

# Pilgrims NEWS NOTES: January 1995

## The Truth about Kellogg

A Hollywood motion picture, which began being shown near the end of October 1994, thoroughly ridicules John Harvey Kellogg, Adventist health ideas, and our denomination in general. (See other side of this sheet for details.)

Yet the truth of the matter was that J.H. Kellogg, M.D., was a brilliant man, whose medical and health ideas were far ahead of his time.

He urged that an emphasis should be placed upon prevention, rather than treatment. Only in recent decades have people been awakening to the fact that chemical compounds are not the solution to life's ills.

In marked contrast, Kellogg unveiled the fact that right living was the key to health, and he stressed the eight laws of health (see *Ministry of Healing*, 127).

But he also demonstrated the astounding fact that the healing medicines of nature, which brought recovery from disease—were the very things which could have prevented it in the first place.

Rest, fresh air, exercise, use of pure water, proper diet, abstemiousness, and trust in divine power—these were the true remedies, and Kellogg applied them vigorously to every patient which entered his large sanitarium in Battle Creek, Michigan.

In this farce of a movie, and the book it is based on, it is noted that large numbers of famous and wealthy people were foolish enough to journey to Battle Creek—and place themselves in Kellogg's care. But that ought to ring some bells. Why should the smartest and wealthiest people in the world go to Kellogg for treatment—if he were not producing outstanding success?

John Harvey Kellogg's health teachings and practices worked! If they had not done so, those with the money to go to any doctor in the world—would not have made the long, tedious trip to a remote town in Michigan, and spend several weeks there. The truth was that Kellogg had an outstanding record of

restoring people to health. The most educated and influential people in the world sought him out for the recovery of their health.

As a boy in Battle Creek, Johnny was somewhat frail, but Ellen White personally taught him a number of health principles. As he was entering manhood, she encouraged him to attend a medical school. After completing the medical course at Bellview, Kellogg returned to Battle Creek and, soon after, was manager of a small health retreat. It was the first that the denomination had established.

But gradually, by the 1890s, two problems were arising. The first was that a majority of influential Adventist leaders in Battle Creek were opposed to the strict health reform principles which Kellogg and Ellen White espoused. They wanted to eat their meat.

The other problem was that Kellogg, admittedly very brilliant, was becoming aware of it. God had helped him dramatically. Ellen White wrote how the angels had guided his hand as he performed difficult surgical operations. But he was beginning to take the praise to himself.

By the latter 1890s, there were two large organizations in Battle Creek. One was the General Conference and the Review and Herald Publishing Association. The other was Kellogg's immense Battle Creek Sanitarium. On one hand was Kellogg's kingly power, and on the other were intransigent church leaders.

Already, he was laying plans to take the control of the sanitarium away from the investors, most of whom were faithful church members.

At about that time, Dr. Kellogg decided that, since he was so capable in the healing arts, surely, he could produce a better religion. When Elder W.A. Spicer, fresh back from India, spoke with Kellogg in his home, Spicer was astounded to find that Kellogg was rapidly switching to a form of Hinduism.

John Harvey Kellogg was promoting pantheism, the error that every-

thing is god.

The story of the pantheism crisis in our church is a familiar one to us. (See our *Alpha of Apostasy* [DH-251-266], for an in-depth study on Kellogg's life, as well as the Ballenger crisis. It is now in our *Doctrinal History Tractbook*).

That crisis was followed by Kellogg's successful efforts to wrest control of the Battle Creek Sanitarium. In later years, until his death in 1943, Kellogg continued his successful healing program, and thousands came to Battle Creek for care.

But it was Spirit of Prophecy principles which got him on the right track. Those writings correctly identified the one healing ministry which was totally correct. For some strange reason, Kellogg remained with Spirit of Prophecy health and healing principles, while abandoning the rest.

Read this; here is the secret of Kellogg's success:

"Around 1891, Kellogg told Dr. David Paulson how the Battle Creek Sanitarium was able to keep five years ahead of the rest of the medical profession. If something new was advocated, he instantly adopted it if, from his knowledge of Mrs. White's writings, it was sound. When other physicians finally accepted it, after slowly feeling their way, Kellogg had a five-year head start. On the other hand, Kellogg rejected some of the new medical fads because they did not measure up to the light given through Mrs. White. When other doctors finally discovered their mistake, they wondered why Kellogg had not been caught as they had."—*R.A. Shaefer, Legacy, 60.*

Yes, it is true that Kellogg experimented with many different types of treatments (see other side), but the fact is he only remained with the ones outlined in the Spirit of Prophecy.

Let us determine to be faithful to the God of heaven and His Word!

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**PILGRIMS REST**

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# New movie pokes fun at Dr. Kellogg, an earnest trailblazer of fitness and diet

KNIGHT FRIDDER

**BATTLE CREEK, Mich.** — This week, millions of moviegoers will rediscover a long-forgotten American icon: Dr. John Harvey Kellogg, the Battle Creek doctor who revolutionized breakfast and became the fitness guru for America's rich and powerful.

By 1903, when Henry Ford began cranking out mass-produced Model A's, Kellogg already had invented cornflakes, and his sprawling health-care complex in Battle Creek, the Sanitarium, had turned Michigan into a national haven of health.

The movie, which opens in theaters nationwide Friday, stars Oscar-winner Anthony Hopkins as Kellogg in a hilarious fictionalized account of the fitness craze Kellogg touched off around the turn of the century.

In "The Road to Wellville," Matthew Broderick and Bridget Fonda play a couple who visit "the San" and barely survive the barebones diet, oddball exercise regimens and rigorous medical treatments devised by Kellogg.

In the San's heyday, bankers, industrialists, actors and politicians happily submitted to such indignities as exercising in athletic diapers, receiving multiple daily enemas and hanging from hooks while orderlies lathered them up with salt and soap, then blasted them with water hoses.

