

1623

1878

THE
SANITARIUM PATIENTS

—AT—

GOGUAC LAKE.

THE

ADDRESS OF MRS. WHITE.

THE NEW

SANITARIUM BUILDINGS.

ADVENT SOURCE COLLECTION

General Conference of Seventh-Day Adventists
WASHINGTON, D. C.

No. 1623

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THE SANITARIUM.

Goguac Lake.

GOGUAC LAKE is a beautiful sheet of water, two miles from the city of Battle Creek, Michigan. It is of irregular shape, measuring two miles by one in its greatest length and breadth. The accompanying scenery is exceedingly picturesque. Lovely groves skirt the beach, with here and there an opening through which one catches a glimpse of out-lying fields and farm-houses.

Within the last few years the lake-side has become a favorite resort for picnickers and excursion parties; and many go there to spend their summer vacation, camping out in tents, gipsy style, and spending the dog-days in sailing upon the lake, fishing, or exploring the hills and groves. Here and there a picturesque summer cottage peeping out from the greenery of some point or island, and white tents nestled among the trees, suggest a delightful picture of coolness and freedom, in this out-of-door life.

Mr. Surby, the present lessee of the ground known as Foster's Landing, has fitted it up with conveniences that make it a very pleasant summer resort. The hotel burned down recently, but a temporary building supplies its place; a large hall has been erected, and is furnished with a good organ; there are refreshment stands, croquet lawns, tiers of seats, one above another, sufficient to seat seven hundred persons, also an elevated stand for public speaking, an extended table on the plateau above for the free use of excursionists, seats upon the magnificent headland that overlooks the whole lake, and ample accommodations for horses and carriages. The boat-house is well furnished with row and sail boats, and a miniature steamer, capable of carrying fifty persons, makes the circuit of the lake at the order of visitors. This steamer is the property of Mr. Lew Clark, and is under the management of the affable and obliging Mr. Frank Abells.

On May 30, 1877, the patients and Faculty of the Medical and Surgical Sanitarium, of Battle Creek, which is under the direction of Dr. J. H. Kellogg, met in the grove on the lake shore. The day was fine, an incarnation of early summer. The blue waters stretched out in a sea of splendor under the sunlight, and the groves

which skirt the beach wore the fresh, dark green of their early verdure.

The programme of the day was admirably calculated for the pleasure and profit of the patients, and was highly enjoyed by them. At the usual hour, dinner was partaken of in the open air, with a zest peculiar to such occasions. But the chief feature of the day was the lecture given by special request at 3 p. m., by Mrs. Ellen G. White, wife of Elder James White, President of the Seventh-day Adventist General Conference and of the Publishing Association of that church. This lady is well known as a prominent speaker and writer upon religious and reformatory subjects.

The exercises were opened by prayer and singing. The music was very fine, led by an excellent choir; the beautiful sacred songs floated out through the green forest aisles in a wave of harmony. The audience were deeply attentive to the speaker, and at the close of the lecture extended a vote of thanks to the lecturer. Judge Graham, of Viroqua, Wisconsin, then one of the patients at the Sanitarium, proposed that the lecture be printed and circulated among the patients and others for their moral and physical benefit, that the words spoken that day might never be forgotten or disregarded. The prop-

osition was carried by a unanimous vote, in accordance with which the following is now published :—

Mrs. White's Address.

WE are happy to have the privilege of meeting our friends by the lake-side in this beautiful grove. Our merciful Heavenly Father has brought us once more in safety across the plains from the Pacific coast, and in return we would render him the tribute of our grateful hearts.

Our Saviour often preferred the fields, the groves, and the lake-sides for his temples. People flocked to these places in great crowds to listen to the words of truth which fell from his divine lips. He had special reasons for choosing those natural sanctuaries ; the familiar objects of nature were thus presented to the eyes of his hearers, and he used those objects to simplify his teachings, binding his truths firmly upon the minds of the people by the lessons drawn from nature to illustrate his meaning.

Upon one occasion, early in the morning, the disciples, who were fishing, discerned their Master walking upon the beach. They immediately pulled for the shore where they could converse with him from their boats. But Jesus could not long remain hidden from

the multitude who sought him unceasingly. His fame as the wonderful Healer of disease had spread far and near ; and as he stood upon the beach, the people hurried thither, bringing their sick friends to lay before him, and implore him to heal them. His great heart of love was filled with divine pity for the objects of distress appealing to him for help.

Whatever way he might turn, there lay the suffering and dying, supplicating his mercy, and pleading for the blessing of peace and health which they believed he could give them. Some of the sufferers feared they would be overlooked among the many who were urging their cases before the great Physician. Though they despaired of gaining his personal attention, yet they would not leave his presence, believing that if they could even approach near enough to touch him, that touch would bring healing to them. Eagerly the wasted hands of the sick were stretched out amid the crowd to touch the dress or person of Christ, and as many as reached him received in their suffering bodies an answer to the touch of faith.

