev. Joseph Small, Ind.; Fred L. Chapman, Ill.; Eugene H. Winslow, Pa.; Mrs. G. P. Hall, Texas; Graham Hall, Texas; H. R. Pohl, Ill.; A. M. Proctor, Mich.; Fae W. Cosner, Mich.; B. W. Hale, Tenn.; J. B. Uhl, Iowa; W. W. Holloran, Ind.; George E. Hoge, Mrs. Hoge, Miss Sallie Hoge, Charles Hoge, Aldin Hoge, Pa.; C. D. House and wife, Ohio; Mrs. Charfait, Ohio; C. M. Farnsworth and son, city; M. W. Maguire; J. H. McLain, Miss.; R. S. Stewart, Iowa.

MESSAGE FROM SUNSHINE HAWKS

THE following characteristic note of good cheer came this week from Sunshine Hawks, who spent several weeks here during the spring, delighting many audiences with his Sunshine talks:—

"DEAR BATTLE CREEK IDEA: Owing to Dr. Kellogg and his helpers I am still alive and happy—still retain my white hair and black eyebrows. A lady asked me the other day: 'Mr. Hawks, your eyebrows are very black—what do you color them with?' I answered: 'Toasted Corn Flakes.'

"Yours for good health,

"A. W. HAWKS.

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EVERYTHING FOR THE TOILET

News Notes

Mr. Julius Bloom will give a lecture at eight o'clock Friday night in the Sanitarium chapel on "The Jewish Talmud."

The Rev. Collins Denny of Vanderbilt University, Nashville, Tenn., will occupy the pulpit Sabbath morning in the chapel.

Dr. H. B. Knapp, formerly connected with the institution, spent a few days here among old friends this week. Dr. Knapp is now located in Wiconisco, Pa.

Miss Rachel Patti Maxon gave a pleasing program of miscellaneous readings for the enjoyment of the Sanitarium guests Tuesday afternoon in the chapel.

The Rev. James Small gave an interesting lecture on Ireland in Song and Story, Wednesday night in the gymnasium.

Donald MacGregor, a concert baritone, will give a concert in the gymnasium Saturday night. Mr. MacGregor comes from Toronto, Canada, and as a member of the International Lyceum Association is widely known. He will give an attractive program of English, Irish, and Scotch ballads.

The Walking Club schedule for the coming week is as follows: Monday, trip to Goguwac Lake, a two-mile walk; Tuesday, trip down the Kalamazoo River; Wednesday, three-mile walk across country to the Country Club; Thursday, a ten-mile walk to St. Mary's Lake; Friday, visit to the Core Piano factory.

G. H. Corsan, of Toronto University, who is giving a series of exhibitions and lessons here at the Sanitarium this season, won first honors in the race held at Lake Goguwac Sunday afternoon. Mr. Corsan swam from the steamer dock to the Y. M. C. A. camp and back, a distance of a mile or more, in 24 minutes. He used the Australian crawl throughout the race. Charles Haylock won second place with a record of 27 minutes.

THE FRENCH PREMIER AN ABSTAINER

GEORGE CLEMENCEAU, the French premier, who is not only a prominent political figure, but also one of the most distinguished French writers of the present time, is reported by his intimate friend, George Brandes, in the new Berlin weekly, *Morgen*, to be a total abstainer. He has, it is said, the Spartan habit of rising every morning, winter and summer, at five o'clock, and is in condition to begin work at once. By ten o'clock he has most of his work for the day accomplished. He drinks no wine or beer.

PERSONALS

Mr. S. J. Schuster spent Sunday with friends in South Bend, Ind.

Mr. W. D. Evans of Rosedale, Ind., is among this week's arrivals.

Miss Ruth Palmer of Mankato, Minn., is a guest at the Sanitarium.

H. B. Kennedy, M. D., of Bonham, Texas, is a guest at the Sanitarium.

Mr. and Mrs. T. R. Hazard of Des Moines, Iowa, are recent arrivals.

Miss Helen R. Hunsicker of Medford, Ohio, is visiting at the Sanitarium.

Mr. and Mrs. A. C. Blount of Pensacola, Fla., is a recent arrival at the Sanitarium.

Mr. and Mrs. Hiram A. Whitman and baby of Chicago are guests at the Sanitarium.

Mr. and Mrs. Sherman M. Booth and mother of Chicago are guests at the Sanitarium.

Mrs. Viola Goodnow of Kansas City is among the newly arrived patients at the Sanitarium.

D. Milton Greene, M. D., of Grand Rapids, arrived at the Sanitarium the first of the week.

Mrs. C. M. Spring of Joplin, Mo., arrived at the Sanitarium this week for rest and treatment.

The Rev. James Small of Columbus, Ind., evangelist and lecturer, is a guest at the Sanitarium.

Mr. C. T. Kidd of Anniston, Ala., is a recent arrival and will remain for some weeks taking treatments.

Mr. W. A. Buntin of Nashville, Tenn., paid a visit this week to his mother, who is a patient at the Sanitarium.

Mr. and Mrs. Schermerhorn of Reading, Mich., warm friends of the institution, paid a visit here this week.

Mr. and Mrs. E. H. Leitzbach of Humboldt, Mo., arrived at the Sanitarium this week, and will remain for a short rest.

Mr. J. H. McLain of Gloster, Miss., is here for a visit to his parents, and will remain a short time for treatment.

Mrs. W. W. Lipscomb, Ruth, and Louis, of San Antonio, Texas, are among this week's southern visitors to arrive.

Mrs. E. Barker and daughter, Miss Belle Parker, of Duluth, Minn., have returned to the Sanitarium for treatment.

Mr. and Mrs. Walter C. Mack and daughter Florence, of Ann Arbor, Mich., are spending a few weeks at the Sanitarium.

Mr. Frederick L. Chapman, publisher of the *Home Herald*, paid a brief visit on Sunday to his friend Mr. Charles N. Crittenden.

Dr. and Mrs. W. A. Wood of Hubbard, Texas, paid a visit to Miss Dixie Wood during the past week. Miss Wood will remain for some weeks taking treatment.

Mrs. Herbert Beckwith and two little sons returned this week to their home in Carthage, Mo. Mr. Beckwith will remain for further rest.

Mrs. Frank E. Caldwell and James Clayton Caldwell of New York have returned to the Sanitarium for a two months' stay. They visited here last year.

Mr. W. W. Halloran of Evansville, Ind., paid a visit to Mrs. Holleran Sunday. Mrs. Holleran is a patient at the Sanitarium and will remain for several weeks.

Mr. and Mrs. Victor Thrane of Chicago, friends of Mr. and Mrs. C. E. Buek, arrived at the Sanitarium this week, and will remain for a short rest.

Mr. W. R. Skirvin and daughters, Margaret and Pearl, former patients at the Sanitarium, have returned for a few weeks' stay. Their home is in Oklahoma City.

Mrs. J. B. Howard of Indianapolis, who has been a patient at the Sanitarium for the past six months, will return to her home on Saturday, much improved in health.

Dr. and Mrs. M. B. Holden and daughter of Portland, Ore., paid a visit to the Sanitarium this week. Dr. Holden was formerly connected with the American Medical Missionary College.

Mr. J. A. Haak of Haakwood, Mich., spent a few days with Mrs. Haak and Mr. C. E. Haak this week, en route home from the Pacific coast, where he has extensive lumber interests.

Gov. Fred M. Warner and Lieut.-Gov. Patrick Kelly, of Lansing, spent Monday night at the Sanitarium. In the evening the governor addressed an audience on Monument Square.

Mrs. Joseph G. Covington and sons, Edward and William, and Mrs. Mary F. Kennedy returned to their home in Bowling Green, Ky., Wednesday after a stay of several weeks at the Sanitarium.

Mrs. R. L. Crook and daughter, Miss Pauline, who have been spending the summer at Gull Lake, have arrived at the Sanitarium for a few weeks' stay.

Mr. and Mrs. C. E. Buek have returned from their trip to Mackinaw and vicinity. They expect to return to their home in Chattanooga, Tenn., shortly, after several months' stay at the Sanitarium, during which Mr. Buek has been greatly benefited in health.

Mr. Charles E. Haak will spend a few days of the coming week in the northern part of the State attending to business interests. He will return to join his mother here at the institution, and will later start for Portland, whence he expects to sail the middle of September for Japan.

Pastor George C. Tenney and Mrs. Tenney returned Monday from a visit to the Bible Conference at Winona Lake, Ind. Pastor Tenney expressed himself as well pleased with the assembly, which was very largely attended. Some of the best known religious speakers of this country and England appeared on the program, and the singing, led by Alexander, was full of inspiration.

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THE BATTLE CREEK IDEA

VOL. 1, No. 37.

BATTLE CREEK, MICH., SEPTEMBER 3, 1908.

PRICE, 2 CENTS.

Principles of Mental Therapy

Dr. David Heagle Explains Fundamentals of This New-Old Science

POWER OF SUGGESTION

(Continued from Last Week)

"One of the fundamental principles of this science is the doctrine that the human entity is a single organism, and that therefore the human body and the human soul are not to be conceived of as two independent existences, each operating in a sphere by itself. This fact makes it possible for an interaction to take place between body and mind; so that the mind can act upon the body in the way of producing disease or cure, and also, *vice versa*, that the body can exercise a certain effect upon the mind. A good, strong healthful mind, therefore, ought to be no ineffectual agent in bringing about a healthy state of body; and on the other hand, a healthy body ought to have at least some effect in establishing health of mind.

"2. Another one of these fundamental principles is the now well-known fact that the connecting medium between mind and body is the nervous system; or that this wonderful piece of mechanism is the means by which all sensations coming from the objective world

(Continued on Page 3)

RECOMMENDS PERSONAL SERVICE FOR HEALTH

Dr. David Paulson Advises Patients to Forget Self and Work for Others

"It is not mere accident that the sick and suffering are all about us," declared Dr. David Paulson, in his informal gospel talk given Sabbath afternoon in the Sanitarium gymnasium. "It is all a part of the divine plan, for as we minister unto them we find God."

The speaker emphasized the fact that there were some needs of the body that could not be met by food, or electricity, or treatments, and quoted David, who said: "My heart and my flesh cried out for God." He said that there were a large class of diseases that had their origin in a distressed mind—a state of affairs that doctors often refused to recognize or failed to treat successfully. "The center of gravity of the patient must be changed," said he. "You must become interested in something besides yourselves—a profound interest in those about you, a ministering unto others is just as important to your physical well-being as fresh air, exercise, or proper diet."

(Continued on Page 3)

KINDERGARTNERS OF THE SUMMER SCHOOL

Little "Sister" and Scott Glenn Types of Healthy, Happy Sanitarium Children

Two little members of the Sanitarium Summer Kindergarten who have attracted the attention of Sanitarium guests throughout the summer are the little children of Mr. and Mrs. J. S. Glenn of Tulsa, Okla. Glowing with health, sparkling with laughter, they made many friends and were much petted. "Little Sister," as small Mary Elizabeth is familiarly



known, is a typical Sanitarium baby. She was born at the Sanitarium two years ago, and has been raised strictly after Sanitarium ideas; as a consequence she has never been ill and is possessed of abounding good nature, eating and sleeping in the way a perfectly normal child should. Her little brother, James Scott Glenn, Jr., a year and a half her senior, is another demonstration of the application of Sanitarium principles. When about eighteen months old he was seriously ill and pronounced by attending physicians to be beyond recovery. His parents chartered a car and had him brought from Hot Springs, Ark., to Battle Creek. He was placed in charge of Sanitarium physicians and began to mend immediately. In ten days he was playing about on the lawn, and since that time he has never been sick a day. The little folk will be missed from the Sanitarium, as they had become familiar figures during their summer sojourn here. They left this week with their parents for a trip about the Great Lakes, whence they will return to their home in Oklahoma.

To Raise Crop of Good Health

Dr. Kellogg, in Lecture at Sanitarium, Tells How to Conserve Health

SOW THE RIGHT SEEDS

"Good health is a crop that you have to raise; it must be cultivated. You have to plant the wheat or the corn; you have to sow the seeds of good health, and then you must wait for the harvest. The statement in the Good Book that 'whatsoever a man soweth, that shall he also reap,' is just as true of health as it is of disease. In order to have disease, a man must cultivate it; he has to work for it; he has to sow the seed and raise the crop before he can harvest it. It is a great deal easier to catch health than it is to catch disease, and that is the way God made it. The trouble is we have acquired the habit of cultivating disease. We have been at it so long that it has become second nature to us, and we do not stop to think of cultivating health."

"For instance, here is the fresh air we breathe. Soon it will be getting a little cold, and we shall begin shutting up our houses. I have known people to put listing around their doors and windows so that not a breath of fresh air might get in. I have even known women to put cotton in the key holes to keep

(Continued on Page 2)

SCIENTIFIC THEORIES AS TO CAUSES OF SLEEP

Dr. Riley Tells of Experiments Made to Ascertain What Produces This Condition

(Continued from Last Week)

"There have been many theories advanced with reference to the cause of sleep. These we may consider separately: First, *The accumulation of certain acid waste products in the body, particularly in the brain.* Certain physiologists, among whom may be particularly mentioned Preyer and Obersteiner, have suggested that the accumulation of acid waste products in the blood is the cause of sleep. The idea advanced by these men is that these acid waste products lessen the irritability of the nerve cells and produce fatigue and finally unconsciousness. It is a well-known fact that during the activity of the muscles sarcolactic acid is formed in the muscles and this acid lessens the irritability of the muscle fiber and produces fatigue. It is supposed that the same acid or similar acids when present in the blood will also lessen the irritability of the nerve cell, and finally produce sleep. Furthermore, when this acid is in-

(Continued on Page 6)

HOW TO RAISE A CROP OF GOOD HEALTH

(Continued from Page 1)

out the very last breath of God's fresh air. The old-fashioned houses were healthier than modern houses because they could breathe. There were chimneys, and a roaring fireplace with a mammoth mouth sucking up the air, and it would keep pulling fresh air in from out-doors so that the air was constantly changing; the house was breathing continually. But the modern house does not breathe. It is shut up so tight that it cannot breathe. Quite a good many of our modern women have their lungs shut up so tight that they can not breathe. And so we shut ourselves up indoors, cultivating disease, when outside there is a great ocean of pure, God-made fresh air which has health in every cubic inch of it, with life and vitality stored up in its oxygen.

"One of the first laws of health, if you want to live well and to live long, is to breathe pure air. You must make provision for it in your houses. You must see that there is a place for the fresh air to come in, and another place for the foul air to go out. If the house is heated by a furnace so that the air enters the living-rooms warm, then the opening may be anywhere at the bottom, the middle, or the top; in any case, the warm air will go straight to the top. But if the air comes in cold, then the outlet must be at the top. As the cold air remains in the room it becomes warm, and finally rises to the top; accordingly the outlet should be there. But since with that arrangement the feet will always be cold, it is best to have the fresh air always come in warm. In that case the outlet should be at the bottom. The air is warmest when it comes in; becoming cooler, it gradually settles until finally the most impure air in the room will be down at the floor. There, accordingly, is where the outlet should be.

"The old-fashioned fireplace is the best kind of ventilator. The only objection to it is that it is on the inside wall. If placed on the outside wall, it would be in the proper position and the best ventilator you could have. You can not make a ventilator work on the outside wall unless there is heat in it. A ventilator will always work on the inside wall without heat, because it will be warmed by the house; it will have the temperature of the house, and the ventilator may be simply an open space in the wall, an opening at the bottom, extending to the roof. Every ordinary living-room in the house ought to have an opening 8x10 at least; and this opening ought to go straight up through the roof for every room, or at least for not more than two rooms, which should be adjacent on the same floor. But you should never connect two rooms on different floors with the same duct. If you do, the foul air from the room below may come up and go out into the room above.

"The best plan of all is to live as much as possible out of doors, and especially to sleep out of doors. I consider outdoor sleeping one of the most important health measures you could possibly adopt. Man is naturally an outdoor animal. We have no business to live indoors. We can not live indoors without suffering ill consequences. The average house in which you live, my friends, in wintertime would kill a North American Indian or a South American monkey in less than six months. We endure it only because we have become somewhat immune to foul air, have become inoculated with it, so that we stand it a good deal better than the savage man. But what a splendid time you have in winter when you go out

for an outing or sleighride in the cold air, and how much good it does you. Now outdoor sleeping gives you a chance to have an outing every night, to have a fine sleighride in wintertime every night of your life, and to get up in the morning feeling as fresh and as recruited and rejuvenated as you do when you go out purposely for an outing. Be sure, of course, that you are bundled up warmly and comfortably, and all will be well. You will take in more oxygen at a breath, breathe purer, more vitalizing air, and wake up in the morning with such a keen appetite, such a zest for work that you will be glad to spring into the activities of the day.

"Another thing to do for health is to Fletcherize. I do not know what I should do with myself if I did not enjoy the advantage that comes from careful mastication of my food. I remember a time when I did not do it,—twenty-five or thirty years ago. I swallowed my food in a hurry, and did not take time to chew; and I suffered ill consequences from it. I found it did me a great deal of harm; so I decided it was a good thing to reform. It is because of the importance of Fletcherizing that we attach so much value to zwieback here, and that is why we made it in the first place. You should eat some of this zwieback, or toasted wheat flakes, or some other hard or dry food, at every meal. The drier the food and the more thoroughly you masticate it, the better your digestion, and the more certain you will be to get the maximum benefit from the least digestive work. If the food is only half chewed, it takes three or four times as much digestive energy to digest it, and you do not get half the benefit out of it that you should. It is extremely important to take pains to masticate the food with such thoroughness that you can taste it well, and extract all the flavor out of it; because in this thorough chewing you get the peptogens which stimulate the stomach to make the gastric juice so necessary to good digestion.

"If you wish to live the healthful life, you must avoid meats of all kinds. There are two hundred or three hundred billions of germs in every ounce of meat. When you eat meat, you not only swallow these germs, but you swallow the poisons which the germs have made, and the germs continue their production of poisons in the body. There is no doubt but that the use of meat shortens life, and I believe it to be the source of a large number of maladies. Professor Sherman of Columbia University says that the use of beefsteak and sugar are the principal causes of bone deterioration; that half the population of the United States are suffering from lime starvation because of the use of cane sugar and meat.

"The use of cane-sugar is the next great evil I must call your attention to. Cane-sugar is a food for plants and animals, but was never intended to be food for human beings. It is not easily digested in the human alimentary

canal. Several hours elapse after the eating of a meal before the cane-sugar is digested at all, while the natural sugar for human beings is malt-sugar and fruit-sugar, which are naturally found in foodstuffs. In place of cane-sugar, you may safely eat sweet fruits of all kinds, and malt-sugar or melrose, malt honey as we call it.

"Avoid an excess of animal fats. If you do not eat meat, it will be easy to avoid it. If you eat nothing but butter for fat, take pains to see that the butter is always clean and sweet. Never swallow into the stomach a particle of butter that has the least bit of strong flavor about it. It will infect your stomach and introduce the poison-forming germs. If you eat milk, take care that it is clean. It is one of the cleanest things that comes upon the table. Commercial milk sometimes has as many as a million germs in a single drop. In a strange place, have the milk boiled; or better still, call for buttermilk instead, for buttermilk is quite safe. The sour milk germs in the buttermilk kill off the poisonous germs and prevent their growth. If you would have a well-ordered household, with a certain trend toward health, I recommend that you make butter at home. Get the cream, sterilize it, boil it for fifteen or twenty minutes until the germs are killed off, and it can be churned simply by shaking the bottle. Cool it well in the ice, then shake the bottle a little while, and the butter will come. Have a little butter made every day, and you have something that is wholesome, readily digestible, does not interfere with the digestion of other foods, and does not inoculate you with dangerous germs.

"Take pains with the diet to see that everything is right and clean; then see that the bowels move regularly two or even three times a day, at least once a day. On no account allow the bowels to be neglected. If you will do this, you will find a remarkable improvement.

"Stand straight, stand erect, take deep breaths. The matter of carriage, I am sure, has a great deal to do with living well and enjoying good health. If one goes around with his shoulders down and his chest flat, he can not half breathe. The abdominal muscles, too, become relaxed. The abdominal muscles should be terse enough to endure a hard blow without any unpleasant effects. When the abdominal muscles are so lax that they have no toughness or firmness, they afford no protection at all for the natural support; but if the abdominal muscles are strong enough, they have tension in them to support the organs in place, to hold the stomach up. When the abdominal muscles are weak and in a relaxed condition, the blood runs into the abdomen as into a stagnant pool, and stagnates there; the liver and the stomach and the bowels are congested; and intestinal catarrh is a consequence. So be sure to sit up straight and keep erect.

(Continued on Page 3)

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PRINCIPLES OF MENTAL THERAPY

(Continued from Page 1)

are carried up to the mind, which is supposed to be located especially in the brain, and then again the means by which all mind activity is carried down to different parts of the body. Hence it comes to pass that every thought and sentiment and emotion and purpose conceived in the mind is translated into effects produced upon the nervous system; and in this way the whole body comes to be affected.

"There are, we may say, three kinds of activity belonging to the nervous system, and three also belonging to the mind. The mind activities are *consciousness, unconsciousness*, and what we may denominate a *state of semi-consciousness*; and then, on the other hand, the three activities connected with the nervous system are *voluntary action, involuntary action*, and action that may be *either voluntary or involuntary*. By means of these correspondences existing between the mind and the nervous system all the actions of the body and all the processes of the vital organs can be controlled, whether for health or disease. And it might be remarked here that it is especially the sympathetic system in the nervous organism that at least many psycho-therapists select as the organ through which healing processes take place.

"3. Still another of these controlling principles is the fact, now recognized by all up-to-date psychologists, that all right thinking, right feeling and right acting have a beneficial effect in building up and preserving a healthy state both of body and mind; and contrawise, that wrong thinking, feeling and acting have an injurious effect. And then, moreover, it is now recognized by psychology that each of the stronger emotions of the mind, such as fear, anger, grief, or worry, joy, faith, hope, cheerfulness, have an especially strong influence both in promoting health and in causing disease, accordingly as a person is affected by one or the other of the two sets of emotions named. So much is this the case that when a person is cast down by fear or anger or grief or worry, it is almost impossible for even the best of medicines to do him any good; whereas, on the other hand, if a person is sustained and uplifted by faith, hope, cheerfulness, and especially by resolution, then, whether he takes medicine or does not take medicine, in most cases of disease he is very likely to get well. The great curative agencies, therefore, it might be well to remember, are those we have just mentioned; namely, faith, hope, cheerfulness, and resolution, and when all four of these are made use of at the same time, it must be a very extraordinary disease that can kill the patient.

"4. Again, we find a controlling principle connected with our new science of mental therapy in what is called the unconscious mind, and particularly in the power of suggestion as affecting such a state of mind. In the writer's opinion, however, the unconscious mind is only the reflex or involuntary state of the conscious mind; so that whatever thought, feeling, or purpose is found at any time in the unconscious mind, it must be conceived of as having originated in the state of consciousness, from which it was translated by habit, memory and reflection to the so-called unconscious mind. This theory, we think, will account for all the real facts which have been discovered in connection with what is usually known as the unconscious or subliminal mind; but whether such theory is correct or otherwise, there certainly is a great power in suggestion. By suggestion is meant any controlling or fixed idea or sentiment that becomes so deeply lodged in the soul

that it becomes a belief or a real power for action, whether it be for good or evil, upon the subject; and such suggestion, we believe, whether used in the case of a waking or a sleeping mind, is indeed a very great influence.

"5. Lastly, one of the principles connected with the practice of mental therapy is that not all kinds of ailments can be cured by this peculiar art, but only such diseases as are functional in their nature. Such disorders, for example, as hysteria, hypochondria, neurasthenia, melancholia, sleeplessness, psychasthenia, drug addiction, and many others, can be absolutely cured by use of this method. Besides, it might be added that all diseases, whether functional or organic, can be assisted in their cure by mental therapy. But while this is so, it should also be remembered that there are numerous infirmities, such as consumption, cirrhosis, typhoid fever, cancer, Bright's disease, diphtheria, and in general, all organic maladies, that can not be wholly cured by a use of merely mental therapy. A very good rule, therefore, or all persons to adopt who expect to succeed in the practice of this new healing art, is to leave all really organic infirmities to the care of regular physicians and surgeons, and to devote their attention more particularly to the cure of functional nervous disorders.

"Of course, divine healing should be recognized as being able to cure all kinds of disease; but that is a special line of work not properly included within mental therapy, although closely akin to it."

How to Raise a Crop of Good Health

(Continued from Page 2)

"For some little time we have been at work organizing what has already been called the University of Health. We have determined to organize an educational scheme. We propose to form in every community a good health club, and to put the members of that club in the way of getting wise and learned in relation to health. We have organized what we call a Correspondence School of Health, and there are various courses,—courses on food and diet, courses on health exercises, and in several other subjects. Each one of these courses has its lessons with illustrations and a series of questions to be answered at the end of each lesson. These courses are organized in connection with two large volumes, an encyclopedia of health, to be used as a text-book and to be studied. When a large club of one hundred persons has been organized we shall send a lecturer there, to give a course of lectures; and when the organizer is in town there will be some demonstrations of simple measures in home nursing, etc. If you wish to become members of this university of health, we will get your names, and follow you up after you go home. If you undertake this home study of health, I am sure you will not regret it. You will find as the years go by that you will be getting stronger, more vigorous, more efficient, enjoying more health and vitality, enjoying life better; and in addition, you will be doing good missionary work for your neighbors."

Recommends Personal Service

(Continued from Page 1)

As an illustration of a possible outlet for such interest he told of the work he had been led to do in the past few years for the prisoners in the various penitentiaries of the country, relating many instances of paroles that had been signed for men who had been unjustly imprisoned, who, given the helping hand, had become men of courage and influence in the sphere into which they had been lifted. Several

letters were read from men who had been led to Christ through the influence of the *Life Boat* (the magazine edited by Dr. Paulson in his spare moments) and subsequently a spiritual letter from Harry Orchard, now under sentence of death in Idaho, was read, which showed the powerful influence on his life wrought through the little Bible that had been sent to him by Dr. Paulson during his imprisonment. The numerous touching instances related by the speaker filled his audience anew with the realization that this field of missionary work was too generally neglected and that there were rich opportunities for human service in every prison in the land.

If men only understood

That the heart that sins must sorrow,
That the hateful mind to-morrow
Reaps its barren harvest, weeping,
Starving, resting not, nor sleeping;
Tenderness would fill their being,
They would see with pity's seeing,
If they only understood.

—From "Poems of Peace," by Jas. Allen.

Mr. William J. Smith entertained a party of Sanitarium guests at dinner at the Country Club Friday evening. The guests included: Mmes. Lovell, Halloran, Baxter, Powers, Miss Harriman; Messrs. Bragaw, Parton, Williams, and Lovell.

Miss Mary S. Byrn of Kansas City, a frequent patron of the Sanitarium, is spending a brief period at the Sanitarium en route home.

Mrs. J. W. Henderson of Tunica, Miss., returned to her home this week much improved. She intends to spend next summer at the Sanitarium.

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LEPROSY DUE TO FISH DIET

THE recent panic in Washington produced by the discovery that a former Philippine soldier was afflicted with leprosy and had been at large in that city, together with the ostracism of the woman leper in Los Angeles, will increase the interest in the International Congress on Leprosy to be held next year in Bergen, Norway.

Sanitarium guests who are familiar with the condemnation of fish, clams, etc., by the physicians at this institution will be interested to know of the report of Dr. Charles E. MacDonald, a United States Army surgeon, now stationed at Fort Mott, Salem, N. J., but formerly of the Philippine Islands, where he made a study of the disease. His conclusions were sent to Dr. Isadore Dyer of New Orleans, who sent out the circulars announcing the leprosy congress to American physicians.

Dr. MacDonald says the Samar lepers all refer to a terrible storm of thirty years ago which destroyed vegetable food products and compelled them to subsist for months on fish and clams taken from the Dolores River, and insist that the disease was the direct result of their fish and clam diet at that time. They also believe that their leprosy makes them immune from many other diseases, including cholera, tuberculosis, and fevers. Many of them who are quite old believe that leprosy has prolonged their lives. They have lived in crowded huts, yet the disease has spread but little, if any. They have raised children and grandchildren, and among the younger ones there is no leprosy.

The following are his conclusions:—

First—That sanitation has little, if anything, to do with the contracting or spread of leprosy.

Second—That the disease is not contagious and only slightly infectious.

Third—That it does prolong life owing to a peculiar immunity.

Fourth—That the eating of fish and shell-fish plays an important part in the etiology of the disease.

Fifth—That it may possibly be an obscure form of tuberculosis among the lower animal life in fish, clams, and snails.

Sixth—That there is very little suffering and discomfort among its victims.

Seventh—That leprosy is a disease that is not as dangerous as we are led to believe.

Eighth—That there are several forms of leprosy that are not classified.

PHYSIQUE AND SCHOLARSHIP

THE relationship of physique to scholarship is pointedly brought out by Dr. Sargent of Harvard in the September number of the *Popular Science Monthly*. In a resumé of the records of the physical conditions of the various groups of students for the past twenty-seven years, he proves most conclusively that the men who rank highest in scholarship tend to have the best physiques. The honor students at Harvard are almost three-quarters of an inch taller than the average university students of 1880, and the same height above the present lowest grade of scholarship men. The honor men, though the youngest, are, he says, the tallest, heaviest and strongest.

This relation of physique to scholarship has also been emphasized by Dr. Hastings of Omaha, Dr. Byer of Cambridge, Christopher of Chicago, Roberts of London, Burgerstein of Vienna, and Laharzig of St. Petersburg. Members of the British professions and of the Royal Society average five feet nine and one-fourth inches in height and 160 pounds in weight, or 4.88 inches taller and thirty-seven pounds heavier than the lowest classes in English society. Dr. Sargent points out that the honor students might be still better students if they paid more attention to their physiques—that they are "over-training" in their peculiar sphere,—and suggests that as a certain minimum of scholarship requirement is made of men who compete for football honors, the scholars in their turn should be kept to a certain standard of physical work to become eligible for honors.

SEVEN TONS OF BAD EGGS

Seven and one-half tons of eggs, every one of which is alleged by the United States government pure food inspectors to be absolutely bad, have been held at a Detroit cold storage warehouse since July 26, pending an investigation as to what use it was intended to make of them. It is claimed that the eggs were gathered in an already spoiled condition in the vicinity of Cincinnati and that they were shipped to Detroit to be used in the manufacture of fancy cookies and crackers. The seizure was made under the pure food and drugs act.

GIVES UP MOSQUITO FIGHT

NEWARK, (N. J.) health officers announce that the board had become so discouraged over the carelessness of the public in not helping to fight the mosquito pest, that the city will make no further effort.

It is declared that the \$6,000 spent by the city already is as good as wasted, and that without the hearty co-operation of the public no advance can be made, mosquito breeding places having been recently discovered in the heart of the city.

The Newark Health Board will recommend that in the future children in every school in the State be taught how to abolish the mosquito pest.

QUESTION BOX DEPARTMENT

Q. Are fruits and vegetables canned in tins perfectly safe for food?

A. Generally in these days sufficient care is taken to make fruit and vegetables safe when put up in this way. Undoubtedly glass is better. Some manufacturers are now putting an enamel on the inside of the tin which makes it entirely safe.

Q. What is protose?

A. Protose is prepared from nuts and the gluten of wheat. The starch is washed out of the flour, making a pure gluten; nuts are added to this gluten, in proper proportions, and the two are then put through machinery to thoroughly combine them and to create a fiber; finally it is thoroughly cooked in cans.

Q. When one has hyperhydrochloria and craves acids and acid drinks, should he take them?

A. Yes, he should take them, provided he does not feel any soreness of the stomach. Acids are natural foods for human beings.

Q. Is it advisable to take both Yogurt and charcoal tablets after meals?

A. There is no harm in the combination.

Q. What nuts are used in the manufacture of malted nuts, and how is it made?

A. Malted nuts is prepared from various varieties of nuts. Almonds make excellent malted nuts. Peanuts which have been subjected to processes for removing the crude parts of the nut and retaining the nutritive parts only, also make excellent malted nuts. It is combined with maltose or malt honey.

Q. What causes snoring?

A. Sleeping with both the mouth and the nose open at the same time. Close either the mouth or the nose. You can not snore unless you have both openings open at the same time; the soft palate is thus made to vibrate between the two currents of air.

Q. What will prevent cancer?

A. Building up a good, strong, healthy, vigorous body. I have never known a single instance of any life-long vegetarian who had cancer. Cancer is a disease of flesh-eating nations, and it is a disease which has increased in proportion as flesh-eating has increased.

Q. What is the result of a greatly enlarged liver?

A. In time the liver will stop working, then you will have to call in an undertaker.

Q. Are there any preparations such as cell or tissue salts or cerates that are good in building up the nervous system?

A. Yes, there are a great many of them. They are to be found in wheat, corn, rye, and barley, and the natural foods; and that is the only place where you can find them.

Q. Is the preparation called Raisin Delight irritating to the stomach or the intestine?

A. No; Raisin Delight consists simply of the fat of fresh coconuts and raisins.

Q. How often should one take an enema for relief of the bowels?

A. The enema, to do any good at all, must be taken each day; and it is not then a satisfactory means of securing intestinal activity. In cases of a person suffering from intestinal autointoxication and constipation, the trouble is in the small intestine as well as the large. The large intestine is the only part that is reached by the enema. The bowels should be made to act by means of diet and other means than the enema. The enema alone is not sufficient.

PERSONALS

Mr. A. L. Graham of Atlantic City is among recent arrivals.

Mrs. J. W. Barrett of Pittsburgh, Pa., is a patient at the Sanitarium.

Mrs. Collins Denny returned to her home in Nashville early in the week.

Dr. David Paulson of Hinsdale, Ill., spent Sunday at the Sanitarium.

Mr. R. C. Kerens, Jr., has returned from a visit to his parents in St. Louis.

Mr. Case Weeks of Des Moines, Ia., is registered at the Sanitarium this week.

Mr. G. H. Glover of Chicago is among new patients registered at the Sanitarium.

Mr. E. C. Halsey of Christ Church, N. Z., is numbered among the recent arrivals.

Mr. Charles A. Statt of Charleston, Mo., is among the arrivals of the past week.

Mr. Samuel Post, Jr., and son, of Detroit, are spending a few days at the Sanitarium.

Mr. and Mrs. J. T. Reyher of Kendallville, Ind., are sojourning at the Sanitarium.

Mrs. Sandy Griswold and nurse of Omaha, Nebr., is one of the recently arrived patients.

Mrs. O. F. Dickenson and daughter Marion of Ann Arbor are paying a visit to the Sanitarium.

Mr. Fred McAdams and Mrs. C. V. McAdams of Indianapolis, Ind., are guests at the Sanitarium.

Dr. Walter Boyer and Mr. and Mrs. A. A. Rice of Aledo, Ill., are patients at the Sanitarium.

Mr. Victor Thrane of Chicago is spending a few days this week with Mrs. Thrane, a patient at the Sanitarium.

Mrs. H. T. Beson of Milton, Ind., a former patient at the Sanitarium, has returned for treatment.

Mr. Charles M. Roe, of the Baptist Publishing Company of Philadelphia, is a guest at the Sanitarium.

Mr. and Mrs. E. W. Zea of Kansas City have returned to the Sanitarium and are being welcomed by old friends.

Dr. and Mrs. Benton Colver have returned from their wedding journey and are at home on Champion Street.

Mrs. Mary H. Hall of Georgetown, Ky., is visiting her mother, Mrs. Buford Hall, who is a patient at the Sanitarium.

A. Earl Hall of Boston, Mass., is visiting his sister, Miss Hattie Hall, who has been a nurse at the Sanitarium for the past fifteen years.

Miss Rachael Patti Maxon of Brooklyn returned to her home Monday after a fortnight's stay at the Sanitarium.

Mr. W. C. Mack of Ann Arbor, Mich., has joined his family here at the Sanitarium and will remain for a brief rest.

Dr. Carolyn Geisel and the Misses Ketcham and Tenney have returned from their Chattanooga lecture tour in the East.

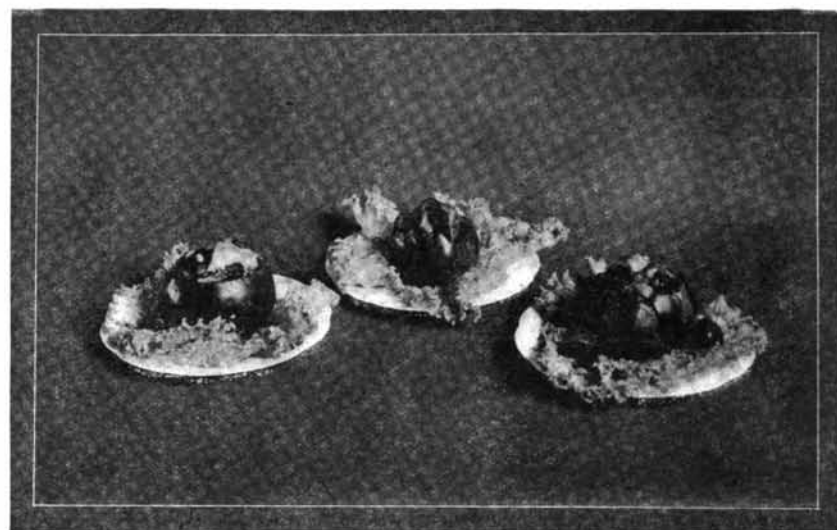
Mrs. Thomas S. Maxly and son, R. Maxly, of Austin, Texas, wife and son of Judge Maxly of the circuit court, are guests at the Sanitarium.

Mrs. W. H. Sonfield and Miss L. Jackson, who have been at the Sanitarium for the past few weeks, returned Tuesday to their home in Trenton, Tenn.

Mrs. H. White and daughter, Miss Ida Presley White, of New York are recent arrivals at the Sanitarium. They expect to remain for a rest of several weeks.

Mrs. B. H. Boreman, who has been at the

SUGGESTIONS FROM THE DOMESTIC SCIENCE DEPARTMENT



TOMATO SALAD

REMOVE the center from firm, ripe tomatoes, cut into cubes, drain, and to each cup of the cubes add one and one-half teaspoonfuls of sugar, one-half teaspoonful of salt and one teaspoonful of lemon juice. The tomato cups

may be scalloped as in the illustration, then filled with the seasoned tomato, and garnished with ripe olives cut into rings. When served individually upon crisp green lettuce leaves this makes a dainty, appetizing salad.

Sanitarium resting since April, expects to return to her home in Parkersburg, W. Va., the first of the week.

Mrs. T. W. Campbell and Miss Maydell Campbell, wife and daughter of the Governor of Texas, arrived at the Sanitarium this week and will remain for rest and treatment.

Mrs. D. B. Holmes returned to her home in Kansas City on Monday, after a stay at the Sanitarium of several months, during which time she greatly improved in health.

Mr. Stephen Bragaw, a prominent attorney of North Carolina, returned to his home the first of the week after a fortnight's rest at the Sanitarium.

Dr. B. E. White and family of San Antonio, Texas, arrived at the Sanitarium this week, intending to stay during the remainder of the warm weather.

Mr. and Mrs. J. S. Glenn and children and Miss Nell Kline left this week for a trip about the Great Lakes. Later they will visit in New York and Pennsylvania before returning to their home in Tulsa, Okla.

Mrs. M. D. Perkins and Mrs. J. L. Price, both of Macon, Ga., who have been patients for the past several weeks at the Sanitarium, left this week for Waukesha, Wis., where they will spend a few days before returning to their home.

Plain Facts for Old and Young

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By J. H. Kellogg, M. D.

300 pages, 48 full-page illustrations. Size of book, 5x2x1 1/2. An anatomical chart in 9 colors with each book.



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You can't afford to miss it.

SCIENTIFIC THEORIES AS TO THE CAUSES OF SLEEP

(Continued from Page 1)

jected into the blood of some of the lower animals, the sarcolactic acid produces fatigue and in some cases even unconsciousness. The theory, then, is that during the activity of the nervous system this acid is formed, and it is a well-established fact in physiology that the nerve tissue becomes acid when stimulated or active.

During our waking hours this acid accumulates in the blood and is present in the brain and comes in contact with the delicate nerve cells, lessens their irritability, and finally to such an extent as to induce sleep.

Bearing on this theory are some interesting experiments by Mosso, a prominent physiologist. He took two dogs; one dog was sent out on a chase all day; the other one remained at home and quiet. When the dog that had been out on a chase returned, he withdrew some of his blood and injected it into the veins of the dog that had remained at home and at rest. In a short time the dog into which the blood was injected showed signs of fatigue and before long went to sleep. When the blood from the animal that had not been on a chase, but had been quiet at home, had been injected into the second dog, he showed no signs of fatigue whatever. That is to say, the blood from the animal that had been active produced signs of fatigue and sleep, but when the blood from the animal that had been at rest was injected into the second dog, it did not produce signs of fatigue and sleep. Mosso, therefore, concluded that there was some chemical substance formed in the body of the animal during activity which lessened the irritability of the nervous system and was conducive in producing sleep.

It is a well-established fact in the physiology of the nervous system that the nerves lose their normal irritability as we pass down through the day. Some years ago I made a series of experiments on twenty young men, which I think had some bearing at least upon this question. In these experiments I sought to determine what is usually called the reaction time; that is, the length of time it takes to see a card when suddenly put before the eye and to indicate it by the movement of a finger in the touching of an electrical button. The interval of time between seeing the card and indicating it with the finger on the electrical machine is what we call the reaction time. This reaction time can be measured for all of the different sensations, such as sight, sound, heat, cold, touch, pain, smell, taste. It is an interesting fact to know that the reaction time is much the same for all of these different sensations, and in general terms we may say that it is about one-tenth of a second. Thus it takes about one-tenth of a second to see and indicate it; to hear a sound that is near by and indicate that one has heard; to feel the prick of a pin and to indicate that fact. There are some slight variations for these different impressions. This reaction time is apparently shorter in the early part of the day, in the morning when rested, than at night when fatigued by a day of mental or physical work. All of these experiments and many others indicate to us that the normal irritability of our nerves lessens as we pass down through the day from morning to night.

Perhaps it would be well to explain what is meant by normal nerve irritability. Irritability is the capacity of the nerve to respond to various forms of stimulation, such as heat, light, etc. It is a physiological property. A normal amount of this irritability is, of course, desirable, and is always present in healthy nerve tissue. This expression of nerve irritability as here used should not be confused with

mental irritability and nervousness, which is sometimes seen in people suffering with neurasthenia and other nervous conditions, and does not mean this condition at all. It is thought that the formation of this lactic acid in the blood occurs more rapidly when we are active and that it accumulates in the body during the day, and also that it acts upon nerve tissue in such a way as to lessen the normal irritability of the nerve tissue, and anything which lessens the normal irritability of nerve tissue renders the nervous system less susceptible to the various impressions that are constantly being made upon it through the day, and renders conditions favorable for sleep.

The second theory is what is known as the neuron theory. In order to understand this it is necessary to know something about the structure of the brain and the nerve elements in the brain. The brain is made up of units called nerve cells. These nerve cells in their early life are spherical in shape. As they become older, they extend their branches, or processes which extend out from the body of the nerve cell very much in the same manner that branches extend from a tree. When the nervous system is fully developed, these branches from one nerve cell meet and come in contact with the branches from another nerve cell, and in this way a nerve path is formed over which nerve impulses travel. It has been demonstrated by scientists that in some of the lower animals this process may be retracted and the nerve cells separated one from the other so that there is a gap or interval between the nerve elements or nerve cells. Reasoning from analogy, these men have supposed that the same thing can happen in the nerve cells in the brain of man. It is important to state, however, in this connection, that no one has as yet demonstrated this in man. If such a thing does happen in the brain of man, it is easy to understand how all incoming impulses, such as arise from stimulation by heat and cold, light and sound, and mechanical irritation may be cut off before they reach the cortex of the brain, so that there would be nothing to stimulate the nerve cells of the cortex of the brain. This neuron theory, is not, I think, generally accepted by scientists, because no one has seen the nerve process of a nerve cell retracted in the case of man. There are some interesting facts, however, which have a bearing upon this theory, and which may be mentioned here.

Every one knows that sleep is more readily induced when the nervous system is relieved as much as possible from external stimuli. So we choose the night for sleep rather than the day, because then there is less to excite our nerves. The rays of the sun passing into the eye or even impinging against the skin is a source of stimulation, tending to keep the nervous system active, and consequently to some extent preventing sleep. The same is true of noise. Other forms of stimulation, such as irritation of the skin mechanically, tend to keep us awake.

Strümpel, a German writer, gives an interesting case of a lad of fourteen which illus-

trates the influence of these external stimuli in preventing sleep. This lad's nervous system was diseased in such a manner that there were only two avenues open for communication between the brain and the external world. One of these was through one eye; and the other, through one ear. The boy had not the sense of touch, and could not feel pain, heat, or cold. He could not smell or taste. He could hear only with one ear, and one only with one eye. When the one eye was closed, and the one ear plugged with cotton, in a short time the boy would go to sleep. The explanation of this is that there were no impulses passing into the boy's brain, consequently nothing to stimulate the brain, and so nothing to keep him awake.

Our bodies are being stimulated all day long by these physical forces which act upon us from the outside world. We are usually unconscious of these, at least most of them, and yet they are very important to our very existence. We are quite apt to entertain the idea that our physical life is dependent upon food, air, and water, but there are other essentials to life and health which we probably do not fully appreciate and very often do not recognize. These are the forces outside of ourselves which are acting on our bodies all the time in the form of heat and cold and mechanical stimuli of various kinds acting upon our skin; electrical stimuli from the atmosphere, light, sound—everything that acts upon our bodies as a stimulus has some influence in keeping the machinery of our body in motion. When these various forces are withdrawn, the machine runs at a lower speed, and when other conditions are favorable, some parts of the machinery will cease work and we drop off into unconsciousness and into sleep."

(To be Continued Next Week)

SPECIAL ART NEEDLE WORK

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SOUTH BEND, \$1.60

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SOUTHERN DIVINE LEADS IN CHAPEL SERVICE

THE Rev. Collins Denny of Vanderbilt University, Nashville, Tenn., occupied the pulpit in chapel Sabbath morning, taking for his theme "The Triumphant Love" as expressed in the life of Mary Magdalene. The speaker read from the twentieth chapter of the Gospel of John, describing the search of Mary for the Lord on that Easter morning two thousand years ago. During his exposition of the scripture Mr. Denny sought to impress the audience with the power of love and the richness of the possibilities of human sympathy. "Only God knows," said he, "how many loads have been lightened by human sympathy and love." Mary's redemption through her love for Christ and her deliverance from the evils of which was possessed, and which the speaker said he would not make any attempt to explain, was held up as an example to his hearers of the right attitude of human love to Christ. "Give yourselves to him as Mary did; take him into your life and heart, and to you also will be given the vision; he will speak to you as he did to Mary on that Easter morning, and you will recognize his voice."

MANY MISSIONARIES REST AT THE SANITARIUM

New members of the missionary contingent now resting and recuperating at the Sanitarium are the Rev. David Park of Siam, the Rev. and Mrs. Joseph Clark of Congo, Africa; Mrs. Salmans and two daughters, Mexico; Miss Emma Baird, Turkey; Mrs. Eliza Martin, India; Dr. Edward Woodward, China; Dr. Agnes Edmunds, China. The Misses Mabel and Ruth Woodside of Africa have returned to the Sanitarium for the winter, Miss Mabel to continue with her medical course, and Miss Ruth to pursue high-school work. Their father and mother sailed in August for their mission in Africa. Other missionaries now here are Miss Julia Seager, Venezuela; Mrs. J. A. Hanna, South America; Miss Caroline Chittenden, China; Miss Josephine Walker, China; W. L. Curtis, Japan, Rev. and Mrs. S. Jasperson, Dr. and Mrs. R. S. Hambleton and son of Tarsus, Asia Minor; and Dr. John Pyper of Belfast, Ireland.

ARRIVALS

The list of arrivals for the week ending August 31 is as follows: A. A. Poeple, Texas; Christopher McGarvey, Ohio; G. T. Dunlap, N. J.; B. J. Vincent, Mich.; G. R. Trenchard, Ill.; Paul Khoury, Mich.; Miss H. Hausen, Ill.; L. E. Meeker, Ohio; Mrs. J. Howard Martin, Ohio; W. J. Smith, city; John H. Welsh, Ky.; A. M. Croctor, Mich.; A. L. Graham, N. J.; Mrs. George H. Crilley, Ill.; Miss Mariella Crilley, Ill.; Mrs. Addison A. Lindsley, Ore.; Mr. and Mrs. George Fried, Ohio; Mr. and Mrs. E. F. Wetallim, Ky.; Mrs. John Tusker, Ky.; Rev. David Park, Siam; M. W. Lewis, Ill.; Mrs. W. P. Davis, Ohio; U. P. Stephens and nephew, Miss.; Mrs. J. W. Henderson, Miss.; Mrs. J. W. Barrit, Pa.; Della T. Oliver, Wis.; G. T. Kirkpatrick, Mo.; Mr. and Mrs. A. A. Rier, Ill.; Dr. Walter N. Bryan, Ill.; Miss B. W. Bronston, Ky.; E. A. Halsey, N. Z.; Miss C. B. Williams, Ill.; Mr. and Mrs. Case Weeks, Iowa; G. H. Glover, Ill.; J. W. Ryan, Ill.; Mr. and Mrs. Schermerhorn, Mich.; George Schermerhorn, Mich.; Miss Elizabeth Schermerhorn, Mich.; Rev. Melrose Fraser, West Africa; J. Bowman, Ill.; W. B. Shirvin, Okla.; C. F. Fowles, Mich.; O. G. Ludwig, Ind.; John A. Schenk, Nebr.; Mrs. A. V. Knialer, Nebr.; R. Chaffey, W. Va.; A. Blandly, W. Va.; C. B. Wilmoth, W. Va.; Moses Schults; Aras M.

Cutt, Pa.; W. C. McMahon and wife; Harvey Lichtenwaller and boy, Wis.; Rose Rosenberg, Ill.; Joseph S. Johnson, New York City; D. C. Henery, Ohio; Mrs. M. Rubin, Ohio; David Rubin, Ohio; Mrs. H. Powel and Doris, Pa.; Mrs. Mary Flurxby, Mich.; Harry S. Palmer, N. Y.; W. M. Morley, Texas; Mrs. G. W. Booth, Texas; Mrs. Sandy Griswald, Nebr.; Mrs. H. M. Hanson, Nebr.; James H. Porter, Ga.; A. B. Marshall, Minn.; Gordon McCall Clark, Mich.; E. Newell, Ohio; Charles M. Roe, Pa.; Mrs. Albert Black, Ark.; Will Smith, Ohio; Charles McDaniel, Pa.; Joseph L. Schenk, Ohio; Mr. and Mrs. A. Earl Hall, Mass.; J. F. Rayher and wife, Ind.; Mrs. George I. Abbey, Miss.; Miss Willis Abbie, Miss; J. P. Lowe, Miss.

Mr. M. G. Kellogg of Healdsburg, Cal., is paying a visit to his brother, Dr. J. H. Kellogg. Mr. Kellogg is an extensive traveler, having spent much time among the Pacific Islands, Australia and New Zealand. In his public work he has done a great deal in giving prominence to the Sanitarium principles in the various parts of the world which he has visited and in which he is well known.

IN A WHEEL-CHAIR

My, it's good to be alive,

A-settin' in a wheel-chair;

None of us has got to strive,

A-settin' in a wheel-chair;

We just laze it all day long,

Let things happen right or wrong,

Life is but a grand, sweet song,

A-settin' in a wheel-chair.

Maybe you don't see the fun

Of settin' in a wheel-chair.

Guess you'd rather play and run

Than be in this old-wheel chair.

Yes, but O, those months in bed

When the hours were shod with lead;

Since that time we've had no dread

Of settin' in a wheel-chair.

Best is, we shan't always be

A-settin' in a wheel-chair;

We'll get rid of it, you'll see,

Rid of this old wheel-chair.

Then we'll run and play again,

Fun we'll have enough for ten—

More than if we'd never ben

A-settin' in a wheel-chair.

H. M. STEGMAN.

The Sanitarium.

"STATING the thing broadly, the human individual usually lives far within his limits; he possesses powers of various sorts which he habitually fails to use. He energizes below his maximum, and he behaves below his optimum.—William James.

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\$12.45 TORONTO, ONT.,
AND RETURN

Via Grand Trunk Railway System

Tickets on Sale for all trains Aug. 28th to Sept. 10th inclusive. Return limit Sept. 15th.

Kindly ask for full information.

L. J. BUSH, Passenger Agent.

KELLOGG-CASE NUPTIALS

**Miss Helena Kellogg Becomes the Bride
of Dr. James Thomas Case
at Family Residence**

A CHARMING autumn wedding took place at the residence of Dr. and Mrs. J. H. Kellogg, Tuesday afternoon, September 1st, when their daughter, Jessie Helena Margaret, became the bride of Dr. James Thomas Case. The ceremony was performed on the spacious lawn about the residence and was witnessed by a large number of relatives and invited guests. Pastor Lycurgus McCoy officiated, reading the service in the improvised chapel formed by tall oak trees and a semi-circle of palms and fringing ferns. A floral rug marked the place at which the young couple plighted their troth. The bride, who was unattended, appeared on the arm of her father, Dr. J. H. Kellogg, and passed down an aisle formed by garlands of asters and myrtle held by six young matrons and maids of the Kellogg household: Mmes. R. McPherson, M. A. Mortensen, Benton Colver, Misses Harriette Kellogg, Angeline Estelle, and Gertrude Estelle. The young women were dressed in white, and the bride wore a simple gown of white Parisian lawn, lace trimmed. Her veil of tulle was a family treasure from English friends and was caught with small white rosebuds. She carried a shower bouquet of bride roses. The wedding party entered to the strains of the Lohengrin wedding march played by Miss Eva Evans, the piano being stationed on the side porch, which was hung with Alabama smilax and vines.

Following the ceremony the guests repaired to the west lawn and were served with light refreshments, a feature of which was a choice brand of unfermented grape juice procured from Spain.

Upon their arrival the guests were received by Mrs. Kellogg, who wore a white embroidered gown. She was assisted by the following: Mrs. Mortensen, Dr. Louis Vandervoort, Dr. Ethel Heynemann, Dr. A. Victor Hyne-mann, Dr. Benton Colver. The little flower girls, Idella Mortensen and Gertrude McPherson, presented each guest with a boutonniere of golden flowers. The table decorations were of golden flowers, and great jardiniere of golden rod, golden glow, and other autumnal flowers of the same hue decorated the grounds.

The gifts, which were displayed on the second floor of the residence, were numerous and beautiful. From the groom's parents, Mr. and Mrs. J. H. Case of Los Angeles, Cal., was a choice collection of silver and cut glass and a dinner set of Haviland china, together with numerous bits of hand-work from the mother. The gift of the bride's mother was a handsome chest of household linen exquisitely em-

broidered, and from her father came a complete silver service. Other gifts of silver, crystal, cut glass, bric-a-brac, etc., came from the many friends of the young people, who are widely known. The bride graduated in June from the American Medical Missionary College, and the groom is a member of the Sanitarium staff and instructor in the College and Training School. The couple left Tuesday evening for a month's honeymoon. Upon their return they will reside at 136½ Manchester Street.

News Notes

Miss Steinel returned Tuesday from a vacation trip among the Canadian lakes.

Miss Lenna F. Cooper left Wednesday for a few weeks' visit to her home in Kansas.

Misses Elsie and Lilly Stock have gone to New York on a short vacation trip.

Miss Fannie Perrin, of the Nurses' class of '08, will leave on Saturday for her home in Missouri.

Dr. and Mrs. C. C. Nicola left this week for a vacation trip to New York, Boston and other eastern points.

A pleasing informal social was enjoyed by a group of students and nurses Saturday night in West Hall parlor.

Mrs. Grace Guinan has returned from a prolonged vacation trip spent in Detroit, Cleveland, Toledo, and other eastern cities.

Dr. and Mrs. J. F. Morse, Mrs. Cora Morse, and Miss Lora Ellis returned the last of the week from a trip to Muskoka lakes, Canada.

Miss Clara Shaw of the Nurses' department has left for a two week's vacation, after which she will take up the work at the Chicago Dispensary.

Dr. Carrie S. Staines is visiting in the northern part of the State. During her absence Dr. Elizabeth Kerr-Harris will care for her patients.

Miss Labey, of the nurses' department, accompanied by Miss Radby, left this week for Chicago, where she expects to meet her sister, who arrives from Australia.

Dr. and Mrs. E. L. Eggleston, Manchester Street, are entertaining Mrs. Eggleston's sister, Mrs. Prescott and her family. They are en route to their home in Passaic, N. J.

Miss Anna Combs has returned to her home in Washington, D. C., after a few weeks spent in the nurses' department during the summer.

Miss Virginia Ferguson has returned from a short vacation trip.

Miss Sarah Nielson, formerly of the Nurses' department, who for the past four years has been living in California, is visiting old friends at the Sanitarium.

Prof. Louis Ebel of South Bend, Ind., a pianist of more than local fame, will give a piano recital Saturday evening in the Sanitarium gymnasium, at eight o'clock.

Miss Rachael Patti Maxon pleased an audience, unfortunately small, in the Chapel Sunday afternoon with a dramatic reading of the story of David and Goliath. Miss Maxon has a winning stage presence and a pleasing voice, and the story, taken directly from the Bible text, was rendered in a most dramatic manner, bringing out new beauties and revealing depths unexplored by the average reader.

Guests of the Sanitarium enjoyed a musical treat Saturday evening in the recital given by Mr. Donald C. MacGregor of Toronto, Canada. Mr. MacGregor possesses a rich baritone voice of wide range and peculiarly fine quality. His varied program gave ample opportunity to exploit his versatility, and each number met with well-deserved enthusiasm on the part of the audience, to which Mr. MacGregor responded generously with encores. He was assisted by the Sanitarium orchestra, which rendered several pleasing selections. Mr. Dréver acted as accompanist for the singer.

Disease Germs Destroyed By Disease-Destroying Germs

Every YOGURT capsule contains upwards of TEN MILLION DISEASE-DESTROYING GERMS. (Actual average shown by analysis on Aug. 17, 1908, was 33,600,000 per capsule.)

YOGURT germs were originally discovered in a lactic acid-forming ferment found in certain Oriental milk products. Metchnikoff of the Pasteur Institute and other European savants at once investigated and established beyond question the marked efficiency of these germs in remedying the diseased condition known as

Intestinal Autointoxication, or "Self-Poisoning."

YOGURT germs cure this condition by attacking and driving from the system the disease-producing germs bred in the intestinal tract by the putrefying processes which are usually caused by improper diet or wrong living habits. Thus the YOGURT germs act as defenders of the body's natural fortifications and by driving out the invaders make possible a natural, healthy development of the tissues.

Intestinal Autointoxication is responsible for many diseases. Among those frequently caused by this condition are chronic rheumatism, Bright's disease, eczema and other skin maladies, appendicitis, gall-stones, rheumatic gout, dropsy, biliousness, neurasthenia, sick headache, emaciation, pernicious anemia, intestinal catarrh, nausea and vomiting, rickets, neuralgia, etc.

YOGURT is sold by leading druggists for \$1.00 per package, or may be obtained from us direct by mail postpaid.

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BATTLE CREEK, MICH.

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SCHOOL SHOES SCHOOL SHOES SCHOOL SHOES

School begins next Tuesday, September 8

Previous to that time the boys and girls will want new shoes. Bring them to us. :: :: We will shoe them as they should be shod.

L. A. DUDLEY COMPANY,

6 West Main Street

THE BATTLE CREEK IDEA

Vol. 1, No. 38.

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THE DIVINE POWER THE HEALING POWER

Dr. Kellogg Explains in Lecture How the
Power that Creates Also
Heals

THE INFINITE INTELLIGENCE

"ALL healing is divine healing; there is no other kind. Healing is creating, and it takes the very same power to heal that it does to create. That is quite contrary to all your preconceived notions, I am sure; it is quite contrary to my own original notions. I used to believe that it was my duty to cure the sick man; if he got well at all, that it was I who had to cure him. But circumstances finally compelled me to recognize the fact that it is God who heals. I made the discovery not very long ago that the great French physician, Ambrose Paré, had written upon the walls of his hospital, 'I dress the wounds; God heals them.' I was glad to learn that this great physician had recognized the fact that the dressings, the salves, ointments, etc., did not heal the wounds—God alone healed them.

"Suppose a man has lost a piece of skin from his arm. We watch the process of repair and healing. It is not the lotions, the salves, ointments, and dressings that heal the wound. It takes the same power to create a new skin that it did to make the skin in the first place. It takes the same power to repair the machine that it took to make it. If we are going to get a watch repaired, we must take it to the watchmaker; and if we wish to get a man repaired, we must take him to the Man-maker. There is no other possible way of cure but by divine power. We are accustomed to think of God as far away, so far away that he is inaccessible, so we look for some kind of medicine to heal us. But medicine never healed anybody in the world, nor did any doctor ever heal anybody. It is just as possible for a doctor or a man to heal as it is for a man to make a tree or a flower or a star. No man can heal. It requires creative power to heal. There is but one Source of power.

"Think how many hundreds of thousands of horsepower there are in Niagara. And all this power comes from the sunlight. Whenever the sunlight is shining upon the earth it gives an average of one-half horsepower for every square foot of surface. All the power of all the waterfalls, and all the work of all the water-wheels that the waterfalls are turn-

(Continued on Page 2)

Correspondence Health Course

Sanitarium Offers New Educational Opportunities along Health Lines

FIVE COURSES NOW READY

With the organization, now practically completed, of a series of correspondence courses, the "Battle Creek University of Health" has at last given itself formal recognition. For many years, the Battle Creek Sanitarium and its associated activities have comprised a great amount of direct educational work, worthy to



HIS EXCELLENCY WU TING FANG

be ranked with the best teaching in the recognized schools and colleges of the country. The Missionary College, the Training-school for Nurses, the Battle Creek College with its literary and scientific depart-

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MINISTER WU TING FANG VISITS THE SANITARIUM

Chinese Diplomat Investigates the Battle Creek Idea at Close Range

TELLS HOW TO PROLONG LIFE

His Excellency Wu Ting Fang, Envoy Extraordinary and Minister Plenipotentiary of the Chinese Empire to the United States, has been spending the week at the Sanitarium, the guest of Dr. J. H. Kellogg.

Minister Wu has for some time been a warm friend of the Battle Creek idea, and says he welcomes this opportunity to come into closer touch with it and personally to investigate the systems of treatment and diet carried on at the institution which is its home. He came unattended and entered into the routine of the place with great zest, meeting physicians and guests in a most democratic manner, displaying a friendliness and interest that quite won all hearts.

He arrived on Saturday afternoon and on that evening attended the musicale in the gymnasium. Sunday was spent in viewing the institution and taking an automobile trip about the city. On Monday he entered into the drills and treatments, spending the greater part of the day in this manner and enjoying it all hugely. It was a novel sight to see the dignitary, in his rich oriental robes, going through the dumb-bell drill and march, treading about lightly in his padded satin shoes, his face wreathed in smiles, and his eyes and ears alert to catch every movement or direction of the physical director.

On Monday evening he graciously consented to address the guests in the grand parlor, telling them of his system of living, by which he says he hopes to reach the age of two hundred years. Several hundred guests assembled, and after a preliminary concert by the orchestra, Dr. Kellogg introduced the honored guest as coming from "the greatest nation in all history," and Minister Wu himself as "a man whose forefathers were well advanced in the arts and sciences when our forefathers were still cannibals."

Dr. Wu then arose and was greeted with an ovation from the audience, to which he responded with the friendliest of smiles and the assurance that it was a great pleasure to him to have the privilege of addressing them. "I am very glad," said he, "to have this opportunity of visiting this institution, of which I have heard a great

deal, but which exceeds my fondest expectations. It is far more splendid than I had imagined, and its up-to-date appliances and the skilful manner in which it is all conducted, is a tribute to the able guidance of Dr. Kellogg. The treatments which I have to-day for the first time enjoyed are adapted to recuperate, to fairly regenerate and give one renewed strength. We pay too little attention to the subject of health—to the care of our bodies. Health is of far more importance than wealth. What does it benefit a man if he becomes a multimillionaire and is broken down in health? We devote too much time and energy to the acquiring of money and too little to the cultivation of health."

The speaker then told of how four years ago he became impressed with the fact that he was living improperly, through the reading of Mrs. (Senator) Henderson's book, "The Aristocracy of Health," and several books of Dr. Kellogg's. "At that time," said he, "I was frequently ill. I suffered a great deal from sciatica and other complaints. I had always been fond of meats. I drank tea, coffee, and wines and led a sedentary life. I became convinced that I had been doing wrong and I gave up the eating of meats and all rich foods, coffee, wine and even tea—the latter with tears in my eyes, for you know that tea is the Chinese national beverage. I at once began to get better and have since become entirely well. I have had many strong arguments brought to bear on me to influence me to revert to my old diet, but I have stood firm."

"I should be very sorry to leave this good earth at one hundred years," continued the speaker, and then glancing over his audience with a quizzical expression on his kindly face, he said: "I don't like to tell you how old I expect to live to be for fear you will be incredulous. But I see no reason why you may not all keep me company if you follow out the instructions of Dr. Kellogg here and live according to the principles of this institution. It has been proved by scientific authorities that man should live, if not indefinitely, at least one hundred or even two hundred years. It is quite reasonable. From our infancy the cells in our bodies are constantly being renewed—every eight or ten months we are really made young again. If it were not for this old race habit which sets old age at sixty or seventy, we should not think of giving up our activities and ceasing to enjoy life so soon."

"You must remember that the mind plays an important part in maintaining our health and life. Take my humble advice and get rid of this notion of old age; eliminate it from your vocabularies. Cease to worry and to fear; think youth and health. Do not allow any one to say to you, 'How old are you?' I am quite willing to tell people how many years I have passed; for that is only experience—that is not age. You must all help me to convert the world into asking the question differently. Say, 'How many years young are you?' Think young things, keep cheerful, control your tempers, do not allow malice or envy to enter into your mind, for they poison the body. Accept the principle of universal love—for that is a high moral doctrine. Confucius, our Chinese philosopher, was once asked by one of his disciples, 'Master, if a man do a kindness to me, what should I requite him with?' The master answered, 'With kindness.' Then the disciple enquired, 'But if he has done me an injury?' The master replied: 'Do him justice.' Now I do not think the master went far enough. I like the Buddhist and Christian doctrine of universal love much better. Follow it, if not for virtue's sake, for selfish reasons; for it will reflect on your own life and health."

THE DIVINE POWER THE HEALING POWER

ing, comes from the sunlight. Whence the power of the wind? The very same source,—it is the sunlight. The sun heats the air at the equator, and it rises, passes out at a considerable elevation toward the poles, where it is cooled, comes down to the earth's surface and flows back to the equator. The power, force, and energy is stored in the air, and as it falls and moves back toward the equator by its weight, by the force of gravity, it turns a mill put in its way, or drives a ship, or does other work. Whence all this power? Simply the sunlight. And God is behind the sunlight.

"Sunlight is only one manifestation of power. There is another manifestation of power that is still more wonderful. Light is a slow coach. Light travels at the rate of only 160,000 miles a second, and goes so slow it would take three years and a half for light to get to the earth from the nearest star. That is, if you should ride on a beam of sunlight from the nearest star, it would take three and one-half years to get here. We look up and see the stars in the sky, but it is only faith that tells us they are still there, because they may all have been blotted out. We would not know anything about it for several years. Some of those stars are far away on the very borders, we might say, of this boundless universe. But if a new star were born away out there, this earth would instantly feel the pull of the new star. These stars are all pulling one another, and there is the most absolute and perfect adjustment of all these forces at work. Gravitation is the harmonizer; it is the great bond that links all of these heavenly bodies together and keeps order. But what is gravitation? Nobody has ever explained or told us anything about gravitation, and, for that matter, nobody has ever explained the actual nature of any force. They tell us about electricity—it is a mode of motion. Light is another mode of motion. All of these forces we talk about and study are modes of motion; but here is gravitation; there must be something else. And as we go down to something that is more primary, more fundamental—there is something there that nobody can explain. There is just one explanation of gravitation, and that is God,—Creative power. There is the Power that made things and is keeping things in order. This infinite Power that made things in the beginning—the same Power is still at work."

"We see marvelous manifestations of this divine force at work about us, from the largest animal down to the very lowest insect, and the greatest plant down to the humblest little fungus. Think, for instance, of the amoeba. It is a little swimming cell. It is not an animal, but a vegetable growth, yet it has the power of locomotion. This primary living element,

the simplest form of living substance, is pure protoplasm, and the protoplasm which you find in these simple organisms, perhaps in the scum from a stagnant pool, does not differ essentially from the protoplasm found in the human brain. The protoplasm that is thinking in the human brain does not differ from protoplasm that is making green chlorophyll in the plant. We have some marvelous illustrations of this intelligence. One of these is the process of cell division going on in our blood, and by which eight million blood cells are being made every single second of our lives in the blood and the bones. One can not look at such a spectacle without feeling that he is in the presence of creation. It seems to him most assuredly that he is in the laboratory of the Infinite."

"By these processes, all of the various organisms of the body are developed out of a single little cell by differentiation, as the scientists tell us,—these foldings, infoldings, doublings, and divisions of the various organs—particularly the liver, spleen, kidneys and pancreas, and the salivary glands and every organ of the body, each of which has its particular function. The body is really a community of these cells in which this work is done."

"The divine Power is always looking after us. If it were not, our hearts would stop and everything else would cease. It takes the same Power to hold man in life after he is created and made a living being that it did to make him; and it is not power that is working by secondary causes. Job said, 'The Spirit of God hath made me.' And David said, 'He wakeneth me morning by morning.' We can not tell why we go to sleep and we can not tell how we wake up? Because as David said,—'He wakeneth me morning by morning.'"

STOP THE MENTAL LEAKS

"How may a man increase his capacity for effective work and his chances for success? In the first place, let him stop the leaks of mental power. There is worry—some men actually waste more energy through worry than they spend on work. Worry dulls a man's faculties, and so makes him unfit for business. It robs him of courage and confidence, and so lessens his chances for success. It is sure to entail disease in mind and body."

"Ill temper is another leak. It is a mental poison. It means mental weakness, failure, and in the end disease. Put quiet self-control in its place, and you will find that there will come to you a greater influence over others, clearness and strength in your own mind, with additional health and happiness."

"No man can waste his powers in an evil life. The laws of mind are moral law. They are the laws of health and strength. Success in the highest sense of the word means higher living, and back of higher living is right thinking."—Exchange.

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RECEPTION GIVEN FOR CHINESE DIPLOMAT

Many Guests Meet Distinguished Visitor
at the Sanitarium

THE reception given on Tuesday evening in honor of China's distinguished representative was an auspicious occasion. Several hundred guests passed down the long receiving line, were greeted by Dr. Kellogg and his assisting party, and introduced to Minister Wu Ting Fang and the Hon. Washington Gardner, representative to Congress from this district. Minister Wu, dressed in his oriental silken garb, was a picturesque figure. His keen intellectual face bore a perpetual happy smile throughout the evening, and he greeted each guest with a personal word and a responsive handclasp.

Following the reception of the guests Dr. Kellogg introduced the Hon. Washington Gardner to the company, with the request that he express the pleasure of the assemblage in having so honored a guest in their midst. Mr. Gardner, in a few well-turned remarks, welcomed Dr. Wu, extolling him as the "learned and progressive leader of four hundred million of his own countrymen," declaring that he was "holding the banner of China in the advance of a progress that threatened to shape the history of the world when she knows her power. It is good for us and good for China," said he, "that he is here, and has caught the spirit of this place, and when he goes home, at some distant time, we know we will have a friend at court in China." The speaker said he had been strongly impressed while meeting the guests, some of whom came from England, some from Ireland, others from Australia or Canada, and from almost every State in the Union, with the fact that they were all drawn thither by the same purpose; to learn to enjoy health and to prolong life—the same purpose that had attracted here the representative of the most ancient and aristocratic nation of the world.

In response Minister Wu confirmed his reputation as a ready wit and clever after-dinner speaker, keeping his audience in a continual state of laughter with shafts of wit. He prefaced his speech by modestly assuring his audience that the real occasion for their presence was the auspicious opening of the grand parlor which had just been re-decorated. "Dr. Kellogg is proud of this handsome mural decoration," said the speaker, "and that is the reason we are asked here. The decorations are really beautiful. I admire them."

After relating several amusing anecdotes, the speaker dwelt for a few moments on the changes that are now taking place in China and the many evidences of progression which can be found there. "Although China is an ancient and aristocratic nation, as your congressman has asserted, and although her government is that of an absolute monarchy, she is practically the most democratic government in the world," he declared. "In theory she is an absolute monarchy, but in practice she has to listen to the voice of the people, particularly as it is now expressed in the public press. Some of you who have been to China some years ago may still be judging her from that standpoint. That is a mistake. China is now awakened; many reforms have been introduced and are being carried out. Where we were formerly conservative and shut out the world, we are now anxious to learn everything that is going on in the outer world. I am glad my government recalled me some six years ago to take up other employments, for I would never have believed,

unless made cognizant by my own observation, what has taken place in the past few years. They are now waking up to the necessity for the establishment of a constitution. The people must be prepared for it to some extent, but that will come in time." Here he took occasion to rally the women present on the fact that they had not yet secured the right of franchise in this country, and laughingly predicted that the day might soon arrive when their eastern sisters would outdo them in their efforts to secure equal privileges with the men. He paid a glowing tribute to the women of America and their superior mental equipment, but adroitly refused to commit himself on the question of their representation in politics, but added that there was one profession which he felt they were eminently fitted to fill, and that the medical profession. He made a warm appeal for as many as were medical students or already were practicing to consider the needs of China and go there to practice where there was a great opening. He closed with a word of advice to those who wish to live a long life, recommending pure food ("such as you get here at the Sanitarium"), pure air, and a pure mind controlled by healthy, cheerful thoughts. "Practice these things," said he reassuringly, "and you will live to be a hundred years or more."

Following the brief program of speeches, the guests were served with nectar and fruit gélées in the numerous small anterooms down the long corridor. Throughout the evening the Sanitarium orchestra dispensed music. The grand parlor was simply decorated with palms for the occasion.

The receiving party included Dr. J. H. Kellogg, Hon. Washington Gardner, Dr. and Mrs. J. F. Morse, Dr. and Mrs. Benton Colver, Dr. and Mrs. A. J. Reed, Mr. and Mrs. F. W. Dunning, Mmes. Kirkman, Guinan, Baxter, Misses Aldrich and Zahn, and others.

Treatment for Hay Fever

The only complete cure for hay fever is to run away from it. Hay fever is a disease which depends upon two things. First, a hyper-sensitive nose; and second, a peculiar variety of pollen which irritates the sensitive nose. Some people are sensitive to one kind of pollen, and some to another variety. There are about forty different plants producing pollen which irritates the nose, and some people are sensitive to a few of them and not to others; some are perhaps sensitive to nearly all. There has recently been discovered an antitoxic substance prepared from pollen. "Every bane has its antidote," is an old saying; and this is now true of this hay-fever poison. In the pollen itself there is a substance which, when applied to the nose, will neutralize the power of the poison to produce irritation. This antitoxic substance is used quite extensively, and with a considerable degree of success. So there are three things to do to cure hay-fever. One is to flee from the source of the poison. The second is to lessen the susceptibility of the nose by proper treatment, which alone will sometimes effect a cure. The third is to apply the antitoxic remedy, which mitigates the disease, although it does not entirely cure it.

It is as easy to be great as to be small. The reason why we do not at once believe in admirable souls is because they are not in our experience.—Emerson.

It is what you are, not where you are. If a young man has the right stuff in him, he need not fear where he lives or does his business. Many a large man has expanded in a small place.—Edward Bok.

DO THE NEXT THING

WHEN Mr. Huxley was a young man, he failed to pass the medical examination on which he thought his future depended. "Never mind," he said to himself. "I will do the next thing." When he had become one of the greatest scientists of the age, he looked back upon his early defeat and wrote, "It does not matter how many tumbles you have in life, so long as you do not get dirty when you tumble."

"BEFORE we can bring happiness to others we must be happy ourselves; nor will happiness abide with us unless we confer it on others."—Maeterlinck.



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THE BANANA

The banana is one of the best, but perhaps one of the least appreciated, of the best fruits. Its nutrient value is fully equal to that of the potato. Its digestibility, when properly prepared, is far greater than that of the potato. It is a well-balanced food for a low-protein ration. That is, it contains the right proportion of protein and carbohydrates. With the addition of the proper proportion of fat in some form, the banana furnishes everything needed for complete nutrition. The banana disagrees with many people simply because it is not properly masticated. In banana-growing countries, no one thinks of eating a banana until it has become mellow as a peach. Then the mastication is a matter of less importance, for the mere act of munching or swallowing is sufficient to reduce the mellow pulp to the consistency of a paste or a puree.

The green or unripe banana contains a large amount of starch. In the process of ripening, which, when completed, is indicated by the dark brown or black color of the skin, the starch is converted into dextrin and sugar. In other words, the process of ripening digests the starch and so performs the work which is ordinarily required of the stomach. The well-ripened banana is thus a predigested food of the finest sort. Unfortunately in this country one does not always obtain well-ripened fruit. The majority of Americans have not yet learned that the banana skin must be nearly black before the fruit is thoroughly ripe and fit for eating.

Many of the bananas sold in this country are picked when immature, so that they never become mellow and sweet and juicy like the well-matured fruit, but are tough and tasteless. Such bananas are absolutely unfit for food. When eaten in an unripe or immature state, the banana enters the stomach in broken masses reduced to various degrees of fineness, but still masses of coarse substance which digest very slowly, often not at all, in the stomach. The result is a long retention of these undivided and undigested masses in the stomach with resulting irritation, acidity, and sometimes fermentation and pain.

The evident remedy, then, for indigestion resulting from the use of the banana is thorough mastication. In chewing the banana, as is the case with many other food substances, the use of the teeth is not sufficient. The food mass should be pressed and rubbed against the roof of the mouth with the tongue. It is really surprising how quickly and effectively a large proportion of food substances may be reduced by means of the tongue alone employed in the manner suggested. The pressing of the food against the roof of the mouth also facilitates the recognition of any coarse or unmasticated particles. These are readily pushed out by the tip and sides of the tongue and brought between the teeth for further crushing.

The ripe banana is perhaps better fitted than almost any other fruit for infant feeding, and is admirably well adapted to counteract the unwholesome effects of sterilized milk. Perfectly smooth banana pulp combined with sterilized cream constitutes an admirable food for a child a few months old.

Raw foods should be taken daily by all human beings, infants or adults. This does not mean that babies must eat grass or cabbage leaves. The natural diet of the infant is uncooked. If cooked preparations of milk or gruels are given for a considerable length of time, the child will certainly decline in health, and will soon begin to show symptoms of malnutrition, scurvy or rickets. The addition to sterilized milk of raw food of some kind every day will prevent this. Orange juice or banana pulp are best for this purpose.

The banana, then, is not only harmless, but an exceedingly useful and valuable food. It is only necessary that it should be thoroughly masticated or reduced to a fine pulp before being swallowed.

BATTLE CREEK PRINCIPLES IN ISLANDS OF THE PACIFIC

Dr. M. G. Kellogg, of Healdsburg, Cal., who is paying a visit to his brother, Dr. J. H. Kellogg, addressed the Helpers Meeting Wednesday evening in the Sanitarium chapel, telling interesting incidents of his long career as a medical missionary. Dr. Kellogg began practice in California, and returning in 1872 to Battle Creek, visited the small farm house and water-cure which was the foundation of the huge institution that now occupies the same site. In speaking of the small beginning and of the spread of the principles, Dr. Kellogg said: "I saw the seeds sown and watched them grow until the branches have spread out and cast comforting shade on almost every part of the world."

Dr. Kellogg established the St. Helena Sanitarium, St. Helena, Cal., in 1877, and conducted it along the Battle Creek lines of diet and treatment. Later, in 1893, he was sent out by the International Medical Missionary Association as a medical missionary to the sick among the peoples of the Pacific islands. He visited the Society islands, the Jubuay group, the Cook islands, Toga islands, and Savage and Norfolk islands, treating several hundred patients during his travels, and instructing at all points. Later he visited New Zealand and Australia, lecturing in all the principal cities of both places.

Although compelled to retire from practice on account of failing eyesight, Dr. M. G. Kellogg is still at seventy-six years in the enjoyment of perfect health and active as ever, both mentally and physically.

CHICAGO AND DIPHTHERIA

THE Chicago health department is taking wise precautionary measures against the spread of diphtheria just now on the increase in that city. The infection, the department points out, is being spread through the lack of quarantine in mild and unrecognized cases, diagnosed as "sore throats" or tonsillitis by parents. The department offers to examine all specimens of cultures free of charge and will furnish outfits for their collection. No matter how trivial the sore throat may be, it is urged that a culture be taken and an examination made—all this in the interest of public health.

"Give less time trying to change the opinions of others, and more time trying to perfect your own life."

ARRIVALS

The list of arrivals for the week ending September 8 is as follows: J. R. Lawrence, Mich.; L. L. Craig, Ga.; S. R. Leatherman and wife, Miss; John Ward and wife, Mich.; C. L. Lehoff, Mo.; S. D. Hiller, Jr., Mo.; Otto M. John and Nina, Nebr.; Mrs. S. H. Burnham, Nebr.; Frank F. Porter, Ill.; William Sheridan, Kans.; Mrs. B. B. Connor, Ky.; Mrs. A. Harris and children, N. Y.; N. F. Osborn, Ill.; Irwin Abbey, Miss.; Mr. and Mrs. L. M. Alexander, Miss Pauline Alexander, Wis.; W. Wilkinz, Dr. and Mrs. William Nanote, O.; Miss J. Stengele, Tenn.; Mrs. F. J. Ruggles, Ill.; T. G. Hawkins and wife, Tex.; Rev. Joseph W. Sanderson, Wis.; Miss J. Sheridan, Ill.; W. C. Daley, Ill.; J. C. Winier, S. Dak.; J. J. Glaser, S. Dak.; Miss Lomer, Ill.; George A. and Miss Alice Preston, Texas; C. D. Dreier; P. M. Pries, Ill.; T. Gamill, Ill.; Frederick G. Baryl, Ohio; Mr. and Mrs. J. F. Croner, Pa.; Lottie L. Tillotson, Hawaii; E. Passa, Mich.; Harriet C. Rogers, N. Y.; Mary O'Connor, Pa.; Rabbi George Zepin, Ill.; H. B. Allen, Mich.; Mr. and Mrs. Luther W. Clark, Texas; E. B. Daypan, La.; Edwin B. Fenton, Ohio; S. D. Chittenden, Fla.; Miss Julia Hammond, Md.; A. Marx and wife, La.; Miss C. D. Marx, La.; Max Heller and sons, La.; Alice Everard, Mich.; J. A. Haak Mich.; Mrs. M. M. Goodman, Mich.; Miss Genevieve Goodman, Mich.; Miss Lavinia Rolleston, China; Mrs. R. H. Bishop, Mary J. Bishop, Kans.; S. L. Beard, Ohio; Carrie M. Thorpe, Ohio; Oliver T. Law and wife, Mich.; Mr. and Mrs. Charles R. Brown, Ohio; E. C. Alnen; Mrs. J. S. Montgomery, Ga.; N. S. Grassman, Ohio; Mr. and Mrs. J. J. Adams, N. Y.; Louis McQueen, Ky.; M. Perry, W. Va.; W. F. Wheeler, Pa.; Mrs. E. Walsh, Minn.; Mrs. Jennie Maganau, Colo.; Mrs. Harry Middakauf, Colo.; Mrs. John D. Coulin, Ind.; J. D. Humphreys, S. C.; James E. Johnson, S. C.; J. F. Hoke, Ind.; C. D. Dennis, Ind.; Mrs. J. L. McMahon, Ala.; U. Sasamu, Japan; Mrs. W. H. Stevens, N. Y.; Mrs. M. P. Parmalee, Turkey; Kate W. Buckley, Ill.; Winifred Hyde, S. Dak.; A. C. Kellogg, city; Col. G. B. Stephenson, Ind.; H. H. Stevens, N. Y.; F. E. Hammond, Mich.; W. H. Stearns, N. Y.; J. B. Askew; Mrs. Jennie E. Case, Mo.; D. S. Colwell, N. Y.; Miss Minnie Campbell, Texas; F. J. Hover, Ill.; R. Fechtel and wife, Mich.; Mrs. George Pfeiffer and son, Ill.; Etta Rannefs, Ohio; Miss A. L. Harris, Can.; I. Baron, S. Minshal, Texas; Mrs. L. Nussbaum and Miss Edna Nussbaum, La.; Miss Jessie Riley, Ohio; Mrs. Marie Dalton, Miss.; Mr. and Mrs. E. B. Van Dorn, Ill.; Sherman M. Boat, Ill.; J. S. Galmes, Ill.; E. J. Gossett, Ill.; Parker Ewan, Ark.; Fenton Roes, Ohio; R. Wilbur Brown and children, Texas; Victor Thrane, Ill.; Mrs. W. H. Bailey, Pa.; W. A. Yule; Mrs. H. H. Everard, Mich.; T. I. Gauxey, Texas; F. A. Stapleford, Ohio; P. H. Hunt, Ill.; Louis Elbel, Ind.; J. W. Wheeler, Ohio; Mr. and Mrs. G. P. Tradd, Mich.; Miss May Excell, N. Y.; Emily D. Smith, Ohio; John M. Ragland, Mich.; Thomas N. Doutney, Mich.; Mrs. Frank Everts and son, Mo.; Emma Stevens, Ill.; I. I. Clark, Australia; M. Belle Brown, M. D., N. Y.; Mrs. Frank Hamilton; Mrs. H. H. Hammond; Mrs. J. V. Dexter, Colo.; Mrs. Minnie Yoder, Ohio; J. C. Yoder, Ohio; P. Threadgold, Mich.; John M. Pohl, Ill.; Mrs. J. M. Haynes, Tenn.; Miss Mary Haynes, Tenn.; George V. Fowler, Iowa; Mr. and Mrs. F. W. Dunning, Mr. and Mrs. T. J. Rathbun, city; George Bucklin, R. I.; C. W. Chenoweth; Mr. and Mrs. John J. Macconbray, Pa.; John J. Maney and wife, Mass.; Mrs. E. W. Lee, La.; H. W. Stokely, Pa.; J. A. Church, Ohio; W. A. Hoenes, Wis.; Mr. and Mrs. H. H. Kennedy and boy, Ill.; Leola Henderson, N. J.; Bella Frankhauser, S. Dak.; Miss Kathryn L. Marsh; V. L. Fisher, Ohio; Marguerite Skirvin, Pearl Skirvin, Okla.; Mae Myron, Ill.; Mr. and Mrs. G. R. Lyon, Ill.; J. M. Anderson, Tenn.; C. E. Haak, Mich.; L. Akey, Wis.; Mrs. L. C. McCollum, Wis.; Louis Steinheim, Ill.; Mr. and Mrs. O. F. Payne, W. Va.; William H. Allen, Ohio; Miss Gladys Allen, Ohio.

PERSONALS

Mrs. Harriet Kelly and nurse are spending a part of the week in Detroit.

Dr. and Mrs. W. D. Van Note of Lima, Ohio, are guests at the Sanitarium.

Mr. James T. Barrett of Peekskill, N. Y., is among the newly arrived guests.

Dr. M. Belle Brown of New York City is spending a few days at the Sanitarium resting.

Pastor George C. Tenney left on Tuesday for a week's stay at Moody Institute, Chicago.

Mr. J. H. Rosenkrans of Laird, Colo., a former patient, has returned for a short stay.

Mr. C. E. Haak returned Monday from Hankwood, Mich., where he had gone on a business trip.

Mr. and Mrs. E. S. Wetstein of Jefferson-town, Ky., returned to their home early in the week.

Mrs. Jennie Magunau of Denver, Colo., is one of the recently arrived patients at the Sanitarium.

Mrs. J. M. Haynes and Miss Mary Haynes of Murfreesboro, Tenn., are guests at the Sanitarium.

Mrs. J. S. Montgomery of Eatonton, Ga., has returned to the Sanitarium for rest and treatment.

Mrs. J. B. Dexter of Denver, a former patron of the institution, is paying a visit here during September.

Mrs. R. L. Crook and Miss Crook returned to their home in Vicksburg, Miss., on Tuesday of this week.

Mrs. L. Nussbaum and daughter Edna of Banebridge, Ga., are visiting relatives at the Sanitarium.

Mrs. Frank Everts and son, Master Frank, are guests at the Sanitarium. Their home is in St. Louis.

The Misses Marguerite and Pearl Skirvin, of Oklahoma, have returned this week to the Sanitarium for a few weeks' stay.

Dr. D. T. Millsbaugh of Patterson, N. Y., is expected next week for a short visit. Mrs. Millsbaugh is a patient here.

Miss Fannie B. Campbell, daughter of Governor Campbell of Texas, is paying a visit to her mother, who is a patient here.

Mr. C. Coghlan, of the City Electric road of Pittsburg, arrived at the Sanitarium this week and will remain as a patient.

Miss Jessie Riley, a former patient at the Sanitarium, paid a brief visit here this week en route to her home in Gainesville, Fla.

Miss Alice Preston of Bonham, Tex., has returned to the Sanitarium accompanied by her father. Miss Preston visited us last summer.

Mr. Thomas F. Ryan left the first of the week for his home in Guanica Centrale, Porto Rico, after a stay of several weeks at the Sanitarium.

Dr. Emily D. Smith of Mansfield, Ohio, who has spent many years in mission fields in China, returned to the Sanitarium this week for a short rest.

Mrs. M. P. Parmalee and daughter Ruth of Trebizand, Turkey, have arrived at the Sanitarium, where they will remain for a rest of several weeks.

Mr. S. D. Chittenden of Tallahassee, Fla., is paying a visit to Mrs. Chittenden, who is a patient here; also upon his daughter, Mrs. Augusta Wright.

Mrs. James B. Case of St. Louis, who has been spending the summer in Europe, stopped off at the Sanitarium this week for a fortnight's stay before returning to her home.

Mrs. N. R. Southgate and daughter, Mary Elizabeth, and mother, Mrs. William Reed, returned on Tuesday to their home in Birmingham, Ala., after a prolonged stay at the Sanitarium.

Mr. and Mrs. John Jones and J. W. Bur-nap, who have been spending a few weeks at Gull Lake, returned to the Sanitarium this week for a short stay before returning to their homes.

Mr. and Mrs. Charles Buntin, who have been spending the summer abroad, paid a visit to Mrs. Jennie Buntin at the Sanitarium this week, before returning to their home in Nashville.

Mr. and Mrs. C. L. Anderson and boys, who have been spending the summer at the Sanitarium, will leave on Friday for a trip around the Great Lakes. They will return early in October to their home at Ardmore, Okla.

BOBBIE, aged five, saw a cow grazing in his mother's flower-garden, and shouted, "Scat! scat!"

