



Be in Health

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Be in Health:
Health in Light of the Gospel
series

Sound, Whole

- 3 John 2: “I wish **above all things** that thou mayest prosper and be in health, even as thy soul prospereth.”
- “Prosper” = literally, “good way”—body & soul
- “Be in health” = whole (not broken), as in Luke 5:31 “They that are **whole** need not a physician; but they that are sick.”

Sound, Whole

- As in 2 Timothy 4:3, 4 “For the time will come when they will not endure **sound** doctrine; but after their **own lusts** shall they heap to themselves teachers, having itching ears. And they shall turn away their ears from **the truth**, and shall be turned unto fables.”
- Parallel to Romans 1:25 “Who changed **the truth** of God into **the lie**, and worshipped and served the creature more than the Creator, who is blessed for ever.”

Which Direction?

- Every movement away from the Creator God, has followed “their own lusts” (started with “his own” in John 8:44; same *idios*)—selfish desires, and crafting beliefs and practices to match *what they want, rather than God’s original plan*.
- Every reform movement moves back to the Creator God, seeks His desires and will, and accepts doctrines and lifestyle that match the witness of Scripture and nature.

Example

- John Wesley (1703-1791) English founder of Methodism, published in 1744 a book entitled, *Primitive Physic, Or, An Easy and Natural Method of Curing Most Diseases*
- Note the date.

Into the 1800s

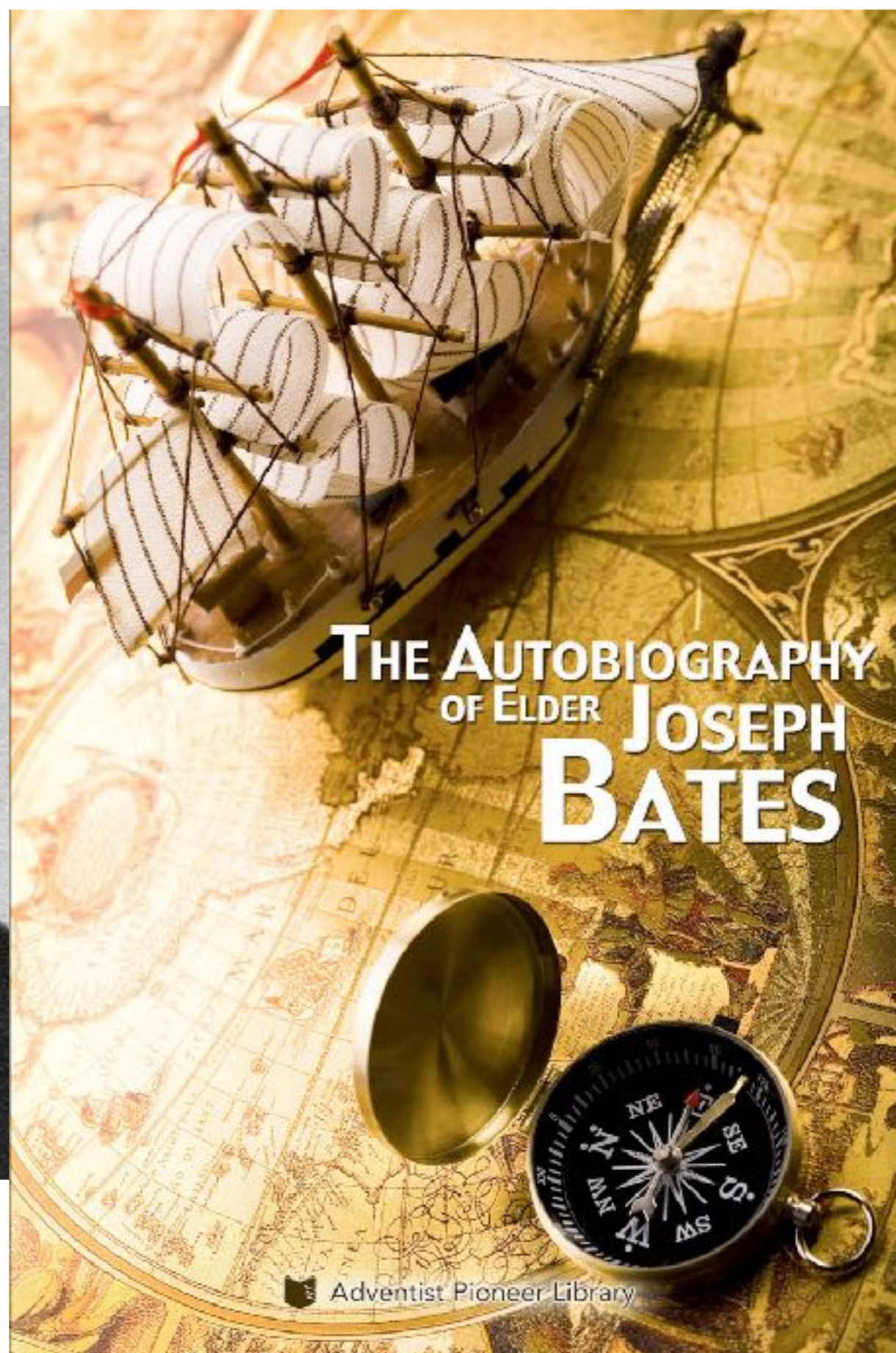
- 1826: The American Temperance Society, also known as the American Society for the Promotion of Temperance was established on February 13, 1826 in Boston, MA.
- Within five years there were 2,220 local chapters in the U.S. with 170,000 members who had taken a pledge to abstain from drinking distilled beverages. Within ten years, there were over 8,000 local groups and more than 1,250,000 members who had taken the pledge.