The dreary and disconsolate, whose minds had been imprisoned in the sepulcher of despair, were attracted to the presence of Jesus. Those who were mourning over the disap-

pointed hopes of the present, and trembling in contemplation of a starless future, came to Christ, the Light of the world, as their only hope. With tender compassion he bent over the forms of the suffering, the despondent, and the dying. His lips pronounced the glad words, "Son, be of good cheer; thy sins are forgiven thee." Hope took the place of gloom and despair in the hearts of those whom Jesus blessed; health and joy animated their countenances; the lips that had but lately uttered only words of grief and doubt, now shouted the praise of God.

Disease fled from the touch of the Deliverer, and perfect health and soundness took the place of suffering and decay. Every applicant to Christ was relieved; not one mourner was left in pain; every desponding soul was tranquilized by his words of hope and forgiving love. Then the great Teacher commenced his lessons of instruction to the awe-struck, wondering crowd. But he was so jostled by the multitude, who were all eager to get within hearing of his voice, that he was finally crowded down to the brink of the lake, and had no place to set his feet. He therefore turned and beckoned to Peter, who was in his boat near the land. The disciple drew near, and the Saviour stepped into the open

boat, and bade Peter thrust out a little from the shore.

The Majesty of Heaven took his position, not upon David's throne, but on the seat of a fisherman's swaying boat. And here the great Teacher taught his precious truths to the multitude, binding up those sacred lessons with illustrations drawn from the occupations of men, and the familiar objects of nature around them. This gave the stamp of reality to his instruction. The illustrations there presented to the listening multitude were to be repeated through all the ages. The truths thus represented were to be immortalized and imprinted on the hearts of millions who were to come.

It was in the clear light of morning, and the illustrations employed by the great Teacher were impressive, though simple. He made use of the lofty trees, the cultivated soil, the barren rocks, the flowers of beauty struggling through the clefts, the everlasting hills, the glowing flowers of the valley, the birds, caroling their songs in the leafy branches, the spotless lily, resting in purity upon the bosom of the water. All these objects that made up the living scene around them were made the medium by which his lessons were impressed upon the minds of his hearers. They were thus brought home to the hearts of all, meet-

ing the capacity of all who heard, and leading them gently up from the contemplation of the Creator's works in nature to nature's God.

The buds and blooming flowers of this bouquet which I hold, God has touched with varied delicate tints, most beautiful to the eye. The artistic skill of earth can produce nothing that will compare with the natural beauties given us by the great Master-Artist. As we look upon the lofty trees waving with fresh, green foliage, and the earth covered with its green velvet carpet, and the flowers and shrubs springing from the earth, we should remember that all these beauties of nature have been used by Christ in teaching his grand lessons of truth. As we look upon the fields of waving grain, and listen to the merry songsters in their leafy homes, and view the boats upon the water of the lake, we should remember the words of Christ upon the lakeside, in the groves, and on the mountains, and the lessons there taught by him should be repeated to us by the similar objects of nature which surround us. Such scenes should be sacredly regarded by us, and should bring joy and gladness to our hearts.

The deceiver of souls is constantly at work seeking to divert the minds of those who have not a knowledge of God in his created works, from the beautiful things in nature, and cause

them to regard with indifference the manifold blessings with which their Heavenly Father has surrounded them. Satan suggests to their minds the thought that God is a stern judge, to be regarded with utmost dread, that his severe justice is tyranny. The pitying love of God is thrust from their minds, and their hearts are set in defiance of their Maker. He who is their very best friend is regarded as watching and spying upon their actions, and registering them in his book of records, taking satisfaction in pouring out his wrath upon their offending heads.

But Paul, in his Epistle to the Hebrews, has said, "Neither is there any creature that is not manifest in his sight; but all things are naked and opened unto the eyes of Him with whom we have to do." This he presents to us as an encouragement rather than a discouragement: "Seeing then that we have a great high priest that is passed into the heavens, Jesus, the Son of God, let us hold fast our profession; for we have not an high priest which cannot be touched with the feeling of our infirmities, but was in all points tempted like as we are, yet without sin. Let us therefore come [not with cringing fear, but] boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."

All Heaven is interested in the happiness of man. God is represented as a present help in our necessities. Christ identified himself with man; he understands his every infirmity and weakness. He is a sympathizing friend in all our afflictions, and will be our refuge when we are assailed by fierce temptation.

Christ makes the necessities of his children his own personal interest. He regards any slight or neglect of his brethren as a slight to himself, and a benefit conferred upon the humblest of them, as if it were conferred upon himself. He says, "I was a hungered, and ye gave me meat; I was thirsty, and ye gave me drink; I was a stranger, and ye took me in. . . . Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

He whom Providence has blessed with plenty, but who padlocks the door of his heart, to keep back all generous impulses, that would find expression in deeds of charity and kindness, will hear from the lips of the Master the solemn words, "I was a hungered, and ye gave me no meat; I was thirsty, and ye gave me no drink; I was a stranger, and ye took me not in. . . . Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me."

Love of Christ cannot exist in the heart without a corresponding love for our fellow-men. Love to God and to our neighbor are the ruling principles of the true Christian's life. The redeeming love of Christ should awaken all the affection and self-sacrificing devotion of the human heart.