The cow didn't seem to be much intimidated, and calmly ate on. Three-year-old Mary, dancing with excitement, exclaimed:—

"Tell him to 'scow,' Wobbie, tell him to 'scow!'"—*The Delineator.*

THE GOODNESS OF GOD

"The Goodness of God Held in Store for His Children," was the subject of the Sabbath morning sermon by Pastor J. A. Brunson, who declared that "the revelations of God's goodness have ever been great, but that the unrevealed far exceeds the revealed." "God constantly thinks of his children," said he, "and like a parent holds in reserve many blessings to be dispensed according to his judgment and wisdom. Sometimes these blessings are given in moments of perplexity, sometimes in moments of distress, sometimes in moments of sorrow. If God should ask me what blessings I would prefer of all that he holds," continued the speaker, "what reply would I give him? I would not ask for health, although health is a great blessing; I would not ask for wealth, nor for fame, but for a heart to serve him. Such a heart would be free from all envy, free from prejudice, and thoroughly human, in close sympathy with human suffering and distress."

"BUILD thee more stately mansions, oh, my soul!

As the swift seasons roll!

Leave thy low-vaulted past.

Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
'Till thou at length art free,

Leaving thine outgrown shell by life's unrest-ing sea."

—Holmes, "The Chambered Nautilus."

SUNDAY EXCURSION, Sept. 13, 1908

via Grand Trunk Railway System

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DETROIT, \$1.75

SAGINAW and BAY CITY, \$1.65

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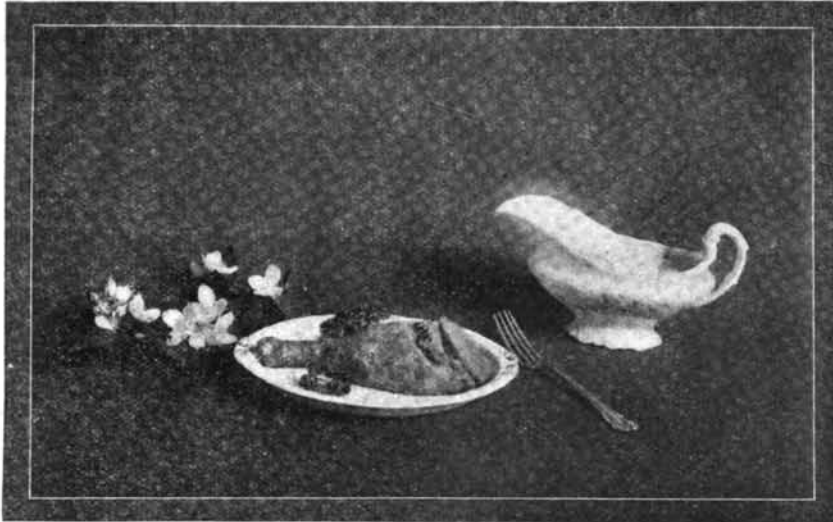
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This is Dr. Kellogg's latest and best book on this important question.

It is what its name indicates, "Plain Facts" on sexual hygiene for both sexes.

You can't afford to miss it.

Hints from the Domestic Science Kitchen



STUFFED SUMMER SQUASH

INDIVIDUAL STUFFED SUMMER SQUASH

SELECT a firm, medium-sized squash. Pare and cook until tender in just enough boiling water to cover. Make an oblique cut through the large end of the squash, remove the seed and fill the cavity with the following dressing, then brush with cream or butter and bake in a moderate oven about twenty minutes. The long

squashes may be stuffed in the same manner and when sliced into servings make a very attractive dish.

DRESSING

- 2 cups stale bread
- $\frac{1}{2}$ cup hot milk
- 1 egg slightly beaten
- 1 tablespoonful sterilized butter
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ teaspoonful celery salt

TREATMENT FOR TYPHOID

Sanitarium Hydratio Measures Bring Relief to Patients

THE PROPER DIET

"The proper way to treat a typhoid fever patient is to put him to bed and make him drink as much water as possible. When he gets cold apply hot water; when he is too hot, apply cold. If that is done for the typhoid fever patient, and done intelligently, he is pretty certain to get well. The hot water may be followed by drinking. The patient should drink one or two glasses of water every hour, should be taken good care of, and fed perhaps a little gruel or some fruit juices. Especial care should be taken that the patient has some raw food. A little buttermilk may be given, or some fruit juices, not cooked; then a little cooked gruel along with it. With such a diet, the typhoid fever patient will get well with good nursing. The important thing is to fill the body with water, outside and inside. If all typhoid fever patients were treated by this method, the mortality would be reduced to a small percentage of what it is.

"Ninety-one thousand people died of typhoid fever last year in the United States alone. The mortality rate was probably about twenty per cent, about one in five, of all the people who had the disease; 450,000 people were sick with typhoid fever last year. It is a disgrace to a civilized country that there should be so many people sick with this disease, which is simply a filth disease. Dr. Parks, of England, said many years ago, 'When a man dies of typhoid fever, some one ought to be hanged.'

That is a strong statement, but certainly some one ought to be educated, somebody ought to be instructed. By the Sanitarium method, or the hygienic or hydratio method, of treating typhoid fever, on a proper diet and with proper care, the mortality need not be more than two or three per cent. Instead of 91,000 people dying of typhoid fever, there ought not to be more than 9,000 or 10,000 at the most dying of typhoid fever; so 80,000 people died last year of typhoid fever whose lives were simply thrown away, who would have been saved if they had had the right treatment.

"Fortunately, the hydratio method is extending into all the hospitals at the present time. Now there is not a hospital in the United States, I believe, where the rational method is not employed. I do not know of a single hospital in the United States where the old method of purging, bleeding and smothering the patient with blankets, not permitting him any water to drink, is employed. That is the old method of a century ago. That was Dr. Cullen's method. He declared that when the patient has fever, he has too much vitality; we must reduce him, and we can reduce him faster by bleeding than in any other way. But his philosophy was quite false. When the patient is struggling with poison, the poison should be washed out, and the production of the poison stopped. Beef tea, beef juice, and milk—the ordinary diet—are the worst things one could give to that patient, for they are the things in which germs grow. That is the way to cultivate typhoid fever germs if we were going to raise them. The proper course is to feed the patient fruit juices, freshly expressed fruit juices. Get a lemon squeezer and some apples, and squeeze out the fresh juice; give it to the patient, tumblerful after tumblerful; feed it to him all day. Give him the juice of fresh grapes, the pulp of perfectly ripe bananas put

through a colander, and a little cereal food like barley gruel, or rice gruel. Then your patient will almost certainly get well if you give him water enough inside and outside.

"The wet sheet pack will certainly reduce his fever. There is no case of typhoid fever in which the wet sheet pack will not reduce the temperature. One can, however, give the pack in the wrong way and raise the temperature. The sheet must be wrung out of cold water, wrapped around the patient tight as you can make it, then a woolen blanket must be wrapped around him tight, so that it fits everywhere. When it gets warm take it off, apply another, and repeat in this way. In two or three hours you can certainly reduce the temperature in the fever patient. Another way to reduce the temperature is to pass water in and out of the bowels. Arrange an enema can so that the water can run in slowly, then have another tube by which it may run out, and keep the water running in and out all the time, and the patient's temperature will just as certainly come down. The dry tongue will become moist, the coating will disappear, the headache will vanish, the insomnia and the bad symptoms will all disappear. As you eliminate the poison, the patient will improve."

How Sewer Pollution Returns to Man through Table Delicacies

All our large cities are pouring their sewage from the drainage of all the soil pipes down into the ocean. It comes back in the oysters and clams that are scattered along the shore. In the oyster beds within twenty-five or thirty miles up and down the shore, the oysters swallow this filth; then they are gathered in, brought back, and served up on the table; so there is a vicious circle. In the juice of the oyster one can always find any number of colon germs, and generally typhoid fever germs; in fact, these germs have been found in the stomachs of oysters that are taken up from deep water, two hundred or three hundred feet deep, and eight or ten miles out at sea; one could not want better proof of the avidity of these creatures for germs. They live on germs, even miles out at sea; and the flavor which oyster-eaters like—perhaps they do not know where it comes from,—is that of the big, fat, diseased liver; and the oyster has such an enormous liver because he lives on such a filthy diet. The oyster is more liver than anything else. The big brown part of the oyster is liver and kidney. It is a very large organ,—two combined into one, because it has so much work to do. The oyster is a monstrosity, because he lives on filth. He is the scavenger of the sea, the scavenger of scavengers. If you find an oyster down in the bottom of the ocean and watch him, you will notice that he has his lip around the stem of a seaweed, licking off the slime; or else he is creeping along in the ooze at the bottom of the ocean, licking germs off the stones and the ocean bed, swallowing the germs with which he comes in contact. So the sewage ought not to be discharged into the open sea or into the rivers; for it pollutes them and comes back to man on his table.

"THE mind is the guiding power of the entire personal life; it is, therefore, clear that while the mind is in an attitude where 'nothing is right,' nearly everything will be done wrong; 'if one thing isn't wrong, 'twill be another.'"

"LOOK upon the simple and childish virtues of veracity and honesty as the root of all that is sublime in character. Speak as you think. Be your real self—pay your debts of all kinds."

Correspondence Health Course

(Continued from Page 1)

ments, the School of Health and Household Economics, and the large number of technical and industrial courses, are all maintained in direct connection with one another, as parts of the same educational movement. With their skilled faculties, splendid equipment and high standards, and their one dominant ideal of health promotion, this group of schools has long since won the title of University of Health in the estimation of critical observers. Under the same auspices considerable work has been done to extend this campaign of health education to wider fields, by means of books and periodicals, and Chautauqua lectures. The encouraging success met with in this work has now led to the organization of a University Extension department, such as many of the leading universities maintain. Included in this department will be the Chautauqua lecture-campaign, and the series of Correspondence Courses just organized. These courses will be promoted as Extension Courses under the title and seal of the "Battle Creek University of Health." These courses will be open to everybody, and may be studied at home at the pleasure of the individual, like any other correspondence course. In addition to securing individual students, an organized effort will be made to form Health Clubs in every community, the members of which are to study in groups and thus secure the benefit of mutual stimulus and discussion. To arouse interest in the project, the organizer while visiting each community will give demonstrations of simple measures in home nursing, etc.; and when a large club of one hundred persons or more has been organized, a lecturer will be sent to the club to give a series of lectures on health and hygienic living.

Patients and guests at the Sanitarium, and other readers of the BATTLE CREEK IDEA, can help considerably to extend this educational work. Mrs. Grace Guinan at the Medical Office of the Sanitarium will welcome the names and suggestions of interested persons who may wish to take one or more of these courses themselves, or help to organize Health Clubs in their home community.

The Correspondence Courses are to be studied in connection with an encyclopedia of health in two large volumes, comprising the most rational body of present-day hygienic knowledge. Constant reference is made to these volumes for supplementary reading, but the courses are independent in themselves. Each course consists of six lessons, attractively printed and illustrated by diagrams, charts, etc. The lessons are mailed periodically, accompanied by a series of search questions for each lesson, to be answered and returned for examination. To stimulate the students to their best efforts, a series of important prizes will be offered for the best sets of answers to these questions.

Five of these Correspondence Courses are now completed, as outlined below, and additional courses on health subjects, household economics, training of children, etc., will soon be added to the curriculum:—

I. FOOD AND DIET

1. The Human Body as a Locomotive.
2. Eating for Health and Efficiency.
3. Fruits and Nuts, their Value and Uses.
4. Cereals, Vegetables and Legumes. Their Food Value and Special Uses.
5. Diseased Foods.
6. The Chemistry of Foods.

II. HEALTH EXERCISES

1. How to Be Strong.
2. Lung Gymnastics.
3. Walking, Running, Climbing.
4. Exercises for the Sedentary Man.

Correct Deformities.

6. Exercises for Special Needs.
5. How to Cultivate Symmetry and How to

III. BEAUTY CULTURE

1. Health and Beauty.
2. The Skin and the Hair.
3. The Complexion and Facial Beauty.
4. Care of the Teeth and the Mouth.
5. Beauty of Figure and Dress.
6. Further Aids to Beauty.

IV. HYGIENE OF INFANCY

1. Mother and Babe.
2. Feeding the Baby.
3. When the Baby is Sick.
4. The Baby's Clothing.
5. Exercise and Fresh Air.
6. Rest and Comfort.

V. HOME NURSING

1. General Care of the Sick.
2. Baths—Full Bath, Hot Bath, Cold Bath, Sitz Bath, Tonic Bath.
3. Wet Rubbings, Towel Rub, Mitten Friction.
4. Packs and Compresses.
5. Twenty-five Methods of Relieving Pain.
6. Massage.

QUESTION BOX
DEPARTMENT

Q. Are the articles for sale at the stand between the lobby and gymnasium healthful? What is in other candy that makes it unhealthy?

A. Cane-sugar is the unwholesome element of candy. Sometimes candy contains paints, dyes and things of that sort, but the really bad element of candy is cane-sugar. More than an ounce or two of the cane-sugar is certain to make mischief. A ten-per-cent solution of cane-sugar is irritating; whereas malt-sugars are not irritating. The candies at the palm garden stand are made from Maltose or malt honey and do not contain cane-sugar except the very small amount in the coating of the chocolates. The centers are of malt honey and are entirely harmless and wholesome.

Q. Why do some people have too much acid in the stomach and others scarcely any? What is the cause, and what is the prospect of a cure?

A. The stomach may have been irritated by beefsteak, by deficient chewing of food or by eating too much sweets.

Q. Is cod-liver oil better than olive oil?

A. No, it not so good. Cod-liver oil contains the extract of rotten cod-livers, and that is the only thing it has that is not in good olive oil or any other good oil. It is objectionable on that account.

Q. Why should one feel always weak and tired; have no appetite after a night's sleep; never feel rested in the morning; not be able to do any work without getting fatigued and having his muscles ache; perspire freely and get stiff? What is the remedy?

A. He has intestinal autointoxication, and if he will take care to get his colon into a thoroughly healthy, clean condition, drink more water, live outdoors, take more exercise, live on a thoroughly antitoxic diet, he will feel entirely different.

Q. Is clover tea beneficial? Will it cure cancer?

A. No.

Q. Is catarrh a curable disease? If so, what treatment would you recommend?

A. Yes, it sometimes needs a surgeon to remove polypi or other growths from the nose.

Q. Will baked potatoes, whole-wheat bread, some malt honey on latter, injure a fifteen months' old baby?

A. No, not if the baked potatoes are thoroughly crushed, made thoroughly smooth. The principal trouble with potatoes is that they are not thoroughly chewed, but swallowed in lumps; otherwise they are the most easily digestible of all starchy foods.

Q. What would you feed to a healthy child of fifteen months?

A. Feed such a child wheat flakes (they are better than corn flakes), rice, malted nuts, fruits (banana pulp put through a colander is a very excellent food for such children), and some cream, perhaps.

Q. What is neurasthenia?

A. Autointoxication,—another name for it.

Q. What is the nutritive value of popcorn?

A. It is about one hundred calories to the ounce of popcorn.

Q. Could one with a weak stomach improve on a milk diet?

A. He might get along very well with buttermilk or yogurt, but ordinary milk would be very likely to cause mischief.

Q. Vegetables and cereals do not agree with me. They cause irritation and discomfort. Can I get along well on a diet of only fruits and nuts?

A. Yes, for a time, but you should gradually work the cereals in. Begin on rice, rice flakes, rice cakes, boiled rice. Then develop the dietary; take bananas. If you can not take the rice at first, you can take the banana. Then gradually add wheat flakes, corn flakes and similar foods.

Q. Do you consider horse-back riding a healthful exercise?

A. If a person rides in proper poise, it is really a very healthful exercise. It is not so good as swimming, however. Swimming is the best exercise of all.

Q. What is ptomain poisoning?

A. In the decay of flesh, the poisons formed are known as ptomains, and these ptomains are formed in the colon of persons who eat meat.

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News Notes

Mrs. M. S. Foy accompanied Dr. Minnie Staines as far as Chicago this week. Dr. Staines will spend the next year on her ranch in Colorado.

An "acquaintance social" was held in the West Hall parlor Tuesday evening, members of the Philathea class acting as hostesses to the many newcomers in their midst. A pleasing program of music and games was enjoyed by nearly one hundred young women.

Additions to the missionary family at the Sanitarium have been made in the past week as follows: Dr. Joseph Beech, who for many years has represented the M. E. Board at Chentu, China; Miss Lavinia Rolleston, from Anking, China; Mrs. M. F. Parmalee and daughter Ruth, of Trebizond, Turkey; Dr. Woodward of China, and Dr. Royal Dye of the Congo.

Women physicians of the Sanitarium medical staff gave a dinner at the Sanitarium Tuesday in honor of Dr. L. Belle Brown, dean of the Women's Medical College, New York, who has been spending a part of her vacation here at the Sanitarium. The tables were handsomely decorated in cut flowers. The guests included the following: Drs. Kerr-Harris, Vandervoort, Geisel, Whitney-Morse, Johnson, Moshier, Stoner, Williams, Hudson, Heynemann, Riley, Smith, Leake, Trigg, Edwards, Elwell, Roth, Elizabeth Corwin.

Louis Elbel of South Bend, Ind., pianist and composer, gave a charming recital in the Sanitarium gymnasium Saturday evening. His program comprised some well-known numbers by Schumann, Chopin, Liszt and Schubert, together with several of his own compositions which met with deservedly warm applause by the appreciative audience. The program was an artistic ensemble, and gave an opportunity for the artist to display brilliancy of technique and rare temperamental interpretation of the old masters. The evening was a treat to music lovers, who will anticipate his return to the Sanitarium.

The Sanitarium guests have for the last three weeks been greatly enjoying a visit from Col. C. B. Stevenson, a leading manufacturer of South Bend, Ind. Mr. Stevenson is an old-time patient and a frequent and always favorite guest. The institute is indebted to his generosity for the magnificent grand piano which graces the parlor, which is the gift of Colonel Stevenson and his brother, Hon. C. B. Stevenson. The Colonel wears a smile which never comes off and always carries with him an optimistic atmosphere which makes him a center of good cheer whenever he favors the institution with a visit.

Miss Charlotte Dancy and Miss Jackson have returned from their vacation trip in the East.

Friends of H. A. Hutchins, formerly of the Nurses' department, have received word of his safe arrival at Ancon, Canal Zone. Mr. Hutchins will carry on his work at the Ancon hospital.

The usual gospel song service will be held Friday evening in the lobby, followed by prayer meeting in the chapel. Sabbath morning Pastor Brunson will preach at the eleven o'clock chapel service, taking as his subject, "Shall We Carry our Small Troubles to God?" On Sunday night he will give the second of a series of talks on the Lord's prayer; "Thy Kingdom Come" forming the basis of the discourse.

Tickets for the B. Y. P. U. lecture course have been placed on sale at the clerk's desk. The first program will be given October 7, by the Chicago Ladies' Orchestra. The course includes three musical evenings and two lectures, and is quite on a par with the well-established reputation of the society, whose lecture courses are widely patronized each year. The lecturers are Lou T. Beauchamp and Charles Howard Plattenburg, both of national reputation.

E. B. Van Dorn, superintendent of the Life Boat Mission, State street, Chicago, gave a talk on the work of the mission and some of its converts, Sabbath afternoon before Sanitarium guests. The speaker was preceded by Dr. Kellogg, who gave a history of the movement and the needs which led up to the foundation of the mission. Photographs were shown descriptive of the mission and workers.

WHO BIDES HIS TIME?

Who bides his time, and day by day
Faces defeat full patiently,
And lifts a mirthful roundelay,
However poor his fortunes be—
He will not fail in any realm
Of poverty—the paltry dime
It will grow golden in his palm.

Who bides his time—he tastes the sweet
Of honey in the saltiest tear;
And though he fares with slowest feet,
Joy runs to meet him, drawing near;
The birds are heralds of his cause;
And like a never-ending rhyme,
The roadsides bloom in his applause,
Who bides his time.

Who bides his time, and fevers not
In the hot race that none achieves,
Shall wear cool-wreathen laurel, wrought
With crimson berries in the leaves;
And he shall reign a goodly king,
And away his hand o'er every clime,
With peace writ on his signet ring,
Who bides his time.

—James Whitcomb Riley.

"CONSCIENCE is harder than our enemies; knows more; accounts with more nicety."

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.



COLAX
is a NATURAL laxative. It may be used continuously if necessary, without producing the slightest harmful effects. It is not a drug nor a medicine, nor is there any secret process involved in its manufacture. It is made from a vegetable product which is largely used as food in some Oriental countries. Just what it is and what it does is told in detail in "the Colax Book." If you haven't read it, send for a copy.

COLAX relieves constipation by absorbing and carrying through the entire system a large amount of moisture. This prevents undue dryness, thus facilitating a natural, normal movement.

Put up in the form of wafers in separate moisture-proof packages. Per carton of 25 wafers, \$1.00. Leading druggists sell COLAX. If you cannot readily obtain it from your druggist, we will supply you direct by mail, postpaid.

THE GOOD HEALTH COMPANY,

(Successors to the Colax Co.)

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Disease Germs Destroyed By Disease-Destroying Germs

Every YOGURT capsule contains upwards of TEN MILLION DISEASE-DESTROYING GERMS. (Actual average shown by analysis on Aug. 17, 1908, was 33,600,000 per capsule.)

YOGURT germs were originally discovered in a lactic acid-forming ferment found in certain Oriental milk products. Metchnikoff of the Pasteur Institute and other European savants at once investigated and established beyond question the marked efficiency of these germs in remedying the diseased condition known as

Intestinal Autointoxication, or "Self-Poisoning."

YOGURT germs cure this condition by attacking and driving from the system the disease-producing germs bred in the intestinal tract by the putrefying processes which are usually caused by improper diet or wrong living habits. Thus the YOGURT germs act as defenders of the body's natural fortifications and by driving out the invaders make possible a natural, healthy development of the tissues.

Intestinal Autointoxication is responsible for many diseases. Among those frequently caused by this condition are chronic rheumatism, Bright's disease, eczema and other skin maladies, appendicitis, gall-stones, rheumatic gout, dropsy, biliousness, neurasthenia, sick headache, emaciation, pernicious anemia, intestinal catarrh, nausea and vomiting, rickets, neuralgia, etc.

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(SUCCESSORS TO THE YOGURT COMPANY)
Battle Creek, Mich.

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THE BATTLE CREEK IDEA

VOL. 1, No. 39.

BATTLE CREEK, MICH., SEPTEMBER 17, 1908.

PRICE, 2 CENTS.

LIVING THE SIMPLE LIFE

Dr. Kellogg, in Sanitarium Lectures, Gives
Many Rules for the Cultivation of
Health and Happiness

DIET, EXERCISE, AND BATHS

"1. Give attention daily to cultivating health. It pays. I believe that nine-tenths of all the business failures in the United States and in every other country are due to the failure of physical health. A man's blood gets clogged with poisons and these poisons contaminate and paralyze his brain. His judgment is impaired; he loses his keen business sense, his ability to weigh things. It would pay him to give attention to his health.

"2. Make every reasonable effort to maintain intact, and if possible increase, the capital of physical and mental health. You can build up health; you can fortify yourself against the evil day to come. You can build up resistance against disease. You can increase constitutional vigor by purifying the body, by purifying the blood, especially with the help of the vitalizing cold air.

"3. Give to the body and its functions that care and study which you would accord to any other valuable and costly mechanism, so as to become familiar with its needs and the best means of supplying them. Take just as good care of your liver as you would of your watch. Your watch you carry with the greatest care; you have a chain on it to keep it from dropping. You would not willingly allow any accident to happen to it. But how about your liver?

(Continued on Page 2)

MEDICAL MISSIONARIES ADDRESS STUDENTS

Opening Exercises of the A. M. M. C.

Marked by Fervid Appeals from
Foreign Workers

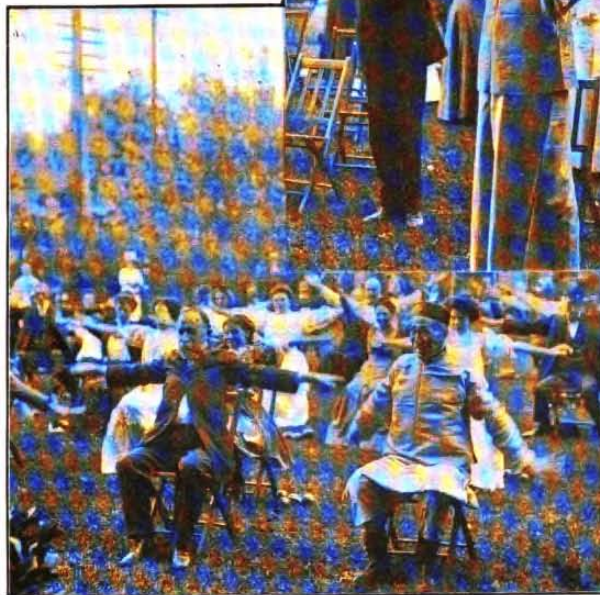
LARGE JUNIOR CLASSES

INSPIRING addresses from the lips of medical missionaries fresh from foreign fields, coupled with earnest words of advice and encouragement from members of the faculty, marked the fourteenth annual opening exercises of the American Medical Missionary College held Tuesday night in the Sanitarium chapel. Twenty-five members of the incoming class were present and the auditorium was filled with fellow-students and interested spectators, among whom were many guests of the Sanitarium. The students entering this year are from the principal Christian denominations, a large majority of whom have already a definite foreign field in view for their work as medical missionaries when they have completed their courses. Among the fields selected by the students are India, Africa, Bulgaria, Japan, and South America.

(Continued on Page 3)

Wu Ting Fang Enjoys Gymnastics

Chinese Diplomat Takes En-
thusiastic Part in the Dumb-
bell Drills and Outdoor
Breathing Exercises while
Visiting at the Sanitarium



MINISTER WU lived the strenuous life while on his recent visit to the Sanitarium, taking part in all the various gymnastic drills, exercises and marches with the keenest zest. Do find his short outer coat, or deep blue and silver brocade, fastening his long queue to the

benefit of wheel-chair patients and conducted by the physical director. Minister Wu and Dr. Kellogg, his host, are in the foreground. Observe the felicitous expression with which the foreign guest responds to the familiar: "Breathe out—breathe in."

side of his long mauve silk garment, he would join the group of patients with the eagerness of a boy and follow with accurate precision the movements of the director. The accompanying pictures show him in the dumb-bell drill on the Sanitarium lawn and taking part in the outdoor breathing exercises, held each afternoon for

CHANGES PRODUCED IN THE BODY BY SLEEP

Dr. Riley Continues His Discussion of the
Causes and Effects of Sleep

FUNCTIONAL CHANGES OCCUR

"It is an easily recognized fact that during sleep some of the functions of the body are quite different from those going on when one is awake. This change in function relates principally to the nervous system. The functions of many organs of the body appear very much the same during sleep as during waking hours. Yet if one should take pains to look carefully into this question he will find that all or nearly all the functions of the body are lessened during sleep. Some of them, particularly those

relating to the nervous system, are reduced to the point of total cessation, while others, such as those of the heart and the lungs and other internal organs, are only reduced and modified in a slight degree. The most conspicuous change that one notices during sleep is the cessation of consciousness, and in sound sleep this is usually quite complete, but in passing from a waking state into sleep and from the sleeping state to that of wakefulness there is a sort of cloudy mental state or a dreamy condition during which consciousness is not always entirely lost. Also in dreams and similar conditions and in the condition known as somnambulism at least some of the functions of the brain are active, and so of course are not asleep.

"Changes in the Functions of the Nervous System during Sleep.—It is a well-known fact that during sleep the sensations are all abolished or lost. That is, the individual who is asleep can not feel impressions made upon any of the end organs of the nervous system. Contact with the skin is not felt. Prickling or

(Continued on Page 6)

HOW TO LIVE SIMPLE LIFE

(Continued from Page 1)

"4. Eat for health and efficiency. Eat only natural foods; that is, those foods that are naturally intended to be eaten. That means, cut out all meats and the flesh foods of every kind, for they were never intended to be eaten. Animals are eaters, not eatables. Apples, peaches, plums, pears, cherries, and nuts, and all the good things that grow out of the earth, are eatables, intended for man and for animals to eat.

"5. Animal fats, such as lard, suet, and ordinary butter, should be avoided. Animal fats are unwholesome. They are a very common cause of biliousness, because they hinder the stomach in making gastric juice.

"6. Avoid poison foods. Tea, coffee, chocolate and cocoa all contain poisons. There is more poison in a cup of tea than in a glass of beer. Tea and coffee, moreover, lead to intemperance, because they break down the nerves and produce a state of the body in which a man feels he must have something to steady him.

"7. Condiments—mustard, pepper, etc.—are also poisons and ought to be wholly discarded. Common salt is not a necessary food. It is not nutritious, and is not needed in the body. Investigations made by eminent French observers within the last five years have proved beyond any possibility of controversy that the food naturally contains all the salt that the body requires. Salt is a comparatively harmless condiment, a mineral substance which the body will tolerate better than almost any other. So we may add a little to the food to give a little flavor; but train yourself to use less and less of it.

"8. Food combinations should be such as to give the proper proportion of the several elements,—proteins, carbohydrates, and fats. The important thing, however, is to masticate, to chew very thoroughly; for if we acquire the habit of fletcherizing, the natural appetite will decide the question of food combinations. The quantity should be adapted to the size of the person and to his daily activity. The amount of work a person does regulates the amount of food. A person who is idle requires only about two-thirds as much food as a man at work. A man engaged in very hard muscular work requires twice as much food as the average idle man. The quantity is very important, because if one eats more than he needs, the excess will all be converted into poisons.

"9. Food must be well relished to be well digested. That is a hint to the cooks. It is very important, especially in serving invalids, that the appetite should be coddled a little, that we should minister to the sense of taste and endeavor to please it. The most important of all ways of stimulating a stomach to increased activity is to have the food inviting, with a fine, distinct and agreeable flavor.

It is of the highest importance that the food should be so appetizing that it will call forth not only the activities of the stomach, but of the pancreas, the liver and all the other glands that are involved in the process of digestion. If we chew the food well, the sense of taste has time to determine what kind of food it is and sends notice down to the stomach, by a sort of telephone arrangement, that a certain kind of food is coming and the stomach should make the corresponding kind of gastric juice; and the stomach performs the duty.

"10. Cane-sugar should be eaten only in small quantity, and the less the better. If you would leave it out entirely, it would be a great deal better; for cane-sugar is not adapted to human beings. Fruit-sugar is the natural body sugar. When you eat fruits you obtain sugar ready to be absorbed at once; it does not have

to be digested at all. But when you eat cane-sugar, it has to be digested, and we have not the right kind of digestive apparatus to do it.

"11. A sedentary life should be avoided as far as possible, for it tends to produce an inactive state of the bowels. If you kept a horse shut up in a stable, it would get ill health very soon. A man or woman shut up in a stall, whether it be a counting-room or a parlor or a sitting room, suffers exactly the same kind of injury as the horse shut up in a stall. So if you must live the sedentary life because of your business, you must take care to counteract its ill effects. Eat foods that stimulate the appetite, that encourage good digestion. Fresh vegetables and sweet foods and sour foods are particularly good. A couple of apples or oranges before breakfast, or a couple of oranges just before you go to bed at night, may be necessary. Take a little exercise every day to help the intestinal activity along.

"12. Raw food ought to be taken every day. Man's natural diet is raw, or uncooked. There was no cookstove in the garden of Eden. The natural food of man is already cooked when produced by the plant, or upon the trees. Nuts and fruits especially are already cooked. Ripening in the sun is a cooking process; more than this, it is a digestive process, for not only is the food cooked, but the starch is actually digested, made into fruit-sugar. It is ready then to be immediately absorbed. That is the reason why a little fruit is so refreshing. When it is taken into the body, it is taken into the blood at once; it does not have to wait for any digestive process.

"13. Avoid complicated dishes and a great variety at a single meal.

"14. Eat at regular hours. Chronic constipation is often caused by irregular meals. In eating meals close together, you double up the meals in the stomach, and that does harm. The stomach is not prepared to pour out the necessary gastric juice, its glands are tired out and it can not make gastric juice at that time efficiently. You will have indigestion, perhaps sour stomach, and the foods will ferment and decay instead of digesting. On the other hand, the colon needs the stimulus that comes from the stomach, and it needs it regularly, rhythmically.

"15. The best plan is to eat twice a day. For professional people and other sedentary persons it is very important that they should adopt that plan. If your principal meals are at noon and at night, or if the principal meal of all is at night, with a lunch at noon and a light breakfast, then drop the breakfast entirely; better still, eat only a little fruit at night. A light breakfast, a good substantial meal for dinner, and a fruit luncheon at night is the best arrangement if you must conform to conventional usage. But the most ideal plan of all would be as follows: When you rise in the morning, eat a little fruit. About ten o'clock have your breakfast; then about four or five o'clock after you have finished your work, have a substantial meal for dinner.

After dinner get some recreation, some outdoor work if you are sedentary. Go outdoors and exercise; work in the garden, walk, ride a bicycle, or row. Then go to bed at nine or ten o'clock. I believe that order of life would be altogether the most wholesome.

"16. Avoid iced foods and drinks; they chill the stomach. Never take anything in the form of iced foods unless you have some disorder of the stomach which requires it. When you take cold food, the stomach can make no gastric juice at all, and several hours will elapse before the stomach will be warmed up sufficiently to do the work of digestion. The process of digestion is paralyzed completely, because digestion requires 100° of body temperature, and iced water is only 32°.

"17. Chew every morsel until reduced to liquid in the mouth, rejecting and returning to the plate any skins, seeds, and other tasteless woody residues. Thorough chewing develops appetite juice in the stomach and combats intestinal autointoxication, a most prolific cause of disease. When you are eating watermelon, for example, the pulp should go back upon your plate, for it is almost entirely indigestible.

"18. Dismiss work, worries, business cares and annoyances while eating, because worry will stop digestion. Professor Cannon of Harvard University, making experiments upon cats, proved that the digestive process ceases entirely under the influence of irritation.

"19. Live as much as possible in the open air. Sleep out of doors. One need not degenerate physically because his occupation is sedentary. He may take regular, systematic exercise and keep his muscles in good condition. Exer-

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cise is necessary, and deep breathing is especially important because it aids digestion. In walking always hold the chest high. If the abdominal muscles are weak, strengthen them by lying down on the back and raising the legs.

"20. Take a warm bath always at night before you go to bed. Take a short cold bath when you get up in the morning. You do not need to jump into a tubful of cold water. Bathe your face in cold water; wet a towel with cold water; rub it up and down the legs, across the chest, over the shoulders; then give yourself a good rub with a dry towel. If your hands and feet are cold after a bath, and you have no reaction, you should take some vigorous exercise to promote reaction.

"21. Sleep at least eight hours at night, one or two more, if you are neurasthenic, and an hour in the middle of the day if you are a bad one, and take a day off once every week or two. The surroundings at night should be quiet. If we have a great deal of noise when we are asleep, that noise will startle us even though we are asleep, and interfere with our slumber. The bed should be neither too hard nor too soft. Avoid feathers particularly. Avoid overheating by too much clothing.

"22. Make the weekly Sabbath a day of complete rest from work. That is hard for a professional man to do, but it is quite necessary. We need that one day off; we need it to think about the higher ideals and the nobler things, and for our bodies and brains to rest and have a change of thought. It is, moreover, a wholesome and a sanitary thing.

"23. The clothing should be light and porous so that the air can circulate through the clothing and come in contact with the body.

"24. Don't worry. Mr. Horace Fletcher has invented the word 'fearthought,' and it is a good word. Fearthought is not necessary; so do not cultivate it. We should keep our minds open to wholesome things, and cheer ourselves up. By simply talking good cheer, we can cheer ourselves up. If you feel melancholy, don't let anybody know it, but talk good cheer and you will get the benefit yourself.

"25. Exercise self-control and constraint in all things. Self control is one of the most important elements in a successful life. The neurasthenic lacks full control; he has only partial control. But he can cultivate control; and that is one necessary thing to do to aid the neurasthenic in getting well, and to impede the progress of disease.

"26. Take a vacation when you dream about your work. That means that some portion of your brain has become tired out, too full of blood, so that it remains active when you go to sleep. It is time to take a rest and let your brain recover.

"27. Discard tobacco, alcoholic beverages and other nerve fofoers. They make you think that you are better when you are not better; they make you believe you are comforted when you are not comforted. Avoid nostrums and patent medicines. They are all fofoers; none of them does what it is expected to do. The habitual use of any drug whatever is harmful."

HIS SOCIETY

THE west side woman observed an old darky in violent altercation with the driver of a cart. "What is the matter?" she asked.

"I done tell 'im he cayn't 'buse dat hawse," said uncle excitedly, "an' he say it none o' my business an' I done tell 'im I see a membeh ob de human bein' society."—*New York Press*.

"All diseases of a chronic character are caused by errors of life continuously repeated. The result may be noted on a certain day, but the factors entering into the cause extend back for years."

MEDICAL MISSIONARIES ADDRESS STUDENTS

(Continued from Page 1)

The speakers included Dr. Royal J. Dye of Bolenge, Congo, Africa, a young man whose reputation as a Christian worker of unusual zeal is wide-spread; the Rev. Joseph Clark, who has labored long in the Congo Free State and done much to arouse public opinion against the cruelties of King Leopold in that district; the Rev. Uchiro Sasamore of Nagasaki, Japan, a native Christian worker; the Rev. J. H. Martin, for the past ten years missionary in India; Dr. J. H. Kellogg, president of the college; Dr. George Dowkontt, for many years superintendent of a Training School for Medical Missionaries in New York, now associated with the A. M. M. C., and editor of the monthly *Medical Missionary*, and Pastor J. A. Brunson of the Sanitarium, who some years ago labored in Japan.

The Sanitarium is a rendezvous for missionaries from all over the world. Here they are privileged to come and rest and receive medical care at a greatly reduced rate—an opportunity which they welcome gladly. Nearly one hundred have visited the institution since last fall, and in the neighborhood of thirty are now residing here. Students are thus able to come in direct stimulating touch with active workers, gathering from them both information and sympathetic zeal.

The American Medical Missionary College is unique in that it receives as students only those who expect to devote their lives to work as medical missionaries. The work of the school is carried on in affiliation with all the great Foreign Mission Boards, with the International Medical Missionary Society, of New York, and the American Medical Missionary Board. Dr. Howard Kelly, of Baltimore, is chairman of the Advisory Board, of which Drs. Grenfell of Labrador, and Beebe of China, are also members.

The school affords the most favorable opportunities for experience in medical practice and missionary work throughout the entire course. It has excellent clinical advantages both in Battle Creek and in Chicago, and exceptional advantages for practical laboratory instruction. The course leading to the degree M. D. covers four years. The school is co-educational and undenominational. The requirements for admission are those of the Association of American Medical Colleges, and the medical curriculum meets the highest requirements of State medical boards. Students receive personal instruction and come in close touch with actual cases. The close connection of the school with the Battle Creek Sanitarium affords opportunity for applicants of limited means to earn a large part of their expenses in practical medical work. Any who are interested in knowing more in regard to the American Medical Missionary College may obtain a copy of the annual announcement and any further information desired, by addressing the Registrar, Dr. R. H. Harris.

OUR NATIONAL ATTITUDE

"THAT'S the Goddess of Liberty," explained the New Yorker. "Fine attitude, eh?" "Yes, and typically American," responded the western visitor. "Hanging to a strap."—*Washington Herald*.

PAT—"I hear your wife is sick, Moike." MIKE—"She is thot."

PAT—"Is it dangerous she is?"

MIKE—"Divil a bit. She's too weak to be dangerous any more!"—*Brooklyn Life*.

"Cheer up, man! God is still where he was."

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MINISTER WU A SANDITARIAN

Probably few people in this country have a proper appreciation of the real character of the distinguished statesman who represents the greatest nation in all history, China, in four countries: the United States, Mexico, Peru, and Cuba, Mr. Wu Ting Fang.

Minister Wu has always been a reformer. After a finished education in China, he studied law thirty years ago in London at Lincoln's Inn, the law college from which all the Lord Chancellors have come, and was graduated in the same class with present able Prime Minister of England, Mr. Asquith.

While in England, Minister Wu became a member of the English Anti-Opium Society, which has for a whole generation been laboring to undo the mischief done to China by the English Government in forcing opium upon the country. The agitation kept up by this society and by the missionaries, and the memorials sent by them to the Chinese government, have at last brought about a state of public opinion which renders possible the present effort of the government to suppress this awful vice. Minister Wu has never been a user of tobacco, and says that the odor of the weed is most offensive to him. "The smoke of a cigar makes me sick," he remarked to a gentleman with whom he was conversing recently.

A man with such progressive disposition and such wholesome instincts would naturally be expected to take an interest in matters pertaining to health and health culture. A few moments' conversation with him is quite sufficient to show that he is intimately acquainted with the best that has been written upon scientific health culture, especially in relation to dietetics. He knows, too, all the dietetic fads and food faddists and fancies and fakirs, from Sophie Leper to Hanish. He has studied them all and probably tested most of them. He does not, however, allow himself to be classified with any of them, but calls himself a "Sanditarian"—a word suggested by his amiable and cultured friend, Mrs. Senator Henderson of Washington, D. C., in her delightful book, "The Aristocracy of Health."

For four years, Minister Wu has been a strict follower of the natural or non-flesh dietary advocated by Mrs. Henderson and represented for more than forty years at the Battle Creek Sanitarium. Minister Wu has been a close student of Battle Creek ideas and has been a constant reader of *Good Health* and the Battle

Creek Sanitarium literature, and has to a large extent followed the Battle Creek Diet System during the last four years. His recent visit to the Sanitarium was for the avowed purpose of making himself better acquainted with the ideas and methods of the institution. While a guest for a week in the Sanitarium he was a most diligent student of the Battle Creek Sanitarium System. Although now in perfect health (which he attributes to his simple non-flesh dietary and total abstinence from tea, coffee, tobacco and alcohol in every form), he placed himself upon the patients' list and went through the elaborate series of examinations which is included in the "system," and studied with keenest appreciation the results of the various laboratory and other tests.

Minister Wu is a polished gentleman in the highest sense of the word, an accomplished scholar in western learning, a famous diplomat, and, with all the rest, one of the most genial and social and friendly of men. He won the hearts of the management, the patients and the nurses of the Sanitarium during his visit, and of the citizens of the town as well, with many of whom he became acquainted, as well as with the town itself, which he explored quite thoroughly.

Minister Wu expressed himself in leaving the Sanitarium as immensely pleased with his visit to the institution, and was very enthusiastic in his praise of the principles, the methods and the equipment of the institution. He is planning to supply his residence in Washington with a number of the appliances in use at the Sanitarium. Minister Wu is evidently in earnest in this determination to keep himself young, efficient and in the enjoyment of all his faculties as many years as possible. His hundreds of Sanitarium friends heartily wish that his ambition to live to see the close of the twentieth century may be gratified.

New Health University Correspondence Course

THE establishment of a series of health courses by correspondence has a practical significance not only for health seekers everywhere, but for every patient and guest who is able to enjoy the advantages of the Sanitarium. No matter how much benefit may be secured from a course of treatment at the Sanitarium, the benefit cannot be retained without continuing to live up steadily to the same high standards of hygienic living. To do this, however, after returning to the familiar conditions which offer the same temptations, is often extremely difficult. One of the purposes of these correspondence courses is to help the former patient by keeping him in active familiarity with Battle Creek ways of living while at home and thus reconstructing his home life so that the improvement already gained may be kept up. This is one of the essential principles of the Battle Creek Idea—the patient must not only be cured, but must be trained to stay cured. The patient's visit to the Sanitarium is often necessarily too short to give him a com-

plete equipment of knowledge and new habits that will make him continue to lead the healthful life. These extension courses of the Battle Creek University of Health, with the aid of the School of Health lectures given at the Sanitarium, ought to do for the patient the complete work of reconstruction which the Sanitarium aims at. It is earnestly hoped, therefore, that patients and guests, especially those whose stay at the Sanitarium is cut short, will realize the immense practical value of these courses for their future lives, and will register their names with the medical office as students in this department of the Health University.

In addition to helping themselves, Sanitarium visitors can be of great service to others in their own home community. It is very rarely indeed that a patient who has been benefited by the Sanitarium is not filled with an enthusiastic eagerness to urge his friends and acquaintances in a body to seek the Sanitarium as a relief for their ills. Too often, however, this method proves impracticable for the majority that receive his counsel. The University Extension work just organized offers a solution for the problem and an excellent outlet for the enthusiasm of Battle Creek converts. By helping to form the Health Clubs among their friends, they can extend the Sanitarium principles of hygienic living to a large and ever-widening circle. Few things are of more practical and vital beneficence than the enlightenment of numbers of people in happier and more efficient ways of living. The suggestions of any who wish to help in this way will be gladly welcomed by the club organizer, Mrs. Grace Guinan, care of the medical office, or by the receiving physician in the medical office.

A WORLD-WIDE STUDENTS' TEMPERANCE MOVEMENT

THE total abstinence movement among students in Europe has reached a stage of considerable importance. According to the latest reports (*International Monatschrift*, February, 1908) there are fourteen organizations, each with many local branches, representing 11 different countries, and a membership of over 12,000. Ten of the organizations publish journals, and the others circulate literature. In the United States, practical study of the alcohol question was taken up last year by students in 100 colleges and universities; in some cases the work was given credit as a college study. The intercollegiate prohibition movement is thoroughly organized in 17 States and 123 different colleges, universities, professional and normal schools. The temperance work of the National Association alone reached last year 46,000 college men and women.

"THE little cares that fretted me, I lost them yesterday
Among the fields above the sea, among the winds at play,
Among the lowing of the herds, the rustling of the trees,
Among the singing of the birds, the humming of the bees.
The foolish fears of what might happen, I cast them all away
Among the clover-scented grass, among the new-mown hay,
Among the husking of the corn where drowsy poppies nod,
Where ill thoughts die and good are born—
Out in the fields with God."

—Elizabeth Barrett Browning.

PERSONALS

Mrs. E. C. Hinman, Maple Street, is resting at the Sanitarium.

Mr. M. P. Cameron of Merillan, Wis., is among the week's arrivals.

Miss Pauline Wambaugh of Angola, Ind., is a patient at the Sanitarium.

Miss Lenora Booth of San Antonio, Tex., is a patient at the Sanitarium.

Dr. A. D. French of Shelton, Conn., is among the recently arrived patients.

Mr. James A. Graft, a publisher of Harrison, Ohio, is a new patient at the Sanitarium.

Mrs. J. A. VanEtten of Little Rock, Ark., is among the newly arrived southern guests.

Atty. C. L. Bromberg of Mobile, Ala., arrived at the Sanitarium as a patient this week.

Mr. John Wilson, a prominent banker of Reinbeck, Iowa, is a guest at the Sanitarium.

Mr. James Burnap paid a flying visit to his home in Montreal recently, returning Monday.

Mrs. T. T. McMillan of Tacoma, Wash., is among the western guests registered this week.

Mr. William Halloran paid a brief visit to Mrs. Halloran this week, returning home Sunday.

Dr. A. T. Millspaugh of Patterson, N. J., is paying a visit to Mrs. Millspaugh, who is a patient here.

Mr. James MacMurray of the Canadian Customs office, Windsor, Ont., is paying a visit at the Sanitarium.

Mr. George T. Kirkpatrick returned this week to his home in Kansas City for a short stay at the Sanitarium.

Mr. G. W. Fassett, of Erie Pa., a former patron of the institution arrived on Monday for rest and treatment.

Atty James McKeown of Joliet, Ill., arrived at the Sanitarium early in the week and will remain as a patient.

Mr. Louis Crow, accompanied by Mrs. Crow, returned to the Sanitarium this week. Their home is in Waco, Tex.

Col. G. B. Stevenson, after paying one of his frequent visits to the Sanitarium, returned to his home in South Bend, Sunday.

Dr. J. N. Jones of Washington, Ind., a former patient, has returned for further rest and treatment at the Sanitarium.

Mr. M. P. Sheldon of Chatham, Ont., has returned for a short stay at the Sanitarium and is being warmly greeted by old friends.

The Rev. G. H. Martin, for ten years a missionary in India, has arrived at the Sanitarium to undergo a surgical operation.

Mr. J. L. Dickinson of Charleston, W. Va., is paying a visit to the Sanitarium. Mr. Dickinson is a well-known banker of that vicinity.

Mr. Hal L. Magum of San Antonio, Tex., joined his mother and sisters here early in the week.

Mr. J. W. Jackson of Chesaning, Mich., who with Mrs. Jackson has frequently visited the Sanitarium, is among the new patients registered this week.

Mrs. S. Powers left Sunday for a ten days' visit at Kalamazoo. She will return to the Sanitarium for a short stay before going to her home in Kentucky.

Mr. E. C. Haak returned on Tuesday from Chicago, where he has been for the past week. He will remain a short time at the institution before starting West.

Mr. William Ward of Nashville, Tenn., paid a visit to his sister, Mrs. Sarah Ward Connelly who is a patient at the Sanitarium and expects to remain for several more weeks.

Dr. C. H. Tebault and Miss Corinne Tebault of New Orleans arrived at the Sanitarium early in the week for a short stay. Dr. Tebault is a prominent physician of New Orleans.

Mr. E. J. Paxton, a prominent newspaper man of Kentucky, who has been enjoying his vacation period at the Sanitarium, returned to his home in Paducah early in the week.

Mrs. Thomas Wright and Mrs. Thomas Wright, Jr., of Wilkesbarre, Pa., are being welcomed back by old friends at the Sanitarium this week. They spent some months here earlier in the season.

Judge J. M. Galbreath of Yale, Ia., returned to the Sanitarium this week and is being welcomed by old friends. The Judge spends a large part of each year here and is always a welcome figure.

Mrs. Perkins Baxter and little daughters left on Monday afternoon for their home in Nashville after a stay of several weeks here. Mrs. Baxter's mother, Mrs. Richardson, will remain for another month.

Dr. W. S. Mortensen paid a short visit to his brother, Dr. M. A. Mortensen, this week, en route to his home at Palms, Cal. He was accompanied by his friend, Dr. C. W. Thompson, also a former student at the A. M. M. C.

Mrs. W. Stanley of Conneaut, O., paid a brief visit to the Sanitarium early in the week. Several years ago Mr. Stanley, then mayor of Conneaut, was pronounced to be beyond hope of recovery by physicians. He was brought to Battle Creek and restored to health in a few months. Since then they have been warm advocates of the Battle Creek principles, eschewing flesh foods and taking but two meals a day.

Dr. George D. Dowkontt of New York arrived Tuesday to remain for the winter. Dr. Dowkontt will resume his connection with the A. M. M. College and continue his work as one of the editors of the monthly *Medical Missionary*. Mrs. Dowkontt will join him later. The family have been spending the summer at Mountain Rest, The Berkshires, Mass.

WHY?

Why will you go complaining that you never
May claim luck's aid in any enterprise,
Since bitterness imparts no strength whatever
And Fortune is not lured by tearful eyes?

Why will you let yourself appear dejected,
And why adopt the tone of hopelessness,
Since Fortune where she never is expected
So seldom deigns to venture or to bless?

Why will you mourn your state and why be
tearful,

Why weakly sit in Sorrow's blighting clutch,
When by the simple act of seeming cheerful
You might begin to-day to help so much."
—S. E. Kiser.

A QUIET MOMENT



The Sanitarium photographer was fortunate enough to get a snap-shot of Minister Wu Ting Fang one morning as he perused his morning paper out under the trees in front of the Sanitarium. Fresh air is one of the things this "Sanditarium" demands at all times. During his stay here he frequently remarked upon the fine embracing air which Sanitarium patients and citizens of Battle Creek enjoy, and embraced every opportunity, when not engrossed in the investigation of the treatments and appliances of the institution, to see the out of doors. When dining Minister Wu sat next to a large window—always wide open. Frequently the breeze would blow his gray hair about his face like an aureole, but he only smiled the broader, and remarked, "This is splendid."

Annual Freshman Reception

A RECEPTION to freshman students of the American Medical Missionary College will be given at West Hall parlor Thursday evening by the sophomores. Mrs. G. C. Snow will welcome the new students, and there will be other speeches by members of the faculty, resident alumni and a representative of the junior class. A pleasing musical program has been arranged.

BUFFALO, N. Y., and Return, - \$9.00
CLEVELAND, Ohio, and Return, \$6.75

via Grand Trunk Railway System
Thursday, September 24th, 1908

Tickets sold for all trains of above date. Return limit 30 days. Full particulars gladly given.

L. J. BUSH, Passenger Agent.

CHANGES DURING SLEEP

(Continued from Page 1)

pinching the skin gives no pain. Applications of heat or cold to the skin are not recognized. The individual who is asleep does not see light nor hear sound and the functions of taste and smell are lost; in short, all of the sensations both common and special are lost during sound sleep. Of course, when stimulation becomes sufficiently intense in degree, the sleeper may be awakened and consciousness may appear again. The functions of the mind are also in abeyance: consciousness is lost; the will is inactive. During sleep no voluntary nerve impulses travel from the brain to the muscles or any other organs of the body. As sleep sets in, the power to perform voluntary movements is lost first, and the power to recognize sound impressions, such as the voice of an individual or sound of any kind, is lost last. As one awakens, the reverse occurs, the individual being able to recognize sound before he is able to make a voluntary muscular movement.

"It is interesting to note in this connection that the functions of the body, particularly of the nervous system, that are lost or greatly reduced, are located in the cortex of the cerebrum. We have just called attention to the fact that all of the special sensations, such as sight, hearing, taste, smell, etc., are lost during sleep; also the common sensations of feeling, touch, pain, temperature, etc. These different functions, as well as the mental faculties, are located in the cortex or the outer covering of the cerebrum or large brain; so we conclude that when one is asleep it is this part of the brain particularly that is asleep. In fact, there are many things that indicate that this part of the brain goes to sleep first before other parts of the brain or other parts of the nervous system.

"*Changes in the Muscular System during Sleep.*—There is no voluntary movement of any muscles of the body. There are certain conditions, like dreamy states and somnambulism, when in a sense voluntary muscular movements occur, but in this condition certain parts of the brain are probably active and are not in a strict sense asleep. For the most part, at least, all voluntary muscular movements are abolished during sleep. Certain involuntary muscles, like those of the heart and the stomach and intestines, continue to contract and act while one is still asleep. These muscular contractions are undoubtedly kept up, to a large extent at least, by reflex nervous activity. That is, impressions are received from different parts of the body and carried to certain nerve centers in the brain and spinal cord, and these impulses are reflected back to the heart and muscles, to the stomach and intestines, and in this way they maintain their activity while one is asleep.

"*The Reflexes.*—By reflex is meant the functional activity of some organ, like a muscle or a gland, which is the result of some stimulation acting upon some of the sensory or afferent nerves. One of the most common of these reflexes is the so-called 'knee-jerk.' There has been much discussion among physiologists whether this so-called knee jerk is a true reflex. For our purpose in this connection we may consider it as a true reflex. This knee jerk is manifested in an individual when he crosses one leg over the other, and if the tendon below the patella or knee cap is struck a sharp blow, the leg is suddenly raised forward. There are many other reflexes in the body, the results of impressions made upon the skin, the eye, the ear; in fact, any sensory impressions made upon the body anywhere may call forth a reflex. Our very life depends to quite an extent on these so-called reflexes, actions which are the results of stimulation of the sensory

nerves from the outside world. It has been proved by experiments that this reflex called the knee jerk, and, in fact, all of the other reflexes of the body which arise from stimulating the skin, or the sense organs, are diminished or abolished during sleep. Very often as one is passing from a waking state into sleep some of the reflexes may be increased, the reason for this being probably that the brain goes to sleep before the centers in the spinal cord, and as the brain goes to sleep the inhibitory influence of the brain is removed from the spinal cord and so the spinal cord is free to act without any check from the higher centers in the brain; consequently, as one goes to sleep, the knee jerk and some of the other reflexes may be at first increased, but later during sound sleep, when the spinal centers have themselves gone to sleep, the knee jerk and other reflexes are greatly reduced or lost. This reduction or loss of the reflexes is another important change in the function of the nervous system during sleep.

"*Changes in the Function of Respiration.*—During sleep there are important changes in the function of respiration. The individual when asleep breathes more with the upper part of the chest than with the lower. So-called costal respiration is more prominent, while the diaphragm moves very little during sleep. The respiratory movements are also slower and deeper. There is not infrequently a tendency to a rhythmical movement in respiration; that is, there is a period during which the individual may breathe slow and deep, and this may be gradually changed into a more rapid breathing, and following this there may be even a short pause, to be again followed in turn by slower respiratory movements. These rhythmic periods in the respiratory movements during sleep approach what is known as the Cheyne-Stokes respiration. Cheyne-Stokes respiration is a form of respiration which is often seen in diseased conditions. The expiration is not infrequently shorter and more audible than in respiration when one is awake.

"More oxygen is absorbed into the blood and stored up in the tissues when one is asleep than when he is awake. This oxygen is stored up in the tissues for the purpose of being used during the active waking hours. The amount of carbonic acid gas given off during sleep is less than when one is awake. This gas is eliminated through the lungs and is formed by the oxidation of the food and tissues of the body. The more active one is, the greater is the production and excretion of this carbonic acid gas; and the less active, the less is the formation and the excretion of this gas. Consequently during sleep it is very much less than when one is awake.

(To be Continued Next Week)

BEEF TEA

Beef tea is objectionable. First because it is not food; and second, because it is poison. A very eminent physician said not long ago that beef tea is a veritable solution of poisons. There is scarcely anything else in beef tea but poison. An ounce of beef tea has only three calories of food in it. An ounce of milk has twenty-one calories. Two tablespoonfuls of milk have seven times as much food value as the same quantity of beef tea. There is as much nourishment in a tablespoonful of milk as there is in seven times as much, or three ounces and a half of beef tea. Besides the little nourishment that beef tea contains, it contains a large amount of poison, and the poison contained in the beef tea is exactly the same as that found in the urine. The analysis of beef tea is practically identical with that of urine. One should have nothing to do with beef tea because it is worthless and harmful stuff.

MAN A PRAYING BEING

Pastor Brunson Preaches on the Need
and Comfort of Prayer before
Large Congregation

GOD'S LOVE FOR SMALL THINGS

"Man is by nature a praying being. If you don't pray, you are not fulfilling your natural functions," declared Pastor Brunson in his Sabbath morning chapel address, before a large congregation of Sanitarium guests and helpers.

The speaker's aim throughout his discourse was to prove to his hearers that God is a living, intelligent force, maintaining a loving care over his children, as opposed to the ancient pantheistic and Deistic theories, which regard God as a transcendent being, not acting in pursuance of any fixed purpose nor intervening with any of the fixed laws of the universe.

"Your fundamental conception of God shapes all the ways of your life," said he. "There are few of us who do not believe in God—in some superintending power. Of all the pictures drawn of God there is none to equal that of Jesus Christ, who was with the God—is God. He tells us plainly that God is at work to-day. 'My father worketh even until now, and I work.' Christ believed in the activity of God; in his eminence. It is a beautiful thought, this that God takes knowledge of our needs, our fears, our hopes and our perplexities. To one who believes that it is an easy thing to take Him all our trivial griefs and cares. There are some who believe that we should not bring to God the little cares—that he will not listen nor lighten the load. We have but to look into science to find the argument well sustained that he is a God who has given attention to little things. The microscope has opened up to us a world of little things. The scientists tell us that each particle of dust that falls from the wing of a moth is a tiny feather as perfect and as beautiful as an ostrich feather, and that the eye of a butterfly has 34,000 complete lenses; surely we must conclude, after being surrounded by such indubitable evidence, that the God we serve is a God who is not above what we consider small things.

"It is the small perplexities that fret out one's very being—the moths that eat the very fringe of life. The God who takes knowledge of every sparrow and numbers the hairs of our heads wants you to lean hard upon him." The speaker closed by citing many proofs of the practical help given to souls distressed by calling on the infinite love and mercy, prefacing his illustrative with a remark that "theoretical religion is not worth ten cents a thousand. What you want is to be able to say with the psalmist: 'God is my very present help in time of trouble.' We must realize the presence of our Father; then our religion will not be formal, perfunctory, but a stimulant, a powerful help and comfort."

MY PRAYER

If there be some weaker one,
Give me strength to help him on;
If a blinder soul there be,
Let me guide him nearer Thee.
Make my mortal dreams come true
With the work I fain would do;
Clothe with life the weak intent.
Let me be the thing I meant;
Let me find in my employ
Peace that dearer is than joy;
Out of self to love be led,
Until all things sweet and good
Seem my nature's habitude."

—Selected.

QUESTION BOX DEPARTMENT

Q. What will promote assimilation of food taken into the stomach?

A. Nothing but good digestion, and an actual requirement for food on the part of the tissues. The tissues must be hungry. The Bible says that he who will not work shall not eat; and the laws of Nature say that he who will not work can not digest. Work gives power for digestion. It makes such changes in the body that it gives digestive power; hence work is one of the requirements for good assimilation. Cold water is another; sleeping out-of-doors, another. Staying out-of-doors night and day is one of the very best remedies I know of for a lack of power to absorb and assimilate.

Q. What about two meals per day for one whose occupation is sedentary, and whose motility is fifty? Would nine and four be good hours for the two meals?

A. Yes, two meals a day is a good plan for a sedentary man. In fact, I think a meal and a half is a good plan.

Q. I have lived for years on a vegetarian diet. I have never smoked, or drunk intoxicants. Would simple catarrh in the colon or bowels cause continuous pain in those parts?

A. Yes. A person may have autointoxication who has been a vegetarian for years, provided he has used animal protein. The germs may find enough protein in milk or eggs to perpetuate their growth; so the autointoxication may go on. Even on a strictly vegetarian diet, it may require some time to get rid of it.

Q. Should one take the shower bath before or after the sunbath?

A. If you perspire during the sunbath, you had better take the shower bath afterward, but it is no harm to take it before if you like. Take it two or three times if you like in the course of your stay in the outdoor gymnasium.

Q. Can a person have tapeworm and other worms in the intestines and be in good health?

A. Such a person might be in apparent good health, but not in actually perfect health, because these worms will not grow in conditions of sound health. It requires a condition of indigestion to encourage their development.

Q. Why do you cut out buttermilk from the Sanitarium menu?

A. Because we can not get it twice alike, and it is full of barnyard germs. Yogurt has all the good properties of buttermilk and is sterile except for the friendly germs. It is in every way better. The bacteria or germs found in buttermilk are feeble germs, not able to accomplish as much as the Bulgarian germs which are found in yogurt.

Q. Outline diet and treatment for hyperacidity.

A. Eat a considerable amount of fat; chew the food thoroughly, and take dextrinized cereals.

Q. Is corned-beef the least harmful of all meats?

A. It is perfectly harmless as long as it stays in the barrel. It won't do anybody any harm there, but it is a bad thing to go into your stomach. It makes autointoxication and other things, and is difficult to digest.

Q. Please state what a young man should eat who has liver trouble; also the treatments he should have.

A. A man with liver trouble should eat good Sanitarium food and plenty of fruit. He should take care to keep the bowels moving properly, he should not eat too much fat, animal fats and animal food. Eggs, meats, and animal fats should be avoided as much as possible,—meats entirely, and animal fats taken

sparingly. "Biliousness," so-called, or liver trouble, is not in the liver at all; the whole trouble is in the stomach and bowels, and chiefly in the colon.

Q. What are the symptoms of catarrh of the stomach?

A. One symptom is heaviness of the stomach; another is pain of the stomach; another symptom is vomiting, rejection of food; and in washing out the stomach there is likely to be found a large quantity of whitish mucus.

Q. Will the use of hydrochloric acid create free acid in the stomach, or is it only temporary relief?

A. It does not create free acid. It sometimes helps, perhaps, to encourage the stomach to make free acid by starting the process of digestion when there is a sufficient amount of pepsin present; so it is sometimes beneficial. But it is of little value, and is very little used by the most experienced gastric specialists at the present time.

Q. Is it not advisable for one with no free hydrochloric acid in the stomach, to drink water freely during meals? If not, why not?

A. No, such a person should avoid drinking at meals, because he would overload the stomach. A stomach that makes no gastric juice is a slow stomach; it is a worn out, tired out stomach, and it does not admit of being too heavily loaded.

Q. What is the cause of shingles?

A. Shingles is a germ disease. It is an infection which follows along the course of a nerve. It is rather a curious disease, and not very much is known about it.

Q. Is it well to drink cream and lemonade at the same time.

A. It is not well to drink cream at all. It is food, and ought to be eaten. It is best to eat it along with other food, because there is so much fat in it, it is likely to stay in the stomach too long and not be digested very well. So far as the lemonade is concerned, there is no harm in taking fruit acids of any sort along with the cream.

Q. Is it well to try to force a healthy child to eat when not hungry?

A. Certainly not. You should not make the child eat when he is not hungry; and you yourself should not eat when not hungry. When one is not hungry, he is not in a condition to appropriate food; his stomach is not making any gastric juice; he could not digest food if he did eat it. "But," you say, "I would not eat in a month." If that is the case, there is something wrong. I should recommend you to go a day or two without food, then take a little. See if you can not create an appetite by taking a little food. After one has reached the point where he really needs food, even if he is not hungry, if he takes a little food, it will create gastric juice in the stomach which serves as igniting juice, and so an appetite will come.

Q. What is good for too much gastric juice in the stomach?

A. Drink a little hot water.

Q. What is good for a distressed feeling after eating, in a case of dilated stomach?

A. Do not eat so much. Take after-dinner exercises. Lie down; keep still, take deep breathing exercises.

Q. If a person suffers with fermentation, dyspepsia, and angioneurotic edema, should he drink much water?

A. He should not drink very much water at meals, but ought to drink plenty of water at other times, because this angioneurotic edema is due to intestinal autointoxication; it is the absorption of poisons. That was found out by Professor Dujardin-Beaumetz, of Paris, some sixteen years ago, and in a book published by him it was made known that this form of urticaria or nettle rash, as well as all other forms of nettle rash, are due to poisons introduced into the alimentary canal.

Q. If one has indigestion, how can he ascertain whether there is sufficient or insufficient hydrochloric acid in the stomach?

A. By taking a test meal. That is the only way.

Q. Kindly give the cure for salivation following grip.

A. Doubtless it is a sore mouth in this case; very probably it is an irritable mouth that causes the gums to keep up this flow of saliva. I would recommend a call on a dentist.

ARRIVALS

THE list of arrivals for the week ending September 14 is as follows: William Mangle, Pa.; J. H. Rosenkrans, Colo.; Mrs. B. D. Grief; Miss Leonora Booth, Texas; U. Minto and wife, Mich.; John A. Weinman and wife, Pa.; J. T. Barrett, N. Y.; John B. Jokes and wife, Pa.; C. Coghlan, Pa.; A. E. Robertson, Texas; W. A. Jenkins and wife, Mich.; Miss Anna Lawson, Mich.; Miss Agnes C. Anderson, Mich.; M. C. Cannon, Wis.; George Dieman, Ohio; C. W. Johnson, Wis.; W. B. Skirvin and son, Okla.; Jos. Laemmle, Ill.; F. P. Miller, Kans.; Washington Gardner, Mich.; J. McNinny and wife, Ont.; Mrs. F. D. Ewing, Ohio; Irwin H. Peck, Mass.; Nellie M. Madden, Ill.; John Wilson, wife and daughter, Iowa; W. H. June, Ohio; D. O. Scott, Mass.; F. H. Jennings, Pa.; May Keller, N. Y.; John G. Diminsan, W. Va.; C. L. Wambaugh, Ind.; Fred Hafner, Ohio; D. B. Schaeffer, Ind.; Alice D. Gray, Ill.; Mrs. E. C. Hinman, city; William A. Gilman, N. Y.; B. S. Johnson, Ohio; George C. Johnson, Ohio; Mrs. George C. Johnson, Ohio; Agnes L. Orbison, Pa.; J. A. Orbison, Pa.; Hal. L. Mangum; C. W. Spetley, Ill.; Dr. Royal Dye and family, Africa; H. A. Perry, Ill.; J. A. Henning and son; W. G. Taylor, Conn.; Dr. A. D. French, Conn.; W. B. Shober, W. Va.; James A. McKeown, Ill.; Mrs. Isabel I. Bateman, Ind.; Frank Browning, Ohio; Mrs. Richard Cackley, Ill.; F. J. Price; George W. Michem, city; E. H. Kiser, Ohio; A. Marx; C. H. Febault, M. D.; Miss C. Febault, La.; John H. Moore, Ky.; Mrs. W. L. Howard, Honolulu, H. I.; J. N. Jones, Ind.; B. O. Wyler, Texas; J. H. Martin, Ohio; E. Elizabeth Colby, Ill.; Marguerite Srikvin, Okla.; Mrs. J. W. Anderson; Dr. T. Millsbaugh, N. J.; Mrs. R. W. Thompson, Miss.; C. G. Wilson, Tenn.; C. A. Westerfield, Ind.; G. T. Belden, N. Y.; Sherman M. Booth, Ill.; J. H. Brand, Ill.; Mrs. Nettie Brown, Ala.; Mrs. Thomas Wright, Thomas Wright, Jr., Pa.; William H. Frease and wife, Ohio; W. S. Mortensen, M. D., Cal.; J. W. Galvin, Mich.; W. W. Henry and wife, Ohio; Mr. and Mrs. James H. Grabe and son, Ohio; J. M. Galbreath, Iowa; Charles L. Bromberg, Ala.; E. E. Stacy, Ind.; John C. Hemmeter, Mich.; Mrs. Samuel Post, Jr.; J. B. Askew; Edward A. Royer, Mo.; Mrs. William Reed, Ala.; Mrs. Mira K. Southgate, Ala.; Mrs. C. L. Wilcox and daughter, Marguerite, Mont.; W. W. McBride, Ill.; Mrs. T. F. McMillan, Wash.; William H. Warren, Jr., Ill.; Mr. and Mrs. N. W. Speers, Tenn.; Carl Weeks, Iowa; Mrs. J. A. Van Etten, Ark.; Ella F. McMurray, Ont.; Mrs. W. A. Jones, Ohio; W. M. Hill, Ill.; Mrs. E. L. Richardson, Ill.; G. W. Ballengea, Ill.; Sam Bailock, Ohio; Bertha Anderson, Ill.; Mrs. W. E. Black, city; C. A. Keefe and wife, Texas; Louis Crow and wife, Texas; Dr. L. D. Fligman, Mont.; J. W. Burnap, Montreal; Miss B. Hanley, La.; Miss Patricia Hunt, Ill.; Miss Anna C. Brady, Mo.; E. E. Morgan, Ill.; John Tripp, Jr., Mich.; U. S. Bristol, Ohio; J. W. Jackson, Mich.; G. W. Fawcett, Pa.; D. G. Colwell, Mich.; Mrs. E. Darling, Mich.; Isaac N. Phillips, Ill.; Mr. and Mrs. Charles T. Wooding, Cal.; R. A. Welsh, Mich.; Mrs. W. F. Stanley, Ohio; Mrs. W. C. Olds, Ohio; Mr. and Mrs. J. B. Rieg, Mich.; Anna Baldwin, Mo.; Mrs. A. Ten Eck Lansing, N. Y.; W. B. Lougert, Ky.; Mrs. W. H. Hines, Mo.; J. H. Collins, Mich.; Mrs. G. W. Perkins, Mich.; F. J. Price, city; A. P. Villack, Md.; A. C. Blount, Jr., Fla.; Harold C. Bolen, Ill.; E. C. Simmons, Mo.; Miss H. S. Glenn, Mo.; N. A. Bishop and wife, Ill.; Mrs. M. R. Thayer, Md.; A. W. Newberry, Pa.

News Notes

Miss Mary Herring of Aberdeen, S. Dak., at one time residence nurse at the Sanitarium, visited friends here the present week.

Miss Anna Larson, a graduate nurse, paid a visit to old friends at the institution this week. She is now living in Detroit.

Miss Olga Gudmundson of the Nurses' department has been called home by the illness of her father. She expects to return to the Sanitarium on his recovery.

Dr. Carolyn Geisel spent a portion of the week in Dayton, Ohio, meeting with some newly formed Battle Creek health clubs. She returned the latter part of the week.

Mrs. Nina Haysman-Atterbury, a nurse formerly connected with the Sanitarium, paid a visit to her cousin, Mrs. Foy, this week, en route to her home in Memphis, Tenn.

A missionary social in honor of visiting missionaries will be held next Tuesday evening at the residence of Dr. J. H. Kellogg. A program of music and addresses will be given for entertainment of the guests.

Miss Carrie Zahn, medical matron, was given a birthday surprise by twenty-five friends and fellow-workers of the Sanitarium, Monday evening at Snow Cottage. An informal program including music was enjoyed. The visitors left a handsome chocolate set as a reminder of the event.

Friends of Mr. and Mrs. J. C. Williamson tendered them a reception Monday evening at the home of Miss Edna Robinson, 143 Champion Street. The occasion celebrated their return from a brief honeymoon. Fellow medical students presented the couple with a set of flat silver, and the correspondence department associates of Mrs. Williamson gave a handsome chafing dish.

While in Toronto recently, a member of the Sanitarium family, met the Hon. E. R. Wood, director of the Canada Loan and Savings Association, who has visited the Sanitarium with his wife and family and owes his restored health to treatments received here. During the course of their conversation Mr. Wood took occasion to pay a compliment to the BATTLE CREEK IDEA. He said: "I read the IDEA with a great deal of interest and pleasure. It keeps me more closely in touch with the principles and the daily life of the institution than I should have thought possible at a distance. It bears a vital message."

MUCH of our lives is spent in marring our own influence and turning others' belief in us into a widely concluding unbelief, which they call knowledge of the world; while it is really disappointment in you or me.—George Eliot.

Sanitarium W. C. T. U. Meets

An interesting meeting of the Sanitarium W. C. T. U. was held Sunday afternoon in the main parlor, vice-president Dr. Annie Williams presiding. At the business meeting preceding the regular program it was decided that an invitation from the Sanitarium union should be sent urging that the State W. C. T. U. convention be held in Battle Creek next June. The invitation will follow one already issued by the Battle Creek Business Men's Association. A motion was also carried to draw upon the treasurer for clothing for an unprovided infant. The paper of the afternoon on "Industrial Training in the Home" was read by Mrs. Nellie L. Gage, who drew from her personal experience many helpful lessons in the training of children, urging that they be allowed from the earliest childhood to imitate the mother in her various household tasks. "The desire of the child to help," said the speaker, "should be encouraged in every department of the household. Some mothers say it is more trouble to teach a child to do the work than to do it themselves, but that is a very short-sighted policy, and one which can only work harm in the child. It is true it takes time and patience to train the little hands in the unaccustomed tasks, but you will have the encouraging thought that you are laying the foundation-stone in the edifice of the child's character. Children come to feel an honest pride in what they do, and being trusted to do it. There is wrought into their character respect for honest work, one of the safeguards for their maturity." An interesting discussion followed the paper, led by Dr. Geisel.

THE WORRIED SKIPPER

"I HATE to think of dying," says the skipper to the mate,
"Starvation, shipwrecks, heart disease, I loathes to contemplate.
I hates to think of vanities and all the crimes they lead to;"
Then say the mate, with looks sedate, "Ye doesn't really need to."

"Suppose that this here vessel," says the skipper, with a groan,
"Should lose her bearin's, run away and bump into a stone?
Suppose she'd shiver and go down, when save ourselves we couldn't?"
The mate replies, "Oh, blow my eyes, suppose again she shouldn't!"

"I read in them statistic books," the nervous skipper cries,
"That every minute, by the clock, some feller ups and dies.
I wonder what disease they gets that kills in such a hurry!"
The mate he winks and says, "I thinks they mostly dies of worry."

—Selected.

"In every work begin and end with God."

"When either side grows warm in argument the wisest gives over first."

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.



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Intestinal Autointoxication, or "Self-Poisoning."

YOGURT germs cure this condition by attacking and driving from the system the disease-producing germs bred in the intestinal tract by the putrefying processes which are usually caused by improper diet or wrong living habits. Thus the YOGURT germs act as defenders of the body's natural fortifications and by driving out the invaders make possible a natural, healthy development of the tissues.

Intestinal Autointoxication is responsible for many diseases. Among those frequently caused by the conditions are chronic rheumatism, Bright's disease, eczema and other skin maladies, appendicitis, gall-stones, rheumatic gout, dropsy, biliousness, neurasthenia, sick headache, emaciation, pernicious anemia, intestinal catarrh, nausea and vomiting, rickets, neuralgia, etc.

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THE BATTLE CREEK IDEA

VOL. 1, No. 40.

BATTLE CREEK, MICH., SEPTEMBER 24, 1908.

PRICE, 2 CENTS.

GYMNASTIC TRAINING FOR MEDICAL STUDENTS

American Medical Missionaries to go
Forth as Medical Gymnasts
in the Foreign Field

FOUR YEARS' COURSE BEGUN

The inauguration of a course of gymnastic training for students of the American Medical Missionary College marks an important step in the broad system of training required of those who enter. In former years the gymnastic work has been optional with the students, and because of this fact was frequently not adopted in the stress of didactic and laboratory work, although the Sanitarium gymnasium and apparatus was ever at their disposal.

For some time the faculty has felt that the sedentary life of the medical student should be offset by systematic gymnastic training, and the introduction of the work into the curriculum this year is the result of a firm conviction, proved by several years of experience, that unless the work was made obligatory students would not take the time for it.

It is a well-known fact that muscular exercise judiciously applied will cure many of the ills from which people suffer. Scientific physical training is the best cure for faulty digestion, sluggish liver, kidney, or stomach troubles, while nervous troubles, such as insomnia, debility, melancholia, hysteria, paralysis, etc., are all responsive in a high degree to such exercises. Therefore the introduction of this branch of the work is regarded as necessary to the rounding out of the medical student's training.

Accordingly a half hour each morning, from 10 to 10:30, will be devoted to this work under the efficient direction of Physical Director A. R. T. Winjum. The course will be systematically arranged and cover the entire four years of college life, the object being to graduate, at the end of the four years, a body of medical gymnasts—men and women of splendid physical equipment, themselves capable of imparting their knowledge of the science.

Monday morning students were given their first lesson. They lined up on the college campus under the wide-spreading oak trees, taking some of the simpler movements as an introductory lesson. Following the class work, Dr. Kellogg made a brief address to the students, dwelling upon the importance of physical training to health and its great necessity for students pledged, as they were, to work in the foreign field. He cited the recent experience of Dr. Wilfred Grenfell, who was caught on an ice floe off the coast of Labrador, and after long hours of exposure was finally rescued, practically unharmed. Because of his splendid physical condition and his knowledge as to how to best protect himself from the cold, he was saved from suffering and possible death; and throughout his experience in that bleak field which he has chosen for his work his vigorous constitution has made possible the great work which he is carrying on. The doctor impressed upon his hearers the importance of diet, sleep and exercise in relation to both health and good work, dwelling with

(Continued on Page 5)

Danger Lurks in Flesh Foods

Dr. Kellogg in Sanitarium Lecture Tells
of Evil Results of Meat
Eating

THE WAYS OF NATURE BEST

"There are two kinds of foods,—toxic and non-toxic. Toxic foods are those that contain poisons and are converted into poisons after they are introduced into the body, where they encourage the growth of poison-forming germs. There are three properties of poison or toxic foods. They contain poison, the poison which all flesh foods contain,—uric acid—that great poisoner of the human race, a more terrible poison than almost any other that is known because it is so universal in its action. It is the poison of all living cells. A cell when it works produces uric acid just as fire when it burns produces smoke and cinders. Uric acid is a cinder; it is smoke. Smoke is carried off in the body through the lungs, as carbonic acid gas. It is the cinders that clog the grates and



VIEW OF SANITARIUM DRIVEWAY IN SUMMER

put out the fire. Smoke escapes, but the cinders remain behind. That is what uric acid is—imperfectly consumed flesh-food material. And this uric acid is found in all flesh, in every kind of flesh. There are fourteen grains or a quarter of a teaspoonful of uric acid in every pound of beefsteak. There is practically the same amount in chicken and in fish and in all other kinds of flesh foods,—mutton chops, pork chops, etc. In sweetbreads the quantity is enormous, seventy grains, or five times as much. Seventy grains—more than a teaspoonful of uric acid found in every pound of sweetbreads, yet some of you are very fond of sweetbreads. I asked a man if he could eat a pound of sweetbreads at a meal. He replied, 'Oh, a pound does not

(Continued on Page 2)

CHANGES PRODUCED IN THE BODY BY SLEEP

Dr. Riley Continues His Discussion of the
Causes and Effects of Sleep
and Insomnia

FUNCTIONAL CHANGES OCCUR

"Changes in the Heart and the Circulation during Sleep.—The heart beats slower and with less force when one is asleep than when he is awake. It has been shown by Farchanoff that in young dogs the blood pressure in the main artery as it leaves the heart in the aorta is very much less than when the animal is awake, the difference being equal to twenty to fifty millimeters of mercury. The same fact has been demonstrated in man by the use of an instrument known as the sphygmomanometer.

"Mosso, by making use of patients who had a trephine hole in the skull, also showed that the volume of the brain diminished very much during sleep while the volume of the legs and arms increased. Further, by the use of the platysmograph it has been shown that as one

is passing from a waking stage into sleep the volume of the arm or leg is greatly increased, and that during sleep the volume is maintained for a considerable length of time, and just before one awakes, the volume of the arm and leg is slightly diminished. This is due to a recession of blood from the brain into the extremities during sleep. It also seems to be a kind provision on the part of nature to protect the most distant parts of our bodies from exposure to cold while we are sleeping. The principal changes, then, in the circulation during sleep may be briefly stated as follows:—

"Slowing of the rate of the beats and lessening of the force of the heart.

(Continued on Page 5)

UNIVERSITY OF MICHIGAN

DANGERS IN FLESH FOODS

(Continued from Page 1)

go anywhere at all. When you cook it, it shrivels up to almost nothing.' But you would eat a pound at a single meal and think it a very dainty morsel. This uric acid is known to be productive of neuralgias, neurasthenias, and a great variety of disorders in the human body.

'There are sometimes other poisons in meat resulting from putrefaction. If the butcher should offer you some flesh killed the same morning, you would not want it; it would be so tough you could hardly eat it. The butcher knows you do not want it fresh; so he hangs it up in some back room, lets it decay a little while, and when it becomes a little mouldy on the outside, he skins off the mould, brings it in and serves it out to you with a *haut gout*, as the French call it, a high flavor. Sometimes it gets so high that the turkey-buzzards smell it from afar; and sometimes even the sanitary inspector comes around and orders it buried—but it should have been buried long before. These antiquated corpses hanging around in butcher shops are fit only for a cemetery, the potter's field, or for fertilizer. I am certain it is only by slow degrees that the human family has ever acquired this taste for rotten flesh, this turkey-buzzard appetite.

'Meat always contains more or less of these putrefactive poisons. We know because we have examined it and found out. If any of you doubt it, go to any butcher shop you please in this town or any other town, and buy a piece of the very choicest and nicest steak you can find, the freshest you can find in the market. Then take it over to our laboratory and Dr. Nelson will examine it and show you the bacteria in it, swarming at the rate of three million to three hundred million to the gram. In a mass of meat as large as a teaspoonful of water, there will be found ten or twelve or fifteen millions of germs. A single small morsel as large as you would put upon your fork to chew at one time contains this number of germs—putrefactive germs of the worst kind, germs that cause decay and rotteness. Meat becomes tainted even when kept in a cold place, because it is swarming with these putrefactive bacteria. And when the meat enters the stomach and intestines the germs grow and develop there with astonishing rapidity. One stomach that we examined recently contained fifteen million germs in every teaspoonful of gastric juice.

'Cooking simply makes the germs livelier, so that they grow faster on the inside, unless the meat is cooked very hard at a very high temperature. The ordinary boiling temperature will only kill some of these germs. In one curious case in which we compared some fresh beefsteak with a cut broiled rare for the table, we found that the fresh beefsteak had a certain number of germs in it, and the beefsteak broiled rare—it was still red inside, but cooked on the outside,—had more germs on the inside of it than the other uncooked steak had. The heat was just sufficient to stimulate the growth of the germs, and they grew very rapidly; but the meat was withdrawn from the fire and kept warm for a time.

'We have examined meats in various ways. Our Dr. Nelson here was acquainted with some of the chefs of the hotels here in the city, and he had these chefs give him some roast beef and steaks just as they were ready to go on the table, and Dr. Nelson examined them. We had meat collected in the markets, cooked in our own cooking-school, and we found germs every time. A bit of sausage had 1,500,000,000 germs in a teaspoonful of it,—in a quantity that weighed as much as a teaspoonful of water. Codfish is simply alive with germs. Mackerel and all kinds of salt fish,—herring, salmon, etc., are simply swarming with germs. Canned

meats have no germs at all in them if they are kept properly. They are sterile, because the process of canning destroys all the germs, but the ordinary process of cooking does not. For instance, you know what would happen if you should take beefsteak and put it into a fruit jar, then boil it as long as you would boil it for a stew—you know it would not keep. You can keep fruit that way, but you can not keep beefsteak. You could not can meats as you can fruits, because they would not keep. Boiling does not kill the germs. Boiling gives a temperature only of 212°, while it takes 240° to kill these virulent germs found in meat, which develop and grow and produce poisons. After meat is taken into the intestine, it goes on producing poisons there, and encourages the growth of these poisonous substances in the body.

'I could present to you a fearful array of the diseases to which these animals are subject. People do not know it. You sit down at the table and eat a piece of beefsteak, and you do not know anything about what was the matter with the other end of that animal. If an animal is suffering from lumpy jaw, the head is cut off, and the rest of the animal goes right along as prime beef. These animals are subject to these awful diseases, and what we see upon the table is no indication of what the rest of the animal was.

'A healthy looking animal, supposed to be perfectly healthy, will reveal great masses of tubercles when examined inside. The United States government at Washington has recently made the discovery that in many instances tubercle bacilli are being passed out in the fecal discharges of cows, millions and millions of them being scattered about every day. They easily get into the milk pail, and that is the method by which the milk becomes contaminated. Examination of the milk of the cow would show no tubercle bacilli, but it has been found now within the last two or three years that examination of the fecal discharges shows enormous quantities of tubercle germs being discharged from the body, though the milk shows none at all. But they are found in the milk later, because the milkman always manages to put in a little manure in the process of milking, and so germs get in.

'I have told you how many germs meat con-

tains. Milk contains even more. We have examined in this town specimens of commercial milk which contain twenty millions of germs in half a teaspoonful. The milk of this town is as good as that of other towns, but we do not use that kind of milk here. Our milk is inspected every week by careful bacteriological investigation, and the average is about 60,000 germs to a cubic centimeter. The law of the State of Michigan allows 200,000 germs in commercial milk. We allow only 60,000, and we are trying to get it down below that. We have an experimental dairy and we have lowered the number of germs to 100; in fact, we have lowered it to 30 at one time,—just a few germs from the air in the process of handling, and that is impossible to avoid.

'Think of the luscious pineapple with its

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delightful juices. If we could only eat them as they come from the pines of Florida or of Cuba, it seems to me there is nothing so luscious on earth. Compare it with beefsteak with the red blood running out of it, or the greasy sausage with all its fearful ingredients. Once when I called upon a butcher in town for a pig's liver for examination purposes for our students, he told me, 'I have no pig's liver; I never have pig's livers. I used to save the liver of the pig, but I discovered that there was not more than one hog's liver in a hundred that did not have abscesses in it.' How could a pig help but have abscesses in his liver when he lives in such filthy conditions as those in which the ordinary hog is raised? And the hog suffers; he dies early. You never saw a hog seventy-five years old, for example, or forty years old. You sometimes find a mule alive and kicking at fifty years, but you never saw a hog twenty years old. The hog dies of apoplexy, or degeneration of the liver, or fatty degeneration of the kidneys, and other diseases, just as people do who live on the same diet.

"If you will take the trouble when hog cholera breaks out in some county in Illinois, to look at the stock reports in the Chicago papers, you will see that there are more pigs coming in from that county than any other county in the State; and if the pig gets there before he dies, he gets a magnificent sepulchre instead of an ordinary fertilizing establishment for a burial place. A friend of mine in Chicago watched one of those abattoirs for some little time. He said they had a long incline about forty or fifty feet long for the pigs to walk up, and if the pig was able to walk to the top, he was all right; if he fell down before he got there, he had to be taken away to be inspected, and to be taken around some other way.

"The Hindus will not touch flesh-foods and are disgusted with the idea of eating meat. They will not associate with meat eaters; they look down upon them. A missionary told me of an experience he had one day. He was talking on the streets in Calcutta, preaching the gospel. He had a large crowd, and he thought he was making a good impression upon them. A Brahmin came along, and jealous of the attention given to the missionary he worked his way up close to him, hopped up upon the box beside him, and shouted out at the top of his voice, 'This man eats pigs; he is not fit to preach.' His whole audience fled immediately, as if he had smallpox. They would not hear him, because he was an eater of pig. The Hindu considers himself a cleaner man and a nobler man, and a man of higher type than anybody who will slay animals, sit down and feast upon their bones like ferocious carnivorous creatures. A Hindu under no conditions can be induced to get down on all fours and gnaw bones along with the dogs. He can not conceive how anybody can ever do it. The Hindu says, 'I can understand how a man could get so hungry that he might eat human flesh. I sometimes hate my enemies so that I believe I could almost eat them, but how a man could ever get so low that he could eat the flesh of an animal is something I can not understand.' This Hindu looks down upon us. He feels that he is far above us, because we are eaters of flesh and often the most disgusting kind of flesh.

"My friends, the ways of nature are the sweetest and best. God knew what to feed us. He intended us to take our food among the flowers and the fruits and sweet-smelling, delicious things that were meant for us; he never intended that we should be consumers of flesh. I am sure the more you reflect upon it, the more you practice the art of normal, natural living and eating, the more it will appeal to you, and the more you will see that all human instincts are against this unwholesome practice of consuming flesh."

GYMNASTIC TRAINING FOR MEDICAL STUDENTS

(Continued from Page 1)

much emphasis on the latter, and urging students to take advantage of every opportunity offered at the Sanitarium and college for the upbuilding of bodily vigor.

Regular class work has begun and great interest and enthusiasm is being manifested by the students. Said Registrar Rowland H. Harris, M. D.: "The prospects for splendid work this year are excellent. The earnest Christian character of the students is a most encouraging feature. A large proportion of the students have definite foreign fields in view for their future work and are already in touch with missionary boards. The freshman class numbers thirty-five students, and the upper classes are all larger than usual. The introduction of gymnastic training, we trust, will accomplish all that is expected of it, namely, that the students, instead of coming out of the year's work, pale, worn, and tired out, will be in better physical condition than before. It is simply putting into application the truths that they expect to teach."

What is Metabolism

Dr. Kellogg Explains the Term Which
Confuses Many

SLOWED NUTRITION OF BODY

What is "metabolism?" This term is one which frequently puzzles the Sanitarium patient on first arriving. And not infrequently he continues to look puzzled after being told that it is "tissue activity." Occasionally a patient will get hold of a doctor's ear and draw forth an explanation that clears the definition for him, similar to the following: "Here is a person who is full of life; his cheeks are red, his skin is warm, and he is full of ambition. By and by you find this same person, perhaps, feeling languid, weak; perhaps he has not had sleep enough, perhaps he cannot think well; he has no appetite for work. His tissue activity is diminished; his metabolism is reduced. Here is a person suffering from auto-intoxication, and his tissue activities are paralyzed.

"These activities are of different kinds. The muscles have their particular kind of activity, which results in muscular work and in heat production. The liver has its particular kind of activity—a special form of metabolism, necessary for the building up of fat and for the general nutrition of the body. There is a metabolism of the different glands, of the digestive glands. A person, for instance, who has hyperacidity, has excessive metabolism in his stomach, excessive glandular metabolic activity, to put it in thoroughly technical phrase, and that is why he has too much acid. A person with insufficient hydrochloric acid in his stomach has deficient metabolic activity, deficient glandular activity. This is what is meant by metabolism.