Into the 1800s

- 1829: Sylvester Graham (1794-1851), American Presbyterian Minister, invented Graham bread, promoted vegetarianism and temperance, with the Graham diet, which consisted mainly of fresh fruits and vegetables, whole wheat and high fiber foods, and excluded meat and spices altogether.

Temperance: Adventist

- Joseph Bates (1792-1872), sea captain, organized a Fairhaven [Massachusetts] Temperance Society in 1827, having captained possibly the first temperance ship. Became a believer in the Second Advent of Jesus in the late 1830s, and brought an early emphasis on healthful living.



Adventists & Sanctuary

- During the late 1840s and through the 1850s, a group of these believers in the Advent began to coalesce around shared views (via gatherings and publishing) on the teaching of the Bible on God's dwelling place, called the "temple" or "tabernacle," and at times "sanctuary."

Temple, Healing

- Included in this understanding is the Bible teaching that each person is also intended to be a dwelling place for God, and that each was to "glorify God in your body" (1 Corinthians 6:19, 20).
- There was also a growing realization that Jesus' work on earth 2000 years ago ministered to the body, mind, and spirit.

Ellen G. White

- This group came to believe that a young lady, Ellen Harmon (1827-1915), was being used by God to convey messages to them. Many were not convinced easily, and vigorously checked out the authenticity of her experiences and messages. Her married name was Ellen G. White.



Ellen G. White, c1859

Health Information

- 1863: information on basic principles of health were given to Ellen White.
- 1864: August she wrote a 32-page article "Health" that was published.
- James White (1820-1881), her husband, began to collect a wide variety of health publications.
- Later (1898) Ellen would write: "During His ministry Jesus devoted more time to healing the sick than to preaching." (*The Desire of Ages*, page 350.3)

“Good Health”

- 1864: J. N. Andrews wrote in the general church paper on the topic of "Good Health":
"This invaluable blessing is the result not of accident, but of conformity to the laws of our being. Those who transgress these immutable principles must sooner or later become sick."



(1829-1883)

“Good Health”

- "To leave off every injurious article of food, and to lead lives of temperance under the influence of good instruction and of conscience toward God, are among the things most essential to good health.
- "Our bodies are the temple of the Holy Spirit. That we may truly glorify him in our bodies, as in our spirits, how requisite that we possess in full vigor all the powers of our physical being.

