

E.G. White Research Center

FILE

Dr. Hindhede, the great medical authority of Denmark, has said: "The two chief causes of disease and death are food and drink."

Sir Arbuthnot Lane, noted London physician, says: "The food question is infinitely the most important problem of the present day, . . . and if properly dealt with must result in the disappearance of the vast bulk of the disease, misery and death."



Good Food and Good Health

In order to have good health we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleaned and vitalized by contact with pure air, it carries life and vigor to every part of the system.

The people will be taught how to regulate the diet, so that the living machinery of the whole being will work in harmony.

The School of Health will consist of 12 lessons including lectures on Medical Dietetics, Food Selection, Nutrition, Hygienic Cookery, and the Science of Simple Home Treatments.

The location and date of the School for your particular district will be given you by the School Organizer as soon as the School is enrolled.

Sanitarium Health Extension Service

*A World-wide Movement For The Promulgation
Of Rational Health Principles*

SOUTHEASTERN REPRESENTATIVE

Orlando, Florida, Sanitarium

Orlando, Fla.

Exhibit "A"

20

57 218



#8

Announcing a

School of Health

*A free twelve-weeks' course of twelve lessons in
the maintenance of health through*

HEALTH EDUCATION

*Including correct nutrition, scientific cookery,
home care of the sick, hydrotherapy and
other rational treatments, first aid, etc.,
is brought to your door.*

IT IS AVAILABLE TO YOU THROUGH THE

Sanitarium Health Extension
Service

AND THE COURTESY OF THE

Orlando, Florida, Sanitarium

The Sanitarium Health Extension Service is a humanitarian and educational work seeking to assist its beneficiaries to a higher plane of living and therefore *no charge is made*.

Diet lists to correct various ailments and conditions, and many pages of valuable information about foods, nutrition and special diets will be furnished to each member.

Medical Dietetics does not mean the giving up of the things we like and substituting tasteless dishes or going on a starvation diet, but it means proper selection of food tastily and hygienically cooked and eaten in sufficient quantities to satisfy our bodily requirements.

Two text books will be used for which a charge is made, but the members *do not have to secure them* unless they wish to do so. However, members are advised to add these books to their libraries, as they are very valuable for reference and should be in every home regardless of the School of Health.

THE TEXT BOOKS

"HOME PHYSICIAN" points out the cause and prevention of disease and contains practical information on the home care of the sick.

"THE SCIENCE OF FOOD AND COOKERY" gives 500 recipes telling how to prepare foods so as to retain their natural elements, and to properly nourish the body in sickness and in health.

"The Best Medicine is Food"

There is a very definite relation between faulty nutrition and diseases of almost every kind. The most of our chronic sicknesses occur as the result of many years of wrong living during which people will not listen to advice. From some of them there may be no recovery; but the majority could be *avoided* if we began in youth to live properly, and very often they may be relieved by correcting the errors in living.

"DIED"

"after forty years of wrong living"
could be truthfully carved on many tomb-stones.



Corroborative Opinions of Eminent Medical Authorities

Dr. Harvey W. Wiley, who is chiefly responsible for our national pure food laws, says: "I believe I would not be far out of the way if I should say *diet* may be said to be a *factor* in *every disease* to which man is heir."

The late Sir Wm. Osler, eminent English physician and medical authority, said: Ninety per cent of all conditions other than acute infections, contagious diseases, and traumatisms, are traceable to *diet*."

The Drs. Mayo, of the famous Rochester (Minn.) Clinic, tell us that eighty to ninety per cent of all the surgical work done in their hospitals is done upon the stomach and intestines, with the related organs, as the gall bladder, appendix, etc.