"Bouchard many years ago made the discovery that a large number of people are suffering from defective metabolism, slowed nutrition he called it; that is, the forces of the body are working at a slow pace, but not because they are lazy, as

many people think. Many a person asks his doctor to give him something to stir up his liver: because his liver, as he says, is 'lazy.' But the poor liver is simply overburdened. It is like a poor donkey

(Continued on Page 7)

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NEW ARMY COOK-BOOK

The United States war department is preparing to issue a new army cook-book with a "simplified menu." The department has not issued a cook-book since 1896. This book has been exceedingly popular both in army and civilian circles, but the revolutions made along dietetic lines in the past decade make it probable that the new edition will contain radical changes. The experiments carried on in Washington, West Point and at Yale offer overwhelming proof of the relation of a low-protein diet to efficiency. The results of these experiments should work a reform in the field kitchen that would make for strength and endurance in the lives of the men.

DANGERS OF PIPE TRYING

An exchange points the dangers of "pipe trying," asserting that men who have become educated to the dangers of the public drinking cup are still oblivious to the dangers of "trying" a pipe in a cigar store to see if it draws all right. This seems to be a phase of public danger that the campaigners against tuberculosis have failed to take into account. The evil wrought by the smoking habit is great enough when only the nicotine is considered, but add to it the danger from germs, accumulated through a procession of prospective purchasers, and you have a double-faced horror. The habit of trying mouth organs is equally reprehensible and filled with dangers. Too great emphasis can not be laid upon the evil of habits which well and sick people alike unthinkingly indulge in.

BATHS FOR THE SCHOOLS

Dr. Maxwell, superintendent of the New York School system, recently made a strong plea for more shower baths in the public schools, asserting that "baths were before books." All of the new schools are to be equipped with cleansing shower baths, and the example will and should be followed by schools throughout the country, particularly schools in crowded city districts where facilities for cleansing are lacking in the home. Some years ago a committee on hygiene of the New York County Medical Association made a similar plea to that of Dr. Maxwell, which sums up the need in a forceful manner. We append:—

"The attachment of these baths to the public schools would be a great boon to the working

people, relieve the tenement districts greatly, furnish a potent preventive of disease, and cultivate the inestimable habit of cleanliness among the young.

"As the school buildings are usually heated by steam, the heating of water for bathing purposes would be comparatively inexpensive.

"That the expenditure of money for the prevention of disease is the most profitable application of public funds is an accepted fact in modern government.

"That the life, liberty, and property of every citizen, rich or poor, shall be protected is the chief axiom of our government; that their health, as precious as these, be protected is an idea whose dawn gives promise of better and brighter days for the poor and lowly, who, owing to their helplessness, should be our special care."

NEW CURE FOR LUNGS

A dispatch from Paris says that Christian Beck has laid a detailed description of a method of cure for maladies of the respiratory organs. "Specialists," he says, "unanimously admit that purity of air depends less upon the altitude than the greater or less number of persons breathing it." He therefore concludes that the grouping of afflicted persons in a tent colony or sanatoria renders the pure-air treatment impossible, and suggests that ballooning may be utilized with better results for the purposes of treatment of invalids whose cases call for absolutely pure air. Cure in a balloon he claims to be all the more efficacious, as patients would be enabled to breathe an atmosphere not only free from all noxious gases, but also one of perfect chemical purity, as mineral dust and vegetable atoms which are found in atmospheres of lower strata are entirely absent at a certain elevation.

This treatment might also be adapted, he says, to the varying needs of patients, as one who feels perfectly well at an altitude of a thousand yards might be seriously affected by an ascension to a height of two thousand. According to Mr. Beck, this medical treatment should be undergone daily, two or three patients being sent up for a specified number of hours in a sort of comfortably equipped cage suspended below a large captive balloon.

Unless there is a sharp advance made in the development of safety balloons, it is probable that the twentieth century invalid will prefer to continue breathing the much-maligned air of the mountains or prairies to risking the possibility of having it suddenly denied him entirely through the thousand and one possible accidents to which aeronauts are exposed.

VALUE OF PERSPIRATION

Few people understand the necessity of sweat, says the *New York Press*. It has been calculated that there are 30,000,000 pores in the glands of the skin which covers the body of a middle-sized man! Through these more than one-half of what we drink is passed off by insensible perspiration.

Sweating is a most wonderful part of the animal economy, and is absolutely necessary to our health, and even to our very existence. If we consume eight pounds of food a day, five pounds of it are insensibly discharged by perspiration. During a night of seven hours' sleep we perspire about ten ounces. At an average, we may estimate the discharge from the surface of the body, by sensible and insensible perspiration, at from one-half an ounce to four ounces an hour.

Our sweat glands are situated in greatest numbers in the palms of the hands and soles of the feet, and with a magnifying glass the pores may be seen in rows like atomic volcanoes occupying the summit of each ridge in the skin. Perspiration is most abundant in these regions. Different animals perspire in different regions. Rabbits and rats do not sweat at all, oxen very little, pigs mostly on the snout, dogs in the mouth and cats chiefly on the soles of the feet.

TREATMENT FOR INACTIVE BOWELS

In about half the cases of inactive bowels, the enema should be cold water; and in the other half, it should be either hot water or oil. In many cases the bowel does not act because of spasms of the bowel. In cases of intestinal catarrh, chronic auto-intoxication of long standing pain in the bowels, pain in the right or left side, and especially cases in which there is a catarrhal condition, with discharge of mucus, (spasm of the bowel being probably the real cause of the inactivity), the cold enema or an enema of any sort may prove irritating and aggravating. Warm oil is the best remedy, at a temperature of 104°; cotton seed oil or ordinary cooking oil is good, but linseed oil is so miserably adulterated nowadays that it is hardly fit for such a purpose. Corn oil may be used; but the oil must be perfectly sweet and fresh. The quantity should be half a pint to two or three pints.

MY PRAYER

"If there be some weaker one,
Give me strength to help him on;
If a blinder soul there be,
Let me guide him nearer Thee.
Make my mortal dreams come true
With the work I fain would do;
Clothe with life the weak intent,
Let me be the thing I meant;
Let me find in Thy employ
Peace that dearer is than joy;
Out of self to love be led,
Until all things sweet and good
Seem my nature's habitude."

—Selected.

CAPTAIN—"What's all this about? I thought you were a Christian Scientist."

SEASICK PASSENGER—"So I am. I've just been giving my dinner absent treatment."—*Brooklyn Life*.

"AND I will show that whatever happens to anybody, it may be turned to beautiful results."—*Walt Whitman*.

"'Tis worse to be an ill man than to be thought to be one."

"Every one should sweep before his own door."

"God is at the end when we think he's farthest away."

CHANGES PRODUCED IN THE BODY BY SLEEP

(Continued from Page 1)

"A lowering of blood-pressure in the blood vessels.

"An increased volume of blood in the extremities; that is, in the hands and arms, feet and legs, and particularly in the skin of the extremities.

"A lessening of the amount of blood in the brain.

"The above statements are all facts which have been demonstrated by actual experimentation.

"*Changes in the Blood.*—It is a well-known fact that when an individual loses his sleep he becomes anemic and pale, and that after a good rest he has a ruddy complexion and has the appearance of having more blood circulating in his veins. The blood of a person who has lost several nights' sleep, if examined and the blood cells counted under the microscope, will be found by actual count to have less blood cells and a less amount of hemoglobin than normal. Further, after several nights of sound sleep, if the blood is counted again and examined, it will be found that he has more blood cells and that the hemoglobin in the blood has been increased. This shows that during sleep the blood-making organs of the body are more active, that blood is made principally when we are sleeping. This should be a hint to those who are suffering from anemia, or from any condition of ill health in which anemia and poor nutrition are present.

"*Secretions.*—Most of the secretions of the body are diminished in quantity during sleep. The tear glands, the salivary glands and nearly all the glands of the body, as a rule, are not so active and secrete less during sleep. I think it is not yet proved whether this is the case with the glands of the stomach. It is claimed by some that the stomach secretes less during sleep, but there have been no experience an individual eats a hearty supper just before going to bed, his digestion is not so good and he has more or less trouble with his stomach and bowels on account of the late supper. Sometimes it may be proper and helpful to take some predigested food, as a glassful of hot malted nuts or malted milk or a similar food to produce sleep. In people who suffer with insomnia this may often be taken to good advantage. In this case the food is predigested, is readily absorbed into the blood, and carried to the tissues of the body for assimilation without any digestion.

"*Changes in the Nutrition of the Body.*—It is generally recognized by physiologists that we grow most and convert the food that we eat into tissue best while we are asleep. For this reason sleep has a good effect on nutrition. This is the period when the child grows the fastest. Infants and children require more sleep than adults, and probably for the reason that they need to grow, and growth takes place best when the infant or the child is sleeping.

"*Period of Soundest Sleep.*—The period at which one sleeps the soundest is just at the beginning of sleep. From experiments made by Kohlshütter it has been shown that the depth of sleep is greatest during the first hour or the first two hours of sleep. This has been worked out by determining the distance through which a ball must fall from a height to the floor in order to awaken the individual who is asleep. The greater the distance that the ball falls, of course, the greater the noise that is made when it strikes the floor, and the greater the noise made, the greater the impression upon the nervous system of the individual through the auditory nerve. It has been found by a series of experiments that it requires a louder noise to

awaken an individual during the first hour of sleep than at any other period of eight hours' duration. Consequently it has been concluded that the depth of sleep is greater at this first hour than at any other time during sleep.

"It has also been observed by those who have studied this subject that there is a second period of deep sleep just before one awakens, but the depth of sleep is not so great as during the first hour. It does not follow, however, that because sleep is deeper at this time the results of sleep are most beneficial at this time. There are many things that lead us to believe that although it may not take so much noise to awaken the individual after the first hour of sleep, yet it does not follow that the good derived from sleep is in proportion to the depth of sleep, but it is thought that sleep during any hour after the first is quite as beneficial as at the first hour."

MANY WORKERS FROM FOREIGN FIELDS HERE

Additions to the Missionary Group at
Sanitarium Made Each

Week

Additions to the already large and interesting group of missionaries now sojourning at the Sanitarium are to be made within the coming week. The latter part of the present week Mrs. Rebecca G. McNaughton and her daughter are expected. They come immediately from Oberlin. The Rev. Dr. McNaughton has been for some years engaged in missionary work in Smyrna, Turkey, under the Congregational board.

On Monday Miss Kate Gerow arrived, coming directly from Detroit. She joins the freshman medical class, expecting to complete her course here before returning to India, where she has already spent six or seven years. Miss Gerow is a graduate nurse and has been so impressed with the need for medical aid in that district that she determined to return and enlarge her scope of usefulness.

The Rev. W. T. Johnson, missionary to Japan under the Presbyterian board, has returned this week to the Sanitarium. The Rev. J. B. Hartwell, D. D., who went to China under the Southern Baptist denomination and has spent fifty years in that country, will arrive this week with his daughter, Miss Anna Hartwell, who has served as missionary in China for fifteen years. They have been spending some weeks at Mountain Rest under Dr. Dowkontt's care. The Rev. G. Stanley Brown, missionary to China, under the M. E. church, will arrive later in the week and remain for a period of rest. Alice M. Edmunds, M. D., of China, paid a visit to the Sanitarium during the week. Dr. Edmunds rested here for some weeks during the summer.

The Peril of "Buttin' In"

In his address before the students of McGill University, Rudyard Kipling told the following story:—

"A certain man owned a dry-goods store, and one day, to his great disgust, he heard a new clerk say to a woman:—

"'No, madam, we have not had any for a long time.'"

"With a fierce glance at the clerk, the smart employer rushed up to the woman and said:

"'We have plenty in reserve, ma'am; plenty upstairs.'"

"Lady and clerk looked dazed, and afterward the smart proprietor learned that the clerk's remark had been made in answer to the woman's 'We haven't had any rain lately.'"

I have two nicely furnished rooms near Sanitarium with all modern conveniences which may be used as a suite or separately. Gentlemen only.

L. W. SCHRAM,

39 North Washington Avenue.

Automatic Phone, 1297. Bell, 327 1 ring.

B. R. PARRISH
Dentist

Special attention to nervous patients

39 North Washington Ave.

Bell, 327 1 ring. Automatic, 1297

The Battle Creek Diet System

¶ For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

¶ We have prepared an interesting illustrated booklet which tells about this unique system and how to introduce it into every home.

¶ There are special diets for diabetes, neurasthenia, rheumatism, anæmia, constipation, dyspepsia and most chronic ailments.

We send a trial package at our own risk.
Ask for our booklet, "Healthful Living"

The Kellogg Food Company

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BATTLE CREEK, - MICHIGAN

We want live people in every section of the country to help this year in the most active and energetic campaign for subscriptions for Good Health we have ever carried on. We are going to make it an object for this kind of people to work with us. Liberal commissions will be paid, and the premiums and cash prizes that will be awarded will surpass anything ever offered before. Write for information regarding our offer.

Special opportunity will be given boys and girls to sell Good Health during the holidays and after school. We start you free. Some agents have sold over 1,000 copies a month. Write for terms.

Good Health Publishing Co.,
Battle Creek, Mich.

Original from

UNIVERSITY OF MICHIGAN

DOMESTIC SCIENCE DEPARTMENT

"NEVER ask a convalescent what food he wants. The inevitable reply will be, 'Oh, nothing.' One should understand the composition of food elements well enough to select what should be supplied to the patient," was the advice of the Domestic Science instructor, who gave the Thursday afternoon demonstration lecture in the Sanitarium parlor, speaking on "Foods for the Sick."

The Thursday afternoon lectures are largely attended and form a valuable educational factor in life at the Sanitarium. The instructor's advice was to select the foods that will supply the necessary elements, cook them properly, and serve them attractively so as to arouse the appetite through the three recognized sources,—sight, sense, and taste.

"If mothers, housewives, or cooks better understood the constituents of foods," said she, "they would be able more intelligently to supply their families with the necessary nourishment and thus avoid doctors' bills and unnecessary illnesses." The speaker emphasized the necessity for preparing the tray attractively—covering it with spotless linen, serving the food on dainty china, glass, and silver, and with a spray of blossoms or some fresh fruit to arouse the appetite by their beauty and fragrance.

Among the foods necessary for an invalid and valuable because they are ready for assimilation, are gruels, and broths of vegetables—such as beans and peas, and protose; fresh fruits, valuable because of their antiseptic qualities, and because of the heat and energy stored up in their acids, and of the pure water they contain. Dextrinized breads, malt honey, nuts thoroughly ground, fresh, delicate vegetables, custards and other combinations of milk and eggs, if the latter can be taken, were recommended. If milk could not be used, gelatin, she said, made a valuable vehicle by which to convey fruit juices. Later, when the patient is convalescent, simple green salads dressed with oil are a valuable way of supplying fats.

The fruit beverages, such as apple juice, grape juice, lemonade, nectars of all sorts, were too frequently underestimated as a source of nourishment, the speaker said. A glass of grape juice contains more nourishment than many solid foods that are served to the sick under the guise of strength givers. Fruit egg-nogs of orange, strawberry, pineapple, etc., are delicious and wholesome, and generally much relished by the invalid. The speaker warned her hearers always to strain the broths and gruels given to a very ill patient, and urged the household nurse to serve small portions to the invalid.

The beans for the broth should not be par-boiled and the water removed. This method, the speaker said, carried off the real flavor of the bean, and much of its nutritive value. Cooked as the recipe calls for, there is no need to supply a flavor, such as is customary by popular methods where pork is used. For seasoning, cream or butter is all that is necessary to impart richness.

The audience was served with samples of the bean broth made after the recipe given below, also the delicious soft custard, served attractively in a low glass dish with a few sprays of Golden Gate roses on the tray.

Bean Broth

One cup of beans, one quart of cold water. Put the beans to cook in the cold water and let simmer until but one cup of liquid remains. Serve with cream or butter if desired.

Soft Custard

Yolks of three eggs
¼ cup sugar
2 cups of hot milk
½ teaspoon of vanilla

Heat 1½ cups of milk, then add the remaining half cup added to egg yolks; add sugar and cook in double boiler until custard coats the spoon. Strain, flavor, and serve cold.

QUESTION BOX DEPARTMENT

Q. What diet should one with hyperacidity eat to cure constipation?

A. A person with hyperacidity should eat bland food,—cereals and fats. The gluten preparations are excellent. Such a person should avoid meats and condiments, and much drinking at meals, and should take pains to masticate the food very thoroughly.

Q. What causes lumps on the face, and what diet helps to remove them?

A. Intestinal auto-intoxication is the cause of these lumps that sometimes appear on the face. Bathing with very hot water is beneficial. Take pains to chew the food very thoroughly, and follow an antitoxic diet.

Q. I generally sprinkle my head and body before going into the bath-tub. Is this the best way? or should one bathe the feet first?

A. It is a good thing to apply water to the head, not once, but three or four times. When you apply water to the face, it contracts the blood-vessels of the brain, and each contraction is more vigorous than the last. In this way the brain is prepared for the inrush of blood which comes when the skin is brought in contact with cold water.

Q. What is the best way to cure chronic bronchial trouble where small, hard phlegm forms continually?

A. This small, hard phlegm is formed in the larynx, not in the bronchial tube. To remedy this condition, build up the vital resistance, sleep outdoors, live outdoors as much as possible, and above all overcome intestinal auto-intoxication, which is the principal cause of this difficulty.

Q. What is the best way to heal the small intestine where mucus comes out profusely? Would a fast be the quickest way with the introduction of bismuth?

A. The best cure is to adopt the antitoxic diet and build up the body in general by tonic treatment, cold baths, the moist abdominal bandage, and living out of doors.

Q. What diet should growing children from six to thirteen have?

A. A natural diet, of fruits, grains, and fresh vegetables. In fact, the Battle Creek Sanitarium bill of fare is the proper diet. Children of this age need a little more protein than grown persons.

Q. Why should one be very pale and cyanotic from cold treatment?

A. Because he does not react well. The bath may be a little too cold, or it may be a little too long. Such a person should be warmed up well before the bath and the bath should be very short. A little exercise should be taken after the bath.

Q. What effect have tea and coffee on the system?

A. Tea and coffee are poisons. They impair digestion; they cause arteriosclerosis, they impose extra and unnecessary work upon the liver

and on the kidneys; they create a poison or a drug habit as do tobacco, alcohol, and opium.

Q. What is the food value of sweet potatoes?

A. The sweet potato has a nutritive value of about thirty-five per cent—a little more than the Irish potato.

Q. What raw food should one with hyperacidity eat?

A. Perhaps one of the best foods in such a case is bananas. Lettuce might be taken, very tender lettuce, provided it is chewed well.

Q. Is a neutral bath at night good for nervous exhaustion?

A. It is an excellent thing. A neutral bath is 92° to 95°, and it is a most excellent treatment for nervousness and for sleeplessness.

Q. If cold, externally applied, increases the flow of hydrochloric acid, should one who has too much hydrochloric acid take cold baths?

A. Yes, but he should avoid too much cold water about the stomach.

Q. What causes ulcers in the throat, in August, when one is apparently well except for a slight malarial condition?

A. It is because the health is impaired a little, the resistance is lessened, and the germs which are always found in the throat are enabled to get a foothold. They grow in the intestine and in the colon, and produce a little irritation.

Q. What is the best way of gaining strength after a long fever?

A. By daily cold baths, cold sponging and rubbings, towel rubs, wet sheet rubs, and graduated exercises—a little more every day. Above all, live out of doors.

Q. Will one with a gastro-operation get strong enough to do manual labor?

A. Certainly, one who has had a gastroenterostomy—an anastomosis or splicing of the intestine onto the stomach because the pylorus is closed up, may be just as well as he ever was. The operation need not interfere at all with his future life; in fact, if he requires the operation it ought to make him well.

Q. Can constipation of eighteen years' standing be permanently cured?

A. Yes, every case can be relieved or cured. We have known of cases cured after twenty or twenty-five years.

Q. What should be the diet of a child three and a half years old, whom the doctors call anemic, who can not eat apples or oranges without having eczema?

A. The diet for such a child should be a natural diet. I would recommend cereals, potatoes particularly, lettuce, buttermilk, and rice. This is an excellent diet for such a child.

Q. What is the usual cause of sleepless nights for a person who is nervous?

A. Eating late suppers is the most common cause; auto-intoxication is the next most common.

FARMER BARKER—"I want to get a present to take back to my wife on the farm."

ELEGANT CLERK—"How would she like a pie knife?"

FARMER BARKER—"Good land, young man! Ain't you never been told you mustn't eat pie with no knife?"—*New York Times*.

REGULARITY in artificial teeth pleases many, as it did the woman who was talking recently with a friend just in front of a *Boston-Herald* man on a North-Shore train. She was rather good looking, and she chattered until her companion said, "How well your teeth look." She answered, "Do you like them? I'm so glad. You know, they were mother's."—*Troy Times*.

"The greatest step is that out of doors."

Original from

UNIVERSITY OF MICHIGAN

WHAT IS METABOLISM

(Continued from Page 3)

that I saw down in Mexico. He was carrying a big, fat man, and his fat wife, and two or three children sitting in front. Such a spectacle in Mexico always reminds me of the poor livers I have to deal with at home, and people complaining of their lazy livers when they are worked to death with the poisons being absorbed from the intestines.

"I can tell an overworked liver as far as I can see the patient's face. The evidence of this condition is plainly shown in the dingy skin, the brown band around the eyes, the pouches under the eyes; in the pimples on the face, and the dead-looking skin. These are the signs of a liver overworked, that has lost its power to keep the blood clean. When it loses this power, it unloads the poisons into the tissues, deposits them in the skin, and not only in the skin, but under the skin, in the brain, the nerves, the stomach. So the whole system is paralyzed, and other disorders begin to appear,—gout, rheumatism, rheumatic gout, nervous troubles, neuralgias, headaches, migraine, sick headaches. So-called 'biliousness' is one of the earliest symptoms.

"Such persons have very poor resistance, and they begin to get skin disease. They have bowel catarrh, and parasites growing in the intestines; gastric catarrh, parasites fastening themselves to the walls of the stomach so that they have catarrhal conditions there, catarrhal conditions of the nose; sore eyes, disorders of every kind manifesting themselves in every part of the body as a result of this systemic poisoning and general breaking down of vital resistance. This is the great American disease—this auto-intoxication which comes largely through sedentary habits and the use of too much meat. Women particularly suffer from this chronic auto-intoxication. Their sedentary habits, childbearing, neglect to develop the abdominal muscles, result in dilated colons. And stasis of the colon, the accumulation of alimentary residues, the undigested remnants of foods undergoing decay and putrefaction, fill the blood with these poisons. The wonder, when you think of it, is that the whole population is not killed off by this great flood of poisons continually poured in."

"A LITTLE stream had lost its way
Amid the grass and fern;
A passing stranger scooped a well,
Where weary men might turn;
He walled it in and hung with care
A lair at the brink;
He thought not of the deed he did,
But judged that all might drink,
He passed again, and lo! the well,
By summer never dried,
Had cooled ten thousands parching tongues,
And saved a life beside."

"Love thy neighbor, yet pull not down thy hedge."

"Where the hedge is lowest, all men go over."

"Provide for the worst; the best will serve itself."

"He that would thrive must ask leave of his wife."

"Gold goes in at any gate but heavens."

News Notes

Dr. Carrie Staines has returned from her vacation, spent in the northern part of the State.

Miss Lenna Cooper, head of the Domestic Science department, is expected to return from her vacation next week.

Dr. Gertrude Johnson will sail September 30 on the Carmania of the Cunard line for a three-months' trip abroad.

Members of the '08 class of nurses enjoyed an outing at the Sanitarium Lake Villa, Sunday afternoon. The affair was given in honor of a member of the class, Miss Mazie Cummings, who leaves for her home in the northern part of the State shortly.

Theological students of Kimberland Heights, Tenn., who have been spending the summer here assisting in the work at the Sanitarium, were given a farewell party by their friends on Monday night at Miss Wood's home, Hill Street.

Plans are being made for the graduating exercises of the post-graduate nurses' class, to be held in the Sanitarium chapel on the evening of September 29. There will be addresses, and a musical program by the Sanitarium orchestra.

Mrs. Myrtle Roberts-Brogan and Miss Madeline Kohler, graduates of the Sanitarium School of Domestic Science, left this week for Guanico, Centrale, Porto Rico, where they will introduce the Sanitarium system of diet into the home of Mr. and Mrs. A. J. Grief. Mr. Grief, who is the general manager of the largest sugar industry in the world, located at that point, has been a patient at the Sanitarium for some months, and became so impressed with the system of diet that he decided to introduce it among his people. The young women will also instruct in physical culture. They left on Tuesday, and will join Mr. and Mrs. Grief in New York, whence they will sail for the Island on Saturday.

ARRIVALS

The list of arrivals for the week ending September 22 is as follows: M. Ruhe, O.; Miss Addie Stanford, N. Y.; J. K. Sloan and friend, N. Y.; Mr. and Mrs. H. D. Arnold, Mich.; C. E. Haak, Mich.; E. N. Sanders, city; James H. Koehler, Mich.; Sam Craig, Mich.; A. Kellogg, Mich.; Henry Denhart and wife, Ill.; C. H. Dudley, Ill.; George H. Royce, Ill.; H. L. Kokenot, Texas; F. L. Main, O.; Miss Frances Main, O.; R. H. Snyder, O.; F. M. Ford and wife, O.; July Maeyew, Mich.; M. R. Elliott, Mich.; Leo D. Kokenot, Ind.; Henry Lunsuck, Ind.; Mrs. O. G. Mills, Ind.; Miss H. Sternheim; J. H. McGuire, Ill.; Orville Bentley, Mich.; C. Belle Norton, Ill.; J. C. Grogan, Pa.; Miss E. M. Stevenson, N. Y.; Miss L. Double, O.; Mrs. Walter Double, O.; P. Caldwell, Ky.; Grace Green, Ky.; D. D. Comstock and wife, Ill.; C. C. Shalner, Kans.; F. B. Bunker and child, Mich.; French Long, Pauline Lon, L. L. Long, Ind.; Mrs. J. F. Hoke, Ind.; Mrs. Julia Atwater, Mon.; I. B. Dennings, Ia.; John N. Masten, Mich.; C. A. Grinnell, Mich.; F. A. Grinnell, Mich.; Harrietta Barnhardt, Ill.; Victor Thrane, Ill.; Benjamin Morris, N. J.; G. A. Dayton and wife, Pa.; Mrs. J. A. Colbern, Ind.; B. G. Stevenson, Canada; F. H. Skirby, Ill.; L. F. Randolph, Pa.; Miss H. L. Walker, Ia.; Mr. and Mrs. C. W. Adams, Tex.; Harriett S. Alling, Ill.; Mrs. R. H. Peters, Mich.; Miss Wilder, Ky.; Miss Virginia L. Smith, Ark.; J. M. Phillips and wife, Ky.; T. M. Redman, Ia.; Mrs. Edward B. Reed and child, Mo.; Ellen Cahill, Wis.; Mrs. E. H. McDermott; Miss May

G. Holmes, Cal.; Mrs. Rose Woodallen Chapman; B. Manning, Can.; Mrs. E. Bangor, Mich.; Mrs. W. McLaughlin and daughter, Mich.; Mrs. J. H. Olin, Mich.; F. G. Bills, Minn.; Mrs. R. E. Brooks and children, Tex.; Dr. F. A. Pulle, O.; Mrs. D. B. Schaeffer, Md.; F. A. Ledgerwood, N. Y.; R. D. Briggs, Mich.; John H. Coyne, Mich.; A. R. Fraser, Ill.; Euphemia Winkler, Mich.; Mr. and Mrs. L. E. Grancell, N. Y.; W. T. Johnson, Japan; Queena N. Woods, Colo.; Dr. Marx, Ill.; W. E. Ward, Tenn.; Ralph E. Sheden, Mich.; Miss Cutler, Mich.; Mrs. J. W. Wheeler, O.; Effie Jean Wright, Mich.; Albert Bulleit, V. M. Bulleit, Ind.; Hallie B. Dignowith, Pa.; M. E. Galvin, Mich.; Mrs. Mae Porter, Ill.; Mrs. William J. Carter, Ill.; T. G. Hight, Nebr.; E. H. Eggleston, Ill.; John Hoffer, Ia.; Mrs. H. L. Kokenot, Texas; J. W. Walker, Can.; A. H. Rube, Mich.; Sherman A. Booth, Ill.; Mrs. H. R. PETERS, Mich.; Miss Wilder, Ky.; D. D. Thompson and wife, Ill.; Samuel Post, Jr., Mich.; C. H. Brunning, N. Y.; Harvey Hansel and wife, Ind.; Miss Emma Haller; Mr. and Mrs. James S. Givellies, Mich.; Mr. and Mrs. L. E. Fontron, Kans.; Mr. and Mrs. John F. Fontron, Kans.; Jos. P. Fontron, Mo.; J. H. Judson, M. D., Ill.; John Tripp, Jr., Mich.; Mrs. Alice P. Moran, Pa.; F. D. Moran, Pa.; Mr. and Mrs. L. A. Kann, Mich.; Mary W. O. Adams, Ill.; J. P. Edmonds, Grace Baldwin, Cal.; A. W. Allen, B. C.; R. R. Pohl, Ill.; W. E. Watson and wife, Texas; G. F. Shears, M. D., Ill.; Joseph R. Naylor, W. Va.; Mrs. Edward K. Davis, N. J.; Howard A. Burrell, Ia.; Ike T. Pryor, Texas; Mrs. M. C. McCanless, Tenn.

CHAUTAUQUA HEALTH CLUBS

Dr. Carolyn Geisel has returned from Ohio, where she met several Chautauqua health clubs. The work is growing each year in popularity. The course is for two years, and includes a study of the five-fold cable of health: diet, health dress, ventilation, exercise, and rational remedies for the treatment of diseased conditions. There are now some sixty-five or seventy clubs about the country, with members ranging from a child of twelve to many who have passed the threescore and ten mark. In the Miami valley there is a club of six, each of whom is past seventy-six years of age. Graduates are given a diploma at the end of two years' work.

SABBATH CHAPEL SERVICE

"We all have different ideas of greatness," declared Pastor George C. Tenney in his Sabbath morning chapel sermon, "but God's idea of greatness is usefulness, faithfulness and fidelity. These traits are the secret of true success. They are equally within the reach of each one of us. We can not all excel in the things of the world, but we can all be great in the sight of God. We all have access to God; his ear is ever open to our cry, and his hand extended in blessing. His infinite eternal strength is constantly within our reach.

"But it is possible for us to lose this companionship with God. Not that he ever sets up a boundary which we may not cross, but we through neglect and indifference, may cease to maintain our friendly relationship; and thereby lose all that is sweet and peaceful and strong in our lives. God never leaves us, we leave him." The speaker closed with a plea to his hearers to "be mindful of His presence."

"BUT we must live as much as we can for human joy, dwelling on sorrow and pain only so far as the consciousness may help us in striving to remedy them."

"I have found already some of the 'sweet uses' that belong to what is called trouble, which is, after all, only a deepened gaze into life."

Original from

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PERSONALS

Dr. G. F. Shears of Chicago, Ill., is a new patient at the institution.

Dr. and Mrs. R. J. Hillis of Altoona, Pa., are visiting at the Sanitarium.

Mrs. H. L. Walker of Cedar Rapids, Ia., is a patient at the Sanitarium.

Mrs. E. K. Davis of East Orange, N. J., is paying a visit to the institution.

Dr. and Mrs. Millsbaugh returned this week to their home in Patterson, N. J.

Mrs. R. E. Brooks, son and daughter, of Houston, Texas, are guests at the Sanitarium.

Mrs. May Porter and Mrs. William J. Carter of Clinton, Ill., are patients at the Sanitarium.

J. H. Judson, M. D., of Polo, Ill., a frequent patron of the Sanitarium, returned this week for treatment.

Mrs. Walter Deuble and Miss L. Deuble of Canton, Ohio, are newly arrived patients at the Sanitarium.

Dr. F. A. Peel of Wilmington, Ohio, is visiting his sister, Miss Peel, a member of the nurses' staff.

Mr. C. H. Dudley of Chicago arrived at the Sanitarium recently and will remain for rest and treatment.

Mr. Ike Pryor, of San Antonio, is paying a visit to his daughter, Miss Pryor, a patient at the Sanitarium.

Mrs. Virginia L. Smith of Little Rock, Ark., arrived at the Sanitarium this week and will remain as a patient.

Mr. and Mrs. Victor Thrane have returned to their home in Chicago, after a stay of several weeks at the Sanitarium.

Mrs. Wesley Haliburton returned to her home in Memphis, Tenn., Monday after a stay of several months at the Sanitarium.

Mr. and Mrs. W. E. Watson of San Antonio, Texas, are recuperating at the Sanitarium, having arrived during the past week.

Dr. D. D. Thompson, editor of the *Northwestern Christian Advocate*, arrived at the Sanitarium this week and will remain for rest and recuperation.

Dr. W. L. MacBeth of Galesburg, Ill., accompanied by his partner, Dr. Rogers, arrived at the Sanitarium early in the week, and will remain for treatment.

Miss Harriette S. Allen, a missionary from Siam who has spent some time resting at the Sanitarium earlier in the season, returned this week for a brief stay.

Dr. and Mrs. D. D. Comstock of Chicago, are spending the month at the Sanitarium. Dr. Comstock will take treatments, and Mrs. Comstock will take up her senior medical work.

The Rev. F. R. Bunker of Olivet, Mich., paid a brief call during the past week. The Rev. Mr. Bunker spent some time here during the spring recuperating after several years missionary effort in foreign fields.

Mr. and Mrs. L. E. Pontron of Hutchison, Kans. Mr. and Mrs. J. F. Pontron of McPherson, Kans., and J. P. Pontron of Kansas City, paid a visit this week to their sister, Miss Pontron, who is a patient at the Sanitarium.

Mrs. Mary Woodallen Chapman and son Bruce, of Brooklyn, are spending a few weeks at the Sanitarium. Mrs. Chapman has been a frequent contributor to *Good Health*, and has many friends about the Sanitarium who are glad to bid her welcome.

Mr. and Mrs. Price Cross of Dallas, Tex., paid a brief visit to the institution this week. Mrs. Price was a patient here twelve years ago, and believes that she owes her life to the treatments she then received. She was greatly interested in the improvements that had taken place.

Mr. E. S. Simmons of the Simmons Hardware Company of St. Louis, with his niece, Miss Hazel Glenn, is paying a visit to the Sanitarium. "I came to stay three days," said he, "and I am remaining for ten. I am very favorably impressed with the institution, particularly with the emphasis it lays upon the simple life. The principles are such as I have been following for the greater part of my life, and are those which must be accepted if we are to preserve our health."

Honest Dealer!

CUSTOMER: "Is there as much genuine Vermont maple sugar on the market this spring as last?"

Dealer: "Just as much, but under the new food law we have to put a different label on it."

Not All
"JOHNNY," said his mother, severely, "some one has taken a piece of ginger cake out of the pantry." Johnny blushed guiltily. "O, Johnny!" she exclaimed, "I didn't think it was in you."

"It ain't all," replied Johnny, "part of it's in Elsie."



Yes, But—

"Is it true, doctor," asked the summer girl, "that eating cucumbers will remove freckles?" "Of course," replied Dr. Kidder, "under certain circumstances."

"Really! What circumstances?" "Well, provided the freckles are on the cucumbers."—*Philadelphia Ledger*.

"Take care to be what thou wouldst seem."

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is a NATURAL laxative. It may be used continuously if necessary, without producing the slightest harmful effects. It is not a drug nor a medicine, nor is there any secret process involved in its manufacture. It is made from a vegetable product which is largely used as food in some Oriental countries. Just what it is and what it does is told in detail in "The Colax Book." If you haven't read it, send for a copy.

COLAX relieves constipation by absorbing and carrying through the entire system a large amount of moisture. This prevents undue dryness, thus facilitating a natural, normal movement.

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THE BATTLE CREEK IDEA

VOL. 1, No. 41.

BATTLE CREEK, MICH., OCTOBER 1, 1908.

PRICE, 2 CENTS.

FASTING AS A CURE—ALL NOT A SANE MEASURE

Dr. Kellogg in Sanitarium Lecture Tells When Fasting May be Efficacious and Cites Cases Where It Is Wrong

THE BODY A FURNACE—FOOD A FUEL

"THE only possible advantage of fasting is to rid the body of poisons. We must not forget that food is fuel. The body is a furnace like a stove, consuming material all the while. You can no more keep up bodily heat without fuel than you can keep up heat in a stove without fuel. The body is warm all the time. The temperature of the air is perhaps 76° to-night. On a cold, windy day, it may be zero, or ten degrees below zero, yet the body is still warm. The interior temperature of the body is 100° no matter what the temperature is outside of the body; it is 100° inside, and if the temperature falls below 100°, the light, the fire, will go out. If the internal temperature of the body gets two

(Continued on Page 6)

College Preps Arrange Classes

Students of Battle Creek College Meet with Faculty and Plan Year's Work

ON Tuesday evening prospective students of the Battle Creek College Preparatory school held their opening session with members of the faculty, arranging for the recitation periods for the first semester.

The school is unique in that it exists not only for the benefit of the student who must work his way through school, but also for the fact that the students themselves determine the studies and arrange the program.

At the beginning of the school year the assembled students decide what classes shall be formed (choosing from a list of optional studies), and at what hours these classes will least interfere with their daily program of manual labor by which their expenses are paid. This does not mean that study is a matter of secondary importance, but that every one has a fair show in his efforts for an education.

While the school is intended for young men and young women of limited means, no one who is in earnest is refused admittance. Some of those in attendance are attracted by the moral and religious atmosphere of the place, and some are children of patients at the Sanitarium who avail themselves of this means of keeping their children with them without taking them out of school. The course of study embraces a full four-year high-school course of English, mathematics, science, the classics and modern languages. Upon the completion of the course a diploma is granted that admits to colleges and universities. The school is under the superintendence of Prof. E. D. Kirby, to whom application for further information may be made.

Fifteen Nurses Receive Diplomas

Post-Graduate Class Is Graduated Tuesday Night in Sanitarium Chapel in Presence of Large Audience

A CLASS of fourteen young women and one man received diplomas for post-graduate work in the Sanitarium Nurses' Training-School Tuesday evening. The exercises were held in the Sanitarium chapel in the presence of a large number of relatives and friends of the graduates. A pleasing program was rendered by the Sanitarium orchestra, and a novel and interesting program of addresses given by women workers from foreign missionary fields. The speakers were all guests at the Sanitarium, belonging to the large group of missionaries who recruit here from time to time, and included: Mrs. Royal J. Dye, of the Congo Free State; Miss Lavinia F. Rolleston of Ningpo, China; and Miss Harriet Alling of Tokio, Japan. The addresses for the most part had to do with the conditions of women in the several countries represented and the great need for efficient medical and nursing facilities.

Dr. J. F. Morse presided at the exercises, introducing the speakers, and Dr. Elmer Eggleston, secretary of the Training-School, presented the certificates to the following graduates: Misses Ruby Arson, Anna Cahill, Hattie B. Chapman, Olive Dougherty, Anna Hinkson, Orpha Hockenberry, Edna Graves, Lillian Maulik, Margaret Moore, Elizabeth Martin, Margaret MacVean, Jean Munro, Elmina Otto, Margaret Seamons, Walter Simmonds.

The post-graduate course represents six months' work along the line of theoretical and practical hydrotherapy, theoretical and practical massage, and other physiologic methods peculiar to the Sanitarium, the greater part of the instruction not being obtainable in training schools elsewhere.

CAUSES AND SYMPTOMS OF SLEEP AND INSOMNIA

Dr. W. H. Riley in Sanitarium Lecture Continues Discussion of Symptoms and Treatment of Insomnia

A SYMPTOM, NOT A DISEASE

(Continued from last week)

"INSOMNIA is a condition in which the individual suffers from lack of a proper amount of sleep, or in which the sleep is not refreshing or restful. It is important to understand that insomnia is, strictly speaking, not a disease, but a symptom. It is associated with ill health in almost any form, in some instances becoming so troublesome that it may be practically considered a disease. The following are the most important causes of insomnia:—

"(a)—Heredity.—Some people evidently inherit a habit of or disposition to insomnia. Re-

(Continued on Page 3)

DR. KELLOGG ATTENDS TUBERCULOSIS CONGRESS

Reads Paper on Diet As an Element in Increasing Resistance in this Disease

CELEBRATED SCIENTISTS PRESENT

DR. J. H. KELLOGG left early in the week for New York, Washington, and other eastern points, to remain for about ten days. While in Washington he will attend the International Congress of Tuberculosis which convened on September 21 and is in session until October 12. On Friday, October 2, Dr. Kellogg will read a paper on "Diet as an Element in Increasing Resistance."

The congress is being attended by world-famous scientists and specialists on tuberculosis.



DR. ROBERT KOCH

The program is most elaborate, embracing all phases of treatment and the latest theories as to how the great plague may be most successfully fought. The exhibit of models, charts, maps, etc., is said to be the finest ever shown, and aims to show the progress of communities and municipalities which have in recent years engaged in the great warfare, and to show the enormous loss in communities in which the protection has been neglected. Undoubtedly it will have the effect of stimulating the interest of the public and securing its closer co-operation. The sanitary conditions of home, shop, store, mines, factory, laundry, are all a part of the warfare; while habits of life, ventilation, diet and exercise are phases of education which people must undertake if the plague is ever to be stamped out.

One of the most celebrated speakers of the week has been Dr. Robert Koch, the discoverer

of the tubercle bacillus. During the course of his address, which was in German, Dr. Koch declared that isolation was necessary in the treatment of the diseases. "In the last ten years there have been five outbreaks of cholera in Russia," said he. "In Germany there were practically none. That is due to our system of isolation and quarantine. It is similar with tuberculosis. The patient in the last stages of that disease is particularly infective. If he is sent to a sanitarium and then returns to his home to die in the midst of his family, as much harm may be done as if he had never gone away. Every case should be isolated as long as the bacilli are there.

"But," concluded the famous physician, "isolation alone will not stamp out tuberculosis."

Dr. Biggs, of the department of Health of New York, advocated the necessity for adequate facilities for the care of advanced stages, asserting that this was the most important factor in the suppression, and that health authorities should have power to forcibly remove and detain any consumptives who are held to be a menace to the public.

An interesting exhibit was that of the conignment of tuberculosis serum—"tuberculinum purum"—made in the laboratories of the St. Petersburg Tuberculin Society, based upon the famous Koch serum. The serum was not offered for sale, but is being supplied to medical men for thorough experimentation.

Many members of the British Society for the Prevention of Consumption and Other Forms of Tuberculosis appear on the program. The Prince of Wales is president of the association, and the king and queen are patrons. Dr. R. W. Phillips of Edinburgh, founder of the first tuberculosis dispensary and the inspirer of the visiting nurses' house-to-house work in the homes of consumptives, was a prominent speaker, also Dr. G. Sims Woodhead, professor of pathology of the University of Cambridge and a member of the Royal Commission on Tuberculosis.

Miss Siegel to Give Program of Readings

On Saturday evening Sanitarium guests will have the pleasure of hearing Miss Theresa Siegel, reader, of Middleton, Conn. Miss Siegel comes highly recommended and offers a pleasing miscellaneous program. She is a graduate of the Detroit School of Elocution and has had a wide experience before large audiences throughout the country. On Monday night she will give a reading of "The Lion and the Mouse" at the Y. W. C. A., and on Tuesday evening she will appear elsewhere in the city. The following is the program for Saturday night:

- Music.
 a. A Wild White Rose
 b. Keep Sweet
 Ruggle's Christmas Party
 La Separation
 a. Story of a Prima Donna's Birthday
 b. Aunt Angelina and
 The New Conventions
 c. Mrs. Casey at the Uehre Party
 When the Heart Is Young
 a. When Love and Duty Meet
 b. An Abandoned Elopement
 Music
 Christmas Greens
- Anonymous
 Kate D. Wiggins
 Rossini
 E. Wilson
 Puck
 From "Alderman Casey"
 Dudley Buck
 May Nichols
 J. Lincoln
 L. Masterson

DOMESTIC SCIENCE DEPARTMENT

Miss Ruby Ketcham, of the domestic science department, gave the Thursday afternoon demonstration lecture before Sanitarium guests, taking for her subject "Vegetables." The speaker explained their classifications, and told of their proper care and service, asserting that they were too frequently neglected as an article of diet, and their real value entirely misunderstood. "While not heavy in nutritive value," said she, "except for the legumes, which contain protein, they are valuable for their salts—salts which the blood must have. Because of this they should form a part of the daily dietary. Blood, which is rich in food salts, profits more by all other foods taken into the body. Commonly the rich salts of the vegetables are lost in the careless cooking and drained away by the cook, who is ignorant of their real value."

Vegetables are classed in two main classes: the carbohydrates, represented by the potato, and the succulent, under which head come the green vegetables. Green vegetables should be cooked in boiling salt water, while vegetables that grow under ground should be cooked in unsalted water, with the exception of onions, which may be salted, as the salt aids in the dissipation of the essential oils. Fresh vegetables will retain their color better if left uncovered while cooking. The necessity for the use of raw vegetables, such as celery, radishes, raw cabbage, etc., was dwelt upon. They are valuable as appetizers, and also for their nourishing qualities and give variety to the daily menu. Another valuable use for vegetables is the bulk they afford the body, thus increasing the peristalsis.

Following the lecture potato salad and stuffed summer squash were passed among the guests, representing the two classes of vegetables attractively served.

"Our gas meter is ill, Tom."
 "What's the matter—gastric fever?"
 "No; galloping consumption."—Judge.

AT EVENTIDE

To-night, my soul, be still and sleep.
 The storms are raging on God's deep—
 God's deep, not thine; be still and sleep.

To-night, my soul, be still and sleep.
 God's hands shall still the tempest's sweep—
 God's hands, not thine; be still and sleep.

To-night, my soul, be still and sleep.
 God's love is strong while night hours creep.
 God's love, not thine; be still and sleep.

To-night, my soul, be still and sleep.
 God's heaven will comfort those that weep —
 God's heaven and thine; be still and sleep.
 —Selected.

"HAPPINESS is a part of holiness."

Disease Germs Destroyed By Disease-Destroying Germs

Every YOGURT capsule contains upwards of TEN MILLION DISEASE-DESTROYING GERMS. (Actual average shown by analysis on Aug. 17, 1908, was 33,600,000 per capsule.)

YOGURT germs were originally discovered in a lactic acid-forming ferment found in certain Oriental milk products. Metchnikoff of the Pasteur Institute and other European savants at once investigated and established beyond question the marked efficiency of these germs in remedying the diseased condition known as

Intestinal Autointoxication, or "Self-Poisoning."

YOGURT germs cure this condition by attacking and driving from the system the disease-producing germs bred in the intestinal tract by the putrefying processes which are usually caused by improper diet or wrong living habits. Thus the YOGURT germs act as defenders of the body's natural fortifications and by driving out the invaders make possible a natural, healthy development of the tissues.

Intestinal Autointoxication is responsible for many diseases. Among those frequently caused by this condition are chronic rheumatism, Bright's disease, eczema and other skin maladies, appendicitis, gall-stones, rheumatic gout, dropsy, biliousness, neuritis, sick headache, emaciation, pernicious anemia, intestinal catarrh, nausea and vomiting, rickets, scurvy, etc.

YOGURT is sold by leading druggists for \$1.00 per package or may be obtained from us direct by mail postpaid.

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 Battle Creek, Mich.

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LAST SUNDAY EXCURSION to Chicago

OCTOBER 4th, 1908

Via Grand Trunk Railway System

Cassopolis, \$1; South Bend, \$1.60. Chicago, \$2.25

Tickets good going on train No. 5 leaving at 2:25 a.m. only, and returning on train No. 5 leaving Chicago 10:30 p.m.

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CAUSES AND SYMPTOMS

(Continued from Page 1)

cently I had under my care a patient who was troubled with insomnia, and whose history revealed the fact that several other members of the immediate family were troubled with insomnia, and that this habit of not sleeping extended back for two or three generations. The thing that is inherited, of course, is a peculiar type of nervous system—a peculiar quality of the nerve tissue. This nerve tissue is of such a kind as not to acquire readily the habit of sleeping.

"(b) *Poisons that are Taken into the Body.*—The most important of these poisons are tea, coffee, alcohol, tobacco and certain drugs. It is a well-known fact that tea and coffee produce insomnia. There are many people whose sleep is greatly disturbed by the use of these beverages. Persons who are not in the habit of using tea and coffee, when they do indulge in a cup of either one, even though taken in the middle of the day, suffer the following night from sleeplessness. Scores of people have related just such an experience as this to me. The caffeine in coffee and the thein in tea are the alkaloidal substances which irritate and disturb the nerve tissue and dilate the blood-vessels of the brain and in this way produce insomnia. Tea and coffee also produce quite a number of other nervous symptoms in addition to insomnia, but it does not belong to our subject here to describe these. Certainly substances which disturb such an important function of the body as sleep can not be, to say the least, wholesome or healthful to the tissues or organs of the body.

"Tobacco, also, is another poison which is often responsible for producing insomnia. A habitual user of tobacco may not always be conscious that his sleep is in any way disturbed by tobacco; yet I have observed in many patients under my care that when using tobacco they would sleep poorly and in some instances were troubled greatly with insomnia; but when the use of tobacco was abandoned, they soon developed the habit of sound sleep. The nicotine in the tobacco is also a poison to nerve tissue. Besides insomnia it produces a long list of nerve symptoms, some of which are really very serious. The nicotine in tobacco interferes with the healthy nutrition of all of the different tissues of the body, and is responsible in many cases for insomnia which may last for weeks, months and even years.

"Probably no substance taken into the body is the cause of so many diseases of the nervous system, and, in fact, every other organ of the body, as alcohol. The medical profession for many years have recognized the fact that alcohol causes a great number of diseases of the nervous system, as well as organic disease of the heart, blood-vessels, kidneys, liver, in fact, every organ of the body. Alcohol is also responsible for many functional disorders of the nervous system, including a neurasthenic condition which has associated with it a pronounced insomnia. Some of the very worst cases of insomnia I have had to deal with have been cases addicted to the use of alcohol for a number of years. Alcohol dilates the blood-vessels of the brain and causes a passive congestion of that organ. The chief cause of sleep is the withdrawal of blood from the brain to other parts of the body. Alcohol paralyzes the vasomotor nerves which control the blood-vessels of the brain; that is, it allows the blood-vessels to dilate and become engorged with blood, and so the brain of a man addicted to the use of alcohol has very much the same appearance as his face and his nose. It is a well-known fact that alcohol paralyzes the

nerves controlling the blood-vessels of the face, allowing it to become engorged with blood and giving a peculiar purplish red color to the skin. The same obtains in the blood-vessels of the brain, and on account of this condition the individual is unable to go to sleep. Alcoholic liquors, especially beer, brandy, whisky and wine, are not infrequently used to produce sleep. They are sometimes even prescribed by physicians. It is true that these alcoholic beverages will produce sleep in an individual who has not been habituated to their use, but their effect soon passes away. Larger quantities must be taken to produce sleep; finally the blood-vessels of the brain are paralyzed and a condition of chronic insomnia is established. In my opinion the use of alcoholic liquors to produce sleep is a bad practice. It seldom, if ever, results in any good to the patient in improving his habit of sleeping, and in most cases does harm by establishing a chronic habit of insomnia, to say nothing of a long list of other ills, symptoms and diseases.

"*Drugs.*—There are many who acquire the 'drug habit' in some form. The use of morphin, cocaine, chloral hydrate and other drugs, when continued for a long time, interferes with the healthy nutrition of the nerve tissue and other tissues of the body, and as a result of their use the habit of insomnia is also established. The so-called hypnotic drugs, of course, are given for the purpose of producing sleep, and, of course, when taken in sufficient quantities they usually do produce sleep; but as their use is continued, the dose must be increased, and in many cases that I have observed, the habit of insomnia is sooner or later established as the result of the use of these drugs. It can be stated as a fundamental principle that any drug or substance which impresses the body so profoundly as to produce sleep in an individual who does not sleep normally, is attended with more or less harm to the body. It may be necessary in some cases to use these hypnotic drugs for a few times for a short period to establish the habit of sleeping, but their continued use always results in greater or less harm, and one of the harmful results is not infrequently insomnia.

"(c) *Diseases of the Digestive Tract.*—These include hunger, indigestion in its various forms, constipation, the retention of fecal matter in the lower bowel with putrefactive changes—all of these not infrequently are the cause of insomnia. In many instances putrefactive changes occur in the lower bowel as the result of the action of bacteria which are present in the bowel. Poisonous substances are formed, which are absorbed into the blood, carried to the brain and to the nervous system, keeping up an irritation, and frequently are the cause of insomnia, headaches and neuralgic pains, general malaise, weakness, mental depression and a long list of other nervous symptoms.

"(d) *Diseases of the Circulatory System.*—These include the heart and blood-vessels. In organic disease of the heart, in which the circulation is greatly disturbed, especially where there is dropsy of the limbs and other parts of the body, insomnia is a frequent and troublesome symptom; also in diseases of the arteries, particularly arteriosclerosis, especially when the arteriosclerosis affects the blood-vessels of the brain. In all disorders of this kind insomnia is frequently a troublesome symptom.

"(e) *Diseases of the Kidneys.*—In all disorders and diseases of the kidneys where the function of the kidney is insufficient, so that the poisons which are formed in the body are not eliminated, we not infrequently have insomnia as a troublesome symptom.

"(f) *Fevers.*—In all the acute fevers, such as typhoid, diphtheria, scarlet fever, measles, malaria, inflammatory rheumatism: in fact, in all

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acute infectious diseases, insomnia is a troublesome symptom. The cause of the insomnia is probably due in some cases of fever to congestion of the brain, and in others to the accumulation in the body of poisons which are the result of fever.

"(g) In certain chronic conditions known as rheumatic diathesis and gouty diathesis, where the elimination of poisons from the body is defective, insomnia is a frequent symptom.

"(h) *Functional Diseases of the Nervous System.*—Neurasthenia, hysteria, exophthalmic goiter and other functional diseases of the nervous system are frequently attended with insomnia of a very troublesome kind, often persisting for weeks, months and even years. In fact, it is in neurasthenic conditions or in conditions of nervous prostration that insomnia is usually the most troublesome both to the patient and the physician.

"(i) In anemia and hyperemia of the brain, and also in organic diseases of the brain, insomnia is frequently a troublesome symptom.

"(j) Insomnia follows certain mental conditions, such as fright, anxiety, an accusing conscience, mental excitement; and mental activity in the last part of the day or in the evening before retiring, as is the case often with students who are attending college, and business and professional men who are overworked mentally.

"There is no function of the body which is more easily disturbed than that of sleep, and the habit of retiring at irregular hours is a pernicious one and often responsible for a well-established case of insomnia."

(To be continued)

AN ELEPHANT PRODUCT

A CERTAIN teacher was one day hearing a class in geography.

"What is gotten from the elephant that is valuable?" she asked.

"Ivory," answered a small boy.

"Can you tell what is made of ivory?" she then asked.

"Soap," answered Johnnie quickly.

THE BATTLE CREEK IDEA

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VOL. 1 OCTOBER 1, 1908 No. 41

A CHEAP FORM OF HEALTH INSURANCE

WITH the official statistics showing up in bold black figures the devastation caused by the white plague and the medical men of the world centering their time and thought upon the grave subject at the International Congress for the Prevention of Tuberculosis now in session in Washington, it is not an inopportune time to consider the various devices being offered the all-too-indifferent public which will make for public sanitation and the prevention of the spread of infectious diseases.

A campaign being carried on by Dr. W. H. Wiley, the governmental chemistry expert, against the unclean cups, mugs, and other utensils used by the restaurant keepers of Washington, is suggestive. In his report Dr. Wiley says:—

"We find the presence of twenty-three distinct species of organisms in the debris within the visible cracks and seams of vessels examined. The number of organisms per given area of surface ranged from 486 to 14,580,619."

While the public has been frequently warned as to the dangers of the public drinking cup, the way to obviate the danger, without enduring uncomfortable thirst, has not been pointed out. One was simply told to go without rather than to risk the dangers of the germ-laden public cup. There are people who are fastidious enough to carry about with them the folding cups of aluminum or other light metal, but these are generally bulky and inconvenient. It has remained for an ingenious Yankee to devise a folding cup of paper which will answer every need. It is light, cheap, sanitary, and thoroughly aseptic. Encased in a small paper envelope, it can easily be carried in the vest pocket. The cups have recently been introduced in the Palm Room Pharmacy, and have met with great favor with the guests who have seen them.

Statistics show that twenty-six out of every one hundred children under fifteen fall victims to the white plague, while fifty-three out of each one hundred young men and women between the ages of sixteen and thirty meet the same fate. In a paper on "The Prevention of Tuberculosis among School Children," by Dr. Henry Barton Jacobs of Baltimore, he points out that the eradication of tuberculosis lies largely with the coming generation with the school children of to-day, and that while

the responsibility rests largely with the fathers, mothers, and guardians of the children, particular responsibility devolves upon the schools. He quotes eminent authorities of Germany and France who are convinced by their laboratory and clinical experience that all tuberculous infections are made in infancy or childhood, the disease lying latent until from one cause or another the resistance of the individual is reduced and the disease asserts itself.

Undoubtedly children are exposed to many dangers through the drinking cups in the public schools. The simple little contrivance that can easily be tucked into the pocket or the luncheon basket is well worth the serious consideration of the parents of the rising generation. It is a step in the right direction, and but one of the many suggestive measures which the world's Congress of prevention is bringing into the limelight.

TOMATOES AND CANCER

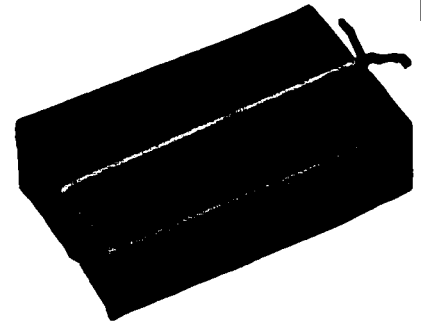
THERE is positively no proof of the frequently advanced theory that tomatoes produce cancer. There has never been any scientific argument to authenticate such a theory. Nobody seems to know where the idea was first introduced, but the arguments advanced are very weak and run somewhat like the following:—

Fifty years ago tomatoes were called love-apples; nobody ate them; cancers were very infrequent. To-day tomatoes are eaten very frequently, consequently cancers must be the result of eating tomatoes. Any number of arguments could be made just as good. Seventy-five years ago railroad trains were very infrequent, and coal smoke from the locomotives rarely polluted the air. But now the railroads cross the country like a network, and coal smoke is omnipresent. Cancers are becoming frequent, and coal smoke from locomotives must be the cause of cancer,—the old *post hoc propter hoc* argument which is *non sequitur*. The tomato is a wholesome food. It has the acid of lemons. Citric acid is the acid of the tomato, and not oxalic acid, as some people suppose.

TEMPERANCE AND THE BIBLE

THE Rev. John Pyper, the venerable temperance worker from Belfast, Ireland, who has been spending the summer at the Sanitarium, gave the chapel address Sunday evening, speaking on "The Bible a Total Abstinence Book." The speaker sought to show that wherever wine was referred to in the Bible in its unfermented state, it was either commended or not condemned; while in other texts where the wine referred to was of the intoxicating sort, it was vigorously condemned. The seeming lack of harmony in the instructions came, he said, through the false definition of wine, ordinarily held to be "the fermented juice of the grape," while in reality the true definition was: "The fruit of the vine or juice of the grape in any state, fermented and poisonous or unfermented and wholesome."

"PERFECT health, which may be destroyed by a piece of bad news, by grief or anxiety, is often restored by a good, hearty laugh."



C. This box contains over two billion disease-destroying germs.

C. In the box pictured are enclosed four dozen capsules, each of which contains, in a preparation called YOGURT, from ten to fifteen millions of germs. These germs are of a harmless species, and their mission is to drive out of the system disease-producing bacteria, such as are always present in the intestinal tract in cases of *Intestinal Autointoxication*.

C. YOGURT is our name for a remarkable lactic-acid-forming ferment discovered in Oriental milk preparations by Masson of Geneva and later investigated by Metchnikoff, of the Pasteur Institute, and other European medical authorities. It has proved a positive remedy for *Intestinal Autointoxication*, and is therefore invaluable in a large number of chronic diseases, particularly many cases of arteriosclerosis, Bright's disease, skin maladies, chronic rheumatism, rheumatoid arthritis and chronic biliousness. It is of service in all cases in which stools are putrid, the tongue coated, and the breath bad. It is of great value in typhoid fever and other febrile disorders; also in the intestinal disorders of children, rickets, emaciation and malnutrition.

C. Hitherto this remedy has not been obtainable in this country. It may now be secured, freshly prepared and of superior quality.

C. We have succeeded in preparing this ferment in concentrated form so that it may be administered in capsules.

C. Packages containing four dozen capsules, each post-paid, \$1.00.

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45 College Hall, BATTLE CREEK, MICH.

Send a stamp for the "Yogurt Book"
and a free book of Health Rules.

SCHOOL OF DOMESTIC SCIENCE OPENS FALL SESSION

Twenty-five young women have enrolled in the School of Domestic Science which opened this week, under the direction of Miss Lenna Cooper.

The school embraces a year's course in health and household economics. The first semester's work includes cookery, in which department each person works independently, being supplied with individual kitchen outfit; chemistry, home economics, physical culture and physiology. A two-years' course, embracing advanced laboratory work, may also be had.

The faculty includes several of the best instructors on the staff, and the work done is thorough and strictly up-to-date and in keeping with the latest principles of dietetics and health reform.

FASTING AS A CURE-ALL

(Continued from Page 1)

or three degrees below 100° the body machinery will stop. Digestion can not go on; none of the life processes can go on at a temperature much below 100°; so the temperature of the body must be kept up. How is it kept up? By burning; in the same way that the heat of the house is kept up—by combustion. There are two kinds of combustion—dry combustion, as we see it in the stove, with fuel; and wet combustion. The kitchen gardener takes pains to bring fertilizing material together when he wants a hot bed. There is an example of wet combustion—heat produced under conditions of moisture and without flame. We have the same thing in the body—heat without flame, combustion formed without flame. If you do not put any fuel into your body, the body will consume itself. The body consumes itself at the rate of about one eightieth of its weight every day. The man who weighs 160 pounds and does not eat anything for twenty-four hours, loses two pounds in weight. If he drinks water while fasting, he may gain in weight if the amount of water he has taken, subtracting the amount evaporated from the skin, exceeds the loss of tissue. So the matter of losing or gaining flesh is not the proper criterion as to what is going on in the body. You may be losing actual tissue while gaining weight, because the weight you are gaining is simply water, and that will disappear as quickly as it came.

"When a person is not eating food, is not taking food into his body furnace and he continues to keep warm, it must be at the expense of the body itself.

"The idea that a man can by accustoming himself to it, by habit, by practice, become able to go without food for months, living upon air in the meantime, is a theory born of ignorance. Such a theory can come from no other source except from pure ignorance that is unforgivable, absolutely unpardonable in an enlightened age. You may equally as well say that you can keep a house warm by not putting fuel into the furnace; that the house can get in the habit of keeping warm without putting fuel into the furnace; that by giving it less and less fuel every day, and letting it go without fuel by spells, the house will get into the habit of keeping warm after a while, and soon you will never have to use any fuel at all.

"Every atom of energy dissipated from the body, every particle of energy radiated from the body or manifest in the body, every particle of muscular work or heat energy comes from some source. Energy is not radiated spontaneously; it is indestructible. There is no more energy in the universe to-day than there was a million years ago. Energy changes in form, but does not change in quantity. In the case of electricity going through a wire, there appears at the other end of the wire absolutely the same amount put into the wire minus the amount of energy which has been converted into heat by resistance of the wire. The amount of energy is precisely the same. So it is with the body. Every particle of body energy manifested must come from some source, and the source from which we derive our energy is in the food which the vegetable kingdom provides for us; and this energy comes from the sunshine. The energy of the sun is formed into the tissues of the food; then we take it into our bodies and the energy is set free again. The energy from the sun is captured by the tree, by the chlorophyll of the plants, formed into wood, and the wood falls upon the earth, is buried underneath the earth for centuries, and by and by converted into coal. We dig the coal out, put it into the furnace, and the flame shines out again—the same

sunshine that was put in before, the same sunshine that has been hidden and secreted all these ages, shines out again. Or, we put it into the furnace, burn it under a boiler, make steam and run a steam engine and the engine turns a dynamo which converts the energy into electricity; and it comes over the wires and we see the same energy shining out again in the lamps. So it is with our bodies. The energy in our bodies comes from the sunlight in the food taken into our bodies, where it is transformed into a living, human body capable of evolving energy.

"This is not an absurdity nor a bit of magic. Energy is ponderable, and can be measured; and the amount of energy which the body can manifest depends upon the amount of energy taken into the stomach and stored up in the body. When one does not eat, he is simply depriving himself of his normal amount of energy. We are made to be supplied regularly with energy; and when we increase the supply of energy, we must also increase the output of energy. If the intake is diminished, the output must be diminished; likewise, so when a man is fasting he is simply cutting off his supply of energy. Hunger is an indication to us that we need more energy; that our supply of energy has run out or is running out; the supply of fuel is consumed, and we must take more; so whenever one is hungry, he should eat. Hunger is the divine invitation to eat, to put out the hand and take the food heaven has prepared as the source of energy for our bodies. When one is fasting, he is simply cutting off his supply of energy. He should never think of doing it any more than he would cut off his supply of air. One can live just as well without air as he can live without food. Air, water, and food are the three things absolutely essential for life. We can not live when deprived of any one of them. Air, water, food—the deprivation of either one of these will just as certainly end in death as though a bullet were put through the head.

"Then the question arises, Should we ever fast, and why? There are some conditions in which it is proper to fast. For instance, if a man has a perforated stomach, the doctor says, 'You must not think of putting food into your stomach; it leaks out, and mingles with other things where it does not belong.' If a man has ulcer of the stomach, gastric juice is formed whenever he eats, and the gastric juice not only attacks the food and dissolves it, but it corrodes the raw surface of the ulcer. The stomach can protect itself only by virtue of the fact that it has a peculiar membrane within itself, a peculiar lining which has power to protect it against the gastric juice. When the mucous membrane is gone, the gastric juice can act upon the raw flesh just as it can act upon a piece of beefsteak or of tripe; it can act upon a sore. You can never heal an ulcer of the stomach while using the stomach any more than you can an eye. The stomach must rest when there is an ulcerated surface, in order that it may have an opportunity for recovery. If for any reason the stomach is perverse and rejects the food by vomiting, there is plainly no use whatever of putting food into it. You may just as well stop and allow your stomach to rest until this condition is overcome. My belief is that these are cases in which the stomach is acting vicariously, in which the blood is loaded with poisons, and the stomach is excreting poisons. The action is outward into the stomach instead of inward by absorption, and it must be for the time being turned over to that work; there is no use of trying to make a digestive organ out of it, because nature has temporarily converted it into an excreting organ, and it must be allowed to do its work. These, then, are cases in which absolute rest is necessary

I have two nicely furnished rooms near Sanitarium with all modern conveniences which may be used as a suite or separately. Gentlemen only.

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The Battle Creek Diet System

¶ For thirty years the Battle Creek Sanitarium has been curing sick folks by regulation of diet and other physiologic means. The diet system which has been developed is recognized as the chief factor in the building up of the world-wide reputation of the great institution.

¶ We have prepared an interesting illustrated booklet which tells about this unique system and how to introduce it into every home.

¶ There are special diets for diabetes, neurasthenia, rheumatism, anæmia, constipation, dyspepsia and most chronic ailments.

We send a trial package at our own risk. Ask for our booklet, "Healthful Living"

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BATTLE CREEK, - MICHIGAN

We want live people in every section of the country to help this year in the most active and energetic campaign for subscriptions for Good Health we have ever carried on. We are going to make it an object for this kind of people to work with us. Liberal commissions will be paid, and the premiums and cash prizes that will be awarded will surpass anything ever offered before. Write for information regarding our offer.

Special opportunity will be given boys and girls to sell Good Health during the holidays and after school. We start you free. Some agents have sold over 1,000 copies a month. Write for terms.

Good Health Publishing Co.,

Battle Creek, Mich.

to give the stomach an opportunity to recover, just as you would give a wounded arm or a sprained ankle a rest.

"But now here is a man who has a good appetite, and he says, 'I don't feel well; I feel nervous; I feel gloomy and despondent. Doctor, don't you think it would do me good to fast?' Very likely it would do him good to fast temporarily. Perhaps he has been eating too much; perhaps his body is steeped with undigested, unassimilated and imperfectly oxidized products, and the body may be filled with cinders. He may be in exactly the same condition as the house where there has been a prodigal use of coal, and there is a great heap of half-burned coal or cinders mixed with the ashes down in the basement. If a coal famine came, you would sift over that whole mass of ashes, get the cinders out, take them back to the furnace and burn them. That is exactly what the body does. If a man has been eating a great quantity of beefsteak and a lot of food the body did not need, there is a lot of imperfectly burned, imperfectly oxidized food stored away in the tissues.

"Fasting will hunt up all those cinders,—those imperfectly burned substances and burn them up as fuel for the body. That is a good way. If a man is obese, has too much flesh, fasting is a good way to get rid of his surplus flesh. But when a man is depressed, melancholy, neurasthenic, feels generally bad, should he fast or not? I believe he might be benefited by fasting; but there is another way and a better way, because if he fasts, he will get damage as well as good. There is benefit in fasting, but there is damage also. The man who is fasting is feeding upon himself. He is taking a purely carnivorous diet. He does not get any bones at all. While the tissues are still well supplied with fat, he draws upon the fat, but he is all the time drawing upon his protein, upon his muscles, upon the tissues of the brain and liver and other parts of the body; and all these organs will be consumed more or less in a prolonged fast. A fast of a few days is of no consequence at all, because the body always has in store material enough to support the body for a little while; but a long fast of two or three weeks is quite another matter. I have seen many a man who had been so badly reduced by fasting that it was a serious task to get him up again. In the last year or two particularly, we have had quite a little experience here in this institution in rebuilding people who had been torn down.

"Fasting is a dangerous remedy; it is a bungling, old-fashioned, cut and tried remedy, a shotgun prescription, if you please. In certain cases it benefits greatly, and in other cases it is likely to cause great damage, for it is a strenuous measure like bleeding. It is a drastic, old-fashioned measure that the scientists of the last century have left behind,—the same scientists who left bleeding behind. We have found better, safer and more efficient means of accomplishing the same result that can be accomplished by the old-fashioned means. If a man has cinders, toxins, poisons in his body, they have all come from proteins, and not from fats or starches or carbohydrates. Starches and carbohydrates, when they are burned, go off in the form of gas, can not accumulate as cinders. But the proteins can not get out of the body in any way except through the skin and the kidneys; they must be eliminated as cinders.

"If a man is clogged with these cinders, these poisons, the only benefit he can derive from fasting comes from the protein starvation and not from the carbohydrate starvation. There is no advantage in getting lean, losing flesh, losing tissue and weight. What he wants to lose is poisons, not flesh. The fat he has got in his body is just as good as any he can get, but scat-

tered around through these tissues there are poisonous substances, imperfectly oxidized material, soot and cinders that clog the body. We must burn up the cinders. The cinders and soot are formed from the protein foodstuffs. If we cut out all the proteins from the food, and put the man on a low protein diet, which means to eat no meat, no eggs, and very little milk if any,—to make the diet consist of fruits, cereals and fresh vegetables, he gets the protein starvation which he needs. Thus he secures the oxidation, the burning up of those cinders and accumulating debris, and he gets all the good it is possible to obtain from fasting, without the tearing down of his house the breaking-down of his tissues and the wasting away of essential and necessary tissue elements."

QUESTION BOX DEPARTMENT

Q. If a person has stomach and liver trouble, not an ache or a pain, simply nauseated when food is in sight, what would you advise him to do?

A. I would advise a little fast. Wait until you get hungry. In a day or two you will get hungry. Eat but once a day for two or three days.

Q. Does a square of yogurt cheese or a glass of yogurt whey contain the same amount of friendly germs as a glass of yogurt? and is it as well to take the one as the other at meals?

A. It is difficult to estimate these bacteria or friendly germs in number, because there are so many million of them. I suppose that in a glass of yogurt there are at least a billion friendly germs; and in a square of yogurt cheese, very likely there may be half a billion of them; and in yogurt whey there are probably just as many.

Q. What measures will increase the motility of the stomach?

A. The application of cold water over the stomach, carrying the chest high up so as to compress the stomach and assist it, deep breathing exercises, taking great care not to overload the stomach, applications of electricity, if necessary, to the outside and the inside of the stomach, and above all things building up the general health. When your arm gets strong, your stomach muscle will probably get strong also. Make all the muscles of your body strong and vigorous; then your stomach will tone up and become stronger also.

Q. What is the best way to heal an infected stomach?

A. By pure, antitoxic diet; a diet of cereals and yogurt, or fruit is the best of all. Cut down the protein and diminish the fats. If one eats dry foods, flakes, rice, granose biscuits, and other dry foods, baked potatoes, he does not need to take any other vegetables. It is well to eat something raw at every meal.

Q. Are tubercular patients treated here at the Sanitarium?

A. No. Patients suffering from tuberculosis of the lungs are not received here for treatment. Patients of that class we generally recommend to go home and pitch a tent, live outdoors, or else go to Colorado or some other place where they can live outdoors even all the year around. Michigan climate or any other climate

is just as good as Colorado climate, for that matter, only it is not so convenient.

Q. What is the cause of and cure for goiter?

A. Exophthalmic goiter is sometimes curable by the antitoxic diet and treatment. Sometimes a surgical operation is required to remove a portion of the goiter. Sometimes it is necessary to ligate the arteries that supply blood to the goiter. Large goiters must be removed, generally if they cause choking. If the goiter is growing down, if there is hoarseness of the voice, if there is difficulty in breathing, it is high time the goiter is removed. If removed early, it is a very safe operation. I have not had the misfortune to lose any of my cases. Professor Kocher of Berlin has operated upon several hundred cases without a single death; and in some two thousand or three thousand cases with only a very small number of deaths. It is only when the patient waits until the goiter becomes enormously enlarged, and the lips are blue and the heart is affected, that the operation becomes a very serious thing; but the person should not wait so long as that.

Q. Is it bad to sleep too much?

A. It is bad to sleep after meals. It is bad to sleep more than ten or twelve hours a day.

Q. What is the best diet for a rheumatic?

A. The best diet is to avoid eating rheumatism. Rheumatism comes from high protein; it is a dietetic disorder; it is not due to climate. It is due to diet and to nothing else. No one can have rheumatism if he does not eat an excessively high protein diet. It may be beefsteak; it may be eggs. Beefsteak contains germs of putrefaction which produce poisons in the intestine and when these are absorbed they produce rheumatism.

Q. What is the proper diet for a girl three years old?

A. A diet of fruits and cereals is the best diet, with perhaps sterilized milk or cream. When cow's milk does not agree with children, malted nuts is the next best thing, I think perhaps it might be the better thing if it were properly used.

Q. What is the cause of dandruff?

A. It is an infection of the scalp, a passive infection,—bacteria growing in the scalp.

Q. What is the best remedy to relieve neuralgia over the eyes and face?

A. A hot application. Heat is a sovereign remedy for pain; it is the best remedy of which I know. Opium will deaden pain, but it does not cure it. A hot application, however, not only relieves pain, but cures it. Drugs do not cure pain. All they do is to hide the pain, but the fomentation will cure the pain and the condition which causes the pain.

Q. Is there any cure for enlargement of the liver and spleen?

A. Yes, if the enlargement is recent, if it is malarial infection, a cure can be effected. Hot and cold applications are the best remedy: a hot douche of water poured upon the affected part, over the liver and spleen, then cold water, as cold as you can get it, poured over the affected part. A very good way to do it at home is to lie in the bathtub, then have water poured with a dipper from high up over the liver and the spleen, first a dipperful of cold water, then a dipperful of hot water (at 120°); then cold water, falling over the liver. Be sure you know where your liver is. It is on the right side.

PERSONALS

Mr. and Mrs. W. H. Burr of Minneapolis are among the recent arrivals.

Mrs. S. M. Yutzky, of Ann Arbor, is paying a visit to her Sanitarium friends this week.

Mrs. Floyd Payne returned Monday to her home in Charleston, W. Va., much improved in health.

Mr. and Mrs. H. M. Doering of Butte, Mont., are among the new western arrivals at the Sanitarium.

Mrs. Amos Sturgis of Sturgis, Mich., is visiting her daughter, Mrs. McLaughlin, a patient at the Sanitarium.

Mr. D. M. Turner of Pekin, Ill., a frequent patron of the Sanitarium, has returned for further rest and treatment.

Dr. G. P. Plummer of Key West, Fla., well known in medical and naval circles in the South, is paying a visit to the Sanitarium.

Mrs. Darwin G. Jones of Atlanta, Ga., who visited here last spring, returned to the institution the past week for further treatment.

Mrs. L. K. Fuller of Chicago and Mrs. P. L. Keith of Cincinnati arrived the past week at the institution for rest and treatment.

Miss Anne Herscher, who has been spending the past two months at the Sanitarium, returned Tuesday to her home in Charleston, W. Va.

Mr. and Mrs. J. O. Fontron of Seattle, Wash., are visiting their daughter, Miss Fontron, who has been critically ill, but is now fast improving.

Mr. and Mrs. John Jones, who have been spending the summer here at the Sanitarium, returned on Saturday to their home in Pittsburgh.

Mrs. E. A. Crittenden of Tallahassee, Fla., is visiting her daughter, Mrs. Chittenden, who has been a patient at the Sanitarium for some weeks.

Mr. M. P. Shelden of Chatham, Ont., left for his home Saturday after a short stay at the Sanitarium. He expects to return later in the season.

Mrs. B. L. Wharton, a warm friend and frequent patron of the institution, returned the first of the week to her home in Nashville, Tenn.

The Rev. G. Stanley Brown, a missionary of the M. E. Board from Foo Chow, China, is a recent addition to the missionary group at the Sanitarium.

Mr. E. C. Simmons and niece, Miss Glenn, returned to their summer home at Oconomowoc, Wis., early in the week after a two week's stay at the Sanitarium.

Mr. N. T. Baptist, who has been a patient here for the past few weeks, returned on Tuesday to his home in West Point, Miss., much improved in health.

Dr. C. H. Tebault and Miss Corinne Tebault, of New Orleans, left Monday for a visit to Niagara Falls and vicinity. They expect to return to the Sanitarium later.

Mr. Michael Williams, a well-known magazine contributor, with Mrs. Williams, is expected to arrive shortly at the Sanitarium for a month's stay. Mr. and Mrs. Williams and family spent several months here last fall and made many friends who will be glad to welcome them on their return.

Dr. Joan Ospray, of Chicago, has been the guest of Mr. Cornwell during the present week. Dr. Ospray has been spending the summer abroad and stopped here enroute home.

Miss Ellen George of Wellsborough, W. Va., accompanied by her physician, Dr. T. H. Weirich, arrived at the Sanitarium the past week and will remain for some weeks as a patient.

Mrs. F. B. Powers has returned from Kalamazoo, where she has been visiting friends for the past ten days. She will remain a few days at the Sanitarium before returning to her home in Kentucky.

Mrs. L. H. Bixby of Chattanooga, Tenn., accompanied by Dr. Hayward, a graduate of the American Medical Missionary College, arrived at the Sanitarium this week for rest and treatment.

Mrs. H. B. Hemenway and Miss Margaret Hemenway, wife and daughter of Dr. H. B. Hemenway of Evanston, Ill., Mrs. V. A. Taylor and Miss Anna Hemenway of Kalamazoo, Mich., spent Thursday of last week at the Sanitarium as the guests of Mr. George R. Judd.

Mr. John Bacon of Louisville, Ky., who has been spending the summer at the Sanitarium, returned to his home this week. Mr. Bacon is an enthusiastic follower of Battle Creek health principles, and returned home in better condition of health than he has enjoyed for many years.

The Rev. J. B. Hartwell and Miss Anna Hartwell of Hwang Hien, China, arrived at the Sanitarium this week to remain for a period of rest. The Rev. Mr. Hartwell has been a missionary to the Orient for the past fifty years, and is a venerable figure in the missionary world, having a splendid record of usefulness to his credit.

Mr. L. A. Pires left on Tuesday for his home in Dallas, Tex., after a stay of three months at the Sanitarium. Mr. Pires was quite ill when he arrived, but went home in an excellent state of health and enthusiastic over the treatment he received while here. "I am so pleased with it all," said he, "that I intend to return again next summer for my vacation, and shall tell all my friends of the peculiar advantages of the place."

Bishop and Mrs. J. W. Hamilton have been spending the week at the Sanitarium. They will leave the latter part of the week for Boston, to which point the Bishop has been recently transferred from California. On Sunday Bishop Hamilton conducted the dedicatory services of the handsome new First Methodist church. Both Bishop and Mrs. Hamilton are delighted with the Sanitarium and the opportunities it offers for rest, and have expressed a regret that they had not before become acquainted with the Battle Creek idea.

One of the most interesting of the notable persons who have honored the Sanitarium with a visit this season is Commandant Niblack of the United States Navy. This eminent naval officer, who won distinguished honors both in Cuba and the Philippines in the Spanish American War, was a patient at the Sanitarium sixteen years ago, and this season returned, not on account of ill health, but on a commission from the United States government to obtain information and apparatus to be employed in testing and training naval recruits for service. The commandant is a charming conversationalist, able to entertain a popular audience by the hour with delightfully interesting accounts of military and seafaring adventures and experiences, or a body of scientists with a discussion of the most abstruse and technical of engineering problems. He returned South this week.

ARRIVALS

THE list of arrivals for the week ending September 28 is as follows: Price Cross and wife, Texas; William L. McBeth, M. D., Mich.; B. H. Saughs, Mich.; L. B. Saughs, Mich.; Henry S. Williams, Cal.; Frederick Lee Gilbert, Minn.; Mrs. T. Jacobs, Iowa; S. Fayman, Mo.; F. A. Pritchard, W. Va.; Mrs. Fannie G. Smith, Texas; Gaston Bloch, La.; W. F. Childs, Mass.; Mrs. S. M. Steinhardt, N. Y.; Katherine Gerow, Mich.; Nellie M. Madden, Ill.; A. J. Hills and wife, Pa.; Mrs. Joseph Loril, A. J. Loril, Mo.; C. A. Reeve and wife; P. F. Archibald, R. I.; Dr. G. R. Plummer, Fla.; F. Everts, Mo.; Mrs. W. B. Latta, N. Y.; R. O. De Daven and wife, Ohio; Mrs. M. A. Brock, Ind.; Alta J. Hill, Ill.; W. H. McCall and wife, Ill.; D. Weeks, Miss Della Weeks, Iowa; Hazel Jenks; J. D. Wetter and wife, Ohio; John Trip, Mich.; Mrs. F. B. Powers, Ky.; J. W. Hamilton and wife, Mass.; Marie B. de Asinsola, Eloisa and Therese de Asinsola, Leny de Perceles, Mexico; Jack E. Shaw, Mexico; Mrs. W. D. Reeves, Ark.; Mrs. Mary E. Rasmussen, Ohio; Bessie Willoyghby, N. J.; J. B. Young, Ind.; Mrs. Thomas Hannett, Mich.; J. T. Akers, Iowa; D. M. Turine, Ill.; F. W. Goodrich and wife, Ill.; L. H. Bixby and wife, Tenn.; O. M. Hayward, Tenn.; Ida Gray, Tenn.; Lee W. Maxwell, Ill.; H. A. Eberline, Mich.; Arthur H. Jones, Mass.; J. B. Hartwell, Anna B. Hartwell, Hwang Hien, China; Mrs. Amos Sturgis and child, Mich.; Margaret E. Hernlei, Can.; J. A. Fontron, and Mrs. Fontron, Wash.; Dr. Robb M. Leith, Wis.; John L. Hettinger, Wis.; A. A. Wettengel, Wis.; Mrs. J. C. Powers, N. Y.; Mrs. Thornton Jeffries, N. Y.; Miss Ina Knapp, Mich.; G. Stanley Brown, Foo Chow, China; Mrs. D. C. Horine, Ill.; R. F. Pootee, Mo.; Mr. and Mrs. W. H. Burr, Minn.; Mrs. A. C. Nicholas, Mo.; L. J. Karcher, W. J. Smith, city; Otis A. Earl, Mich.; G. W. Fassett, Pa.; G. W. Dean, Ga.; William P. Finn, Ohio; A. C. Nicholas, Mo.; W. D. Osborn, Ind.; John Naylor, Mich.; Mrs. L. A. McElroy, Pa.; Andrew Horst, Ohio; Miss I. Dixon, N. J.; Fred E. Snyder and wife, Mich.; E. R. Howard, Texas; Gertrude Sobrason, Utah; Mrs. Lambert, Utah; W. F. Childs, Mass.; John W. Hamilton, Mass.; Mrs. Burton Abraham, Ore.; Bela M. Zueler, Mich.; Maurice Bobier, Ont.; Clarence Bobier, Ont.; W. G. Mellier, Mo.; B. McClanahan, Miss.; R. R. Meanyard, Ill.; Miss H. L. Richardson, Mo.; L. E. Buell, Mich.; Halbert Wilson, Ill.; B. C. Calmwell, La.; George W. Parker, Mo.; Dr. S. D. Wierich, W. Va.; Miss Ella George, W. Va.; Mrs. E. A. Crittenden, Fla.; Dr. B. M. Narbison, Ind.; Warren L. Hurson, Ga.; Mrs. Darwin G. Jones, Ga.; Mrs. E. J. Wiley, Mich.; J. A. Trevethan and wife, Mich.; John K. Gibson, Ill.; H. V. Dorrington and wife, Mont.; J. E. Scott, La.; Claus Reimer, Iowa; John Wilson, Iowa; Adolph K. Gerners; W. G. Hayes and wife, Mich.; Nellie M. Stevens, Ohio; Grace Holwick, Ohio; Mrs. L. K. Fuller, Ill.; Mrs. P. S. Kieth, Ohio; C. A. Barnhart, Mich.; J. C. Grogan, Pa.; Joan A. Aspray, Ill.; Edward Ormsby, Ky.; Louis McQuown, Ky.; A. Anderson, M. D., Iowa; J. M. Boyce, La.; Mrs. Charoes Anderson, Ill.; J. H. Wood, Wis.; F. B. Howard, Ont.; Samuel Post, Jr., Mich.; John Tripp, Jr., Mich.

A HOME SONG

I TURNED an ancient poet's book,
And found upon the page:
"Stone walls do not a prison make,
Nor iron bars a cage."
Yes, that is true, and something more;
You'll find, wherever you roam,
That marble floors and gilded walls
Can never make a home.
But every house where Love abides
And Friendship is a guest,
Is surely home, and home, sweet home;
For there the heart can rest.

—Country Life.

"WHEN a man owns the source of his blessings, he is not likely to see their end."

News Notes

Dr. Paul Roth and Dr. Linnie Roth have begun classes in practical hydrotherapy for students of the A. M. M. C.

Dr. Nellie M. Stevens of Galion, Ohio, was the guest of Dr. Myrtle Hudson the past week. Dr. Stevens was formerly a student at the A. M. M. C., and has many friends here.

Miss Ball, a graduate of Drexel Institute, has succeeded Mrs. Spencer as assistant dietitian. She will have charge of the ration tables and the computation of menus.

Freshmen students of the College have begun a course in Biology laboratory work under Dr. J. F. Morse. Dr. Risley will conduct the Qualitative Chemical work for the sophomores.

A reception was given Thursday evening in West Hall parlor in honor of the incoming class in Domestic Science. The guests were received by members of the faculty and alumnae and an informal program of music and addresses was given. Light refreshments were served during the evening.

Dr. and Mrs. J. H. Kellogg have issued invitations for the marriage of their daughter, Harriette Eleanor, to Bertram Colbert Kirkland. The wedding will take place at half after five on the afternoon of October 14 at the family residence, Manchester Street.

Friends of Dr. and Mrs. H. W. Vollmer, formerly of Battle Creek, will be glad to hear of their recent happiness in the birth of a little daughter, Margaret Rose, September 17, at Portland, Ore. Dr. Vollmer, a graduate of the A. M. M. C., was formerly connected with the institution, and Mrs. Vollmer, as Miss Rose Barber, was a graduate nurse in charge of the operating room.

Mr. Edgar Nelson gave an interesting stereopticon lecture in the Sanitarium parlor Monday night on Philately. The speaker has a rare collection of stamps, coins, and rare books, and the spectators were interested in the history of the valuable stamps, reproductions of which were thrown upon the screen. On Tuesday guests were privileged to view the valuable prize medal winning collection, which was exhibited in the grand parlor.

Dr. E. H. Risley will break ground the present month for his new residence in Oak Lawn. This will make the fourth member of the Sanitarium family to choose this location for a residence site. Dr. Eggleston's new home will be ready for occupancy by December 1st, and William Drever and Bertram Kirkland both expect to have their houses completed by the first of the year.

A complimentary dinner was given on Tuesday to the Post-Graduate Nurses' class by Mrs. M. S. Foy, superintendent of the Training-School, and Miss Charlotte Dancy, assistant. The table was stretched in the south dining room and was prettily decorated with fall flowers and ferns.

At a recent meeting of the Sanitarium board it was decided to devote two of the Sanitarium cottages to the use of American Medical Missionary College students as dormitories. Dr. and Mrs. George Dowkontt will act as resident directors, occupying Kellogg cottage, where the young men will be installed. The young women will occupy the cottage on the opposite side of Washington Street.

Sanitarium guests and helpers enjoyed to the utmost the clever performance of Flossie, the Scotch collie owned by W. G. Glasier of Kalamazoo, on Saturday night. Flossie is a canine wonder, and is exhibited by her owner, not for money, but for the lesson in humane treatment of dumb animals, and to prove to audiences that dogs may possess memories and the sense of reason. Flossie has been taught solely through kindness, and is a credit to the loving and patient instruction of her master. She added, subtracted, multiplied, told colors, and did a score of clever "stunts" that caused her audience to wonder "how one small head could carry all she knew." The evening program was augmented by pleasing musical selections from the orchestra.

The customary monthly missionary social was held Tuesday evening, September 22, at the residence of Dr. J. H. Kellogg. The company consisted of about thirty-five, the most of whom had seen active service in foreign fields. The hour of meeting was six o'clock and a light repast was at first partaken of. Following the luncheon, Mrs. J. F. Byington sang two selections, and Dr. R. F. Dye and Mark Njoji, the latter a native of Congo, sang "Sweet By and By" in the African language. Short addresses were made by Dr. Kellogg and several guests, the theme chosen being, "Special Providences in Christian Work." There were many touching incidents brought out.

Prospective students of the Battle Creek College Preparatory classes met in the College building Tuesday evening to confer with the faculty regarding the program of recitations. The program is adapted each semester to the needs of the students, a large proportion of whom pay their expenses by work in the institution. The course embraces four years of college preparatory work, including the classics, French, German and Spanish, etc. The diploma admits students to all recognized colleges. For further information students should apply to Prof. E. D. Kirby, superintendent of the school; office, main floor College building.

"His presence is our prosperity."

THE YELLER JANDERS

"I KNEW a feller once that had The yeller janders awful bad, and Each and every one he'd meet, would stop and Give him some reeet for curin' of them. But, he'd say, he kinder guessed they'd go away Without no medicine, and boast That he'd get well without one dost. And so he kept er yellin' on, and they Predictin' that he'd die some day Before he knowed it. Tuk his bed, The feller did, and lost his head, And wandered in his mind a spell, And rallied and at last got well. But every one that said he'd die Went back on him eternally."