“Good Health”

- "Thank God that this subject is now being especially set before our people. Health and strength are among the things most valuable to us, and of great consequence to those who shall witness the grand events [before Jesus' return]." (*Advent Review and Sabbath Herald*, October 25, 1864, p. 176)

Health Publishing

- 1865: Six pamphlets were published, *Health, or How to Live* in which she wrote six health articles on “Disease and Its Causes,” the same year her husband James White had his first stroke at age 45.
- 1866: The church's publishing department began a monthly journal, *The Health Reformer*.

Health Reform

- 1866 also: The fledgling church voted a resolution on "health reform," and the Western Health Reform Institute was established in Battle Creek, Michigan.



Hand Book

- 1868: *Hand Book of Health; or, A Brief Treatise on Physiology and Hygiene Comprising Practical Instructions on the Structure and Functions of the Human System, and Rules for the Preservation of the Health*, J. N. Loughborough



(1832-1924)

HAND BOOK OF HEALTH;
OR, A BRIEF TREATISE ON
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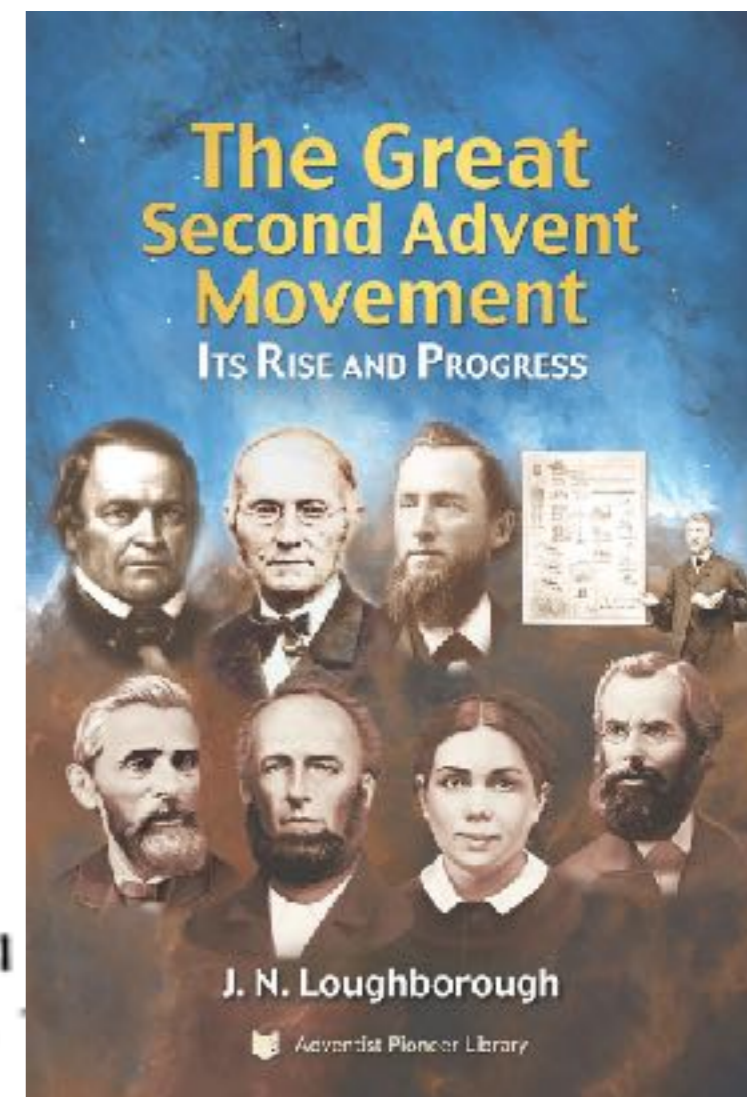
"I will praise Thee; for I am fearfully and wonderfully made."—DAVID.

STEAM PRESS
OF THE SEVENTH-DAY ADVENTIST PUBLISHING ASSOCIATION,
BATTLE CREEK, MICH.

1868.

Bentley Historical

University of
Michigan
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J. H. Kellogg

- 1876: John Harvey Kellogg, MD (1852-1943), was appointed chief of the Western Health Reform Institute at age 24.