God calls for earnest workers. The physical and the spiritual health suffer from inaction. The idler in the vineyard, he who lives for self alone, is ever dissatisfied with himself and with others; the gloom and chill of discontent are mirrored upon his countenance. But he who is drawn out of, and away from, self, who, like his Master, identifies himself with suffering humanity, will be softened and refined by the exercise of sympathy for others. Courtesy, patience, and gentleness will characterize such a one, and will make his presence a continual joy and blessing. His countenance will shine with the luster of true benevolence.

Those who labor hardest to secure their own happiness are miserable. Those who forget self in their interest for others have reflected back upon their own hearts the light and blessings they dispense to them. It is our duty to work for Christ; all that we possess is given us by him. If it were not for his advance capital of grace, we should

have nothing to improve. All that we have is given us on trust. Yet when he rewards us with his approval, it is as though the merit were our own: "Well done, good and faithful servant." It is not the greatness of the work which we do, but the love and fidelity with which we do it, that wins the approval of the Saviour. It is the use which we make of our talents which determines our woe or weal. We may have faith to remove mountains, and understand all mysteries, and give our bodies to be burned, yet without charity—that love which finds utterance in good works, that feeds the hungry, clothes the naked, and visits the afflicted—we are "as sounding brass or a tinkling cymbal."

Let the thought encourage us that Christ pities the erring, and desires to comfort the despondent, and encourage the weak. He is fully acquainted with the peculiar trials of every life. He never misjudges our motives, nor places a wrong estimate upon our character. Men may do us injustice, we may suffer by calumny and suspicion, but the Saviour knows our inmost thought, and cannot judge our actions wrongly. We may tell him all our griefs and perplexities, and he will never abuse our confidence, nor turn a deaf ear to our complaints.

In one of his most impressive lessons

Christ says, "Behold the fowls of the air; for they sow not, neither do they reap, nor gather into barns; yet your Heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit to his stature?" The great Teacher is here leading out minds to understand the parental care and love which God has for his children. He directs them to observe the birds flitting from tree to tree, or skimming upon the bosom of the lake, without a flutter of distrust or fear. God's eye is upon these little creatures; he provides them food; he answers all their simple wants. Jesus inquires, "Are ye not much better than they?" Then why despond, or look into the future with sadness and foreboding?

It is not the thought and anxiety of man that provides for his wants, and that causes him to grow in youth and to develop strength; but God is silently doing his work for man, adding to his stature as he progresses to maturity, and opening his mind to knowledge.

Again he says, "Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows."

If God cares for and preserves the little

birds, will he not have far greater love and care for the creatures formed in his image?

“And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin; and yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.” The courtly robes of the greatest king that ever sat upon an earthly throne, could not compare, in their artificial splendor, with the spotless beauty of the lilies fashioned by the divine hand. This is an example of the estimate which the Creator of all that is beautiful, places upon the artificial in comparison with the natural.

God has given us these things of beauty as an expression of his love, that we may obtain correct views of his character. We are not to worship the things of nature, but in them we are to read the love of God. Nature is an open book, from the study of which we may gain a knowledge of the Creator, and be attracted to him by the things of use and beauty which he has provided with such a lavish hand to make us happy.

“Wherefore, if God so clothe the grass of the field, which to-day is, and to-morrow is cast into the oven, shall he not much more clothe you, O ye of little faith! Therefore, take no thought, saying, What shall we eat?

or, What shall we drink? or, Wherewithal shall we be clothed?”

Much unnecessary care and anxiety is felt in regard to our future, concerning what we shall eat and drink, and wherewithal we shall be clothed. The labor and worry of needless display in apparel causes much fatigue and unhappiness, and shortens our lives. Our Saviour would not only have us discern the love of God displayed in the beautiful flowers about us, but he would have us learn from them lessons of simplicity, and of perfect faith and confidence in our Heavenly Father.

If God cares to make these inanimate things so beautiful, that will be cut down and perish in a day, how much more careful will he be to supply the needs of his obedient children, whose lives may be as enduring as eternity. How readily will he give them the adornment of his grace, the strength of wisdom, the ornament of a meek and quiet spirit. The love of God to man is incomprehensible, broad as the world, high as heaven, and as enduring as eternity.

“The heavens declare the glory of God; and the firmament showeth his handiwork. Day unto day uttereth speech, and night unto night showeth knowledge. There is no speech nor language where their voice is not heard.” Notwithstanding that the love of God speaks

to us through the lofty trees, the lovely flowers, the babbling brooks, and all the innumerable objects in nature, and in manifold blessings that brighten our lives, many turn from these expressions of God's love, which should make them cheerful and trusting, and brood over scenes of darkness, permitting their minds to dwell upon the idea that God is a stern judge of terrible exactitude.

The truth is that our Heavenly Father pities and loves his children. The repentant erring ones are warmly welcomed to his favor. Peter apostatized from Christ, although he had been greatly favored by being brought in close connection with him. He had witnessed his transfiguration, and had frequently seen his divine power flashing through the disguise of humanity.

Jesus had warned him that he would not bear the test in the hour of his Lord's humiliation and trial. Peter was greatly grieved that Jesus should doubt the truth of his ardent assertion that he would go to prison or to death for the sake of his Lord. But that very night, when the dear Saviour most needed the sympathy and support of his disciples, Peter denied him with cursing and swearing. The pitying, forgiving look of Jesus recalled the disloyal disciple to his

senses, and broke his heart with an unspeakable grief and remorse.