—James Whitcomb Riley.

"THAT is always well founded which puts God first."

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most



medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.

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THE BATTLE CREEK IDEA

VOL. 1, No. 42.

BATTLE CREEK, MICH., OCTOBER 8, 1908.

PRICE, 2 CENTS.

MANY DOCTORS ATTEND DISTRICT MEDICAL MEET

Clinic, Two Sessions and a Banquet Form
the Program for Doctors from Four
Counties

MEETINGS HELD AT SANITARIUM

THE second meeting and banquet of the Third Councilor district of the Michigan State Medical Society was held Tuesday at the Sanitarium and attended by about one hundred and twenty-five members and guests. A complimentary banquet was tendered the members by the Sanitarium management in the evening, after which an elaborate program of toasts was responded to, thus rounding out a most successful and interesting session.

The meeting opened with a clinic at 9 A. M. directed by Dr. Charles E. Stewart. The general meeting opened at 2 P. M., being called to order by Councilor W. H. Haughey of Battle Creek. The two addresses of the meeting were given by Dr. Victor C. Vaughan, dean of the medical department of the University of Michigan, and Dr. Mortimer Willson, councilor of the seventh district, Port Huron. The addresses were followed by a discussion of the organization of a district society. Dean Vaughan's address on "Protein Poisons" aroused a great deal of interest.

The program for the 3:30 sectional meeting was as follows: SECTION A: Samuel Schultz, Chairman; George C. Hafford, Secretary; Paper: "A Plea for Better Therapy," C. S. Sackett, Charlotte; Discussion—L. K. Slote, Constantine; Paper: "Some Medical Indications in the Treatment of Puerperal Eclampsia," E. E. Hancock, Girard; Discussion—R. M. Gubbins, Ceresco; Paper: "Some Observations on the Etiology and Treatment of Nasal Catarrh," J. F. Byington, Battle Creek; Discussion—T. J. Haines, Three Rivers; Paper: "The Frontal Sinus," A. J. Abbott, Albion. Discussion—A. G. Holbrook, Coldwater.

(Continued on Page 2)

Mackey Visits the Sanitarium

TOM MACKEY, the celebrated evangelist, who for fourteen years has devoted his life to the saving of souls, spent a portion of the past week at the Sanitarium, where he has many friends. His services held in the chapel aroused interest, and as a result several conversions were made, and many hands raised requesting prayers.

Mr. Mackey has a simple Gospel message which he delivers with an earnestness and a fiery eloquence that holds his audience to the last syllable, and touches hearts long calloused and indifferent. He relates with telling force the story of his own conversion in the Pacific Garden Mission and of his rise from a mission boy and street thief to the enjoyment of all that is high and sweet in the Christian experience. It is probable that he will return to the Sanitarium later in the season and conduct evangelistic services.

Caleb Powers Pays a Visit

Famous Kentuckian Says He Owes His
Life to Battle Creek Sanitarium
Foods

SANITARIUM HIS HEADQUARTERS

"I AM firmly convinced that Battle Creek Sanitarium foods saved my life," said Caleb Powers of Barbourville, Ky., who arrived last Saturday night for a visit to the Sanitarium.

Mr. Powers, as all the world knows, has spent the past eight years in Kentucky prisons, charged with complicity in the murder of William Goebel, Democratic nominee for Governor of Kentucky. Last June he was par-



CALEB POWERS

doned by Gov. A. E. Willson. He has since been in the lecture field and his visit to the Sanitarium is a fulfillment of a long-felt desire, which he was enabled to accomplish between lecture engagements. He intends to make the Sanitarium his headquarters during his fall and winter lecture tour, becoming more thoroughly acquainted with the principles of the institution, and building up his health, which through long years of imprisonment is none of the best, although in a much better state than it would have been had he not fortunately adopted the system of diet which he gratefully asserts saved his life.

Appropos of this change in his diet Mr. Powers said: "I have been troubled with a serious stomach trouble for the past eighteen years, and while in jail in Newport, Ky., about four years ago, was very much run down and in a discouraging state of health. At this time a professor of music living in the town came to the jail to see me. He had been here at the Sanitarium and was an enthusiast on the diet. He talked to me in regard to my condition and

(Continued on page 5)

LOW PROTEIN DIETARY FOR CONSUMPTION

Dr. J. H. Kellogg, in Address before In-
ternational Congress, Declares Flesh
Foods Weaken Resistance

OVERFEEDING CONDEMNED

In his address upon "Diet as an Element in Increasing Resistance," given by Dr. Kellogg before the International Congress on tuberculosis, last week in Washington, the Doctor strongly condemned the use of the high-protein dietary in consumption, and recommended instead the Chittenden low-protein standard with a slight increase to compensate for special losses under certain conditions. He adduced in support of his views the fact that flesh foods always tend very decidedly to weaken general vital resistance through the enormous extra burdens which they impose upon the liver and other poison-destroying glands, and upon the kidney, the most important of the poison-excreting glands.

He called attention to the fact that the large share of persons who suffer from disease of the lungs actually die of disease of the liver and kidneys. Eighty per cent of all fatal cases die with diseased kidneys, and ninety-five per cent with diseased livers. A highly nitrogenous diet is universally condemned in diseases of the kidneys, and its use should for the same reason be condemned in consumption, since there is in this disease so marked a tendency to disease of the liver and kidney.

"Chronic tubercular infection has long ceased to be regarded as a local disorder. The studies of Charrin, Roger and numerous others, and especially the ingenious and illuminating researches of Wright, have shown that the essential factor in tubercular infection is the weakening of the defenses of the body, the breakdown of the vital resistance in such a way as to permit the development within the body of the particular parasitic organism characteristic of this disease," said the speaker.

(Continued on page 3)

CAUSES AND SYMPTOMS OF SLEEP AND INSOMNIA

Dr. W. H. Riley in Sanitarium Lecture
Continues Discussion of Symptoms
and Treatment of Insomnia

CONDITIONS FOR SLEEP

"(2) Symptoms of Insomnia.—Persons who suffer from insomnia may be divided into three classes: first, those who after retiring do not go to sleep readily; that is, it takes from one to three or even four hours or more before they get to sleep. Second, those who go to sleep readily upon retiring, but wake up between twelve and

(Continued on page 5)

MANY DOCTORS ATTEND MEET

(Continued from Page 1)

SECTION B: P. H. Quick, Chairman, Wilfred Haughey, Secretary; Paper: "Nostrums and Proprietary Preparations," W. T. Dodge, Councilor 11th District, Big Rapids; Discussion—W. A. Griffith, Coldwater; Paper: "Lymphatic Leukemia with Report of Three Cases," Wilfred Haughey, Battle Creek; Discussion—C. W. Ellis, Eaton Rapids; Paper: "Modern Treatment of Suppurative Peritonitis," Frank C. Kinsey, Three Rivers; Discussion—W. E. Newark, Charlotte.

The banquet was held in the south dining-room, covers being laid for one hundred and fifty. The tables were handsomely decorated with potted plants, ferns and cut flowers, and the following menu was served:

MENU

Watermelon Cubes

Celery Ripe Olives Radishes
Cream Tomato Soup—Bread Sticks

Roast Protose with Sage Dressing
Parisian Potatoes Asparagus Tips
Fresh Tomatoes Nut Buns

Waldorf Salad with Cream Biscuits

New Apple Juice Grape Juice
French Floating Island
Nut Cake Assorted Fruit Pine Nuts
Yogurt Cheese Toasted Wafers
Cereal Coffee

Dr. B. H. McMullen presided as toastmaster, introducing the speakers with many a witty speech or clever quip. The invocation was pronounced by the Rev. Anthony Burke. The following is the program of toasts and those who responded:—

Our Guests, A. W. Alvord; Our Ambitions, A. P. Biddle; Our Profession, W. H. Haughey; The Doctor in the Making, V. C. Vaughan; The District Meeting, A. E. Bulson; In Lighter Vein, C. B. Stockwell; The Ladies, Eugene Miller; Impromptu.

INDOOR BASEBALL

Active interest in indoor baseball is once more manifested with the first hint of cooler weather, and an association has been formed with four regular teams in training. It is planned to have two games each week in the Sanitarium gym, on Tuesday and Thursday nights. The following are the teams and their leaders: Crescents, composed of business office staff, Captain, Alfred Steinel; Bawbees, composed of the mechanical staff, Captain, Fred Gamenthaler; Shamrocks, nurses and bathroom attendants, Captain, John Jones; Medics, to be composed of the medical staff and students, captain not yet chosen.

"It is moral courage that characterizes the highest order of manhood and womanhood—the courage to seek and to speak the truth; the courage to be just; the courage to be honest; the courage to resist temptation; the courage to do one's duty."

HAVE you seen the Brownie Enlarging Camera?

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PARASITES: Where They Come From

Of the few parasites to which human beings are subject, notably tapeworms, most of them are derived from the use of infected meat. Beef or pork which contains the cysts or tapeworm embryos is said to be "measly." When measly flesh is eaten, the cyst wall is digested off by the gastric juice, and the embryo is set free. Passing into the intestine, it fastens itself to the mucous membrane, where it commences rapid growth, and produces all the distressing and inconvenient symptoms arising from the presence of the parasite in the alimentary canal.

Trichinosis, a disease which in its general symptoms closely resembles cerebrospinal meningitis, muscular rheumatism, winter cholera and other maladies, that frequently is not recognized as trichinosis, is contracted from the use of lean pork. Those who console themselves with the idea that protection against these parasites is afforded by inspection will not be comforted by the assertion of Dr. Salmon of the United States Agricultural Department, that it is practically impossible to detect, even by microscopic inspection, all cases of trichinae infection, for the reason that there may be no parasites in the tissue examined, while other portions of the body are swarming with them.—October Good Health.

..THERE is no prayer without praise."

Anybody

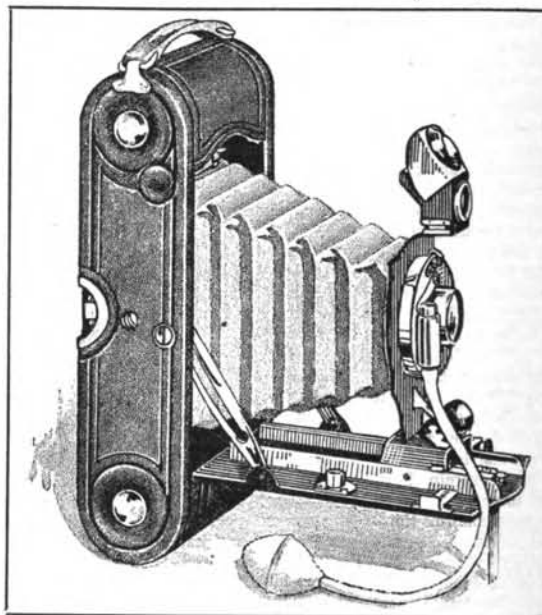
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DIETARY FOR CONSUMPTION

(Continued from Page 1)

"The enormous advance which has been made within recent years in the therapeutic conquest of tuberculosis is based entirely upon the recognition of this fact. As long as research was confined to the quest for drugs or physical agents capable of destroying the tubercle bacillus, no progress was made. The patient who is subject to tubercular infection is ill, not because he has happened to come in contact with the tubercle bacilli, but because his body has lost the power to prevent invasion of the tissues and the development therein of the tubercle bacillus and its toxic products. It was the recognition of this fact that led Detweiler to exclaim, in speaking of remedies, 'My kitchen is my pharmacy.' The success of the open-air method, the cold air method, the dietetic method, or what may be termed in general the hygienic method of treating tuberculosis, depends alone upon the improvement of the patient's vital condition, of his tissue resistance.

"The value of the out-of-door life as a means of increasing vital resistance is now fully appreciated, and the methods of utilizing this curative measure are fairly developed and fixed; but there remain many questions relating to the dietetic management of the tuberculous patient which will require considerable study and discussion before they are entirely and finally settled. There is, moreover, such a wide diversity in the dietetic management of this class of cases by different physicians and in different institutions, as has been pointed out in the able and timely paper of Professor Irving Fisher, that it seems evident that some of the more important of these unsettled questions should receive early consideration, especially as the problem of nutrition is admittedly a fundamental one, and a factor which must exercise a controlling influence in the battle of the tuberculous patient against his malady.

"Twenty years ago it was impossible to compile data bearing on this question, having sufficient value to command consideration; but the more exact studies of nutrition which have been conducted in recent years have developed a great number of important and cogent facts which when brought together seem to justify important and clearly defined conclusions.

"Professor Fisher's tables show so great a divergence in the ration employed by different authorities that it can not be a matter of indifference to the patient which ration is selected for him. For example, between the ration employed by Werner at the Roten-Kreuz Sanitarium (5,500 calories) and that of the Prompton Hospital, E. Kensington, London (2,400 calories), there is a difference of 3,100 calories. Thus a patient on the Werner ration would be required to eat more than double the food consumed by a patient on the Prompton ration. It can not be that both these patients have an equally good chance for recovery. Either one is practically starved, or the other is enormously overfed.

"In the instance cited above, the difference in the protein ration is still greater than that of the total ration, being 410 calories at Prompton, and 1,200 or practically three times as much at the Roten-Kreuz Sanitarium. If the Prompton patient receives as much protein as he is able to appropriate, certainly Werner's patients must be compelled to do an enormous amount of unnecessary renal work in the elimination of surplus nitrogenous wastes, to say nothing of other unnecessary burdens borne by vital organs whose perfect functioning is essential to vigorous life and high resistance.

"In the study of diet with reference to the dietetic management of pulmonary tuberculosis, or in relation to any equally grave disease, consideration must be given first to the effects of

the particular diet suggested upon general nutrition, and second, to any special relation which may exist between the diet suggested and the characteristic pathological conditions or tendencies of the disease."

The paper adduced many facts to prove that a low-protein dietary is conducive to mental, nervous, and muscular vigor and endurance and to the increase of vital resistance. Reference was made to the fact that many thousands of chronic invalids, including many consumptives, have been cured by a low protein dietary; that healthy persons who adopt a low-protein or fleshless dietary are to an unusual degree exempt from appendicitis, pneumonia, and many other maladies, including pulmonary tuberculosis. It was maintained that half or even less than half the amount of nitrogenous food generally given to the consumptive patient will be found not only sufficient, but greatly conducive to recovery, and the belief was expressed that many lives have been sacrificed by the high-protein dietary and the over-feeding which became popular a few years ago through the recommendations of several eminent French physicians.

"If a high protein ration in general," said he, "is open to suspicion in tuberculosis, a flesh diet is particularly questionable for several reasons:—

"1. Flesh foods more readily undergo putrefactive decomposition than do vegetable protein.

"2. Flesh foods as eaten always contain, ready formed, a considerable amount of toxins which have resulted from putrefactive processes which take place in the flesh after killing, while being ripened in preparation for market.

"3. Flesh foods always contain multitudes of putrefactive bacteria in active growth and hence introduce into the intestine an agent in the highest degree calculated to encourage intestinal autointoxication and to aggravate some of the gravest features of the disease. In the early stages of the disease in which hyperhydrochloria frequently exists, the putrefactive bacteria contained in the infested meat may be destroyed by the free hydrochloric acid present, but later on in the disease, when free hydrochloric acid disappears from the gastric secretion, this germicidal action is lost and the billions of putrefactive bacteria which may be swallowed at a single meal pass on into the intestine where they may be able to develop without hindrance, aggravating the toxemia which is produced by the disease itself, thus rendering futile efforts which might otherwise succeed in arresting the disease and so hasten the patient's demise."

Be sure that if you do your very best in that which is laid upon you daily, you will not be left without sufficient help when some weightier occasion arises.

Give yourself to Him, fix your eye upon him, listen to his voice, and then go on bravely and cheerfully.—*Jean Nicolas Grou.*

A DOCTOR spending a rare and somewhat dull night at his own fireside received the following message from three fellow-practitioners: "Please step over to the club and join us at a rubber of whist." "Jane, dear," he said to his wife, "I am called away again. It appears to be a difficult case—there are three other doctors on the spot already."

It was said by a Kansas woman, who recently returned from a trip to Europe, that wet weather never bothers this country at all in comparison with what she saw abroad. She says that they ran into a town named Venice, where the water covered every street and you couldn't get anywhere except in boats. She added: "You bet we only stayed one day in that slosh."

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BATTLE CREEK, MICH.

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WALKING AS AN EXERCISE

THE Sanitarium Walking Club is taking advantage of the unusually fine autumn weather by making the best of the numerous fine cross country walks. Walks to Level Park, six miles away through a beautiful section of the country, with glimpses of the winding river and the fertile valley just now taking on the rich autumnal colors, or the Flowing Wells in the opposite direction, are often on the afternoon schedule.

To nature lovers no form of exercise is more to be preferred than the country ramble, while from a health standard the systematic walk is in the highest degree provocative of good. It is valuable both for the obese and the thin person. The brisk after-dinner walk increases the circulation and prevents the increased flow of blood to the stomach. Frequently the fat person has digestive organs of unusual power, and instead of passing off unabsorbed, the food that he eats in excess of what his body needs is absorbed and results in an accumulation of fat and inferior tissue. The exercise and increased circulation change the tissues from weak flabby muscles to firm elastic "machines."

The thin person is frequently a hearty eater, but his food does not result in producing fat, because it is not properly absorbed. The absorption of food from the intestine is under nerve control, and if the nerve centers are over-taxed the absorption is retarded. To both classes the regular daily walk of definite length is of vast benefit. Persons of sedentary habits should walk from four to eight miles a day, briskly, at the rate of four or five miles an hour. If the country walk is not possible, the city dweller, business man or business woman, housewife or idler, may easily work up to a daily schedule of from four to ten miles a day, measuring it off by city blocks and increasing the distance until the limit of time and reasonable strength is reached. The walk should be stimulated and not exhaust the nerve centers. It must be remembered that activity is essential for health, and that the tissues of a person who neglects muscular exercise become filled with waste matter in consequence. Exercise stimulates the activity and vigor of every organ of the body, and neglect properly to exercise predisposes the body to numerous diseases, such as indigestion, rheumatism, diabetes, obesity, insomnia, etc.

DIRTY MILK

Few people are aware of the amount of dirt, and dirt of the filthiest kind, which is consumed in the use of ordinary milk. It was recently estimated that more than twenty tons of cow manure are consumed as food disguised in milk by the inhabitants of the city of Berlin every year. If this is true in Berlin, the amount consumed by an equal population in the United States must be much greater; for far less attention is given to sanitary supervision of such matters in this country than in Germany. We are, in fact, just beginning to wake up to the importance of KEEPING THE DRUGSTORE AND THE BARNYARD OUT OF OUR FOOD.

In a few States laws are now in force establishing a standard of purity for milk, or rather, we should say, a standard of impurity, for the standard is so low that milk which wholly conforms to it can not be considered as in any wise clean. For example, in Michigan, where the standard is higher than in some States, the law demands that commercial milk shall not contain more than 200,000 microbes per cubic centimeter. A cubic centimeter is about one-fifth of a teaspoonful, so the actual meaning of the law is that a teaspoonful of commercial milk shall not contain more than one million germs, but of course it is impossible for inspectors to examine every specimen of milk offered for sale; consequently it is not an uncommon thing to find milk being distributed from door to door to be consumed by delicate invalids and feeble infants as well as by robust persons which contains as many as ten or twenty millions, or even fifty millions, of germs to the teaspoonful.—Good Health.

A TERRIBLE SCOURGE

At the late meeting of the American Medical Association held in Chicago, an eminent surgeon, Dr. Crile, read an exceedingly important paper on the subject of cancer, in which he pointed out the fact that there are at the present moment in the United States not less than 80,000 cases of cancer, and probably not less than 1,000,000 cases of cancer in the world. This means that of every one thousand persons living in the United States, one person is suffering from cancer. Dr. Crile stated further that out of all women who die after thirty-five years of age, one in every eight dies of cancer.

It is evident, then, that cancer has become a most terrible scourge. According to Dr. Crile, this dreadful malady, which is one of the most intractable of all human diseases, affects not only human beings, but also herbivorous and carnivorous animals, birds, fishes and reptiles, even oysters. It is apparent, then, that in the use of animals as food, and even in the use of oysters, one is liable to be taking into his stomach tissues infected by this dreadful malady.—October Good Health.

"THINK purely, speak kindly, act nobly each day, that when childhood is gone, its sweetness will stay."

QUESTION BOX DEPARTMENT

Q. What would you do for a child eighteen months old who has weak ankles and can not walk?

A. The best thing for that child is to rub its ankles and limbs with cold water. Dip the hands in cold water and rub the ankles until the skin is red. Do this two or three times a day. Then put the child out of doors, and keep it out of doors day and night. I would not allow it to stay in the house a minute more than I could possibly help. Expose it to the sun two or three times a day, and keep it out of doors. Man is naturally an outdoor animal. The indoor life is responsible for nine-tenths of our maladies.

Q. When water is introduced into the colon, does it pass into the small intestine?

A. It does if there is a sufficient amount of pressure, but ordinarily not.

Q. Kindly give the cause of and cure for pain in the nerves and muscles of the right side about the abdomen.

A. I suppose this is a hypesthesia of the lumbar ganglia of the abdominal sympathetic nerve, but I could not be quite sure of it without making a personal examination.

Q. What vegetables and fruits may a child two years old eat?

A. A child two years old may eat any wholesome vegetables and fruits which his parents eat, provided he has been taught to masticate thoroughly. The vegetables should be well cooked and the fruit ripe.

Q. Kindly discuss slow stomach combined with regurgitation and fermentation.

A. There is not very much to be said about that except that the thing is to be gotten rid of as quickly as possible. A person who has a slow stomach generally has other slow things. The man whose stomach is slow, is likely to have weak muscles; his system will be in a state of imperfect vitality, and his blood and his vital organs will be impaired. It is of the highest importance that he should get out of that slow condition. The best thing is the application of cold water to the whole surface of the body.

Q. What is the best food to break a three-days' fast?

A. I know of nothing better than ripe watermelon to break a three-days' fast or a one-day's fast. Any sort of fruit is good for such a case. If one has had nothing to eat for three days, any good wholesome food will be all right, but he should not eat three times as much as he ought to eat, or undertake to make up three days' lost time at one meal. That is the great danger when a person gets very hungry. It is best to eat a little, then after two or three hours eat a little more, and so go on until the appetite is satisfied.

Q. Can hernia without strangulation be cured in an adult without operation?

A. Not very often. If it is an old case, probably not. When it is very small, it can be cured without operation. The operation is a simple matter; it is almost absolutely certain to cure if done by a good surgeon.

Q. Does taking acid fruit juices add to the necessary acid gastric juices if they are deficient?

A. No, it does not encourage gastric digestion.

POWERS VISITS SANITARIUM

(Continued from Page 1)

urged me to adopt the foods; even went so far as to bring me samples of the malted nuts and breakfast toast to try. I enjoyed the samples so much that I sent to Battle Creek for a five dollar order of the various foods and also wrote describing my case, and later received a diagnosis with directions as to the proper diet system for me to follow. For six months I lived exclusively on the Battle Creek Sanitarium foods and long before the end of that period there was a pronounced change for the better. I was conscious of being better nourished than ever before and I had gained in strength and vigor. Since that time I have continued to use the foods, combining them with vegetables and fruits, and now, although far from robust, I am much stronger than I once had any reason to hope I should be. Realizing this, of course, I am very grateful, and am taking a deep interest in the Sanitarium and its various methods of increasing the strength and efficiency of its patients. I have for some years been a reader of *GOOD HEALTH* and other literature of the Sanitarium, so I am conversant with much of the work being done here, though now for the first time having an opportunity personally to try out the system of treatments and exercises."

Mr. Powers is a striking figure, tall, slender, very erect, almost military in his bearing, with a face that bears some of the marks of the prolonged struggle for life and liberty and a pair of blue eyes that meet the world with a searching glance. He is quiet mannered and keeps closely to himself, except when approached by friends or acquaintances, when he chats freely of subjects of the day, declining, however, to enter into political discussions. During the course of his visit to the Sanitarium he will address the patients.

SYMPTOMS OF INSOMNIA

(Continued from Page 1)

two o'clock at night and have difficulty in sleeping after this time. Third, those whose sleep is broken, or those cases in which the sleep is light—individuals who go to sleep for an hour or two and then wake up, perhaps go to sleep again for another short period and wake again. In addition to these disturbances of sleep, as above indicated, the following are the most important symptoms of insomnia:—

"(a) A lack of mental and bodily vigor. The mind of an individual who loses his sleep is usually not so active and acute as when sleep is sound and refreshing. The muscular strength is also diminished to some extent, and the individual tires more readily in doing physical work. There is to some extent mental depression and also a lack of courage and hope. One who suffers from insomnia does not take hold of his usual duties with the same zest and interest that he does when he has sufficient sleep.

"(b) The digestion is more or less disturbed. There is usually diminution in the appetite, the tongue is coated, the breath is often foul. Digestion is disturbed more or less, and there is a tendency to constipation. Here the question may arise whether or not these disturbances of the digestive function are the cause or the result of insomnia. I am satisfied that in many cases they are the result of the loss of sleep, while in other cases they may be the cause of insomnia.

"(c) The circulation is more or less disturbed, the extremities are often cold, there may be pallor and flushing of the face, one alternating with the other, and various vasomotor disturbances. The individual who suffers from loss of sleep usually loses to a greater or

less degree the color from his cheeks, his face is often pinched, his eyes lose their bright expression. The number of red and white blood cells in the blood is greatly diminished by the loss of sleep; in fact, nearly every organ of the body suffers from the loss of sleep.

"(3) *Treatment of Insomnia.*—Before taking up the treatment of insomnia it may be proper to note under this head what may be considered the normal requirements of sleep at different periods of life and under different conditions. Some persons can get along very well with five or six hours' sleep out of the twenty-four. Most adult individuals require eight or nine hours' sleep out of every twenty-four and at least eight hours out of every twenty-four should be spent in sleep. If the sleep is sound and refreshing, this time is well spent. If the sleep is shallow and broken, the time has not been spent to the best advantage. The rules usually given for the normal amount of sleep at different ages are as follows:—

"The infant should sleep the greater part of the twenty-four hours. While he is sleeping he is growing much faster than during his waking hours. At the age of four, twelve hours' sleep out of the twenty-four is required; at the age of fourteen, ten hours' out of the twenty-four; at the age of seventeen, nine and one-half; and the adult individual, as above indicated, should have at least eight hours sleep. In old age a less number of hours is required, and five or six hours is all that is required in most people who have passed the age of sixty. Women are said to require an hour more sleep out of the twenty-four than men.

"As mentioned in the beginning of this discussion, sleep is most sound during the first hour or the first two hours of the sleeping period.

"(a) *Conditions Favorable to Normal and Sound Sleep.*—The best place for one to sleep, particularly during the summer months, is out of doors. One can hardly appreciate the good that comes from sleeping out of doors without having an actual experience of this kind. It is often stated that if one throws his windows wide open that he is practically sleeping out of doors. While sleeping with the windows open may be very favorable for sleeping indoors, it in no way takes the place of sleeping out of doors. The sleep that one gets out of doors is deeper and better and more refreshing in every way. Pure oxygen taken into the lungs from the air is stored up better in the tissues and the poisons which escape from the lungs are more readily carried away from the body. Of course, sleeping out of doors can not be practiced in a cold climate except possibly during the summer and the warm months of the year, but in many districts one can sleep out of doors the year around. Even in some parts of the country where the thermometer goes as low as ten or twenty degrees below zero, one may sleep out of doors to good advantage. Some years ago, while the writer was in Colorado, he had under his care a large number of patients suffering with consumption or pulmonary tuberculosis. A very important part of their treatment consisted in living the outdoor life as much as possible. They were kept outdoors in the daytime, and tents were put up on the mountain side where they could sleep outdoors at night. In many instances some of these patients suffering with pulmonary tuberculosis slept out of doors the year round both winter and summer without any harm whatever, and with decided benefit to their health. A few nights during the winter the thermometer dropped as low as ten degrees below zero, and yet the patients slept well and suffered no discomfort whatever from the cold. Of course, if one sleeps out in a tent in the winter when the thermometer is low, he should be carefully protected by proper clothing and bed covering.

"When one sleeps indoors, the best place is in the rooms above the ground floor. The reason for this is that the air is purer up away from the earth's surface. The rooms should be thoroughly ventilated. The windows should be opened wide in summer and sufficiently open in the winter to allow of free ventilation. The temperature of the room should be as cool as possible in the summer, and not over forty degrees in the winter, for persons who are in good

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DYSPEPSIA

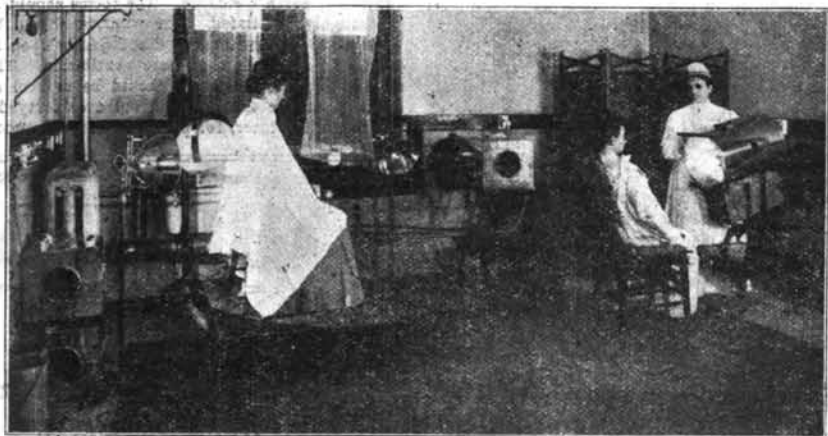
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Sanitarium Phototherapy Department



With the advance of cool weather the patronage of the outdoor gym. has shown a noticeable decrease, and the sun-bath devotees have been very glad to turn to the phototherapy department, where they may get the benefit of the condensed rays the year around.

Light is a force without which all life would perish. It is the most powerful of all vital stimuli, and the world's greatest source of energy. Naturally, then, we should expect it to be of value in the treatment of diseased conditions when the technique of this application is properly adapted to the needs.

It has been employed as a therapeutic measure of exceptional merit by the Sanitarium since 1891, when the electric-light bath was first introduced. Much has been learned of its value as a therapeutic measure by the untiring efforts of such men as Pinsen, Minin, and others, who have developed methods of application that have enabled successful treatment of such dreaded diseases as lupus, which heretofore had resisted all forms of treatment.

It is indeed a great satisfaction to a physician to be able to command a force of nature so potent and certain of action as light, and thus be able to accomplish for his patient results which before its use were impossible.

The Phototherapy department is thoroughly equipped with various kinds of therapeutic

lamps. The Giant Arc lamp of ten thousand candlepower throws out a powerful stream of the concentrated sun's force. From its use a solar erythema (sunburn) can be produced in a very few minutes. It is a powerful stimulant to the system's vital resources, causing a marked increase in the circulation and nutrition of the parts exposed.

In addition to the Giant Arc lamp there are smaller arc lamps, together with the actinic lamps. The actinic lamp is constructed similarly to an arc lamp, with the exception that the electrodes are made of iron, through which a current of water is kept moving. This absorbs the heat rays, leaving only the chemical or active rays to strike the body. These actinic rays are more penetrating and capable of producing a deeper reaction. This light is used mostly in the treatment of diseases of the skin, as eczema, psoriasis, chronic ulcer, etc., for which it is one of the most valuable means known to effect a quick and permanent cure, while the arc light proper is very useful for the relief of deep-seated pains, chronic inflammatory conditions, neurasthenia, etc.

The development of light as a remedy has given to physicians a powerful agent, to the value of which a large number of grateful patients are testifying daily.

STOPPING THE DRUG HABIT

If the Wholesale Druggists' Association is able to carry out its announced determination to stop by all means in its power the growth of the "drug habit" in this country, much good will result. Of course, it is meant that the improper use of opium, chloral, cocaine, and the like is to be put under the ban. If manufacturers and jobbers set their faces against the evil that is growing so rapidly in this country, a reform will result. It can be anything like adequate, however, only when wholesalers and retailers unanimously work in common.

The use of insidious drugs is growing rapidly, is said to be undermining the negroes of the South, while we know that in this city, for instance, it is increasing in spite of all the efforts of the authorities at repression.

The wholesale druggists have entered upon a moral crusade, and the public will watch the results expectantly.—*Philadelphia Inquirer*.

"The fellow who aims at nothing hits it every time."

THE LIGHT OF THE WORLD

Pastor Brunson Discourses upon This Theme Sunday Night in the Chapel

In his Sunday evening discourse given in the Sanitarium chapel Pastor J. A. Brunson took for his subject "Christ, the Light of the World." His text was from John 8:2: "I am the light of the world: he that followeth after me shall not walk in darkness, but shall have the light of life." The speaker divided his discourse in two parts, following the natural division of the text. "Christ's assertion that he was the 'light' was figurative, but appropriate," said he, "Its appropriateness consists in the fact that light is diffusive, it is everywhere. It does not need to be invited to come in. You open the doors and it comes in. So Christ stands ready to approach any soul who stands ready to receive him."

In explanation of the promise in the second half of the text, the speaker said that "following" Christ does not mean simply professing him, but in receiving his teachings and putting them into daily practice. "The result of such a life would be purity of purpose and righteousness of conduct; moral darkness would be dissipated, and the light and truth would illumine his pathway."

October Good Health Out

The October *Good Health* just out offers a delectable array of well-illustrated articles relating to health and hygiene, with the customary departmental features which have made it so valuable in years past to its readers. The several leading editorials are from the pen of Dr. Kellogg, and deal with a wide variety of subjects, from the soda-water fountain evil to the cancer scourge, each pithy and illuminative and giving food for thought.

Two articles of special interest to parents are those dealing with "Death in the School Drinking Cup," by Alvin Davison, M. S., Ph. D., and the "Prevention of Tuberculosis among School Children," by Henry Barton Jacobs, M. D., of Baltimore. A charmingly illustrated article on "The Luxury of a Sun-room" is another taking feature.

One of the most noteworthy features of the number is from the able pen of Horace Fletcher on "Modern Theories of Diet," in which he describes in detail the working of what he calls "Nature's food filter." Mrs. E. E. Kellogg continues her helpful series of articles on Home Economics, this time dealing with "Wall and Floor Sanitation." Rose Woodallen Chapman contributes an interesting and helpful article on "Artistic Dress for the Elderly," and Mrs. Minnie Emmons explains the charms of a fireless cooker in a manner that will make the enthusiastic housewife turn her back completely upon her pet gas range. J. William Moreland concludes his Garden Diary with an interesting summing up of the summer's work and profit with a bit of advice to gardeners to make their back yards pay their rent.

A PRAYER

THE day returns and brings us the petty round of irritating concerns and duties. Help us to play the man, help us to perform them with laughter and kind faces; let cheerfulness abound with industry. Give us to go blithely on our business all this day, bring us to our resting beds weary and content and undishonored, and grant us in the end the gift of sleep.—*Robert Louis Stevenson*.

health. A temperature even lower than this may be well borne and is often advantageous in many cases. Of course, if an individual is in poor health, a temperature of forty degrees might be too low, but most people sleep with their rooms too warm and poorly ventilated. For a person in poor health or for invalids the temperature of the room should be about sixty degrees.

"The bed should be smooth and hard. A hard hair mattress or air mattress is preferable. Feather beds are objectionable and should not be used. The bed covering should be sufficient to keep the body warm, and should be as light as possible." Heavy comforters that load the body down are objectionable. The covering should be as light as possible consistent with warmth.

"The sleeping room should be quiet and away from the noise of the streets, and should be dark, as both light and noise stimulate the nervous system and interfere with sound sleep.

"A person who is troubled with insomnia should not do any mental work in the afternoon or evening, should have no mental excitement the latter part of the day or evening and should be regular in his habits of retiring."

(To be continued)

PERSONALS

Miss Jessie M. Orton of Chicago is visiting at the Sanitarium.

Mrs. V. McAuley of Salem, Va., is at the Sanitarium for a rest and treatment.

Mrs. E. P. Seward of Sandusky, Ohio, is among the recently arrived patients.

Evangelist Tom Mackey is paying a visit to the Sanitarium, where he has many friends.

Mr. and Mrs. William H. Whitaker of Cincinnati, Ohio, are at the Sanitarium for a rest and treatments.

Dr. F. D. Gray of Jersey City, N. J., is a newly arrived patient. He will remain for some weeks recuperating.

Dr. T. H. Weirich of Wellsburg, W. Va., is a recent southern visitor to the Sanitarium. He will remain as a patient.

Dr. William B. Eichler, a well-known physician and dietitian of Bon duel, Wis., is a patient at the Sanitarium.

Mr. C. M. Crawford, of Ironton, Ohio, arrived at the Sanitarium early this week, and will remain for some time to take treatment.

Mrs. Thomas Melish of Cincinnati, who paid a visit to the Sanitarium a year ago, has returned and is being greeted by former friends.

Mrs. C. J. Bronston, who has been spending several weeks resting at the Sanitarium, returned to her home in Industry, Ill., early in the week.

Mrs. Henry Evans of Du Bois, Pa., and Mrs. C. C. Hindman and daughter, Miss Mary Hindman, arrived at the Sanitarium this week for a stay of several weeks.

Mrs. T. J. Wisecarver, Miss Jennie Wisecarver, Mrs. W. A. Herrington of Waynesburg, Pa., former patrons of the Sanitarium, arrived this week for a short stay.

Mr. John Murphy, of the Pittsburgh city traction company, who visited here earlier in the season, has returned for a further rest, accompanied by Mrs. Murphy and child.

Mr. Joseph Scales, of Sault St. Marie, arrived at the Sanitarium this week for a rest and treatment. Mr. Scales is superintendent of the Union Carbide Co. of that city.

Mr. and Mrs. B. M. Allison, of Akron, Ohio, arrived at the Sanitarium on Monday. Mrs. Allison will remain as a patient, while Mr. Allison returned home early in the week.

Mrs. W. E. Pinney, Mrs. Charles Marsh, Mrs. A. P. Gilman and little daughter of Chicago returned to the Sanitarium this week for a short stay. This is their third visit this season.

Mr. C. E. Haak spent a portion of the week here enroute east. It is probable that he will pay the Sanitarium another visit ere he leaves for Portland to take up a permanent residence.

Thomas Carner, Charles Quayle and Philip C. Burt left on Tuesday for South Dakota, where they will enter the field for the United States Land drawing in the Rosebud Agency.

Mr. W. W. Halloran of Evansville, Ind., paid a brief visit to Mrs. Halloran this week. Mrs. Halloran has been a patient at the Sanitarium for some weeks, and will remain until later in the month.

Mrs. J. P. McNaughton and Miss Eva L. McNaughton of Smyrna, Turkey, wife and daughter of the Rev. J. P. McNaughton, who for some years has labored in the mission field in that country, are resting at the Sanitarium.

Dr. Annie Williams left on Wednesday to attend the thirty-second annual meeting of the Third district of the State W. C. T. U., held in Jackson. Dr. Williams went as delegate from the Sanitarium Union.

Mr. and Mrs. William Widener have returned to their home in Cincinnati after a short visit to the Sanitarium. They were enthusiastic over Battle Creek health principles, and became charter members of the new University of Health.

Mr. and Mrs. William Burr returned to their home in Minneapolis early in the week after a visit to the Sanitarium. They expect to leave shortly for Italy, where they will spend the winter. They are among the newly enrolled charter members of the University of Health.

Mrs. E. R. Richardson and Mrs. James Kirkman of Nashville, Tenn., old friends of the institution who have been paying their annual summer visit here, will return to their southern homes the latter part of the week. They will be missed by a large circle of friends and acquaintances.

Mr. and Mrs. W. A. Mahoney returned to their home in Columbus, Ohio, after a stay of several weeks at the Sanitarium. Both Mr. and Mrs. Mahoney became enthusiastic admirers of the Battle Creek system, and contemplate making annual visits to the institution, where they made many friends.

Dr. and Mrs. J. T. Case have returned from their wedding tour. They visited Niagara Falls, Buffalo, Toronto, took the trip down the St. Lawrence, visited Lake Champlain and Lake George, went down the Hudson to New York and later spent some weeks among the Allegheny Mountains.

Mrs. F. B. Powers, a frequent patron of the Sanitarium, who has been recuperating here for the past two months, left on Wednesday for her home in Kentucky. Mrs. Powers made many friends while here and will be greatly missed. It is possible that she will return after the holidays.

Mr. and Mrs. Michael Williams and little daughter Margaret arrived at the Sanitarium this week for a month's stay. Mr. Williams is a well-known magazine writer and collaborator with Upton Sinclair. During their visit here last fall Mr. and Mrs. Williams made many friends, who are glad to renew their acquaintance.

The Battle Creek Woman's Christian Temperance Union will be entertained by the Sanitarium Union next Tuesday afternoon in the Sanitarium parlor. Miss Wambaugh will sing, and there will be papers by Mrs. Minnie Emmons and Mrs. Snow. Mrs. Parrott, president of the city union, will preside.

Miss Ida Armitage and Hattie Hall were given a ranch shower this week at the residence of Mr. and Mrs. O. C. Edwards, 40 Grant Street. They will leave shortly for LaMar, Colo., to take up their residence on claims near that city. Both young women have been members of the Nurses' department for some years.

MONTHLY DISPENSARY REPORT

THE monthly report of the Sanitarium dispensary for September is as follows: Consultations, 69; examinations, 16; office treatments, 37; surgical dressings, 47; physician's calls, 62; nurses calls, 92; bathroom treatments, 221; treatments at home, 18; phototherapy, 22; Swedish mechanical, 89; massage, 34; persons assisted by clothing, 51; garments given out, 183; garments received, 224; orders for food, 15.

ARRIVALS

THE list of arrivals for the week ending October 5 is as follows: Mrs. James Wallace, N. Y.; Miriam Wallace, N. Y.; Mr. and Mrs. Charles Gardner, Mr. and Mrs. Archie Gardner, city; Mrs. Emma Garretson, city; Mrs. M. L. Standley, Miss Lila Standley, Ga.; Harvey Cadwell, Ill.; Mrs. Avery Brush, Iowa; Mrs. J. E. Newman, Ky.; Alice Wells, Ky.; Dr. W. J. Kernachan, Ala.; C. B. Boody, Minn.; Mr. and Mrs. H. M. Kimberland, W. Va.; Mrs. C. A. Hoffmaster, Mich.; Mrs. J. P. McNaughton, Eva L. McNaughton, Turkey; William L. Curtis, Wis.; W. B. McComber, Mich.; Lina E. Stickel, Ill.; Lucie Glen Parks, Ind.; Jennie Moore, Mich.; Mrs. John Richardson, Mich.; Mr. and Mrs. Thomas G. Melish, Ohio; Mr. and Mrs. W. H. Kirkpatrick, Ohio; Luther O. Rogers and wife, Texas; C. C. Donery, Ohio; Mrs. O. G. Bomer, Tenn.; Mrs. B. G. Dickenson, Tenn.; Edna V. Eakin, Ill.; Mrs. W. D. Reeves, Ark.; Frank R. Bush, Ohio; E. W. Chapman; Dr. William B. Eichler, Wis.; Mrs. Henry Evans, Pa.; Mrs. C. C. Hindman, Pa.; Miss Hindman, Pa.; Mr. and Mrs. Michael Williams and child, N. Y.; Mrs. D. C. O'Brien, Ohio; Mrs. H. B. Schmitz, Ohio; Mrs. I. J. Wisecarver, Pa.; Miss Jennie Wisecarver, Pa.; Mrs. J. A. Herrington, Pa.; G. N. Worley, Pa.; Joseph Scales, Mich.; Miss Mary Sawstrom; Miss Katherine Durham; R. A. Walrath, Pa.; Mrs. W. E. Pinney, Mrs. Charles Marsh, Ill.; A. C. Whitford, N. Y.; Mrs. Fred A. Gooding, Minn.; Mrs. B. V. Lincoln, Ind.; Mrs. E. J. Hewitt, N. Y.; John Murphy, Pa.; Mrs. J. Murphy and child; Mrs. S. M. Burdette, Okla.; Tom Mackey, Ill.; Herbert J. Lee, Iowa; Therese M. Siegel, Conn.; Devida M. White, Ill.; Mrs. J. A. McGuire, Ill.; Mrs. A. P. Gilmore and Isabel Gilmore, Ill.; Rosalie Ogilvie, Wash.; Caleb Powers, Ky.; D. S. Miller and wife, Colo.; W. J. Button and wife, Ill.; J. W. Galvin and wife, Mich.; Mrs. D. Clark and daughter, N. Dak.; F. D. Gray, M. D., N. J.; G. M. Sloughton, Cordelia Sloughton, Iowa; Mrs. J. M. Braginton, Iowa; F. Bahmuel, Ill.; Mrs. N. S. Bristol, Ohio; C. E. Haak, Mich.; Samuel Post, Jr., Mich.; Wm. F. Denison, Mich.; J. B. Miller, Ala.; W. A. Jule, Ind.; W. A. Tomlinson, Mich.; H. A. Eberline, Mich.; James S. Friska and wife, Iowa; Geo. D. Schriff, Ohio; John Schneetrees, Ohio; A. K. Lipscomb and wife, Texas; C. M. Crawford, Ohio; B. M. Allison, Ohio; Evelyn S. Nay, Wis.; Christine Stewart, Ind.; E. S. Scofield, Ohio; S. B. Kirtley, Mo.; Mrs. A. H. Clafin, Pa.; Emily May Ely, Mich.; I. W. Connaway, Mo.

THE ETERNAL GOODNESS

I LONG for household voices gone.
For vanished smiles I long;
But God hath led my dear ones on.
And he can do no wrong.

I know not what the future hath
Of marvel or surprise,
Assured alone that life and death
His mercy underlies.

And if my heart and flesh are weak
To bear an untried pain,
The bruised reed He will not break,
But strengthen and sustain.

No offering of my own I have,
Nor works my faith to prove;
I can but give the gift He gave,
And plead his love for love.

And so beside the Silent Sea
I wait the muffled oar;
No harm from Him can come to me
On ocean or on shore.

I know not where His islands lift
Their fronded palms in air;
I only know I can not drift
Beyond his love and care.

—John Greenleaf Whittier.

News Notes

THE new schedule for clinics for the junior class of the American Medical Missionary College is as follows:—

Monday, 2 to 4: Ear, Nose and Throat, Dr. Byington.

Monday, 4 to 5: Neurological, Dr. W. H. Riley.

Mondays, Tuesdays, and Thursdays: Practical Course with Demonstration in Electrical Therapeutics, Dr. Martin.

Tuesday and Thursday, 2 to 4: Physiological Diagnosis, Dr. M. A. Mortensen.

Tuesday and Thursday, 4 to 5: General Medicine, Dr. Stewart.

Wednesday: Surgical Clinic, Dr. J. H. Kellogg.

Friday, 2 to 4: Physiological Diagnosis, Dr. Mortensen.

E. C. Whitford of Alfred, N. Y., has joined the Sanitarium family.

On Friday of this week Dr. Morse will close his class in bacteriological laboratory work.

C. Bruce Boode, a former member of the Sanitarium family, has returned to the nurses' department for the winter.

On Tuesday, students of the A. M. M. C. were allowed the privilege of attending the clinics of the district medical meeting, held at the Sanitarium.

Announcement is made of the prize winners in the Good Health subscription contest as follows: First prize, A. Trader, \$25, thirty-two subscriptions; second prize, L. C. Coulston, \$10, twenty-two subscriptions.

A BOY said of the spine: "The spine is a long bone reaching from the skull to the heels. It has a hinge in the middle so that you can sit down; otherwise you would have to sit standing."—Lippincott's.

"If you are inclined to feel the thorns on every rose which you find lying in your path, think of the many who have nothing but stones and dust, with never a flower to brighten the long and tiresome journey, and you will forget about the thorns, and remember only the fragrance."

LITTLE MABLE, aged five, who was visiting her aunt in the country, had developed a great fondness for milk. One day, having drank as much as her aunt thought good for her, she was told that she could not have any more. "I don't see what you want to be so stingy with your old cow for," she exclaimed, "there is two whole cowsful out in the barn."

THE FIRST DAY OF SCHOOL

[Chicago health authorities have inaugurated a system of physical examination for all school children.]

[From the New First Reader]

DEAR mother, may I go to school
With brother Charles to-day?
O, yes, my little Maud, if Doctor
Evans says you may!

Your arm must show a perfect scar.
(What trouble that avoids!)
Your tongue be clean, your little throat
Be free from adenoids.

Here in your dinner pail I've placed,
Some thymol iodide,
With H₂O₂, HCl,
And some formaldehyde.

Here are a pair of rubber gloves,
Which must be boiled, you know;
And here some antiseptic gauze,
In case you stub your toe.

When mamma was a little girl,
She learned her A, B, C,
But you must learn to swab your throat
With KCIO₃.

Here are your disinfected books,
And fumigated clothes;
Now whether you can go or not,
The goodness only knows.
—F. L. Rose, in Chicago Record-Herald.

SOME one asked why the Scotch are so successful in getting on in the world. A great thinker finds the reason in this: The whole history of Scotland, instead of softening the bed on which a man may lie, has been a process of hardening the man, so that he may enjoy sleeping on the hardest bed.

Mrs. Grabheim—Der doctor says he don't know vots der matter mit you.

Mr. Grabheim—Ef he don't find out before I get vell, I von't pay him a cent.

TRUST your films and plates to TANK development.

Palm Garden Pharmacy.

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.



COLAX is a NATURAL laxative. It may be used continuously if necessary, without producing the slightest harmful effects. It is not a drug nor a medicine, nor is there any secret process involved in its manufacture. It is made from a vegetable product which is largely used as food in some Oriental countries. Just what it is and what it does is told in detail in "the Colax Book." If you haven't read it, send for a copy.

COLAX relieves constipation by absorbing and carrying through the entire system a large amount of moisture. This prevents undue dryness, thus facilitating a natural, normal movement.

Put up in the form of wafers in separate moisture-proof packages. Per carton of 25 wafers, \$1.00. Leading druggists sell COLAX. If you cannot readily obtain it from your druggist, we will supply you direct by mail, postpaid.

THE GOOD HEALTH COMPANY.

(Successors to the Colax Co.)

90 College Hall, • Battle Creek, Mich.

Your Laundry

Will Receive Great Care

at our Washery

x

SATISFACTION GUARANTEED

LAST SUNDAY EXCURSION

Lansing, 70 cents

Detroit, \$1.75

Saginaw and Bay City, \$1.65

Via Grand Trunk Railway System

• SUNDAY, OCTOBER 11th, 1908 •

Special train leaves at 6:50 a. m.

L. J. BUSH, Passenger Agent.

ALL FEET WERE MADE for SHOES

WE WILL DO OUR BEST to find a pair of shoes that were made for your feet if you give us the opportunity to try. Come and wait for your car; you can see it from our store, no matter which way you wish to go. Our telephones are at your service; we have both in our first floor office. In fact, make yourselves at home with us; we are glad to see you, whether you wish to make a purchase or not.

L. A. DUDLEY COMPANY, NEW FRONT 6 West Main Street

THE BATTLE CREEK IDEA

VOL. 1, No. 43.

BATTLE CREEK, MICH., OCTOBER 15, 1908.

PRICE, 2 CENTS.

NEURALGIA THE CRY OF A HUNGRY NERVE

Dr. Kellogg in Sanitarium Lecture Tells of
the Nerves and How They Indicate
Diseased Conditions

INTRICATE TELEPHONE SYSTEM

"DR. CHAPMAN, of London, said thirty years ago: 'Neuralgia is the cry of a hungry nerve for better blood.' It is just as true to-day as it was then, that neuralgia—pain that is not due to inflammation or to some pressure—is really the cry of a hungry nerve for better blood. The blood is the healing power of the body. It is the agent which feeds all the tissues; it is the creative tissue of the body, a veritable market that travels all around through the tissues and gives to each tissue what it needs; and a nerve that is in pain is simply crying out for better blood. That is what a headache means and that is what a backache means, generally. That is what neuralgia always means. The cause of poor blood is more often too much food than too little. It is not because there is not enough blood that the nerve cries out, but because impure blood is brought in contact with it. Half an hour ago I met a man suffering pain. I did not have to be told what was the cause of his pain. The moment I came near him, I smelled it. It was not necessary to have ears or to have eyes to know what was the matter with that man. The olfactory sense was quite sufficient to tell what was the matter. His breath was offensive, repulsive. It meant that the whole body was saturated with these putrefactive products. That is the most common cause of pain in a nerve. Pain in a nerve does not mean there is anything the matter with the nerve. Many people think because they are nervous there must be something the matter with their nerves. So many people think if they have neurasthenia they must have a nerve specialist to treat their nerves. There is not a particle of sense in that,—because a man feels pain, or feels weary, or feels giddy, that he should have somebody to treat his nerves.

"Suppose, now, to give you an apt illustration of that, suppose somebody should call you up on the telephone, and you should take your receiver down and hear a shout coming over the wire, 'Your house is afire.' You would not say, 'Send for somebody to fix this telephone right away; it is out of order.' You know there is nothing the matter with your telephone when somebody shouts over it that your house is afire. So when a nerve is expressing pain, it is simply shouting that there is something wrong somewhere. There is nothing the matter with the nerve. The nerve is doing its duty. Its function is to report things. The telephone is to carry messages, and that is what nerves are for—to carry messages. Suppose when a nerve reports that you have a backache, you say, 'O, Doctor, there is something the matter with my back. Can't you put on some liniment, or give me morphia or something to stop the pain in this back?' I can't stand it. What good do you get from such treatment as that? You get

(Continued on page 3)

Anti-Cigarette Worker Here

Lucy Page Gaston, Organizer and Lecturer
of National Reputation Visits the
Sanitarium

HISTORY OF THE MOVEMENT

MISS LUCY PAGE GASTON, editor of *The Boys' Magazine*, and one of the founders of the National Anti-Cigarette League, who has done more than any other person in the country to stem the tide of this evil, appearing before legislatures, organizing leagues in the public schools, and speaking everywhere in the interests of the movement, arrived at the Sanitarium this week to remain for a much-needed rest before beginning her fall campaign.

"While the cigarette habit has grown tremendously in the past few years," said she, "we are also making good strides in our work of prohibition in the various States and in arousing public opinion to the evils of the habit. At the present time seven States have laws absolutely prohibiting their manufacture and sale or the smoking of cigarettes by minors under eighteen. They are, Tennessee, Indiana, Wisconsin, Nebraska, Washington, Arkansas, Oklahoma, and we have our lines laid and expect to carry the day in Illinois, Ohio and Michigan, and the outlook is good in Oregon, Texas, Mississippi, Kansas, and a few other States.

"Leading educators, professional men and employers of youths are all waking up to the tremendous importance of the movement, and the boys themselves show a surprising readiness to enlist when the matter is presented to them in the proper manner. But it is a deeply rooted evil and has taken such a hold that it

(Continued on page 2)

INDIANA CONGRESSMAN VISITS SANITARIUM

Representative Overstreet Takes Much-
Needed Rest in Midst of Political
Campaign

PLEASED WITH INSTITUTION

AMONG the distinguished visitors to the Sanitarium during the present month is Representative Jesse Overstreet of Indiana. Mr. Overstreet arrived this week and will remain for a ten-days' rest, during which time he expects to recuperate sufficiently to return to his State and again enter into the whirl of the political campaign.

"I found that I was very much worn out with the stress of the work and campaign," he said, "and I concluded it was the part of

(Continued on Page 6)

CAUSES AND SYMPTOMS OF SLEEP AND INSOMNIA

Dr. W. H. Riley in Sanitarium Lecture
Continues Discussion of Symptoms
and Treatment of Insomnia

CONDITIONS FOR SLEEP

(Continued from last week)

"Treatment of Insomnia.—As previously stated, insomnia is not a disease, but rather a symptom that is present in a great many different disordered functions of the body and diseased conditions. Sometimes, as in certain mental and nervous conditions, it becomes so troublesome as to require quite as much attention and treatment as, or even more than, the underlying disease, of which it may be only a symptom and a result. This is particularly true in abnormal mental states and in nervous conditions such as neurasthenia, hysteria, and underlying nervous conditions. A very important thing in the treatment of insomnia is to discover the cause, and, if possible, remove it. In some cases this can be readily done; in others it may be difficult or even impossible. The habits of the individual troubled with insomnia should be carefully inquired into by the physician, and if they are in any way improper or harmful they should be corrected. One who is troubled with insomnia should in every way lead a careful, moderate, temperate, and healthful life. Our habits so far as they relate to our health have to do principally with our eating, drinking, sleeping, exercise, working and places of living, our surroundings, etc.

"The diet of one who is troubled with insomnia should be simple, non-stimulating, easily digestible, wholesome and nutritious. The food should be thoroughly and properly cooked. Everything of an irritating or stimulating character in the way of condiments should be carefully avoided. The principal elements of foods, such as the carbohydrates, fats and proteins, should be selected in a proper proportion to furnish the necessary food elements of the body and to nourish the tissues. The daily ration for the average-sized man should consist of about two thousand food units or calories. Of this two thousand, about one-tenth, or two hundred calories, should be protein; two-tenths to three-tenths, or four hundred to six hundred calories, should be fats; and the remainder, seven-tenths or six-tenths, or twelve hundred to fourteen hundred calories, should be carbohydrates. An excessive amount of proteins is stimulating to the nervous system, and in some cases that have come under my observation I am sure that it has been one of the causes, at least, of producing sleeplessness. It is also generally recognized that an excessive amount of protein in the diet may be the cause of severe headache, like migraine, and other pains in different parts of the body. Meals should not be eaten when one is tired and exhausted. It is better to lie down and rest for half an hour or an hour before eating than to eat a meal when one is exhausted or fatigued. It requires nerve energy to digest food as well as to perform other functions of the body. If

(Continued on Page 3)

UNIVERSITY OF MICHIGAN

ANTI-CIGARETTE WORKER HERE

(Continued from Page 1)

will require the unceasing work of years to remove it entirely. A great drawback to the cause is the half-hearted support given it by the public press and the apparently indifferent attitude of the medical fraternity. It is a great satisfaction to come to this place and know that the entire medical staff are not only abstainers from tobacco in any form, but that they are good missionaries in the movement, not only forbidding its use to patients while here, but proving to them the injurious effects of nicotine by the black and white record of the diagnosis."

Miss Gaston's account of the history of the movement, which is now world wide, is a most interesting one. "I first became interested in it through the W. C. T. U., where the evil was given recognition and some concerted effort made to quell it. A short time after this Charles Buckley Hubbell, one of the foremost educators in the city of New York, and a member of the Board of Education in that city, became impressed with the growth of the evil and began to seek a remedy. He personally visited the New York City schools, busy professional men though he was, and, appealing to the manliness and the patriotism of the boys, enlisted twenty-five thousand of them in the anti-cigarette movement. It has since spread over the entire country. The national movement was not incorporated until 1901. In the city of Chicago there is an organization of business men numbering several thousand who are pledged not to give employment to any boy or man who smokes cigarettes."

Miss Gaston has had to match her woman's wit against that of paid lobbyists of the tobacco trust and has had many a skirmish with committees, not the least interesting of which was that of last fall when she appeared before the committee of the Michigan Constitutional Convention held at Lansing and was under a fire of questions for over an hour and succeeded in creating such a favorable impression that the committee, on being polled, stood with a majority of one for a favorable recommendation of the anti-cigarette proposal. This aroused the Tobacco Trust, and "Cigarette Jack" of Detroit, their representative, quickly appeared on the scene and succeeded in having the entire matter re-referred to the committee. Then followed debates which ultimately resulted in a failure of the committee to make a favorable report. This, however, in no wise has discouraged the promoters of the movement, and they expect to present a bill to the next legislature which will meet with the approval of the members, many of whom have already signified a deep interest in the matter.

In an article written for *The Independent*, Mr. Hubbell says that while acting as a member of the New York Board of Education several of the principals in the public schools complained of a condition that it was difficult for them to understand. "Boys of ten, twelve and fourteen years of age, naturally bright, were observed to be losing the power of concentration and application of mind. Nervousness, listlessness and a tendency to truancy were associated with the names of nearly every one of them. It was found that nearly all the incorrigible truants were cigarette fiends; that is to say, they were almost hopelessly addicted to the inhaling habit. Their nerves were shattered, and the value of public school instruction was greatly lessened in their cases. Further investigation disclosed the fact that very many of these boys stole money from their parents, or sold all sorts of articles that they could lay their hands on, in order to gratify an appetite that fed on its own indulgence.

"The police magistrates of this and other cities have stated again and again that the majority of juvenile delinquents appearing be-

fore them are cigarette fiends, whose moral nature has been warped or destroyed through the instrumentality of this vice. The managers and trustees of the institutions for the correction and reformation of youthful offenders have the same story.

"The *London Lancet*, one of the most reliable medical journals published in the English language, has recently stated that the most deleterious product in the combustion of tobacco is carbon monoxid, which is the deadly constituent of water gas, and is present in comparatively large quantities in tobacco smoke. This is the poison that is responsible for the utter demoralization of that unhappy individual who has come to be known as the cigarette fiend, whose pale face, shattered nerves and hopeless position in the community is recognized as applying to many of our American youth whose opportunity for usefulness and happiness has passed away.

"Experiments have demonstrated that this poisonous gas is taken up by the blood when tobacco smoke is inhaled. The cigarette is deadly because it breeds the inhaling habit, which is the foundation of all the evils that accompany indulgence in this vice."

Caleb Powers, of Kentucky, in a recent conversation with Miss Gaston, assured her that in his eight years' experience in Kentucky prisons he did not find more than one-half dozen men who were not victims of the habit. Mr. J. A. Jeffreys, of Columbus, Ohio, at present a patient at the Sanitarium, gave the anti-cigarette movement in his State its financial backing, and is an earnest disciple of the work.

NEURALGIA THE CRY

(Continued from Page 1)

something to numb the nerves, to stop their reporting, but it does nothing at all to reach the cause. It is not likely the cause is in the mind. I have seen that kind of case. You will not be cured by any sort of hocus pocus, or by being made to believe you are well when you are not well. The thing to do is to find out what is the cause of the pain in the back. Nearly always it is a congested condition of the abdomen, too much blood in the bowels, or the stomach, or the liver, or in the spleen. They do not report it in front because they can not report it there; for each one of these nerves that sends out a branch into the stomach sends also a branch to the back, to the skin of the back; and the nerves that send a branch into the liver, also send a branch to the back, to the skin of the back up under the shoulder blade; so when you have got a pain under the shoulder blade, the doctor immediately begins to think about the liver. You may have trouble with the gall-bladder, may have gall-stones; you may have a congested liver, or there may be trouble with the bile ducts. But the doctor suspects something is wrong with the liver when the patient feels pain under his shoulder blade; so he examines the liver. I met a lady the other day who had pain between her shoulders, a sharp pain up and down her back, and she said, "Doctor, I have seen a great many doctors, and they didn't any of them do me any good. I want you to see if you can not find out what is the matter. I had an osteopath treating my spine for six months, but he did not do it any good. He says there is a vertebra out of place." I examined it, and sure enough, there was a vertebra out of place. So we put her vertebra into place. We did not have to wring, and twist, and massage, and push and percuss her spine to do it; but we straightened her up, and then her vertebrae were in place. Then we looked for the sore spots, and found some on either side of the spine, but not in the spine itself. The spine is a column of bones, and we did not find anything the matter with the bones at all. But we made an examination of the

front side of her back. I said to her, "Let us look at the front side of your back." We did so, and found another sore spot at the solar plexus, and another one at the umbilicus. In other words, we found the lumbar ganglia very sore. There are two sides of the back, you know,—the back side of the back is most accessible, so most people examine that; but the front side of the back is where all the trouble is. There is a row of sympathetic ganglia that run up and down the spinal column, and they are in sympathy with the stomach, the liver, the spleen, the pancreas, and the intestines. When we stop to think of the bad usage the stomach and the liver get, it isn't at all surprising that there should be irritation about those regions, and that the nerves connected with them should get sensitive; but it is unfortunate—I say unfortunate, because it leads us to go on in ignorance so long—that the stomach is not extremely sensitive.

"A while ago I had to operate upon a man's stomach. I had to make an incision in his body, and pull the stomach out. I had cut a hole in the stomach, had to take up the intestine and cut a hole in that and patch the two together, and while I was doing that, he came out from under the anesthetic. He never said a word about it. I went on about my business and he did not know anything was happening to him at all, did not feel a particle of pain. He was a very feeble man, and I did not want him to take any more of the anesthetic than was really necessary, because the anesthetic was the principal danger from the operation. There was no danger from the operation I was doing to the stomach. It was just as harmless as if I were doing it to the skin, provided it was done with the proper care. So I allowed this man to wake up. I continued to make stitches as fast as I could, and he never felt the pain.

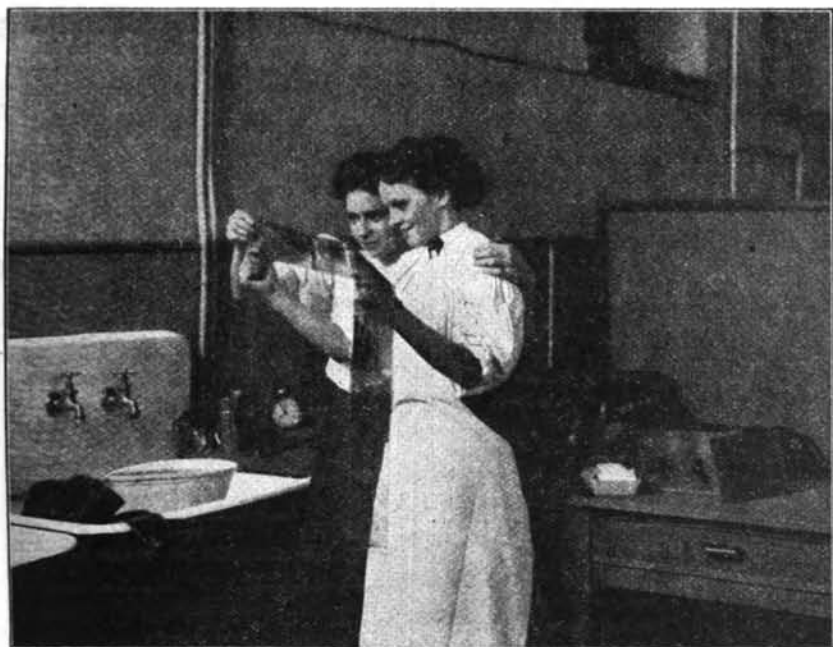
"We surgeons know it does not hurt the stomach to cut it. If it did, my friends, you could not swallow that horseradish, and mustard and pepper and those other things you are accustomed to pour down in such quantities with impunity. If your stomach were sensitive, that would give you the same pain it would to put any of those things into your eye.

"The sensitive nerves are in the skin and not in the stomach, so when you have irritation of the stomach, you are much more likely to have pain in your back than pain in your stomach. Now, it is in the same way that when your bowels are out of order, you get headache. You do not imagine that you need to have your head trephined or anything else done when you have headache because your bowels are inactive. The bowels are congested when they are inactive, and poisons are formed; the brain is sensitive, and when these poisons are carried to the brain, the brain-cells and the nerve-centers become irritated; then there is pain in the head. So, as I said before, when a man has nervous symptoms, it is simply that the nerves are reporting something bad somewhere. When the nerves get really diseased, they can not report. When the doctor puts a pin in the bottom of your foot and you do not feel it, then there is something the matter with your nerves; but when you go to the doctor and say, "Doctor, I feel gripping sensations running up and down my legs, and I have cold sensations up and down my spine," that means, not that your nerves are necessarily diseased at all, but that they are reporting something going wrong somewhere. The nerves are doing their duty."

"Prima Facie" Evidence

DOLLY—"No; I won't wash my face!"
Grandma—"Naughty, naughty! When I was a little girl I always washed my face."
Dolly—"Yes, and now look at it!"—*Philadelphia Inquirer*

DE VAULT WINS OUT IN PRIZE CONTEST



THE JOYS OF TANK DEVELOPING

Mr. R. P. De Vault, in charge of the Sanitarium photographic department, this week received word from the Eastman Kodak Company that he had won the second prize of \$150 for a picture submitted in the contest opened the first of the year to exploit photographic advertising. Mr. De Vault's prize picture we print herewith. It was taken in the Sanitarium Domestic Science kitchen and depicts the joys of tank developing. The award was made on both its artistic and technical merit as well as its strength from an advertising standpoint. Many hundreds of photographs were

entered by amateurs and professionals throughout the country and the award indicates unusual excellence on the part of the lucky competitor. Mr. De Vault has for some years been in charge of the photographic department of the Sanitarium, supplying the various publications with illustrations and making hundreds of slides for the stereopticon lectures before students of the American Medical Missionary College. His work has attained quite a reputation for its artistic merit, and the recognition on the part of the judges is a source of gratification to himself and his friends.

CAUSES AND SYMPTOMS

(Continued from page 1)

the nervous system is fatigued or exhausted, digestion is more or less interfered with. Food should be thoroughly masticated. Meals should be eaten as far as possible in a happy frame of mind, and with pleasant and agreeable surroundings and cheerful conversation. All of these are aids to digestion. The use of tea, coffee, alcohol, tobacco and stimulating drugs, particularly strychnin, quinin, morphin, codein, cocain, should all be discontinued, and should always be carefully avoided, even by those who have not been accustomed to their use.

"Outdoor exercise, sunshine and fresh air are all conducive to normal sleep. If one's occupation is indoors and sedentary, then at least two hours' exercise out-of-doors should be taken every day. This will be time well spent, and will be conducive to natural and sound sleep, and will aid the individual greatly in the accomplishment of his duties through the day. It is sometimes best, if one is troubled with insomnia, to take a long walk in the latter part of the day or just before retiring. In some cases that have come under my observation excessive exercise has produced sleeplessness. Exercise should not be carried to the point of extreme exhaustion, but should be taken sufficiently to make one feel somewhat tired and ready for bed at bedtime. In individuals who are suffering from neurasthenia or nervous exhaustion or any allied nervous condition accompanied with symptoms of fatigue or exhaustion, at least

one hour should be spent in bed during the day and the individual should go to bed early at night and get up late in the morning, in this way giving the nervous system plenty of time for rest, thus favoring the building-up processes that should go on in the nerve tissue in order for it to develop into a normal and healthy condition. A nap, if taken in the middle of the day, should preferably be taken before the midday meal, but if from any reason this can not be done, it should be taken after the meal, taking care to lie on the right side of the body.

"A sufficient quantity of water should be drunk to keep the tissues of the body well cleansed. Many people, especially those engaged in sedentary pursuits, do not take a sufficient amount of water. Three or four pints at least should be taken in each twenty-four hours. It is best to drink this water before meals, beginning two or three hours after meals and stopping an hour before. The water should be taken in small quantities and the drafts frequently repeated.

"If the insomnia is the result of indigestion or any disturbance of the bowels or alimentary canal, this should have careful attention by proper regulation of the diet. In some cases of acute indigestion which have come under my care, insomnia has been relieved by giving the patient a stomach wash just before retiring. Also in certain chronic disorders of the stomach where there is an excess of acid in the stomach or an irritation of the stomach from any cause, a stomach wash often gives relief and promotes

sleep. In other cases, particularly those in which there is emaciation and anemia, and in cases where the stomach is empty at bedtime, a glass of some warm drink, like hot malted nuts or hot malted milk or even warm water, is often all that is necessary to induce sleep. Food taken at bedtime should be predigested and ready for absorption. These warm drinks probably produce sleep by withdrawing the blood from the brain and inviting it into the abdominal viscera.

"Constipation may be a cause of insomnia. When such is the case, an enema taken at bedtime to relieve the bowels is often sufficient to secure a good night's sleep; but, of course, this should not be depended upon entirely and indefinitely. The enema may be used in an emergency to relieve the bowels and to aid in inducing sleep, but in addition the bowels should have proper treatment to overcome the constipation. Such remedies as massage and electricity applied to the abdomen and bowels, cold baths, exercise, and proper regulation of the diet, are the most useful remedies in correcting constipation.

"Insomnia occurring in insufficiency of the kidneys, that is, when the kidneys work improperly and poisons are retained in the body, may often be relieved by a neutral or a warm bath at bedtime. The bath should be 98° Fahrenheit, and may be taken for fifteen to twenty minutes or even for half an hour. The head should be kept cold, and the patient should go to bed immediately afterward. In Bright's disease all hypnotic drugs which tend to lessen the secretion of urine by the kidneys or to irritate the kidneys in any way should be avoided, or, if used, should be taken only with the greatest precaution, as harm rather than good may come from the improper use of this class of drugs in organic diseases of the kidneys.

"In diseases of the heart or lungs which interfere with the circulation of blood through the brain and cause a passive congestion of the blood-vessels of the brain, treatment should, of course, be directed to remove the cause and to stimulate the heart's action, and in this way relieve the passive congestion of the brain. If the trouble is in the lungs, this should have proper attention. Remedies which will increase the action of the heart in these cases, like cold baths, rest, cold applications over the heart, and, if necessary, drugs which act as cardiac tonics.

"Insomnia may accompany high blood pressure either as an independent trouble or associated with diseases of the kidneys. When this is the case, the blood-pressure should be reduced by proper remedies, such as neutral baths, warm baths, rest, etc."

(Concluded next week)

W. C. T. U. MEETING

THE Sanitarium W. C. T. U. was hostess to members of the Battle Creek union on Tuesday afternoon, when a notable program was given, representing three important departments of the work. Mrs. Rose Woodallen Chapman, national superintendent of the Purity Department, spoke on "Scientific Temperance Instruction;" Miss Lucy Page Gaston, on "Anti-Narcotics," and Dr. Carolyn Geisel, upon "Non-Alcoholic Medication." The latter address was illustrated by practical demonstrations of non-alcoholic treatments for fainting or exhaustion, acute diseases, such as typhoid and pneumonia, and chronic diseases, such as tuberculosis. The addresses were intensely interesting and instructive, and the afternoon marked a red-letter day on the year's program. The program was interspersed with vocal selections by Irving Steinel and Miss Wambaugh.

"He who preaches war is the devil's own chaplain."

THE BATTLE CREEK IDEA

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THE CIGARETTE

"If all boys could be made to know that with every breath of cigarette smoke they inhale imbecility and exhale manhood; that they are tapping their arteries as surely and letting their life's blood out as truly as if their veins and arteries were severed; and that the cigarette is a maker of invalids, criminals and fools,—not men—it ought to deter them some. *The yellow finger stain is an emblem of deeper degradation and enslavement than the lall and chain.*"

It is with such a vigorous statement as this that Hudson Maxim, the leading gunpowder and high-explosive expert in this country, closes a most virile article on "The Cigarette" published in the current number of *The Boy Magazine*. The article in question should be spread broadcast over the land, and called to the attention not only of the mothers and fathers, but the boys themselves. It will start them thinking. Most of them begin innocently enough because the other fellows do it, little realizing anything besides the delightful sensation that follows not only the smoke itself, but the sense of doing something forbidden. That he is contracting a habit that will have disastrous effects upon both his mind and his body, that he is on the brink of an enslavement, does not occur to him. The bit of paper wrapped around a pinch of tobacco looks innocent enough; and because it is supposed to be a manly art, because the family doctor smokes and the judge across the street and the professor around the corner, to say nothing of Father, he decides that now is the time to begin to be a man, and he goes behind the barn and tries his first cigarette. As soon as he recovers from his first one, he takes another. In a day or so he is able to inhale the smoke and then exhale it in fascinating rings. To him that is the accomplishment of an art—an art that the other fellows will envy him if they have not already acquired it. Perhaps if he knew that the inhalation of that smoke through the nasal and pulmonary organs would some day shatter his health and nerves, unfit him for the very manliness to which he aspires, he would hesitate on the second "coffin nail" and be quite open to a little missionary work.

This is what Mr. Maxim says of the action of the carbonic oxid which is the real menace in the cigarette, outstripping the nicotine evil:—

"The cigarette burns poisonously. Owing

to the loose structure of the cigarette, its combustion is modified and destructive distillation proceeds with combustion, and owing to the incompleteness of oxidation, carbonic oxid is largely produced instead of carbonic acid. This carbonic oxid inhaled into the lungs enters the blood unresisted, and the damage it does is in direct proportion to the quantities inhaled. Carbonic oxid when inhaled in small quantities produces faintness, dizziness, palpitation of the heart, and a feeling of great heaviness in the feet and legs. These are exactly the effects of the cigarette, and the depression and nervousness which follow as a reaction make the victim crave some balm or tonic for his malaise. He is then led to consume the drug in ever-increasing quantities.

"This progressive use of the cigarette is especially true with boys in the period of rapid growth. The wreath of cigarette smoke which curls about the head of the growing lad holds his brain in an iron grip which prevents it from growing and his mind from developing just as surely as the iron shoe does the foot of the Chinese girl."

According to government statistics there were 55,402,230,113 cigarettes smoked in the United States during the last fiscal year. An estimate has been made that the number of men and boys who smoke tobacco is 25,000,000. On that percentage each smoker consumed 2,216 cigarettes or 6 1-4 a day. Appalling figures when one considers what it means in the sacrifice of the health of the growing manhood of the nation.

SANITARY WALL SURFACE

A SANITARY wall surface is one of the most essential features of a healthful home. Five-sixths of the area of every room is wall surface. If this be of a character to lodge or retain dust, it may become a serious danger-source. A non-absorbent and easily cleanable wall is a hygienic essential for rooms where the various housekeeping operations give rise to numerous vapors, as in laundry and kitchen. The common practice of covering a plastered wall with paper or cloth in one or another form is open to objections from a sanitary standpoint. Such coverings must be applied with a paste or glue which, so long as it retains its moisture, is fermentable and liable to become a breeder of germs or vermin, or both. When renovating times arrives, it is rare that the old covering is entirely removed before putting on the new paper. The dirt is simply covered over, and not infrequently a wall is found bearing six or eight or even more coatings of paper and paste. In one instance, eighteen separate paperings were given the wall, one above the other. Like the whitened sepulchre mentioned in the Scriptures, such walls have the appearance of cleanliness, "but within they are full" of vigorous and active germs. The warm moist paste not infrequently combines with the coloring matter of the old coating and produces foul and sometimes deadly gases. Burlap and tapestries, while affording an artistic wall finish, are notable dust catchers, having also a tendency to absorb moisture and to decay upon the walls. The use of kalsomine or wash having glue for its base is to some degree objectionable.

Tile is without doubt the best of material for wall surface. But this is too expensive for general use. When possible to afford it for bathroom and kitchen, it is by all means to be preferred.

A wall covered with a permanently tinted natural cement has many points in its favor. The plain color serves as a most artistic background for pictures. If well chosen, it is restful to the eyes. With a soft cloth over a broom, the dust can be readily wiped from the hard-finished surface, and thus walls, as well as floors, may be treated to a thorough and frequent cleaning. When necessary, the surface may be covered with two or three coats of tinted enamel, of which there are now on the market several excellent sorts, the durability of which has been well tested.—Mrs. E. E. Kellogg in *Good Health*.

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Hand Made Embroidered Collars.

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Special opportunity will be given boys and girls to sell Good Health during the holidays and after school. We start you free. Some agents have sold over 1,000 copies a month. Write for terms.

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NURSES' ALUMNAE MEETS

Sanitarium Nurses with Guests from City
Training School Hear Report of
Tuberculosis Congress

DR. CAROLYN GEISEL SPEAKS

THE first meeting of the Nurses' Alumnae Association since June was held Monday night in the Sanitarium chapel. Graduate nurses from the city were guests of the association, and made up a large and interested audience, which was addressed by Dr. Carolyn Geisel. The latter told of the recent congress of the International Tuberculosis Association held at Washington, to which she went as delegate.

The speaker dwelt upon the departmental meetings of the nurses, giving an intensely interesting picture of the convention body, where nurses were present from twenty-nine different countries, many of them in their nurses' uniforms, and all wearing badges and class pins which easily identified them.

"What was to me a striking fact and appeared to do away with the necessity for the adoption of a universal language, such as the much-mooted Esperanto, was the fact that out of the roll-call from thirty-three countries there were twenty-nine responses, and all but five of these were in English," said she. "The sessions were most inspiring and marked by papers and addresses of great merit. Several thousand nurses attended the sessions, and in all departments of the congress the value of the nurse and her work along scientific lines, enforcing where the doctor can only direct, was emphasized."

"In the fascinating array of exhibits—the model cottages, the outdoor sleeping arrangements, the clothing, care of milk and other foods,—the position and importance of the nurse was constantly brought to the fore. The valuable work of the visiting nurse was lauded in many reports. One told of what had been accomplished in a New York tenement district where the percentage of tuberculosis patients sent to Sea Breeze Hospital during the year was eleven out of every hundred. Through the efficiency of the visiting nurse, who enforced sanitation and kept up eternal vigilance along the lines of outdoor life for the little shut-in children, the percentage in eighteen months was reduced from eleven to two per cent."

"In a report from Nashville, Tenn., it was shown that a visiting nurse had traced sixteen cases of tuberculosis as the result of contagion from one child with a tuberculous ankle. As a result of her investigation and exposure of the crowded tenement district, a law was passed in the State regulating the cubic feet of air space to each person, and abolishing the inside windowless bed-rooms in the cheap boarding-houses and tenements."

"Another important branch of the nurse's work which was brought to the fore in the convention was that of the school visiting nurse, who, upon the examination of the child by the school physician, follows it into the home and inculcates lessons of sanitation and hygiene while she directs the care of the patient. Transformations of entire neighborhoods have resulted from the interest aroused by the visiting nurse. The work is full of opportunities for broad and splendid charity."

I know not where His islands lift
Their fronded palms in air;
I only know I can not drift
Beyond his watch and care.

QUESTION BOX DEPARTMENT

Q. What should be done to cure a cold?

A. The best way in the world to get over it is to take a thorough hot bath, go to bed and stay there, and fast. Take water for breakfast, dinner and supper for a few days, what the French call an absolute diet. If you can not do this, take a hot bath, follow it up with a cold bath, dress yourself up warmly and get outdoors and stay there.

Q. Didn't I understand you to say that the poisonous exudations from the pores assume their various colors, red for instance, after leaving the pores of the skin, because of peculiar bacteria resident in the skin?

A. Yes, it is the moisture of the skin that supports the growth of these bacteria.

Q. Can one who has too much acid or too much hydrochloric acid eat malt honey and malted nuts and bromose?

A. Yes; but he should eat them toward the close of the meal, and should take pains to chew them well. If he takes malt honey he should take a little butter along with it.

Q. Why are black mittens used in giving the cold mitten friction?

A. That happens to be the color of the fabric which is found to be best for the purpose.

Q. How can one conserve his nerve force?

A. The first thing is to avoid unnecessary and unreasonable expenditure of nervous energy by loss of sleep, by late hours and prolonged work into the late hours. All these are a tremendous wear and tear on the nerve cells.

Another thing in which there is a most tremendous waste of nervous energy is in over-eating, and the reason why that requires a tremendous waste of energy is because it puts on the brakes on the wheels, so to speak. If you want to train your nerves down, then train your diet down to the absolute necessities of the body. Masticate your food thoroughly, and take not more than you really need.

Q. Should one eat just after exercise, or bathing? If not, why not?

A. One should not eat just after violent exercise, or after very cold bathing, or after a very hot bath, because the blood is in the skin, and when you eat, you call the blood to the stomach. But if it is a neutral bath, or a bath near the temperature of the body, or a sponge bath, a cold towel rub or a cold mitten friction, you can bathe at any time you like; it makes no difference.

Q. What will take the place of calomel after you have been taking it for years?

A. The thing that will take the place of calomel, if you go on taking it for years more, will be the undertaker. Calomel is not a friend, it is not a remedy that should be taken habitually. It is a drug which, if used at all, must be used with great discretion and only in emergencies. I very seldom resort to its use, because calomel is a poison as well as a remedy. It is an antiseptic for the intestinal canal, a laxative, and a very certain remedy of that sort, but at the same time it makes a load upon the liver that is not desirable if you can get along without it. Live on a fruit diet for a few days.

Q. How can one get rid of mucus in the bowels, after being troubled in this way for five years?

A. By the antitoxic diet. Yogurt is of very great value, and the building up of the general vital resistance of the body is also of importance.



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BATTLE CREEK, - MICHIGAN

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YOGURT germs were originally discovered in a lactic acid-forming ferment found in certain Oriental milk products. Metchnikoff of the Pasteur Institute and other European savants at once investigated and established beyond question the marked efficiency of these germs in remedying the diseased condition known as

Intestinal Autointoxication, or "Self-Poisoning."

YOGURT germs cure this condition by attacking and driving from the system the disease-producing germs bred in the intestinal tract by the putrefying processes which are usually caused by improper diet or wrong living habits. Thus the YOGURT germs act as defenders of the body's natural fortifications and by driving out the invaders make possible a natural, healthy development of the tissues.

Intestinal Autointoxication is responsible for many diseases. Among those frequently caused by this condition are chronic rheumatism, Bright's disease, eczema and other skin maladies, appendicitis, gall-stones, rheumatic gout, dropsy, biliousness, neurasthenia, sick headache, emaciation, pernicious anemia, intestinal catarrh, nausea and vomiting, rickets, neuralgia, etc.

YOGURT is sold by leading druggists for \$1.00 per package, or may be obtained from us direct by mail postpaid.

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UNIVERSITY OF MICHIGAN

INDIANA CONGRESSMAN VISITS

(Continued from page 1)

wisdom to leave it all for a few days and come to Battle Creek for an absolute rest, and I am getting it. I had never before visited this big institution, and I am more than satisfied and pleased with the opportunities presented for rest and recuperation. I have entered into the routine unreservedly and already good results are making themselves manifest. With the treatments and my cross country walks each afternoon I shall soon be in condition to return. I have not had such a rest for three years, and in order to insure it I directed that my mail should not even be forwarded to me. So you see I am making a business of resting.

I am much pleased with the scientific foundations of this system, and find it all vastly interesting and shall hope to return again."

Mr. Overstreet has represented his district in Congress for the past fifteen years, and has rendered his State and the country efficient service. He is an influential member of the joint congressional committee now preparing a law revising the currency and banking system, and has been on many other important committees covering banking, currency, judiciary, war claims and post-offices. In a recent editorial the Indianapolis News says of him:—

"Mr. Overstreet's public services for the last fifteen years have constituted an inseparable part of the history of his country. No great constructive work of progressive legislation has been put upon the statute books with-

out his effective co-operation, both by his counsel in its preparation and by his skilful aid and influence in its enactment. No member of Congress enjoys a wider and more honorable name and fame throughout the land or is more closely identified with the great formative and reformatory policies of which the Republican party has been the exponent and instrument within recent years."

KELLOGG-KIRKLAND WEDDING

Miss Harriette Kellogg Becomes the Bride of Mr. Bertram Kirkland in Presence of Large Number of Friends

THE third of a trio of pretty weddings to take place at the residence of Dr. and Mrs. J. H. Kellogg this year was celebrated Wednesday night, when their daughter Harriette Eleanor was united in marriage to Bertram Colbert Kirkland.

The ceremony was performed in the main reception hall on the family hearth-stone before a bank of palms. White pedestals supporting graceful potted ferns were festooned with white ribbons and formed a chancel rail behind which Pastor J. A. Brunson received the pair.

The bride entered on her father's arm to the strains of the Lohengrin wedding-march. She wore a gown of fawn-colored liberty silk, lace trimmed and her mother's long wedding veil of tulle. Her bouquet was of bride roses. Mrs. William Drever acted as matron of honor, and wore a gown of blue silk and carried a bouquet of roses.

The bridal party was preceded by flower maidens, the Misses Verne French and Sophia Kodjbanoff, gowned in simple frocks of white over pale blue.

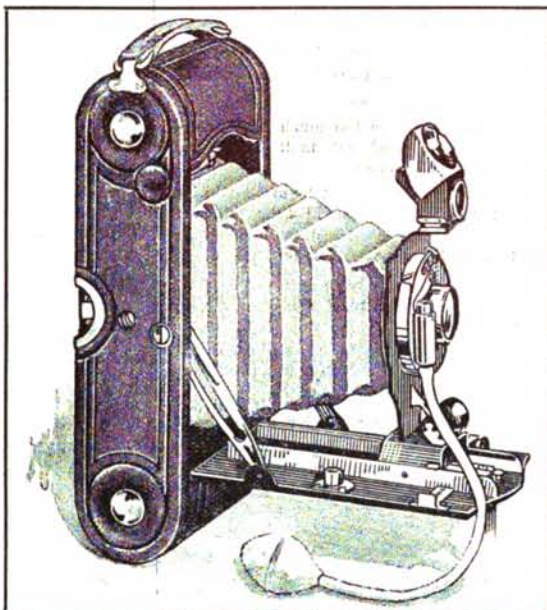
The guests were received by Mrs. Kellogg, Mr. and Mrs. R. McPherson, Dr. and Mrs. Colver, Dr. and Mrs. Mortensen, Mr. M. W. Wentworth. Dr. J. T. Case acted as best man and Mrs. Case was mistress of ceremonies.

The house was simply decorated with palms, Southern smilax, and white chrysanthemums. The refreshments were served at small tables in three of the rooms on the first floor, the tables being artistically decorated with autumn leaves and the room decorations of autumnal foliage.

The bride wore a handsome going-away gown of brown, with hat to match. They left the same evening on a short wedding trip, and after January 1st will be at home in their new residence, 63 Oak Lawn.

"If life were always merry,
Our souls would seek relief
And rest from weary laughter
In the quiet arms of grief."

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Kodak
Let Us
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Sanitarium Laundry

UNIVERSITY OF MICHIGAN

PERSONALS

Miss Isabelle Meeker of Chicago is visiting at the Sanitarium.

Mr. John Craig Powers of Rochester, N. Y., is paying a visit to the Sanitarium.

Judge McQuown of Frankfort, Ky., paid a visit to Mrs. McQuown this week.

Mr. and Mrs. J. M. Smith and son of Denver, Colo., are paying a visit to the Sanitarium.

Mrs. G. F. Shears of Chicago is paying a visit to her husband, a patient at the Sanitarium.

Messrs. T. E. Nash and Guy Nash of Grand Rapids are among the newly arrived patients.

Dr. and Mrs. H. Ritter left on Tuesday for Philadelphia where they will make their future home.

Mrs. S. H. Gorham of Marshall spent Saturday at the Sanitarium as the guest of Miss Harriman.

Mr. C. R. Jacobs of Chicago is visiting his sister, Miss Orton, who is a patient at the Sanitarium.

Mrs. C. A. Williamson and daughter, Mrs. Bertram Tarren, of St. Louis, are guests at the Sanitarium.

Dr. E. L. McBristol of Detroit is making a short stay at the Sanitarium, where he has enrolled as a patient.

Mr. and Mrs. Joseph Lorie of Kansas City, frequent patrons of the Sanitarium, returned this week for a short stay.

Mr. F. J. Ruggles of Chicago is spending the week here visiting Mrs. Ruggles, who is a patient at the institution.

Mrs. E. L. Hanan of Portland, Ore., stopped en route home from the east to pay a short visit at the Sanitarium this week.

Mr. and Mrs. H. P. Street of San Antonio, Texas, are among the recent southern guests to arrive at the Sanitarium.

Mr. J. A. Jeffreys, of Columbus, O., a prominent manufacturer of that city, is paying a brief visit to the Sanitarium.

Mr. F. G. Bills of Minneapolis is paying a visit to Mrs. Bills, who has been a patient at the Sanitarium for some weeks.