*Yours truly,
J. N. Kellogg*

J. H. Kellogg Training

- Kellogg had received training beginning in 1872 at Dr. Trall's College in New Jersey, followed by more training at the University of Michigan's Medical School in Ann Arbor. In 1874 he went to Bellevue Hospital Medical School in New York, meeting there Dr. Austin Flint, who had trained in Germany, and was familiar with Currie's experiments with water therapy. Kellogg received his MD 2/25/1875.

J. H. Kellogg Training

- Before returning to Battle Creek, Kellogg took private lessons from Dr. George M. Baird, a pioneer researcher in electrotherapeutics. He also did research in the NY libraries for articles he was writing for *The Health Reformer*, in which he was outlining the basic principles of wellness he later called "biologic living."

Biologic Living

- His biographer described Kellogg's view of "biologic living" as "preventive medicine at its best. It had as its goal to help people stay well, rather than to recover from illness. Kellogg started with the premise that obedience to the natural laws of health was a moral duty and was essential to the maintenance of mental and moral as well as physical health.

Biologic Living

- "Biologic living demanded total abstinence from alcohol, tea, coffee, chocolate, and tobacco since each contained some factor detrimental to the body. It stressed a simple vegetarian diet as most 'natural' for man and pointed out that one can maintain good health only if he gives attention to securing proper rest, exercise, fresh air, and healthful dress.

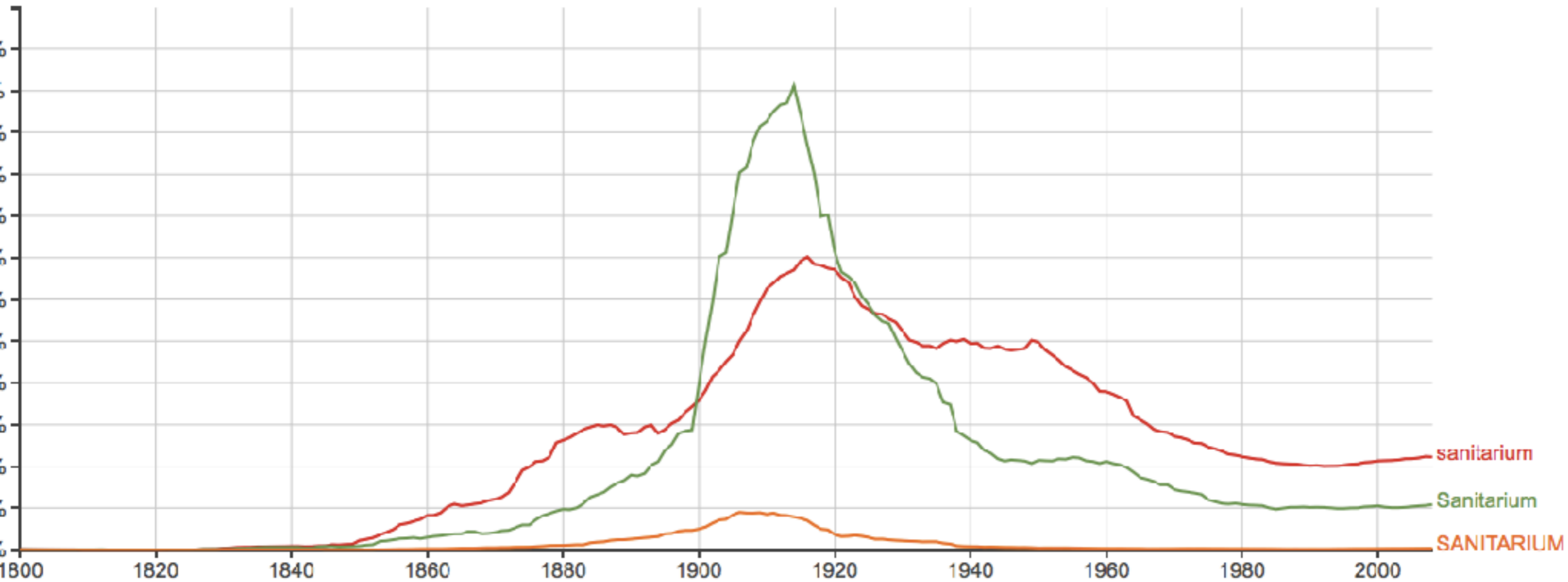
Biologic Living

- "If illness struck, simple remedies were by far the safest and most productive." (Schwarz, p. 37)

