

BATTLECREEK SANITARIUM ~ THE HEALTH INSTITUTE.

LOCATION.

THIS model health institution is situated in the most healthful and delightful part of the proverbially neat and enterprising city of Battle Creek, Michigan, an important station on the Michigan Central R. R., about half way between Chicago and Detroit. Several railroads intersect at this point, making it easy of access from all directions.

GROUNDS.

The grounds are ample, consisting of a site of about twenty acres, a large portion of which is covered with shade, ornamental, and fruit trees. They are also high, overlooking the entire city, and affording a fine view of the landscape for miles around.

The soil is of such a nature that mud is almost entirely unknown, a few hours of sunshine after a rain rendering the walks and roads in and about the grounds so free from dampness that the most delicate invalid may indulge freely in the benefits of out-of-door life and exercise.

In front of the main building, and between it and the road, is a beautiful grove, which extends along the street in each direction from it, some thirty rods, affording a delightful place of resort during the summer months. The grove is also provided with such means of exercise and recreation as are both healthful and entertaining; as croquet grounds, conveniences for gymnastic exercises, etc.

BUILDINGS.

These comprise a large main building, and seven fine cottages, all situated upon the same site. The main building contains commodious parlors, dining halls, bath and movement rooms, etc., etc., while the other buildings are fitted up as private apartments for patients. By this means are secured that quiet and retirement which are of such paramount importance to the invalid, and which cannot be obtained in an institution where scores of suffering individuals are crowded together under one roof.

ROOMS.

Are large and well ventilated, and are furnished much better than in any other institution of the kind, thus affording the patient all the luxuries and comforts.

which he enjoys at home, and many more.

PLAN OF TREATMENT.

At this institution diseases are treated on **strictly hygienic principles**; that is, only those remedies are employed which will assist nature in her healing work, and will in no way endanger the life or constitution of the patient. **Drugs and poisons** of every description are **entirely discarded** as curative agents; but all known means of restoring health are constantly employed, **poisons alone being excluded** from our materia medica.

OUR REMEDIES. *(Interesting to note that herbs are not listed)*

Then are Light, Water, Air, Electricity, Exercise, Cheerfulness, Rest, Sleep, Proper Clothing, Proper Food, and, in fact, all Hygienic and Sanitary Agents.

OUR PHYSICIANS.

The medical faculty of the institution is composed of an adequate number of conscientious, watchful and efficient physicians, who give personal and unremitting care and attention to their patients, anticipating, as far as possible,

their wants, carefully studying their cases, and applying every means in their power to restore them to health.

OUR FACILITIES. *(The purer the water [distilled being best] used, the more success.)*

Very few institutions are provided with conveniences and advantages equal to ours. Our **bath rooms** are both capacious and convenient, and are furnished with an inexhaustible supply of pure, soft water. Several rooms are also prepared especially for the administration of the Sun-Bath.

SPECIAL ADVANTAGES.

In addition to the appliances usually employed in such institutions, we make use of the Hot-Air Bath (which possesses all the virtues of the Turkish-Bath, while avoiding its evils), the much-renowned Electric or Electro-Thermal-Bath, the Lift Cure, and the celebrated Swedish Movement Cure, which are so successful in many cases which cannot be reached by other means.

DIET.

While we reject from our dietary those pernicious drinks and condiments which are the potent agents in bringing thousands to untimely graves, we take care to supply our table with an abundance of nutritious and palatable food, consisting of fruits, grains, and vegetables. We do not enforce, however, a radical and immediate change from old habits, but give the patient time to accommodate himself to the new diet.

OUR SUCCESS.

The class of individuals who seek aid at our institution is very largely composed of those who are afflicted with chronic diseases, and who have been drugged and poisoned until their vitality has become well-nigh exhausted, and they are given up by their friends and medical advisers to die. Under these circumstances, they come to us as a final resort, and, thanks to a true and potent system of treatment, this last hope is seldom disappointed. Among the hundreds who have thus come to us and found relief from their ills and pains, during the eight years since the establishment of this institution, **the following cases, here briefly reported, have been treated within the last few months : —**

CONSUMPTION.

Many cases might be cited, and references given, in which this most insidious and hopeless of all diseases has been robbed of its victims and a new lease of life given them by a few months' stay with us.

DYSPEPSIA.

Hundreds have come to us afflicted with this most deplorable disease in its most aggravated forms, and, after staying a proper time, have returned to their friends relieved of their sufferings.

PARALYSIS.

Even this formidable disease is, in many cases, treated with entire success, the use of paralyzed organs being wholly restored.

DROPSY.

In one case, the patient came to the Institute after having been given up to die by friends and physicians. He had been tapped many times, as the accumulation of

fluid was so rapid that respiration was rendered extremely difficult in a few days. Cured in a few months, and reports himself still in good health.

SCROFULA.

Many cases of scrofula, often complicated with dyspepsia, affections of the lungs, etc., have been treated with marked success. In one case, the patient had **several large tumors**, one nearly as large as an ordinary bowl. After a few weeks' treatment, nature began the curative work of absorption, thus effecting a cure. This case had been considered entirely hopeless.

But space will not allow further description of the desperate cases which have received treatment and restoration at this institution; but we may add that equally good success has attended the treatment of Asthma, Kidney Difficulties (of the worst forms), Chronic Diarrhea, Chronic Congestion of the Brain, Cancer, Palpitation of the Heart, Rheumatism, Neuralgia, Epilepsy, Bronchitis, Piles, Ulceration of Bowels, Catarrh of Bladder and Bowels, Constipation (in some cases without a natural passage for many years), *Spermatorrhea, and, in fact, Chronic Diseases of all kinds.

The most flattering success has attended the treatment of Uterine Difficulties, and all other Diseases of Women, which receive special attention.

***Spermatorrhea**- In [Western](#) medicine during the nineteenth century, spermatorrhea was regarded as a medical disorder with corrupting and devastating effects on the mind and body.^[1] The cure for spermatorrhea was regarded as enforced [chastity](#) and avoidance of [masturbation](#), with [circumcision](#) sometimes being used as a treatment. ~ Wikipedia

ACUTE DISEASES.

Our mode of treatment is specially adapted to this class of diseases, meeting with the most uniform success with Fevers and Inflammations of every type and form, all Eruptive Diseases, etc., etc. **To the sick, we say, Do not delay seeking our assistance until your case is hopeless.** Write at once for our Circular, which will be sent free on application. Address, HEALTH INSTITUTE,
Battle Creek, Michigan

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 11-16 advertisement in the back of the book by M. G. Kellogg

A Fitting Quote from Sister White:

My message is: Out of the cities. There are places out from the cities that have buildings that we would be able to secure where there was grass and flowers with plenty of grounds, where we could take the sick like a family, and let them drink in the atmosphere of heaven. In the cities there is nothing but walls and enough to keep them sick. We want to get them out where there are singing birds, with flowers, with trees and shade, where they can be in God's line. Then the sick would have a remedy by using natural methods in securing health. Water, pure air, and to be near nature will restore health. When we began in Battle Creek the Lord blest wonderfully as we used these means. How drugs come in is a mystery to me with all the light God has given. The Lord does not want us to go into the cities to establish sanitariums unless there is some feeder in the cities to lead them out where they can get correct treatment." {Ms186-1905.7}

Let the patients be taught that the breathing of fresh air is necessary to health and life. Let there be facilities for the giving of rational treatment, so that there will be no necessity for the use of drugs.

{Lt181-1904.12}