He went out into the darkness, and wandered he cared not whither. At length he found himself in Gethsemane, and falling prostrate upon the spot where Jesus had lately bowed in the hours of his agony, pressed his face upon the sod that had been moistened by the bloody sweat of his Master. There he wept bitterly, sincerely repented, and became a converted man.

Peter's reformation was so far accepted by Christ that after his resurrection he made special mention of him, sending him a message that he should see him in Galilee. How thoughtful and considerate this act of the Saviour! He who had been tempted like as we are tempted, understood the humiliation of Peter, and mentioned his name among the first in his message, to evidence to the sorrowing disciple that his Master remembered and acknowledged him, notwithstanding his surprising apostasy.

Soon after this, Jesus revealed himself to Peter. At the Sea of Galilee he prepared food for him and his two brethren, John and James, and called them from their occupation on the water, saying, "I will make you fishers of men." Jesus did not cast Peter off; but as he had three times denied his Master,

he tested his loyalty by three times putting to him the question, "Simon, son of Jonas, lovest thou me?" Three times the answer came, not in the old proud and boastful manner, but in subdued and earnest tones from a humble heart, and quivering lips: "Yea, Lord, thou knowest that I love thee."

Jesus re-instated Peter in his former position of trust. He gave him the commission, "Feed my lambs," and the twice-repeated injunction, "Feed my sheep." The naturally impetuous and overbearing Peter, who once repulsed the mothers that came to Christ bringing their little children to receive his blessing, now that he was converted, was prepared to nurse the lambs of the Master's fold, as well as to care for the more experienced sheep. Here we see the defeat of Peter turned into a victory.

Christ had once said to him, "When thou art converted, strengthen thy brethren." Peter was now prepared for the important work of trust which our Lord gave him. He was no longer boastful and self-confident, having no patience with those whom he thought weaker and less zealous than himself. An abiding sense of his disgraceful fall prepared him to be compassionate toward the weak and erring. With humble gratitude he would recall and relate his experience

concerning his fall, and the pitying love of his Master in forgiving his apostasy, accepting his repentance, establishing him again in his confidence, and trusting him with a more responsible work than had previously been given him.

This story of Peter's apostasy and its results illustrates the manner of God's dealing with men. Peter himself leaves the fullest record of his own apostasy. This was for the warning of others, that they might avoid falling into a like sin. He knew many who should come after him would feel secure in their own strength, and the honesty of their good intentions and resolves; yet the hour of temptation would find them unarmed by watchfulness and prayer, and they would fall as he had done, because they had not made God their strength.

But notwithstanding the degradation of their Godlike manhood to assimilate with the heartless and debased, notwithstanding they may have fallen a prey to appetite and passion, led by despicable persons whom in their secret hearts they despise; yet the disciple would teach that if they arouse to a sense of their condition, face about and leave their evil habits, calling upon God to help them to resist temptation, he will never turn from them nor reject their petition, but will

comfort and sustain them by his forgiving love. "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God."

God gave, in his Son, the best gift that he could bestow upon man. Christ, the Majesty of Heaven, consented to leave the heavenly courts, and lay aside his robes of royalty, to come to a world all stained and marred by the curse, to take man's nature, and to reach to the very depths of human misery and woe, that by his own example of perfect character he might elevate and ennoble fallen man.

He brings his divine power to unite with man's human efforts, that in Christ's glorious name the creature of earth may be a victor on his own account. He takes the sins of man upon himself, and imputes his righteousness to all who will lay hold of his merits by faith. The Redeemer of the world encircles the fallen race with his strong human arm, while with his divine arm he grasps the throne of the Infinite.

Jesus offers man his divine aid, to help him in overcoming the temptations of Satan on the points of appetite and passion. Such love as this cannot be measured. The afflicted, the desponding and weary are invited to come to the Saviour with all their griefs and burdens. If they will place their hands

confidingly in his, he will cling to them more firmly than they can cling to him. He will lead them safely, and preserve them from stumbling; no one ever raised a hand to Christ for help in vain.

It is manifesting great ingratitude toward God to dwell upon the dark side of affairs, and let the shadows of despair shut from our souls the Sun of Righteousness. Sorrow comes and goes; it is the lot of man; we should not seek to magnify it, but rather dwell upon that which is bright and pleasant. When winter spreads its icy covering over the earth, we do not let our gladness freeze up with the flowers and brooks, and continually mourn because of the dismal days, and the chilling winds. On the other hand, we reach forward in imagination to the coming summer, with its warmth, and life, and beauty. Meanwhile we enjoy all the sunshine that comes to us, and find much comfort, in spite of the cold and snow, while we are waiting for nature to put on her fresh, bright garments of rejoicing.

Just now a cloud has shut from our sight the bright rays of the sun, and we are left in the shadow. Should we fret and repine because of this, and forget everything else that is bright and lovely around us? No; we should forget the *cloud*, and remember that

the sun is not blotted out, but has only veiled its face for a moment, to shine forth again in greater apparent brightness, and to be prized and enjoyed more highly than if it had never been hidden.