Battle Creek Sanitarium

- Kellogg promptly changed name of the Western Health Reform Institute to Battle Creek Sanitarium, a word he said would mean "a place where people learn to stay well."
- His plan clearly was to promote his "biologic living" there in both lifestyle and therapeutics.

Google Ngram of "sanitarium" 1800-2008



Battle Creek Sanitarium

- Diet was a major emphasis: focused on grains, seeds, fruits, nuts, beans; no meat; no hard cheese; limited milk, eggs, sugar, salt; no hot or spicy condiments
- Encouraged two meals a day
- Thorough chewing; coined word "Fletcherize" through friendship with Horace Fletcher (1849-1919)



Battle Creek Sanitarium

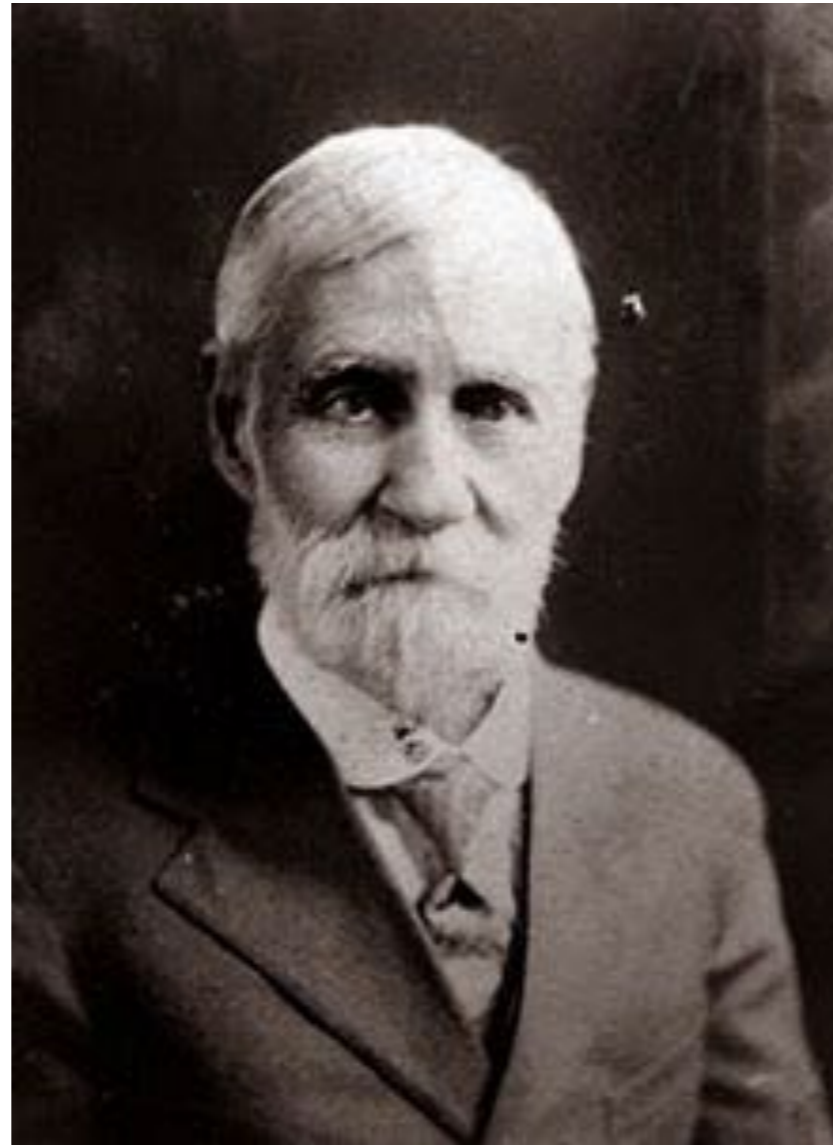
- Other habits and modes of treatment:
 - Water (bathing, ingesting, therapy)
 - Exercise (systematic, gymnastic, mechanical) and posture
 - Rest
 - Light (sunbaths, windows in buildings, electric arc lights, light baths)
 - Air (ventilation, 70° F maximum)
 - Colon hygiene