The Rev. G. B. Addicks of Warrenton, Mo., is a recently arrived patient. He will remain a fortnight for rest and recuperation.

Mrs. Eliza Berger, superintendent of the State W. C. T. U. Rescue Home of Benton Harbor, is a guest at the Sanitarium.

Mr. H. L. Preston, editor and owner of the *Produce News*, published in New York, Chicago, and Cincinnati, is a guest at the Sanitarium.

Messrs. F. C. Stearns and E. W. Stearns of Hot Springs, Ark., former patrons of the Sanitarium, returned this week for a short stay.

Mrs. W. W. Tamblin and daughter, Miss Bertha Tamblin, of Bowmaran, Ont., have arrived at the Sanitarium for a few weeks' stay.

Mrs. C. E. Galloway of St. Louis, a frequent visitor to the Sanitarium, stopped off en route home from New York this week for a short visit.

Dr. David Paulson, of Hinsdale, Ill., paid a brief visit to the Sanitarium recently, attending the meetings of the executive committee of the Medical Alliance.

Miss May Hiatt at Eureka, Ill., accompanied Professor and Mrs. Hieronymus to the Sanitarium this week. Miss Hiatt will remain as a patient for some weeks.

Mrs. Rose Woodallen Chapman and little son, Bruce, left this week for Denver, Colo., where she will appear on the program of the National W. C. T. U. Convention.

Mr. J. H. Stewart of Chicago, who spent some months here last winter, is being welcomed back by old friends this week. He expects to make his home at the institution for the winter.

Messrs. Talbert and Aubrey Lanston of Washington, D. C., are among the recently arrived visitors to the Sanitarium. Mr. Aubrey Lanston is a well-known writer of fiction.

Congressman Jesse Overstreet of Indianapolis is one of the distinguished visitors now staying at the Sanitarium. He will remain for some ten days, resting up from arduous campaign duties.

Prof. and Mrs. R. E. Hieronymus of Eureka, Ill., returned to the Sanitarium early in the week. Mrs. Hieronymus will remain as a patient, and Professor Hieronymus will return to Eureka the latter part of the week.

Mr. M. E. Olsen, of Caterham, Surrey Hills, England, manager of the British *Good Health*, called on Battle Creek friends Sunday. Mr. Olsen expects to re-enter the University at Ann Arbor this year to take his Ph. D. degree.

Mrs. George Dowkontt has joined Dr. Dowkontt at the Sanitarium after a summer spent in the Berkshires. They will remain for the winter. Miss Marion, who spent the winter here last year, will attend school in the east.

Mr. W. H. Dudley of Chicago, Ill., visited his son, Lawrence Dudley, over Sunday at the Sanitarium. Together they left on Tuesday for a visit to relatives in Grand Rapids. Mr. L. H. Dudley is much improved in health since coming here a month ago.

Mr. C. S. Kirtley, inventor of the Kirtley-Stephens self-indexing system, of Jefferson City, Mo., who has been a guest at the Sanitarium for some weeks, left the first of the week for Detroit. He expects to return later with Mrs. Kirtley for a longer period of rest.

Mrs. John Darst of Eureka, Ill., arrived at the Sanitarium this week, accompanied by her son, and his wife, Mr. and Mrs. J. B. Darst. Mrs. Darst was a patient here in 1884, when she underwent a serious operation, which, her physicians assured her, would undoubtedly add twenty-five years to her life. Mrs. Darst is now eighty-seven, and in good health for one of her advanced years. "My twenty-five-year lease on life will be up in another year," said she, "and I have come back to get a new lease." Mrs. Darst will remain for some weeks taking treatments, and during her stay her daughter will remain with her. Mr. Darst left on Tuesday for his home in Peoria.

INDOOR BASEBALL AT THE SANITARIUM

First Game of League Season Marked by
Brilliant Plays and Much
Enthusiasm

WITH a fast, snappy game full of brilliant plays and every evidence of much enthusiasm both on the part of spectators and players, the opening game of the season for the Sanitarium Indoor Baseball League was played Tuesday night in the gymnasium in the presence of a large number of spectators.

Preceding the game George Black, acting as umpire, made the announcement, telling of the

formation of the league of four teams and the schedule for the winter, which includes two games a week, games to be played Tuesday and Thursday nights.

The Medics then took the field, Shamrocks at the bat. The first inning on both sides was one, two, three order. In the first four innings the Medics played brilliantly, the star features being played by Stephenson, first base; Smack, right short, and Lewis, catch. It looked for a while as if they would sweep everything in sight, for at the end of the fourth inning the Shamrocks had not made a run, while the Medics had seven to their credit. But after this conditions changed; the fielding of the Shamrocks rivaled that of the Medics. The Medics seemed unable to hit Hood's pitching, which tended to disappoint them and showed its effect in the fielding. In the last five innings the Shamrocks made 15 runs, holding the Medics to three, the game closing with a score of 15 to 10 in favor of the Shamrocks. While the results gave a defeat to the Medics, they gave evidence of splendid possibilities, and both teams should be complimented on their general play.

The schedule for the fifty-four games for the season is as follows:—

Cres.	Bau Bees	Shamr'ks	Medics	Dates
		Oct. 13	Oct. 13	Tues.
Oct. 15	Oct. 15			Thurs.
Oct. 20			Oct. 20	Tues.
	Oct. 22	Oct. 22		Thurs.
Oct. 27		Oct. 27		Tues.
	Oct. 29		Oct. 29	Thurs.
Nov. 3	Nov. 3			Tues.
		Nov. 5	Nov. 5	Thurs.
Nov. 10			Nov. 10	Tues.
	Nov. 12	Nov. 12		Thurs.
	Nov. 17		Nov. 17	Tues.
Nov. 19		Nov. 19		Thurs.
Nov. 24	Nov. 24			Tues.
		Nov. 26	Nov. 26	Thurs.
	Dec. 1	Dec. 1		Tues.
Dec. 3			Dec. 3	Thurs.
	Dec. 8		Dec. 8	Tues.
Dec. 10		Dec. 10		Thurs.
		Dec. 15	Dec. 15	Tues.
Dec. 17	Dec. 17			Thurs.
	Dec. 22	Dec. 22		Tues.
Dec. 24			Dec. 24	Thurs.
Dec. 29		Dec. 29		Tues.
	Dec. 31		Dec. 31	Thurs.
Jan. 7	Jan. 7		Jan. 5	Tues.
Jan. 12				Thurs.
	Jan. 14	Jan. 14		Tues.
Jan. 19		Jan. 19		Thurs.
	Jan. 21		Jan. 21	Tues.
Jan. 26	Jan. 26			Thurs.
		Jan. 28	Jan. 28	Tues.
Feb. 2			Feb. 2	Thurs.
	Feb. 4	Feb. 4		Tues.
	Feb. 9		Feb. 9	Thurs.
Feb. 11		Feb. 11		Tues.
Feb. 16	Feb. 16			Thurs.
		Feb. 18	Feb. 18	Tues.
	Feb. 23	Feb. 23		Thurs.
Feb. 25			Feb. 25	Tues.
	Mar. 2		Mar. 2	Thurs.
Mar. 4		Mar. 4		Tues.
		Mar. 9	Mar. 9	Thurs.
Mar. 11	Mar. 11			Tues.
	Mar. 16	Mar. 16		Thurs.
Mar. 18			Mar. 18	Tues.
Mar. 23		Mar. 23		Thurs.
	Mar. 25		Mar. 25	Tues.
		Mar. 30	Mar. 30	Thurs.
Apr. 1	Apr. 1			Tues.
Apr. 6			Apr. 6	Thurs.
	Apr. 8	Apr. 8		Tues.
Apr. 11		Apr. 11		Thurs.
	Apr. 13		Apr. 13	Tues.

News Notes

Freshmen students of the A. M. M. C. have begun their Histology laboratory work under Dr. Ethel Manners Heynemann.

At the regular weekly meeting of the Battle Creek Medical Society Dr. R. H. Harris, registrar of the American Medical Missionary College, read a paper on the "Physiology and Anatomy of the Heart."

At a meeting of the newly formed indoor baseball league, the following officers were elected: President, M. W. Wentworth; treasurer, Dr. M. A. Morfeusen; physical director, A. R. T. Winjum. These officers, with the following heads of the several teams, make up the board of managers of the league: Alfred Steinel, George Gamenthaler, John Jones, and Clyde Ripley.

Dr. Annie Williams has returned from the three days' convention of the third district W. C. T. U. held in Jackson, where she went as delegate from the Sanitarium union. The union was given friendly recognition by the appointment of its delegate as district superintendent of the department of Health, Heredity, and Moral Education. Next year the convention will be held in Marshall.

Dr. Carolyn Geisel left on Tuesday for Chicago to attend the convention of the International Chautauqua Alliance. She will return on Friday and give a lecture on "Dress" in the parlor before the women patients of the Sanitarium. She will leave Saturday night for South Haven, where she will give a lecture in the Central M. E. church on "Scientific Temperance Instruction," from which place she will go to Traverse City to attend the annual convention of the State Federation of Women's Clubs, where she will render her report as health officer for the State and deliver a lecture on "Science in the Kitchen." From Traverse City Dr. Geisel will leave for the National W. C. T. U. Convention in Denver.

ARRIVALS

THE list of arrivals for the week ending October 12 is as follows: Clarissa M. Sinder, Iowa; E. W. Stambaugh, Ohio; Mrs. C. H. Stambaugh, Ohio; Moses Schultz, city; M. Ferguson, Mich.; W. J. Carter, Ill.; Mrs. W. C. Carthy, Mich.; Perry Wearly, Bertha Wearly, Ind.; Mary Madden, Ill.; G. L. King, Mich.; J. A. Jeffrey, Ohio; Mrs. L. T. Coleman, Pa.; Mrs. H. I. Coleman, Pa.; Mrs. L. Altman, city; W. A. Jule, Mark Tull, Wis.; Mrs. J. B. Dexter, Colo.; W. H. Griffin, Mich.; Harvey D. Smith, Mich.; D. W. Campbell, Pa.; H. M. Henley, Iowa; Steve P. Holcombe, Ky.; A. E. Robertson, Ky.; B. S. Lucas, D. C.; Charles C. Snite-man, Wis.; A. H. Wallace, B. C.; Mrs. John Darst, Ill.; J. P. Darst and wife, Ill.; F. G. Bille, Minn.; David Paulson, Ill.; Mrs. G. D. Dowkontt, Mass.; George B. Addicks, Mo.; Frank E. Merts and wife, Pa.; D. P. Gibson,

Pa.; Mary L. Holden, Nellie Holden, Charles Holden, M. C. Dommers, Mich.; Talbert Lanston, Aubrey Lanston, D. C.; Mrs. G. W. Perkins, Mich.; Mrs. S. E. Hamon, Ore.; Mrs. E. A. Burger, Mich.; Mrs. P. E. Bowen, N. Dak.; Docia Bowen, Wis.; Isabelle Meeker, Ill.; F. G. Zilliken, Ill.; Lucy Page Gaston; S. G. Briggs, W. Va.; Mr. and Mrs. J. C. Grogan, Pa.; Mr. and Mrs. H. L. Preston, N. Y.; Charles W. Lobdell, Ill.; J. H. Crenshaw, Ala.; Mrs. G. F. Shears, Ill.; M. E. Olsen, London, England; R. Williams, Colo.; W. H. Dudley, Ill.; Jesse Overstreet, Ind.; T. H. Catlin, Ind.; S. T. Catlin, Ind.; Mrs. C. A. Williamson, Mo.; Mrs. Bertram Fahnen, Mo.; Willard Clark, Ill.; H. P. Street and wife, Tex.; Mrs. W. W. Tamblin and Bertha Tamblin, Ont.; John Craig Powers, N. Y.; Lewis McQuown, Ky.; Mary O'Brien, Pa.; F. E. Nash and wife, Wis.; Guy Nash, Wis.; Mrs. C. R. Jacobs, Ill.; Caleb Powers, Ky.; Mr. and Mrs. J. M. Smith and son, Colo.; F. J. Ruggles, Ill.; Mr. and Mrs. Joseph Lorie, Mo.; Miss Elizabeth Smith, Mich.; W. A. Yule; J. H. Stewart, Ill.; F. Salmen and wife, La.; C. Bellhouse, R. E. Hieronymus and wife, Ill.; May Hiatt, Ill.; Dr. E. L. M. Bristol, Mich.; H. H. Everard, Mich.; J. E. Talley, Tenn.; Mrs. C. E. Galloway, Tenn.; Marion Ferguson; Charles Anderson, Ill.; F. J. Gilfillan, Minn.; A. J. Messing, D. D., Ill.; Mr. and Mrs. J. E. Gordan, Mich.; Karl M. Herdenthall, Pa.; G. M. Richards and wife, Pa.; Emily C. Mead, city; E. D. Kirby, city; Mrs. Z. E. Brown, Minn.; James S. Work, W. Va.; Miss Marie Galvin, Mich.; Mrs. C. H. Wheelock, city; Miss Ella Field, Mich.; Florence E. McDaniel, Fla.; Mr. and Mrs. J. B. Walters, Jr., Ky.; Mr. and Mrs. R. F. Amend, N. Y.; Mr. and Mrs. J. H. Williamson, Ind.; John Eckberg, Ind.; Mrs. H. H. Stassen; J. W. Rambolt, Tex.; W. A. Yule; Mrs. J. S. Boroughs, Misses Mamie and Mildred Boroughs, Tenn.; H. S. Jones, Tenn.; Mrs. C. H. Becker, Iowa; Mrs. George Weston, Ill.

SABBATH CHAPEL SERVICE

Pastor Brunson Urges Loyalty on His Hearers at Sabbath Morning Service in the Chapel

"THE Unchangeableness of the Gospel" was the subject of Pastor J. A. Brunson's Sabbath morning discourse in the Sanitarium chapel. The speaker took his text from Gal. 1:8, and in his introduction dwelt upon the boldness of Paul in his endeavor to establish the fact that Christianity was not a modified Judaism. "Paul," said the speaker, "had been taught by One who was superior to the angels. Salvation from sin comes through faith in Christ and faith alone. Paul had first-hand knowledge,—the knowledge of experience, which was incorporated into his life, and enriched it accordingly. Knowledge obtained second-hand simply adds to the intellectual furniture of the mind."

During the course of his discourse Pastor Brunson emphasized the three great truths of the text: first, the essential oneness of the plan of salvation and its consequent universality; second, the essential oneness of the method of propagating and appropriating the gospel, and

third, the essential oneness that follows the acceptance of Christianity. The speaker cited many instances where entire communities had been transformed by the conversion of the individual, and closed with the thought that the greatest need of humanity is salvation from the effects of sin, and urged upon his hearers the loyalty that shows itself not simply in heroic deeds, but in daily deeds of loyalty in home, in the profession, in work anywhere; loyalty to the personal Lord, the spirit that keeps Christ to the front.

AN AUTUMN WOOD

No cloth in Arras made,
No bright brocade,
Can vie with yonder wood in tint and shade.
Naught save the sunset skies can parallel
(Or the morn's miracle)
The wondrous color spell, pageantry,
And yet how soon the pageantry must fade.
Gold change to gray,
Crimson to sodden amber lapse away,
Irradiant life fall into dank decay.
Ah, well!
Outward beatitude is but the shell
Or inner loveliness. Within the bole,
As in man's heart, true beauty bides—the soul!
—Clinton Scollard, in Smart Set.

Cheerful News

"JOHN," said Mrs. Tompkins, and there was a trace of tears in her eyes, "mother told me this morning that she wanted to be cremated."
"All right, Arabella," replied Mr. Tompkins cheerfully. "When will she be ready?"
—Milwaukee Sentinel.

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.

COLAX
is a NATURAL laxative. It may be used continuously if necessary, without producing the slightest harmful effects. It is not a drug nor a medicine, nor is there any secret process involved in its manufacture. It is made from a vegetable product which is largely used as food in some Oriental countries. Just what it is and what it does is told in detail in "The Colax Book." If you have a read it, send for a copy.
COLAX relieves constipation by absorbing and carrying through the entire system a large amount of moisture. This prevents undue dryness, thus facilitating a natural, normal movement.

Put up in the form of wafers in separate moisture-proof packages. Per carton of 25 wafers, \$1.00. Leading druggists sell COLAX. If you cannot readily obtain it from your druggist, we will supply you direct by mail, postpaid.

THE GOOD HEALTH COMPANY,
(Successors to the Colax Co.)
90 College Hall, Battle Creek, Mich.

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WE WILL DO OUR BEST to find a pair of shoes that were made for your feet if you give us the opportunity to try. Come and wait for your car; you can see it from our store, no matter which way you wish to go. Our telephones are at your service; we have both in our first floor office. In fact, make yourselves at home with us; we are glad to see you, whether you wish to make a purchase or not.

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THE BATTLE CREEK IDEA

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RARE DISEASE DISCUSSED AT MEDICAL CLUB

Dr. W. H. Riley Presents a Case of Brown-Sequard's Disease to Fellow-Practitioners in Battle Creek

DISCUSSES SYMPTOMS, TREATMENTS

At a meeting of the Battle Creek Medical Society held Monday night Dr. W. H. Riley presented a case of Brown-Sequard's paralysis, a disease of particular interest as it is very rare, and presents a very unusual and complex arrangement of the symptoms relating to diseases of the nervous system. There have been less than two hundred cases of Brown-Sequard's paralysis reported in all medical literature, including English, French, German, as well as in other languages, and extended back for many years. Physicians seldom have a chance to see a case of this kind and consequently the case was one of unusual interest. The disease was named for the physician who first described it. The principal symptoms presented in a case of this kind are a paralysis affecting one leg and the muscles of the lower trunk on one side of the body, with increased reflexes on the same side, and a spastic condition of the muscles paralyzed, with a total loss of pain and temperature sense in the opposite limb, while the tactile sense is retained. That is to say, when the patient is tested with test tubes containing hot or cold water he gets no sensation whatever of heat or cold, but does feel the contact of the tube containing the hot and cold water. Further, he can not feel the sensation of pain. A pin could be thrust clear through the skin without any pain. Severe pinching of the

(Continued on page 2)

Attends Opening of St. Luke's

Dr. Kellogg Goes to Chicago to Attend the Reception Held at New Hospital

Dr. J. H. KELLOGG went to Chicago on Tuesday to attend the opening reception of the new St. Luke's Hospital recently erected on Michigan Avenue at a cost of \$500,000. St. Luke's was established in 1864, and is one of the best administered hospitals in the city of Chicago. It has a capacity of more than three hundred beds. As president of the American Medical Missionary College, Dr. Kellogg received a special invitation to be present. Students of the A. M. M. C. enjoy all the advantages of the hospital. They not only have as heretofore the ward walks and clinics in St. Luke's conducted by Drs. Wall and Halstead, but they have further access to all the clinics held in the hospital. The large dispensaries are open to all the students who will work under the guidance of the internes.

Missionaries' Monthly Rally

Missionary Guests at Sanitarium Meet Medical Missionary Students and Relate Experiences

VETERAN WORKER FROM CHINA

WITH an inspiring rally held Sunday afternoon in the Sanitarium parlor and a supper and social on Tuesday evening, visiting missionaries to the Sanitarium and prospective missionaries,—students of the American Medical Missionary College—together with members of the college faculty and Sanitarium staff, were drawn into closer relationship, and the discussion of ways and means of mutual aid brought out much that was helpful to both sides.



REV. JESSE B. HARTWELL

The supper on Tuesday night was held in the south dining-room, which was attractively decorated with palms and flowers. Covers were laid for one hundred. Following the supper the guests repaired to the chapel, where a program of addresses was presented, Pastor J. A. Brunson presiding. Dr. J. H. Kellogg responded to "Our Guests and Students," the Rev. W. L. Curtis spoke on "Sanitarium Principles in Heathendom," Mrs. L. M. Campbell told of her "Sanitarium Experiences." Dr. Riley, in behalf of the faculty, responded to "The Aims of The American Medical Missionary College," and C. H. Stauffacher, in behalf of the students, spoke on "The Opportunities of the A. M. M. C." The closing number on the program was "The Place of the Sanitarium in the Christian World," by Mr. I. L. Stone of Battle Creek.

At the rally Sunday afternoon, between twenty and thirty foreign missionaries were seated on the platform, and in another part of

(Continued on page 2)

LOW MORAL TONE IN PUBLIC SCHOOLS

Dr. Dora Martin, National Anti-Cigarette Organizer, Speaks on Conditions That Maintain

THE HIGH SCHOOL HOP

"THE real responsibility for the low moral tone of the high schools of the country rests on the cigarette evil and the high school hops," declared Dr. Dora Martin of Perry, Okla., national organizer for the Anti-Cigarette League, in an address given before guests at the Sanitarium Monday afternoon.

The speaker revealed some startling facts during the course of her brief address—facts that made the cheeks of more than one mother blanch with horror. For the past three years Dr. Martin, who was formerly a practicing physician, has investigated conditions in the high schools while organizing anti-cigarette leagues. She found that when the boys were organized, the girls, too, clamored for an organization of some sort. "Once I got in touch with the high school life," said Dr. Martin, "I found that there was just as great a need for organization to protect the girls as there was to protect the boys—not against the habit of smoking, but for the maintenance of their

(Continued on Page 6)

Relief for the Fire Sufferers

\$100 Raised at Sanitarium Tuesday for Benefit of Forest Fire Victims in Northern Michigan

SPIRITED INDOOR BASEBALL

NEARLY one hundred dollars was raised on Tuesday at the Sanitarium for the benefit of the forest fire sufferers in northern Michigan. The news of the suffering hundreds in the vicinity of Alpena, Metz, and Presque Isle aroused the sympathies of Sanitarium guests and helpers, and it was decided to raise funds both by subscription and a benefit game of indoor baseball. In a few hours all details were arranged and tickets for the game went off with astonishing rapidity. Seventy-five dollars was raised in this manner and the subscription list, not yet closed, will probably bring the amount upward of one hundred dollars. A cheque will be sent at once to the Relief Committee at Alpena, where relief work is being carried on systematically and with excellent judgment, according to Governor Warner.

The game was the third regular game of the Sanitarium league team and was the best exhibition so far of the series.

The Crescents and Medics crossed bats. Each

(Continued on page 6)

RARE DISEASE DISCUSSED

(Continued from page 1)

skin produces no pain, and yet while the temperature sense and the pain sense were completely absent in one leg and up a certain distance on the trunk, the tactile sense remained intact, and the patient could feel objects when brought in contact with the skin on this part of the body. There were also certain bands or areas extending about the trunk of the body where all the sensations were increased; that is, where the patient was hypersensitive to touch, to pain and to temperature applications.

This peculiar group of symptoms is known as "Brown-Sequard's Paralysis," and is usually caused by a small tumor growing on the membranes of the spinal cord or on the cord itself, pressing on the spinal cord and cutting off nerve paths on the spinal cord between the brain and the muscles and between the brain and skin, so that nerve impulses can not travel through the spinal cord, and the peculiar symptoms above described result. This trouble, of course, is a serious one. Sometimes it is necessary to resort to a surgical operation and remove the tumor. In order to do this the symptoms of the case must be very carefully studied and the tumor located definitely in the spinal cord. A number of cases of this kind have been operated upon with most excellent results.

This case will be watched with much interest by Dr. Riley and by other physicians of the Sanitarium, and if it is thought best to perform a surgical operation, this will be done in the proper time.

Among thousands of patients who are treated for chronic disorders at the Battle Creek Sanitarium every year, together with the patients who are treated in the free dispensary of the American Medical Missionary College, Battle Creek, there is always a large number of people who suffer with a great variety of disorders and diseases of the nervous system. Coming to the Battle Creek Sanitarium every year are thousands of business men who have used up their nerve energy and are suffering from neurasthenia, insomnia and nervous weakness of various kinds. Overworked housewives and school teachers, professional men, public men and others who have used up their nerve force in their arduous duties, and in addition to this a very large number of cases which present all varieties of localized diseases of the nervous system, producing various forms of paralysis, locomotor ataxia, and many rare forms of disease of the nervous system.

One who has a chance to observe the results obtained in these cases by treatment at the Sanitarium can not help but be profoundly impressed with the marked improvement which is very often seen in these cases. To illustrate: not long ago a young man from the northern part of Michigan came to the Sanitarium in a wheel-chair. As a result of an organic disease of the spinal cord he was unable to walk except to take a very few steps with crutches or a cane. Under treatment he improved rapidly and in a few weeks was walking quite well with his cane. A few weeks later he dispensed with his cane, and walked two or three miles without a cane. The improvement has continued until a few weeks ago he left the Sanitarium, able to walk long distances and to use his limbs nearly as well as ever.

Another case much of the same kind which came to the Sanitarium from Pennsylvania, was suffering from an acute organic disease of the spinal cord with paralysis well developed. The young man was unable to use many of the muscles of the leg at all. The paralysis of certain muscles was complete. Under the physiologic remedies that are administered at

the Sanitarium this young man made decided improvement. Just the other day his physician reported he had gone home practically cured of his trouble, being able to walk two or three miles with little fatigue, and certainly decidedly better in every way than when he began his treatment.

Still another case, one of locomotor ataxia, a prominent business man from the South, came to the Sanitarium early in the summer. This gentleman already had had the advantages of the best medical skill in the country as well as in Europe. In conversing in regard to his case he stated that he had spent much time in the past looking for health, but he had found more advantages here at the Sanitarium than at any other place in all his travels. He improved decidedly under treatment. He remained at the Sanitarium for some time and went away practically cured of his trouble.

These three cases are simply selected out of a large number of cases to illustrate results. The number of such cases might be increased almost indefinitely. The good results coming from the treatment of this class of cases can hardly be appreciated except by those who have had an opportunity to observe and to test results of physiological remedies followed up in an intelligent, persistent manner.

MISSIONARIES' RALLY

(Continued from page 1)

the audience room a group of the college students appeared—some of these were sons or daughters of missionaries, born on foreign soil, who had returned here to take up their training that they might go back and work for the uplift of humanity.

Dr. George Dowkontt presided and introduced the several speakers, chief among whom was the Rev. Jesse B. Hartwell; for fifty years a missionary in China, who with his daughter, Miss Anna Hartwell, has been staying for some weeks at the Sanitarium. Despite his long years of labor and declining health, Dr. Hartwell, who has just entered his seventy-fourth year, is a vigorous and entertaining speaker and his voice rang out full and strong as he described the conditions that maintain in China.

"I have seen wonderful changes in the half century in which I have lived in China," said the speaker. "There have been repeated upheavals: in 1859 the Tai Ting rebellion; in 1870, the Tien-Tsin massacre; the Chinese-Japanese War and the Boxer trouble. The Boxer movement did more for Christianity in China than anything that has happened in fifty years. The testimony for Christ made by the heroic native Christians and missionaries, many of whom were executed rather than relinquish their faith, was the greatest evidence that had ever been given to the people of China of the beauty and power of Christianity.

"When I went to China, fifty years ago, I went on a little sailing vessel of less than five hundred tons. We were one hundred and twenty-eight days sailing from New York to Hong Kong. After that there was a journey of twelve days by steamer to Shanghai. Last spring I came back to America on a steamer of twenty-seven thousand tons. We were but twenty-five days from Shanghai to San Francisco, including all the stops. This illustrates the material progress of the country, and I want to say to you that it is representative of the spiritual progress. Fifty years ago in the whole empire there were less than two thousand Christians. Last May at a conference in San Francisco statistics were presented which showed that in 1906 there were some one hundred eighty thousand communicants of the

churches there." The speaker related many touching incidents of conversion which showed the eagerness of the natives to adopt the faith that sustains. He was followed by his daughter, Miss Anna Hartwell, also a missionary to that country, who in a few words spoke feelingly of the inspiration created by the sympathy and prayers of those at home who upheld the work.

Miss L. M. Rolleston, missionary to China for several years, gave an interesting account of the conversion of a Chinese woman who was possessed by a demon. "The people are just as truly possessed by demons as they were in the time of Christ," said she. "And it is just as true now as it was then that the name of Jesus will redeem them and that they will be relieved through the prayers of the redeemed Christians. The young woman in question was a devil worshiper, whose mother had been possessed by this demon, which manifested itself in fevers and all sorts of tortures. When the mother became a Christian, the evil spirit left her and entered a son; when he became a Christian, it left him and entered the daughter, and from her was transferred to the sister-in-law, who, when she prayed, also got relief. We often stand abashed and ashamed before the simple faith of the native Christians," said she. "We are so apt to qualify the statements of our Gospel and believe ourselves powerless to help—when we should be assured of the Source of all help."

The Rev. Mr. Brown, of the M. E. board, who has been in China for three years, spoke briefly of the work, testifying to the sincerity of the native Christians and to the help and encouragement that came with the knowledge that they were being prayed for by their friends in the United States.

Following Mr. Brown's remarks, an interesting conversation in Tieleho, an Indian dialect, was carried on by Miss Katherine Gerow, and Mrs. L. M. Campbell, both of whom have labored in India. Miss Gerow is a trained nurse who has returned to the A. M. M. C. to take the medical course.

The Rev. Wilbur Johnson of the Presbyterian board, stationed in Japan, spoke in glowing terms of Japan and her future, but declared that in spite of her ancient civilization the people were pessimists and agnostics, and were greatly in need of moral education. "It is among the educated," said he, "that Christianity is making its most powerful appeal. Fourteen of the three hundred and eighty members of Parliament are Christians, and the speaker for the past four terms is a Christian and an elder in the Presbyterian church."

At the close of the program many of the guests and students went forward to meet the several missionaries, remaining for a social half hour.

NEW HEAD INSTALLED IN DRESSMAKING ROOMS

Mrs. E. W. Chapman of Brooklyn to Take Charge and Instruct Domestic Science Students

MRS. E. W. CHAPMAN of Pratt Institute, Brooklyn, has been placed in charge of the dressmaking department of the Sanitarium, which has recently been combined with the supplies department formerly located in Brown cottage.

The big sunny room on the second floor of Ladies' Annex has been renovated and supplied

(Continued on page 3)

Many Foreign Missionaries Rest at the Sanitarium



THE accompanying picture shows a group of missionaries from eight foreign fields, who during September were recuperating at the Sanitarium. The group is representative of the large missionary spirit of the institution, which stretches out to all countries and brushes aside creed and sect. In the picture eight denominations are represented: Baptist, North and South, Congregationalist, Church of the Disciples, Methodist, Presbyterian and Seventh-Day Adventist.

The special privileges offered missionaries by the management make it possible for many of them to take a long rest under expert medical care and thus build up their bodies ready to return to their self-chosen work in the Lord's vineyard. Their presence in the Sanitarium is a beneficent one, and the frequent sermons, addresses and informal talks given by them are a never-failing source of interest to the other guests.

The missionaries and their children appearing in the picture were all guests at a luncheon given recently at the residence of Dr. and Mrs. Kellogg. Those composing the group on the front row are children of missionaries, and reading from left to right are:—

1. Dorcas Dye, of the Congo, Africa.
2. Polly Dye, born on the Congo.
3. Miss Mabel Woodside, of W. Cent. Africa.
4. Mr. Gordon Clark, born on the Congo.
5. Miss Ruth Parmelee, born in Turkey.

Those on the second row, including the two who are in invalid chairs, are:—

1. Rev. Joseph Clark, of the American Baptist Mission on the Congo.
2. Mrs. Royal J. Dye, Church of Disciples Mission on the Congo.
3. Miss L. M. Rolleston, Presbyterian missionary in China.

4. Mrs. L. M. Campbell, formerly Baptist missionary in India.

5. Miss Katherine Gerow, Baptist missionary in India.

6. Mrs. Moses Parmelee, retired Congregational missionary from Turkey.

7. Rev. W. M. Martin, United Presbyterian missionary in India.

Those on the third row are:—

1. Miss H. S. Alling, of the Methodist mission in Japan.

2. Mrs. Joseph Clark, of the Congo.

3. Mrs. R. S. Hambleton, of Turkey.

4. Mrs. J. A. Hanna, Presbyterian missionary to Chile.

5. Dr. M. G. Kellogg, brother of Dr. J. H. Kellogg, and formerly medical missionary to the South Sea Islands.

6. Miss Agnes L. Orbison, Presbyterian missionary in India.

7. Mrs. Levi B. Salmans, wife of Dr. Salmans, many years medical missionary in Mexico.

8. Miss Catharine Seager, formerly missionary in Venezuela.

9. Mrs. W. M. Martin, of India.

Those in the rear, or fourth row, are:—

1. Mark Njaji, native of the Congo.

2. Dr. Royal J. Dye, medical missionary on the Congo.

3. Dr. R. S. Hambleton, of Turkey.

4. Pastor George C. Tenney, editor *The Medical Missionary*.

5. Rev. John A. Brunson, formerly Southern Baptist Missionary to Japan, now Chaplain of the Sanitarium.

6. Rev. Wilbur Johnson, Presbyterian missionary in Japan.

7. Dr. George D. Downkott, Chaplain of The American Medical Missionary College.

HEADS DRESSMAKING SCHOOL

with new show cases and hangings, and plans are being developed for an enlargement in the scope of the work and possibly the staff. Here guests may have their dressmaking done and all sorts of alteration work. The convenience of having it done under the same roof is manifest, thus doing away with the necessity of a journey down town.

It is in this department, also, that the young women of the Domestic Science School are taught this branch of their varied course. The work includes elementary sewing, the primary stitches, seams, underwear and later the simple shirt-waist suit. If there seems to be a demand for it, a class in general instruction will probably be started early in the winter for those who are not taking this course.

In addition to the work above mentioned, there is each day being turned out a vast supply of uniforms, aprons, surgical gowns, bath-robos, pharmacy and bathroom supplies.

The place is a veritable bee-hive of industry; the whirr of the many machines and the clicking of shears is broken only by an occasional note of song from one of the workers or the hum of voices consulting over the latest cut in sleeves or the length of the new skirt. It is but one of the many busy corners in the big Sanitarium tucked away out of sight of the public, yet easily accessible once its location has been ascertained.

OUR supply of BATTLE CREEK IDEAS under date of August 27 is exhausted. Any subscribers having copies of same which they do not care to keep in file will confer a favor by sending to The Editor, Care Good Health Office.

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FORCED TO SIMPLE LIFE!

THE Hon. T. P. O'Connor, leader of the Irish party, and a member of Parliament for over twenty years, has written a very pertinent article for *The Independent* (New York), in which he asserts that the next great movement in the world of spiritual and moral reform will be the gospel of simple life. "We seem," says he, "in some respects to have reached the stage in our habits and morals which was reached by Rome before the final decadence. Luxury has increased to a gigantic extent; luxury has brought in its train looseness of morals and also some vulgarity of manners, and every day it is becoming more difficult for people of ordinary means to keep up with the expensive life now getting so common."

During the course of the article Mr. O'Connor cites the case of a member of Commons, who, in spite of his strenuous career, was living the simple life with astonishing results. A cough which had attacked him every winter for years, on which he had consulted every specialist in London in vain, has entirely disappeared, and he looks young and strong and brisk. One of his rules is to confine his breakfast to two apples.

"Whenever I have been in the United States, and especially in the western parts of it," he continues, "I have been astounded at the amount of meat eaten. How many times have I seen people shivering on a cold morning at four or five o'clock over the stove as they were eagerly awaiting the first meal of the day; and how I have marveled as I have seen them devouring a whole pound of beefsteak, as well as a good many other things besides, all washed down by strong tea or coffee. I am not surprised, therefore, that Americans should suffer from Bright's disease and from so many other maladies of the digestion.

"It looks as if the simple life, which we could not be got to adopt by the preaching of the clergyman or the sage, is about to be forced upon us by the warning of the doctor and the fell force of disease."

It is not a bad plan occasionally to catch a glimpse of ourselves "as others see us." Some times it is not a flattering glimpse, when we are held up as a nation of health-spendthrifts—dyspepsia-ridden and predisposed to chronic and incurable diseases. There is much truth in Mr. O'Connor's closing thought—that the simple life will be finally forced upon the public by

disease. We Americans have been entirely too prodigal of our supply of health. We do not begin to care for it until it shows signs of deserting us. Mr. O'Connor comes of a race of people who are famous for their longevity. The peasantry of Ireland understand the meaning of the simple life. Their diet of bread, potatoes and buttermilk has made their men strong and their women beautiful, and the contrast to their manner of living when transported to this country is very marked.

The diet described as typically American by Mr. O'Connor is undoubtedly one of the chief causes of what our English cousins term "Americanitis." Diseased nerves are a natural concomitant of the hastily swallowed, illy chosen meals. It would be so much simpler to live the simple life. If it could but be got into a trust and thus made hard to attain, the people then might clamor for it.

TO STAMP OUT TYPHOID EPIDEMIC

THE great spread of typhoid fever in West Pullman has aroused the Chicago health departments to such an extent that Health Commissioner Evans has issued bulletins of warning to residents of that suburb and advised the ministers of the city to touch upon the means of prevention in their sermons. This is a sane measure and one which will undoubtedly impress upon the minds of the people the vast importance of the problem of public health and the application of the Golden Rule as regards care of patients and contagion. Many cases have been traced to one dairy where milk was sent out from a home where several patients were afflicted with the disease.

The following rules are to be pasted up in plain sight of the housewife and nurse:—

"Typhoid fever is on the increase in West Pullman and vicinity. It is transmitted by food and drink. Boiling kills the typhoid germs. The health department can not reach all individuals in your community, but through the help of persons whom the community is apt to respect, we can accomplish a great deal. Will you kindly help us in this work and ask those who may be benefited by the advice to do the following in prevention of typhoid fever:—

"1. Boil the milk. Raw milk seems to have been the conveyor of typhoid fever in your community.

"2. Boil as much of the other food as possible. Flies from sickroom contaminate the food.

"3. Screen your residences, especially your kitchen and pantry, against flies. Any flies that alight on your foot may come directly from the typhoid fever sickroom.

"4. Urge all patients sick with typhoid fever to use disinfectants freely.

"We write this letter hoping you will cooperate with the health department in attempting to stamp out the epidemic of typhoid fever which has gotten such a start in your community. If these rules are followed, typhoid fever will have little chance to spread extensively."

TRUST AND WAIT

SOMETIME when all life's lessons have been learned,
And sun and stars forevermore have set,
The things which our weak judgments here have spurned—
The things o'er which we grieve with lashes wet—
Will flash before us out of life's dark night,
As stars shine most in deepest tints of blue;
And we shall see how all God's plans were right,
And how what seemed reproof was love most true.

—Selected

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TELLS OF LIFE IN CONGO FREE STATE

Dr. Joseph Clark, Missionary, Tells of Leopold's Rule and Urges Sympathy of United States

THE REV. JOSEPH CLARK, for many years a missionary to the Congo Free State, gave an interesting lecture on that country Saturday night in the Sanitarium parlor. The lecture was illustrated with the stereopticon from photographs taken by the speaker, and revealed not only the beauties of the country, the life of the people, their homes and industries, but the iniquitous system of persecution carried on by King Leopold. The sight of the mutilated victims, most of whom were known personally to Dr. Clark, aroused the indignation of every spectator, and many expressed their intention of writing to Secretary Root to urge that when the transference of the country is made from Leopold to that of the government of Belgium, the United States will demand a change in the system of things.

Dr. Clark gave a graphic description of the atrocities committed there in the name of Leopold, who fills his private purse with the revenue from the India rubber which the poor natives are forced under penalty of mutilation or death to gather. The sight of women held as hostages, working day after day in chains with soldiers, while their husbands were in the country gathering the India rubber, was common, according to the speaker. At one time forty women were taken in one day from the little mission in which Dr. and Mrs. Clark worked. If the required amount of rubber is not produced by the natives, men, women and children were mutilated—their right hands being cut off, rendering them unfit for active work for the remainder of their lives. The atrocities committed by the soldiers upon women and children were, the speaker said, too horrible to describe.

The Rev. Mr. Clark works under the American Baptist Missionary Union, and has done a great deal to arouse to action the people of this country on the question of King Leopold's misrule. His work in the Congo in establishing schools and industrial centers where the children of cannibal parents were transformed into Christian young men and women is well known in missionary circles. With Mrs. Clark, he has been staying at the Sanitarium for some weeks, undergoing an operation from which he is now fully recovered.

THE TRUE ELIXIR OF LIFE

SIR THEODORE MARTIN has just celebrated his ninety-second birthday. When asked the secret of long life and happiness, he said, "Hard work is the true elixir of life. Let the young make their work their hobby, concentrating their whole energies upon performing worthily the duties of every-day life, and they will have no time to deal with matters of no account. God has given good gifts to all men. Cultivate them wisely. Never weary of working, for work is the delight of life. The busiest man is the happiest man."

The best way of fitting oneself for carrying out such good advice is to keep in sound health—mentally and physically—by correct habits of living. As a rule, a man of advanced age are simple in their diet, and the most telling form of simplicity is to avoid animal food—The Vegetarian.

QUESTION BOX DEPARTMENT

Q. When the gastric test shows hydrochloric acid 320, can the patient be entirely cured? What is the cause of so much acid?

A. Yes. There is no case of excessive acidity but can be cured by the use of Sanitarium methods. In the first place, give careful attention to the diet. Cut out meat. You must do it because meat stimulates the stomach to make more acid. Cut out cane sugar, because it excites the stomach to make more acid. Eat a considerable amount of fats, from 700 to 1,000 calories. About forty per cent of the diet should be fats.

Q. Can a person having acidity of the stomach eat fruit?

A. Yes, he may eat fruit, but should take pains to chew it well. If, however, the stomach is very sore, and the acid fruit causes irritation, avoid the fruit until the stomach has had time to heal.

Q. How do you sterilize butter?

A. The cream is boiled before being churned.

Q. What is yogurt?

A. It is milk to which has been added some friendly germs. The word "yogurt" is Bulgarian, and we have imported these germs from Bulgaria. They are found in certain ferments which have been handed down from family to family for thousands of years. These friendly germs are used in Bulgaria in preparing milk in the form of what they call yoghurt. The ferment itself is called Maya. In Constantinople, in Turkey, the milk is called *madsoon*; in Egypt it is known as *leben*.

Q. What does the new word, "auto-intoxication," mean?

A. It means simply self-poisoning. It means poisoning by poisons generated within the body.

Q. Corn batter cakes are regarded by us Tennesseans as wholesome and easily digested. What is the objection to them?

A. They are not wholesome because they are imperfectly cooked. They are not easily digested in the stomach. They form lumps there, and tend to produce acidity and indigestion.

Q. If common salt is not good for hypopeptics, owing to hydrochloric acid being formed from chlorin, is it not good for one who has no hydrochloric acid?

A. No, because it is a hindrance to digestion when taken in any but very small quantity. When you do not produce acid enough, it is not because you do not have salt enough. There is salt enough in the blood all the time; but when you take an excess of salt, that will produce too much acid.

Q. What is the cause of hay-fever? Can it be cured?

A. Hay-fever is due to a special susceptibility of the nose plus the irritation from the spores or pollen of certain plants. It can be cured. It is cured by antitoxic substances separated from the pollen of these plants. That can be introduced into the nose and the system, and so an antidote is found; but hay-fever can not be permanently cured in any one case. The antidote must be used every year. Of course, one can be helped by treatment of the nose, for the nose is generally found diseased. The irritation can be relieved by treatment.

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RELIEF FOR FIRE SUFFERERS

(Continued from page 1)

team had previously played one game and each had lost.

The interest of the spectators was kept at highest pitch by the see-saw nature of the score. At the close of four different innings during the game the score was tied. At two different times the Crescents were in the lead and at three stages the Medics were ahead. The final score of 11 to 10 in favor of the Medics gave joy to the school rooters.

The features of the game were the fielding activity of Shortstop Smeck and the work of Pitcher Wilson, who made three of the Crescents' ten runs as well as pitching a strong game.

APOSTLE OF OUTDOOR EXERCISE

John E. Clark Has Built Up Health and Strength by Devotion to Exercise

MAKES RECORD WALK

ONE of the most enthusiastic advocates of the outdoor life at the Sanitarium is John E. Clark, of Denver, who for several months has been a patient here. Mr. Clark does not let his enthusiasm smoulder within his own bosom, but leaves a line of it as luminous as the Milky Way wherever he travels. While allowing due

credit to the advantages of the Sanitarium diet system for the restoration of his health, Mr. Clark says that he attributes the greater part of his increased strength and endurance to his gymnastics and out-of-door exercises.

Each morning he takes a three-mile run, barefooted, in the dewy grass. After this he takes a hot and cold shower and a short rest, when he breakfasts. During the day he attends the gymnastic drills in the gymnasium and in the summer time spends some hours taking a sun bath in the outdoor gymnasium. In the afternoon he heads the Walking Club, spending two hours walking cross-country. Here his love of Nature stands him in good stead, to the profit of the members, for every beautiful view, every fine valley or tree-crowned hill for miles around is known to him and displayed with all the pride of ownership. While a tireless walker himself, he is a considerate leader, and does not overtax those who are not so well equipped for a strenuous run. Recently he made a record walk, covering the distance from Battle Creek to Augusta, ten and a half miles, in less than two hours.

Mr. Clark leaves shortly for his home in Denver, whence he expects to start on a walking trip to Salt Lake City. He will be greatly missed by both guests and helpers, who have found his ever-ready cheer a quality to be relied upon.

LOW MORAL TONE IN SCHOOL

(Continued from page 1)

purity. It is positively appalling when you once get in touch with the real conditions. The morality of the schools of the country is on a lower tone than ever before and is fast growing lower. I had supposed that conditions were worse in the schools of the South than in the North, but since making my investigations in Michigan and other northern States I find they are just as bad here. Everywhere I find a trail of fallen girls and boys and broken-hearted mothers. In one high school there were fifteen girls whose lives had been ruined by their fellow students. In many of the smaller high schools there are three or four at a time, and the gossip and conversation of the mere children over the events is enough to bring the blush of shame to an older face. The boys are fairly degenerate through the use of cigarettes, and the girls, after a series of high school hops where the 'hugging dances' predominate, are soon lost to all sense of shame. The very babies of seven have knowledge of life questions that startle one."

Dr. Martin has found that much good arises from the foundation of girls' clubs in the different grades in the schools, where questions of propriety and sound ethics are discussed under a capable leader. "They often have a question box, and the questions submitted there reveal an eagerness to improve the conditions. Such questions must be handled delicately, and it is quite necessary that the superintendent be wise and tactful. In many of the cities where the matter has been presented, the Federated clubs have taken it up and pushed it through. It is such backing as this—the influential club women, the mothers of the country, together with the ministers, teachers and superintendents, that the work must have if it is to live."

Dr. Martin will return later in the month to Battle Creek to organize clubs in the public schools. Without having made a thorough investigation of the local schools Dr. Martin says she believes there is less of the social evil existing here than in most schools of cities of its size in the country.

THERE is no disappointment to those whose wills lie buried in the will of God.—Faber.

Anybody

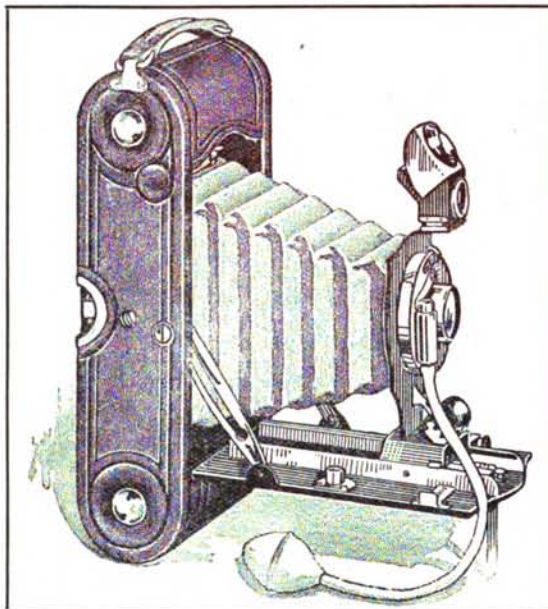
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UNIVERSITY OF MICHIGAN

PERSONALS

Mr. Horace Eaton and Miss Eaton of Cambridge, Mass., are guests at the Sanitarium.

Miss Sara Norton of Chicago is paying a brief visit to friends at the Sanitarium.

Mr. J. M. Ward of Battle Creek is sojourning at the Sanitarium.

The Rev. John H. Elliott, evangelist, paid a brief visit to the Sanitarium this week.

Mr. S. F. Jones, a prominent banker of Belle Vernon, Pa., is resting at the Sanitarium.

Mr. C. J. Curtis of Galesburg, Mich., formerly of this city, is a patient at the Sanitarium.

Mr. and Mrs. J. L. Williams of Muncie, Ind., are newly arrived guests at the Sanitarium.

Mr. J. E. Tally of Knoxville, Tenn., is taking a much needed rest at the Sanitarium.

Dr. J. R. Hull of Monroe City, Mo., is a patient at the Sanitarium.

Mr. and Mrs. H. B. Street, of San Antonio, en route South, spent the past week at the Sanitarium resting.

Mrs. Henry Hanford of Rochester, N. Y., is among the recently arrived guests at the Sanitarium.

Mr. and Mrs. J. E. Rumbough of Ashville, N. C., arrived at the Sanitarium this week for a stay of several weeks.

Mr. A. Bisno, of the department of Commerce and Labor at Washington, is a patient at the Sanitarium.

Mr. Thomas G. Melish of Cincinnati is visiting Mrs. Melish, who is a patient at the Sanitarium.

Mrs. A. C. Showalter, a former patron of the Sanitarium, has returned for a stay of some weeks. Her home is in Buffalo.

Mrs. E. M. Ashley and Mrs. E. A. Peters of Denver, Colo., are among the recent patients from the west.

Mr. Victor Amberg, of the firm of Amberg & Murphy, druggists of Battle Creek, is resting at the Sanitarium.

Dr. A. J. Messing, a prominent Helweg divine of San Francisco, is paying a visit to the Sanitarium en route east.

Atty R. A. Thomason of Gainesville, Texas, is visiting Mrs. Thomason, who has been a patient at the Sanitarium for several months.

Mr. A. C. Wharton of Union Church, Miss., a frequent patron of the Sanitarium, is paying a visit to the institution.

Mr. H. E. Leopold of Akron, Ohio, who visited the Sanitarium some years ago, returned this week accompanied by a friend, Mr. A. Wiener.

Mr. H. H. Everard and family, of Kalamazoo, spent a portion of Sunday at the Sanitarium, calling on Miss Everard, who is a patient here.

Mr. and Mrs. N. E. Brown of St. Joseph, Mich., are newly arrived guests at the Sanitarium. Mr. Brown is president of the St. Joseph Iron Works.

Dr. Dora Martin of Perry, Okla., national organizer of the Anti-Cigarette League, spent a portion of the week at the Sanitarium conferring with Miss Lucy Page Gaston.

Mr. and Mrs. E. D. Kimball of Wichita, Kans., who spent some time here last winter, spent Sunday at the Sanitarium. They are on their way home after a summer sojourn in the east.

Prof. R. E. Hieronymus of Eureka, Ill., who accompanied Mrs. Hieronymus to the Sanitarium last week, returned to his home on Sunday evening.

Mrs. John Knox Freeman and sister, Miss Mary L. Wilkeson, of Buffalo, arrived at the Sanitarium this week for a period of rest and treatment.

Miss Pryor, who has been a patient at the Sanitarium for several months, during which time she has greatly improved in health, returned to her home in San Antonio, Texas, early in the week.

Mr. A. Leland Brown of Stanford, Conn., accompanied by his two little daughters, Helen and Louise, arrived at the Sanitarium early in the week. They are en route to California, where they will spend the winter in San Diego. Mr. Brown was a guest at the Sanitarium last winter, and is renewing his acquaintance with his many friends here.

CAUSES AND TREATMENT OF SLEEP AND INSOMNIA

Dr. W. H. Riley in Sanitarium Lecture
Concludes His Discussion of Symptoms
and Treatment of Insomnia

Continued from last week

"If insomnia is caused by hyperemia of the brain, warm hip and leg packs to withdraw the blood from the head to the limbs, neutral warm baths taken at night with cold to the head, are usually sufficient to give relief. Hot mustard foot baths are often very helpful. For those suffering with neurasthenia and in similar conditions the neutral bath at a temperature of 95° or 96°, or a warm bath at a temperature of 98°,—each of these taken for fifteen minutes to half an hour, with cold to the head, just at bedtime, is a very useful remedy and gives the desired results. In addition to this a warm blanket pack to the hips and legs may be taken while the patient is in bed. This should be applied from twenty minutes to half an hour. In other instances the cold wet-sheet pack works to better advantage. This should be given by wrapping the patient in a cold wet sheet wrung out of water at 60° Fahrenheit, then covering with blankets, keeping the feet warm and the head cold. Very often patients will go to sleep in this cold wet-sheet pack. This may be repeated from night to night or even repeated two or three times during the night if necessary to produce sleep. Massage at bedtime to this class of cases is often very soothing, and the patient may even go to sleep during the treatment. Positive galvanism to the head in many cases, especially where there is headache or hyperemia of the brain, is sometimes sufficient to produce sleep. The positive pole should be applied to the head, the negative to some indifferent part of the body, like the stomach or the back. The current should be applied for ten or fifteen minutes by a physician or some one who is thoroughly acquainted with the electric current. The galvanic current should never be used by a novice or by the patient himself in giving this treatment.

"Where the insomnia is due to mental excitement, the cause of the excitement should, as far as possible, be removed. Men and women who do an excessive amount of mental work and are troubled with insomnia would better do the mental work in the forenoon, and the afternoon and evening should be free from mental effort and

excitement and be given to some pleasant pastime.

"There are few cases of insomnia, especially those associated with mental disturbances or functional disorders of the nervous system, such as neurasthenia, that can not be relieved by the use of such physiologic remedies as neutral baths, warm baths, warm hip and leg packs, cold wet-sheet packs, hot foot baths, massage, galvanism to the head. The particular remedy should be selected that is best suited to the needs of the patient. It should be given thoroughly and intelligently in order to obtain the best results. In addition to the above so-called sedative treatments, which should usually be given in the evening before the patient retires, it is often necessary and very important in cases of neurasthenia and allied conditions for the patient to have a general line of tonic treatment. This should be taken early in the day, in the form of cold baths, proper exercise, the use of the Faradic or sinusoidal current of electricity and other remedies to improve the general health. As already stated, insomnia is always a symptom of ill health in some form. Either the general health or the health of some organ or organs of the body needs careful attention, as well as the troublesome symptom of insomnia.

"There are certain drugs which produce sleep, and these when taken in sufficient amount will usually accomplish this, but the sleep produced by drugs as a rule is not restful and natural, and in many cases at least is not of much value. It may be necessary in some instances to use drugs to produce sleep, but their continued use for any length of time usually results in harm rather than good. They are occasionally used to re-establish the habit of sleeping and may be proper in certain cases when taken under the direction of a physician. Drugs usually produce sleep by accomplishing one of two things: Either by diminishing the amount of blood in the brain, or by lessening the normal irritability of the nerve tissue, or as the result of both of these. Most cases of insomnia can be entirely relieved without the use of drugs by careful attention to the general health and by the intelligent use of the physiological remedies."

CATARRH AND ITS CONTAGION

Catarrhal Secretions Contain Vast Multitudes of Germs Which Carry Disease

CATARRH of one region will lead to catarrh in another region. When one has eczema or salt rheum, in other words catarrh of the skin, and scratches the itching burning place, he is likely to carry the infection, because the serum is full of bacteria; and these bacteria are in a virulent state. Great numbers of people infect their stomachs with catarrh by swallowing while asleep the catarrhal secretion in the nose. In the catarrhal secretion there is a vast multitude of infective bacteria that are capable of communicating catarrh. Catarrh is a contagious disease. Both acute catarrh and chronic catarrh are contagious, and can be communicated. A cold-sore around the edge of the nose or on the lips is the infection extended.

The same germs that are working in the nose attack the skin, and these germs swallowed down into the throat and carried into the stomach are unquestionably a cause of infection, or auto-intoxication, intestinal auto-intoxication. When a person has intestinal auto-intoxication, he should exercise the greatest care not only to keep the nose clean, but to keep the mouth and teeth clean also. The

accumulation of germs in the mouth may communicate this infection to the stomach. This infection may go on until laceration is produced. A Chicago doctor not long ago made the assertion that ulcer of the stomach is a beefsteak disease. The same thing might be said of catarrh of the stomach, because beefsteak is always swarming with germs which are capable of producing a catarrhal inflammation of a mucous surface.

Catarrh of the nose can not be cured by treating the nose. We have two skins a covering skin and a lining skin. The body is a hollow cylinder. The alimentary canal, the intestinal tube, passes through the trunk of the body. That is the inner cylinder. The skin proper is the outer cylinder, and the body is between the two,—the living parts are between the two cylinders. The outer covering skin, and the lining skin communicate at the two openings of the alimentary canal, the mouth and the nose. We have twenty-one feet of covering skin and seven feet of lining skin. The man who weighs about 180 pounds has about twenty-eight feet of covering skin, which would make an area four by seven feet if spread out on a level surface. When one portion of this lining skin is affected, the outer skin suffers; and when the outer skin is affected, the lining skin also suffers. If a person, for instance, has a very extensive burn on the skin, he is likely to die with ulceration of the mucous membrane, ulceration of the duodenum, or likely to die of it in consequence of this infection of the surface of the skin. If a person has an eruption on the skin, it is almost certain that he has a diseased condition of the lining skin. The two are constantly connected. So a person who has catarrh of the nose must first of all make his skin healthy. His lining skin is diseased; he never can cure it in the world without making the covering skin well, and the sun bath is one of the very best means of doing that. Other excellent measures are cold bathing, rubbing, exposure of the skin to the air, and particularly taking good care of the portion of the lining skin which lines the colon. This is a very important thing, for the tendency to intestinal auto-intoxication is a common cause of nasal catarrh.

ARRIVALS

THE list of arrivals for the week ending October 19 is as follows: James Clayton Caldwell, N. Y.; S. F. Jones, Pa.; Amanda Rugh, Pa.; Cora A. Lyon, Mich.; Rose S. Allen, Ind.; W. H. Sandlin, Wis.; Charles B. Chalyre and wife, Ill.; Walter B. D. Owens, Ill.; Mrs. Thomas Haas, Mich.; John H. Elliott, Ill.; Henry Wernecke, Wis.; Mrs. Simmons, N. Y.; Miss Georgiana Nugent, N. Y.; James C. Morris, Mo.; Mrs. A. H. Claffin, Pa.; Mrs. H. M. Henley, Iowa; James Kenan, Ill.; Theo. A. Heifen, N. Y.; A. C. Leigh, Miss.; Mrs. Quincy Milliner, Ind.; Lewis McQuown, Ky.; Jos. Clark, Congo; Mr. and Mrs. Hugh Daly, Ill.; Mrs. John W. Peterson, Ill.; John Martin, Ill.; C. M. Barnett, Miss.; Mr. and Mrs. J. E. Rumbough, N. C.; N. E. Montgomery, Ohio; Lizzie

Lesley, Ohio; W. H. Frease, Ohio; Mrs. W. J. Button, Ill.; Mrs. E. M. Ashley, Colo.; Mrs. Ernest A. Peters, Colo.; Mr. and Mrs. N. E. Brown, Mich.; J. M. Roland, Iowa; W. H. Mead, Mich.; Ada Ford, Ohio; C. M. Allen and wife, S. Dak.; Albert J. Bulliet, Ind.; V. H. Bulliet, Ind.; George Weston, Ill.; E. L. Richardson, Ill.; Dr. Carolyn Geisel; E. E. Buxton, Minn.; Miss M. E. McGraw, Cal.; Tom Mackey, Ill.; H. J. Moran, Pa.; M. N. Dawson, Mich.; Mrs. John Knox Freeman, N. Y.; Miss M. L. Wilkeson, N. Y.; Mrs. Henry S. Hanford, N. Y.; James A. Strock, Ind.; Thomas S. Melish, Ohio; Horace Eaton, Miss Elizabeth Eaton, Mass.; Dr. J. R. Hull, Mo.; Albert Weston, Mass.; Mrs. A. C. Showalter, N. Y.; E. E. Hale, Ohio; Miss Mildred Wilson, D. C.; A. Birno, Ill.; Dr. Burton Haseltine, Ill.; A. Wharton, Miss.; R. E. Thomason, Texas; W. L. Curtis, Japan; Dr. Dora Martin, Okla.; J. L. Schumacher, Ohio; George Weston, Ill.; H. E. Leopold, Ohio; A. Wiener, Ohio; A. Leland Brown, Helen and Louise Brown, Conn.; Mr. and Mrs. E. D. Kimball, Kans.; Henry D. Smith, Mich.; Charles G. Curtis, Mich.; H. H. Everard and family, Mich.; Sara Norton, Ill.; J. H. Kelley, Ind.; F. J. Conrad, N. Y.; Elmer De Haven, Ill.; W. E. Short, Can.; W. D. Osborn, Ind.; J. M. Ward, city; Mrs. J. N. Abel, Ill.; Mrs. Lafayette Young, Iowa; J. T. Hackworth and wife, Iowa; F. S. Lyon and wife, Mich.; Mrs. R. C. Bachm, Ill.; S. B. Clement, Ont.; Miss Effie Wayburn, Ind.; Mrs. M. A. Chapin, Mich.; Mrs. William O'Connor, Mich.; E. J. Lorie, Kans.; Martha Goorgu; Mrs. M. K. Fox, Minn.; Mrs. C. S. Frank, Kans.; J. T. Gonnell, Ky.

News Notes

Miss Mary House has gone to Pittsburg to enter upon private nursing.

Miss Emma Siegel of the Nurses' department is spending her vacation in Mitchell, Ont.

Misses Mary Wilbur and Edna Goodrich of the Nurses' department have gone on a month's vacation trip.

Miss A. Svenson of the Nurses' department will leave shortly for New York City, where she expects to locate.

Dr. Loiza Elwell left this week for Colorado, where she will take up her residence on her claim, for the winter.

Evangelist Tom Mackey spent Sunday at the Sanitarium, conducting a meeting on Sabbath afternoon which was largely attended.

Miss Bovee, assistant physical director, has opened three new sets of Nurses' gym classes. Lessons are given on Monday, Wednesday, and Friday afternoons.

Misses Elvira Roerby and Miss Matilda Jonson of Skodsborg, Denmark, graduate nurses, have joined the Sanitarium nurses' department.

Misses Hattie Hall and Ida Armitage of the nurses' department left this week for Le Mar, Colorado, to take up a fourteen months' residence on claims in that vicinity.

Miss Bovee gave a dinner on Tuesday evening for a group of fellow teachers. Covers were placed for nine. The decorations were of chrysanthemums, and the place cards were artistic Japanese water color sketches.

Mrs. A. V. Ruthven, who has been acting as head nurse in the woman nurses' department, left this week for her home in Wilmington, Del. Miss Alice Lake accompanied her east, stopping at Passaic, N. J., her home, for a vacation.

The Nurses' department and the Superintendent of Nurses have recently moved into a suite of offices on the first floor formerly occupied by Dr. Mary Nicola. The arrangement is one which facilitates the work and is being enjoyed by those in charge.

The marriage of Miss Minnie Thompson, a graduate of the Nurses' department, to James Frederick, of the Toasted Corn Flakes Co., took place last Thursday. Mrs. Alfred Steinel, Manchester Street, gave a linen shower on Monday night in honor of the bride.

"Woe be to the house where there is no chiding."

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.

COLAX is a NATURAL laxative. It may be used continuously if necessary, without producing the slightest harmful effects. It is not a drug nor a medicine, nor is there any secret process involved in its manufacture. It is made from a vegetable product which is largely used as food in some Oriental countries. Just what it is and what it does is told in detail in "the Colax Book." If you haven't read it, send for a copy.

COLAX relieves constipation by absorbing and carrying through the entire system a large amount of moisture. This prevents undue dryness, thus facilitating a natural, normal movement.

Put up in the form of wafers in separate moisture-proof packages. Per carton of 25 wafers, \$1.00. Leading druggists sell COLAX. If you cannot readily obtain it from your druggist, we will supply you direct by mail, postpaid.

THE GOOD HEALTH COMPANY.

(Successors to the Colax Co.)

90 College Hall, • Battle Creek, Mich.

NURSES' NOISELESS FLEXIBLE SHOE

Made especially for our Sanitarium trade. Equal to any nurse's shoe on the market. Every pair guaranteed to give satisfaction. Price, \$4.00. None of the so-called \$5.00 nurse's advertised shoes are better. Try them.

L. A. DUDLEY COMPANY,

6 West Main Street

THE BATTLE CREEK IDEA

VOL. 1, No. 45.

BATTLE CREEK, MICH., OCTOBER 29, 1908.

PRICE, 2 CENTS.

SOCIAL HOUR PROMISES TO BE A SUCCESS

Guests to Meet for an Informal Hour and
Share in the Entertainment
Provided

MICHAEL WILLIAMS TALKS

Its plans outlined by a committee of employees and guests, which met Sunday evening, are carried out, a social hour in which visitors to the Sanitarium may meet informally and enjoy a social program, will soon be inaugurated as a regular feature of Sanitarium life.

While many of the evenings are given over at the present time to lectures on health topics, they are more or less formal and do not permit of social intercourse on the part of those who attend. For some time it has been felt that a social hour in which music, informal talks by famous guests, readings, and even games, were a feature, would be appreciated by the guests, and add to the home-like atmosphere of the institution. As an experiment, it was decided to hold such an hour on Monday afternoon at five in order to get an expression from the visitors as to their opinion of such a need. Evidence of the popularity of the move was not lacking, for long before five the grand parlor was comfortably filled with guests. An impromptu program was given, consisting of vocal solos by Misses Jackson and Rouzee, and an address by Mr. Michael Williams, author and collaborator with Upton Sinclair, who has made a special study of scientific problems, and more recently the new psychotherapy as it has been exploited by Drs. Worcester and McComb of the Emanuel church of Boston, and others of the period.

Although Mr. Williams disclaimed being an authority on the movement, it was very evident that he had given the science of mental healing a profound study, and his remarks held the close attention of the audience, who upon the close of the meeting clamored for a continuation of the talk, to which he consented and another meeting was arranged for Tuesday night.

The speaker pointed out the fact that there were very few principles authoritatively known, but that the entire science of mental healing was being threshed out by the thinkers, writers and practitioners of the world, and that the United States was the great center from which this investigation radiated. He recalled an interview he had had with Prof. William James, the distinguished psychologist of Harvard College, in which he discussed the wave of religious feeling which was sweeping over the world, and declared it to be similar in many respects to the rise of Mohammedanism or that of the primitive Christian faith. The rise of Christian science, mental healing and similar cults was recognized in Europe by the men of science as *psychotherapy*. It had been treated by the philosophers and psychologists of America, but it was only within the past year or so that our scientific men were giving it attention.

The most scientific application of this newly recognized truth that there is a close connection between the mental state and the bodily condition.

(Continued on page 6)

How to Stop the Old Age Process

Dr. Kellogg in Sanitarium Lecture Tells
of the Blood and its
Function

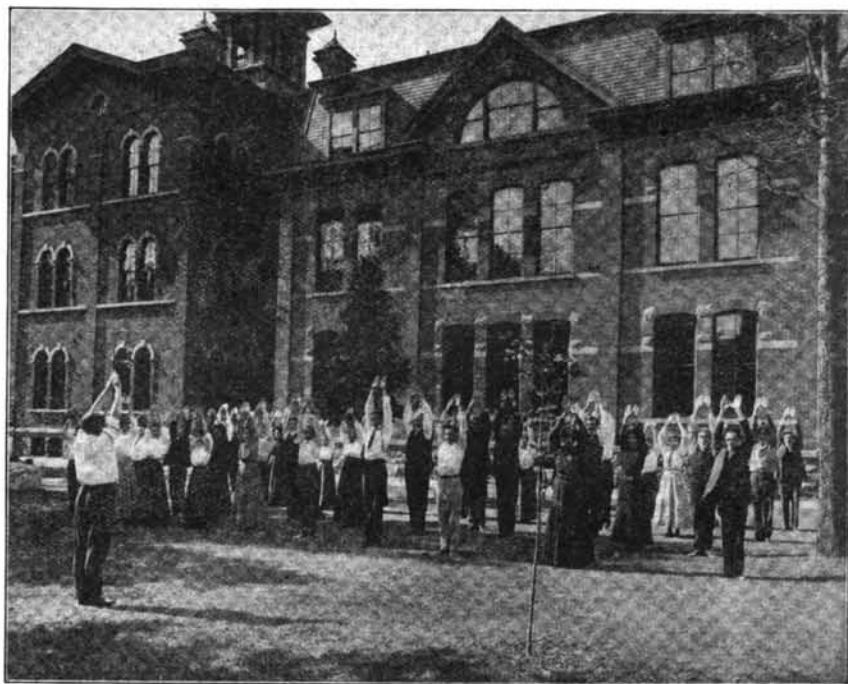
"WHEN the old Hebrew prophet said, 'The blood is the life,' he gave utterance to a scientific truth which has not been upset; which has in fact only been confirmed by the researches of scientific men during the last

MUSCULAR WEAKNESS AND WHAT CAUSES IT

Dr. W. H. Riley in Sanitarium Lecture
Tells of Conditions That Lead to
This State

BAD HABITS OF LIVING

"MUSCULAR weakness is a condition of the body which is often present in individuals who are suffering from ill health from any cause.



AMERICAN MEDICAL MISSIONARY COLLEGE STUDENT GYMNASTS TAKING MORNING EXERCISES IN
FRONT OF THE COLLEGE BUILDING

twenty-five years. An increasing number of facts have been brought to the attention of the scientific world, particularly the medical world, which show how important is the blood in the healing and curative process of the body. The blood we know to be essential to the maintenance of life. If the blood is the life, it is that which maintains the life of every tissue, the life of every cell, every organ of the body, and lies back of all the functions of the body. The more blood, the more life; the more function, the more activity. So it is very important for us to know about the blood and how it is circulated.

"The heart is the central organ, the pump, and the arteries are the pipes through which the blood is distributed to the various parts of the body, while the veins are the tubes which bring the blood back to the heart. The blood is forced out into the body under pressure. If we should tap one of these arteries and attach a tube to it, it would raise a column of water

(Continued on page 2)

Following the acute infectious diseases such as typhoid fever, diphtheria, malaria and other infectious diseases there is always a muscular weakness to a greater or less degree. In some cases after these acute fevers this muscular weakness amounts to a complete paralysis of certain muscles of the limbs or trunk of the body. This is particularly so in certain cases following typhoid fever and diphtheria, etc. In cases of this kind, of course, there has been an organic change in the nerve tissue either of the nerve trunk or the spinal cord, and in some cases even of the brain. In addition to the weakness and paralysis which follows these acute diseases there is often a general muscular weakness which is a sort of chronic condition which is present for months, even years, in many individuals who are not rugged and who suffer from some chronic ailment. This is particularly present in various forms of indigestion, in neurasthenia and similar conditions, in the anemias, in chronic rheumatism and in other diseases of the joints where the muscles are wasted

(Continued on page 3)

VISITED THE SANITARIUM THIRTY-FIVE YEARS AGO

Andrew Minto Tells of Crude Facilities for Care of Patients and Comments on the Advancement Made

"WELL, young man, this is a sight more luxurious than it was the last time I took a bath in this institution." The elderly man with a grizzled beard gave a comprehensive look about the Sanitarium treatment rooms, with their up-to-date equipment of electric-light cabinets, galvanic baths, sprays and showers, and dozens of other devices for carrying comfort to the patients. His bathroom attendant looked at him curiously and said: "No changes here lately, sir."

"No, maybe not lately, but there are changes since I saw it last, just the same. The last time I was here I didn't take my baths in a porcelain tub like this. It was a wooden one." His attendant looked incredulous.

"How long ago was that?"

"Considerably longer than your memory goes, young man," was the reply. "It was about thirty-five years ago. I was a pioneer up in the woods of Saginaw County and was taken down with some sort of a fever and came here to get it taken out of me, for even thirty-five years ago this Sanitarium had the reputation for doing things when it started in. The old wooden building stood here on the sight of the present big one of brick and stone and the equipment was very crude. I was given my first bath in a wooden tub, and the sprays came from a garden hose trundled along on two wheels by man power—the steam baths were taken in a vertical steam box. O, it was all very primitive, but rational, as it is to-day, and they were able to cure people of many of their ailments and set them on the right road to health through the inculcation of their principles. It seems to me that the present institution is but an enlargement of their old ideas, which combined simple diet and the physiologic treatment of all disease."

"I am glad to have a look at the modern institution, however. How little we dreamed that the embryo water-cure of thirty-five and forty years ago would develop into this world-famed institution with its thousands of patients. I fell in love with the principles long years ago, and have adhered to them all through the years; have lived the outdoor life, been abstemious, never used whiskey or tobacco, and am proud of my record."

The visitor was Mr. Andrew Minto of St. Charles, Saginaw County, who with his wife spent some days here visiting the institution and renewing acquaintance with friends of former years.

"This is a little verse like," said he. "I think it would look well on your bulletin board, where I often see little poems of cheer and comfort:—

"Better than grandeur, better than gold,
Better than rank or state a thousand fold,
Is a healthy body and a mind at ease,
And simple pleasures that always please."

Be a breeze from the mountain height;
Be a fountain of pure delight;
Be a star serene,
Shining clear and keen
Through the darkness and dread of night;
Be something holy and helpful and bright—
Be the best that you can with all your might.
—Selected.

TO STOP OLD AGE PROCESS

(Continued from page 1)

seven feet high. It requires that amount of pressure to circulate the blood. The blood is forced out of the heart with considerable velocity, at the rate of ten or fifteen feet a second; but the speed of the blood becomes slower and slower as the arteries get smaller and subdivided, until it comes to the minute vessels called the capillaries, which are so small that only a single corpuscle can pass through at one time. The great pump, the heart, is continually keeping up pressure high enough to keep the blood moving through against resistance. The blood is forced out through a great tube, the aorta, is brought back through the veins, and then forced out through a large artery, the pulmonary artery, to the lungs for purification.

"The heart does an enormous amount of work,—equivalent to lifting 124 tons one foot high every twenty-four hours. Every hour it does work equivalent to lifting six tons. The blood is forced through the arteries and the small capillaries, and in that way every organ is supplied.

"The large arteries are subdivided and again subdivided, until the whole intestine, large intestine, small intestine, liver, stomach and all the other digestive organs are supplied abundantly with blood. These parts of the body receive more blood than any other part, because it is here that the blood is made, where the supplies of food are taken in. The interior of the body is more exposed to the attacks of germs than any other part, and the blood is needed there for protection as well as for the digestion of food. The entire body is constantly supplied with blood, and any part which does not receive blood dies very quickly. If we tie a string around a finger and cut off the supply of fresh blood, the finger very quickly dies.

"If the blood pressure is deficient, the blood will not be properly distributed to the body; the kidneys and other organs will not get their proper amount of the blood if the blood-pressure is low, so there must be a sufficient amount of blood-pressure to distribute the blood. If the blood-vessels have been overstretched for a long time, irritated by poisons circulated in the blood, they gradually become hardened, chalk is deposited in the walls, the walls become thickened and fill up, just as a water pipe becomes filled up with sediment. The wall of the blood-vessel is thickened until it becomes smaller and smaller, until it is so small it is impossible to circulate a sufficient amount of blood through it. In order that a proper amount of blood should be circulated to the brain, for example, when the caliber of the arteries carrying blood to the brain had been diminished one-fourth, it would require more than four times as much force of the heart to drive to the brain the proper amount of blood. Suppose a person's blood-pressure were such as to require, we will say, a pressure of ninety milligrams of mercury. That is the way pressure is indicated—in millimeters of mercury—the column of mercury which would be required to drive the blood through. That is, if we should tap an artery and attach it to a column of mercury here, a tube which had some mercury at the bottom of it, the pressure of the blood would be sufficient to raise that mercury up to the height of three and a half inches in the present case. Suppose that amount of pressure is required to circulate the blood to the brain and nerves and the rest of the organs of the body. The result would be that if the blood-vessels are narrower, so that it required a higher pressure to get the same amount of blood through the mercurial column, it would

rise to 100; then it would be 125, 130, 180, or perhaps 200. We had a guest here some time ago, a lady who had a blood pressure of 310—three times what it ought to be.

"The blood-vessels of the various organs are regulated differently—to supply each organ just the amount of blood it needs. When food is taken into the stomach, the blood-vessels of the stomach become dilated, and a large amount of blood flows through the stomach so as to enable it to make the gastric juice which is required; and the pancreas, the liver, and the rest are operated in a similar way. The same is true of the brain. A doctor made an experiment once upon a man who had had an injury to his skull so that a portion of it had to be removed, thus enabling the physician to look in and see the brain. When the man was asleep, the brain was pale; the moment he awoke the brain became rosy in color. The same observation has been made upon monkeys from whose skull a portion of bone had been removed so that the brain could be watched. The moment the brain became active, when the monkey woke up, it would become rosy, and it would become pale as soon as it went to sleep; because the brain is supplied with just the amount of blood required. This supply of blood, suited to the needs of the organ, is regulated with such nicety and with such absolute certainty that some marvelous things are observed in consequence. For example, suppose a man has had a fall upon his head and is insensible. It may be because a blood-vessel is ruptured; it may be because the skull has been depressed upon his brain; perhaps his brain has been jarred because of concussion of the brain, or compression of the brain. If it is concussion of the brain, he will get well in a little while if the brain is not too badly bruised. But if it is pressure upon the brain from a ruptured blood-vessel forming a clot in the brain or from compression of a portion of bone upon the brain, then he will not get well without a surgical operation,—that is, if it is a severe depression; so it is necessary for the surgeon to know. But how can the surgeon find out? Simply by obtaining the blood-pressure. We have instruments by which we can ascertain that. It is only necessary for a doctor to apply an instrument, a sphygmograph, to the wrist, and pulse tracings are taken by this means. These pulse beats may prove to be the hand-writing on the wall,—for instance, in the case of the smoker.

"It is very important to determine the blood-pressure in such a case as I am telling you about, where the skull is compressing the brain so that the brain is not able to do its work and the man lies unconscious. If the skull is compressed, it must be raised. The surgeon will apply one of these instruments, and probably find the blood-pressure is 150 when it ought to be 100. Then he knows that the skull is compressed, and he must operate; or there may be a clot that can be taken out. The same is true of apoplexy. Formerly, when a large clot formed on the brain, a person was certain to die, but now it is possible to remove a portion of the skull and remove the clot; it is possible even to know just where the clot is by means of the scientific facts which have been worked out in relation to the functions of the brain. Now why should the whole blood-pressure be raised when there is compression of just one point in the brain? It is simply because the forces which control the body are so desirous of maintaining the absolute health, vigor and activity of every part of the body, that if one part is deprived of the blood which it needs, the blood-pressure of the entire body will be raised in order that this one part may be supplied. So when there is pressure upon a part of the brain, the blood-pressure is raised in the effort to get the blood through that bruised part so as to save the person's life."

MUSCULAR WEAKNESS

(Continued from page 1)

and weakened to a greater or less degree. In addition to the muscular weakness in these cases there is also present a soft, flabby and relaxed condition of the muscles. In a healthy individual the muscles are good sized, firm, elastic to the touch, well developed and have the capacity of contracting vigorously and of enduring activity for a long continued period of time, or in other words they have what is usually called endurance. This represents the condition of the muscles in a healthy individual, and when one's muscular system is weakened and the muscles soft, it is an indication that the general health is reduced and is not up to the normal.

"This muscular weakness and muscular relaxation is also the result of bad habits of living. It frequently results from insufficient exercise, overeating, improper food, from not eating such food as will properly nourish the muscles, and again in other cases from a poisoning or intoxication of the body which may arise from the intestinal tract or from the poisons of the tissues not being properly eliminated by the kidneys. There are also other chronic diseases such as anemia, and tuberculosis or general ill health from any cause where the muscular system becomes weak and where the muscles often shrink and become wasted. In all of these conditions it is important that the individual who wishes to regain good health give proper attention to the care of the muscles so as to build them up, make them stronger and improve their nutrition. There are several things which are essential in order to make the muscles strong and to improve their nutrition. Among these are the following:—

"(1) Food. It is impossible to build up a muscle unless the muscle is properly nourished by the right kind of food. The foods that build muscle are the proteins and fats, more especially the proteins. The reason that the protein food nourishes and builds up the muscle is because protein foods contain the same chemical elements as the muscle and consequently furnish all the necessary material for building up the muscle. When the child is growing and his muscles are becoming larger and stronger he should have a sufficient amount of protein food to properly nourish the muscles so that they will grow. If for any reason he does not have a sufficient amount of protein in the food his growth is stunted and the muscles do not develop normally as they should. Also when one's muscles are small and shrunken and weak from disease or from any other cause it is important that the body have a sufficient amount of protein food and fat so that it will be properly nourished and built up. It is important, however, that the individual does not take an excess of protein food because in this case the protein elements are liable to be retained in the alimentary canal, undergo putrefactive changes, poisons being formed in the intestines which are absorbed into the blood and instead of being helpful to the body and nourishing the muscles and the tissues they may poison the tissues and be a hindrance to the proper development of the muscles. In previous talks we have endeavored to emphasize the fact that in the normal individual the amount of protein food should be about one-tenth of the total quantity eaten, or about two hundred food units per day. When one wishes to build up muscle this amount may be increased to two hundred and fifty or three hundred with good results. The food should be thoroughly cooked and nutritious in character. A little intelligent attention given to this matter will often produce most excellent results.

"(2) Another remedy which will help in building up the muscle is short cold baths. These may be taken in the form of a cold towel rub or a cold sponge bath, cold mitten friction, cold

shower, cold plunge or a cold full bath. In all cases the bath should be short. Where the water is applied to the entire surface of the body at once the bath should last from half a minute to two minutes. When the bath is applied to the body part at a time as it is in a cold friction, it may take five or even ten minutes to apply the cold water all over the body, but in any event it should be applied so as to get the tonic effect and not the depressing effect of the cold water, and when one is through with the bath he should feel invigorated and strengthened. The value of the cold bath in toning up the muscular system is perhaps not appreciated as it should be. The cold water applied to the skin causes each fibre in the muscle to shrink and contract and in this way the tone of the muscle is improved, the muscle is made stronger and the nutrition of the muscle is also greatly improved. I have had an opportunity to notice the good effects of the short cold bath in building up muscle and improving muscle tone in many cases, and I am sure that it is a very valuable remedy. Further than this, anyone can observe on his own body the tonic effects of the cold bath on the muscles. A person, for instance, whose muscles are soft and relaxed and flabby if he takes a cold bath and if after the bath he feels of his muscles, he will find that they feel firm and more elastic to the touch after the bath than before. I can not emphasize too strongly the good effect of the cold bath in toning up the muscle and improving the strength of the muscle as well.

"Again, the cold bath increases the capacity for doing muscular work. This has been demonstrated many times in the laboratory by the use of a certain machine that marks the movement of the finger of the hand where the finger of the hand of an individual is moved successively as long as he can move it. This may be kept up for quite a time; finally there comes a time when the greatest effort of the will is insufficient to produce a movement of the finger. If at this time the person takes a cold bath or has a pail of cold water dashed over the body, he can very soon begin to move the finger again by the will and can keep it up for a considerable time. This experiment illustrates in a very positive and graphic manner the fact that the cold bath increases the capacity for doing muscular work. A cold shower bath or a cold bath of any kind taken when one is fatigued and exhausted often revives him and gives additional capacity for continuing muscular work. During the warm months of summer men who are engaged in physical work and on account of this become overheated, may be revived by the cold bath and thus receive additional power for continuing their work. In men of this class if the cold bath is taken two or three times a day it is a wonderful help in getting through the day's work.

"(3) Muscular Exercise. Another very important thing for muscular strength is muscular exercise. One can develop his muscular system very much by proper muscular exercise. It is very important that the exercise be taken rightly. Here at the Sanitarium, as you know, you all have your strength test taken by the Universal Mercurial Dynamometer, and from this test a chart is made out showing the muscles that are weak and those that are strong. On an examination of this kind together with the other physical examinations that are made by the physician, knowledge is obtained which allows of a proper exercise prescription. In persons who have not been in the habit of taking exercise the exercise, of course should be given in a mild way. Severe strains, prolonged efforts should be avoided. With a chart showing the total strength of all muscles of the body and the muscles that are weak as well as those that are strong, a prescription can be made out which is adapted to the needs of the

individual. The exercises should be increased from time to time as the muscular strength improves. It is a good plan to take the exercise out in the open air as much as possible. Walking out-doors, swinging dumb bells in the open air, proper deep breathing, the use of Indian clubs, doing manual labor in the open air such as sawing wood, hoeing in the garden and other manual exercises of this kind are very valuable in every way. In addition to this exercise on proper machines in a well equipped gymnasium such as you have for your use here at the Sanitarium, is also very valuable. In working in the gymnasium, as you know, you are practically out-of-doors as the gymnasium is well ventilated and a large amount of sunshine can enter through the numerous windows. These different machines are particularly adapted to the needs of the various muscles of the body. If from the examination with the strength test machine certain muscles are found weak they may be strengthened by the use of a machine that is particularly adapted to their needs. By the proper and intelligent use of the various machines in the gymnasium any group of muscles, or any particular muscles that may be found weak, can be built up and made strong. Many individuals who lead a rather sedentary life, or whose work or habits of life require the use of only a few muscles often have other muscles that are especially weak and when they begin a course of exercise this weakness is brought prominently to notice by the soreness in certain parts of the body that is experienced from the use of certain machines in the gymnasium and certain exercises that may be taken to strengthen these muscles. Muscles of this class should receive careful attention and should be exercised in such a way as to improve their strength.

"Exercise is certainly a very curative agent, not only for the purpose of improving the muscular strength and endurance, but also for its beneficial effect upon every other organ of the body. Its value is often underestimated because it usually has nothing associated with it that is difficult to understand. The human mind seems to be so constituted that it often places confidence in remedies that are said to be curative because they are mysterious and difficult to understand, whereas often the proper use of more simple remedies such as exercise, fresh air, sunshine, proper food are often more efficacious. I would advise you all to take your exercise regularly; follow your prescription carefully; follow up the exercise day after day until you have developed a good, strong muscular system. With good, strong, healthy muscles one is protected to a large degree against disease that may come along and attack the body. A good, strong muscular system usually means in addition to this a strong and healthy condition of the vital organs of the body, and gives one a backing and a protection against other maladies and diseases which otherwise might invade the body and produce serious results. In order to develop a strong muscular system it is necessary to take the exercise regularly and progressively and intelligently for some time. If this is done the time and effort spent in this direction will pay large results in increased muscular strength and endurance as well as increased health and vigor of every organ in the body and of the whole body."

CONTRASTS

STRANGE, that we creatures of the petty ways,
Poor prisoners behind these fleshy bars,
Can sometimes think us thoughts with God
abaze,

Touching the fringes of the outer stars.
And stranger still that, having down so high,
And stood unshamed in shining presences,

We can resume our smallness, nor imply
In mien or gesture what that memory is.

—Richard Burton.

THE BATTLE CREEK IDEA

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WHY DOES THE STOMACH NOT DIGEST ITSELF?

We can eat, but we can not digest. A man can control the process of eating, but the process of digestion he has absolutely nothing to do with except as he makes provision beforehand for good digestion or bad digestion. The people who have dyspepsia generally have manufactured it. Dyspepsias are manufactured at the dinner table; it takes a great deal of time and trouble to make a really bad case of dyspepsia. If we have healthy blood and healthy digestion, it is because we provide for by conforming to the laws of good digestion.

The gastric juice is manufactured in the little pockets down in the mucous membrane. Take a stomach that has food in it, an oyster, perhaps. The gastric juice flows about it, digests it, until it is reduced to liquid. Now there is the gastric juice, acid, corrosive, with the power to dissolve the oyster. Why does it not dissolve the stomach also? Why doesn't the stomach digest itself? That is a problem that no physiologist has been able to explain. Nobody can tell us why the stomach does not digest itself except that the stomach is preserved intact in the presence of this corrosive dissolving agent. It is just as wonderful, the non-digestion of the stomach, as the digestion of the stomach contents. Take a man who has had an ulcer in his stomach, which has destroyed a large number of these glands, so there are two square inches of stomach, where there are no glands at all. The ulcer heals and by and by these glands are gradually created, so that the stomach does its work as before. Is not this proof of the presence of an intelligence, a divine will at work?

PREVENTION OF CRUELTY TO VEGETABLES

THE great spread of the vegetarian movement in the British Isles has paved the way for many a clever skit in the comic weeklies. They profess to take exceptions to the healthy young scarlet runner being forced to stop running, cut off in its prime for the paltry reason that man must live, and other similar inquiries.

Punch has recently "called together" a band of famous folks to protest against the excesses committed by extreme vegetarians. "Amongst

those present were Sir James Crichton-Browne, who presided, Sir Cecil Spring-Rice, Mr. Pears, Mr. Fitter, Mr. Harris (the Sausage King), Sir Alfred Jones (the Banana King), Mr. Beer-bohm Tree, Miss Maude Allan, Mr. Bernard Shaw, La Loie Fuller, Mr. Algernon Ashton, Miss Isador Duncan, Mr. Alfred Nutt, and the Jam Sahib."

Sir James Crichton-Browne, as chairman, made the opening speech, in which he called attention to the evidence that illustrious botanists had been able to furnish, which pointed to the existence of consciousness in plants—their intelligent habits, irritability, powers of sleep and so on. These facts he said had suddenly awakened the national conscience to the horrible iniquities of vegetarians, and, above all, fruitarians. "Between the consumption, on the one hand, of meat or vegetables which had been humanly slaughtered, and, on the other, the barbarous habit of eating the raw flesh of live fruit, there was an impassable gulf," he declared. "The latter practice was no better than cannibalism in its worst form. In conclusion, he moved a resolution in favor of the establishment of a Society for the Prevention of Cruelty to Vegetables."

A MEDICAL VIEW OF VENICE

In a letter to the *Medical Record* Dr. Charles L. Dana, of New York, gives some interesting data of Venice.

The ancient city has, he says, passed somewhat beyond the stage when it fought its often-recurring plagues, not by cleaning its canals and palaces, but by processions and prayers and the building of a church in gratitude for the dying out of each epidemic.

"Though a city of 200,000 inhabitants and the favorite resort of numberless tourists, it has no medical colleges, only one hospital, few pathological laboratories, and nothing to take the place of our medical academies and societies. Padua and its university are only an hour away, however, and the city has some good doctors, one of them at the head of its Health Department. The city water is good, there is no malaria, and the death rate is only eighteen per one thousand.

"Of particular interest to Americans as a race of travelers is what Mr. Dana says about the hotels:—

"If one falls ill in a hotel in Europe, as some know, the chances are that he gets a native doctor who has to pay the management or the portier a percentage, and the patient may or may not get skilled service. The hotel management of Europe like to have what they term 'a good hotel doctor,' which means some one who orders expensive rooms and plenty of service, a not to quick recovery entailing suitable fees. This is no exaggeration of the natural state of things. It may not be any worse in Europe than in America, and it does not apply here in the very best hotels, perhaps."

Even from a medical standpoint, however, Dr. Dana has found Venice ahead of his own

city in at least one thing. He described with much enthusiasm an institution for kinetotherapy (mechanical therapeutics and the various applications of light). An inspection of it, joined to a recollection of New York's resources of this kind, made him "feel that ours is in some ways a backward and provincial town," and he adds. "Perhaps for a time a little less money expended upon our laboratories and more on our therapeutics would not be unwise."