God is not pleased to have us pass our lives in despondency and gloom, magnifying every trouble that visits us. By so doing we not only make ourselves miserable, but cloud the happiness of those around us. We should not search out, and linger over, the dark shadows in our life experience, but rather open our eyes, and arouse our senses to see and appreciate the many blessings surrounding us, which should make us not only grateful but very happy.

It is God's will that we should be cheerful. He would have us open our hearts to the sunbeams of heaven ; he would have our spirits mellowed by his love and goodness, apparent in our own lives, and in the things of nature surrounding us. Those who are brought in contact with us are affected for good or evil by our words and actions. We are unconsciously diffusing the fragrance of our character upon the moral atmosphere surrounding us, or we are poisoning that atmosphere by thoughts, words, and deeds which have a deleterious influence upon those

with whom we associate. "No man liveth to himself."

It is selfish to devote our precious time to mourning over disappointed hopes, indulging a useless grief that clouds the family circle. We should be cheerful, if only for the benefit of those who depend more or less upon us for happiness. We should be careful lest our unconscious influence unbalance others, and turn them from the work which God designed that they should do.

It is our duty to make the best of everything, and to cultivate a habit of looking at the bright side of things. Let the cloud that shadows us pass over, while we wait patiently till the clear blue sky again appears, and the blessed sunshine is revealed.

Many persons take a melancholy pleasure in feeling and talking as if the chief object of those with whom they are associated is to make them miserable. The sufferings of most such persons are self-created ; they view everything from a false standpoint, and all things are perverted to their eyes. This is a terrible form of selfishness. Let us all forget self as much as possible, cultivate cheerfulness, seek to brighten the lives of others, and we shall then have less desire to complain of our own lot ; we shall in fact lose sight of our selfish cares and gloom.

Those who have borne the greatest sorrows are frequently the ones who carry the greatest comfort to others, bringing sunshine wherever they go. Such ones have been chastened and sweetened by their afflictions; they did not lose confidence in God when trouble assailed them, but clung closer to his protecting love. Such ones are a living proof of the tender care of God, who makes the darkness as well as the light, and chastens us for our good. Christ is the light of the world; in him is no darkness. Precious light! Let us live in that light! Bid adieu to sadness and repining. Rejoice in the Lord always; and again I say, Rejoice.

The afflicted may take courage, the desponding may hope, for they have a sympathizing friend in Jesus. All our troubles and griefs we may pour into his sympathizing ears. When we associate together let it not be to talk darkness and unbelief, to recount the gloomy chapters in our life experience. Let us talk of the love of God that has been manifested to us, that is seen in nature, in the firmament of the heavens, in all the wise arrangements of Providence. Let us search out the rays of sunshine that have brightened our pathway, and linger over their memory with grateful hearts. Let us dwell upon the matchless

love of Christ; for in him we have a constant theme of rejoicing. In him is no darkness. He is the Light of life, the chief among ten thousand, and the one altogether lovely.

Sanitarium Buildings.

THESE magnificent buildings constitute the largest and most perfectly constructed edifice of its kind in America. In fact, it is the only one, of any note, specially built for, and adapted to, the purpose of a hygienic hospital and home for the sick. It is located on the grounds of the old "Health Institute," so long and favorably known to the public. This location is in the highest, driest, and healthiest quarter of the town.

The Sanitarium is on a mammoth scale. The dimensions of the main building are 150x50 feet, including the verandas. It fronts upon Washington Street, and is opposite the Battle Creek College. The rear extension, containing the bath-rooms, is 60x60 feet. The entire depth of the building through the middle is 137 feet. The whole is four stories high, besides the basement. The fourth is the Mansard-roof story. The style of architecture has a Greek simplicity and massiveness quite rare in these days of ornate designs.

Altogether, the building presents an imposing appearance. In the center of the front a tower 20x12 feet is built out, and carried up

15 feet above the roof. This forms an open porch on the ground floor, which is supported by stone pillars, and has a flight of stone steps on each side. This is the main entrance; a smooth carriage drive leads to it from Washington Street, and one can alight from a carriage directly upon the porch. Massive doors open from here into the main hall. The second story of the tower is a conservatory, and above this it is inclosed like the rest of the building, and has large, ornamental windows. Verandas seven feet wide extend around the three stories of the entire building excepting on the south half of the east side; and the top of the roof is inclosed by a balustrade, making a magnificent promenade deck. There are thirty segment windows to each story, and thirty dormer windows in the Mansard-roof, which is shingled and painted to represent slate. The cornice is plain, ornamented by heavy brackets with dentals.

Great care has been taken in construction to fortify against the climatic changes of this latitude. The strong, heavy framework of the building is ceiled on the inside with matched lumber. Inside of this is a wall of lath and plaster. The outside of the framework is entirely inclosed by walls of best finishing brick. Between the brick and the ceiling, the spaces between the studding are lathed and plastered, so as to leave two air-chambers, each one and one-half inches in depth. These air-tight chambers secure the greatest possible warmth and dryness to the interior. It is calculated that water will not

freeze throughout the building, even without artificial heat, during the coldest weather.

THE BASEMENT.

The interior arrangements have been carefully planned to secure the greatest amount of comfort and convenience. The bakery, kitchens, sculleries, store rooms, and pantries are in the basement, as are also the engine room and coal cellar. The engine is a twenty-horse power, and by the aid of belts and pulleys does all the hard work of the establishment. Two immense boilers are attached, each measuring 14 feet by 42 inches.