Battle Creek Sanitarium

- Other habits and modes of treatment:
 - Drugs: no free use
 - Pain killers: pain is a friend; control with natural means
 - Avoid "stimulants": alcohol, coffee, tea, cola, cocoa, chocolate, tobacco
 - Electrotherapy
 - Dress: open to light, air, movement, while warm
 - Mind: "belief in God is the basis of all health"

M. G. Kellogg

- Older half-brother of John, Merritt Kellogg had taken the course of Dr. Trall in 1867, and repeated it with John in 1872.
- During a smallpox epidemic in 1870 in California he gave water treatments and diet to his patients, with ten out of eleven of his patients surviving. This earned him a high reputation.



Merritt G. Kellogg (1832-1922)

M. G. Kellogg

- In the summer of 1877 Merritt Kellogg was asked to help look after patients at a San Francisco hydrotherapy center in exchange for room and board. The owner, Barlow J. Smith, sold out after five months and opened a retreat in Rutherford, in the Napa Valley.

M. G. Kellogg

- He invited M. Kellogg to come to Rutherford as a house physician. A patient there encouraged M. Kellogg to establish his own health resort, and helped arrange investors. Kellogg began work on a site near St. Helena, California.

Rural Health Retreat

- Ellen G. White came to inspect the property, and endorsed the decision. The road and building were completed by the end of May 1878 and the first patients arrived on 7 June 1878. The health center was an immediate success. M. Kellogg left when well-trained doctors arrived. The Rural Health Retreat later became the St. Helena Hospital.