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QUESTION BOX DEPARTMENT

Q. Would breakfast bacon cooked brown and crisp with eggs make a good breakfast diet?

A. Yes, a splendid breakfast for a scavenger or a turkey buzzard, or for some creature that lives upon dead things. If you want to get up a real monumental dyspepsia, I do not know of a better way to do it than to eat breakfast bacon, saratoga chips, and fried eggs. That is exactly what some of you have been eating for years and years, and that is why you are here.

Q. In a catarrhal condition of the stomach, what foods will bring about a cure?

A. The best foods are yogurt or butter-milk; corn flakes and cereals of all sorts. Malt honey is also good. Avoid acid fruits and too much fats.

Q. What causes phosphatic gravel?

A. Decomposition in the urine and bladder.

Q. I have a torpid liver. What can be done to help it?

A. It is a libel on the liver to say torpid. The liver is not torpid; the liver is not lazy. A so-called torpid liver is a liver which is over-worked, and the cause is poisons generated in the colon, autointoxication.

Q. If the knees become so cold at night as regularly to awaken one and keep one awake, how can the difficulty be overcome?

A. That is due to intestinal autointoxication, to a spasm of the arteries of the legs, to irritation of the sympathetic ganglia. The thing to be done is to regulate the diet. Put heating compresses around the legs, wrap the knees with woolen bandages, live out of doors, Fletcherize.

Q. What is the matter when one is frequently heavy with sleep, but can not fall off?

A. That person is suffering from a form of insomnia; he is drowsy, but not quite sleepy enough to go to sleep; and the thing for him to do is to get into a warm bath. He probably has autointoxication.

Q. Do you advocate the use of the stomach tube to remove gas from the stomach?

A. Very seldom, because the gas will usually escape of itself. It is best to get along without it. The swallowing of hot water with a little peppermint in it will be quite sufficient to relieve the stomach of gas.

Q. Is pressure on the stomach advisable?

A. It does no harm.

Q. Is a forwardly inclined position, resting the head on the table, advisable?

A. It is best to sit up straight and hold your head erect. Sit as tall as you can. Get your head up as high as you can in the air.

Q. Do you approve of the gymnasium drill after eating?

A. Yes, if you do not drill too hard. Those who have sour stomachs, heaviness after eating, too much acidity or feel weak and nervous after eating, should lie down for an hour after the meal, and should not take the drill.

Q. Do pickles aid digestion?

A. No, they hinder it. Pickles are about as digestible as pebbles.

Q. Should the seeds of berries be swallowed?

A. Ordinarily it is all right to swallow seeds, but if you have a very sore, sensitive stomach, hew the berries thoroughly, and reject the seeds. The reason many people can not eat watermelon is because they swallow the watermelon whole. Never think of swallowing anything but the juice. The watermelon is made up of wood and sweetened water. What we want is that sweetened water, distilled from heaven, but that mass of indigestible pulp should be returned to the plate.

Q. What is the best remedy for intense neuralgia over the right eye and right side of the bridge of the nose; also the back part of the right side of the head?

A. The best thing is to keep quiet in the dark, and have a hot application made over the eye and a very hot application made to the feet. Hot and cold water is very excellent as a remedy for pain.

Q. Is melancholia a nervous trouble? What is the treatment?

A. In all cases I have ever seen, or at least almost every case, I could directly attribute melancholia to intestinal autointoxication. It is simply a toxic disorder. In melancholia the patient is under the influence of poison, and the remedy is to get that poison out of the system and out of the blood, and the alimentary canal is the place to begin.

Q. Is fasting good for indigestion caused by overwork of the nervous system?

A. When the indigestion is due apparently to overwork, I am not sure but the indigestion is due to an overwrought nervous system. It is getting to be something of a fad to fast, but there is no great virtue in fasting. A short fast is very good, but a long fast of two or three weeks, or even of one week or ten days, is seldom necessary, and rarely beneficial. Fasting only does good by giving the stomach a rest. It does harm by giving the bowels a rest. The bowels do not need rest.

OLD OCTOBER

OLD October's purt' nigh gone
And the frosts is comin' on
Little heavier every day—
Like our hearts is thataway!
Leaves is changin' overhead
Back from green to gray and red,
Brown and yellor, with their stems
Loosenin' on the oaks and e'ms;
And the balance o' the trees
Gittin' balder every breeze—
Like the heads we're scratchin' on!
Old October's purt nigh gone.

I love Old October so,
I can't bear to see her go—
Seems to me like losin' some
Old-home relative or chum—
'Pears like sort o' settin' by
Some old friend 'at sigh by sigh
Was a-passin' out o' sight
Into everlastin' night!
Hickernuts a feller hears
Rattlin' down is more like tears
Drappin' on the leaves below—
I love Old October so!

—James Whitcomb Riley.

THERE are moments when the pale and modest star, kindled by God, in simple hearts which men call conscience, illumines our path with truer light than the flaming comet of genius on its magnificent course.—*Maecini.*

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SOCIAL HOUR A SUCCESS

(Continued from page 1)

tion—was the Emanuel Movement, which was doing a wonderful work that was being closely watched by scientific men the world over, he said. The practitioners recognized the difference between organic and functional disorders, every case being diagnosed by a medical man before being treated by a mental healer. In all cases they recognize the assistance that may be rendered by the use of the mental in addition to the physical means. The subconscious mind, which is capable of either aiding or opposing every act of the will, is enlisted in service, and a cure is generally effected. The principles as applied at the Emanuel church have been most efficacious in healing women victims of neurasthenia, and other forms of nervous disorders which are the outgrowth of our present-day civilization. Dipsomania, or drunkenness, has responded to the same treatment, and bad habits in children have in many instances been cured by his method.

Mr. Williams told of his investigation of Fletcher's philosophy. "While Mr. Fletcher is more generally known as the apostle of thorough mastication, I found on investigation," said he, "that that was only a very small part of his philosophy, which is practically based upon the elimination of fear, worry, anger, and kindred emotions."

"In fact, I found that optimism was the real basis of the principles which have restored Mr. Fletcher's health and that of many of his followers. We recognize that we have within

ourselves reserve stores of energy. That we may help to recover our health by the right tone of mind—the key is simply an idea, that of faith, hope, and belief. Each possesses this power within himself and much can be accomplished by the application of this force."

"I find this institution thoroughly in accord with the spirit of the age. The simple rational methods employed by them here—the breathing of pure air, exercise, the natural dietary, the doing away with drugs, the recognition of the fact that the healing power is the power within the body, constantly at work creating and recreating—is along the sane remedial lines which, coupled with the mental treatment, are more and more being advocated by the scientific men of the day."

Mr. Williams related several incidents proving how powerful was the mind over the body, and told of his experience in San Francisco at the time of the earthquake, when many chronic invalids recovered, rheumatics forgot their rheumatism, and others, diseased, went about freed from their former ills. "The health of the city was never better than in those few weeks after the earthquake. We practically lived in the Golden age. It was a city of the soul and of the mind; people gave away their money, their food, their clothes, and thought not of tomorrow. It was a veritable Arcadia. Disease decreased. This was all the result of the application of that inner vital force that is within each and every one of us."

Van Norden's Magazine is publishing a series of articles by Mr. Williams along this same line of thought. The October and November numbers have dealt with the rise of this movement, with sketches of the Quimby cult and the growth of Christian Science and the manifold other streams of thought which have branched off during the past few years. The Emanuel movement, which is really an outgrowth of all that has gone before, though quite individual, and based upon the study of the subliminal consciousness, will be discussed in the December number. In a subsequent number Mr. Williams will treat of The Battle Creek Sanitarium as a Health University. The entire series is called *The New America*, and is attracting considerable attention throughout the country.

AN UNKISSED BABY

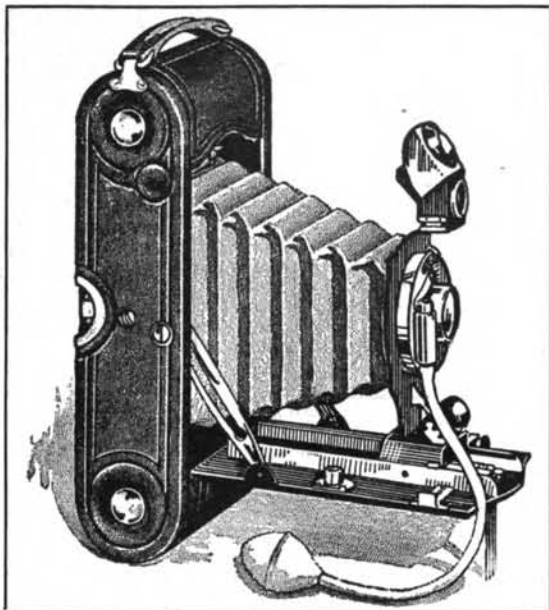
THERE is in England a nine-months-old boy who has never been kissed. His parents have set up the following rules in a conspicuous place near the entrance to their home:—

- "Don't kiss the baby.
 - "Don't handle baby unless your hands are very, very clean.
 - "Don't bring baby's face close to your own or to your hair.
 - "Don't allow baby to touch your face or hair.
 - "Don't talk, breathe, whistle, blow, cough, or sneeze into baby's face. We want him to live.
 - "Don't use your handkerchief to baby's hands, face, or mouth."
- At the foot of the rules is written: "To some these rules will appear comical or stupid, but they are not written as a joke or without thought. Therefore, any person infringing these rules after having read them will incur our displeasure extremely."—*The London Daily Mail*.

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PERSONALS

Miss Shirley B. Paddock of Kankakee, Ill., is resting here.

Dr. H. B. Hand of Whitehead, Ind., is a patient at the institution.

Miss Irene Richardson of Latta, S. C., is a patient at the Sanitarium.

Dr. A. S. Stemler of Good Hope, Ohio, is a patient at the institution.

Mrs. A. M. L. Cochran, of Maysville, Ky., is resting at the Sanitarium.

Mrs. R. C. McLennon, of Syracuse, N. Y., is a patient at the institution.

Mr. Fred R. Cleveland of Providence, R. I., is a patient at the Sanitarium.

Mr. and Mrs. W. E. Bishop, of Pierce, Nebr., are new patients at the institution.

Mr. and Mrs. W. H. Cooke, of Smith's Grove, Ky., are guests at the Sanitarium.

Miss Martha George is visiting her sister, Miss George, who is a patient here.

Mr. and Mrs. F. H. Morrison of La Port, Ind., are guests at the Sanitarium.

Mr. and Mrs. James Y. Garvin, of Stubenville, O., are guests at the Sanitarium.

The Rev. F. R. Bunker, of Olivet, Mich., paid a visit to the Sanitarium this week.

The Rev. Mr. Staley and wife, of North Wilkesboro, N. C., are guests at the Sanitarium.

Mr. and Mrs. W. B. Page of Crockett, Tex., have come to the Sanitarium for a few weeks' stay.

Mr. W. C. Drier, of Bocas Del Toro, Panama, has arrived at the Sanitarium for rest and treatment.

Mr. J. H. Galbraith, of the staff of the Ohio Dispatch, Columbus, is recruiting at the Sanitarium.

Mrs. W. H. Stevens, of Watertown, N. Y., has returned to her home after a stay of several weeks here.

Mr. E. A. Powers, a prominent civil engineer of Brazil, South America, is a recent arrival at the Sanitarium.

Mr. and Mrs. A. E. Wheeler and sister, Miss Anna L. Grady, of Great Falls, Mont., are visiting at the institution.

Mr. James Z. Abeel, of Chicago, arrived at the Sanitarium the latter part of the week to accompany Mrs. Abeel home.

The Rev. A. F. McGarrah of Grove City, Pa., representing the Presbyterian Home Mission, is a patient at the Sanitarium.

Mrs. J. Kelley of Kansas City came to acville, Ky., are newly arrived guests at the institution he daughter Miss Kelly home.

Mrs. Amy Turner and Mrs. G. B. Sanborn, of Amarillo, Tex., frequent visitors here, arrived at the Sanitarium the first of the week.

Dr. A. J. Leitsbach of Fairmount, Ill., is visiting Mrs. Leitsbach, who is a patient at the institution and making rapid improvement.

Mrs. Tom Mackey, of Chicago, spent the past week here. She has taken charge of several meetings, which have been largely attended.

Dr. and Mrs. Henry Harrower, of Chicago, are visiting at the Sanitarium. Mrs. Harrower was formerly a member of the nurses' staff.

Dr. Winifred E. T. Huston, a medical missionary of Kohlapen, India, has returned to the Sanitarium for further rest and treatment.

Miss Harriet Rogers, who has been a patient at the Sanitarium the past two months, returned to her home at Watertown, N. Y., on Wednesday.

Mr. and Mrs. A. C. Eastwood of Cleveland, and Mr. S. S. Eastwood, their father, of Louisville, Ky., are lately arrived guests at the institution.

Mrs. R. D. Hinze of Culbertson, Mont., accompanied by her nurse, Mrs. Butler, arrived at the Sanitarium the past week for a stay of some length.

Mr. and Mrs. Fred Bell, of Fulton, Mo., who are en route home from a visit to the northern lake region, are spending a fortnight at the institution.

Mr. A. E. Whitney, a retired banker, formerly of Sheridan, Wyo., has arrived at the Sanitarium and will remain for a rest and treatments.

Mrs. J. C. Savery, a frequent patron of the Sanitarium, who has many friends here, arrived at the Sanitarium this week. Her home is at Cable, Mont.

Mr. and Mrs. A. E. Goodwin, of Buffalo, N. Y., paid a brief visit to the Sanitarium the past week. Mrs. Goodwin expects to return in about ten days for treatment.

Dr. Emily D. Smith, of Mansfield, Ohio, who has spent many years in the missionary work in China, expects to return to the Sanitarium shortly to take up some post-graduate work at the A. M. M. C.

Mrs. Frederick Lee Gilbert, of Duluth, arrived here Monday for a visit to Mr. Gilbert, who has been a patient here for the past few weeks. She was accompanied by Mr. Gilbert's brother, Mr. Arthur Eaton Gilbert who will remain for a few days.

Miss Gertrude Howe, for thirty-six years missionary to China, spent a few days at the Sanitarium this week. She was accompanied by her sister, Dr. Delia E. Howe, of Boston. Miss Howe expects to return later for treatment.

Miss Lucy Page Gaston, founder of the Anti-Cigarette League, who has been resting a fortnight at the Sanitarium, will leave Monday for Chicago to confer with active workers in the league there. She expects to return for further rest before beginning her winter campaign.

Farewell Reception

Dr. and Mrs. J. H. Kellogg, Manchester street, gave a farewell reception on Tuesday evening in honor of Dr. and Mrs. C. C. Nicola, who will leave shortly for Attleboro, Mass., where they will open a Sanitarium to be run after the Battle Creek principles. About seventy-five guests were present, among them the medical staff, the college faculty and many other friends of Dr. and Mrs. Nicola, who have for some time been associated with the Sanitarium medical staff. The guests were received by Dr. and Mrs. Kellogg, Dr. and Mrs. Nicola, Mmes. Colver and Case. Simple refreshments were served in the dining room, the decorations being in crimson autumn leaves and berries with a centerpiece of Richmond roses. During the course of the evening Dr. Kellogg took occasion to wish the couple success in their new venture, praising warmly the ability they had shown while here and expressing regret at parting with them. Both Dr. and Mrs. Nicola responded, Dr. C. C. Nicola telling the guests of his new work and their plans for the future, while Dr.

Mary B. Nicola in a few words told of the happiness of their association here and the many tender memories they would carry to their new eastern home, concluding with: "Whatever of success or usefulness we may attain in the future we shall always recognize that we owe it to the Battle Creek Sanitarium, which we shall think of as 'home'."

Sabbath Chapel Service

In his Sabbath morning chapel service Pastor J. A. Brunson dwelt upon the mission of Paul to Corinth and of his marvelous success in establishing the faith in that wicked city, through his concentration of purpose, which was "to teach Jesus Christ and him crucified." (1 Cor. 2:2.) The speaker outlined the conditions which maintained in Corinth and the surrounding country, showing how by teaching the truth of God, right could prevail and the vices of the city be overcome. "The death of Jesus Christ," said the speaker, "was not simply a physical event. It is related vitally to the whole moral universe. It points backward through the sons and forward and upward to the throne of glory and love. It is the great central truth that Christ through his vicarious death brings about the reconciliation of the sinner to God."

WHAT YOGURT IS

YOGURT is milk to which the Bulgarian ferment called maya has been added, and the ferment has produced lactic acid in the milk, so that it becomes acid in flavor and is curdled or coagulated. The word yogurt is also applied to a ferment put up in capsules which can be dissolved in the milk, but the proper name for the ferment is maya. Yogurt is fermented milk, fermented with maya, and maya is one of the things Abraham gave to the angels. The milk which was prepared for those angels was prepared with this oriental ferment, which has been in use from the most remote times. The ancient Egyptians used it.

In the orient the milk is sold and eaten in no other way except when acidulated by this ferment. It may be recommended as an excellent means of combating intestinal autointoxication. It is far better than butter-milk, because it is uniform in character. Butter-milk was formerly used at the Sanitarium a great deal, but we could not get it uniform. Now, however, it is prepared from sterilized milk, all germs are killed, the Bulgarian ferment is added, and it is tampered, allowed to ferment under regular and definite conditions, so that it is uniform in character. If not palatable, add a little cream to it, or a little sugar, or malt honey.

GOLDENROD

SPRING is the morning of the year,
And summer is the noontide bright;
The autumn is the evening clear
That comes before the winter's night.

And in the evening, everywhere
Along the roadside, up and down,
I see the golden torches flare
Like lighted street-lamps in the town.

I think the butterfly and bee,
From distant meadows coming back,
Are quite contented when they see
These lamps along the homeward track.

But those who stay too late get lost;
For when the darkness falls about,
Down every lighted street the Frost
Will go and put the torches out!

—Frank Dempster Sherman.

News Notes

The Rev. Stanley Brown, missionary to China under the M. E. Board, addressed the Students' prayer meeting at West Hall, Friday evening.

The regular prayer and conference held at East Hall Sunday afternoon was addressed by the Rev. Dr. Hartwell, veteran missionary to China, Mrs. Campbell and Dr. Heston.

Miss Ruth Parmelee, a graduate of Oberlin College, and a daughter of Dr. Moses Parmelee, medical missionary to Turkey for forty years, has joined the freshman class of the American Medical Missionary College.

Miss Anna Hartwell will leave Monday for the Carolinas, where she will deliver a series of addresses on her work and the conditions in China. Miss Hartwell represents the Southern Baptist organization.

Miss Florence Holt, a member of the senior class A. M. M. C., who has been recuperating here for the past few weeks from an operation, returned the first of the week to Chicago, where she will resume her work.

Fifteen men medical students are now ensconced in Hall cottage with Dr. and Mrs. Dowkontt as resident heads. The cottage has been attractively furnished and has cosy double parlors with new piano where students may gather for a social hour. Kellogg cottage will soon be ready for occupancy by the young women students. Dr. and Mrs. Dowkontt have issued invitations to the entire student body for a housewarming on Saturday night.

The regular monthly meeting of the Sanitarium W. C. T. U. was held in the parlor Sunday afternoon. Among the speakers were Mrs. Berger of Benton Harbor, Mrs. Tom Mackey of Chicago and Miss Lucy Page Gaston. At the next meeting the union will observe the World's Temperance Sunday, when speakers from various nations will appear on the program.

THE HEAVENLY LIFE

SAYS James Lane Allen in "The Heavenly Life": "Heaven is yours; you have but to enter in and take possession; and heaven means supreme happiness, perfect blessedness; it leaves nothing to be grieved over. It is complete satisfaction now and in this world. It is within you; and if you do not know this, it is because you persist in turning the back of your soul upon it. Turn around and you shall behold it."

"ANXIETY is the foe of knowledge. Like unto a veil it falls down before the Soul's eye. Entertain it, and the veil only thicker grows."

ARRIVALS

THE list of arrivals for the week ending October 26 is as follows: Mrs. R. R. Eldred, Ind.; Mr. and Mrs. James Y. Garvin, Ohio; W. A. Hamilton, Ohio; D. M. Blumberg, W. Va.; Mrs. Charles G. Curtis and children, Ill.; Mrs. Henry Harrower, Ill.; Mrs. R. G. Henze, Mont.; Mrs. J. B. Butler, Mont.; E. A. Whitney, Wyo.; Dan Curtin, wife and daughter, Mo.; Mr. H. J. Fallon, N. J.; Miss Clara Miles, Pa.; Mr. and Mrs. A. E. Wheeler, Mont.; Anna L. O'Grady, Mont.; B. P. Grunauer; A. S. Stemler, M. D., Ohio; Mrs. R. C. McLennan, N. Y.; Mr. and Mrs. Rudolph Grams, Mich.; Mrs. J. Kelley, Mo.; S. M. Crombie, N. Y.; Miss J. C. Stevenson, Ohio; A. G. McGraiah, Pa.; Mrs. J. C. Midler, Ohio; James Z. Abeel, Ill.; Mrs. A. M. J. Cochran, Ky.; E. A. Powers, N. Y.; F. G. Cleveland, R. I.; Rev. W. F. Staley, S. C.; Mrs. W. C. Olds, Mich.; A. J. Leitzbach, M. D., Ill.; F. S. Lyon, Mich.; G. S. Barnes, Mich.; Mrs. Elizabeth Hopkins, Mich.; Charles A. Johnson, Mich.; T. H. Brents, Ill.; Mrs. J. C. Savery, Mont.; Winifred E. T. Heston, India; Guy Nash, Mich.; E. E. Stredd, Vt.; Mrs. A. Ellierel, Mo.; C. C. Patterson, Iowa; Mr. and Mrs. Fred Bell, Mo.; George W. Berry, Mo.; G. F. Clark, N. Y.; James Kenan, Ill.; S. P. Edwards, N. Y.; Mrs. Tom Mackey, Ill.; Mrs. Margaret Huff, Texas; Miss Aetna Hancock, Ky.; W. F. Martin; Miss Irene Reichardson, S. C.; Mary R. Bronson, N. Y.; R. G. Hinz, Mont.; G. L. Kreig, Ont.; J. H. Gallbraith, Ohio; J. H. Wood, Wis.; L. G. Aada, Mexico; Mr. and Mrs. W. H. Cook, Ky.; F. H. Morrison, Ind.; G. B. Miller, Ala.; Shirley B. Paddock, Ill.; Edward Wahl, Ohio; Florence Wahl, Ohio; Mrs. A. O. Eastwood, Ohio; S. S. Eastwood, Ky.; Louis McQuown, Ky.; M. B. Kronthal, Ind.; Dr. H. B. Hand, Ind.; W. B. Page and wife, Texas; Mr. and Mrs. W. E. Bishop, Nebr.; Mr. and Mrs. C. M. Anthony, Ill.; Mrs. Amy Turner, Mrs. G. B. Sanborn, Texas; F. P. Leightz, Jr.; Henry R. Harrower, Ill.; Mrs. William A. Hoffman, Mich.; W. B. Ward, Texas; Miss V. Parker, Mich.; F. R. Bunker, Mich.; Mr. and Mrs. Frederick Gilbert, Minn.; Arthur E. Gilbert, Minn.; Gertrude Howe, China; Dr. Delia E. Howe, Mass.; Celesta Stoner, Ohio; Hunter Petross, Va.; Arnold Hammer, Mich.; Mrs. Edward B. Linsley, Mich.; W. O. Drier, Panama; G. L. Lochudge, Ark.

TIRED MOTHERS

A LITTLE elbow leans upon your knee,—
Your tired knee that has so much to bear;
A child's dear eyes are looking lovingly
From underneath a tangle of tangled hair.
Perhaps you do not heed the velvet touch
Of warm, moist fingers holding yours so tight;
You do not prize this blessing overmuch:
You almost are too tired to pray, to-night.

But it is blessedness! A year ago
I did not see it as I do to-day:
We are so dull and thankless, and so slow
To catch the sunshine till it slips away.
And now it seems surpassing strange to me
That while I wore the badge of motherhood,
I did not kiss more oft and tenderly
The little child that brought me only good.

—May Riley Smith.

Return from Bible Conference

Dr. J. F. Morse and Dr. R. H. Harris returned on Sunday from Columbus, Ohio, where they went with Pastor George C. Tenney as delegates from the Sanitarium Y. M. C. A. to the International Conference of the Student Bible Study department of the Y. M. C. A.

There were between eight and nine hundred delegates present, and the speakers included many of the leading college presidents and divines of Canada and America. The movement is one which has assumed astounding proportions in the past few years. At the present time there are 48,882 students enrolled in voluntary Bible study—a total gain in twenty of the leading institutions of the country of over three thousand this year. The conference was held to discuss ways of stimulating a worldwide study of the Scriptures. The addresses were inspiring, and the prospects for success in the movement seemed assured.

"AUSTIN, before I punish you, tell me why you were making so much noise," demanded Mr. Wyss.

"I was just playin' automobile, pa," sobbed the youngster.

"Keep on playing," suggested Mr. Wyss.

"Turn turtle."—Illustrated Sunday Magazine.

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.



COLAX is a NATURAL laxative. It may be used continuously if necessary, without producing the slightest harmful effects. It is not a drug nor a medicine, nor is there any secret process involved in its manufacture. It is made from a vegetable product which is largely used as food in some Oriental countries. Just what it is and what it does is told in detail in "The Colax Book." If you haven't read it, send for a copy.

COLAX relieves constipation by absorbing and carrying through the entire system a large amount of moisture. This prevents undue dryness, thus facilitating a natural, normal movement.

Put up in the form of wafers in separate moisture-proof packages. Per carton of 25 wafers, \$1.00. Leading druggists sell COLAX. If you cannot readily obtain it from your druggist, we will supply you direct by mail, postpaid.

THE GOOD HEALTH COMPANY,
(Successors to the Colax Co.)
90 College Hall, • Battle Creek, Mich.

NURSES' NOISELESS FLEXIBLE SHOE

Made especially for our Sanitarium trade. Equal to any nurse's shoe on the market. Every pair guaranteed to give satisfaction. Price, \$4.00. None of the so-called \$5.00 nurse's advertised shoes are better. Try them.

L. A. DUDLEY COMPANY, - 6 West Main Street

THE BATTLE CREEK IDEA

VOL. 1, No. 46.

BATTLE CREEK, MICH., NOVEMBER 5, 1908.

PRICE, 2 CENTS.

DECREASE IN USE OF ALCOHOLIC MEDICINE

Sentiment Growing for Non-Alcoholic Medication, Says Mrs. M. M. Allen of National W. C. T. U.

Mrs. M. M. ALLEN, superintendent of the Medical Temperance department of the National W. C. T. U., stopped off at the Sanitarium for a few hours Sunday en route home from the National Convention recently held in Denver. In the afternoon she addressed a large audience in the parlor, telling of the rise of the great movement against alcoholic medicines and of the present attitude of the scientific world regarding alcoholic medication.

A woman of great personal charm and unusual ability, Mrs. Allen made a profound impression upon her audience, to many of whom the importance of this phase of the temperance work had never suggested itself. Mrs. Allen's talk was in part as follows:—

"When the Women's Christian Temperance Union was organized, there was very little thought, if any, of antagonizing the use of alcohol as medicine, but the first work of the women was in directing the children to total abstinence and in trying to reform the drunkards, and as they worked with the drunkards they found many such cases of men and women who had been led into drunkenness through the use of alcohol as a medicine, either prescribed by a physician or used in the home before the children. This caused them to study whether that which was so harmful as a beverage could possibly be life-giving and health-restoring when used as a medicine, and as some of the women who began to study this lived in Chicago, they naturally talked of it to physicians, and they found that one of the leading physicians of Chicago had not in years been giving any alcoholic liquor as medicine. This was the late Nathan S.

(Continued on page 3)

To Banquet State Foresters

State Forestry Commission to Convene Here Next Week and Banquet at Sanitarium

THE convention of the State Forestry commission to be held in this city will be marked by a banquet to be held at the Sanitarium on the evening of the eleventh. Following the banquet there will be an illustrated lecture given in the gymnasium by Professor Roth, of the Forestry department, University of Michigan.

The prevalence of forest fires and the recent losses in the State have aroused an increased interest in the preservation of our great natural forests and it is expected that the attendance will be unusually large. Many of the prominent lumbermen of the north are planning to attend, and a number of professors from Kalamazoo College and the University of Michigan

PIONEER NURSE TELLS OF NEED FOR REGISTRATION

Miss McIsaacs Addresses Large Audience of Nurses in Sanitarium Parlor Tuesday Night

AN EDUCATIONAL MOVEMENT

MISS ISABELLE McISAACS, pioneer trained nurse, formerly superintendent of the Illinois State Training-School for Nurses, the author of many text-books on nursing, and at present



LATEST PICTURE OF TOLSTOY, THE OLD WORLD'S MOST FAMOUS VEGETARIAN

associate editor of the *American Journal of Nursing*, spoke in the Sanitarium parlor Tuesday evening under the auspices of the Michigan State Nurses' Association upon "State Registration for Nurses"—a live topic inasmuch as the bill providing for such registration is to come before the Michigan State legislature the present winter.

In telling why the nurses of Michigan wish registration, Miss McIsaacs said that it was important because it was an educational movement to better the nursing service to the sick; that there were three main objects to be gained by the passage of the law: First—To bring about a more uniform method of training nurses, thus giving the public the assurance that all graduate nurses are trained along the same lines in regard to the most essential matters.

Second—To raise the standard of training-schools and thereby improve the hospital and private service for the sick.

Third—To give a credential that distin-

(Continued on page 3)

MODERN DISEASES AND FLESH EATING

Dr. Kellogg Tells of Disorders Which Are Caused by Meat and the Poisons It Generates

GOUT DUE TO ERRORS IN DIET

"GOUT is unquestionably due to errors in diet. It is a dietetic disorder. For a long time gout was attributed to wine; but it was discovered that while in France people drink more

wine than in England, in England they have more gout than the people in France do. A further investigation connected gout with the roast beef of England, and it was found that gout has increased just in proportion to the increase of flesh eating. In England, flesh eating has increased about 400 per cent in one hundred years, and gout in just about the same ratio. In this country gout is very scarce, but in England I have often seen very lordly-looking ladies who positively could not get the tips of their fingers within an inch of each other. The joints were enormously enlarged from deposits of urate of soda. The uric acid of beef is a cause of gout; there is no question about that,—not simply, however, because of the uric acid which the meat contains, but because of the poisons which are generated within the body by the decomposition of the meat. The rotting and decomposing fragments of undigested meat in the colon produce poisons which are absorbed into the body, and these are the cause of changes in the bones and joints which lead to

UNIVERSITY OF MICHIGAN

gout. The pope leads a sedentary life, and he has found already that by giving up the use of meat he is relieved of his gout.

"Gout appears in many other forms. That is, this same disease or process in the fingers that is called gout, under some circumstances or conditions is called rheumatism. Chronic headache, sick headache, is caused by the same evil—the development of poison in the colon, and the absorption of these poisons into the blood. The nervous headaches, the neuralgias, sciaticas, and neuritis of many sorts, various forms of paralysis, apoplexies, arteriosclerosis, premature old age, various forms of skin diseases—eczema, psoriasis, pimples on the face, scrofula, acne, and many other maladies of the skin—nearly all of them, in fact, are more or less attributable to the development of these poisons. We are finding out more and more that malnutrition is the foundation of almost everything pertaining to chronic disease. Acute disease has a great deal to do with it also.

"So the important thing is to see that the alimentary canal is in a perfectly sweet, wholesome and clean condition. Suppose a lady goes into the pantry and finds a dead rat or a dead mouse in a drawer, and malodors coming from it,—something must be done to clear this out; it must be disinfected, fumigated and the dead carcass must be removed. Think of having the interior of your body in the same condition—a regular charnal house, having all sorts of putrefactive processes going on there through the whole alimentary canal, full of these rotting, decomposing, festering masses of food remains, and poison-forming germs. I met a case to-day in which the gastric juice, the stomach fluid, contained in fifteen drops two million of germs. We had another case in which every fifteen grains of the colon contents contained six billion germs. Now think of what that means. And in this very case there were about a billion germs growing in every fifteen grains of the colon contents. From one end of the alimentary canal to the other, it was completely infested with these germs. These germs are all the time making poisons, and when they become absorbed into the blood, it is no wonder the patient has a brown skin. I said to this patient, 'Your complexion has been changing, hasn't it?' 'Oh, yes; for the last four or five years. I used to have a very white skin.' At the present time the skin of that patient is almost seal brown. The brown color of the skin, the pigmentation of the eyelids, the brown eyelids, the dingy hue of the skin,—these are all due to these poisons generated in the body that are absorbed into the blood.

"Think what must be the state of the nerves, and what must be the state of the brain cells and of the blood-cells to have to labor under the incubus of these terrible poisons, continually in contact with them! The wonder is that we are able to live at all. If the body is to be given a fair chance, these poisons must all be cleared out the very first thing. How is it going to be done? Starve them out. In our laboratory here, if we want to cultivate some of these bad-smelling and pernicious germs of various sorts, does the bacteriologist make a solution of potatoes? Not at all. They would not grow at all in potatoes, or if they did, they would be perfectly harmless. Does he make a solution of wheat gruel or barley water or something of that sort? No; the germ would not grow in that sort of medium. Does he use a little milk? No, because they would not grow in milk, or if they did, the probability is they would be harmless. How does he cultivate these germs? He makes a solution of meat, beef tea, or bouillon, puts a few germs into that bouillon,

and in a short time it is a seething mass of corruption. The very same sort of germs are found constantly growing in the alimentary canals of people who eat meat, because the meat makes a medium in which germs can grow. That is the reason why we object to meat—not simply because it is an unethical thing to kill an animal. That is true. It is not because slaughter houses are uncanny places; that is not the reason why we object to meat primarily, but because it has a damage in it. If it were better for men to eat meat than to eat potatoes, I should say eat meat, because men must eat the things which are best for them; but I take it for granted that when God made man he knew what was good for him, and prescribed the best diet that man could use if he is to serve his own welfare and the best purposes of a wholesome, efficient, and helpful life.

"In the first chapter of Genesis we find when God made man he told him what to eat. Every herb-bearing seed and every tree-bearing fruit in which there is the seed of that should be food for him; that should be to him for meat. Seeds, herbs, and fruit are to be his food; and to every beast he has given the green herb for his meat. So that is what the Bible tells us. Ancient history tells us the same thing. In ancient Roman history you will find the same thing; and ancient Greek history, reaching away back into the prehistoric past, tells us that the food of the first man was entirely free from flesh. A modern thing is eating flesh; so we find in this eating of flesh a good foundation for the modern diseases from which we find so many thousands of men and women suffering nowadays, disorders multiplying on every hand. This institution stands for a fleshless diet not simply because it is not nice to eat flesh, not simply because it is not nice to have slaughterhouses; but because it is not natural. It is the only way in which we can successfully combat these germs that are growing in the body and producing such disorders.

"For instance turn to the baby; when it is born it has no germs at all in the alimentary canal. At the end of a week, a great many germs are found, but they are harmless germs, and so long as the baby lives upon its natural food, the germs found in the alimentary canal, as Professor Escherich and other eminent bacteriologists have shown, are harmless germs. The germ known as bacillus bifidus is growing, and this germ is a perfectly harmless germ, as Escherich has shown. But now the baby begins to drink cow's milk, and with it comes a lot of germs from the stable—germs that fell into the milk pail when the cow was being milked—and the child swallows the germs. They grow there in milk, and the protecting germs,—that is, the bacilli bifidi,—these germs are driven out by the barnyard germs that the mother feeds the baby; then there is growing in the alimentary canal the same kind of germs that grow in the barnyard, or the colon bacillus or manure germ, as it has been called. By and by the baby gets a little older and the mother says, 'Well, now, you must learn to eat meat,' so she gives the baby a little bit of meat to eat. The baby swallows that meat; it was prime beef; of course it must be very tender for the baby, so it is meat that has been well cured; and along with that meat is swallowed germs of putrefaction, because the meat was already putrefying; that is in order to get it soft and tender. Let it go until it gets a high flavor, let it rest a little while until the flavor gets higher and higher, and by and by it gets so high it will have what we call the smell of putrescence, decay, and when it gets to that point it is rotten; not only prime, but rotten; and prime beef is always beef that is just beginning to decay, so that the germs of decay are there. When the child

eats the meat, it swallows along with the meat these germs of decay. These germs then take possession of the colon and drive out to some extent the colon germs, and soon the baby gets an attack of enteritis or inflammation of the bowels, and is drunk; has summer complaint or looseness of the bowels. When the doctor is called in, he gives some kind of medicine; but the first thing the doctor does is to stop the meat and the milk and put the child on water gruel, and on the water gruel the baby gets well. In a few days the baby will probably get well if it has not got too badly poisoned, because the water gruel will starve the germs out; and then the mother goes right back to the old diet again, giving the baby a little bit of most everything that comes along, giving it bits of meat with other things, so these putrefactive germs come back again.

"Escherich and Tissier and Amann and many others have shown that these germs of putrefaction are germs that produce all the trouble with the baby. Sometimes the germs of putrefaction have been swallowed along with the food, and if this animal food were not taken, if eggs and meat were not taken with cow's milk, the baby would have no trouble, or if it did have any trouble at all, the trouble would be very slight. In our founding hospitals in this country, babies are fed on cow's milk in various sorts of combinations, and half of them die. I was recently in a hospital in St. Petersburg where there were 750 babies, tots from one day old to three or four months old—six months old a few of them—poor wretched little things, and a good many of them were in incubators, brought in such poor, puny little things that they weighed, some of them, less than four pounds. They put them in incubators made almost exactly like chicken hatching machines that you are all familiar with; and there were rows of babies in incubators with thermometers to show how warm they were kept. But in that hospital with 750 babies, there were 750 mothers. There were 750 mothers nursing the babies. There was not a baby there fed on cow's milk. Some of the mothers were nursing two babies, but there were 718 mothers for 750 babies, and the babies were all getting well. It was very seldom a baby died. Now that is because the child had its natural diet."

(Concluded next week)

DIET FOR DIABETES

THERE are two forms of diabetes:—the mild and the severe form. In the simple or mild form there is a small amount of sugar, which disappears quickly when the diet is regulated. When the excess of sugar or the excess of starch is dropped out of the dietary the sugar disappears. In the grave form, the sugar does not disappear, no matter how rigidly the starch and the sugar are excluded from the dietary. The sugar is formed out of the body itself, from the muscles of the body, even if a person lives upon a pure diet. This grave form of the disease is not curable. It can be modified and mitigated, but not cured. The simpler form is sometimes cured. The most that can be done in many cases is to control it by a proper regulation of the diet.

It has been found in recent times that it is not necessary to exclude starch entirely from the dietary of the diabetic patient. About half the usual quantity, from five to eight ounces of starch, may be taken in a day. It is best to take it in the form of potatoes, because potato starch is more easily digestible than any other kind of cereal starch.

"LAUGHTER induces a mental exhilaration, which in itself has a curative value."

REGISTRATION OF NURSES

(Continued from Page 1)

guishes a qualified nurse from one who is not qualified and who may be a mere pretender, thus affording a protection to the patient, to the doctor employing a nurse, and to the nurse herself who has spent time, strength and money in qualifying for her profession and who without registration has no legal status.

According to the legislative committee there is no intention of interfering with the employment of experienced nurses in the State.

The committee asserts that registration can not possibly interfere in such cases, because there is not a single restrictive clause in the entire proposed bill. "Nurses are mostly women wage earners, who, in asking for the protection of the people of this State who need their services, ask only that they may be judged as to their moral qualifications and professional fitness by members of their own profession. In all other professions the standards of education are regulated and prescribed by the members of such profession, who direct their own affairs and who are without exception the teachers and the examiners. Nurses feel that they ought in all fairness to be subject to a board of control composed of persons of their own calling, and that not being voters in most cases, they ought not to be subjected to the annoyance of political matters.

"The bill carries with it no perquisites of any kind, and it makes no demand on the treasury of the State, because the fees meet all expenses; in short, there is no good reason why the bill should not become a law, and why it should not receive the hearty support of all persons interested in the betterment of the service."

NOVEMBER GOOD HEALTH OUT

THE November number of *Good Health* is issued this week, with a page cover depicting Minister Wu Ting Fang as he appeared taking the breathing exercises while on his recent visit to the Sanitarium. The number is replete with short interesting articles relating to health. In addition to his usual number of editorials Dr. Kellogg has some short articles, among them one entitled "Following the Monkey," in which he tells what may be learned in regard to diet from following the example of these out-of-door livers. A sketch of B. Fay Mills, vegetarian, is interesting, as are also the articles on the Beef-Tea Delusion and the Dangers of Cane-Sugar. An illustrated article on Outdoor Sleeping gives some useful hints for the sleeper's comfort, and the instruction is still further added to by Mrs. E. E. Kellogg's article on house ventilation, which she calls "Solving the Fresh-Air Problem."

Dr. Kate Lindsay contributes a valuable article on "What Mothers and Nurses Should Know about Malnutrition." Mrs. Minnie Emmons gives a group of valuable recipes for Thanksgiving season, and George C. Tenney tells of health conditions in "Our Antipodes." The final contribution in the number is from the pen of Dr. Kellogg and deals lucidly and decisively with the "raw diet" claims.

"A SMILE, a word, a touch—

And they are easily given—

Yet each may win

A soul from sin,

Or smooth the way to heaven.

A smile may lighten the failing heart,

A word may soften pain's keenest dart,

A touch may lead us from sin apart;

How easily each is given."

"It takes appreciation of spiritual power to give any notion material permanency."

NON-ALCOHOLIC MEDICATION

(Continued from Page 1)

Davis, Dean of Northwestern University Medical School. So they learned through him of other physicians in this country and England who gave no liquor as medicine, and they took up the fight then against the use of alcohol in medicine. These doctors who gave it up years ago said that they were led to do so because of the refusal of reformed men to take liquor when they were advised to do so by physicians, for they feared the appetite would come upon them again.

"In England during an epidemic of cholera a number of years ago, some reformed men refused to take the brandy that was prescribed for them. The doctors thought they would surely die, so wrapped them up in blankets and left them there, but found that they made a more speedy recovery than the patients who took brandy. This caused the English physicians to begin to experiment in hospitals and poorhouses with and without alcohol, and many of them became satisfied that they secured better results without alcohol. They began writing their opinions in medical journals, and this led other physicians to adopt their views.

"In 1891, Dr. Nathan S. Davis of Chicago, in an address on medicine before the American Medical Association, gave comparative death rates between Mercy Hospital, Chicago, where for thirty years no alcoholic liquor had been given in the medical wards, and several of the large hospitals where alcohol was given freely at that time in typhoid fever and pneumonia. In Mercy Hospital without alcohol the death rate in typhoid fever was only five per cent and in pneumonia only twelve per cent. In the large hospitals using alcohol the death rate in typhoid fever varied from 18 to 25 per cent, and in pneumonia from 28 to 38 per cent. Six years later the influence of this address might be seen in the report of Cook County Hospital, Chicago, which gave a record of over 19,000 patients treated with only \$80 used for liquors.

"As more physicians began to take up the non-alcoholic idea, the W. C. T. U. women here and there plucked up courage to talk with their family physicians on the matter, and some of these physicians said, 'Well, you temperance women use large quantities of alcohol in patent medicines. Why don't you fight

the alcohol in them?' This was before any public agitation had been made against patent medicines. As superintendent of the department, I wrote to different physicians then, trying to learn what I could about alcohol in patent medicines, but Dr. Kellogg (whom I consider the greatest authority on health in the country) was the only one who could give me any information, and he told me that the Massachusetts Board of Health had analyzed a large number of patent medicines. Later I published a pamphlet entitled, 'The Danger and Harmfulness of Patent Medicines,' which gave the percentage of alcohol in many of the best-known patent medicines. This pamphlet was sent to every W. C. T. U. in America and the W. C. T. U. lecturers began to talk on the subject. The newspapers, however, would not say a word about it, but the matter was brought to the attention of the *Ladies' Home Journal* and *Collier's Weekly*, and they have done a great work in educating the public. This year the Medical Temperance Department of the Women's Christian Temperance Union has distributed 16,000 copies of 'The Great American Fraud,' a reprint of *Collier's Weekly* articles on patent medicines.

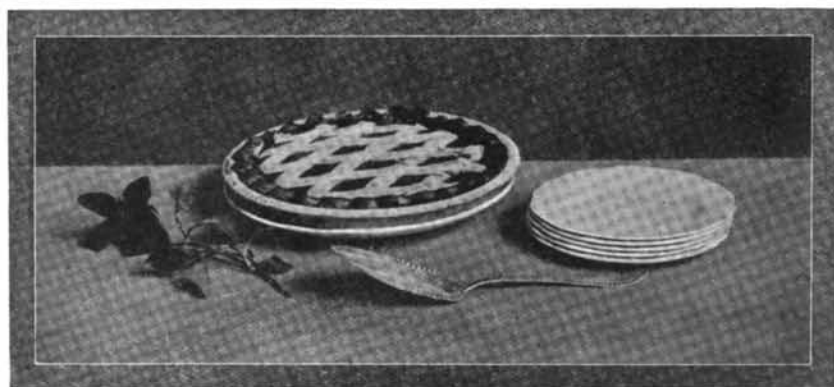
"Sentiment against alcohol as medicine has grown very rapidly in the last few years among physicians. This is largely owing to the outspoken utterances of leading English medical men. In May, 1908, the West Virginia State Medical Society passed a resolution to discourage the use of alcohol both in and out of the sick-room. The Medical Temperance Department of the National W. C. T. U. is working also with nurses, and the Graduate Nurses' Convention of West Virginia in October passed the same resolution as the State Medical Society."

"Anatomy"

WHEN a composition upon "Anatomy" was called for, Freddy wrote the following:—

"Anatomy is the human body, which has three parts, the head, the chest and the stummick. The head consists of the eyes, the ears, and the brains, if any. The chest contains the lungs and a piece of the liver. The stummick is devoted to the bowels, of which there are five, a, e, i, o, u, and sometimes w and y."

"He only is ready for greater blessings who is grateful for those received."



CRANBERRY PIE

Cranberry Pie

2 cups cranberries

2-3 cup water

1 cup sugar

Cook the cranberries in the water ten minutes. Pour through a sieve or fruit strainer, add sugar and bake in one crust with strips across

the top. If preferred, the following Granola Crust will be found most delicious:—

$\frac{3}{4}$ cup granola

Scant $\frac{1}{2}$ cup cream

Moisten the granola with the cream and place at once on an oiled pie tin and quickly press into shape with a teaspoon; moisten the spoon in a little cold cream if necessary to make a smooth paste. Fill with the prepared cranberry and bake until the crust is crisp.

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TO CONSERVE NATIONAL HEALTH

THE announcement by Dr. Charles A. L. Reed, chairman of the National Committee on Medical Legislation of the American Medical Association, that the President would formulate definite proposals to conserve the public health in his message to the next Congress, along the same lines as had been suggested by the Committee of One Hundred, while not unexpected, brings the matter to the point long desired by the scientific men of the country.

The movement is also backed by the National Health Defense League and the American Association for the Advancement of Science. Said Dr. Reed in his address before the New York Academy of Music, "It now devolves upon the 130,000 doctors of the country not only to back the President in his work but to anticipate those actions by a persistent campaign in behalf of this fundamental feature of the public welfare."

Dr. Reed argued for the education of the people along proper lines and to impress upon them that "the army of bacilli already encamped in our homes is a host more numerous than all the enlisted men in all the armies in all the world, in all ages, and each individual bacillus is capable under certain conditions of destroying human life."

Speaking of the pollution of streams, Dr. Reed referred to the Ohio watershed as "a thousand miles of river and a thousand miles of typhoid." Over 60,000 persons die every year of cancer, he said, and the death rate from that cause is increasing by leaps and bounds.

If only one-half of the persons who die or are incapacitated as a result of tuberculosis and typhoid were saved, Dr. Reed declared that it would mean a saving in money sufficient to maintain "a national board of health, pay for the army and navy, fortify our coasts, duplicate our armament on the seas, deepen our internal waterways, and in ten years would pay for the Panama Canal and wipe out our national debt."

THE DEADLY TRICHINAE

WITH the approach of winter the wary butcher begins to brush up his signs and place them where they will allure the weak and unsuspecting lover of that double-faced health disturber—the buckwheat cake and pork sausage.

Why should an educated public continue to

face the dangers of this latter disease-producing article of food? The presence of trichina in hogs is so well known as to need no convincing statistics to impress it upon thinking people. Recently a physician in Indiana made a careful study of hogs and found that ten per cent of all the hogs in the State contained trichinae. The government experts in Chicago acknowledge two per cent in those slaughtered in that city.

Trichinae were first discovered in dissecting rooms. They were a dissecting-room curiosity before their relation to foodstuffs became known. Six per cent of men have trichinae—the inference being that the consumption of pork is responsible for the presence of these dangerous, evil-producing worms. If apples were known to contain such danger, people would avoid them. If word should be sent over the country to-morrow that ten per cent of all the oranges were liable to produce disease, there would be a conspicuous falling off in the consumption of that golden fruit. But the sausage lovers still continue year after year to demand their breakfast piece de resistance—which tradition says must accompany the dyspepsia-laden buckwheat—and the state of the national health is becoming more alarming each year.

Apropos of trichinae an interesting story of Virchow of Berlin is told. Virchow was one of the first to study trichinae many years ago. He had some trichinae in his laboratory one day—studying them, trying to see if he could find some way to antidote the disease, to kill the worms after they have gotten into the animal—when he received a note. He read it, and found it was a challenge from Bismarck to mortal combat. He was a member of the city council of Berlin, and belonged to the party opposing Bismarck. Virchow and Bismarck were always at swords' points. This time the thing had come to a crisis. He had criticized Bismarck; and the Premier had sent him a challenge. Virchow said: "Very well. Of course, I have the right to choose my weapons. Here are two sausages; one is full of trichinae, and the other has none in it. Now you say to Bismarck that he may come here to my laboratory; he may eat one, and I will eat the one that is left." Bismarck, so the story goes, was afraid to face the sausage.

The statistics offer the sausage lover a wider margin, but the danger faces every one who consumes this winter "delicacy." Think twice before you choose such a weapon.

LIFE'S LESSONS

I KNOW that as long as I am controlled by a frenzied desire to shun or run away from this, or any experience, I have not learned the lesson that this phase of my individual experience holds for me. I know further that I can not, if I would, escape my lessons. They would pursue me, even though I take "the wings of the morning and fly away." The gates of high heaven could not shut them away from me; the abysses of Hades could not hide me from them.

When the lesson has been fully learned, I shall pass on, leaving the experience behind me forever; but at present it is mine. I have no wish to escape it, because it is good. In the

end it will lead me to the very Heaven of my desires. And (for me) there is no other way possible. I have built this road of stony griefs out of my yesterdays; but to-day I will build another and a smoother path, that to-morrow I may walk joyfully thereon.

I affirm my perfect confidence in the Guide within who leads me with unfailing wisdom along the path which I tread alone—and yet not alone—the path which "shineth more and more unto the perfect day."—*Florence Morne Kingsley.*

We want live people in every section of the country to help this year in the most active and energetic campaign for subscriptions for Good Health we have ever carried on. We are going to make it an object for this kind of people to work with us. Liberal commissions will be paid, and the premiums and cash prizes that will be awarded will surpass anything ever offered before. Write for information regarding our offer.

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QUESTION BOX DEPARTMENT

Q. What food should a man eat who is suffering with rheumatism, and should he drink water with his meals?

A. The person who has rheumatism should first of all stop eating rheumatism. Beefsteak is rheumatism incarnate; mutton chops, pork chops, sausage, oysters, deviled crabs, and all that sort of thing are rheumatism concentrated. Meat eating is productive of a vast number of diseases besides rheumatism; but chronic rheumatism is a meat eater's disorder which results from the absorption of poisons from the colon.

Q. What causes a burning sensation of the eyes—the eyelids not inflamed?

A. There is probably mucous conjunctivitis. There is a lack of muscular co-ordination. Have an oculist examine your eyes.

Q. Why do I feel better during the afternoon and evening than earlier in the day?

A. This is a characteristic neurasthenic symptom—to feel better when you are a little exhausted and wrought up. You are rested in the morning and you feel really as you are, but in the afternoon there is an artificial excitement which makes you think you are all right when you are not.

Q. I have a slight hyperchlorhydria with nervous temperament. How can the tired feeling in the morning be overcome?

A. The best way is to go to bed without supper, sleep with the moist abdominal bandage around your body, and in the morning take a cold bath—a very short bath, and vigorous rubbing after it.

Q. What is asthma?

A. Asthma is most commonly caused by auto-intoxication, by poisons formed in the colon, which are absorbed into the blood and are poured out through the lungs. These poisons, coming in contact with the delicate nerves of the lungs, set up this disease, which is a contraction of the breathing tubes.

Q. Are proteins used in making corpuscles of the blood?

A. Yes, proteins are used for building up the tissues. Proteins are the metal repairs. They are what the locomotive gets when it goes into the roundhouse. Sugar, starch, and fat—all these food elements correspond to the coal. Proteins are the metal of the body. They help to furnish the parts that have been lost, to build up the real machine, while starch, sugar and fats are burned in the body. They also supply fat tissue, but that is simply residual tissue that is stored up, coal heaped up in the tender to be used at some other time.

Q. Is locomotor ataxia an incurable disease? If so, can the progress of it be checked?

A. We can not entirely cure all the effects of locomotor ataxia, but some of the worst symptoms can be relieved. If a man, for instance, has a staggering gait, in almost every instance the ataxia can be treated and relieved. The knee-jerk may not return, but it is only in the last stages of the disease that it is intractable.

Q. What fruits are properly classified as acid fruits, and what as sub-acid?

A. Those fruits that have an acid taste are the acid fruits, and those that have only a

very slightly acid taste are the sub-acid fruits. All fruits, with the exception of the pear, the fig, the date, the banana, and a very few of the raisins, contain more or less acid. There is, for instance, a sweet apple; although the apple is sweet, it still has some acid in it; so some people can not take even sweet juices that taste sweet because acid is hidden there. The orange has quite a little acid in it and is all the better for it for those who can take acids.

Q. How can a traveling man who is kept away from home nearly all the time and who is obliged to eat at hotels and short-order restaurants in small towns adhere to a vegetarian dietary?

A. I have tried it. It is somewhat of an inconvenience sometimes, but, nevertheless, it is the only desirable thing for a person to do. I could not be induced to indulge in flesh foods of any sort on any consideration except actual starvation, because, as long as I can get bread, potatoes, and a few vegetables, I am quite content. In Russia I found it difficult even to get potatoes sometimes. Sauerkraut soup and sour rye bread I confess is not very palatable, but I got along even in Russia. I could always find something—a little fruit, some bread, even if I could not find anything more, and I took a little supply of nuts with me, so I got along very well.

FAITH AN ASSET IN LIFE

Pastor Brunson Says It Is the Basis of All

Human Relations and a Live Factor
in Human Progress

THE NEED OF THE HOUR

"INCREASE Our Faith" was the text from which Pastor J. A. Brunson preached a sermon which was full of inspiration and practical helpfulness to his congregation on Sabbath morning in the Sanitarium chapel. The discussion of faith as an asset in life the speaker arranged under four heads, as follows:—

"1. Faith as a Factor in All Human Progress.

"Faith is the basis of all human relations. It binds man to man and makes reciprocity possible. Without faith there could be no advance in knowledge, no commerce, no social life. The entire complicated fabric of human society would collapse if faith between man and man were destroyed.

"2. Faith as a Factor in Health.

"There is a relation between good cheer and good health, between laughter and longevity. The man of large faith is a man of large hope, buoyant spirit, active temperament. He looks on the bright side of life and is not easily discouraged. Such a condition of mind is conducive to health.

"On the other hand a man of small faith is a man of small hope. He is apt to be despondent, gloomy, sad. He is a human pendulum swinging between hope and fear. He looks on the dark side of life and is easily discouraged. That condition of mind is conducive to ill health.

"The relation between mind and body is close and reciprocal. The body affects the mind and the mind the body. Physiology explains why. The functional activities are controlled by the nerves. The nerves end in the brain mechanism, and the brain is influenced by ideas. A mischievous idea deranges the nerve system and

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in consequence the functional activities are inhibited and a morbid condition is set up. Per contra, a good idea will stimulate the constructive powers of the body and dissipate the evil created by the mischievous one.

"3. Faith as a Factor in Religion.

"Faith regarded simply as a psychical state or mental condition produces physiological effects that are helpful, but it is powerless to reconstruct character or call into activity ethical forces that are elevating. To accomplish this we must have an object of faith that is worthy of man's ethical dignity. Such an object religion supplies. God the Father and Christ the Son—Faith in God and Christ renews the moral nature of man, ennobles his thought, enlarges his sympathies and purifies his life. Such faith is of divine origin. It forms a connecting link between God and man, a medium of communication through which God can transmit his wisdom and power. True faith in God establishes between God and man what might be called spiritual telepathy in consequence of which the creative mind of God is brought into quickening touch with the receptive mind of man and imparts to him both wisdom and power. Through this means prophecies were given, Scriptures were written and wonders wrought. All was done through faith. Without faith true religion is impossible. As faith binds man to man and makes the ordinary deeds of life possible, so faith binds man to God and makes the wonders of grace possible. We have not outgrown the possibility or necessity of the miraculous in religion. The mani-

festation of miraculous powers is not controlled by a date of the calendars, but by a principle. Disrupt the principle, the miraculous disappears—establish the principle and it reappears.

"4. Increase of Faith the Need of the Hour.

"Since a man's religion is the chief fact concerning him, whatever touches him religiously touches him in every relation of life. That is to say, strengthen his faith in God and you prepare him for better service everywhere. If faith in God could be strengthened among mankind generally, there would be a corresponding faith in all the complex conditions of life and the world would be benefited. How, then, can we increase our faith in God? By believing his Word and obeying his commandments, by doing our duty and by prayer."



THE reasons why I have no use for alcoholic beverages on sea or on shore are so numerous that it would be impossible to detail them all. My standpoint is simply that liquor is wholly unnecessary and bad. It is a help only to thieves and robbers, and I have seen them use it over and over again as a means to lure the fisherman and sailor to his destruction. Saloons and haunts of vice swarm around most seaports,

and it is easy for the liquor sellers to prey on the newly landed sailor, with his pocket full of money, his generous and simple nature and his lack of friends in a strange place, as it is for any other cultures to prey on carrion.

Alcohol is not now allowed to be sold on any part of the coast on which we are working, but so surely as it comes and an illicit sale begins, one sees its evil results as quickly as if, instead of alcohol, it had been the germ of diphtheria or smallpox. Lying at my anchors in Labrador harbors, women have come to the ship after dark, secretly, for fear of being seen, to ask me for God's sake to try and prevent its being sold near them, as their sons and husbands were being debauched, and even their girls were in danger of worse than death.

I have seen it come among the Eskimos. It kills our natives as arsenic kills flies, and it robs them of everything that would differentiate them as human beings from the beasts around them.

Why don't I want to see liquor used at sea?—Because when I go down for a watch below, I want to feel that the man at the wheel sees only one light when there is only one light to see; that when the safety of the ship and all it carries depends on the cool head, the instant resolve and the steady hand of the helmsman, there is not standing there in place of the man, the poor, debased creature that all the world has seen alcohol create—even out of such gifted men as Burns and Coleridge and hosts of others.

Why do I not want alcohol as a beverage in a country where cold is extreme, exposure is constant and physical conditions are full of hardships?—Simply because I have seen men go down in the struggle for want of that natural strength which alcohol alone had robbed them of. The fishermen that I live among are my friends, and I love them as my brothers, and I do not think I am unnecessarily prejudiced or bigoted when I say that alcohol is inadvisable, after one has seen it robbing his best friends of strength, honor, reason, kindness, love, money, and even life.

During twenty years' experience on the sea and on the snow in winter—an experience coming not on the top of the kind of life which would naturally fit one to meet these conditions, but rather after an upbringing in soft places—I have found that alcohol has been entirely unnecessary for myself.

I have been doctoring sick men and women of every kind, and I have found that I can use other drugs of which we know the exact action and which we can control absolutely with greater accuracy in cases of necessity for stimulating the heart. I contend we can get just as good results without it and I always fear its power to create a desire for itself. —November Good Health.

OPPORTUNITY

As I pursue my pilgrim way,
One thought abideth, day by day,
As 'twere some winning song's refrain—
"I shall not pass this way again."

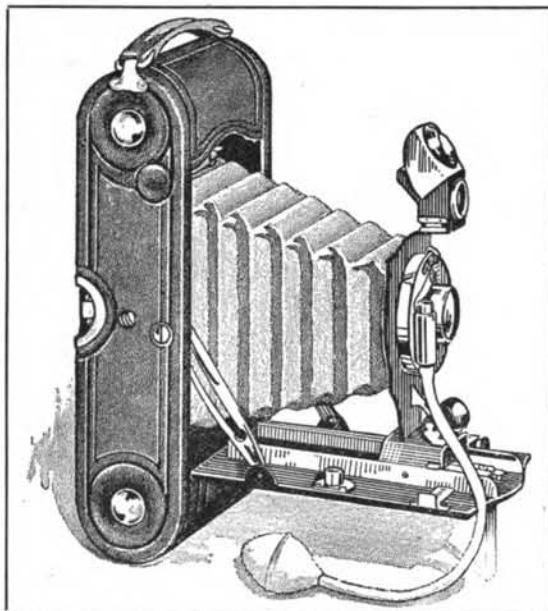
It bids me be as one whose trust
Discerns the pearl amidst the dust,
For hidden good so watchful, fair—
"I shall not pass this way again."

While thus reminded, I divine
My brother's need and make it mine.
Blest be the chance to soothe his pain!—
"I shall not pass this way again."
To do what gracious thing I may
Belongeth only to this day.
Here at my feet it once hath lain—
"I shall not pass this way again."
—James Buckham.

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SANITARIUM

Sales Dept. **PALM GARDEN PHARMACY**

PERSONALS

G. L. Lockridge of Mena, Ark., is a newly arrived patient.

Mrs. W. E. Ditton of Oak Park is a patient at the Sanitarium.

Mrs. W. O. Catton of Topeka, Ill., is a recently arrived patient.

Mrs. C. S. Stewart, of Beaver, Pa., brought her little daughter Ruth.

Mrs. N. I. Packard of Sturgis, Mich., is a patient at the Sanitarium.

Mr. M. C. Tomblor of Hot Springs, Ark., is a patient at the Sanitarium.

Mr. A. K. Brewer of Monterey, Mexico, is recuperating at the Sanitarium.

Mr. Houston Hill of Bolivar, Tenn., is a recent arrival at the Sanitarium.

C. V. Miller of Rockford, Ill., a well-known editor of that city, is resting at the Sanitarium.

Mr. E. M. Clarke, a prominent banker of Mt. Vernon, N. Y., is a recently arrived patient.

Senator and Mrs. William T. O'Neill of St. Regis Falls, N. Y., are resting at the Sanitarium.

Mr. P. Ferry of Tacoma, Wash., a former patient, returned this week accompanied by Miss E. M. Ferry.

Dr. A. Martin has returned from Ohio, where he joined Mrs. Martin and their little daughter, accompanying them home.

Miss Clara A. Miller of Port Huron, Mich., accompanied by her mother, Mrs. J. C. Miller, is a patient at the Sanitarium.

Mrs. George Weston of Chicago returned this week to pay a visit to her mother, Mrs. Cora Becker, who is a patient here.

Mr. W. W. Lipsecomb of San Antonio, Tex., a former patron of the Sanitarium, returned this week and is being greeted by old friends.

D. R. McCollum of Canton, Ohio., a former patron of the Sanitarium, arrived the past week, intending to make his headquarters here for some weeks.

Dr. and Mrs. C. C. Nicola and family left Tuesday for their new home at Attleboro, Mass. They take with them the good wishes of their many friends.

Mr. and Mrs. J. E. Rumbough left the latter part of last week for New York, where they will remain for a few days before returning to their home in Ashville, N. C.

Mr. J. H. Parmele of Washington, D. C., a government statistician, spent a few days here the past week conferring with Dr. Kellogg upon statistics along the lines of longevity and mortality.

Mr. W. B. Ward of Jefferson, Tex., who visited the institution some fifteen years ago as the guest of Senator Culbertson, paid a visit here the past week, taking treatments for a few days.

Dr. and Mrs. J. M. Louthier and Mrs. J. M. Bricker of Somerset, Pa., arrived this week and will remain for a month or so resting and taking treatments.

Mr. and Mrs. R. A. Thomason returned to their home in Gainesville, Texas, the latter part of the week. Mrs. Thomason has spent some months here recuperating.

Mr. and Mrs. L. W. Robinson, of the city, entertained Mr. and Mrs. C. H. Everts of Mexico, N. Y., at dinner Friday at the Sanitarium. Mr. and Mrs. Everts were much interested in viewing the institution.

Mr. Thomas G. Melish of Cincinnati paid a visit this week to Mrs. Melish.

Dr. Pliny Haskel has gone to Chicago to take charge of the Sanitarium dispensary.

Miss Pauline Wambaugh of Angola, Ind., returned to the Sanitarium this week to undergo an operation.

Mrs. W. W. Halloran, who has been a patient at the Sanitarium for the past three months, during which time she made a remarkable gain, left for her home in Evansville, Ind., the latter part of the week.

Mrs. John Craig Powers of Rochester spent Sabbath here visiting Mrs. Powers, who will leave the latter part of the present week for her home. Miss Wilson, her guest, of Washington, D. C., will accompany her.

News Notes

Dr. Carrie Staines and Miss Zahn went to Ann Arbor last week to hear Mme. Sembrich. They were the guests, during their stay, of Professor and Mrs. Yutzky.

Mr. Arthur Kellogg, 16 Grant Street, was given a birthday surprise on Monday evening by twenty-five friends and relatives. The affair was in the nature of a dinner and was much enjoyed by those present.

Mrs. M. S. Foy and Miss Charlotte Dancy gave a Hallowe'en character party Saturday night in honor of Mrs. Edward Quinn and Miss Eva Evans. The entire nurses' staff was entertained, and the affair proved most enjoyable.

Mrs. H. B. Farnsworth of Missoula, Mont., and little son, are visiting Mr. and Mrs. M. W. Wentworth and Dr. and Mrs. Eggleston this week. Mrs. Farnsworth before her marriage was associate editor of *Good Health* magazine and has many friends here.

Miss Bryant of the Freshman class, A. M. C., entertained the class and members of the faculty at the home of her aunt, Dr. Corwin, Champion Street, on Hallowe'en. Novel games bespeaking both the night and the college formed the entertainment, which was thoroughly enjoyed by the guests.

Election returns were received Tuesday night over a special wire, and thrown upon a screen in the Sanitarium gymnasium. The orchestra enlivened the intermissions with music, patriotic and otherwise, and many guests thus enjoyed the privilege of watching the returns without leaving the building.

Interest in indoor baseball games continues unflagging. On Thursday night the Medics defeated the Bawbees with a score of 20 to 15. The Tuesday night game was won by the Shamrocks, who defeated the Crescents by a score of 9 to 2. The Crescents will cross bats with the Bawbees on Saturday night, when a vigorous game is promised.

The Social Hours are proving a great success, and are much enjoyed by the guests. On Wednesday night Mr. C. C. Donley of Middletown, Ohio, presided.

Mrs. Hlandford gave an instrumental solo, and Miss Mary J. T. Hlandman of Du Bois, Pa., and Mrs. S. M. Anthony of Peoria, Ill., sang, after which Mrs. Grace Guinan gave a reading of "In Soak Again," a clever little skit written by a former patient, describing his experiences in the Sanitarium treatment rooms. Following this several patients related some of their personal experiences.

Miss Eva Evans and Mrs. Edward Quinn left Monday for the east, where they will reside permanently, Mrs. Quinn joining her husband in Washington, and Miss Evans paying a visit to her sister, Mrs. H. B. Knapp. Mrs. Quinn was formerly matron of the surgical ward, and Miss Evans in charge of the operating-room. Mrs. Cora Morse will succeed as matron of the surgical ward, and Miss Charlotte Dancy will have the direction of the operating-room.

Mrs. Sarah Ward Connelly, the well-known artist of Nashville, Tenn., who has been spending the summer here, left Thursday for her home. She expects to remain for a few weeks and return to finish directing the work begun by the interior decorators. The handsome grand parlor and the lobby decorations are both of Mrs. Connelly's design, while the paintings are her own execution, and deserve the warm admiration they excite from both strangers and habitués.

Considerable enthusiasm has been aroused among the women students of the college and the women nurses over a project to form basket ball and indoor baseball teams. Names of those who wish to join from the college forces have been received by Physical Director Winjum and the outlook for two teams among the nurses is reasonably sure. Mr. Winjum will coach the teams and special hours for their practice and regular games in the gym will be set aside for them.

DR. GEISEL RETURNS FROM DENVER CONVENTION

Many Proofs of Good Work Accomplished for the Advancement of the Temperance Cause

DR. CAROLYN GEISEL returned the first of the week from Denver, where she went as delegate to the convention of the National W. C. T. U., after attending the convention of the Michigan State Federation of Women's Clubs, where she was reappointed State health officer, and asked to outline a plan by which the anti-tuberculosis crusade could be forwarded by the General Federation of clubs.

"While there were no spectacular features to the Denver convention," said Dr. Geisel, "there has never been a convention when there were so many proofs brought forward of actual work accomplished. Among other gratifying results was that of our own State, which showed the largest net gain in membership of any State represented—nearly 1,400 new members having joined this year.

"The union sent out Miss Katherine Lente Stevenson on a missionary trip around the world. She will be gone a year, and with her started Miss Margaret Davis, daughter of Mrs. Davis, superintendent of the department of Scientific Temperance instruction, who goes out to China for four years under the auspices of the Young Women's Union.

"There is a growing interest in the temperance movement and ample cause for much optimism. Hardly a State but reported some 'dry' territory, and some of them, of course, are quite 'dry'."

HALF the world is on the wrong scent in the pursuit of happiness. They think it consists in having and getting, and in being served by others. It consists in giving and in serving others.—Henry Drummond.

"COUNT YOUR CALORIES"

At the social hour on Monday evening a new song was introduced which promises to become a favorite among Sanitarium habitués. The song was written by the Rev. William S. Curtis and is set to the air, "Count Your Blessings." The words are as follows:—

WHEN upon life's journey you have lost your health,
When to once regain it you would give your wealth,
In the Sanitarium at Battle Creek
You may have a chance to find just what you seek.

CHORUS:

Count your calories, count them every day,
Count your calories, you will find 'twill pay;
Count your calories, count them and be wise,
Count your daily calories, and Fletcherize!

When you've broken ev'ry dietetic law
Till you have dyspepsia, and your nerves are raw,
Don't give up and die yet,—there is hope for you
If you'll only diet as we tell you to.

CHO.

Autointoxication is a fearful thing!
Wretchedness and sorrow it will surely bring.
If you would avoid it—there's no better way
Than to count your calories and begin to-day.

CHO.

When you mark your menu you should bear in mind
That 'tis well to order foods of ev'ry kind:
Proteins, fats, and carbohydrates,—all are good,
Keep your proteins low, and masticate your food!

CHO.

When you find your health restored where're you go
Don't forget this maxim—"Keep your protein low,"
Eat no meat—no matter what your friends may say
And always count your calories from day to day.

CHO.

—W. L. C.

Battle Creek, Nov. 2, 1908.

ARRIVALS

The list of arrivals for the week ending November 2 is as follows:—

Miss Eva Ripley, Mich.; Dr. R. McCallum, Ohio; Mrs. C. deRouse, Mich.; Mrs. W. W. McCallum, Ohio; Pauline Wambaugh, Ind.; G. C. Rose, Colo.; Mrs. C. M. Crawford, Ohio; Mrs. J. C. Miller, Mich.; Clara A. Miller, Mich.; Mrs. F. W. Roberts, Texas; B. B. Campbell, Texas; Susie A. Fenner, Ind.; Minnie L. Gerow, Cal.; Mrs. Susie Stitt, Iowa; Frank Shins, Iowa; J. P. Dart, Ill.; H. L. Wilson, Ill.; William Casting, Ohio; Dr. P. F. Haskell, Manitoba; Miss Wilson, city; William T. O'Neil and wife, N. Y.; C. P. Ferry, Miss E. M. Ferry, Wash.; John

W. Peterson, Ill.; Mrs. W. V. Catron, Ill.; Georgine Nugent, N. Y.; Houston Hill, Pa.; T. H. Robertson, Thomas Baker, London; Mrs. C. S. Stewart and daughter, Pa.; J. A. Saville, Ill.; Mrs. Annie Shriver, I. N. Sheperd, Mich.; Mrs. Chas G. Curtis; Dr. T. H. Nierich, W. Va.; W. Ditton and wife, Ind.; Miss Wail, Ind.; Mrs. Henry Hensel, Ind.; A. K. Brewer, Mexico; Dr. and Mrs. J. M. Louthier, Pa.; Mrs. J. M. Bricker, Pa.; Charles Gardner, city; Horace Knott and wife, Mich.; W. W. Lipscomb, Texas; A. U. Opipta, Calcutta; B. F. Green, Ind.; F. T. Wright, Ind.; E. Clark, N. Y.; J. H. Parmelee, D. C.; C. H. Everts and wife, N. Y.; Mr. and Mrs. L. W. Robinson, City; Mrs. W. D. Hubbard, Ill.; William F. Fulk, Ind.; C. L. Miller, Ill.; Mrs. A. S. Steel, Tenn.; D. L. Gibson; Mrs. J. E. Miller, Mich.; E. Ingle, South Africa; F. S. Lyon, Mich.; John Craig Powers, N. Y.; Miss M. E. Bailey, Pa.; Mrs. N. I. Packard, Mich.; Mrs. George Weston, Ill.; J. D. Warren, Ill.; M. X. Tumbler, Ark.; S. B. Altoonian, Mass.; Mrs. Matilda A. Allen, N. Y.; Mrs. M. M. Godelman, Mich.; J. R. Parker, Ill.; W. J. Carter, Ill.; Edward Galvin, Mich.; Thomas G. Melish, Ohio; Samuel J. Rowe, Pa.

WHAT FRESH AIR WILL DO

DR. E. L. TRUDEAU, the foremost advocate in this country of the open-air treatment of consumptives, first president of the American Association for the Study and Prevention of Tuberculosis, devised an extremely interesting experiment for testing the virtues of the out-of-door method of treating tuberculosis. Selecting a number of healthy rabbits, he inoculated them all with tubercle bacilli. He kept a number of the rabbits shut up in pens, while the others were turned loose in the open air. *The rabbits that were shut up quickly died... Those that were turned out in the open air soon recovered, some perfectly, some with slight lesions.*

This admirable experiment demonstrates in the most thoroughgoing manner the advantage of the open-air method of treating tuberculosis, and if, as has been proved, so grave a malady as tuberculosis can be cured by the simple adoption of a natural mode of life, it would seem to be too evident to need the support of argument, that all curable chronic disorders may be benefited by the same means.

Little by little the great truth is dawning upon the world that when a sick man recovers, it is not by the operation of remedies upon him, but rather the result of forces operating within the body; in other words, *the body heals itself when placed under favorable conditions.*—*Good Health for October.*

THREE WORKING RULES

DR. EDWARD EVERETT HALE, in his June page in *Woman's Home Companion*, gives three working rules for the conduct of life:—

1. Live in the open air as much as you can.
2. Touch elbows with the rank and file.
3. Speak every day to some one whom you know to be your superior."

A six o'clock dinner party was given Tuesday night in honor of Miss Isabelle McIsaacs. Among the guests were Mrs. M. S. Foy, superintendent of the Sanitarium Nurses' Training-School; Miss Dancy, assistant; Miss Zahn, medical matron; Miss Cooper, dietitian; Miss Barker, president of the Nichols Hospital Nurses' Alumnae; Mrs. E. R. Stewart, president of the Sanitarium Alumnae; Mrs. T. E. Sands, former superintendent of Nichols Hospital Training-School; Miss Skinner, president of Nichols Hospital Training-School; Mrs. Tyrell, in charge of the committee on arrangements for the lecture given by Miss McIsaacs.

Would Know Later

Reporter—"To what do you attribute your great age?"

Oldest Inhabitant—"I bain't sure yet, sir. There be several o' them patent med'cine companies as is bargainin' with me."—*London Punch.*

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.

COLAX is a NATURAL laxative. It may be used continuously if necessary, without producing the slightest harmful effects. It is not a drug nor a medicine, nor is there any secret process involved in its manufacture. It is made from a vegetable product which is largely used as food in some Oriental countries. Just what it is and what it does is told in detail in "the Colax Book." If you haven't read it, send for a copy.

COLAX relieves constipation by absorbing and carrying through the entire system a large amount of moisture. This prevents undue dryness, thus facilitating a natural, normal movement.

Put up in the form of wafers in separate moisture-proof packages. Per carton of 25 wafers, \$1.00. Leading druggists sell COLAX. If you cannot readily obtain it from your druggist, we will supply you direct by mail, postpaid.

THE GOOD HEALTH COMPANY,
(Successors to the Colax Co.)
90 College Hall, Battle Creek, Mich.

VISIT OUR BARGAIN BASEMENT TODAY!

If you would make your money do its best in buying footwear here

you will find something you can wear at much less than regular prices. Every week we take something in broken lines from our first floor to this department and lower the price to close them out in a hurry. You try it the next time you want a pair of shoes.

L. A. DUDLEY COMPANY, - 6 West Main Street

THE BATTLE CREEK IDEA

VOL. 1, No. 47.

BATTLE CREEK, MICH., NOVEMBER 12, 1908.

PRICE, 2 CENTS.

TUBERCULOSIS: ITS CAUSES AND PREVENTION

Dr. J. H. Kellogg Lectures Before Fall Association on the White Plague and How to Avoid It

BUILD UP THE BODILY STRENGTH

DR. J. H. KELLOGG gave a stereopticon lecture before the Fall Association by special request of the Methodist Episcopal Church, Wednesday evening, in the First M. E. church of this city. His topic was "Tuberculosis—Its Causes and Prevention." The lecture was largely attended and listened to with manifest interest by those present. The illustrations showed views of modern sanatoria, various inventions for outdoor sleeping, portraits of celebrated scientists, etc.

The speaker in his preliminary remarks summed the disease up as the curse of modern civilization—the greatest terror known to man, killing from one-seventh to one-tenth of all people. "While it is the greatest evil of our day," said Dr. Kellogg, "we must not infer that it is a modern disease, for it was known in remote times. The Bible mentions it in both Deuteronomy and Leviticus. One could hardly find a better description of it than occurs there: 'The Lord shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning and with the sword and blasting, and with mildew, and they shall pursue thee until thou perish.' This text refers to the curse that was to come upon Israel if the people did not hearken unto the voice of the Lord.

"Is it not a terrible thought that of the ninety million people now living in the United States, eight million are certain to die of tuberculosis? Professor Fisher, head of the political science department of Yale University, on the opening day of the International Congress on Tuberculosis, read a paper on the cost of the great white plague. From carefully prepared data, Professor Fisher estimates that the average cost of the 138,000 persons who die from this disease each year in the United States, including the loss of time and expense incurred during three years of sickness, is not less than \$8,000 each, making a total of \$1,400,000,000 as the annual cost of pulmonary tuberculosis. About one-half the loss involved in this enormous waste falls upon the subjects themselves, the balance upon others.

"Tuberculosis causes one-third of all the deaths between the ages of fifteen and forty-four. The average of tuberculosis patients at death is thirty-seven for men and thirty-three for women, which means a loss of twenty-four years by shortening of the life, at least seventeen of which fall within the period of the greatest usefulness. As the result of the warfare against tuberculosis, the death-rate

(Continued on Page 2)

Russian Surgeons Pay Visit Here

On Tour of Investigation of Hospital Conditions and Surgery of United States and Other Countries

PRAISE SYSTEM AND DIET

DR. PAUL LEWONIEWSKI, chief surgeon of the Military Hospital at Omsk, Russia, and Dr. Emil Sienkiewics, also in Russian military service, visited the Sanitarium this week in the interests of their profession. They are on a year's leave of absence during which time they are expected to visit the several important world powers, investigating hospital conditions and studying the surgery employed. They have been in this country for two months, coming here direct from Vienna, where they made a study of Austrian methods. While in Chicago they watched the work of Drs. Oxner and Mur-

MODERN DISEASES AND FLESH EATING

Dr. Kellogg Tells of Disorders Which Are Caused by Meat and the Poisons It Generates

GOUT DUE TO ERRORS IN DIET

(Continued from last week)

"Prof. Bunge has gone so far as to say that the terrible mortality among young children is almost entirely due to cow's milk—to this artificial feeding of cow's milk and other forms of artificial food. Cow's milk is good for calves. It is not the right food for babies. Cow's milk is exactly adapted to nourishing a cow's infant, a calf, but it is not well adapted



Y.M.C.A. HEALTH FARM, DENVER, COLO. MAR. 23, 1905.

YOUNG MEN'S CHRISTIAN ASSOCIATION HEALTH COLONY IN DENVER

phy. They also paid a visit to the Mayo brothers in Rochester, Minn. During their stay at the Sanitarium they visited the operating room and expressed great admiration for the surgery, the management of the operating room and the technique of managing patients.

"The institution," said Dr. Lewoniewski, "is way beyond our expectations. I have traveled about a great deal in Europe, but I have never seen a Sanitarium equal to this either in size or equipment. I am very much interested in the diet prescribed here. We in our country use a great deal of meat, but there is a trend in the other direction. Physicians are beginning to recognize there as elsewhere that there has been an excess of meat eating in the past and many of us are eliminating meat entirely from the diet in a large number of diseases. For the past three months Dr. Sienkiewics and myself have been experimenting on the vegetarian diet and we have been enjoying it—al-

(Continued on page 4)

to the nourishment of the human infant, and it never should be fed to babies at all without being modified in some way and prepared so as to lessen the injury which will be derived from it; but the chief injury that comes from the use of cow's milk is the germs in it. Professor Escherich finds that when a baby is born there are no germs at all in its alimentary canal, and the first bowel passages of the young infant are absolutely free from germs, absolutely aseptic. But within ten or twelve hours germs begin to make their appearance, and at the end of a week they are swarming in great numbers. We made some examinations in our own laboratory here and found in a baby just a week old there were two billions of germs in each gram. I said, 'How in the world a baby can live with those germs, I do not know.' That is one reason why I went abroad—to find out how that baby could live with two billions of germs in every gram of

(Continued on page 5)

PREVENTION OF TUBERCULOSIS

(Continued from Page 1)

has been decreased in the places where special attention has been given to hygienic control of the disease, from one-seventh of all deaths in 1890 to one-tenth in 1900. The general mortality of the disease has fallen from 19.6 to 16.7 per 1,000 in the United States.

"Twenty-five years ago it was not known that the disease was contagious. It was Prof. Robert Koch of Berlin who discovered that the disease was due to germs, and since that time science has made great strides in both its cure and prevention. The sources of infection are many and varied. First and chiefest is that of the human sputum; then follow contaminated rooms, especially those which are not reached by strong sunshine or properly aired. Food, clothing, and other objects may convey infection, and care should be maintained against the contamination of all tuberculosis discharges, kidney and bowel excretions, and soiled bedding, clothing or hands.

"Another prolific source of infection is milk from tuberculous cattle. The United States

of the whole herd infected with bovine tuberculosis.

"Seven years ago at the London Congress, Professor Koch of Berlin, the discoverer of the tubercle bacillus, announced that bovine tuberculosis was not communicable to human beings; but at the recent Washington Congress he admitted that glandular tuberculosis, as well as skin and bone tuberculosis, are often due to infection from cattle rather than from human beings. The source of the infection is doubtless most often the use of milk from tuberculous cows. The germs may enter the milk from the blood, from a tuberculous udder, or they may be conveyed into the milk pail along with fragments of manure rubbed off the cow's body during milking, or floating about as stable dust.

"Recent studies of school children show nearly half to be the subjects of tubercular diseases. Enlarged glands in the neck or tuberculous tonsils were the most common forms. Another source of incalculable mischief in milk is the vast number of putrefactive bacteria which it usually contains. The stable filth with which most milk is greatly contaminated, consists chiefly of these germs from the colon of the cow.

toward awakening popular interest in the subject.

"According to the experts and scientists of Phipps Institute, Pennsylvania (probably the best authority in the world on the subject), the man who uses alcohol and tobacco is twice as apt to contract tuberculosis as the man who is free from these evil habits. Scientists are now agreed that tuberculosis is not inherited; that it is contracted though contact with the tubercle germ, but it is, nevertheless, well understood that all civilized people are exposed to infection by this germ, which is universally present in the dust of the street, in the air of churches, theaters, lecture halls, and in fact everywhere; that through the medium of milk, meat, and butter, every one is exposed to infection by tubercle germs because of the great number of cows which are infected by this disease. Not every one contracts the disease, however. The reason for this is that the tubercle germs are unable to live and develop in a thoroughly healthy body. It is only after the tissues have been degenerated by wrong habits of life so that the resistance of the body is diminished that this most pernicious of the enemies of human life is enabled to obtain a foothold.

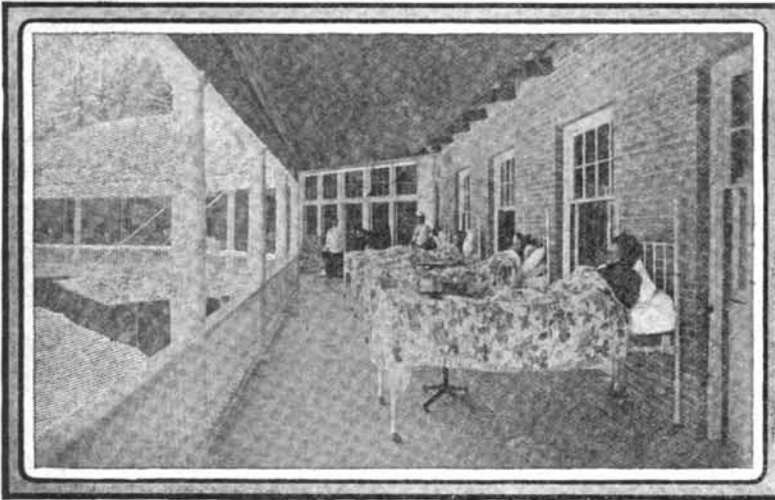
"It is generally agreed that among the principal predisposing causes of tuberculosis are to be placed the use of alcohol and of tobacco, as well as of other harmful drugs, dissipation in all forms, sedentary habits, living in unventilated, over-crowded apartments, the inhalation of dust of any sort, uncleanness, loss of sleep, neglect of exercise and physical culture, the practice of wearing tight clothing, which prevents proper action of the lungs, and improper diet. Experience has shown that persons who have contracted the disease, and who have not yet reached the advanced stages of development, will generally recover by the aid of an outdoor life, proper diet and correct habits.

"It is evident, then, that persons who have not yet contracted the disease should be rendered proof against it by an active outdoor life, proper diet and attention to the laws of health, thus retaining tissue resistance and the ability to resist the disease.

"Thus far the efforts which have been directed toward the restriction of consumption have related to the bacillus of tuberculosis and the prevention of its dissemination by persons affected by the disease. Dr. Simon von Unterberger, of St. Petersburg, the Surgeon-General of the Russian Army, called attention to the importance of controlling the disease in this way. According to this eminent authority, numerous autopsies show that every man over thirty years of age has old remains of a tuberculous infection. These facts show how comparatively easily the human organism can overcome the tubercle bacilli, and give us the indication for our treatment: the strengthening of the organism by hygienic and dietetic means, the details of which have been worked out by the large sanatoria.

"We must, of course, seek to destroy the tubercle bacillus as far as possible, but it is Utopian to imagine that all the tubercle bacilli in the world can be annihilated. Our chief endeavors must therefore be directed toward strengthening the body. There are several ways in which this may be done. One of these is careful attention to the diet, avoiding meat, eggs, and other foods rich in proteid, which have a tendency to fill the body with toxins and produce auto-intoxication. All food high in protein and thus capable of decay in the alimentary canal, will contaminate the body and render it more likely to contract the disease.

"Another means for increasing bodily strength is through the adoption of the simple life—the outdoor life. No one questions today that pulmonary tuberculosis is a house disease, the natural result of an indoor sedentary life. Ten years hence it will be equally appar-



PATIENTS TAKING FRESH AIR CURE IN SANITORIUM AT BASLE, SWITZERLAND

government officials assert that if all the tuberculous cows in dairy herds of the United States were killed, there would be a milk famine.

"The evidence accumulates daily that the human race, at least the civilized portion of it, has suffered and is suffering an immense amount of injury through the medium of cow's milk.

"A few years ago Professor Bunge, the great chemist of Basle, Switzerland, called attention to the dangers to infants in the use of cow's milk because of its lack of adaptation to the nourishment of creatures like infants, who differ so greatly in their physical needs from the young of cows, to which cow's milk is exactly adapted, as is human milk to human infants. According to this learned authority, thousands of babies are murdered every year by cow's milk.

"Lately he extended experiments which have been made by the English Royal Commission appointed for the purpose, of which the eminent Prof. G. Sims Woodhead, of Cambridge, was a member, as well as by numerous authorities in this country, and by Professor Arloing in France, have shown the imminent danger of contracting tuberculosis from the use of milk from infected cows. Certain races of cows, particularly high-bred stock, are especially susceptible to this malady. Often large herds of fine Jersey cattle are found with fifty per cent

"The United States Agricultural Department estimates that the cow population of the United States is about eighteen million. It is claimed by some authorities that not less than five per cent of the milch cows soon become affected with tuberculosis. In some parts of the country the percentage is much higher than this. This would mean nearly a million milch cows suffering from tuberculosis, and at the same time producing milk which is mixed with the milk of healthy cows and sold to consumers. In this way the milk of one cow may contaminate the milk of one hundred others. Suppose each cow to give ten quarts of milk a day, the total would be nine million of quarts or two million two hundred fifty thousand gallons of tuberculous milk produced and used daily. Allowing one pint to each person, we have eighteen million persons consuming infected milk daily. It is not at all impossible that this number of persons may be receiving into their bodies tubercle germs daily through the medium of infected milk, cheese, and butter. This subject is one certainly worthy of all the attention and interest it is at present receiving from civilized governments. It is one which vitally interests every citizen. The splendid work which is being done by the Committee of One Hundred in calling public attention to the enormous losses which the nation suffers from this cause is doing much

ent that at least half of all our chronic maladies, perhaps more even, are due to the same cause—to indoor life. We are becoming more and more a community of city dwellers. In some states half the population live in towns and cities and engage in sedentary vocations. As a result, most recent statistics show that deaths from chronic disease are increasing, and at a very rapid rate. It is idle to point to the lowering of the death rate. This statistical fact has for a generation deceived the sanitarians and lulled them into a state of self-satisfaction and fancied security. But the deception is now exposed. Professor Welch tells us plainly that the mortality rate has been lowered only by the saving of the lives of children by better care and proper feeding. Chronic maladies are increasing.