A machine for the manufacture of gas from gasoline is also in the basement. The entire building is lighted with this gas, which is superior in quality to the ordinary gas used in cities, giving a clear, white light, and free from all noxious vapors.

The cooking is done by steam, and a dummy waiter elevates the prepared food to the dining rooms above. The perfection of neatness, excellence, and dispatch is attained in the management and execution of business in the kitchen quarters. Bread and crackers are made by machinery, and are baked in a baker's oven of the most improved style.

THE FIRST FLOOR.

On the first floor are the parlors, library, dining room, gymnasium, physicians' office, and business office. Perhaps a detailed description of the several floors would be of interest to the reader. From the main

entrance on the ground floor is a hall fourteen feet wide, from which a broad stairway leads to the upper stories; opening from beneath this stairway is a flight of steps reaching to the basement. On the left of the main hall, and opening directly upon it, is the general business office, dimensions 11x15 feet. An open window through which business may be conducted facilitates the operations of the clerk, and effectually checks the tendency of idlers to loaf in the office. Half way down the main hall, a side hall eight feet wide leads off to the left through the center of the building. Opening from this hall on the left is the reception room, 15x16½ feet. This is a front room and adjoins the office. At the end of the hall is the parlor, 27x40 feet, and occupying the entire end of the building. This room is elegantly finished. The side opposite the hall has rounded corners, and ornamental pilasters. Eight windows look out upon the clean-shaven lawn, the gardens, and shrubbery. On the right of the hall, and communicating with the parlor by a wide, open archway, is the library, 10x15 feet in dimensions. Adjoining the library, and also opening into the hall, is a room 8x15 feet, devoted to ladies' toilet, and fitted up conveniently for that purpose.

Returning to the main hall, we find the physicians' office directly opposite the business office; this is 12x15 feet. Adjoining it, and communicating with it, is a laboratory of equal size with the office. The next door on the right-hand side opens into a large

room, 25x40 feet. This is the gymnasium, which also answers the purpose of a hall, and opens into the dining room, which is in shape a rectangle, and occupies the entire south end of the building, being 20x40 feet on that side, while it extends 21x15 feet additional upon the west, or front. As will be seen, this is a remarkably pleasant, well-lighted, and capacious dining hall. But during the summer rush of guests, the gymnasium, which will not be used for that purpose during the heated season, will be converted into an additional dining hall, making room to conveniently seat in all three hundred guests. A cloak room opens off the hall, next door to the gymnasium; this is 7x16 feet. At the lower end of the main hall on the left hand side, is the steam elevator.

TREATMENT BUILDING.

The end of the hall opens upon a passage way fourteen feet wide, leading to the rear extension, and from here a stairway conducts to the upper stories. On the right of this passage are the wash room, water closets, etc., the whole 34x20 feet. This passage way is of equal height with the rest of the building, being carried up through the different stories. It leads directly to the rear building specially designed for the treatment of patients.

A door on the left opens from the hall or passage into the wardrobe, a room 36x9 feet, and lighted by four windows, one on the north and three on the west; these latter look directly upon the north part of the east

side of the main building, across an open court. The lower end of the hall opens upon the dressing room, which measures 25x46 feet. This room is lighted by two windows on the south, and is divided into private compartments by means of movable screens. Opening into the dressing room from the left, or on the north side, is a room 12x15 feet, devoted to the electrical treatment of patients. This room is lighted by two windows on the north, and is fitted up with batteries, and all the appliances for the use of electricity in the treatment of disease.

The bath rooms are 25x60 feet, and occupy the entire east part of the building. They communicate with the dressing room, and with the electrical room. The north part is devoted to the Turkish and Russian baths and electro-vapor baths. The remainder is a vast bath room furnished with all the appliances essential to the giving of fifty different kinds of baths. Adjoining the treatment building on the east is a strong structure fifteen feet square, containing the reservoirs in the fourth story. The second floor of the treatment building is a duplicate of the first floor, and is fitted up for the use of ladies, while the first is for gentlemen. The floors of the bath rooms are of tile, cemented and made water tight, and the ordinary partitions do not reach to the floor, but have a base of tiling and cement, which obviates any possibility of leakage from the bath rooms.

SECOND FLOOR.

Returning to the grand hall of the main building, we step into the steam elevator, which is elegantly fitted up, and ascend smoothly, without creak of cordage or smell of machine oil, to the second floor landing. Here we find the halls as below, excepting that the lateral hall from north to south extends the entire length of the building. This story is divided into rooms for guests. An elegant *suite* of rooms occupies each of the four corners, the parlors being fifteen feet square. There are twenty-one rooms on this floor, of which the average size is 11x15 feet. These rooms are all well lighted, the windows on the north, west, south, and part of the east side opening upon the veranda. Every room has an ample closet or wardrobe. The conservatory, as before mentioned, is directly over the main entrance on the first floor, and is reached by the main hall, which opens upon it. A passage two feet wide extends around the conservatory, connecting the two ends of the veranda, thus making no break in the promenade. Within, rare exotic flowers and shrubs make a summer all the year; delicate vines trail over the sash, and the luxuriance of growth and color, seen through the transparent glass, make the little *bijou* of a garden seem like a stray morsel of the sunny South.