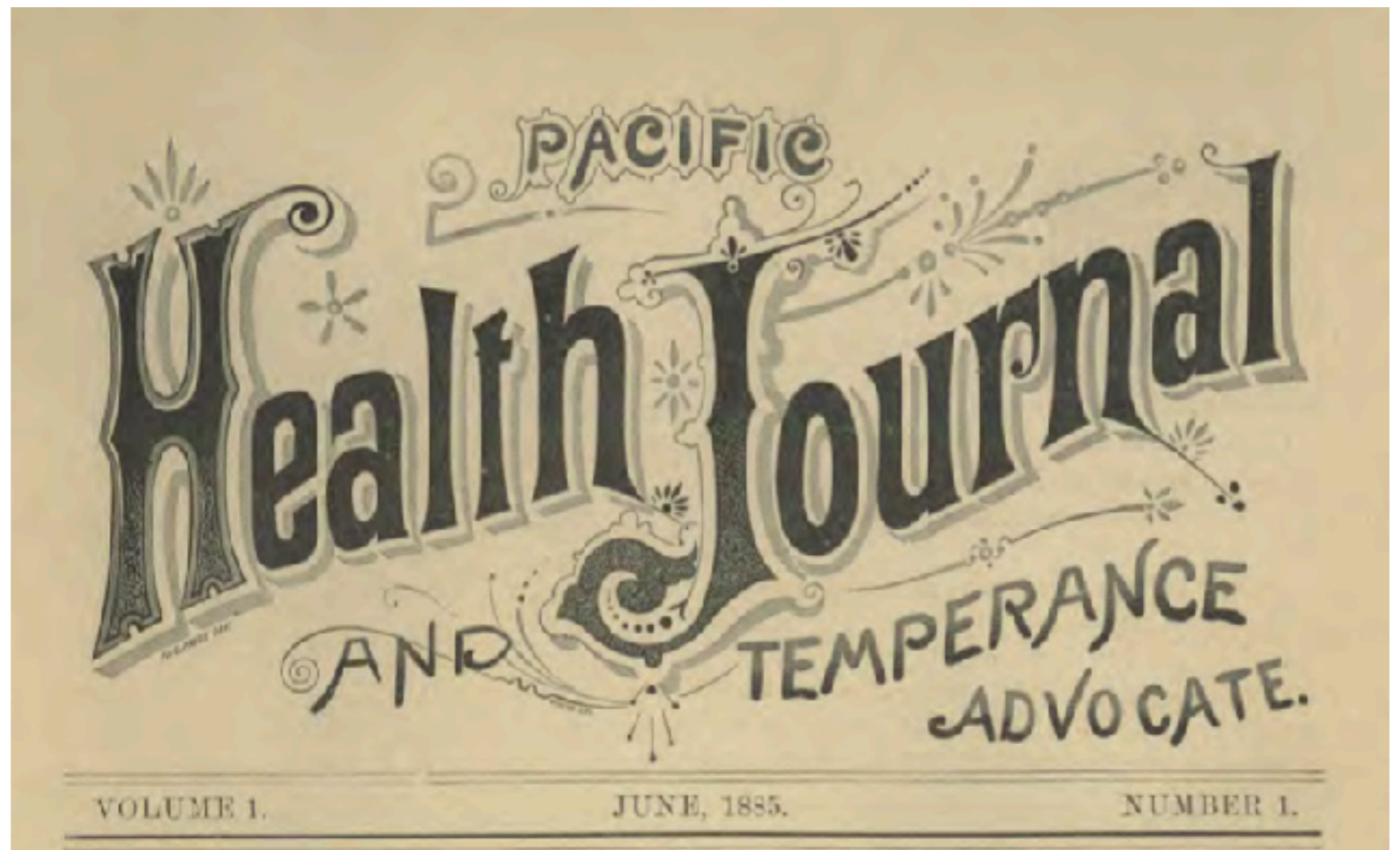
CRYSTAL SPRINGS
RURAL HEALTH RETREAT,
ST. HELENA, CAL.



RURAL HEALTH RETREAT (CRYSTAL SPRINGS), ST. HELENA, CAL.

Health Publishing

- 1885: June a bi-monthly, 24-page magazine *Pacific Health Journal and Temperance Advocate* began publication under the editorial supervision of J. H. Waggoner.



Medical Missionary

- 1888; Ellen White: “After the meeting at Minneapolis, Dr. [J. H.] Kellogg was a converted man, and we all knew it. We could see the converting power of God working in his heart and life.” (GCB, April 6, 1903 par. 19)
- 1893: Medical Missionary and Benevolent Association established with the Seventh-day Adventist Church
- Activities: orphanage, home for destitute elderly, Christian help bands for needs in the community, restaurants, treatment rooms, new sanitariums, urban medical missions

EXTRA NO. 1.



BATTLE CREEK, MICH., U. S. A., MARCH, 1893.

Benevolent Work

- 1897: Ellen White wrote: "The very work Dr. Kellogg has been managing is the kind of work *the whole of our churches are bound to do under covenant relation to God*. They are to love God supremely and their neighbor as themselves. They are to realize 'all ye are brethren.' There are no favorites with God." (*The Home Missionary*, November 1, 1897 par. 12; emphasis in original)

Benevolent Work

- “Nothing will or ever can give character to the work in the presentation of truth as that of helping the people just where they are, as this Samaritan work.” {Ms14a-1897}

Medical Missionary

- 1899 Ellen White to Dr. Kellogg: “I know that the Lord has placed you in a very responsible position, standing as you do, as the greatest physician in our world, a man to whom the Lord has given understanding and knowledge, that you may do justice and judgment, and reveal the true missionary spirit in the institution which is to represent truth in contrast with error.... The Battle Creek Sanitarium was to be known as an institution where the Lord was daily acknowledged as the monarch of the universe.....