"The remedy, the only efficient remedy, for the physical degeneracy which is hastening the race to extinction, is to return, so far as possible, to the out-of-door life, which is the life of all races of men that dwell in the tropics, man's natural climate. An outing for a week or a month once a year is not enough. Exercise in the pure fresh air and sunshine are just as needful daily for the maintenance of health as are the daily meals, sleep, and breathing. The out-of-door life is not simply a change of scene and pleasant reaction. It is this, but something more. It is an escape from conditions which are every moment breeding premature decay and death to conditions which promote health and long life. Indoors one is inoculated with disease and death. Out of doors one is every moment catching life and health, vitality, vigor, and stamina from his environment. If one can not live out of doors, one can at least sleep out of doors. There are many contrivances now on the market whereby the cold, pure air fresh from outside may be brought to the sleeper. This may be done by the porte air, or the patient may sleep with his bed so arranged that the head is out of the window. In climates where the winters are not too rigorous, sleeping in a tent is to be recommended throughout the year. But it must be remembered that it is not desirable to expose the body to excessive cold—the only desideratum is that the lungs have the pure, tonic air. The air which enters the body is spread out over a surface of two thousand square feet of membrane in the air cells and passages of the lungs. Under this delicate, thin membrane, all the blood of the body passes every two or three minutes to be cleansed by the pure, germless air. The bath is repeated eighteen times a minute. In an hour the lungs have more than a thousand cold air baths, which stimulate the entire body and do a large part of the healing process. The deep breathing of pure air then is a vital essential in the prevention of this disease. When the chest wall does not move in breathing, it does not fill—the lung cells which are not reached become paralyzed and the germs improve their opportunity to begin their insidious work.

"Deep breathing, pure air, systematic exercise, proper diet—these alone will combat the enemy—medicines never did and never can prevent or cure the disease. Build up the bodily strength, for this alone constitutes immunity."

Sterilized Currency

In Boston a large firm that caters especially to women has made arrangements with its bankers enabling them to give clean or new money in change. In the holiday season, when it is impossible to obtain a sufficient amount of satisfactory currency, all the money received is dropped into a vat containing a germicide and the coins are polished on a "buffing machine". This is done of, course, mainly for the advertisement. With the Boston firm it proves to be a paying feature.

THE RAW FOOD DIET

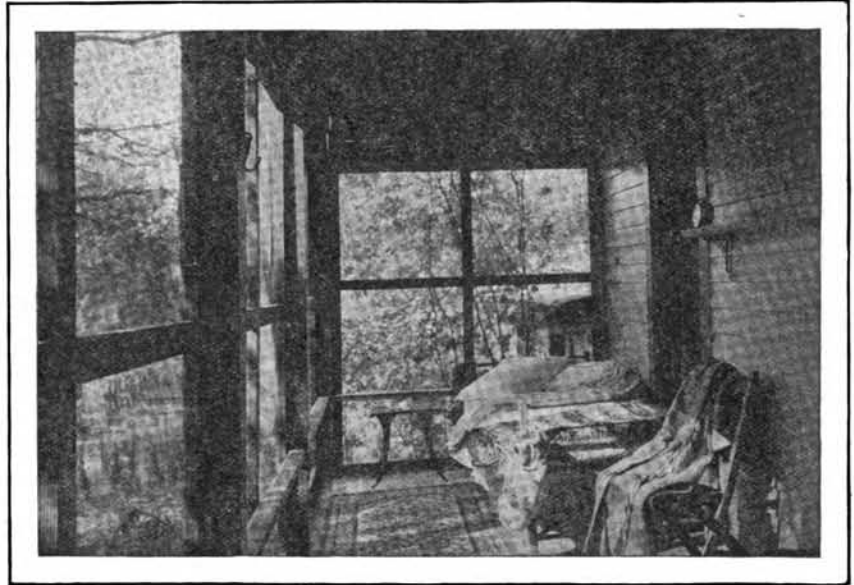
THE raw food idea which has been given extensive prominence recently by the advertising exploits of various charlatans posing as food experts, teachers of chemistry of foods, etc., has something in it of real value, but not what is claimed for it by commercial advocates. The form in which it should be taken is a matter of considerable importance. Fresh fruits are a most acceptable and natural form of raw foods. Fruits and nuts are readily digestible when taken in the raw state, provided, of course, that they are properly masticated. It is a question, indeed, whether the nutritive properties of nuts and fruits are to any extent improved by cookery. Probably the nutritive value of these foods is somewhat impaired by the cooking process. They contain, it is true, a considerable amount of cellulose, but this substance, formerly supposed to be entirely indigestible, has been shown by recent experiments to be perfectly digestible by

cates that raw food is better than cooked food because it contains a vital principle which the body needs and is able to appropriate, is wholly without foundation, and to urge such argument naturally creates prejudice against the use of raw foods.

STEREOPTICON LECTURE ON CIGARETTE EVIL

Dr. Kellogg Talks Before Large Audience
on the Evil Effects of This
Habit

For his customary Question Box lecture on Monday evening Dr. Kellogg substituted a stereopticon lecture on "The Cigarette Evil," held in the gymnasium. The lecture



A COMFORTABLE ARRANGEMENT FOR PORCH SLEEPING

certain digestive juices when taken in the form supplied in fruits and nuts. It has also been shown that the freshly formed green parts of plants, such as the leaves of lettuce, the heart of cabbage, and the tender parts of asparagus are readily and practically completely digestible. This is not true, however, of the coarse and fibrous woody material found in the envelope of wheat, oats and other grains. It is equally untrue of the cellulose found in the coarser vegetables. Experiments have shown also that starch in the form in which it occurs in a potato and in the various cereals is not easily digestible. In the experiments made here in the clinical laboratory of the Sanitarium, in which careful examination of stools were made daily, it was found that when the quantity of starch taken daily was more than half an ounce to an ounce, large quantities of starch appeared in the stools, and digestion was more or less disturbed. It is probable that the same benefit is derived from the use of raw wheat biscuit and similar preparations that is obtained by the use of bran. The bulk of the intestinal contents is increased, intestinal activity stimulated, and thus the movement of the material through the intestine is hastened, and the putrefaction processes are lessened. The claim made by many raw food advo-

was largely attended and much sentiment in favor of the work of the Anti-Cigarette League was aroused. Dr. Kellogg explained the results of excessive use of tobacco upon the body and emphasized the damage wrought by the inhalation of the smoke—a practice to which all cigarette smokers are addicted. Statistics showed, he said, that men who smoke were twice as likely to have consumption as those who did not—that the habit of smoking lessened the resistance—brought down the tuberculo-opsonic index, very often to zero. The fact that there were some fifty-one and a half billions of cigarettes smoked in the country last year—an increase over the previous year of thirty-six per cent, proved that there was a great and growing need for a crusade against the evil and that fathers and mothers and thinking persons generally should do what they could to stem the tide. Miss Lucy Page Gaston, founder of the league, was present and her work warmly endorsed by the speaker. Several contributions of generous size have been made to the work during her stay at the institution. She left on Thursday for Detroit.

"LAUGHTER and good cheer make love of life, and love of life is half of health."

THE BATTLE CREEK IDEA

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HEALTH IN THE OUT-OF-DOORS

With the approach of winter the heating of the modern house to a point far beyond the natural requirements of the body begins; the sleeping rooms are kept as warm as the living room during the day and given an insufficient amount of air at night. Lungs that have breathed the air of the office or counting room during the day and are crying out for something better at night are turned off with the excuse that "it is winter." They are not supposed to need air in the winter. "Night air" is still held in dread by many people and the closed chamber window is the sign they hang out to advertise their ignorance.

Elsewhere in these columns will be found some excellent advice given by Dr. Kellogg on the necessity for more out-of-door life. The appalling increase in tuberculosis and other pulmonary troubles should be proof enough that the conditions of life are not what they should be.

"The wave of interest in out-of-door sports, out-of-door sleeping, out-of-door life in general, which has been rising so rapidly within the last generation, is something more than a fad." It is no ephemeral fashion. It is an instinctive protest against the conventional, unphysiologic conditions of life. The human race is hardy, and has remarkable power to withstand disease-producing conditions and agencies; but this tolerance is only due to the defensive struggle of the forces of the body to maintain its normal status.

"The thirst for the out-of-doors is the prayer of the body for a natural life. The wonderful recuperative power of out-of-door sleeping and living is the full demonstration of the naturalness of the out-of-doors and the unnaturalness of the indoors, and the amplest justification of all the stress that in late years has been laid upon this feature of the hygienic life."

Hand in hand with the return of furnace heated rooms and stuffy sleeping chambers comes the "grippe," that fore-runner of so many fatal maladies. Before the severe weather comes begin to make yourself immune. Breathe pure cold air, as much of it as you can in the day time, and by a proper adjustment of windows or by out-of-door sleeping, have it throughout the night. Remember that the cold air is a tonic to the lungs and through them stimulates the entire body.

ECONOMY OF THE BATTLE CREEK DIET SYSTEM

A CORRESPONDENT and former patient at the Sanitarium writes of her experience in following the Battle Creek system of diet in her southern home, giving an interesting side-light on the difference in the expense of living—wherever it may be, hotels, boarding-houses, or the home.

Says she: "I want to tell you how much more economical I find the right way of living than the old. While boarding, the keeper of the boarding-house charged me seven dollars a month less than the other twenty-five boarders because of the simplicity of my food and the small quantity consumed. When in New Orleans last winter I lived at the best hotel. My meals averaged thirty-five cents, and I ate but two a day, and nothing between. I had pleasure in laughing at the bills of my friends. Then the experiment proved equally economical in keeping house. I lived comfortably on six dollars a month, eating as you directed and buying everything. The cook prepared things very daintily and I ate all that you advised, and there was no effort to save in any way. So, boarding, keeping house and traveling, I have saved a great deal since you taught me how to live.

"Another proof of the superiority of the Battle Creek system I have been able to offer my friends in the treatment for malaria. Down here, where nearly every one resorts to calomel, quinine and other horrid medicines, (and which I, too, thought necessary until I was taught better) by simply fasting for twenty-four or thirty-six hours I have found the results are far better."

The letter speaks for itself, and is but one experience out of many hundreds. The most nourishing foods, bread, butter, potatoes, rice, etc., are the cheapest. The roasts, the steaks, the rich salads and desserts which do the body the greatest harm, filling it with poisons which it has not the strength to throw off, are the foods for which one pays the highest price.

It is very poor economy this—paying twice or three times the amount in money value for the food which only tickles the palate, and then letting it pile up a big charge account against the body, year by year making inroads on the general health and strength. When old age approaches, and peace and content should prevail, there is sickness and suffering and torment—Nature collecting her bill of expense. Why not pay as you go, and look forward to a happy journey on the down-hill side of life? The simple, natural diet of vegetables, cereals, fruit is all the natural appetite craves; it is the perverted taste that demands the expensive luxuries. They are insidious foes, and are bound to work havoc sooner or later.

FOR GOOD OF THE SERVICE

A RECENT dispatch from Oregon announces that Ralph Blaisdell, auditor for the Harriman system of railroads in the Northwest, has "for good of the service" issued an order forbidding employees in his department visiting

saloons or liquor houses for any purpose whatsoever. The order affects several hundred employees. Appropos of this edict we print the following very pertinent summing-up of the saloon situation from the *San Francisco Chronicle*:—

"Nowhere nowadays is the drunkard more than endured, and in positions of responsibility even endurance is not extended to him. The spread of the saloon reform movement throughout the country is not so much the result of the agitation of professional temperance advocates as it is an outcome of modern industrial conditions, which make intemperance and effectiveness of effort impossible of association. Even in the most unskilled of trades brain work is now more necessary than at any previous time, and the dull sanity of a habitual inebriate decreases in a greater ratio than formerly his productive importance."

RUSSIAN SURGEONS VISIT

(Continued from page 1)

though nowhere has it been made so pleasant or so easy for us as at this institution, where the menu is so admirably balanced."

The visitors left on Monday en route east. From New York they expect to sail for England and later they will carry their investigations into France and Germany.

"THE longer I live, the more thoroughly am I convinced that the only life worth living is the Christian life," says Governor Hoch, of Kansas. "Its basis is the Bible, the foundation of all things good in individual character, in social life, and government. He who builds upon this foundation builds an indestructible edifice. It is the Book of books, the hope of the world. The study of no other book is so interesting or so profitable."

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Shirt Waist Linens by the yard.
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39 North Washington Avenue.
Automatic Phone, 1297. Bell, 327 1 ring.

MODERN DISEASES AND FLESH EATING

(Continued from Page 1)

dried feces. I found out the reason in a laboratory in Germany. In a perfectly healthy baby, and a perfectly healthy mother, I could not understand how we could have so many germs as that; but I learned from Professor Tissier that these germs are protective germs, are beneficent germs. They are the sort of germs that do not produce poisons. It is the bacillus bifidus, and it saves the baby's life, and so long as the germs stay there, the baby is all right; but when the cow's milk comes along with the barnyard germs, they drive out these protective germs, and then the deadly work begins. Then the mother goes on a little further, gives the baby beefsteak, and thus brings in a whole lot of decay germs, putrefactive germs, and other mischiefs, and worse troubles begin; then comes enteritis and all the other maladies. This trouble goes on all through life.

"Now here is a man who has been subjected to all these troubles in his infancy and at various other times; different kinds of germs are coming along in his food,—milk with barnyard germs in it,—beef, cow, pig or some other animal he was eating with some more germs,—meats, fish that come from the Atlantic ocean bring along another kind of germs, codfish with its peculiar germs; Pinnan haddie with its swarm of germs, and caviar with its lively collection, and by and by we have a perfect menagerie or herbarium of germs, because these germs are really vegetables rather than animals; so we have a fine collection of germs of various sorts. Now there they are growing, some of them more active than others. The rate at which they grow will depend upon the food the man takes and the amount of food. Some days he is getting along very well. Other days he is in a hurry, and when he eats his dinner he does not chew it enough so it gets improperly digested. Fragments of that dinner get down into the colon, and the germs find just the kind of material they want to grow in, to feed upon, and they begin to thrive and grow and develop. That particular race of germs will develop in great numbers and the characteristic effects will be produced. Now what is that characteristic effect? It may be in one case headache. It may be in another case simply stupidity, dizziness; it may be in another case poisons are formed which keep people awake so they can not sleep, and they get insomnia.

"We always find this condition of auto-intoxication in insomnia. It may be the sort of germs which produce coloring matter, and some of them produce a brown pigment. If so, this brown pigment will be absorbed into the blood, circulated in the blood, and deposited, and you get a dingy skin, get the sclerotic taint. It may be another kind of germ that sets up inflammation of the nerves; and then you will have an attack of neuritis. So we have a great variety of experiences. Some of you know from your own experience that you can not eat certain articles of food. If some of you eat eggs, within twenty-four hours you will be sick. If some of you take milk, the next day you will have a headache, or a thick coat on your tongue which is another symptom of auto-intoxication. The milk not being perfectly digested, some curds get down into the colon and there they come across all kinds of germs, and they happen to find the germs in the colon that are very fond of milk and which feed upon the casein of milk and grow and develop, and so are able to produce their particular toxin. These discoveries are of exceedingly practical interest

because they show us how to explain the phenomena of many chronic diseases which have heretofore been a mystery; and this shows the importance of regulating the diet. Now the important thing, then, is to take into our stomach food of such sort as will starve out the particular germs or the particular class or classes of germs that are making mischief. So by making a very careful, thorough study of the food remains, of the food remnants that are escaping from the body and the germs that are associated with them,—we have in fact now reached the point where we can make such an examination—we find evidences of auto-intoxication, and we find out at once whether there is a condition of infection there.

"I met this very day a case of a patient who for twenty-six years had been struggling under the incubus of an infected colon. Sometimes there is expelled from the body of such a person a yard long of membranous looking material supposed to be parasites or something of that kind, but which is simply due to the inflammatory processes going on as a result of this infection. In this patient this has been going on for twenty-six years; and it is not any wonder this person is prematurely old. The best part of his life has been used in combating the poisons of these germs. Now how important it is to subsist upon a dietary which will starve them out; and that is the reason why the vegetarian idea is such a splendid one,—because it cuts out the whole class of these dangers, and goes to work at once destroying germs. These anerobes can not subsist in a non-flesh dietary; they must die. So, without knowing exactly the reason why, in these years of experience we have been having in dealing with sick people, we have invariably found our patients better off the less meat we give them, and the less eggs they eat as a rule, and many persons are far better off to make little or no use of milk, to use butter instead of milk because of the casein. A great many interesting facts are being found out in these late years of bacteriological research, and we are endeavoring to get hold of all these facts as fast as they come out, and to make practical use of them. We are now carrying on all these researches in our own laboratories."

: SABBATH CHAPEL SERVICE :

"JUSTIFICATION by Faith" was the theme of Pastor Brunson's Sabbath morning sermon in which he sought to prove that the method of salvation by good works was without avail, bringing no real peace of conscience or joy. "Those who seek salvation through the method of works," said he, "are doomed to disappointment, to failure. No human being shall be pronounced righteous by God for works done in obedience to law. Salvation is by faith and faith alone. Christianity teaches that justification, full, free, and final, covering past sins and future offences is attained by the simple act of belief in Jesus Christ as the Saviour of man. Salvation by works proceeds on the grounds of merit; that of faith on the grounds of grace. The saving virtue of salvation by faith does not lie in the faith but in the God that faith grasps. Faith is only the outstretched hand that reaches forth and takes the proffered blessing. Through this grace God transmits to man his goodness, wisdom, love and power."

Bystander—Doctor, what do you think of this man's injuries?

Doctor (of Irish extraction)—Two of them are doubly fatal; but as for the rest of them, time alone can tell.—*Boston Transcript.*

THE MEDICAL MISSIONARY

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YOGURT germs were originally discovered in a lactic-acid-forming ferment found in certain Oriental milk products. Metchnikoff of the Pasteur Institute and other European savants at once investigated and established beyond question the marked efficiency of these germs in remedying the diseased condition known as—

Intestinal Autointoxication "SELF-POISONING"

YOGURT germs cure this condition by attacking and driving from the system the disease-producing germs bred in the intestinal tract by the putrefying processes which are usually caused by improper diet or wrong living habits.

Intestinal Autointoxication is responsible for many diseases. Among those frequently caused by this condition are chronic rheumatism, Bright's disease, eczema and other skin maladies, appendicitis, gall-stones, rheumatic gout, dropsy, biliousness, neurasthenia, sick headache, emaciation, pernicious anemia, intestinal catarrh, nausea and vomiting, rickets, neuralgia, etc. YOGURT is sold by leading druggists for \$1.00 per package, or may be obtained from us direct by mail postpaid.

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Good Health Publishing Co.,
Battle Creek, Mich.

ONE HUNDRED AND FIFTY GUESTS ATTEND BANQUET

State Foresters Convention Body Are Banqueted at the Sanitarium Wednesday Night.

FOLLOWED BY STEREOPTICON VIEWS

One hundred and fifty guests attended the banquet of the State Forestry commission given Wednesday night in the south banquet room of the Sanitarium. The guests included prominent lumbermen of the State, scientific men from the various educational institutions and well known business men of the city and surrounding country. The tables were handsomely decorated with chrysanthemums and other cut flowers, southern smilax and ferns and presented a handsome appearance.

Following the banquet a program of toasts was given, The Hon. John W. Bailey of Battle Creek presiding. The speakers included: Prof. F. Roth of the Forestry Department, University of Michigan; Messrs D. H. Frazer, Charles W. Garfield, W. B. Merston, H. N. Loud, Charles W. Ward, Dr. J. W. Beal and Dr. Kellogg.

After the program of toasts the assembly adjourned to the gymnasium where a stereop-

tion lecture was given by Prof. Roth on "How Our Forests Were Destroyed and What We Might Have Done with Them." Following this Charles W. Ward of Detroit, son of David Ward, a pioneer lumberman of the state, gave an illustrated lecture on "How We Are Taxed and What For." The lecture was illustrated with colored views, taken especially for this occasion, on the northern peninsula. The evening proved a very interesting one and was attended by a large number of patients and guests of the institution. The banquet menu was as follows:—

MENU

Salpicon of Fruit

Pine Nuts Olives

Tomato Bisque—Bread Sticks

Radishes Celery

Fillet of Nut Meat

Browned Potatoes French Peas

Nut Buns

Fruit Salad—Yogurt Cheese and Jelly

Raspberry Nectar Fresh Apple Juice

Fench Floating Island—Vanilla Wafers

Assorted Fruits Chocolate Crisps

Caramel Cereal

NEWS OF THE DIAMOND

If "Cy" Young had been in the gymnasium Thursday night when the Shamrocks hurled down in disastrous defeat the mighty Medics, he would willingly have yielded the laurels thenceforth and forever to the conquering heroes whose uniforms ring the distant echoes of the fair isle of Erin. So, too, would Hughie Jennings, Christy Mathewson, Napoleon the great of Cleveland, or any others of the famed idols of fandom, had they been present. For if the game played by the Medics and the Shamrocks wasn't the greatest game ever played, either on the diamond or off, indoors or out, what in the name of common sense was it? Echo answers, What was it?

The BATTLE CREEK IDEA did have a representative at the game, but must apologize for not giving the score in detail by offering the explanation that its kinetoscope, and wireless telegraphy outfit and its patent, ball-bearing, double action, swivel-jointed, automatic scoring machine were out of commission, and without them no scorer in America could have kept pace with the swiftness and agility with which the players manipulated the process of scoring runs. From the results which appeared on the score board from time to time, it is believed that when the game ended at the close of ten tumultuous innings the score was 29 to 28 in favor of the Shamrocks.

The features of the game were the bases on the balls, the Australian crawl used by Haylock, and the rapid relay hurdling of the Shamrocks.

Dyspepsia Caught by the Camera

PHOTOGRAPHING dyspepsia is certainly a new feat in photography, but this, a writer tells us, has actually been done. Two French physicians—Mm. Jacquet and Debas—have taken a series of X-ray photographs, which, it is said, show conclusively that people who eat too quickly and bolt their food must suffer from over-distention of the stomach and sooner or later fall victims to chronic dyspepsia. These physicians believe that insufficient mastication may play some part in the causation of cancer of the stomach.

Anybody

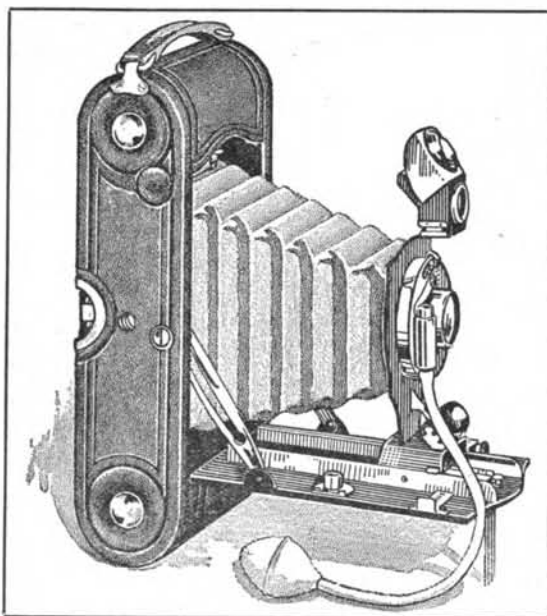
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SANITARIUM

Sales Dept.

PALM GARDEN PHARMACY

PERSONALS

Miss Clara Arens of St. Joseph, Mo., is a newly arrived patient.

Mr. and Mrs. John Metcalf of Paulina, Iowa, are visiting the institution.

Miss Mae Jones of Britton, So. Dak., is a patient at the Sanitarium.

Mr. and Mrs. A. K. Lipscomb returned to their home in Texas early in the week.

Dr. Loiza Elwell has returned from Colorado, where she paid a brief business visit.

Judge McQuown of Frankfort, Ky., paid a visit to Mrs. McQuown this week.

Mr. C. E. Jennison of Bay City, visited his daughter, Mrs. Frederick Lee Gilbert, over Sunday.

Mr. and Mrs. E. G. Jacobus of Red Bank, N. J., are newly arrived patients at the institution.

Miss Caroline Parsons of Kalamazoo is spending a few weeks at the institution recuperating.

M. and Mrs. J. N. Jewett, of Aberdeen, S. Dak., are recent arrivals. Mrs. Jewett will remain as a patient.

Dr. and Mrs. L. D. Knowles of Three Rivers, Mich., are paying a visit to the Sanitarium. They will remain for a rest.

Mr. A. E. Wheeler of Great Falls, Mont., arrived early in the week to accompany Mrs. Wheeler and Miss Grady home.

Mrs. J. F. Woods of Wilmington, Ohio, is paying a visit to the Sanitarium. Mrs. Woods was a patient here three years ago.

Mrs. C. A. Grinnell, baby, and maid arrived from Detroit this past week. She expects to remain for several weeks taking treatments.

Miss Tomblin of the Domestic Science department, University of Toronto, is visiting her mother, who is a patient at the Sanitarium.

Mr. and Mrs. Hugh Daly, who have been staying at the Sanitarium for some weeks returned the first of the week to their home in Chicago.

Mr. F. W. Thurston, a frequent patron of the Sanitarium, arrived Sunday for a few weeks' stay. He is being warmly greeted by his many old friends here.

Mrs. John D. Brown of New York City arrived at the Sanitarium early in the week to pay a visit to her brother, Mr. A. Leland Brown, who is a patient here.

Mrs. J. S. Burroughs and daughter of McMinnville, Tenn., returned to their home this week. Mrs. Burroughs expects to return later for further treatment.

Dr. J. A. Patton of Detroit accompanied Dr. and Mrs. C. A. Bird to the institution this week. Mrs. Bird will remain as a patient. The physicians both returned to Detroit this week.

Mrs. H. B. Sanborn and Mrs. A. Turner, old friends of the institution who make frequent visits here, returned to their home in Amorilla, Texas, this week after a stay of three weeks.

Mrs. C. W. Sutton of Hillsborough, N. Dak., returned to the Sanitarium this week for a prolonged stay. Later Mr. Sutton will join her here, remaining for the greater part of the winter.

Miss Mae Armstrong of Champaign, Ill., returned to the Sanitarium this week for further treatment. Miss Armstrong was a patient here during the summer and has many friends here.

Mrs. O. A. Field of St. Louis, Mo., is a recently arrived guest at the Sanitarium.

Mr. and Mrs. Gilbert left the first of the week for New York for a visit, after which Mr. Gilbert intends to return for a further rest. He has made a decided gain during his stay here and he believes that his health will be completely restored if he continues the treatments.

Mr. A. H. Saastamoinen of Finland, a graduate of the University of Finland, who desires to make a special study of industrial conditions in this country, is paying a visit to the Sanitarium for his health. Mr. Saastamoinen became acquainted with the Battle Creek principles at Skodsborg, Denmark, and was so pleased with them that he determined to come direct to Battle Creek for treatments. He will remain here for two months before beginning his tour of the country.

News Notes

A new Edinburgh Stereoscopic Atlas of Anatomy containing fifty subjects with descriptive texts has been purchased for the use of A. M. M. C. students.

Miss L. A. Auten, physical director of the State school at Fort Wayne, Ind., paid a visit to the Sanitarium Monday, visiting some of the physical training classes and viewing the institution.

Dr. S. E. Barnhardt presented a paper at the meeting of the Battle Creek Medical Club Monday night. The evening's program was in the nature of a symposium, three physicians discussing "Infections and Infectious Diseases."

The Monthly Helpers Meeting was held in the chapel at 8 o'clock Tuesday evening. A brief devotional program preceded the business meeting, at which department reports were read, and following this Dr. Kellogg answered the question box.

The Sophomores of the A. M. M. C. this week began their bacteriological laboratory work. Formerly this work was done in December and January, but owing to the postponement of the Chicago class work to the first of the year the program was rearranged.

The regular monthly social given to missionary visitors at the Sanitarium will be postponed this month to December, when they will meet the Battle Creek and Kalamazoo ministerial association at a banquet to be given at the institution on the first Monday.

On Friday evening students and helpers listened to the report of the delegates to the Bible Study Conference of the International Y. M. C. A. held recently in Columbus. Drs. R. H. Harris, J. F. Morse and Pastor George C. Tenney were the speakers, each giving a report of some phase of the conference and telling of its helpfulness and inspiration.

On Monday evening a farewell reception was given in East Hall parlor for Mrs. G. W. Morse, matron of East Hall, who will leave shortly for De Land, Fla., to join her husband. Mrs. Morse made many friends among the residents of the hall and they chose this way of showing their friendship and appreciation. Mrs. L. A. Campbell presided as mistress of ceremonies, introducing the several speakers, among whom were the Rev. W. A. Johnson, missionary to Japan, the Rev. Mr. Brown from China, Dr. Elwell and others. Before their departure the guests presented Mrs. Morse with a handsomely bound Oxford Bible.

The benefit game of indoor base-ball played by the Medics and Crescents Saturday night netted the Anti-Cigarette League about \$30. The Crescents won out with a score of 18 to 9. Dr. C. E. Stewart, pitcher for the Medics, was carried off the field at the end of the fourth inning with a strained knee. The injured member was placed in a plaster cast and the patient is getting along as well as could be expected under the circumstances.

British Subjects Toast the King

One Hundred Loyal Britishers Celebrate
the Birthday of Edward VII,
Monday Evening

MANY COLONIES REPRESENTED

NEARLY one hundred British subjects celebrated the king's birthday and Dominion Thanksgiving day Monday evening in West Hall parlor. An elaborate programme of songs, toasts, and recitations had been prepared and the assembled guests—all of them in one way or another connected with the Sanitarium—entered into the celebration with true British loyalty and enthusiasm.

On entering the parlor the guests were greeted by the motto: "God Save the King," wrought out in the tri-color while the Union Jack and the flags of the various colonies together with the maple leaf—Canada's emblem—formed the decoration of pillar and walls and mantle.

The first toast, "To the King," was proposed by Walter E. Simmonds and was drunk standing and followed immediately by the singing of the National anthem. Dr. George Dowkontt responded to the toast and following this the entire company sang "Rule Britannia" with a vim. The toast "To the Empire" was proposed by S. G. Ross and responded to by B. G. Stephenson. In the absence of Mr. Judd, who was to have responded to "Our Homes," the company sang "Home Sweet Home."

The roll call was arranged in a novel manner. While Miss Ischwood sang "The Sea Is England's Glory," those who were born in England rose to their feet; at the strains of "Blue Bells of Scotland," the sons of Scotia responded; and later sons and daughters of the Emerald Isle rose and blended their voices in "Killarney." "The Maple Leaf Forever" brought the many Canadians to their feet, the song being led by a double quartette of young women crowned with maple leaves. One by one nearly all of the British colonies responded: Australia, New Zealand, the West Indies, British Guiana, South Africa, India. Dr. Kellogg appeared just before the close of the program and made a brief address in which he lauded the British empire and her loyal subjects in a happy manner. The program closed with the singing of "Auld Lang Syne." Refreshments were served during the evening, consisting of real English plum cake, jam tarts, and unfemented grape juice.

MONTHLY DISPENSARY REPORT

The monthly report of work done at the Battle Creek Dispensary for the month ending Oct. 31 is as follows: consultations, 53; examinations, 8; office treatments, 22; surgical dressings, 1; operations, 14; doctors' calls, 34; nurses' calls, 137; bathroom treatments, 228; treatments at home, 48; phototherapy, 93; Swedish mechanical, 46; massage, 12; persons assisted by clothing, 40; garments given, 11; orders for food, 16.

ARRIVALS

THE list of arrivals for the week ending November 9 is as follows: Edward Helm, Pa.; R. D. Briggs, Mich.; Mrs. G. H. Shears, Ill.; Mrs. W. B. McLaughlin and daughter, Mich.; Caroline Parsons, Mich.; Robert C. Smith, Ill.; John T. Donabal, Ill.; Miss Cecelia Donabal, Ill.; Miss I. McIsaacs, Mich.; Hugh Daly, Ill.; Ellen Foltz, Dr. Peterson, Germany; Lewis Foltz, Ind.; Clara Arens, Mo.; Mrs. W. J. Butten, Ill.; Mrs. C. A. Spinwell, maid and baby, Mich.; E. P. Wenger, Mich.; James Kenan, Ill.; Mrs. M. C. Brahamer, Wis.; Mrs. Edwin M. Randall, Ill.; Mae Jones, S. Dak.; F. J. Lamb, Mich.; J. C. Rouzer, Ill.; R. N. Jewett, wife, and son, S. Dak.; C. F. Moore, Mich.; F. Moore, Mich.; A. E. Wheeler, Mont.; Edwin B. Randall; Mrs. F. J. Sutton, N. Dak.; G. N. Hall, Mich.; Mrs. L. C. Kennedy, Ind.; Harry H. Rundall, Mrs. A. E. Rundall, Ind.; Dr. Elwell; Dr. J. A. Patton, Dr. and Mrs. C. A. Bird, Mich.; S. O. Moan, Mich.; Charles L. Wagner; Joe Beeton, M. D., Texas; W. B. Wortham, Texas; Mrs. David Ryan, Ill.; E. E. Patton, Pa.; Adam Nickel, Ill.; Caroline Riebel, Ill.; Mr. and Mrs. J. F. Woods, Ohio; Mrs. Clark, Ohio; O. C. Lacy, Ohio; John L. Fonter, Ind.; Mr. and Mrs. P. B. Weaver, Nebr.; W. P. Merry, Minn.; Dr. Paul Lewonowski, Russia; Dr. Emil Sienkiewicz, Russia; J. C. Grogan, Pa.; Anna Magonan, Pa.; Mr. and Mrs. E. G. Jacobus, N. J.; Charles S. Way, N. Y.; Mrs. B. M. Allison, Ohio; Lottie Tillotson, Hawaii; W. E. Wisner, Ont.; Mrs. H. G. Wiggins, city; C. E. Jennison, Mich.; Mrs. E. J. Wolf, Mich.; Miss S. J. Baird, city; F. L. Lyon, Mich.; Amas H. Saastamoinen, Finland; E. B. Van Dorn, Ill.; Miss Beatrice Tamblin, Ont.; Lewis McQuown, Ky.; A. N. Johnson, S. Dak.; Dr. L. D. Knowls and wife, Mich.; W. I. Johnson, Ala.; Mrs. N. C. Brown, Mich.; J. Ziemer, wife and children, Iowa; A. F. Renney, Alaska; W. C. Pinearson, Ohio; J. C. Bain, Ohio; Mrs. D. H. Paddock, Ill.; F. W. Thurston, Ill.; J. M. Rhodes, Jr., Ind.; Mae Armstrong, Ill.; E. A. Clark, Africa; James F. Nichols, Pa.; Mrs. John D. Brown, N. Y.; Mrs. O. A. Field, Mo.; Mrs. W. N. Kilborne, Ill.; I. W. Van Horne, city; Ella Foltz, Ind.; F. H. Morrison, Ind.; T. H. Holzmiller, Ohio; E. J. Harming, Ohio.

NATIONAL TEMPERANCE WORKER ADDRESSES STUDENTS

MISS RHENA MOSHER, national secretary for the Young Woman's Christian Temperance Union, paid a brief visit to the Sanitarium this week, addressing several audiences during her stay. With her was Miss Margaret Bilz, secretary for Michigan. On Tuesday evening Miss Mosher addressed a gathering of guests in the Sanitarium parlor and during the day two meetings were held, one for the nurses and another for the women medical students of A. M. M. C. The branch is making a special effort this year to enlist the sympathies and interest of the young college women of the country in the work. It is probable that a branch will be formed here at the institution as the result of her talks.

DOMESTIC SCIENCE DEPARTMENT

In her Thursday afternoon demonstration lecture given before guests in the Sanitarium parlor, Miss Lenna Cooper, head of the department of Domestic Science, told of The Sources and Uses of Starch. The sources of starch, she said, are chiefly from the cereals and certain common vegetables such as potatoes, sweet and Irish, corn and peas. The important ingredient of the potato is starch, the other chief ingredient being water, which exists in a proportion of about three fourths.

"Starches are our chief sources of heat production. They not only supply our bodies with heat, but with energy or strength. In using rice and potatoes two classes of starchy foods are represented; the cereal and the vegetable starch. They differ largely in the mineral matter—that of the cereals being acid producing and that of the vegetable being valuable to increase the alkalinity of the blood. Both are necessary in the diet, the vegetable being needed to neutralize the acidity produced by the cereals.

"In ascertaining the uses of starch to the body we turn to the consideration of the plant itself, where starch is a process of plant economy. When a plant begins to mature, it begins to lay up a store of starch for the tiny plant imbedded in the seed. When wheat is planted in the spring, after being supplied with warmth and moisture the tiny plant springs up. If examined it would be found that this tiny plant is the exact prototype of the large-sized plant two feet high or more, but it is not sufficiently strong to gather from the ground its own nourishment, so it gets it from the starch stored up in the seed. Now neither plant nor animal can live upon starch in its raw state—it must be changed before it can be utilized by the body. As it is circulated in the plant, it is in the form of sugar—in solution. The process of solution—the changing from the starch into sugar—is accomplished by a ferment stored up in the plant and known as diastase, which corresponds to the ptyalin of our saliva.

"The change which takes place in the body is identical to that which takes place in the plant. In order for starch digestion to take place in the plant there must be the proper conditions—heat and moisture. In our bodies the starch is digested by the saliva—in fact, that is the chief use of saliva."

The speaker explained that there were five stages of starch digestion, three of which could be accomplished outside the body—by cooking. One of these processes was that by which bread, grains, etc., reached the golden brown color through thorough baking and became known as "dextrinized." Dextrinized cereals, she said, were much more easily digested. Other dry foods that had been thoroughly dextrinized,

such as the Breakfast Toast, were much more wholesome for invalids, because of the aid thus given the digestive process and for the fact that they forced mastication and thereby demanded more saliva.

Among the recipes given to illustrate the starchy foods are the following:—

CREAMED RICE

1 cup rice 1 1-3 cups of milk.
2-3 cup of cream 1 1-2 cups boiling water

After washing the rice place in double boiler and cover with water. Steam one hour. Then add milk and cream and steam until quite dry.

POTATO CROQUETTES

2 cups hot riced potatoes
2 teaspoons butter
1-2 teaspoon salt
1-2 teaspoon celery salt
1-8 teaspoon grated onion.

Mix ingredients in order given and heat thoroughly. Shape, dip in toasted bread crumbs, egg, and bread crumbs again. Bake on an oiled pie-pan in hot oven until slightly brown and heated throughout.

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UNIVERSITY OF MICHIGAN

THE BATTLE CREEK IDEA

VOL. 1, No. 48.

BATTLE CREEK, MICH., NOVEMBER 19, 1908.

PRICE, 2 CENTS.

MR. HORACE FLETCHER PAYS ANOTHER VISIT

Tells Sanitarium Guests How to Fletcherize and Thus Defend Body against Disease and Old Age

IT TENDS TOWARD ALTRUISM

Mr. Horace Fletcher—optimist, author, lecturer and promulgator of the mastication doctrine now denominated "Fletcherism," out of compliment to him and in recognition of his valuable experiments—has been a visitor to the Sanitarium the past week, and on Monday evening spoke before a large audience of interested guests in the grand parlor.

He was introduced by Dr. J. H. Kellogg, who spoke in the warmest praise of what Mr. Fletcher had accomplished during the past twelve years, and asserted that his investigations had undoubtedly revolutionized modern ideas of nutrition, and had set thousands of people at work to heal themselves of disabilities. It is estimated that at the present time over two hundred thousand families have adopted the system of Fletcherizing and that they are each saving an average of over one dollar per day through the adoption of the system. Dr. Kellogg explained that Mr. Fletcher was spending a large portion of his time lecturing in the United States, that the people might be educated along this line. The work was simply a labor of love, for Mr. Fletcher traveled at his own expense and had already spent in the neighborhood of fifty thousand dollars in an effort, as Dr. Kellogg expressed it, "to educate the American heathen."

In acknowledging the introduction, Mr. Fletcher gracefully indicated his indebtedness to Dr. Kellogg, saying that he received his largest encouragement in the study of digestion from Dr. Kellogg, and that many of the things that had crept into the system had been suggested by him.

"During the past twelve years," said Mr. Fletcher, "we have discovered a remedy for many, if not all, of the diseases of mankind. It lies within ourselves. The experiments to test it have been so conclusive in their proof, so confirmatory, that it leaves us no room for doubt but that we have within ourselves the means of protection against illness, disability and practically against old age."

"During the ten years in which we have been investigating the subject, we have been trying to simplify it, and I think we have done so to quite an extent, recently, in separating digestion into two departments: voluntary and involuntary. Voluntary digestion consists of two details—the mental and the dental. The field of voluntary digestion occupies only about three inches of the alimentary canal—namely, in the mouth; the field of involuntary digestion is all of the rest of the alimentary canal, approximately thirty feet. The only personal responsibility that we have in the field of voluntary digestion. Nature has given us three inches and has herself taken on thirty feet of the problem. Formerly, in considering this question, we have paid no attention to the voluntary part, and

(Continued on Page 2)

Campaign for Local Option

First Decisive Step Taken Toward Important Temperance Movement in Calhoun County

KEEN INTEREST MANIFESTED

Two hundred dollars was subscribed, officers elected, and plans outlined for a campaign on local option in Calhoun County, Tuesday afternoon in this city. Representative men from all over the county attended the conference which was held at the First Presbyterian Church. The conference was called in response to the wide interest recently awakened in temperance, which was manifested by many letters received by the State Anti-Saloon League whose representative, R. N. Holsapple, was present at the conference.

The pastor of the church, the Rev. William S. Potter, welcomed the delegates and placed in nomination L. W. Robinson, of Battle Creek, as chairman of the temporary organization. The Rev. Mr. Huffer was made secretary. The name of the body is to be The Calhoun County Anti-Saloon League. The following officers were elected: President, H. G. Butler, Battle Creek; Vice-President, L. W. Robinson; Secretary, Prof. F. S. Goodrich, Albion College; Treasurer, E. B. Stuart, Marshall.

The executive committee is as follows: Chairman, President Dickey, Albion College; A. E. Poulson, Battle Creek; Rev. F. E. Day, Albion; Attorney Courtright, Marshall; Rev. W. S. Potter; B. F. Taber, W. H. Phelps, Battle Creek; J. W. Sloan, Homer; George T. Buller, Albion; I. N. De Puy, Marshall.

Preparations were made for a canvass of the county to secure the number of petitioners required by law to place in the hands of the board of supervisors before the question could be brought up at the election next spring.

COLDS: HOW TO AVOID AND HOW TO CURE THEM

**Dr. W. H. Riley in Sanitarium Lecture
Discusses This Common Ailment and
Its Prevention**

DUE TO LACK OF NORMAL VIGOR

"We have reached the time of the year when many people, particularly those not in robust health, are liable to be suffering from an illness which is usually described as a cold. This is an ailment which is very common and sometimes troublesome, and in some instances may really become a serious disease. It may be well for us to consider this subject under different heads, as this perhaps will be conducive to a better understanding of this disorder.

(Continued on page 5)

THE BATTLE CREEK SYSTEM EXPLAINED

**Dr. Kellogg Tells of the Way in Which
Examinations of Patients Are
Made**

NATURE THE CURATIVE POWER

IN his stereopticon lecture on Thursday evening, Dr. Kellogg gave a rapid survey of the Battle Creek Sanitarium system so as to give an idea of the general plan by means of which the Sanitarium endeavors to help sick people get well.

"In the first place," he began, "I must tell you that the Battle Creek Sanitarium System makes no claim to any great discovery. It does



DR. WILHELM WINTERNITZ

Distinguished Scientist and Professor of Hydrotherapy at
Royal University at Vienna, Austria

not claim to have any secrets; it does not claim to have originated very much, but simply to have brought together various natural means of cure. Thirty-two years ago there was no sanitarium. There was no such thing known anywhere. There was a sanatorium: the sanatorium in England was known as a health resort for invalid soldiers, but there was no such thing as a sanitarium. In the last thirty-two years we have been building up this institution in harmony with certain principles which we have been continually aiming to elucidate. At the present time our establishment is endeavoring to carry out a distinct system, and the basic principles of the system are these:—

"1. Nature cures. Nature, of course, we understand to be a figurative word, which means something far more than what the word in itself usually signifies. It means the power which is in

nature; the power which is behind nature rather than the abstract thing which we call nature. The curative power, in other words, is in the body itself. It is not in the things applied to the body: it is not in the medicines that can be swallowed; it is not in pills, mineral water or air or anything else external; it is in the body itself. The curative force which is working is the very same power, the very same force, that made the body in the first place. The same power which makes the little boy or the little girl; that brings a five-pound child up to a 150-pound or 200-pound man or woman; the power that creates,—that power also works for us, healing the man when he is sick; that is the power that we appeal to.

"2. According to our second principle, the only way in which this healing power works, the only way in which we can do anything toward the healing of man, is by co-operating with this healing power. We can not cast disease out as we could drive a cat out of a room or as we could remove an obstacle of any sort. The disease conditions are simply the natural forces of the body acting under abnormal conditions, working against obstacles, against unfortunate and unnatural conditions. The natural forces of the body operate in disease the same as they do in health, but they operate under unnatural conditions. That explains our disorders. For instance, when a man has a disorder of the stomach, there is not a new force in operation, but simply an obstacle which needs to be removed, and the body is operating as best it can under these unfavorable conditions.

"3. The third principle is that those measures which are the most effective and the most really helpful and curative are the natural forces,—those which employ the natural forces in their work. The natural forces of the universe which constantly play upon the body, which are necessary for maintaining health, are the forces which must be appealed to for the restoration of the sick man from disease to health.

"Preliminary examinations of a most exhaustive and painstaking kind are first made in order to obtain a complete diagnosis of the case and a thorough knowledge of the patient's condition. This course of investigation occupies about three days when a thorough examination is made. The patient is put upon a particular dietary—a test dietary—for three days, at the ration table or the research table, as we call it. These examinations are made in the meantime, the patient's condition being such that we know just what we have to deal with. The analysis of the urinary secretion, for instance, is very important because the urine is the extract of the tissues, an extract of the man, an extract of the blood, and when we find what is in the urine we know what is in the blood that the tissues are being bathed with. We know what is in contact with the brain cells and the liver cells, and we know what kind of work the body is doing. By means of these modifications we can readily determine whether there is an excess or deficiency of work and to exactly what degree. For instance if the uric acid is found to be 375 where it should be 100, the amount of uric acid is almost four times as much as it should be. That indicates at once the condition present. The relation of nitrogen to urea, to uric acid or uric acid to urea, etc., are all indications of importance.

"It is only by these thoroughgoing examinations that it is possible to take a proper measure of the man. The old way of sizing up a man's case by looking at him, looking at his tongue, feeling of his pulse and saying, 'Well, I guess you have nervous prostration'—that day has passed by. If a man has nervous prostration or nervous exhaustion we must know

what makes it and how much nervous prostration or nervous exhaustion he has. If he has nervous exhaustion as a result of toxemia, we want to know the measure of his autointoxication, and that we are able to determine by means of the careful research work which is carried on in the laboratories. In the laboratory building across the road we have the most extensive research laboratories in the world for clinical work. I believe there is more clinical work of a certain kind done in these laboratories than is done in any other laboratories in the world. Bacteriological examinations are made by very delicate tests, and exhaustive research is carried on with reference to foods and diet. All the foods you eat at the table, all the different dishes that are served have all been through the laboratories to ascertain their food value and to ascertain whether they contain uric acid or any unwholesome thing. In a corner of the gastric laboratory, the gastric fluid that is obtained from the test meals is put into little tubes; each is parted, then is received after filtration into glasses; then these are evaporated from the sand bath where this work is attended to. In the blood laboratory the blood is examined and counted and other tests are made; and here, too, the opsonic index is obtained.

"In the strength test department you will find the dynamometer, an instrument by which every important group of muscles in the body can be thoroughly tested. A gain in muscular strength is a matter of tremendous importance, so you should have a record to show how weak you were when you came and how much strength you have gained before you go away. It might interest you to know that this method by which the strength is tested and this testing machine are in use in the great gymnasiums of the world and in great training schools. I believe it was ten years ago that we sent one of these machines to the United States military school at West Point with which to test the cadets. Some two years ago a military school was started in the Philippines and we received an order from the United States Government to send a machine to the Philippines, and last week another dynamometer was sent to the new Naval Academy at Annapolis that has just been put up at an expense of \$10,000,000. The military and naval cadets undergo this strength test when they enter, and the test is repeated from time to time to see if they are making proper progress.

"By means of X-ray examinations, we are able to locate the stomach, to determine its shape and to know whether it is out of place, and whether there are any abnormalities. And so now we can determine many things with reference to the stomach which were formerly quite impossible to determine. It is very convenient to be able to have a picture of your stomach and the heart and even the liver under favorable conditions and all other internal organs by means of this wonderful miracle worker, the X-ray.

"In the actinic ray, we have resuscitated sunlight,—precisely the same power that we have in the sunlight. For instance if a patient is suffering from acne of the forehead, the application of the actinic ray destroys the parasites which produce the acne and stimulate the blood cells and the circulation, and so drive away the disease-producing germs. Sunlight is one of the most important of all curative agents. In the winter time we have to depend somewhat upon artificial means of securing sunlight—upon the arc light, which is perhaps the most important apparatus in the phototherapy department."

CHARACTER is not only written in the face, expressed in conduct and language, but is sent forth as a thought atmosphere.—Dresser.

HORACE FLETCHER VISITS

(Continued from Page 1)

have done all sorts of speculating about the involuntary part. But now we have concentrated upon the little department—that small field,—and we find that by an understanding of that, and by the use of the protective functions that are there, we are able to bring about perfect digestion and assimilation and all of the blessings that come from what we now call 'dietetic righteousness.'

"With the help of science we have at last proved our contention that every one of us has a protective apparatus, a natural food filter in the mouth, the understanding of the use of which will enable us to guard against the taking of food in excess. Projecting from the roof of the mouth in the back, near the point of swallowing, are several little posts, technically known as circumvallate papillae, which are surrounded by taste buds and nerve fibers. Heretofore the physiologists have mentioned these papillae, but they have never shown any conception of their importance as a protective equipment. They form a lock-gate that separates that portion of the alimentary canal for which we are personally responsible from the portion over which we have no control.

"The purpose of this lock-gate is to shut off the food that is not ready for digestion, and allow the swallowing of the food that is fully prepared for passage into the stomach.

"If you will study the process of masticating a piece of bread, you will note that on introducing it into the mouth it has scarcely any taste. But with the first crunching of the bread, the saliva begins to flow, the bread is gradually chymified, growing sweeter and sweeter, until at last, when on the point of swallowing, it is much sweeter than any saccharine substance. The saliva transforms the bread into dextrose or grape sugar, the only assimilable form of starch and the best sort of nutriment for the body.

"If you raise your head and attempt to swallow, you will find that it is practically impossible to swallow without choking. But if the head is lowered, it becomes very easy. The bread will crawl up the tongue until it comes to the lock-gate, and if it is in a condition to be acceptable to the body, the lock-gate will relax and allow the acceptable portion to pass through. The portion that is not acceptable will be thrown back for further mastication. If there is any indigestible residues there will be an inclination to spit them out—just as one is inclined to spit a cherry stone or seeds, or any substance that the tongue may sense as being indigestible.

"When you have a real earned appetite, the body is like a piece of dry blotting paper, and will suck up and absorb the food in an easy, agreeable, and speedy fashion. The question may be asked, what is a perfectly normal appetite? There is a way by which you can test it very readily and very surely. Remember that none of the sensations which occur below the throat—all-goneness, faintness—none of these symptoms have anything to do with true hunger. They are merely symptoms of some pathological condition. Where you want to look for the real appetite is in the watering of the mouth and the sensation of desire for the gratification of taste. Having a good appetite, partake of the food that appeals to the appetite, and what will happen? Only that food will be taken into the body that the body needs. When this is done, the food is perfectly digested, very quickly assimilated, and no report whatever is heard from the department of involuntary digestion.

"Remember that there are two departments of preventive hygiene, the mental and the dental; they are both located in the head and they

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both relate to enjoyment of the food. Professor Cannon of Harvard, in his X-ray experiments upon cats, has proved that any irritation whatever causes paralysis of the digestive process. Pawlow, the great physiologist of St. Petersburg, Russia, in his experiments upon dogs, has proved that psychic stimulus is the strongest of all factors in producing a high degree of gastric activity. That is to say, that it is the enjoyment of food that turns on the flow of gastric juice, upsetting the theory of Beaumont that the juices of the stomach were excited by physical contact with the food.

"The proper process of taking food insures several things: in the first place, it insures the insalivation of the food and the proper chemical change; secondly, it prevents lumps of food going into the stomach which can not be reached by the digestive juices; in the third place, and most important of all, it allows the appetite to discriminate so that there will not be taken into the body more than the body needs for the moment. There is no doubt but that appetite is the language of the body, just as thirst is the language of the body relative to the replacement of water. The normal appetite is so discriminating that it will reach out into food of unknown composition for just the materials that are required for the moment in the body—for the amount of protein, carbohydrate, mineral salts or whatever else is demanded by the body temporarily. In other words, there will be an instinctive inclination of the appetite for something containing the particular ingredient required. If the appetite is trained as I have described, it will soon form a habit of proper discrimination and become a reliable guide."

Mr. Fletcher related his personal experience in attaining efficiency through dietetic righteousness and also cited the case of John E. Granger of the Sanitarium staff, who, after a month's practice of the art of fletcherism, was enabled to establish a world's record in deep-knee bending.

In conclusion Mr. Fletcher said: "May we not say that the ingestion of food is a holy function! For it is practically serving upon the altar of our nutrition. It means morality. It means amiability. It means energy with which to pursue altruistic work. It tends toward altruism because the healthy man is naturally an altruist. Altogether, it is as wicked, as criminal, to take food in an unhygienic manner as it is to pollute your neighbor's stream. You are poisoning yourself instead of your neighbor. Hence the greater responsibility."

Apropos of what fletcherism had done for him, Mr. Fletcher said it had given him a most beautiful optimism. "I find the disabilities and annoyances of life have disappeared like mist before the sun. They do not exist."

DO WE EAT TOO MUCH?

PROF. RUSSELL H. CHITTENDEN, of Yale University states that after several years' careful study of the subject of eating, he finds Americans eat altogether too much as a race. He remarks:—

"Renewed health, increased vigor, greater freedom from minor ailments, are so frequently reported as the outcome of temperance in diet that we are forced to the conclusion that the surplus of food so commonly consumed is wholly unnecessary, and in the long run detrimental to the best interests of the individual."

He insists that a lessened diet unquestionably increases bodily strength and endurance, and that the complex piece of machinery, the human body, works more smoothly when less food is put into it than when it is gorged with a surplus.—*Exchange*

THE BATTLE CREEK IDEA

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HEALTH A MATTER OF TRAINING

HEALTH is a thing that comes by training. A man can get health in the same way he digs gold out of a gold mine—get it by working for it, by digging for it. The majority of people believe that it comes only by doing something mysterious, by some sort of hocus-pocus. They think they must get a bottle of medicine put up by a doctor, who keeps the secret of the prescription, or some pills, something to be swallowed to antidote the consequences of their wrong doing. They believe that these few drops of medicine will extenuate the crime they have committed at the dinner table or the breakfast table.

You swallow medicine to antidote the consequences of your wrong doing. You might just as well expect to convert a man from theft in the same way. When a man commits physical sin he has to take physical punishment for it; and when a man commits moral sin, he has to take moral punishment for it. When a man sows the seed of wrong doing, he has to suffer the consequences, for "whatsoever a man soweth, that shall he also reap."

If you are sick it is because you have sown the seeds of disease. If you ever become well it must be by sowing seeds of health and raising a crop of health. The man who suffers disease is reaping the harvest of what somebody has sown. If he did not sow it, his father, or his grandfather, or some one has sown the seed, and he is simply reaping the harvest.

Health requires time for growth and development. It comes only by regeneration of the body, reconstruction. It takes as long a time to reconstruct the liver, for instance, as it does to grow an ear of corn. You can not expect it any quicker. So we must have patience. We must keep right on digging for health.

If you have been suffering for months, perhaps years, do not expect to get well in a few days. Nature does not do things that way. But persistence, faithful adherence to the laws of health and a complete reversal, often, of the old manner of life that led up to the evil conditions, will invariably bring about the desired results.

THE world is full of resurrections. Every night that folds us up in darkness is a death; and those of you that have been out early, and have seen the first of the dawn, will know it—the day rises out of the night like a being that has burst its tomb and escaped into life.

RULES FOR CONSUMPTIVES

THE Chicago health department, in a new campaign which it has planned against consumption, has this advice to give to mothers of those who may be afflicted, as well as the afflicted themselves:—

"Don't waste your money on patent medicines or advertised cures; avoid doctors who advertise.

"Good food and rest in the open air are the best cure. The careful and clean consumptive is not dangerous to those with whom he or she lives or works.

"If you have consumption, go to a reliable doctor or to a dispensary. If you go in time, you can be cured. Keep windows open winter as well as summer, at home and where you work. Fresh air, whether moist or dry, warm or cold, is good for you. Breathe through the nose and breathe deeply.

"Never stir up dust by sweeping. Sprinkle water or moist sawdust or moist bits of paper over the floor before sweeping. Dusting should be done with a moist cloth.

"Never neglect a cold or cough."

"FAITH AND WORKS"

"Faith and Works" was the subject of the discourse in chapel Sabbath morning, Pastor Brunson seeking to harmonize the seemingly opposite statements as found in James 2:24 and Romans 3:28, the one holding that a man is justified for works and not by faith alone, and the other that justification comes through faith, apart from works.

The discrepancies the speaker accounted for by asserting that they lay in the different view point of the authors. "Paul," said he, "was speaking to sinners seeking salvation, while James was talking to the Christians who had found salvation. Therefore, Paul said faith apart from works leads sinners back to the same state. James said that works are the legitimate fruit of his faith. Paul was commanding a living faithfulness that justifies, while James was condemning a dead faith that existed in name only."

The speaker drew the distinction between justification and sanctification. "Justification," said he, "is a single experience on the sinner's part and a single act on God's part; sanctification is a process. Justification is complete at once; sanctification begins only after justification has been completed."

TUBERCULOSIS IN ENGLAND

ACCORDING to the Medical Health Officer for London, England, consumption is increasing in the great metropolis at the rate of 2.31% annually. The number of deaths in 1906 was 6,775. At the rate of increase the number of deaths in 1926 will be nearly two to the thousand, or about one-seventh the total number of deaths. This alarming increase is probably due more directly to the depressing influence of intestinal toxins upon vital resistance than to any other cause, except, of course, the infected bacillus. But the tubercle germ does not attack all persons alike. Some appear to be exempt from its baneful ravages. The best insurance against this terrible disease is an active outdoor life and a pure antitoxic diet. —Good Health.

Husband—In reviewing your weekly accounts I see that you haven't made any entry of the amount I gave you for the purchase of soothing syrup.

Wife—Yes, I have; that's entered under the head of hush money.—*Boston Courier*.

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HOW TO AVOID COLDS

(Continued from Page 1)

Naturally our subject divides itself into four divisions. First, the causes of colds; second, the abnormal condition or conditions in the body as the result of cold; third, the prevention of colds; and fourth, the cure of colds.

First.—In regard to the cause of colds, the most common and prevalent cause is undoubtedly a condition of weakness and general ill health; or to state it differently, a lowering of the vitality and vigor of the body so that the individual does not have his usual health, vigor and vitality. A person who enjoys good vigorous health is not liable to take cold. The young man who is healthy, who has a strong heart, good circulation, who has large, strong and firm muscles, who takes lots of exercise and lives an out-door life, is not the individual who usually suffers from colds. On the other hand, a person whose heart is weak, whose circulation is poor, whose muscles are soft and flabby, whose general vitality and vigor is much below the normal, who lives an in-door life and takes little exercise, is the kind of individual who is liable to take cold.

This lack of normal health and vigor may come as the result of many causes. It may be the result of some disease which leaves the body weak—such for instance as the condition of the body following some acute fevers, like typhoid, scarlet fever or measles, etc. After any or all of the acute fevers the body is left weak, and in such a condition the individual is liable to take cold easily. Also in certain constitutional diseases, such as the anemias, where the blood is thin and poor, or other constitutional conditions such as chronic gout, chronic rheumatism, also in diseases of the alimentary canal where the digestion is disturbed, and where the stomach and bowels do not digest the food properly, and consequently the body is not properly nourished; also in conditions where the liver is inactive. Any derangement of the digestive system or the liver may be the cause of one's taking cold.

"In this connection, quite an important cause of taking cold is the absorption of poisons from the alimentary canal, especially from the lower bowel. In the individuals who have indigestion, the food remains in the intestines, and undergoes putrefaction, poisons are in the blood and carried to the tissues, thus poisoning the tissues, lowering their resistance, and making the individual more susceptible to cold. Some of these poisons are eliminated by the mucous membrane of the lungs, and passing through the membrane of the lungs they irritate the mucous membrane and may cause a congestion or a cold in the lungs or the bronchial tubes.

"Another frequent cause of taking cold is overeating. Certain individuals have voracious appetites, eat more food than the system can digest, the body is over-taxed, and more than this, poisons are forming in the alimentary canal as a result of their overeating; and the poisons circulating in the blood, and coming in contact with the different tissues of the body, interfere with their proper function.

"Another class of individuals who take cold easily are those suffering from chronic invalidism in any form. This class of people have little vital resistance, their vigor is much below the normal, and they are usually very susceptible to slight draughts of air and to all forms of impression made upon the body, and so are likely to take cold on slight exposure. The cause of taking cold then is anything which lessens the normal vigor and strength of the body, and when one takes cold under ordinary circumstances, it is simply an indication that his health, strength and vigor are below the normal, and he is in need of treatment to improve his general health. When his general

health is built up to the normal he is well protected against taking cold.

"Loss of sleep and fatigue from physical or mental exertion are also causes of taking cold.

"**Second.**—The condition produced in the body as the result of taking cold. A cold, as the term is usually used, is really a congestion of some mucous membrane of the body, of the nose, of the throat or the bronchial tubes, or the lungs, and in some instances one may have a cold in the stomach or in the bowels. A cold usually refers to a congestion of the mucous membrane of some of the air passages, but physicians not infrequently see patients who have taken cold in their stomach, or taken cold in the intestines. In these cases the mucous membrane of the stomach or the intestines is congested, and usually the patient has indigestion and very often diarrhea and a watery discharge from the bowels. A condition of this kind, that is, a congestion of the mucous membrane of some part of the body, is usually produced by an application of cold to the surface of the body in some way. The usual way that one takes cold is by sitting in a draught with the air blowing on some part of the body like the back of the neck, or getting the feet wet, exposure for a long time out-doors during the winter months of the year, until the body becomes chilled. Under all of these conditions the thing that happens is an application of cold to the body or some part of the body, and as a result of this the blood vessels of the skin are contracted, the blood is driven inward, and as there is less blood in the skin, there must be more blood in some other part of the body inside. The part of the body which becomes congested on account of the contraction of the blood vessels in the skin is usually some mucous membrane in some part of the body, as in the respiratory tract or in the digestive tract. A cold then is really a congestion of the mucous membrane in some part of the body. This congested condition may go on to a more severe stage of inflammation, and when it happens, we have an inflammation of the mucous membrane of the nose or throat, or some other part. This really amounts to more than a cold and is usually the result of previous congestion.

"**Three.**—How to prevent taking cold.

"One of the fundamental principles to be followed as a preventive of taking cold is for one to maintain his general health in a good condition. If one has good health, he is not apt to take cold. As the vigor and vitality of the body declines, the susceptibility of taking cold is increased. The proper thing is to maintain the strength and vigor of the body, thus keeping all the organs of the body in a healthy condition. The best way to do this is for one to live a simple and healthful life. His food should be simple, consisting of food that is well prepared, properly cooked, easily digested and of such elements in the right proportion as to properly nourish the body. He should avoid over-eating. As already mentioned, over-eating clogs up the system, is liable to produce poisons in the alimentary canal, and weaken the tissues of the body, thus making the individual more liable to take cold. The use of highly seasoned food should be avoided; meat, condiments, alcohol, tea and coffee should be eliminated from the bill of fare. The protein foods should be kept low. Of all the different food elements necessary to nourish the body, the protein foods when taken in excess are most deleterious. The poisons produced by the protein elements are more harmful than can be produced by any other food element. The protein element should therefore be kept low and should not exceed one-eighth or one-tenth of the quantity of food eaten. Well cooked grains, fruits, vegetables, nuts, and a proper amount of cream and butter

will form an excellent dietary for most individuals.

"Another preventive against cold is the use of the cold bath. This is one of the best preventatives against taking cold that I know of. A cold bath should be taken every morning on rising. In the winter time, care should be taken to see that the body is warm before the cold bath is taken. For this reason it is usually best to take it in the morning on rising, as the body is usually warm at this time. It should be taken in a warm room and not in a cold room. It may be taken in different forms, such as the wet hand rub, sponge bath, wet towel rub, shower bath or plunge.

We want live people in every section of the country to help this year in the most active and energetic campaign for subscriptions for Good Health we have ever carried on. We are going to make it an object for this kind of people to work with us. Liberal commissions will be paid, and the premiums and cash prizes that will be awarded will surpass anything ever offered before. Write for information regarding our offer.

Special opportunity will be given boys and girls to sell Good Health during the holidays and after school. We start you free. Some agents have sold over 1,000 copies a month. Write for terms.

**Good Health Publishing Co.,
Battle Creek, Mich.**

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Every YOGURT capsule contains upwards of TEN MILLION DISEASE-DESTROYING GERMS. (Actual average shown by analysis on Aug. 17, 1908, was 33,600,000 per capsule.)

YOGURT germs were originally discovered in a lactic-acid-forming ferment found in certain Oriental milk products. Metchnikoff of the Pasteur Institute and other European savants at once investigated and established beyond question the marked efficiency of these germs in remedying the diseased condition known as —

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YOGURT germs cure this condition by attacking and driving from the system the disease-producing germs bred in the intestinal tract by the putrefying processes which are usually caused by improper diet or wrong living habits.

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"If things were to be done twice, all would be wise."

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The ordinary Corset won't let you.

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The effects of all these baths are much the same on the body, but of course they affect the body in a different degree. The body should be thoroughly rubbed after the cold bath is taken, so that the skin is aglow and warm. These cold baths act as a general tonic to the body and improve the functions of every organ. More than this they give the skin a sort of training, allowing it to become accustomed to cold applications so that when the body comes in contact with a draught of cold air it is not so easily disturbed, as it has already been trained to receive such impressions and consequently is not so easily disturbed as it would be if the cold bath had not been taken. More than this, the cold bath improves the circulation of the blood through the skin, and this is a very important thing indeed. People who take cold baths and sun baths keep the skin in a healthy condition, and this usually means that the other organs of the body are also in a healthy condition. A person who has a healthy skin and strong muscles has usually also a healthy liver, a healthy stomach, and all other organs of the body are healthy and strong. It is important to take the cold bath regularly daily, and even taking a cold bath two or three times a day would do no harm. Perhaps the best rule to follow, however, would be to take the cold bath once daily, every morning on rising.

"Another preventive against colds is outdoor exercise. People who live indoors are most liable to take cold. One who takes sufficient outdoor exercise is very much less liable

to take cold. With a person who is feeble or in ill health, the outdoor exercise must be of mild form and not carried to a point of fatigue. As they get stronger the amount of exercise may be gradually increased. The exercise should be taken regularly daily in the open air, and when one is exercising it is an excellent thing to practice deep breathing, so as to improve the circulation of air and blood through the lungs.

"Another preventive is a sufficient amount of sleep. One should retire regularly, have at least eight hours sleep out of the twenty-four, and if in poor health it is an excellent plan to take an hour or two of sleep in the middle of the day. This will improve the general health and act as a preventive against colds. Another important rule to follow as a preventive against cold is to keep the bowels moving daily. This may be done by eating laxative food, or if necessary by the use of some mild laxative, so that the bowels will move at least once a day.

Further, one should avoid conditions which tend to produce a cold in the body, such as sleeping in a cold draught, or sitting in a cold draught, getting the feet wet, or becoming chilled by a long exposure out of doors. All these things should be avoided, particularly by people who are in poor health; but if as above stated one has a fair degree of health and vigor, they are very much less liable to be affected by cold draughts or anything that usually produces cold to those who are weak and feeble.

"Fourth.—The treatment of a cold.

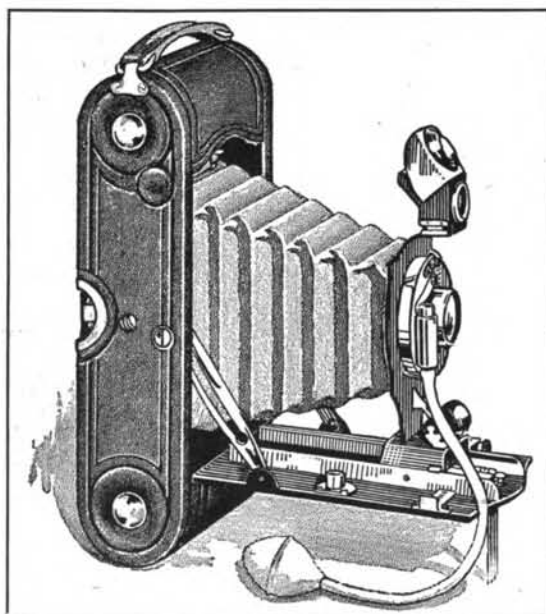
"After one has a cold it is important to give it immediate attention. Colds may be the beginning of serious troubles, such as catarrh of the nose and throat, inflammation of the mucous membranes of the nose and throat, bronchitis, either acute or chronic, pneumonia, tuberculosis, disorders and diseases of the alimentary canal, Bright's disease of the kidneys. It is therefore very important to take a cold in hand at the very start and give it proper attention. There are certain important things to do. First, one should go to bed. This is a very important remedy and one which is sometimes difficult to get the patient to do, but nevertheless, it is very important, and often when followed will bring speedy and most excellent results. The advantage of going to bed comes perhaps for various reasons. First, the individual in bed is resting and is not extending the energies of his body, and so all of his forces are utilized in combating the cold, whereas if he is up and about and at his work, and particularly overworking, the energies of the body are used up to a greater or less extent and less directed against combating the cold. Rest, therefore, is very essential and helpful, as it allows the body to direct its forces against the cold. Further, when one is in bed, he is less liable to exposure, draughts, etc. It is a fact that many individuals while suffering from a cold are particularly liable to take more cold, and so they need to be doubly careful that the condition is not made worse by exposure. Keeping in bed reduces this liability to a minimum."

(Continued next week)

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PALM GARDEN PHARMACY, - Sanitarium

Still Useful

A SMALL girl, lost at Coney Island, was kindly cared for at the police-station until her parents should be found. The matron, endeavoring to keep the child contented, had given her a candy cat, with which she played happily all day.

At night the cat had disappeared, and the matron inquired if it had been lost.

"No," said the little maid, "I kept it most all day. But then it got so dirty I was 'shamed to look at it, so I let it go."

PERSONALS

Mr. S. H. Johnson of Norwich, Conn., is a guest here.

Mr. J. S. Boyd of Bellefontaine, Ohio, is a recent arrival.

Dr. R. W. Terhune of Whitehead, Ind., is a patient here.

Miss Harriet S. Alling of Tokio, Japan, is a patient here.

Dr. L. E. Heasley of Door, Mich., is a guest at the Sanitarium.

J. N. Adams of Sault Ste. Marie, is a visitor at the institution.

Mr. W. S. Park of Asbury Park, N. J., is a patient at the institution.

Mrs. Jeannette G. Leeds of Richmond, Ind., is a patient at the Sanitarium.

Dr. John E. Adams of Flagstaff, Ind., is paying a visit to the institution.

The Rev. A. Murrman of Milbank, S. Dak., is a patient at the Sanitarium.

Mr. and Mrs. G. W. Lambert of Monticello, Ark., are recently arrived patients.

Mrs. J. L. Freeman, a missionary to Laos, Siam, is resting at the Sanitarium.

Mrs. George Weston of Chicago is visiting her mother at the institution this week.

Mrs. M. C. App of Charleston, W. Va., is paying a visit to old friends here.

Mr. and Mrs. William J. Finlay of Toledo, Ohio, are guests at the institution.

Mrs. E. C. D'Yarmett of Bartlettville, Okla., is a recent arrival at the institution.

Mr. E. L. Washburn of Albuquerque, New Mexico, is a guest at the Sanitarium.

Mrs. F. Higgins of Los Angeles, Cal., is a newly arrived guest from the west.

Miss Bessie Alexander, of Prince Edward's Island, Canada, is a guest at the institution.

Mr. Richard C. Kerns of St. Louis, paid a visit this week to his son, who is a patient here.

Mr. and Mrs. E. H. Hunter and son Kenneth, of Des Moines, Iowa, are newly arrived guests.

Dr. L. W. Luscher, of Kansas City, stopped off for a few hours at the institution, en route east.

Mr. J. E. Talley made a short business trip to Chicago this week, returning on Wednesday.

Prof. Hieronymus paid a visit to Mrs. Hieronymus the past week, returning to Eureka on Saturday.

Mr. W. Preston Beal of Gallopolis, Ohio, is paying a visit to the institution, having arrived this week.

Mr. Samuel Turpin of New York, a warm friend of the Sanitarium, is paying a visit here this week.

Messrs. J. H. Stewart, Houston Hill and Simonds attended the foot ball game at Ann Arbor last Saturday.

Mr. B. R. Fales of Detroit, accompanied by his friend, H. N. Peck, an old friend of the institution arrived here this week.

Mrs. Mary E. Downie of Chicago is a guest at the Sanitarium. Mrs. Downie visited here last winter and has many friends here.

Miss Edith Buck has returned for further rest and treatment. She was accompanied by her sister, Mrs. Vinton North of Patriot, Ind.

Mrs. H. L. Chapman of Columbus, Ohio., paid a brief visit to friends at the Sanitarium this week. She expects to return later for treatment.

Mr. and Mrs. L. R. Martin of Duluth, who spent some time at the Sanitarium last spring, returned this week for another period of rest and treatment.

The Rev. Victor McCauley, missionary to India for some years, joined his wife here this week. Mrs. McCauley has been a patient here for some weeks.

Mr. and Mrs. John Murphy and little daughter of Pittsburg, who have been spending several weeks at the Sanitarium resting, returned to their home Monday.

Mr. and Mrs. Philip Lindenburg of Columbus, Ohio, are paying a visit to the institution. They have been frequent patrons in years past and are welcome guests.

Miss Fonton and her mother left on Friday for Kansas City, where they will spend the winter. Miss Fonton has been a patient here for many weeks and went home much improved in health.

Mr. N. B. Wintersmith of Louisville, Ky., returned this week for further treatment. With his wife and daughter he spent several weeks here in the early summer. Miss Margaret arrived on Thursday to remain for three weeks.

Lieut. M. C. Carvalho, of New York, a member of the Brazilian consulate, arrived at the Sanitarium this week, where he will remain as a patient. Lieutenant Carvalho has been a vegetarian for some years and is delighted with his surroundings here.

Dr. R. Leith of Appleton, Wis., returned to his home the latter part of the week. He came to the Sanitarium some eight weeks ago in a critical condition, having been pronounced in a hopeless state, but made marvelous improvement and went home practically well, and enthusiastic over the Battle Creek treatments.

Mr. Charles M. Dow of Jamestown, N. Y., a banker of prominence, president of the Niagara Falls Commission and chairman of the Letchworth Park board is sojourning at the Sanitarium. He will remain for some weeks resting and taking the treatments. During his stay he will give a lecture on the work and purpose of the Niagara Falls Commission which will undoubtedly prove of great interest to the guests of the institution.

Dr. and Mrs. Kellogg gave a family dinner at their home, Manchester Street, Tuesday, in honor of Mr. Horace Fletcher of Venice, Italy, who has been making a brief visit to the Sanitarium this week, as a guest of Dr. Kellogg. The dinner guests included Dr. and Mrs. Mortensen, Dr. and Mrs. Colver, Dr. and Mrs. Case, Messrs. and Mmes. R. F. McPherson, B. C. Kirkland and Parrish. The four little grandchildren were also members of the party.

News Notes

Miss Clara Lehman of Passaic, N. J., has been called east by illness in her family.

Mr. Horace Fletcher addressed the students of the Domestic Science School on Tuesday morning, and in the evening he gave a lecture before the nurses and doctors of the Sanitarium staff.

Pastor J. A. Brunson will leave shortly for South Carolina, where he will visit his family for a fortnight after attending the State Baptist Convention, at which he delivers the introductory sermon.

Medical students of the A. M. M. C. enjoyed a "housewarming" on Saturday night at Hall cottage. The cottage, which is presided over by Dr. and Mrs. George Dowkontt, is the home of many of the men medical students. An informal program of music and games and impromptu speeches made the evening pass pleasantly.

Cards announcing the marriage of Miss Mazie Cummings to Wm. E. Marsh have been received here by friends of the couple. Miss Cummings was a member of the Nurses' class of '08, and Mr. Marsh is connected with the Sanitarium.

Misses Selma Peterson and Edith Long of the nurses' department have gone to Chicago to take up their work at the Sanitarium dispensary.

The World's Temperance Sunday will be observed November 22, by the Sanitarium branch of the W. C. T. U. The meeting will be held at eight o'clock in the parlor, when representatives from twenty nations will be present. Many of them will speak. The program is an unique one and a cordial invitation is extended to all who are interested in the great temperance work.

Dr. and Mrs. J. H. Kellogg gave a reception Sunday evening at their home, Manchester Street, in honor of Dr. and Mrs. A. B. Olsen, of Caterham, England. Dr. Olsen is at the head of the Caterham Sanitarium, and was at one time associated with the Battle Creek Sanitarium, not only on its medical staff, but as a member of the A. M. M. College faculty. The guests, about fifty in number, were former friends and associates of the couple. They were received by Dr. and Mrs. Kellogg, Dr. and Mrs. Case, Dr. and Mrs. Colver and Dr. and Mrs. Mortensen. During the course of the evening Dr. Kellogg gave some reminiscences of the days when the college was new and the Sanitarium in a state of development, and Dr. Olsen replied, telling of his work in England. Mr. H. G. Butler, recently returned from a western trip, also made a brief speech. Dr. and Mrs. Olsen expect to sail for England on Saturday.

A novel feature of the social hour on Monday afternoon was the gentlemen's receiving line. With Dr. Leith at the head there followed a long line of genial men guests who acted as hosts, receiving the woman guests and introducing them to the assembled party. The presence of Mr. Horace Fletcher added greatly to the pleasure of the occasion. He was introduced and spoke a few words, telling of his pleasure at being once more among Sanitarium people, where he ever found the atmosphere most congenial. During the course of the hour Mrs. Handford of Rochester and Mrs. Cooke of Kentucky sang several selections delightfully, and a trio, in compliment to Mr. Fletcher, gave a rendition of the song, "Count Your Calories," in which persons are urged to "fletcherize" as well. The affair passed off most pleasantly, and proof of the popularity of the hours is manifest in the increasingly large attendance.

Specific Directions

THE message was transmitted to the "cub" telegrapher. As written it read:—

"Foundation under freighthouse needs attention at once."

As delivered to the general foreman the dispatch contained a rather startling bit of information. It read:—

"Found a lion under freighthouse. Needs attention at once." To which he replied briefly:—

"Feed the lion and notify the live stock agent."

ARRIVALS

The list of arrivals for the week ending November 16 is as follows:—

J. A. Patterson, N. Y.; M. C. de Carvalho, N. Y.; Dr. and Mrs. J. T. Atkinson and wife; E. L. Washburn, New Mexico; Mrs. H. Frazelle, Mich.; J. H. Rouse, Iowa; A. Murrman, S. Dak.; Mrs. R. Ray Eldred, Ind.; Dr. W. A. Newark, Mich.; Mrs. Mary E. Downie, Ill.; Rhena E. Mosher, N. Y.; Margaret J. Bilz, Mich.; Mrs. J. M. Smith, Colo.; J. N. Adams, Mich.; Mrs. H. L. Chapman, O.; Miss Fitzgibbon, Ohio; Timothy Shanahan, Mich.; W. E. Thompson, Mich.; J. S. Boyd, Ohio; N. B. Wintersmith, Ky.; Mrs. J. H. Freeman, Siam; J. W. Patterson; Mrs. E. C. D. 'Yarmett, Okla.; John Zeimet, S. Dak.; L. W. Luscher, Mo.; Philip Lindenburg and wife, Ohio; Mr. and Mrs. William J. Finlay, Ohio; Mrs. Belle M. Perry, Mich.; E. L. Richardson, Wis.; W. D. Park, N. J.; Frances C. Park, Ohio; C. B. Blair, Mich.; Bessie Alexander, Canada; E. R. Mason, Ill.; A. A. Anderson, Mich.; Mrs. John C. Sharp, Mich.; J. D. Hawks, Mich.; R. E. Simpson, Ohio; O. A. Danielson, N. Y.; Mrs. N. C. App, W. Va.; Bertram M. Straus, Ky.; Mrs. Albert Miller, Ill.; Lewis McQuown, Ky.; B. F. Green, Ind.; Mrs. Helen L. Davenport; Mrs. J. H. Galbraith, Ohio; Mr. and Mrs. A. W. McDonald, Mo.; Charles M. Roe, Pa.; Dr. John E. Adams, Ariz.; G. W. Lambert and wife, Ark.; E. H. Van Atta, N. Y.; F. L. Warne, N. Y.; Mrs. John Spooner, city; Mrs. J. E. Grogan, Pa.; Miss K. Leonard, Pa.; Mrs. Vinton North and child, Ind.; Edith M. Buck, Ind.; G. H. Bain, Ohio; Mr. and Mrs. L. R. Mather, Minn.; Mrs. M. I. Hitch; Mr. and Mrs. W. L. Turner, Ill.; Mr. and Mrs. E. H. Hunter, Iowa; Kenneth B. Hunter, Iowa; Miss Della Weeks, Iowa; Harriet S. Alling, Japan; Mary M. Bryer, Ind.; R. W. Terhune, M. D., Ind.; H. N. Peck, Mich.; B. R. Fales, Mich.; R. E. Hieronymus, Ill.; Miss Jeanette G. Leeds, Ind.; R. H. Babcock, Ill.; Carl Fencher, Ohio; Leo Fencher, Ohio; Eulah MacDonald, Mich.; Charles M. Dow, N. Y.; Mr. and Mrs. W. J. Bullet, Ind.; Mrs. C. N. Barber, Ill.; Mrs. S. L. Lyon, Ohio; Dr. E. D. Rush, Ohio; Jacob Folkman; A. B. Olsen and wife, Caterham, England; L. L. Cahill, Munden, Mich.; Mrs. Charles Hannum, N. Y.; Dr. L. E. Heasley, Mich.; L. Sulzbacher, Tex.; S. H. Johnson, Conn.; Mrs. M. Hamilton, N. Y.; R. C. Kerns, Conn.; Mrs. L. M. Chattin, Tex.; W. P. Beall, Ohio; E. M. Randall, Ill.; F. H. Thompson, Ind.; Mrs. George Weston, Ill.; Mrs. Alfred Heed, Ill.; P. Evans, city; M. Edward and wife, Ohio; M. Hoffa, Pa.; H. Frazelle; Miss Emily Finley, Ohio; Miss Bess Finlay, Ohio; William J. Finlay, Jr.; S. W. Samble, N. Y.; M. E. Olsen; J. N. Bushong, Mich.; F. M. Langdon, Mich.; Mrs. H. Higgins, Cal.; George C. Dawson, S. Dak.; S. T. Turpin, N. Y.; George B. Emerson, N. Y.; Russel McDonald, Mich.; Jack Wood, Mich.; Mrs. E. L. Washburn, New Mexico.

DOMESTIC SCIENCE DEPARTMENT

"REPAIR material" was the subject of the domestic science demonstration lecture given in the Sanitarium parlor Thursday afternoon by Miss Lenna Cooper, superintendent of that department.

Repair material, the speaker explained, meant the foods which build up the body. "It takes the same food material to keep the body in repair that it took to build it," said she. "There are two classes of persons to whom this special food should be of interest: old persons who have undergone the wear and tear of years, and children who, because of their growing, need constant repair material.

"This repair material is known as protein or nitrogenous food; sometimes it is called albuminous. Nitrogen is the chief element or characteristic of protein. It contains the same chemical elements as the carbohydrates and in addition nitrogen—which we sometimes call the 'fickle element,' because it decomposes easily. That is the reason meats and eggs have to be kept cool, because heat favors this decomposition. The inactive element does not unite readily with the other elements. Hence compounds containing it readily decompose.

"Protein enters into the composition of the muscle tissue and is found in all animal tissues and some vegetable. In legumes we find 25 per cent protein; milk contains about 4 per cent protein and 86 per cent water; nuts contain from 23 to 25 per cent protein. Flesh foods are another source of protein while eggs are the nearest to a pure protein food we have. Fifteen per cent of the whole egg is protein, 10 per cent is fat. The egg yolk contains much more fat than the white. Protein is the rarest compound in food. Since an egg is so characteristic of the protein foods, we will use it for an illustration.

"An important constituent of the egg is the mineral matter. Its calcium salts is valuable for bone formation; iron is another important constituent found in the yolk. There is a great difference in the digestibility of the egg yolk and white; oftentimes the yolk can be taken with impunity while the white can not be taken at all. The white of a hard-boiled egg is about as easily digested as a piece of leather, for the reason that it is almost impossible to reduce it to a pulp. It should be put through a fine sieve before being taken into the mouth—so as to give the gastric juices an opportunity to attack it.

"The yolk on the contrary is really a fine emulsion—a fat divided into tiny globules which have the property of coagulating and becoming very mealy. An egg yolk, hard boiled, is one of the best ways of taking eggs; it is more quickly digested than a raw egg be-

cause a raw egg is so bland of flavor that it does not excite the gastric juices and lies in the stomach for a long period before it passes into the duodenum and is absorbed."

Escaloped eggs—

1 cup buttered bread crumbs.

6 hard-boiled egg yolks.

½ cup of chopped ripe olives.

½ cup cream sauce.

Baked in shallow serving dish in eight layers.

First layer: ½ of the bread crumbs.

Second: ½ the cream sauce.

Third: three broken egg yolks.

Fourth: All of the olives.

Fifth: Balance of the egg yolks.

Sixth: Balance of the cream sauce.

Seventh: Balance of crumbs.

Eighth: Finish with uncooked yolk of egg and ¼ cup of milk beaten well. Then dust over all with fine crumbs.

Bake a light brown.

"A wise man has more ballast than sail."

Nicely furnished suite of rooms for light housekeeping. Also unfurnished suites. Gas and City Water. \$6.00 to \$8.00 per month. FLAT FOR SALE.

No. 11 Hanover Street, City.

Constipation Cured Without Medicine

Dosing with ordinary cathartics is dangerous. It destroys the natural vitality and forces the bowels to become dependent upon an artificial stimulant. Most medicines which are strong enough to produce artificial relief from diseased conditions, are likewise strong enough to produce injury in other parts.

COLAX

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THE BATTLE CREEK IDEA

VOL. 1, No. 49.

BATTLE CREEK, MICH., NOVEMBER 26, 1908.

PRICE, 2 CENTS.

CALHOUN COUNTY MEDICAL SOCIETY TO MEET HERE

Annual Meeting of Physicians and Surgeons to Be Held at Sanitarium
Next Monday

BANQUET FOR 200 A FEATURE

The annual meeting of the Calhoun County Medical Society will be held next Monday at the Sanitarium, the program lasting throughout the day and evening. Many prominent physicians from about the state will be present by special invitation. A feature of the convention will be the banquet of 200 covers to be held in the south dining-room, after which the guests will adjourn to the Chapel where a musical program by the Sanitarium orchestra will precede an address given by the Hon. Washington Gardner, Congressman from the Third district.

The Society numbers about eighty members and the scientific program to open at 2 o'clock in the afternoon is one of unusual interest. It includes a paper on "Ergot," by Dr. David Inglis, Detroit; the paper to be followed by a discussion in which Drs. Herman Ostrander of Kalamazoo and M. A. Mortensen of the Sanitarium staff will participate; "The Practice of Psychotherapy," by Dr. Albert M. Barrett of Ann Arbor, discussed by Drs. Alfred I. Noble, Kalamazoo and J. L. Ramsdell, Albion. The program will close with the annual address of the president, Dr. W. H. Riley, who has chosen for his topic "The Nerve Cell in Health and Disease." The address will be illustrated by the stereopticon.

Temperance Sunday Is Observed Here

Sanitarium Union Offers Fine Program in
Which Many Foreigners
Respond

International Temperance Sunday was observed at the Sanitarium this week under the auspices of the Sanitarium Union, with a notable program, in which speakers from several foreign countries participated. The attendance was large, filling the grand parlor to its utmost limit. At the roll call representatives from twenty different nations responded, among them being students of the American Medical Missionary College, Missionary guests at the institution and resident members who had been born abroad. Music by the college male quartette, a duet by Mr. and Mrs. R. O. Eastman, and a solo by Mrs. W. H. Cooke of Kentucky added to the pleasure of the occasion. Miss Harriet Alling, missionary to Japan, spoke of the temperance movement.

Thanksgiving Day Celebrated

Bountiful Dinner and Interesting Afternoon and Evening Program Form the
Celebration for Guests and Helpers

With a bountiful Thanksgiving dinner at midday, a swimming tournament in the afternoon and a reception in the evening followed by an informal program of music, addresses and games, in which both guests and helpers participated, Thanksgiving day was adequately celebrated at the Sanitarium. An unusually large number of guests are here this season and but few of them returned to their homes, the majority of them preferring to remain and partake of a thoroughly hygienic feast. The tables were handsomely decorated with chrysanthemums of every hue and the attractive menu was as follows:—

Menu	
Diced Grape Fruit	
Tomato Bisque	Sanitas Wafers
Roast of Vegetable Meat—Dressing	
Parisian Potatoes	
Creamed Chestnuts	
Hubbard Squash	Bermuda Onions
Cranberry Jelly	Ripe Olives
Celery	Radishes
Mint Lemonade	Raspberry Nectar
Fruit Buns	
Mince Pie	Pumpkin Pie
Yogurt Cheese	Chocolate Crisps
Malaga Grapes	Apples
Cereal Coffee	

The reception and evening program proved delightfully informal and was well attended by the hundreds of guests and helpers. The guests were received by the medical staff in the gymnasium, which had been handsomely decorated with boughs, sheaves of corn and wheat, mounds of pumpkins and other vegetables, bespeaking the harvest festival. About the room were the several booths, which, it developed, were an educational feature of the program, depicting the various departments of the institution. The grocery booth, in charge of Store-keeper Edwards, showed a handsome display of fruits, vegetables, canned fruits, jellies, preserves, fruit juices and the various delicacies that appear on the Sanitarium tables. Here information could be obtained regarding the amounts of food consumed each day, week or month. The booth was the center of interest to many visitors, and guessing contests proved a drawing card to many of the younger set. The Sanitarium laundry was represented at a booth in which snowy linen and mountains of suds formed the chief feature. Nearby was the mechanical department, under the direction of Chief Engineer Clough. Here was exhibited a miniature power plant, and the actual work of

VERDICT OF SCIENCE ON THE ALCOHOL QUESTION

Dr. J. H. Kellogg, in Paper Before Medical Society, Discusses Physiological
Effects

NOW REGARDED POSITIVELY TOXIC

At a meeting of the Ohio Valley Medical Society, Dr. J. H. Kellogg delivered a notable paper presenting "The Latest Verdict of Science on the Alcohol Question." Important excerpts from the paper, which is of added interest in view of the remarkable growth of the temperance movement, are here given:—

The marvelous progress which has been made in scientific medicine within the last twenty-five years, especially through the aid of the physiologic laboratory, has wrought a great revolution in the views of medical men respecting the value of alcohol in health and disease. As regards the physiologic effects of alcohol the discussion has practically been closed. That alcohol is a poison to all living organisms, both animal and vegetable, is no longer disputed. For centuries the erroneous belief has prevailed that while alcohol was poisonous in large doses, it was non-poisonous, even a food, in small doses; but the more refined methods of observing vital phenomena and the development of a more perfect laboratory technique have shown that the so-called physiologic effects produced by small doses of alcohol are merely defensive efforts on the part of the body, the result of the resistant action of the tissues toward a recognized

(Continued on page 2)

Colds: How to Prevent and How to Cure Them

Dr. W. H. Riley in Sanitarium Lecture
Discusses This Common Ailment and
Its Prevention

"Another important thing in the treatment of colds is the care of the alimentary canal. Food eaten when one has a cold should be in small amount and easily digested. In fact, it is a very good rule to fast for a day or two at the beginning of the cold. The old rule of starving a cold and feeding a fever is a good one, so far as the treatment of a cold is concerned. If one does take food it should be easily digested and in small quantities ripe fruit, well cooked fruit, or fruit juice with some dextrinized cereal food such as zwieback, breakfast toast, toasted flakes, or some gruel, and even these should be taken in moderation. The bowels should be thoroughly emptied with some laxative medicine or with an enema. The enema is particularly indicated if the bowels are constipated and have not moved for a day

or two, as this will empty the bowels at once, which is important to do at the beginning of the treatment. For the purpose of relieving the congestion of the nose, throat and bronchial tubes, the warm bath is often indicated and used. The full warm bath from 98° to 100° of from fifteen to twenty minutes' duration, keeping the head cold with a cold compress, is an excellent remedy for the treatment of colds. Also a warm body blanket pack, or a hip and leg blanket pack, a hot foot bath, or hot hip and legs baths. All of these hot applications may be applied to the body for fifteen minutes to half an hour, depending somewhat upon the temperature of the bath and the condition of the patient. All of these warm applications dilate the peripheral blood vessels and invite the blood into the skin and away from the congested mucous membrane.