THIRD FLOOR.

We touch the bell, and like a responsive automaton, the elevator in a moment is at our command. We step in, and ascend to the third floor. Here the arrangements in the main building are similar to those on the second floor. In the treatment building, the main hall opens into a transverse corridor. On the west side of this passage are three well-lighted bedrooms. Communicating with this corridor is a hall which extends down the center of the remainder of the building. On each side of this are three rooms, those on the south are for the Swedish movements, and those on the north are neatly furnished as lodging rooms.

FOURTH FLOOR.

In the main part, the fourth story is traversed by a hall through the center of the building, at right angles with the main hall, which corresponds with those below. Opening upon this hall are 25 rooms. The corner rooms have two dormer windows, and each of the others have one.

The rear building, which we have called the treatment building, is divided, on this floor, into apartments for various uses. The sun-baths are given here; for we are now directly beneath the roof, and sky-lights are introduced wherever needed. A compromise is here made with those unscientific souls who continue to rest their hopes upon the efficacy

of blue glass. Movable screens are so adjusted beneath the sunlight that the patient can have any color to his order; blue, yellow, or even green if he desires it.

We have now explored the new building from basement to roof, but having failed so far to give the interior height of the different stories, will do so now. The basement is ten feet high; the first story thirteen feet; the second twelve feet; and the third and fourth each ten feet. The entire building is furnished handsomely and appropriately, and the attendance is the best that can be procured. The persons employed in the bath rooms are experienced in their duties, and in every way trustworthy.

VENTILATION.

We have now arrived at the most important feature of all—the ventilation. All the facilities and appliances for the cure of disease would be of little virtue if the patient were obliged to breathe a vitiated atmosphere. The system of ventilation adopted in the Sanitarium is the newest and by far the most perfect yet known. There are two main ducts, one above the other, running between the floor and ceiling of every story. The lower one is for the ingress of fresh air, and opens at the exterior of the building on the north and south. Small ducts branch off from this main duct, and communicate with every room, entering just beneath the steam radiator, so that in winter all the fresh air is heated before passing into the room.

An automatic valve, at each exterior opening of the main duct, is so arranged as to close under the effect of a heavy wind. In case of a gale from the north, the valve on that side closes, and the suction at the south opening is sufficient to supply pure air throughout the building.

The upper duct is for the egress of foul air, and communicates with a shaft five feet square that reaches from the basement to a point fifteen feet above the roof. The smoke stack from the furnaces below, which is three feet in diameter, passes through this shaft. Four vertical divisions separate the shaft into as many compartments. The foul air is conducted from each room by means of lateral ducts into the main duct, which opens into one of the four compartments of the shaft. The air in the shaft is so intensely heated, by the smoke stack passing through it, that a powerful draft is created, which carries away the foul air. The division of the shaft into the several compartments secures the most thorough ventilation possible for each story.

METHOD OF HEATING.

The building is heated by steam, generated by the two boilers in the basement, and distributed by means of pipes. There is a radiator in each room proportionate to the size of the room. To prevent the air from becoming harsh and dry by the heat, a copper reservoir is attached to the side of each radiator. Steam is conveyed into this by means of a small pipe, and by this arrangement the

amount of moisture in the atmosphere of each room can be perfectly regulated. The physician finds it in his power to secure to his patient any climate which he deems desirable, from the soft and balmy air of Florida, to the dry, crisp atmosphere of the Rocky Mountains. He can manufacture a perpetual June.

WATER SUPPLY.

The building has all the modern improvements throughout. Every room is supplied with hot and cold water. The water pipes are of iron, and in every hall is a pipe connecting directly with the main water pipe, and having attached sufficient linen hose to reach throughout every room on that floor. In case of fire within, by merely turning the stop cock, a stream of water may be directed to any part of the building. Any desired force may be gained by means of the steam pumps.

The enormous reservoirs are furnished with an abundance of water by the steam pump at the wells. The water is conducted to the building by means of underground pipes. In order to secure pure soft water, large wells have been dug at a distance of half a mile from the building, which supply an unlimited quantity of purest water. The engine in the basement furnishes the power, and the steam pipe lying beside the water pipe prevents the water in the latter from freezing in winter. The engineer in the basement controls the pump at the wells half a mile distant. The

outside of the building is equally fortified with the inside against fire. By means of the steam pump and the hose, all the buildings may be deluged with water within three minutes after a fire alarm. Additional precautions have been taken by supplying the building with the most improved fire extinguishers. The sewerage is perfect and complete; all the traps and waste pipes are in the best of order, so that no foul vapors or odors can escape to infect the buildings or premises.

The laundry is in a separate building. It is a mammoth affair, and is run by steam, having all the latest improvements in its line, and doing the best sort of work.

PLAN OF BUILDING.

No details have been overlooked or slighted in the construction or fitting up of the Sanitarium. Everything has been brought to a mathematical nicety and precision. The building, with its systems of heating and ventilation, was planned by Dr. J. H. Kellogg, after a careful observation and study of all the principal establishments of the kind in the United States. These plans were submitted to the most scientific men in this country, and met with their unqualified approval. The architect is W. K. Loughborough, and the builder O. B. Jones, both of this city. The entire cost of the building amounts to \$50,000. The heating and ventilating apparatus cost \$10,000.