Medical Missionary

- “The Lord designs that the proclamation of the third angel’s message shall be the highest, greatest work carried on in our world at this time. He honored you by placing you in a very responsible position. You were not to separate your influence from the ministry of the gospel. In every line of your work you were to understand and practice the truth. You were to make God first and ever obey His Word. In this would be your strength.” {Lt215-1899}

Health Reform

- 1902: “We should now come into line with health reform principles. There is a work to be done, and we want to unite with Dr. Kellogg in doing this work. He knows what he is talking about; and we want to take the light from the word of God, and form ourselves into companies to work for others. God will help us do this work.” {RH, January 7, 1902 par. 7}

Medical Education

- John Harvey Kellogg: many ventures to train people, from lectures at the sanitarium, to private tutoring of medical students, to a School of Hygiene, a Training School for Nurses, a Sanitarium Training School for Medical Missionaries, a School of Domestic Economy, a School of Health and Home Economics, a School of Physical Education, and even the American Medical Missionary College



Battle Creek Sanitarium's first Medical Class, about 1894

Food Production

- John Harvey Kellogg: food production experimentation led to dry cereals, peanut butter, vegetable protein meat substitutes, coffee substitutes, and soy milk, with various company entities such as Sanitarium Food Company, and Sanitas Food Company, with his brother Will Kellogg opening the Toasted Corn Flake Company.

The Ministry of Healing

- 1905: Ellen White's book *The Ministry of Healing* published
 - The True Medical Missionary
 - The Work of the Physician
 - Medical Missionaries and their Work
 - The Care of the Sick
 - Health Principles
 - The Home
 - The Essential Knowledge
 - The Worker's Need

Other Early Facilities

- 1905: Loma Linda, California
- 1907: Washington DC
- 1908: Orlando, Florida

Process of Change

- Took Kellogg 20 years to eliminate meat, tea, coffee from dining room at Battle Creek
- Ellen White: "Often while there [at the Rural Health Institute, St. Helena, Calif.] I was compelled to eat meat because there was nothing else that I could eat. At times I would be so faint and dizzy for the want of good wholesome food that I fairly reeled through weakness. [The cook] has not made it her study to prepare wholesome dishes in order that flesh meat as a food may become less and less necessary." (2/6/84)

Reforming

- Connection to medical profession
 - Rooted in philosophy and science
 - Continually "pushing the envelope" = "reform"
- Well poised to run with the best of modern scientific findings, such as ...

Forerunner In...

- Plant based diet
- Calorie restriction and longevity
- Water (hemorrheology, associations with morbidity and mortality)
- Food fiber
- Microbiome
- Activity / rest
- Whole person care

J. H. Waggoner

- "We do not profess to be pioneers in the general principles of the health reform. The facts on which this movement is based have been elaborated, in a great measure, by reformers, physicians, and writers on physiology and hygiene, and so may be found scattered through the land.

J. H. Waggoner

- "But we do claim that by the method of God's choice it has been more clearly and powerfully unfolded, and is thereby producing an effect which we could not have looked for from any other means.

J. H. Waggoner

- "As mere physiological and hygienic truths, they might be studied by some at their leisure, and by others laid aside as of little consequence; but when placed on a level with the great truths of the third angel's message ["prophecy"] by the sanction and authority of God's Spirit,

J. H. Waggoner

- "and so declared to be the means whereby a weak people may be made strong to overcome, and our diseased bodies cleansed and fitted for translation ["Adventist"], then it comes to us as an essential part of present truth, to be received with the blessing of God, or rejected at our peril." (J. H. Waggoner, "Present Truth," *Advent Review and Sabbath Herald*, August 7, 1866, p. 77)

Cutting Edge

- In modern parlance: (1) sustainability (benefit of low-tech modalities that reach to the causes of morbidity and mortality; widely reproducible, not dependent on high economy), (2) self care / home care, (3) mind/body connection: clarity of mental processes (health benefits of altruism; importance of self-control)

Goals

- That which best focuses on the roots of wellness works best to
 - (1) reduce suffering
 - (2) enhance quality and quantity of life
 - (3) prepare for challenges and difficulties
 - (4) open up inquiry for true development
 - (5) place sick and health care on sound economy