They allowed themselves to be dunked in pools of electrified water to tighten their muscles, baked in ovens lined with dozens of lightbulbs to make them sweat and pulled over rollers to squeeze out lingering impurities.

Kellogg stood only 5 feet 4, but he was a titan of physical fitness on a spiritual mission to bolster Americans from top to bottom — literally.

In his lifetime, Kellogg received and administered more en-

emas than any man in history. ... ate more vegetables, smoked less, drank less, slept less and exercised more than practically any man of his time," according to the novel by T. Coraghessan Boyle on which the movie is based.

At first glance, Kellogg may seem as nutty as the dietary delights he invented and served at the San, but Boyle insists that Kellogg was as much of a trailblazer as some of his patients — Ford, Thomas Edison, John Burroughs and Luther Burbank.

"Dr. Kellogg was an American hero, an American spirit," Boyle said in a recent interview from his Santa Barbara, Calif., home. "He was a total pioneer. He believed I can do anything." He knew that he was absolutely right; and he never wavered right up until the end of his life.

"And that's why he's such a good comic figure," Boyle added. "That he had no doubts about himself bespeaks a certain shallowness of character. That's how we would interpret heroes like this in the '90s."

Apathetic Americans today could learn a lesson about the rewards of personal determination from Kellogg, Boyle said. "Now, we all seem to feel defeated, that life is too complicated, that we can't be pioneers anymore."

Ideally, Kellogg taught, humans should eat a vegetarian diet and then almost immediately eliminate, like an ape in the wilderness: "A housebroken colon is a damaged colon."

By the 1920s, President Calvin Coolidge had installed in the White House a large mechanical horse invented by Kellogg. The president rode it regularly to tone his muscles and speed up digestion and elimination.

Over the decades, Kellogg became intimately acquainted with some of the deepest secrets of



THE ASSOCIATED PRESS  
**Oscar-winner Anthony Hopkins, left, as Dr. John Harvey Kellogg examines Matthew Broderick in "The Road to Wellville." The eccentric Kellogg invented cornflakes and advocated a vegetarian diet, fast air and regular exercise to fight illness and disease.**

American high society — and he loved to name-drop.

The Sanitarium drew its share of the famous: retailer J.C. Penney, first lady Eleanor Roosevelt, aviator Amelia Earhart and even Tarzan himself, Johnny Weissmuller.

Kellogg provided all of his patients with plans for adjusting their diets and exercise to return to what he thought was the holy state of health.

These aspects of Kellogg's work — the enemas, the outlandish inventions, the extreme treatments and the spiritual fervor — are played for laughs in the novel and movie.

But Kellogg was more than a comic figure. He was a complex man, relentlessly driven by his vision of a nation that could be freed

Born in 1852 in rural Livingston County, Mich., Kellogg was the seventh of 15 children in a Seventh-day Adventist family that ran a farm and, eventually, a small broom factory near Battle Creek.

As a boy, Kellogg battled tuberculosis. Five of his siblings died in childhood, including a baby girl diagnosed with worms. A doctor's treatments failed to help her, and the family learned at the autopsy that the child had succumbed to a respiratory illness.

Convinced the end of the world was just around the corner, Kellogg's parents embraced the Adventist Church, which stressed that idea. The Kelloggs became even more enthusiastic about their faith in 1863, when Sister Ellen White, a leader of the church, said she had seen a vision from God calling for health care reform.

God especially wanted Adventists to avoid alcohol, tobacco, meat and rich foods. White declared. And He wanted Adventists who fell sick to be cured mainly with fresh air and water.

The Kelloggs slept in separate beds and never had children of their own but adopted 42 children and devoted themselves to raising the stragglers of impoverished youngsters, most of whom had been victims of abuse or neglect, that came into their rambling mansion.

The Battle Creek property also was populated with countless dogs, parrots and Shetland ponies, and included flower gardens, a large swimming pool and a wooden toboggan run.

Many of the Kellogg children became doctors, nurses or ther-

## KELLOGG'S PATIENTS

Many rich and famous figures passed through the doors of Dr. Kellogg's Sanitarium, among them:

- C. W. Barron, Wall Street Journal publisher
- Sarah Bernhardt, stage actress
- William Jennings Bryan, orator and presidential candidate
- Luther Burbank, horticulturist
- John Burroughs, naturalist
- Adm. Richard Byrd, polar explorer
- Tepko Cappucci, famous Italian tenor
- Dale Carnegie, inspirational speaker
- Will and Ariel Durant, historians
- Amelia Earhart, aviator
- Thomas Edison, inventor
- Harvey Firestone, tire manufacturer
- Henry Ford, founder of Ford Motor Co.
- S. S. Kresge, retailer
- Robert La Follette, progressive Wisconsin Republican
- Nan Pavlov, Russian physiologist
- J. C. Penney, retailer
- E. W. Post, founder of Post cereals
- Edmond Rostand, first lady
- William School, foot doctor
- George Bernard Shaw, playwright and vegetarian
- Upton Sinclair, writer and social critic
- William Howard Taft, president and 100,000th guest to register
- Count Ilya Tolstoy, son of author Leo Tolstoy
- Johnny Weissmuller, Olympic swimmer and a future Tarzan in films

apists. As far as public records show, none turned out like the roborate drunken son, George, the doctor's fictional nemesis in the book and film.

He died of pneumonia on Dec. 14, 1943, at age 91.

Like church leader Sister Ellen White, Kellogg had a profound disgust of human sexuality and prescribed nearly total abstinence, even for his married patients. He taught that all sexual activity, and especially masturbation, could lead to a long list of disorders, ranging from pimples to heart disease and insanity.