"Care should be taken while the treatment is being given that the patient is not exposed to cold draughts, as he is particularly liable to be affected by them at this time. After the bath, the patient should go to bed immediately. It is better if the treatment can be given in the bathroom adjoining the sleeping room so that the patient will not be exposed in taking his treatment, or if the blanket packs are used, they may be given in bed, and the patient does not leave his bed while taking the treatment. It is also an excellent plan at the beginning of the warm treatments to give the patient a glass or two glasses of hot water to drink, or hot lemonade, or a hot drink of some kind which will be agreeable to the patient. These hot drinks stimulate the secretion of mucus in the mucous membrane. They also dilate the blood-vessels of the body generally and tend to relieve the congestion of the mucous membrane in this way. These warm baths with the warm drinks should be given two or three times a day unless the patient is weak, or there is some good reason why they should not be used so often. Very often the reason why good effects are not obtained from the use of any remedy like warm baths is because it is not used in the proper way. A person with ordinary health who may be suffering from a cold should go to bed as above indicated and should have some form of the bath above mentioned given at least twice a day, and in some cases it may be given three or even four times a day to good advantage. A repetition of the treatment is an important thing, and the results will be much more efficacious if the treatment is repeated from two to four times a day instead of being given just once.

If there is a troublesome cough with the cold, fomentations to the throat or chest may be used two or three times a day and a heating compress applied to the throat and chest in the interval between the application of the fomentation, and at night. The compress should be removed when the fomentations are applied. Some soothing cough syrup may also be used advantageously. A cough continued for a long time, particularly in old people, sometimes does harm by dilating the bronchial tubes; so some suitable cough remedy which will relieve the irritation in the bronchial tubes, particularly at night, often gives the patient a good night's sleep and prevents the bad effects which may come to the bronchial tubes and lungs on account of the dilatation which may result to these parts after a long continued cough. If the above rules and suggestions are followed, most cases of colds can be relieved in two or three days. As above stated, if one has a cold he is more liable to take more cold, and the greatest care should be exercised to prevent this. After the cold is relieved, the general health should be carefully looked after by taking proper rest, cold baths, outdoor exercise, and other remedies to improve the general health so as to prevent future attacks."

VERDICT OF SCIENCE

(Continued from page 1)

poison. This is clearly evidenced if we note the effect of alcohol, even in small doses, upon increase of secretion; the increased secretion is chiefly mucus, showing that the purpose of the secretion is to protect the tissues against the irritant effect of the drug. Alcohol, when introduced into the stomach, as shown by Pawlow, produces an abundant flow of mucus, and also stimulates the formation of acid, but remains without action upon peptic glands. When this action is many times repeated, the final result (Wood) is obliteration of the peptic and acid-forming glands and chronic gastric catarrh.

The supposed stimulant effect of alcohol has gradually evaporated under the sunlight of modern research until it has been reduced to the mere temporary irritation produced by the contact of alcohol with the nerve endings in the mucous lining of the stomach. The exhilaration following a moderate dose of alcohol is due not to stimulation, but to the narcotizing effect of the alcohol upon the brain centers which control blood-supply, heat productions and elimination; the abolition of the sense of fatigue through the paralyzing of the controlling centers, and the momentary flooding of the brain with blood through the dilatation of its nutrient vessels.

The toxic influence of alcohol upon living tissues is well shown in the fact cited by Metchnikoff ("The New Hygiene"), which makes it clear that alcohol lessens immunity to a marked degree. Abbott, Metchnikoff, and many other observers testify that alcohol lessens vital resistance as well as the development of immunity.

Modern Arctic explorers invariably exclude alcohol from their daily ration, basing their action on the results of experience as well as those of laboratory research. This fact is one of tremendous importance, for if there are conditions of any sort which would seem to afford a favorable opportunity for alcohol as a really economic source of energy, it would seem to be those to which the Arctic explorer is exposed.

The toxic effects of alcohol are shown in a very striking way by its influence in hindering the formation and accumulation of glycogen in the liver, thus lessening resistance to infection. Another and more recent charge against alcohol is that it encourages intestinal auto-intoxication. The observations of Combe, Tissier, Metchnikoff, von Noorden, and numerous other authorities have shown us the enormous role played by intestinal auto-intoxication in both acute and chronic disorders. Dana pointed out more than a dozen years ago the probability that most nerve degenerations are the result of the action of toxins absorbed from the alimentary canal. Metchnikoff has shown that arteriosclerosis and premature senility are chiefly due to this cause. Combe, of Lausanne, Arbuthnot Lane of London, and others have shown that neurasthenia and many other chronic nervous disorders, skin maladies, and in fact, the great majority of chronic disorders, are due to the long-continued action of toxins absorbed from the alimentary canal.

The question of the food value of alcohol has been warmly discussed. For a long time there was very great divergence in the results obtained by various experimenters, but within the last few years there has come to be a general concurrence in the opinion that alcohol can not be considered in any proper sense a normal foodstuff. The experiments of Atwater and others show clearly enough that alcohol is oxidized or metabolized in the body, but the same is true of opium and nearly all other organic substances. Any-

thing that will burn will produce heat. Anything that will combine with oxygen under the conditions in which oxygen is found present in the body, whether in the alimentary canal, the blood, or the tissues, will give rise to heat; but this is not normal heat metabolism. The formation of heat in the body takes place in connection with cell activity. Heat may be considered as in large part a waste product. Muscular activity, nervous activity, cell activities of all sorts in the body, are accompanied by heat production, and this is the normal way in which heat is produced. Iron filings introduced into the stomach will undergo oxidation and thus give rise to heat. This fact does not entitle iron filings to be classified as a food. The alcohol molecule is easily broken down when brought in contact with oxygen in the chemical condition in which it exists in the blood and other tissues. But the same is equally true of formic acid, strychnia, fusel oil, wood naphtha, sulphuric ether, and thousands of other organic compounds. Alcohol is less toxic than many of these substances, hence produces less disturbance in the vital economy, but this fact does not entitle it to rank as food.

In a series of experiments Professor Atwater sought to prove that alcohol lessens the loss of protein and other elements of the tissues. This is one of the claims in favor of alcohol set up more than fifty years ago by Wm. Hammond and others. He maintained that although alcohol may not be in itself a food, it protects the system against all destruction of tissue and economizes the body resources. Atwater's carefully conducted experiments, however, absolutely destroy this ingenious apology for the use of alcohol. Atwater says in regard to the results of his experiments that in each case the substitution of alcohol for butter or sugar in the diet "resulted in a loss (or an increased loss) of body protein, which loss continued through the three days of the alcohol period."

Commenting upon the results obtained, Atwater remarks that they may be "interpreted as indicating that the subject worked to better advantage on the ordinary diet than on the diet of which a part was alcohol."

Notwithstanding his evident purpose to maintain the food value of alcohol, Atwater makes the following frank admission:—

"In large quantities it is positively toxic, and may retard or even prevent metabolism in general and protein metabolism in particular. In small doses it seems at times to have an opposite influence, tending to increase the disintegration of protein. This action, though not conclusively demonstrated, is very probable. It offers a satisfactory explanation for the occasional failure of alcohol to protect protein, the assumption being that the two tendencies counteract each other. The only justification for calling alcohol a protein poison is found in this disintegrating tendency."

This last admission by Atwater is highly significant. He frankly states that in large doses alcohol is "positively toxic," and demonstrates this by reference to the fact that it retards or prevents metabolism in general, and "protein metabolism in particular." Here Atwater cites as proof of its poisonous properties the very fact which has for nearly half a century been harped upon as evidence that alcohol is a valuable remedy.

In discussing this subject just thirty years ago the writer wrote as follows:—

"But if alcohol did really hinder the destruction of the tissues, so as to prevent the natural process of disintegration, it would still be very injurious; for all the processes of life are dependent upon destructive changes of tissue; and hence anything that would hinder

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THANKSGIVING DAY

(Continued from page 1)

pumping, generating electricity, etc., was displayed.

A handsome display of electric contrivances was installed in the booth presided over by Chief Electrician Cleveland who explained the intricacies of the plant to visitors. At the refreshment booth, sweet apple juice, popcorn and apples were dispensed lavishly to all visitors.

The reception was held from 7 to 7:45 and following this, Dr. John F. Morse, chairman of the evening, gave an interesting account of the first Thanksgiving held in New England. A forcible reminder of the Pilgrim ancestors was lent throughout the evening by the garb of the dining-room staff, which was of Puritanical simplicity and cut.

A fine program of music was rendered by the orchestra and interesting games of various sorts concluded the evening's program.

The statistical report of the food consumed and amount of water, gas, coal and other supplies used by the Sanitarium during the year interested the hundreds of guests. The report follows:—

Annual payrolls, \$289,672.70; laundry, 7,804, 764 pieces; water, 103,337,000 gallons; gas, 2,270,600 cubic feet; coal, 17,656,032 pounds; stationery, 616,145 sheets; soap, 44,886 pounds; salt, 58,520 pounds; sugar, 39,970 pounds; butter, 34,548 pounds; cream, 82,443 quarts; milk, 86,482 quarts; eggs, 44,643 dozen; bread, 67,698 loaves; buns, 66,504; crackers, 15,514 pounds; zwieback, 27,877 pounds; cereals (flaked), 18,773 packages; fruit juice, 39,889 quarts; fresh berries, 37,632 quarts; fresh grapes, 20,515 pounds; canned fruits, 58,500 quarts; canned vegetables, 32,928 quarts; oranges, 93,784; lemons, 143,100; bananas, 1,392 bunches; apples, 1,959 bushels; peaches, 1,016 bushels; pears, 212 bushels; plums, 279 cases; figs, 7,246 pounds; dates, 2,346 pounds; prunes, 5,871 pounds.

SABBATH CHAPEL SERVICE

"When one accepts a justification by faith he has committed a voluntary surrender to Jesus and to hygienic righteousness," declared Pastor J. A. Brunson in the Sabbath morning chapel service. "It is surrender of the body as well as of the heart. The violation of one is as truly a violation as the violation of the other. Christ is no more obligated to keep the body well if the believer ignores physical laws than he is to keep the soul pure if he ignores the moral rules. The union of the Christian with the mystical body of Christ is so mysterious that it is second only to the mystery of God in the flesh. A Christian should receive life, strength and health through his faith and union with Christ Jesus."

The speaker during his discourse dwelt on what he termed; "the crown right of Christ and the birthright of the believer." The former was, he said, Christ's right to give to his own all that he has purchased for them by his atonement, and to give it to them in the fullest, completest manner possible; the believer's birthright was to receive from Christ all that He desires to give to him and to receive it in the fulness that he desires to give it to him.

It is his moral attitude toward his work which lifts the workmen above the fatigues of time and chance, so that, whatever fortune befall the labor of his hands, the travail of his soul remains undefeated and secure.—Bliss

THE BATTLE CREEK IDEA

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Three Months	-	-	-	.25
Per Copy	-	-	-	.02

VOL. 1 NOVEMBER 26, 1908 No. 49

DISTINGUISHED ABSTAINERS FROM FLESH

"Take not away the life you can not give,
For all things have an equal right to live.
If man with fleshy morsels must be fed
And chew with bloody teeth the breathing bread,
What else is this but to devour our guests
And barbarously renew Cyclopan feasts."

With millions of "thankful" Americans turning their thoughts toward the national bird this week and a line of slaughtered fowls that would reach from Maine to California in the wake of the national holiday, this sentiment of the ancient poet may come as more or less of a shock, particularly to those to whom the thought of Thanksgiving is inseparably connected with the turkey.

Thanksgiving day without turkey and chicken pie is equivalent in the minds of the average citizen to Christmas without presents and cheer. So much for long established precedent. The world, or a large part of it, has come to feel that upon meat depends man's energy and brain, his strength and his accomplishment. This is very far from true, for many of the men who have accomplished the most in this world have not been eaters of meat.

Over in India today are three hundred millions of people, who follow the teachings of Brahma and Buddha—philosophers who lived several centuries before Christ. History does not record any other following such as these men have had. For centuries they have swayed the lives of the people of the Orient. They taught that animal life was sacred. They themselves never tasted flesh. Their doctrine dominates probably twice as many people today as does the doctrine of Christianity. They were great men, as the world measures greatness—and their power or their genius did not depend upon strength drawn from the flesh of animals.

The greatest philosopher of antiquity, Pythagoras, the father of the philosophy of Plato and Socrates, was a vegetarian and in the little village of Crotona, not far from Athens, he established a vegetarian colony and had hundreds of followers. Several centuries after his death many of his followers could be found, but finally their savage and barbarous neighbors fell upon them and massacred them because their practices were so different from their own.

Socrates was a vegetarian. In Plato's book "The Republic," will be found a conversation between him and Glaucon to the effect that in

the "health city" the people should engage in agricultural pursuits and their food should be the fruit of the vine and vegetables eaten at the close of the day in the midst of sweet music. Glaucon's suggestion that roast meats and fowls would be acceptable for variety met with the response, on the part of Socrates, that such a diet would bring about an inflamed city—a feverish city; that disease would soon appear as the result of flesh eating; that it would mean a demand for an increased amount of land for the flocks to feed on and that would necessitate encroaching upon the land of their neighbors which, in turn, would bring about war and war would mean bloodshed—sufficient argument for the natural dietary.

Plutarch, that famous old Roman biographer, was a vegetarian. He wrote an essay on flesh eating and was stinging in his condemnation of those who partook of flesh. "Those layers out of corpses, the butchers and the cooks" was his summing up of the situation.

Seneca, the Roman philosopher, was an abstainer from flesh food and frequently argued in a most earnest and logical manner against its use. When Sir Isaac Newton was completing his mathematical theories in order to demonstrate the correctness of his views respecting gravitation, he lived for two or three weeks upon bread and water to give him clearness of intellect. Milton, when laying the plot for his Paradise Lost, lived upon vermicelli, macaroni and the fruits of Italy. Many other great men, who have enriched the world by having lived in it, have been followers of the same principle. It is not a fad, not a new idea that will be followed to-day and dropped to-morrow. It has stood the test of centuries and its long line of distinguished advocates—men who have done things—are history's proof that this is true.

PURE FOOD LEGISLATION

THE general public seems to have the impression that now that the pure food and drug law has been passed, we are thoroughly protected; that all the protection required against poisons in foods and medicines has been provided. This is an error. The national pure food and drug act applies only to articles which are shipped from one State into another. It leaves without restriction the rascal who manufactures adulterated and poisoned articles and sells them in the same State in which they are made, so the protection is only very partial. What we now need is similar or better laws in every State. Wide-awake citizens should give their legislators no rest until such protection has been provided.

Dr. Wiley and his poison squad has accomplished a work of tremendous importance. He has acquired world-wide fame because of his patience and thoroughgoing investigations, which have left no room for escape from the adulterator. Dr. Wiley stated in this interesting address at the Richmond meeting of the National Conference of Charities and Corrections, that one purpose of the pure food act was to get the drugstore out of the foods. This work will not be accomplished until the small manufacturers who retail their products near at home, as well as those who are under the supervision of the Interstate Commerce Commission, are made amenable to the law in respect to the quality of their wares.—J. H. K., in Good Health.

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VERDICT OF SCIENCE

(Continued from page 2)

this process would hinder vital action—would interfere with the life processes which are essential to the manifestation of life."

During the thirty years which have elapsed since the preceding paragraph was written, I have carefully watched the progress of physiologic experimentation in relation to alcohol, and have found no occasion for changing the position then taken, and am glad now to know that this position is backed up by so distinguished an investigator as Professor Atwater.

Having shown that alcohol is "positively toxic in large quantities," Atwater presents another fact which is equally important in this connection, stating that "in small doses it seems to have an opposite influence, tending to increase the disintegration of protein." So we have positive proof that small doses as well as large doses of alcohol are also "positively toxic." This Atwater recognizes in the admission that a "justification for calling alcohol a protein poison is found in this disintegrating tendency."

If, then, alcohol is a "positive poison" in large doses, and a "protein poison" in small doses, in what doses can it be called a food, and under what circumstances can it be recommended for habitual or daily use?

In view of the above facts the statement is amply justified that Professor Atwater's exhaustive experiments with reference to the influence of alcohol upon digestion and nutrition show its effects to be damaging rather than beneficial—

1. Because the effects of alcohol in increasing the palatability of the food nutrients were nil.

2. Because loss of energy through the increase of protein waste under the influence of alcohol was ten to fifteen times greater than the possible gain from the influence of alcohol upon protein digestion.

3. In large doses alcohol diminishes metabolism, and hence hinders the use of the protein after it has been absorbed, while in small doses it increases protein waste, thus demonstrating itself to be in both large doses and small doses a protein poison, and hence in no sense a proper nutriment.

4. Alcohol has no value as an aid to digestion in persons who are suffering from slow digestion, as in hypopepsia or hypophyochloria. The experiments show simply the degree to which a healthy organism may tolerate the introduction of the substance, a confessed poison, without grave interference with the normal physiologic processes.

Recent experiments give overwhelming evidence that alcohol has no practical value in exciting gastric secretion, and that the ultimate effect of the use of alcohol is to lessen gastric secretion and hence to impair digestive activity.

Abel says, with reference to muscular action in general, that "both science and the experience of life have exploded the pernicious theory that alcohol gives any persistent increase of muscular power." This principle must hold good in relation to the internal and involuntary muscular structures as well as to the voluntary muscles. The experiments made by Hare and numerous other investigators upon the heart show this to be undoubtedly true.

In view of the facts which are now known in relation to the influence of alcohol upon digestion, there seems to be left no ground upon which to defend the use of this drug as a gastric stimulant. Indeed, the effects of alcohol upon the stomach coincide precisely with the effects observed upon other functions.

Chapman more than sixty years ago took a decided stand against the then prevailing practice of using alcohol freely in fevers, declaring that he employed alcohol with as much reserve as bleeding, and that he obtained the best results in cases in which it is not employed. A fever is a vital battle against invading parasitic organisms. Alcohol lessens vital resistance, hinders the process of immunization, weakens the heart, narcotizes the nerve centers, and does not meet a single indication which can not better be met by other safe and rational means.

If we should study the whole range of diseases to which humanity is subject, we should not find a single malady for which alcohol is a specific remedy: and I venture to say that we should not find a single one in which alcohol renders service which can not be better rendered by some other and more rational means.

Alcohol should be relegated to the limbo of discarded drugs which have been tested and found wanting. The social and moral mischief which the drug has done, as well as its physical effects, give sufficient reason why it should be accorded drastic treatment, and avoided if possible. A decided stand against alcohol on the part of medical men, a clear statement of its uselessness as a food and as a medicine, and of its pernicious effects upon the animal organism, would arrest the attention of the public, and advance the cause of temperance as no other means could do.

INTERNATIONAL Y. M. C. A. LEADER A VISITOR HERE

Mr. Clayton S. Cooper of New York, secretary for the International Student Bible study department of the Y. M. C. A. is sojourning at the Sanitarium for a few weeks prior to starting on a world wide tour in the interests of his department. He will sail late in December from New York for India, later visiting China, Japan, Ceylon, Korea and the Philippines, reaching the Pacific coast late next summer. Mr. Cooper is the active head of the great movement which now has a following of 50,000 students, representing all of the best known colleges of North America. His trip is a part of the campaign to double the number of voluntary students before the beginning of another year. He will present the work to the young men in the colleges of the Orient and through lectures and personal contact stimulate their interest and enthusiasm.

HELP THOU MY UNBELIEF

BECAUSE I seek Thee not, O, seek thou me!
Because my lips are dumb, O, hear the cry
I do not utter as Thou passest by,
And from my lifelong bondage set me free!
Because content I perish, far from Thee,
O, seize me, snatch me from my fate, and try
My soul in thy consuming fire! Draw nigh
And let me, blinded, thy salvation see.
If I were pouring at thy feet my tears,
If I were clamoring to see thy face,
I should not need thee, Lord, as now, I need,
Whose dumb, dead soul knows neither hopes nor fears,
Nor dreads the outer darkness of this place.
Because I seek not, pray not, give thou heed!
—Louise Chandler Moulton.

"THE only reason why the out-of-door life in all its forms and features does not at once become universal, is its cheapness and ready accessibility. If fresh air, sunshine, and a chance to sleep in the open could be secured only at a considerable cost of cash and inconvenience, nothing would be so popular. A tax on fresh air would insure universal recognition of its value."

A Perfect Success

THE following very effective testimonial appears in one of the current patent medicine advertisements: "I have been using your One-Night Corn Cure for over twenty years, with perfect success."

What He'd Get

TEACHER—So you can't do a simple sum in arithmetic? Now let me explain to you. Suppose eight of you have together forty-eight apples, thirty-two peaches and sixteen melons, what would each one of you get?

"A stomachache," replied Johnny.

HAIR GOODS

of any description or made to order on short notice. Hairdressing and Shampooing, Massage of the Head, Face and Scalp. Manicuring. A fine line of Novelty Goods for the Holidays.

COME IN

and inspect Bags, Belts, Buckles, Back Combs, Side Combs, Barretts, Pocket Books, Hat Pins, Veil Pins, Manicuring Sets, and other articles too numerous to mention, any of which will please the loved one at Xmas time. Special invitation to the gentlemen.

Mrs. Ida B. Allen & Co.

No. 8, Arcade.

Bell Phone, 834 J

The Battle Creek Sanitarium & Hospital Training School for Nurses

Offers exceptional advantages to young men and young women who desire to fit themselves for the work of a trained nurse.

Besides the regular hospital training, thorough training is given in Hydrotherapy, Massage, Manual Swedish Movements and all physiologic methods peculiar to the Sanitarium, and is each a training in itself and found almost exclusively in our work.

Classes are organized April 1 and October 1. Applications are received whenever vacancies.

For further information or particulars regarding the school, address the

Battle Creek Sanitarium & Hospital Training School

Beat THIS OFFER on Watches

I have moved to 5 West Main. I am waiting for fixtures and stock. My store front is being rebuilt. While I am waiting for new stock, fixtures and store front I will sell any of my present stock of Watches and Clocks at 25 per cent below the price.

S. LANDE

Watch Repairing Specialist, - 5 West Main

Closed Saturdays, open Saturday evenings

WHY HE IS A VEGETARIAN

"My personal reasons for preferring grains, nuts and fruits as diet instead of the carcasses of our dead animal friends," says Benjamin Fay Mills, are that I am convinced that this practice contributes to my physical, moral and spiritual welfare. *The idea that meat is the most nourishing kind of food is merely a superstition.* There was a time when our ancestors thought they needed to eat meat in order to be powerful—we merely think that we have to absorb sheep and cows in order to be well and strong. But meat contains seventy per cent water, while grains have only fifteen per cent. There is more nourishment in a pint of milk than in a pound of meat. Milk and eggs are vegetables, but they are a constructive kind of animal food which do not include any retrograde movements. Why, look back into history a little:—

"The Spartans—their very name sends a thrill down your backbone—were vegetarians; the Romans in their prime were vegetarians, and many of the greatest athletes of to-day abstain from meat-eating.

"The strongest animals in the world live on a vegetarian diet.

"The horse, elephant, antelope and reindeer are among the strongest animals in the world, and they are vegetarians.

"The Chinaman is one of the strongest of men, and he subsists on rice.

"The Hindus are the greatest thinkers that ever lived, and they are vegetarians.

"But, besides all this, I am a vegetarian not only because I want to be healthy and because I believe it is a better brain food, but because I want to be humane."—*Good Health.*

NEWS OF THE INDOOR LEAGUE

On Tuesday night of last week, the Medics and the Bawbees met in a spirited contest. The conflict ended in a tie after eleven innings. On Saturday night the game was replayed and it proved to be the fastest and most hotly contested game ever seen in the Sanitarium gym. Time after time the Bawbees had men on the bases but Race persistently came back with his Sunny Jim and struck the batter out. Time after time the Medics were ready to score but Gamenthaler proved invincible. Sensational plays were the order of the game, the infield work of the Medics being particularly noticeable. At the close of the first half of the ninth the score stood 4 to 4. The end came on the last half when Haylock performed a remarkable piece of base running. He batted a single and ran on to third while the Bawbees were wondering where he was. Shortly afterwards Smeek tried to knock the wall out of the gym and Haylock scored. The feature of the game was the pitching of both Race and Gamenthaler. The score was 5 to 4 in favor of the Medics.

"Have you got an independent fortune?"
"No, I'm married."—*Cleveland Leader.*

TEMPERANCE SUNDAY

(Continued from Page 1)

ment in that country, telling of the four national societies—one of which was known as The National League, to which many of the most prominent men of Japan belonged. Three national temperance periodicals are published and there is much practical work being done along rescue lines for the young girls and among the factory workers.

Miss Anna Hartwell, born in China and a faithful worker there for several years, said that it was not alcohol that was the curse of China but opium, cigarettes and the cigarette pictures. The opium, she said, had all but been the ruin of China. The Boxer uprising and the events which followed had opened up to China a realization of the true condition of affairs and active measures had been taken to abolish its use and it was now confidently expected that within ten years the country would be able to abolish opium from its borders. But the American cigarette, though the craft and greed of the American manufacturer, who sent agents through the country making free distributions until the habit was established among the natives, had penetrated "every crack and crevice" of the country and had become a distinct evil and menace to the morals of the youth of the nation.

Mrs. Campbell of India told of the prevalent use of the native wine, a fermented sap from the palm tree, and the increased use of a distilled liquor into which a preparation called "bahng," was put, the effect being to drive the drinker almost insane. She told an amusing story of a boy in her school whom she tried to persuade to leave off tobacco. He promised her he would attempt to break himself of the habit but a few weeks later confessed that he was imbibing strength to do it by taking "Davis Pain Killer." To break himself of the painkiller habit he took snuff; but at length his regeneration was complete. There were some native societies in their district, she said, which were doing effective work in educating the people.

Mrs. Frederickson, who has lived many years in the Congo district, Africa, gave an impassioned talk on the evils that had been wrought to the natives through the introduction of the green casks. "America and England during the last year sent thirty million gallons of liquor to help civilize Africa," said she. "Every where along the coast where the liquor has touched it has destroyed the people. The native wine, the palm juice, was formerly used on all occasions, at births, weddings, funerals and feasts of all sorts but the people rarely became drunk. It is to the everlasting shame of our western civilization that the curse of the foreign liquor has entered into the Congo. We will have to give account for what we have done."

Dr. George Dowkontt, who for many years served in the British navy, told of the beginning of the temperance movement among the men and the foundation of the Royal Naval Temperance society, now numbering thousands of members in which he was instrumental. He also told of the noble work of Miss Agnes Weston, who, at his suggestion began the personal work among the men of the navy, the influence of which, during the past thirty-five years, had been far reaching and of enormous good.

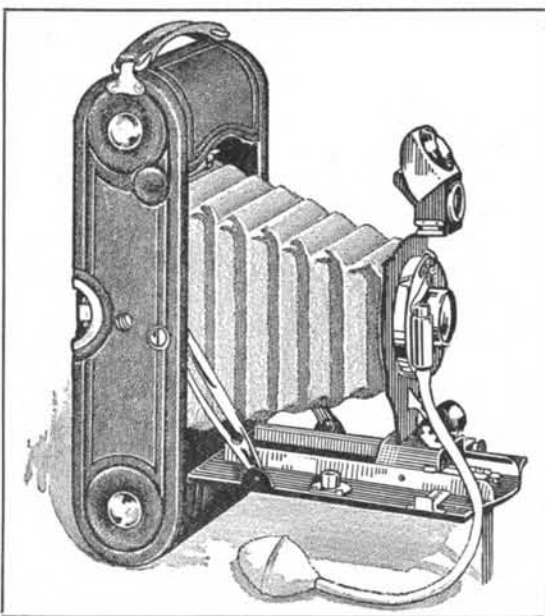
Where the Letter Falleth

According to Mr. Rafferty in the Washington Star, the phonetic impulse of the day needs to be restrained. The gentleman in question regarded a city-building with interest:—

UNIVERSITY OF MICHIGAN

Head the Christmas List with a Kodak

For every one likes pictures of the persons and things that he is interested in. And anybody can make good pictures with a Kodak.



Folding Pocket Kodak SPECIAL

SET FOCUS. NO DARK ROOM. The pictures are $2\frac{1}{2} \times 4\frac{1}{4}$ and the price is only \$15.00.

All the New Goods from the Kodak City

Kodaks and Brownie Cameras at our Store, from \$1.00 to \$100.00.

PALM GARDEN PHARMACY, = Sanitarium

PERSONALS

Mr. N. H. Smith of Duluth is among the week's arrivals.

Miss Anna Hartwell returned recently from a southern lecture trip.

Mrs. Philip Krug and son Carl Krug, are newly arrived patients.

The Rev. J. G. Evans of Kankakee, Ill., is among the recent arrivals.

Mr. R. E. Watham has returned from Louisville, Ky. for further treatment.

Mr. J. E. Woolley of Leicester, Eng., is a guest at the institution this week.

Mr. H. H. Shivers of Three Rivers, Mich., is at the institution for treatment.

Atty E. H. Johnson of London, Ky., is a recently arrived southern visitor.

Mr. C. M. Goodell of Philbrook, Mont., is a new patient at the Sanitarium.

Mr. W. H. Taylor, a publisher of Chicago, is resting here for a few weeks.

Dr. H. L. McCullough of Cookport, Pa., is taking treatments at the institution.

Mrs. Bringlay R. Fales of Detroit is the guest of her father, Mr. Peck, this week.

Mr. Thomas J. Skuse, of the naval staff, port of New York, is a patient at the institution this week.

Dr. R. F. Quigley, a practicing physician of Vermillion, O., is here for rest and treatments.

Mrs. W. B. Klechner and Mrs. John Baxter of White Pigeon, Mich., are patients at the institution.

Mrs. J. A. Watham, daughter and son, of Louisville, are newly arrived guests at the Sanitarium.

Mr. and Mrs. A. L. Cram Jr. and little daughter Mildred, are new arrivals at the Sanitarium.

Mr. George R. Jackson of Lewiston, Mont., is one of our recent western visitors, arriving the past week.

Mr. Herman Stevens, a prominent newspaper man of Elk City, Okla., is resting at the Sanitarium.

Messrs Thomas Parrock and R. Montgomery, both of Youngstown, O., are sojourning at the Sanitarium.

Mr. J. E. Talley, who has been spending some weeks here recuperating, returned this week to Chicago.

Mr. H. W. Henry, a frequent patron of the Sanitarium, returned this week for a stay of several weeks.

Mr. W. S. Hovey after a short rest at the Sanitarium returned this week to his home in Three Rivers.

Mrs. S. E. Barnhart and son Irving have returned from a four weeks' visit with relatives in Nevada, Ia.

Mr. George C. Dawson, government farming agent of Pine Ridge, So. Dak., is a newly arrived patient.

The Hon. Washington Gardner of the Third Congressional district paid a brief visit to the Sanitarium on Monday.

Mrs. I. Q. Jordan and daughter Miss Mildred Jordan, and mother, Mrs. Phebe Wood, of Wilmington, Ohio, are sojourning at the Sanitarium.

... SLIPPERS! ...

Are your feet so tired and weary
That you can scarcely stand
Get a pair of our comfort slippers
And you'll be the happiest person in the land.

We have them in all colors
Both in leather and in felt.
Don't fail to come in and see them,
And you'll never regret—Coming.

RIGGS & ALDERDYCE,

817 West Main Street, - - Battle Creek, Mich.

Mrs. F. Richmond of Detroit, a former patient here, and Mrs. H. K. White, also of Detroit, arrived this week.

Prof. Robert L. Radford, who occupies the chair of languages at Lynchburg, Va., is a patient at the institution.

Miss Ella Earl Hayes has returned to her home in Louisville, Ky., after a brief visit with old friends at the institution.

Mr. J. D. Burton of Des Moines, Ia., who spent some weeks here last summer, has returned for further treatment.

Mrs. J. P. McNaughton, a returned missionary from Turkey, is back in the institution again after a short lecture trip.

Mr. I. R. Ruben of New York, who has been connected with the Republican National committee, is resting at the Sanitarium.

Mrs. A. E. Merrill, who has been making a prolonged stay at the Sanitarium, returned on Wednesday to her home in St. Louis.

Miss Evelyn Paddock of Kankakee, Ill., is paying a visit to her sister, Miss Shirley Paddock, who is a patient at the Sanitarium.

Dr. and Mrs. L. D. Knowles of Three Rivers, who have been spending a few weeks at the Sanitarium, returned this week to their home.

Mrs. H. C. Hayward and daughter, Mrs. J. M. Crawford of Cincinnati, Ohio, arrived at the Sanitarium the past week and will remain for treatments.

Mrs. R. J. Dye and children of the Congo, accompanied by Mrs. Dye's sister, Mrs. S. A. Preston of Ionia, Mich., have come to the Sanitarium for a season of rest.

Mrs. Darwin Jones went to Jackson this week for a short visit and on her return was accompanied by her daughter, Mrs. A. H. Bates and little daughter Margaret, who will remain over Thanksgiving.

Mrs. H. B. Kieth of Beaumont, Tex., has returned to the Sanitarium for the winter. Mrs. Keith spent last winter here. She was accompanied by Mr. and Mrs. H. D. Keith who spent a few days viewing the institution.

News Notes

Pastor G. C. Tenney spent the early part of the week in Chicago.

Drs. J. H. Kellogg and R. H. Harris spent Monday and Tuesday in Chicago this week.

Chaplain and Mrs. L. McCoy have returned from a months' vacation trip spent in Iowa.

A. H. Anthony of Central City, Neb. visited Mr. and Mrs. P. C. Burt this past week. Mr. Anthony is about to leave for Idaho where he has extensive land interests.

At the meeting of the Battle Creek Medical club at Nichols Hospital Monday night a symposium on Principles of Serum Therapy—Diseases in which Immunity Occurs, was taken part in by Drs. Haughey, Riley and Louie Vandervoort.

Friends of Viktor and Th. Aagard were pleased to receive word from them this week from Denmark. Both young men have for the past year been connected with the treatment rooms. For the past two months they have been touring England, France, Germany, Switzerland and Denmark. They expect to return to the Sanitarium in the spring.

On Monday night a group of helpers met in Room 15 College building and organized a literary society, which will meet each Monday evening. Officers were elected as follows: president, W. H. Griffin; vice president, John E. Granger; secretary and treasurer, Mrs. Schaffer; critic, A. C. Whitford; sergeant at arms, W. P. Starr. The programs will consist of readings, essays, debates and orations. Membership admission is open to all helpers.

An interesting feature of the Thanksgiving day program was the swimming tournament in the men's pool, held at 3 o'clock. Messrs Winjum and Wheelock had the affair in charge and the program of events included all the customary features: demonstrations of strokes, spring board diving, high diving, relay races, tub races, life saving and resuscitation, etc. A detailed account of the tournament will appear in next week's issue.

DR. MARTIN TO LEAVE FOR GUANICA, PORTO RICA

Dr. and Mrs. W. F. Martin and little daughter will leave next Sunday for New York, whence they will sail on Dec. 5 for Guanica, Porto Rico, where Dr. Martin will establish a Battle Creek Sanitarium system of treatments for the 5,000 employees of the Guanica Centrale, one of the largest sugar plantations in the world. The colony and company is under the management of Mr. A. J. Grief who as a patient here last summer became so impressed with the Battle Creek principles that he determined to carry them out with his men. His own private establishment is under the direct superintendence of a Battle Creek dietitian and the system of gymnastic exercises has also been installed among the men. Dr. Martin will remain six months on the island, after which he will probably be superseded by another physician from the Sanitarium.

ARRIVALS

The list of arrivals for the week ending Nov. 23 is as follows: H. H. Shriver, Mich.; George Jackson, Mont.; Mrs. W. B. Kleckner, Mich.; Mrs. John Baxter, John W. Baxter, Mich.; Clayton S. Cooper, N. Y.; Anna B. Hartwell, China; Mrs. Jesse French, Mo.; Clemm Gennett, Ind.; Mrs. M. V. Waugh, Ill.; Mrs. Lettie Fox, Mich.; Miss Edith Wickens, Mich.; Irving Van Horne, Mich.; Mrs. C. Van Valkenberg, Mich.; C. F. Moore, Mich.; Mrs. H. C. Hayward, O.; Mrs. J. M. Crawford, O.; Mrs. W. H. Jones, O.; Miss Lucy M. Weigel, Ia.; Mr. and Mrs. C. M. Warner, Ill.; H. H. Thurston, Mich.; Thomas Setannel, N. Y.; J. C. Grogan, Pa.; Mrs. J. B. Watcham, Ky.; Miss Elinor Watchem, A. E. Watchem, Ky.; E. W. Wudnutt, Mich.; John A. Campbell, Mrs. S. E. Campbell, Ill.; John L. Reddick, Mich.; Joseph Zemer, Ia.; Margaret F. Wintersmith, Ky.; Mrs. H. Kieth, Texas; Henry D. Kieth and wife, Texas; O. B. Potter, Ind.; Mrs. F. Richmond, Mich.; H. K. White, Mich.; Mr. and Mrs. Joseph S. Work, W. Va.; Mrs. Royal Dye and children, Africa; Mrs. Philip Krug, Carl Krug, O.; O. Osburn, Ind.; Robert S. Radford, Va.; A. R. Brown; C. M. Goodell, Mont.; H. T. Goodell, Mont.; A. S. Trow, Wis.; Mrs. Henry Evans, Pa.; Mrs. Gerner Jones, Ohio; Gerner Jones and child, Ohio; J. H. Brerer, Mich.; B. Winget, Ill.; Mrs. J. P. McNaughton, Turkey; Herman Kohrt, Minn.; W. J. Button, Ill.; J. R. Williams, Ohio; Mrs. J. I. Jordan, Ohio; Mildred Jordan, Ohio; Mrs. Phebe Wood, Ohio; Mrs. S. A. Purton, Mich.; Mrs. J. C. Day, Ind.; C. L. Miller; J. C. Rouzee; W. W. Curtis, Ohio; W. S. Hooley, Mich.; W. Curtis, Ohio; W. S. Hawley Harvey, Mich.; T. Krug, Ohio; Mrs. F. J. Lamb, Mich.; J. E. Wooley, Eng.; Mrs. B. R. Fales, Mich.; Mrs. Taylor Adevek, Mich.; Alfred T. Hunt, N. Y.; H. L. McCullough, M. D., Pa.; A. L. Cram, Jr.; Mrs. A. L. Cram and child, Ill.; N. C. Polson, Ont.; J. B. Wartun, Ky.; N. Frazelle, Mich.; Elmer O. Pettit, Ohio; Mrs. A. H. Bates and daughter, Ohio; W. H. Taylor, Ill.; J. Newton Nind, Ill.; F. J. McElwain, Ill.; O. G. Bannet, La.; W. P. Adams, Tenn.; Evelyn P. Paddock, Ill.; W. H. Park, Ohio; R. Montgomery, Ohio; Thomas Parroek, Ohio; George Weston and wife, Ill.; Mrs. A. MacDonald, N. Y.; Thomas J. S. Kuse, N. Y.; Rudolph M. Pfander, Minn.; Ethan W. Bixley, Tenn.; T. B. Killingbeck, Ind.; Glen Killingbeck, Ind.; C. R. Smith, Mich.; L. W. Peck, Mont.; Mrs. Ruth Stephens, Mont.; S. S. Skedelsky, Pa.; Henry M. Lane, Mich.; Charles Hayes, Mich.; Mrs. W. H. Eldred, city.

BACK NUMBERS IN DEMAND

Copies of the Battle Creek Idea for Aug. 27 have been exhausted and as there is a demand for them by persons who wish to maintain a file we will offer a two months' subscription for each copy returned to this office. Address The Editor, Battle Creek Idea, Battle Creek, Mich.

DOMESTIC SCIENCE DEPARTMENT

Miss Lenna Cooper gave a lecture on "Vegetables," before a large audience Thursday afternoon in the Sanitarium parlor—the lecture being the regular demonstration of the Domestic Science department, of which she is the active head.

The term vegetable, she said, included a great many varieties of food from a botanical standpoint. They include the various parts of the plant from the seed and flower to the roots and tubers, but dietetically they are classified as starchy and fibrous vegetables.

"The fibrous vegetables," said she, "are those in which cellulose is abundant and have a comparative low nutritive value. The starchy vegetables are those which contain starch and have a high nutritive value. All vegetables as a class are of low nutritive value as they all contain cellulose, water and mineral matter in large quantities and neither the water nor the mineral matter, though most important parts of our food, have any nutritive value.

"Vegetables contain more mineral matter in proportion to the amount of solids which they contain, than any other class of foods. This is shown in the composition of lettuce and spinach. The potato contains about 1.3 per cent mineral matter, this amount being about one twentieth of the total solids. The kind of mineral matter is of more consequence than the amount. Cereals, which compose a large part of our food, contain large quantities of phosphoric acid. The phosphorus is important since it is necessary for the formation of nerve tissue but it also renders the blood alkaline. Nature has endowed the vegetable with a large per cent of alkaline salts which neutralize the acidity of the phosphoric acid and leave an excess of these alkaline salts, especially potash, in the blood. For this reason vegetables form an important place in the dietary.

"The starchy vegetables consist of potatoes, sweet potatoes, fresh peas and fresh corn. Sweet potatoes contain the highest nutritive value of any vegetable, having a total of 27 per cent. The white potato is used more abundantly than any other vegetable and is one of the most important food products. In cooking the potato should be peeled as thinly as possible for the mineral matter lies close to the skin.

"The fibrous vegetables are lower in nutritive value than the starchy vegetables. Most of them contain no starch at all. However, most of them contain some sugar, such as beet, carrot, turnip, parsnip, etc. They all contain a small quantity of protein, a very little fat, comparatively large quantities of mineral matter and water, also cellulose.

"Upon the cooking of vegetables depends much of their value as a food. Cooking in

water always tends to decrease their low nutritive value. The soluble salts and sugars are the food principles most readily lost. Many a housewife pours down the sink the most valuable part of her vegetable, leaving little but cellulose for her family to eat. For this reason vegetables should be watched closely and removed from the fire as soon as tender, and not left to simmer over the flame and become water soaked. All vegetables should be put over the fire in boiling water. Green vegetables should be put to cook in boiled salted water, while those with much hardened albumen should be put to cook in unsalted water, adding the salt just before the cooking is finished or at the table if preferred."

Spinach Souffle

- 1 cup of spinach puree.
- 1 cup milk
- ¼ cup flour
- 3 eggs beaten separately.
- 2 tablespoons of butter.
- 3-8 teaspoons of salt.

Rub butter, flour and salt together. Heat milk and add slowly to the above, stirring to keep all smooth. Add the spinach puree. (To obtain the puree put the boiled spinach through the colander). Add the well beaten yolk of egg and lastly fold in the stiffly beaten whites. Bake in slow oven fifteen or twenty minutes.

"Take heed you find not what you do not seek."

DISEASE GERMS DESTROYED BY DISEASE DESTROYING GERMS

Every YOGURT capsule contains upwards of TEN MILLION DISEASE-DESTROYING GERMS. (Actual average shown by analysis on Aug. 17, 1908, was 33,600,000 per capsule.)

YOGURT germs were originally discovered in a lactic-acid-forming ferment found in certain Oriental milk products. Metchnikoff of the Pasteur Institute and other European savants at once investigated and established beyond question the marked efficiency of these germs in remedying the diseased condition known as —

Intestinal Autointoxication "SELF-POISONING"

YOGURT germs cure this condition by attacking and driving from the system the disease-producing germs bred in the intestinal tract by the putrefying processes which are usually caused by improper diet or wrong living habits.

Intestinal Autointoxication is responsible for many diseases. Among those frequently caused by this condition are chronic rheumatism, Bright's disease, eczema and other skin maladies, appendicitis, gall-stones, rheumatic gout, dropsy, biliousness, neurasthenia, sick headache, emaciation, pernicious anemia, intestinal catarrh, nausea and vomiting, rickets, neuralgia, etc.

YOGURT is sold by leading druggists for \$1.00 per package, or may be obtained from us direct by mail postpaid.

The Good Health Company

(SUCCESSORS TO THE YOGURT CO.)

College Hall, Battle Creek, Mich.

Canadian trade supplied by

The High Park Sanitarium

144 Gothic Ave.,

West Toronto, Ontario.



HOLIDAY SHOPPING IS NOW IN ORDER

and we are showing novelties

and comfort slippers for the men, women, boys, girls and children in greater varieties than ever; leggings, over-gaters, shootrees, dressing wool sales, fancy ties, rubbers of every description, as well as shoes for the family. :: All make acceptable presents.

Let us SHOW YOU

L. A. DUBLEY COMPANY, - 6 West Main Street

THE BATTLE CREEK IDEA

VOL. 1, No. 50.

BATTLE CREEK, MICH., DECEMBER 3, 1908.

PRICE, 2 CENTS.

CALHOUN COUNTY MEDICAL SOCIETY'S ANNUAL MEET

Scientific Program Followed by Banquet
Musical and Address by Congressman Gardner

NEW OFFICERS ELECTED

AN interesting and comprehensive scientific program, a banquet of 200 covers and an address by United States Representative Washington Gardner, preceded by a musical program given by the Sanitarium orchestra, marked the annual meeting of the Calhoun County Med-

Missionaries Sup Together

Monthly Meeting Attended by One Hundred Foreign Missionaries and
A. M. M. C. Students

THE monthly missionary supper given to visiting missionaries from foreign lands, students of the American Medical Missionary College and members of the faculty, was largely attended on Sunday night, fully one hundred guests partaking of the repast, which was served in the south banquet room.

The tables were decorated with cut flowers, lilies and chrysanthemums predominating, and

ARTERIOSCLEROSIS ON THE INCREASE

Dr. J. H. Kellogg in a Sanitarium Lecture
Tells of Causes and Effects
of This Disease

ANTITOXIC FOODS NECESSARY

"HARDENING of the arteries, known as arteriosclerosis, is on the increase. The causes differ with individuals. One of the most common of all causes of hardening of the arteries is the use of beefsteak. One reason is that beefsteak contains uric



LETTUCE BEDS IN SANITARIUM GREENHOUSE

The accompanying cut shows an interior view of one of the Sanitarium greenhouses with the beds of lettuce ready for the Thanksgiving cutting. The crisp salad leaves of delicate fringed green were on Wednesday morning in a state of perfection of development—12,000 plants, in beds which stretched the length of the greenhouse. Grown without fertilizer and watered by a new system of sub-irrigation which does away with all possibility of decayed under leaves, the vegetable was a crop of aesthetic beauty and hygienic perfection. The first cuttings were used on Thanksgiving day on the Sanitarium tables. This house also showed a fine array of radishes, parsley, and Swiss chard.

ical Society, held Tuesday at the Sanitarium. New officers were elected as follows: president, Dr. G. B. Gesner, Marshall; vice-president, Dr. H. A. Powers, Battle Creek; secretary-treasurer, Dr. A. S. Kimball. The delegates to the State convention are Drs. Riley and Marsh, alternates, Drs. Eaton and Mortensen.

Among the visiting physicians who appeared on the program, either reading papers or taking

the menu was simple. Following the supper a program of brief speeches was given by the several missionaries present, among the speakers being the Rev. J. Boardman Hartwell, China; Dr. Winifred Heston, India; Miss Long, India; Miss Buck, Siam; The Rev. Benjamin Chappell, Japan; Mrs. Royal J. Dye, South Africa; the Rev. R. S. Hambleton, M. D., Turkey; Dr. Emily D. Smith and Clayton S. Cooper, New York.

(Continued on page 5)

acid, and uric acid is a poison. It is poisons, of some kind, arsenic, or other poisons circulating through the arteries, that cause a hardening of the arterial walls. If you put poison in contact with the skin, it will soon create irritation and inflammation, and the skin will become thickened, and if it is continued for a long time, it will soon become very much thickened, hardened and irritated. The same effect occurs in the case of the blood. If there are poisons circulating in the blood

even through in very minute quantity, when continually present with the living cells inside of the arteries, these poisons will gradually cause a hardening of the arteries and a thickening of the arterial walls. The same effect happens not infrequently to a water pipe. Impurities in the water are sooner or later deposited on the inside, and these impurities keep collecting until finally there is only a small opening left in the water pipe. That is what happens to the arteries—a thickening of the arterial walls, so that ultimately instead of the large caliber, you have only a very little opening. Through this opening but very little blood can circulate. The heart must work with a great deal of vigor to force the necessary amount of blood through this minute opening, and finally the heart fails.

"There is another reason why meat produces arteriosclerosis. It contains the uric acid, as I have just said, but there is another and more important reason. The meat is in part digested and absorbed into the blood, but some of it is not digested. There are some fragments of meat which escape digestion in the stomach and the intestine, and reach the colon undigested and that undigested portion undergoes decay; it putrefies; it rots, even worse than if it were lying outside of the body.

"The conditions inside are warmth, and moisture, and the conditions which favor putrefaction. Imagine a piece of meat lying in the colon twenty-four, forty-eight, or seventy-two hours,—I have known of the bowel contents being retained for a week—and this putrefactive process is going on all the time, and the putrefactive poisons are being absorbed into the blood continually. Is it any wonder that the blood is poisoned and hardening of the arteries, as well as other disasters, results?

"Tobacco and alcohol are other causes of arteriosclerosis. Any poison whatever circulating in the blood, even though in very small quantity, but continuously, day after day, week after week, and year after year,—any abnormal poison circulating in the blood will cause this disease just exactly as any kind of irritant on the skin will cause irritation and thickening of the skin. There are five hundred different things which if put on the skin will irritate it. Any substance that will cause a thickening of the skin, if taken into the blood and circulated in the blood, will ultimately cause thickening of the arteries in precisely the same way. What shall be done? In the first place, there must be an antitoxic diet, food that will not rot. Food which will not rot outside the body will not rot inside the body. Food which will not undergo putrefactive processes behind a stove or under a feather bed in a warm place, will not undergo putrefactive processes when taken into the body.

"Clean food, antitoxic food is necessary. Now, what are those foods? One food is bread. Bread will mold, but bread will not rot, it can not rot. Bread can become sour, but it will not undergo decay. Other pure foods are cereals of all sorts. All the cereals are antitoxic. That is why there is such great advantage in the use of a cereal diet, so much virtue in breakfast foods. They are crowding out the beefsteak. The sale of meat has been cut off considerably in the last few years by the great increase in the breakfast food idea, by the great increase in variety so that people can get almost anything they want. A great variety of tastes can be satisfied.

"Other antitoxic foods are fruits of all kinds. The sugar of fruits and the acids of fruits are both antitoxic; they oppose the growth of germs. Milk is an antitoxic food for many people—not for all but for many.

"Sugar is an antitoxic food, but cane sugar has the disadvantage that it is irritating to the

stomach; so we must find other kinds of sugars if we can. The sugar of raisins is absolutely uniritating; so the sugar of raisins, or the juice of raisins, the sweet fruit juices of all kinds are to be preferred to cane-sugar. Bees' honey is better than cane sugar for the same reason—it is antitoxic, and at the same time it is non-iritating. Many people can not eat bees' honey, and a number of years ago I set to work with experiments to find some way of making a perfectly natural sugar which was adapted to the human body and could be used in any quantity without harm. Now, we know by study and experiment that the saliva acting upon the starch converts that starch into maltose, into malt sugar. That is what the saliva is for. That is why when you chew a crust of bread it becomes so sweet in the mouth—because the saliva makes starch into sugar. When swallowed into the stomach this starch-making process goes on; when we examine stomach fluids, we often find as high as five or six per cent of sugar in the stomach fluid. That is sweeter than the sap of the maple tree. In three pints there would actually be three ounces of sugar. Suppose the person has eaten a breakfast in which there has been considerable oatmeal. A large quantity of that oatmeal is converted into sugar.

"Nearly half the weight of the bread one eats is converted into sugar in the stomach and in the intestine. The process is not quite complete in the stomach, but goes on further down, so that nearly sixteen ounces out of the whole amount of food taken in a day consists of starch which is all converted into sugar. The average person eats about a pound of sugar a day in the form of starch. If you should undertake to eat a pound of sugar in the form of cane sugar, it would produce catarrh of the stomach, inflammation of the stomach, gastritis, or enteritis, and might kill you. But it can be taken in the form of starch, which is all converted into malt-sugar in the process of digestion, and it is a harmless kind of sugar; so it occurred to me to produce this sugar artificially by means of vegetable diastase as found in malted grains, in grains that have been sprouted. The diastase prepared from these sprouted barley grains is utilized in carrying on this digestion process outside of the body, and then this is concentrated and we have it in the form of maltose or malt honey.

"I am told that a similar product has been made in Japan and China for centuries, and known in Japan as Metzuam. This is really the same thing as our malt honey. In fact, they seem to have found out very long ago almost everything that has been discovered in modern times. I do not know how many centuries they have been making this Metzuam, but it is used there in the Orient by a great many people and with great benefit. Now it has been proved by numerous experiments to be one of the most powerfully antitoxic of all known substances. The arrangement of Nature is that the saliva shall act upon the starch, and convert it into sugar; then this sugar which is formed from the starch will kill germs which produce putrefaction. To demonstrate this most easily, I made a solution of malt honey, put some malt honey into some water, one part to twenty, put some beefsteak into it, and it is still there. I put in a few Yogurt germs along with it; that beefsteak has been preserved by these methods. The malt honey prevents the growth of the putrefactive germs, and the Yogurt germs put in along with it are fed by the malt honey; so they grow, develop and prevent the growth of unfriendly germs which are the poison makers and which are the cause of putrefaction.

"In addition to cereals, malt honey, etc., this antitoxic diet includes the milk products.

Buttermilk is a very good food for persons suffering with hardening of the arteries because it introduces friendly germs into the intestine and these kill off the unfriendly germs which are making poisons and causing the putrefaction of proteid substances.

"In the treatment of arteriosclerosis, there are several measures which are important. One is exercise in moderate amount, enough to cause gentle perspiration, increasing the action of the heart so as to distend the blood-vessels and stretch them, to prevent their shrinking. Another measure is the warm bath, not the hot bath. Cold baths must also be avoided. The ice-bag may be put over the heart ten or fifteen minutes three or four times a day, and the arms and limbs may be rubbed with cold water moderately; but general cold baths should be avoided. Other measures of very considerable importance are the arm bath and the air bath, the cold air, living outdoors, the outdoor life. One of the most interesting remedies which has been discovered has been the use of the high frequency electrical current, discovered by d'Arsonval of Paris. It is a very similar apparatus to that used for the X-ray. When a person sits down in the electrical chair and has this high frequency current applied to the feet his blood pressure will fall fifteen or twenty points within five minutes. The same result is obtained by taking a warm bath.

"So a person in this condition should take frequent warm baths, take a great deal of moderate exercise, live outdoors as much as possible, should be careful not to eat too much, should be careful to avoid high proteid, should not eat meat, must avoid mustard, pepper, peppercorn, etc., and should drink a considerable amount of water every day, at least two or three quarts of water daily so as to wash the body free from poisons. The bowels should move at least twice every day, so that foodstuffs will not undergo putrefaction; and he should live a thoroughly natural life in every possible way. I would recommend such a person also to take the Yogurt ferment with every meal, in order that he may have some friendly germs on hand to prevent the putrefactive process. Metchnikoff, of Paris, is the man who discovered this idea, and he takes these Yogurt germs every day of his life; he recommends them to others and what he recommends to others he practices himself. I am starting out to live a century, so I am taking Yogurt germs also. We call them longevity germs. We use them a good deal and I heard to-day a very good result of their use. One of the doctors sent in a note saying 'A patient of mine, a lady, has been taking Yogurt capsules since she came, and she has not had a single headache since, although she had very severe headache before.' Headache is caused by the same poisons that cause hardening of the arteries. Persons who are subject to sick headache are liable a little later to have arteriosclerosis. And in the end they have Bright's disease of the kidneys, or dropsy, or cirrhosis of the liver, or heart disease. These all go along together. Heart disease, arterial disease and Bright's disease are three maladies that are associated in these chronic cases."

If you have a kind word, stop! say it,
Throbbing hearts soon sink to rest.
If you owe a kindness—pay it.
Life's sun hurries to the west.

—Selected.

"God calls his best-loved ones to stand in trying places because there are trying places where some one must stand, and the careless and indifferent are not great enough for such a service."

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PRIVILEGES OF THE BELIEVER

Rev. Benjamin Chappell of Tokio Speakes
to Sanitarium Audience Sab-
bath Afternoon

THE GREATNESS OF HIS POWER

THE Rev. Benjamin Chappell of Tokio conducted the regular Sabbath afternoon gospel service, in the parlor, taking as his text, Eph. 1:19 "the exceeding greatness of His Power to usward who believes," and pointing out to his hearers "Some Privileges of the Believer."

"The first privilege which is open to the believer," said the speaker, "is that of the care-free life. 'Casting once for all, by an act which includes the life, all your anxiety, the whole of it, not every anxiety as it arises, for none will arise if this transference has been effectually made.'"

"Every believer knows the peace of God, even now, he knows Christ's own peace. It is as if He had taken out from His heart a portion of His divine peace and put it into our hearts. 'My peace will I give unto you.' But even then, one may not be wholly free from fret and fear. Perfect peace is not beyond the exceeding greatness of His power to us. 'Thou wilt keep him in perfect peace, because he trusteth in Thee.' Perfect trust brings perfect peace.

"The second privilege is that of A Victorious Life. In the midst of war with Russia, a Japanese said one day not boasting, but as the statement of a fact, 'Ima made makita Kotowa arimasen.' I waited to see how long his words would continue true, but to the very end, 'Until now we have not suffered defeat.' They attributed their success to the virtues of their Mikado. Should not we, enlisted under such a captain as ours, be able, at the close of each succeeding day to say, 'Not in any strength of my own but the exceeding greatness of His power. Until now I have not suffered defeat.'"

"A third privilege is a fully consecrated life. If we have said 'Take my life' and then have let go and entrusted it to Him, 'He is able to keep that which we have committed to Him.' Then a renewed consecration need not mean renewal of a consecration broken but of a consecration kept.

"A fourth is that of a pure heart cleansing from all filthiness of the flesh and of the spirit, the thoughts unsoiled, the imagination hung with pictures that the pure Christ may look upon with pleasure; the prayer answered, 'Cleanse the thoughts of our hearts by the inspiration of the Holy Spirit that we may perfectly love Thee.'"

"Then cometh the abounding faith. Faith is not a charm. Spiritual blessings can be ours only as they are appropriated. 'If thou canst do any thing,' pleaded the distracted father. 'If thou canst believe' said the Divine healer, 'all things are possible to him that believeth.'"

And the final privilege is that of eternal progress. 'She went through the days with face surprise.' The Christian's joy is not only here but forever.

"We have but to call unto Him that is able to do exceedingly abundantly above all that we ask, or think. To Him be glory in the church forever."

Ella—Bella told me that you told her that secret I told you not to tell her.

Stella—She's a mean thing. I told her not to tell you I told her.

Ella—Well! I told her I wouldn't tell you she told me, so don't tell her I did.

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CORRECT SITTING AND STANDING

THE increasing popularity of the movement toward thorough physical examination of children in the public schools of this country is a hopeful sign of the times. The discoveries made as the result of such investigation can not fail to bring about reforms in the upbringing of children—particularly on the part of intelligent parents. The deformities and kindred drawbacks are not found among children of the lower classes alone, for examinations in the various large cities of the country show that there is a general prevalence of defective physical well-being and that often the child of the rich and solicitous parent is suffering from defective hearing, eyesight or spinal curvature of which the parent is entirely ignorant.

Possibly one of the most general defects and one which is passed over lightly by both parent and teacher as belonging to the "growing" period, is that of the round shoulders and the consequent flat chest, as the result of the posterior curvature or the upper part of the spine. Investigations in Dresden have developed the fact that twenty-four per cent of the children in the common schools have lateral curvature. Many more girls were affected than boys in the proportion of about five to one. It is safe to assume that this is almost directly due to the wrong attitudes assumed in sitting while at their studies. The habitual posture, whether sitting or standing, constitutes a mold by which the body is shaped, especially during development.

Curvature of the spine is a matter of importance, not only from a histological standpoint, but because of the direct relation between external deformities of this sort and internal displacements of the viscera, such as prolapsed stomach, movable kidney, prolapsed liver, etc.

Despite the maintenance of gymnasia in the schools of the country and the system of gymnastic exercises required in many of the schools, there is a gross neglect of the development of good physique and erect carriage.

Among many of the half-civilized tribes, as the Arabs, for example, great attention is given to this matter. Children are taught from earliest infancy to walk, sit and stand erect, and as a result spinal curvature is practically unknown among children of the desert.

The tendency to "lie down" when sitting up is a common one. Correct sitting,—with the chest raised forward and the abdominal mus-

cles well drawn in, is a splendid exercise and aids in strengthening the weakened muscles of the back. Remember—it is worse than useless to say to a round-shouldered person, "Put your shoulders back." The proper thing to do is to instruct him to put the chest well forward. His shoulders then will naturally fall back in the effort to balance the body. The shoulders may be put back without in the slightest degree correcting the deformity.

The correct standing poise is easily acquired by a little practice. Stand against the wall, face the center of the room, place the heels, hips, shoulders and back of the head firmly against the wall. Reach the arms downward as far as possible, holding them to the sides with the thumbs turned outward. The door, or the side of a doorway, is more convenient than plastered wall, as there is no baseboard.

While keeping the hips and heels against the wall, bend the head backward as far as possible, keeping it also in contact with the wall, and pushing the shoulders and chest forward as far as possible. Holding the chest in the forward position which it has reached, raise the chest forward, draw in the chin, taking care not to allow the chest to fall or the shoulders to come in contact with the wall. One will soon be able to assume the poise without the assistance of the wall.

The place for such training is in the home and wise parents will not relegate it to the school room. A little care, a manifestation of interest, a sharing in the simple exercises, in place of frequent admonitions to "stand up straight" will bring about results that are certain to make for elegance of carriage and increased general tone and health.

POTATO GRUEL FOR BABY

"If you have a baby that can not digest anything else, make a gruel out of baked potato, and the baby will thrive on it. Put some cream in it, and give the baby a little lemon juice, the juice of an orange a day, so that it can have something raw, because babies can not live on cooked diet. Babies are accustomed to raw food, and they need it; and, for that matter, everybody else does. Not that you should live on raw food, such as raw wheat and oatmeal; that is absurd, quite unscientific. It is not necessary or best to make the diet consist entirely of raw food. We have become accustomed to cooked food, particularly to cooked cereals; but we should take a certain amount of raw food every day and every meal, in the shape of fruit, bananas, oranges, apples, pears, or some other kind of raw food—lettuce, even grass if we can not get anything else."

To make the pursuit of happiness the chief end and aim of existence, is to defeat one's own purpose. But it may be found in any rank of life, where the main endeavor is faithfully to perform the tasks to be done with hearts that believe in God's loving wisdom.—Selected.

"LAUGHTER keeps the heart and face young, and love of life is half of health."

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MISSIONARIES SUP TOGETHER

(Continued on page 5)

As a preliminary to the program of speeches the Rev. Dr. Hartwell Dean of the Missionary body, having spent fifty years in China, in a few well chosen words, expressing the gratitude of the assembled missionaries, presented to Dr. Kellogg the following testimonial of appreciation:

We, the missionary guests at the Sanitarium, desire to express our sincere and grateful appreciation:—

To the Trustees of the Battle Creek Sanitarium for their generous hospitality in welcoming missionaries at such moderate charges to the covert of this delightful place, with its accessories so perfectly adapted to rest and the recuperation of health;

To Dr. Kellogg and his staff of physicians, whose ability and skill have been so unstintingly expended in our behalf;

To the nurses whose attentions have been most devoted and efficient, and

To all the other helpers who have contributed so materially to our comfort and happiness.

J. Boardman Hartwell, Southern Baptist, China; Anna B. Hartwell, Southern Baptist, China; Jessie A. Hanna, Methodist, Chile; Lydia M. Campbell, Baptist, India; Joseph Clark, Baptist, Congo; Eliza Clark Baptist, Congo; Weston T. Johnson, Presbyterian, Japan; Lavina M. Rolleston, Presbyterian, China; Julia F. Parmelee Congregational, Turkey; Fred R. Bunker, Congregational, South Africa; William L. Curtis, Congregational, Japan; Mrs. J. P. McNaughton, Congregational, Turkey; Ida F. Hambleton, Presbyterian, Turkey; Grow Stanley Brown, Methodist, China; Winifred Heston, M. D., Presbyterian, India; Victor McCauley, Evangelical Lutheran, India; Elizabeth McCauley, Evangelical, Lutheran, India; P. Frederickson, Baptist, Congo; A. P. Grant, M. D., United Presbyterian, Egypt; Miss Long, Baptist, Assam, India; Miss Edith M. Buck, Presbyterian, Siam; Mrs. John H. Freeman, Presbyterian, Siam; Emily D. Smith, M. D., Congregational, China; Rev. Benjamin Chappell, Methodist, Japan; Miss H. L. Alling, Methodist, Japan; Miss Bessie Alexander, Methodist, Japan; Mrs. Eldred, Baptist, Congo; Dr. and Mrs. R. J. Dye, Church of Disciples, Congo.

Dr. Kellogg responded briefly, assuring the guests that he and his colleagues considered it an honor to be permitted to taken even a small part in the glorious work that was being done in the foreign field. "This has always been a missionary institution," said he, "we have ever been trying to stem the tide of evil here at home and are happy to have even an indirect part in the work that is being done in the foreign field." He paid a warm tribute to Dr. George Dowkontt through whose untiring efforts, the missionaries had been put in touch with the institution and its opportunities for restoring health and strength. "We consider every foreign missionary a benediction to the place," he concluded, "and are glad to be associated with these whose hearts have been touched with the divine fire, whose mission it is to relieve the woes of humanity."

Following Dr. Kellogg, Dr. Dowkontt introduced Dr. Winifred Heston who told of her experiences in hospital work in India which she said were such as to lead her to corroborate the late Dr. Barrows' definition of the Hindu creed: "The damnation of women and the sisterhood of cows."

Dr. A. P. Grant, a medical missionary to Egypt, and the latest missionary guest to be domiciled at the Sanitarium, told of the medical missionary work in that country declaring it to be a mighty factor in opening up the country

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to the Christian world. The physical and sanitary conditions of the people were particularly bad, he said, but through kindness, sympathy and persistent effort the people were beginning to have confidence in the medical missionaries and as a result many Mohammedan homes had been opened to them. The most conspicuous result of the work and the one for which there was a great need was in assisting to bring the women of the East into their proper sphere. Conditions, he said, had improved vastly in the past fifteen or twenty years.

Mrs. Royal J. Dye, who with her husband, Dr. R. J. Dye, has been doing wonderfully efficient work in the Congo district during the past few years, told of the eagerness with which millions of the natives were waiting to hear of the gospel—of entire villages that had been converted in a day and of the loyalty and independence of the native Christians. In the church which Dr. Dye has established at Bolenge there are now six hundred members. It sends out one tenth of its members on evangelistic work through the country, supporting them and considering it a privilege. The speaker told several interesting anecdotes of the witch doctors and native workers and gave a little history of Mark Njaji, the Christian son of a famous witch doctor who has been spending some months at the Sanitarium learning English and printing.

Dr. Chappell spoke in glowing terms of Japan's future and commented upon the recent alliance between Japan and America, assuring his hearers that it was for America's good. "Japan is our reinforcement. It will never be Japan against America but America and Japan against evil. Every step that Japan has taken for years has been forward and toward alliance with America and Great Britain." He closed saying he regarded it as a glorious privilege to go back to the East even though it meant separation from his family and friends.

Drs. Emily Smith, R. S. Hambleton, Miss Buck and Miss Long all gave interesting glimpses of their personal experiences among the natives of the several countries which they represented; and with a few words from Mr. Clayton Cooper, Secretary of the Bible Study department of the International Young Men's Christian Association, who pointed out the bond of union between that work and that of the foreign missionary and closed with a graceful compliment to Dr. Kellogg, whom, he said, seemed to get his poise through the great weight of responsibility and care that he had assumed, the program closed. The guests rose and sang "Blest Be The Tie That Binds" and the benediction was pronounced by Dr. Hartwell.

Mrs. Uppish—Just think it's only six months ago since we moved away from next door to you. We're in a much better neighborhood now.

Mrs. Sharpe—So are we.

Mrs. Uppish—Why, where did you move?

Mrs. Sharpe—Oh, we haven't moved at all.

"This watch will last you for a life time," remarked the jeweler.

"Nonsense!" retorted the customer.

"Can't I see for myself now that its hours are numbered?—*London Spare Moments.*

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BUT—I have been encouraged to buy a stock of Silverware and Jewelry and a few choice novelties for Christmas gifts. You will enjoy buying here because—

1. Every piece is new and stylish.
2. The prices are very reasonable.
3. I take personal interest in aiding your selection.

S. LANDE, 5 W. Main Street

WATCH REPAIRING SPECIALIST

(In City Drug Store)

Closed Saturdays, open Saturday evenings.

Interest Aroused in Bible Study

Four Classes Formed As Result of Talks
Given by Y. M. C. A.

Leader

TESTIMONIAL OF APPRECIATION

As the direct result of interest aroused in systematic Bible study, through the visit of Mr. Clayton S. Cooper, International Secretary of the Student Bible Study department of the Young Men's Christian Association, four Bible study groups have been formed among students and employees of the Sanitarium and it is probable that that number will be increased before the beginning of the new year.

The work will be carried along the lines laid down by the department, which includes systematic daily readings, weekly Sunday meetings under the direction of a leader, the leaders of the several groups to be affiliated and under a normal leader. Dr. J. F. Morse will probably be chosen for the normal class leader, and other leaders are yet to be appointed. At the meeting held in Hall cottage, (students' dormitory), Sabbath morning, at which time Mr. Cooper addressed the

students and explained the work, the following committee was appointed: C. C. Wencke, C. J. Stauffacher, F. E. Stokey. This study group will begin at once on the first year study of The Life of Christ as outlined by the Rev. Dr. Edward I. Bosworth.

A business men's club, which will meet each Sabbath morning in the pharmacy rooms at the Sanitarium, has elected the following officers: president, George Judd; secretary, W. C. Kellogg and treasurer, E. H. Risley. After the holidays they will take up a study of The Social Teachings of Jesus, the course prepared by Prof. J. W. Jenks of Cornell University.

Two study groups will be formed among the young women—one among the women medical students and the other among the nurses. Details of study plans and leaders will be decided upon later.

Money under the Microscope

THE director of the Research Laboratory of New York, after making a series of tests and experiments on pennies, nickels, ten-cent pieces and bills taken from a grocery store, arrived at the following conclusion:—

Thirty pennies averaged twenty-six living bacteria each.

Dimes averaged forty living bacteria each.

Moderately clean bills averaged 2,250 living bacteria each.

Dirty bills averaged 73,000 living bacteria each.

CALHOUN COUNTY MEETING

(Continued from page 1)

ing part in the discussions, were Dr. David Inglis of Detroit; Dr. Herman Ostrander and Dr. Alfred I. Noble of Kalamazoo and Dr. Albert M. Barrett of the University of Michigan, Ann Arbor.

The banquet was tendered the society members and their wives by the Sanitarium management and proved an enjoyable social feature of the convention. The tables were handsomely decorated with cut flowers and baskets of fruit and the menu was an attractive one. At its close the guests adjourned to the grand parlor where, following a delightful musical program, Congressman Washington Gardner was introduced by President Riley. The speaker reviewed the history of the three professions, law, theology, and medicine, and asserted that no one of them had developed as had the profession of medicine. He praised the progressive spirit of science and the spirit that led the physicians to gather in a convention body to give to each other the best that each had learned and through each other give it to society. In closing he paid a graceful tribute to the Sanitarium and to Dr. J. H. Kellogg's energy in promoting its upbuilding. "No other institution in the United States," said he, "is so well known in the House and in the Senate, as the Battle Creek Sanitarium. Whenever I mention that Battle Creek is within my district, I instantly meet with the response—O, yes, we know the Sanitarium. I, or some member of my family, visits the place when we need physical regeneration."

SWIMMING TOURNAMENT

THE swimming tournament afforded amusement to a large group of spectators Thanksgiving afternoon, although the exhibition was not up to the Sanitarium standard owing to the fact that the program was hastily arranged and many of the adult swimmers, who have on former occasions given demonstrations of their skill, were absent. Messrs Haylock and Smith—two names familiar to the field of aquatic sports—both appeared however, Haylock giving demonstrations of the back stroke with which he won the 100 yard race at Lake Goguae last summer, and giving an exhibition of the Australian crawl and the powerful leg stroke. In the underwater swim for distance Walter Boyd won first place, making the length of the pool twice in 40 seconds. Alfred Judd, regarded as the strongest swimmer in the boys' class, won several honors and gave some clever exhibitions of strokes, dives and distance plunges. Charles H. Wheelock acted as master of ceremonies announcing the feats and the judges were George Black, Battle Creek, L. W. Schmidt, Indiana and J. B. Frank of Missouri.

SELF is the only prison

That can ever bind the soul;

Love is the only angel

Who can bid the gates unroll;

And when he comes to call thee,

Arise and follow fast;

His way may lie through darkness,

But it leads to light at last.

—Henry Van Dyke.

CICERO IS MODERN

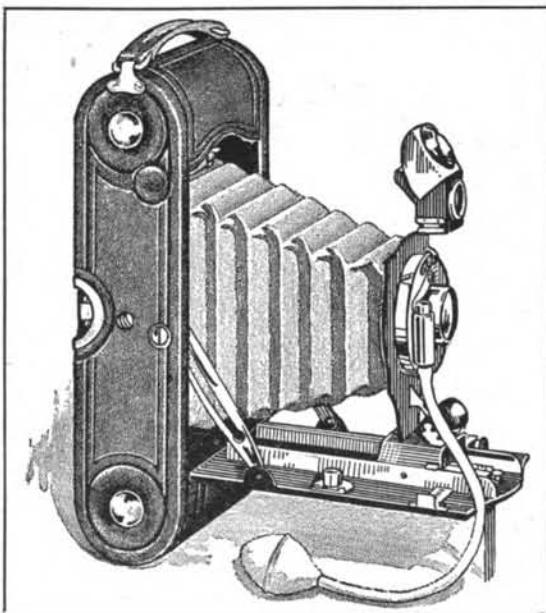
Englishman—(In British museum)—"This book, sir, was once owned by Cicero."

American Tourist—"Pshaw! that's nothing. Why, in one of our American museums we have the lead pencil which Noah used to check off the animals as they came out of the ark."—*Tit-Bits.*

Head the Christmas List with a Kodak



For every one likes pictures of the persons and things that he is interested in. And anybody can make good pictures with a Kodak.



Folding Pocket Kodak SPECIAL

SET FOCUS. NO DARK ROOM. The pictures are 2½ x 4½ and the price is only \$15.00.

All the New Goods from the Kodak City

Kodaks and Brownie Cameras at our Store, from \$1.00 to \$100.00.

PALM GARDEN PHARMACY, - Sanitarium

PERSONALS

Mr. George Bergland of Wasco, Ill., is among the week's arrivals.

Miss Alberta Angell of Centralia, Mo., is a newly arrived guest.

Mrs. J. W. Walton of Fairburg, Ill., has returned to the Sanitarium.

The Rev. J. W. Brown of Wabash, Ind., is a new patient at the Sanitarium.

Mr. A. P. Smith, a banker of Mark, Tex., is a new arrival at the institution.

Mr. and Mrs. Henry Bohrer of Findlay, Ohio, are guests at the institution.

Mrs. A. B. Connelly of Homestead, Pa., is a recent arrival at the Sanitarium.

Mr. and Mrs. S. L. Miller of Rhineland, Wis., are patients at the institution.

Mrs. C. B. Montague of Chicopee Falls, Mass., is a recent arrival at the institution.

Mrs. J. A. Kemp of Wichita Falls, Kan., arrived this week for rest and treatment.

Dr. L. W. Luscher of Kansas City has returned to the Sanitarium for treatment.

Mr. J. W. Lynch, a prominent banker of Union, W. Va., is sojourning at the Sanitarium.

Mrs. J. A. Kjellin and son, Master John, of Fairview, Kan., are new arrivals at the Sanitarium.

Mr. and Mrs. J. D. Mellivan of Port Huron, Mich., are paying a short visit to the Sanitarium.

Mr. Herman Diel of St. Louis, has returned to the institution accompanied by Mr. Joseph Weber.

Miss Frances E. Pierce, a frequent visitor to the Sanitarium, is among the past week's arrivals.

Mr. and Mrs. J. R. Gray of Binghamton, N. Y., have arrived at the Sanitarium for rest and treatment.

Mr. and Mrs. Charles F. Spaulding and daughter Miss Emily, of Lake Charles, La., are guests at the institution.

Mrs. W. R. Chapman of Cheboygan, Mich., wife of a well known physician of that city, is a patient at the Sanitarium.

Miss Veska McFadden of Bartlettville, Okla., accompanied by G. F. Woodring, arrived at the Sanitarium this week for treatment.

Miss Mary E. Joslyn accompanied by her nurse, Miss Walker, returned to the Sanitarium this week from her home in Grand Rapids.

Miss Gertrude Howe, a missionary to China, paid a brief visit to the Sanitarium this week, while filling a lecture engagement in this city.

Mr. T. J. Norton and Miss Katherine Norton, frequent patrons of the Sanitarium, returned this week for a short visit. Their home is in Chicago.

Miss Anna E. Long, a missionary of the Baptist board, who has spent some years at Assam, India, is resting at the Sanitarium for a few weeks.

Dr. Emily D. Smith of Foo Chow, China, who has been making an extended lecture tour about the country, returned this week to the Sanitarium for a period of rest.

Mrs. F. J. Ruggles and little daughter Jean, who have been at the Sanitarium for the past three months, returned to their home in Chicago this week much improved in health.

... SLIPPERS! ...

Are your feet so tired and weary
That you can scarcely stand
Get a pair of our comfort slippers
And you'll be the happiest person in the land.

We have them in all colors
Both in leather and in felt.
Don't fail to come in and see them,
And you'll never regret—Coming.

RIGGS & ALDERDYCE,

217 West Main Street, - - Battle Creek, Mich.

The Rev. Benjamin Chappell of the M. E. board of foreign missions, spent the week at the Sanitarium resting and taking treatments before starting on his trip across the Pacific. He will leave on Saturday direct for Tokio.

Mr. and Mrs. H. D. Burrell of Syracuse, N. Y. are guests at the Sanitarium. Mrs. Burrell is a graduate nurse and is president of the New York State Nurses' association. Mr. Burrell is editor of the Syracuse Journal.

Mr. A. Leland Brown and family, accompanied by his sister Mrs. John Brown of New York and Mr. and Mrs. Drake of California, left the Sanitarium the past week en route for California, where they will spend the winter.

Mr. Clayton S. Cooper returned to his home in New York this week after a fortnight's rest at the Sanitarium. He will leave this month for a trip around the world in the interests of the Bible study work of the International Young Men's Christian Association.

News Notes

The Medical Students' gymnasium class have begun practice in Indian club swinging and the students are enjoying the innovation.

Dr. H. Kelsey will have charge of Dr. Martin's patients during his absence in Porto Rico and Dr. Paul Roth will assume charge of the X-ray room.

Class work was resumed in the A. M. M. C. at 7 Monday morning after the brief Thanksgiving holiday. Freshmen began work in physiology under Dr. R. H. Harris.

The stenographers and women nurses' indoor base-ball teams are making plans for a benefit game of ball to be played in the near future. The funds obtained will go toward the Christmas present fund of the children of Haskell Home.

An interesting Helpers' meeting was held Wednesday night in the chapel. Mr. Clough of the Engineering department gave a talk on "The Proper Use of Heat and Light;" Dr. Geisel spoke on "The Temperance Issue" and Dr. Kellogg answered the questions submitted in the question box.

Handsome new rugs in green and gold have been placed in the grand parlor this week. They blend with the new mural decorations and greatly enhance the beauty of the room. New electroliers were also installed during Thanksgiving week. They are of a handsome design, richly wrought out in brass, and give the finishing touch to the apartments.

The first regular meeting of the Literary Club was held Monday night in the College building. Following the installation of the newly elected officers, by Chaplain McCoy, an interesting program was given, including a reading by M. McCormick, a recitation by Mr. Wappler, a reading by Miss Edwards and a debate on the following question: "Resolved, that woman should be granted the right of suffrage." The affirmative and winning side was upheld by W. H. Griffin and W. E. Marsh while the negative was supported by A. C. Whitford and M. Hulander.

The Rev. F. R. Bunker of South Africa, a well known member of the Missionary contingent now resting at the Sanitarium, gave an interesting stereopticon lecture recently in the parlor on Natal, South Africa, where he has been stationed for many years. The pictures gave a comprehensive idea of the country and peoples and held the attention of a large audience. They included views of Durban, Cape Town and the various large cities together with the small Zulu villages—the native houses in process of erection, the schools and missionary stations and numerous groups of the natives.

A farewell reception was given Dr. and Mrs. W. F. Martin Sunday night in South Hall parlor, the guests including members of the medical staff, the college faculty, Sabbath school officers and other friends and co-workers in the institution. Supt. Robinson of the Sabbath school presided, introducing the several speakers who spoke in warm praise of Dr. Martin and his work in connection with the institution, to which Dr. Martin responded feelingly. Among the speakers were B. E. Nicola, who spoke in behalf of the A. M. M. College students; Chaplain McCoy, Dr. Mortensen, R. S. Owen and Dr. J. T. Case. Several little children of the Sabbath school, in which Dr. Martin has ever been active, also appeared on the program. Dr. and Mrs. Martin and Jeanette left Monday for New York, whence they will sail for Porto Rico to be gone six months. While there Dr. Martin will establish a Battle Creek Sanitarium system of treatments in the Guanica Centrale sugar colony, where some 5,000 men are employed.

BACK NUMBERS IN DEMAND

Copies of the Battle Creek Idea for Aug. 27 have been exhausted and as there is a demand for them by persons who wish to maintain a file we will offer a two months' subscription for each copy returned to this office. Address The Editor, Battle Creek Idea, Battle Creek, Mich.

ONE of the awful consequences that follow the young man's sowing of his wild oats, is that not only he, but all of his posterity, will have to help gather the crop.—Farm Journal.



ARRIVALS

THE list of arrivals for the week ending November 30 is as follows: E. H. Johnson, Ky.; F. R. Bunker, Miss.; Mrs. J. W. Walton, Ill.; Miss Alberta Angell, Mo.; Frank E. Witte, Ill.; Miss F. E. Pierce, Mich.; Anna E. Long, Assam, India; Grace A. Nutchell, Ill.; J. W. Brown, Mich.; C. F. Brown, Mich.; Mary M. Chapman, Mich.; C. F. Spaulding and family, La.; George Benford, Ill.; Mr. and Mrs. M. B. Randall, Ill.; Mabel Kennedy, city; Mr. and Mrs. Hess, Ill.; G. G. Liebhardt, Wis.; J. W. Lynch, W. Va.; Dr. H. Stern, N. Y.; L. J. Watham, Texas; Mrs. H. Gennett, Ind.; Mary E. Joslyn, Mich.; Ida E. Walker, Mich.; Dr. A. F. Grant, Egypt; W. J. Button, Ill.; Mrs. A. G. Smith and daughter, Neb.; Mrs. John D. Brown, N. Y.; Mrs. B. Chambers, Ohio; William McMechan, Ohio; Mr. and Mrs. J. R. Gray, N. Y.; A. P. Smith, Texas; P. R. Brown, N. Y.; D. R. McCallum, Ohio; Samuel Turpin, N. Y.; Mrs. W. J. Finlay, Ohio; J. T. Frank, wife and child, Ind.; Dan M. Evans, Ky.; C. L. Riebel, Ill.; W. C. Metcalf, Iowa; O. C. Lacy and wife, Ohio; Rev. Benjamin Chappell, Tokio, Japan; Mrs. George Weston, Ill.; Mrs. A. A. Hub and children, Ill.; Mr. and Mrs. S. S. Miller, Wis.; R. E. Woods, Ohio; Mr. and Mrs. H. D. Burrell, N. Y.; J. P. Pravins, W. Va.; F. M. Brochett, city; Frank Keifer, N. Y.; L. W. Rhode, Ind.; Mrs. J. A. Kjellin and son, Kan.; Mr. and Mrs. G. A. Swanson, Ky.; Miss Vaska McFadden, Okla.; N. E. Jordan, Ill.; Henry Bohrer, Ohio; Mrs. W. D. Park, N. Y.; R. E. Woods, Ill.; Dr. Peterson; Mrs. C. B. Montague, Miss.; Lewis McQuown, Ky.; R. Alden, Ark.; Herman Diel, J. Wober, Mo.; Emily D. Smith, China; Gertrude Howe, China; Mrs. Wambaugh, Ind.; N. Frazelle; C. M. Anthony, Ill.; E. M. Randall, Ill.; Mrs. A. V. Connelly, Pa.; Bert M. Moses, N. Y.; H. Long, N. Y.; L. W. Luscher, Mo.; Mrs. J. A. Kemp, Texas; F. M. Bartlett, Iowa; Katie Grover, Mamie Powell, Utah; Mr. and Mrs. J. B. McIlvain, Mich.; H. A. Eberline, Mich.; Mr. and Mrs. E. L. Taylor, Mich.; T. J. Norton, Ill.; Miss Katherine Norton, Ill.; A. L. Moses, Ohio; John A. Uling, Ohio; J. B. Adams, Pa.; Mrs. O. H. Binus, Ind.; Mrs. A. H. Thomas and daughter, Ohio; R. W. Harrington, Ky.; M. Chas. Heubner, Al. Heubner, R. Heubner, Mich.

Boiled Cauliflower

Select a fresh white head, free from brown spots. Remove outer leaves and stalk, soak thirty minutes (head down) in cold salt water. Cook (head up) twenty minutes or just until tender in boiling water. When nearly tender, add one teaspoon salt. Drain and serve with cream sauce. The cauliflower may be steamed if preferred.

"LAUGHTER expands the chest, and forces the poisoned air from the least used lung cell."

QUESTION BOX DEPARTMENT

Q. What is the difference between neurasthenia and neuritis, or does one include the other?

A. Neuritis is inflammation of a nerve. Neurasthenia is almost everything you can think of in the way of symptoms. Such a person has all sorts of mental and nervous symptoms without having any organic disease.

Q. Please explain the benefit of violet rays in the outdoor gymnasium, also the difference between them and the sun.

A. The glass simply modifies the intensity of the sun on a very hot day. You get through the glass the actinic rays without the heat of the sun—all the actinic effect without the heat effect, which is necessary to avoid in very hot weather.

Q. How is one effected who has dilatation of the heart?

A. He is very short of breath; his lips are likely to be blue; he can not take much exercise, and he is very likely to have swollen feet.

Q. Do you recommend yogurt for people who have slow digestion?

A. If one has catarrh of the stomach, yogurt is very beneficial. It is generally good for a person who has hypopepsia, and for one who has hyperacidity, unless the acidity is very great.

Q. What can be done for a child with a bad case of eczema covering the face and head? Four months' treatment has failed to cure it.

A. That child has autointoxication. The digestion is poor, and the bowels are in a bad condition. When this is corrected, the eczema will disappear.

Q. Is there enough cascara in Colaxin to injure a patient who is compelled to use it indefinitely?

A. No; only a very small quantity. It may be used for a long period if necessary.

Q. The writer is a vegetarian and has used twelve boxes of yogurt in the past four months for constipation. Would you consider it necessary to continue its use?

A. This case should seek personal advice. We want to inquire into the case a little more particularly. It is important to know whether indol is present. A person who has indol in the bowel discharges, who has indican in the urinary secretion, should not be willing to rest, but should look after his case and regulate his diet until those poisons disappear. So long as they are there, they are a menace to the

health, and really to life, and the matter should receive assiduous attention until both indol and indican disappear.

Q. What is the cause of food not being assimilated, and in what way beside chewing can one overcome the difficulty?

A. The principal trouble with failure to assimilate food is failure to digest. If food is well digested, it is absorbed and will be assimilated. The cold bath, the outdoor life, outdoor sleeping, the sun bath, and exercise—these means which promote assimilation.

Q. What is the treatment and diet for neurasthenia?

A. Neurasthenia is usually a toxic disorder. There is rarely a case in which there is not a bad breath. There is generally a coated tongue and other indications. Examination of the urine shows indican; examination of the bowel discharges shows indol; there is the proof of the autointoxication. The treatment is to adopt a proper diet, which is the antitoxic diet.

Q. Is entire absence of acid in the stomach an alarming or difficult symptom?

A. It is an alarming symptom, and one which should receive immediate attention.

Q. Is it injurious to eat fruit or berries that have become soured or slightly decayed?

A. Most certainly it is. They are not fit to go into the stomach. They are not likely to produce serious disease, however. They are molds and acid forming germs, and are likely to produce putrefaction; so they are not so bad as germs found in decaying flesh, but they are nevertheless unwholesome.

Q. Please give a diet for Bright's disease.

A. Adopt the Battle Creek Sanitarium diet; avoid salt; use plenty of yogurt or buttermilk, and you will have the proper diet.

Q. Which do you consider the most likely to induce sleep at night for a nervous person—a warm or a cold bath?

A. The warm bath. However, sometimes a very short cold bath is beneficial.

Q. Is there a cure for sea-sickness?

A. Perhaps no absolute cure, but a very excellent plan that mitigates the difficulty very greatly is to be careful about diet. In the first place, get rid of intestinal autointoxication before you go shipboard. That is one of the things that predisposes to sea-sickness. Be sure the bowels are in a thoroughly healthy condition. Then on shipboard, take a dry diet; do not eat four or five times a day and then several times between meals as they do on shipboard, but eat twice a day and avoid fats and meats. If you are seasick, simply lie in your berth with an icebag at the back of your neck, keep your eyes closed, the body horizontal and your head low, and you will have practically no trouble.

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and we are showing novelties

and comfort slippers for the men, women, boys, girls and children in greater varieties than ever; leggings, over-gaiters, shoe trees, dressing, woolsoles, fancy ties, rubbers of every description, as well as shoes for the family. :: All make acceptable presents.

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