This institution is managed by a Board of seven Directors, of which Elder James White is President.

THE SANITARIUM GROUNDS

Occupy fifteen acres, a part of which is in vegetable gardens, grapery and orchard. Seven very pretty cottages situated on the property are in the immediate vicinity of the main building. The buildings known as the "Twin Cottages" are beautifully located side by side in the grove. They are of Swiss style, and make a picturesque feature in the landscape. All these cottages are for the occupation of guests.

Great care has been taken to beautify the grounds about the Sanitarium. The parlor looks out on the north and west upon a beautiful garden of flowers and ornamental shrubbery; the wide lawn is smooth and clean shaven, and broken here and there by clumps of flowering shrubs and neatly trained evergreens. A fountain plays in front of the building, and tempers the summer air with its cool spray. A natural grove of forest trees extends along the whole street front of the Sanitarium grounds. The trees are nicely cared for, and a thick carpet of green turf covers the ground, which is smooth and level as a floor. Seats are conveniently arranged under the shade, and the patients find this the most charming of summer drawing rooms. This grove makes also a delightful place in which to hold meetings of any kind, and to

set tables for out-of-door dinners. Gravel walks across the lawn and through the grove make pleasant summer promenades.

FUTURE OF THE SANITARIUM.

Altogether, this institution is the *one par excellence* of its kind, in America. With an efficient corps of physicians, at whose head stands a thorough scientific man, in the front rank of his profession—having a Board of Trustees of tried ability and judgment, whose president is acknowledged to be one of the best financiers in the State, and a man whose life thus far has been spent in the successful carrying forward of grand enterprises—with all the facilities that science and long experience can devise—with a wide, and enviable reputation, and an ever increasing patronage—the Medical and Surgical Sanitarium of Battle Creek, Michigan, is destined to wield a mighty influence in the world, and to be a powerful means of breaking down the old, pernicious autoocracy of empirical medical practice, and of encouraging sanitary reform.

MEDICAL AND *SURGICAL* SANITARIUM.

ALL CURABLE DISEASES


Are Successfully treated at this Institution. Chronic Diseases, as Consumption (in its early stages), Asthma, Dyspepsia, Liver Complaint, &c., are treated with unusual success.

The Plan of Treatment

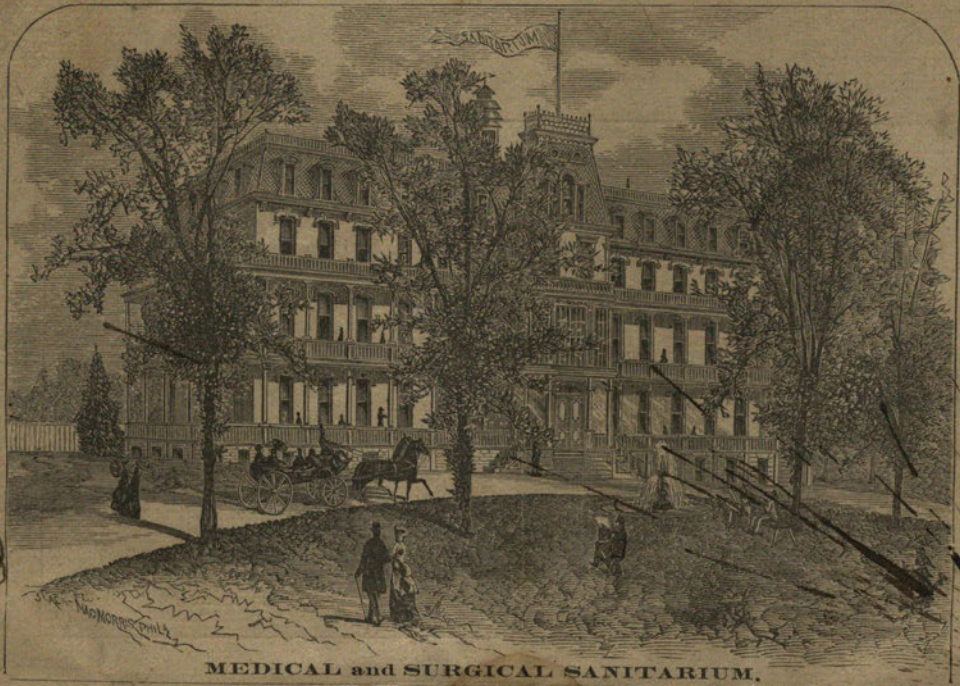
Includes all known remedies for disease. In addition to the remedial agents commonly employed in the treatment of disease,

Electricity in Various Forms, the Electro-Vapor Bath, the Electro-Thermal Bath, the Sun Bath, Swedish Movement, the Health Lift,

All Hydropathic Appliances, with Gymnastics and all other Hygienic Agents, are employed in the most Scientific manner and with the most approved appliances.

 SEND FOR CIRCULAR.

Address, **SANITARIUM,**
Battle Creek, Mich.



W.C. McGee, Phila.

MEDICAL and SURGICAL SANITARIUM.